

# Meal Plan - 1900 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

1857 cals ● 135g protein (29%) ● 126g fat (61%) ● 19g carbs (4%) ● 26g fiber (6%)

### Breakfast

355 cals, 25g protein, 2g net carbs, 27g fat



[Basic scrambled eggs](#)  
3 egg(s)- 238 cals



[Cheese](#)  
1 oz- 114 cals

### Snacks

220 cals, 13g protein, 2g net carbs, 17g fat



[Cheesy ham roll ups](#)  
1 roll up(s)- 108 cals



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

### Lunch

630 cals, 48g protein, 8g net carbs, 38g fat



[Roast beef lettuce wrap with avocado](#)  
2 wrap(s)- 631 cals

### Dinner

655 cals, 50g protein, 7g net carbs, 44g fat



[Avocado](#)  
176 cals



[Jalapeno popper chicken lettuce wrap](#)  
2 lettuce wrap(s)- 478 cals

## Day 2

1956 cals ● 136g protein (28%) ● 142g fat (65%) ● 16g carbs (3%) ● 18g fiber (4%)

### Breakfast

355 cals, 25g protein, 2g net carbs, 27g fat



[Basic scrambled eggs](#)  
3 egg(s)- 238 cals



[Cheese](#)  
1 oz- 114 cals

### Snacks

220 cals, 13g protein, 2g net carbs, 17g fat



[Cheesy ham roll ups](#)  
1 roll up(s)- 108 cals



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

### Lunch

730 cals, 48g protein, 5g net carbs, 54g fat



[Pecans](#)  
1/4 cup- 183 cals



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

### Dinner

655 cals, 50g protein, 7g net carbs, 44g fat



[Avocado](#)  
176 cals



[Jalapeno popper chicken lettuce wrap](#)  
2 lettuce wrap(s)- 478 cals

## Day 3

1911 cals ● 154g protein (32%) ● 128g fat (60%) ● 19g carbs (4%) ● 17g fiber (3%)

### Breakfast

355 cals, 25g protein, 2g net carbs, 27g fat



[Basic scrambled eggs](#)  
3 egg(s)- 238 cals



[Cheese](#)  
1 oz- 114 cals

### Snacks

230 cals, 23g protein, 4g net carbs, 13g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



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

### Lunch

730 cals, 48g protein, 5g net carbs, 54g fat



[Pecans](#)  
1/4 cup- 183 cals



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

### Dinner

595 cals, 57g protein, 8g net carbs, 34g fat



[Bone broth](#)  
2 cup(s)- 81 cals



[Roasted almonds](#)  
1/3 cup(s)- 277 cals



[Buffalo chicken salad](#)  
237 cals

## Day 4

1896 cals ● 140g protein (30%) ● 136g fat (65%) ● 18g carbs (4%) ● 9g fiber (2%)

### Breakfast

305 cals, 17g protein, 5g net carbs, 24g fat



[Pesto scrambled eggs](#)  
2 eggs- 198 cals



[Celery and peanut butter](#)  
109 cals

### Snacks

230 cals, 23g protein, 4g net carbs, 13g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



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

### Lunch

615 cals, 38g protein, 6g net carbs, 47g fat



[Roasted tomatoes](#)  
2 1/2 tomato(es)- 149 cals



[Buffalo drumsticks](#)  
8 oz- 467 cals

### Dinner

740 cals, 61g protein, 2g net carbs, 53g fat



[Simple salmon](#)  
10 oz- 642 cals



[Simple sauteed spinach](#)  
100 cals

## Day 5

1925 cals ● 129g protein (27%) ● 141g fat (66%) ● 21g carbs (4%) ● 14g fiber (3%)

### Breakfast

305 cals, 17g protein, 5g net carbs, 24g fat



[Pesto scrambled eggs](#)  
2 eggs- 198 cals



[Celery and peanut butter](#)  
109 cals

### Snacks

230 cals, 23g protein, 4g net carbs, 13g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



