

Meal Plan - 2200 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

2212 cals ● 149g protein (27%) ● 136g fat (55%) ● 73g carbs (13%) ● 25g fiber (5%)

Breakfast

360 cals, 35g protein, 9g net carbs, 19g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Paleo breakfast muffins](#)

3 muffin(s)- 349 cals

Snacks

265 cals, 16g protein, 7g net carbs, 18g fat



[Carrot sticks](#)

1 carrot(s)- 27 cals



[Celery and almond butter](#)

100 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Lunch

800 cals, 49g protein, 36g net carbs, 46g fat



[Salmon salad lettuce wrap](#)

629 cals



[Orange](#)

2 orange(s)- 170 cals

Dinner

785 cals, 49g protein, 21g net carbs, 53g fat



[Roasted carrots](#)

4 carrots(s)- 211 cals



[Paleo steak Bites](#)

8 oz(s)- 574 cals

Day 2

2202 cals ● 192g protein (35%) ● 103g fat (42%) ● 97g carbs (18%) ● 30g fiber (5%)

Breakfast

360 cals, 35g protein, 9g net carbs, 19g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Paleo breakfast muffins](#)

3 muffin(s)- 349 cals

Snacks

265 cals, 16g protein, 7g net carbs, 18g fat



[Carrot sticks](#)

1 carrot(s)- 27 cals



[Celery and almond butter](#)

100 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Lunch

800 cals, 49g protein, 36g net carbs, 46g fat



[Salmon salad lettuce wrap](#)

629 cals



[Orange](#)

2 orange(s)- 170 cals

Dinner

775 cals, 92g protein, 45g net carbs, 19g fat



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

776 cals

Day 3

2217 cal ● 192g protein (35%) ● 114g fat (46%) ● 75g carbs (13%) ● 32g fiber (6%)

Breakfast

380 cal, 30g protein, 4g net carbs, 26g fat



Bacon & egg cups
3 cup(s)- 360 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

265 cal, 16g protein, 7g net carbs, 18g fat



Carrot sticks
1 carrot(s)- 27 cal



Celery and almond butter
100 cal



Boiled eggs
2 egg(s)- 139 cal

Lunch

795 cal, 53g protein, 18g net carbs, 50g fat



Ham club lettuce wrap
2 wrap(s)- 468 cal



Mixed nuts
3/8 cup(s)- 327 cal

Dinner

775 cal, 92g protein, 45g net carbs, 19g fat



Pork-broccoli-sweet potato bowl
776 cal

Day 4

2212 cal ● 143g protein (26%) ● 139g fat (57%) ● 69g carbs (13%) ● 27g fiber (5%)

Breakfast

380 cal, 30g protein, 4g net carbs, 26g fat



Bacon & egg cups
3 cup(s)- 360 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

250 cal, 10g protein, 14g net carbs, 15g fat



Pumpkin seeds
183 cal



Peach
1 peach(es)- 66 cal

Lunch

795 cal, 53g protein, 18g net carbs, 50g fat



Ham club lettuce wrap
2 wrap(s)- 468 cal



Mixed nuts
3/8 cup(s)- 327 cal

Dinner

790 cal, 50g protein, 32g net carbs, 47g fat



Orange
1 orange(s)- 85 cal



Steak and beet salad
703 cal

Day 5

2214 cals ● 198g protein (36%) ● 95g fat (39%) ● 107g carbs (19%) ● 33g fiber (6%)

Breakfast

395 cals, 25g protein, 18g net carbs, 22g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Carrot sticks
4 carrot(s)- 108 cals

Snacks

250 cals, 10g protein, 14g net carbs, 15g fat



Pumpkin seeds
183 cals



Peach
1 peach(es)- 66 cals

Lunch

840 cals, 95g protein, 29g net carbs, 33g fat



Grapes
131 cals



Basic chicken & spinach salad
710 cals

Dinner

730 cals, 69g protein, 46g net carbs, 26g fat



Orange
2 orange(s)- 170 cals



Chicken beet & carrot salad bowl
562 cals

Day 6

2226 cals ● 160g protein (29%) ● 111g fat (45%) ● 108g carbs (19%) ● 38g fiber (7%)

