

Meal Plan - 2700 calorie paleo meal plan



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

Day 1

2622 cals ● 186g protein (28%) ● 155g fat (53%) ● 87g carbs (13%) ● 35g fiber (5%)

Breakfast

530 cals, 29g protein, 7g net carbs, 39g fat



[Egg & avocado salad](#)
531 cals

Lunch

850 cals, 64g protein, 13g net carbs, 58g fat



[Roasted tomatoes](#)
3 1/2 tomato(es)- 208 cals



[Coriander and cumin rubbed pork chops](#)
1 1/2 chop(s)- 642 cals

Snacks

325 cals, 16g protein, 33g net carbs, 11g fat



[Kiwi](#)
4 kiwi- 187 cals



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

Dinner

915 cals, 76g protein, 35g net carbs, 48g fat



[Mixed vegetables](#)
1 3/4 cup(s)- 170 cals



[Honey mustard chicken thighs w/ skin](#)
10 2/3 oz- 744 cals

Day 2

2660 cals ● 182g protein (27%) ● 147g fat (50%) ● 101g carbs (15%) ● 52g fiber (8%)

Breakfast

530 cals, 29g protein, 7g net carbs, 39g fat



[Egg & avocado salad](#)
531 cals

Lunch

915 cals, 62g protein, 48g net carbs, 48g fat



[Baked fries](#)
290 cals



[Tomato and avocado salad](#)
117 cals



[Chicken sausage](#)
4 link- 508 cals

Snacks

325 cals, 16g protein, 33g net carbs, 11g fat



[Kiwi](#)
4 kiwi- 187 cals



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

Dinner

890 cals, 75g protein, 13g net carbs, 49g fat



[Garlic collard greens](#)
398 cals



[Thyme & lime chicken thighs](#)
490 cals

Day 3

2699 cals ● 188g protein (28%) ● 168g fat (56%) ● 71g carbs (10%) ● 39g fiber (6%)

Breakfast

475 cals, 25g protein, 5g net carbs, 36g fat



[Basic scrambled eggs](#)
4 egg(s)- 285 cals



[Celery sticks](#)
2 celery stalk- 13 cals



[Avocado](#)
176 cals

Snacks

315 cals, 27g protein, 16g net carbs, 14g fat



[Kiwi](#)
2 kiwi- 94 cals



[Pork rinds](#)
1 1/2 oz- 224 cals

Lunch

980 cals, 57g protein, 20g net carbs, 68g fat



[Avocado, apple, chicken salad](#)
687 cals



[Walnuts](#)
3/8 cup(s)- 291 cals

Dinner

930 cals, 78g protein, 31g net carbs, 50g fat



['Buttery' cauliflower rice](#)
172 cals



[Tomato and avocado salad](#)
117 cals



[Paleo taco stuffed peppers](#)
3 stuffed pepper(s)- 640 cals

Day 4

2699 cals ● 188g protein (28%) ● 168g fat (56%) ● 71g carbs (10%) ● 39g fiber (6%)

Breakfast

475 cals, 25g protein, 5g net carbs, 36g fat



[Basic scrambled eggs](#)
4 egg(s)- 285 cals



[Celery sticks](#)
2 celery stalk- 13 cals



[Avocado](#)
176 cals

Snacks

315 cals, 27g protein, 16g net carbs, 14g fat



[Kiwi](#)
2 kiwi- 94 cals



[Pork rinds](#)
1 1/2 oz- 224 cals

Lunch

980 cals, 57g protein, 20g net carbs, 68g fat



[Avocado, apple, chicken salad](#)
687 cals



[Walnuts](#)
3/8 cup(s)- 291 cals

Dinner

930 cals, 78g protein, 31g net carbs, 50g fat



['Buttery' cauliflower rice](#)
172 cals



[Tomato and avocado salad](#)
117 cals



[Paleo taco stuffed peppers](#)
3 stuffed pepper(s)- 640 cals

Day 5

2702 cals ● 234g protein (35%) ● 145g fat (48%) ● 85g carbs (13%) ● 31g fiber (5%)

