

Meal Plan - 3400 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

3406 cal ● 267g protein (31%) ● 240g fat (63%) ● 33g carbs (4%) ● 11g fiber (1%)

Breakfast

605 cal, 34g protein, 9g net carbs, 47g fat



[Cheese](#)
1 1/2 oz- 172 cal



[Basic scrambled eggs](#)
3 egg(s)- 213 cal



[Celery and peanut butter](#)
218 cal

Snacks

405 cal, 59g protein, 9g net carbs, 14g fat



[Tuna cucumber bites](#)
403 cal

Lunch

1175 cal, 84g protein, 12g net carbs, 86g fat



[Sauteed garlic & herb tomatoes](#)
191 cal



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



[Garlic zucchini noodles](#)
163 cal

Dinner

1225 cal, 91g protein, 3g net carbs, 94g fat



[Roasted tomatoes](#)
1 tomato(es)- 60 cal



[Buffalo drumsticks](#)
20 oz- 1167 cal

Day 2

3411 cal ● 257g protein (30%) ● 242g fat (64%) ● 37g carbs (4%) ● 14g fiber (2%)

Breakfast

605 cal, 34g protein, 9g net carbs, 47g fat



[Cheese](#)
1 1/2 oz- 172 cal



[Basic scrambled eggs](#)
3 egg(s)- 213 cal



[Celery and peanut butter](#)
218 cal

Snacks

405 cal, 59g protein, 9g net carbs, 14g fat



[Tuna cucumber bites](#)
403 cal

Lunch

1180 cal, 65g protein, 15g net carbs, 92g fat



[Bacon zucchini noodles](#)
488 cal



[Buttered broccoli](#)
1 1/3 cup(s)- 178 cal



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

Dinner

1225 cal, 99g protein, 4g net carbs, 89g fat



[Buffalo chicken wings](#)
26 2/3 oz- 1126 cal



[Simple sauteed spinach](#)
100 cal

Day 3

3344 cals ● 243g protein (29%) ● 240g fat (65%) ● 37g carbs (4%) ● 17g fiber (2%)

Breakfast

570 cals, 64g protein, 3g net carbs, 33g fat



Simple sauteed spinach

100 cals



Paleo beef & egg bowl

471 cals

Snacks

420 cals, 23g protein, 8g net carbs, 32g fat



Pumpkin seeds

183 cals



Cucumber goat cheese bites

235 cals

Lunch

1180 cals, 65g protein, 15g net carbs, 92g fat



Bacon zucchini noodles

488 cals



Buttered broccoli

1 1/3 cup(s)- 178 cals



Italian sausage

2 link- 514 cals

Dinner

1175 cals, 91g protein, 11g net carbs, 83g fat



Cooked peppers

3/4 bell pepper(s)- 90 cals



Cheesy zucchini noodles

524 cals



Basic ground turkey

12 oz- 563 cals

Day 4

3420 cals ● 272g protein (32%) ● 230g fat (60%) ● 34g carbs (4%) ● 32g fiber (4%)

Breakfast

570 cals, 64g protein, 3g net carbs, 33g fat



Simple sauteed spinach

100 cals



Paleo beef & egg bowl

471 cals

Snacks

420 cals, 23g protein, 8g net carbs, 32g fat



Pumpkin seeds

183 cals



Cucumber goat cheese bites

235 cals

Lunch

1240 cals, 94g protein, 17g net carbs, 78g fat



Avocado tuna salad

873 cals



Roasted almonds

3/8 cup(s)- 370 cals

Dinner

1190 cals, 92g protein, 6g net carbs, 88g fat



Simple salmon

15 oz- 962 cals



Parmesan zucchini noodles

227 cals

Day 5

3419 cals ● 327g protein (38%) ● 201g fat (53%) ● 36g carbs (4%) ● 39g fiber (5%)

Breakfast

570 cals, 64g protein, 3g net carbs, 33g fat



Simple sauteed spinach
100 cals



Paleo beef & egg bowl
471 cals

Snacks

410 cals, 14g protein, 8g net carbs, 32g fat



Pepper strips and guacamole (keto)
150 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

1240 cals, 94g protein, 17g net carbs, 78g fat



Avocado tuna salad
873 cals



Roasted almonds
3/8 cup(s)- 370 cals

Dinner

1195 cals, 156g protein, 7g net carbs, 59g fat



Bacon zucchini noodles
407 cals



Balsamic chicken breast
20 oz- 789 cals

Day 6

3373 cals ● 391g protein (46%) ● 177g fat (47%) ● 33g carbs (4%) ● 20g fiber (2%)

