

Meal Plan for Thomas - Week 1



- Grocery List
- Day 1
- Day 2
- Day 3
- Day 4
- Day 5
- Day 6
- Day 7
- Recipes

Day 1

1482 calsgreen152g proteinyellow43g fatblue83g carbsgrey38g fiber

Breakfast

360 calsgreen40g protein, 24g net carbs, 11g fat



Tomato mushroom egg white omelet
238 calsgreen



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

Snacks

245 calsgreen22g protein, 30g net carbs, 2g fat



Apple
1 apple(s)- 105 calsgreen



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

Lunch

455 calsgreen44g protein, 7g net carbs, 21g fat



Simple chicken breast
5 1/3 oz- 214 calsgreen



Garlic collard greens
1 1/2 serving(s)- 239 calsgreen

Dinner

425 calsgreen45g protein, 22g net carbs, 10g fat



Buttery broiled scallops
8 oz- 231 calsgreen



Roasted broccoli
4 serving(s)- 196 calsgreen

Day 2

1537 calsgreen155g proteinyellow45g fatblue88g carbsgrey39g fiber

Breakfast

415 calsgreen44g protein, 29g net carbs, 12g fat



Protein shake (milk)
1 serving(s)- 258 calsgreen



Lowfat Greek yogurt
1 container(s)- 155 calsgreen

Snacks

245 calsgreen22g protein, 30g net carbs, 2g fat



Apple
1 apple(s)- 105 calsgreen



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

Lunch

455 calsgreen44g protein, 7g net carbs, 21g fat



Simple chicken breast
5 1/3 oz- 214 calsgreen



Garlic collard greens
1 1/2 serving(s)- 239 calsgreen

Dinner

425 calsgreen45g protein, 22g net carbs, 10g fat



Buttery broiled scallops
8 oz- 231 calsgreen



Roasted broccoli
4 serving(s)- 196 calsgreen

Day 3

1541 cals ● 153g protein ● 56g fat ● 73g carbs ● 33g fiber

Breakfast

400 cals, 38g protein, 27g net carbs, 13g fat



Turkey egg white scramble

1 serving(s)- 205 cals



String cheese

1 stick(s)- 83 cals



Pear

1 pear(s)- 113 cals

Snacks

245 cals, 22g protein, 30g net carbs, 2g fat



Apple

1 apple(s)- 105 cals



Cottage cheese and pineapple

3/4 serving(s)- 140 cals

Lunch

455 cals, 44g protein, 7g net carbs, 21g fat



Simple chicken breast

5 1/3 oz- 214 cals



Garlic collard greens

1 1/2 serving(s)- 239 cals

Dinner

445 cals, 49g protein, 9g net carbs, 20g fat



Roasted broccoli

2 serving(s)- 98 cals



Ranch pork chops

1 chop(s)- 345 cals

Day 4

1506 cals ● 162g protein ● 44g fat ● 80g carbs ● 36g fiber

Breakfast

305 cals, 31g protein, 22g net carbs, 8g fat



Egg white spinach scramble

1 serving(s)- 179 cals



Higher-calorie breakfast cereal

1/2 serving(s)- 124 cals

Snacks

245 cals, 22g protein, 30g net carbs, 2g fat



Apple

1 apple(s)- 105 cals



Cottage cheese and pineapple

3/4 serving(s)- 140 cals

Lunch

435 cals, 50g protein, 7g net carbs, 17g fat



Pork tenderloin

6 2/3 oz- 195 cals



Garlic collard greens

1 1/2 serving(s)- 239 cals

Dinner

525 cals, 59g protein, 21g net carbs, 17g fat



Marinated chicken breast

8 oz- 283 cals



Tossed salad

2 serving(s)- 241 cals

Day 5

1484 cals ● 151g protein ● 48g fat ● 72g carbs ● 41g fiber

Breakfast

305 cals, 31g protein, 22g net carbs, 8g fat



[Egg white spinach scramble](#)
1 serving(s)- 179 cals



