

Meal Plan - 3100 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

3081 cals ● 234g protein (30%) ● 185g fat (54%) ● 65g carbs (8%) ● 57g fiber (7%)

Breakfast

570 cals, 25g protein, 23g net carbs, 37g fat



[Eggs with tomato and avocado](#)
489 cals



[Watermelon](#)
8 oz- 82 cals

Snacks

425 cals, 39g protein, 6g net carbs, 26g fat



[Tuna pickle boats](#)
12 pickle boat(s)- 207 cals



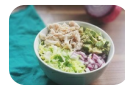
[Mixed nuts](#)
1/4 cup(s)- 218 cals

Lunch

1045 cals, 88g protein, 22g net carbs, 57g fat



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



[Chicken avocado salad](#)
1001 cals

Dinner

1045 cals, 83g protein, 14g net carbs, 65g fat



[Avocado tuna salad](#)
727 cals



[Sunflower seeds](#)
316 cals

Day 2

3100 cals ● 277g protein (36%) ● 176g fat (51%) ● 59g carbs (8%) ● 44g fiber (6%)

Breakfast

570 cals, 25g protein, 23g net carbs, 37g fat



[Eggs with tomato and avocado](#)
489 cals



[Watermelon](#)
8 oz- 82 cals

Snacks

425 cals, 39g protein, 6g net carbs, 26g fat



[Tuna pickle boats](#)
12 pickle boat(s)- 207 cals



[Mixed nuts](#)
1/4 cup(s)- 218 cals

Lunch

1060 cals, 131g protein, 16g net carbs, 49g fat



[Baked chicken with tomatoes & olives](#)
18 oz- 899 cals



[Bacon cauliflower rice](#)
1 cup(s)- 163 cals

Dinner

1045 cals, 83g protein, 14g net carbs, 65g fat



[Avocado tuna salad](#)
727 cals



[Sunflower seeds](#)
316 cals

Day 3

3121 cals ● 299g protein (38%) ● 168g fat (49%) ● 66g carbs (8%) ● 39g fiber (5%)

Breakfast

535 cals, 21g protein, 29g net carbs, 33g fat



Blueberry nut apple slices
1 apple(s)- 396 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

425 cals, 39g protein, 6g net carbs, 26g fat



Tuna pickle boats
12 pickle boat(s)- 207 cals



Mixed nuts
1/4 cup(s)- 218 cals

Lunch

1060 cals, 131g protein, 16g net carbs, 49g fat



Baked chicken with tomatoes & olives
18 oz- 899 cals



Bacon cauliflower rice
1 cup(s)- 163 cals

Dinner

1100 cals, 108g protein, 15g net carbs, 61g fat



Tomato and avocado salad
469 cals



Balsamic chicken breast
16 oz- 631 cals

Day 4

3092 cals ● 219g protein (28%) ● 182g fat (53%) ● 102g carbs (13%) ● 42g fiber (5%)

Breakfast

535 cals, 21g protein, 29g net carbs, 33g fat



Blueberry nut apple slices
1 apple(s)- 396 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

380 cals, 35g protein, 30g net carbs, 11g fat



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



Beef jerky
220 cals

Lunch

1080 cals, 55g protein, 28g net carbs, 77g fat



Paleo ham, bacon, avocado lettuce wrap
1 1/2 wrap(s)- 593 cals



Roasted cashews
5/8 cup(s)- 487 cals

Dinner

1100 cals, 108g protein, 15g net carbs, 61g fat



Tomato and avocado salad
469 cals



Balsamic chicken breast
16 oz- 631 cals

Day 5

3039 cals ● 286g protein (38%) ● 137g fat (41%) ● 128g carbs (17%) ● 39g fiber (5%)

Breakfast

535 cals, 21g protein, 29g net carbs, 33g fat



Blueberry nut apple slices
1 apple(s)- 396 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

380 cals, 35g protein, 30g net carbs, 11g fat



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



Beef jerky
220 cals

Lunch

1080 cals, 124g protein, 57g net carbs, 35g fat



Sweet potato wedges
391 cals



Lemon pepper chicken breast
18 2/3 oz- 691 cals

Dinner

1045 cals, 106g protein, 12g net carbs, 58g fat



Tomato and avocado salad
411 cals



Basic chicken breast
16 oz- 635 cals

Day 6

3029 cals ● 269g protein (36%) ● 154g fat (46%) ● 99g carbs (13%) ● 43g fiber (6%)