Breakfast

595 cals, 34g protein, 4g net carbs, 46g fat



Bacon avocado "toast"
2 slices- 276 cals



Basic fried eggs
4 egg(s)- 318 cals

Snacks

410 cals, 14g protein, 8g net carbs, 32g fat



Pepper strips and guacamole (keto)
150 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

1170 cals, 187g protein, 14g net carbs, 40g fat



Simple mixed greens salad
136 cals



Marinated chicken breast
29 1/3 oz- 1036 cals

Dinner

1195 cals, 156g protein, 7g net carbs, 59g fat



Bacon zucchini noodles
407 cals



Balsamic chicken breast
20 oz- 789 cals

Day 7

3401 cals ● 354g protein (42%) ● 195g fat (52%) ● 36g carbs (4%) ● 21g fiber (2%)

Breakfast

595 cals, 34g protein, 4g net carbs, 46g fat



[Bacon avocado "toast"](#)

2 slices- 276 cals



[Basic fried eggs](#)

4 egg(s)- 318 cals

Snacks

410 cals, 14g protein, 8g net carbs, 32g fat



[Pepper strips and guacamole \(keto\)](#)

150 cals



[Cheesy crisps and guac](#)

6 crisps- 261 cals

Lunch

1170 cals, 187g protein, 14g net carbs, 40g fat



[Simple mixed greens salad](#)

136 cals



[Marinated chicken breast](#)

29 1/3 oz- 1036 cals

Dinner

1225 cals, 118g protein, 11g net carbs, 77g fat



[Pork rinds and salsa](#)

405 cals



[Sugar-free bbq chicken wings](#)

21 1/3 oz- 819 cals

Dairy and Egg Products

- ☐ cheese
2/3 lbs (296g)
- ☐ eggs
22 medium (964g)
- ☐ butter
2 2/3 tbsp (38g)
- ☐ parmesan cheese
2 1/4 tbsp (11g)
- ☐ goat cheese
4 oz (113g)

Fats and Oils

- ☐ oil
3 oz (94mL)
- ☐ olive oil
6 1/2 tbsp (96mL)
- ☐ balsamic vinaigrette
10 tbsp (151mL)
- ☐ salad dressing
6 tbsp (90mL)
- ☐ marinade sauce
2 cup (439mL)

Vegetables and Vegetable Products

- ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ cucumber
2 3/4 cucumber (8-1/4") (828g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (495g)
- ☐ garlic
3 1/4 clove(s) (10g)
- ☐ zucchini
8 3/4 medium (1715g)
- ☐ frozen broccoli
2 2/3 cup (243g)
- ☐ fresh spinach
16 cup(s) (480g)
- ☐ bell pepper
3 large (480g)
- ☐ onion
1 small (70g)

Legumes and Legume Products

- ☐ peanut butter
4 tbsp (64g)

Spices and Herbs

- ☐ salt
11 3/4 g (12g)
- ☐ black pepper
1/8 oz (4g)
- ☐ dried dill weed
2 tsp (2g)

Other

- ☐ Chicken, drumsticks, with skin
1 1/4 lbs (567g)
- ☐ italian seasoning
3/8 container (.75 oz) (9g)
- ☐ Italian pork sausage, raw
4 link (430g)
- ☐ mixed greens
10 cup (300g)
- ☐ guacamole, store-bought
3/4 lbs (325g)
- ☐ pork rinds
2 1/3 oz (66g)
- ☐ sugar-free barbecue sauce
2 3/4 tbsp (40g)

Pork Products

- ☐ pork shoulder
1 lbs (453g)
- ☐ bacon, raw
11 slice(s) (312g)
- ☐ bacon
4 slice(s) (40g)

Poultry Products

- ☐ chicken wings, with skin, raw
3 lbs (1362g)
- ☐ ground turkey, raw
3/4 lbs (340g)
- ☐ boneless skinless chicken breast, raw
6 lbs (2777g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ almonds
13 1/4 tbsp, whole (119g)

Beef Products

Finfish and Shellfish Products

- ☐ canned tuna
7 can (1206g)
- ☐ salmon
15 oz (425g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/2 cup (118mL)
- ☐ salsa
9 1/3 tbsp (168g)

- ☐ ground beef (93% lean)
1 1/2 lbs (681g)

Fruits and Fruit Juices

- ☐ avocados
3 avocado(s) (603g)
 - ☐ lime juice
4 tsp (20mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Cheese

1 1/2 oz - 172 cals ● 10g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

cheese

1 1/2 oz (43g)

For all 2 meals:

cheese

3 oz (85g)

1. This recipe has no instructions.

Basic scrambled eggs

3 egg(s) - 213 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (4mL)

eggs

3 medium (132g)

For all 2 meals:

oil

1/2 tbsp (8mL)

eggs

6 medium (264g)

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.

Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

raw celery

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

peanut butter

2 tbsp (32g)

For all 2 meals:

raw celery

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

peanut butter

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

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.

Paleo beef & egg bowl

471 cals ● 60g protein ● 25g fat ● 1g carbs ● 0g fiber



For single meal:

ground beef (93% lean)

1/2 lbs (227g)

eggs

2 large (100g)

For all 3 meals:

ground beef (93% lean)

1 1/2 lbs (681g)

eggs

6 large (300g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Bacon avocado "toast"

2 slices - 276 cals ● 9g protein ● 23g fat ● 2g carbs ● 7g fiber



For single meal:

bacon

2 slice(s) (20g)

avocados

1/2 avocado(s) (101g)

For all 2 meals:

bacon

4 slice(s) (40g)

avocados

1 avocado(s) (201g)

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.

Basic fried eggs

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



For single meal:

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

For all 2 meals:

oil
2 tsp (10mL)
eggs
8 large (400g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Lunch 1 [↗](#)

Eat on day 1

Sauteed garlic & herb tomatoes

191 cals ● 2g protein ● 16g fat ● 8g carbs ● 3g fiber



black pepper
3/4 dash, ground (0g)
olive oil
1 tbsp (17mL)
garlic, minced
3/4 clove(s) (2g)
tomatoes
3/4 pint, cherry tomatoes (224g)
italian seasoning
1 tsp (4g)
salt
3 dash (2g)

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.

Slow cooker carnitas

16 oz - 820 cals ● 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.

Garlic zucchini noodles

163 cals ● 3g protein ● 14g fat ● 4g carbs ● 2g fiber



olive oil
1 tbsp (15mL)
zucchini
1 medium (196g)
garlic, minced
1/2 clove (2g)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Bacon zucchini noodles

488 cal ● 33g protein ● 35g fat ● 7g carbs ● 3g fiber



For single meal:

zucchini
1 1/2 medium (294g)
bacon, raw
3 slice(s) (85g)

For all 2 meals:

zucchini
3 medium (588g)
bacon, raw
6 slice(s) (170g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Buttered broccoli

1 1/3 cup(s) - 178 cal ● 4g protein ● 15g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper

2/3 dash (0g)

salt

2/3 dash (0g)

frozen broccoli

1 1/3 cup (121g)

butter

4 tsp (19g)

For all 2 meals:

black pepper

1 1/3 dash (0g)

salt

1 1/3 dash (1g)

frozen broccoli

2 2/3 cup (243g)

butter

2 2/3 tbsp (38g)

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

Italian sausage

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



For single meal:

Italian pork sausage, raw

2 link (215g)

For all 2 meals:

Italian pork sausage, raw

4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



For single meal:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
onion, minced
1/2 small (35g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)

For all 2 meals:

avocados
2 avocado(s) (402g)
lime juice
4 tsp (20mL)
salt
4 dash (2g)
black pepper
4 dash (0g)
mixed greens
4 cup (120g)
onion, minced
1 small (70g)
canned tuna
4 can (688g)
tomatoes
1 cup, chopped (180g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



For single meal:

almonds
6 2/3 tbsp, whole (60g)

For all 2 meals:

almonds
13 1/3 tbsp, whole (119g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

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

Marinated chicken breast

29 1/3 oz - 1036 cal ● 185g protein ● 31g fat ● 5g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
29 1/3 oz (821g)
marinade sauce
1 cup (220mL)

For all 2 meals:

boneless skinless chicken breast, raw
3 2/3 lbs (1643g)
marinade sauce
2 cup (440mL)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Tuna cucumber bites

403 cals ● 59g protein ● 14g fat ● 9g carbs ● 1g fiber



For single meal:

cucumber, sliced
7/8 cucumber (8-1/4") (263g)
canned tuna
3 1/2 packet (259g)

For all 2 meals:

cucumber, sliced
1 3/4 cucumber (8-1/4") (527g)
canned tuna
7 packet (518g)

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

Snacks 2 [↗](#)

Eat on day 3, day 4

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

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

1. This recipe has no instructions.

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 2 meals:

cucumber, sliced
1 cucumber (8-1/4") (301g)
goat cheese
4 oz (113g)
dried dill weed
2 tsp (2g)

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

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Pepper strips and guacamole (keto)

150 cals ● 3g protein ● 10g fat ● 6g carbs ● 6g fiber



For single meal:

bell pepper, sliced
1 medium (119g)
guacamole, store-bought
4 tbsp (62g)

For all 3 meals:

bell pepper, sliced
3 medium (357g)
guacamole, store-bought
3/4 cup (185g)

1. Slice the peppers and remove the seeds.
2. Spread the guacamole over the sliced peppers or just use them to dip into it.

