

# Meal Plan - Meal plan with under 65g carbs



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1478 cals ● 106g protein (29%) ● 85g fat (52%) ● 55g carbs (15%) ● 17g fiber (5%)

### Breakfast

285 cals, 20g protein, 2g net carbs, 22g fat



[Southwest bacon omelet](#)  
287 cals

### Lunch

535 cals, 35g protein, 43g net carbs, 19g fat



[Chicken-broccoli-sweet potato bowl](#)  
286 cals



[Roasted cashews](#)  
1/6 cup(s)- 139 cals



[Carrot sticks](#)  
4 carrot(s)- 108 cals

### Snacks

185 cals, 13g protein, 1g net carbs, 14g fat



[Cheese](#)  
1 oz- 114 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Dinner

475 cals, 39g protein, 9g net carbs, 30g fat



[Walnuts](#)  
1/4 cup(s)- 175 cals



[Chicken beet & carrot salad bowl](#)  
300 cals

## Day 2

1508 cals ● 149g protein (39%) ● 92g fat (55%) ● 15g carbs (4%) ● 7g fiber (2%)

### Breakfast

285 cals, 20g protein, 2g net carbs, 22g fat



[Southwest bacon omelet](#)  
287 cals

### Lunch

530 cals, 68g protein, 10g net carbs, 22g fat



[Roasted carrots](#)  
2 carrots(s)- 106 cals



[Basic chicken breast](#)  
10 2/3 oz- 423 cals

### Snacks

185 cals, 13g protein, 1g net carbs, 14g fat



[Cheese](#)  
1 oz- 114 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Dinner

510 cals, 48g protein, 2g net carbs, 33g fat



[Basic ground turkey](#)  
8 oz- 375 cals



[Buttered broccoli](#)  
1 cup(s)- 134 cals

## Day 3

1453 cals ● 113g protein (31%) ● 78g fat (49%) ● 50g carbs (14%) ● 24g fiber (7%)

### Breakfast

225 cals, 11g protein, 7g net carbs, 15g fat



[Sweet potato breakfast skillet](#)  
226 cals

### Lunch

530 cals, 68g protein, 10g net carbs, 22g fat



[Roasted carrots](#)  
2 carrots- 106 cals



[Basic chicken breast](#)  
10 2/3 oz- 423 cals

### Snacks

200 cals, 6g protein, 20g net carbs, 9g fat



[Sugar snap peas](#)  
1 cup- 27 cals



[Peach](#)  
1 peach(es)- 66 cals



[Roasted cashews](#)  
1/8 cup(s)- 104 cals

### Dinner

500 cals, 28g protein, 13g net carbs, 33g fat



[Carrot sticks](#)  
1 carrot(s)- 27 cals



[Ham tacos](#)  
4 ham taco(s)- 474 cals

## Day 4

1491 cals ● 90g protein (24%) ● 90g fat (54%) ● 50g carbs (13%) ● 32g fiber (9%)

### Breakfast

225 cals, 11g protein, 7g net carbs, 15g fat



[Sweet potato breakfast skillet](#)  
226 cals

### Lunch

565 cals, 45g protein, 10g net carbs, 33g fat



[Roasted almonds](#)  
1/8 cup(s)- 111 cals



[Avocado tuna salad stuffed pepper](#)  
2 half pepper(s)- 456 cals

### Snacks

200 cals, 6g protein, 20g net carbs, 9g fat



[Sugar snap peas](#)  
1 cup- 27 cals



[Peach](#)  
1 peach(es)- 66 cals



[Roasted cashews](#)  
1/8 cup(s)- 104 cals

### Dinner

500 cals, 28g protein, 13g net carbs, 33g fat



[Carrot sticks](#)  
1 carrot(s)- 27 cals



[Ham tacos](#)  
4 ham taco(s)- 474 cals

## Day 5

1470 cals ● 152g protein (41%) ● 63g fat (38%) ● 55g carbs (15%) ● 21g fiber (6%)

### Breakfast

215 cals, 22g protein, 6g net carbs, 10g fat



Simple sauteed spinach  
100 cals



Tomato mushroom egg white omelet  
115 cals

### Snacks

195 cals, 17g protein, 18g net carbs, 5g fat



Protein shake (milk)  
129 cals



Peach  
1 peach(es)- 66 cals

### Lunch

565 cals, 82g protein, 11g net carbs, 20g fat



Cranberry spinach salad  
95 cals



Hummus crusted chicken  
12 oz- 469 cals

### Dinner

495 cals, 31g protein, 20g net carbs, 28g fat



Chips and salsa  
82 cals



Tomato and avocado salad  
235 cals



Southwest chicken  
4 oz- 181 cals

## Day 6

1455 cals ● 97g protein (27%) ● 81g fat (50%) ● 60g carbs (17%) ● 25g fiber (7%)

