

Meal Plan - 3300 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

3243 cals ● 394g protein (49%) ● 163g fat (45%) ● 32g carbs (4%) ● 20g fiber (2%)

Breakfast

590 cals, 37g protein, 14g net carbs, 39g fat



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals



[Basic scrambled eggs](#)

2 2/3 egg(s)- 190 cals



[Portabella breakfast sandwich](#)

1 sandwich(es)- 368 cals

Snacks

380 cals, 22g protein, 3g net carbs, 32g fat



[Cheese](#)

3 1/3 oz- 382 cals

Lunch

1130 cals, 154g protein, 7g net carbs, 53g fat



[Roasted tomatoes](#)

3 tomato(es)- 179 cals



[Basic chicken breast](#)

24 oz- 952 cals

Dinner

1140 cals, 182g protein, 7g net carbs, 40g fat



[Olive oil drizzled broccoli](#)

1 1/2 cup(s)- 105 cals



[Lemon pepper chicken breast](#)

28 oz- 1036 cals

Day 2

3276 cals ● 394g protein (48%) ● 170g fat (47%) ● 29g carbs (3%) ● 15g fiber (2%)

Breakfast

590 cals, 37g protein, 14g net carbs, 39g fat



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals



[Basic scrambled eggs](#)

2 2/3 egg(s)- 190 cals



[Portabella breakfast sandwich](#)

1 sandwich(es)- 368 cals

Snacks

380 cals, 22g protein, 3g net carbs, 32g fat



[Cheese](#)

3 1/3 oz- 382 cals

Lunch

1130 cals, 154g protein, 7g net carbs, 53g fat



[Roasted tomatoes](#)

3 tomato(es)- 179 cals



[Basic chicken breast](#)

24 oz- 952 cals

Dinner

1175 cals, 182g protein, 4g net carbs, 47g fat



[Balsamic chicken breast](#)

28 oz- 1105 cals



[Olive oil drizzled broccoli](#)

1 cup(s)- 70 cals

Day 3

3298 cals ● 238g protein (29%) ● 241g fat (66%) ● 29g carbs (4%) ● 16g fiber (2%)

Breakfast

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



Bacon & egg sandwich

1 sandwich(es)- 442 cals



String cheese

2 stick(s)- 165 cals

Snacks

465 cals, 23g protein, 10g net carbs, 35g fat



Cucumber goat cheese bites

235 cals



Roasted peanuts

1/4 cup(s)- 230 cals

Lunch

1125 cals, 92g protein, 11g net carbs, 75g fat



Roast beef lettuce wrap

3 1/2 wrap(s)- 690 cals



Macadamia nuts

435 cals

Dinner

1100 cals, 76g protein, 3g net carbs, 86g fat



Buffalo drumsticks

16 oz- 934 cals



Buttered broccoli

1 1/4 cup(s)- 167 cals

Day 4

3280 cals ● 211g protein (26%) ● 249g fat (68%) ● 34g carbs (4%) ● 15g fiber (2%)

Breakfast

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



Bacon & egg sandwich

1 sandwich(es)- 442 cals



String cheese

2 stick(s)- 165 cals

Snacks

465 cals, 23g protein, 10g net carbs, 35g fat



Cucumber goat cheese bites

235 cals



Roasted peanuts

1/4 cup(s)- 230 cals

Lunch

1110 cals, 65g protein, 16g net carbs, 84g fat



Philly cheesesteak lettuce wrap

4 lettuce wrap(s)- 890 cals



Macadamia nuts

218 cals

Dinner

1100 cals, 76g protein, 3g net carbs, 86g fat



Buffalo drumsticks

16 oz- 934 cals



Buttered broccoli

1 1/4 cup(s)- 167 cals

Day 5

3260 cals ● 337g protein (41%) ● 187g fat (52%) ● 39g carbs (5%) ● 20g fiber (2%)

