

# Meal Plan - 3500 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

3490 cals ● 225g protein (26%) ● 201g fat (52%) ● 131g carbs (15%) ● 65g fiber (7%)

### Lunch

1705 cals, 103g protein, 77g net carbs, 89g fat



[Honey dijon salmon](#)  
12 oz- 803 cals



[Garlic collard greens](#)  
637 cals



[Sweet potato fries](#)  
265 cals

### Dinner

1785 cals, 122g protein, 54g net carbs, 111g fat



[Sweet potato medallions](#)  
1 1/2 sweet potato- 464 cals



[Indian chicken wings](#)  
32 oz- 1320 cals

## Day 2

3554 cals ● 264g protein (30%) ● 187g fat (47%) ● 145g carbs (16%) ● 60g fiber (7%)

### Lunch

1775 cals, 113g protein, 113g net carbs, 87g fat



[Coriander and cumin rubbed pork chops](#)  
2 1/2 chop(s)- 1071 cals



[Sweet potato fries](#)  
706 cals

### Dinner

1775 cals, 152g protein, 32g net carbs, 100g fat



[Pumpkin seeds](#)  
183 cals



[Avocado tuna salad stuffed pepper](#)  
7 half pepper(s)- 1595 cals

## Day 3

3474 cals ● 287g protein (33%) ● 203g fat (53%) ● 55g carbs (6%) ● 69g fiber (8%)

### Lunch

1695 cals, 135g protein, 23g net carbs, 103g fat



[Avocado tuna salad](#)  
1309 cals



[Roasted almonds](#)  
1/2 cup(s)- 388 cals

### Dinner

1775 cals, 152g protein, 32g net carbs, 100g fat



[Pumpkin seeds](#)  
183 cals



[Avocado tuna salad stuffed pepper](#)  
7 half pepper(s)- 1595 cals

## Day 4

3509 cals ● 254g protein (29%) ● 139g fat (36%) ● 255g carbs (29%) ● 55g fiber (6%)

### Lunch

1740 cals, 195g protein, 111g net carbs, 49g fat



[Marinated chicken breast](#)

29 1/3 oz- 1036 cals



[Sweet potato fries](#)

706 cals

### Dinner

1765 cals, 60g protein, 144g net carbs, 90g fat



[Baked sweet potatoes](#)

3 sweet potato(s)- 647 cals



[Bratwurst skillet](#)

956 cals



[Sugar snap peas](#)

164 cals

## Day 5

3456 cals ● 251g protein (29%) ● 207g fat (54%) ● 89g carbs (10%) ● 60g fiber (7%)

### Lunch

1750 cals, 142g protein, 18g net carbs, 114g fat



[Garlic collard greens](#)

319 cals



[Roasted pepper stuffed chicken](#)

20 oz- 1429 cals

### Dinner

1710 cals, 108g protein, 71g net carbs, 92g fat



[Avocado](#)

351 cals



[Roasted almonds](#)

1/2 cup(s)- 499 cals



[Chicken-broccoli-sweet potato bowl](#)

858 cals

## Day 6

3540 cals ● 334g protein (38%) ● 201g fat (51%) ● 40g carbs (5%) ● 59g fiber (7%)

### Lunch

1815 cals, 117g protein, 19g net carbs, 125g fat



[Tomato and avocado salad](#)

235 cals



[Paleo ham, bacon, avocado lettuce wrap](#)

4 wrap(s)- 1582 cals

### Dinner

1725 cals, 217g protein, 21g net carbs, 76g fat



[Lemon pepper chicken breast](#)

28 oz- 1036 cals



[Bacon cauliflower rice](#)

2 1/2 cup(s)- 408 cals



[Garlic collard greens](#)

279 cals

Day 7

3540 cals ● 334g protein (38%) ● 201g fat (51%) ● 40g carbs (5%) ● 59g fiber (7%)

Lunch

1815 cals, 117g protein, 19g net carbs, 125g fat



Tomato and avocado salad  
235 cals



Paleo ham, bacon, avocado lettuce wrap  
4 wrap(s)- 1582 cals

Dinner

1725 cals, 217g protein, 21g net carbs, 76g fat



Lemon pepper chicken breast  
28 oz- 1036 cals



Bacon cauliflower rice  
2 1/2 cup(s)- 408 cals



Garlic collard greens  
279 cals

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## Vegetables and Vegetable Products

