

Meal Plan for Peter - Week 5



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

Day 1 2478 cals ● 246g protein (40%) ● 100g fat (36%) ● 114g carbs (18%) ● 34g fiber (6%)

Breakfast

535 cals, 38g protein, 38g net carbs, 23g fat



[Chocolate peanut butter protein oats](#)
234 cals



[Blackberry & granola parfait](#)
153 cals



[Milk](#)
1 cup(s)- 149 cals

Snacks

375 cals, 34g protein, 20g net carbs, 15g fat



[Cottage cheese with almonds and cinnamon](#)
309 cals



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

Lunch

725 cals, 99g protein, 33g net carbs, 17g fat



[Cajun tilapia](#)
15 oz- 495 cals



[Lima beans](#)
232 cals

Dinner

840 cals, 76g protein, 23g net carbs, 45g fat



[Teriyaki chicken](#)
8 oz- 380 cals



[Roasted peanuts](#)
1/2 cup(s)- 403 cals



[Broccoli](#)
2 cup(s)- 58 cals

Day 2 2466 cals ● 218g protein (35%) ● 91g fat (33%) ● 161g carbs (26%) ● 32g fiber (5%)

Breakfast

535 cals, 38g protein, 38g net carbs, 23g fat



[Chocolate peanut butter protein oats](#)
234 cals



[Blackberry & granola parfait](#)
153 cals



[Milk](#)
1 cup(s)- 149 cals

Snacks

375 cals, 34g protein, 20g net carbs, 15g fat



[Cottage cheese with almonds and cinnamon](#)
309 cals



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

Lunch

725 cals, 99g protein, 33g net carbs, 17g fat



[Cajun tilapia](#)
15 oz- 495 cals



[Lima beans](#)
232 cals

Dinner

830 cals, 48g protein, 70g net carbs, 36g fat



[Roast beef sandwich](#)
1 sandwich(es)- 476 cals



[Large granola bar](#)
2 bar(s)- 352 cals

Day 3

2498 cals ● 226g protein (36%) ● 90g fat (32%) ● 161g carbs (26%) ● 34g fiber (5%)

Breakfast

490 cals, 42g protein, 31g net carbs, 19g fat



[Double chocolate protein shake](#)
137 cals



[Egg avocado & turkey bacon sandwich](#)
1 sandwich(es)- 352 cals

Snacks

430 cals, 27g protein, 57g net carbs, 8g fat



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cals



[Yogurt and cucumber](#)
194 cals



[Banana](#)
1 banana(s)- 117 cals

Lunch

850 cals, 83g protein, 13g net carbs, 48g fat



[Garlic collard greens](#)
159 cals



[Ranch chicken](#)
12 oz- 691 cals

Dinner

725 cals, 74g protein, 61g net carbs, 15g fat



[Marinated chicken breast](#)
10 oz- 353 cals



[Buttered lima beans](#)
110 cals



[Basic baked potato](#)
1 potato(es)- 264 cals

Day 4

2498 cals ● 226g protein (36%) ● 90g fat (32%) ● 161g carbs (26%) ● 34g fiber (5%)

Breakfast

490 cals, 42g protein, 31g net carbs, 19g fat



[Double chocolate protein shake](#)
137 cals



[Egg avocado & turkey bacon sandwich](#)
1 sandwich(es)- 352 cals

Snacks

430 cals, 27g protein, 57g net carbs, 8g fat



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cals



[Yogurt and cucumber](#)
194 cals



[Banana](#)
1 banana(s)- 117 cals

Lunch

850 cals, 83g protein, 13g net carbs, 48g fat



[Garlic collard greens](#)
159 cals



[Ranch chicken](#)
12 oz- 691 cals

Dinner

725 cals, 74g protein, 61g net carbs, 15g fat



[Marinated chicken breast](#)
10 oz- 353 cals



[Buttered lima beans](#)
110 cals



[Basic baked potato](#)
1 potato(es)- 264 cals

Day 5

2483 cals ● 215g protein (35%) ● 69g fat (25%) ● 215g carbs (35%) ● 36g fiber (6%)

