

# Meal Plan - 3100 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

3086 cals ● 328g protein (42%) ● 172g fat (50%) ● 33g carbs (4%) ● 24g fiber (3%)

### Breakfast

520 cals, 29g protein, 4g net carbs, 42g fat



**Pecans**  
1/4 cup- 183 cals



**Smoked salmon & feta lettuce wraps**  
6 lettuce wrap(s)- 337 cals

### Snacks

435 cals, 15g protein, 5g net carbs, 38g fat



**Cheesy crisps and guac**  
6 crisps- 261 cals



**Walnuts**  
1/4 cup(s)- 175 cals

### Lunch

1085 cals, 138g protein, 10g net carbs, 53g fat



**Roasted tomatoes**  
4 tomato(es)- 238 cals



**Basic chicken breast**  
21 1/3 oz- 847 cals

### Dinner

1045 cals, 147g protein, 15g net carbs, 39g fat



**Lemon pepper chicken breast**  
22 oz- 814 cals



**Roasted brussels sprouts**  
232 cals

## Day 2

3086 cals ● 328g protein (42%) ● 172g fat (50%) ● 33g carbs (4%) ● 24g fiber (3%)

### Breakfast

520 cals, 29g protein, 4g net carbs, 42g fat



**Pecans**  
1/4 cup- 183 cals



**Smoked salmon & feta lettuce wraps**  
6 lettuce wrap(s)- 337 cals

### Snacks

435 cals, 15g protein, 5g net carbs, 38g fat



**Cheesy crisps and guac**  
6 crisps- 261 cals



**Walnuts**  
1/4 cup(s)- 175 cals

### Lunch

1085 cals, 138g protein, 10g net carbs, 53g fat



**Roasted tomatoes**  
4 tomato(es)- 238 cals



**Basic chicken breast**  
21 1/3 oz- 847 cals

### Dinner

1045 cals, 147g protein, 15g net carbs, 39g fat



**Lemon pepper chicken breast**  
22 oz- 814 cals



**Roasted brussels sprouts**  
232 cals

## Day 3

3049 cals ● 234g protein (31%) ● 216g fat (64%) ● 31g carbs (4%) ● 12g fiber (2%)

### Breakfast

570 cals, 42g protein, 2g net carbs, 44g fat



**Bacon, egg, cheese 'sandwich'**  
1 sandwich(es)- 571 cals

### Snacks

435 cals, 15g protein, 5g net carbs, 38g fat



**Cheesy crisps and guac**  
6 crisps- 261 cals



**Walnuts**  
1/4 cup(s)- 175 cals

### Lunch

1065 cals, 99g protein, 13g net carbs, 66g fat



**Sautéed garlic & herb tomatoes**  
170 cals



**Caprese chicken**  
12 oz- 895 cals

### Dinner

975 cals, 78g protein, 10g net carbs, 68g fat



**Roasted tomatoes**  
2 tomato(es)- 119 cals



**Roasted pepper stuffed chicken**  
12 oz- 858 cals

## Day 4

3050 cals ● 230g protein (30%) ● 215g fat (63%) ● 28g carbs (4%) ● 20g fiber (3%)

### Breakfast

570 cals, 42g protein, 2g net carbs, 44g fat



**Bacon, egg, cheese 'sandwich'**  
1 sandwich(es)- 571 cals

### Snacks

385 cals, 19g protein, 8g net carbs, 29g fat



**Pumpkin seeds**  
366 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Lunch

1065 cals, 99g protein, 13g net carbs, 66g fat



**Sautéed garlic & herb tomatoes**  
170 cals



**Caprese chicken**  
12 oz- 895 cals

### Dinner

1025 cals, 71g protein, 5g net carbs, 76g fat



**Spinach cauliflower mince**  
3 1/2 cup(s)- 249 cals



**Buffalo drumsticks**  
13 1/3 oz- 778 cals

## Day 5

3057 cal ● 222g protein (29%) ● 217g fat (64%) ● 32g carbs (4%) ● 22g fiber (3%)

### Breakfast

570 cal, 42g protein, 2g net carbs, 44g fat



**Bacon, egg, cheese 'sandwich'**  
1 sandwich(es)- 571 cal

### Snacks

385 cal, 19g protein, 8g net carbs, 29g fat



**Pumpkin seeds**  
366 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal

### Lunch

1050 cal, 95g protein, 10g net carbs, 67g fat



**Basic chicken & spinach salad**  
685 cal



**Pecans**  
1/2 cup- 366 cal

### Dinner

1050 cal, 67g protein, 12g net carbs, 77g fat



**Burger salad bowl**  
722 cal



**Macadamia nuts**  
326 cal

## Day 6

3058 cal ● 221g protein (29%) ● 211g fat (62%) ● 35g carbs (5%) ● 34g fiber (4%)