Breakfast

475 cals, 25g protein, 5g net carbs, 36g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Celery sticks
2 celery stalk- 13 cals



Avocado
176 cals

Snacks

315 cals, 27g protein, 16g net carbs, 14g fat



Kiwi
2 kiwi- 94 cals



Pork rinds
1 1/2 oz- 224 cals

Lunch

895 cals, 62g protein, 23g net carbs, 58g fat



Bacon cauliflower rice
2 cup(s)- 326 cals



Baked chicken thighs
6 oz- 386 cals



Carrot fries
184 cals

Dinner

1015 cals, 120g protein, 42g net carbs, 37g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Lemon pepper chicken breast
18 oz- 666 cals



Baked fries
290 cals

Day 6

2669 cals ● 197g protein (29%) ● 152g fat (51%) ● 98g carbs (15%) ● 31g fiber (5%)

Breakfast

455 cals, 23g protein, 8g net carbs, 34g fat



Celery and almond butter
200 cals



Scrambled eggs with veggies and bacon
256 cals

Snacks

395 cals, 43g protein, 27g net carbs, 10g fat



Apple
1 apple(s)- 105 cals



Tuna cucumber bites
288 cals

Lunch

895 cals, 62g protein, 23g net carbs, 58g fat



Bacon cauliflower rice
2 cup(s)- 326 cals



Baked chicken thighs
6 oz- 386 cals



Carrot fries
184 cals

Dinner

925 cals, 69g protein, 40g net carbs, 49g fat



Bone broth
2 cup(s)- 81 cals



Kiwi
3 kiwi- 140 cals



Steak and beet salad
703 cals

Day 7

2675 cals ● 226g protein (34%) ● 142g fat (48%) ● 88g carbs (13%) ● 35g fiber (5%)

Breakfast

455 cals, 23g protein, 8g net carbs, 34g fat



Celery and almond butter
200 cals



Scrambled eggs with veggies and bacon
256 cals

Snacks

395 cals, 43g protein, 27g net carbs, 10g fat



Apple
1 apple(s)- 105 cals



Tuna cucumber bites
288 cals

Lunch

900 cals, 91g protein, 13g net carbs, 49g fat



Paleo salsa verde chicken salad
902 cals

Dinner

925 cals, 69g protein, 40g net carbs, 49g fat



Bone broth
2 cup(s)- 81 cals



Kiwi
3 kiwi- 140 cals



Steak and beet salad
703 cals

Fruits and Fruit Juices

- ☐ kiwi
20 fruit (1380g)
- ☐ avocados
5 1/3 avocado(s) (1071g)
- ☐ lime juice
1 3/4 fl oz (55mL)
- ☐ apples
3 1/4 medium (3" dia) (592g)
- ☐ lemon juice
1/2 tbsp (8mL)

Dairy and Egg Products

- ☐ eggs
30 medium (1328g)
- ☐ ghee
2 2/3 tbsp (36g)

Vegetables and Vegetable Products

- ☐ frozen mixed veggies
1 3/4 cup (236g)
- ☐ tomatoes
4 3/4 medium whole (2-3/5" dia) (582g)
- ☐ garlic
6 clove(s) (18g)
- ☐ potatoes
1 1/2 large (3" to 4-1/4" dia.) (554g)
- ☐ onion
1/2 medium (2-1/2" dia) (63g)
- ☐ collard greens
1 1/4 lbs (567g)
- ☐ raw celery
5/6 bunch (432g)
- ☐ tomato puree
3/4 cup (188g)
- ☐ bell pepper
3 1/2 large (593g)
- ☐ carrots
1 lbs (453g)
- ☐ beets, precooked (canned or refrigerated)
3 beets (2" dia, sphere) (150g)
- ☐ broccoli
1 1/2 cup chopped (137g)
- ☐ cucumber
1 1/4 cucumber (8-1/4") (376g)

