

Meal Plan - 2400 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

2390 cals ● 266g protein (45%) ● 124g fat (47%) ● 30g carbs (5%) ● 24g fiber (4%)

Breakfast

415 cals, 22g protein, 3g net carbs, 32g fat



[Bacon avocado "toast"](#)
2 slices- 276 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

300 cals, 16g protein, 8g net carbs, 20g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Avocado deviled eggs](#)
2 egg(s)- 257 cals

Lunch

880 cals, 123g protein, 4g net carbs, 39g fat



[Olive oil drizzled broccoli](#)
2 cup(s)- 140 cals



[Basic chicken breast](#)
18 2/3 oz- 740 cals

Dinner

795 cals, 106g protein, 15g net carbs, 33g fat



[Simple mixed greens salad](#)
203 cals



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

Day 2

2390 cals ● 266g protein (45%) ● 124g fat (47%) ● 30g carbs (5%) ● 24g fiber (4%)

Breakfast

415 cals, 22g protein, 3g net carbs, 32g fat



[Bacon avocado "toast"](#)
2 slices- 276 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

300 cals, 16g protein, 8g net carbs, 20g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Avocado deviled eggs](#)
2 egg(s)- 257 cals

Lunch

880 cals, 123g protein, 4g net carbs, 39g fat



[Olive oil drizzled broccoli](#)
2 cup(s)- 140 cals



[Basic chicken breast](#)
18 2/3 oz- 740 cals

Dinner

795 cals, 106g protein, 15g net carbs, 33g fat



[Simple mixed greens salad](#)
203 cals



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

Day 3

2398 cals ● 179g protein (30%) ● 116g fat (44%) ● 119g carbs (20%) ● 40g fiber (7%)

Breakfast

360 cals, 21g protein, 13g net carbs, 22g fat



Carrot sticks
3 carrot(s)- 81 cals



Bacon omelet
280 cals

Snacks

360 cals, 11g protein, 39g net carbs, 15g fat



Pumpkin seeds
183 cals



Dates
1/4 cup- 154 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

870 cals, 65g protein, 26g net carbs, 48g fat



Simple mixed greens and tomato salad
189 cals



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

Dinner

805 cals, 82g protein, 41g net carbs, 31g fat



Chicken beet & carrot salad bowl
674 cals



Peach
2 peach(es)- 132 cals

Day 4

2397 cals ● 160g protein (27%) ● 116g fat (43%) ● 139g carbs (23%) ● 40g fiber (7%)

Breakfast

360 cals, 21g protein, 13g net carbs, 22g fat



Carrot sticks
3 carrot(s)- 81 cals



Bacon omelet
280 cals

Snacks

360 cals, 11g protein, 39g net carbs, 15g fat



Pumpkin seeds
183 cals



Dates
1/4 cup- 154 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

870 cals, 65g protein, 26g net carbs, 48g fat



Simple mixed greens and tomato salad
189 cals



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

Dinner

805 cals, 63g protein, 60g net carbs, 31g fat



Sweet potato wedges
347 cals



Honey mustard chicken thighs
10 2/3 oz- 458 cals

Day 5

2363 cals ● 163g protein (28%) ● 110g fat (42%) ● 151g carbs (26%) ● 29g fiber (5%)

Breakfast

360 cals, 21g protein, 13g net carbs, 22g fat



Carrot sticks
3 carrot(s)- 81 cals



Bacon omelet
280 cals

Snacks

360 cals, 11g protein, 39g net carbs, 15g fat



Pumpkin seeds
183 cals



Dates
1/4 cup- 154 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

840 cals, 68g protein, 38g net carbs, 42g fat



Sweet potato medallions
1/2 sweet potato- 155 cals



Thyme & lime chicken thighs
551 cals



Honey glazed carrots (dairy-free)
133 cals

Dinner

805 cals, 63g protein, 60g net carbs, 31g fat



Sweet potato wedges
347 cals



Honey mustard chicken thighs
10 2/3 oz- 458 cals

Day 6

2365 cals ● 179g protein (30%) ● 131g fat (50%) ● 79g carbs (13%) ● 39g fiber (7%)

