Meal Plan - 2000 calorie paleo meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1982 cals ● 161g protein (33%) ● 105g fat (48%) ● 72g carbs (15%) ● 25g fiber (5%)

Breakfast

390 cals, 26g protein, 23g net carbs, 19g fat

Boiled eggs
4 egg(s)- 277 cals

Pear
1 pear(s)- 113 cals

Lunch

665 cals, 51g protein, 32g net carbs, 34g fat

Simple sardine salad
531 cals

Peach
2 peach(es)- 132 cals

Snacks

250 cals, 17g protein, 7g net carbs, 16g fat

Cherry tomatoes
12 cherry tomatoes- 42 cals

Sunflower seeds
135 cals

Pork rinds
1/2 oz- 75 cals

Dinner

675 cals, 68g protein, 10g net carbs, 36g fat

Paleo salsa verde chicken salad
677 cals

Day 2

1971 cals ● 213g protein (43%) ● 95g fat (43%) ● 45g carbs (9%) ● 22g fiber (4%)

Breakfast

390 cals, 26g protein, 23g net carbs, 19g fat

Boiled eggs
4 egg(s)- 277 cals

Pear
1 pear(s)- 113 cals

Lunch

650 cals, 102g protein, 5g net carbs, 24g fat

Lemon pepper chicken breast
16 oz- 592 cals

Roasted tomatoes
1 tomato(es)- 60 cals

Snacks

250 cals, 17g protein, 7g net carbs, 16g fat

Cherry tomatoes
12 cherry tomatoes- 42 cals

Sunflower seeds
135 cals

Pork rinds
1/2 oz- 75 cals

Dinner

675 cals, 68g protein, 10g net carbs, 36g fat

Paleo salsa verde chicken salad
677 cals

Day 3

2023 cals 152g protein (30%) 130g fat (58%) 35g carbs (7%) 26g fiber (5%)

Breakfast

335 cals, 19g protein, 4g net carbs, 25g fat

Avocado and bacon egg salad
333 cals

Lunch

695 cals, 48g protein, 9g net carbs, 47g fat

Pumpkin seeds
366 cals

Avocado tuna salad
327 cals

Snacks

250 cals, 17g protein, 7g net carbs, 16g fat

Cherry tomatoes
12 cherry tomatoes- 42 cals

Sunflower seeds
135 cals

Pork rinds
1/2 oz- 75 cals

Dinner

745 cals, 68g protein, 15g net carbs, 43g fat

Chicken beet & carrot salad bowl
562 cals

Pecans
1/4 cup- 183 cals

Day 4

1985 cals 154g protein (31%) 111g fat (50%) 63g carbs (13%) 31g fiber (6%)

Breakfast

335 cals, 19g protein, 4g net carbs, 25g fat

Avocado and bacon egg salad
333 cals

Lunch

660 cals, 44g protein, 17g net carbs, 40g fat

Peach
1 peach(es)- 66 cals

Paleo ham, bacon, avocado lettuce wrap
1 1/2 wrap(s)- 593 cals

Snacks

250 cals, 22g protein, 28g net carbs, 2g fat

Grapes
102 cals

Beef jerky
146 cals

Dinner

745 cals, 68g protein, 15g net carbs, 43g fat

Chicken beet & carrot salad bowl
562 cals

Pecans
1/4 cup- 183 cals

Day 5

2003 cals 138g protein (28%) 125g fat (56%) 54g carbs (11%) 27g fiber (5%)

Breakfast

335 cals, 19g protein, 4g net carbs, 25g fat

Avocado and bacon egg salad
333 cals

Lunch

660 cals, 44g protein, 17g net carbs, 40g fat

Peach
1 peach(es)- 66 cals

Paleo ham, bacon, avocado lettuce wrap
1 1/2 wrap(s)- 593 cals

Snacks

250 cals, 22g protein, 28g net carbs, 2g fat

Grapes
102 cals

Beef jerky
146 cals

Dinner

765 cals, 53g protein, 6g net carbs, 58g fat

Paleo chicken thighs and mushrooms
6 oz- 600 cals

Bacon cauliflower rice
1 cup(s)- 163 cals

Day 6

2000 cals 155g protein (31%) 94g fat (42%) 113g carbs (23%) 23g fiber (5%)

