

# Meal Plan - 3200 calorie keto meal plan



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Don't forget to generate your plan for next week on  
<https://www.strongrfastr.com>

## Day 1

3159 cals ● 227g protein (29%) ● 224g fat (64%) ● 37g carbs (5%) ● 21g fiber (3%)

### Breakfast

545 cals, 41g protein, 6g net carbs, 37g fat



[Keto flax jacks](#)  
6 flax jacks- 545 cals

### Lunch

1065 cals, 51g protein, 7g net carbs, 89g fat



[Salmon salad lettuce wrap](#)  
630 cals



[Macadamia nuts](#)  
435 cals

### Snacks

420 cals, 45g protein, 6g net carbs, 23g fat



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



[Pork rinds and salsa](#)  
174 cals



[Pork rinds](#)  
1 1/2 oz- 224 cals

### Dinner

1130 cals, 90g protein, 18g net carbs, 75g fat



[Buttered broccoli](#)  
1 1/2 cup(s)- 200 cals



[Honey mustard chicken thighs w/ skin](#)  
13 1/3 oz- 930 cals

## Day 2

3136 cals ● 306g protein (39%) ● 189g fat (54%) ● 34g carbs (4%) ● 19g fiber (2%)

### Breakfast

545 cals, 41g protein, 6g net carbs, 37g fat



[Keto flax jacks](#)  
6 flax jacks- 545 cals

### Lunch

1085 cals, 159g protein, 6g net carbs, 45g fat



[Balsamic chicken breast](#)  
24 oz- 947 cals



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

### Snacks

420 cals, 45g protein, 6g net carbs, 23g fat



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



[Pork rinds and salsa](#)  
174 cals



[Pork rinds](#)  
1 1/2 oz- 224 cals

### Dinner

1085 cals, 61g protein, 16g net carbs, 84g fat



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



[Italian sausage](#)  
4 link- 1028 cals

## Day 3

3147 cals ● 259g protein (33%) ● 210g fat (60%) ● 39g carbs (5%) ● 15g fiber (2%)

### Breakfast

510 cals, 31g protein, 5g net carbs, 41g fat



**Bacon & egg cups**  
3 cup(s)- 360 cals



**Strawberries and cream**  
153 cals

### Snacks

420 cals, 45g protein, 6g net carbs, 23g fat



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



**Pork rinds and salsa**  
174 cals



**Pork rinds**  
1 1/2 oz- 224 cals

### Lunch

1130 cals, 123g protein, 12g net carbs, 63g fat



**Basic chicken & spinach salad**  
913 cals



**Macadamia nuts**  
218 cals

### Dinner

1085 cals, 61g protein, 16g net carbs, 84g fat



**Broccoli**  
2 cup(s)- 58 cals



**Italian sausage**  
4 link- 1028 cals

## Day 4

3163 cals ● 286g protein (36%) ● 201g fat (57%) ● 37g carbs (5%) ● 15g fiber (2%)

### Breakfast

510 cals, 31g protein, 5g net carbs, 41g fat



**Bacon & egg cups**  
3 cup(s)- 360 cals



**Strawberries and cream**  
153 cals

### Snacks

470 cals, 46g protein, 10g net carbs, 26g fat



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



**Ham chips with salsa**  
5 slices- 131 cals



**Low-sugar Greek Yogurt**  
2 container(s)- 156 cals

### Lunch

1130 cals, 123g protein, 12g net carbs, 63g fat



**Basic chicken & spinach salad**  
913 cals



**Macadamia nuts**  
218 cals

### Dinner

1050 cals, 86g protein, 10g net carbs, 72g fat



**Blue cheese stuffed chicken thighs**  
2 thigh- 904 cals



**Buttery garlic green beans**  
147 cals

## Day 5

3129 cals ● 326g protein (42%) ● 183g fat (53%) ● 29g carbs (4%) ● 16g fiber (2%)

### Breakfast

510 cals, 31g protein, 5g net carbs, 41g fat



**Bacon & egg cups**  
3 cup(s)- 360 cals



**Strawberries and cream**  
153 cals

### Snacks

470 cals, 46g protein, 10g net carbs, 26g fat



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



**Ham chips with salsa**  
5 slices- 131 cals



**Low-sugar Greek Yogurt**  
2 container(s)- 156 cals

### Lunch

1095 cals, 162g protein, 5g net carbs, 45g fat



**Olive oil drizzled broccoli**  
2 cup(s)- 140 cals



**Curried pork chops**  
4 chop(s)- 957 cals

### Dinner

1050 cals, 86g protein, 10g net carbs, 72g fat



**Blue cheese stuffed chicken thighs**  
2 thigh- 904 cals



**Buttery garlic green beans**  
147 cals

## Day 6

3156 cals ● 301g protein (38%) ● 202g fat (58%) ● 19g carbs (2%) ● 14g fiber (2%)

