

Meal Plan - 1600 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

1599 cals ● 171g protein (43%) ● 92g fat (52%) ● 16g carbs (4%) ● 7g fiber (2%)

Breakfast

330 cals, 24g protein, 6g net carbs, 23g fat



[Scrambled eggs with spinach, parmesan & tomato](#)
249 cals



[String cheese](#)
1 stick(s)- 83 cals

Snacks

215 cals, 17g protein, 2g net carbs, 16g fat



[Cheesy ham roll ups](#)
2 roll up(s)- 216 cals

Lunch

535 cals, 77g protein, 3g net carbs, 23g fat



[Balsamic chicken breast](#)
12 oz- 473 cals



[Roasted tomatoes](#)
1 tomato(es)- 60 cals

Dinner

520 cals, 52g protein, 4g net carbs, 31g fat



[Caprese chicken](#)
6 oz- 448 cals



[Spinach cauliflower mince](#)
1 cup(s)- 71 cals

Day 2

1613 cals ● 139g protein (35%) ● 105g fat (59%) ● 16g carbs (4%) ● 12g fiber (3%)

Breakfast

330 cals, 24g protein, 6g net carbs, 23g fat



[Scrambled eggs with spinach, parmesan & tomato](#)
249 cals



[String cheese](#)
1 stick(s)- 83 cals

Snacks

215 cals, 17g protein, 2g net carbs, 16g fat



[Cheesy ham roll ups](#)
2 roll up(s)- 216 cals

Lunch

545 cals, 46g protein, 4g net carbs, 36g fat



[Ham, bacon, avocado lettuce wrap](#)
1 1/2 wrap(s)- 547 cals

Dinner

520 cals, 52g protein, 4g net carbs, 31g fat



[Caprese chicken](#)
6 oz- 448 cals



[Spinach cauliflower mince](#)
1 cup(s)- 71 cals

Day 3

1593 cals ● 150g protein (38%) ● 97g fat (55%) ● 18g carbs (4%) ● 11g fiber (3%)

Breakfast

330 cals, 24g protein, 6g net carbs, 23g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



String cheese
1 stick(s)- 83 cals

Snacks

205 cals, 12g protein, 5g net carbs, 14g fat



Cucumber sandwich bites
1 bite(s)- 95 cals



Roasted almonds
1/8 cup(s)- 111 cals

Lunch

545 cals, 46g protein, 4g net carbs, 36g fat



Ham, bacon, avocado lettuce wrap
1 1/2 wrap(s)- 547 cals

Dinner

510 cals, 68g protein, 3g net carbs, 24g fat



Buttery cauliflower rice
1 cup(s)- 86 cals



Basic chicken breast
10 2/3 oz- 423 cals

Day 4

1530 cals ● 156g protein (41%) ● 93g fat (55%) ● 13g carbs (3%) ● 5g fiber (1%)

Breakfast

255 cals, 18g protein, 2g net carbs, 20g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Cheese
1 oz- 114 cals

Snacks

205 cals, 12g protein, 5g net carbs, 14g fat



Cucumber sandwich bites
1 bite(s)- 95 cals



Roasted almonds
1/8 cup(s)- 111 cals

Lunch

560 cals, 59g protein, 3g net carbs, 34g fat



Simple mozzarella and tomato salad
121 cals



Basic ground turkey
9 1/3 oz- 438 cals

Dinner

510 cals, 68g protein, 3g net carbs, 24g fat



Buttery cauliflower rice
1 cup(s)- 86 cals



Basic chicken breast
10 2/3 oz- 423 cals

Day 5

1565 cals ● 161g protein (41%) ● 93g fat (54%) ● 14g carbs (4%) ● 7g fiber (2%)

Breakfast

255 cals, 18g protein, 2g net carbs, 20g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Cheese
1 oz- 114 cals

