

# Meal Plan - 3500 calorie meal plan to gain muscle/weight



[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.strongrastr.com>

## Day 1

3524 cals ● 229g protein (26%) ● 179g fat (46%) ● 211g carbs (24%) ● 39g fiber (4%)

### Breakfast

585 cals, 37g protein, 53g net carbs, 22g fat



**Protein bar**  
1 bar- 245 cals



**Medium toasted bagel with butter**  
1/2 bagel(s)- 196 cals



**Basic scrambled eggs**  
2 egg(s)- 142 cals

### Snacks

505 cals, 18g protein, 66g net carbs, 18g fat



**Sweet potato chips**  
26 2/3 chips- 205 cals



**Kefir**  
300 cals

### Lunch

1185 cals, 80g protein, 74g net carbs, 55g fat



**Lentils**  
463 cals



**Beef and cabbage skillet**  
720 cals

### Dinner

1255 cals, 95g protein, 17g net carbs, 84g fat



**Sugar snap peas**  
164 cals



**Buffalo drumsticks**  
18 2/3 oz- 1089 cals

## Day 2

3515 cals ● 249g protein (28%) ● 156g fat (40%) ● 239g carbs (27%) ● 40g fiber (5%)

### Breakfast

585 cals, 37g protein, 53g net carbs, 22g fat



**Protein bar**  
1 bar- 245 cals



**Medium toasted bagel with butter**  
1/2 bagel(s)- 196 cals



**Basic scrambled eggs**  
2 egg(s)- 142 cals

### Snacks

505 cals, 18g protein, 66g net carbs, 18g fat



**Sweet potato chips**  
26 2/3 chips- 205 cals



**Kefir**  
300 cals

### Lunch

1175 cals, 100g protein, 103g net carbs, 31g fat



**Simple mozzarella and tomato salad**  
242 cals



**Chicken-broccoli-quinoa bowl**  
585 cals



**Lentils**  
347 cals

### Dinner

1255 cals, 95g protein, 17g net carbs, 84g fat



**Sugar snap peas**  
164 cals



**Buffalo drumsticks**  
18 2/3 oz- 1089 cals

## Day 3

3467 cal ● 270g protein (31%) ● 151g fat (39%) ● 217g carbs (25%) ● 40g fiber (5%)

### Breakfast

585 cal, 37g protein, 53g net carbs, 22g fat



**Protein bar**  
1 bar- 245 cal



**Medium toasted bagel with butter**  
1/2 bagel(s)- 196 cal



**Basic scrambled eggs**  
2 egg(s)- 142 cal

### Snacks

495 cal, 16g protein, 32g net carbs, 31g fat



**Sweet potato chips**  
40 chips- 308 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal



**String cheese**  
2 stick(s)- 165 cal

### Lunch

1175 cal, 100g protein, 103g net carbs, 31g fat



**Simple mozzarella and tomato salad**  
242 cal



**Chicken-broccoli-quinoa bowl**  
585 cal



**Lentils**  
347 cal

### Dinner

1215 cal, 117g protein, 28g net carbs, 66g fat



**Buttered lima beans**  
220 cal



**Caprese chicken**  
13 1/3 oz- 995 cal

## Day 4

3513 cal ● 260g protein (30%) ● 219g fat (56%) ● 90g carbs (10%) ● 37g fiber (4%)

### Breakfast

555 cal, 18g protein, 5g net carbs, 46g fat



**Avocado**  
351 cal



**Bacon**  
4 slice(s)- 202 cal

### Snacks

495 cal, 16g protein, 32g net carbs, 31g fat



**Sweet potato chips**  
40 chips- 308 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal



**String cheese**  
2 stick(s)- 165 cal

### Lunch

1250 cal, 108g protein, 25g net carbs, 76g fat



**Sauteed corn & lima beans**  
179 cal



**Coriander and cumin rubbed pork chops**  
2 1/2 chop(s)- 1071 cal

### Dinner

1215 cal, 117g protein, 28g net carbs, 66g fat



**Buttered lima beans**  
220 cal



**Caprese chicken**  
13 1/3 oz- 995 cal

## Day 5

3489 cal ● 355g protein (41%) ● 150g fat (39%) ● 132g carbs (15%) ● 49g fiber (6%)