### Breakfast

215 cals, 22g protein, 6g net carbs, 10g fat



Simple sauteed spinach  
100 cals



Tomato mushroom egg white omelet  
115 cals

### Snacks

195 cals, 17g protein, 18g net carbs, 5g fat



Protein shake (milk)  
129 cals



Peach  
1 peach(es)- 66 cals

### Lunch

550 cals, 27g protein, 17g net carbs, 38g fat



Roasted almonds  
1/3 cup(s)- 296 cals



Ham, bacon, avocado wrap  
1/2 wrap(s)- 253 cals

### Dinner

495 cals, 31g protein, 20g net carbs, 28g fat



Chips and salsa  
82 cals



Tomato and avocado salad  
235 cals



Southwest chicken  
4 oz- 181 cals

## Day 7

1504 cals ● 117g protein (31%) ● 83g fat (50%) ● 48g carbs (13%) ● 25g fiber (7%)

### Breakfast

215 cals, 22g protein, 6g net carbs, 10g fat



[Simple sauteed spinach](#)

100 cals



[Tomato mushroom egg white omelet](#)

115 cals

### Snacks

195 cals, 17g protein, 18g net carbs, 5g fat



[Protein shake \(milk\)](#)

129 cals



[Peach](#)

1 peach(es)- 66 cals

### Lunch

550 cals, 27g protein, 17g net carbs, 38g fat



[Roasted almonds](#)

1/3 cup(s)- 296 cals



[Ham, bacon, avocado wrap](#)

1/2 wrap(s)- 253 cals

### Dinner

545 cals, 51g protein, 7g net carbs, 30g fat



[Avocado tuna salad](#)

545 cals

## Dairy and Egg Products

- ☐ cheese  
1/3 lbs (134g)
- ☐ eggs  
8 1/2 large (425g)
- ☐ butter  
1 tbsp (14g)
- ☐ whole milk  
1 1/2 cup (360mL)
- ☐ egg whites  
6 large (198g)
- ☐ low fat cottage cheese (1% milkfat)  
3/4 cup (170g)
- ☐ romano cheese  
3 dash (1g)

## Nut and Seed Products

- ☐ walnuts  
1 oz (30g)
- ☐ roasted cashews  
6 3/4 tbsp, halves and whole (57g)
- ☐ almonds  
3/4 cup, whole (113g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
3 1/3 lbs (1483g)
- ☐ ground turkey, raw  
1/2 lbs (227g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1/3 tsp (0mL)
- ☐ salsa  
1/2 jar (~16 oz) (209g)

## Spices and Herbs

- ☐ thyme, dried  
1 1/2 dash, leaves (0g)
- ☐ paprika  
1/2 tsp (1g)
- ☐ salt  
1/3 oz (9g)
- ☐ black pepper  
4 g (4g)
- ☐ garlic powder  
4 dash (2g)

## Pork Products

- ☐ bacon  
6 slice(s) (60g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
2/3 lbs (297g)

## Other

- ☐ guacamole, store-bought  
1 cup (247g)
- ☐ mixed greens  
1 1/4 cup (38g)

## Fruits and Fruit Juices

- ☐ peach  
5 medium (2-2 2/3" dia) (750g)
- ☐ avocados  
3 avocado(s) (578g)
- ☐ lime juice  
1 1/3 fl oz (41mL)
- ☐ dried cranberries  
2 tsp (7g)

## Finfish and Shellfish Products

- ☐ canned tuna  
2 1/4 can (387g)

## Beverages

- ☐ protein powder  
1 1/2 scoop (1/3 cup ea) (47g)

## Snacks

- ☐ tortilla chips  
1 oz (28g)

## Legumes and Legume Products

- ☐ hummus  
3 tbsp (46g)

## Baked Products

- ☐ flour tortillas  
1 tortilla (approx 7-8" dia) (49g)

- ☐ taco seasoning mix  
1/2 tbsp (4g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (50mL)
- ☐ olive oil  
1 3/4 oz (55mL)
- ☐ raspberry walnut vinaigrette  
2 tsp (10mL)

