

Meal Plan - 1900 calorie 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

1878 cals ● 151g protein (32%) ● 95g fat (46%) ● 82g carbs (17%) ● 23g fiber (5%)

Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



Bacon
4 slice(s)- 202 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

295 cals, 16g protein, 12g net carbs, 19g fat



Apple & almond butter
1/2 apple(s)- 158 cals



Boiled eggs
2 egg(s)- 139 cals

Lunch

655 cals, 52g protein, 38g net carbs, 29g fat



Pumpkin seeds
183 cals



Orange
2 orange(s)- 170 cals



Basic chicken & spinach salad
304 cals

Dinner

640 cals, 63g protein, 31g net carbs, 26g fat



Baked fries
193 cals



Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 2

1866 cals ● 130g protein (28%) ● 106g fat (51%) ● 79g carbs (17%) ● 20g fiber (4%)

Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



Bacon
4 slice(s)- 202 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

295 cals, 16g protein, 12g net carbs, 19g fat



Apple & almond butter
1/2 apple(s)- 158 cals



Boiled eggs
2 egg(s)- 139 cals

Lunch

655 cals, 52g protein, 38g net carbs, 29g fat



Pumpkin seeds
183 cals



Orange
2 orange(s)- 170 cals



Basic chicken & spinach salad
304 cals

Dinner

630 cals, 42g protein, 28g net carbs, 37g fat



Chicken thighs with lemon & olives
6 oz- 438 cals



Baked fries
193 cals

Day 3

1862 cals ● 146g protein (31%) ● 108g fat (52%) ● 58g carbs (12%) ● 20g fiber (4%)

Breakfast

285 cals, 28g protein, 7g net carbs, 15g fat



Scrambled egg whites
243 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

295 cals, 16g protein, 12g net carbs, 19g fat



Apple & almond butter
1/2 apple(s)- 158 cals



Boiled eggs
2 egg(s)- 139 cals

Lunch

650 cals, 59g protein, 10g net carbs, 38g fat



Simple sauteed spinach
149 cals



Garlic zucchini noodles
204 cals



Lemon pepper chicken breast
8 oz- 296 cals

Dinner

630 cals, 42g protein, 28g net carbs, 37g fat



Chicken thighs with lemon & olives
6 oz- 438 cals



Baked fries
193 cals

Day 4

1865 cals ● 197g protein (42%) ● 87g fat (42%) ● 49g carbs (10%) ● 24g fiber (5%)

Breakfast

285 cals, 28g protein, 7g net carbs, 15g fat



Scrambled egg whites
243 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

260 cals, 5g protein, 26g net carbs, 12g fat



Celery and almond butter
100 cals



Orange
1 orange(s)- 85 cals



Plantain chips
75 cals

Lunch

650 cals, 59g protein, 10g net carbs, 38g fat



Simple sauteed spinach
149 cals



Garlic zucchini noodles
204 cals



Lemon pepper chicken breast
8 oz- 296 cals

Dinner

670 cals, 105g protein, 5g net carbs, 22g fat



Curried pork chops
2 1/2 chop(s)- 598 cals



Broccoli
2 1/2 cup(s)- 73 cals

Day 5

1920 cals ● 189g protein (39%) ● 91g fat (43%) ● 59g carbs (12%) ● 26g fiber (5%)

Breakfast

340 cals, 22g protein, 8g net carbs, 22g fat



Roasted almonds
1/8 cup(s)- 111 cals



Dairy-free strawberry protein smoothie
230 cals

Snacks

260 cals, 5g protein, 26g net carbs, 12g fat



Celery and almond butter
100 cals



Orange
1 orange(s)- 85 cals



Plantain chips
75 cals

Lunch

650 cals, 58g protein, 19g net carbs, 35g fat



Cauliflower rice
2 cup(s)- 121 cals



Cuban Picadillo
527 cals

Dinner

670 cals, 105g protein, 5g net carbs, 22g fat



Curried pork chops
2 1/2 chop(s)- 598 cals



Broccoli
2 1/2 cup(s)- 73 cals

Day 6

1935 cals ● 129g protein (27%) ● 110g fat (51%) ● 79g carbs (16%) ● 29g fiber (6%)

Breakfast

340 cals, 22g protein, 8g net carbs, 22g fat



Roasted almonds
1/8 cup(s)- 111 cals



Dairy-free strawberry protein smoothie
230 cals

Snacks

290 cals, 6g protein, 27g net carbs, 15g fat



Orange
1 orange(s)- 85 cals



Kale chips
206 cals

Lunch

650 cals, 58g protein, 19g net carbs, 35g fat



Cauliflower rice
2 cup(s)- 121 cals



Cuban Picadillo
527 cals

Dinner

655 cals, 43g protein, 24g net carbs, 38g fat



Sunflower seeds
361 cals



Turkey-broccoli-sweet potato bowl
294 cals

Day 7

1873 cals ● 140g protein (30%) ● 106g fat (51%) ● 64g carbs (14%) ● 25g fiber (5%)

