Meal Plan

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

Day 1

1764 cals 122g protein (28%) 90g fat (46%) 85g carbs (19%) 31g fiber (7%)

Breakfast

400 cals, 21g protein, 19g net carbs, 23g fat

Avocado spinach smoothie (dairy-free)
288 cals

Roasted almonds
1/8 cup(s)- 111 cals

Lunch

515 cals, 25g protein, 8g net carbs, 40g fat

Pecans
1/4 cup- 183 cals

Greek chicken salad
330 cals

Snacks

375 cals, 29g protein, 16g net carbs, 18g fat

Double chocolate almond milk protein shake
167 cals

Dark chocolate & raspberries
206 cals

Dinner

480 cals, 47g protein, 42g net carbs, 9g fat

Beets
5 beets- 121 cals

Chicken and vegetable stir fry
358 cals

Day 2

1743 cals 110g protein (25%) 102g fat (53%) 67g carbs (15%) 29g fiber (7%)

Breakfast

400 cals, 21g protein, 19g net carbs, 23g fat

Avocado spinach smoothie (dairy-free)
288 cals

Roasted almonds
1/8 cup(s)- 111 cals

Lunch

515 cals, 25g protein, 8g net carbs, 40g fat

Pecans
1/4 cup- 183 cals

Greek chicken salad
330 cals

Snacks

375 cals, 29g protein, 16g net carbs, 18g fat

Double chocolate almond milk protein shake
167 cals

Dark chocolate & raspberries
206 cals

Dinner

455 cals, 34g protein, 24g net carbs, 21g fat

Simple mixed greens salad
68 cals

Zucchini noodle curry bowl with chicken
390 cals

Day 3

1646 cals 80g protein (19%) 92g fat (50%) 95g carbs (23%) 31g fiber (7%)

Breakfast

430 cals, 16g protein, 25g net carbs, 25g fat

Eggs with tomato and avocado
326 cals

Apple
1 apple(s)- 105 cals

Lunch

445 cals, 35g protein, 17g net carbs, 24g fat

Pan roasted zucchini
111 cals

Crock pot: apple cinnamon pork loin
5 1/3 oz- 333 cals

Snacks

360 cals, 5g protein, 25g net carbs, 23g fat

Apple, banana, almond butter bowl
176 cals

Pecans
1/4 cup- 183 cals

Dinner

410 cals, 24g protein, 28g net carbs, 20g fat

Simple mixed greens salad
102 cals

Chicken & green bean cottage pie
311 cals

Day 4

1646 cals 80g protein (19%) 92g fat (50%) 95g carbs (23%) 31g fiber (7%)

Breakfast

430 cals, 16g protein, 25g net carbs, 25g fat

Eggs with tomato and avocado
326 cals

Apple
1 apple(s)- 105 cals

Lunch

445 cals, 35g protein, 17g net carbs, 24g fat

Pan roasted zucchini
111 cals

Crock pot: apple cinnamon pork loin
5 1/3 oz- 333 cals

Snacks

360 cals, 5g protein, 25g net carbs, 23g fat

Apple, banana, almond butter bowl
176 cals

Pecans
1/4 cup- 183 cals

Dinner

410 cals, 24g protein, 28g net carbs, 20g fat

Simple mixed greens salad
102 cals

Chicken & green bean cottage pie
311 cals