

Meal Plan - 2300 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

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

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

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

Dinner

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



[Marinated 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

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

Lunch

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



[Basic chicken breast](#)
16 oz- 635 cals



[Sweet potato wedges](#)
130 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 cal ● 218g protein (38%) ● 112g fat (43%) ● 69g carbs (12%) ● 42g fiber (7%)

Breakfast

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



[Egg in an eggplant](#)
361 cal



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cal

Snacks

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



[Peach](#)
1 peach(es)- 66 cal



[Carrot sticks](#)
2 1/2 carrot(s)- 68 cal



[Beef jerky](#)
183 cal

Lunch

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



[Lemon pepper chicken breast](#)
16 oz- 592 cal



[Tomato and avocado salad](#)
235 cal

Dinner

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



[Avocado tuna salad stuffed pepper](#)
3 half pepper(s)- 683 cal



[Simple kale & avocado salad](#)
115 cal

Day 4

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

Breakfast

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



[Egg in an eggplant](#)
361 cal



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cal

Snacks

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



[Peach](#)
1 peach(es)- 66 cal



[Carrot sticks](#)
2 1/2 carrot(s)- 68 cal



[Beef jerky](#)
183 cal

Lunch

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



[Lemon pepper chicken breast](#)
16 oz- 592 cal



[Tomato and avocado salad](#)
235 cal

Dinner

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



[Chicken beet & carrot salad bowl](#)
674 cal



[Cauliflower rice](#)
2 cup(s)- 121 cal

Day 5

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

Breakfast

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



Pumpkin seeds

183 cal



Avocado and bacon egg salad

167 cal

Snacks

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



Peach

1 peach(es)- 66 cal



Carrot sticks

2 1/2 carrot(s)- 68 cal



Beef jerky

183 cal

Lunch

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



Chicken-broccoli-sweet potato bowl

477 cal



Roasted almonds

3/8 cup(s)- 333 cal

Dinner

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



Carrot fries

138 cal



Chicken thighs with lemon & olives

9 oz- 657 cal

Day 6

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

Breakfast

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



Pumpkin seeds

183 cal



Avocado and bacon egg salad

167 cal

Snacks

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



Celery and almond butter

100 cal



Almond protein balls

2 ball(s)- 270 cal

Lunch

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



Chicken-broccoli-sweet potato bowl

477 cal



Roasted almonds

3/8 cup(s)- 333 cal

Dinner

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



Carrot fries

138 cal



Chicken thighs with lemon & olives

9 oz- 657 cal

Day 7

2279 cals ● 176g protein (31%) ● 146g fat (58%) ● 37g 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

Snacks

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



[Celery and almond butter](#)

100 cals



[Almond protein balls](#)

2 ball(s)- 270 cals

Lunch

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



[Pecans](#)

1/2 cup- 366 cals



[Basic chicken & spinach salad](#)

406 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

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
6 tbsp (91mL)

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)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Eggs with tomato and avocado

326 cal ● 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 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Egg in an eggplant

361 cal ● 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.
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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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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g 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.
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Avocado and bacon egg salad

167 cal ● 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)
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Lunch 1 [↗](#)

Eat on day 1

Sweet potato medallions

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



Makes 1/2 sweet potato

oil

1/2 tbsp (8mL)

sweet potatoes, sliced

1/2 sweetpotato, 5" long (105g)

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 cal ● 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.
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Lunch 2 [↗](#)

Eat on day 2

Basic chicken breast

16 oz - 635 cal ● 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 cal ● 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 cal ● 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 cal ● 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.
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Lunch 5 [↗](#)

Eat on day 7

Pecans

1/2 cup - 366 cal ● 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 cal ● 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.
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Snacks 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.
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Boiled eggs

2 egg(s) - 139 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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.
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Dinner 1 [↗](#)

Eat on day 1

Marinated 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 marinate 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 cal ● 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 cal ● 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.
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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.
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Dinner 5 [↗](#)

Eat on day 5, day 6

Carrot fries

138 cal ● 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 cal ● 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

3 tbsp (45mL)

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

6 tbsp (90mL)

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.
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