

Meal Plan - 1000 calorie keto 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

979 cals ● 120g protein (49%) ● 51g fat (47%) ● 8g carbs (3%) ● 3g fiber (1%)

Breakfast

205 cals, 16g protein, 2g net carbs, 15g fat



[Goat cheese & tomato mini egg muffin](#)

2 mini muffin(s)- 122 cals



[String cheese](#)

1 stick(s)- 83 cals

Dinner

375 cals, 51g protein, 2g net carbs, 18g fat



[Cooked peppers](#)

1/2 bell pepper(s)- 60 cals



[Basic chicken breast](#)

8 oz- 317 cals

Lunch

395 cals, 52g protein, 3g net carbs, 19g fat



[Garlic zucchini noodles](#)

82 cals



[Balsamic chicken breast](#)

8 oz- 316 cals

Day 2

1025 cals ● 99g protein (39%) ● 66g fat (58%) ● 7g carbs (3%) ● 2g fiber (1%)

Breakfast

205 cals, 16g protein, 2g net carbs, 15g fat



[Goat cheese & tomato mini egg muffin](#)

2 mini muffin(s)- 122 cals



[String cheese](#)

1 stick(s)- 83 cals

Dinner

400 cals, 43g protein, 3g net carbs, 23g fat



[Caprese chicken](#)

5 1/3 oz- 398 cals

Lunch

420 cals, 39g protein, 2g net carbs, 28g fat



[Baked chicken thighs](#)

6 oz- 386 cals



[Basic zoodles](#)

1/4 zucchini- 36 cals

Day 3

1049 cals ● 92g protein (35%) ● 69g fat (59%) ● 9g carbs (3%) ● 6g fiber (2%)

Breakfast

240 cals, 17g protein, 2g net carbs, 18g fat



Basic scrambled eggs
2 2/3 egg(s)- 190 cals



Simple sauteed spinach
50 cals

Dinner

400 cals, 43g protein, 3g net carbs, 23g fat



Caprese chicken
5 1/3 oz- 398 cals

Lunch

410 cals, 32g protein, 4g net carbs, 28g fat



Pecans
1/4 cup- 183 cals



Basic chicken & spinach salad
228 cals

Day 4

983 cals ● 101g protein (41%) ● 58g fat (53%) ● 9g carbs (4%) ● 7g fiber (3%)

Breakfast

240 cals, 17g protein, 2g net carbs, 18g fat



Basic scrambled eggs
2 2/3 egg(s)- 190 cals



Simple sauteed spinach
50 cals

Dinner

330 cals, 52g protein, 3g net carbs, 12g fat



Basic zoodles
1/4 zucchini- 36 cals



Lemon pepper chicken breast
8 oz- 296 cals

Lunch

410 cals, 32g protein, 4g net carbs, 28g fat



Pecans
1/4 cup- 183 cals



Basic chicken & spinach salad
228 cals

Day 5

1044 cals ● 91g protein (35%) ● 72g fat (62%) ● 6g carbs (2%) ● 3g fiber (1%)

Breakfast

230 cals, 17g protein, 1g net carbs, 18g fat



Basic fried eggs
1 egg(s)- 80 cals



Bacon
3 slice(s)- 152 cals

Dinner

415 cals, 49g protein, 1g net carbs, 23g fat



Basic chicken thighs
9 oz- 383 cals



Roasted tomatoes
1/2 tomato(es)- 30 cals

Lunch

400 cals, 26g protein, 4g net carbs, 30g fat



Garlic zucchini noodles
163 cals



Classic steak
4 oz steak- 238 cals

Day 6

968 cals ● 97g protein (40%) ● 60g fat (56%) ● 7g carbs (3%) ● 4g fiber (2%)

Breakfast

230 cals, 17g protein, 1g net carbs, 18g fat



Basic fried eggs
1 egg(s)- 80 cals



Bacon
3 slice(s)- 152 cals

Dinner

380 cals, 37g protein, 2g net carbs, 24g fat



Basic ground turkey
6 oz- 281 cals



Simple sauteed spinach
100 cals

Lunch

355 cals, 43g protein, 4g net carbs, 18g fat



Chicken egg drop soup
356 cals

Day 7

968 cals ● 97g protein (40%) ● 60g fat (56%) ● 7g carbs (3%) ● 4g fiber (2%)

Breakfast

230 cals, 17g protein, 1g net carbs, 18g fat



Basic fried eggs
1 egg(s)- 80 cals



Bacon
3 slice(s)- 152 cals

Dinner

380 cals, 37g protein, 2g net carbs, 24g fat



Basic ground turkey
6 oz- 281 cals



Simple sauteed spinach
100 cals

Lunch

355 cals, 43g protein, 4g net carbs, 18g fat



Chicken egg drop soup
356 cals

Grocery List



Fats and Oils

- olive oil
3 1/4 tbsp (49mL)
- oil
2 1/4 oz (68mL)
- balsamic vinaigrette
2 tbsp (31mL)
- salad dressing
2 1/4 tbsp (34mL)

