

Meal Plan - 2900 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

2848 cals ● 213g protein (30%) ● 198g fat (63%) ● 31g carbs (4%) ● 23g fiber (3%)

Breakfast

470 cals, 32g protein, 6g net carbs, 34g fat



[Cabbage & bacon skillet](#)
468 cals

Snacks

445 cals, 31g protein, 7g net carbs, 30g fat



[Sunflower seeds](#)
271 cals



[Pork rinds and salsa](#)
174 cals

Lunch

975 cals, 66g protein, 15g net carbs, 68g fat



[Buttered broccoli](#)
3 1/2 cup(s)- 467 cals



[Chicken sausage](#)
4 link- 508 cals

Dinner

960 cals, 84g protein, 4g net carbs, 65g fat



[Olive oil drizzled broccoli](#)
2 cup(s)- 140 cals



[Slow cooker carnitas](#)
16 oz- 820 cals

Day 2

2894 cals ● 219g protein (30%) ● 198g fat (62%) ● 34g carbs (5%) ● 25g fiber (3%)

Breakfast

470 cals, 32g protein, 6g net carbs, 34g fat



[Cabbage & bacon skillet](#)
468 cals

Snacks

445 cals, 31g protein, 7g net carbs, 30g fat



[Sunflower seeds](#)
271 cals



[Pork rinds and salsa](#)
174 cals

Lunch

915 cals, 87g protein, 9g net carbs, 55g fat



[Broccoli](#)
2 cup(s)- 58 cals



[Coriander and cumin rubbed pork chops](#)
2 chop(s)- 857 cals

Dinner

1065 cals, 70g protein, 12g net carbs, 78g fat



[Rotisserie chicken & tomato salad](#)
771 cals



[Roasted almonds](#)
1/3 cup(s)- 296 cals

Day 3

2859 cals ● 285g protein (40%) ● 167g fat (53%) ● 27g carbs (4%) ● 28g fiber (4%)

Breakfast

520 cals, 39g protein, 4g net carbs, 39g fat



Turkey bacon
6 slice(s)- 215 cals



Goat cheese & tomato mini egg muffin
5 mini muffin(s)- 306 cals

Snacks

445 cals, 31g protein, 7g net carbs, 30g fat



Sunflower seeds
271 cals



Pork rinds and salsa
174 cals

Lunch

915 cals, 87g protein, 9g net carbs, 55g fat



Broccoli
2 cup(s)- 58 cals



Coriander and cumin rubbed pork chops
2 chop(s)- 857 cals

Dinner

980 cals, 128g protein, 7g net carbs, 43g fat



Basic chicken breast
18 2/3 oz- 740 cals



Garlic collard greens
239 cals

Day 4

2884 cals ● 354g protein (49%) ● 140g fat (44%) ● 26g carbs (4%) ● 26g fiber (4%)

Breakfast

520 cals, 39g protein, 4g net carbs, 39g fat



Turkey bacon
6 slice(s)- 215 cals



Goat cheese & tomato mini egg muffin
5 mini muffin(s)- 306 cals

Snacks

365 cals, 43g protein, 4g net carbs, 19g fat



Boiled eggs
3 egg(s)- 208 cals



Ham chips with salsa
6 slices- 157 cals

Lunch

1020 cals, 144g protein, 11g net carbs, 40g fat



Rosemary chicken
21 oz- 917 cals



Broccoli
3 1/2 cup(s)- 102 cals

Dinner

980 cals, 128g protein, 7g net carbs, 43g fat



Basic chicken breast
18 2/3 oz- 740 cals



Garlic collard greens
239 cals

Day 5

2889 cals ● 350g protein (48%) ● 146g fat (45%) ● 27g carbs (4%) ● 17g fiber (2%)

Breakfast

520 cals, 39g protein, 4g net carbs, 39g fat



Turkey bacon
6 slice(s)- 215 cals



Goat cheese & tomato mini egg muffin
5 mini muffin(s)- 306 cals

Snacks

365 cals, 43g protein, 4g net carbs, 19g fat



Boiled eggs
3 egg(s)- 208 cals



Ham chips with salsa
6 slices- 157 cals

Lunch

960 cals, 100g protein, 12g net carbs, 53g fat



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



Basic chicken & spinach salad
685 cals

Dinner

1040 cals, 169g protein, 7g net carbs, 35g fat



Lemon pepper chicken breast
26 oz- 962 cals



Garlic collard greens
80 cals

Day 6

2914 cals ● 279g protein (38%) ● 176g fat (54%) ● 26g carbs (4%) ● 29g fiber (4%)

