Meal Plan - 2600 calorie paleo meal plan

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

Day 1

2567 cals ● 215g protein (34%) ● 140g fat (49%) ● 84g carbs (13%) ● 28g fiber (4%)

Breakfast

440 cals, 31g protein, 23g net carbs, 20g fat

Overnight mixed berry protein oats w/ water
256 cals

Pecans
1/4 cup- 183 cals

Lunch

875 cals, 87g protein, 21g net carbs, 46g fat

Basic chicken & spinach salad
609 cals

Apple & almond butter
1/2 apple(s)- 158 cals

Mixed nuts
1/8 cup(s)- 109 cals

Snacks

380 cals, 17g protein, 37g net carbs, 15g fat

Apple, banana, almond butter bowl
176 cals

Boiled eggs
2 egg(s)- 139 cals

Peach
1 peach(es)- 66 cals

Dinner

870 cals, 80g protein, 3g net carbs, 59g fat

Simple sauteed spinach
100 cals

Baked chicken thighs
12 oz- 772 cals

Day 2

2536 cals ● 289g protein (46%) ● 100g fat (35%) ● 79g carbs (12%) ● 42g fiber (7%)

Breakfast

440 cals, 31g protein, 23g net carbs, 20g fat

Overnight mixed berry protein oats w/ water
256 cals

Pecans
1/4 cup- 183 cals

Lunch

845 cals, 101g protein, 13g net carbs, 34g fat

Garlic collard greens
372 cals

Marinaded chicken breast
13 1/3 oz- 471 cals

Snacks

380 cals, 17g protein, 37g net carbs, 15g fat

Apple, banana, almond butter bowl
176 cals

Boiled eggs
2 egg(s)- 139 cals

Peach
1 peach(es)- 66 cals

Dinner

875 cals, 141g protein, 6g net carbs, 31g fat

Lemon pepper chicken breast
22 oz- 814 cals

Roasted tomatoes
1 tomato(es)- 60 cals

Day 3

2628 cals 232g protein (35%) 119g fat (41%) 117g carbs (18%) 41g fiber (6%)

Breakfast

440 cals, 31g protein, 23g net carbs, 20g fat

Overnight mixed berry protein oats w/ water
256 cals

Pecans
1/4 cup- 183 cals

Lunch

920 cals, 52g protein, 61g net carbs, 43g fat

Pistachios
188 cals

Chicken avocado salad
500 cals

Banana
2 banana(s)- 233 cals

Snacks

395 cals, 9g protein, 27g net carbs, 25g fat

Peach
2 peach(es)- 132 cals

Walnuts
3/8 cup(s)- 262 cals

Dinner

875 cals, 141g protein, 6g net carbs, 31g fat

Lemon pepper chicken breast
22 oz- 814 cals

Roasted tomatoes
1 tomato(es)- 60 cals

Day 4

2593 cals 167g protein (26%) 141g fat (49%) 125g carbs (19%) 39g fiber (6%)

Breakfast

475 cals, 29g protein, 49g net carbs, 15g fat

Scrambled egg whites
243 cals

Banana
2 banana(s)- 233 cals

Snacks

395 cals, 9g protein, 27g net carbs, 25g fat

Peach
2 peach(es)- 132 cals

Walnuts
3/8 cup(s)- 262 cals

Lunch

815 cals, 62g protein, 8g net carbs, 53g fat

Slow-baked salmon with lemon and thyme
9 oz- 603 cals

Garlic collard greens
212 cals

Dinner

905 cals, 68g protein, 41g net carbs, 47g fat

Green beans
95 cals

Orange & rosemary salmon
10 1/2 oz- 813 cals

Day 5

2605 cals 222g protein (34%) 127g fat (44%) 114g carbs (17%) 28g fiber (4%)

Breakfast

475 cals, 29g protein, 49g net carbs, 15g fat

Scrambled egg whites
243 cals

Banana
2 banana(s)- 233 cals

Lunch

935 cals, 102g protein, 35g net carbs, 39g fat

Olive oil drizzled green beans
72 cals

Curried pork chops
2 1/2 chop(s)- 598 cals

Roasted rosemary sweet potatoes
263 cals

Snacks

290 cals, 27g protein, 12g net carbs, 14g fat

Pork rinds
1 1/2 oz- 224 cals

Peach
1 peach(es)- 66 cals

Dinner

905 cals, 64g protein, 17g net carbs, 60g fat

Honey mustard chicken thighs w/ skin
8 oz- 558 cals

Simple sauteed spinach
348 cals

Day 6

2598 cals 214g protein (33%) 142g fat (49%) 85g carbs (13%) 30g fiber (5%)

