

Meal Plan - 3300 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

3363 cal ● 267g protein (32%) ● 198g fat (53%) ● 89g carbs (11%) ● 39g fiber (5%)

Breakfast

575 cal, 33g protein, 9g net carbs, 43g fat



[Kale & eggs](#)
378 cal



[Simple sauteed spinach](#)
199 cal

Snacks

475 cal, 22g protein, 37g net carbs, 24g fat



[Dates](#)
1/4 cup- 154 cal



[Sunflower seeds](#)
180 cal



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

Lunch

1160 cal, 69g protein, 30g net carbs, 75g fat



[Simple kale & avocado salad](#)
460 cal



[Pepper steak stir fry](#)
701 cal

Dinner

1150 cal, 143g protein, 14g net carbs, 56g fat



[Bacon zucchini noodles](#)
325 cal



[Marinated chicken breast](#)
18 2/3 oz- 659 cal



[Pan roasted zucchini](#)
166 cal

Day 2

3341 cal ● 300g protein (36%) ● 183g fat (49%) ● 81g carbs (10%) ● 42g fiber (5%)

Breakfast

575 cal, 33g protein, 9g net carbs, 43g fat



[Kale & eggs](#)
378 cal



[Simple sauteed spinach](#)
199 cal

Snacks

475 cal, 22g protein, 37g net carbs, 24g fat



[Dates](#)
1/4 cup- 154 cal



[Sunflower seeds](#)
180 cal



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

Lunch

1140 cal, 102g protein, 21g net carbs, 61g fat



[Avocado tuna salad stuffed pepper](#)
5 half pepper(s)- 1139 cal

Dinner

1150 cal, 143g protein, 14g net carbs, 56g fat



[Bacon zucchini noodles](#)
325 cal



[Marinated chicken breast](#)
18 2/3 oz- 659 cal



[Pan roasted zucchini](#)
166 cal

Day 3

3250 cals ● 211g protein (26%) ● 216g fat (60%) ● 72g carbs (9%) ● 43g fiber (5%)

Breakfast

575 cals, 33g protein, 9g net carbs, 43g fat



Kale & eggs
378 cals



Simple sauteed spinach
199 cals

Snacks

475 cals, 22g protein, 37g net carbs, 24g fat



Dates
1/4 cup- 154 cals



Sunflower seeds
180 cals



Boiled eggs
2 egg(s)- 139 cals

Lunch

1100 cals, 72g protein, 12g net carbs, 74g fat



Garlic collard greens
398 cals



Buffalo drumsticks
12 oz- 700 cals

Dinner

1100 cals, 84g protein, 14g net carbs, 75g fat



Coleslaw
244 cals



Coriander and cumin rubbed pork chops
2 chop(s)- 857 cals

Day 4

3276 cals ● 227g protein (28%) ● 221g fat (61%) ● 60g carbs (7%) ● 34g fiber (4%)

Breakfast

625 cals, 34g protein, 31g net carbs, 37g fat



Scrambled eggs with veggies and bacon
512 cals



Pear
1 pear(s)- 113 cals

Snacks

405 cals, 22g protein, 6g net carbs, 29g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Avocado deviled eggs
3 egg(s)- 386 cals

Lunch

1145 cals, 87g protein, 9g net carbs, 80g fat



Slow cooker carnitas
16 oz- 820 cals



Garlic collard greens
119 cals



Garlic zucchini noodles
204 cals

Dinner

1100 cals, 84g protein, 14g net carbs, 75g fat



Coleslaw
244 cals



Coriander and cumin rubbed pork chops
2 chop(s)- 857 cals

Day 5

3269 cals ● 291g protein (36%) ● 188g fat (52%) ● 64g carbs (8%) ● 40g fiber (5%)

Breakfast

625 cals, 34g protein, 31g net carbs, 37g fat



Scrambled eggs with veggies and bacon
512 cals



Pear
1 pear(s)- 113 cals

Snacks

405 cals, 22g protein, 6g net carbs, 29g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Avocado deviled eggs
3 egg(s)- 386 cals