Snacks

205 cals, 12g protein, 5g net carbs, 14g fat



Cucumber sandwich bites
1 bite(s)- 95 cals



Roasted almonds
1/8 cup(s)- 111 cals

Lunch

570 cals, 51g protein, 4g net carbs, 39g fat



Roasted pepper stuffed chicken
8 oz- 572 cals

Dinner

530 cals, 80g protein, 4g net carbs, 20g fat



Spinach cauliflower mince
1 1/2 cup(s)- 107 cals



Marinated chicken breast
12 oz- 424 cals

Day 6

1632 cals ● 117g protein (29%) ● 111g fat (61%) ● 16g carbs (4%) ● 24g fiber (6%)

Breakfast

360 cals, 4g protein, 3g net carbs, 33g fat



Avocado
176 cals



Pecans
1/4 cup- 183 cals

Snacks

210 cals, 22g protein, 2g net carbs, 12g fat



Ham, cheese, and spinach pockets
4 pocket(s)- 211 cals

Lunch

560 cals, 51g protein, 8g net carbs, 30g fat



Celery sticks
2 celery stalk- 13 cals



Avocado tuna salad
545 cals

Dinner

505 cals, 39g protein, 3g net carbs, 36g fat



Baked pesto salmon
6 oz- 404 cals



Simple sauteed spinach
100 cals

Day 7

1632 cals ● 117g protein (29%) ● 111g fat (61%) ● 16g carbs (4%) ● 24g fiber (6%)

Breakfast

360 cals, 4g protein, 3g net carbs, 33g fat



Avocado
176 cals



Pecans
1/4 cup- 183 cals

Snacks

210 cals, 22g protein, 2g net carbs, 12g fat



Ham, cheese, and spinach pockets
4 pockets- 211 cals

Lunch

560 cals, 51g protein, 8g net carbs, 30g fat



Celery sticks
2 celery stalk- 13 cals



Avocado tuna salad
545 cals

Dinner

505 cals, 39g protein, 3g net carbs, 36g fat



Baked pesto salmon
6 oz- 404 cals



Simple sauteed spinach
100 cals

Dairy and Egg Products

- ☐ eggs
11 medium (476g)
- ☐ parmesan cheese
6 tbsp (30g)
- ☐ string cheese
3 stick (84g)
- ☐ cheese
10 oz (281g)
- ☐ fresh mozzarella cheese
4 oz (113g)
- ☐ butter
4 tsp (18g)

Fats and Oils

- ☐ olive oil
1 oz (30mL)
- ☐ oil
2 1/2 oz (72mL)
- ☐ balsamic vinaigrette
1/4 cup (53mL)
- ☐ marinade sauce
6 tbsp (91mL)

Vegetables and Vegetable Products

- ☐ fresh spinach
2 10oz package (513g)
- ☐ tomatoes
3 3/4 medium whole (2-3/5" dia) (460g)
- ☐ garlic
6 clove(s) (18g)
- ☐ romaine lettuce
3 leaf outer (84g)
- ☐ cucumber
3/4 cucumber (8-1/4") (226g)
- ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ onion
5/8 small (44g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
1 1/2 lbs (685g)

Other

- ☐ italian seasoning
1 tsp (4g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
5 tbsp (80g)

Spices and Herbs

- ☐ fresh basil
1/4 cup, chopped (9g)
- ☐ paprika
1/3 tsp (1g)
- ☐ black pepper
1/8 oz (1g)
- ☐ salt
2 1/2 g (3g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1609g)
- ☐ ground turkey, raw
9 1/3 oz (265g)
- ☐ boneless chicken thighs, with skin
1/2 lbs (227g)

Pork Products

- ☐ bacon
6 slice(s) (60g)

Fruits and Fruit Juices

- ☐ avocados
3 avocado(s) (603g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ lime juice
2 1/2 tsp (13mL)

Nut and Seed Products

- ☐ almonds
6 tbsp, whole (54g)
- ☐ pecans
1/2 cup, halves (50g)

Finfish and Shellfish Products

- ☐ salmon
2 fillet/s (6 oz each) (340g)
- ☐ canned tuna
2 1/2 can (430g)