Breakfast

475 cals, 46g protein, 40g net carbs, 10g fat



Overnight chocolate and strawberry protein oats
400 cals



Milk
1/2 cup(s)- 75 cals

Snacks

430 cals, 27g protein, 57g net carbs, 8g fat



Small toasted bagel with butter
1/2 bagel(s)- 120 cals



Yogurt and cucumber
194 cals



Banana
1 banana(s)- 117 cals

Lunch

810 cals, 69g protein, 66g net carbs, 26g fat



Protein shake (milk)
129 cals



Edamame
139 cals



Roast beef bagel sandwich
1 sandwich(es)- 543 cals

Dinner

770 cals, 73g protein, 53g net carbs, 24g fat



Lemon pepper chicken breast
10 oz- 370 cals



Buttered broccoli
1 cup(s)- 134 cals



Basic baked potato
1 potato(es)- 264 cals

Day 6

2538 cals ● 214g protein (34%) ● 92g fat (33%) ● 178g carbs (28%) ● 36g fiber (6%)

Breakfast

475 cals, 46g protein, 40g net carbs, 10g fat



Overnight chocolate and strawberry protein oats
400 cals



Milk
1/2 cup(s)- 75 cals

Snacks

455 cals, 24g protein, 46g net carbs, 18g fat



String cheese
3 stick(s)- 248 cals



Peach
2 peach(es)- 132 cals



Fruit juice
2/3 cup(s)- 76 cals

Lunch

840 cals, 71g protein, 40g net carbs, 40g fat



Pesto chicken & quinoa stuffed peppers
4 half pepper(s)- 733 cals



Parmesan & pesto roasted potatoes
106 cals

Dinner

770 cals, 73g protein, 53g net carbs, 24g fat



Lemon pepper chicken breast
10 oz- 370 cals



Buttered broccoli
1 cup(s)- 134 cals



Basic baked potato
1 potato(es)- 264 cals

Day 7

2550 cals ● 222g protein (35%) ● 77g fat (27%) ● 208g carbs (33%) ● 33g fiber (5%)

Breakfast

475 cals, 46g protein, 40g net carbs, 10g fat



Overnight chocolate and strawberry protein oats

400 cals



Milk

1/2 cup(s)- 75 cals

Snacks

455 cals, 24g protein, 46g net carbs, 18g fat



String cheese

3 stick(s)- 248 cals



Peach

2 peach(es)- 132 cals



Fruit juice

2/3 cup(s)- 76 cals

Lunch

840 cals, 71g protein, 40g net carbs, 40g fat



Pesto chicken & quinoa stuffed peppers

4 half pepper(s)- 733 cals



Parmesan & pesto roasted potatoes

106 cals

Dinner

780 cals, 81g protein, 83g net carbs, 9g fat



Bbq chicken stuffed sweet potatoes

1 1/2 potato(es)- 779 cals



Dairy and Egg Products

- ☐ lowfat cottage cheese
2 cup (452g)
- ☐ lowfat greek yogurt
3 cup (817g)
- ☐ whole milk
5 cup (1200mL)
- ☐ sliced cheese
2 1/2 oz (70g)
- ☐ butter
3/8 stick (48g)
- ☐ nonfat greek yogurt
2 container (350g)
- ☐ eggs
2 large (100g)
- ☐ string cheese
6 stick (168g)
- ☐ mozzarella cheese
1 cup (86g)
- ☐ parmesan cheese
1 tbsp (5g)

Nut and Seed Products

- ☐ almond butter
2 tbsp (32g)
- ☐ almonds
12 almond (14g)

Spices and Herbs

- ☐ cinnamon
4 dash (1g)
- ☐ cajun seasoning
1 1/4 tbsp (8g)
- ☐ black pepper
1/8 oz (2g)
- ☐ salt
11 g (11g)
- ☐ mustard
2 tsp (10g)
- ☐ lemon pepper
1 1/4 tbsp (9g)

Fruits and Fruit Juices

- ☐ peach
6 medium (2-2/3" dia) (900g)
- ☐ blackberries
1/3 cup (48g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
6 1/4 lbs (2806g)