Breakfast

445 cals, 20g protein, 37g net carbs, 20g fat



Kiwi
4 kiwi- 187 cals



Scrambled eggs with veggies and bacon
256 cals

Snacks

295 cals, 10g protein, 23g net carbs, 15g fat



Pistachios
188 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals



Peach
1 peach(es)- 66 cals

Lunch

800 cals, 79g protein, 3g net carbs, 51g fat



Broccoli
1 cup(s)- 29 cals



Baked chicken thighs
12 oz- 770 cals

Dinner

825 cals, 70g protein, 17g net carbs, 45g fat



Garlic collard greens
319 cals



Chicken sausage
4 link- 508 cals

Day 7

2365 cals ● 179g protein (30%) ● 131g fat (50%) ● 79g carbs (13%) ● 39g fiber (7%)

Breakfast

445 cals, 20g protein, 37g net carbs, 20g fat



Kiwi

4 kiwi- 187 cals



Scrambled eggs with veggies and bacon

256 cals

Snacks

295 cals, 10g protein, 23g net carbs, 15g fat



Pistachios

188 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals



Peach

1 peach(es)- 66 cals

Lunch

800 cals, 79g protein, 3g net carbs, 51g fat



Broccoli

1 cup(s)- 29 cals



Baked chicken thighs

12 oz- 770 cals

Dinner

825 cals, 70g protein, 17g net carbs, 45g fat



Garlic collard greens

319 cals



Chicken sausage

4 link- 508 cals

Vegetables and Vegetable Products

- ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1308g)
- ☐ fresh cilantro
4 tsp, chopped (4g)
- ☐ frozen broccoli
6 cup (546g)
- ☐ bell pepper
4 large (641g)
- ☐ onion
5/6 medium (2-1/2" dia) (93g)
- ☐ carrots
12 1/2 medium (765g)
- ☐ beets, precooked (canned or refrigerated)
6 oz (170g)
- ☐ sweet potatoes
3 sweetpotato, 5" long (665g)
- ☐ collard greens
2 lbs (907g)
- ☐ garlic
6 clove(s) (18g)

Fruits and Fruit Juices

- ☐ lime juice
1 1/2 fl oz (44mL)
- ☐ avocados
3 avocado(s) (637g)
- ☐ peach
4 medium (2-2/3" dia) (600g)
- ☐ pitted dates
3/4 cup (150g)
- ☐ lemon juice
1 tsp (6mL)
- ☐ kiwi
8 fruit (552g)

Dairy and Egg Products

- ☐ eggs
18 large (900g)

Other

- ☐ mixed greens
16 1/2 cup (495g)

Fats and Oils

- ☐ salad dressing
1 cup (248mL)

Spices and Herbs

- ☐ lemon pepper
2 tbsp (14g)
- ☐ black pepper
2 g (2g)
- ☐ salt
1/2 oz (16g)
- ☐ thyme, dried
3 g (3g)
- ☐ brown deli mustard
2 tbsp (30g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 lbs (2277g)
- ☐ boneless skinless chicken thighs
2 lbs (945g)
- ☐ chicken thighs, with bone and skin, raw
1 1/2 lbs (680g)

Pork Products

- ☐ bacon
12 slice(s) (120g)

Finfish and Shellfish Products

- ☐ canned tuna
3 can (516g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
3/4 tsp (0mL)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Sweets

- ☐ honey
5 tsp (36g)

Beverages

- ☐ water
1/8 cup(s) (28mL)

- ☐ olive oil
2 oz (60mL)
- ☐ oil
1/2 cup (136mL)
- ☐ coconut oil
1/4 tbsp (3g)

