# Meal Plan - 2300 calorie paleo meal plan



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

## Day 1

2252 cals ● 158g protein (28%) ● 125g fat (50%) ● 92g carbs (16%) ● 34g fiber (6%)

### Breakfast

390 cals, 17g protein, 16g net carbs, 25g fat

Eggs with tomato and avocado
326 cals

Peach
1 peach(es)- 66 cals

### Lunch

755 cals, 43g protein, 21g net carbs, 53g fat

Sweet potato medallions
1/2 sweet potato- 155 cals

Paleo chicken thighs and mushrooms
6 oz- 600 cals

### Snacks

325 cals, 15g protein, 4g net carbs, 24g fat

Avocado
176 cals

Boiled eggs
2 egg(s)- 139 cals

Celery sticks
1 1/2 celery stalk- 10 cals

### Dinner

780 cals, 83g protein, 51g net carbs, 22g fat

Marinaded chicken breast
12 oz- 424 cals

Mixed vegetables
1 cup(s)- 97 cals

Sweet potato wedges
261 cals

## Day 2

2252 cals ● 189g protein (33%) ● 117g fat (47%) ● 78g carbs (14%) ● 34g fiber (6%)

### Breakfast

390 cals, 17g protein, 16g net carbs, 25g fat

Eggs with tomato and avocado
326 cals

Peach
1 peach(es)- 66 cals

### Lunch

765 cals, 103g protein, 18g net carbs, 30g fat

Basic chicken breast
16 oz- 635 cals

Sweet potato wedges
130 cals

### Snacks

325 cals, 15g protein, 4g net carbs, 24g fat

Avocado
176 cals

Boiled eggs
2 egg(s)- 139 cals

Celery sticks
1 1/2 celery stalk- 10 cals

### Dinner

770 cals, 55g protein, 40g net carbs, 38g fat

Turkey-broccoli-sweet potato bowl
588 cals

Pecans
1/4 cup- 183 cals

## Day 3

2324 cals 218g protein (38%) 112g fat (43%) 69g carbs (12%) 42g fiber (7%)

### Breakfast

380 cals, 21g protein, 5g net carbs, 28g fat

Egg in an eggplant
361 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

### Snacks

315 cals, 29g protein, 37g net carbs, 3g fat

Peach
1 peach(es)- 66 cals

Carrot sticks
2 1/2 carrot(s)- 68 cals

Beef jerky
183 cals

### Lunch

825 cals, 105g protein, 9g net carbs, 37g fat

Lemon pepper chicken breast
16 oz- 592 cals

Tomato and avocado salad
235 cals

### Dinner

800 cals, 64g protein, 17g net carbs, 44g fat

Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals

Simple kale & avocado salad
115 cals

## Day 4

2321 cals 235g protein (41%) 107g fat (42%) 74g carbs (13%) 30g fiber (5%)

### Breakfast

380 cals, 21g protein, 5g net carbs, 28g fat

Egg in an eggplant
361 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

### Snacks

315 cals, 29g protein, 37g net carbs, 3g fat

Peach
1 peach(es)- 66 cals

Carrot sticks
2 1/2 carrot(s)- 68 cals

Beef jerky
183 cals

### Lunch

825 cals, 105g protein, 9g net carbs, 37g fat

Lemon pepper chicken breast
16 oz- 592 cals

Tomato and avocado salad
235 cals

### Dinner

795 cals, 81g protein, 23g net carbs, 39g fat

Chicken beet & carrot salad bowl
674 cals

Cauliflower rice
2 cup(s)- 121 cals

## Day 5

2271 cals 168g protein (30%) 120g fat (48%) 96g carbs (17%) 34g fiber (6%)