Breakfast

560 cals, 50g protein, 12g net carbs, 32g fat



Pumpkin seeds

183 cals



Simple sauteed spinach

149 cals



Tomato mushroom egg white omelet

229 cals

Snacks

465 cals, 23g protein, 10g net carbs, 35g fat



Cucumber goat cheese bites

235 cals



Roasted peanuts

1/4 cup(s)- 230 cals

Lunch

1080 cals, 156g protein, 8g net carbs, 45g fat



Buttered broccoli

1 3/4 cup(s)- 234 cals



Marinated chicken breast

24 oz- 848 cals

Dinner

1150 cals, 108g protein, 9g net carbs, 74g fat



Coriander and cumin rubbed pork chops

2 1/2 chop(s)- 1071 cals



Bacon cauliflower rice

1/2 cup(s)- 82 cals

Day 6

3214 cals ● 356g protein (44%) ● 178g fat (50%) ● 31g carbs (4%) ● 16g fiber (2%)

Breakfast

560 cals, 50g protein, 12g net carbs, 32g fat



Pumpkin seeds

183 cals



Simple sauteed spinach

149 cals



Tomato mushroom egg white omelet

229 cals

Snacks

420 cals, 41g protein, 3g net carbs, 27g fat



Boiled eggs

3 egg(s)- 208 cals



Ham, cheese, and spinach pockets

4 pocket(s)- 211 cals

Lunch

1080 cals, 156g protein, 8g net carbs, 45g fat



Buttered broccoli

1 3/4 cup(s)- 234 cals



Marinated chicken breast

24 oz- 848 cals

Dinner

1150 cals, 108g protein, 9g net carbs, 74g fat



Coriander and cumin rubbed pork chops

2 1/2 chop(s)- 1071 cals



Bacon cauliflower rice

1/2 cup(s)- 82 cals

Day 7

3254 cals ● 329g protein (40%) ● 191g fat (53%) ● 35g carbs (4%) ● 19g fiber (2%)

Breakfast

560 cals, 50g protein, 12g net carbs, 32g fat



Pumpkin seeds

183 cals



Simple sauteed spinach

149 cals



Tomato mushroom egg white omelet

229 cals

Snacks

420 cals, 41g protein, 3g net carbs, 27g fat



Boiled eggs

3 egg(s)- 208 cals



Ham, cheese, and spinach pockets

4 pocket(s)- 211 cals

Lunch

1155 cals, 87g protein, 16g net carbs, 79g fat



Garlic zucchini noodles

408 cals



Caprese chicken

10 oz- 746 cals

Dinner

1120 cals, 150g protein, 4g net carbs, 54g fat



Buttered broccoli

1 cup(s)- 134 cals



Goat cheese & spinach hasselback chicken

20 oz- 986 cals

Vegetables and Vegetable Products

- ☐ tomatoes
9 1/2 medium whole (2-3/5" dia) (1161g)
- ☐ portabella cap
4 piece whole (564g)
- ☐ frozen broccoli
9 1/2 cup (865g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (452g)
- ☐ romaine lettuce
1/6 head (122g)
- ☐ onion
1 medium (2-1/2" dia) (110g)
- ☐ bell pepper
2 small (148g)
- ☐ garlic
11 clove(s) (33g)
- ☐ fresh spinach
2 1/4 10oz package (636g)
- ☐ mushrooms
1 cup, pieces or slices (70g)
- ☐ zucchini
2 1/2 medium (490g)

Fats and Oils

- ☐ oil
1/4 lbs (138mL)
- ☐ olive oil
1/3 lbs (172mL)
- ☐ balsamic vinaigrette
1/2 cup (106mL)
- ☐ marinade sauce
1 1/2 cup (360mL)

Dairy and Egg Products

- ☐ eggs
20 medium (885g)
- ☐ cheese
2/3 lbs (312g)
- ☐ butter
1/2 cup (99g)
- ☐ goat cheese
1/2 lbs (241g)
- ☐ string cheese
4 stick (112g)
- ☐ provolone cheese
2 slice(s) (56g)
- ☐ egg whites
12 large (396g)

