

Meal Plan - 2300 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

2329 cals ● 195g protein (34%) ● 119g fat (46%) ● 92g carbs (16%) ● 27g fiber (5%)

Breakfast

415 cals, 21g protein, 26g net carbs, 23g fat



[Southwest bacon omelet](#)
287 cals



[Apple](#)
1 apple(s)- 105 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Snacks

340 cals, 18g protein, 33g net carbs, 12g fat



[Dark chocolate](#)
1 square(s)- 60 cals



[Quinoa & chia yogurt parfait](#)
282 cals

Lunch

800 cals, 51g protein, 30g net carbs, 49g fat



[Brussel sprout, chicken & apple salad](#)
618 cals



[Clam chowder](#)
1/2 can(s)- 182 cals

Dinner

775 cals, 106g protein, 4g net carbs, 35g fat



[Olive oil drizzled broccoli](#)
2 cup(s)- 140 cals



[Basic chicken breast](#)
16 oz- 635 cals

Day 2

2362 cals ● 171g protein (29%) ● 95g fat (36%) ● 173g carbs (29%) ● 32g fiber (5%)

Breakfast

415 cals, 21g protein, 26g net carbs, 23g fat



[Southwest bacon omelet](#)
287 cals



[Apple](#)
1 apple(s)- 105 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Snacks

340 cals, 18g protein, 33g net carbs, 12g fat



[Dark chocolate](#)
1 square(s)- 60 cals



[Quinoa & chia yogurt parfait](#)
282 cals

Lunch

800 cals, 51g protein, 30g net carbs, 49g fat



[Brussel sprout, chicken & apple salad](#)
618 cals



[Clam chowder](#)
1/2 can(s)- 182 cals

Dinner

805 cals, 82g protein, 85g net carbs, 11g fat



[Bbq chicken stuffed sweet potatoes](#)
1 1/2 potato(es)- 779 cals



[Simple kale salad](#)
1/2 cup(s)- 28 cals

Day 3

2270 cals ● 193g protein (34%) ● 85g fat (34%) ● 151g carbs (27%) ● 33g fiber (6%)

Breakfast

415 cals, 21g protein, 26g net carbs, 23g fat



Southwest bacon omelet
287 cals



Apple
1 apple(s)- 105 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

340 cals, 18g protein, 33g net carbs, 12g fat



Dark chocolate
1 square(s)- 60 cals



Quinoa & chia yogurt parfait
282 cals

Lunch

710 cals, 72g protein, 8g net carbs, 39g fat



Basic chicken & spinach salad
533 cals



Avocado
176 cals

Dinner

805 cals, 82g protein, 85g net carbs, 11g fat



Bbq chicken stuffed sweet potatoes
1 1/2 potato(es)- 779 cals



Simple kale salad
1/2 cup(s)- 28 cals

Day 4

2275 cals ● 174g protein (31%) ● 137g fat (54%) ● 61g carbs (11%) ● 26g fiber (5%)

Breakfast

450 cals, 34g protein, 33g net carbs, 19g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Bacon omelet
140 cals

Snacks

305 cals, 17g protein, 16g net carbs, 17g fat



Walnuts
1/4 cup(s)- 175 cals



Green protein shake
130 cals

Lunch

765 cals, 71g protein, 10g net carbs, 42g fat



Avocado tuna salad
764 cals

Dinner

755 cals, 51g protein, 2g net carbs, 59g fat



Buttered broccoli
1 cup(s)- 134 cals



Buffalo drumsticks
10 2/3 oz- 622 cals

Day 5

2301 cals ● 182g protein (32%) ● 112g fat (44%) ● 115g carbs (20%) ● 25g fiber (4%)

Breakfast

450 cals, 34g protein, 33g net carbs, 19g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Bacon omelet
140 cals