### Breakfast

540 cals, 37g protein, 4g net carbs, 41g fat



**Simple sauteed spinach**  
100 cals



**Bacon & egg sandwich**  
1 sandwich(es)- 442 cals

### Snacks

360 cals, 16g protein, 5g net carbs, 29g fat



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



**Celery sticks**  
2 celery stalk- 13 cals



**String cheese**  
2 stick(s)- 165 cals

### Lunch

1095 cals, 162g protein, 5g net carbs, 45g fat



**Olive oil drizzled broccoli**  
2 cup(s)- 140 cals



**Curried pork chops**  
4 chop(s)- 957 cals

### Dinner

1155 cals, 86g protein, 5g net carbs, 88g fat



**Buffalo drumsticks**  
18 2/3 oz- 1089 cals



**Simple mixed greens salad**  
68 cals

## Day 7

3206 cals ● 233g protein (29%) ● 234g fat (66%) ● 28g carbs (4%) ● 15g fiber (2%)

### Breakfast

540 cals, 37g protein, 4g net carbs, 41g fat



[Simple sauteed spinach](#)  
100 cals



[Bacon & egg sandwich](#)  
1 sandwich(es)- 442 cals

### Snacks

360 cals, 16g protein, 5g net carbs, 29g fat



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



[Celery sticks](#)  
2 celery stalk- 13 cals



[String cheese](#)  
2 stick(s)- 165 cals

### Lunch

1145 cals, 94g protein, 14g net carbs, 76g fat



[Macadamia nuts](#)  
435 cals



[Buffalo chicken salad](#)  
712 cals

### Dinner

1155 cals, 86g protein, 5g net carbs, 88g fat



[Buffalo drumsticks](#)  
18 2/3 oz- 1089 cals



[Simple mixed greens salad](#)  
68 cals



## Other

- ☐ low-sugar Greek yogurt, flavored  
6 container(s) (900g)
- ☐ pork rinds  
1/2 lbs (213g)
- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ Italian pork sausage, raw  
8 link (861g)
- ☐ Chicken, drumsticks, with skin  
2 1/3 lbs (1058g)
- ☐ mixed greens  
4 1/2 cup (135g)

## Nut and Seed Products

- ☐ flax seeds  
4 tbsp (40g)
- ☐ Macadamia nuts, shelled, roasted  
6 oz (170g)
- ☐ pecans  
1 cup, halves (99g)

## Dairy and Egg Products

- ☐ eggs  
21 large (1050g)
- ☐ butter  
3 tbsp (43g)
- ☐ heavy cream  
1/2 cup (120mL)
- ☐ blue cheese  
2 oz (57g)
- ☐ string cheese  
4 stick (112g)
- ☐ nonfat greek yogurt, plain  
6 tbsp (105g)

## Fats and Oils

- ☐ oil  
2 1/2 oz (80mL)
- ☐ mayonnaise  
6 1/4 tbsp (94mL)
- ☐ balsamic vinaigrette  
6 tbsp (91mL)
- ☐ olive oil  
2 1/3 oz (72mL)
- ☐ salad dressing  
3/4 cup (180mL)

## Soups, Sauces, and Gravies

- ☐ salsa  
1 cup (306g)
- ☐ Frank's Red Hot sauce  
5 1/2 fl oz (161mL)

## Spices and Herbs

- ☐ black pepper  
5 g (5g)
- ☐ salt  
1/2 oz (17g)
- ☐ brown deli mustard  
1 1/4 tbsp (19g)
- ☐ thyme, dried  
1/2 tbsp, ground (2g)
- ☐ paprika  
4 dash (1g)
- ☐ lemon pepper  
1/4 tsp (0g)
- ☐ curry powder  
2 tsp (4g)

## Sweets

- ☐ honey  
2 1/2 tsp (18g)

## Poultry Products

- ☐ chicken thighs, with bone and skin, raw  
2 1/3 lbs (1058g)
- ☐ boneless skinless chicken breast, raw  
4 1/2 lbs (2041g)

## Finfish and Shellfish Products

- ☐ canned salmon  
2 5oz can(s) (undrained) (284g)

## Pork Products

- ☐ bacon  
21 slice(s) (210g)
- ☐ pork chop, bone-in  
8 chop (1424g)

## Fruits and Fruit Juices

- ☐ strawberries  
3/4 cup, sliced (125g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
18 cherry tomatoes (306g)
  - ☐ frozen broccoli  
11 1/2 cup (1047g)
  - ☐ romaine lettuce  
4 leaf outer (112g)
  - ☐ raw celery  
3/8 bunch (220g)
  - ☐ onion  
5/6 medium (2-1/2" dia) (90g)
  - ☐ fresh spinach  
20 cup(s) (600g)
  - ☐ garlic  
3 1/4 clove(s) (10g)
  - ☐ fresh green beans  
3/4 lbs (340g)
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## Sausages and Luncheon Meats