- ☐ frozen riced cauliflower
3 1/2 cup, frozen (371g)
 - ☐ frozen cauliflower
2 cup (227g)
 - ☐ roasted red peppers
2/3 pepper(s) (47g)
 - ☐ mixed greens
2 1/2 cup (75g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Scrambled eggs with spinach, parmesan & tomato

249 cals ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

eggs

2 large (100g)

olive oil

1 tsp (5mL)

fresh spinach

2 cup(s) (60g)

parmesan cheese

2 tbsp (10g)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

garlic, minced

4 dash (1g)

For all 3 meals:

eggs

6 large (300g)

olive oil

1 tbsp (15mL)

fresh spinach

6 cup(s) (180g)

parmesan cheese

6 tbsp (30g)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

garlic, minced

1/2 tbsp (4g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

String cheese

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



For single meal:

string cheese

1 stick (28g)

For all 3 meals:

string cheese

3 stick (84g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Basic scrambled eggs

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



For single meal:

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

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

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.

Cheese

1 oz - 114 cals ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
1 oz (28g)

For all 2 meals:

cheese
2 oz (57g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Avocado

176 cals ● 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 2 meals:

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

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

Pecans

1/4 cup - 183 cals ● 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.
-

Lunch 1 [↗](#)

Eat on day 1

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



Makes 12 oz

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

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.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

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.
-

Lunch 2 [↗](#)

Eat on day 2, day 3

Ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 547 cal ● 46g protein ● 36g fat ● 4g carbs ● 6g fiber



For single meal:

ham cold cuts

6 oz (170g)

bacon

3 slice(s) (30g)

romaine lettuce

1 1/2 leaf outer (42g)

avocados, sliced

3/8 avocado(s) (75g)

cheese

3 tbsp, shredded (21g)

For all 2 meals:

ham cold cuts

3/4 lbs (340g)

bacon

6 slice(s) (60g)

romaine lettuce

3 leaf outer (84g)

avocados, sliced

3/4 avocado(s) (151g)

cheese

6 tbsp, shredded (42g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, avocado, and cheese in the center of the lettuce leaf. Wrap it up. Serve.

Lunch 3 [↗](#)

Eat on day 4

Simple mozzarella and tomato salad

121 cal ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



tomatoes, sliced

3/8 large whole (3" dia) (68g)

fresh mozzarella cheese, sliced

1 oz (28g)

balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

1/2 tbsp, chopped (1g)

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

Basic ground turkey

9 1/3 oz - 438 cal ● 52g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 9 1/3 oz

oil

1 tsp (6mL)

ground turkey, raw

9 1/3 oz (265g)

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.

Lunch 4 [↗](#)

Eat on day 5

Roasted pepper stuffed chicken

8 oz - 572 cals ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



Makes 8 oz

oil

1 tsp (5mL)

paprika

1/3 tsp (1g)

boneless chicken thighs, with skin

1/2 lbs (227g)

roasted red peppers, cut into thick strips

2/3 pepper(s) (47g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Lunch 5 [↗](#)

Eat on day 6, day 7

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
onion, minced
1/3 small (22g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)

For all 2 meals:

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)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cheesy ham roll ups

2 roll up(s) - 216 cal ● 17g protein ● 16g fat ● 2g carbs ● 0g fiber



For single meal:

ham cold cuts
2 slice (46g)
cheese
6 tbsp, shredded (42g)

For all 2 meals:

ham cold cuts
4 slice (92g)
cheese
3/4 cup, shredded (84g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
 2. Roll up the ham.
 3. Microwave for 30 seconds until warm and cheese has begun to melt.
 4. Serve.
 5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.
-

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Cucumber sandwich bites

1 bite(s) - 95 cal● 8g protein ● 5g fat ● 3g carbs ● 0g fiber



For single meal:

ham cold cuts

1 slice (23g)

cheese

1/2 slice (1 oz each) (14g)

cucumber

1/4 cucumber (8-1/4") (75g)

For all 3 meals:

ham cold cuts

3 slice (69g)

cheese

1 1/2 slice (1 oz each) (42g)

cucumber

3/4 cucumber (8-1/4") (226g)

1. Cut cucumber into 1 inch slices.
2. Cut cheese into even squares (4 squares per slice).
3. Assemble bites by putting ham and cheese in between cucumber slices and secure with a toothpick.

