

Meal Plan - 2100 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

2043 cals ● 135g protein (26%) ● 113g fat (50%) ● 80g carbs (16%) ● 42g fiber (8%)

Breakfast

400 cals, 13g protein, 5g net carbs, 33g fat



Avocado
176 cals



Sunflower seeds
226 cals

Snacks

230 cals, 6g protein, 14g net carbs, 15g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Kale chips
206 cals

Lunch

685 cals, 83g protein, 11g net carbs, 31g fat



Olive oil drizzled sugar snap peas
204 cals



Simple chicken breast
12 oz- 480 cals

Dinner

730 cals, 34g protein, 51g net carbs, 35g fat



Simple kale & avocado salad
345 cals



Garlic beef stuffed sweet potatoes
1 sweet potato(es)- 385 cals

Day 2

2054 cals ● 152g protein (30%) ● 127g fat (55%) ● 49g carbs (10%) ● 28g fiber (5%)

Breakfast

400 cals, 13g protein, 5g net carbs, 33g fat



Avocado
176 cals



Sunflower seeds
226 cals

Snacks

230 cals, 6g protein, 14g net carbs, 15g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Kale chips
206 cals

Lunch

685 cals, 83g protein, 11g net carbs, 31g fat



Olive oil drizzled sugar snap peas
204 cals



Simple chicken breast
12 oz- 480 cals

Dinner

740 cals, 51g protein, 19g net carbs, 49g fat



Pan roasted zucchini
277 cals



Chipotle honey pork chops
464 cals

Day 3

2053 cals ● 147g protein (29%) ● 130g fat (57%) ● 49g carbs (9%) ● 26g fiber (5%)

Breakfast

280 cals, 5g protein, 20g net carbs, 17g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Dark chocolate

4 square(s)- 239 cals

Snacks

280 cals, 8g protein, 13g net carbs, 20g fat



Walnuts

1/3 cup(s)- 219 cals



Cucumber slices

1 cucumber- 60 cals

Lunch

810 cals, 50g protein, 10g net carbs, 60g fat



Rotisserie chicken & tomato salad

514 cals



Roasted almonds

1/3 cup(s)- 296 cals

Dinner

685 cals, 85g protein, 7g net carbs, 32g fat



Olive oil drizzled broccoli

3 cup(s)- 209 cals



Balsamic chicken breast

12 oz- 473 cals

Day 4

2053 cals ● 147g protein (29%) ● 130g fat (57%) ● 49g carbs (9%) ● 26g fiber (5%)

Breakfast

280 cals, 5g protein, 20g net carbs, 17g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Dark chocolate

4 square(s)- 239 cals

Snacks

280 cals, 8g protein, 13g net carbs, 20g fat



Walnuts

1/3 cup(s)- 219 cals



Cucumber slices

1 cucumber- 60 cals

Lunch

810 cals, 50g protein, 10g net carbs, 60g fat



Rotisserie chicken & tomato salad

514 cals



Roasted almonds

1/3 cup(s)- 296 cals

Dinner

685 cals, 85g protein, 7g net carbs, 32g fat



Olive oil drizzled broccoli

3 cup(s)- 209 cals



Balsamic chicken breast

12 oz- 473 cals

Day 5

2111 cals ● 160g protein (30%) ● 112g fat (48%) ● 88g carbs (17%) ● 28g fiber (5%)

Breakfast

385 cals, 17g protein, 17g net carbs, 24g fat



Eggs with tomato and avocado
326 cals



Watermelon
6 oz- 61 cals

Snacks

285 cals, 29g protein, 6g net carbs, 15g fat



Tuna cucumber bites
173 cals



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

Lunch

725 cals, 65g protein, 60g net carbs, 19g fat



Baked chicken with tomatoes & olives
9 oz- 449 cals



Mashed sweet potatoes
275 cals

Dinner

715 cals, 49g protein, 5g net carbs, 54g fat



Simple salmon
8 oz- 513 cals



Garlic zucchini noodles
204 cals

Day 6

2115 cals ● 177g protein (34%) ● 121g fat (52%) ● 58g carbs (11%) ● 20g fiber (4%)

