

# Meal Plan - 2000 calorie macro meal plan

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

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1988 cals ● 157g protein (32%) ● 100g fat (45%) ● 92g carbs (18%) ● 23g fiber (5%)

### Breakfast

350 cals, 19g protein, 10g net carbs, 25g fat



[Egg in an eggplant](#)  
241 cals



[Milk](#)  
3/4 cup(s)- 112 cals

### Snacks

275 cals, 9g protein, 25g net carbs, 13g fat



[Simple cinnamon oatmeal with milk](#)  
164 cals



[Mixed nuts](#)  
1/8 cup(s)- 109 cals

### Lunch

730 cals, 43g protein, 50g net carbs, 34g fat



[Simple mixed greens and tomato salad](#)  
76 cals



[Classic Turkey Tacos](#)  
3 taco(s)- 656 cals

### Dinner

630 cals, 86g protein, 6g net carbs, 29g fat



[Simple mixed greens salad](#)  
102 cals



[Basic chicken breast](#)  
13 1/3 oz- 529 cals

## Day 2

1972 cals ● 140g protein (28%) ● 93g fat (42%) ● 117g carbs (24%) ● 27g fiber (5%)

### Breakfast

350 cals, 19g protein, 10g net carbs, 25g fat



[Egg in an eggplant](#)  
241 cals



[Milk](#)  
3/4 cup(s)- 112 cals

### Snacks

275 cals, 9g protein, 25g net carbs, 13g fat



[Simple cinnamon oatmeal with milk](#)  
164 cals



[Mixed nuts](#)  
1/8 cup(s)- 109 cals

### Lunch

690 cals, 47g protein, 37g net carbs, 38g fat



[Simple mixed greens and tomato salad](#)  
151 cals



[Dinner roll](#)  
2 roll- 154 cals



[Baked chicken thighs](#)  
6 oz- 386 cals

### Dinner

655 cals, 65g protein, 44g net carbs, 17g fat



[Grilled chicken sandwich](#)  
1 sandwich(es)- 460 cals



[Simple salad with tomatoes and carrots](#)  
196 cals

## Day 3

1994 cals ● 134g protein (27%) ● 94g fat (43%) ● 131g carbs (26%) ● 21g fiber (4%)

### Breakfast

350 cals, 19g protein, 10g net carbs, 25g fat



**Egg in an eggplant**  
241 cals



**Milk**  
3/4 cup(s)- 112 cals

### Snacks

275 cals, 9g protein, 25g net carbs, 13g fat



**Simple cinnamon oatmeal with milk**  
164 cals



**Mixed nuts**  
1/8 cup(s)- 109 cals

### Lunch

660 cals, 36g protein, 46g net carbs, 36g fat



**Chicken milano**  
659 cals

### Dinner

710 cals, 70g protein, 49g net carbs, 21g fat



**Chicken beet & carrot salad bowl**  
449 cals



**Lentils**  
260 cals

## Day 4

1972 cals ● 196g protein (40%) ● 70g fat (32%) ● 117g carbs (24%) ● 23g fiber (5%)

### Breakfast

360 cals, 26g protein, 27g net carbs, 14g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Carrot sticks**  
2 1/2 carrot(s)- 68 cals

### Snacks

250 cals, 28g protein, 27g net carbs, 2g fat



**Beef jerky**  
183 cals



**Peach**  
1 peach(es)- 66 cals

### Lunch

650 cals, 72g protein, 13g net carbs, 33g fat



**Basic chicken & spinach salad**  
533 cals



**Dark chocolate**  
2 square(s)- 120 cals

### Dinner

710 cals, 70g protein, 49g net carbs, 21g fat



**Chicken beet & carrot salad bowl**  
449 cals



**Lentils**  
260 cals

## Day 5

1978 cal ● 125g protein (25%) ● 72g fat (33%) ● 182g carbs (37%) ● 26g fiber (5%)

### Breakfast

360 cal, 26g protein, 27g net carbs, 14g fat



**Boiled eggs**  
2 egg(s)- 139 cal



**Lowfat Greek yogurt**  
1 container(s)- 155 cal



**Carrot sticks**  
2 1/2 carrot(s)- 68 cal

### Snacks

250 cal, 28g protein, 27g net carbs, 2g fat



**Beef jerky**  
183 cal



**Peach**  
1 peach(es)- 66 cal

### Lunch

665 cal, 20g protein, 61g net carbs, 33g fat



**Clementine**  
3 clementine(s)- 117 cal



**Clam chowder**  
1 1/2 can(s)- 546 cal

### Dinner

705 cal, 51g protein, 67g net carbs, 23g fat



**Avocado chicken BLT pasta salad**  
705 cal

## Day 6

1974 cal ● 137g protein (28%) ● 93g fat (42%) ● 123g carbs (25%) ● 25g fiber (5%)