Lunch

1140 cals, 146g protein, 19g net carbs, 48g fat



Spicy garlic lime chicken breast
22 oz- 852 cals



Simple kale & avocado salad
288 cals

Dinner

1095 cals, 89g protein, 8g net carbs, 74g fat



Slow-baked salmon with lemon and thyme
14 oz- 938 cals



Garlic collard greens
159 cals

Day 6

3270 cals ● 276g protein (34%) ● 166g fat (46%) ● 120g carbs (15%) ● 48g fiber (6%)

Breakfast

560 cals, 31g protein, 29g net carbs, 29g fat



Pear
1 pear(s)- 113 cals



Beef breakfast bowl
445 cals

Snacks

455 cals, 14g protein, 12g net carbs, 36g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Mixed nuts
1/2 cup(s)- 435 cals

Lunch

1145 cals, 136g protein, 16g net carbs, 55g fat



Baked chicken with tomatoes & olives
18 oz- 899 cals



Bacon zucchini noodles
244 cals

Dinner

1115 cals, 95g protein, 63g net carbs, 46g fat



Simple kale & avocado salad
384 cals



Honey mustard chicken
13 1/3 oz- 729 cals

Day 7

3270 cal ● 276g protein (34%) ● 166g fat (46%) ● 120g carbs (15%) ● 48g fiber (6%)

Breakfast

560 cal, 31g protein, 29g net carbs, 29g fat



Pear

1 pear(s)- 113 cal



Beef breakfast bowl

445 cal

Snacks

455 cal, 14g protein, 12g net carbs, 36g fat



Cherry tomatoes

6 cherry tomatoes- 21 cal



Mixed nuts

1/2 cup(s)- 435 cal

Lunch

1145 cal, 136g protein, 16g net carbs, 55g fat



Baked chicken with tomatoes & olives

18 oz- 899 cal



Bacon zucchini noodles

244 cal

Dinner

1115 cal, 95g protein, 63g net carbs, 46g fat



Simple kale & avocado salad

384 cal



Honey mustard chicken

13 1/3 oz- 729 cal

Fruits and Fruit Juices

- pitted dates
3/4 cup (150g)
- lemon
3 large (240g)
- avocados
6 1/2 avocado(s) (1315g)
- lime juice
2 fl oz (64mL)
- lemon juice
3 tbsp (45mL)
- pears
4 medium (712g)
- green olives
36 large (158g)

Nut and Seed Products

- sunflower kernels
3 oz (85g)
- mixed nuts
1 cup (134g)

Dairy and Egg Products

- eggs
32 large (1600g)

Vegetables and Vegetable Products

- zucchini
6 3/4 medium (1323g)
- kale leaves
1 2/3 lbs (760g)
- bell pepper
5 1/4 large (857g)
- fresh ginger
1 1/4 tbsp (8g)
- garlic
19 1/2 clove(s) (59g)
- onion
1 1/2 medium (2-1/2" dia) (158g)
- fresh spinach
24 cup(s) (720g)
- collard greens
2 lbs (964g)
- tomatoes
60 cherry tomatoes (1020g)
- fresh cilantro
2 tbsp, chopped (6g)

Poultry Products

- boneless skinless chicken breast, raw
7 2/3 lbs (3438g)

Fats and Oils

- marinade sauce
56 tsp (281mL)
- olive oil
1/2 lbs (272mL)
- oil
1/4 lbs (109mL)

Spices and Herbs

- black pepper
1/2 oz (12g)
- oregano, dried
1 tsp, ground (2g)
- garlic powder
1 tbsp (9g)
- salt
1 1/2 oz (40g)
- ground cumin
1/2 oz (17g)
- ground coriander
2 tbsp (10g)
- thyme, dried
1/8 oz (1g)
- cayenne pepper
2 dash (0g)
- paprika
1 dash (0g)
- dijon mustard
1/3 cup (83g)
- chili powder
2 2/3 tbsp (22g)
- fresh basil
36 leaves (18g)

