

# Meal Plan - 2000 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

1989 cals ● 160g protein (32%) ● 133g fat (60%) ● 22g carbs (4%) ● 17g fiber (3%)

### Breakfast

380 cals, 32g protein, 9g net carbs, 22g fat



[Roasted almonds](#)  
1/4 cup(s)- 222 cals



[Low-sugar Greek Yogurt](#)  
2 container(s)- 156 cals

### Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals

### Lunch

645 cals, 47g protein, 5g net carbs, 45g fat



[Olive oil drizzled broccoli](#)  
2 1/2 cup(s)- 175 cals



[Low carb fried chicken](#)  
8 oz- 468 cals

### Dinner

710 cals, 71g protein, 5g net carbs, 44g fat



[Bacon zucchini noodles](#)  
325 cals



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

## Day 2

1994 cals ● 144g protein (29%) ● 141g fat (64%) ● 24g carbs (5%) ● 12g fiber (2%)

### Breakfast

380 cals, 32g protein, 9g net carbs, 22g fat



[Roasted almonds](#)  
1/4 cup(s)- 222 cals



[Low-sugar Greek Yogurt](#)  
2 container(s)- 156 cals

### Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals

### Lunch

650 cals, 31g protein, 8g net carbs, 54g fat



[Buttered broccoli](#)  
1 cup(s)- 134 cals



[Italian sausage](#)  
2 link- 514 cals

### Dinner

710 cals, 71g protein, 5g net carbs, 44g fat



[Bacon zucchini noodles](#)  
325 cals



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

## Day 3

2061 cals ● 144g protein (28%) ● 150g fat (66%) ● 23g carbs (4%) ● 11g fiber (2%)

### Breakfast

360 cals, 27g protein, 7g net carbs, 24g fat



Basic scrambled eggs  
4 egg(s)- 318 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals

### Snacks

285 cals, 29g protein, 6g net carbs, 15g fat



Tuna cucumber bites  
173 cals



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

### Lunch

650 cals, 31g protein, 8g net carbs, 54g fat



Buttered broccoli  
1 cup(s)- 134 cals



Italian sausage  
2 link- 514 cals

### Dinner

770 cals, 57g protein, 3g net carbs, 58g fat



Buffalo drumsticks  
12 oz- 700 cals



Olive oil drizzled broccoli  
1 cup(s)- 70 cals

## Day 4

2036 cals ● 180g protein (35%) ● 134g fat (59%) ● 17g carbs (3%) ● 9g fiber (2%)

### Breakfast

360 cals, 27g protein, 7g net carbs, 24g fat



Basic scrambled eggs  
4 egg(s)- 318 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals

### Snacks

285 cals, 29g protein, 6g net carbs, 15g fat



Tuna cucumber bites  
173 cals



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

### Lunch

620 cals, 68g protein, 2g net carbs, 37g fat



Basic ground turkey  
12 oz- 563 cals



Roasted tomatoes  
1 tomato(es)- 60 cals

### Dinner

770 cals, 57g protein, 3g net carbs, 58g fat



Buffalo drumsticks  
12 oz- 700 cals



Olive oil drizzled broccoli  
1 cup(s)- 70 cals

## Day 5

2037 cals ● 148g protein (29%) ● 147g fat (65%) ● 19g carbs (4%) ● 10g fiber (2%)

### Breakfast

360 cals, 27g protein, 7g net carbs, 24g fat



[Basic scrambled eggs](#)  
4 egg(s)- 318 cals



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals

### Snacks

260 cals, 18g protein, 1g net carbs, 20g fat



[Pork rinds](#)  
1 oz- 149 cals



[Macadamia nuts](#)  
109 cals

### Lunch

670 cals, 43g protein, 8g net carbs, 50g fat



[Garlic zucchini noodles](#)  
285 cals



[Baked chicken thighs](#)  
6 oz- 385 cals

### Dinner

750 cals, 61g protein, 4g net carbs, 53g fat



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



[Buttered sugar snap peas](#)  
107 cals

## Day 6

1953 cals ● 146g protein (30%) ● 138g fat (63%) ● 20g carbs (4%) ● 13g fiber (3%)