Fruits and Fruit Juices

- ☐ avocados
4 slices (100g)

Other

- ☐ mixed greens
1/2 cup (15g)
- ☐ italian seasoning
2 tsp (7g)
- ☐ Chicken, drumsticks, with skin
2 lbs (907g)
- ☐ frozen cauliflower
1 cup (113g)

Spices and Herbs

- ☐ black pepper
5 g (5g)
- ☐ salt
1/2 oz (16g)
- ☐ lemon pepper
1 3/4 tbsp (12g)
- ☐ dried dill weed
1 tbsp (3g)
- ☐ mustard
3 1/2 tsp (18g)
- ☐ ground coriander
2 1/2 tbsp (13g)
- ☐ ground cumin
2 1/2 tbsp (15g)
- ☐ paprika
1 1/4 tsp (3g)
- ☐ fresh basil
2 1/2 tbsp, chopped (7g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
11 1/2 lbs (5106g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/3 cup (79mL)
- ☐ pesto sauce
2 1/2 tbsp (40g)

Legumes and Legume Products

☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

☐ fresh mozzarella cheese
2 1/2 oz (71g)

Pork Products

☐ bacon
20 slice(s) (200g)

☐ pork loin chops, boneless, raw
5 chop (925g)

☐ bacon, raw
1 slice(s) (28g)

☐ roasted peanuts
3/4 cup (110g)

Sausages and Luncheon Meats

☐ roast beef cold cuts
14 oz (397g)

☐ ham cold cuts
8 slice (184g)

Nut and Seed Products

☐ Macadamia nuts, shelled, roasted
3 oz (85g)

☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)

Beef Products

☐ sirloin steak, raw
1/2 lbs (227g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

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

Basic scrambled eggs

2 2/3 egg(s) - 190 cals ● 15g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (3mL)

eggs

2 2/3 medium (117g)

For all 2 meals:

oil

1/2 tbsp (7mL)

eggs

5 1/3 medium (235g)

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.

Portabella breakfast sandwich

1 sandwich(es) - 368 cals ● 21g protein ● 24g fat ● 9g carbs ● 7g fiber



For single meal:

portabella cap
2 piece whole (282g)
bacon
4 slice(s) (40g)
avocados, thick
2 slices (50g)
mixed greens
4 tbsp (8g)

For all 2 meals:

portabella cap
4 piece whole (564g)
bacon
8 slice(s) (80g)
avocados, thick
4 slices (100g)
mixed greens
1/2 cup (15g)

1. Cook bacon according to package.
2. Remove grease from pan, and put mushroom caps, flat-side down, into pan and cook for a couple minutes.
3. Remove caps from pan and build the sandwich, using the caps as buns, and layering the avocado, greens, and bacon inside.
4. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

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.

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. This recipe has no instructions.

Simple sauteed spinach

149 cal ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

garlic, diced
3/4 clove (2g)
black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)

For all 3 meals:

garlic, diced
2 1/4 clove (7g)
black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
olive oil
2 1/4 tbsp (34mL)
fresh spinach
18 cup(s) (540g)

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.

Tomato mushroom egg white omelet

229 cal ● 36g protein ● 6g fat ● 6g carbs ● 1g fiber



For single meal:

tomatoes, chopped
1/2 small whole (2-2/5" dia) (46g)
mushrooms, chopped
1/3 cup, pieces or slices (23g)
eggs
1 large (50g)
egg whites
4 large (132g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
black pepper
2 dash, ground (1g)

For all 3 meals:

tomatoes, chopped
1 1/2 small whole (2-2/5" dia) (137g)
mushrooms, chopped
1 cup, pieces or slices (70g)
eggs
3 large (150g)
egg whites
12 large (396g)
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
black pepper
1/4 tbsp, ground (2g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

Lunch 1 [↗](#)

Eat on day 1, day 2

Roasted tomatoes

3 tomato(es) - 179 cal● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

tomatoes
3 small whole (2-2/5" dia) (273g)
oil
1 tbsp (15mL)

For all 2 meals:

tomatoes
6 small whole (2-2/5" dia) (546g)
oil
2 tbsp (30mL)

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.

