

Meal Plan - 1800 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

1760 cals ● 129g protein (29%) ● 126g fat (64%) ● 17g carbs (4%) ● 11g fiber (3%)

Breakfast

305 cals, 18g protein, 5g net carbs, 23g fat



[Sauteed Kale](#)
91 cals



[Basic scrambled eggs](#)
3 egg(s)- 213 cals

Snacks

260 cals, 21g protein, 5g net carbs, 17g fat



[Pumpkin seeds](#)
183 cals



[Low-sugar Greek Yogurt](#)
1 container(s)- 78 cals

Lunch

545 cals, 60g protein, 2g net carbs, 33g fat



[Basic chicken thighs](#)
9 oz- 383 cals



[Bacon zucchini noodles](#)
163 cals

Dinner

650 cals, 31g protein, 4g net carbs, 54g fat



[Garlic collard greens](#)
119 cals



[Steak with herb butter](#)
531 cals

Day 2

1834 cals ● 131g protein (29%) ● 134g fat (66%) ● 19g carbs (4%) ● 8g fiber (2%)

Breakfast

305 cals, 18g protein, 5g net carbs, 23g fat



[Sauteed Kale](#)
91 cals



[Basic scrambled eggs](#)
3 egg(s)- 213 cals

Snacks

260 cals, 21g protein, 5g net carbs, 17g fat



[Pumpkin seeds](#)
183 cals



[Low-sugar Greek Yogurt](#)
1 container(s)- 78 cals

Lunch

615 cals, 49g protein, 3g net carbs, 44g fat



[Buffalo chicken wings](#)
10 2/3 oz- 450 cals



[Bacon zucchini noodles](#)
163 cals

Dinner

655 cals, 43g protein, 6g net carbs, 50g fat



[Pulled pork lettuce wrap](#)
2 wrap(s) (4 oz pork each)- 439 cals



[Macadamia nuts](#)
218 cals

Day 3

1814 cals ● 144g protein (32%) ● 126g fat (63%) ● 17g carbs (4%) ● 8g fiber (2%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs
4 egg(s)- 277 cals

Lunch

620 cals, 56g protein, 5g net carbs, 41g fat



Parmesan zucchini noodles
182 cals



Basic ground turkey
9 1/3 oz- 438 cals

Snacks

260 cals, 21g protein, 5g net carbs, 17g fat



Pumpkin seeds
183 cals



Low-sugar Greek Yogurt
1 container(s)- 78 cals

Dinner

655 cals, 43g protein, 6g net carbs, 50g fat



Pulled pork lettuce wrap
2 wrap(s) (4 oz pork each)- 439 cals



Macadamia nuts
218 cals

Day 4

1812 cals ● 177g protein (39%) ● 115g fat (57%) ● 11g carbs (2%) ● 6g fiber (1%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs
4 egg(s)- 277 cals

Lunch

595 cals, 79g protein, 4g net carbs, 28g fat



Parmesan zucchini noodles
121 cals



Balsamic chicken breast
12 oz- 473 cals

Snacks

215 cals, 3g protein, 1g net carbs, 21g fat



Almond butter keto fat bomb
1 bomb(s)- 106 cals



Macadamia nuts
109 cals

Dinner

725 cals, 69g protein, 4g net carbs, 47g fat



Simple plain turkey burger
3 burger(s)- 563 cals



Garlic zucchini noodles
163 cals

Day 5

1833 cals ● 186g protein (41%) ● 110g fat (54%) ● 19g carbs (4%) ● 4g fiber (1%)