### Breakfast

555 cal, 18g protein, 5g net carbs, 46g fat



**Avocado**  
351 cal



**Bacon**  
4 slice(s)- 202 cal

### Snacks

495 cal, 16g protein, 32g net carbs, 31g fat



**Sweet potato chips**  
40 chips- 308 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal



**String cheese**  
2 stick(s)- 165 cal

### Lunch

1255 cal, 187g protein, 25g net carbs, 41g fat



**Buttered lima beans**  
220 cal



**Lemon pepper chicken breast**  
28 oz- 1036 cal

### Dinner

1185 cal, 133g protein, 70g net carbs, 32g fat



**Simple mixed greens and tomato salad**  
76 cal



**Pork-broccoli-sweet potato bowl**  
1109 cal

## Day 6

3462 cal ● 252g protein (29%) ● 153g fat (40%) ● 220g carbs (25%) ● 49g fiber (6%)

### Breakfast

555 cal, 33g protein, 20g net carbs, 37g fat



**Small toasted bagel with butter**  
1/2 bagel(s)- 120 cal



**Chili and cheese omelet**  
433 cal

### Snacks

485 cal, 15g protein, 24g net carbs, 32g fat



**Avocado toast**  
1 slice(s)- 168 cal



**Mixed nuts**  
1/3 cup(s)- 272 cal



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal

### Lunch

1240 cal, 71g protein, 106g net carbs, 52g fat



**Raisins**  
1/2 cup- 275 cal



**Caprese salad**  
142 cal



**Ham, bacon, avocado sandwich**  
1 1/2 sandwich(es)- 825 cal

### Dinner

1185 cal, 133g protein, 70g net carbs, 32g fat



**Simple mixed greens and tomato salad**  
76 cal



**Pork-broccoli-sweet potato bowl**  
1109 cal

# Day 7

3506 cal ● 306g protein (35%) ● 164g fat (42%) ● 164g carbs (19%) ● 38g fiber (4%)

## Breakfast

555 cal, 33g protein, 20g net carbs, 37g fat



**Small toasted bagel with butter**  
1/2 bagel(s)- 120 cal



**Chili and cheese omelet**  
433 cal

## Snacks

485 cal, 15g protein, 24g net carbs, 32g fat



**Avocado toast**  
1 slice(s)- 168 cal



**Mixed nuts**  
1/3 cup(s)- 272 cal



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal

## Lunch

1240 cal, 71g protein, 106g net carbs, 52g fat



**Raisins**  
1/2 cup- 275 cal



**Caprese salad**  
142 cal



**Ham, bacon, avocado sandwich**  
1 1/2 sandwich(es)- 825 cal

## Dinner

1230 cal, 187g protein, 14g net carbs, 43g fat



**Sugar snap peas**  
123 cal



**Balsamic chicken breast**  
28 oz- 1105 cal

## Other

- protein bar (20g protein)  
3 bar (150g)
- sweet potato chips  
173 1/3 chips (246g)
- Chicken, drumsticks, with skin  
2 1/3 lbs (1058g)
- ground beef (20% fat)  
9 1/3 oz (265g)
- flavored quinoa mix  
1 package (4.9 oz) (139g)
- italian seasoning  
2 1/2 tsp (9g)
- mixed greens  
1 1/4 package (5.5 oz) (193g)

## Baked Products

- bagel  
2 medium bagel (3-1/2" to 4" dia) (227g)
- bread  
8 slice (256g)

## Dairy and Egg Products

- butter  
1/2 stick (55g)
- eggs  
15 medium (664g)
- kefir, flavored  
4 cup (960mL)
- fresh mozzarella cheese  
12 2/3 oz (359g)
- string cheese  
6 stick (168g)
- cheddar cheese  
4 tbsp, shredded (28g)
- sliced cheese  
3 slice (3/4 oz ea) (63g)

## Fats and Oils

- oil  
2 oz (58mL)
- balsamic vinaigrette  
1/3 lbs (155mL)
- olive oil  
4 oz (122mL)
- salad dressing  
3 tbsp (45mL)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
6 1/4 tbsp (94mL)
- chicken bouillon  
1/4 cube (1g)
- pesto sauce  
6 2/3 tbsp (107g)

