

# Meal Plan - 2900 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

2904 cals ● 239g protein (33%) ● 155g fat (48%) ● 98g carbs (14%) ● 40g fiber (5%)

### Breakfast

620 cals, 36g protein, 4g net carbs, 48g fat



#### Bacon & egg sandwich

1 sandwich(es)- 442 cals



#### Avocado

176 cals

### Snacks

325 cals, 8g protein, 27g net carbs, 16g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Apple

1 apple(s)- 105 cals



#### Celery and almond butter

200 cals

### Lunch

980 cals, 86g protein, 26g net carbs, 54g fat



#### Baked chicken with tomatoes & olives

12 oz- 599 cals



#### Brussels sprout, apple & walnut side salad

380 cals

### Dinner

980 cals, 110g protein, 42g net carbs, 37g fat



#### Simple sauteed spinach

100 cals



#### Baked fries

290 cals



#### Lemon pepper chicken breast

16 oz- 592 cals

## Day 2

2904 cals ● 239g protein (33%) ● 155g fat (48%) ● 98g carbs (14%) ● 40g fiber (5%)

### Breakfast

620 cals, 36g protein, 4g net carbs, 48g fat



#### Bacon & egg sandwich

1 sandwich(es)- 442 cals



#### Avocado

176 cals

### Snacks

325 cals, 8g protein, 27g net carbs, 16g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Apple

1 apple(s)- 105 cals



#### Celery and almond butter

200 cals

### Lunch

980 cals, 86g protein, 26g net carbs, 54g fat



#### Baked chicken with tomatoes & olives

12 oz- 599 cals



#### Brussels sprout, apple & walnut side salad

380 cals

### Dinner

980 cals, 110g protein, 42g net carbs, 37g fat



#### Simple sauteed spinach

100 cals



#### Baked fries

290 cals



#### Lemon pepper chicken breast

16 oz- 592 cals

## Day 3

2864 cal ● 249g protein (35%) ● 147g fat (46%) ● 97g carbs (14%) ● 40g fiber (6%)

### Breakfast

505 cal, 26g protein, 45g net carbs, 19g fat



**Boiled eggs**  
4 egg(s)- 277 cal



**Pear**  
2 pear(s)- 226 cal

### Snacks

345 cal, 22g protein, 5g net carbs, 26g fat



**Walnuts**  
1/4 cup(s)- 175 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal



**Pork rinds**  
1 oz- 149 cal

### Lunch

970 cal, 111g protein, 21g net carbs, 46g fat



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



**Basic chicken & spinach salad**  
812 cal

### Dinner

1045 cal, 90g protein, 27g net carbs, 56g fat



**Buffalo chicken lettuce wrap**  
3 wrap(s)- 659 cal



**Grapes**  
97 cal



**Mixed nuts**  
1/3 cup(s)- 290 cal

## Day 4

2855 cal ● 211g protein (30%) ● 172g fat (54%) ● 79g carbs (11%) ● 35g fiber (5%)

### Breakfast

505 cal, 26g protein, 45g net carbs, 19g fat



**Boiled eggs**  
4 egg(s)- 277 cal



**Pear**  
2 pear(s)- 226 cal

### Snacks

345 cal, 22g protein, 5g net carbs, 26g fat



**Walnuts**  
1/4 cup(s)- 175 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal



**Pork rinds**  
1 oz- 149 cal

### Lunch

960 cal, 73g protein, 4g net carbs, 71g fat



**Simple sauteed spinach**  
100 cal



**Paleo steak Bites**  
12 oz(s)- 861 cal

### Dinner

1045 cal, 90g protein, 27g net carbs, 56g fat



**Buffalo chicken lettuce wrap**  
3 wrap(s)- 659 cal



**Grapes**  
97 cal



**Mixed nuts**  
1/3 cup(s)- 290 cal

## Day 5

2870 cals ● 218g protein (30%) ● 177g fat (55%) ● 70g carbs (10%) ● 31g fiber (4%)