Snacks

305 cals, 17g protein, 16g net carbs, 17g fat



Walnuts
1/4 cup(s)- 175 cals



Green protein shake
130 cals

Lunch

820 cals, 55g protein, 40g net carbs, 44g fat



Simple salmon
8 oz- 513 cals



Mashed sweet potatoes with butter
249 cals



Broccoli
2 cup(s)- 58 cals

Dinner

725 cals, 75g protein, 27g net carbs, 33g fat



String cheese
2 stick(s)- 165 cals



Buffalo chicken salad
474 cals



Orange
1 orange(s)- 85 cals

Day 6

2386 cals ● 165g protein (28%) ● 102g fat (38%) ● 167g carbs (28%) ● 36g fiber (6%)

Breakfast

395 cals, 13g protein, 38g net carbs, 17g fat



Toast with butter
1 slice(s)- 114 cals



Banana
1 banana(s)- 117 cals



Eggs with tomato and avocado
163 cals

Snacks

410 cals, 25g protein, 34g net carbs, 17g fat



Avocado toast
1 slice(s)- 168 cals



Cottage cheese & fruit cup
1 container- 131 cals



Milk
3/4 cup(s)- 112 cals

Lunch

820 cals, 55g protein, 40g net carbs, 44g fat



Simple salmon
8 oz- 513 cals



Mashed sweet potatoes with butter
249 cals



Broccoli
2 cup(s)- 58 cals

Dinner

760 cals, 72g protein, 55g net carbs, 24g fat



Baked chicken with tomatoes & olives
9 oz- 449 cals



Quinoa
1 1/2 cup quinoa, cooked- 313 cals

Day 7

2364 cals ● 148g protein (25%) ● 91g fat (35%) ● 196g carbs (33%) ● 44g fiber (7%)

Breakfast

395 cals, 13g protein, 38g net carbs, 17g fat



[Toast with butter](#)
1 slice(s)- 114 cals



[Banana](#)
1 banana(s)- 117 cals



[Eggs with tomato and avocado](#)
163 cals

Snacks

410 cals, 25g protein, 34g net carbs, 17g fat



[Avocado toast](#)
1 slice(s)- 168 cals



[Cottage cheese & fruit cup](#)
1 container- 131 cals



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

Lunch

800 cals, 38g protein, 69g net carbs, 33g fat



[Spinach artichoke grilled cheese sandwich](#)
2 sandwich(es)- 685 cals



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

Dinner

760 cals, 72g protein, 55g net carbs, 24g fat



[Baked chicken with tomatoes & olives](#)
9 oz- 449 cals



[Quinoa](#)
1 1/2 cup quinoa, cooked- 313 cals



Dairy and Egg Products

- ☐ eggs
10 large (500g)
- ☐ lowfat flavored greek yogurt
7 (5.3 oz ea) container(s) (1050g)
- ☐ butter
3/8 stick (41g)
- ☐ string cheese
2 stick (56g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ whole milk
1 1/2 cup (360mL)
- ☐ mozzarella cheese, shredded
2 oz (57g)

Pork Products

- ☐ bacon
8 slice(s) (80g)

Fats and Oils

- ☐ olive oil
3 oz (90mL)
- ☐ oil
1 2/3 oz (51mL)
- ☐ salad dressing
6 tbsp (88mL)
- ☐ mayonnaise
1 1/2 tbsp (23mL)

Vegetables and Vegetable Products

- ☐ bell pepper
3 tbsp, diced (28g)
- ☐ onion
1 medium (2-1/2" dia) (101g)
- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (801g)
- ☐ frozen broccoli
7 cup (637g)
- ☐ brussels sprouts
2 1/4 cup (198g)
- ☐ sweet potatoes
5 sweetpotato, 5" long (1050g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ fresh spinach
7/8 10oz package (248g)

Sweets

- ☐ Chocolate, dark, 70-85%
3 square(s) (30g)
- ☐ maple syrup
1 tbsp (15mL)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/2 lbs (234g)

Nut and Seed Products

- ☐ chia seeds
2 tbsp (28g)
- ☐ walnuts
3 1/4 oz (92g)