### Breakfast

350 cals, 18g protein, 4g net carbs, 27g fat

Pumpkin seeds
183 cals

Avocado and bacon egg salad
167 cals

### Lunch

810 cals, 60g protein, 38g net carbs, 39g fat

Chicken-broccoli-sweet potato bowl
477 cals

Roasted almonds
3/8 cup(s)- 333 cals

### Snacks

315 cals, 29g protein, 37g net carbs, 3g fat

Peach
1 peach(es)- 66 cals

Carrot sticks
2 1/2 carrot(s)- 68 cals

Beef jerky
183 cals

### Dinner

795 cals, 60g protein, 17g net carbs, 51g fat

Carrot fries
138 cals

Chicken thighs with lemon & olives
9 oz- 657 cals

## Day 6

2324 cals 154g protein (27%) 146g fat (57%) 64g carbs (11%) 34g fiber (6%)

### Breakfast

350 cals, 18g protein, 4g net carbs, 27g fat

Pumpkin seeds
183 cals

Avocado and bacon egg salad
167 cals

### Lunch

810 cals, 60g protein, 38g net carbs, 39g fat

Chicken-broccoli-sweet potato bowl
477 cals

Roasted almonds
3/8 cup(s)- 333 cals

### Snacks

370 cals, 16g protein, 5g net carbs, 29g fat

Celery and almond butter
100 cals

Almond protein balls
2 ball(s)- 270 cals

### Dinner

795 cals, 60g protein, 17g net carbs, 51g fat

Carrot fries
138 cals

Chicken thighs with lemon & olives
9 oz- 657 cals

# Day 7

2279 cals ● 176g protein (31%) ● 146g fat (58%) ● 38g carbs (7%) ● 27g fiber (5%)

## Breakfast

350 cals, 18g protein, 4g net carbs, 27g fat

Pumpkin seeds
183 cals

Avocado and bacon egg salad
167 cals

## Lunch

770 cals, 58g protein, 7g net carbs, 54g fat

Pecans
1/2 cup- 366 cals

Basic chicken & spinach salad
406 cals

## Snacks

370 cals, 16g protein, 5g net carbs, 29g fat

Celery and almond butter
100 cals

Almond protein balls
2 ball(s)- 270 cals

## Dinner

790 cals, 84g protein, 21g net carbs, 37g fat

Simple mixed greens and tomato salad
189 cals

Baked chicken with tomatoes & olives
12 oz- 599 cals

# Grocery List

## Fruits and Fruit Juices

- [ ] avocados
  4 1/2 avocado(s) (905g)
- [ ] lemon juice
  1 tsp (5mL)
- [ ] peach
  5 medium (2-2/3" dia) (750g)
- [ ] lime juice
  1 1/4 fl oz (38mL)
- [ ] lemon
  1 large (78g)
- [ ] green olives
  1/2 can (~6 oz) (101g)

## Dairy and Egg Products

- [ ] eggs
  17 large (850g)

## Vegetables and Vegetable Products

- [ ] raw celery
  5 stalk, medium (7-1/2" - 8" long) (200g)
- [ ] frozen mixed veggies
  1 cup (135g)
- [ ] sweet potatoes
  4 2/3 sweetpotato, 5" long (980g)
- [ ] mushrooms
  4 oz (113g)
- [ ] tomatoes
  6 medium whole (2-3/5" dia) (732g)
- [ ] frozen broccoli
  1 1/3 package (379g)
- [ ] onion
  1/2 medium (2-1/2" dia) (56g)
- [ ] bell pepper
  1 1/2 large (246g)
- [ ] kale leaves
  1/4 bunch (43g)
- [ ] carrots
  14 medium (843g)
- [ ] eggplant
  6 1 inch (2.5 cm) slice(s) (360g)
- [ ] beets, precooked (canned or refrigerated)
  6 oz (170g)
- [ ] garlic
  2 1/4 clove(s) (7g)
- [ ] fresh spinach
  2 2/3 cup(s) (80g)