## Spices and Herbs

- salt  
4 tsp (23g)
- black pepper  
1/6 oz (6g)
- yellow mustard  
1 tsp (4g)
- fresh basil  
1 oz (31g)
- ground coriander  
1/3 oz (10g)
- ground cumin  
1 1/4 tbsp (8g)
- lemon pepper  
1 3/4 tbsp (12g)
- paprika  
1/4 tbsp (2g)
- chili powder  
2 tsp (5g)

## Beverages

- water  
6 2/3 cup(s) (1581mL)

## Legumes and Legume Products

- lentils, raw  
1 2/3 cup (320g)

## Poultry Products

- boneless skinless chicken breast, raw  
6 lbs (2773g)

## Fruits and Fruit Juices

- avocados  
3 1/4 avocado(s) (653g)
- lemon juice  
2 tsp (10mL)

## Vegetables and Vegetable Products

- frozen sugar snap peas  
7 1/3 cup (1056g)
- cabbage  
1/4 head, small (about 4-1/2" dia) (208g)
- tomatoes  
11 medium whole (2-3/5" dia) (1331g)
- frozen broccoli  
2 2/3 package (757g)
- lima beans, frozen  
1 3/4 package (10 oz) (486g)
- frozen corn kernels  
6 tbsp (51g)
- garlic  
3 3/4 clove(s) (11g)
- sweet potatoes  
3 1/3 sweetpotato, 5" long (700g)

- raisins  
1 cup, packed (165g)

## Pork Products

- bacon  
14 slice(s) (140g)
- pork loin chops, boneless, raw  
2 1/2 chop (463g)
- pork tenderloin, raw  
2 1/2 lbs (1134g)

## Nut and Seed Products

- mixed nuts  
10 tbsp (84g)

## Sausages and Luncheon Meats

- ham cold cuts  
3/4 lbs (340g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 3 meals:

**protein bar (20g protein)**  
3 bar (150g)

1. This recipe has no instructions.

### Medium toasted bagel with butter

1/2 bagel(s) - 196 cal ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

**bagel**  
1/2 medium bagel (3-1/2" to 4" dia)  
(53g)  
**butter**  
1/2 tbsp (7g)

For all 3 meals:

**bagel**  
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)  
**butter**  
1 1/2 tbsp (21g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

### Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 medium (88g)

For all 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 medium (264g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

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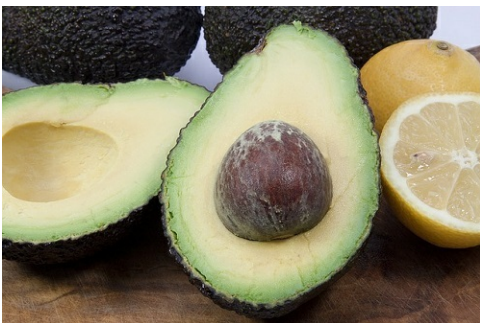
## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Avocado

351 cal ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

For all 2 meals:

**avocados**  
2 avocado(s) (402g)  
**lemon juice**  
2 tsp (10mL)

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

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### Bacon

4 slice(s) - 202 cal ● 14g protein ● 16g fat ● 1g carbs ● 0g fiber





For single meal:

**bacon**  
4 slice(s) (40g)

For all 2 meals:

**bacon**  
8 slice(s) (80g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

**butter**  
1/4 tbsp (4g)  
**bagel**  
1/2 small bagel (3" dia) (35g)

For all 2 meals:

**butter**  
1/2 tbsp (7g)  
**bagel**  
1 small bagel (3" dia) (69g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

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### Chili and cheese omelet

433 cals ● 29g protein ● 33g fat ● 3g carbs ● 2g fiber



For single meal:

**chili powder**  
1 tsp (3g)  
**ground coriander**  
1 tsp (2g)  
**eggs, beaten**  
4 large (200g)  
**olive oil**  
2 tsp (10mL)  
**cheddar cheese**  
2 tbsp, shredded (14g)

For all 2 meals:

**chili powder**  
2 tsp (5g)  
**ground coriander**  
2 tsp (4g)  
**eggs, beaten**  
8 large (400g)  
**olive oil**  
4 tsp (20mL)  
**cheddar cheese**  
4 tbsp, shredded (28g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Lentils

463 cal ● 31g protein ● 1g fat ● 67g carbs ● 14g fiber



**salt**  
1 1/3 dash (1g)  
**water**  
2 2/3 cup(s) (632mL)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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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### Beef and cabbage skillet

720 cal ● 48g protein ● 53g fat ● 7g carbs ● 5g fiber



**ground beef (20% fat)**  
9 1/3 oz (265g)  
**chicken bouillon**  
1/4 cube (1g)  
**yellow mustard**  
1 tsp (4g)  
**cabbage, sliced**  
1/4 head, small (about 4-1/2" dia)  
(208g)

1. Heat a large, walled skillet over medium heat.
2. Add the ground beef and break up into pieces. Using your fingers, break up the bouillon cube and sprinkle and mix in. Add a splash of water if necessary so that the bouillon fully dissolves.
3. Cook until beef is browned and mostly done.
4. Add in the mustard and mix.
5. Add the cabbage and mix.
6. Cook until cabbage is soft, but still firm, about 5 minutes.
7. Serve.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

**tomatoes, sliced**  
3/4 large whole (3" dia) (137g)  
**fresh mozzarella cheese, sliced**  
2 oz (57g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**fresh basil**  
1 tbsp, chopped (3g)

For all 2 meals:

**tomatoes, sliced**  
1 1/2 large whole (3" dia) (273g)  
**fresh mozzarella cheese, sliced**  
4 oz (113g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**fresh basil**  
2 tbsp, chopped (5g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

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### Chicken-broccoli-quinoa bowl

585 cal ● 62g protein ● 13g fat ● 46g carbs ● 8g fiber



For single meal:

**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (224g)  
**frozen broccoli**  
1/2 package (142g)  
**flavored quinoa mix**  
1/2 package (4.9 oz) (69g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**boneless skinless chicken breast, raw, cubed**  
1 lbs (448g)  
**frozen broccoli**  
1 package (284g)  
**flavored quinoa mix**  
1 package (4.9 oz) (139g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**olive oil**  
2 tsp (10mL)

1. Prepare the quinoa and broccoli according to the instructions on their packaging.
2. Meanwhile, heat a skillet with the olive oil over medium heat and season the cubed chicken with salt and pepper.
3. Add the chicken to the skillet and cook 7-10 minutes until cooked through.
4. Bring the chicken, broccoli, and quinoa together; stir (or keep it all separate- whichever you prefer!) Serve.

## Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

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

For all 2 meals:

**salt**  
2 dash (2g)  
**water**  
4 cup(s) (948mL)  
**lentils, raw, rinsed**  
1 cup (192g)

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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## Lunch 3 [↗](#)

Eat on day 4

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### Sauteed corn & lima beans

179 cal ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**lima beans, frozen**

6 tbsp (60g)

**frozen corn kernels**

6 tbsp (51g)

**olive oil**

1/2 tbsp (8mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

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### Coriander and cumin rubbed pork chops

2 1/2 chop(s) - 1071 cal ● 103g protein ● 69g fat ● 7g carbs ● 4g fiber



Makes 2 1/2 chop(s)

**black pepper**

1/3 tsp (0g)

**pork loin chops, boneless, raw**

2 1/2 chop (463g)

**olive oil, divided**

2 1/2 tbsp (38mL)

**ground coriander**

1 1/4 tbsp (6g)

**ground cumin**

1 1/4 tbsp (8g)

**salt**

5 dash (4g)

**garlic, minced**

3 3/4 clove(s) (11g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
  2. Season the pork chops with salt and pepper, rub with the paste.
  3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.
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## Lunch 4 [↗](#)

Eat on day 5

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### Buttered lima beans

220 cal ● 9g protein ● 8g fat ● 21g carbs ● 8g fiber



**lima beans, frozen**

1/2 package (10 oz) (142g)

**salt**

2 dash (2g)

**butter**

2 tsp (9g)