## Vegetables and Vegetable Products

- ☐ carrots  
11 medium (674g)
  - ☐ beets, precooked (canned or refrigerated)  
2 2/3 oz (76g)
  - ☐ frozen broccoli  
5 3/4 oz (162g)
  - ☐ sweet potatoes  
5/6 sweetpotato, 5" long (172g)
  - ☐ bell pepper  
2 large (302g)
  - ☐ onion  
5/6 medium (2-1/2" dia) (89g)
  - ☐ Sugar snap peas  
2 cup, whole (126g)
  - ☐ garlic  
1 1/2 clove (5g)
  - ☐ fresh spinach  
1 1/3 10oz package (381g)
  - ☐ tomatoes  
2 medium whole (2-3/5" dia) (248g)
  - ☐ mushrooms  
1/2 cup, pieces or slices (35g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Southwest bacon omelet

287 cals ● 20g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**bacon, cooked and chopped**  
2 slice(s) (20g)  
**olive oil**  
1 tsp (5mL)  
**bell pepper**  
1 tbsp, diced (9g)  
**onion**  
1 tbsp chopped (10g)

For all 2 meals:

**eggs**  
4 large (200g)  
**bacon, cooked and chopped**  
4 slice(s) (40g)  
**olive oil**  
2 tsp (10mL)  
**bell pepper**  
2 tbsp, diced (19g)  
**onion**  
2 tbsp chopped (20g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in a skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the bell pepper, onion, and bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Sweet potato breakfast skillet

226 cals ● 11g protein ● 15g fat ● 7g carbs ● 4g fiber



For single meal:

**sweet potatoes**

4 tbsp, cubes (33g)

**eggs**

1/2 large (25g)

**olive oil**

1 tsp (5mL)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**avocados, sliced**

1/4 avocado(s) (50g)

**boneless skinless chicken breast, raw**

2 2/3 tbsp, chopped, cooked (30g)

For all 2 meals:

**sweet potatoes**

1/2 cup, cubes (67g)

**eggs**

1 large (50g)

**olive oil**

2 tsp (10mL)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**avocados, sliced**

1/2 avocado(s) (101g)

**boneless skinless chicken breast, raw**

1/3 cup, chopped, cooked (60g)

1. Preheat the oven to 350 F (180 C).
2. In a small skillet add a little bit of the oil and when heated, add the cubed chicken. Cook until done, 7-10 minutes.
3. Meanwhile, preheat a separate, oven-proof, small skillet over medium-heat. When skillet is hot, add the oil and the sweet potato. Season with a small pinch of salt and pepper and stir occasionally until sweet potato is cooked through, about 5-7 minutes, depending on thickness.
4. When potato is cooked through, add the chicken and stir. Saute for another 1-2 minutes.
5. Move the potato mixture around to make a hole in the center of the skillet. Carefully crack the egg and drop it into the hole. Sprinkle the egg with a tiny bit of salt and pepper.
6. Carefully transfer the skillet to the oven and bake for about 5 minutes for a runny yolk. If you want the yolk to be harder, bake for 7-8 minutes.
7. Remove from the oven, transfer to plate and garnish with sliced avocado.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**garlic, diced**  
1/2 clove (2g)  
**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)

For all 3 meals:

**garlic, diced**  
1 1/2 clove (5g)  
**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
12 cup(s) (360g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

### Tomato mushroom egg white omelet

115 cals ● 18g protein ● 3g fat ● 3g carbs ● 0g fiber



For single meal:

**tomatoes, chopped**  
1/4 small whole (2-2/5" dia) (23g)  
**mushrooms, chopped**  
2 2/3 tbsp, pieces or slices (12g)  
**eggs**  
1/2 large (25g)  
**egg whites**  
2 large (66g)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**black pepper**  
1 dash, ground (0g)

For all 3 meals:

**tomatoes, chopped**  
3/4 small whole (2-2/5" dia) (68g)  
**mushrooms, chopped**  
1/2 cup, pieces or slices (35g)  
**eggs**  
1 1/2 large (75g)  
**egg whites**  
6 large (198g)  
**low fat cottage cheese (1% milkfat)**  
3/4 cup (170g)  
**black pepper**  
3 dash, ground (1g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

## Lunch 1 [🔗](#)

Eat on day 1

### Chicken-broccoli-sweet potato bowl

286 cals ● 29g protein ● 8g fat ● 20g carbs ● 6g fiber



#### frozen broccoli

1/4 package (71g)