- ☐ sweet potatoes  
13 sweetpotato, 5" long (2698g)
- ☐ garlic  
19 clove(s) (57g)
- ☐ collard greens  
4 3/4 lbs (2155g)
- ☐ bell pepper  
8 large (1309g)
- ☐ onion  
2 3/4 medium (2-1/2" dia) (306g)
- ☐ tomatoes  
2 medium whole (2-3/5" dia) (258g)
- ☐ frozen sugar snap peas  
2 2/3 cup (384g)
- ☐ frozen broccoli  
3/4 package (213g)
- ☐ romaine lettuce  
8 leaf outer (224g)

## Fats and Oils

- ☐ oil  
1/2 cup (125mL)
- ☐ olive oil  
1/4 lbs (144mL)
- ☐ marinade sauce  
1 cup (221mL)

## Spices and Herbs

- ☐ curry powder  
3 tbsp (19g)
- ☐ salt  
1 1/2 oz (45g)
- ☐ dijon mustard  
2 tbsp (30g)
- ☐ garlic powder  
2 tsp (6g)
- ☐ paprika  
1 1/4 tbsp (9g)
- ☐ black pepper  
1/4 oz (6g)
- ☐ ground coriander  
1 1/4 tbsp (6g)
- ☐ ground cumin  
1 1/4 tbsp (8g)
- ☐ oregano, dried  
1 1/2 dash, ground (0g)
- ☐ lemon pepper  
1/4 cup (24g)

## Poultry Products

- ☐ chicken wings, with skin, raw  
2 lbs (908g)
- ☐ boneless skinless chicken breast, raw  
6 lbs (2725g)
- ☐ boneless chicken thighs, with skin  
1 1/4 lbs (568g)

## Finfish and Shellfish Products

- ☐ salmon  
2 fillet/s (6 oz each) (340g)
- ☐ canned tuna  
10 can (1720g)

## Sweets

- ☐ honey  
1 tbsp (21g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ almonds  
1 cup, whole (143g)

## Fruits and Fruit Juices

- ☐ avocados  
11 avocado(s) (2211g)
- ☐ lime juice  
2 1/2 fl oz (80mL)
- ☐ lemon juice  
1 tsp (5mL)

## Pork Products

- ☐ pork loin chops, boneless, raw  
2 1/2 chop (463g)
- ☐ bacon, raw  
5 slice(s) (142g)
- ☐ bacon  
16 slice(s) (160g)

## Other

- ☐ mixed greens  
3 cup (90g)
- ☐ roasted red peppers  
1 2/3 pepper(s) (117g)
- ☐ frozen cauliflower  
5 cup (567g)

## Sausages and Luncheon Meats

☐ bratwurst, pork, cooked  
9 1/4 oz (265g)

☐ ham cold cuts  
2 lbs (907g)

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## Lunch 1 [↗](#)

Eat on day 1

### Honey dijon salmon

12 oz - 803 cals ● 71g protein ● 49g fat ● 19g carbs ● 1g fiber



Makes 12 oz

**salmon**

2 fillet/s (6 oz each) (340g)

**dijon mustard**

2 tbsp (30g)

**honey**

1 tbsp (21g)

**garlic, minced**

1 clove (3g)

**olive oil**

2 tsp (10mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

### Garlic collard greens

637 cals ● 28g protein ● 34g fat ● 18g carbs ● 37g fiber

**collard greens**

2 lbs (907g)

**oil**

2 tbsp (30mL)

**garlic, minced**

6 clove(s) (18g)

**salt**

4 dash (3g)

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

## Sweet potato fries

265 cals ● 4g protein ● 7g fat ● 40g carbs ● 7g fiber



### sweet potatoes, peeled

1/2 lbs (227g)

### olive oil

1/2 tbsp (8mL)

### garlic powder

2 dash (1g)

### paprika

2 dash (1g)

### salt

2 dash (2g)

### black pepper

1 dash, ground (0g)

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.

## Lunch 2 [↗](#)

Eat on day 2

## Coriander and cumin rubbed pork chops

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



Makes 2 1/2 chop(s)

### 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)

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.

## Sweet potato fries

706 cals ● 10g protein ● 18g fat ● 106g carbs ● 19g fiber



**sweet potatoes, peeled**

1 1/3 lbs (605g)

**olive oil**

4 tsp (20mL)

**garlic powder**

1/4 tbsp (2g)

**paprika**

1/4 tbsp (2g)

**salt**

1/4 tbsp (4g)

**black pepper**

1/3 tsp, 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.