Legumes and Legume Products

- ☐ roasted peanuts
1/2 cup (64g)
- ☐ peanut butter
2 tbsp (32g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
4 cup (364g)
- ☐ lima beans, frozen
2 package (10 oz) (568g)
- ☐ tomatoes
5/8 medium whole (2-3/5" dia) (71g)
- ☐ romaine lettuce
2 leaf outer (56g)
- ☐ collard greens
1 lbs (454g)
- ☐ garlic
3 clove(s) (9g)
- ☐ potatoes
3 3/4 lbs (1703g)
- ☐ cucumber
2 1/4 cucumber (8-1/4") (677g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ bell pepper
4 medium (476g)
- ☐ sweet potatoes
1 1/2 sweetpotato, 5" long (315g)

Finfish and Shellfish Products

- ☐ tilapia, raw
2 lbs (840g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1 1/2 cup (122g)
- ☐ granola
1/3 cup (30g)

Beverages

- ☐ banana
3 medium (7" to 7-7/8" long) (354g)
- ☐ avocados
1/2 avocado(s) (101g)
- ☐ strawberries
3 cup, sliced (498g)
- ☐ fruit juice
10 2/3 fl oz (320mL)

Fats and Oils

- ☐ oil
2 1/2 oz (81mL)
- ☐ ranch dressing
6 tbsp (90mL)
- ☐ marinade sauce
10 tbsp (151mL)
- ☐ olive oil
2 tsp (9mL)

Other

- ☐ teriyaki sauce
4 tbsp (60mL)
- ☐ protein powder, chocolate
6 scoop (1/3 cup ea) (186g)
- ☐ ranch dressing mix
3/4 packet (1 oz) (21g)

- ☐ water
3 cup(s) (711mL)
- ☐ protein powder
1/2 scoop (1/3 cup ea) (16g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1/2 lbs (227g)
- ☐ Turkey bacon
2 slice(s) (32g)

Baked Products

- ☐ bread
2 slice (64g)
- ☐ bagel
2 medium bagel (3-1/2" to 4" dia) (209g)
- ☐ english muffins
2 muffin(s) (114g)

Snacks

- ☐ large granola bar
2 bar (74g)

Sweets

- ☐ cocoa powder
2/3 oz (20g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1/4 lbs (126g)
- ☐ barbecue sauce
4 tbsp (71g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/4 cup (38g)





Breakfast 1

Eat on day 1, day 2 (or any 2 day(s))

Chocolate peanut butter protein oats

234 cal ● 18g protein ● 10g fat ● 15g carbs ● 3g fiber



For single meal:

oatmeal, old-fashioned oats, rolled oats

4 tbsp (20g)

water

1/2 cup(s) (119mL)

peanut butter

1 tbsp (16g)

protein powder, chocolate

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

For all 2 meals:

oatmeal, old-fashioned oats, rolled oats

1/2 cup (41g)

water

1 cup(s) (237mL)

peanut butter

2 tbsp (32g)

protein powder, chocolate

1 scoop (1/3 cup ea) (31g)

1. Cook oats and water according to the package.
2. When done, mix in the protein powder and peanut butter.
3. Serve.

Blackberry & granola parfait

153 cal ● 12g protein ● 6g fat ● 11g carbs ● 3g fiber



For single meal:

blackberries, roughly chopped

2 2/3 tbsp (24g)

lowfat greek yogurt

1/3 cup (93g)

granola

2 2/3 tbsp (15g)

For all 2 meals:

blackberries, roughly chopped

1/3 cup (48g)

lowfat greek yogurt

2/3 cup (187g)

granola

1/3 cup (30g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Breakfast 2

Eat on day 3, day 4 (or any 2 day(s))

Double chocolate protein shake

137 cals ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

water
2 cup(s) (474mL)
cocoa powder
2 tsp (4g)
nonfat greek yogurt
4 tbsp (70g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Egg avocado & turkey bacon sandwich