Breakfast

385 cals, 17g protein, 17g net carbs, 24g fat



Eggs with tomato and avocado
326 cals



Watermelon
6 oz- 61 cals

Snacks

285 cals, 29g protein, 6g net carbs, 15g fat



Tuna cucumber bites
173 cals



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

Lunch

725 cals, 82g protein, 30g net carbs, 28g fat



Grapefruit
1 grapefruit- 119 cals



Basic chicken & spinach salad
609 cals

Dinner

715 cals, 49g protein, 5g net carbs, 54g fat



Simple salmon
8 oz- 513 cals



Garlic zucchini noodles
204 cals

Day 7

2098 cals ● 209g protein (40%) ● 100g fat (43%) ● 69g carbs (13%) ● 21g fiber (4%)

Breakfast

385 cals, 17g protein, 17g net carbs, 24g fat



Eggs with tomato and avocado
326 cals



Watermelon
6 oz- 61 cals

Snacks

285 cals, 29g protein, 6g net carbs, 15g fat



Tuna cucumber bites
173 cals



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

Lunch

725 cals, 82g protein, 30g net carbs, 28g fat



Grapefruit
1 grapefruit- 119 cals



Basic chicken & spinach salad
609 cals

Dinner

700 cals, 81g protein, 16g net carbs, 33g fat



Cucumber slices
1/2 cucumber- 30 cals



Lemon garlic chicken zoodles
670 cals

Vegetables and Vegetable Products

- tomatoes
9 medium whole (2-3/5" dia) (1109g)
- kale leaves
2 3/4 bunch (468g)
- garlic
5 1/2 clove(s) (17g)
- sweet potatoes
2 1/2 sweetpotato, 5" long (525g)
- frozen sugar snap peas
3 1/3 cup (480g)
- zucchini
5 1/2 medium (1062g)
- cucumber
4 cucumber (8-1/4") (1242g)
- frozen broccoli
6 cup (546g)
- fresh spinach
8 cup(s) (240g)

Fats and Oils

- olive oil
6 1/2 oz (208mL)
- oil
2 oz (67mL)
- balsamic vinaigrette
6 tbsp (91mL)
- salad dressing
6 tbsp (90mL)

Spices and Herbs

- salt
1 oz (33g)
- garlic powder
1/2 tbsp (5g)
- black pepper
11 g (11g)
- oregano, dried
1/4 tbsp, ground (2g)
- chipotle seasoning
3 dash (1g)
- fresh basil
15 leaves (8g)
- chili powder
1/2 tbsp (4g)
- onion powder
1/3 tsp (1g)

Fruits and Fruit Juices

Beef Products

- ground beef (93% lean)
4 oz (114g)

Poultry Products

- boneless skinless chicken breast, raw
6 lbs (2624g)

Nut and Seed Products

- sunflower kernels
2 1/2 oz (71g)
- almonds
1 cup, whole (149g)
- walnuts
10 tbsp shelled (50 halves) (63g)

Dairy and Egg Products

- ghee
1/2 tbsp (7g)
- eggs
6 large (300g)
- butter
1 1/4 tbsp (18g)

Beverages

- water
3/4 tbsp (11mL)

Sweets

- honey
1/2 tbsp (11g)
- Chocolate, dark, 70-85%
8 square(s) (80g)

Pork Products

- pork loin chops, boneless, raw
1/2 lbs (212g)

Other

- rotisserie chicken, cooked
3/4 lbs (340g)
- italian seasoning
1/4 tbsp (3g)

Finfish and Shellfish Products

lemon
3/4 small (44g)

avocados
3 1/4 avocado(s) (653g)

lemon juice
1 fl oz (34mL)

Watermelon
18 oz (510g)

green olives
9 large (40g)

Grapefruit
2 large (approx 4-1/2" dia) (664g)

canned tuna
4 1/2 packet (333g)

salmon
1 lbs (453g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

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.

Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/4 oz (35g)

For all 2 meals:

sunflower kernels
2 1/2 oz (71g)

1. This recipe has no instructions.
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Breakfast 2 [↗](#)

Eat on day 3, day 4

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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Dark chocolate

4 square(s) - 239 cal ● 3g protein ● 17g fat ● 14g carbs ● 4g fiber



For single meal:

Chocolate, dark, 70-85%

4 square(s) (40g)

For all 2 meals:

Chocolate, dark, 70-85%

8 square(s) (80g)

1. This recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

tomatoes

2 slice(s), thick/large (1/2" thick)
(54g)

eggs

2 large (100g)

avocados, sliced

1/2 avocado(s) (101g)

salt

2 dash (1g)

black pepper

2 dash (0g)

fresh basil, chopped

2 leaves (1g)

For all 3 meals:

tomatoes

6 slice(s), thick/large (1/2" thick)
(162g)

eggs

6 large (300g)

avocados, sliced

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

salt

1/4 tbsp (2g)

black pepper

1/4 tbsp (1g)

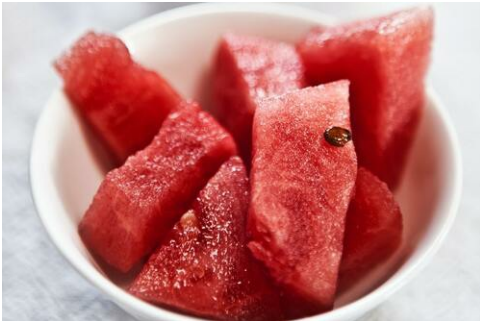
fresh basil, chopped

6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Watermelon

6 oz - 61 cals ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

Watermelon

6 oz (170g)

For all 3 meals:

Watermelon

18 oz (510g)

1. Slice watermelon and serve.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Olive oil drizzled sugar snap peas

204 cal ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



For single meal:

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen sugar snap peas

1 2/3 cup (240g)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

black pepper

1/3 tsp (0g)

salt

1/3 tsp (1g)

frozen sugar snap peas

3 1/3 cup (480g)

olive oil

5 tsp (25mL)

1. Prepare sugar snap peas according to instructions on package.
 2. Drizzle with olive oil and season with salt and pepper.
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Simple chicken breast

12 oz - 480 cal ● 76g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (336g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
olive oil
3/4 tbsp (11mL)
garlic powder
1 1/2 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
salt
1/2 tbsp (9g)
black pepper
1/2 tbsp, ground (3g)
olive oil
1 1/2 tbsp (23mL)
garlic powder
3 dash (1g)

1. First, rub the chicken with olive oil and seasonings. 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.
 13. **ALL**
 14. Finally (and this is important) let the chicken rest for at least 5 minutes before you cut it or all the juice you made the effort to keep in will come running right out, resulting in a flavorless, rubbery mass. When it comes to a juicy chicken breast, patience is a virtue.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Rotisserie chicken & tomato salad

514 cal ● 40g protein ● 37g fat ● 5g carbs ● 2g fiber



For single meal:

lemon juice

1 tsp (5mL)

olive oil

1 tbsp (15mL)

cucumber, sliced

1/4 cucumber (8-1/4") (75g)

tomatoes, cut into wedges

1/2 large whole (3" dia) (91g)

rotisserie chicken, cooked

6 oz (170g)

For all 2 meals:

lemon juice

2 tsp (10mL)

olive oil

2 tbsp (30mL)

cucumber, sliced

1/2 cucumber (8-1/4") (151g)

tomatoes, cut into wedges

1 large whole (3" dia) (182g)

rotisserie chicken, cooked

3/4 lbs (340g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

Roasted almonds

1/3 cup(s) - 296 cal ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



For single meal:

almonds

1/3 cup, whole (48g)

For all 2 meals:

almonds

2/3 cup, whole (95g)

1. This recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 5

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.

Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



sweet potatoes

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

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.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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Basic chicken & spinach salad

609 cal ● 80g protein ● 28g fat ● 7g carbs ● 3g fiber



For single meal:

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)

For all 2 meals:

salad dressing

6 tbsp (90mL)

oil

4 tsp (20mL)

**boneless skinless chicken breast,
raw, chopped, cooked**

1 1/2 lbs (680g)

fresh spinach

8 cup(s) (240g)

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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Snacks 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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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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Snacks 2 [↗](#)

Eat on day 3, day 4

Walnuts

1/3 cup(s) - 219 cal ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

5 tbsp shelled (50 halves) (31g)

For all 2 meals:

walnuts

10 tbsp shelled (50 halves) (63g)

1. This recipe has no instructions.
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Cucumber slices

1 cucumber - 60 cal ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber

1 cucumber (8-1/4") (301g)

For all 2 meals:

cucumber

2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Tuna cucumber bites

173 cal ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

cucumber, sliced
3/8 cucumber (8-1/4") (113g)
canned tuna
1 1/2 packet (111g)

For all 3 meals:

cucumber, sliced
1 cucumber (8-1/4") (339g)
canned tuna
4 1/2 packet (333g)

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

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.