Breakfast

335 cals, 28g protein, 6g net carbs, 21g fat



[Scrambled egg whites](#)
243 cals



[Sautéed Kale](#)
91 cals

Snacks

215 cals, 3g protein, 1g net carbs, 21g fat



[Almond butter keto fat bomb](#)
1 bomb(s)- 106 cals



[Macadamia nuts](#)
109 cals

Lunch

595 cals, 79g protein, 4g net carbs, 28g fat



[Parmesan zucchini noodles](#)
121 cals



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

Dinner

690 cals, 76g protein, 8g net carbs, 39g fat



[Ranch chicken](#)
12 oz- 691 cals

Day 6

1817 cals ● 145g protein (32%) ● 127g fat (63%) ● 18g carbs (4%) ● 4g fiber (1%)

Breakfast

335 cals, 28g protein, 6g net carbs, 21g fat



[Scrambled egg whites](#)
243 cals



[Sautéed Kale](#)
91 cals

Snacks

185 cals, 10g protein, 1g net carbs, 15g fat



[Pork rinds](#)
1/2 oz- 75 cals



[Macadamia nuts](#)
109 cals

Lunch

610 cals, 31g protein, 4g net carbs, 51g fat



[Pepper steak](#)
6 ounce(s)- 528 cals



[Garlic zucchini noodles](#)
82 cals

Dinner

690 cals, 76g protein, 8g net carbs, 39g fat



[Ranch chicken](#)
12 oz- 691 cals

Day 7

1804 cals ● 127g protein (28%) ● 131g fat (65%) ● 17g carbs (4%) ● 13g fiber (3%)

Breakfast

335 cals, 28g protein, 6g net carbs, 21g fat



Scrambled egg whites
243 cals



Sautéed Kale
91 cals

Snacks

185 cals, 10g protein, 1g net carbs, 15g fat



Pork rinds
1/2 oz- 75 cals



Macadamia nuts
109 cals

Lunch

610 cals, 31g protein, 4g net carbs, 51g fat



Pepper steak
6 ounce(s)- 528 cals



Garlic zucchini noodles
82 cals

Dinner

680 cals, 58g protein, 7g net carbs, 43g fat



Avocado
176 cals



Thai chicken lettuce wraps
4 lettuce wrap(s)- 502 cals

Fats and Oils

- oil
1/3 lbs (163mL)
- olive oil
1/4 cup (65mL)
- balsamic vinaigrette
6 tbsp (91mL)
- ranch dressing
6 tbsp (90mL)

Vegetables and Vegetable Products

- kale leaves
7 1/2 cup, chopped (300g)
- collard greens
6 oz (170g)
- garlic
3 1/4 clove(s) (10g)
- fresh parsley
1/2 tbsp (2g)
- zucchini
5 1/3 medium (1045g)
- iceberg lettuce
4 leaf, medium (32g)
- romaine lettuce
4 leaf inner (24g)
- serrano pepper
2/3 pepper(s) (4g)
- fresh ginger
2/3 1 inch cube (3g)
- onion
1/3 small (23g)

Dairy and Egg Products

- eggs
15 medium (664g)
- butter
1/4 cup (50g)
- parmesan cheese
2 1/3 tbsp (12g)
- egg whites
3 cup (729g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
3/4 cup (89g)
- Macadamia nuts, shelled, roasted
4 oz (10-12 kernels) (113g)

Spices and Herbs

- salt
1/3 oz (9g)
- dijon mustard
4 dash (3g)
- black pepper
1/3 oz (9g)
- ground cumin
1/4 tbsp (2g)
- paprika
1/4 tbsp (2g)
- garlic powder
1/4 tbsp (2g)
- onion powder
1/4 tbsp (2g)
- vanilla extract
1/6 tsp (1mL)
- rosemary
4 dash (1g)
- ground coriander
1 1/2 dash (0g)

Beef Products

- ribeye, raw
1 lbs (482g)

Poultry Products

- boneless skinless chicken thighs
1/2 lbs (255g)
- chicken wings, with skin, raw
2/3 lbs (303g)
- ground turkey, raw
1 1/3 lbs (605g)
- boneless skinless chicken breast, raw
3 lbs (1352g)
- ground chicken, raw
2/3 lbs (302g)