1 sandwich(es) - 352 cals ● 14g protein ● 18g fat ● 28g carbs ● 5g fiber



For single meal:

oil
1/2 tsp (3mL)
avocados
1/4 avocado(s) (50g)
Turkey bacon
1 slice(s) (16g)
eggs
1 large (50g)
english muffins
1 muffin(s) (57g)

For all 2 meals:

oil
1 tsp (5mL)
avocados
1/2 avocado(s) (101g)
Turkey bacon
2 slice(s) (32g)
eggs
2 large (100g)
english muffins
2 muffin(s) (114g)

1. Heat oil in a large non-stick skillet over medium heat.
2. Fry the turkey bacon and egg until fully cooked.
3. Toast english muffin and smash the avocado with a fork into the bottom of the english muffin.
4. Top the smashed avocado with the egg and turkey bacon. Serve.

Breakfast 3

Eat on day 5, day 6, day 7 (or any 3 day(s))

Overnight chocolate and strawberry protein oats

400 cals ● 42g protein ● 7g fat ● 34g carbs ● 9g fiber



For single meal:

oatmeal, old-fashioned oats, rolled oats
1/3 cup (27g)
cocoa powder
1 tbsp (5g)
nonfat greek yogurt
1/3 cup (93g)
whole milk
1/3 cup (80mL)
strawberries
1 cup, sliced (166g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

oatmeal, old-fashioned oats, rolled oats
1 cup (81g)
cocoa powder
3 tbsp (16g)
nonfat greek yogurt
1 cup (280g)
whole milk
1 cup (240mL)
strawberries
3 cup, sliced (498g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Note: must chill overnight
2. In an airtight container, mix the oats, protein powder, and cocoa together.
3. Then add the milk, then the yogurt. Stir until well-combined.
4. Stir in the strawberries.
5. Chill in the refrigerator overnight.
6. Serve in the morning.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 3 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.
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Lunch 1

Eat on day 1, day 2 (or any 2 day(s))

Cajun tilapia

15 oz - 495 cals ● 85g protein ● 16g fat ● 2g carbs ● 1g fiber



For single meal:

tilapia, raw
1 lbs (420g)
oil
2 tsp (9mL)
cajun seasoning
2 tsp (4g)

For all 2 meals:

tilapia, raw
2 lbs (840g)
oil
1 1/4 tbsp (19mL)
cajun seasoning
1 1/4 tbsp (8g)

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking dish.
2. Place the Tilapia fillets in the bottom of the baking dish and coat both sides with the oil and Cajun seasoning.
3. Cover the dish and bake for 15 to 20 minutes until fish is cooked and flakes easily with a fork.

Lima beans

232 cals ● 14g protein ● 1g fat ● 31g carbs ● 12g fiber



For single meal:

black pepper
1 1/2 dash, ground (0g)
salt
3 dash (2g)
lima beans, frozen
3/4 package (10 oz) (213g)

For all 2 meals:

black pepper
3 dash, ground (1g)
salt
1/4 tbsp (5g)
lima beans, frozen
1 1/2 package (10 oz) (426g)

1. Cook lima beans according to package.
 2. Season to taste with salt and pepper.
 3. Serve.
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Lunch 2

Eat on day 3, day 4 (or any 2 day(s))

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



For single meal:

collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

garlic, minced

1 1/2 clove(s) (5g)

salt

1 dash (1g)

For all 2 meals:

collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



For single meal:

ranch dressing mix

3/8 packet (1 oz) (11g)

oil

3/4 tbsp (11mL)

boneless skinless chicken breast, raw

3/4 lbs (336g)

ranch dressing

3 tbsp (45mL)

For all 2 meals:

ranch dressing mix

3/4 packet (1 oz) (21g)

oil

1 1/2 tbsp (23mL)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

ranch dressing

6 tbsp (90mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Lunch 3

Eat on day 5 (or any 1 day(s))

Protein shake (milk)

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



whole milk

1/2 cup (120mL)

protein powder

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

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

Edamame

139 cals ● 13g protein ● 6g fat ● 3g carbs ● 6g fiber



edamame, frozen, shelled

1 cup (118g)

1. Prepare edamame according to its package. Serving size is for shelled edamame. Do not eat the pods, only eat the seeds.