Breakfast

525 cals, 42g protein, 9g net carbs, 34g fat



Open-faced mushroom breakfast sliders
523 cals

Snacks

370 cals, 18g protein, 4g net carbs, 28g fat



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



Avocado deviled eggs
2 egg(s)- 257 cals

Lunch

980 cals, 50g protein, 6g net carbs, 79g fat



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



Macadamia nuts
435 cals

Dinner

1040 cals, 169g protein, 7g net carbs, 35g fat



Lemon pepper chicken breast
26 oz- 962 cals



Garlic collard greens
80 cals

Day 7

2853 cals ● 190g protein (27%) ● 206g fat (65%) ● 27g carbs (4%) ● 32g fiber (5%)

Breakfast

525 cals, 42g protein, 9g net carbs, 34g fat



Open-faced mushroom breakfast sliders
523 cals

Snacks

370 cals, 18g protein, 4g net carbs, 28g fat



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



Avocado deviled eggs
2 egg(s)- 257 cals

Lunch

980 cals, 50g protein, 6g net carbs, 79g fat



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



Macadamia nuts
435 cals

Dinner

980 cals, 79g protein, 8g net carbs, 65g fat



Buttered broccoli
4 cup(s)- 534 cals



Pan fried tilapia
12 oz- 447 cals

Vegetables and Vegetable Products

- ☐ cabbage
3 cup, chopped (267g)
- ☐ frozen broccoli
17 cup (1547g)
- ☐ garlic
13 3/4 clove(s) (41g)
- ☐ cucumber
3/8 cucumber (8-1/4") (113g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (249g)
- ☐ collard greens
2 lbs (907g)
- ☐ fresh spinach
4 1/2 cup(s) (135g)
- ☐ fresh cilantro
4 tsp, chopped (4g)
- ☐ portabella cap
4 piece whole (564g)
- ☐ romaine lettuce
3 leaf outer (84g)

Pork Products

- ☐ bacon, raw
6 slice(s) (170g)
- ☐ pork shoulder
1 lbs (453g)
- ☐ pork loin chops, boneless, raw
4 chop (740g)
- ☐ bacon
14 slice(s) (140g)

Nut and Seed Products

- ☐ sunflower kernels
1/4 lbs (128g)
- ☐ almonds
1 cup, whole (128g)
- ☐ Macadamia nuts, shelled, roasted
4 oz (113g)

Soups, Sauces, and Gravies

- ☐ salsa
1 cup (324g)

Other

- ☐ pork rinds
3 oz (85g)

Fats and Oils

- ☐ olive oil
5 oz (158mL)
- ☐ oil
2 1/2 oz (76mL)
- ☐ salad dressing
1/4 cup (51mL)

Dairy and Egg Products

- ☐ butter
1/2 cup (107g)
- ☐ goat cheese
1/2 cup (105g)
- ☐ eggs
28 medium (1227g)
- ☐ cheese
6 tbsp, shredded (42g)

Sausages and Luncheon Meats

- ☐ chicken sausage, cooked
4 link (336g)
- ☐ turkey bacon
18 slice(s) (288g)
- ☐ ham cold cuts
21 3/4 oz (616g)

Fruits and Fruit Juices

- ☐ lemon juice
1 fl oz (34mL)
- ☐ lime juice
1/2 tbsp (7mL)
- ☐ avocados
1 1/2 avocado(s) (285g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
7 3/4 lbs (3479g)

Beverages

- ☐ water
2 1/2 tbsp (38mL)

Finfish and Shellfish Products

- ☐ tilapia, raw
3/4 lbs (336g)

- ☐ rotisserie chicken, cooked
1/2 lbs (255g)

Spices and Herbs

- ☐ black pepper
2 g (2g)
 - ☐ salt
1/2 oz (15g)
 - ☐ ground coriander
2 tbsp (10g)
 - ☐ ground cumin
2 tbsp (12g)
 - ☐ rosemary, dried
2 1/2 tsp (3g)
 - ☐ lemon pepper
3 1/4 tbsp (22g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Cabbage & bacon skillet

468 cals ● 32g protein ● 34g fat ● 6g carbs ● 3g fiber



For single meal:

cabbage

1 1/2 cup, chopped (134g)

bacon, raw

3 slice(s) (85g)

For all 2 meals:

cabbage

3 cup, chopped (267g)

bacon, raw

6 slice(s) (170g)

1. Add the bacon to a skillet over medium heat. Cook for 4–5 minutes, flip, and cook for another 3–4 minutes until crispy. Transfer the bacon to a plate lined with paper towels to drain, leaving the bacon fat in the skillet.
2. Add cabbage to the skillet and cook in the bacon fat for 5–7 minutes, stirring occasionally, until softened. Transfer the cooked cabbage to a bowl, crumble the bacon on top, and season with pepper to taste, if desired. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Turkey bacon

