

Meal Plan for Eric - Week 1



Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Recipes

Day 1 1868 cals 156g protein 60g fat 144g carbs 31g fiber

Breakfast

440 cals, 38g protein, 37g net carbs, 12g fat



Overnight mixed berry protein oats w/ milk
368 cals



Milk
1/2 cup(s)- 75 cals

Snacks

260 cals, 28g protein, 24g net carbs, 3g fat



Green protein shake
1/2 serving(s)- 130 cals



Yogurt and cucumber
1/2 serving(s)- 129 cals

Lunch

590 cals, 41g protein, 25g net carbs, 33g fat



Avocado strawberry spinach salad
313 cals



Honey-garlic slow cooker chicken thighs
5 1/3 oz- 275 cals

Dinner

580 cals, 48g protein, 57g net carbs, 12g fat



Baked pork chops with marinade sauce
1 chop(s)- 285 cals



Broccoli
1 cup(s)- 29 cals



Basic baked potato
1 potato(es)- 264 cals

Day 2 1868 cals 156g protein 60g fat 144g carbs 31g fiber

Breakfast

440 cals, 38g protein, 37g net carbs, 12g fat



Overnight mixed berry protein oats w/ milk
368 cals



Milk
1/2 cup(s)- 75 cals

Snacks

260 cals, 28g protein, 24g net carbs, 3g fat



Green protein shake
1/2 serving(s)- 130 cals



Yogurt and cucumber
1/2 serving(s)- 129 cals

Lunch

590 cals, 41g protein, 25g net carbs, 33g fat



Avocado strawberry spinach salad
313 cals



Honey-garlic slow cooker chicken thighs
5 1/3 oz- 275 cals

Dinner

580 cals, 48g protein, 57g net carbs, 12g fat



Baked pork chops with marinade sauce
1 chop(s)- 285 cals



Broccoli
1 cup(s)- 29 cals



Basic baked potato
1 potato(es)- 264 cals

Day 3

1884 cals ● 158g protein ● 86g fat ● 89g carbs ● 31g fiber

Breakfast

380 cals, 32g protein, 10g net carbs, 21g fat



Edamame

2 serving(s)- 139 cals



Toast with butter

1/2 slice(s)- 57 cals



Boiled eggs

3 egg(s)- 183 cals

Snacks

320 cals, 21g protein, 8g net carbs, 21g fat



Cottage cheese with almonds and cinnamon

155 cals



Mixed nuts

1/6 cup(s)- 163 cals

Lunch

620 cals, 41g protein, 37g net carbs, 29g fat



Ham, bacon, avocado sandwich

1 sandwich(es)- 550 cals



Grapes

1 1/4 serving(s)- 73 cals

Dinner

565 cals, 64g protein, 34g net carbs, 15g fat



Cajun tilapia

9 oz- 297 cals



Lima beans

2 serving(s)- 154 cals



Bread and butter

1 slice- 114 cals

Day 4

1884 cals ● 158g protein ● 86g fat ● 89g carbs ● 31g fiber

Breakfast

380 cals, 32g protein, 10g net carbs, 21g fat



Edamame

2 serving(s)- 139 cals



Toast with butter

1/2 slice(s)- 57 cals



Boiled eggs

3 egg(s)- 183 cals

Snacks

320 cals, 21g protein, 8g net carbs, 21g fat



Cottage cheese with almonds and cinnamon

155 cals



Mixed nuts

1/6 cup(s)- 163 cals

Lunch

620 cals, 41g protein, 37g net carbs, 29g fat



Ham, bacon, avocado sandwich

1 sandwich(es)- 550 cals



Grapes

1 1/4 serving(s)- 73 cals

Dinner

565 cals, 64g protein, 34g net carbs, 15g fat



Cajun tilapia

9 oz- 297 cals



Lima beans

2 serving(s)- 154 cals



Bread and butter

1 slice- 114 cals

Day 5

1805 cals ● 156g protein ● 75g fat ● 94g carbs ● 32g fiber

Breakfast

380 cals, 32g protein, 10g net carbs, 21g fat



Edamame

2 serving(s)- 139 cals



Toast with butter

1/2 slice(s)- 57 cals



Boiled eggs

3 egg(s)- 183 cals

Snacks

320 cals, 21g protein, 8g net carbs, 21g fat



