

A week with fewer meal decisions

Try the schedule and one recipe.



This sample contains the meal schedule, lemon chicken recipe, and a guide to what is included in the full kit. It is a preview, not the complete meal plan.

Your seven-day schedule

Start Day 1 after your first prep session. Recipe codes match the recipes and grocery list. Each slot uses one serving. Days 1, 4 and 5 repeat a main meal. Prepare B2 on Day 4 morning; no cooking is needed.

Day 1 | Breakfast: B1 - Spinach breakfast eggs
Lunch: M1 - Lemon chicken and broccoli
Dinner: M1 - Lemon chicken and broccoli

Day 2 | Breakfast: B1 - Spinach breakfast eggs
Lunch: M1 - Lemon chicken and broccoli
Dinner: M2 - Burger bowls

Day 3 | Breakfast: B1 - Spinach breakfast eggs
Lunch: M1 - Lemon chicken and broccoli
Dinner: M2 - Burger bowls

Day 4 | Breakfast: B2 - Plain yogurt and walnuts
Lunch: M2 - Burger bowls
Dinner: M2 - Burger bowls

Day 5 | Breakfast: B2 - Plain yogurt and walnuts
Lunch: M3 - Salmon and zucchini plates
Dinner: M3 - Salmon and zucchini plates

Day 6 | Breakfast: B3 - Egg, cucumber and cheese plate
Lunch: M4 - Tuna and egg salad cups
Dinner: M5 - Turkey, cabbage and zucchini skillet

Day 7 | Breakfast: B3 - Egg, cucumber and cheese plate
Lunch: M4 - Tuna and egg salad cups
Dinner: M5 - Turkey, cabbage and zucchini skillet

No snacks, drinks, or extra toppings are included in the shopping quantities. Add and count them separately. Adjust portions for your needs; this schedule is not a fixed calorie prescription.

Lemon chicken and broccoli

Makes 4 servings | About 35-45 minutes

Ingredients for the whole batch

680 g boneless skinless chicken

600 g broccoli

30 ml olive oil

30 ml lemon juice

Optional salt and pepper to taste are not included in the grocery amounts. Use plain spices and check blends.

Make it

1. Heat the oven to 425 F. Cut broccoli into florets. Keep raw chicken and its utensils separate from ready-to-eat foods; do not wash raw chicken.
2. Toss broccoli with half the oil on one tray. Put chicken pieces of similar thickness on a separate tray and coat with remaining oil and lemon juice.
3. Roast broccoli about 20-25 minutes, stirring once. Roast chicken about 20-30 minutes, checking the thickest part for 165 F. Thickness changes timing; temperature determines doneness.
4. Divide the cooked chicken and broccoli evenly into four portions. Chill saved portions promptly in shallow containers.

Store and serve: Cook at the first prep session and use on Days 1-3. Reheat saved portions to 165 F.

Swap: Use plain cauliflower in place of broccoli by the same weight. Recalculate carbs and adjust roasting time.

Carb check: Count 150 g raw broccoli equivalent and one quarter of the lemon juice per serving, plus the chicken label if enhanced or marinated.

Allergens: None among listed ingredients; check packaging. Check all ingredient packaging.

What the complete kit adds

- All eight recipes with batch quantities, steps, storage notes, swaps and allergen notes.
- A consolidated shopping list matched to every slot in the schedule.
- First-session and midweek-prep instructions, including what to freeze and thaw.
- Restaurant fallback scripts and reusable planning, carb and freezer worksheets.
- Print and compact phone PDF editions for personal household use.

See current availability at under20carbs.com/busy-week-kit.

Editorially developed recipes; not represented as kitchen-tested. No verified daily carb totals or individualized nutrition prescription. Check actual ingredient labels and portions.

Educational planning resource, not medical advice. This is not a personalized or nutritionally complete diet prescription. If you are pregnant, have diabetes, kidney disease or an eating-disorder history, or take glucose or blood-pressure medication, consult a qualified professional before a major carb change. No guaranteed carb total, ketosis, or weight-loss result.