### Breakfast

250 cals, 21g protein, 3g net carbs, 16g fat



[Simple sauteed spinach](#)  
50 cals



[High protein scrambled eggs](#)  
198 cals

### Snacks

260 cals, 18g protein, 1g net carbs, 20g fat



[Pork rinds](#)  
1 oz- 149 cals



[Macadamia nuts](#)  
109 cals

### Lunch

680 cals, 54g protein, 8g net carbs, 47g fat



[Buttered sugar snap peas](#)  
107 cals



[Roasted pepper stuffed chicken](#)  
8 oz- 572 cals

### Dinner

770 cals, 52g protein, 8g net carbs, 55g fat



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



[Lemon garlic chicken zoodles](#)  
402 cals

## Day 7

1953 cals ● 146g protein (30%) ● 138g fat (63%) ● 20g carbs (4%) ● 13g fiber (3%)

### Breakfast

250 cals, 21g protein, 3g net carbs, 16g fat



Simple sauteed spinach  
50 cals



High protein scrambled eggs  
198 cals

### Snacks

260 cals, 18g protein, 1g net carbs, 20g fat



Pork rinds  
1 oz- 149 cals



Macadamia nuts  
109 cals

### Lunch

680 cals, 54g protein, 8g net carbs, 47g fat



Buttered sugar snap peas  
107 cals



Roasted pepper stuffed chicken  
8 oz- 572 cals

### Dinner

770 cals, 52g protein, 8g net carbs, 55g fat



Pecans  
1/2 cup- 366 cals



Lemon garlic chicken zoodles  
402 cals

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## Nut and Seed Products

- ☐ almonds  
3/4 cup, whole (107g)
- ☐ Macadamia nuts, shelled, roasted  
1 1/2 oz (43g)
- ☐ pecans  
1 cup, halves (99g)

## Other

- ☐ low-sugar Greek yogurt, flavored  
4 container(s) (600g)
- ☐ guacamole, store-bought  
6 tbsp (93g)
- ☐ Chicken, drumsticks, with skin  
2 lbs (907g)
- ☐ pork rinds  
3 1/4 oz (92g)
- ☐ Italian pork sausage, raw  
4 link (430g)
- ☐ roasted red peppers  
1 1/3 pepper(s) (93g)

## Dairy and Egg Products

- ☐ cheese  
3/4 cup, shredded (84g)
- ☐ butter  
2/3 stick (77g)
- ☐ eggs  
16 large (800g)
- ☐ low fat cottage cheese (1% milkfat)  
1/2 cup (113g)

## Vegetables and Vegetable Products

- ☐ zucchini  
5 1/4 medium (1029g)
- ☐ frozen broccoli  
6 1/2 cup (592g)
- ☐ cucumber  
3/4 cucumber (8-1 1/4") (226g)
- ☐ tomatoes  
5 3/4 medium whole (2-3/5" dia) (703g)
- ☐ garlic  
6 clove(s) (18g)
- ☐ frozen sugar snap peas  
2 cup (288g)
- ☐ fresh spinach  
4 cup(s) (120g)

## Fats and Oils

- ☐ oil  
2 3/4 oz (83mL)
- ☐ olive oil  
1 3/4 oz (56mL)

## Poultry Products

- ☐ boneless skinless chicken thighs  
18 oz (510g)
- ☐ ground turkey, raw  
3/4 lbs (340g)
- ☐ chicken thighs, with bone and skin, raw  
6 oz (170g)
- ☐ boneless skinless chicken breast, raw  
14 1/2 oz (403g)
- ☐ boneless chicken thighs, with skin  
1 lbs (454g)

## Spices and Herbs

- ☐ black pepper  
1/8 oz (2g)
- ☐ salt  
5 g (5g)
- ☐ cajun seasoning  
1/3 tsp (1g)
- ☐ thyme, dried  
1/2 dash, ground (0g)
- ☐ onion powder  
3 dash (1g)
- ☐ garlic powder  
3 dash (1g)
- ☐ paprika  
1/4 tbsp (2g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
1/2 tbsp (8mL)
- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)

## Finfish and Shellfish Products

- ☐ canned tuna  
3 packet (222g)
- ☐ salmon  
10 oz (284g)

## Fruits and Fruit Juices

Pork Products

☐ bacon, raw  
4 slice(s) (113g)

☐ lemon juice  
1 1/2 tbsp (23mL)



## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

#### **almonds**

4 tbsp, whole (36g)

