

Meal Plan - Meal plan with over 120g protein



[Grocery List](#) [Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#) [Recipes](#)

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

Day 1

1427 cal ● 144g protein (40%) ● 50g fat (31%) ● 84g carbs (23%) ● 18g fiber (5%)

Breakfast

210 cal, 13g protein, 8g net carbs, 11g fat



[Raspberries](#)
2/3 cup(s)- 48 cal



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



[Basic scrambled eggs](#)
2 egg(s)- 142 cal

Snacks

195 cal, 17g protein, 24g net carbs, 3g fat



[Watermelon](#)
6 oz- 61 cal



[Yogurt and cucumber](#)
132 cal

Lunch

545 cal, 59g protein, 46g net carbs, 11g fat



[Orange](#)
1 orange(s)- 85 cal



[Grilled chicken sandwich](#)
1 sandwich(es)- 460 cal

Dinner

480 cal, 55g protein, 6g net carbs, 24g fat



[Buttered sugar snap peas](#)
161 cal



[Basic chicken breast](#)
8 oz- 317 cal

Day 2

1493 cal ● 120g protein (32%) ● 39g fat (23%) ● 142g carbs (38%) ● 24g fiber (6%)

Breakfast

210 cal, 13g protein, 8g net carbs, 11g fat



[Raspberries](#)
2/3 cup(s)- 48 cal



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



[Basic scrambled eggs](#)
2 egg(s)- 142 cal

Snacks

195 cal, 17g protein, 24g net carbs, 3g fat



[Watermelon](#)
6 oz- 61 cal



[Yogurt and cucumber](#)
132 cal

Lunch

570 cal, 36g protein, 55g net carbs, 18g fat



[White rice](#)
1/4 cup rice, cooked- 55 cal



[Bahn mi sandwich](#)
1 sandwich(es)- 429 cal



[Orange](#)
1 orange(s)- 85 cal

Dinner

520 cal, 54g protein, 55g net carbs, 6g fat



[Bbq chicken stuffed sweet potatoes](#)
1 potato(es)- 520 cal

Day 3

1512 cals ● 125g protein (33%) ● 42g fat (25%) ● 129g carbs (34%) ● 30g fiber (8%)

Breakfast

240 cals, 13g protein, 27g net carbs, 7g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[High protein scrambled eggs](#)

99 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Snacks

225 cals, 9g protein, 13g net carbs, 10g fat



[Raspberries](#)

1 1/2 cup(s)- 108 cals



[Cucumber goat cheese bites](#)

118 cals

Lunch

530 cals, 49g protein, 34g net carbs, 19g fat



[Spiced chicken tabbouleh bowl](#)

362 cals



[Roasted almonds](#)

1/6 cup(s)- 166 cals

Dinner

520 cals, 54g protein, 55g net carbs, 6g fat



[Bbq chicken stuffed sweet potatoes](#)

1 potato(es)- 520 cals

Day 4

1479 cals ● 130g protein (35%) ● 48g fat (29%) ● 107g carbs (29%) ● 24g fiber (6%)

Breakfast

240 cals, 13g protein, 27g net carbs, 7g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[High protein scrambled eggs](#)

99 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Snacks

225 cals, 9g protein, 13g net carbs, 10g fat



[Raspberries](#)

1 1/2 cup(s)- 108 cals



[Cucumber goat cheese bites](#)

118 cals

Lunch

530 cals, 49g protein, 34g net carbs, 19g fat



[Spiced chicken tabbouleh bowl](#)

362 cals



[Roasted almonds](#)

1/6 cup(s)- 166 cals

Dinner

485 cals, 58g protein, 33g net carbs, 13g fat



[Cottage cheese & honey](#)

1 cup(s)- 249 cals



[Buffalo chicken salad](#)

237 cals

Day 5

1486 cals ● 130g protein (35%) ● 61g fat (37%) ● 88g carbs (24%) ● 16g fiber (4%)

Breakfast

305 cals, 21g protein, 38g net carbs, 5g fat



Protein bar
1 bar- 245 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

240 cals, 11g protein, 3g net carbs, 19g fat



Sunflower seeds
240 cals

Lunch

455 cals, 40g protein, 14g net carbs, 24g fat



Sugar snap peas
82 cals



Honey mustard chicken thighs w/ skin
5 1/3 oz- 372 cals

Dinner

485 cals, 58g protein, 33g net carbs, 13g fat



Cottage cheese & honey
1 cup(s)- 249 cals



Buffalo chicken salad
237 cals

Day 6

1418 cals ● 127g protein (36%) ● 61g fat (39%) ● 72g carbs (20%) ● 19g fiber (5%)