### Breakfast

365 cal, 15g protein, 38g net carbs, 15g fat



**Toast with butter**  
1 slice(s)- 114 cal



**Peach**  
1 peach(es)- 66 cal



**Milk**  
1 1/4 cup(s)- 186 cal

### Snacks

210 cal, 21g protein, 18g net carbs, 4g fat



**Raspberries**  
1/2 cup(s)- 36 cal



**Yogurt and cucumber**  
176 cal

### Lunch

650 cal, 48g protein, 56g net carbs, 22g fat



**Lentils**  
289 cal



**Bbq chicken wings**  
8 oz- 363 cal

### Dinner

745 cal, 52g protein, 11g net carbs, 51g fat



**Buffalo drumsticks**  
10 2/3 oz- 622 cal



**Tossed salad**  
121 cal

# Day 7

1974 cal ● 137g protein (28%) ● 93g fat (42%) ● 123g carbs (25%) ● 25g fiber (5%)

## Breakfast

365 cal, 15g protein, 38g net carbs, 15g fat



**Toast with butter**  
1 slice(s)- 114 cal



**Peach**  
1 peach(es)- 66 cal



**Milk**  
1 1/4 cup(s)- 186 cal

## Snacks

210 cal, 21g protein, 18g net carbs, 4g fat



**Raspberries**  
1/2 cup(s)- 36 cal



**Yogurt and cucumber**  
176 cal

## Lunch

650 cal, 48g protein, 56g net carbs, 22g fat



**Lentils**  
289 cal



**Bbq chicken wings**  
8 oz- 363 cal

## Dinner

745 cal, 52g protein, 11g net carbs, 51g fat



**Buffalo drumsticks**  
10 2/3 oz- 622 cal



**Tossed salad**  
121 cal

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## Dairy and Egg Products

- eggs  
10 large (500g)
- whole milk  
6 cup (1411mL)
- heavy cream  
4 tbsp, fluid (yields 2 tbsps whipped) (60mL)
- butter  
1/8 stick (13g)
- lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)
- sour cream  
4 tsp (19g)
- lowfat greek yogurt  
1 1/3 cup (374g)

## Vegetables and Vegetable Products

- eggplant  
6 1 inch (2.5 cm) slice(s) (360g)
- tomatoes  
3 1/3 medium whole (2-3/5" dia) (408g)
- carrots  
7 1/3 medium (447g)
- romaine lettuce  
2 hearts (1000g)
- beets, precooked (canned or refrigerated)  
1/2 lbs (227g)
- sun-dried tomatoes  
2 tbsp (7g)
- garlic  
1/2 clove(s) (2g)
- fresh spinach  
3 1/2 cup(s) (105g)
- onion  
1/4 small (18g)
- cucumber  
1 1/2 cucumber (8-1/4") (477g)
- purple onions  
1/4 medium (2-1/2" dia) (28g)

## Fats and Oils

- oil  
1/4 lbs (103mL)
- salad dressing  
6 2/3 oz (193mL)

## Sweets

## Nut and Seed Products

- mixed nuts  
6 tbsp (50g)

## Other

- mixed greens  
8 cup (236g)
- Chicken, drumsticks, with skin  
1 1/3 lbs (605g)

## Poultry Products

- boneless skinless chicken breast, raw  
3 1/2 lbs (1600g)
- ground turkey, raw  
6 oz (170g)
- chicken thighs, with bone and skin, raw  
1 thigh (6 oz ea) (170g)
- chicken wings, with skin, raw  
1 lbs (454g)

## Baked Products

- corn tortilla  
3 tortilla, medium (approx 6" dia) (78g)
- Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- kaiser rolls  
1 roll (3-1/2" dia) (57g)
- bread  
2 slice (64g)

## Soups, Sauces, and Gravies

- salsa  
6 tbsp (98g)
- apple cider vinegar  
1 tsp (0mL)
- chicken broth  
4 tbsp (60mL)
- canned clam chowder  
1 1/2 can (18.5 oz) (779g)
- Frank's Red Hot sauce  
1/4 cup (53mL)
- barbecue sauce  
4 tbsp (70g)

## Fruits and Fruit Juices

- sugar  
1 1/2 tbsp (20g)
- Chocolate, dark, 70-85%  
2 square(s) (20g)