Breakfast

540 cals, 25g protein, 7g net carbs, 42g fat



Almond protein balls
4 ball(s)- 539 cals

Snacks

360 cals, 15g protein, 23g net carbs, 20g fat



Apple
1 apple(s)- 105 cals



Avocado deviled eggs
2 egg(s)- 257 cals

Lunch

1080 cals, 124g protein, 57g net carbs, 35g fat



Sweet potato wedges
391 cals



Lemon pepper chicken breast
18 2/3 oz- 691 cals

Dinner

1045 cals, 106g protein, 12g net carbs, 58g fat



Tomato and avocado salad
411 cals



Basic chicken breast
16 oz- 635 cals

Day 7

3133 cals ● 204g protein (26%) ● 192g fat (55%) ● 92g carbs (12%) ● 56g fiber (7%)

Breakfast

540 cals, 25g protein, 7g net carbs, 42g fat



[Almond protein balls](#)

4 ball(s)- 539 cals

Lunch

1130 cals, 83g protein, 35g net carbs, 64g fat



[Ham club lettuce wrap](#)

3 1/2 wrap(s)- 819 cals



[Roasted cashews](#)

3/8 cup(s)- 313 cals

Snacks

360 cals, 15g protein, 23g net carbs, 20g fat



[Apple](#)

1 apple(s)- 105 cals



[Avocado deviled eggs](#)

2 egg(s)- 257 cals

Dinner

1100 cals, 82g protein, 27g net carbs, 66g fat



[Avocado, apple, chicken salad](#)

1100 cals

Finfish and Shellfish Products

- ☐ canned tuna
6 can (1017g)

Vegetables and Vegetable Products

- ☐ pickles
18 medium (3" long) (504g)
- ☐ onion
3 medium (2-1/2" dia) (317g)
- ☐ tomatoes
13 3/4 medium whole (2-3/5" dia) (1694g)
- ☐ brussels sprouts
10 sprouts (190g)
- ☐ romaine lettuce
5 leaf outer (140g)
- ☐ sweet potatoes
3 sweetpotato, 5" long (630g)
- ☐ fresh cilantro
4 tsp, chopped (4g)
- ☐ raw celery
4 tbsp chopped (25g)

Nut and Seed Products

- ☐ mixed nuts
3/4 cup (101g)
- ☐ sunflower kernels
1/4 lbs (99g)
- ☐ walnuts
12 walnuts (24g)
- ☐ almond butter
1/2 lbs (253g)
- ☐ roasted cashews
1 cup, halves and whole (131g)

Fruits and Fruit Juices

- ☐ avocados
11 1/4 avocado(s) (2253g)
- ☐ lime juice
5 1/2 fl oz (166mL)
- ☐ Watermelon
16 oz (453g)
- ☐ green olives
36 large (158g)
- ☐ blueberries
3/4 cup (111g)
- ☐ apples
7 medium (3" dia) (1274g)

Other

- ☐ mixed greens
3 1/3 cup (100g)
- ☐ frozen cauliflower
2 cup (227g)
- ☐ italian seasoning
1 tsp (4g)
- ☐ almond flour
4 tbsp (28g)

Fats and Oils

- ☐ oil
1/4 lbs (102mL)
- ☐ olive oil
1/4 lbs (106mL)
- ☐ balsamic vinaigrette
1/2 cup (120mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
10 lbs (4549g)

Dairy and Egg Products

- ☐ eggs
16 large (800g)

Pork Products

- ☐ bacon, raw
2 slice(s) (57g)
- ☐ bacon
3 slice(s) (30g)

Snacks

- ☐ beef jerky
6 oz (170g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
1 1/4 lbs (567g)

Beverages

- ☐ protein powder
4 tbsp (23g)

Spices and Herbs

- ☐ salt
1 1/4 oz (34g)
 - ☐ black pepper
1/3 oz (9g)
 - ☐ fresh basil
42 leaves (21g)
 - ☐ chili powder
2 tbsp (16g)
 - ☐ garlic powder
2 1/2 tsp (7g)
 - ☐ lemon pepper
2 1/3 tbsp (16g)
 - ☐ dijon mustard
1 3/4 tbsp (26g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Eggs with tomato and avocado

489 cals ● 23g protein ● 37g fat ● 6g carbs ● 11g fiber



For single meal:

tomatoes

3 slice(s), thick/large (1/2" thick)
(81g)

eggs

3 large (150g)

avocados, sliced

3/4 avocado(s) (151g)

salt

3 dash (1g)

black pepper

3 dash (0g)

fresh basil, chopped

3 leaves (2g)

For all 2 meals:

tomatoes

6 slice(s), thick/large (1/2" thick)
(162g)

eggs

6 large (300g)

avocados, sliced

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

salt

1/4 tbsp (2g)

black pepper

1/4 tbsp (1g)

