

Meal Plan - 3100 calorie intermittent fasting paleo 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

3094 cals ● 215g protein (28%) ● 207g fat (60%) ● 60g carbs (8%) ● 33g fiber (4%)

Lunch

1585 cals, 52g protein, 8g net carbs, 143g fat



[Lettuce bun BLT](#)
4 sandwich(es)- 1037 cals



[Pecans](#)
3/4 cup- 549 cals

Dinner

1510 cals, 163g protein, 52g net carbs, 64g fat



[Sweet potato medallions](#)
1 sweet potato- 309 cals



[Baked chicken with tomatoes & olives](#)
24 oz- 1198 cals

Day 2

3056 cals ● 412g protein (54%) ● 111g fat (33%) ● 66g carbs (9%) ● 35g fiber (5%)

Lunch

1520 cals, 199g protein, 59g net carbs, 46g fat



[Lemon pepper chicken breast](#)
29 1/3 oz- 1086 cals



[Broccoli](#)
3 cup(s)- 87 cals



[Sweet potato wedges](#)
347 cals

Dinner

1535 cals, 213g protein, 8g net carbs, 66g fat



[Garlic collard greens](#)
266 cals



[Basic chicken breast](#)
32 oz- 1270 cals

Day 3

3084 cals ● 204g protein (26%) ● 163g fat (48%) ● 168g carbs (22%) ● 32g fiber (4%)

Lunch

1510 cals, 92g protein, 83g net carbs, 83g fat



[Roasted rosemary sweet potatoes](#)
578 cals



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

Dinner

1575 cals, 112g protein, 86g net carbs, 80g fat



[Mashed sweet potatoes](#)
183 cals



[Orange & rosemary salmon](#)
18 oz- 1393 cals

Day 4

3120 cals ● 223g protein (29%) ● 173g fat (50%) ● 122g carbs (16%) ● 46g fiber (6%)

Lunch

1580 cals, 103g protein, 23g net carbs, 115g fat



[Salmon & coconut ginger broccoli](#)
15 oz salmon- 1580 cals

Dinner

1540 cals, 120g protein, 99g net carbs, 57g fat



[Sweet potato fries](#)
530 cals



[One pan roasted chicken & veggies](#)
745 cals



[Garlic collard greens](#)
266 cals

Day 5

3059 cals ● 254g protein (33%) ● 148g fat (44%) ● 127g carbs (17%) ● 50g fiber (7%)

Lunch

1555 cals, 140g protein, 113g net carbs, 50g fat



[Honey mustard chicken salad](#)
1385 cals



[Orange](#)
2 orange(s)- 170 cals

Dinner

1505 cals, 114g protein, 14g net carbs, 98g fat



[Simple salmon](#)
16 oz- 1027 cals



[Garlic collard greens](#)
478 cals

Day 6

3052 cals ● 232g protein (30%) ● 143g fat (42%) ● 169g carbs (22%) ● 40g fiber (5%)

Lunch

1555 cals, 140g protein, 113g net carbs, 50g fat



[Honey mustard chicken salad](#)
1385 cals



[Orange](#)
2 orange(s)- 170 cals

Dinner

1495 cals, 92g protein, 56g net carbs, 93g fat



[Slow-baked salmon with lemon and thyme](#)
14 oz- 938 cals



[Roasted rosemary sweet potatoes](#)
420 cals



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

Day 7

3078 cals ● 207g protein (27%) ● 194g fat (57%) ● 70g carbs (9%) ● 56g fiber (7%)