### Breakfast

480 cal, 33g protein, 5g net carbs, 36g fat



**Pesto scrambled eggs**  
4 eggs- 396 cal



**String cheese**  
1 stick(s)- 83 cal

### Snacks

470 cal, 44g protein, 8g net carbs, 28g fat



**Pecans**  
1/4 cup- 183 cal



**Tuna cucumber bites**  
288 cal

### Lunch

1060 cal, 76g protein, 11g net carbs, 70g fat



**Garlic collard greens**  
358 cal



**Low carb fried chicken**  
12 oz- 702 cal

### Dinner

1050 cal, 67g protein, 12g net carbs, 77g fat



**Burger salad bowl**  
722 cal



**Macadamia nuts**  
326 cal

# Day 7

3098 cals ● 282g protein (36%) ● 189g fat (55%) ● 31g carbs (4%) ● 35g fiber (4%)

## Breakfast

480 cals, 33g protein, 5g net carbs, 36g fat



**Pesto scrambled eggs**  
4 eggs- 396 cals



**String cheese**  
1 stick(s)- 83 cals

## Snacks

470 cals, 44g protein, 8g net carbs, 28g fat



**Pecans**  
1/4 cup- 183 cals



**Tuna cucumber bites**  
288 cals

## Lunch

1060 cals, 76g protein, 11g net carbs, 70g fat



**Garlic collard greens**  
358 cals



**Low carb fried chicken**  
12 oz- 702 cals

## Dinner

1090 cals, 129g protein, 9g net carbs, 55g fat



**Simple sauteed spinach**  
299 cals



**Goat cheese & spinach hasselback chicken**  
16 oz- 789 cals

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## Nut and Seed Products

- pecans  
1 1/2 cup, halves (149g)
- walnuts  
3/4 cup shelled (50 halves) (75g)
- roasted pumpkin seeds, unsalted  
1 cup (118g)
- Macadamia nuts, shelled, roasted  
3 oz (10-12 kernels) (85g)

## Vegetables and Vegetable Products

- romaine lettuce  
2/3 head (408g)
- brussels sprouts  
1 lbs (454g)
- tomatoes  
15 medium whole (2-3/5" dia) (1868g)
- garlic  
13 clove(s) (39g)
- fresh spinach  
19 3/4 cup(s) (593g)
- ketchup  
3 tsp (17g)
- pickles  
12 slice (84g)
- purple onions  
6 slice, thin (54g)
- cucumber  
1 1/4 cucumber (8-1/4") (376g)
- collard greens  
2 1/4 lbs (1021g)

## Dairy and Egg Products

- feta cheese  
3/4 cup (113g)
- cheese  
1/2 lbs (224g)
- eggs  
16 3/4 medium (736g)
- fresh mozzarella cheese  
6 oz (170g)
- cheddar cheese  
1/2 cup, shredded (64g)
- string cheese  
2 stick (56g)
- goat cheese  
2 oz (57g)

## Finfish and Shellfish Products

## Spices and Herbs

- lemon pepper  
2 3/4 tbsp (19g)
- salt  
3/4 tbsp (14g)
- black pepper  
1 tsp, ground (2g)
- paprika  
1/2 tbsp (3g)
- fresh basil  
6 tbsp, chopped (16g)
- cajun seasoning  
1 tsp (2g)

## Fats and Oils

- olive oil  
7 tbsp (103mL)
- oil  
6 oz (179mL)
- salad dressing  
1/4 cup (51mL)
- mayonnaise  
3 tbsp (45mL)

## Poultry Products

- boneless skinless chicken breast, raw  
8 3/4 lbs (3930g)
- boneless chicken thighs, with skin  
3/4 lbs (341g)

## Pork Products

- bacon  
18 slice(s) (180g)

## Soups, Sauces, and Gravies

- pesto sauce  
10 tbsp (160g)
- Frank's Red Hot sauce  
2 1/4 tbsp (34mL)
- hot sauce  
1 1/2 tbsp (23mL)

## Beef Products

- ground beef (93% lean)  
1 lbs (510g)

smoked salmon  
6 oz (170g)

canned tuna  
5 packet (370g)

## **Other**

guacamole, store-bought  
1/2 cup (139g)

roasted red peppers  
1 pepper(s) (70g)

italian seasoning  
5/8 container (.75 oz) (13g)

frozen riced cauliflower  
3 1/2 cup, frozen (371g)

Chicken, drumsticks, with skin  
2 1/3 lbs (1058g)

pork rinds  
3/4 oz (21g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Pecans

1/4 cup - 183 cal ● 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.