For all 2 meals:

#### **almonds**

1/2 cup, whole (72g)

1. This recipe has no instructions.

### Low-sugar Greek Yogurt

2 container(s) - 156 cals ● 24g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

#### **low-sugar Greek yogurt, flavored**

2 container(s) (300g)

For all 2 meals:

#### **low-sugar Greek yogurt, flavored**

4 container(s) (600g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
4 large (200g)  
**oil**  
1 tsp (5mL)

For all 3 meals:

**eggs**  
12 large (600g)  
**oil**  
1 tbsp (15mL)

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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### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**tomatoes**  
12 cherry tomatoes (204g)

For all 3 meals:

**tomatoes**  
36 cherry tomatoes (612g)

1. Rinse tomatoes, remove any stems, and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Simple sauteed spinach

50 cals ● 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.

### High protein scrambled eggs

198 cals ● 20g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**eggs**  
2 large (100g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**eggs**  
4 large (200g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

## Lunch 1 [↗](#)

Eat on day 1

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### Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

**black pepper**

1 1/4 dash (0g)

**salt**

1 1/4 dash (1g)

**frozen broccoli**

2 1/2 cup (228g)

**olive oil**

2 1/2 tsp (13mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

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### Low carb fried chicken

8 oz - 468 cals ● 40g protein ● 34g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**Chicken, drumsticks, with skin**

1/2 lbs (227g)

**pork rinds, crushed**

1/4 oz (7g)

**cajun seasoning**

1/3 tsp (1g)

**hot sauce**

1/2 tbsp (8mL)

1. Preheat oven to 400 F (200 C).
  2. Mix crushed pork rinds in a bowl with the cajun seasoning.
  3. Coat each piece chicken with hot sauce on all sides.
  4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
  5. Place the chicken on a wire rack in a sheet pan.
  6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen broccoli**

1 cup (91g)

**butter**

1 tbsp (14g)

For all 2 meals:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**butter**

2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### Italian sausage

2 link - 514 cal ● 28g protein ● 42g fat ● 6g carbs ● 0g fiber



For single meal:

**Italian pork sausage, raw**

2 link (215g)

For all 2 meals:

**Italian pork sausage, raw**

4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.
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## Lunch 3 [↗](#)

Eat on day 4

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### Basic ground turkey

12 oz - 563 cals ● 67g protein ● 33g fat ● 0g carbs ● 0g fiber



Makes 12 oz

#### 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.

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### 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.
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## Lunch 4 [🔗](#)

Eat on day 5

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### Garlic zucchini noodles

285 cals ● 4g protein ● 25g fat ● 8g carbs ● 4g fiber



**olive oil**

1 3/4 tbsp (26mL)

**zucchini**

1 3/4 medium (343g)

**garlic, minced**

7/8 clove (3g)

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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### Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 6 oz

**chicken thighs, with bone and skin, raw**

6 oz (170g)

**thyme, dried**

1/2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
  2. Arrange the chicken thighs on a baking sheet or in a baking dish.
  3. Season thighs with thyme and some salt and pepper.
  4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

### Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



For single meal:

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**butter**

2 tsp (9g)

**frozen sugar snap peas**

2/3 cup (96g)

For all 2 meals:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**butter**

4 tsp (18g)

**frozen sugar snap peas**

1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

### Roasted pepper stuffed chicken

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



For single meal:

**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)

For all 2 meals:

**oil**

2 tsp (10mL)

**paprika**

1/4 tbsp (2g)

**boneless chicken thighs, with skin**

16 oz (454g)

**roasted red peppers, cut into thick strips**

1 1/3 pepper(s) (93g)

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.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

#### **cheese**

6 tbsp, shredded (42g)

#### **guacamole, store-bought**

3 tbsp (46g)

For all 2 meals:

#### **cheese**

3/4 cup, shredded (84g)

#### **guacamole, store-bought**

6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

## Snacks 2 [↗](#)

Eat on day 3, day 4

### Tuna cucumber bites

173 cals ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

#### **cucumber, sliced**

3/8 cucumber (8-1/4") (113g)

#### **canned tuna**

1 1/2 packet (111g)

For all 2 meals:

#### **cucumber, sliced**

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

#### **canned tuna**

3 packet (222g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

### 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.

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### Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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#### Pork rinds