**black pepper**

1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

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### Lemon pepper chicken breast

28 oz - 1036 cal ● 178g protein ● 33g fat ● 5g carbs ● 3g fiber



Makes 28 oz

**lemon pepper**

1 3/4 tbsp (12g)

**olive oil**

2 1/2 tsp (13mL)

**boneless skinless chicken breast,  
raw**

1 3/4 lbs (784g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
  2. **STOVETOP**
  3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
  4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
  5. **BAKED**
  6. Preheat oven to 400 degrees Fahrenheit.
  7. Place chicken on broiler pan (recommended) or baking sheet.
  8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
  9. **BROILED/GRILLED**
  10. Setup oven so top rack is 3-4 inches from heating element.
  11. Set oven to broil and preheat on high.
  12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

### Raisins

1/2 cup - 275 cal ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



For single meal:

**raisins**

1/2 cup, packed (83g)

For all 2 meals:

**raisins**

1 cup, packed (165g)

1. This recipe has no instructions.

### Caprese salad

142 cal ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

**balsamic vinaigrette**

2 tsp (10mL)

**fresh basil**

2 2/3 tbsp leaves, whole (4g)

**tomatoes, halved**

1/3 cup cherry tomatoes (50g)

**mixed greens**

1/3 package (5.5 oz) (52g)

**fresh mozzarella cheese**

1 oz (28g)

For all 2 meals:

**balsamic vinaigrette**

4 tsp (20mL)

**fresh basil**

1/3 cup leaves, whole (8g)

**tomatoes, halved**

2/3 cup cherry tomatoes (99g)

**mixed greens**

2/3 package (5.5 oz) (103g)

**fresh mozzarella cheese**

2 oz (57g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

### Ham, bacon, avocado sandwich

1 1/2 sandwich(es) - 825 cal ● 60g protein ● 43g fat ● 39g carbs ● 11g fiber



For single meal:

**bacon**

3 slice(s) (30g)

**ham cold cuts**

6 oz (170g)

**bread**

3 slice (96g)

**avocados, sliced**

3/8 avocado(s) (75g)

**sliced cheese**

1 1/2 slice (3/4 oz ea) (32g)

For all 2 meals:

**bacon**

6 slice(s) (60g)

**ham cold cuts**

3/4 lbs (340g)

**bread**

6 slice (192g)

**avocados, sliced**

3/4 avocado(s) (151g)

**sliced cheese**

3 slice (3/4 oz ea) (63g)

1. Cook bacon according to package.
2. Build the sandwich to your liking- top with any veggies of your choice.



## Snacks 1 [↗](#)

Eat on day 1, day 2

### Sweet potato chips

26 2/3 chips - 205 cal ● 1g protein ● 13g fat ● 17g carbs ● 3g fiber



For single meal:

#### **sweet potato chips**

26 2/3 chips (38g)

For all 2 meals:

#### **sweet potato chips**

53 1/3 chips (76g)

1. Serve chips in a bowl and enjoy.

### Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

#### **kefir, flavored**

2 cup (480mL)

For all 2 meals:

#### **kefir, flavored**

4 cup (960mL)

1. Pour into a glass and drink.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Sweet potato chips

40 chips - 308 cal ● 2g protein ● 20g fat ● 26g carbs ● 4g fiber



For single meal:

#### **sweet potato chips**

40 chips (57g)

For all 3 meals:

#### **sweet potato chips**

120 chips (170g)

1. Serve chips in a bowl and enjoy.

### 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.

### String cheese

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



For single meal:

**string cheese**  
2 stick (56g)

For all 3 meals:

**string cheese**  
6 stick (168g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### 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.

