

Meal Plan - 3200 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

3170 cals ● 297g protein (37%) ● 132g fat (38%) ● 161g carbs (20%) ● 37g fiber (5%)

Breakfast

545 cals, 30g protein, 25g net carbs, 33g fat



Bacon
8 slice(s)- 404 cals



Kiwi
3 kiwi- 140 cals

Snacks

390 cals, 24g protein, 14g net carbs, 24g fat



Kale chips
138 cals



Boiled eggs
3 egg(s)- 208 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Lunch

1080 cals, 108g protein, 48g net carbs, 45g fat



Lemon pepper chicken breast
16 oz- 592 cals



Sweet potato medallions
1 sweet potato- 309 cals



Olive oil drizzled green beans
181 cals

Dinner

1155 cals, 134g protein, 74g net carbs, 30g fat



Mashed sweet potatoes
366 cals



Balsamic chicken breast
20 oz- 789 cals

Day 2

3155 cals ● 256g protein (32%) ● 126g fat (36%) ● 196g carbs (25%) ● 54g fiber (7%)

Breakfast

545 cals, 30g protein, 25g net carbs, 33g fat



Bacon
8 slice(s)- 404 cals



Kiwi
3 kiwi- 140 cals

Snacks

390 cals, 24g protein, 14g net carbs, 24g fat



Kale chips
138 cals



Boiled eggs
3 egg(s)- 208 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Lunch

1070 cals, 67g protein, 83g net carbs, 38g fat



Salmon & artichoke salad
841 cals



Pear
2 pear(s)- 226 cals

Dinner

1155 cals, 134g protein, 74g net carbs, 30g fat



Mashed sweet potatoes
366 cals



Balsamic chicken breast
20 oz- 789 cals

Day 3

3142 cals ● 338g protein (43%) ● 131g fat (37%) ● 116g carbs (15%) ● 38g fiber (5%)

Breakfast

535 cals, 31g protein, 25g net carbs, 33g fat



Banana
1 banana(s)- 117 cals



Bacon omelet
420 cals

Snacks

390 cals, 24g protein, 14g net carbs, 24g fat



Kale chips
138 cals



Boiled eggs
3 egg(s)- 208 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Lunch

1150 cals, 122g protein, 69g net carbs, 34g fat



Simple mixed greens and tomato salad
151 cals



Pork-broccoli-sweet potato bowl
998 cals

Dinner

1070 cals, 162g protein, 8g net carbs, 39g fat



Broccoli
4 cup(s)- 116 cals



Basic chicken breast
24 oz- 952 cals

Day 4

3206 cals ● 326g protein (41%) ● 125g fat (35%) ● 148g carbs (18%) ● 47g fiber (6%)

Breakfast

535 cals, 31g protein, 25g net carbs, 33g fat



Banana
1 banana(s)- 117 cals



Bacon omelet
420 cals

Snacks

450 cals, 12g protein, 46g net carbs, 18g fat



Sunflower seeds
226 cals



Pear
2 pear(s)- 226 cals

Lunch

1150 cals, 122g protein, 69g net carbs, 34g fat



Simple mixed greens and tomato salad
151 cals



Pork-broccoli-sweet potato bowl
998 cals

Dinner

1070 cals, 162g protein, 8g net carbs, 39g fat



Broccoli
4 cup(s)- 116 cals



Basic chicken breast
24 oz- 952 cals

Day 5

3204 cal ● 232g protein (29%) ● 151g fat (42%) ● 157g carbs (20%) ● 72g fiber (9%)

Breakfast

540 cal, 24g protein, 41g net carbs, 25g fat



Orange

2 orange(s)- 170 cal



Portabella breakfast sandwich

1 sandwich(es)- 368 cal

Snacks

450 cal, 12g protein, 46g net carbs, 18g fat



Sunflower seeds

226 cal



Pear

2 pear(s)- 226 cal

Lunch

1065 cal, 110g protein, 38g net carbs, 43g fat



Kiwi

4 kiwi- 187 cal



Buffalo chicken lettuce wrap

4 wrap(s)- 878 cal

Dinner

1150 cal, 86g protein, 32g net carbs, 65g fat



Simple mixed greens salad

237 cal



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cal

Day 6

3153 cal ● 230g protein (29%) ● 164g fat (47%) ● 124g carbs (16%) ● 66g fiber (8%)