Cheesy crisps and guac

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



For single meal:

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

For all 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.

Dinner 1 [↗](#)

Eat on day 1

Roasted tomatoes

1 tomato(es) - 60 cal● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Buffalo drumsticks

20 oz - 1167 cal● 90g protein ● 89g fat ● 1g carbs ● 0g fiber



Makes 20 oz

Frank's Red Hot sauce

3 1/3 tbsp (50mL)

oil

2 tsp (9mL)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

Chicken, drumsticks, with skin

1 1/4 lbs (567g)

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.

Dinner 2 [↗](#)

Eat on day 2

Buffalo chicken wings

26 2/3 oz - 1126 cals ● 95g protein ● 82g fat ● 1g carbs ● 0g fiber



Makes 26 2/3 oz

Frank's Red Hot sauce

1/4 cup (67mL)

chicken wings, with skin, raw

1 2/3 lbs (757g)

black pepper

3 1/3 dash, ground (1g)

salt

3 1/3 dash (2g)

oil

2 1/2 tsp (12mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Dinner 3 [↗](#)

Eat on day 3

Cooked peppers

3/4 bell pepper(s) - 90 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 3/4 bell pepper(s)

oil

1/2 tbsp (8mL)

bell pepper, seeded & cut into strips

3/4 large (123g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Cheesy zucchini noodles

524 cals ● 23g protein ● 44g fat ● 7g carbs ● 2g fiber



zucchini

1 medium (196g)

olive oil

1 tbsp (15mL)

parmesan cheese

1 tbsp (5g)

cheese

3/4 cup, shredded (85g)

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 zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and heat through until melted.
3. Remove from heat, top with parmesan, and serve.

Basic ground turkey

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



Makes 12 oz

oil

1/2 tbsp (8mL)

ground turkey, raw

3/4 lbs (340g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Dinner 4 [🔗](#)

Eat on day 4

Simple salmon

15 oz - 962 cals ● 87g protein ● 68g fat ● 0g carbs ● 0g fiber



Makes 15 oz

salmon

15 oz (425g)

oil

2 1/2 tsp (13mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Parmesan zucchini noodles

227 cals ● 5g protein ● 19g fat ● 6g carbs ● 3g fiber



zucchini

1 1/4 medium (245g)

olive oil

1 1/4 tbsp (19mL)

parmesan cheese

1 1/4 tbsp (6g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
 2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
 3. Top with parmesan cheese and serve.
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Dinner 5 [🔗](#)

Eat on day 5, day 6

Bacon zucchini noodles

407 cals ● 28g protein ● 29g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini
1 1/4 medium (245g)
bacon, raw
2 1/2 slice(s) (71g)

For all 2 meals:

zucchini
2 1/2 medium (490g)
bacon, raw
5 slice(s) (142g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Balsamic chicken breast

20 oz - 789 cals ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



For single meal:

italian seasoning
5 dash (2g)
oil
2 1/2 tsp (13mL)
balsamic vinaigrette
5 tbs (75mL)
boneless skinless chicken breast, raw
1 1/4 lbs (567g)

For all 2 meals:

italian seasoning
1 1/4 tsp (5g)
oil
5 tsp (25mL)
balsamic vinaigrette
10 tbs (150mL)
boneless skinless chicken breast, raw
2 1/2 lbs (1134g)

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.

Dinner 6 [🔗](#)

Eat on day 7

Pork rinds and salsa

405 cal ● 42g protein ● 21g fat ● 8g carbs ● 3g fiber



salsa

9 1/3 tbsp (168g)

pork rinds

2 1/3 oz (66g)

1. This recipe has no instructions.

Sugar-free bbq chicken wings

21 1/3 oz - 819 cal ● 76g protein ● 56g fat ● 3g carbs ● 0g fiber



Makes 21 1/3 oz

chicken wings, with skin, raw

1 1/3 lbs (605g)

sugar-free barbecue sauce

2 2/3 tbsp (40g)

1. Preheat oven to 400 F (200 C).
 2. Place wings on large baking sheet, and season with salt and pepper to taste.
 3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of its juices a couple times while it cooks in order to get crispier wings.
 4. Optional: When the chicken is getting close to being done, add the barbecue sauce to a saucepan and heat until warmed through.
 5. Take wings out of the oven when done and toss with the barbecue sauce to coat.
 6. Serve.
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