Breakfast

340 cals, 22g protein, 8g net carbs, 22g fat



Roasted almonds
1/8 cup(s)- 111 cals



Dairy-free strawberry protein smoothie
230 cals

Snacks

290 cals, 6g protein, 27g net carbs, 15g fat



Orange
1 orange(s)- 85 cals



Kale chips
206 cals

Lunch

585 cals, 70g protein, 4g net carbs, 31g fat



Garlic zucchini noodles
163 cals



Basic chicken breast
10 2/3 oz- 423 cals

Dinner

655 cals, 43g protein, 24g net carbs, 38g fat



Sunflower seeds
361 cals



Turkey-broccoli-sweet potato bowl
294 cals

Fruits and Fruit Juices

- apples
1 1/2 medium (3" dia) (273g)
- green olives
1/2 can (~6 oz) (110g)
- orange
8 orange (1232g)
- lemon
1/2 large (42g)
- frozen strawberries
1 cup, unthawed (148g)

Nut and Seed Products

- almond butter
1/4 lbs (124g)
- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- almonds
6 tbsp, whole (54g)
- sunflower kernels
4 oz (113g)

Dairy and Egg Products

- eggs
8 large (400g)
- egg whites
2 cup (486g)

Fats and Oils

- oil
1/4 lbs (105mL)
- olive oil
1/4 lbs (139mL)
- salad dressing
3 tbsp (45mL)

Vegetables and Vegetable Products

- potatoes
1 1/2 large (3" to 4-1/4" dia.) (554g)
- tomatoes
5 1/3 medium whole (2-3/5" dia) (653g)
- fresh spinach
16 cup(s) (480g)
- garlic
6 1/4 clove(s) (19g)
- zucchini
3 1/2 medium (686g)

Spices and Herbs

- salt
4 tsp (23g)
- black pepper
4 1/4 g (4g)
- chili powder
1/2 tbsp (4g)
- fresh basil
9 leaves (5g)
- rosemary
1/4 tbsp (1g)
- lemon pepper
1 tbsp (7g)
- curry powder
1 1/4 tsp (3g)
- ground cumin
1/4 tbsp (2g)
- paprika
2 dash (1g)

Poultry Products

- boneless skinless chicken breast, raw
3 lbs (1342g)
- chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)
- ground turkey, raw
1/2 lbs (227g)

Pork Products

- bacon
8 slice(s) (80g)
- pork chop, bone-in
5 chop (890g)

Soups, Sauces, and Gravies

- chicken broth
4 tbsp (60mL)

Snacks

- Plantain chips
1 oz (28g)

Beverages

- almond milk, unsweetened
1 1/2 cup(s) (360mL)

- raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- frozen broccoli
1 1/3 lbs (597g)
- tomato puree
6 oz (170g)
- bell pepper
3/4 medium (89g)
- onion
3/4 medium (2-1/2" dia) (83g)
- sweet potatoes
1 sweetpotato, 5" long (210g)
- kale leaves
2 bunch (340g)

- protein powder, vanilla
1 1/2 scoop (1/3 cup ea) (47g)
- water
1 cup(s) (235mL)

Other

- frozen cauliflower
4 cup (454g)

Beef Products

- ground beef (93% lean)
1 lbs (510g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Bacon

4 slice(s) - 202 cal ● 14g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

bacon
4 slice(s) (40g)

For all 2 meals:

bacon
8 slice(s) (80g)

1. Cook as desired or according to instructions on package.

Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 2 meals:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Scrambled egg whites

243 cal ● 26g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
egg whites
1 cup (243g)

For all 2 meals:

oil
2 tbsp (30mL)
egg whites
2 cup (486g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
 2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
 3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.
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Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 3 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.

Dairy-free strawberry protein smoothie

230 cal ● 18g protein ● 13g fat ● 7g carbs ● 4g fiber



For single meal:

frozen strawberries
1/3 cup, unthawed (49g)
almond milk, unsweetened
1/2 cup(s) (120mL)
protein powder, vanilla
1/2 scoop (1/3 cup ea) (16g)
almond butter
1 tbsp (16g)
water
1/3 cup(s) (78mL)

For all 3 meals:

frozen strawberries
1 cup, unthawed (148g)
almond milk, unsweetened
1 1/2 cup(s) (360mL)
protein powder, vanilla
1 1/2 scoop (1/3 cup ea) (47g)
almond butter
3 tbsp (48g)
water
1 cup(s) (235mL)

1. Put all ingredients into a blender and combine. Add water if needed to make the smoothie less thick.

Lunch 1 [↗](#)

Eat on day 1, day 2

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g 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.

