

# Meal Plan - 1500 calorie high protein meal plan



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

## Day 1

1508 cals ● 132g protein (35%) ● 55g fat (33%) ● 105g carbs (28%) ● 16g fiber (4%)

### Breakfast

320 cals, 18g protein, 15g net carbs, 19g fat



[String cheese](#)

1 stick(s)- 83 cals



[Avocado toast with egg](#)

1 slice(s)- 238 cals

### Snacks

160 cals, 17g protein, 11g net carbs, 5g fat



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

129 cals



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals

### Lunch

555 cals, 47g protein, 40g net carbs, 21g fat



[Quinoa](#)

1 cup quinoa, cooked- 208 cals



[Hungarian goulash](#)

345 cals

### Dinner

475 cals, 50g protein, 41g net carbs, 11g fat



[Spiced chicken tabbouleh bowl](#)

362 cals



[Milk](#)

3/4 cup(s)- 112 cals

## Day 2

1499 cals ● 145g protein (39%) ● 49g fat (29%) ● 104g carbs (28%) ● 17g fiber (4%)

### Breakfast

320 cals, 18g protein, 15g net carbs, 19g fat



[String cheese](#)

1 stick(s)- 83 cals



[Avocado toast with egg](#)

1 slice(s)- 238 cals

### Snacks

160 cals, 17g protein, 11g net carbs, 5g fat



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

129 cals



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals

### Lunch

515 cals, 48g protein, 61g net carbs, 7g fat



[Marinated chicken breast](#)

6 oz- 212 cals



[Couscous](#)

301 cals

### Dinner

505 cals, 61g protein, 18g net carbs, 19g fat



[Baked chicken with tomatoes & olives](#)

9 oz- 449 cals



[White rice](#)

1/4 cup rice, cooked- 55 cals

## Day 3

1535 cals ● 136g protein (35%) ● 37g fat (22%) ● 148g carbs (39%) ● 16g fiber (4%)

### Breakfast

270 cals, 16g protein, 28g net carbs, 9g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Snacks

160 cals, 17g protein, 11g net carbs, 5g fat



**Protein shake (milk)**  
129 cals



**Cherry tomatoes**  
9 cherry tomatoes- 32 cals

### Lunch

515 cals, 48g protein, 61g net carbs, 7g fat



**Marinated chicken breast**  
6 oz- 212 cals



**Couscous**  
301 cals

### Dinner

595 cals, 54g protein, 49g net carbs, 17g fat



**Simple mozzarella and tomato salad**  
121 cals



**Chicken-broccoli-rice bowl**  
472 cals

## Day 4

1479 cals ● 133g protein (36%) ● 70g fat (42%) ● 65g carbs (18%) ● 16g fiber (4%)

### Breakfast

270 cals, 16g protein, 28g net carbs, 9g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Snacks

220 cals, 12g protein, 26g net carbs, 7g fat



**Cottage cheese & fruit cup**  
1 container- 107 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Crackers**  
5 1/3 cracker(s)- 90 cals

### Lunch

555 cals, 52g protein, 7g net carbs, 32g fat



**Basic chicken & spinach salad**  
380 cals



**Avocado**  
176 cals

### Dinner

435 cals, 52g protein, 5g net carbs, 22g fat



**Roasted tomatoes**  
2 tomato(es)- 119 cals



**Basic chicken breast**  
8 oz- 317 cals

## Day 5

1488 cals ● 135g protein (36%) ● 69g fat (42%) ● 66g carbs (18%) ● 17g fiber (5%)

### Breakfast

270 cals, 16g protein, 28g net carbs, 9g fat



[Toast with butter](#)  
1 slice(s)- 114 cals



[Lowfat Greek yogurt](#)  
1 container(s)- 155 cals

### Snacks

220 cals, 12g protein, 26g net carbs, 7g fat



[Cottage cheese & fruit cup](#)  
1 container- 107 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