Beef Products

- sirloin steak, raw
10 oz (283g)
- ground beef (93% lean)
1/2 lbs (226g)

Finfish and Shellfish Products

- canned tuna
2 1/2 can (430g)

mushrooms
6 oz (170g)

salmon
14 oz (397g)

Pork Products

bacon, raw
7 slice(s) (198g)

pork loin chops, boneless, raw
4 chop (740g)

pork shoulder
1 lbs (453g)

bacon
4 slice(s) (40g)

Soups, Sauces, and Gravies

Frank's Red Hot sauce
2 tbsp (29mL)

Other

Chicken, drumsticks, with skin
3/4 lbs (340g)

coleslaw mix
1 package (14 oz) (397g)

Sweets

honey
1/3 cup (113g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Kale & eggs

378 cal ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

salt
2 dash (1g)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
oil
2 tsp (10mL)

For all 3 meals:

salt
1/4 tbsp (2g)
eggs
12 large (600g)
kale leaves
3 cup, chopped (120g)
oil
2 tbsp (30mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Simple sauteed spinach

199 cal ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



For single meal:

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)

For all 3 meals:

garlic, diced
3 clove (9g)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (5g)
olive oil
3 tbsp (45mL)
fresh spinach
24 cup(s) (720g)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Scrambled eggs with veggies and bacon

512 cal ● 34g protein ● 36g fat ● 9g carbs ● 3g fiber



For single meal:

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)

For all 2 meals:

bell pepper

2 cup, chopped (298g)

eggs

8 large (400g)

onion

1/2 cup, chopped (80g)

bacon, cooked and chopped

4 slice(s) (40g)

olive oil

4 tsp (20mL)

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.

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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Breakfast 3 [↗](#)

Eat on day 6, day 7

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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Beef breakfast bowl

445 cal ● 30g protein ● 29g fat ● 8g carbs ● 9g fiber



For single meal:

oil
1 tsp (5mL)
chili powder
1 tsp (3g)
ground cumin
1 tsp (2g)
avocados, sliced
1/2 avocado(s) (101g)
kale leaves
1 cup, chopped (40g)
mushrooms, sliced
3 oz (85g)
ground beef (93% lean)
4 oz (113g)

For all 2 meals:

oil
2 tsp (10mL)
chili powder
2 tsp (5g)
ground cumin
2 tsp (4g)
avocados, sliced
1 avocado(s) (201g)
kale leaves
2 cup, chopped (80g)
mushrooms, sliced
6 oz (170g)
ground beef (93% lean)
1/2 lbs (226g)

1. Heat oil in a skillet over medium low heat. Add mushrooms and saute a couple minutes until softened.
 2. Add the beef, spices, and a dash of salt and pepper to the skillet. Crumble the beef and stir occasionally until it's browned and fully cooked.
 3. Transfer beef mixture to a bowl and add kale and avocado. Serve.
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Lunch 1 [↗](#)

Eat on day 1

Simple kale & avocado salad

460 cal ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



kale leaves, chopped

1 bunch (170g)

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Pepper steak stir fry

701 cal ● 60g protein ● 45g fat ● 11g carbs ● 4g fiber



sirloin steak, raw, cut into thin strips

10 oz (283g)

bell pepper, thinly sliced

1 1/4 medium (149g)

fresh ginger, minced

1 1/4 tbsp (8g)

garlic, minced

2 1/2 clove(s) (8g)

black pepper

1/3 tsp, ground (1g)

olive oil

2 tsp (9mL)

onion, sliced

1/3 medium (2-1/2" dia) (34g)

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

Eat on day 2

Avocado tuna salad stuffed pepper

5 half pepper(s) - 1139 cals ● 102g protein ● 61g fat ● 21g carbs ● 25g fiber



Makes 5 half pepper(s)

canned tuna, drained

2 1/2 can (430g)

avocados

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

lime juice

2 1/2 tsp (13mL)

salt

1/3 tsp (1g)

black pepper

1/3 tsp (0g)

bell pepper

2 1/2 large (410g)

onion

5/8 small (44g)

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.