Breakfast

290 cals, 13g protein, 19g net carbs, 15g fat

Sweet potato breakfast skillet
226 cals

Peach
1 peach(es)- 66 cals

Lunch

710 cals, 57g protein, 82g net carbs, 13g fat

Mashed sweet potatoes
275 cals

Honey mustard chicken
8 oz- 437 cals

Snacks

235 cals, 33g protein, 5g net carbs, 8g fat

Carrot sticks
1 carrot(s)- 27 cals

Tuna pickle boats
12 pickle boat(s)- 207 cals

Dinner

765 cals, 53g protein, 6g net carbs, 58g fat

Paleo chicken thighs and mushrooms
6 oz- 600 cals

Bacon cauliflower rice
1 cup(s)- 163 cals

Day 7

1959 cals 180g protein (37%) 73g fat (34%) 122g carbs (25%) 25g fiber (5%)

Breakfast

290 cals, 13g protein, 19g net carbs, 15g fat

Sweet potato breakfast skillet
226 cals

Peach
1 peach(es)- 66 cals

Lunch

710 cals, 57g protein, 82g net carbs, 13g fat

Mashed sweet potatoes
275 cals

Honey mustard chicken
8 oz- 437 cals

Snacks

235 cals, 33g protein, 5g net carbs, 8g fat

Carrot sticks
1 carrot(s)- 27 cals

Tuna pickle boats
12 pickle boat(s)- 207 cals

Dinner

720 cals, 78g protein, 16g net carbs, 37g fat

Beets
4 beets- 96 cals

Basic ground turkey
13 1/3 oz- 625 cals

Grocery List

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Vegetables and Vegetable Products

- [ ] tomatoes
  7 medium whole (2-3/5" dia) (857g)
- [ ] onion
  1/6 small (13g)
- [ ] carrots
  3 1/4 medium (198g)
- [ ] beets, precooked (canned or refrigerated)
  1 lbs (484g)
- [ ] romaine lettuce
  3 leaf outer (84g)
- [ ] mushrooms
  1/2 lbs (227g)
- [ ] pickles
  12 medium (3" long) (336g)
- [ ] sweet potatoes
  3 1/3 sweetpotato, 5" long (697g)

Nut and Seed Products

- [ ] sunflower kernels
  2 1/4 oz (64g)
- [ ] roasted pumpkin seeds, unsalted
  1/4 lbs (103g)
- [ ] pecans
  1/2 cup, halves (50g)

Other

- [ ] pork rinds
  1 1/2 oz (43g)
- [ ] mixed greens
  10 1/4 cup (308g)
- [ ] vinaigrette, store-bought, any flavor
  3 tbsp (45mL)
- [ ] frozen cauliflower
  2 cup (227g)

Soups, Sauces, and Gravies

- [ ] salsa verde
  3 tbsp (48g)
- [ ] apple cider vinegar
  1 1/4 tsp (0mL)

Spices and Herbs

- [ ] ground cumin
  1 tbsp (6g)
- [ ] lemon pepper
  1 tbsp (7g)

Fruits and Fruit Juices

- [ ] avocados
  4 avocado(s) (828g)
- [ ] peach
  6 medium (2-2/3" dia) (900g)
- [ ] pears
  2 medium (356g)
- [ ] lime juice
  1/4 tbsp (4mL)
- [ ] grapes
  3 1/2 cup (322g)

Fats and Oils

- [ ] oil
  2 1/2 oz (77mL)
- [ ] olive oil
  2 oz (62mL)