Breakfast

470 cals, 21g protein, 21g net carbs, 30g fat

Dark chocolate
4 square(s)- 239 cals

Dairy-free strawberry protein smoothie
230 cals

Lunch

935 cals, 102g protein, 35g net carbs, 39g fat

Olive oil drizzled green beans
72 cals

Curried pork chops
2 1/2 chop(s)- 598 cals

Roasted rosemary sweet potatoes
263 cals

Snacks

290 cals, 27g protein, 12g net carbs, 14g fat

Pork rinds
1 1/2 oz- 224 cals

Peach
1 peach(es)- 66 cals

Dinner

905 cals, 64g protein, 17g net carbs, 60g fat

Honey mustard chicken thighs w/ skin
8 oz- 558 cals

Simple sauteed spinach
348 cals

Day 7

2550 cals 194g protein (30%) 134g fat (47%) 107g carbs (17%) 34g fiber (5%)

Breakfast

470 cals, 21g protein, 21g net carbs, 30g fat

Dark chocolate
4 square(s)- 239 cals

Dairy-free strawberry protein smoothie
230 cals

Lunch

965 cals, 56g protein, 25g net carbs, 63g fat

Simple kale & avocado salad
403 cals

Pepper steak stir fry
561 cals

Snacks

290 cals, 27g protein, 12g net carbs, 14g fat

Pork rinds
1 1/2 oz- 224 cals

Peach
1 peach(es)- 66 cals

Dinner

830 cals, 90g protein, 49g net carbs, 28g fat

Simple sauteed spinach
100 cals

Honey mustard chicken
13 1/3 oz- 729 cals

Grocery List

Fruits and Fruit Juices

- [ ] banana
  7 medium (7" to 7-7/8" long) (826g)
- [ ] apples
  1 1/2 medium (3" dia) (273g)
- [ ] peach
  9 medium (2-2/3" dia) (1350g)
- [ ] lime juice
  2 tsp (10mL)
- [ ] avocados
  1 1/2 avocado(s) (276g)
- [ ] orange
  1 3/4 orange (270g)
- [ ] lemon juice
  2 1/2 tsp (13mL)
- [ ] lemon
  1 large (82g)
- [ ] frozen strawberries
  2/3 cup, unthawed (98g)

Nut and Seed Products

- [ ] coconut flakes
  1 tbsp (5g)
- [ ] almond butter
  4 tbsp (64g)
- [ ] mixed nuts
  2 tbsp (17g)
- [ ] pecans
  3/4 cup, halves (74g)
- [ ] pistachios, dry roasted, without shells or salt added
  4 tbsp (31g)
- [ ] walnuts
  3/4 cup, shelled (75g)

Dairy and Egg Products

- [ ] eggs
  4 large (200g)
- [ ] egg whites
  2 cup (486g)

Vegetables and Vegetable Products

- [ ] garlic
  12 clove(s) (36g)
- [ ] fresh spinach
  40 cup(s) (1200g)
- [ ] collard greens
  2 lbs (831g)

Spices and Herbs

- [ ] black pepper
  1/4 oz (7g)
- [ ] salt
  1 oz (26g)
- [ ] thyme, dried
  2 g (2g)
- [ ] lemon pepper
  2 3/4 tbsp (19g)
- [ ] rosemary
  1/8 oz (4g)
- [ ] brown deli mustard
  1 1/2 tbsp (23g)
- [ ] curry powder
  1 1/4 tsp (3g)
- [ ] dijon mustard
  2 3/4 tbsp (42g)

Fats and Oils

- [ ] olive oil
  1/3 lbs (150mL)
- [ ] salad dressing
  3 tbsp (45mL)
- [ ] oil
  1/4 lbs (105mL)
- [ ] marinade sauce
  6 3/4 tbsp (101mL)

Poultry Products

- [ ] chicken thighs, with bone and skin, raw
  1 3/4 lbs (794g)
- [ ] boneless skinless chicken breast, raw
  5 1/2 lbs (2494g)

Other

- [ ] frozen mixed berries
  1 1/2 cup (204g)
- [ ] pork rinds
  1/4 lbs (128g)

Breakfast Cereals

- [ ] oatmeal, old-fashioned oats, rolled oats
  1 cup(s) (81g)