Spices and Herbs

- ☐ black pepper
1 1/2 g (2g)
- ☐ salt
1/4 oz (8g)
- ☐ apple cider vinegar
3/4 tbsp (11g)
- ☐ fresh basil
20 leaves (10g)
- ☐ chili powder
1 tbsp (8g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 1/2 lbs (2495g)

Soups, Sauces, and Gravies

- ☐ canned clam chowder
1 can (18.5 oz) (519g)
- ☐ barbecue sauce
1/2 cup (143g)
- ☐ Frank's Red Hot sauce
2 1/2 fl oz (72mL)

Beverages

- ☐ water
2 1/4 cup(s) (533mL)
- ☐ protein powder, vanilla
1 scoop (1/3 cup ea) (31g)

- ☐ raw celery
1 stalk, small (5" long) (17g)
- ☐ artichokes, canned
1/2 can, drained (120g)

Fruits and Fruit Juices

- ☐ apples
3 1/2 medium (3" dia) (620g)
 - ☐ avocados
2 1/2 avocado(s) (477g)
 - ☐ lemon juice
1/2 tsp (3mL)
 - ☐ orange
2 orange (308g)
 - ☐ banana
2 1/2 medium (7" to 7-7/8" long) (295g)
 - ☐ lime juice
1 3/4 tsp (9mL)
 - ☐ green olives
18 large (79g)
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Other

- ☐ Chicken, drumsticks, with skin
2/3 lbs (302g)
- ☐ mixed greens
5 cup (150g)
- ☐ cottage cheese & fruit cup
2 container (340g)

Finfish and Shellfish Products

- ☐ canned tuna
1 3/4 can (301g)
- ☐ salmon
1 lbs (453g)

Baked Products

- ☐ bread
9 oz (256g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Southwest bacon omelet

287 cals ● 20g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
bacon, cooked and chopped
2 slice(s) (20g)
olive oil
1 tsp (5mL)
bell pepper
1 tbsp, diced (9g)
onion
1 tbsp chopped (10g)

For all 3 meals:

eggs
6 large (300g)
bacon, cooked and chopped
6 slice(s) (60g)
olive oil
1 tbsp (15mL)
bell pepper
3 tbsp, diced (28g)
onion
3 tbsp chopped (30g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in a skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the bell pepper, onion, and bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Apple

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



For single meal:

apples
1 medium (3" dia) (182g)

For all 3 meals:

apples
3 medium (3" dia) (546g)

1. This recipe has no instructions.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:
tomatoes
6 cherry tomatoes (102g)

For all 3 meals:
tomatoes
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Lowfat Greek yogurt
2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:
lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:
lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)

1. This recipe has no instructions.

Bacon omelet
140 cals ● 10g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
olive oil
1/2 tsp (3mL)
bacon, cooked and chopped
1 slice(s) (10g)

For all 2 meals:

eggs
2 large (100g)
olive oil
1 tsp (5mL)
bacon, cooked and chopped
2 slice(s) (20g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Toast with butter

1 slice(s) - 114 cals ● 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.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

tomatoes

1 slice(s), thick/large (1/2" thick)
(27g)

eggs

1 large (50g)

avocados, sliced

1/4 avocado(s) (50g)

salt

1 dash (0g)

black pepper

1 dash (0g)

fresh basil, chopped

1 leaves (1g)

For all 2 meals:

tomatoes

2 slice(s), thick/large (1/2" thick)
(54g)

eggs

2 large (100g)

avocados, sliced

1/2 avocado(s) (101g)

salt

2 dash (1g)

black pepper

2 dash (0g)

fresh basil, chopped

2 leaves (1g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
 2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
 3. Serve.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Brussel sprout, chicken & apple salad