### Breakfast

505 cals, 26g protein, 45g net carbs, 19g fat



**Boiled eggs**  
4 egg(s)- 277 cals



**Pear**  
2 pear(s)- 226 cals

### Snacks

345 cals, 22g protein, 5g net carbs, 26g fat



**Walnuts**  
1/4 cup(s)- 175 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Pork rinds**  
1 oz- 149 cals

### Lunch

1045 cals, 87g protein, 11g net carbs, 68g fat



**Simple salmon**  
14 oz- 898 cals



**Simple salad with tomatoes and carrots**  
147 cals

### Dinner

975 cals, 83g protein, 10g net carbs, 63g fat



**Olive oil drizzled sugar snap peas**  
204 cals



**Baked chicken thighs**  
12 oz- 772 cals

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## Day 6

2859 cals ● 216g protein (30%) ● 161g fat (51%) ● 105g carbs (15%) ● 32g fiber (4%)

### Breakfast

425 cals, 10g protein, 20g net carbs, 31g fat



**Pistachios**  
188 cals



**Dark chocolate**  
4 square(s)- 239 cals

### Snacks

345 cals, 34g protein, 27g net carbs, 8g fat



**Pear**  
1 pear(s)- 113 cals



**Tuna cucumber bites**  
230 cals

### Lunch

1060 cals, 88g protein, 12g net carbs, 69g fat



**Low carb fried chicken**  
16 oz- 936 cals



**Sugar snap peas**  
123 cals

### Dinner

1030 cals, 84g protein, 46g net carbs, 53g fat



**Honey mustard chicken thighs w/ skin**  
12 oz- 837 cals



**Beets**  
8 beets- 193 cals

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# Day 7

2859 cals ● 216g protein (30%) ● 161g fat (51%) ● 105g carbs (15%) ● 32g fiber (4%)

## Breakfast

425 cals, 10g protein, 20g net carbs, 31g fat



**Pistachios**  
188 cals



**Dark chocolate**  
4 square(s)- 239 cals

## Snacks

345 cals, 34g protein, 27g net carbs, 8g fat



**Pear**  
1 pear(s)- 113 cals



**Tuna cucumber bites**  
230 cals

## Lunch

1060 cals, 88g protein, 12g net carbs, 69g fat



**Low carb fried chicken**  
16 oz- 936 cals



**Sugar snap peas**  
123 cals

## Dinner

1030 cals, 84g protein, 46g net carbs, 53g fat



**Honey mustard chicken thighs w/ skin**  
12 oz- 837 cals



**Beets**  
8 beets- 193 cals

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## Vegetables and Vegetable Products

- tomatoes  
9 medium whole (2-3/5" dia) (1085g)
- raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
- garlic  
3 clove(s) (9g)
- fresh spinach  
17 1/3 cup(s) (520g)
- potatoes  
1 1/2 large (3" to 4-1/4" dia.) (554g)
- brussels sprouts  
2 1/4 cup (198g)
- romaine lettuce  
7/8 head (543g)
- frozen sugar snap peas  
5 2/3 cup (816g)
- carrots  
3/8 medium (23g)
- beets, precooked (canned or refrigerated)  
16 beets (2" dia, sphere) (800g)
- cucumber  
1 cucumber (8-1/4") (301g)

## Fruits and Fruit Juices

- apples  
3 medium (3" dia) (529g)
- green olives  
24 large (106g)
- avocados  
2 avocado(s) (402g)
- lemon juice  
1 tsp (5mL)
- grapes  
3 1/3 cup (307g)
- pears  
8 medium (1424g)

## Nut and Seed Products

- almond butter  
2 1/2 oz (73g)
- walnuts  
4 oz (14 halves) (117g)
- mixed nuts  
2/3 cup (89g)
- pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)