## Lunch 3 [🔗](#)

Eat on day 3

### Avocado tuna salad

1309 cals ● 122g protein ● 72g fat ● 17g carbs ● 25g fiber

**avocados**

1 1/2 avocado(s) (302g)

**lime juice**

1 tbsp (15mL)

**salt**

3 dash (1g)

**black pepper**

3 dash (0g)

**mixed greens**

3 cup (90g)

**onion, minced**

3/4 small (53g)

**canned tuna**

3 can (516g)

**tomatoes**

3/4 cup, chopped (135g)

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

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



Makes 1/2 cup(s)

**almonds**

1/2 cup, whole (63g)

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 4

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### Marinated chicken breast

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



Makes 29 1/3 oz

**boneless skinless chicken breast,  
raw**

29 1/3 oz (821g)

**marinade sauce**

1 cup (220mL)

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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### Sweet potato fries

706 cals ● 10g protein ● 18g fat ● 106g carbs ● 19g fiber

**sweet potatoes, peeled**

1 1/3 lbs (605g)

**olive oil**

4 tsp (20mL)

**garlic powder**

1/4 tbsp (2g)

**paprika**

1/4 tbsp (2g)

**salt**

1/4 tbsp (4g)

**black pepper**

1/3 tsp, 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.

## Lunch 5 [🔗](#)

Eat on day 5

### Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber

**collard greens**

1 lbs (454g)

**oil**

1 tbsp (15mL)

**garlic, minced**

3 clove(s) (9g)

**salt**

2 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.

### Roasted pepper stuffed chicken

20 oz - 1429 cals ● 128g protein ● 98g fat ● 9g carbs ● 1g fiber



Makes 20 oz

**oil**

2 1/2 tsp (13mL)

**paprika**

1/4 tbsp (2g)

**boneless chicken thighs, with skin**

1 1/4 lbs (568g)

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

1 2/3 pepper(s) (117g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

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## Lunch 6 [🔗](#)

Eat on day 6, day 7

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### Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**onion**

1 tbsp minced (15g)

**lime juice**

1 tbsp (15mL)

**avocados, cubed**

1/2 avocado(s) (101g)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**olive oil**

1/4 tbsp (4mL)

**garlic powder**

2 dash (1g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

For all 2 meals:

**onion**

2 tbsp minced (30g)

**lime juice**

2 tbsp (30mL)

**avocados, cubed**

1 avocado(s) (201g)

**tomatoes, diced**

1 medium whole (2-3/5" dia) (123g)

**olive oil**

1/2 tbsp (8mL)

**garlic powder**

4 dash (2g)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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### Paleo ham, bacon, avocado lettuce wrap

4 wrap(s) - 1582 cal ● 114g protein ● 107g fat ● 12g carbs ● 29g fiber





For single meal:

**romaine lettuce**  
4 leaf outer (112g)  
**bacon**  
8 slice(s) (80g)  
**ham cold cuts**  
1 lbs (454g)  
**avocados, sliced**  
2 avocado(s) (402g)

For all 2 meals:

**romaine lettuce**  
8 leaf outer (224g)  
**bacon**  
16 slice(s) (160g)  
**ham cold cuts**  
2 lbs (907g)  
**avocados, sliced**  
4 avocado(s) (804g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up. Serve.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Sweet potato medallions

1 1/2 sweet potato - 464 cals ● 5g protein ● 21g fat ● 54g carbs ● 10g fiber



Makes 1 1/2 sweet potato

**sweet potatoes, sliced**  
1 1/2 sweetpotato, 5" long (315g)  
**oil**  
1 1/2 tbsp (23mL)

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.

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### Indian chicken wings

32 oz - 1320 cals ● 117g protein ● 90g fat ● 0g carbs ● 10g fiber



Makes 32 oz

**curry powder**

3 tbsp (19g)

**salt**

2 tsp (12g)

**chicken wings, with skin, raw**

2 lbs (908g)

**oil**

1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

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## Dinner 2 [🔗](#)

Eat on day 2, day 3

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### 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.