Spices and Herbs

Sweets

- ☐ honey
2 tsp (14g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
1 1/2 lbs (642g)
- ☐ boneless skinless chicken thighs
2/3 lb (302g)
- ☐ boneless skinless chicken breast, raw
3 lbs (1269g)

Fats and Oils

- ☐ oil
4 oz (120mL)
- ☐ olive oil
3 1/3 oz (104mL)
- ☐ salad dressing
6 tbsp (90mL)

Pork Products

- ☐ pork loin chops, boneless, raw
1 1/2 chop (278g)
- ☐ bacon, raw
4 slice(s) (113g)
- ☐ bacon
2 slice(s) (20g)

Other

- ☐ mixed greens
10 cup (305g)
- ☐ frozen cauliflower
8 cup (907g)
- ☐ pork rinds
1/4 lbs (128g)
- ☐ chicken bone broth
4 cup(s) (mL)

Sausages and Luncheon Meats

- ☐ chicken sausage, cooked
4 link (336g)

Nut and Seed Products

- ☐ walnuts
13 1/4 tbsp shelled (50 halves) (83g)

- ☐ brown deli mustard
1 tbsp (15g)
- ☐ thyme, dried
1 1/2 g (1g)
- ☐ salt
3/4 tbsp (14g)
- ☐ ground cumin
1/3 oz (9g)
- ☐ ground coriander
3/4 tbsp (4g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ garlic powder
3/4 tbsp (7g)
- ☐ taco seasoning mix
1 tbsp (9g)
- ☐ lemon pepper
1 tbsp (8g)
- ☐ rosemary
1/2 tbsp (2g)

- ☐ almond butter
2 oz (57g)
- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)

Soups, Sauces, and Gravies

- ☐ salsa verde
14 tbsp (224g)

Beef Products

- ☐ ground beef (93% lean)
1 1/2 lbs (680g)
- ☐ sirloin steak, raw
1 lbs (425g)

Finfish and Shellfish Products

- ☐ canned tuna
5 packet (370g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg & avocado salad

531 cals ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



For single meal:

mixed greens

1 1/3 cup (40g)

avocados

2/3 avocado(s) (134g)

eggs, hard-boiled and chilled

4 large (200g)

garlic powder

1/4 tbsp (2g)

For all 2 meals:

mixed greens

2 2/3 cup (80g)

avocados

1 1/3 avocado(s) (268g)

eggs, hard-boiled and chilled

8 large (400g)

garlic powder

1/2 tbsp (4g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Basic scrambled eggs

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



For single meal:

oil

1 tsp (5mL)

eggs

4 medium (176g)

For all 3 meals:

oil

1 tbsp (15mL)

eggs

12 medium (528g)

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

Celery sticks

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



For single meal:

raw celery

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

For all 3 meals:

raw celery

6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.

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 3 meals:

avocados

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

lemon juice

1/2 tbs (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 3 [🔗](#)

Eat on day 6, day 7

Celery and almond butter

200 cals ● 7g protein ● 16g fat ● 4g carbs ● 4g fiber



For single meal:

raw celery

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

almond butter

1 oz (28g)

For all 2 meals:

raw celery

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

almond butter

2 oz (57g)

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

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

Roasted tomatoes

3 1/2 tomato(es) - 208 cal● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

- tomatoes**
3 1/2 small whole (2-2 5/8" dia) (319g)
- oil**
3 1/2 tsp (18mL)

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.

Coriander and cumin rubbed pork chops

1 1/2 chop(s) - 642 cal● 62g protein ● 41g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 chop(s)

salt

3 dash (2g)

ground cumin

3/4 tbsp (5g)

ground coriander

3/4 tbsp (4g)

garlic, minced

2 1/4 clove(s) (7g)

olive oil, divided

1 1/2 tbsp (23mL)

pork loin chops, boneless, raw

1 1/2 chop (278g)

black pepper

1 1/2 dash (0g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145 F (63 C).
4. Serve.

Lunch 2 [↗](#)

Eat on day 2

Baked fries

290 cal ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



oil

3/4 tbsp (11mL)

potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

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.