Roast beef bagel sandwich

1 sandwich(es) - 543 cals ● 40g protein ● 16g fat ● 56g carbs ● 4g fiber



Makes 1 sandwich(es)

roast beef cold cuts

4 oz (113g)

tomatoes, diced

1/2 plum tomato (31g)

romaine lettuce

1 leaf outer (28g)

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

mustard

1 tsp (5g)

sliced cheese

1 slice (1 oz) (28g)

1. Build the sandwich to your liking. Feel free to substitute whichever veggies you prefer.
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Lunch 4

Eat on day 6, day 7 (or any 2 day(s))

Pesto chicken & quinoa stuffed peppers

4 half pepper(s) - 733 cals ● 68g protein ● 37g fat ● 24g carbs ● 7g fiber



For single meal:

bell pepper

2 medium (238g)

mozzarella cheese

1/2 cup (43g)

pesto sauce

1/3 jar (6.25 oz) (59g)

quinoa, uncooked

1 3/4 tbsp (19g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

For all 2 meals:

bell pepper

4 medium (476g)

mozzarella cheese

1 cup (86g)

pesto sauce

2/3 jar (6.25 oz) (118g)

quinoa, uncooked

1/4 cup (38g)

boneless skinless chicken breast, raw

1 lbs (454g)

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. Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.
4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.
5. Preheat oven to 350 F (180 C).
6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.
7. When peppers have cooled, cut in half and remove seeds.
8. Fill pepper halves with chicken mixture and top with cheese.
9. Bake for 10 minutes. Serve.

Parmesan & pesto roasted potatoes

106 cals ● 3g protein ● 2g fat ● 16g carbs ● 3g fiber



For single meal:

pesto sauce

1/4 tbsp (4g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

parmesan cheese, grated

1/2 tbsp (3g)

potatoes, washed, cut into bite-sized pieces

4 oz (114g)

For all 2 meals:

pesto sauce

1/2 tbsp (8g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

parmesan cheese, grated

1 tbsp (5g)

potatoes, washed, cut into bite-sized pieces

1/2 lbs (227g)

1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss potatoes and pesto together until potatoes are covered.
3. Spread over a baking sheet and season with salt and pepper.
4. Bake for 20 minutes and remove from oven.
5. Sprinkle the potatoes with the grated parmesan and place back in oven for an additional 10-15 minutes- or until potatoes are tender and crispy. Serve.

Snacks 1

Eat on day 1, day 2 (or any 2 day(s))

Cottage cheese with almonds and cinnamon

309 cals ● 33g protein ● 15g fat ● 8g carbs ● 3g fiber



For single meal:

- lowfat cottage cheese**
1 cup (226g)
- almond butter**
1 tbsp (16g)
- almonds**
6 almond (7g)
- cinnamon**
2 dash (1g)

For all 2 meals:

- lowfat cottage cheese**
2 cup (452g)
- almond butter**
2 tbsp (32g)
- almonds**
12 almond (14g)
- cinnamon**
4 dash (1g)

- 1. Mix all ingredients together in a small bowl.
- 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 2 meals:

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

- 1. This recipe has no instructions.
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Snacks 2

Eat on day 3, day 4, day 5 (or any 3 day(s))

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 3 meals:

butter

3/4 tbsp (11g)

bagel

1 1/2 small bagel (3" dia) (104g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Yogurt and cucumber

194 cals ● 22g protein ● 4g fat ● 15g carbs ● 1g fiber



For single meal:

cucumber

3/4 cucumber (8-1 1/4") (226g)

lowfat greek yogurt

3/4 cup (210g)

For all 3 meals:

cucumber

2 1/4 cucumber (8-1 1/4") (677g)

lowfat greek yogurt

2 1/4 cup (630g)

1. Slice cucumber and dip in yogurt.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

banana

3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

Snacks 3

Eat on day 6, day 7 (or any 2 day(s))