[Crackers](#)  
5 1/3 cracker(s)- 90 cals

### Lunch

555 cals, 52g protein, 7g net carbs, 32g fat



[Basic chicken & spinach salad](#)  
380 cals



[Avocado](#)  
176 cals

### Dinner

445 cals, 54g protein, 5g net carbs, 22g fat



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



[Cajun cod](#)  
10 oz- 312 cals

## Day 6

1498 cals ● 135g protein (36%) ● 68g fat (41%) ● 71g carbs (19%) ● 16g fiber (4%)

### Breakfast

195 cals, 14g protein, 9g net carbs, 10g fat



[Egg & avocado salad](#)  
133 cals



[Cottage cheese & honey](#)  
1/4 cup(s)- 62 cals

### Snacks

245 cals, 15g protein, 33g net carbs, 4g fat



[Breakfast cereal with protein milk](#)  
186 cals



[Grapefruit](#)  
1/2 grapefruit- 59 cals

### Lunch

545 cals, 40g protein, 19g net carbs, 33g fat



[Baked chicken thighs](#)  
6 oz- 385 cals



[Roasted rosemary sweet potatoes](#)  
158 cals

### Dinner

515 cals, 66g protein, 10g net carbs, 21g fat



[Enchilada chicken](#)  
9 oz chicken- 466 cals



[Simple salad with tomatoes and carrots](#)  
49 cals

Day 7

1498 calsgreen135g protein (36%)yellow68g fat (41%)blue71g carbs (19%)grey16g fiber (4%)

Breakfast

195 calsgreen14g protein, 9g net carbs, 10g fat



Egg & avocado salad  
133 calsgreen



Cottage cheese & honey  
1/4 cup(s)- 62 calsgreen

Snacks

245 calsgreen15g protein, 33g net carbs, 4g fat



Breakfast cereal with protein milk  
186 calsgreen



Grapefruit  
1/2 grapefruit- 59 calsgreen

Lunch

545 calsgreen40g protein, 19g net carbs, 33g fat



Baked chicken thighs  
6 oz- 385 calsgreen



Roasted rosemary sweet potatoes  
158 calsgreen

Dinner

515 calsgreen66g protein, 10g net carbs, 21g fat



Enchilada chicken  
9 oz chicken- 466 calsgreen



Simple salad with tomatoes and carrots  
49 calsgreen

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## Dairy and Egg Products

- ☐ string cheese  
2 stick (56g)
- ☐ eggs  
4 large (200g)
- ☐ whole milk  
3 cup (720mL)
- ☐ fresh mozzarella cheese  
1 oz (28g)
- ☐ butter  
1/4 stick (28g)
- ☐ lowfat flavored greek yogurt  
3 (5.3 oz) container(s) (450g)
- ☐ low fat cottage cheese (1% milkfat)  
1/2 cup (113g)
- ☐ cheddar cheese  
6 tbsp, shredded (42g)

## Fruits and Fruit Juices

- ☐ avocados  
2 avocado(s) (368g)
- ☐ lemon juice  
1/4 fl oz (7mL)
- ☐ green olives  
9 large (40g)
- ☐ Grapefruit  
1 large (approx 4-1/2" dia) (332g)

## Baked Products

- ☐ bread  
5 slice (160g)
- ☐ crackers  
10 2/3 crackers (37g)

## Cereal Grains and Pasta

- ☐ quinoa, uncooked  
1/3 cup (57g)
- ☐ instant couscous, flavored  
1 1/4 box (5.8 oz) (206g)
- ☐ long-grain white rice  
4 tsp (15g)

## Beverages

- ☐ water  
1 cup(s) (242mL)
- ☐ protein powder  
2 1/4 scoop (1/3 cup ea) (70g)

## Vegetables and Vegetable Products

- ☐ tomato paste  
1/8 can (6 oz) (21g)
- ☐ garlic  
1/8 clove (0g)
- ☐ onion  
3/8 medium (2-1/2" dia) (41g)
- ☐ cucumber  
1/8 cucumber (8-1/4") (38g)
- ☐ tomatoes  
9 1/3 medium whole (2-3/5" dia) (1148g)
- ☐ fresh parsley  
1 sprigs (1g)
- ☐ frozen broccoli  
7 oz (198g)
- ☐ fresh spinach  
5 cup(s) (150g)
- ☐ sweet potatoes  
1 sweetpotato, 5" long (210g)
- ☐ carrots  
1/4 medium (15g)
- ☐ romaine lettuce  
1/2 hearts (250g)