- ☐ ham cold cuts  
10 slice (230g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Keto flax jacks

6 flax jacks - 545 cal ● 41g protein ● 37g fat ● 6g carbs ● 5g fiber



For single meal:

**low-sugar Greek yogurt, flavored**

1 container(s) (150g)

**flax seeds**

2 tbsp (20g)

**eggs**

4 large (200g)

**oil**

2 tsp (10mL)

For all 2 meals:

**low-sugar Greek yogurt, flavored**

2 container(s) (300g)

**flax seeds**

4 tbsp (40g)

**eggs**

8 large (400g)

**oil**

4 tsp (20mL)

1. Add flaxseed to a food processor or blender and grind until it forms a flour-like consistency.
2. Then, in a small bowl, scramble the eggs and ground flax together with a fork. Add some salt.
3. Heat oil in a skillet over medium-low heat. Pour in some of the batter and cook for a couple minutes until bottom has browned and the center is starting to solidify. Flip and cook another couple minutes to brown and cook the other side. Remove the flax jack from the skillet and repeat with the remaining batter (if making in bulk, make the number of flax jacks listed in the recipes serving details for serving size accuracy).
4. Top with flavored greek yogurt and serve.
5. Meal prep note: flax jacks can be stored in a ziplock bag in the fridge and reheated in the microwave.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Bacon & egg cups

3 cup(s) - 360 cals ● 29g protein ● 26g fat ● 2g carbs ● 0g fiber



For single meal:

**bacon**

3 slice(s) (30g)

**eggs**

3 large (150g)

For all 3 meals:

**bacon**

9 slice(s) (90g)

**eggs**

9 large (450g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

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### Strawberries and cream

153 cals ● 1g protein ● 14g fat ● 3g carbs ● 1g fiber



For single meal:

**heavy cream**

2 2/3 tbsp (40mL)

**strawberries**

4 tbsp, sliced (42g)

For all 3 meals:

**heavy cream**

1/2 cup (120mL)

**strawberries**

3/4 cup, sliced (125g)

1. Place the strawberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Simple sauteed spinach

100 cals ● 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.

### Bacon & egg sandwich

1 sandwich(es) - 442 cals ● 34g protein ● 34g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**bacon**  
6 slice(s) (60g)

For all 2 meals:

**eggs**  
4 large (200g)  
**bacon**  
12 slice(s) (120g)

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, put the eggs in between the 'buns' to form the sandwich.
7. Serve.

## Lunch 1 [🔗](#)

Eat on day 1

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### Salmon salad lettuce wrap

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

**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)

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.

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### Macadamia nuts

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

**Macadamia nuts, shelled, roasted**

2 oz (57g)

1. This recipe has no instructions.
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## Lunch 2 [🔗](#)

Eat on day 2

### Balsamic chicken breast

24 oz - 947 cals ● 153g protein ● 36g fat ● 2g carbs ● 0g fiber



Makes 24 oz

**italian seasoning**

1/4 tbsp (3g)

**oil**

1 tbsp (15mL)

**balsamic vinaigrette**

6 tbsp (90mL)

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

### Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 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.

## Lunch 3 [🔗](#)

Eat on day 3, day 4

### Basic chicken & spinach salad

913 cals ● 120g protein ● 41g fat ● 11g carbs ● 4g fiber



For single meal:

**salad dressing**

1/4 cup (68mL)

**oil**

1 tbsp (15mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

18 oz (510g)

**fresh spinach**

6 cup(s) (180g)

For all 2 meals:

**salad dressing**

1/2 cup (135mL)

**oil**

2 tbsp (30mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

2 1/4 lbs (1021g)

**fresh spinach**

12 cup(s) (360g)

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.

### Macadamia nuts

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



For single meal:

**Macadamia nuts, shelled, roasted**

1 oz (28g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**

2 oz (57g)

1. This recipe has no instructions.

## Lunch 4 [🔗](#)

Eat on day 5, day 6

### Olive oil drizzled broccoli

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



For single meal:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**olive oil**

2 tsp (10mL)

For all 2 meals:

**black pepper**

2 dash (0g)

**salt**

2 dash (1g)

**frozen broccoli**

4 cup (364g)

**olive oil**

4 tsp (20mL)

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

### Curried pork chops

4 chop(s) - 957 cal ● 157g protein ● 36g fat ● 1g carbs ● 1g fiber



For single meal:

**pork chop, bone-in**

4 chop (712g)

**curry powder**

1 tsp (2g)

**olive oil**

2 tsp (10mL)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

For all 2 meals:

**pork chop, bone-in**

8 chop (1424g)

**curry powder**

2 tsp (4g)

**olive oil**

4 tsp (20mL)

**salt**

1 tsp (6g)

**black pepper**

1 tsp, ground (2g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.