Beverages

- [ ] tomatoes
  2 small whole (2-2/5" dia) (182g)
- [ ] onion
  1/3 medium (2-1/2" dia) (38g)
- [ ] brussels sprouts
  5 sprouts (95g)
- [ ] frozen green beans
  3 1/3 cup (403g)
- [ ] sweet potatoes
  1 2/3 sweetpotato, 5" long (350g)
- [ ] kale leaves
  7/8 bunch (149g)
- [ ] bell pepper
  1 medium (119g)
- [ ] fresh ginger
  1 tbsp (6g)
- [ ] protein powder, vanilla
  4 scoop (1/3 cup ea) (124g)
- [ ] water
  3 cup(s) (690mL)
- [ ] almond milk, unsweetened
  1 cup(s) (240mL)

Finfish and Shellfish Products

- [ ] salmon
  1 1/4 lbs (553g)

Sweets

- [ ] honey
  2 3/4 oz (78g)
- [ ] Chocolate, dark, 70-85%
  8 square(s) (80g)

Pork Products

- [ ] pork chop, bone-in
  5 chop (890g)

Beef Products

- [ ] sirloin steak, raw
  1/2 lbs (227g)

Recipes

Breakfast 1

Eat on day 1, day 2, day 3

Overnight mixed berry protein oats w/ water

256 cals 29g protein 2g fat 22g carbs 8g fiber

For single meal:

frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
water
3/4 cup(s) (178mL)

For all 3 meals:

frozen mixed berries
1 1/2 cup (204g)
oatmeal, old-fashioned oats, rolled oats
1 cup(s) (81g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
water
2 1/4 cup(s) (533mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours. Serve.

Pecans

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

For single meal:

pecans
4 tbsp, halves (25g)

For all 3 meals:

pecans
3/4 cup, halves (74g)

1. This recipe has no instructions.

Breakfast 2

Eat on day 4, day 5

Scrambled egg whites

243 cals 26g protein 14g fat 2g carbs 0g fiber

For single meal:

oil
1 tbsp (15mL)
egg whites
1 cup (243g)

For all 2 meals:

oil
2 tbsp (30mL)
egg whites
2 cup (486g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Banana

2 banana(s) - 233 cals 3g protein 1g fat 48g carbs 6g fiber

For single meal:

banana
2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

banana
4 medium (7" to 7-7/8" long) (472g)

1. This recipe has no instructions.

Breakfast 3

Eat on day 6, day 7

Dark chocolate

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

For single meal:

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

For all 2 meals:

Chocolate, dark, 70-85%
8 square(s) (80g)

1. This recipe has no instructions.

Dairy-free strawberry protein smoothie

230 cals 18g protein 13g fat 7g carbs 4g fiber

For single meal:

frozen strawberries
1/3 cup, unthawed (49g)
almond milk, unsweetened
1/2 cup(s) (120mL)
protein powder, vanilla
1/2 scoop (1/3 cup ea) (16g)
almond butter
1 tbsp (16g)
water
1/3 cup(s) (78mL)

For all 2 meals:

frozen strawberries
2/3 cup, unthawed (98g)
almond milk, unsweetened
1 cup(s) (240mL)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
almond butter
2 tbsp (32g)
water
2/3 cup(s) (156mL)

1. Put all ingredients into a blender and combine. Add water if needed to make the smoothie less thick.

Lunch 1

Eat on day 1

Basic chicken & spinach salad

609 cals 80g protein 28g fat 7g carbs 3g fiber

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

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.

Apple & almond butter

1/2 apple(s) - 158 cals 4g protein 9g fat 12g carbs 4g fiber

Makes 1/2 apple(s)

apples
1/2 medium (3" dia) (91g)
almond butter
1 tbsp (16g)

1. Slice an apple and spread almond butter evenly over each slice.

Mixed nuts

1/8 cup(s) - 109 cals 3g protein 9g fat 2g carbs 1g fiber

Makes 1/8 cup(s)

mixed nuts
2 tbsp (17g)

1. This recipe has no instructions.

Lunch 2

Eat on day 2

Garlic collard greens

372 cals 17g protein 20g fat 11g carbs 21g fiber

collard greens
18 2/3 oz (529g)
oil
3 1/2 tsp (17mL)
garlic, minced
3 1/2 clove(s) (10g)
salt
1/4 tsp (2g)

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.