1 oz - 149 cal● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

**pork rinds**  
1 oz (28g)

For all 3 meals:

**pork rinds**  
3 oz (85g)

1. Enjoy.

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#### Macadamia nuts

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



For single meal:

**Macadamia nuts, shelled, roasted**  
1/2 oz (14g)

For all 3 meals:

**Macadamia nuts, shelled, roasted**  
1 1/2 oz (43g)

1. This recipe has no instructions.

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## Dinner 1 [🔗](#)

Eat on day 1, day 2

### Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

**zucchini**  
1 medium (196g)  
**bacon, raw**  
2 slice(s) (57g)

For all 2 meals:

**zucchini**  
2 medium (392g)  
**bacon, raw**  
4 slice(s) (113g)

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.

### Basic chicken thighs

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



For single meal:

**oil**  
1 tsp (6mL)  
**boneless skinless chicken thighs**  
1/2 lbs (255g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**boneless skinless chicken thighs**  
18 oz (510g)

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.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Buffalo drumsticks

12 oz - 700 cals ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



For single meal:

#### Frank's Red Hot sauce

2 tbsp (30mL)

#### oil

1 tsp (6mL)

#### salt

1 1/2 dash (1g)

#### black pepper

1 1/2 dash, ground (0g)

#### Chicken, drumsticks, with skin

3/4 lbs (340g)

For all 2 meals:

#### Frank's Red Hot sauce

4 tbsp (60mL)

#### oil

3/4 tbsp (11mL)

#### salt

3 dash (2g)

#### black pepper

3 dash, ground (1g)

#### Chicken, drumsticks, with skin

1 1/2 lbs (680g)

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.

### Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

#### black pepper

1/2 dash (0g)

#### salt

1/2 dash (0g)

#### frozen broccoli

1 cup (91g)

#### olive oil

1 tsp (5mL)

For all 2 meals:

#### black pepper

1 dash (0g)

#### salt

1 dash (0g)

#### frozen broccoli

2 cup (182g)

#### olive oil

2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Dinner 3 [🔗](#)

Eat on day 5

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### Simple salmon

10 oz - 642 cals ● 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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### Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



#### **black pepper**

1/2 dash (0g)

#### **salt**

1/2 dash (0g)

#### **butter**

2 tsp (9g)

#### **frozen sugar snap peas**

2/3 cup (96g)

1. Prepare sugar snap peas according to instructions on package.
  2. Top with butter and season with salt and pepper.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

### 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.

### Lemon garlic chicken zoodles

402 cals ● 48g protein ● 20g fat ● 6g carbs ● 2g fiber



For single meal:

**zucchini, spiralized**  
3/4 medium (147g)  
**oil**  
1 tsp (6mL)  
**lemon juice**  
3/4 tbsp (11mL)  
**onion powder**  
1 1/2 dash (0g)  
**garlic powder**  
1 1/2 dash (1g)  
**garlic, minced**  
2 1/4 clove(s) (7g)  
**butter**  
3/4 tbsp (11g)  
**boneless skinless chicken breast, raw, cut into bite-sized pieces**  
1/2 lbs (202g)

For all 2 meals:

**zucchini, spiralized**  
1 1/2 medium (294g)  
**oil**  
3/4 tbsp (11mL)  
**lemon juice**  
1 1/2 tbsp (23mL)  
**onion powder**  
3 dash (1g)  
**garlic powder**  
3 dash (1g)  
**garlic, minced**  
4 1/2 clove(s) (14g)  
**butter**  
1 1/2 tbsp (21g)  
**boneless skinless chicken breast, raw, cut into bite-sized pieces**  
14 1/2 oz (403g)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. In a small saucepan, cook the butter and garlic for 1-2 minutes. Stir in the garlic powder, onion powder, lemon juice, and a dash of salt. Once incorporated, turn off the heat and set the sauce aside.
3. Heat oil in a skillet over medium heat and add the chicken. Stir occasionally and cook until it's golden brown and no longer pink in the middle.
4. Pour about half of the sauce into the skillet and stir to coat the chicken. Transfer the chicken to a plate and set aside.
5. Add the zucchini noodles to the skillet with the remaining sauce and saute for a couple of minutes until noodles are softened.
6. Add noodles and chicken to a bowl and serve.