Cottage cheese with almonds and cinnamon

155 cals



Mixed nuts

1/6 cup(s)- 163 cals

Lunch

595 cals, 51g protein, 42g net carbs, 19g fat



Simple chicken tortilla soup

1 1/3 serving(s)- 483 cals



Milk

3/4 cup(s)- 112 cals

Dinner

515 cals, 52g protein, 34g net carbs, 14g fat



Broccoli

3 cup(s)- 87 cals



Easy garlic chicken

6 oz- 426 cals

Day 6

1814 cals ● 180g protein ● 52g fat ● 120g carbs ● 37g fiber

Breakfast

335 cals, 29g protein, 24g net carbs, 13g fat



Cinnamon french toast with yogurt dip

263 cals



Milk

1/2 cup(s)- 75 cals

Snacks

330 cals, 23g protein, 46g net carbs, 2g fat



Cottage cheese and pineapple

3/4 serving(s)- 140 cals



Apple

1 apple(s)- 105 cals



Orange

1 orange(s)- 85 cals

Lunch

580 cals, 85g protein, 8g net carbs, 19g fat



Simple chicken breast

12 oz- 480 cals



Broccoli

3 1/2 cup(s)- 102 cals

Dinner

565 cals, 43g protein, 43g net carbs, 17g fat



Super simple chicken chili

1 serving(s)- 565 cals

Day 7

1814 cals ● 180g protein ● 52g fat ● 120g carbs ● 37g fiber

Breakfast

335 cals, 29g protein, 24g net carbs, 13g fat



Cinnamon french toast with yogurt dip
263 cals



Milk
1/2 cup(s)- 75 cals

Snacks

330 cals, 23g protein, 46g net carbs, 2g fat



Cottage cheese and pineapple
3/4 serving(s)- 140 cals



Apple
1 apple(s)- 105 cals



Orange
1 orange(s)- 85 cals

Lunch

580 cals, 85g protein, 8g net carbs, 19g fat



Simple chicken breast
12 oz- 480 cals



Broccoli
3 1/2 cup(s)- 102 cals

Dinner

565 cals, 43g protein, 43g net carbs, 17g fat



Super simple chicken chili
1 serving(s)- 565 cals



Breakfast 1

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

Overnight mixed berry protein oats w/ milk

368 cals ● 35g protein ● 8g fat ● 31g carbs ● 8g fiber



For single meal:

frozen mixed berries

1/2 cup (68g)

oatmeal, old-fashioned oats, rolled oats

1/3 cup(s) (27g)

protein powder, vanilla

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

whole milk

3/4 cup (180mL)

For all 2 meals:

frozen mixed berries

1 cup (136g)

oatmeal, old-fashioned oats, rolled oats

2/3 cup(s) (54g)

protein powder, vanilla

2 scoop (1/3 cup ea) (62g)

whole milk

1 1/2 cup (360mL)

1. Note: must chill overnight
2. Mix all ingredients in an airtight container.
3. Let chill overnight in the fridge.
4. 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 2 meals:

whole milk

1 cup (240mL)

1. This recipe has no instructions.

Breakfast 2

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

Edamame

2 serving(s) - 139 cals ● 13g protein ● 6g fat ● 3g carbs ● 6g fiber



For single meal:

edamame, frozen, shelled
1 cup (118g)

For all 3 meals:

edamame, frozen, shelled
3 cup (354g)

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

Toast with butter

1/2 slice(s) - 57 cals ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

bread
1/2 slice (16g)
butter
4 dash (2g)

For all 3 meals:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)

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

Boiled eggs

3 egg(s) - 183 cals ● 17g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 medium (132g)

For all 3 meals:

eggs
9 medium (396g)

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.