## Poultry Products

## Spices and Herbs

- [ ] salt
  2/3 oz (23g)
- [ ] black pepper
  1/4 oz (7g)
- [ ] fresh basil
  16 leaves (8g)
- [ ] paprika
  1 tsp (2g)
- [ ] lemon pepper
  2 tbsp (14g)
- [ ] garlic powder
  1 tsp (3g)
- [ ] thyme, dried
  3 dash, leaves (0g)
- [ ] rosemary
  2 1/2 g (2g)
- [ ] chili powder
  2 tsp (5g)

## Beverages

- [ ] water
  1/4 cup(s) (59mL)
- [ ] protein powder
  2 tbsp (12g)

## Nut and Seed Products

- [ ] pecans
  3/4 cup, halves (74g)
- [ ] roasted pumpkin seeds, unsalted
  3/4 cup (89g)
- [ ] almonds
  3/4 cup, whole (107g)
- [ ] almond butter
  3 oz (91g)

## Finfish and Shellfish Products

- [ ] canned tuna
  1 1/2 can (258g)

## Snacks

- [ ] beef jerky
  1/2 lbs (213g)

## Soups, Sauces, and Gravies

- [ ] boneless skinless chicken breast, raw
  6 1/2 lbs (2956g)
- [ ] chicken thighs, with bone and skin, raw
  4 thigh (6 oz ea) (680g)
- [ ] ground turkey, raw
  1/2 lbs (227g)

## Fats and Oils

- [ ] marinade sauce
  6 tbsp (91mL)
- [ ] oil
  1/4 lbs (107mL)
- [ ] olive oil
  3 oz (95mL)
- [ ] salad dressing
  5 3/4 tbsp (86mL)
- [ ] apple cider vinegar
  3/4 tsp (0mL)
- [ ] chicken broth
  3/8 cup(s) (mL)

## Other

- [ ] frozen cauliflower
  2 cup (227g)
- [ ] mixed greens
  4 3/4 cup (143g)
- [ ] almond flour
  2 tbsp (14g)

## Pork Products

- [ ] bacon
  2 slice(s) (20g)

# Recipes

## Breakfast 1

Eat on day 1, day 2

### 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 2 meals:

**tomatoes**
4 slice(s), thick/large (1/2" thick) (108g)
**eggs**
4 large (200g)
**avocados, sliced**
1 avocado(s) (201g)
**salt**
4 dash (2g)
**black pepper**
4 dash (0g)
**fresh basil, chopped**
4 leaves (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.

### 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.

## Breakfast 2

Eat on day 3, day 4

### Egg in an eggplant

361 cals 20g protein 28g fat 2g carbs 5g fiber

For single meal:

**eggs**
3 large (150g)
**eggplant**
3 1 inch (2.5 cm) slice(s) (180g)
**oil**
1 tbsp (15mL)

For all 2 meals:

**eggs**
6 large (300g)
**eggplant**
6 1 inch (2.5 cm) slice(s) (360g)
**oil**
2 tbsp (30mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Cherry tomatoes

6 cherry tomatoes - 21 cals 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

### Pumpkin seeds

183 cals 9g protein 15g fat 3g carbs 2g fiber

For single meal:

**roasted pumpkin seeds, unsalted**
4 tbsp (30g)

For all 3 meals:

**roasted pumpkin seeds, unsalted**
3/4 cup (89g)

1. This recipe has no instructions.

### Avocado and bacon egg salad

167 cals 10g protein 12g fat 2g carbs 3g fiber

For single meal:

**avocados**
1/6 avocado(s) (34g)
**eggs, hard-boiled and chilled**
1 large (50g)
**bacon**
2/3 slice(s) (7g)
**garlic powder**
1 1/3 dash (1g)
**mixed greens**
1/3 cup (10g)

For all 3 meals:

**avocados**
1/2 avocado(s) (101g)
**eggs, hard-boiled and chilled**
3 large (150g)
**bacon**
2 slice(s) (20g)
**garlic powder**
4 dash (2g)
**mixed greens**
1 cup (30g)

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)

# Lunch 1

Eat on day 1

## Sweet potato medallions

1/2 sweet potato - 155 cals 2g protein 7g fat 18g carbs 3g fiber

Makes 1/2 sweet potato

**sweet potatoes, sliced**
1/2 sweetpotato, 5" long (105g)
**oil**
1/2 tbsp (8mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

## Paleo chicken thighs and mushrooms

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

Makes 6 oz

**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)

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.