Breakfast

540 cal, 24g protein, 41g net carbs, 25g fat



Orange

2 orange(s)- 170 cal



Portabella breakfast sandwich

1 sandwich(es)- 368 cal

Snacks

400 cal, 10g protein, 14g net carbs, 31g fat



Dark chocolate

3 square(s)- 180 cal



Roasted almonds

1/4 cup(s)- 222 cal

Lunch

1065 cal, 110g protein, 38g net carbs, 43g fat



Kiwi

4 kiwi- 187 cal



Buffalo chicken lettuce wrap

4 wrap(s)- 878 cal

Dinner

1150 cal, 86g protein, 32g net carbs, 65g fat



Simple mixed greens salad

237 cal



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cal

Day 7

3185 cals ● 232g protein (29%) ● 175g fat (49%) ● 133g carbs (17%) ● 38g fiber (5%)

Breakfast

540 cals, 24g protein, 41g net carbs, 25g fat



Orange

2 orange(s)- 170 cals



Portabella breakfast sandwich

1 sandwich(es)- 368 cals

Snacks

400 cals, 10g protein, 14g net carbs, 31g fat



Dark chocolate

3 square(s)- 180 cals



Roasted almonds

1/4 cup(s)- 222 cals

Lunch

1145 cals, 79g protein, 22g net carbs, 79g fat



Simple salad with celery, cucumber & tomato

213 cals



Buffalo drumsticks

16 oz- 934 cals

Dinner

1100 cals, 118g protein, 57g net carbs, 40g fat



Sweet potato medallions

1 1/2 sweet potato- 464 cals



Marinated chicken breast

18 oz- 636 cals

Fats and Oils

- ☐ olive oil
3 oz (95mL)
- ☐ oil
1/4 lbs (134mL)
- ☐ balsamic vinaigrette
9 1/3 oz (270mL)
- ☐ salad dressing
1 1/3 cup (285mL)
- ☐ marinade sauce
1/2 cup (134mL)

Vegetables and Vegetable Products

- ☐ kale leaves
2 bunch (340g)
- ☐ tomatoes
9 1/2 medium whole (2-3/5" dia) (1161g)
- ☐ sweet potatoes
9 1/2 sweetpotato, 5" long (1995g)
- ☐ frozen green beans
1 2/3 cup (202g)
- ☐ artichokes, canned
1 1/3 cup hearts (224g)
- ☐ frozen broccoli
2 1/2 lbs (1154g)
- ☐ portabella cap
6 piece whole (846g)
- ☐ bell pepper
4 large (656g)
- ☐ onion
1 small (70g)
- ☐ romaine lettuce
8 leaf outer (224g)
- ☐ cucumber
5/6 cucumber (8-1/4") (251g)
- ☐ raw celery
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)

Spices and Herbs

- ☐ salt
1 oz (24g)
- ☐ lemon pepper
1 tbsp (7g)
- ☐ black pepper
4 1/4 g (4g)
- ☐ paprika
1/4 tbsp (2g)

Dairy and Egg Products

- ☐ eggs
15 large (750g)

Other

- ☐ italian seasoning
1 1/4 tsp (5g)
- ☐ mixed greens
5 1/3 package (5.5 oz) (827g)
- ☐ Chicken, drumsticks, with skin
1 lbs (454g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
9 2/3 lbs (4337g)

Pork Products

- ☐ bacon
34 slice(s) (340g)
- ☐ pork tenderloin, raw
2 1/4 lbs (1021g)

Fruits and Fruit Juices

- ☐ kiwi
14 fruit (966g)
- ☐ pears
6 medium (1068g)
- ☐ banana
2 medium (7" to 7-7/8" long) (236g)
- ☐ orange
6 orange (924g)
- ☐ avocados
4 avocado(s) (820g)
- ☐ lime juice
4 tsp (20mL)

Finfish and Shellfish Products

- ☐ canned salmon
3/4 lbs (340g)
- ☐ canned tuna
4 can (688g)

Nut and Seed Products

- ☐ sunflower kernels
2 1/2 oz (71g)

- ☐ almonds
1/2 cup, whole (72g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
13 1/4 tbsp (199mL)

Sweets

- ☐ Chocolate, dark, 70-85%
6 square(s) (60g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Bacon

8 slice(s) - 404 cals ● 28g protein ● 32g fat ● 1g carbs ● 0g fiber



For single meal:

bacon

8 slice(s) (80g)

For all 2 meals:

bacon

16 slice(s) (160g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

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

1. This recipe has no instructions.

Bacon omelet

420 cal ● 29g protein ● 33g fat ● 2g carbs ● 0g fiber



For single meal:

eggs

3 large (150g)

olive oil

1/2 tbsp (8mL)

bacon, cooked and chopped

3 slice(s) (30g)