#### sweet potatoes, cut into bite-sized cubes

1/2 sweetpotato, 5" long (105g)

#### paprika

2 dash (1g)

#### boneless skinless chicken breast, raw, cut into bite-sized cubes

4 oz (112g)

#### salt

2 dash (2g)

#### black pepper

2 dash, ground (1g)

#### olive oil

1 tsp (5mL)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

### Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber

Makes 1/6 cup(s)

#### roasted cashews

2 2/3 tbsp, halves and whole (23g)



1. This recipe has no instructions.

### Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



Makes 4 carrot(s)

**carrots**

4 medium (244g)

1. Cut carrots into strips and serve.

## Lunch 2 [🔗](#)

Eat on day 2, day 3

### Roasted carrots

2 carrot(s) - 106 cal● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

**oil**

1 tsp (5mL)

**carrots, sliced**

2 large (144g)

For all 2 meals:

**oil**

2 tsp (10mL)

**carrots, sliced**

4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

### Basic chicken breast

10 2/3 oz - 423 cal● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**

2 tsp (10mL)

**boneless skinless chicken breast, raw**

2/3 lbs (299g)

For all 2 meals:

**oil**

4 tsp (20mL)

**boneless skinless chicken breast, raw**

1 1/3 lbs (597g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

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## Lunch 3 [↗](#)

Eat on day 4

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### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

#### **almonds**

2 tbsp, whole (18g)

1. This recipe has no instructions.

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### Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

#### **canned tuna, drained**

1 can (172g)

#### **avocados**

1/2 avocado(s) (101g)

#### **lime juice**

1 tsp (5mL)

#### **salt**

1 dash (0g)

#### **black pepper**

1 dash (0g)

#### **bell pepper**

1 large (164g)

#### **onion**

1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
  2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
  3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.
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## Lunch 4 [🔗](#)

Eat on day 5

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### Cranberry spinach salad

95 cals ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



#### **dried cranberries**

2 tsp (7g)

#### **walnuts**

2 tsp, chopped (5g)

#### **fresh spinach**

1/8 6oz package (21g)

#### **raspberry walnut vinaigrette**

2 tsp (10mL)

#### **romano cheese, finely shredded**

3 dash (1g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

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### Hummus crusted chicken

12 oz - 469 cals ● 80g protein ● 14g fat ● 4g carbs ● 3g fiber



Makes 12 oz

#### **paprika**

1 1/2 dash (0g)

#### **hummus**

3 tbsp (46g)

#### **boneless skinless chicken breast, raw**

3/4 lbs (340g)

1. Preheat oven to 450°F (230°C).
  2. Pat chicken dry with paper towels and season with salt and pepper.
  3. Place chicken on a lined baking sheet. Spread hummus over the top of the chicken until evenly coated. Sprinkle paprika over the hummus.
  4. Bake about 15-20 minutes until the chicken is cooked through and no longer pink inside. Serve.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Roasted almonds

1/3 cup(s) - 296 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



For single meal:

#### **almonds**

1/3 cup, whole (48g)

For all 2 meals:

#### **almonds**

2/3 cup, whole (95g)

1. This recipe has no instructions.

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### Ham, bacon, avocado wrap

1/2 wrap(s) - 253 cals ● 17g protein ● 14g fat ● 12g carbs ● 3g fiber



For single meal:

#### **avocados, sliced**

1/8 avocado(s) (25g)

#### **bacon**

1 slice(s) (10g)

#### **ham cold cuts**

2 oz (57g)

#### **flour tortillas**

1/2 tortilla (approx 7-8" dia) (25g)

#### **cheese**

1 tbsp, shredded (7g)

For all 2 meals:

#### **avocados, sliced**

1/4 avocado(s) (50g)

#### **bacon**

2 slice(s) (20g)

#### **ham cold cuts**

4 oz (113g)

#### **flour tortillas**

1 tortilla (approx 7-8" dia) (49g)

#### **cheese**

2 tbsp, shredded (14g)

1. Cook the bacon according to the directions on its packaging.
  2. Place the ham, bacon, avocado, and cheese in the middle of the tortilla and wrap it up. Serve.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Cheese

1 oz - 114 cals ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
1 oz (28g)

For all 2 meals:

**cheese**  
2 oz (57g)

1. This recipe has no instructions.

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### Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
  2. Place the eggs in a small sauce pan and cover with water.
  3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
  4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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## Snacks 2 [↗](#)

Eat on day 3, day 4

### Sugar snap peas

1 cup - 27 cals ● 2g protein ● 0g fat ● 3g carbs ● 2g fiber



For single meal:

**Sugar snap peas**  
1 cup, whole (63g)

For all 2 meals:

**Sugar snap peas**  
2 cup, whole (126g)

1. Season with salt if desired and serve raw.

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp, halves and whole (34g)

1. This recipe has no instructions.



## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

#### **whole milk**

1/2 cup (120mL)

#### **protein powder**

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

#### **whole milk**

1 1/2 cup (360mL)

#### **protein powder**

1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. Serve.