Breakfast 3

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

Cinnamon french toast with yogurt dip

263 cal ● 25g protein ● 9g fat ● 18g carbs ● 2g fiber



For single meal:

bread
1 slice(s) (32g)
eggs
1 extra large (56g)
cinnamon
2 dash (1g)
lowfat greek yogurt
1/2 cup (140g)

For all 2 meals:

bread
2 slice(s) (64g)
eggs
2 extra large (112g)
cinnamon
4 dash (1g)
lowfat greek yogurt
1 cup (280g)

1. Crack the egg into a bowl and whisk with a fork until well combined.
2. Spray a skillet with a non-stick spray and place skillet over medium heat.
3. Dredge the bread in the egg until fully coated and soaked.
4. Place bread in skillet and cook for about a minute or two on each side until golden.
5. Remove bread and sprinkle with cinnamon and serve with the yogurt as a dipping sauce.

Milk

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



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Lunch 1

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

Avocado strawberry spinach salad

313 cals ● 10g protein ● 23g fat ● 9g carbs ● 7g fiber



For single meal:

fresh spinach
1 1/2 cup(s) (45g)
avocados, diced
1/4 avocado(s) (50g)
almonds
1 tbsp, sliced (6g)
balsamic vinaigrette
1 tbsp (15mL)
goat cheese
1 oz (28g)
strawberries
1/4 pint (89g)

For all 2 meals:

fresh spinach
3 cup(s) (90g)
avocados, diced
1/2 avocado(s) (101g)
almonds
2 tbsp, sliced (12g)
balsamic vinaigrette
2 tbsp (30mL)
goat cheese
2 oz (57g)
strawberries
1/2 pint (179g)

1. Toss all ingredients together, except the vinaigrette.
2. Drizzle Vinaigrette over salad when serving.

Honey-garlic slow cooker chicken thighs

5 1/3 oz - 275 cals ● 31g protein ● 9g fat ● 16g carbs ● 0g fiber



For single meal:

basil
1/3 tsp, leaves (0g)
soy sauce
2 2/3 tbsp (40mL)
honey
1 3/4 tbsp (38g)
garlic, minced
1 clove(s) (3g)
boneless skinless chicken thighs
1/3 lbs (151g)
ketchup
2 2/3 tbsp (40g)

For all 2 meals:

basil
1/4 tbsp, leaves (0g)
soy sauce
1/3 cup (80mL)
honey
1/4 cup (75g)
garlic, minced
2 clove(s) (6g)
boneless skinless chicken thighs
2/3 lbs (303g)
ketchup
1/3 cup (80g)

1. Lay chicken thighs into the bottom of slow cooker.
2. Whisk soy sauce, ketchup, honey, garlic, and basil together in a bowl; pour over the chicken.
3. Cook on Low for 6 hours.

Lunch 2

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

Ham, bacon, avocado sandwich

1 sandwich(es) - 550 cals ● 40g protein ● 29g fat ● 26g carbs ● 7g fiber



For single meal:

bacon
2 slice(s) (20g)
ham cold cuts
4 oz (113g)
bread
2 slice (64g)
avocados, sliced
1/4 avocado(s) (50g)
sliced cheese
1 slice (3/4 oz) (21g)

For all 2 meals:

bacon
4 slice(s) (40g)
ham cold cuts
1/2 lbs (227g)
bread
4 slice (128g)
avocados, sliced
1/2 avocado(s) (101g)
sliced cheese
2 slice (3/4 oz) (42g)

1. Cook bacon according to package.
2. Build the sandwich to your liking- top with any veggies of your choice.

Grapes

1 1/4 serving(s) - 73 cals ● 1g protein ● 1g fat ● 11g carbs ● 5g fiber



For single meal:

grapes
1 1/4 cup (115g)