[Higher-calorie breakfast cereal](#)
1/2 serving(s)- 124 cals

Snacks

270 cals, 18g protein, 18g net carbs, 10g fat



[Edamame](#)
2 serving(s)- 139 cals



[Grapes](#)
1 serving(s)- 58 cals



[Milk](#)
1/2 cup(s)- 75 cals

Lunch

435 cals, 50g protein, 7g net carbs, 17g fat



[Pork tenderloin](#)
6 2/3 oz- 195 cals



[Garlic collard greens](#)
1 1/2 serving(s)- 239 cals

Dinner

475 cals, 52g protein, 25g net carbs, 13g fat



[Roasted broccoli](#)
2 serving(s)- 98 cals



[Pita bread](#)
1 pita bread(s)- 78 cals



[Baked chicken with tomatoes & olives](#)
6 oz- 300 cals

Day 6

1498 cals ● 151g protein ● 54g fat ● 64g carbs ● 38g fiber

Breakfast

305 cals, 31g protein, 22g net carbs, 8g fat



[Egg white spinach scramble](#)
1 serving(s)- 179 cals



[Higher-calorie breakfast cereal](#)
1/2 serving(s)- 124 cals

Snacks

285 cals, 18g protein, 11g net carbs, 16g fat



[Avocado](#)
1/2 serving(s)- 176 cals



[Beef jerky](#)
1 1/2 serving(s)- 110 cals

Lunch

435 cals, 50g protein, 7g net carbs, 17g fat



[Pork tenderloin](#)
6 2/3 oz- 195 cals



[Garlic collard greens](#)
1 1/2 serving(s)- 239 cals

Dinner

475 cals, 52g protein, 25g net carbs, 13g fat



[Roasted broccoli](#)
2 serving(s)- 98 cals



[Pita bread](#)
1 pita bread(s)- 78 cals



[Baked chicken with tomatoes & olives](#)
6 oz- 300 cals

Day 7

1519 cals ● 156g protein ● 42g fat ● 90g carbs ● 38g fiber

Breakfast

305 cals, 31g protein, 22g net carbs, 8g fat



[Egg white spinach scramble](#)
1 serving(s)- 179 cals



[Higher-calorie breakfast cereal](#)
1/2 serving(s)- 124 cals

Snacks

305 cals, 23g protein, 37g net carbs, 4g fat



[Yogurt and cucumber](#)
3/4 serving(s)- 194 cals



[Pear](#)
1 pear(s)- 113 cals

Lunch

435 cals, 50g protein, 7g net carbs, 17g fat



[Pork tenderloin](#)
6 2/3 oz- 195 cals



[Garlic collard greens](#)
1 1/2 serving(s)- 239 cals

Dinner

475 cals, 52g protein, 25g net carbs, 13g fat



[Roasted broccoli](#)
2 serving(s)- 98 cals



[Pita bread](#)
1 pita bread(s)- 78 cals



[Baked chicken with tomatoes & olives](#)
6 oz- 300 cals



Fruits and Fruit Juices

- ☐ apples
4 medium (3" dia) (728g)
- ☐ canned pineapple
3/4 cup, chunks (136g)
- ☐ lemon juice
1 fl oz (33mL)
- ☐ pears
2 medium (356g)
- ☐ grapes
1 cup (92g)
- ☐ green olives
18 large (79g)
- ☐ avocados
1/2 avocado(s) (101g)

Dairy and Egg Products

- ☐ lowfat cottage cheese
2 1/4 lbs (1017g)
- ☐ butter
1 3/4 tbsp (25g)
- ☐ egg whites
22 large (726g)
- ☐ eggs
6 extra large (336g)
- ☐ whole milk
2 1/2 cup (600mL)
- ☐ lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)
- ☐ string cheese
1 stick (28g)
- ☐ lowfat greek yogurt
3/4 cup (210g)

Finfish and Shellfish Products

- ☐ scallops
1 lbs (453g)

Spices and Herbs

- ☐ garlic salt
1/2 tbsp (9g)
- ☐ salt
1 oz (32g)
- ☐ black pepper
11 g (11g)
- ☐ garlic powder
3/4 tbsp (7g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/2 lbs (1183g)

Fats and Oils

- ☐ olive oil
1 oz (30mL)
- ☐ oil
5 3/4 tbsp (86mL)
- ☐ marinade sauce
4 tbsp (60mL)
- ☐ salad dressing
2 tbsp (31mL)