Lunch

1580 cals, 115g protein, 14g net carbs, 101g fat



[Avocado](#)
703 cals



[Buffalo chicken lettuce wrap](#)
4 wrap(s)- 878 cals

Dinner

1495 cals, 92g protein, 56g net carbs, 93g fat



[Slow-baked salmon with lemon and thyme](#)
14 oz- 938 cals



[Roasted rosemary sweet potatoes](#)
420 cals



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

Vegetables and Vegetable Products

- ☐ sweet potatoes
10 sweetpotato, 5" long (2099g)
- ☐ tomatoes
7 1/4 medium whole (2-3/5" dia) (889g)
- ☐ pickles
4 spear (140g)
- ☐ iceberg lettuce
8 slice(s) (280g)
- ☐ collard greens
3 lbs (1437g)
- ☐ garlic
9 1/2 clove(s) (29g)
- ☐ frozen broccoli
7 cup (637g)
- ☐ red bell pepper
5/8 medium (approx 2-3/4" long, 2-1/2 dia.) (74g)
- ☐ onion
1/3 medium (2-1/2" dia) (34g)
- ☐ zucchini
5/8 medium (123g)
- ☐ broccoli
15 1/3 oz (434g)
- ☐ fresh ginger
1 1/4 slices (1" dia) (3g)
- ☐ romaine lettuce
4 leaf outer (112g)

Fats and Oils

- ☐ oil
6 3/4 oz (205mL)
- ☐ olive oil
1/3 lbs (147mL)
- ☐ mayonnaise
4 tbsp (60mL)

Spices and Herbs

- ☐ salt
1 1/2 oz (43g)
- ☐ black pepper
1/3 oz (9g)
- ☐ chili powder
4 tsp (11g)
- ☐ fresh basil
24 leaves (12g)
- ☐ lemon pepper
2 tbsp (13g)
- ☐ rosemary, dried
1/3 oz (9g)

Fruits and Fruit Juices

- ☐ green olives
24 large (106g)
- ☐ orange
7 orange (1078g)
- ☐ lemon juice
1 fl oz (33mL)
- ☐ avocados
4 avocado(s) (787g)
- ☐ lemon
1 1/6 large (98g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
10 lbs (4411g)
- ☐ chicken thighs, with bone and skin, raw
13 1/3 oz (378g)

Pork Products

- ☐ bacon
12 slice(s) (120g)

Nut and Seed Products

- ☐ pecans
3/4 cup, halves (74g)
- ☐ coconut milk, canned
5/8 can (284mL)

Finfish and Shellfish Products

- ☐ salmon
5 lbs (2183g)

Sweets

- ☐ honey
6 1/2 oz (187g)

Other

- ☐ mixed greens
10 cup (300g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/3 cup (79mL)

- ☐ brown deli mustard
1 1/4 tbsp (19g)
 - ☐ thyme, dried
2 1/4 g (2g)
 - ☐ garlic powder
4 dash (2g)
 - ☐ paprika
4 dash (1g)
 - ☐ oregano, dried
1 tsp, ground (2g)
 - ☐ dijon mustard
1/2 cup (125g)
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Lunch 1 [↗](#)

Eat on day 1

Lettuce bun BLT

4 sandwich(es) - 1037 cals ● 45g protein ● 90g fat ● 5g carbs ● 7g fiber



Makes 4 sandwich(es)

pickles

4 spear (140g)

tomatoes

8 slice, medium (1/4" thick) (160g)

mayonnaise

4 tbsp (60mL)

bacon

12 slice(s) (120g)

iceberg lettuce

8 slice(s) (280g)

1. Cook bacon according to package.
2. Meanwhile, cut off two rounded edges of the iceberg lettuce to make two parts of the bun.
3. Spread mayo to the top iceberg slice.
4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

Pecans

3/4 cup - 549 cals ● 7g protein ● 53g fat ● 3g carbs ● 7g fiber



Makes 3/4 cup

pecans

3/4 cup, halves (74g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Lemon pepper chicken breast

29 1/3 oz - 1086 cals ● 186g protein ● 34g fat ● 5g carbs ● 3g fiber



Makes 29 1/3 oz

lemon pepper

2 tbsp (13g)

olive oil

1 tbsp (14mL)

boneless skinless chicken breast, raw

29 1/3 oz (821g)

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.

Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

frozen broccoli

3 cup (273g)

1. Prepare according to instructions on package.

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



oil

1 tbsp (15mL)

sweet potatoes, cut into wedges

1 1/3 sweetpotato, 5" long (280g)

salt

1/4 tbsp (4g)

black pepper

1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Lunch 3 [🔗](#)

Eat on day 3

Roasted rosemary sweet potatoes

578 cals ● 6g protein ● 26g fat ● 67g carbs ● 13g fiber



sweet potatoes, cut into 1" cubes

2 sweetpotato, 5" long (385g)

rosemary, dried

1 tbsp (3g)

olive oil

2 tbsp (28mL)

salt

1 tsp (6g)

black pepper

1 tsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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.