Breakfast

305 cals, 21g protein, 38g net carbs, 5g fat



Protein bar
1 bar- 245 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

240 cals, 11g protein, 3g net carbs, 19g fat



Sunflower seeds
240 cals

Lunch

455 cals, 40g protein, 14g net carbs, 24g fat



Sugar snap peas
82 cals



Honey mustard chicken thighs w/ skin
5 1/3 oz- 372 cals

Dinner

420 cals, 54g protein, 17g net carbs, 13g fat



Brown rice
1/4 cup brown rice, cooked- 57 cals



Southwest chicken
8 oz- 362 cals

Day 7

1456 calsgreen120g protein (33%)orange52g fat (32%)blue110g carbs (30%)grey16g fiber (4%)

Breakfast

305 calsgreen21g protein, 38g net carbs, 5g fat



Protein bar
1 bar- 245 calsgreen



Grapefruit
1/2 grapefruit- 59 calsgreen

Snacks

240 calsgreen11g protein, 3g net carbs, 19g fat



Sunflower seeds
240 calsgreen

Lunch

490 calsgreen34g protein, 52g net carbs, 15g fat



Kefir
150 calsgreen



Grilled chicken hummus wrap
1 wrap(s)- 342 calsgreen

Dinner

420 calsgreen54g protein, 17g net carbs, 13g fat



Brown rice
1/4 cup brown rice, cooked- 57 calsgreen



Southwest chicken
8 oz- 362 calsgreen



Fruits and Fruit Juices

- ☐ raspberries
4 1/3 cup (533g)
- ☐ orange
2 orange (308g)
- ☐ Watermelon
12 oz (340g)
- ☐ lemon juice
1/4 tbsp (4mL)
- ☐ Grapefruit
3 1/2 large (approx 4-1/2" dia) (1162g)

Vegetables and Vegetable Products

- ☐ tomatoes
4 medium whole (2-3/5" dia) (508g)
- ☐ frozen sugar snap peas
3 2/3 cup (528g)
- ☐ cucumber
2 cucumber (8-1/4") (581g)
- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)
- ☐ jalapeno pepper
1 pepper (14g)
- ☐ carrots
4 tbsp, shredded (33g)
- ☐ fresh parsley
2 sprigs (2g)
- ☐ onion
4 tbsp, chopped (40g)
- ☐ raw celery
1 stalk, small (5" long) (17g)
- ☐ bell pepper
2 medium (238g)

Fats and Oils

- ☐ oil
1 oz (33mL)
- ☐ mayonnaise
2 1/2 tbsp (38mL)

Dairy and Egg Products

- ☐ eggs
6 1/4 medium (276g)
- ☐ butter
1 tbsp (14g)
- ☐ lowfat greek yogurt
1 cup (280g)

Spices and Herbs

- ☐ dijon mustard
1/2 tbsp (8g)
- ☐ black pepper
1/2 g (1g)
- ☐ salt
2 1/2 g (3g)
- ☐ apple cider vinegar
1 tsp (5g)
- ☐ ground cumin
4 dash (1g)
- ☐ dried dill weed
1 tsp (1g)
- ☐ brown deli mustard
1 tbsp (15g)
- ☐ thyme, dried
1/4 tbsp, ground (1g)
- ☐ taco seasoning mix
1 tbsp (9g)

Other

- ☐ mixed greens
1 1/2 cup (45g)
- ☐ chicken breast tenderloins, raw
2 tenderloin(s) (113g)
- ☐ protein bar (20g protein)
3 bar (150g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 1/2 lbs (1980g)
- ☐ chicken thighs, with bone and skin, raw
2/3 lbs (303g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1/3 cup (95g)
- ☐ Frank's Red Hot sauce
3 tbsp (45mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
4 tsp (15g)
- ☐ instant couscous, flavored
1/2 box (5.8 oz) (82g)
- ☐ brown rice
2 3/4 tbsp (32g)

- ☐ low fat cottage cheese (1% milkfat)
2 1/4 cup (509g)
- ☐ goat cheese
2 oz (57g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ cheese
2 tbsp, shredded (14g)
- ☐ kefir, flavored
1 cup (240mL)
- ☐ feta cheese
2 tbsp (19g)

Baked Products

- ☐ kaiser rolls
1 roll (3-1/2" dia) (57g)
 - ☐ bread
2 slice(s) (64g)
 - ☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)
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Beverages

- ☐ water
1/2 cup(s) (119mL)

Nut and Seed Products

- ☐ almonds
6 tbsp, whole (54g)
- ☐ sunflower kernels
4 oz (113g)

Sweets

- ☐ honey
2 1/2 oz (70g)

Legumes and Legume Products

- ☐ hummus
2 tbsp (30g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

raspberries

2/3 cup (82g)

For all 2 meals:

raspberries

1 1/3 cup (164g)

1. Rinse raspberries and serve.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 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.