Orange

2 orange(s) - 170 cal ● 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.

Basic chicken & spinach salad

304 cal ● 40g protein ● 14g fat ● 4g carbs ● 1g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
oil
1 tsp (5mL)
**boneless skinless chicken breast,
raw, chopped, cooked**
6 oz (170g)
fresh spinach
2 cup(s) (60g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
oil
2 tsp (10mL)
**boneless skinless chicken breast,
raw, chopped, cooked**
3/4 lbs (340g)
fresh spinach
4 cup(s) (120g)

1. Season chicken breasts with some salt and pepper.
 2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
 3. Arrange spinach and top with chicken.
 4. Drizzle dressing over top when serving.
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Lunch 2 [↗](#)

Eat on day 3, day 4

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 2 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.

Garlic zucchini noodles

204 cal ● 3g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

olive oil
1 1/4 tbsp (19mL)
zucchini
1 1/4 medium (245g)
garlic, minced
5/8 clove (2g)

For all 2 meals:

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.

Lemon pepper chicken breast

8 oz - 296 cal ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



For single meal:

lemon pepper

1/2 tbsp (3g)

olive oil

1/4 tbsp (4mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

For all 2 meals:

lemon pepper

1 tbsp (7g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1 lbs (448g)

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.

Lunch 3 [↗](#)

Eat on day 5, day 6

Cauliflower rice

2 cup(s) - 121 cal ● 2g protein ● 9g fat ● 6g carbs ● 2g fiber



For single meal:

oil

2 tsp (10mL)

frozen cauliflower

2 cup (227g)

For all 2 meals:

oil

4 tsp (20mL)

frozen cauliflower

4 cup (454g)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

Cuban Picadillo

527 cal ● 56g protein ● 26g fat ● 13g carbs ● 4g fiber



For single meal:

oil
1 tsp (6mL)
green olives
6 small (19g)
ground cumin
3 dash (1g)
tomato puree
3 oz (85g)
ground beef (93% lean)
1/2 lbs (255g)
bell pepper, chopped
3/8 medium (45g)
tomatoes, chopped
3/8 medium whole (2-3/5" dia) (46g)
garlic, minced
3/4 clove(s) (2g)
onion, chopped
3/8 medium (2-1/2" dia) (41g)

For all 2 meals:

oil
3/4 tbsp (11mL)
green olives
12 small (38g)
ground cumin
1/4 tbsp (2g)
tomato puree
6 oz (170g)
ground beef (93% lean)
1 lbs (510g)
bell pepper, chopped
3/4 medium (89g)
tomatoes, chopped
3/4 medium whole (2-3/5" dia) (92g)
garlic, minced
1 1/2 clove(s) (5g)
onion, chopped
3/4 medium (2-1/2" dia) (83g)

1. Heat oil in a skillet over medium heat. Add beef. Break apart and cook until browned, 8-10 minutes.
2. Stir in onion, garlic, bell pepper, tomato, and some salt and pepper. (Optional: add a splash of olive brine). Cook for 1-2 minutes.
3. Add in olives, cumin, tomato puree, and some salt. Bring to a simmer. Cover and cook for about 20 minutes until vegetables have softened. Serve.

Lunch 4 [↗](#)

Eat on day 7

Garlic zucchini noodles

163 cal ● 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.

Basic chicken breast

10 2/3 oz - 423 cal ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

oil

2 tsp (10mL)

**boneless skinless chicken breast,
raw**

2/3 lbs (299g)

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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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Apple & almond butter

1/2 apple(s) - 158 cal ● 4g protein ● 9g fat ● 12g carbs ● 4g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
almond butter
1 tbsp (16g)

For all 3 meals:

apples
1 1/2 medium (3" dia) (273g)
almond butter
3 tbsp (48g)

1. Slice an apple and spread almond butter evenly over each slice.
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Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 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.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Celery and almond butter

100 cals ● 3g protein ● 8g fat ● 2g carbs ● 2g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

almond butter

1/2 oz (14g)

For all 2 meals:

raw celery

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

almond butter

1 oz (28g)

1. Clean celery and slice to desired lengths
 2. Spread almond butter along center
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Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. This recipe has no instructions.
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Plantain chips