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

### Lunch

630 cals, 46g protein, 5g net carbs, 46g fat



[Salmon salad lettuce wrap](#)  
630 cals

### Dinner

755 cals, 42g protein, 8g net carbs, 59g fat



[Chicken caesar salad](#)  
389 cals



[Pecans](#)  
1/2 cup- 366 cals

## Day 6

1890 cals ● 130g protein (27%) ● 137g fat (65%) ● 19g carbs (4%) ● 16g fiber (3%)

### Breakfast

290 cals, 22g protein, 3g net carbs, 20g fat



[Egg wrap with ham and cheese](#)  
1 wrap(s)- 190 cals



[Simple sauteed spinach](#)  
100 cals

### Snacks

215 cals, 20g protein, 4g net carbs, 12g fat



[Ham chips with salsa](#)  
4 slices- 105 cals



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

### Lunch

630 cals, 46g protein, 5g net carbs, 46g fat



[Salmon salad lettuce wrap](#)  
630 cals

### Dinner

755 cals, 42g protein, 8g net carbs, 59g fat



[Chicken caesar salad](#)  
389 cals



[Pecans](#)  
1/2 cup- 366 cals

## Day 7

1871 cals ● 199g protein (43%) ● 108g fat (52%) ● 17g carbs (4%) ● 9g fiber (2%)

### Breakfast

290 cals, 22g protein, 3g net carbs, 20g fat



[Egg wrap with ham and cheese](#)  
1 wrap(s)- 190 cals



[Simple sauteed spinach](#)  
100 cals

### Snacks

215 cals, 20g protein, 4g net carbs, 12g fat



[Ham chips with salsa](#)  
4 slices- 105 cals



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

### Lunch

625 cals, 102g protein, 5g net carbs, 22g fat



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



[Marinated chicken breast](#)  
16 oz- 565 cals

### Dinner

740 cals, 56g protein, 5g net carbs, 55g fat



[Baked pesto salmon](#)  
9 oz- 606 cals



[Parmesan zucchini noodles](#)  
136 cals

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## Dairy and Egg Products

- ☐ eggs  
17 large (850g)
- ☐ cheese  
9 1/2 oz (267g)
- ☐ cheddar cheese  
4 tbsp, shredded (28g)
- ☐ cream cheese  
2 oz (57g)
- ☐ nonfat greek yogurt, plain  
6 tbsp (105g)
- ☐ parmesan cheese  
1/2 oz (12g)
- ☐ mozzarella cheese, shredded  
2 2/3 oz (76g)

## Fats and Oils

- ☐ oil  
1 1/3 oz (39mL)
- ☐ mayonnaise  
1/3 lbs (161mL)
- ☐ olive oil  
2 1/4 tbsp (34mL)
- ☐ caesar salad dressing  
2 3/4 tbsp (39g)
- ☐ marinade sauce  
1/2 cup (120mL)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
2 lbs (892g)
- ☐ roast beef cold cuts  
1/2 lbs (227g)

## Nut and Seed Products

- ☐ almonds  
13 tbsp, whole (116g)
- ☐ pecans  
1 1/2 cup, halves (149g)

## Fruits and Fruit Juices

- ☐ avocados  
2 3/4 avocado(s) (553g)
- ☐ lemon juice  
1 tsp (5mL)

## Vegetables and Vegetable Products

## Spices and Herbs

- ☐ garlic powder  
4 dash (2g)
- ☐ mustard  
2 tsp (10g)
- ☐ black pepper  
1/8 oz (2g)
- ☐ salt  
5 g (5g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 1/2 lbs (1128g)

## Pork Products

- ☐ bacon  
6 slice(s) (60g)

## Other

- ☐ chicken bone broth  
2 cup(s) (mL)
- ☐ mixed greens  
1/2 cup (15g)
- ☐ Chicken, drumsticks, with skin  
1/2 lbs (227g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1 1/2 fl oz (42mL)
- ☐ pesto sauce  
1/4 cup (56g)
- ☐ salsa  
4 tbsp (72g)