## Lunch 2

Eat on day 2

### Basic chicken breast

16 oz - 635 cals 101g protein 26g fat 0g carbs 0g fiber

Makes 16 oz

**oil**
1 tbsp (15mL)
**boneless skinless chicken breast, raw**
1 lbs (448g)

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.

### Sweet potato wedges

130 cals 2g protein 4g fat 18g carbs 3g fiber

**oil**
1 tsp (6mL)
**sweet potatoes, cut into wedges**
1/2 sweetpotato, 5" long (105g)
**salt**
2 dash (2g)
**black pepper**
1 dash, ground (0g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

## Lunch 3

Eat on day 3, day 4

### Lemon pepper chicken breast

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

For single meal:

**lemon pepper**
1 tbsp (7g)
**olive oil**
1/2 tbsp (8mL)
**boneless skinless chicken breast, raw**
1 lbs (448g)

For all 2 meals:

**lemon pepper**
2 tbsp (14g)
**olive oil**
1 tbsp (15mL)
**boneless skinless chicken breast, raw**
2 lbs (896g)

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.

### Tomato and avocado salad

235 cals 3g protein 18g fat 7g carbs 8g fiber

For single meal:

**onion**
1 tbsp minced (15g)
**lime juice**
1 tbsp (15mL)
**avocados, cubed**
1/2 avocado(s) (101g)
**tomatoes, diced**
1/2 medium whole (2-3/5" dia) (62g)
**olive oil**
1/4 tbsp (4mL)
**garlic powder**
2 dash (1g)
**salt**
2 dash (2g)
**black pepper**
2 dash, ground (1g)

For all 2 meals:

**onion**
2 tbsp minced (30g)
**lime juice**
2 tbsp (30mL)
**avocados, cubed**
1 avocado(s) (201g)
**tomatoes, diced**
1 medium whole (2-3/5" dia) (123g)
**olive oil**
1/2 tbsp (8mL)
**garlic powder**
4 dash (2g)
**salt**
4 dash (3g)
**black pepper**
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Lunch 4

Eat on day 5, day 6

### Chicken-broccoli-sweet potato bowl

477 cals 49g protein 13g fat 33g carbs 9g fiber

For single meal:

**frozen broccoli**
3/8 package (118g)
**sweet potatoes, cut into bite-sized cubes**
5/6 sweetpotato, 5" long (175g)
**paprika**
1/2 tsp (1g)
**boneless skinless chicken breast, raw, cut into bite-sized cubes**
6 2/3 oz (187g)
**salt**
1/2 tsp (3g)
**black pepper**
1/2 tsp, ground (1g)
**olive oil**
1/2 tbsp (8mL)

For all 2 meals:

**frozen broccoli**
5/6 package (237g)
**sweet potatoes, cut into bite-sized cubes**
1 2/3 sweetpotato, 5" long (350g)
**paprika**
1 tsp (2g)
**boneless skinless chicken breast, raw, cut into bite-sized cubes**
13 1/3 oz (373g)
**salt**
1 tsp (5g)
**black pepper**
1 tsp, ground (2g)
**olive oil**
1 tbsp (17mL)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of 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 spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

## Roasted almonds

3/8 cup(s) - 333 cals 11g protein 27g fat 5g carbs 7g fiber

For single meal:

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

For all 2 meals:

**almonds**
3/4 cup, whole (107g)

1. This recipe has no instructions.

# Lunch 5

Eat on day 7

## Pecans

1/2 cup - 366 cals 5g protein 36g fat 2g carbs 5g fiber

Makes 1/2 cup

**pecans**
1/2 cup, halves (50g)

1. This recipe has no instructions.

## Basic chicken & spinach salad

406 cals 53g protein 18g fat 5g carbs 2g fiber

**salad dressing**
2 tbsp (30mL)
**oil**
1/2 tbsp (7mL)
**boneless skinless chicken breast, raw, chopped, cooked**
1/2 lbs (227g)
**fresh spinach**
2 2/3 cup(s) (80g)

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, day 2

### Avocado

176 cals 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.