## Beef Products

- ☐ beef stew meat, raw  
6 oz (170g)

## Fats and Oils

- ☐ oil  
2 oz (59mL)
- ☐ olive oil  
2/3 oz (26mL)
- ☐ marinade sauce  
6 tbsp (91mL)
- ☐ balsamic vinaigrette  
1/2 tbsp (7mL)
- ☐ salad dressing  
1/4 cup (68mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
4 2/3 lbs (2087g)
- ☐ chicken thighs, with bone and skin, raw  
3/4 lbs (340g)

## Meals, Entrees, and Side Dishes

## Spices and Herbs

- ☐ paprika  
1/4 tbsp (2g)
- ☐ black pepper  
2 1/4 g (2g)
- ☐ salt  
1/3 oz (9g)
- ☐ ground cumin  
2 dash (1g)
- ☐ chili powder  
1 tbsp (8g)
- ☐ fresh basil  
1/4 oz (6g)
- ☐ cajun seasoning  
1 tbsp (8g)
- ☐ thyme, dried  
1 dash, ground (0g)
- ☐ rosemary  
1/2 tbsp (2g)
- ☐ garlic powder  
1/3 tsp (1g)

- ☐ flavored rice mix  
3/8 pouch (~5.6 oz) (59g)

## Other

- ☐ cottage cheese & fruit cup  
2 container (266g)
- ☐ mixed greens  
2/3 cup (20g)

## Finfish and Shellfish Products

- ☐ cod, raw  
10 oz (283g)

## Sweets

- ☐ honey  
2 tsp (14g)

## Soups, Sauces, and Gravies

- ☐ enchilada sauce  
3/4 cup (180g)

## Breakfast Cereals

- ☐ breakfast cereal  
1 1/2 serving (45g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. This recipe has no instructions.

### Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

**avocados, ripe, sliced**  
1/4 avocado(s) (50g)  
**eggs**  
1 large (50g)  
**bread**  
1 slice (32g)

For all 2 meals:

**avocados, ripe, sliced**  
1/2 avocado(s) (101g)  
**eggs**  
2 large (100g)  
**bread**  
2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

For all 3 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

### Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

For all 3 meals:

**lowfat flavored greek yogurt**  
3 (5.3 oz) container(s) (450g)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Egg & avocado salad

133 cals ● 7g protein ● 10g fat ● 2g carbs ● 3g fiber



For single meal:

**mixed greens**

1/3 cup (10g)

**avocados**

1/6 avocado(s) (34g)

**eggs, hard-boiled and chilled**

1 large (50g)

**garlic powder**

1 1/3 dash (1g)

For all 2 meals:

**mixed greens**

2/3 cup (20g)

**avocados**

1/3 avocado(s) (67g)

**eggs, hard-boiled and chilled**

2 large (100g)

**garlic powder**

1/3 tsp (1g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

### Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

**honey**

1 tsp (7g)

**low fat cottage cheese (1% milkfat)**

4 tbsp (57g)

For all 2 meals:

**honey**

2 tsp (14g)

**low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

1. Serve cottage cheese in a bowl and drizzle with honey.

## Lunch 1 [↗](#)

Eat on day 1

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### Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

#### **quinoa, uncooked**

1/3 cup (57g)

#### **water**

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

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### Hungarian goulash

345 cal ● 39g protein ● 17g fat ● 7g carbs ● 2g fiber



#### **paprika, preferably Hungarian sweet paprika**

1/4 tbsp (2g)

#### **tomato paste**

1/8 can (6 oz) (21g)

#### **garlic, minced**

1/8 clove (0g)

#### **water**

1/6 cup(s) (44mL)

#### **beef stew meat, raw, cut into 1.5 inch cubes**

6 oz (170g)

#### **black pepper**

1/2 dash, ground (0g)

#### **salt**

3 dash (2g)

#### **onion, sliced**

3/8 medium (2-1/2" dia) (41g)

#### **oil**

2 tsp (10mL)

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, pepper, and half the salt. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Marinated chicken breast