Chicken sausage

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



Makes 4 link
chicken sausage, cooked
4 link (336g)

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

Lunch 3 [🔗](#)

Eat on day 3, day 4

Avocado, apple, chicken salad

687 cals ● 51g protein ● 41g fat ● 17g carbs ● 12g fiber



For single meal:

avocados, chopped

5/8 avocado(s) (126g)

apples, finely chopped

5/8 medium (3" dia) (114g)

raw celery

2 1/2 tbsp chopped (16g)

olive oil

1 1/4 tbsp (19mL)

garlic powder

1/3 tsp (1g)

salt

1 1/4 dash (1g)

black pepper

1 1/4 dash, ground (0g)

lime juice

1 1/4 tsp (6mL)

**boneless skinless chicken breast,
raw, cubed**

1/2 lbs (213g)

For all 2 meals:

avocados, chopped

1 1/4 avocado(s) (251g)

apples, finely chopped

1 1/4 medium (3" dia) (228g)

raw celery

5 tbsp chopped (32g)

olive oil

2 1/2 tbsp (38mL)

garlic powder

5 dash (2g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

lime juice

2 1/2 tsp (13mL)

**boneless skinless chicken breast,
raw, cubed**

1 lbs (425g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts

6 2/3 tbsp shelled (50 halves) (42g)

For all 2 meals:

walnuts

13 1/3 tbsp shelled (50 halves) (83g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Bacon cauliflower rice

2 cup(s) - 326 cals ● 22g protein ● 23g fat ● 7g carbs ● 2g fiber



For single meal:

frozen cauliflower

2 cup (227g)

bacon, raw

2 slice(s) (57g)

For all 2 meals:

frozen cauliflower

4 cup (454g)

bacon, raw

4 slice(s) (113g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Baked chicken thighs

6 oz - 386 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

salt

2 dash (2g)

black pepper

1 dash, ground (0g)

chicken thighs, with bone and skin, raw, bone and skin

1 thigh (6 oz ea) (170g)

thyme, dried

1/2 dash, ground (0g)

For all 2 meals:

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.

Carrot fries

184 cals ● 2g protein ● 10g fat ● 16g carbs ● 7g fiber



For single meal:

carrots, peeled
1/2 lbs (227g)
olive oil
2 tsp (10mL)
rosemary
1/4 tbsp (1g)
salt
1 1/3 dash (1g)

For all 2 meals:

carrots, peeled
1 lbs (453g)
olive oil
4 tsp (20mL)
rosemary
1/2 tbsp (2g)
salt
1/3 tsp (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.

Lunch 5 [↗](#)

Eat on day 7

Paleo salsa verde chicken salad

902 cals ● 91g protein ● 49g fat ● 13g carbs ● 12g fiber



tomatoes, chopped
1 roma tomato (80g)
salsa verde
2 tbsp (32g)
ground cumin
2 tsp (4g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
avocados, sliced
4 slices (100g)
mixed greens
3 cup (90g)
oil
2 tsp (10mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
 2. When chicken is cool enough to handle, chop it into bite-sized pieces.
 3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.
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Snacks 1 [🔗](#)

Eat on day 1, day 2

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.
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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.
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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi
2 fruit (138g)

For all 3 meals:

kiwi
6 fruit (414g)

1. Slice the kiwi and serve.

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. This recipe has no instructions.

Tuna cucumber bites

288 cal ● 42g protein ● 10g fat ● 7g carbs ● 1g fiber



For single meal:

cucumber, sliced
5/8 cucumber (8-1/4") (188g)
canned tuna
2 1/2 packet (185g)

For all 2 meals:

cucumber, sliced
1 1/4 cucumber (8-1/4") (376g)
canned tuna
5 packet (370g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Dinner 1 [↗](#)

Eat on day 1

Mixed vegetables

1 3/4 cup(s) - 170 cal ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



Makes 1 3/4 cup(s)

frozen mixed veggies
1 3/4 cup (236g)

1. Prepare according to instructions on package.

Honey mustard chicken thighs w/ skin

10 2/3 oz - 744 cal ● 69g protein ● 46g fat ● 12g carbs ● 1g fiber



Makes 10 2/3 oz

brown deli mustard
1 tbsp (15g)
honey
2 tsp (14g)
thyme, dried
1/4 tbsp, ground (1g)
salt
1 1/3 dash (1g)
chicken thighs, with bone and skin, raw
2/3 lbs (302g)

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.