75 cals ● 0g protein ● 4g fat ● 9g carbs ● 1g fiber



For single meal:

Plantain chips

1/2 oz (14g)

For all 2 meals:

Plantain chips

1 oz (28g)

1. Approximately 3/4 cup = 1 oz
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Snacks 3 [↗](#)

Eat on day 6, day 7

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.
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Kale chips

206 cal ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

kale leaves
1 bunch (170g)
olive oil
1 tbsp (15mL)
salt
1 tsp (6g)

For all 2 meals:

kale leaves
2 bunch (340g)
olive oil
2 tbsp (30mL)
salt
2 tsp (12g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
 2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
 3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
 4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
 5. Spread the leaves over the baking sheet and sprinkle with salt.
 6. Bake about 10-15 minutes- until edges are browned but not burnt.
 7. Serve
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Dinner 1 [↗](#)

Eat on day 1

Baked fries

193 cal ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber

**oil**

1/2 tbsp (8mL)

potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Baked chicken with tomatoes & olives

9 oz - 449 cal ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

tomatoes

9 cherry tomatoes (153g)

olive oil

1/2 tbsp (8mL)

salt

3 dash (2g)

green olives

9 large (40g)

black pepper

3 dash (0g)

chili powder

1/2 tbsp (4g)

boneless skinless chicken breast, raw

1/2 lbs (255g)

fresh basil, shredded

9 leaves (5g)

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, day 3

Chicken thighs with lemon & olives

6 oz - 438 cal ● 39g protein ● 29g fat ● 3g carbs ● 2g fiber



For single meal:

chicken thighs, with bone and skin, raw

1 thigh (6 oz ea) (170g)

salt

1 dash (1g)

black pepper

2 dash, ground (1g)

garlic, minced

3/4 clove(s) (2g)

rosemary

3 dash (0g)

olive oil

3/8 tsp (2mL)

lemon

1/4 large (21g)

green olives

1/4 small can (~2 oz) (16g)

chicken broth

2 tbsp (30mL)

For all 2 meals:

chicken thighs, with bone and skin, raw

2 thigh (6 oz ea) (340g)

salt

2 dash (2g)

black pepper

4 dash, ground (1g)

garlic, minced

1 1/2 clove(s) (5g)

rosemary

1/4 tbsp (1g)

olive oil

1/4 tbsp (4mL)

lemon

1/2 large (42g)

green olives

1/2 small can (~2 oz) (32g)

chicken broth

4 tbsp (60mL)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

Baked fries

193 cal ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:

oil
1 tbsp (15mL)
potatoes
1 large (3" to 4-1/4" dia.) (369g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Dinner 3 [↗](#)

Eat on day 4, day 5

Curried pork chops

2 1/2 chop(s) - 598 cals ● 98g protein ● 22g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in
2 1/2 chop (445g)
curry powder
5 dash (1g)
olive oil
1 1/4 tsp (6mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

pork chop, bone-in
5 chop (890g)
curry powder
1 1/4 tsp (3g)
olive oil
2 1/2 tsp (13mL)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)

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

Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



For single meal:
frozen broccoli
2 1/2 cup (228g)

For all 2 meals:
frozen broccoli
5 cup (455g)

1. Prepare according to instructions on package.

Dinner 4 [↗](#)

Eat on day 6, day 7

Sunflower seeds

361 cal ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:
sunflower kernels
2 oz (57g)

For all 2 meals:
sunflower kernels
4 oz (113g)

1. This recipe has no instructions.

Turkey-broccoli-sweet potato bowl

294 cal ● 26g protein ● 10g fat ● 20g carbs ● 6g fiber



For single meal:

ground turkey, raw

4 oz (113g)

paprika

1 dash (0g)

sweet potatoes, cut into bite-sized cubes

1/2 sweetpotato, 5" long (105g)

frozen broccoli

1/4 package (71g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

olive oil

1/4 tsp (1mL)

For all 2 meals:

ground turkey, raw

1/2 lbs (227g)

paprika

2 dash (1g)

sweet potatoes, cut into bite-sized cubes

1 sweetpotato, 5" long (210g)

frozen broccoli

1/2 package (142g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

olive oil

1/2 tsp (3mL)

1. Preheat oven to 400 F (200 C)
 2. Coat the sweet potatoes with the oil, paprika, salt, and pepper.
 3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
 4. Meanwhile, cook the ground turkey in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
 5. Prepare the broccoli according to the instructions on its packaging.
 6. Once all items are prepared, bring the turkey, broccoli, and sweet potatoes together. Serve with some more salt and pepper.
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