### Spices and Herbs

- cinnamon  
1/2 tbsp (4g)
- taco seasoning mix  
3/8 packet (13g)
- salt  
1/2 tbsp (8g)
- black pepper  
1/4 tbsp, ground (2g)
- thyme, dried  
1/2 g (1g)
- dijon mustard  
1 tbsp (15g)

### Breakfast Cereals

- quick oats  
3/4 cup (60g)

- avocados  
5/8 avocado(s) (126g)
- peach  
4 medium (2-2/3" dia) (600g)
- clementines  
3 fruit (222g)
- lemon juice  
1 tbsp (15mL)
- raspberries  
1 cup (123g)

### Beverages

- water  
6 1/3 cup(s) (1500mL)

### Legumes and Legume Products

- lentils, raw  
1 1/2 cup (304g)

### Cereal Grains and Pasta

- uncooked dry pasta  
5 oz (143g)

### Snacks

- beef jerky  
5 oz (142g)

### Pork Products

- bacon  
1 1/2 slice(s) (15g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

**eggs**  
2 large (100g)  
**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)

For all 3 meals:

**eggs**  
6 large (300g)  
**eggplant**  
6 1 inch (2.5 cm) slice(s) (360g)  
**oil**  
2 tbsp (30mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup (180mL)

For all 3 meals:

**whole milk**  
2 1/4 cup (540mL)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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.

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### Lowfat Greek yogurt

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



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

### Carrot sticks

2 1/2 carrot(s) - 68 cal ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**  
2 1/2 medium (153g)

For all 2 meals:

**carrots**  
5 medium (305g)

1. Cut carrots into strips and serve.



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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Toast with butter

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



For single meal:

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

For all 2 meals:

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

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

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### Peach

1 peach(es) - 66 cal ● 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.

### Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/4 cup (300mL)

For all 2 meals:

**whole milk**  
2 1/2 cup (600mL)

1. This recipe has no instructions.
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## Lunch 1 [↗](#)

Eat on day 1

### Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



#### salad dressing

1 1/2 tbsp (23mL)

#### mixed greens

1 1/2 cup (45g)

#### tomatoes

4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

### Classic Turkey Tacos

3 taco(s) - 656 cal ● 42g protein ● 29g fat ● 45g carbs ● 13g fiber



Makes 3 taco(s)

#### corn tortilla

3 tortilla, medium (approx 6" dia) (78g)

#### oil

1/2 tsp (3mL)

#### salsa

6 tbsp (98g)

#### mixed greens

6 tbsp (11g)

#### avocados, chopped

3/8 avocado(s) (75g)

#### taco seasoning mix

3/8 packet (13g)

#### ground turkey, raw

6 oz (170g)

1. Heat oil in a skillet over medium heat. Add the turkey and break it apart. Cook until browned.
2. Add taco seasoning and a splash of water. Mix until well-combined. Cook for a couple more minutes and remove from heat.
3. Create tacos by layering tortilla, greens, turkey, salsa, and avocado. Serve.

## Lunch 2 [↗](#)

Eat on day 2

### Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



#### salad dressing

3 tbsp (45mL)

#### mixed greens

3 cup (90g)

#### tomatoes

1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

### Dinner roll

2 roll - 154 cal ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll

**Roll**

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

**Baked chicken thighs**

6 oz - 386 cal ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 6 oz

**salt**

2 dash (2g)

**black pepper**

1 dash, ground (0g)

**chicken thighs, with bone and skin, raw, bone and skin**

1 thigh (6 oz ea) (170g)

**thyme, dried**

1/2 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

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**Lunch 3** [↗](#)

Eat on day 3

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**Chicken milano**

659 cal ● 36g protein ● 36g fat ● 46g carbs ● 3g fiber



**uncooked dry pasta, (fettuccini)**

2 oz (57g)

**oil**

1/2 tbsp (8mL)

**black pepper, or to taste**

2 dash, ground (1g)

**salt, or to taste**

3 dash (2g)

**boneless skinless chicken breast, raw**

4 oz (112g)

**heavy cream**

4 tbsp, fluid (yields 2 tbsps whipped) (60mL)

**chicken broth**

4 tbsp (60mL)

**sun-dried tomatoes, chopped**

2 tbsp (7g)

**garlic, minced**

1/2 clove(s) (2g)

**butter**

1/4 tbsp (4g)