6 slice(s) - 215 cals ● 15g protein ● 16g fat ● 2g carbs ● 0g fiber



For single meal:

turkey bacon

6 slice(s) (96g)

For all 3 meals:

turkey bacon

18 slice(s) (288g)

1. Cook turkey bacon according to package. Serve.

Goat cheese & tomato mini egg muffin

5 mini muffin(s) - 306 cals ● 24g protein ● 23g fat ● 2g carbs ● 1g fiber



For single meal:

tomatoes, chopped

2 1/2 slice(s), thin/small (37g)

goat cheese

2 1/2 tbsp (35g)

eggs

2 1/2 large (125g)

water

2 1/2 tsp (12mL)

For all 3 meals:

tomatoes, chopped

7 1/2 slice(s), thin/small (113g)

goat cheese

1/2 cup (105g)

eggs

7 1/2 large (375g)

water

2 1/2 tbsp (38mL)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Open-faced mushroom breakfast sliders

523 cal ● 42g protein ● 34g fat ● 9g carbs ● 4g fiber



For single meal:

eggs

4 medium (176g)

bacon

4 slice(s) (40g)

portabella cap

2 piece whole (282g)

For all 2 meals:

eggs

8 medium (352g)

bacon

8 slice(s) (80g)

portabella cap

4 piece whole (564g)

1. Cook bacon according to package to your desired crispiness.
2. When cooked, remove bacon and discard most of the grease, leaving only a little in the pan.
3. Add the eggs, and cook sunny side up, about 5-7 minutes.
4. Remove the eggs, and add the portabella caps, face-down, and cook for about 4 minutes until heated through.
5. Plate by placing the portabella caps face-up and topping with the bacon and egg.
6. Serve.

Lunch 1 [↗](#)

Eat on day 1

Buttered broccoli

3 1/2 cup(s) - 467 cals ● 10g protein ● 40g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

black pepper

1/4 tsp (0g)

salt

1/4 tsp (1g)

frozen broccoli

3 1/2 cup (319g)

butter

1/4 cup (50g)

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

Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



Makes 4 link

chicken sausage, cooked

4 link (336g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

Lunch 2 [↗](#)

Eat on day 2, day 3

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

frozen broccoli

2 cup (182g)

For all 2 meals:

frozen broccoli

4 cup (364g)

1. Prepare according to instructions on package.

Coriander and cumin rubbed pork chops

2 chop(s) - 857 cals ● 82g protein ● 55g fat ● 6g carbs ● 3g fiber



For single meal:

black pepper
2 dash (0g)
pork loin chops, boneless, raw
2 chop (370g)
olive oil, divided
2 tbsp (30mL)
ground coriander
1 tbsp (5g)
ground cumin
1 tbsp (6g)
salt
4 dash (3g)
garlic, minced
3 clove(s) (9g)

For all 2 meals:

black pepper
4 dash (0g)
pork loin chops, boneless, raw
4 chop (740g)
olive oil, divided
4 tbsp (60mL)
ground coriander
2 tbsp (10g)
ground cumin
2 tbsp (12g)
salt
1 tsp (6g)
garlic, minced
6 clove(s) (18g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

Lunch 3 [↗](#)

Eat on day 4

Rosemary chicken

21 oz - 917 cals ● 134g protein ● 40g fat ● 4g carbs ● 1g fiber



Makes 21 oz

boneless skinless chicken breast, raw
1 1/3 lbs (595g)
garlic, minced
1 3/4 clove(s) (5g)
salt
1/4 tsp (1g)
lemon juice
1 3/4 tbsp (26mL)
olive oil
1 3/4 tbsp (26mL)
rosemary, dried
2 1/2 tsp (3g)

1. In a small bowl, whisk together the oil, lemon juice, garlic, rosemary, and salt.
2. Put chicken in a ziplock bag and add in the oil mixture. Make sure marinade coats all sides of the chicken. Put it in the refrigerator for at least 15 minutes.
3. Grill chicken or cook in frying pan- about 5-7 minutes per side, or until internal temperature reaches 165 F (75 C). Serve.

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

frozen broccoli
3 1/2 cup (319g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 5

Roasted almonds

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



Makes 1/3 cup(s)

almonds
5 tbsp, whole (45g)

1. This recipe has no instructions.

Basic chicken & spinach salad

685 cals ● 90g protein ● 31g fat ● 8g carbs ● 3g fiber



salad dressing
1/4 cup (51mL)
oil
3/4 tbsp (11mL)
boneless skinless chicken breast, raw, chopped, cooked
13 1/2 oz (383g)
fresh spinach
4 1/2 cup(s) (135g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 5 [↗](#)

Eat on day 6, day 7

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.

