

# 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

2039 cals ● 135g protein (26%) ● 113g fat (50%) ● 79g carbs (16%) ● 41g 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

680 cals, 82g protein, 10g net carbs, 31g fat



[Olive oil drizzled sugar snap peas](#)  
204 cals



[Basic chicken breast](#)  
12 oz- 476 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

2050 cals ● 152g protein (30%) ● 127g fat (56%) ● 48g carbs (9%) ● 27g 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

680 cals, 82g protein, 10g net carbs, 31g fat



[Olive oil drizzled sugar snap peas](#)  
204 cals



[Basic chicken breast](#)  
12 oz- 476 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

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## 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

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## 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

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## Fruits and Fruit Juices

- ☐ lemon  
3/4 small (44g)
- ☐ avocados  
3 1/4 avocado(s) (653g)
- ☐ lemon juice  
1 fl oz (34mL)
- ☐ green olives  
9 large (40g)
- ☐ Watermelon  
18 oz (510g)
- ☐ Grapefruit  
2 large (approx 4-1/2" dia) (664g)

## Vegetables and Vegetable Products

- ☐ 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)
- ☐ tomatoes  
9 medium whole (2-3/5" dia) (1109g)
- ☐ 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

- ☐ oil  
3 oz (90mL)
- ☐ olive oil  
6 oz (185mL)
- ☐ balsamic vinaigrette  
6 tbsp (91mL)
- ☐ salad dressing  
6 tbsp (90mL)

## Spices and Herbs

- ☐ garlic powder  
1 1/4 tsp (4g)

## 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 (63g)

## 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)

## Dairy and Egg Products

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

## Other

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

## Finfish and Shellfish Products

- ☐ salt  
1 oz (24g)
  - ☐ black pepper  
1/4 oz (7g)
  - ☐ 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)
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- ☐ salmon  
1 lbs (453g)
- ☐ canned tuna  
4 1/2 packet (333g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Avocado

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



Translation missing:  
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#### lemon juice

1/2 tsp (3mL)

#### avocados

1/2 avocado(s) (101g)

For all 2 meals:

#### lemon juice

1 tsp (5mL)

#### avocados

1 avocado(s) (201g)

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 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



Translation missing:  
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#### sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

#### sunflower kernels

2 1/2 oz (71g)

1. The recipe has no instructions.

# Breakfast 2 [↗](#)

Eat on day 3 and day 4

## Cherry tomatoes

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



Translation missing:  
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**tomatoes**  
12 cherry tomatoes (204g)

For all 2 meals:  
**tomatoes**  
24 cherry tomatoes (408g)

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

## Dark chocolate

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



Translation missing:  
en.for\_single\_meal

**chocolate, dark, 70-85%**  
4 square(s) (40g)

For all 2 meals:  
**chocolate, dark, 70-85%**  
8 square(s) (80g)

1. The recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

### Eggs with tomato and avocado

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



Translation missing:  
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#### fresh basil, chopped

2 leaves (1g)

#### avocados, sliced

1/2 avocado(s) (101g)

#### tomatoes

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

#### black pepper

2 dash (0g)

#### eggs

2 large (100g)

#### salt

2 dash (1g)

For all 3 meals:

#### fresh basil, chopped

6 leaves (3g)

#### avocados, sliced

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

#### tomatoes

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

#### black pepper

1/4 tbsp (1g)

#### eggs

6 large (300g)

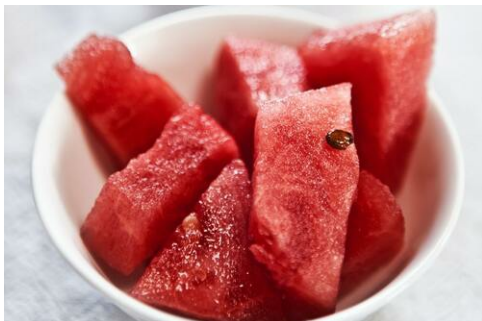
#### salt

1/4 tbsp (2g)

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



Translation missing:  
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#### Watermelon

6 oz (170g)

For all 3 meals:

#### Watermelon

18 oz (510g)

1. Slice watermelon and serve.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Olive oil drizzled sugar snap peas

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



Translation missing:  
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**olive oil**  
2 1/2 tsp (13mL)  
**frozen sugar snap peas**  
1 2/3 cup (240g)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash (0g)

For all 2 meals:

**olive oil**  
5 tsp (25mL)  
**frozen sugar snap peas**  
3 1/3 cup (480g)  
**salt**  
1/3 tsp (1g)  
**black pepper**  
1/3 tsp (0g)