Lunch 4 [🔗](#)

Eat on day 4

Salmon & coconut ginger broccoli

15 oz salmon - 1580 cals ● 103g protein ● 115g fat ● 23g carbs ● 10g fiber



Makes 15 oz salmon

fresh ginger, peeled and thinly sliced

1 1/4 slices (1" dia) (3g)

coconut milk, canned

5/8 can (282mL)

broccoli, cut into florets

2 1/2 stalk (378g)

salmon

15 oz (425g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
 2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
 3. Plate salmon and broccoli. Serve.
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Lunch 5 [↗](#)

Eat on day 5, day 6

Honey mustard chicken salad

1385 cals ● 138g protein ● 50g fat ● 81g carbs ● 16g fiber



For single meal:

avocados, chopped

5/8 avocado(s) (126g)

tomatoes, sliced

10 tbsp, sliced (113g)

mixed greens

5 cup (150g)

boneless skinless chicken breast, raw

1 1/4 lbs (567g)

oil

1 tbsp (15mL)

honey

4 tbsp (85g)

dijon mustard

4 tbsp (62g)

For all 2 meals:

avocados, chopped

1 1/4 avocado(s) (251g)

tomatoes, sliced

1 1/4 cup, sliced (225g)

mixed greens

10 cup (300g)

boneless skinless chicken breast, raw

2 1/2 lbs (1134g)

oil

2 tbsp (30mL)

honey

1/2 cup (170g)

dijon mustard

1/2 cup (125g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange

2 orange (308g)

For all 2 meals:

orange

4 orange (616g)

1. This recipe has no instructions.

Lunch 6 [↗](#)

Eat on day 7

Avocado

703 cals ● 8g protein ● 59g fat ● 8g carbs ● 27g fiber



avocados

2 avocado(s) (402g)

lemon juice

2 tsp (10mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Buffalo chicken lettuce wrap

4 wrap(s) - 878 cals ● 107g protein ● 42g fat ● 6g carbs ● 12g fiber



Makes 4 wrap(s)

oil

2 tsp (10mL)

romaine lettuce

4 leaf outer (112g)

boneless skinless chicken breast, raw, cubed

16 oz (454g)

Frank's Red Hot sauce

1/3 cup (80mL)

black pepper

1/3 tsp, ground (1g)

salt

1/3 tsp (2g)

avocados, chopped

2/3 avocado(s) (134g)

tomatoes, halved

1/3 cup cherry tomatoes (50g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

Dinner 1 [🔗](#)

Eat on day 1

Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

sweet potatoes, sliced

1 sweet potato, 5" long (210g)

oil

1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Baked chicken with tomatoes & olives

24 oz - 1198 cals ● 160g protein ● 50g fat ● 16g carbs ● 12g fiber



Makes 24 oz

tomatoes

24 cherry tomatoes (408g)

olive oil

4 tsp (20mL)

salt

1 tsp (6g)

green olives

24 large (106g)

black pepper

1 tsp (1g)

chili powder

4 tsp (11g)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

fresh basil, shredded

24 leaves (12g)

1. Heat the oven to 425 F (220 C)
 2. Put chicken breast in a small baking dish.
 3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
 4. On top of the chicken put the tomato, basil, and olives.
 5. Put the baking dish in the oven and cook for about 25 minutes.
 6. Check the chicken is cooked through. If not then add a few minutes of cook time.
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Dinner 2 [↗](#)

Eat on day 2

Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



collard greens

13 1/3 oz (378g)

oil

2 1/2 tsp (13mL)

garlic, minced

2 1/2 clove(s) (8g)

salt

1/4 tsp (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Basic chicken breast

32 oz - 1270 cals ● 202g protein ● 52g fat ● 0g carbs ● 0g fiber



Makes 32 oz

oil

2 tbsp (30mL)

**boneless skinless chicken breast,
raw**

2 lbs (896g)