6 oz - 212 cals ● 38g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

6 oz (168g)

**marinade sauce**

3 tbsp (45mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

3/4 lbs (336g)

**marinade sauce**

6 tbsp (90mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

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### Couscous

301 cals ● 11g protein ● 1g fat ● 60g carbs ● 4g fiber



For single meal:

**instant couscous, flavored**

1/2 box (5.8 oz) (82g)

For all 2 meals:

**instant couscous, flavored**

1 box (5.8 oz) (164g)

1. Follow instructions on package.
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## Lunch 3 [🔗](#)

Eat on day 4, day 5

### Basic chicken & spinach salad

380 cals ● 50g protein ● 17g fat ● 5g carbs ● 2g fiber



For single meal:

**salad dressing**

2 tbsp (28mL)

**oil**

1 1/4 tsp (6mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

1/2 lbs (213g)

**fresh spinach**

2 1/2 cup(s) (75g)

For all 2 meals:

**salad dressing**

1/4 cup (56mL)

**oil**

2 1/2 tsp (13mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

1 lbs (425g)

**fresh spinach**

5 cup(s) (150g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**

1/2 avocado(s) (101g)

**lemon juice**

1/2 tsp (3mL)

For all 2 meals:

**avocados**

1 avocado(s) (201g)

**lemon juice**

1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.



## Lunch 4 [🔗](#)

Eat on day 6, day 7

### Baked chicken thighs

6 oz - 385 cal ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

**chicken thighs, with bone and skin, raw**

6 oz (170g)

**thyme, dried**

1/2 dash, ground (0g)

For all 2 meals:

**chicken thighs, with bone and skin, raw**

3/4 lbs (340g)

**thyme, dried**

1 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C).  
For extra crispy skin, broil for 2–3 minutes at the end. Serve.

### Roasted rosemary sweet potatoes

158 cal ● 2g protein ● 7g fat ● 18g carbs ● 4g fiber



For single meal:

**sweet potatoes, cut into 1" cubes**

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

**rosemary**

1/4 tbsp (1g)

**olive oil**

1/2 tbsp (8mL)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

For all 2 meals:

**sweet potatoes, cut into 1" cubes**

1 sweetpotato, 5" long (210g)

**rosemary**

1/2 tbsp (2g)

**olive oil**

1 tbsp (15mL)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### 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.

### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**  
9 cherry tomatoes (153g)

For all 3 meals:

**tomatoes**  
27 cherry tomatoes (459g)

1. Rinse tomatoes, remove any stems, and serve.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Cottage cheese & fruit cup

1 container - 107 cals ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.

## Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

### tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

### tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

## Crackers

5 1/3 cracker(s) - 90 cal ● 1g protein ● 4g fat ● 12g carbs ● 1g fiber



For single meal:

### crackers

5 1/3 crackers (19g)

For all 2 meals:

### crackers

10 2/3 crackers (37g)

1. Enjoy.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Breakfast cereal with protein milk

186 cal ● 14g protein ● 4g fat ● 22g carbs ● 2g fiber



For single meal:

#### whole milk

6 tbsp (90mL)

#### breakfast cereal

3/4 serving (23g)

#### protein powder

3/8 scoop (1/3 cup ea) (12g)

For all 2 meals:

#### whole milk

3/4 cup (180mL)

#### breakfast cereal

1 1/2 serving (45g)

#### protein powder

3/4 scoop (1/3 cup ea) (23g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
  2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.
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## Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

### Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

### Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Dinner 1 [↗](#)

Eat on day 1

### Spiced chicken tabbouleh bowl

362 cals ● 44g protein ● 5g fat ● 32g carbs ● 3g fiber



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

6 oz (168g)

#### **instant couscous, flavored**

1/4 box (5.8 oz) (41g)

#### **oil**

1/8 tsp (1mL)

#### **ground cumin**

2 dash (1g)

#### **cucumber, chopped**

1/8 cucumber (8-1/4") (38g)

#### **tomatoes, chopped**

1/4 roma tomato (20g)

#### **fresh parsley, chopped**

1 sprigs (1g)

#### **lemon juice**

3/8 tsp (2mL)