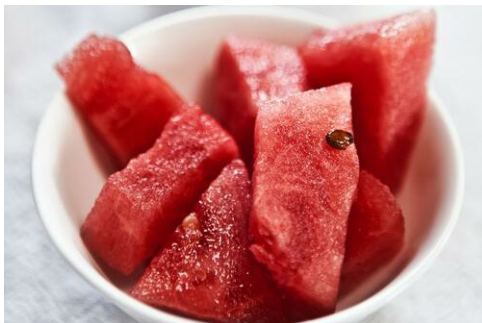
fresh basil, chopped

6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

Watermelon

8 oz (227g)

For all 2 meals:

Watermelon

16 oz (453g)

1. Slice watermelon and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Blueberry nut apple slices

1 apple(s) - 396 cal● 9g protein ● 23g fat ● 29g carbs ● 9g fiber



For single meal:

blueberries
4 tbsp (37g)
walnuts, chopped
4 walnuts (8g)
almond butter
2 tbsp (32g)
apples
1 medium (3" dia) (182g)

For all 3 meals:

blueberries
3/4 cup (111g)
walnuts, chopped
12 walnuts (24g)
almond butter
6 tbsp (96g)
apples
3 medium (3" dia) (546g)

1. Cut apple into slices (approx. 6 slices per apple). Cut out the core and seeds at the center of the slices with a knife.
2. Spread almond butter on slices and top with blueberries and chopped walnuts. Serve.

Boiled eggs

2 egg(s) - 139 cal● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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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Breakfast 3 [↗](#)

Eat on day 6, day 7

Almond protein balls

4 ball(s) - 539 cals ● 25g protein ● 42g fat ● 7g carbs ● 8g fiber



For single meal:

protein powder

2 tbsp (12g)

almond flour

2 tbsp (14g)

almond butter

4 tbsp (63g)

For all 2 meals:

protein powder

4 tbsp (23g)

almond flour

4 tbsp (28g)

almond butter

1/2 cup (125g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

Lunch 1 [↗](#)

Eat on day 1

Cherry tomatoes

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



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

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

Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



lime juice

4 tsp (20mL)

oil

4 tsp (20mL)

onion

2 tbsp chopped (20g)

avocados, chopped

1 avocado(s) (201g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

brussels sprouts

10 sprouts (190g)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
18 oz (510g)
fresh basil, shredded
18 leaves (9g)

For all 2 meals:

tomatoes
36 cherry tomatoes (612g)
olive oil
2 tbsp (30mL)
salt
1/2 tbsp (9g)
green olives
36 large (158g)
black pepper
1/2 tbsp (1g)
chili powder
2 tbsp (16g)
boneless skinless chicken breast, raw
2 1/4 lbs (1021g)
fresh basil, shredded
36 leaves (18g)

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.

Bacon cauliflower rice

1 cup(s) - 163 cals ● 11g protein ● 11g fat ● 3g carbs ● 1g fiber



For single meal:

frozen cauliflower
1 cup (113g)
bacon, raw
1 slice(s) (28g)

For all 2 meals:

frozen cauliflower
2 cup (227g)
bacon, raw
2 slice(s) (57g)

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.
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Lunch 3 [↗](#)

Eat on day 4

Paleo ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 593 cals ● 43g protein ● 40g fat ● 5g carbs ● 11g fiber



Makes 1 1/2 wrap(s)

romaine lettuce

1 1/2 leaf outer (42g)

bacon

3 slice(s) (30g)

ham cold cuts

6 oz (170g)

avocados, sliced

3/4 avocado(s) (151g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up. Serve.

Roasted cashews

5/8 cup(s) - 487 cals ● 12g protein ● 37g fat ● 24g carbs ● 2g fiber



Makes 5/8 cup(s)

roasted cashews

9 1/3 tbsp, halves and whole (80g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

Sweet potato wedges

391 cals ● 5g protein ● 13g fat ● 54g carbs ● 10g fiber



For single meal:

oil

1 tbsp (17mL)

sweet potatoes, cut into wedges

1 1/2 sweetpotato, 5" long (315g)

salt

1/4 tbsp (5g)

black pepper

3 dash, ground (1g)

For all 2 meals:

oil

2 1/4 tbsp (34mL)

sweet potatoes, cut into wedges

3 sweetpotato, 5" long (630g)

salt

1/2 tbsp (9g)

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.

Lemon pepper chicken breast

18 2/3 oz - 691 cals ● 119g protein ● 22g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

3 1/2 tsp (8g)

olive oil

1 3/4 tsp (9mL)

boneless skinless chicken breast, raw

18 2/3 oz (523g)

For all 2 meals:

lemon pepper

2 1/3 tbsp (16g)

olive oil

3 1/2 tsp (17mL)

boneless skinless chicken breast, raw

2 1/3 lbs (1045g)

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.

