

Meal Plan - 3200 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

3190 cals ● 204g protein (26%) ● 184g fat (52%) ● 145g carbs (18%) ● 33g fiber (4%)

Breakfast

550 cals, 34g protein, 70g net carbs, 12g fat



[Apple](#)

1 apple(s)- 105 cals



[Cinnamon french toast with yogurt dip](#)

263 cals



[Lowfat yogurt](#)

1 container(s)- 181 cals

Snacks

405 cals, 21g protein, 19g net carbs, 25g fat



[Blackberry & granola parfait](#)

229 cals



[Walnuts](#)

1/4 cup(s)- 175 cals

Lunch

1110 cals, 76g protein, 47g net carbs, 64g fat



[Lentils](#)

174 cals



[Steak and beet salad](#)

937 cals

Dinner

1125 cals, 73g protein, 9g net carbs, 85g fat



[Simple sauteed spinach](#)

348 cals



[Buffalo drumsticks](#)

13 1/3 oz- 778 cals

Day 2

3190 cals ● 204g protein (26%) ● 184g fat (52%) ● 145g carbs (18%) ● 33g fiber (4%)

Breakfast

550 cals, 34g protein, 70g net carbs, 12g fat



[Apple](#)

1 apple(s)- 105 cals



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263 cals



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1125 cals, 73g protein, 9g net carbs, 85g fat



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348 cals



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13 1/3 oz- 778 cals

Day 3

3158 cals ● 229g protein (29%) ● 149g fat (42%) ● 183g carbs (23%) ● 42g fiber (5%)

Breakfast

550 cals, 34g protein, 70g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



Cinnamon french toast with yogurt dip

263 cals



Lowfat yogurt

1 container(s)- 181 cals

Snacks

415 cals, 26g protein, 25g net carbs, 21g fat



Boiled eggs

3 egg(s)- 208 cals



Grapes

97 cals



Milk

3/4 cup(s)- 112 cals

Lunch

1060 cals, 48g protein, 21g net carbs, 82g fat



Simple kale & avocado salad

288 cals



Italian sausage

3 link- 771 cals

Dinner

1135 cals, 121g protein, 67g net carbs, 34g fat



Simple mixed greens salad

136 cals



Pork-broccoli-sweet potato bowl

998 cals

Day 4

3145 cals ● 249g protein (32%) ● 153g fat (44%) ● 148g carbs (19%) ● 44g fiber (6%)

Breakfast

535 cals, 54g protein, 35g net carbs, 16g fat



Cottage cheese and pineapple

280 cals



High-protein granola bar

1 bar(s)- 204 cals



Blackberries

3/4 cup(s)- 52 cals

Snacks

415 cals, 26g protein, 25g net carbs, 21g fat



Boiled eggs

3 egg(s)- 208 cals



Grapes

97 cals



Milk

3/4 cup(s)- 112 cals

Lunch

1060 cals, 48g protein, 21g net carbs, 82g fat



Simple kale & avocado salad

288 cals



Italian sausage

3 link- 771 cals

Dinner

1135 cals, 121g protein, 67g net carbs, 34g fat



Simple mixed greens salad

136 cals



Pork-broccoli-sweet potato bowl

998 cals

Day 5

3165 cals ● 201g protein (25%) ● 168g fat (48%) ● 160g carbs (20%) ● 52g fiber (7%)

Breakfast

535 cals, 54g protein, 35g net carbs, 16g fat



Cottage cheese and pineapple
280 cals



High-protein granola bar
1 bar(s)- 204 cals



Blackberries
3/4 cup(s)- 52 cals

Snacks

415 cals, 21g protein, 19g net carbs, 25g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Avocado
176 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Lunch

1090 cals, 55g protein, 23g net carbs, 84g fat



Beet & mozzarella salad
844 cals



String cheese
3 stick(s)- 248 cals

Dinner

1120 cals, 71g protein, 84g net carbs, 43g fat



Garlic collard greens
425 cals



Ranch pork chops
1 chop(s)- 345 cals



Couscous
352 cals

Day 6

3184 cals ● 236g protein (30%) ● 168g fat (47%) ● 126g carbs (16%) ● 56g fiber (7%)

Breakfast

495 cals, 31g protein, 30g net carbs, 24g fat



Cottage cheese & fruit cup
1 container- 107 cals



Scrambled eggs with kale, tomatoes, rosemary
219 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

415 cals, 21g protein, 19g net carbs, 25g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Avocado
176 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Lunch

1140 cals, 81g protein, 57g net carbs, 58g fat



Roast beef & pickle sandwich
2 sandwich(es)- 907 cals



Tomato and avocado salad
235 cals

Dinner

1135 cals, 103g protein, 20g net carbs, 61g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Avocado tuna salad
1091 cals