Baked Products

- ☐ bagel
1/2 small bagel (3" dia) (35g)
- ☐ pita bread
3 pita, small (4" dia) (84g)

Beverages

- ☐ protein powder
1 scoop (1/3 cup ea) (31g)

Other

- ☐ ranch dressing mix
1/8 packet (1 oz) (4g)

Pork Products

- ☐ pork loin chops, boneless, raw
1 chop (185g)
- ☐ pork tenderloin, raw
1 2/3 lbs (756g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
2 oz (57g)

Breakfast Cereals

- ☐ higher-calorie breakfast cereal
2 serving (96g)

Snacks

- ☐ onion powder
2 tsp (5g)
- ☐ chili powder
1 tbsp (8g)
- ☐ fresh basil
18 leaves (9g)

- ☐ beef jerky
1 1/2 oz (43g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
8 package (2272g)
 - ☐ collard greens
5 1/4 lbs (2381g)
 - ☐ garlic
15 3/4 clove(s) (47g)
 - ☐ mushrooms
1/3 cup, pieces or slices (23g)
 - ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (443g)
 - ☐ purple onions
1/4 medium (2-1/2" dia) (28g)
 - ☐ cucumber
1 cucumber (8-1/4") (301g)
 - ☐ romaine lettuce
1 hearts (500g)
 - ☐ carrots
1 small (5-1/2" long) (50g)
 - ☐ fresh spinach
3 cup(s) (90g)
 - ☐ edamame, frozen, shelled
1 cup (118g)
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Breakfast 1

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

Tomato mushroom egg white omelet

238 cals ● 37g protein ● 7g fat ● 6g carbs ● 1g fiber

**egg whites**

4 large (132g)

eggs

1 extra large (56g)

lowfat cottage cheese

1/2 cup (113g)

mushrooms, chopped

1/3 cup, pieces or slices (23g)

tomatoes, chopped

1/2 small whole (2-2/5" dia) (46g)

black pepper

2 dash, ground (1g)

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

Small toasted bagel with butter

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



Makes 1/2 bagel(s)

butter

1/4 tbsp (4g)

bagel

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

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

Breakfast 2

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

Protein shake (milk)

1 serving(s) - 258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



Makes 1 serving(s)

whole milk

1 cup (240mL)

protein powder

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

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

Lowfat Greek yogurt

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



Makes 1 container(s)

lowfat flavored greek yogurt

1 (5.3 oz) container(s) (150g)

1. This recipe has no instructions.

Breakfast 3

Eat on day 3 (or any 1 day(s))

Turkey egg white scramble

1 serving(s) - 205 cals ● 31g protein ● 7g fat ● 4g carbs ● 0g fiber



Makes 1 serving(s)

eggs

1 extra large (56g)

egg whites

2 large (66g)

lowfat cottage cheese

4 tbsp (57g)

turkey cold cuts, torn into bite-sized pieces

2 oz (57g)

black pepper

2 dash, ground (1g)

1. Beat eggs, pepper, and cottage cheese together in a small bowl.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into the skillet and immediately add the turkey.
4. Scramble the eggs and turkey, stirring frequently until eggs are opaque and set.
5. Serve.

String cheese

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



Makes 1 stick(s)

string cheese

1 stick (28g)

1. This recipe has no instructions.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

pears

1 medium (178g)

1. This recipe has no instructions.

Breakfast 4

Eat on day 4, day 5, day 6, day 7 (or any 4 day(s))

Egg white spinach scramble

1 serving(s) - 179 cals ● 27g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

fresh spinach

3/4 cup(s) (23g)

lowfat cottage cheese

3 tbsp (42g)

eggs

1 extra large (56g)

egg whites

4 large (132g)

black pepper

2 dash, ground (1g)

salt

1 dash (0g)

For all 4 meals:

fresh spinach

3 cup(s) (90g)

lowfat cottage cheese

3/4 cup (170g)

eggs

4 extra large (224g)

egg whites

16 large (528g)

black pepper

1 tsp, ground (2g)

salt

4 dash (2g)

1. Beat eggs, cottage cheese, and seasonings (include any others you prefer) together.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour in egg mixture and quickly add in the spinach.
4. Scramble the eggs and the spinach together, stirring frequently until the eggs are opaque and set.
5. Serve.