## Spices and Herbs

## Fats and Oils

- olive oil  
3 1/4 oz (104mL)
- oil  
2 3/4 oz (84mL)
- salad dressing  
5 tbsp (77mL)

## Poultry Products

- boneless skinless chicken breast, raw  
6 lbs (2710g)
- chicken thighs, with bone and skin, raw  
2 1/4 lbs (1020g)

## Sweets

- maple syrup  
1 tbsp (15mL)
- honey  
1 1/2 tbsp (32g)
- Chocolate, dark, 70-85%  
8 square(s) (80g)

## Dairy and Egg Products

- eggs  
16 large (800g)

## Pork Products

- bacon  
12 slice(s) (120g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
1/2 cup (120mL)
- hot sauce  
2 tbsp (30mL)

## Other

- pork rinds  
4 oz (113g)
- Chicken, drumsticks, with skin  
2 lbs (907g)

## Beef Products

- sirloin steak, raw  
3/4 lbs (340g)

- black pepper  
3 1/2 g (4g)
  - salt  
1/2 oz (17g)
  - lemon pepper  
2 tbsp (14g)
  - chili powder  
4 tsp (11g)
  - fresh basil  
24 leaves (12g)
  - apple cider vinegar  
3/4 tbsp (11g)
  - thyme, dried  
1/2 tbsp, ground (2g)
  - brown deli mustard  
2 1/4 tbsp (34g)
  - cajun seasoning  
1/2 tbsp (3g)
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## Finfish and Shellfish Products

- salmon  
14 oz (397g)
- canned tuna  
4 packet (296g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Bacon & egg sandwich

1 sandwich(es) - 442 cals ● 34g protein ● 34g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**bacon**  
6 slice(s) (60g)

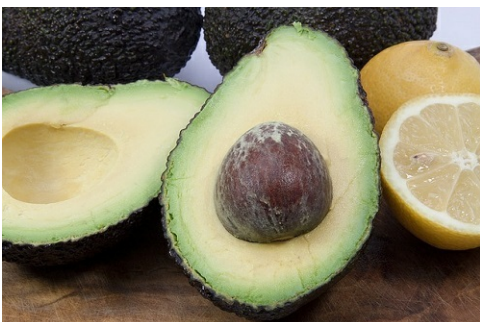
For all 2 meals:

**eggs**  
4 large (200g)  
**bacon**  
12 slice(s) (120g)

1. Preheat oven to 450 F (230 C).
2. Take the strips of bacon and cut in half lengthwise so that you effectively double the number of strips (12 for each sandwich).
3. For each side of a 'bun', use 6 strips, with 3 going vertically, and 3 going horizontally. Intertwine the pieces to make a weave.
4. When both sides of the 'bun' are created, place them on a baking sheet and cook in oven for 20-30 minutes, flipping half way through.
5. Cook eggs according to your preference.
6. Remove bacon from oven, and once it has cooled a bit, put the eggs in between the 'buns' to form the sandwich.
7. 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 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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Boiled eggs

4 egg(s) - 277 cal ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
4 large (200g)

For all 3 meals:

**eggs**  
12 large (600g)

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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### Pear

2 pear(s) - 226 cal ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

**pears**  
2 medium (356g)

For all 3 meals:

**pears**  
6 medium (1068g)

1. This recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Pistachios

188 cal ● 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.
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### Dark chocolate

4 square(s) - 239 cal ● 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.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Baked chicken with tomatoes & olives

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



For single meal:

**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)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

**olive oil**

4 tsp (20mL)

**salt**

1 tsp (6g)

**green olives**

24 large (106g)

**black pepper**

1 tsp (1g)

**chili powder**

4 tsp (11g)

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

**fresh basil, shredded**

24 leaves (12g)

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.