1. Coat chicken with oil, cumin and a dash of salt. Place in a skillet over medium heat and cook until chicken is cooked through. Set aside.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Chop the chicken.
4. Assemble bowl with couscous, chicken, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

## Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



Makes 3/4 cup(s)

### **whole milk**

3/4 cup (180mL)

1. This recipe has no instructions.



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## Dinner 2 [↗](#)

Eat on day 2

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### Baked chicken with tomatoes & olives

9 oz - 449 cal ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

**tomatoes**

9 cherry tomatoes (153g)

**olive oil**

1/2 tbsp (8mL)

**salt**

3 dash (2g)

**green olives**

9 large (40g)

**black pepper**

3 dash (0g)

**chili powder**

1/2 tbsp (4g)

**boneless skinless chicken breast,  
raw**

1/2 lbs (255g)

**fresh basil, shredded**

9 leaves (5g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

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### White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



Makes 1/4 cup rice, cooked

**long-grain white rice**

4 tsp (15g)

**water**

1/6 cup(s) (39mL)

**salt**

2/3 dash (0g)

**black pepper**

1/2 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

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## Dinner 3 [🔗](#)

Eat on day 3

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### Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



**tomatoes, sliced**

3/8 large whole (3" dia) (68g)

**fresh mozzarella cheese, sliced**

1 oz (28g)

**balsamic vinaigrette**

1/2 tbsp (8mL)

**fresh basil**

1/2 tbsp, chopped (1g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

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### Chicken-broccoli-rice bowl

472 cals ● 47g protein ● 9g fat ● 46g carbs ● 5g fiber



**boneless skinless chicken breast, raw**

6 oz (168g)

**frozen broccoli**

3/8 package (107g)

**flavored rice mix**

3/8 pouch (~5.6 oz) (59g)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash, ground (0g)

**olive oil**

1/4 tbsp (4mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together and serve.

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## Dinner 4 [↗](#)

Eat on day 4

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### Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

**tomatoes**

2 small whole (2-2 1/2" dia) (182g)

**oil**

2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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### Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**oil**

1/2 tbsp (8mL)

**boneless skinless chicken breast,  
raw**

1/2 lbs (224g)

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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## Dinner 5 [🔗](#)

Eat on day 5

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### 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.
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## Cajun cod

10 oz - 312 cals ● 51g protein ● 10g fat ● 3g carbs ● 1g fiber



Makes 10 oz

### **cod, raw**

10 oz (283g)

### **cajun seasoning**

1 tbsp (8g)

### **oil**

1/2 tbsp (8mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

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## Dinner 6 [↗](#)

Eat on day 6, day 7

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### Enchilada chicken

9 oz chicken - 466 cals ● 64g protein ● 19g fat ● 7g carbs ● 2g fiber



For single meal:

### **cheddar cheese**

3 tbsp, shredded (21g)

### **enchilada sauce**

6 tbsp (90g)

### **chili powder**

1/4 tbsp (2g)

### **oil**

1 tsp (6mL)

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

1/2 lbs (255g)

For all 2 meals:

### **cheddar cheese**

6 tbsp, shredded (42g)

### **enchilada sauce**

3/4 cup (180g)

### **chili powder**

1/2 tbsp (4g)

### **oil**

3/4 tbsp (11mL)

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

1 lbs (510g)

1. Preheat oven to 350°F (180°C).
2. Season chicken with chili powder and some salt.
3. Add oil to an ovenproof skillet and heat over medium heat. Add chicken and cook for about 3 minutes on each side until it's browned.
4. Pour in enchilada sauce and sprinkle cheese on top.
5. Bake for 15-20 minutes until chicken is done and cheese has melted into the sauce. Serve.

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### Simple salad with tomatoes and carrots

49 cals ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



For single meal:

**salad dressing**

1 tsp (6mL)

**tomatoes, diced**

1/4 medium whole (2-3/5" dia) (31g)

**carrots, sliced**

1/8 medium (8g)

**romaine lettuce, roughly chopped**

1/4 hearts (125g)

For all 2 meals:

**salad dressing**

3/4 tbsp (11mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**carrots, sliced**

1/4 medium (15g)

**romaine lettuce, roughly chopped**

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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