Pork Products

- bacon, raw
2 slice(s) (57g)
- pork shoulder
1 lbs (454g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
1 3/4 tbsp (26mL)

almond butter
1 tbsp (16g)

vegetable broth
1/6 cup(s) (mL)

Other

low-sugar Greek yogurt, flavored
3 container(s) (450g)

sugar-free barbecue sauce
4 tbsp (60g)

italian seasoning
1/4 tbsp (3g)

ranch dressing mix
3/4 packet (1 oz) (21g)

pork rinds
1 oz (28g)

Fruits and Fruit Juices

avocados
1/2 avocado(s) (101g)

lemon juice
1/2 tsp (3mL)

lime juice
2 tsp (10mL)

Legumes and Legume Products

soy sauce
4 tsp (20mL)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Sauteed Kale

91 cal ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
kale leaves
1 1/2 cup, chopped (60g)

For all 2 meals:

oil
1 tbsp (15mL)
kale leaves
3 cup, chopped (120g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Basic scrambled eggs

3 egg(s) - 213 cal ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
eggs
3 medium (132g)

For all 2 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Boiled eggs

4 egg(s) - 277 cal ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)

For all 2 meals:

eggs
8 large (400g)

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Scrambled egg whites

243 cal ● 26g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
egg whites
1 cup (243g)

For all 3 meals:

oil
3 tbsp (45mL)
egg whites
3 cup (729g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Sauteed Kale

91 cal ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

- oil**
1/2 tbsp (8mL)
- kale leaves**
1 1/2 cup, chopped (60g)

For all 3 meals:

- oil**
1 1/2 tbsp (23mL)
- kale leaves**
4 1/2 cup, chopped (180g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Lunch 1 [↗](#)

Eat on day 1

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.

Bacon zucchini noodles

163 cal ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



zucchini
1/2 medium (98g)
bacon, raw
1 slice(s) (28g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Lunch 2 [↗](#)

Eat on day 2

Buffalo chicken wings

10 2/3 oz - 450 cal ● 38g protein ● 33g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

Frank's Red Hot sauce
1 3/4 tbsp (27mL)
chicken wings, with skin, raw
2/3 lbs (303g)
black pepper
1 1/3 dash, ground (0g)
salt
1 1/3 dash (1g)
oil
1 tsp (5mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

Bacon zucchini noodles

163 cal ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



zucchini
1/2 medium (98g)
bacon, raw
1 slice(s) (28g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Lunch 3 [↗](#)

Eat on day 3

Parmesan zucchini noodles

182 cal ● 4g protein ● 16g fat ● 5g carbs ● 2g fiber



zucchini
1 medium (196g)
olive oil
1 tbsp (15mL)
parmesan cheese
1 tbsp (5g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

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.
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Lunch 4 [↗](#)

Eat on day 4, day 5

Parmesan zucchini noodles

121 cal ● 3g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

zucchini
2/3 medium (131g)
olive oil
2 tsp (10mL)
parmesan cheese
2 tsp (3g)

For all 2 meals:

zucchini
1 1/3 medium (261g)
olive oil
4 tsp (20mL)
parmesan cheese
4 tsp (7g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
 2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
 3. Top with parmesan cheese and serve.
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Balsamic chicken breast

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



For single meal:

italian seasoning
3 dash (1g)
oil
1/2 tbsp (8mL)
balsamic vinaigrette
3 tbsp (45mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)

For all 2 meals:

italian seasoning
1/4 tbsp (3g)
oil
1 tbsp (15mL)
balsamic vinaigrette
6 tbsp (90mL)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)

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 5 [↗](#)

Eat on day 6, day 7

Pepper steak

6 ounce(s) - 528 cal ● 30g protein ● 44g fat ● 1g carbs ● 1g fiber



For single meal:

ribeye, raw

6 oz (170g)

salt

2 dash (2g)

butter

3/4 tbsp (11g)

rosemary

2 dash (0g)

black pepper

1/2 tbsp, ground (3g)

For all 2 meals:

ribeye, raw

3/4 lbs (340g)

salt

4 dash (3g)

butter

1 1/2 tbsp (21g)

rosemary

4 dash (1g)

black pepper

1 tbsp, ground (7g)

1. Coat both sides of steaks with pepper and rosemary.
2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
3. Remove steaks from skillet and sprinkle with salt. Serve.