618 cals ● 44g protein ● 38g fat ● 18g carbs ● 6g fiber



For single meal:

boneless skinless chicken breast, raw

6 oz (170g)

olive oil

1 1/2 tbsp (23mL)

maple syrup

1/2 tbsp (8mL)

apple cider vinegar

1 tsp (6g)

walnuts

3 tbsp, chopped (21g)

apples, chopped

1/4 small (2-3/4" dia) (37g)

brussels sprouts, ends trimmed and discarded

1 cup (99g)

For all 2 meals:

boneless skinless chicken breast, raw

3/4 lbs (340g)

olive oil

3 tbsp (45mL)

maple syrup

1 tbsp (15mL)

apple cider vinegar

3/4 tbsp (11g)

walnuts

6 tbsp, chopped (42g)

apples, chopped

1/2 small (2-3/4" dia) (74g)

brussels sprouts, ends trimmed and discarded

2 1/4 cup (198g)

1. Season chicken breasts with some salt and pepper. Heat about 25% of the oil (reserving the rest for later) in a skillet over medium heat. Add chicken breasts and cook about 5-10 minutes on each side or until the center is no longer pink. Transfer to a cutting board and when cool enough to handle, chop breasts into bite-sized pieces. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chicken, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Clam chowder

1/2 can(s) - 182 cals ● 6g protein ● 11g fat ● 13g carbs ● 2g fiber



For single meal:

canned clam chowder

1/2 can (18.5 oz) (260g)

For all 2 meals:

canned clam chowder

1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

Lunch 2 [🔗](#)

Eat on day 3

Basic chicken & spinach salad

533 cals ● 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.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



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.

Lunch 3 [↗](#)

Eat on day 4

Avocado tuna salad

764 cals ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



avocados

7/8 avocado(s) (176g)

lime juice

1 3/4 tsp (9mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp (0g)

mixed greens

1 3/4 cup (53g)

onion, minced

1/2 small (31g)

canned tuna

1 3/4 can (301g)

tomatoes

1/2 cup, chopped (79g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Simple salmon

8 oz - 513 cals ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

salmon

1/2 lbs (227g)

oil

1/2 tbsp (7mL)

For all 2 meals:

salmon

16 oz (453g)

oil

2 2/3 tsp (13mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

butter

2 tsp (9g)

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

butter

4 tsp (18g)

sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

frozen broccoli

2 cup (182g)

For all 2 meals:

frozen broccoli

4 cup (364g)

1. Prepare according to instructions on package.
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Lunch 5 [🔗](#)

Eat on day 7

Spinach artichoke grilled cheese sandwich

2 sandwich(es) - 685 cals ● 36g protein ● 26g fat ● 61g carbs ● 17g fiber



Makes 2 sandwich(es)

mozzarella cheese, shredded

2 oz (57g)

bread

4 slice(s) (128g)

fresh spinach

4 oz (113g)

artichokes, canned

1/2 can, drained (120g)

oil

2 tsp (10mL)

1. Heat just half of the oil in a non-stick skillet over medium heat. Add the artichokes and cook until they start to brown in places, about 5-6 minutes.
2. Add spinach and some salt and pepper to the skillet and stir until spinach wilts, about 2 minutes.
3. Transfer spinach artichoke mixture to a bowl and wipe the skillet clean.
4. Add the spinach artichoke mixture and the cheese to a slice of bread and top with other slice of bread.
5. Heat remaining oil in the skillet over medium heat. Add sandwich and cook until golden brown, 2-3 minutes per side.
6. Cut sandwich in half and serve.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



salad dressing

2 1/4 tbsp (34mL)

mixed greens

2 1/4 cup (68g)

tomatoes

6 tbsp cherry tomatoes (56g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Dark chocolate

1 square(s) - 60 cals ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

Chocolate, dark, 70-85%

1 square(s) (10g)

For all 3 meals:

Chocolate, dark, 70-85%

3 square(s) (30g)