Breakfast

395 cals, 25g protein, 18g net carbs, 22g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Carrot sticks
4 carrot(s)- 108 cals

Snacks

280 cals, 20g protein, 24g net carbs, 10g fat



Peach
2 peach(es)- 132 cals



Pork rinds
1 oz- 149 cals

Lunch

820 cals, 48g protein, 20g net carbs, 54g fat



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



Simple mixed greens and tomato salad
227 cals

Dinner

730 cals, 69g protein, 46g net carbs, 26g fat



Orange
2 orange(s)- 170 cals



Chicken beet & carrot salad bowl
562 cals

Day 7

2194 cal ● 173g protein (32%) ● 123g fat (50%) ● 69g carbs (13%) ● 30g fiber (5%)

Breakfast

395 cal, 25g protein, 18g net carbs, 22g fat



Basic scrambled eggs
4 egg(s)- 285 cal



Carrot sticks
4 carrot(s)- 108 cal

Snacks

280 cal, 20g protein, 24g net carbs, 10g fat



Peach
2 peach(es)- 132 cal



Pork rinds
1 oz- 149 cal

Lunch

820 cal, 48g protein, 20g net carbs, 54g fat



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



Simple mixed greens and tomato salad
227 cal

Dinner

700 cal, 81g protein, 7g net carbs, 37g fat



Parmesan zucchini noodles
227 cal



Balsamic chicken breast
12 oz- 473 cal

Vegetables and Vegetable Products

- carrots
21 medium (1279g)
- raw celery
2/3 bunch (348g)
- garlic
1 clove(s) (3g)
- romaine lettuce
15 leaf outer (420g)
- onion
3 medium (2-1/2" dia) (324g)
- red bell pepper
3/4 cup, chopped (112g)
- sweet potatoes
2 1/3 sweetpotato, 5" long (490g)
- frozen broccoli
1 1/6 package (331g)
- tomatoes
4 1/2 medium whole (2-3/5" dia) (548g)
- beets, precooked (canned or refrigerated)
3/4 lbs (359g)
- broccoli
3/4 cup chopped (68g)
- fresh spinach
4 2/3 cup(s) (140g)
- zucchini
1 1/4 medium (245g)

Nut and Seed Products

- almond butter
1 1/2 oz (43g)
- mixed nuts
3/4 cup (101g)
- roasted pumpkin seeds, unsalted
1/2 cup (59g)

Dairy and Egg Products

- eggs
31 1/2 medium (1392g)
- parmesan cheese
1 1/4 tbsp (6g)

Fats and Oils

- oil
1/4 lbs (107mL)
- mayonnaise
1/2 cup (120mL)

Beef Products

- sirloin steak, raw
1 lbs (439g)

Spices and Herbs

- black pepper
2 g (2g)
- salt
1/4 oz (6g)
- paprika
1/2 tsp (1g)
- dijon mustard
2 tbsp (30g)
- thyme, dried
5 dash, leaves (1g)

Finfish and Shellfish Products

- canned salmon
4 5oz can(s) (undrained) (568g)

Fruits and Fruit Juices

- orange
9 orange (1386g)
- avocados
2 1/2 avocado(s) (503g)
- peach
6 medium (2-2/3" dia) (900g)
- grapes
2 1/4 cup (207g)

Pork Products

- cooked ham
6 oz boneless (170g)
- pork tenderloin, raw
1 3/4 lbs (794g)
- bacon
12 slice(s) (120g)

Beverages

- water
1 1/2 tbsp (23mL)

Sausages and Luncheon Meats

- ham cold cuts
1 3/4 lbs (794g)

- olive oil
1 1/3 oz (42mL)
- salad dressing
1 cup (233mL)
- balsamic vinaigrette
3 tbsp (46mL)

Other

- mixed greens
11 1/4 cup (338g)
- pork rinds
2 oz (57g)
- italian seasoning
3 dash (1g)

Poultry Products

- boneless skinless chicken breast, raw
3 lbs (1297g)