Dinner 1 [↗](#)

Eat on day 1

Simple kale & avocado salad

345 cal ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



kale leaves, chopped
3/4 bunch (128g)
lemon, juiced
3/4 small (44g)
avocados, chopped
3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Garlic beef stuffed sweet potatoes

1 sweet potato(es) - 385 cal ● 27g protein ● 12g fat ● 37g carbs ● 6g fiber



Makes 1 sweet potato(es)

oil

1/4 tbsp (4mL)

garlic, minced

1/2 clove(s) (2g)

garlic powder

1 dash (0g)

ground beef (93% lean)

4 oz (114g)

sweet potatoes

1 sweetpotato, 5" long (210g)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add the ground beef and garlic powder. Break the beef apart and let it brown.
4. Once beef is fully cooked, split open sweet potatoes with a knife and stuff with the garlicky beef mixture. Serve.

Dinner 2 [↗](#)

Eat on day 2

Pan roasted zucchini

277 cal ● 5g protein ● 22g fat ● 10g carbs ● 6g fiber



zucchini

1 2/3 medium (327g)

black pepper

2 1/2 tsp, ground (6g)

oregano, dried

1 tsp, ground (2g)

garlic powder

1 tsp (3g)

salt

1 tsp (5g)

olive oil

5 tsp (25mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Chipotle honey pork chops

464 cal ● 46g protein ● 27g fat ● 9g carbs ● 0g fiber



ghee
1/2 tbsp (7g)
water
3/4 tbsp (11mL)
oil
1/2 tbsp (8mL)
chipotle seasoning
3 dash (1g)
honey
1/2 tbsp (11g)
pork loin chops, boneless, raw
1/2 lbs (212g)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Dinner 3 [↗](#)

Eat on day 3, day 4

Olive oil drizzled broccoli

3 cup(s) - 209 cal ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen broccoli
6 cup (546g)
olive oil
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Balsamic chicken breast

12 oz - 473 cal ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

For all 2 meals:

italian seasoning

1/4 tbsp (3g)

oil

1 tbsp (15mL)

balsamic vinaigrette

6 tbsp (90mL)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

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 4 [↗](#)

Eat on day 5, day 6

Simple salmon

8 oz - 513 cal ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

salmon

1/2 lbs (227g)

oil

1/2 tbsp (7mL)

For all 2 meals:

salmon

1 lbs (453g)

oil

2 2/3 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.

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.

Dinner 5 [↗](#)

Eat on day 7

Cucumber slices

1/2 cucumber - 30 cal ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



Makes 1/2 cucumber

cucumber
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

Lemon garlic chicken zoodles

670 cal ● 80g protein ● 33g fat ● 11g carbs ● 3g fiber



zucchini, spiralized

1 1/4 medium (245g)

oil

2 tsp (9mL)

lemon juice

1 1/4 tbsp (19mL)

onion powder

1/3 tsp (1g)

garlic powder

1/3 tsp (1g)

garlic, minced

3 3/4 clove(s) (11g)

butter

1 1/4 tbsp (18g)

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

3/4 lbs (336g)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
 2. In a small saucepan, cook the butter and garlic for 1-2 minutes. Stir in the garlic powder, onion powder, lemon juice, and a dash of salt. Once incorporated, turn off the heat and set the sauce aside.
 3. Heat oil in a skillet over medium heat and add the chicken. Stir occasionally and cook until it's golden brown and no longer pink in the middle.
 4. Pour about half of the sauce into the skillet and stir to coat the chicken. Transfer the chicken to a plate and set aside.
 5. Add the zucchini noodles to the skillet with the remaining sauce and saute for a couple of minutes until noodles are softened.
 6. Add noodles and chicken to a bowl and serve.
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