For all 2 meals:

grapes
2 1/2 cup (230g)

1. This recipe has no instructions.

Lunch 3

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

Simple chicken tortilla soup

1 1/3 serving(s) - 483 cals ● 45g protein ● 13g fat ● 33g carbs ● 12g fiber



Makes 1 1/3 serving(s)

whole kernel corn

1/3 15oz can (99g)

black beans

1/3 (15.5oz) can (146g)

diced tomatoes with green chiles

1/3 can (~15 oz) (140g)

chicken broth

2/3 can (~15 oz) (273mL)

chunk chicken

1 can (~5 oz) (142g)

1. Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.

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.

Lunch 4

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

Simple chicken breast

12 oz - 480 cals ● 76g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (336g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
olive oil
3/4 tbsp (11mL)
garlic powder
1 1/2 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
salt
1/2 tbsp (9g)
black pepper
1/2 tbsp, ground (3g)
olive oil
1 1/2 tbsp (23mL)
garlic powder
3 dash (1g)

1. First, rub the chicken with olive oil and seasonings. 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.
13. **ALL**
14. Finally (and this is important) let the chicken rest for at least 5 minutes before you cut it or all the juice you made the effort to keep in will come running right out, resulting in a flavorless, rubbery mass. When it comes to a juicy chicken breast, patience is a virtue.

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
3 1/2 cup (319g)

For all 2 meals:

frozen broccoli
7 cup (637g)

1. Prepare according to instructions on package.
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Snacks 1

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

Green protein shake

1/2 serving(s) - 130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

oranges, peeled, sliced, and deseeded

1/2 orange (77g)

protein powder, vanilla

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

water

1/8 cup(s) (30mL)

banana, frozen

1/4 medium (7" to 7-7/8" long) (30g)

fresh spinach

1/2 cup(s) (15g)

For all 2 meals:

oranges, peeled, sliced, and deseeded

1 orange (154g)

protein powder, vanilla

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

water

1/4 cup(s) (59mL)

banana, frozen

1/2 medium (7" to 7-7/8" long) (59g)

fresh spinach

1 cup(s) (30g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Yogurt and cucumber

1/2 serving(s) - 129 cals ● 15g protein ● 3g fat ● 10g 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, day 5 (or any 3 day(s))

Cottage cheese with almonds and cinnamon

155 cals ● 16g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

lowfat cottage cheese

1/2 cup (113g)

almond butter

1/2 tbsp (8g)

almonds

3 almond (4g)

cinnamon

1 dash (0g)

For all 3 meals:

lowfat cottage cheese

1 1/2 cup (339g)

almond butter

1 1/2 tbsp (24g)

almonds

9 almond (11g)

cinnamon

3 dash (1g)

1. Mix all ingredients together in a small bowl.
2. Serve.

Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

mixed nuts

3 tbsp (25g)

For all 3 meals:

mixed nuts

1/2 cup (75g)

1. This recipe has no instructions.

Snacks 3

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

Cottage cheese and pineapple

3/4 serving(s) - 140 cal ● 21g protein ● 2g fat ● 9g carbs ● 0g fiber



For single meal:

lowfat cottage cheese

3/4 cup (170g)

canned pineapple, drained

3 tbsp, chunks (34g)

For all 2 meals:

lowfat cottage cheese

1 1/2 cup (339g)

canned pineapple, drained

6 tbsp, chunks (68g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. This recipe has no instructions.