Soups, Sauces, and Gravies

- apple cider vinegar
1 1/4 tsp (0mL)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Celery sticks

2 celery stalk - 13 cal ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

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

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Paleo breakfast muffins

3 muffin(s) - 349 cal ● 34g protein ● 19g fat ● 8g carbs ● 2g fiber



For single meal:

cooked ham, crumbled

3 oz boneless (85g)

water

3/4 tbsp (11mL)

black pepper

3/8 dash, ground (0g)

salt

3/4 dash (1g)

onion

6 tbsp, chopped (60g)

red bell pepper

6 tbsp, chopped (56g)

eggs

3 medium (132g)

For all 2 meals:

cooked ham, crumbled

6 oz boneless (170g)

water

1 1/2 tbsp (23mL)

black pepper

3/4 dash, ground (0g)

salt

1 1/2 dash (1g)

onion

3/4 cup, chopped (120g)

red bell pepper

3/4 cup, chopped (112g)

eggs

6 medium (264g)

1. Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper liners (for number of cups to grease, look at recipe serving details above).
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs. Pour egg mixture evenly into prepared muffin cups.
3. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Bacon & egg cups

3 cup(s) - 360 cal ● 29g protein ● 26g fat ● 2g carbs ● 0g fiber



For single meal:

bacon
3 slice(s) (30g)
eggs
3 large (150g)

For all 2 meals:

bacon
6 slice(s) (60g)
eggs
6 large (300g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

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.
-

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Basic scrambled eggs

4 egg(s) - 285 cal ● 22g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
4 medium (176g)

For all 3 meals:

oil
1 tbsp (15mL)
eggs
12 medium (528g)

1. Beat eggs in medium bowl until blended.
 2. Heat oil in large nonstick skillet over medium heat until hot.
 3. Pour in egg mixture.
 4. As eggs begin to set, scramble them.
 5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.
-

Carrot sticks

4 carrot(s) - 108 cal ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots
4 medium (244g)

For all 3 meals:

carrots
12 medium (732g)

1. Cut carrots into strips and serve.
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Salmon salad lettuce wrap

629 cal ● 46g protein ● 46g fat ● 5g carbs ● 3g fiber



For single meal:

romaine lettuce
4 leaf outer (112g)
black pepper
2 dash (0g)
salt
2 dash (1g)
canned salmon
2 5oz can(s) (undrained) (284g)
mayonnaise
4 tbsp (60mL)
raw celery, diced
2 stalk, small (5" long) (34g)
onion
2 tbsp minced (30g)

For all 2 meals:

romaine lettuce
8 leaf outer (224g)
black pepper
4 dash (0g)
salt
4 dash (2g)
canned salmon
4 5oz can(s) (undrained) (568g)
mayonnaise
1/2 cup (120mL)
raw celery, diced
4 stalk, small (5" long) (68g)
onion
4 tbsp minced (60g)

1. Drain salmon and discard any liquid.
2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
4. Roll up to create the wrap.
5. Serve.

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.
-

Lunch 2 [↗](#)

Eat on day 3, day 4

Ham club lettuce wrap

2 wrap(s) - 468 cals ● 43g protein ● 23g fat ● 11g carbs ● 10g fiber



For single meal:

dijon mustard
1 tbsp (15g)
romaine lettuce
2 leaf outer (56g)
ham cold cuts
1/2 lbs (227g)
onion
8 slices, thin (72g)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes
4 slice(s), thin/small (60g)

For all 2 meals:

dijon mustard
2 tbsp (30g)
romaine lettuce
4 leaf outer (112g)
ham cold cuts
1 lbs (454g)
onion
16 slices, thin (144g)
avocados, sliced
1 avocado(s) (201g)
tomatoes
8 slice(s), thin/small (120g)

1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

mixed nuts
6 tbsp (50g)

For all 2 meals:

mixed nuts
3/4 cup (101g)

1. This recipe has no instructions.
-

Lunch 3 [↗](#)

Eat on day 5

Grapes

131 cal ● 2g protein ● 1g fat ● 21g carbs ● 8g fiber



grapes
2 1/4 cup (207g)

1. This recipe has no instructions.

Basic chicken & spinach salad

710 cal ● 94g protein ● 32g fat ● 8g carbs ● 3g fiber



salad dressing
1/4 cup (52mL)
oil
3/4 tbsp (12mL)
**boneless skinless chicken breast,
raw, chopped, cooked**
14 oz (397g)
fresh spinach
4 2/3 cup(s) (140g)

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.
-

Lunch 4 [↗](#)

Eat on day 6, day 7

Paleo ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 593 cal ● 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.