Day 7

3184 cal ● 236g protein (30%) ● 168g fat (47%) ● 126g carbs (16%) ● 56g fiber (7%)

Breakfast

495 cal, 31g protein, 30g net carbs, 24g fat



Cottage cheese & fruit cup
1 container- 107 cal



Scrambled eggs with kale, tomatoes, rosemary
219 cal



Avocado toast
1 slice(s)- 168 cal

Snacks

415 cal, 21g protein, 19g net carbs, 25g fat



Cottage cheese & honey
1/2 cup(s)- 125 cal



Avocado
176 cal



Roasted peanuts
1/8 cup(s)- 115 cal

Lunch

1140 cal, 81g protein, 57g net carbs, 58g fat



Roast beef & pickle sandwich
2 sandwich(es)- 907 cal



Tomato and avocado salad
235 cal

Dinner

1135 cal, 103g protein, 20g net carbs, 61g fat



Cherry tomatoes
12 cherry tomatoes- 42 cal



Avocado tuna salad
1091 cal

Fruits and Fruit Juices

- apples
3 medium (3" dia) (546g)
- blackberries
2 cup (288g)
- grapes
3 1/3 cup (307g)
- lemon
1 1/4 small (73g)
- avocados
6 3/4 avocado(s) (1357g)
- canned pineapple
3/4 cup, chunks (136g)
- lemon juice
5/8 fl oz (19mL)
- lime juice
1 3/4 fl oz (55mL)

Baked Products

- bread
1 lbs (416g)

Dairy and Egg Products

- eggs
15 3/4 medium (692g)
- lowfat greek yogurt
2 1/2 cup (700g)
- lowfat flavored yogurt
3 container (6 oz) (510g)
- whole milk
1 1/2 cup (360mL)
- low fat cottage cheese (1% milkfat)
4 1/2 cup (1017g)
- fresh mozzarella cheese
1/4 lbs (128g)
- string cheese
3 stick (84g)
- sliced cheese
8 slice (2/3 oz) (152g)

Spices and Herbs

- cinnamon
1/4 tbsp (2g)
- black pepper
1/4 oz (6g)
- salt
3/4 oz (20g)

Fats and Oils

- olive oil
1/4 lbs (112mL)
- oil
2 1/2 oz (75mL)
- salad dressing
14 tbsp (210mL)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
1/4 cup (67mL)

Other

- Chicken, drumsticks, with skin
1 2/3 lbs (756g)
- mixed greens
17 cup (510g)
- Italian pork sausage, raw
6 link (646g)
- ranch dressing mix
1/8 packet (1 oz) (4g)
- cottage cheese & fruit cup
2 container (266g)

Beverages

- water
2 1/2 cup (576mL)

Legumes and Legume Products

- lentils, raw
1/2 cup (96g)
- roasted peanuts
6 tbsp (55g)

Beef Products

- sirloin steak, raw
1 1/4 lbs (567g)

Pork Products

- pork tenderloin, raw
2 1/4 lbs (1021g)
- pork loin chops, boneless, raw
1 chop (185g)

Snacks

- paprika
1/4 tbsp (2g)
- thyme, dried
1/4 tbsp, leaves (1g)
- rosemary
4 dash (1g)
- balsamic vinegar
2 tsp (10mL)
- dijon mustard
4 tbsp (60g)
- garlic powder
4 dash (2g)

Breakfast Cereals

- granola
1/2 cup (45g)

Nut and Seed Products

- walnuts
2 3/4 oz (14 halves) (79g)

Vegetables and Vegetable Products

- garlic
7 1/2 clove(s) (23g)
- fresh spinach
28 cup(s) (840g)
- beets, precooked (canned or refrigerated)
7 beets (2" dia, sphere) (350g)
- broccoli
2 cup chopped (182g)
- sweet potatoes
3 sweetpotato, 5" long (630g)
- frozen broccoli
1 1/2 package (426g)
- kale leaves
10 1/3 oz (293g)
- collard greens
1 1/3 lbs (605g)
- tomatoes
7 1/2 medium whole (2-3/5" dia) (936g)
- onion
1 medium (2-1/2" dia) (118g)
- pickles
16 slice (112g)

- high-protein granola bar
2 bar (80g)

Sweets

- honey
2 tbsp (42g)

Cereal Grains and Pasta

- instant couscous, flavored
5/8 box (5.8 oz) (96g)

Finfish and Shellfish Products

- canned tuna
5 can (860g)

Sausages and Luncheon Meats

- roast beef cold cuts
1 lbs (454g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

apples

3 medium (3" dia) (546g)

1. This recipe has no instructions.

Cinnamon french toast with yogurt dip

263 cal ● 25g protein ● 9g fat ● 18g carbs ● 2g fiber



For single meal:

bread

1 slice(s) (32g)

eggs

1 extra large (56g)

cinnamon

2 dash (1g)

lowfat greek yogurt

1/2 cup (140g)

For all 3 meals:

bread

3 slice(s) (96g)

eggs

3 extra large (168g)

cinnamon

1/4 tbsp (2g)

lowfat greek yogurt

1 1/2 cup (420g)

1. Crack the egg into a bowl and whisk with a fork until well combined.
2. Spray a skillet with a non-stick spray and place skillet over medium heat.
3. Dredge the bread in the egg until fully coated and soaked.
4. Place bread in skillet and cook for about a minute or two on each side until golden.
5. Remove bread and sprinkle with cinnamon and serve with the yogurt as a dipping sauce.

Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:
lowfat flavored yogurt
1 container (6 oz) (170g)

For all 3 meals:
lowfat flavored yogurt
3 container (6 oz) (510g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Cottage cheese and pineapple

280 cal ● 42g protein ● 3g fat ● 19g carbs ● 1g fiber



For single meal:
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
canned pineapple, drained
6 tbsp, chunks (68g)

For all 2 meals:
low fat cottage cheese (1% milkfat)
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.

High-protein granola bar

1 bar(s) - 204 cal ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:
high-protein granola bar
1 bar (40g)

For all 2 meals:
high-protein granola bar
2 bar (80g)

1. This recipe has no instructions.

Blackberries

3/4 cup(s) - 52 cal ● 2g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

blackberries
3/4 cup (108g)

For all 2 meals:

blackberries
1 1/2 cup (216g)

1. Rinse blackberries and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

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

Scrambled eggs with kale, tomatoes, rosemary

219 cal ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
tomatoes
1/2 cup, chopped (90g)
rosemary
2 dash (0g)
oil
1/2 tsp (3mL)
balsamic vinegar
1 tsp (5mL)
water
3 tbsp (45mL)

For all 2 meals:

eggs
4 extra large (224g)
kale leaves
2 cup, chopped (80g)
tomatoes
1 cup, chopped (180g)
rosemary
4 dash (1g)
oil
1 tsp (5mL)
balsamic vinegar
2 tsp (10mL)
water
6 tbsp (90mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Avocado toast

1 slice(s) - 168 cal ● 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.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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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Steak and beet salad

937 cal ● 64g protein ● 63g fat ● 22g carbs ● 6g fiber



For single meal:

oil
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
salad dressing
4 tbsp (60mL)
broccoli
1 cup chopped (91g)
mixed greens
3 cup (90g)
sirloin steak, raw
10 oz (284g)

For all 2 meals:

oil
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
salad dressing
1/2 cup (120mL)
broccoli
2 cup chopped (182g)
mixed greens
6 cup (180g)
sirloin steak, raw
1 1/4 lbs (567g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
 2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

kale leaves, chopped
5/8 bunch (106g)
lemon, juiced
5/8 small (36g)
avocados, chopped
5/8 avocado(s) (126g)

For all 2 meals:

kale leaves, chopped
1 1/4 bunch (213g)
lemon, juiced
1 1/4 small (73g)
avocados, chopped
1 1/4 avocado(s) (251g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Italian sausage

3 link - 771 cals ● 42g protein ● 63g fat ● 9g carbs ● 0g fiber



For single meal:

Italian pork sausage, raw
3 link (323g)

For all 2 meals:

Italian pork sausage, raw
6 link (646g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.
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Lunch 3 [↗](#)

Eat on day 5

Beet & mozzarella salad

844 cal ● 35g protein ● 68g fat ● 18g carbs ● 5g fiber



beets, precooked (canned or refrigerated), sliced
3 beets (2" dia, sphere) (150g)
fresh mozzarella cheese, cut into chunks

1/4 lbs (128g)

walnuts

4 tbsp, chopped (29g)

olive oil

1 1/2 tbsp (23mL)

lemon juice

3/4 tbsp (11mL)

thyme, dried

1/4 tbsp, leaves (1g)

1. In a small bowl, mix together the olive oil, lemon juice, thyme and salt/pepper to taste. Set aside.
2. In a larger bowl, toss the beets, mozzarella, and walnuts together. Top with dressing and serve.

String cheese

3 stick(s) - 248 cal ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



Makes 3 stick(s)

string cheese

3 stick (84g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 6, day 7

Roast beef & pickle sandwich

2 sandwich(es) - 907 cal ● 78g protein ● 40g fat ● 50g carbs ● 9g fiber



For single meal:

dijon mustard

2 tbsp (30g)

pickles

8 slice (56g)

sliced cheese

4 slice (2/3 oz) (76g)

roast beef cold cuts

1/2 lbs (227g)

bread

4 slice(s) (128g)

For all 2 meals:

dijon mustard

4 tbsp (60g)

pickles

16 slice (112g)

sliced cheese

8 slice (2/3 oz) (152g)

roast beef cold cuts

1 lbs (454g)

bread

8 slice(s) (256g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Snacks 1 [↗](#)