1. This recipe has no instructions.

Quinoa & chia yogurt parfait

282 cals ● 17g protein ● 8g fat ● 29g carbs ● 6g fiber



For single meal:

quinoa, uncooked

2 tbsp (21g)

chia seeds

2 tsp (9g)

lowfat flavored greek yogurt

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

For all 3 meals:

quinoa, uncooked

6 tbsp (64g)

chia seeds

2 tbsp (28g)

lowfat flavored greek yogurt

3 (5.3 oz ea) container(s) (450g)

1. Cook quinoa according to package- 2 tbsp uncooked should yield around 1/3 cup cooked. Let cool.
2. Mix together the quinoa and yogurt. Top with chia seeds.
3. Serve.
4. To make in bulk: cook quinoa all at once and store in an airtight container in the fridge. Mix with yogurt and chia seeds when serving.

Snacks 2 [↗](#)

Eat on day 4, day 5

Walnuts

1/4 cup(s) - 175 cal● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. This recipe has no instructions.

Green protein shake

130 cal● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

fresh spinach

1/2 cup(s) (15g)

water

1/8 cup(s) (30mL)

orange, peeled, sliced, and deseeded

1/2 orange (77g)

protein powder, vanilla

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

banana, frozen

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

For all 2 meals:

fresh spinach

1 cup(s) (30g)

water

1/4 cup(s) (59mL)

orange, peeled, sliced, and deseeded

1 orange (154g)

protein powder, vanilla

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

banana, frozen

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

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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Milk

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



For single meal:

whole milk

3/4 cup (180mL)

For all 2 meals:

whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Basic chicken breast

16 oz - 635 cals ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 16 oz

oil

1 tbsp (15mL)

**boneless skinless chicken breast,
raw**

1 lbs (448g)

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, day 3

Bbq chicken stuffed sweet potatoes

1 1/2 potato(es) - 779 cals ● 81g protein ● 9g fat ● 83g carbs ● 10g fiber



For single meal:

sweet potatoes, halved

1 1/2 sweetpotato, 5" long (315g)

barbecue sauce

4 tbsp (71g)

boneless skinless chicken breast, raw

3/4 lbs (336g)

For all 2 meals:

sweet potatoes, halved

3 sweetpotato, 5" long (630g)

barbecue sauce

1/2 cup (143g)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

For all 2 meals:

salad dressing

1 tbsp (15mL)

kale leaves

1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.

Dinner 3 [↗](#)

Eat on day 4

Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Buffalo drumsticks

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



Makes 10 2/3 oz

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)

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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Dinner 4 [↗](#)

Eat on day 5

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

string cheese

2 stick (56g)

1. This recipe has no instructions.

Buffalo chicken salad

474 cals ● 60g protein ● 22g fat ● 8g carbs ● 2g fiber



mayonnaise

1 1/2 tbsp (23mL)

onion, chopped

4 tbsp, chopped (40g)

Frank's Red Hot sauce

3 tbsp (45mL)

nonfat greek yogurt, plain

4 tbsp (70g)

raw celery, chopped

1 stalk, small (5" long) (17g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

mixed greens

1 cup (30g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

Orange

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



Makes 1 orange(s)

orange

1 orange (154g)

1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 6, day 7

Baked chicken with tomatoes & olives

9 oz - 449 cal● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

olive oil

1/2 tbsp (8mL)

salt

3 dash (2g)

green olives

9 large (40g)

black pepper

3 dash (0g)

chili powder

1/2 tbsp (4g)

boneless skinless chicken breast, raw

1/2 lbs (255g)

fresh basil, shredded

9 leaves (5g)

For all 2 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

18 oz (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.

Quinoa

1 1/2 cup quinoa, cooked - 313 cal● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



For single meal:

quinoa, uncooked

1/2 cup (85g)

water

1 cup(s) (237mL)

For all 2 meals:

quinoa, uncooked

1 cup (170g)

water

2 cup(s) (474mL)

1. (Note: Follow quinoa package instructions if they differ from below)
 2. Rinse quinoa in a fine mesh colander.
 3. Add quinoa and water to a pot and heat over high heat until boiling.
 4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
 5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
 6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.
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