Simple mixed greens and tomato salad

227 cal ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

salad dressing

1/4 cup (68mL)

mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

For all 2 meals:

salad dressing

1/2 cup (135mL)

mixed greens

9 cup (270g)

tomatoes

1 1/2 cup cherry tomatoes (224g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Carrot sticks

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



For single meal:

carrots

1 medium (61g)

For all 3 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.

Celery and almond butter

100 cal ● 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 3 meals:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

almond butter

1 1/2 oz (43g)

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

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.
-

Snacks 2 [↗](#)

Eat on day 4, day 5

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.

Peach

1 peach(es) - 66 cal ● 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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Peach

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



For single meal:

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

For all 2 meals:

peach
4 medium (2-2/3" dia) (600g)

1. This recipe has no instructions.

Pork rinds

1 oz - 149 cal ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds
1 oz (28g)

For all 2 meals:

pork rinds
2 oz (57g)

1. Enjoy.

Dinner 1 [↗](#)

Eat on day 1

Roasted carrots

4 carrot(s) - 211 cal ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrot(s)

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Paleo steak Bites

8 oz(s) - 574 cal ● 46g protein ● 43g fat ● 1g carbs ● 0g fiber



Makes 8 oz(s)

sirloin steak, raw

1/2 lbs (227g)

garlic, diced

1 clove(s) (3g)

oil

1 tbsp (15mL)

1. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
2. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
3. When steak is just about done, reduce heat to low and add in garlic. Let cook for about a minute until fragrant. stir around to coat the steak. Serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Pork-broccoli-sweet potato bowl

776 cal ● 92g protein ● 19g fat ● 45g carbs ● 13g fiber



For single meal:

paprika
1/4 tsp (1g)
sweet potatoes, cut into bite-sized cubes
1 1/6 sweetpotato, 5" long (245g)
frozen broccoli
5/8 package (166g)
salt
1/4 tsp (2g)
black pepper
1/4 tsp, ground (1g)
pork tenderloin, raw, cut into bite-sized cubes
14 oz (397g)
olive oil
3/4 tbsp (12mL)

For all 2 meals:

paprika
1/2 tsp (1g)
sweet potatoes, cut into bite-sized cubes
2 1/3 sweetpotato, 5" long (490g)
frozen broccoli
1 1/6 package (331g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
pork tenderloin, raw, cut into bite-sized cubes
1 3/4 lbs (794g)
olive oil
1 1/2 tbsp (23mL)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Dinner 3 [↗](#)

Eat on day 4

Orange

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

Makes 1 orange(s)



orange
1 orange (154g)

1. This recipe has no instructions.

Steak and beet salad

703 cal ● 48g protein ● 47g fat ● 16g carbs ● 5g fiber



oil
3/4 tbsp (11mL)
beets, precooked (canned or refrigerated), chopped
1 1/2 beets (2" dia, sphere) (75g)
salad dressing
3 tbsp (45mL)
broccoli
3/4 cup chopped (68g)
mixed greens
2 1/4 cup (68g)
sirloin steak, raw
1/2 lbs (213g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.

Dinner 4 [↗](#)

Eat on day 5, day 6

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.

Chicken beet & carrot salad bowl

562 cal ● 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.

Dinner 5 [↗](#)

Eat on day 7

Parmesan zucchini noodles

227 cal ● 5g protein ● 19g fat ● 6g carbs ● 3g fiber



zucchini

1 1/4 medium (245g)

olive oil

1 1/4 tbsp (19mL)

parmesan cheese

1 1/4 tbsp (6g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Balsamic chicken breast

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



Makes 12 oz

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

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.
-