Vegetables and Vegetable Products

- zucchini
1 1/2 large (456g)
- garlic
2 1/4 clove (7g)
- bell pepper
1/2 large (82g)
- tomatoes
1 1/6 medium whole (2-3/5" dia) (144g)
- fresh spinach
15 cup(s) (450g)
- frozen chopped spinach
1/2 cup (78g)

Other

- italian seasoning
1 tsp (3g)
- sesame oil
1 tsp (5mL)

Poultry Products

- boneless skinless chicken breast, raw
3 1/4 lbs (1456g)
- chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)
- boneless skinless chicken thighs
1/2 lbs (255g)
- ground turkey, raw
3/4 lbs (340g)

Dairy and Egg Products

- goat cheese
2 tbsp (28g)
- eggs
15 1/2 medium (685g)
- string cheese
2 stick (56g)
- fresh mozzarella cheese
2 2/3 oz (76g)

Beverages

- water
2 tsp (10mL)

Soups, Sauces, and Gravies

- pesto sauce
2 2/3 tbsp (43g)
- chicken broth
4 cup (960mL)

Spices and Herbs

- fresh basil
2 2/3 tbsp, chopped (7g)
- salt
5 dash (4g)
- black pepper
4 dash, ground (1g)
- thyme, dried
1/2 dash, ground (0g)
- lemon pepper
1/2 tbsp (3g)

Nut and Seed Products

- pecans
1/2 cup, halves (50g)

Pork Products

- bacon
9 slice(s) (90g)

Beef Products

- sirloin steak, raw
4 oz (113g)

Legumes and Legume Products

- soy sauce
1 tsp (5mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Goat cheese & tomato mini egg muffin

2 mini muffin(s) - 122 cal ● 9g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

tomatoes, chopped
1 slice(s), thin/small (15g)
goat cheese
1 tbsp (14g)
eggs
1 large (50g)
water
1 tsp (5mL)

For all 2 meals:

tomatoes, chopped
2 slice(s), thin/small (30g)
goat cheese
2 tbsp (28g)
eggs
2 large (100g)
water
2 tsp (10mL)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

String cheese

1 stick(s) - 83 cal ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Basic scrambled eggs

2 2/3 egg(s) - 190 cal ● 15g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (3mL)
eggs
2 2/3 medium (117g)

For all 2 meals:

oil
1/2 tbsp (7mL)
eggs
5 1/3 medium (235g)

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.

Simple sauteed spinach

50 cal ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

garlic, diced
1/4 clove (1g)
black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)

For all 2 meals:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

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.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 3 meals:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

1. Heat oil in a skillet over medium low heat.
 2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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Bacon

3 slice(s) - 152 cal ● 11g protein ● 12g fat ● 0g carbs ● 0g fiber



For single meal:

bacon
3 slice(s) (30g)

For all 3 meals:

bacon
9 slice(s) (90g)

1. Cook as desired or according to instructions on package.
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Lunch 1 [↗](#)

Eat on day 1

Garlic zucchini noodles

82 cals ● 1g protein ● 7g fat ● 2g carbs ● 1g fiber



olive oil

1/2 tbsp (8mL)

zucchini

1/2 medium (98g)

garlic, minced

1/4 clove (1g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



Makes 8 oz

italian seasoning

2 dash (1g)

oil

1 tsp (5mL)

balsamic vinaigrette

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

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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Lunch 2 [↗](#)

Eat on day 2

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.

Basic zoodles

1/4 zucchini - 36 cal ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber



Makes 1/4 zucchini

zucchini

1/4 large (81g)

oil

1/2 tsp (3mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
 2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.
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Lunch 3 [↗](#)

Eat on day 3, day 4

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.
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Basic chicken & spinach salad

228 cal ● 30g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

salad dressing
1 tbsp (17mL)
oil
1/4 tbsp (4mL)
boneless skinless chicken breast, raw, chopped, cooked
1/4 lbs (128g)
fresh spinach
1 1/2 cup(s) (45g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw, chopped, cooked
1/2 lbs (255g)
fresh spinach
3 cup(s) (90g)

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.
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Lunch 4 [↗](#)

Eat on day 5

Garlic zucchini noodles

163 cal ● 3g protein ● 14g fat ● 4g carbs ● 2g fiber



olive oil

1 tbsp (15mL)

zucchini

1 medium (196g)

garlic, minced

1/2 clove (2g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Classic steak

4 oz steak - 238 cal ● 23g protein ● 16g fat ● 0g carbs ● 0g fiber



Makes 4 oz steak

sirloin steak, raw

4 oz (113g)

oil

3/8 tsp (2mL)