Higher-calorie breakfast cereal

1/2 serving(s) - 124 cals ● 4g protein ● 2g fat ● 19g carbs ● 3g fiber



For single meal:

whole milk
4 tbsp (60mL)
higher-calorie breakfast cereal
1/2 serving (24g)

For all 4 meals:

whole milk
1 cup (240mL)
higher-calorie breakfast cereal
2 serving (96g)

1. Calories per serving (excluding milk) should be in the 160-200 calorie range or scaled accordingly.

Lunch 1

Eat on day 1, day 2, day 3 (or any 3 day(s))

Simple chicken breast

5 1/3 oz - 214 cals ● 34g protein ● 8g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/3 lbs (149g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
olive oil
1 tsp (5mL)
garlic powder
2/3 dash (0g)

For all 3 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
olive oil
1 tbsp (15mL)
garlic powder
2 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.

Garlic collard greens

1 1/2 serving(s) - 239 cal ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



For single meal:

collard greens

3/4 lbs (340g)

oil

3/4 tbsp (11mL)

garlic, minced

2 1/4 clove(s) (7g)

salt

1 1/2 dash (1g)

For all 3 meals:

collard greens

2 1/4 lbs (1021g)

oil

2 1/4 tbsp (34mL)

garlic, minced

6 3/4 clove(s) (20g)

salt

1/2 tsp (3g)

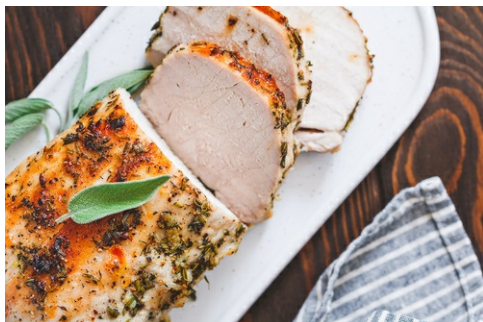
1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 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.

Lunch 2

Eat on day 4, day 5, day 6, day 7 (or any 4 day(s))

Pork tenderloin

6 2/3 oz - 195 cal ● 40g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

pork tenderloin, raw

6 2/3 oz (189g)

For all 4 meals:

pork tenderloin, raw

1 2/3 lbs (756g)

1. Preheat oven to 350°F (180°C).
2. If your pork tenderloin came unseasoned, season with salt/pepper and any herbs or spices you have on hand.
3. Place on a baking sheet and bake for about 20-25 minutes, or until the internal temperature reaches 160°F (72°C).
4. Remove from oven and let rest for about 5 minutes. Slice and serve.

Garlic collard greens

1 1/2 serving(s) - 239 cal ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



For single meal:

collard greens
3/4 lbs (340g)
oil
3/4 tbsp (11mL)
garlic, minced
2 1/4 clove(s) (7g)
salt
1 1/2 dash (1g)

For all 4 meals:

collard greens
3 lbs (1361g)
oil
3 tbsp (45mL)
garlic, minced
9 clove(s) (27g)
salt
1/4 tbsp (5g)

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.

Snacks 1

Eat on day 1, day 2, day 3, day 4 (or any 4 day(s))

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 4 meals:

apples
4 medium (3" dia) (728g)

1. This recipe has no instructions.

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 4 meals:

lowfat cottage cheese
3 cup (678g)
canned pineapple, drained
3/4 cup, chunks (136g)

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.
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Snacks 2

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

Edamame

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



Makes 2 serving(s)

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.

Grapes

1 serving(s) - 58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



Makes 1 serving(s)

grapes
1 cup (92g)

1. This recipe has no instructions.

Milk

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



Makes 1/2 cup(s)

whole milk
1/2 cup (120mL)

1. This recipe has no instructions.
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Snacks 3

Eat on day 6 (or any 1 day(s))

Avocado

1/2 serving(s) - 176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



Makes 1/2 serving(s)

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

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

Beef jerky

1 1/2 serving(s) - 110 cal ● 16g protein ● 1g fat ● 9g carbs ● 0g fiber



Makes 1 1/2 serving(s)

beef jerky

1 1/2 oz (43g)