Garlic zucchini noodles

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



For single meal:

olive oil

1/2 tbsp (8mL)

zucchini

1/2 medium (98g)

garlic, minced

1/4 clove (1g)

For all 2 meals:

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.
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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. This recipe has no instructions.

Low-sugar Greek Yogurt

1 container(s) - 78 cal ● 12g protein ● 2g fat ● 3g carbs ● 0g fiber



For single meal:

low-sugar Greek yogurt, flavored
1 container(s) (150g)

For all 3 meals:

low-sugar Greek yogurt, flavored
3 container(s) (450g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Almond butter keto fat bomb

1 bomb(s) - 106 cal ● 2g protein ● 10g fat ● 1g carbs ● 1g fiber



For single meal:

almond butter

1/2 tbsp (8g)

salt

1/8 dash (0g)

vanilla extract

1/8 tsp (0mL)

butter

1/2 tbsp (7g)

For all 2 meals:

almond butter

1 tbsp (16g)

salt

1/6 dash (0g)

vanilla extract

1/6 tsp (1mL)

butter

1 tbsp (14g)

1. Line a mini muffin tin with one liner per serving listed above.
2. Add butter and almond butter into a microwave safe bowl and heat in the microwave for 1 minute, until mostly melted.
3. Add in the vanilla and salt, and stir.
4. Evenly spoon the mixture into the liners.
5. Freeze for 10+ minutes or refrigerate for 45+ until they are chewy.
6. You can store these in the fridge or freezer based on your preference.

Macadamia nuts

109 cal ● 1g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

Macadamia nuts, shelled, roasted

1/2 oz (10-12 kernels) (14g)

For all 2 meals:

Macadamia nuts, shelled, roasted

1 oz (10-12 kernels) (28g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Pork rinds

1/2 oz - 75 cal ● 9g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds
1/2 oz (14g)

For all 2 meals:

pork rinds
1 oz (28g)

1. Enjoy.
-

Macadamia nuts

109 cal ● 1g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

Macadamia nuts, shelled, roasted
1/2 oz (10-12 kernels) (14g)

For all 2 meals:

Macadamia nuts, shelled, roasted
1 oz (10-12 kernels) (28g)

1. This recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1

Garlic collard greens

119 cal ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



collard greens

6 oz (170g)

oil

1 tsp (6mL)

garlic, minced

1 clove(s) (3g)

salt

3/4 dash (1g)

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.

Steak with herb butter

531 cal ● 25g protein ● 47g fat ● 1g carbs ● 0g fiber



oil

1 tsp (5mL)

butter, softened

1 tbsp (14g)

dijon mustard

4 dash (3g)

garlic, minced

1/2 clove (2g)

fresh parsley, chopped

1/2 tbsp (2g)

ribeye, raw

5 oz (142g)

1. If butter is not softened, place it in a small microwave-safe bowl and microwave for 3-8 seconds until it has softened somewhat. Add garlic, dijon, just half of the parsley, and some salt and pepper to the butter. Mix until combined.
2. Pat steak dry and season with some salt and pepper.
3. Heat oil in a skillet over medium-high heat. Cook steak until it reaches desired doneness, about 3-5 minutes per side. Transfer steak to a cutting board to rest.
4. Slice steak and serve topped with herb butter and remaining parsley.