Sausages and Luncheon Meats

- ☐ chicken sausage, cooked
8 link (672g)



Breakfast 1 [↗](#)

Eat on day 1, day 2

Bacon avocado "toast"

2 slices - 276 cals ● 9g protein ● 23g fat ● 2g carbs ● 7g fiber



For single meal:

bacon

2 slice(s) (20g)

avocados

1/2 avocado(s) (101g)

For all 2 meals:

bacon

4 slice(s) (40g)

avocados

1 avocado(s) (201g)

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

carrots
3 medium (183g)

For all 3 meals:

carrots
9 medium (549g)

1. Cut carrots into strips and serve.

Bacon omelet

280 cals ● 20g protein ● 22g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
olive oil
1 tsp (5mL)
bacon, cooked and chopped
2 slice(s) (20g)

For all 3 meals:

eggs
6 large (300g)
olive oil
1 tbsp (15mL)
bacon, cooked and chopped
6 slice(s) (60g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Kiwi

4 kiwi - 187 cals ● 3g protein ● 2g fat ● 32g carbs ● 8g fiber



For single meal:

kiwi

4 fruit (276g)

For all 2 meals:

kiwi

8 fruit (552g)

1. Slice the kiwi and serve.

Scrambled eggs with veggies and bacon

256 cals ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

bell pepper

1/2 cup, chopped (75g)

eggs

2 large (100g)

onion

2 tbsp, chopped (20g)

bacon, cooked and chopped

1 slice(s) (10g)

olive oil

1 tsp (5mL)

For all 2 meals:

bell pepper

1 cup, chopped (149g)

eggs

4 large (200g)

onion

4 tbsp, chopped (40g)

bacon, cooked and chopped

2 slice(s) (20g)

olive oil

2 tsp (10mL)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper 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.

Lunch 1 [↗](#)

Eat on day 1, day 2

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

For all 2 meals:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen broccoli

4 cup (364g)

olive oil

4 tsp (20mL)

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

Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

oil

3 1/2 tsp (17mL)

boneless skinless chicken breast, raw

18 2/3 oz (523g)

For all 2 meals:

oil

2 1/3 tbsp (35mL)

boneless skinless chicken breast, raw

2 1/3 lbs (1045g)

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, day 4

Simple mixed greens and tomato salad

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



For single meal:

salad dressing

1/4 cup (56mL)

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

For all 2 meals:

salad dressing

1/2 cup (113mL)

mixed greens

7 1/2 cup (225g)

tomatoes

1 1/4 cup cherry tomatoes (186g)

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

Avocado tuna salad stuffed pepper

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



For single meal:

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)

For all 2 meals:

canned tuna, drained

3 can (516g)

avocados

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

lime juice

1 tbsp (15mL)

salt

3 dash (1g)

black pepper

3 dash (0g)

bell pepper

3 large (492g)

onion

3/4 small (53g)

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.
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Lunch 3 [↗](#)

Eat on day 5

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 sweet potato, 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.

Thyme & lime chicken thighs

551 cals ● 65g protein ● 32g fat ● 2g carbs ● 0g fiber



oil

3/4 tbsp (11mL)

lime juice

1 1/2 tbsp (23mL)

thyme, dried

3 dash, leaves (0g)

boneless skinless chicken thighs

3/4 lb (340g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Honey glazed carrots (dairy-free)

133 cals ● 2g protein ● 4g fat ● 18g carbs ● 5g fiber



coconut oil

1/4 tbsp (3g)

carrots

6 oz (170g)

honey

1 tsp (8g)

lemon juice

1 tsp (6mL)

salt

3/4 dash (1g)

water

1/8 cup(s) (30mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, oil, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Lunch 4 [↗](#)

Eat on day 6, day 7

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

frozen broccoli

1 cup (91g)

For all 2 meals:

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.