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### Avocado tuna salad stuffed pepper

7 half pepper(s) - 1595 cals ● 143g protein ● 85g fat ● 29g carbs ● 35g fiber



For single meal:

**canned tuna, drained**  
3 1/2 can (602g)  
**avocados**  
1 3/4 avocado(s) (352g)  
**lime juice**  
3 1/2 tsp (18mL)  
**salt**  
1/2 tsp (1g)  
**black pepper**  
1/2 tsp (0g)  
**bell pepper**  
3 1/2 large (574g)  
**onion**  
7/8 small (61g)

For all 2 meals:

**canned tuna, drained**  
7 can (1204g)  
**avocados**  
3 1/2 avocado(s) (704g)  
**lime juice**  
2 1/3 tbsp (35mL)  
**salt**  
1 tsp (3g)  
**black pepper**  
1 tsp (1g)  
**bell pepper**  
7 large (1148g)  
**onion**  
1 3/4 small (123g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

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## Dinner 3 [🔗](#)

Eat on day 4

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### Baked sweet potatoes

3 sweet potato(s) - 647 cals ● 10g protein ● 11g fat ● 108g carbs ● 19g fiber



Makes 3 sweet potato(s)

**oil**  
3/4 tbsp (11mL)  
**oregano, dried**  
1 1/2 dash, ground (0g)  
**sweet potatoes**  
3 sweetpotato, 5" long (630g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. Option 1: Whole Sweet Potatoes: Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. Option 2: Cubed Sweet Potatoes: Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

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### Bratwurst skillet

956 cals ● 39g protein ● 78g fat ● 20g carbs ● 5g fiber



**bell pepper**  
1 3/4 cup, sliced (161g)  
**paprika**  
1/2 tsp (1g)  
**bratwurst, pork, cooked, cut into .5 inch slices**  
9 1/3 oz (265g)  
**onion**  
14 tbsp, sliced (101g)

1. Heat large skillet over medium heat. Add bratwurst slices. Cover and cook for about 5 minutes until browned. Remove and set aside.
2. Drain all but 1 tablespoon of drippings from the skillet.
3. Add peppers, onion, and paprika to the skillet. Cook for about 5 minutes, stirring frequently, until vegetables are tender.
4. Add bratwurst into skillet; stir.
5. Serve.

Sugar snap peas

164 cal ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

Dinner 4 [🔗](#)

Eat on day 5

Avocado

351 cal ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

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

Roasted almonds

1/2 cup(s) - 499 cal ● 17g protein ● 40g fat ● 7g carbs ● 10g fiber





Makes 1/2 cup(s)

**almonds**

1/2 cup, whole (80g)

1. This recipe has no instructions.

## Chicken-broccoli-sweet potato bowl

858 cals ● 87g protein ● 23g fat ● 59g carbs ● 17g fiber



**frozen broccoli**

3/4 package (213g)

**sweet potatoes, cut into bite-sized cubes**

1 1/2 sweetpotato, 5" long (315g)

**paprika**

1/4 tbsp (2g)

**boneless skinless chicken breast, raw, cut into bite-sized cubes**

3/4 lbs (336g)

**salt**

1/4 tbsp (5g)

**black pepper**

1/4 tbsp, ground (2g)

**olive oil**

1 tbsp (15mL)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Lemon pepper chicken breast

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



For single meal:

**lemon pepper**

1 3/4 tbsp (12g)

**olive oil**

2 1/2 tsp (13mL)

**boneless skinless chicken breast, raw**

1 3/4 lbs (784g)

For all 2 meals:

**lemon pepper**

1/4 cup (24g)

**olive oil**

1 3/4 tbsp (26mL)

**boneless skinless chicken breast, raw**

3 1/2 lbs (1568g)

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.

### Bacon cauliflower rice

2 1/2 cup(s) - 408 cals ● 27g protein ● 28g fat ● 9g carbs ● 3g fiber



For single meal:

**frozen cauliflower**

2 1/2 cup (284g)

**bacon, raw**

2 1/2 slice(s) (71g)

For all 2 meals:

**frozen cauliflower**

5 cup (567g)

**bacon, raw**

5 slice(s) (142g)

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.

### Garlic collard greens

279 cals ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



For single meal:

**collard greens**

14 oz (397g)

**oil**

2 1/2 tsp (13mL)

**garlic, minced**

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

**salt**

1/4 tsp (1g)

For all 2 meals:

**collard greens**

1 3/4 lbs (794g)

**oil**

1 3/4 tbsp (26mL)

**garlic, minced**

5 1/4 clove(s) (16g)

**salt**

1/2 tsp (3g)

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