Marinaded chicken breast

13 1/3 oz - 471 cals 84g protein 14g fat 2g carbs 0g fiber

Makes 13 1/3 oz

boneless skinless chicken breast, raw
13 1/3 oz (373g)
marinade sauce
6 2/3 tbsp (100mL)

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.

Lunch 3

Eat on day 3

Pistachios

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

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

1. This recipe has no instructions.

Chicken avocado salad

500 cals 43g protein 28g fat 8g carbs 10g fiber

lime juice
2 tsp (10mL)
oil
2 tsp (10mL)
onion
1 tbsp chopped (10g)
avocados, chopped
1/2 avocado(s) (101g)
boneless skinless chicken breast, raw
6 oz (170g)
brussels sprouts
5 sprouts (95g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Banana

2 banana(s) - 233 cals 3g protein 1g fat 48g carbs 6g fiber

Makes 2 banana(s)

banana
2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Lunch 4

Eat on day 4

Slow-baked salmon with lemon and thyme

9 oz - 603 cals 53g protein 42g fat 2g carbs 1g fiber

Makes 9 oz

salmon, skin on
1/2 lbs (255g)
oil
1/2 tbsp (8mL)
thyme, dried
3 dash, leaves (0g)
lemon, cut into wedges
3/8 large (32g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Garlic collard greens

212 cals 9g protein 11g fat 6g carbs 12g fiber

collard greens
2/3 lbs (302g)
oil
2 tsp (10mL)
garlic, minced
2 clove(s) (6g)
salt
1 1/3 dash (1g)

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.

Lunch 5

Eat on day 5, day 6

Olive oil drizzled green beans

72 cals 1g protein 5g fat 4g carbs 2g fiber

For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)
olive oil
2 tsp (10mL)

1. Prepare green beens according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Curried pork chops

2 1/2 chop(s) - 598 cals 98g protein 22g fat 1g carbs 1g fiber

For single meal:

pork chop, bone-in
2 1/2 chop (445g)
curry powder
5 dash (1g)
olive oil
1 1/4 tsp (6mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

pork chop, bone-in
5 chop (890g)
curry powder
1 1/4 tsp (3g)
olive oil
2 1/2 tsp (13mL)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

Roasted rosemary sweet potatoes

263 cals 3g protein 12g fat 31g carbs 6g fiber

For single meal:

sweet potatoes, cut into 1" cubes
5/6 sweetpotato, 5" long (175g)
rosemary
1 1/4 tsp (1g)
olive oil
2 1/2 tsp (13mL)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)

For all 2 meals:

sweet potatoes, cut into 1" cubes
1 2/3 sweetpotato, 5" long (350g)
rosemary
2 1/2 tsp (3g)
olive oil
5 tsp (25mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Lunch 6

Eat on day 7

Simple kale & avocado salad

403 cals 8g protein 27g fat 16g carbs 16g fiber

kale leaves, chopped
7/8 bunch (149g)
lemon, juiced
7/8 small (51g)
avocados, chopped
7/8 avocado(s) (176g)

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.

Pepper steak stir fry

561 cals 48g protein 36g fat 9g carbs 3g fiber

sirloin steak, raw, cut into thin strips
1/2 lbs (227g)
bell pepper, thinly sliced
1 medium (119g)
fresh ginger, minced
1 tbsp (6g)
garlic, minced
2 clove(s) (6g)
black pepper
2 dash, ground (1g)
olive oil
1/2 tbsp (8mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)

1. Place strips of steak in a bowl and sprinkle pepper over them. Toss to coat.
2. Add oil to a pan over medium-high heat and add the bell peppers, onions, ginger, and garlic, and cook for 3-4 minutes, stirring occasionally. Transfer to a plate.
3. Put steak into skillet and cook until brown, about 2-3 minutes.
4. Add vegetables back into the pan and cook for another minute or so.
5. Serve.

Snacks 1

Eat on day 1, day 2

Apple, banana, almond butter bowl

176 cals 3g protein 6g fat 24g carbs 5g fiber

For single meal:

banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)
apples, chopped
1/2 medium (3" dia) (91g)
coconut flakes
1/2 tbsp (3g)
almond butter
1/2 tbsp (8g)

For all 2 meals:

banana, sliced
1 medium (7" to 7-7/8" long) (118g)
apples, chopped
1 medium (3" dia) (182g)
coconut flakes
1 tbsp (5g)
almond butter
1 tbsp (16g)

1. Put banana and apple chunks in a bowl. Mix together.
2. Top with coconut flakes and drizzle with almond butter.

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.