Eat on day 1, day 2

Blackberry & granola parfait

229 cal ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

blackberries, roughly chopped
4 tbsp (36g)
lowfat greek yogurt
1/2 cup (140g)
granola
4 tbsp (23g)

For all 2 meals:

blackberries, roughly chopped
1/2 cup (72g)
lowfat greek yogurt
1 cup (280g)
granola
1/2 cup (45g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Walnuts

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



For single meal:

walnuts

4 tbsp shelled (50 halves) (25g)

For all 2 meals:

walnuts

1/2 cup shelled (50 halves) (50g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Boiled eggs

3 egg(s) - 208 cal ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

3 large (150g)

For all 2 meals:

eggs

6 large (300g)

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.

Grapes

97 cal ● 1g protein ● 1g fat ● 15g carbs ● 6g fiber



For single meal:

grapes

1 2/3 cup (153g)

For all 2 meals:

grapes

3 1/3 cup (307g)

1. This recipe has no instructions.

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 2 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cottage cheese & honey

1/2 cup(s) - 125 cal ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

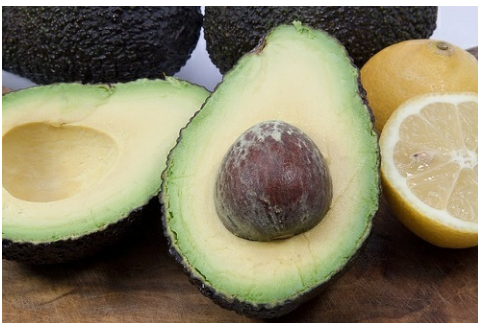
For all 3 meals:

honey
2 tbsp (42g)
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Avocado

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



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Simple sauteed spinach

348 cal ● 13g protein ● 25g fat ● 8g carbs ● 9g fiber



For single meal:

garlic, diced
1 3/4 clove (5g)
black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
olive oil
1 3/4 tbsp (26mL)
fresh spinach
14 cup(s) (420g)

For all 2 meals:

garlic, diced
3 1/2 clove (11g)
black pepper
1 tsp, ground (2g)
salt
1 tsp (5g)
olive oil
1/4 cup (53mL)
fresh spinach
28 cup(s) (840g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Buffalo drumsticks

13 1/3 oz - 778 cal ● 60g protein ● 59g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

2 1/4 tbsp (33mL)

oil

1 1/4 tsp (6mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp, ground (0g)

Chicken, drumsticks, with skin

13 1/3 oz (378g)

For all 2 meals:

Frank's Red Hot sauce

1/4 cup (67mL)

oil

2 1/2 tsp (13mL)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

Chicken, drumsticks, with skin

1 2/3 lbs (756g)

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

salad dressing

6 tbsp (90mL)

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

Pork-broccoli-sweet potato bowl

998 cal ● 119g protein ● 25g fat ● 59g carbs ● 17g fiber



For single meal:

paprika
3 dash (1g)
sweet potatoes, cut into bite-sized cubes
1 1/2 sweetpotato, 5" long (315g)
frozen broccoli
3/4 package (213g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
pork tenderloin, raw, cut into bite-sized cubes
1 lbs (510g)
olive oil
1 tbsp (15mL)

For all 2 meals:

paprika
1/4 tbsp (2g)
sweet potatoes, cut into bite-sized cubes
3 sweetpotato, 5" long (630g)
frozen broccoli
1 1/2 package (426g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
pork tenderloin, raw, cut into bite-sized cubes
2 1/4 lbs (1021g)
olive oil
2 tbsp (30mL)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Dinner 3 [↗](#)

Eat on day 5

Garlic collard greens

425 cal ● 19g protein ● 22g fat ● 12g carbs ● 25g fiber



collard greens
1 1/3 lbs (605g)
oil
4 tsp (20mL)
garlic, minced
4 clove(s) (12g)
salt
1/3 tsp (2g)

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.
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Ranch pork chops

1 chop(s) - 345 cal ● 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!

Couscous

352 cal ● 12g protein ● 1g fat ● 69g carbs ● 5g fiber



instant couscous, flavored

5/8 box (5.8 oz) (96g)

1. Follow instructions on package.

Dinner 4 [↗](#)

Eat on day 6, day 7

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

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

Avocado tuna salad

1091 cal ● 102g protein ● 60g fat ● 15g carbs ● 21g fiber



For single meal:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
onion, minced
5/8 small (44g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)

For all 2 meals:

avocados
2 1/2 avocado(s) (503g)
lime juice
5 tsp (25mL)
salt
5 dash (2g)
black pepper
5 dash (1g)
mixed greens
5 cup (150g)
onion, minced
1 1/4 small (88g)
canned tuna
5 can (860g)
tomatoes
1 1/4 cup, chopped (225g)

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.
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