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

### Basic chicken breast

12 oz - 476 cals ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



Translation missing:  
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**oil**  
3/4 tbsp (11mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)

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.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Rotisserie chicken & tomato salad

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



Translation missing:  
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**tomatoes, cut into wedges**  
1/2 large whole (3" dia) (91g)  
**lemon juice**  
1 tsp (5mL)  
**olive oil**  
1 tbsp (15mL)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**rotisserie chicken, cooked**  
6 oz (170g)

For all 2 meals:

**tomatoes, cut into wedges**  
1 large whole (3" dia) (182g)  
**lemon juice**  
2 tsp (10mL)  
**olive oil**  
2 tbsp (30mL)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**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 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Translation missing:  
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**almonds**  
1/3 cup, whole (48g)

For all 2 meals:

**almonds**  
2/3 cup, whole (95g)

1. The recipe has no instructions.

## 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

#### **fresh basil, shredded**

9 leaves (5g)

#### **boneless skinless chicken breast, raw**

1/2 lbs (255g)

#### **chili powder**

1/2 tbsp (4g)

#### **black pepper**

3 dash (0g)

#### **green olives**

9 large (40g)

#### **salt**

3 dash (2g)

#### **olive oil**

1/2 tbsp (8mL)

#### **tomatoes**

9 cherry tomatoes (153g)

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.

## Lunch 4 [🔗](#)

Eat on day 6 and day 7

### Grapefruit

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



Translation missing:  
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#### 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)

### Basic chicken & spinach salad

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



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

For all 2 meals:

**boneless skinless chicken breast, raw, chopped, cooked**  
1 1/2 lbs (680g)  
**salad dressing**  
6 tbsp (90mL)  
**oil**  
4 tsp (20mL)  
**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.



## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### Cherry tomatoes

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



Translation missing:  
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#### 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 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



Translation missing:  
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#### olive oil

1 tbsp (15mL)

#### kale leaves

1 bunch (170g)

#### salt

1 tsp (6g)

For all 2 meals:

#### olive oil

2 tbsp (30mL)

#### kale leaves

2 bunch (340g)

#### 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 and day 4

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### Walnuts

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



Translation missing:  
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**walnuts**  
5 tbsp, shelled (31g)

For all 2 meals:

**walnuts**  
10 tbsp, shelled (63g)

1. The recipe has no instructions.

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### Cucumber slices

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



Translation missing:  
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**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, and day 7

### Tuna cucumber bites

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



Translation missing:  
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**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 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Translation missing:  
en.for\_single\_meal

**almonds**  
2 tbsp, whole (18g)

For all 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Simple kale & avocado salad

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



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

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 cals ● 27g protein ● 12g fat ● 37g carbs ● 6g fiber



Makes 1 sweet potato(es)

### **garlic, minced**

1/2 clove(s) (2g)

### **oil**

1/4 tbsp (4mL)

### **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.

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## Dinner 2 [↗](#)

Eat on day 2

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### Pan roasted zucchini

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



### **olive oil**

5 tsp (25mL)

### **salt**

1 tsp (5g)

### **garlic powder**

1 tsp (3g)

### **oregano, dried**

1 tsp, ground (2g)

### **black pepper**

2 1/2 tsp, ground (6g)

### **zucchini**

1 2/3 medium (327g)

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.

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## Chipotle honey pork chops

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



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

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.

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## Dinner 3 [🔗](#)

Eat on day 3 and day 4

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### Olive oil drizzled broccoli

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



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

For all 2 meals:

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

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

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### Balsamic chicken breast

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



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**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.

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## Dinner 4 [🔗](#)

Eat on day 5 and day 6

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### Simple salmon

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



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**oil**

1/2 tbsp (7mL)

**salmon**

1/2 lbs (227g)

For all 2 meals:

**oil**

2 2/3 tsp (13mL)

**salmon**

16 oz (453g)

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.

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### Garlic zucchini noodles

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



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**garlic, minced**

5/8 clove (2g)

**zucchini**

1 1/4 medium (245g)

**olive oil**

1 1/4 tbsp (19mL)

For all 2 meals:

**garlic, minced**

1 1/4 clove (4g)

**zucchini**

2 1/2 medium (490g)

**olive oil**

2 1/2 tbsp (38mL)

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.

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## Dinner 5 [🔗](#)

Eat on day 7

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### Cucumber slices

1/2 cucumber - 30 cals ● 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.

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### Lemon garlic chicken zoodles

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



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

3/4 lbs (336g)

**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)

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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