Macadamia nuts

435 cals ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



For single meal:

- Macadamia nuts, shelled, roasted**
2 oz (57g)

For all 2 meals:

- Macadamia nuts, shelled, roasted**
4 oz (113g)

1. This recipe has no instructions.

Snacks 1 [🔗](#)

Eat on day 1, day 2, day 3

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:
sunflower kernels
1 1/2 oz (43g)

For all 3 meals:
sunflower kernels
1/4 lbs (128g)

- 1. This recipe has no instructions.

Pork rinds and salsa

174 cals ● 18g protein ● 9g fat ● 3g carbs ● 1g fiber



For single meal:
salsa
4 tbsp (72g)
pork rinds
1 oz (28g)

For all 3 meals:
salsa
3/4 cup (216g)
pork rinds
3 oz (85g)

- 1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

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.
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Ham chips with salsa

6 slices - 157 cals ● 24g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

salsa
3 tbsp (54g)
ham cold cuts
6 slice (138g)

For all 2 meals:

salsa
6 tbsp (108g)
ham cold cuts
12 slice (276g)

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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

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.

Avocado deviled eggs

2 egg(s) - 257 cals ● 14g protein ● 19g fat ● 2g carbs ● 5g fiber



For single meal:

fresh cilantro, chopped

2 tsp, chopped (2g)

lime juice

1/4 tbsp (3mL)

avocados

1/3 avocado(s) (67g)

eggs

2 large (100g)

For all 2 meals:

fresh cilantro, chopped

4 tsp, chopped (4g)

lime juice

1/2 tbsp (7mL)

avocados

2/3 avocado(s) (134g)

eggs

4 large (200g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

Dinner 1 [↗](#)

Eat on day 1

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

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.

Slow cooker carnitas

16 oz - 820 cal ● 79g protein ● 56g fat ● 0g carbs ● 0g fiber



Makes 16 oz

pork shoulder

1 lbs (453g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

Dinner 2 [↗](#)

Eat on day 2

Rotisserie chicken & tomato salad

771 cal ● 59g protein ● 55g fat ● 8g carbs ● 2g fiber



lemon juice

1/2 tbsp (8mL)

olive oil

1 1/2 tbsp (23mL)

cucumber, sliced

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

tomatoes, cut into wedges

3/4 large whole (3" dia) (137g)

rotisserie chicken, cooked

1/2 lbs (255g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

Roasted almonds

1/3 cup(s) - 296 cal ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

1/3 cup, whole (48g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3, day 4

Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

oil

3 1/2 tsp (17mL)

boneless skinless chicken breast, raw

18 2/3 oz (523g)

For all 2 meals:

oil

2 1/3 tbsp (35mL)

boneless skinless chicken breast, raw

2 1/3 lbs (1045g)

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.

Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



For single meal:

collard greens
3/4 lbs (340g)
oil
3/4 tbsp (11mL)
garlic, minced
2 1/4 clove(s) (7g)
salt
1 1/2 dash (1g)

For all 2 meals:

collard greens
1 1/2 lbs (680g)
oil
1 1/2 tbsp (23mL)
garlic, minced
4 1/2 clove(s) (14g)
salt
3 dash (2g)

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.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Lemon pepper chicken breast

26 oz - 962 cals ● 165g protein ● 31g fat ● 4g carbs ● 3g fiber



For single meal:

lemon pepper
5 tsp (11g)
olive oil
2 1/2 tsp (12mL)
boneless skinless chicken breast, raw
26 oz (728g)

For all 2 meals:

lemon pepper
3 1/4 tbsp (22g)
olive oil
5 tsp (24mL)
boneless skinless chicken breast, raw
3 1/4 lbs (1456g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. STOVETOP
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. BAKED
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. BROILED/GRILLED
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
garlic, minced
3/4 clove(s) (2g)
salt
1/2 dash (0g)

For all 2 meals:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 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.

Dinner 5 [🔗](#)

Eat on day 7

Buttered broccoli

4 cup(s) - 534 cals ● 12g protein ● 46g fat ● 8g carbs ● 11g fiber



Makes 4 cup(s)

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
butter
4 tbsp (57g)

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

Pan fried tilapia

12 oz - 447 cals ● 68g protein ● 19g fat ● 1g carbs ● 0g fiber



Makes 12 oz

tilapia, raw
3/4 lbs (336g)
olive oil
1 tbsp (15mL)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
 2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.
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