1. Sprinkle some salt and pepper (to taste) on the steak.
2. Heat a cast iron skillet to scalding hot. Add in the oil (preferably one with a high smoke point) and coat the pan.
3. Add in the steak (be careful to not get splattered) and let it sit for 2 minutes.
4. Use tongs to flip the steak, and let cook 2 more minutes.
5. At this point, you can flip the steak every 30-60 seconds, until the total cook time has reached 5-6 minutes (longer for thicker or more-well done steaks).
6. When internal temperature reaches desired level (medium rare: 140F/60C), remove pan from the heat, loosely cover, and let rest for 10 minutes. Serve.

Lunch 5 [↗](#)

Eat on day 6, day 7

Chicken egg drop soup

356 cals ● 43g protein ● 18g fat ● 4g carbs ● 1g fiber



For single meal:

oil
1/2 tsp (3mL)
boneless skinless chicken breast, raw, cut into bite-sized pieces
4 oz (113g)
chicken broth
2 cup (480mL)
eggs
2 large (100g)
soy sauce
1/2 tsp (3mL)
sesame oil
1/2 tsp (3mL)
frozen chopped spinach
4 tbsp (39g)

For all 2 meals:

oil
1 tsp (5mL)
boneless skinless chicken breast, raw, cut into bite-sized pieces
1/2 lbs (227g)
chicken broth
4 cup (960mL)
eggs
4 large (200g)
soy sauce
1 tsp (5mL)
sesame oil
1 tsp (5mL)
frozen chopped spinach
1/2 cup (78g)

1. Add the oil (note, not the sesame oil) to the bottom of a pot over medium heat. Add the chicken and cook until browned and cooked through.
2. Add broth, soy sauce, and sesame oil to the pot and bring to a boil. Meanwhile, beat eggs in a cup and aside.
3. Add in the frozen spinach and cook until softened. Return to a boil.
4. Stir gently, while slowly pouring in the egg. Cook for about 1-2 minutes.
5. Season with salt/pepper to taste and serve.

Dinner 1 [↗](#)

Eat on day 1

Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1/2 bell pepper(s)

oil
1 tsp (5mL)
bell pepper, seeded & cut into strips
1/2 large (82g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

oil

1/2 tbsp (8mL)

**boneless skinless chicken breast,
raw**

1/2 lbs (224g)

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

Caprese chicken

5 1/3 oz - 398 cal ● 43g protein ● 23g fat ● 3g carbs ● 1g fiber



For single meal:

italian seasoning

1/3 tsp (1g)

pesto sauce

4 tsp (21g)

oil

1/4 tbsp (3mL)

tomatoes, quartered

2 cherry tomatoes (34g)

fresh basil

4 tsp, chopped (4g)

fresh mozzarella cheese, sliced

1 1/3 oz (38g)

boneless skinless chicken breast, raw

1/3 lbs (149g)

For all 2 meals:

italian seasoning

1/4 tbsp (2g)

pesto sauce

2 2/3 tbsp (43g)

oil

1/2 tbsp (7mL)

tomatoes, quartered

4 cherry tomatoes (68g)

fresh basil

2 2/3 tbsp, chopped (7g)

fresh mozzarella cheese, sliced

2 2/3 oz (76g)

boneless skinless chicken breast, raw

2/3 lbs (299g)

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 4

Basic zoodles

1/4 zucchini - 36 cal ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber



Makes 1/4 zucchini

zucchini

1/4 large (81g)

oil

1/2 tsp (3mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.

Lemon pepper chicken breast

8 oz - 296 cal ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



Makes 8 oz

lemon pepper

1/2 tbsp (3g)

olive oil

1/4 tbsp (4mL)

**boneless skinless chicken breast,
raw**

1/2 lbs (224g)

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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Dinner 4 [↗](#)

Eat on day 5

Basic chicken thighs

9 oz - 383 cal ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



Makes 9 oz

oil

1 tsp (6mL)

boneless skinless chicken thighs

1/2 lbs (255g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

Roasted tomatoes

1/2 tomato(es) - 30 cal ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

tomatoes

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

oil

1/2 tsp (3mL)

1. Preheat oven to 450°F (230°C).
 2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
 3. Bake for 30-35 minutes until soft. Serve.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Basic ground turkey

6 oz - 281 cal ● 33g protein ● 16g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
ground turkey, raw
6 oz (170g)

For all 2 meals:

oil
1/2 tbsp (8mL)
ground turkey, raw
3/4 lbs (340g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

For all 2 meals:

garlic, diced
1 clove (3g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)

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.
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