## Lunch 5 [🔗](#)

Eat on day 7

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### Macadamia nuts

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



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

1. This recipe has no instructions.

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### Buffalo chicken salad

712 cal ● 90g protein ● 33g fat ● 11g carbs ● 3g fiber



**mayonnaise**  
2 1/4 tbsp (34mL)  
**onion, chopped**  
6 tbsp, chopped (60g)  
**Frank's Red Hot sauce**  
1/4 cup (68mL)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**raw celery, chopped**  
1 1/2 stalk, small (5" long) (26g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**mixed greens**  
1 1/2 cup (45g)

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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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### 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.

### 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.

### Pork rinds

1 1/2 oz - 224 cals ● 26g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

#### **pork rinds**

1 1/2 oz (43g)

For all 3 meals:

#### **pork rinds**

1/4 lbs (128g)

1. Enjoy.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### 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.

### Ham chips with salsa

5 slices - 131 cal● 20g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

#### salsa

2 1/2 tbsp (45g)

#### ham cold cuts

5 slice (115g)

For all 2 meals:

#### salsa

5 tbsp (90g)

#### ham cold cuts

10 slice (230g)

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.

### Low-sugar Greek Yogurt

2 container(s) - 156 cal● 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.



## Snacks 3 [↗](#)

Eat on day 6, day 7

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### 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.

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### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**string cheese**  
4 stick (112g)

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

Eat on day 1

### Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**frozen broccoli**

1 1/2 cup (137g)

**butter**

1 1/2 tbsp (21g)

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

### Honey mustard chicken thighs w/ skin

13 1/3 oz - 930 cals ● 86g protein ● 58g fat ● 16g carbs ● 1g fiber



Makes 13 1/3 oz

**brown deli mustard**

1 1/4 tbsp (19g)

**honey**

2 1/2 tsp (18g)

**thyme, dried**

1 tsp, ground (1g)

**salt**

1/4 tsp (1g)

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

13 1/3 oz (378g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

## Dinner 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.

## Italian sausage

4 link - 1028 cals ● 56g protein ● 84g fat ● 12g carbs ● 0g fiber



For single meal:

**Italian pork sausage, raw**  
4 link (430g)

For all 2 meals:

**Italian pork sausage, raw**  
8 link (861g)

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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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Blue cheese stuffed chicken thighs

2 thigh - 904 cals ● 83g protein ● 63g fat ● 1g carbs ● 0g fiber



For single meal:

**paprika**  
2 dash (1g)  
**olive oil**  
1/4 tbsp (4mL)  
**thyme, dried**  
3 dash, ground (1g)  
**blue cheese**  
1 oz (28g)  
**chicken thighs, with bone and skin, raw**  
2 thigh (6 oz ea) (340g)

For all 2 meals:

**paprika**  
4 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**thyme, dried**  
1/4 tbsp, ground (1g)  
**blue cheese**  
2 oz (57g)  
**chicken thighs, with bone and skin, raw**  
4 thigh (6 oz ea) (680g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

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### Buttery garlic green beans

147 cals ● 3g protein ● 9g fat ● 8g carbs ● 5g fiber



For single meal:

**butter**  
3/4 tbsp (11g)  
**garlic, minced**  
1 clove(s) (3g)  
**salt**  
1 1/2 dash (1g)  
**fresh green beans, trimmed, snapped in half**  
6 oz (170g)  
**lemon pepper**  
1 dash (0g)

For all 2 meals:

**butter**  
1 1/2 tbsp (21g)  
**garlic, minced**  
2 1/4 clove(s) (7g)  
**salt**  
3 dash (2g)  
**fresh green beans, trimmed, snapped in half**  
3/4 lbs (340g)  
**lemon pepper**  
1/4 tsp (0g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

## Dinner 4 [↗](#)

Eat on day 6, day 7

### Buffalo drumsticks

18 2/3 oz - 1089 cals ● 84g protein ● 83g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
3 tbsp (47mL)  
**oil**  
1 3/4 tsp (9mL)  
**salt**  
1/4 tsp (2g)  
**black pepper**  
1/4 tsp, ground (1g)  
**Chicken, drumsticks, with skin**  
18 2/3 oz (529g)

For all 2 meals:

**Frank's Red Hot sauce**  
6 1/4 tbsp (93mL)  
**oil**  
3 1/2 tsp (17mL)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**Chicken, drumsticks, with skin**  
2 1/3 lbs (1058g)

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.

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**

1 1/2 cup (45g)

**salad dressing**

1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.
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