Basic scrambled eggs

2 egg(s) - 142 cals ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

Grapefruit
2 large (approx 4-1/2" dia) (664g)

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)

High protein scrambled eggs

99 cals ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
low fat cottage cheese (1% milkfat)
2 tbsp (28g)
eggs
1 large (50g)

For all 2 meals:

oil
1/2 tsp (3mL)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
eggs
2 large (100g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Protein bar

1 bar - 245 cal● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 3 meals:

protein bar (20g protein)
3 bar (150g)

1. This recipe has no instructions.

Grapefruit

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



For single meal:

Grapefruit

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

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia)
(498g)

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)

Lunch 1 [🔗](#)

Eat on day 1

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



Makes 1 orange(s)

orange

1 orange (154g)

1. This recipe has no instructions.

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

oil

1/2 tsp (3mL)

kaiser rolls

1 roll (3-1/2" dia) (57g)

dijon mustard

1/2 tbsp (8g)

mixed greens

4 tbsp (8g)

tomatoes

3 slice(s), thin/small (45g)

**boneless skinless chicken breast,
raw**

1/2 lbs (227g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Lunch 2 [🔗](#)

Eat on day 2

White rice

1/4 cup rice, cooked - 55 cals ● 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.

Bahn mi sandwich

1 sandwich(es) - 429 cals ● 34g protein ● 18g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

- oil**
1 tsp (5mL)
- apple cider vinegar**
1 tsp (5g)
- mayonnaise**
1 tbsp (15mL)
- jalapeno pepper, sliced**
1 pepper (14g)
- carrots**
4 tbsp, shredded (33g)
- cucumber**
4 slices (28g)
- chicken breast tenderloins, raw**
2 tenderloin(s) (113g)
- bread, toasted**
2 slice(s) (64g)

1. Heat oil in a skillet over medium heat. Season chicken breast tenderloins with some salt and pepper and add them to the skillet. Cook until done, 3-4 minutes/side. Once done, transfer chicken to a cutting board. Allow it to cool slightly, then slice it into strips.
2. To assemble the sandwich, start by spreading mayo on one slice of bread. Top the mayo with the cooked chicken strips and add the remaining sandwich ingredients, being sure to drizzle apple cider vinegar over the shredded carrots. Complete the sandwich by placing the second slice of bread on top.
3. Serve.

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



Makes 1 orange(s)

- orange**
1 orange (154g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 3, day 4

Spiced chicken tabbouleh bowl

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



For single meal:

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)

For all 2 meals:

boneless skinless chicken breast, raw

3/4 lbs (336g)

instant couscous, flavored

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

oil

1/4 tsp (1mL)

ground cumin

4 dash (1g)

cucumber, chopped

1/4 cucumber (8-1/4") (75g)

tomatoes, chopped

1/2 roma tomato (40g)

fresh parsley, chopped

2 sprigs (2g)

lemon juice

1/4 tbsp (4mL)

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.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

3 tbsp, whole (27g)

For all 2 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

frozen sugar snap peas

1 1/3 cup (192g)

For all 2 meals:

frozen sugar snap peas

2 2/3 cup (384g)

1. Prepare according to instructions on package.

Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals ● 34g protein ● 23g fat ● 6g carbs ● 0g fiber



For single meal:

brown deli mustard

1/2 tbsp (8g)

honey

1 tsp (7g)

thyme, dried

1/3 tsp, ground (0g)

salt

2/3 dash (1g)

chicken thighs, with bone and skin, raw

1/3 lbs (151g)

For all 2 meals:

brown deli mustard

1 tbsp (15g)

honey

2 tsp (14g)

thyme, dried

1/4 tbsp, ground (1g)

salt

1 1/3 dash (1g)

chicken thighs, with bone and skin, raw

2/3 lbs (303g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Lunch 5 [↗](#)