String cheese

3 stick(s) - 248 cal● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

1. This recipe has no instructions.

Peach

2 peach(es) - 132 cal● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

peach
4 medium (2-2/3" dia) (600g)

1. This recipe has no instructions.

Fruit juice

2/3 cup(s) - 76 cal● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

fruit juice
5 1/3 fl oz (160mL)

For all 2 meals:

fruit juice
10 2/3 fl oz (320mL)

1. This recipe has no instructions.

Dinner 1

Eat on day 1 (or any 1 day(s))

Teriyaki chicken

8 oz - 380 cals ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



Makes 8 oz

oil

1/2 tbsp (8mL)

teriyaki sauce

4 tbsp (60mL)

boneless skinless chicken breast, raw, cubed

1/2 lbs (224g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Roasted peanuts

1/2 cup(s) - 403 cals ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber

Makes 1/2 cup(s)

roasted peanuts

1/2 cup (64g)



1. This recipe has no instructions.

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.
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Dinner 2

Eat on day 2 (or any 1 day(s))

Roast beef sandwich

1 sandwich(es) - 476 cals ● 40g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

roast beef cold cuts

4 oz (113g)

bread

2 slice (64g)

mustard

1 tsp (5g)

tomatoes

2 slice, medium (1/4" thick) (40g)

romaine lettuce

1 leaf outer (28g)

sliced cheese

2 slice (3/4 oz) (42g)

1. Build the sandwich to your liking. Feel free to substitute whichever veggies you prefer.

Large granola bar

2 bar(s) - 352 cals ● 7g protein ● 15g fat ● 44g carbs ● 4g fiber



Makes 2 bar(s)

large granola bar

2 bar (74g)

1. This recipe has no instructions.
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Dinner 3

Eat on day 3, day 4 (or any 2 day(s))

Marinated chicken breast

10 oz - 353 cals ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
marinade sauce
5 tbsp (75mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
marinade sauce
10 tbsp (150mL)

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.

Buttered lima beans

110 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

lima beans, frozen
1/4 package (10 oz) (71g)
salt
1 dash (1g)
butter
1 tsp (5g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

lima beans, frozen
1/2 package (10 oz) (142g)
salt
2 dash (2g)
butter
2 tsp (9g)
black pepper
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Basic baked potato

1 potato(es) - 264 cals ● 6g protein ● 1g fat ● 49g carbs ● 9g fiber



For single meal:

oil

1/2 tsp (3mL)

salt

1 dash (0g)

potatoes

1 large (3" to 4-1/4" dia.) (369g)

For all 2 meals:

oil

1 tsp (5mL)

salt

2 dash (1g)

potatoes

2 large (3" to 4-1/4" dia.) (738g)

1. OVEN:

2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.

4. MICROWAVE:

5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
 6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
 7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.
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Dinner 4

Eat on day 5, day 6 (or any 2 day(s))

Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

lemon pepper

2 tsp (4g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

10 oz (280g)

For all 2 meals:

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Buttered broccoli

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



For single meal:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

For all 2 meals:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

butter

2 tbsp (28g)

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

Basic baked potato

1 potato(es) - 264 cals ● 6g protein ● 1g fat ● 49g carbs ● 9g fiber



For single meal:

oil

1/2 tsp (3mL)

salt

1 dash (0g)

potatoes

1 large (3" to 4-1/4" dia.) (369g)

For all 2 meals:

oil

1 tsp (5mL)

salt

2 dash (1g)

potatoes

2 large (3" to 4-1/4" dia.) (738g)

1. OVEN:

2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.

4. MICROWAVE:

5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
 6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
 7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.
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Dinner 5

Eat on day 7 (or any 1 day(s))

Bbq chicken stuffed sweet potatoes

1 1/2 potato(es) - 779 cals ● 81g protein ● 9g fat ● 83g carbs ● 10g fiber



Makes 1 1/2 potato(es)

sweet potatoes, halved

1 1/2 sweetpotato, 5" long (315g)

barbecue sauce

4 tbsp (71g)

boneless skinless chicken breast, raw

3/4 lbs (336g)

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.
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