### Smoked salmon & feta lettuce wraps

6 lettuce wrap(s) - 337 cal ● 26g protein ● 24g fat ● 3g carbs ● 1g fiber



For single meal:

**romaine lettuce**  
6 leaf inner (36g)  
**feta cheese**  
6 tbsp (56g)  
**smoked salmon**  
3 oz (85g)

For all 2 meals:

**romaine lettuce**  
12 leaf inner (72g)  
**feta cheese**  
3/4 cup (113g)  
**smoked salmon**  
6 oz (170g)

1. On top each leaf of lettuce, place some smoked salmon and feta. Season with a dash of salt/pepper. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Bacon, egg, cheese 'sandwich'

1 sandwich(es) - 571 cal ● 42g protein ● 44g fat ● 2g carbs ● 0g fiber



For single meal:

**bacon**  
6 slice(s) (60g)  
**cheese**  
1 slice (1 oz each) (28g)  
**eggs**  
2 extra large (112g)

For all 3 meals:

**bacon**  
18 slice(s) (180g)  
**cheese**  
3 slice (1 oz each) (84g)  
**eggs**  
6 extra large (336g)

1. Preheat oven to 450 F (230 C).
2. Take the strips of bacon and cut in half lengthwise so that you effectively double the number of strips (12 for each sandwich).
3. For each side of a 'bun', use 6 strips, with 3 going vertically, and 3 going horizontally. Intertwine the pieces to make a weave.
4. When both sides of the 'bun' are created, place them on a baking sheet and cook in oven for 20-30 minutes, flipping half way through.
5. Cook eggs according to your preference.
6. Remove bacon from oven, and once it has cooled a bit, top the eggs with cheese and place in between the 'buns' to form the sandwich.
7. Serve.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Pesto scrambled eggs

4 eggs - 396 cal ● 26g protein ● 31g fat ● 3g carbs ● 1g fiber



For single meal:

**pesto sauce**  
2 tbsp (32g)  
**eggs**  
4 large (200g)

For all 2 meals:

**pesto sauce**  
4 tbsp (64g)  
**eggs**  
8 large (400g)

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.

### String cheese

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





For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Roasted tomatoes

4 tomato(es) - 238 cal ● 3g protein ● 19g fat ● 10g carbs ● 4g fiber



For single meal:

**tomatoes**  
4 small whole (2-2/5" dia) (364g)  
**oil**  
4 tsp (20mL)

For all 2 meals:

**tomatoes**  
8 small whole (2-2/5" dia) (728g)  
**oil**  
2 2/3 tbsp (40mL)

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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### Basic chicken breast

21 1/3 oz - 847 cal ● 134g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**boneless skinless chicken breast, raw**  
2 2/3 lbs (1195g)

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.

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Sauteed garlic & herb tomatoes

170 cal ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

**black pepper**  
2/3 dash, ground (0g)  
**olive oil**  
1 tbsp (15mL)  
**garlic, minced**  
2/3 clove(s) (2g)  
**tomatoes**  
2/3 pint, cherry tomatoes (199g)  
**italian seasoning**  
1 tsp (4g)  
**salt**  
1/3 tsp (2g)

For all 2 meals:

**black pepper**  
1 1/3 dash, ground (0g)  
**olive oil**  
2 tbsp (30mL)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**tomatoes**  
1 1/3 pint, cherry tomatoes (397g)  
**italian seasoning**  
2 tsp (7g)  
**salt**  
1/4 tbsp (4g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

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### Caprese chicken

12 oz - 895 cal ● 97g protein ● 52g fat ● 7g carbs ● 2g fiber



For single meal:

**italian seasoning**

1/4 tbsp (3g)

**pesto sauce**

3 tbsp (48g)

**oil**

1/2 tbsp (8mL)

**tomatoes, quartered**

4 1/2 cherry tomatoes (77g)

**fresh basil**

3 tbsp, chopped (8g)

**fresh mozzarella cheese, sliced**

3 oz (85g)

**boneless skinless chicken breast, raw**

3/4 lbs (336g)

For all 2 meals:

**italian seasoning**

1/2 tbsp (5g)

**pesto sauce**

6 tbsp (96g)

**oil**

1 tbsp (15mL)

**tomatoes, quartered**

9 cherry tomatoes (153g)

**fresh basil**

6 tbsp, chopped (16g)

**fresh mozzarella cheese, sliced**

6 oz (170g)

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

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## Lunch 3 [🔗](#)

Eat on day 5

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### 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.