### Boiled eggs

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

For single meal:

**eggs**
2 large (100g)

For all 2 meals:

**eggs**
4 large (200g)

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.

### Celery sticks

1 1/2 celery stalk - 10 cals 0g protein 0g fat 1g carbs 1g fiber

For single meal:

**raw celery**
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)

For all 2 meals:

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

1. Slice celery into sticks and serve.

## Snacks 2

Eat on day 3, 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 3 meals:

**peach**
3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.

### Carrot sticks

2 1/2 carrot(s) - 68 cals 2g protein 0g fat 10g carbs 4g fiber

For single meal:

**carrots**
2 1/2 medium (153g)

For all 3 meals:

**carrots**
7 1/2 medium (458g)

1. Cut carrots into strips and serve.

### Beef jerky

183 cals 26g protein 2g fat 15g carbs 0g fiber

For single meal:

**beef jerky**
2 1/2 oz (71g)

For all 3 meals:

**beef jerky**
1/2 lbs (213g)

1. This recipe has no instructions.

## Snacks 3

Eat on day 6, day 7

### Celery and almond butter

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

For single meal:

**raw celery**
1 stalk, medium (7-1/2" - 8" long) (40g)
**almond butter**
1/2 oz (14g)

For all 2 meals:

**raw celery**
2 stalk, medium (7-1/2" - 8" long) (80g)
**almond butter**
1 oz (28g)

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

### Almond protein balls

2 ball(s) - 270 cals 13g protein 21g fat 4g carbs 4g fiber

For single meal:

**protein powder**
1 tbsp (6g)
**almond flour**
1 tbsp (7g)
**almond butter**
2 tbsp (31g)

For all 2 meals:

**protein powder**
2 tbsp (12g)
**almond flour**
2 tbsp (14g)
**almond butter**
4 tbsp (63g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

# Dinner 1

Eat on day 1

## Marinaded chicken breast

12 oz - 424 cals 76g protein 13g fat 2g carbs 0g fiber

Makes 12 oz

**boneless skinless chicken breast, raw**
3/4 lbs (336g)
**marinade sauce**
6 tbsp (90mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

## Mixed vegetables

1 cup(s) - 97 cals 4g protein 1g fat 13g carbs 5g fiber

Makes 1 cup(s)

**frozen mixed veggies**
1 cup (135g)

1. Prepare according to instructions on package.

## Sweet potato wedges

261 cals 3g protein 9g fat 36g carbs 6g fiber

**oil**
3/4 tbsp (11mL)
**sweet potatoes, cut into wedges**
1 sweetpotato, 5" long (210g)
**salt**
4 dash (3g)
**black pepper**
2 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

## Dinner 2

Eat on day 2

### Turkey-broccoli-sweet potato bowl

588 cals 52g protein 20g fat 39g carbs 11g fiber

**ground turkey, raw**
1/2 lbs (227g)
**paprika**
2 dash (1g)
**sweet potatoes, cut into bite-sized cubes**
1 sweetpotato, 5" long (210g)
**frozen broccoli**
1/2 package (142g)
**salt**
2 dash (2g)
**black pepper**
2 dash, ground (1g)
**olive oil**
1/2 tsp (3mL)

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

### Pecans

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

Makes 1/4 cup

**pecans**
4 tbsp, halves (25g)

1. This recipe has no instructions.

## Dinner 3

Eat on day 3

### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals 61g protein 36g fat 13g carbs 15g fiber