Poultry Products

- [ ] boneless skinless chicken breast, raw
  4 1/2 lbs (2032g)
- [ ] chicken thighs, with bone and skin, raw
  2 thigh (6 oz ea) (340g)
- [ ] ground turkey, raw
  13 1/3 oz (378g)

Finfish and Shellfish Products

- [ ] sardines, canned in oil
  2 can (184g)
- [ ] canned tuna
  2 1/2 can (425g)

Dairy and Egg Products

- [ ] eggs
  15 large (750g)

Pork Products

- [ ] bacon
  10 slice(s) (100g)
- [ ] bacon, raw
  2 slice(s) (57g)

Snacks

- [ ] beef jerky
  4 oz (113g)

- [ ] salt
  1/2 tsp (2g)
- [ ] black pepper
  1/2 tsp (0g)
- [ ] thyme, dried
  5 dash, leaves (1g)
- [ ] garlic powder
  1 tsp (3g)
- [ ] dijon mustard
  3 tbsp (50g)

Sausages and Luncheon Meats

- [ ] ham cold cuts
  3/4 lbs (340g)

Beverages

- [ ] water
  1/2 cup(s) (119mL)

Sweets

- [ ] honey
  3 tbsp (68g)

Recipes

Breakfast 1

Eat on day 1, day 2

Boiled eggs

4 egg(s) - 277 cals 25g protein 19g fat 1g carbs 0g fiber

For single meal:

eggs
4 large (200g)

For all 2 meals:

eggs
8 large (400g)

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.

Pear

1 pear(s) - 113 cals 1g protein 0g fat 22g carbs 6g fiber

For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. This recipe has no instructions.

Breakfast 2

Eat on day 3, day 4, day 5

Avocado and bacon egg salad

333 cals 19g protein 25g fat 4g carbs 5g fiber

For single meal:

avocados
1/3 avocado(s) (67g)
eggs, hard-boiled and chilled
2 large (100g)
bacon
1 1/3 slice(s) (13g)
garlic powder
1/3 tsp (1g)
mixed greens
2/3 cup (20g)

For all 3 meals:

avocados
1 avocado(s) (201g)
eggs, hard-boiled and chilled
6 large (300g)
bacon
4 slice(s) (40g)
garlic powder
1 tsp (3g)
mixed greens
2 cup (60g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, garlic, and some salt in a bowl. Mash with a fork until fully combined.
4. Crumble the bacon and add in. Mix.
5. Serve on top of bed of greens.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Breakfast 3

Eat on day 6, day 7

Sweet potato breakfast skillet

226 cals 11g protein 15g fat 7g carbs 4g fiber

For single meal:

sweet potatoes
4 tbsp, cubes (33g)
eggs
1/2 large (25g)
olive oil
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
avocados, sliced
1/4 avocado(s) (50g)
boneless skinless chicken breast, raw
2 2/3 tbsp, chopped, cooked (30g)

For all 2 meals:

sweet potatoes
1/2 cup, cubes (67g)
eggs
1 large (50g)
olive oil
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
avocados, sliced
1/2 avocado(s) (101g)
boneless skinless chicken breast, raw
1/3 cup, chopped, cooked (60g)

1. Preheat the oven to 350 F (180 C).
2. In a small skillet add a little bit of the oil and when heated, add the cubed chicken. Cook until done, 7-10 minutes.
3. Meanwhile, preheat a separate, oven-proof, small skillet over medium-heat. When skillet is hot, add the oil and the sweet potato. Season with a small pinch of salt and pepper and stir occasionally until sweet potato is cooked through, about 5-7 minutes, depending on thickness.
4. When potato is cooked through, add the chicken and stir. Saute for another 1-2 minutes.
5. Move the potato mixture around to make a hole in the center of the skillet. Carefully crack the egg and drop it into the hole. Sprinkle the egg with a tiny bit of salt and pepper.
6. Carefully transfer the skillet to the oven and bake for about 5 minutes for a runny yolk. If you want the yolk to be harder, bake for 7-8 minutes.
7. Remove from the oven, transfer to plate and garnish with sliced avocado.