Basic chicken breast

24 oz - 952 cal● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 1/2 tbsp (23mL)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)

For all 2 meals:

oil
3 tbsp (45mL)
boneless skinless chicken breast, raw
3 lbs (1344g)

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.

Lunch 2 [↗](#)

Eat on day 3

Roast beef lettuce wrap

3 1/2 wrap(s) - 690 cals ● 88g protein ● 32g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 wrap(s)

roast beef cold cuts
14 oz (397g)
mustard
3 1/2 tsp (18g)
cheese
1/2 cup, shredded (49g)
tomatoes, diced
1 3/4 plum tomato (109g)
romaine lettuce
3 1/2 leaf outer (98g)

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

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 3 [↗](#)

Eat on day 4

Philly cheesesteak lettuce wrap

4 lettuce wrap(s) - 890 cals ● 63g protein ● 62g fat ● 15g carbs ● 5g fiber



Makes 4 lettuce wrap(s)

oil

4 tsp (20mL)

italian seasoning

4 dash (2g)

provolone cheese

2 slice(s) (56g)

onion, sliced

1 medium (2-1/2" dia) (110g)

bell pepper, cut into strips

2 small (148g)

sirloin steak, raw, cut into strips

1/2 lbs (227g)

romaine lettuce

4 leaf inner (24g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
4. Scoop beef mixture into lettuce leaves and serve.

Macadamia nuts

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



Macadamia nuts, shelled, roasted

1 oz (28g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



For single meal:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

1 3/4 cup (159g)

butter

1 3/4 tbsp (25g)

For all 2 meals:

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.

Marinated chicken breast

24 oz - 848 cals ● 151g protein ● 25g fat ● 4g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

marinade sauce

3/4 cup (180mL)

For all 2 meals:

boneless skinless chicken breast, raw

3 lbs (1344g)

marinade sauce

1 1/2 cup (360mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
 2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
 3. BAKE
 4. Preheat the oven to 400 degrees F.
 5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
 6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
 7. BROIL/GRILL
 8. Preheat the oven to broil/grill.
 9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.
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Lunch 5 [🔗](#)

Eat on day 7

Garlic zucchini noodles

408 cals ● 6g protein ● 35g fat ● 11g carbs ● 6g fiber



olive oil

2 1/2 tbsp (38mL)

zucchini

2 1/2 medium (490g)

garlic, minced

1 1/4 clove (4g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. 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.

Caprese chicken

10 oz - 746 cals ● 81g protein ● 44g fat ● 6g carbs ● 2g fiber



Makes 10 oz

italian seasoning

5 dash (2g)

pesto sauce

2 1/2 tbsp (40g)

oil

1 1/4 tsp (6mL)

tomatoes, quartered

3 3/4 cherry tomatoes (64g)

fresh basil

2 1/2 tbsp, chopped (7g)

fresh mozzarella cheese, sliced

2 1/2 oz (71g)

boneless skinless chicken breast, raw

10 oz (280g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cheese

3 1/3 oz - 382 cals ● 22g protein ● 32g fat ● 3g carbs ● 0g fiber



For single meal:

cheese
1/4 lbs (95g)

For all 2 meals:

cheese
6 2/3 oz (189g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Cucumber goat cheese bites

235 cals ● 14g protein ● 17g fat ● 6g carbs ● 1g fiber



For single meal:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
goat cheese
2 oz (57g)
dried dill weed
1 tsp (1g)

For all 3 meals:

cucumber, sliced
1 1/2 cucumber (8-1/4") (452g)
goat cheese
6 oz (170g)
dried dill weed
1 tbsp (3g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 3 meals:

roasted peanuts
3/4 cup (110g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

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.