1. This recipe has no instructions.

Snacks 4

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

Yogurt and cucumber

3/4 serving(s) - 194 cal ● 22g protein ● 4g fat ● 15g carbs ● 1g fiber



Makes 3/4 serving(s)

cucumber

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

lowfat greek yogurt

3/4 cup (210g)

1. Slice cucumber and dip in yogurt.

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

pears

1 medium (178g)

1. This recipe has no instructions.

Dinner 1

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

Buttery broiled scallops

8 oz - 231 cal ● 28g protein ● 10g fat ● 8g carbs ● 0g fiber



For single meal:

scallops

1/2 lbs (227g)

garlic salt

1/4 tbsp (5g)

butter, melted

3/4 tbsp (11g)

lemon juice

1 tbsp (15mL)

For all 2 meals:

scallops

1 lbs (453g)

garlic salt

1/2 tbsp (9g)

butter, melted

1 1/2 tbsp (21g)

lemon juice

2 tbsp (30mL)

1. Turn broiler on.
2. Rinse scallops and place in a shallow baking pan. Sprinkle with garlic salt, melted butter and lemon juice.
3. Broil 6 to 8 minutes or until scallops start to turn golden.
4. Remove from oven and serve.

Roasted broccoli

4 serving(s) - 196 cal ● 18g protein ● 0g fat ● 14g carbs ● 18g fiber



For single meal:

frozen broccoli

2 package (568g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

garlic powder

4 dash (2g)

onion powder

4 dash (1g)

For all 2 meals:

frozen broccoli

4 package (1136g)

salt

1 tsp (6g)

black pepper

1 tsp, ground (2g)

garlic powder

1 tsp (3g)

onion powder

1 tsp (2g)

1. Preheat oven to 375°F.
 2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
 3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.
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Dinner 2

Eat on day 3 (or any 1 day(s))

Roasted broccoli

2 serving(s) - 98 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 2 serving(s)

frozen broccoli

1 package (284g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

garlic powder

2 dash (1g)

onion powder

2 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Ranch pork chops

1 chop(s) - 345 cals ● 40g protein ● 20g fat ● 2g carbs ● 0g fiber



Makes 1 chop(s)

ranch dressing mix

1/8 packet (1 oz) (4g)

oil

1/2 tbsp (8mL)

pork loin chops, boneless, raw

1 chop (185g)

1. Preheat oven to 400 F (200 C).
 2. Spread oil evenly over all pork chops.
 3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
 4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
 5. Serve!
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Dinner 3

Eat on day 4 (or any 1 day(s))

Marinated chicken breast

8 oz - 283 cals ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



Makes 8 oz

**boneless skinless chicken breast,
raw**

1/2 lbs (224g)

marinade sauce

4 tbsp (60mL)

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.

Tossed salad

2 serving(s) - 241 cals ● 8g protein ● 8g fat ● 20g carbs ● 14g fiber



Makes 2 serving(s)

purple onions, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 4

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

Roasted broccoli

2 serving(s) - 98 cal● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
1 package (284g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)

For all 3 meals:

frozen broccoli
3 package (852g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
garlic powder
1/4 tbsp (2g)
onion powder
1/4 tbsp (2g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Pita bread

1 pita bread(s) - 78 cal● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

pita bread

1 pita, small (4" dia) (28g)

For all 3 meals:

pita bread

3 pita, small (4" dia) (84g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Baked chicken with tomatoes & olives

6 oz - 300 cal● 40g protein● 12g fat● 4g carbs● 3g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

olive oil

1 tsp (5mL)

salt

2 dash (2g)

green olives

6 large (26g)

black pepper

2 dash (0g)

chili powder

1 tsp (3g)

boneless skinless chicken breast, raw

6 oz (170g)

fresh basil, shredded

6 leaves (3g)

For all 3 meals:

tomatoes

18 cherry tomatoes (306g)

olive oil

1 tbsp (15mL)

salt

1/4 tbsp (5g)

green olives

18 large (79g)

black pepper

1/4 tbsp (1g)

chili powder

1 tbsp (8g)

boneless skinless chicken breast, raw

1 lbs (510g)

fresh basil, shredded

18 leaves (9g)

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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