Baked chicken thighs

12 oz - 770 cals ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



For single meal:

chicken thighs, with bone and skin, raw
3/4 lbs (340g)
thyme, dried
1 dash, ground (0g)

For all 2 meals:

chicken thighs, with bone and skin, raw
1 1/2 lbs (680g)
thyme, dried
2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C).
For extra crispy skin, broil for 2–3 minutes at the end. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

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



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

Avocado deviled eggs

2 egg(s) - 257 cals ● 14g protein ● 19g fat ● 2g carbs ● 5g fiber



For single meal:

fresh cilantro, chopped
2 tsp, chopped (2g)
lime juice
1/4 tbsp (3mL)
avocados
1/3 avocado(s) (67g)
eggs
2 large (100g)

For all 2 meals:

fresh cilantro, chopped
4 tsp, chopped (4g)
lime juice
1/2 tbsp (7mL)
avocados
2/3 avocado(s) (134g)
eggs
4 large (200g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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.

Dates

1/4 cup - 154 cals ● 1g protein ● 0g fat ● 34g carbs ● 3g fiber



For single meal:

pitted dates
4 tbsp (50g)

For all 3 meals:

pitted dates
3/4 cup (150g)

1. Enjoy.

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 3 meals:

tomatoes

18 cherry tomatoes (306g)

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

Snacks 3 [↗](#)

Eat on day 6, day 7

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Cherry tomatoes

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



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

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

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

For all 2 meals:

mixed greens

9 cup (270g)

salad dressing

1/2 cup (135mL)

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

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)

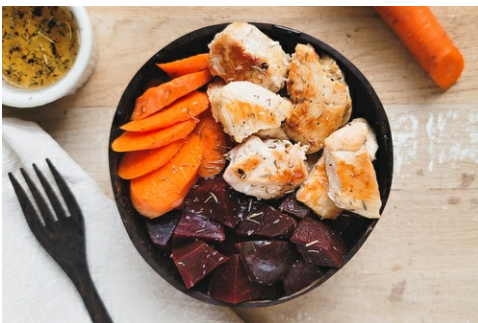
1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then 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.

Dinner 2 [↗](#)

Eat on day 3

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.

Peach

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



Makes 2 peach(es)

peach

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

1. This recipe has no instructions.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Sweet potato wedges

347 cal ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

oil

1 tbsp (15mL)

sweet potatoes, cut into wedges

1 1/3 sweetpotato, 5" long (280g)

salt

1/4 tbsp (4g)

black pepper

1/3 tsp, ground (1g)

For all 2 meals:

oil

2 tbsp (30mL)

sweet potatoes, cut into wedges

2 2/3 sweetpotato, 5" long (560g)

salt

1/2 tbsp (8g)

black pepper

1/4 tbsp, ground (2g)

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.

Honey mustard chicken thighs

10 2/3 oz - 458 cal ● 58g protein ● 19g fat ● 12g carbs ● 1g fiber



For single meal:

honey

2 tsp (14g)

thyme, dried

1/4 tbsp, ground (1g)

salt

1 1/3 dash (1g)

boneless skinless chicken thighs

2/3 lbs (302g)

brown deli mustard

1 tbsp (15g)

For all 2 meals:

honey

4 tsp (28g)

thyme, dried

1/2 tbsp, ground (2g)

salt

1/3 tsp (2g)

boneless skinless chicken thighs

1 1/3 lbs (605g)

brown deli mustard

2 tbsp (30g)

1. Preheat oven to 375 F (190 C).
 2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
 3. Arrange chicken on a parchment-lined baking sheet.
 4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (2g)

For all 2 meals:

collard greens

2 lbs (907g)

oil

2 tbsp (30mL)

garlic, minced

6 clove(s) (18g)

salt

4 dash (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



For single meal:

chicken sausage, cooked

4 link (336g)

For all 2 meals:

chicken sausage, cooked

8 link (672g)

1. Quickly heat on stove top, grill, or microwave and enjoy.
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