1. Bring a large pot of water to a boil. Add pasta and cook according to package. Drain and set aside.
  2. Meanwhile, season the chicken with salt and pepper on both sides. In a large skillet over medium heat, warm oil and saute chicken. Press on chicken occasionally and cook for about 4 minutes per side or until done and no longer pink inside.
  3. Transfer chicken to a plate; cover and keep warm.
  4. Add butter to the skillet and let melt; add garlic and cook for 30 seconds until fragrant. Add the tomatoes and chicken broth; bring to a simmer, and cook uncovered, for about 10 minutes or until the tomatoes are tender. Add the cream and bring to a boil; stir. Simmer over medium heat until the sauce is thick enough to coat the back of a spoon. Season with salt/pepper to taste.
  5. Slice chicken into strips. Transfer the pasta to serving plates; top with chicken and coat with the cream sauce. Serve.
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## Lunch 4 [↗](#)

Eat on day 4

### Basic chicken & spinach salad

533 cal ● 70g protein ● 24g fat ● 6g carbs ● 2g fiber



#### salad dressing

2 1/2 tbsp (39mL)

#### oil

1 3/4 tsp (9mL)

#### boneless skinless chicken breast, raw, chopped, cooked

2/3 lbs (298g)

#### fresh spinach

3 1/2 cup(s) (105g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

### Dark chocolate

2 square(s) - 120 cal ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



Makes 2 square(s)

#### Chocolate, dark, 70-85%

2 square(s) (20g)

1. This recipe has no instructions.

## Lunch 5 [↗](#)

Eat on day 5

### Clementine

3 clementine(s) - 117 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 3 clementine(s)

#### clementines

3 fruit (222g)

1. This recipe has no instructions.

### Clam chowder

1 1/2 can(s) - 546 cal ● 18g protein ● 33g fat ● 38g carbs ● 6g fiber



Makes 1 1/2 can(s)

**canned clam chowder**  
1 1/2 can (18.5 oz) (779g)

1. Prepare according to instructions on package.

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## Lunch 6 [🔗](#)

Eat on day 6, day 7

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### Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1 2/3 cup(s) (395mL)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**salt**  
1/4 tsp (1g)  
**water**  
3 1/3 cup(s) (790mL)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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### Bbq chicken wings

8 oz - 363 cal ● 29g protein ● 21g fat ● 14g carbs ● 0g fiber



For single meal:

**barbecue sauce**  
2 tbsp (35g)  
**chicken wings, with skin, raw**  
1/2 lbs (227g)

For all 2 meals:

**barbecue sauce**  
4 tbsp (70g)  
**chicken wings, with skin, raw**  
1 lbs (454g)

1. Preheat oven to 400 F (200 C).
  2. Place wings on large baking sheet, and season with salt and pepper to taste.
  3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
  4. Optional: When the chicken is getting close to being done, add the barbeque sauce to a saucepan and heat until warmed through.
  5. Take wings out of the oven when done and toss with the barbeque sauce to coat.
  6. Serve.
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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Simple cinnamon oatmeal with milk

164 cals ● 6g protein ● 4g fat ● 23g carbs ● 3g fiber



For single meal:

**sugar**  
1/2 tbsp (7g)  
**cinnamon**  
4 dash (1g)  
**whole milk**  
6 tbsp (90mL)  
**quick oats**  
4 tbsp (20g)

For all 3 meals:

**sugar**  
1 1/2 tbsp (20g)  
**cinnamon**  
1/2 tbsp (4g)  
**whole milk**  
1 cup (270mL)  
**quick oats**  
3/4 cup (60g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 3 meals:

**mixed nuts**  
6 tbsp (50g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Beef jerky

183 cals ● 26g protein ● 2g fat ● 15g carbs ● 0g fiber



For single meal:

**beef jerky**  
2 1/2 oz (71g)

For all 2 meals:

**beef jerky**  
5 oz (142g)

1. This recipe has no instructions.

## Peach

1 peach(es) - 66 cal ● 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 3 [↗](#)

Eat on day 6, day 7

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### Raspberries

1/2 cup(s) - 36 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**raspberries**  
1/2 cup (62g)

For all 2 meals:

**raspberries**  
1 cup (123g)

1. Rinse raspberries and serve.

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### Yogurt and cucumber

176 cal ● 21g protein ● 4g fat ● 14g carbs ● 1g fiber



For single meal:

**cucumber**  
2/3 cucumber (8-1/4") (201g)  
**lowfat greek yogurt**  
2/3 cup (187g)

For all 2 meals:

**cucumber**  
1 1/3 cucumber (8-1/4") (402g)  
**lowfat greek yogurt**  
1 1/3 cup (374g)

1. Slice cucumber and dip in yogurt.
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## Dinner 1 [↗](#)

Eat on day 1

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### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



**mixed greens**

2 1/4 cup (68g)

**salad dressing**

2 1/4 tbsp (34mL)

1. Mix greens and dressing in a small bowl. Serve.

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### Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