## Legumes and Legume Products

- ☐ peanut butter  
2 tbsp (32g)

## Finfish and Shellfish Products

- ☐ salmon  
19 oz (539g)
- ☐ canned salmon  
4 5oz can(s) (undrained) (568g)

- ☐ romaine lettuce  
1 head (597g)
  - ☐ jalapeno pepper  
1/2 cup, chopped (47g)
  - ☐ tomatoes  
5 1/2 medium whole (2-3/5" dia) (687g)
  - ☐ onion  
3/4 medium (2-1/2" dia) (80g)
  - ☐ raw celery  
1/3 bunch (157g)
  - ☐ fresh spinach  
1 1/2 10oz package (420g)
  - ☐ garlic  
1 1/2 clove (5g)
  - ☐ zucchini  
3/4 medium (147g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Basic scrambled eggs

3 egg(s) - 238 cal ● 19g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 3 meals:

**eggs**  
9 large (450g)  
**oil**  
3/4 tbsp (11mL)

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 cal ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
1 oz (28g)

For all 3 meals:

**cheese**  
3 oz (85g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Pesto scrambled eggs

2 eggs - 198 cals ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

**pesto sauce**

1 tbsp (16g)

**eggs**

2 large (100g)

For all 2 meals:

**pesto sauce**

2 tbsp (32g)

**eggs**

4 large (200g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

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### Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**raw celery**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

**peanut butter**

1 tbsp (16g)

For all 2 meals:

**raw celery**

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

**peanut butter**

2 tbsp (32g)

1. Clean celery and slice to desired lengths
  2. spread peanut butter along center
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Egg wrap with ham and cheese

1 wrap(s) - 190 cal ● 18g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

**ham cold cuts, chopped**

1 slice (23g)

**cheese**

1 tbsp, shredded (7g)

**eggs**

2 large (100g)

For all 2 meals:

**ham cold cuts, chopped**

2 slice (46g)

**cheese**

2 tbsp, shredded (14g)

**eggs**

4 large (200g)

1. Crack eggs and separate out whites and yolks in separate bowls.
2. Lightly mix the egg whites with a fork and pour them into a small, greased, non-stick skillet over low heat, making sure mixture lays evenly in the bottom in the shape of a circle.
3. While egg white is cooking, mix in the ham, cheese, and salt/pepper to taste to the egg yolk bowl. Mix well.
4. Once egg white has firmed a bit, flip it over and finish cooking the other side.
5. Remove egg white wrap and pour in egg yolk mixture to the skillet. Cook until done.
6. While egg white wrap is still warm, use it as a tortilla and add in the egg-yolk mixture.
7. Wrap up and serve.
8. To store: you can make these in bulk by wrapping them up in plastic and storing in the fridge. Reheat gently in microwave when ready to eat.

### 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.

## Lunch 1 [↗](#)

Eat on day 1

### Roast beef lettuce wrap with avocado

2 wrap(s) - 631 cals ● 48g protein ● 38g fat ● 8g carbs ● 16g fiber



Makes 2 wrap(s)

#### **romaine lettuce**

2 leaf outer (56g)

#### **tomatoes, diced**

1 plum tomato (62g)

#### **mustard**

2 tsp (10g)

#### **roast beef cold cuts**

1/2 lbs (227g)

#### **avocados, sliced**

1 avocado(s) (201g)

1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### 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.

### Ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 547 cals ● 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.

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## Lunch 3 [↗](#)

Eat on day 4

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### Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

#### tomatoes

2 1/2 small whole (2-2 5/8" dia) (228g)

#### oil

2 1/2 tsp (13mL)

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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### Buffalo drumsticks

8 oz - 467 cals ● 36g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 8 oz

#### Frank's Red Hot sauce

4 tsp (20mL)

#### oil

1/4 tbsp (4mL)

#### salt

1 dash (1g)

#### black pepper

1 dash, ground (0g)

#### Chicken, drumsticks, with skin

1/2 lbs (227g)

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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## Lunch 4 [↗](#)