Ham, cheese, and spinach pockets

4 pocket(s) - 211 cals ● 22g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

fresh spinach
20 leaves (20g)
cheese
4 tbsp, shredded (28g)
ham cold cuts
4 slice (92g)

For all 2 meals:

fresh spinach
40 leaves (40g)
cheese
1/2 cup, shredded (56g)
ham cold cuts
8 slice (184g)

1. Lay a slice of ham down flat.
 2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
 3. Fold the other half over.
 4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.
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Dinner 1 [🔗](#)

Eat on day 1

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g 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)

olive oil

1/2 tbsp (8mL)

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

Lemon pepper chicken breast

28 oz - 1036 cals ● 178g protein ● 33g fat ● 5g carbs ● 3g fiber



Makes 28 oz

lemon pepper

1 3/4 tbsp (12g)

olive oil

2 1/2 tsp (13mL)

**boneless skinless chicken breast,
raw**

1 3/4 lbs (784g)

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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Dinner 2 [↗](#)

Eat on day 2

Balsamic chicken breast

28 oz - 1105 cals ● 179g protein ● 42g fat ● 2g carbs ● 0g fiber



Makes 28 oz

italian seasoning

1 tsp (3g)

oil

3 1/2 tsp (18mL)

balsamic vinaigrette

1/2 cup (105mL)

boneless skinless chicken breast, raw

1 3/4 lbs (794g)

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

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



Makes 1 cup(s)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

olive oil

1 tsp (5mL)

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 3, day 4

Buffalo drumsticks

16 oz - 934 cals ● 72g protein ● 71g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

2 2/3 tbsp (40mL)

oil

1/2 tbsp (8mL)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

Chicken, drumsticks, with skin

1 lbs (454g)

For all 2 meals:

Frank's Red Hot sauce

1/3 cup (80mL)

oil

1 tbsp (15mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

Chicken, drumsticks, with skin

2 lbs (907g)

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.

Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

5/8 dash (0g)

salt

5/8 dash (0g)

frozen broccoli

1 1/4 cup (114g)

butter

1 1/4 tbsp (18g)

For all 2 meals:

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

butter

2 1/2 tbsp (36g)

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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Dinner 4 [🔗](#)

Eat on day 5, day 6

Coriander and cumin rubbed pork chops

2 1/2 chop(s) - 1071 cals ● 103g protein ● 69g fat ● 7g carbs ● 4g fiber



For single meal:

black pepper

1/3 tsp (0g)

pork loin chops, boneless, raw

2 1/2 chop (463g)

olive oil, divided

2 1/2 tbsp (38mL)

ground coriander

1 1/4 tbsp (6g)

ground cumin

1 1/4 tbsp (8g)

salt

5 dash (4g)

garlic, minced

3 3/4 clove(s) (11g)

For all 2 meals:

black pepper

5 dash (1g)

pork loin chops, boneless, raw

5 chop (925g)

olive oil, divided

5 tbsp (75mL)

ground coriander

2 1/2 tbsp (13g)

ground cumin

2 1/2 tbsp (15g)

salt

1 1/4 tsp (8g)

garlic, minced

7 1/2 clove(s) (23g)

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.

Bacon cauliflower rice

1/2 cup(s) - 82 cals ● 5g protein ● 6g fat ● 2g carbs ● 1g fiber



For single meal:

frozen cauliflower

1/2 cup (57g)

bacon, raw

1/2 slice(s) (14g)

For all 2 meals:

frozen cauliflower

1 cup (113g)

bacon, raw

1 slice(s) (28g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Dinner 5 [🔗](#)

Eat on day 7

Buttered broccoli

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



Makes 1 cup(s)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

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

Goat cheese & spinach hasselback chicken

20 oz - 986 cal ● 147g protein ● 42g fat ● 2g carbs ● 2g fiber



Makes 20 oz

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

fresh spinach

2 cup(s) (56g)

cheese

2 1/2 tbsp, shredded (18g)

paprika

1 1/4 tsp (3g)

goat cheese

2 1/2 oz (71g)

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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