Roasted almonds

1/8 cup(s) - 111 cal● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 3 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.
-

Snacks 3 [↗](#)

Eat on day 6, day 7

Ham, cheese, and spinach pockets

4 pocket(s) - 211 cal ● 22g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

fresh spinach

20 leaves (20g)

cheese

4 tbsp, shredded (28g)

ham cold cuts

4 slice (92g)

For all 2 meals:

fresh spinach

40 leaves (40g)

cheese

1/2 cup, shredded (56g)

ham cold cuts

8 slice (184g)

1. Lay a slice of ham down flat.
 2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
 3. Fold the other half over.
 4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.
-

Dinner 1 [↗](#)

Eat on day 1, day 2

Caprese chicken

6 oz - 448 cals ● 49g protein ● 26g fat ● 3g carbs ● 1g fiber



For single meal:

italian seasoning

3 dash (1g)

pesto sauce

1 1/2 tbsp (24g)

oil

1/4 tbsp (4mL)

tomatoes, quartered

2 1/4 cherry tomatoes (38g)

fresh basil

1 1/2 tbsp, chopped (4g)

fresh mozzarella cheese, sliced

1 1/2 oz (43g)

boneless skinless chicken breast, raw

6 oz (168g)

For all 2 meals:

italian seasoning

1/4 tbsp (3g)

pesto sauce

3 tbsp (48g)

oil

1/2 tbsp (8mL)

tomatoes, quartered

4 1/2 cherry tomatoes (77g)

fresh basil

3 tbsp, chopped (8g)

fresh mozzarella cheese, sliced

3 oz (85g)

boneless skinless chicken breast, raw

3/4 lbs (336g)

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.

Spinach cauliflower mince

1 cup(s) - 71 cals ● 3g protein ● 5g fat ● 1g carbs ● 3g fiber



For single meal:

oil

1 tsp (5mL)

frozen riced cauliflower

16 tbsp, frozen (106g)

fresh spinach, chopped

1/2 cup(s) (15g)

garlic, diced

1 clove(s) (3g)

For all 2 meals:

oil

2 tsp (10mL)

frozen riced cauliflower

2 cup, frozen (212g)

fresh spinach, chopped

1 cup(s) (30g)

garlic, diced

2 clove(s) (6g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Buttery cauliflower rice

1 cup(s) - 86 cals ● 1g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

frozen cauliflower

1 cup (113g)

butter

2 tsp (9g)

For all 2 meals:

frozen cauliflower

2 cup (227g)

butter

4 tsp (18g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

oil

2 tsp (10mL)

boneless skinless chicken breast, raw

2/3 lbs (299g)

For all 2 meals:

oil

4 tsp (20mL)

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

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.
-

Dinner 3 [↗](#)

Eat on day 5

Spinach cauliflower mince

1 1/2 cup(s) - 107 cals ● 5g protein ● 7g fat ● 2g carbs ● 4g fiber



Makes 1 1/2 cup(s)

oil

1/2 tbsp (8mL)

frozen riced cauliflower

1 1/2 cup, frozen (159g)

fresh spinach, chopped

3/4 cup(s) (23g)

garlic, diced

1 1/2 clove(s) (5g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Marinated chicken breast

12 oz - 424 cals ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



Makes 12 oz

boneless skinless chicken breast, raw

3/4 lbs (336g)

marinade sauce

6 tbsp (90mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Dinner 4 [↗](#)

Eat on day 6, day 7

Baked pesto salmon

6 oz - 404 cal ● 35g protein ● 29g fat ● 1g carbs ● 0g fiber



For single meal:

salmon
1 fillet/s (6 oz each) (170g)
pesto sauce
1 tbsp (16g)

For all 2 meals:

salmon
2 fillet/s (6 oz each) (340g)
pesto sauce
2 tbsp (32g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

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.