Makes 3 half pepper(s)

**canned tuna, drained**
1 1/2 can (258g)
**avocados**
3/4 avocado(s) (151g)
**lime juice**
1/2 tbsp (8mL)
**salt**
1 1/2 dash (1g)
**black pepper**
1 1/2 dash (0g)
**bell pepper**
1 1/2 large (246g)
**onion**
3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

### Simple kale & avocado salad

115 cals 2g protein 8g fat 5g carbs 5g fiber

**kale leaves, chopped**
1/4 bunch (43g)
**lemon, juiced**
1/4 small (15g)
**avocados, chopped**
1/4 avocado(s) (50g)

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.

# Dinner 4

Eat on day 4

## Chicken beet & carrot salad bowl

674 cals 79g protein 30g fat 17g carbs 5g fiber

**boneless skinless chicken breast, raw, cubed**
3/4 lbs (336g)
**apple cider vinegar**
3/4 tsp (0mL)
**thyme, dried**
3 dash, leaves (0g)
**oil**
1 1/2 tbsp (23mL)
**carrots, thinly sliced**
3/4 medium (46g)
**beets, precooked (canned or refrigerated), cubed**
6 oz (170g)

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.

## Cauliflower rice

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

Makes 2 cup(s)

**oil**
2 tsp (10mL)
**frozen cauliflower**
2 cup (227g)

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

## Dinner 5

Eat on day 5, day 6

### Carrot fries

138 cals 2g protein 7g fat 12g carbs 5g fiber

For single meal:

**carrots, peeled**
6 oz (170g)
**olive oil**
1/2 tbsp (8mL)
**rosemary**
4 dash (1g)
**salt**
1 dash (1g)

For all 2 meals:

**carrots, peeled**
3/4 lbs (340g)
**olive oil**
1 tbsp (15mL)
**rosemary**
1 tsp (1g)
**salt**
2 dash (2g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

### Chicken thighs with lemon & olives

9 oz - 657 cals 59g protein 44g fat 5g carbs 2g fiber

For single meal:

**chicken thighs, with bone and skin, raw**
1 1/2 thigh (6 oz ea) (255g)
**salt**
1 1/2 dash (1g)
**black pepper**
3 dash, ground (1g)
**garlic, minced**
1 clove(s) (3g)
**rosemary**
1/2 tsp (1g)
**olive oil**
1/2 tsp (3mL)
**lemon**
3/8 large (32g)
**green olives**
3/8 small can (~2 oz) (24g)
**chicken broth**
1/6 cup(s) (mL)

For all 2 meals:

**chicken thighs, with bone and skin, raw**
3 thigh (6 oz ea) (510g)
**salt**
3 dash (2g)
**black pepper**
1/4 tbsp, ground (2g)
**garlic, minced**
2 1/4 clove(s) (7g)
**rosemary**
1 tsp (1g)
**olive oil**
1 tsp (6mL)
**lemon**
3/4 large (63g)
**green olives**
3/4 small can (~2 oz) (48g)
**chicken broth**
3/8 cup(s) (mL)

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

## Dinner 6

Eat on day 7

### Simple mixed greens and tomato salad

189 cals 4g protein 12g fat 13g carbs 4g fiber

**salad dressing**
1/4 cup (56mL)
**mixed greens**
3 3/4 cup (113g)
**tomatoes**
10 tbsp cherry tomatoes (93g)

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

### Baked chicken with tomatoes & olives

12 oz - 599 cals 80g protein 25g fat 8g carbs 6g fiber

Makes 12 oz

**tomatoes**
12 cherry tomatoes (204g)
**olive oil**
2 tsp (10mL)
**salt**
4 dash (3g)
**green olives**
12 large (53g)
**black pepper**
4 dash (0g)
**chili powder**
2 tsp (5g)
**boneless skinless chicken breast, raw**
3/4 lbs (340g)
**fresh basil, shredded**
12 leaves (6g)

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.