Dinner 2 [↗](#)

Eat on day 2

Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



collard greens

1 1/4 lbs (567g)

oil

1 1/4 tbsp (19mL)

garlic, minced

3 3/4 clove(s) (11g)

salt

1/3 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.

Thyme & lime chicken thighs

490 cals ● 58g protein ● 28g fat ● 2g carbs ● 0g fiber



oil

2 tsp (10mL)

lime juice

4 tsp (20mL)

thyme, dried

1/3 tsp, leaves (0g)

boneless skinless chicken thighs

2/3 lb (302g)

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.

Dinner 3 [↗](#)

Eat on day 3, day 4

'Buttery' cauliflower rice

172 cal ● 2g protein ● 15g fat ● 6g carbs ● 2g fiber



For single meal:

frozen cauliflower
2 cup (227g)
ghee
4 tsp (18g)

For all 2 meals:

frozen cauliflower
4 cup (454g)
ghee
2 2/3 tbsp (36g)

1. Cook frozen cauliflower according to package instructions.
2. Stir in ghee and season with salt and pepper to taste. Serve.

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

For all 2 meals:

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)

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.

Paleo taco stuffed peppers

3 stuffed pepper(s) - 640 cal ● 75g protein ● 26g fat ● 21g carbs ● 6g fiber



For single meal:

salsa verde
6 tbsp (96g)
ground beef (93% lean)
3/4 lbs (340g)
tomato puree
6 tbsp (94g)
taco seasoning mix
1/2 tbsp (4g)
bell pepper
3 small (222g)

For all 2 meals:

salsa verde
3/4 cup (192g)
ground beef (93% lean)
1 1/2 lbs (680g)
tomato puree
3/4 cup (188g)
taco seasoning mix
1 tbsp (9g)
bell pepper
6 small (444g)

1. Preheat oven to 400°F (200°C).
2. Cut tops off of peppers and discard the seeds. Set aside.
3. In a large skillet, brown the ground beef with some salt and pepper, 8-10 minutes.
4. Add in tomato puree, taco seasoning, and about half the salsa verde. Simmer for 2-4 minutes and turn off heat.
5. Scoop taco mixture into the peppers. Bake for 20 minutes until peppers are tender.
6. Top with remaining salsa verde and serve.

Dinner 4 [↗](#)

Eat on day 5

Roasted tomatoes

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



Makes 1 tomato(es)

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

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.

Lemon pepper chicken breast

18 oz - 666 cals ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



Makes 18 oz

lemon pepper

1 tbsp (8g)

olive oil

1/2 tbsp (8mL)

**boneless skinless chicken breast,
raw**

1 lbs (504g)

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.

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



oil
3/4 tbsp (11mL)
potatoes
3/4 large (3" to 4-1/4" dia.) (277g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Bone broth

2 cup(s) - 81 cals ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:

chicken bone broth
2 cup(s) (mL)

For all 2 meals:

chicken bone broth
4 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

Kiwi

3 kiwi - 140 cals ● 2g protein ● 1g fat ● 24g carbs ● 6g fiber



For single meal:

kiwi
3 fruit (207g)

For all 2 meals:

kiwi
6 fruit (414g)

1. Slice the kiwi and serve.

Steak and beet salad

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



For single meal:

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

For all 2 meals:

oil
1 1/2 tbsp (23mL)
beets, precooked (canned or refrigerated), chopped
3 beets (2" dia, sphere) (150g)
salad dressing
6 tbsp (90mL)
broccoli
1 1/2 cup chopped (137g)
mixed greens
4 1/2 cup (135g)
sirloin steak, raw
1 lbs (425g)

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