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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Dinner 3 [↗](#)

Eat on day 3

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



sweet potatoes

1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Orange & rosemary salmon

18 oz - 1393 cals ● 109g protein ● 80g fat ● 50g carbs ● 11g fiber



Makes 18 oz

salmon

3 fillet/s (6 oz each) (510g)

rosemary, dried

1/2 tbsp (2g)

orange

3 orange (462g)

lemon juice

1 1/2 tbsp (23mL)

olive oil

3/4 tbsp (11mL)

salt

1/4 tbsp (5g)

1. Season the salmon with salt.
 2. Put a skillet over medium-high heat and add the oil.
 3. Cook the salmon for 4-5 minutes on each side, set aside when done.
 4. Add the and rosemary to the skillet and cook for about a minute.
 5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
 6. Lower the heat to medium low until the liquid cooks down a bit.
 7. Put the salmon back in the skillet and spoon the sauce over the fillets.
 8. Serve.
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Dinner 4 [↗](#)

Eat on day 4

Sweet potato fries

530 cals ● 8g protein ● 14g fat ● 79g carbs ● 14g fiber



sweet potatoes, peeled

1 lbs (454g)

olive oil

1 tbsp (15mL)

garlic powder

4 dash (2g)

paprika

4 dash (1g)

salt

4 dash (3g)

black pepper

2 dash, ground (1g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

One pan roasted chicken & veggies

745 cals ● 101g protein ● 30g fat ● 12g carbs ● 7g fiber



boneless skinless chicken breast, raw

15 oz (425g)

oregano, dried

1 tsp, ground (2g)

red bell pepper, deseeded and sliced

5/8 medium (approx 2-3/4" long, 2-1/2 dia.) (74g)

tomatoes

5 tbsp cherry tomatoes (47g)

oil

1 1/4 tbsp (19mL)

onion, sliced

1/3 medium (2-1/2" dia) (34g)

zucchini, sliced

5/8 medium (123g)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

broccoli

10 tbsp chopped (57g)

1. Preheat oven to 500°F (260°C).
2. Chop all veggies into large pieces. Chop chicken into small cubes.
3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.

Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



collard greens
13 1/3 oz (378g)
oil
2 1/2 tsp (13mL)
garlic, minced
2 1/2 clove(s) (8g)
salt
1/4 tsp (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Dinner 5 [🔗](#)

Eat on day 5

Simple salmon

16 oz - 1027 cals ● 93g protein ● 73g fat ● 0g carbs ● 0g fiber



Makes 16 oz

salmon
16 oz (454g)
oil
1 tbsp (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.

Garlic collard greens

478 cals ● 21g protein ● 25g fat ● 14g carbs ● 28g fiber



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

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Dinner 6 [🔗](#)

Eat on day 6, day 7

Slow-baked salmon with lemon and thyme

14 oz - 938 cals ● 82g protein ● 66g fat ● 3g carbs ● 2g fiber



For single meal:

salmon, skin on
14 oz (397g)
oil
2 1/2 tsp (13mL)
thyme, dried
1/2 tsp, leaves (1g)
lemon, cut into wedges
5/8 large (49g)

For all 2 meals:

salmon, skin on
1 3/4 lbs (794g)
oil
1 3/4 tbsp (26mL)
thyme, dried
1 tsp, leaves (1g)
lemon, cut into wedges
1 1/6 large (98g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Roasted rosemary sweet potatoes

420 cals ● 5g protein ● 19g fat ● 49g carbs ● 10g fiber



For single meal:

sweet potatoes, cut into 1" cubes

1 1/3 sweetpotato, 5" long (280g)

rosemary, dried

2 tsp (2g)

olive oil

4 tsp (20mL)

salt

1/4 tbsp (4g)

black pepper

1/4 tbsp, ground (2g)

For all 2 meals:

sweet potatoes, cut into 1" cubes

2 2/3 sweetpotato, 5" long (560g)

rosemary, dried

4 tsp (4g)

olive oil

2 2/3 tbsp (40mL)

salt

1/2 tbsp (8g)

black pepper

1/2 tbsp, ground (3g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 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.
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