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### Pecans

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



Makes 1/2 cup

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

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 6, day 7

### Garlic collard greens

358 cal ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



For single meal:

**collard greens**  
1 lbs (510g)  
**oil**  
1 tbsp (17mL)  
**garlic, minced**  
3 1/2 clove(s) (10g)  
**salt**  
1/4 tsp (2g)

For all 2 meals:

**collard greens**  
2 1/4 lbs (1021g)  
**oil**  
2 1/4 tbsp (34mL)  
**garlic, minced**  
6 3/4 clove(s) (20g)  
**salt**  
1/2 tsp (3g)

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.

### Low carb fried chicken

12 oz - 702 cal ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



For single meal:

**Chicken, drumsticks, with skin**  
3/4 lbs (340g)  
**pork rinds, crushed**  
10 3/4 g (11g)  
**cajun seasoning**  
4 dash (1g)  
**hot sauce**  
3/4 tbsp (11mL)

For all 2 meals:

**Chicken, drumsticks, with skin**  
1 1/2 lbs (680g)  
**pork rinds, crushed**  
3/4 oz (21g)  
**cajun seasoning**  
1 tsp (2g)  
**hot sauce**  
1 1/2 tbsp (23mL)

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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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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### Cheesy crisps and guac

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



For single meal:

**cheese**  
6 tbsp, shredded (42g)  
**guacamole, store-bought**  
3 tbsp (46g)

For all 3 meals:

**cheese**  
1 cup, shredded (126g)  
**guacamole, store-bought**  
1/2 cup (139g)

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.

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### Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
4 tbsp shelled (50 halves) (25g)

For all 3 meals:

**walnuts**  
3/4 cup shelled (50 halves) (75g)

1. This recipe has no instructions.
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## Snacks 2 [↗](#)

Eat on day 4, day 5

### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. This recipe has no instructions.

### 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 2 meals:

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

1. Rinse tomatoes, remove any stems, and serve.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### 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.

### Tuna cucumber bites

288 cals ● 42g protein ● 10g fat ● 7g carbs ● 1g fiber



For single meal:

**cucumber, sliced**  
5/8 cucumber (8-1/4") (188g)  
**canned tuna**  
2 1/2 packet (185g)

For all 2 meals:

**cucumber, sliced**  
1 1/4 cucumber (8-1/4") (376g)  
**canned tuna**  
5 packet (370g)

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

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Lemon pepper chicken breast

22 oz - 814 cals ● 140g protein ● 26g fat ● 4g carbs ● 2g fiber



For single meal:

**lemon pepper**  
4 tsp (9g)  
**olive oil**  
2 tsp (10mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (616g)

For all 2 meals:

**lemon pepper**  
2 3/4 tbsp (19g)  
**olive oil**  
4 tsp (21mL)  
**boneless skinless chicken breast, raw**  
2 3/4 lbs (1232g)

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.

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### Roasted brussels sprouts

232 cals ● 7g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

**brussels sprouts**

1/2 lbs (227g)

**olive oil**

1 tbsp (15mL)

**salt**

2 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

For all 2 meals:

**brussels sprouts**

1 lbs (454g)

**olive oil**

2 tbsp (30mL)

**salt**

4 dash (3g)

**black pepper**

1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

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## Dinner 2 [↗](#)

Eat on day 3

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### Roasted tomatoes

2 tomato(es) - 119 cal ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

**tomatoes**

2 small whole (2-2/5" dia) (182g)

**oil**

2 tsp (10mL)

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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### Roasted pepper stuffed chicken

12 oz - 858 cal ● 77g protein ● 59g fat ● 6g carbs ● 0g fiber





Makes 12 oz

**oil**

1/2 tbsp (8mL)

**paprika**

4 dash (1g)

**boneless chicken thighs, with skin**

3/4 lbs (341g)

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

1 pepper(s) (70g)

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.