Lunch 5 [🔗](#)

Eat on day 7

Ham club lettuce wrap

3 1/2 wrap(s) - 819 cals ● 75g protein ● 41g fat ● 20g carbs ● 18g fiber



Makes 3 1/2 wrap(s)

dijon mustard

1 3/4 tbsp (26g)

romaine lettuce

3 1/2 leaf outer (98g)

ham cold cuts

14 oz (397g)

onion

14 slices, thin (126g)

avocados, sliced

7/8 avocado(s) (176g)

tomatoes

7 slice(s), thin/small (105g)

1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

Roasted cashews

3/8 cup(s) - 313 cals ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



Makes 3/8 cup(s)

roasted cashews

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

Snacks 1 [🔗](#)

Eat on day 1, day 2, day 3

Tuna pickle boats

12 pickle boat(s) - 207 cal ● 32g protein ● 8g fat ● 1g carbs ● 2g fiber



For single meal:

canned tuna

2 packet (148g)

pickles

6 medium (3" long) (168g)

For all 3 meals:

canned tuna

6 packet (444g)

pickles

18 medium (3" long) (504g)

1. Slice pickles from base to tip and using a spoon, scrape out some of the seeds inside.
2. Liberally pack the tuna into the center.
3. Season with salt/pepper to taste.
4. Serve.

Mixed nuts

1/4 cup(s) - 218 cal ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

mixed nuts

4 tbsp (34g)

For all 3 meals:

mixed nuts

3/4 cup (101g)

1. This recipe has no instructions.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Apple & almond butter

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



For single meal:

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

For all 2 meals:

apples
1 medium (3" dia) (182g)
almond butter
2 tbsp (32g)

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

Beef jerky

220 cals ● 32g protein ● 2g fat ● 18g carbs ● 0g fiber



For single meal:

beef jerky
3 oz (85g)

For all 2 meals:

beef jerky
6 oz (170g)

1. This recipe has no instructions.

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.

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



For single meal:

avocados

5/6 avocado(s) (168g)

lime juice

1/2 tbsp (8mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp (0g)

mixed greens

1 2/3 cup (50g)

onion, minced

3/8 small (29g)

canned tuna

1 2/3 can (287g)

tomatoes

6 2/3 tbsp, chopped (75g)

For all 2 meals:

avocados

1 2/3 avocado(s) (335g)

lime juice

1 tbsp (17mL)

salt

1/2 tsp (1g)

black pepper

1/2 tsp (0g)

mixed greens

3 1/3 cup (100g)

onion, minced

5/6 small (58g)

canned tuna

3 1/3 can (573g)

tomatoes

13 1/3 tbsp, chopped (150g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

sunflower kernels
1 3/4 oz (50g)

For all 2 meals:

sunflower kernels
1/4 lbs (99g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3, day 4

Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



For single meal:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

For all 2 meals:

onion
4 tbsp minced (60g)
lime juice
4 tbsp (60mL)
avocados, cubed
2 avocado(s) (402g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)
olive oil
1 tbsp (15mL)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)

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.

Balsamic chicken breast

16 oz - 631 cals ● 102g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning
4 dash (2g)
oil
2 tsp (10mL)
balsamic vinaigrette
4 tbsp (60mL)
boneless skinless chicken breast, raw
1 lbs (454g)

For all 2 meals:

italian seasoning
1 tsp (4g)
oil
4 tsp (20mL)
balsamic vinaigrette
1/2 cup (120mL)
boneless skinless chicken breast, raw
2 lbs (907g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Dinner 3 [↗](#)

Eat on day 5, day 6

Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

onion
1 3/4 tbsp minced (26g)
lime juice
1 3/4 tbsp (26mL)
avocados, cubed
7/8 avocado(s) (176g)
tomatoes, diced
7/8 medium whole (2-3/5" dia)
(108g)
olive oil
1/2 tbsp (7mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)

For all 2 meals:

onion
1/4 cup minced (53g)
lime juice
1/4 cup (53mL)
avocados, cubed
1 3/4 avocado(s) (352g)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia)
(215g)
olive oil
2 1/2 tsp (13mL)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)

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.

Basic chicken breast

16 oz - 635 cals ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)

For all 2 meals:

oil
2 tbsp (30mL)
boneless skinless chicken breast, raw
2 lbs (896g)

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.

Dinner 4 [↗](#)

Eat on day 7

Avocado, apple, chicken salad

1100 cals ● 82g protein ● 66g fat ● 27g carbs ● 19g fiber



avocados, chopped
1 avocado(s) (201g)
apples, finely chopped
1 medium (3" dia) (182g)
raw celery
4 tbsp chopped (25g)
olive oil
2 tbsp (30mL)
garlic powder
4 dash (2g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
lime juice
2 tsp (10mL)
boneless skinless chicken breast, raw, cubed
3/4 lbs (340g)

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.
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