For all 2 meals:

eggs

6 large (300g)

olive oil

1 tbsp (15mL)

bacon, cooked and chopped

6 slice(s) (60g)

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

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Orange

2 orange(s) - 170 cal● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 3 meals:

orange
6 orange (924g)

1. This recipe has no instructions.

Portabella breakfast sandwich

1 sandwich(es) - 368 cal● 21g protein ● 24g fat ● 9g carbs ● 7g fiber



For single meal:

portabella cap
2 piece whole (282g)
bacon
4 slice(s) (40g)
avocados, thick
2 slices (50g)
mixed greens
4 tbsp (8g)

For all 3 meals:

portabella cap
6 piece whole (846g)
bacon
12 slice(s) (120g)
avocados, thick
6 slices (150g)
mixed greens
3/4 cup (23g)

1. Cook bacon according to package.
2. Remove grease from pan, and put mushroom caps, flat-side down, into pan and cook for a couple minutes.
3. Remove caps from pan and build the sandwich, using the caps as buns, and layering the avocado, greens, and bacon inside.
4. Serve.

Lunch 1 [🔗](#)

Eat on day 1

Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



Makes 16 oz

lemon pepper

1 tbsp (7g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1 lbs (448g)

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.

Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

sweet potatoes, sliced

1 sweetpotato, 5" long (210g)

oil

1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Olive oil drizzled green beans

181 cals ● 4g protein ● 12g fat ● 10g carbs ● 5g fiber



black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen green beans

1 2/3 cup (202g)

olive oil

2 1/2 tsp (13mL)

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

Lunch 2 [↗](#)

Eat on day 2

Salmon & artichoke salad

841 cals ● 66g protein ● 38g fat ● 40g carbs ● 19g fiber



balsamic vinaigrette

1/2 cup (120mL)

tomatoes, halved

1 1/3 cup cherry tomatoes (198g)

mixed greens

6 cup (180g)

artichokes, canned

1 1/3 cup hearts (224g)

canned salmon

3/4 lbs (340g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

Pear

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



Makes 2 pear(s)

pears

2 medium (356g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing

6 tbsp (90mL)

mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

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

Pork-broccoli-sweet potato bowl

998 cals ● 119g protein ● 25g fat ● 59g carbs ● 17g fiber



For single meal:

- paprika**
3 dash (1g)
- sweet potatoes, cut into bite-sized cubes**
1 1/2 sweetpotato, 5" long (315g)
- frozen broccoli**
3/4 package (213g)
- salt**
3 dash (2g)
- black pepper**
3 dash, ground (1g)
- pork tenderloin, raw, cut into bite-sized cubes**
18 oz (510g)
- olive oil**
1 tbsp (15mL)

For all 2 meals:

- paprika**
1/4 tbsp (2g)
- sweet potatoes, cut into bite-sized cubes**
3 sweetpotato, 5" long (630g)
- frozen broccoli**
1 1/2 package (426g)
- salt**
1/4 tbsp (5g)
- black pepper**
1/4 tbsp, ground (2g)
- pork tenderloin, raw, cut into bite-sized cubes**
2 1/4 lbs (1021g)
- olive oil**
2 tbsp (30mL)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Lunch 4 [🔗](#)

Eat on day 5, day 6

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.

Buffalo chicken lettuce wrap

4 wrap(s) - 878 cals ● 107g protein ● 42g fat ● 6g carbs ● 12g fiber



For single meal:

oil
2 tsp (10mL)
romaine lettuce
4 leaf outer (112g)
boneless skinless chicken breast, raw, cubed
16 oz (454g)
Frank's Red Hot sauce
1/3 cup (80mL)
black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)
avocados, chopped
2/3 avocado(s) (134g)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

For all 2 meals:

oil
4 tsp (20mL)
romaine lettuce
8 leaf outer (224g)
boneless skinless chicken breast, raw, cubed
32 oz (907g)
Frank's Red Hot sauce
2/3 cup (160mL)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
avocados, chopped
1 1/3 avocado(s) (268g)
tomatoes, halved
2/3 cup cherry tomatoes (99g)

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.