Eat on day 7

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



kefir, flavored
1 cup (240mL)

1. Pour into a glass and drink.

Grilled chicken hummus wrap

1 wrap(s) - 342 cals ● 26g protein ● 13g fat ● 27g carbs ● 4g fiber



Makes 1 wrap(s)

tomatoes, chopped
1 slice(s), thin/small (15g)
feta cheese
2 tbsp (19g)
cucumber, chopped
4 tbsp slices (26g)
hummus
2 tbsp (30g)
mixed greens
4 tbsp (8g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
boneless skinless chicken breast, raw
2 1/2 oz (71g)

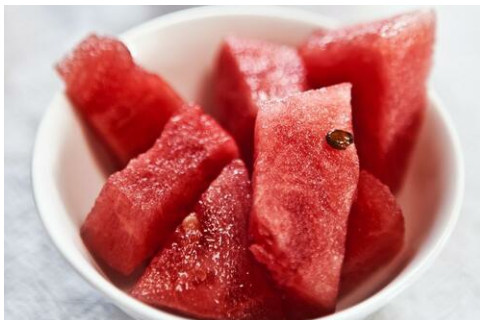
1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Watermelon

6 oz - 61 cals ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

Watermelon
6 oz (170g)

For all 2 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.

Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber

1/2 cucumber (8-1/4") (151g)

lowfat greek yogurt

1/2 cup (140g)

For all 2 meals:

cucumber

1 cucumber (8-1/4") (301g)

lowfat greek yogurt

1 cup (280g)

1. Slice cucumber and dip in yogurt.

Snacks 2 [↗](#)

Eat on day 3, day 4

Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries

1 1/2 cup (185g)

For all 2 meals:

raspberries

3 cup (369g)

1. Rinse raspberries and serve.

Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber, sliced

1/4 cucumber (8-1/4") (75g)

goat cheese

1 oz (28g)

dried dill weed

4 dash (1g)

For all 2 meals:

cucumber, sliced

1/2 cucumber (8-1/4") (151g)

goat cheese

2 oz (57g)

dried dill weed

1 tsp (1g)

1. Top sliced cucumber with goat cheese and dill.
 2. Serve.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/3 oz (38g)

For all 3 meals:

sunflower kernels

4 oz (113g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

butter

1 tbsp (14g)

frozen sugar snap peas

1 cup (144g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

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 2 [↗](#)

Eat on day 2, day 3

Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cal ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



For single meal:

sweet potatoes, halved

1 sweetpotato, 5" long (210g)

barbecue sauce

2 2/3 tbsp (48g)

boneless skinless chicken breast, raw

1/2 lbs (224g)

For all 2 meals:

sweet potatoes, halved

2 sweetpotato, 5" long (420g)

barbecue sauce

1/3 cup (95g)

boneless skinless chicken breast, raw

1 lbs (448g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Dinner 3 [↗](#)

Eat on day 4, day 5

Cottage cheese & honey

1 cup(s) - 249 cal ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



For single meal:

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

For all 2 meals:

honey

2 2/3 tbsp (56g)

low fat cottage cheese (1% milkfat)

2 cup (452g)

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

Buffalo chicken salad

237 cal ● 30g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

mayonnaise
3/4 tbsp (11mL)
onion, chopped
2 tbsp, chopped (20g)
Frank's Red Hot sauce
1 1/2 tbsp (23mL)
nonfat greek yogurt, plain
2 tbsp (35g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)
boneless skinless chicken breast, raw
4 oz (113g)
mixed greens
1/2 cup (15g)

For all 2 meals:

mayonnaise
1 1/2 tbsp (23mL)
onion, chopped
4 tbsp, chopped (40g)
Frank's Red Hot sauce
3 tbsp (45mL)
nonfat greek yogurt, plain
4 tbsp (70g)
raw celery, chopped
1 stalk, small (5" long) (17g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
mixed greens
1 cup (30g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Brown rice

1/4 cup brown rice, cooked - 57 cal ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

brown rice
4 tsp (16g)
salt
1/2 dash (0g)
water
1/6 cup(s) (39mL)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Southwest chicken

8 oz - 362 cal ● 53g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

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)

For all 2 meals:

oil

2 tsp (10mL)

cheese

2 tbsp, shredded (14g)

taco seasoning mix

1 tbsp (9g)

boneless skinless chicken breast, raw

1 lbs (448g)

bell pepper, cut into strips

2 medium (238g)

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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