Peach

1 peach(es) - 66 cals 1g protein 0g fat 12g carbs 2g fiber

For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Lunch 1

Eat on day 1

Simple sardine salad

531 cals 48g protein 33g fat 8g carbs 2g fiber

vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)
mixed greens
3 cup (90g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Peach

2 peach(es) - 132 cals 3g protein 1g fat 24g carbs 5g fiber

Makes 2 peach(es)

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Lunch 2

Eat on day 2

Lemon pepper chicken breast

16 oz - 592 cals 102g protein 19g fat 3g carbs 2g fiber

Makes 16 oz

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.

Roasted tomatoes

1 tomato(es) - 60 cals 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.

Lunch 3

Eat on day 3

Pumpkin seeds

366 cals 18g protein 29g fat 5g carbs 4g fiber

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

1. This recipe has no instructions.

Avocado tuna salad

327 cals 30g protein 18g fat 4g carbs 6g fiber

avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
mixed greens
3/4 cup (23g)
onion, minced
1/6 small (13g)
canned tuna
3/4 can (129g)
tomatoes
3 tbsp, chopped (34g)

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.

Lunch 4

Eat on day 4, day 5

Peach

1 peach(es) - 66 cals 1g protein 0g fat 12g carbs 2g fiber

For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Paleo ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 593 cals 43g protein 40g fat 5g carbs 11g fiber

For single meal:

romaine lettuce
1 1/2 leaf outer (42g)
bacon
3 slice(s) (30g)
ham cold cuts
6 oz (170g)
avocados, sliced
3/4 avocado(s) (151g)

For all 2 meals:

romaine lettuce
3 leaf outer (84g)
bacon
6 slice(s) (60g)
ham cold cuts
3/4 lbs (340g)
avocados, sliced
1 1/2 avocado(s) (302g)

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.

Lunch 5

Eat on day 6, day 7

Mashed sweet potatoes

275 cals 5g protein 0g fat 54g carbs 9g fiber

For single meal:

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

For all 2 meals:

sweet potatoes
3 sweetpotato, 5" long (630g)

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.

Honey mustard chicken

8 oz - 437 cals 52g protein 12g fat 28g carbs 1g fiber

For single meal:

dijon mustard
5 tsp (25g)
honey
5 tsp (34g)
oil
1 tsp (6mL)
boneless skinless chicken breast, raw
1/2 lbs (227g)

For all 2 meals:

dijon mustard
3 tbsp (50g)
honey
3 tbsp (68g)
oil
2 1/2 tsp (12mL)
boneless skinless chicken breast, raw
1 lbs (454g)

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 honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
5. Remove from skillet and serve.

Snacks 1

Eat on day 1, day 2, day 3

Cherry tomatoes

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

For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 3 meals:

tomatoes
36 cherry tomatoes (612g)

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

Sunflower seeds

135 cals 6g protein 11g fat 2g carbs 2g fiber

For single meal:

sunflower kernels
3/4 oz (21g)

For all 3 meals:

sunflower kernels
2 1/4 oz (64g)

1. This recipe has no instructions.

Pork rinds

1/2 oz - 75 cals 9g protein 5g fat 0g carbs 0g fiber

For single meal:

pork rinds
1/2 oz (14g)

For all 3 meals:

pork rinds
1 1/2 oz (43g)

1. Enjoy.

Snacks 2

Eat on day 4, day 5

Grapes

102 cals 1g protein 1g fat 16g carbs 6g fiber

For single meal:

grapes
1 3/4 cup (161g)

For all 2 meals:

grapes
3 1/2 cup (322g)

1. This recipe has no instructions.

Beef jerky

146 cals 21g protein 2g fat 12g carbs 0g fiber

For single meal:

beef jerky
2 oz (57g)

For all 2 meals:

beef jerky
4 oz (113g)