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

#### **peach**

1 medium (2-2/3" dia) (150g)

For all 3 meals:

#### **peach**

3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



Makes 1/4 cup(s)

#### **walnuts**

4 tbsp, shelled (25g)

1. This recipe has no instructions.

### Chicken beet & carrot salad bowl

300 cals ● 35g protein ● 13g fat ● 7g carbs ● 2g fiber



**boneless skinless chicken breast, raw, cubed**  
1/3 lbs (149g)  
**apple cider vinegar**  
1/3 tsp (0mL)  
**thyme, dried**  
1 1/3 dash, leaves (0g)  
**oil**  
2 tsp (10mL)  
**carrots, thinly sliced**  
1/3 medium (20g)  
**beets, precooked (canned or refrigerated), cubed**  
2 2/3 oz (76g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

## Dinner 2 [🔗](#)

Eat on day 2

### Basic ground turkey

8 oz - 375 cals ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**oil**  
1 tsp (5mL)  
**ground turkey, raw**  
1/2 lbs (227g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

### Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**butter**  
1 tbsp (14g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

## Dinner 3 [🔗](#)

Eat on day 3, day 4

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### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

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### Ham tacos

4 ham taco(s) - 474 cals ● 27g protein ● 33g fat ● 9g carbs ● 9g fiber



For single meal:

**ham cold cuts**  
4 slice (92g)  
**guacamole, store-bought**  
1/2 cup (124g)  
**salsa**  
4 tbsp (72g)  
**cheese**  
4 tbsp, shredded (28g)

For all 2 meals:

**ham cold cuts**  
8 slice (184g)  
**guacamole, store-bought**  
1 cup (247g)  
**salsa**  
1/2 cup (144g)  
**cheese**  
1/2 cup, shredded (56g)

1. Use tin foil to prop up the ham into a taco shell shape.
  2. Broil in the oven for a few minutes until crispy. They might seem a little bit floppy, but once they cool for a few minutes, they will stiffen up.
  3. Add in the guacamole, salsa, and cheese to the shells.
  4. Serve
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## Dinner 4 [↗](#)

Eat on day 5, day 6

### Chips and salsa

82 cals ● 1g protein ● 3g fat ● 10g carbs ● 1g fiber



For single meal:

**salsa**  
2 tbsp (32g)  
**tortilla chips**  
1/2 oz (14g)

For all 2 meals:

**salsa**  
4 tbsp (65g)  
**tortilla chips**  
1 oz (28g)

1. Serve salsa with the tortilla chips.

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

For all 2 meals:

**onion**  
2 tbsp minced (30g)  
**lime juice**  
2 tbsp (30mL)  
**avocados, cubed**  
1 avocado(s) (201g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Southwest chicken

4 oz - 181 cals ● 27g protein ● 6g fat ● 3g carbs ● 1g fiber





For single meal:

**oil**

1/2 tsp (3mL)

**cheese**

1/2 tbsp, shredded (4g)

**taco seasoning mix**

1/4 tbsp (2g)

**boneless skinless chicken breast, raw**

4 oz (112g)

**bell pepper, cut into strips**

1/2 medium (60g)

For all 2 meals:

**oil**

1 tsp (5mL)

**cheese**

1 tbsp, shredded (7g)

**taco seasoning mix**

1/2 tbsp (4g)

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**bell pepper, cut into strips**

1 medium (119g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top.
6. Serve.

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## Dinner 5 [🔗](#)

Eat on day 7

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### Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



**avocados**

5/8 avocado(s) (126g)

**lime juice**

1 1/4 tsp (6mL)

**salt**

1 1/4 dash (1g)

**black pepper**

1 1/4 dash (0g)

**mixed greens**

1 1/4 cup (38g)

**onion, minced**

1/3 small (22g)

**canned tuna**

1 1/4 can (215g)

**tomatoes**

5 tbsp, chopped (56g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
  2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
  3. Serve.
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