Dinner 2 [↗](#)

Eat on day 2, day 3

Pulled pork lettuce wrap

2 wrap(s) (4 oz pork each) - 439 cals ● 40g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

sugar-free barbecue sauce

2 tbsp (30g)

iceberg lettuce

2 leaf, medium (16g)

vegetable broth

1/8 cup(s) (mL)

ground cumin

3 dash (1g)

paprika

3 dash (1g)

garlic powder

3 dash (1g)

onion powder

3 dash (1g)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

pork shoulder

1/2 lbs (227g)

For all 2 meals:

sugar-free barbecue sauce

4 tbsp (60g)

iceberg lettuce

4 leaf, medium (32g)

vegetable broth

1/6 cup(s) (mL)

ground cumin

1/4 tbsp (2g)

paprika

1/4 tbsp (2g)

garlic powder

1/4 tbsp (2g)

onion powder

1/4 tbsp (2g)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

pork shoulder

1 lbs (454g)

1. Rub the seasonings on all sides of the meat.
2. Place pork in a slow cooker and pour the broth around it.
3. Cook in the slow cooker for 4 hours on high or 8 hours on low. When done, pork should shred relatively easily with two forks. If it doesn't, it needs more time.
4. When pork is done, transfer to a bowl and shred with two forks. Add in the broth and mix well.
5. Serve pork inside lettuce leaves and top with bbq sauce (1 tbsp per wrap).

Macadamia nuts

218 cals ● 2g protein ● 22g fat ● 1g carbs ● 2g fiber



For single meal:

Macadamia nuts, shelled, roasted

1 oz (10-12 kernels) (28g)

For all 2 meals:

Macadamia nuts, shelled, roasted

2 oz (10-12 kernels) (57g)

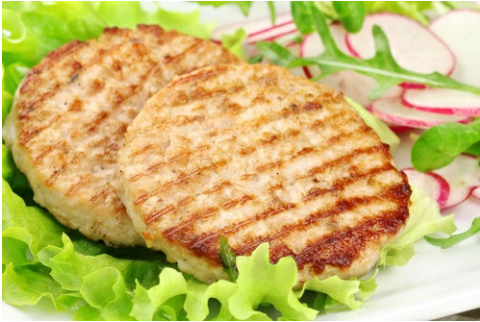
1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Simple plain turkey burger

3 burger(s) - 563 cal ● 67g protein ● 33g fat ● 0g carbs ● 0g fiber



Makes 3 burger(s)

oil

1/2 tbsp (8mL)

ground turkey, raw

3/4 lbs (340g)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

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.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Ranch chicken

12 oz - 691 cal ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



For single meal:

ranch dressing mix
3/8 packet (1 oz) (11g)
oil
3/4 tbsp (11mL)
boneless skinless chicken breast, raw
3/4 lbs (336g)
ranch dressing
3 tbsp (45mL)

For all 2 meals:

ranch dressing mix
3/4 packet (1 oz) (21g)
oil
1 1/2 tbsp (23mL)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
ranch dressing
6 tbsp (90mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Dinner 5 [↗](#)

Eat on day 7

Avocado

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



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

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

Thai chicken lettuce wraps

4 lettuce wrap(s) - 502 cal ● 56g protein ● 28g fat ● 5g carbs ● 2g fiber



Makes 4 lettuce wrap(s)

romaine lettuce

4 leaf inner (24g)

ground coriander

1 1/3 dash (0g)

soy sauce

4 tsp (20mL)

lime juice

2 tsp (10mL)

serrano pepper, chopped

2/3 pepper(s) (4g)

fresh ginger, minced

2/3 1 inch cube (3g)

garlic, minced

2/3 clove (2g)

onion, chopped

1/3 small (23g)

oil

1/4 tbsp (3mL)

ground chicken, raw

2/3 lbs (302g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
 2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and fully cooked.
 3. Add in soy sauce and lime juice and stir. Spread chicken mixture evenly over lettuce leaves and serve.
 4. Meal Prep Tip: Store lettuce and chicken mixture separately in the fridge. When ready to eat, reheat the chicken and serve over the fresh lettuce.
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