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## Dinner 3 [↗](#)

Eat on day 4

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### Spinach cauliflower mince

3 1/2 cup(s) - 249 cal ● 11g protein ● 16g fat ● 4g carbs ● 10g fiber



Makes 3 1/2 cup(s)

**oil**

3 1/2 tsp (18mL)

**frozen riced cauliflower**

3 1/2 cup, frozen (371g)

**fresh spinach, chopped**

1 3/4 cup(s) (53g)

**garlic, diced**

3 1/2 clove(s) (11g)

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

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### Buffalo drumsticks

13 1/3 oz - 778 cal ● 60g protein ● 59g fat ● 1g carbs ● 0g fiber



Makes 13 1/3 oz

**Frank's Red Hot sauce**

2 1/4 tbsp (33mL)

**oil**

1 1/4 tsp (6mL)

**salt**

1/4 tsp (1g)

**black pepper**

1/4 tsp, ground (0g)

**Chicken, drumsticks, with skin**

13 1/3 oz (378g)

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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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Burger salad bowl

722 cal ● 64g protein ● 45g fat ● 10g carbs ● 6g fiber



For single meal:

**ketchup**  
1 1/2 tsp (9g)  
**mayonnaise**  
1 1/2 tbsp (23mL)  
**pickles**  
6 slice (42g)  
**cheddar cheese**  
1/4 cup, shredded (32g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**purple onions**  
3 slice, thin (27g)  
**romaine lettuce, chopped**  
6 leaf outer (168g)  
**ground beef (93% lean)**  
1/2 lbs (255g)

For all 2 meals:

**ketchup**  
3 tsp (17g)  
**mayonnaise**  
3 tbsp (45mL)  
**pickles**  
12 slice (84g)  
**cheddar cheese**  
1/2 cup, shredded (64g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**purple onions**  
6 slice, thin (54g)  
**romaine lettuce, chopped**  
12 leaf outer (336g)  
**ground beef (93% lean)**  
1 lbs (510g)

1. Make burger sauce by mixing mayonnaise, ketchup, and some salt and pepper in a small bowl. Stir in a small splash of water to thin it out slightly. Set aside.
2. Heat a skillet over medium heat. Add beef to the skillet and break apart the beef. Season with some salt and pepper and cook until browned and no longer pink inside.
3. Arrange lettuce, tomato, onion, cheese, pickles, and beef in a bowl. Drizzle with burger sauce and serve.

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### Macadamia nuts

326 cal ● 3g protein ● 32g fat ● 2g carbs ● 3g fiber



For single meal:

**Macadamia nuts, shelled, roasted**  
1 1/2 oz (10-12 kernels) (43g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**  
3 oz (10-12 kernels) (85g)

1. This recipe has no instructions.
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## Dinner 5 [↗](#)

Eat on day 7

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### Simple sauteed spinach

299 cal ● 11g protein ● 22g fat ● 7g carbs ● 8g fiber



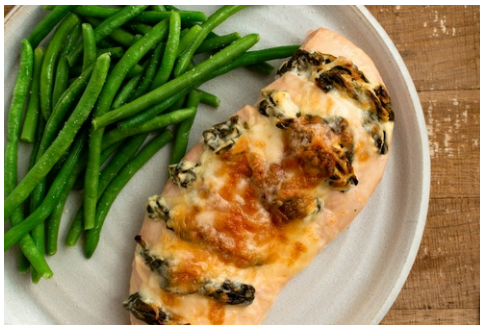
**garlic, diced**  
1 1/2 clove (5g)  
**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
12 cup(s) (360g)

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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### Goat cheese & spinach hasselback chicken

16 oz - 789 cal ● 118g protein ● 34g fat ● 2g carbs ● 2g fiber



Makes 16 oz

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**fresh spinach**  
1 1/2 cup(s) (45g)  
**cheese**  
2 tbsp, shredded (14g)  
**paprika**  
1 tsp (2g)  
**goat cheese**  
2 oz (57g)

1. Preheat oven to 350°F (180°C) and line walled baking sheet with foil.
  2. In a small saucepan over low heat, add the goat cheese and spinach and mix until spinach has wilted, about a minute. Set aside.
  3. Place chicken on baking sheet and cut slits all down the breast, cutting deep but not all the way through.
  4. Stuff slits with spinach mixture.
  5. Sprinkle paprika, a pinch of salt and pepper, and shredded cheese on top and bake for 20-25 minutes or until done.
  6. Optional: Broil for a minute or two to brown the cheese.
  7. Serve.
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