**oil**

2 1/2 tsp (13mL)

**boneless skinless chicken breast,  
raw**

13 1/3 oz (373g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
  2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
  3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
  4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
  5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.
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## Dinner 2 [↗](#)

Eat on day 2

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### Grilled chicken sandwich

1 sandwich(es) - 460 cal ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

**oil**

1/2 tsp (3mL)

**kaiser rolls**

1 roll (3-1/2" dia) (57g)

**dijon mustard**

1/2 tbsp (8g)

**mixed greens**

4 tbsp (8g)

**tomatoes**

3 slice(s), thin/small (45g)

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

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### Simple salad with tomatoes and carrots

196 cal ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



**salad dressing**

1 1/2 tbsp (23mL)

**tomatoes, diced**

1 medium whole (2-3/5" dia) (123g)

**carrots, sliced**

1/2 medium (31g)

**romaine lettuce, roughly chopped**

1 hearts (500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Chicken beet & carrot salad bowl

449 cal ● 53g protein ● 20g fat ● 11g carbs ● 3g fiber



For single meal:

**boneless skinless chicken breast, raw, cubed**

1/2 lbs (224g)

**apple cider vinegar**

1/2 tsp (0mL)

**thyme, dried**

2 dash, leaves (0g)

**oil**

1 tbsp (15mL)

**carrots, thinly sliced**

1/2 medium (31g)

**beets, precooked (canned or refrigerated), cubed**

4 oz (113g)

For all 2 meals:

**boneless skinless chicken breast, raw, cubed**

1 lbs (448g)

**apple cider vinegar**

1 tsp (0mL)

**thyme, dried**

4 dash, leaves (1g)

**oil**

2 tbsp (30mL)

**carrots, thinly sliced**

1 medium (61g)

**beets, precooked (canned or refrigerated), cubed**

1/2 lbs (227g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

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### Lentils

260 cal ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**salt**

3/4 dash (1g)

**water**

1 1/2 cup(s) (356mL)

**lentils, raw, rinsed**

6 tbsp (72g)

For all 2 meals:

**salt**

1 1/2 dash (1g)

**water**

3 cup(s) (711mL)

**lentils, raw, rinsed**

3/4 cup (144g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
  2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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## Dinner 4 [↗](#)

Eat on day 5

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### Avocado chicken BLT pasta salad

705 cal ● 51g protein ● 23g fat ● 67g carbs ● 8g fiber



**boneless skinless chicken breast,  
raw**

5 oz (142g)

**sour cream**

4 tsp (19g)

**dijon mustard**

1/2 tbsp (8g)

**uncooked dry pasta**

3 oz (86g)

**tomatoes, halved**

4 tbsp cherry tomatoes (37g)

**onion, diced**

1/4 small (18g)

**lemon juice**

1 tbsp (15mL)

**bacon**

1 1/2 slice(s) (15g)

**avocados, chopped**

1/4 avocado(s) (50g)

**mixed greens**

1/2 cup (15g)

1. Cook pasta according to package directions. Drain and set aside.
  2. Meanwhile, cook bacon in a large skillet over medium heat. Once cooked and crispy, transfer to a paper towel and set aside.
  3. Add chicken to the skillet and cook in the remaining bacon fat. Cook on both sides until browned and cooked through. Remove chicken from the skillet and set aside to cool.
  4. In a small bowl, mix together the sour cream, lemon juice, and dijon mustard. Add some salt/pepper to taste.
  5. Chop the cooked chicken into bite-sized pieces. Add it to a large bowl with the pasta, sour cream dressing, greens, tomatoes, onion, and avocado. Crumble bacon on top and serve.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Buffalo drumsticks

10 2/3 oz - 622 cal ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**

1 3/4 tbsp (27mL)

**oil**

1 tsp (5mL)

**salt**

1 1/3 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

**Chicken, drumsticks, with skin**

2/3 lbs (302g)

For all 2 meals:

**Frank's Red Hot sauce**

1/4 cup (53mL)

**oil**

2 tsp (10mL)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**Chicken, drumsticks, with skin**

1 1/3 lbs (605g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

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### Tossed salad

121 cal ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

**purple onions, sliced**

1/8 medium (2-1/2" dia) (14g)

**cucumber, sliced or diced**

1/8 cucumber (8-1/4") (38g)

**romaine lettuce, shredded**

1/2 hearts (250g)

**carrots, peeled and shredded or sliced**

1/2 small (5-1/2" long) (25g)

**tomatoes, diced**

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

**salad dressing**

1 tbsp (15mL)

For all 2 meals:

**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.
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