1. This recipe has no instructions.

Snacks 3

Eat on day 6, day 7

Carrot sticks

1 carrot(s) - 27 cals 1g protein 0g fat 4g carbs 2g fiber

For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Tuna pickle boats

12 pickle boat(s) - 207 cals 32g protein 8g fat 1g carbs 2g fiber

For single meal:

canned tuna
2 packet (148g)
pickles
6 medium (3" long) (168g)

For all 2 meals:

canned tuna
4 packet (296g)
pickles
12 medium (3" long) (336g)

1. Slice pickles from base to tip and using a spoon, scrape out some of the seeds inside.
2. Liberally pack the tuna into the center.
3. Season with salt/pepper to taste.
4. Serve.

Dinner 1

Eat on day 1, day 2

Paleo salsa verde chicken salad

677 cals 68g protein 36g fat 10g carbs 9g fiber

For single meal:

tomatoes, chopped
3/4 roma tomato (60g)
salsa verde
1 1/2 tbsp (24g)
ground cumin
1/2 tbsp (3g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
avocados, sliced
3 slices (75g)
mixed greens
2 1/4 cup (68g)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (255g)

For all 2 meals:

tomatoes, chopped
1 1/2 roma tomato (120g)
salsa verde
3 tbsp (48g)
ground cumin
1 tbsp (6g)
roasted pumpkin seeds, unsalted
6 tbsp (44g)
avocados, sliced
6 slices (150g)
mixed greens
4 1/2 cup (135g)
oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (510g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. When chicken is cool enough to handle, chop it into bite-sized pieces.
3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Dinner 2

Eat on day 3, day 4

Chicken beet & carrot salad bowl

562 cals 66g protein 25g fat 14g carbs 4g fiber

For single meal:

boneless skinless chicken breast, raw, cubed
10 oz (280g)
apple cider vinegar
5/8 tsp (0mL)
thyme, dried
1/3 tsp, leaves (0g)
oil
1 1/4 tbsp (19mL)
carrots, thinly sliced
5/8 medium (38g)
beets, precooked (canned or refrigerated), cubed
5 oz (142g)

For all 2 meals:

boneless skinless chicken breast, raw, cubed
1 1/4 lbs (560g)
apple cider vinegar
1 1/4 tsp (0mL)
thyme, dried
5 dash, leaves (1g)
oil
2 1/2 tbsp (38mL)
carrots, thinly sliced
1 1/4 medium (76g)
beets, precooked (canned or refrigerated), cubed
10 oz (284g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Pecans

1/4 cup - 183 cals 2g protein 18g fat 1g carbs 2g fiber

For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.

Dinner 3

Eat on day 5, day 6

Paleo chicken thighs and mushrooms

6 oz - 600 cals 42g protein 46g fat 3g carbs 1g fiber

For single meal:

mushrooms, sliced 1/4 in thick
4 oz (113g)
black pepper
1 dash (0g)
chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)
olive oil
1 1/2 tbsp (23mL)
salt
1 dash (0g)
water
1/4 cup(s) (59mL)

For all 2 meals:

mushrooms, sliced 1/4 in thick
1/2 lbs (227g)
black pepper
2 dash (0g)
chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)
olive oil
3 tbsp (45mL)
salt
2 dash (1g)
water
1/2 cup(s) (119mL)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Bacon cauliflower rice

1 cup(s) - 163 cals 11g protein 11g fat 3g carbs 1g fiber

For single meal:

frozen cauliflower
1 cup (113g)
bacon, raw
1 slice(s) (28g)

For all 2 meals:

frozen cauliflower
2 cup (227g)
bacon, raw
2 slice(s) (57g)

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

Dinner 4

Eat on day 7

Beets

4 beets - 96 cals 3g protein 0g fat 16g carbs 4g fiber

Makes 4 beets

beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Basic ground turkey

13 1/3 oz - 625 cals 74g protein 36g fat 0g carbs 0g fiber

Makes 13 1/3 oz

oil
1/2 tbsp (8mL)
ground turkey, raw
13 1/3 oz (378g)

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.