Eat on day 5, day 6

### Salmon salad lettuce wrap

630 cals ● 46g protein ● 46g fat ● 5g carbs ● 3g fiber



For single meal:

**romaine lettuce**  
4 leaf outer (112g)  
**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**canned salmon**  
2 5oz can(s) (undrained) (284g)  
**mayonnaise**  
4 tbsp (60mL)  
**raw celery, diced**  
2 stalk, small (5" long) (34g)  
**onion**  
2 tbsp minced (30g)

For all 2 meals:

**romaine lettuce**  
8 leaf outer (224g)  
**black pepper**  
4 dash (0g)  
**salt**  
4 dash (2g)  
**canned salmon**  
4 5oz can(s) (undrained) (568g)  
**mayonnaise**  
1/2 cup (120mL)  
**raw celery, diced**  
4 stalk, small (5" long) (68g)  
**onion**  
4 tbsp minced (60g)

1. Drain salmon and discard any liquid.
2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
4. Roll up to create the wrap.
5. Serve.

## Lunch 5 [↗](#)

Eat on day 7

### 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 1/2" 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.

### Marinated chicken breast

16 oz - 565 cals ● 101g protein ● 17g fat ● 3g carbs ● 0g fiber





Makes 16 oz

**boneless skinless chicken breast,  
raw**

1 lbs (448g)

**marinade sauce**

1/2 cup (120mL)

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.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

### Cheesy ham roll ups

1 roll up(s) - 108 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

#### **ham cold cuts**

1 slice (23g)

#### **cheese**

3 tbsp, shredded (21g)

For all 2 meals:

#### **ham cold cuts**

2 slice (46g)

#### **cheese**

6 tbsp, shredded (42g)

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.

### Roasted almonds

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



For single meal:

#### **almonds**

2 tbsp, whole (18g)

For all 2 meals:

#### **almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### 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.

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### Ham, cheese, and spinach pockets

4 pocket(s) - 211 cals ● 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 3 meals:

**fresh spinach**

60 leaves (60g)

**cheese**

3/4 cup, shredded (84g)

**ham cold cuts**

12 slice (276g)

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.
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## Snacks 3 [🔗](#)

Eat on day 6, day 7

### Ham chips with salsa

4 slices - 105 cal ● 16g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

**salsa**

2 tbsp (36g)

**ham cold cuts**

4 slice (92g)

For all 2 meals:

**salsa**

4 tbsp (72g)

**ham cold cuts**

8 slice (184g)

1. Cut ham into bite-sized shapes.
2. Cook in toaster oven set to 400 F (200 C) or you can fry in a pan with non-stick spray.
3. Cook until edges are starting to brown and ham is getting more firm, about 6 minutes.
4. Remove from oven and let cool. They will firm up more when cool.
5. Serve with salsa.

### 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 2 meals:

**almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.



## Dinner 1 [↗](#)

Eat on day 1, day 2

### 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.

### Jalapeno popper chicken lettuce wrap

2 lettuce wrap(s) - 478 cals ● 48g protein ● 29g fat ● 5g carbs ● 1g fiber



For single meal:

**cheddar cheese**  
2 tbsp, shredded (14g)  
**romaine lettuce**  
2 leaf inner (12g)  
**jalapeno pepper, deseeded**  
4 tbsp, chopped (24g)  
**garlic powder**  
2 dash (1g)  
**mayonnaise**  
1 tbsp (15mL)  
**cream cheese, softened**  
1 oz (28g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)

For all 2 meals:

**cheddar cheese**  
4 tbsp, shredded (28g)  
**romaine lettuce**  
4 leaf inner (24g)  
**jalapeno pepper, deseeded**  
1/2 cup, chopped (47g)  
**garlic powder**  
4 dash (2g)  
**mayonnaise**  
2 tbsp (30mL)  
**cream cheese, softened**  
2 oz (57g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)