### Brussels sprout, apple & walnut side salad

380 cal ● 6g protein ● 29g fat ● 18g carbs ● 6g fiber



For single meal:

**brussels sprouts, ends trimmed and discarded**

1 cup (99g)

**apples, chopped**

1/4 small (2-3/4" dia) (37g)

**walnuts**

3 tbsp, chopped (21g)

**apple cider vinegar**

1 tsp (6g)

**maple syrup**

1/2 tbsp (8mL)

**olive oil**

1 tbsp (17mL)

For all 2 meals:

**brussels sprouts, ends trimmed and discarded**

2 1/4 cup (198g)

**apples, chopped**

1/2 small (2-3/4" dia) (74g)

**walnuts**

6 tbsp, chopped (42g)

**apple cider vinegar**

3/4 tbsp (11g)

**maple syrup**

1 tbsp (15mL)

**olive oil**

2 1/4 tbsp (34mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

## Lunch 2 [↗](#)

Eat on day 3

### Apple & almond butter

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



Makes 1/2 apple(s)

#### apples

1/2 medium (3" dia) (91g)

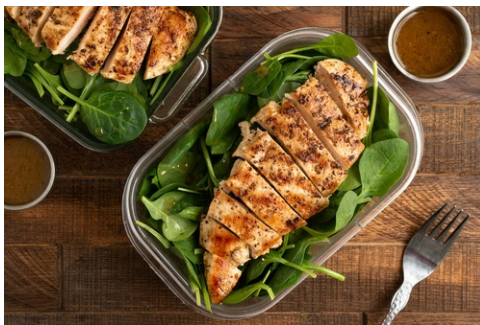
#### almond butter

1 tbsp (16g)

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

### Basic chicken & spinach salad

812 cal ● 107g protein ● 37g fat ● 10g carbs ● 3g fiber



#### salad dressing

4 tbsp (60mL)

#### oil

1 tbsp (13mL)

#### boneless skinless chicken breast, raw, chopped, cooked

1 lbs (454g)

#### fresh spinach

5 1/3 cup(s) (160g)

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.

## Lunch 3 [↗](#)

Eat on day 4

### Simple sauteed spinach

100 cal ● 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.

## Paleo steak Bites

12 oz(s) - 861 cal ● 69g protein ● 64g fat ● 2g carbs ● 0g fiber



Makes 12 oz(s)

**sirloin steak, raw**

3/4 lbs (340g)

**garlic, diced**

1 1/2 clove(s) (5g)

**oil**

1 1/2 tbsp (23mL)

1. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
  2. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
  3. When steak is just about done, reduce heat to low and add in garlic. Let cook for about a minute until fragrant. stir around to coat the steak. Serve.
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## Lunch 4 [↗](#)

Eat on day 5

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### Simple salmon

14 oz - 898 cal ● 81g protein ● 64g fat ● 0g carbs ● 0g fiber



Makes 14 oz

**salmon**

14 oz (397g)

**oil**

3/4 tbsp (12mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

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### Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



**salad dressing**

1 tbsp (17mL)

**tomatoes, diced**

3/4 medium whole (2-3/5" dia) (92g)

**carrots, sliced**

3/8 medium (23g)

**romaine lettuce, roughly chopped**

3/4 hearts (375g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Low carb fried chicken

16 oz - 936 cal ● 80g protein ● 68g fat ● 1g carbs ● 0g fiber



For single meal:

**Chicken, drumsticks, with skin**  
1 lbs (454g)  
**pork rinds, crushed**  
1/2 oz (14g)  
**cajun seasoning**  
1/4 tbsp (1g)  
**hot sauce**  
1 tbsp (15mL)

For all 2 meals:

**Chicken, drumsticks, with skin**  
2 lbs (907g)  
**pork rinds, crushed**  
1 oz (28g)  
**cajun seasoning**  
1/2 tbsp (3g)  
**hot sauce**  
2 tbsp (30mL)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

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### Sugar snap peas

123 cal ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



For single meal:

**frozen sugar snap peas**  
2 cup (288g)

For all 2 meals:

**frozen sugar snap peas**  
4 cup (576g)

1. Prepare according to instructions on package.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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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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### Apple

1 apple(s) - 105 cal ● 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.
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### Celery and almond butter

200 cal ● 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
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

#### walnuts

4 tbsp shelled (50 halves) (25g)

For all 3 meals:

#### walnuts

3/4 cup shelled (50 halves) (75g)

1. This recipe has no instructions.
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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 3 meals:

#### tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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### Pork rinds

1 oz - 149 cal ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

#### pork rinds

1 oz (28g)

For all 3 meals:

#### pork rinds

3 oz (85g)

1. Enjoy.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. This recipe has no instructions.
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### Tuna cucumber bites

230 cal ● 34g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**canned tuna**  
2 packet (148g)

For all 2 meals:

**cucumber, sliced**  
1 cucumber (8-1/4") (301g)  
**canned tuna**  
4 packet (296g)

1. Slice the cucumber and top slices with tuna.
  2. Season to taste with salt and pepper.
  3. Serve.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Simple sauteed spinach

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



For single meal:

**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)

For all 2 meals:

**garlic, diced**  
1 clove (3g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**olive oil**  
1 tbsp (15mL)  
**fresh spinach**  
8 cup(s) (240g)

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.

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### Baked fries

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



For single meal:

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

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**potatoes**  
1 1/2 large (3" to 4-1/4" dia.) (554g)

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.

### 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.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Buffalo chicken lettuce wrap

3 wrap(s) - 659 cals ● 80g protein ● 31g fat ● 5g carbs ● 9g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**romaine lettuce**  
3 leaf outer (84g)  
**boneless skinless chicken breast, raw, cubed**  
3/4 lbs (340g)  
**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**romaine lettuce**  
6 leaf outer (168g)  
**boneless skinless chicken breast, raw, cubed**  
1 1/2 lbs (680g)  
**Frank's Red Hot sauce**  
1/2 cup (120mL)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
4 dash (3g)  
**avocados, chopped**  
1 avocado(s) (201g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

### Grapes

97 cals ● 1g protein ● 1g fat ● 15g carbs ● 6g fiber



For single meal:

**grapes**  
1 2/3 cup (153g)

For all 2 meals:

**grapes**  
3 1/3 cup (307g)

1. This recipe has no instructions.

### Mixed nuts

1/3 cup(s) - 290 cals ● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



For single meal:

**mixed nuts**  
1/3 cup (45g)

For all 2 meals:

**mixed nuts**  
2/3 cup (89g)

1. This recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 5

### Olive oil drizzled sugar snap peas

204 cal ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen sugar snap peas**  
1 2/3 cup (240g)  
**olive oil**  
2 1/2 tsp (13mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Baked chicken thighs

12 oz - 772 cal ● 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.

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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Honey mustard chicken thighs w/ skin

12 oz - 837 cal ● 77g protein ● 52g fat ● 14g carbs ● 1g fiber



For single meal:

**brown deli mustard**

1 tbsp (17g)

**honey**

3/4 tbsp (16g)

**thyme, dried**

1/4 tbsp, ground (1g)

**salt**

1 1/2 dash (1g)

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

3/4 lbs (340g)

For all 2 meals:

**brown deli mustard**

2 1/4 tbsp (34g)

**honey**

1 1/2 tbsp (32g)

**thyme, dried**

1/2 tbsp, ground (2g)

**salt**

3 dash (2g)

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

1 1/2 lbs (680g)

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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### Beets

8 beets - 193 cal ● 7g protein ● 1g fat ● 32g carbs ● 8g fiber



For single meal:

**beets, precooked (canned or refrigerated)**

8 beets (2" dia, sphere) (400g)

For all 2 meals:

**beets, precooked (canned or refrigerated)**

16 beets (2" dia, sphere) (800g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.
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