Lunch 5 [↗](#)

Eat on day 7

Simple salad with celery, cucumber & tomato

213 cals ● 7g protein ● 8g fat ● 21g carbs ● 7g fiber



mixed greens
5/6 package (5.5 oz) (129g)
salad dressing
2 1/2 tbsp (37mL)
tomatoes, diced
5/6 medium whole (2-3/5" dia) (102g)
cucumber, sliced
5/6 cucumber (8-1/4") (251g)
raw celery, chopped
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Buffalo drumsticks

16 oz - 934 cals ● 72g protein ● 71g fat ● 1g carbs ● 0g fiber



Makes 16 oz

Frank's Red Hot sauce

2 2/3 tbsp (40mL)

oil

1/2 tbsp (8mL)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

Chicken, drumsticks, with skin

1 lbs (454g)

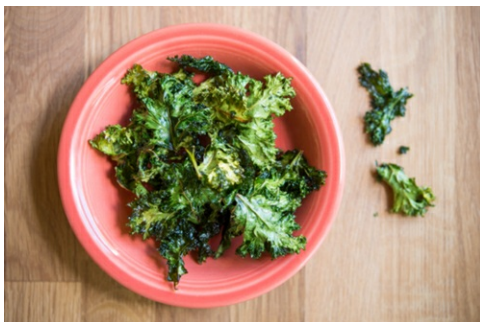
1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

olive oil

2 tsp (10mL)

kale leaves

2/3 bunch (113g)

salt

1/4 tbsp (4g)

For all 3 meals:

olive oil

2 tbsp (30mL)

kale leaves

2 bunch (340g)

salt

2 tsp (12g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
 2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
 3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
 4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
 5. Spread the leaves over the baking sheet and sprinkle with salt.
 6. Bake about 10-15 minutes- until edges are browned but not burnt.
 7. Serve
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Boiled eggs

3 egg(s) - 208 cal ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 3 meals:

eggs
9 large (450g)

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.

Cherry tomatoes

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



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 3 meals:

tomatoes
36 cherry tomatoes (612g)

1. Rinse tomatoes, remove any stems, and serve.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

Pear

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



For single meal:

pears

2 medium (356g)

For all 2 meals:

pears

4 medium (712g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Dark chocolate

3 square(s) - 180 cals ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

Chocolate, dark, 70-85%

3 square(s) (30g)

For all 2 meals:

Chocolate, dark, 70-85%

6 square(s) (60g)

1. This recipe has no instructions.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds

4 tbsp, whole (36g)

For all 2 meals:

almonds

1/2 cup, whole (72g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes

2 sweetpotato, 5" long (420g)

For all 2 meals:

sweet potatoes

4 sweetpotato, 5" long (840g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Balsamic chicken breast

20 oz - 789 cals ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



For single meal:	For all 2 meals:
italian seasoning	italian seasoning
5 dash (2g)	1 1/4 tsp (5g)
oil	oil
2 1/2 tsp (13mL)	5 tsp (25mL)
balsamic vinaigrette	balsamic vinaigrette
5 tbsp (75mL)	10 tbsp (150mL)
boneless skinless chicken breast, raw	boneless skinless chicken breast, raw
1 1/4 lbs (567g)	2 1/2 lbs (1134g)

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 2 [↗](#)

Eat on day 3, day 4

Broccoli

4 cup(s) - 116 cals ● 11g protein ● 0g fat ● 8g carbs ● 11g fiber



For single meal:	For all 2 meals:
frozen broccoli	frozen broccoli
4 cup (364g)	8 cup (728g)

1. Prepare according to instructions on package.

Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 1/2 tbsp (23mL)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)

For all 2 meals:

oil
3 tbsp (45mL)
boneless skinless chicken breast, raw
3 lbs (1344g)

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 3 [↗](#)

Eat on day 5, day 6

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

For all 2 meals:

mixed greens
10 1/2 cup (315g)
salad dressing
2/3 cup (158mL)

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

Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

canned tuna, drained
2 can (344g)
avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
bell pepper
2 large (328g)
onion
1/2 small (35g)

For all 2 meals:

canned tuna, drained
4 can (688g)
avocados
2 avocado(s) (402g)
lime juice
4 tsp (20mL)
salt
4 dash (2g)
black pepper
4 dash (0g)
bell pepper
4 large (656g)
onion
1 small (70g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Dinner 4 [🔗](#)

Eat on day 7

Sweet potato medallions

1 1/2 sweet potato - 464 cals ● 5g protein ● 21g fat ● 54g carbs ● 10g fiber



Makes 1 1/2 sweet potato

sweet potatoes, sliced
1 1/2 sweetpotato, 5" long (315g)
oil
1 1/2 tbsp (23mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Marinated chicken breast

18 oz - 636 cals ● 113g protein ● 19g fat ● 3g carbs ● 0g fiber



Makes 18 oz

**boneless skinless chicken breast,
raw**

18 oz (504g)

marinade sauce

1/2 cup (135mL)

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 marinate 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.
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