1. Season chicken with some salt/pepper and cook in a non-stick skillet or bake at 350°F (180°C) for 25-30 minutes until chicken is fully cooked. Set aside to cool.
2. In a large bowl, mix together the cream cheese, greek yogurt, mayonnaise, garlic powder, and jalapenos (you can modulate the spice level by omitting or including the seeds. The more seeds, the more heat). Set aside.
3. When the chicken has cooled enough to handle, dice it and add it into the bowl. Stir to incorporate.
4. Gently stir in the shredded cheddar cheese and season with salt/pepper to taste.
5. Evenly spoon the mixture onto the lettuce leaves. Serve.
6. Meal prep tip: Store chicken salad mixture separately in an airtight container in the fridge. Assemble lettuce wraps right before serving.

## Dinner 2 [↗](#)

Eat on day 3

### Bone broth

2 cup(s) - 81 cal ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



Makes 2 cup(s)

#### chicken bone broth

2 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

### Roasted almonds

1/3 cup(s) - 277 cal ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

#### almonds

5 tbsp, whole (45g)

1. This recipe has no instructions.

### Buffalo chicken salad

237 cal ● 30g protein ● 11g fat ● 4g carbs ● 1g fiber



#### mayonnaise

3/4 tbsp (11mL)

#### onion, chopped

2 tbsp, chopped (20g)

#### Frank's Red Hot sauce

1 1/2 tbsp (23mL)

#### nonfat greek yogurt, plain

2 tbsp (35g)

#### raw celery, chopped

1/2 stalk, small (5" long) (9g)

#### boneless skinless chicken breast, raw

4 oz (113g)

#### mixed greens

1/2 cup (15g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

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## Dinner 3 [↗](#)

Eat on day 4

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### Simple salmon

10 oz - 642 cal ● 58g protein ● 46g fat ● 0g carbs ● 0g fiber



Makes 10 oz

**salmon**

10 oz (284g)

**oil**

1/2 tbsp (8mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

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### Simple sauteed spinach

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



**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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## Dinner 4 [🔗](#)

Eat on day 5, day 6

### Chicken caesar salad

389 cals ● 37g protein ● 23g fat ● 6g carbs ● 2g fiber



For single meal:

**romaine lettuce**  
1/6 head (104g)  
**parmesan cheese**  
2 tsp (4g)  
**mozzarella cheese, shredded**  
1 1/3 oz (38g)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**caesar salad dressing**  
4 tsp (20g)  
**boneless skinless chicken breast, raw, cut into bite-sized pieces**  
2/3 piece (113g)

For all 2 meals:

**romaine lettuce**  
1/3 head (209g)  
**parmesan cheese**  
4 tsp (8g)  
**mozzarella cheese, shredded**  
2 2/3 oz (76g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**caesar salad dressing**  
2 2/3 tbsp (39g)  
**boneless skinless chicken breast, raw, cut into bite-sized pieces**  
1 1/3 piece (227g)

1. Cut chicken into bite-sized pieces and cook to taste.
2. Wash and lay out lettuce leaves on paper towels and pat dry.
3. Cut lettuce into 1 inch strips and place in a large mixing bowl.
4. Add chicken and mozzarella cheese and toss.
5. Sprinkle Parmesan cheese and salt and pepper onto lettuce and toss again.
6. Add dressing to individual salad bowls when serving so they won't get soggy.

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

**pecans**  
1 cup, halves (99g)

1. This recipe has no instructions.



## Dinner 5 [🔗](#)

Eat on day 7

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### Baked pesto salmon

9 oz - 606 cals ● 53g protein ● 43g fat ● 1g carbs ● 0g fiber



Makes 9 oz

#### **salmon**

1 1/2 fillet/s (6 oz each) (255g)

#### **pesto sauce**

1 1/2 tbsp (24g)

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)).

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### Parmesan zucchini noodles

136 cals ● 3g protein ● 12g fat ● 3g carbs ● 2g fiber



#### **zucchini**

3/4 medium (147g)

#### **olive oil**

3/4 tbsp (11mL)

#### **parmesan cheese**

3/4 tbsp (4g)

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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