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.

Snacks 2

Eat on day 3, day 4

Peach

2 peach(es) - 132 cals 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.

Walnuts

3/8 cup(s) - 262 cals 6g protein 24g fat 3g carbs 3g fiber

For single meal:

walnuts
6 tbsp, shelled (38g)

For all 2 meals:

walnuts
3/4 cup, shelled (75g)

1. This recipe has no instructions.

Snacks 3

Eat on day 5, day 6, day 7

Pork rinds

1 1/2 oz - 224 cals 26g protein 14g fat 0g carbs 0g fiber

For single meal:

pork rinds
1 1/2 oz (43g)

For all 3 meals:

pork rinds
1/4 lbs (128g)

1. Enjoy.

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.

Dinner 1

Eat on day 1

Simple sauteed spinach

100 cals 4g protein 7g fat 2g carbs 3g fiber

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Baked chicken thighs

12 oz - 772 cals 77g protein 51g fat 1g carbs 0g fiber

Makes 12 oz

salt
4 dash (3g)
black pepper
2 dash, ground (1g)
chicken thighs, with bone and skin, raw, bone and skin
2 thigh (6 oz ea) (340g)
thyme, dried
1 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

Dinner 2

Eat on day 2, day 3

Lemon pepper chicken breast

22 oz - 814 cals 140g protein 26g fat 4g carbs 2g fiber

For single meal:

lemon pepper
4 tsp (9g)
olive oil
2 tsp (10mL)
boneless skinless chicken breast, raw
1 1/2 lbs (616g)

For all 2 meals:

lemon pepper
2 3/4 tbsp (19g)
olive oil
4 tsp (21mL)
boneless skinless chicken breast, raw
2 3/4 lbs (1232g)

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.

Roasted tomatoes

1 tomato(es) - 60 cals 1g protein 5g fat 2g carbs 1g fiber

For single meal:

tomatoes
1 small whole (2-2/5" dia) (91g)
oil
1 tsp (5mL)

For all 2 meals:

tomatoes
2 small whole (2-2/5" dia) (182g)
oil
2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 3

Eat on day 4

Green beans

95 cals 4g protein 1g fat 12g carbs 6g fiber

frozen green beans
2 cup (242g)

1. Prepare according to instructions on package.

Orange & rosemary salmon

10 1/2 oz - 813 cals 63g protein 46g fat 29g carbs 6g fiber

Makes 10 1/2 oz

salmon
1 3/4 fillet/s (6 oz each) (298g)
rosemary
1 tsp (1g)
orange
1 3/4 orange (270g)
lemon juice
2 1/2 tsp (13mL)
olive oil
1/2 tbsp (7mL)
salt
1/2 tsp (3g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

Dinner 4

Eat on day 5, day 6

Honey mustard chicken thighs w/ skin

8 oz - 558 cals 52g protein 35g fat 9g carbs 1g fiber

For single meal:

brown deli mustard
3/4 tbsp (11g)
honey
1/2 tbsp (11g)
thyme, dried
4 dash, ground (1g)
salt
1 dash (1g)
chicken thighs, with bone and skin, raw
1/2 lbs (227g)

For all 2 meals:

brown deli mustard
1 1/2 tbsp (23g)
honey
1 tbsp (21g)
thyme, dried
1 tsp, ground (1g)
salt
2 dash (2g)
chicken thighs, with bone and skin, raw
1 lbs (454g)

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.

Simple sauteed spinach

348 cals 13g protein 25g fat 8g carbs 9g fiber

For single meal:

garlic, diced
1 3/4 clove (5g)
black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
olive oil
1 3/4 tbsp (26mL)
fresh spinach
14 cup(s) (420g)

For all 2 meals:

garlic, diced
3 1/2 clove (11g)
black pepper
1 tsp, ground (2g)
salt
1 tsp (5g)
olive oil
1/4 cup (53mL)
fresh spinach
28 cup(s) (840g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Dinner 5

Eat on day 7

Simple sauteed spinach

100 cals 4g protein 7g fat 2g carbs 3g fiber

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Honey mustard chicken

13 1/3 oz - 729 cals 87g protein 21g fat 47g carbs 2g fiber

Makes 13 1/3 oz

dijon mustard
2 2/3 tbsp (42g)
honey
2 2/3 tbsp (57g)
oil
2 tsp (10mL)
boneless skinless chicken breast, raw
13 1/3 oz (378g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
5. Remove from skillet and serve.