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### Mixed nuts

1/3 cup(s) - 272 cals ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



For single meal:

**mixed nuts**  
5 tbsp (42g)

For all 2 meals:

**mixed nuts**  
10 tbsp (84g)

1. This recipe has no instructions.

## 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.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Sugar snap peas

164 cal ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



For single meal:

**frozen sugar snap peas**  
2 2/3 cup (384g)

For all 2 meals:

**frozen sugar snap peas**  
5 1/3 cup (768g)

1. Prepare according to instructions on package.

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### Buffalo drumsticks

18 2/3 oz - 1089 cal ● 84g protein ● 83g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**

3 tbsp (47mL)

**oil**

1 3/4 tsp (9mL)

**salt**

1/4 tsp (2g)

**black pepper**

1/4 tsp, ground (1g)

**Chicken, drumsticks, with skin**

18 2/3 oz (529g)

For all 2 meals:

**Frank's Red Hot sauce**

6 1/4 tbsp (93mL)

**oil**

3 1/2 tsp (17mL)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**Chicken, drumsticks, with skin**

2 1/3 lbs (1058g)

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 2 [↗](#)

Eat on day 3, day 4

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### Buttered lima beans

220 cals ● 9g protein ● 8g fat ● 21g carbs ● 8g fiber



For single meal:

**lima beans, frozen**

1/2 package (10 oz) (142g)

**salt**

2 dash (2g)

**butter**

2 tsp (9g)

**black pepper**

1 dash, ground (0g)

For all 2 meals:

**lima beans, frozen**

1 package (10 oz) (284g)

**salt**

4 dash (3g)

**butter**

4 tsp (18g)

**black pepper**

2 dash, ground (1g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

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### Caprese chicken

13 1/3 oz - 995 cals ● 108g protein ● 58g fat ● 8g carbs ● 2g fiber



For single meal:

**italian seasoning**

1 tsp (3g)

**pesto sauce**

1/4 cup (53g)

**oil**

1/2 tbsp (8mL)

**tomatoes, quartered**

5 cherry tomatoes (85g)

**fresh basil**

1/4 cup, chopped (9g)

**fresh mozzarella cheese, sliced**

1/4 lbs (95g)

**boneless skinless chicken breast, raw**

13 1/3 oz (373g)

For all 2 meals:

**italian seasoning**

1/2 tbsp (6g)

**pesto sauce**

6 2/3 tbsp (107g)

**oil**

1 tbsp (17mL)

**tomatoes, quartered**

10 cherry tomatoes (170g)

**fresh basil**

6 2/3 tbsp, chopped (18g)

**fresh mozzarella cheese, sliced**

6 2/3 oz (189g)

**boneless skinless chicken breast, raw**

1 2/3 lbs (747g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

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## Dinner 3 [↗](#)

Eat on day 5, day 6

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### Simple mixed greens and tomato salad

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



For single meal:

**salad dressing**

1 1/2 tbsp (23mL)

**mixed greens**

1 1/2 cup (45g)

**tomatoes**

4 tbsp cherry tomatoes (37g)

For all 2 meals:

**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.

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### Pork-broccoli-sweet potato bowl

1109 cals ● 132g protein ● 28g fat ● 65g carbs ● 18g fiber



For single meal:

**paprika**  
3 1/3 dash (1g)  
**sweet potatoes, cut into bite-sized cubes**  
1 2/3 sweetpotato, 5" long (350g)  
**frozen broccoli**  
5/6 package (237g)  
**salt**  
3 1/3 dash (2g)  
**black pepper**  
3 1/3 dash, ground (1g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
1 1/4 lbs (567g)  
**olive oil**  
1 tbsp (17mL)

For all 2 meals:

**paprika**  
1/4 tbsp (2g)  
**sweet potatoes, cut into bite-sized cubes**  
3 1/3 sweetpotato, 5" long (700g)  
**frozen broccoli**  
1 2/3 package (473g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
2 1/2 lbs (1134g)  
**olive oil**  
2 1/4 tbsp (33mL)

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.

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## Dinner 4 [↗](#)

Eat on day 7

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### Sugar snap peas

123 cal ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



**frozen sugar snap peas**  
2 cup (288g)

1. Prepare according to instructions on package.

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### Balsamic chicken breast

28 oz - 1105 cal ● 179g protein ● 42g fat ● 2g carbs ● 0g fiber



Makes 28 oz

**italian seasoning**

1 tsp (3g)

**oil**

3 1/2 tsp (18mL)

**balsamic vinaigrette**

1/2 cup (105mL)

**boneless skinless chicken breast,  
raw**

1 3/4 lbs (794g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
  2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.
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