Orange

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



For single meal:

oranges

1 orange (154g)

For all 2 meals:

oranges

2 orange (308g)

1. This recipe has no instructions.

Dinner 1

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

Baked pork chops with marinade sauce

1 chop(s) - 285 cals ● 40g protein ● 11g fat ● 6g carbs ● 0g fiber



For single meal:

lemon juice

1/6 tsp (1mL)

pork chop, bone-in, trimmed

1 chop (178g)

soy sauce

1/2 tsp (3mL)

oil

1 tsp (5mL)

worcestershire sauce

1/2 tsp (3mL)

brown sugar

1 tsp (4g)

ketchup

1 tsp (6g)

For all 2 meals:

lemon juice

1/3 tsp (2mL)

pork chop, bone-in, trimmed

2 chop (356g)

soy sauce

1 tsp (5mL)

oil

2 tsp (10mL)

worcestershire sauce

1 tsp (5mL)

brown sugar

2 tsp (8g)

ketchup

2 tsp (11g)

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a small bowl, thoroughly blend soy sauce, vegetable oil, Worcestershire sauce, lemon juice, brown sugar, and ketchup.
3. Place pork chops in a medium baking dish, and spread with 1/2 the sauce.
4. Bake pork chops 15 - 30 minutes in the preheated oven, depending on thickness of chops. Turn, and spread with remaining sauce. Continue baking another 15-30 minutes, or until internal temperature of the chops has reached 145 degrees F (63 degrees C).

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

frozen broccoli

1 cup (91g)

For all 2 meals:

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.

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.

Dinner 2

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

Cajun tilapia

9 oz - 297 cal ● 51g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

tilapia, raw
1/2 lbs (252g)
oil
1 tsp (6mL)
cajun seasoning
1 tsp (3g)

For all 2 meals:

tilapia, raw
1 lbs (504g)
oil
3/4 tbsp (11mL)
cajun seasoning
3/4 tbsp (5g)

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

2 serving(s) - 154 cal ● 9g protein ● 1g fat ● 21g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
4 dash (3g)
lima beans, frozen
1 package (10 oz) (284g)

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

Bread and butter

1 slice - 114 cal● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

butter
2 tsp (9g)
bread
2 slice (64g)

1. Spread the butter on the bread and serve.

Dinner 3

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

Broccoli

3 cup(s) - 87 cal● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

frozen broccoli
3 cup (273g)

1. Prepare according to instructions on package.

Easy garlic chicken

6 oz - 426 cal● 44g protein ● 14g fat ● 29g carbs ● 2g fiber



Makes 6 oz

boneless skinless chicken breast, raw

6 oz (170g)

butter

1 tbsp (14g)

garlic, crushed

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

bread crumbs

1/2 cup (54g)

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a lightly greased 9x13 inch baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 45 minutes to 1 hour.

Dinner 4

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

Super simple chicken chili

1 serving(s) - 565 cals ● 43g protein ● 17g fat ● 43g carbs ● 17g fiber



For single meal:

salsa

1/2 lbs (227g)

black beans, drained

1/6 (15.5oz) can (73g)

chili beans, drained

1/6 can (~16 oz) (75g)

kidney beans, drained

1/6 can (75g)

whole kernel corn, drained

1/6 15oz can (50g)

oil

1 tsp (5mL)

sour cream

1 1/3 oz (38g)

boneless skinless chicken breast, raw, chopped

4 oz (112g)

For all 2 meals:

salsa

1 lbs (454g)

black beans, drained

1/3 (15.5oz) can (146g)

chili beans, drained

1/3 can (~16 oz) (149g)

kidney beans, drained

1/3 can (149g)

whole kernel corn, drained

1/3 15oz can (99g)

oil

2 tsp (10mL)

sour cream

2 2/3 oz (76g)

boneless skinless chicken breast, raw, chopped

1/2 lbs (224g)

1. Add the oil to a large pot and heat to medium. Add the chicken and cook until done (all the pieces should be white all the way through and firm to the touch). Cooking time will vary depending how large you've chopped the chicken breast.
 2. Stir the salsa, beans, and corn into the pot and continue cooking until hot, stirring occasionally.
 3. Mix the sour cream into the pot or just use it to top each bowl when you serve.
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