Lunch 3 [↗](#)

Eat on day 3

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.

Buffalo drumsticks

12 oz - 700 cals ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



Makes 12 oz

Frank's Red Hot sauce

2 tbsp (30mL)

oil

1 tsp (6mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

Chicken, drumsticks, with skin

3/4 lbs (340g)

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.

Lunch 4 [↗](#)

Eat on day 4

Slow cooker carnitas

16 oz - 820 cals ● 79g protein ● 56g fat ● 0g carbs ● 0g fiber



Makes 16 oz

pork shoulder

1 lbs (453g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

Garlic collard greens

119 cals ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



collard greens

6 oz (170g)

oil

1 tsp (6mL)

garlic, minced

1 clove(s) (3g)

salt

3/4 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Garlic zucchini noodles

204 cal ● 3g protein ● 18g fat ● 5g carbs ● 3g fiber



olive oil

1 1/4 tbsp (19mL)

zucchini

1 1/4 medium (245g)

garlic, minced

5/8 clove (2g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
 2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
 3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
 4. Remove from heat and serve.
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Lunch 5 [↗](#)

Eat on day 5

Spicy garlic lime chicken breast

22 oz - 852 cals ● 140g protein ● 29g fat ● 7g carbs ● 1g fiber



Makes 22 oz

olive oil

1 tbsp (14mL)

garlic powder

2 tsp (6g)

lime juice

2 3/4 tbsp (41mL)

salt

1/4 tbsp (4g)

black pepper

2 dash, ground (1g)

cayenne pepper

2 dash (0g)

paprika

1 dash (0g)

thyme, dried

2 dash, ground (0g)

boneless skinless chicken breast, raw

1 1/2 lbs (616g)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped

5/8 bunch (106g)

lemon, juiced

5/8 small (36g)

avocados, chopped

5/8 avocado(s) (126g)

1. Add all ingredients into a bowl.
 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
 3. Season with salt and pepper if desired. Serve.
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Lunch 6 [↗](#)

Eat on day 6, day 7

Baked chicken with tomatoes & olives

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



For single meal:

tomatoes

18 cherry tomatoes (306g)

olive oil

1 tbsp (15mL)

salt

1/4 tsp (5g)

green olives

18 large (79g)

black pepper

1/4 tsp (1g)

chili powder

1 tsp (8g)

boneless skinless chicken breast, raw

1 lbs (510g)

fresh basil, shredded

18 leaves (9g)

For all 2 meals:

tomatoes

36 cherry tomatoes (612g)

olive oil

2 tbsp (30mL)

salt

1/2 tsp (9g)

green olives

36 large (158g)

black pepper

1/2 tsp (1g)

chili powder

2 tsp (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 zucchini noodles

244 cal ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



For single meal:

zucchini

3/4 medium (147g)

bacon, raw

1 1/2 slice(s) (43g)

For all 2 meals:

zucchini

1 1/2 medium (294g)

bacon, raw

3 slice(s) (85g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Dates

1/4 cup - 154 cal ● 1g protein ● 0g fat ● 34g carbs ● 3g fiber



For single meal:

pitted dates
4 tbsp (50g)

For all 3 meals:

pitted dates
3/4 cup (150g)

1. Enjoy.
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Sunflower seeds

180 cal ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 3 meals:

sunflower kernels
3 oz (85g)

1. This recipe has no instructions.
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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.

Snacks 2 [↗](#)

Eat on day 4, day 5

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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Avocado deviled eggs

3 egg(s) - 386 cal ● 21g protein ● 29g fat ● 3g carbs ● 7g fiber



For single meal:

fresh cilantro, chopped

1 tbsp, chopped (3g)

lime juice

1 tsp (5mL)

avocados

1/2 avocado(s) (101g)

eggs

3 large (150g)

For all 2 meals:

fresh cilantro, chopped

2 tbsp, chopped (6g)

lime juice

2 tsp (10mL)

avocados

1 avocado(s) (201g)

eggs

6 large (300g)

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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

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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Mixed nuts

1/2 cup(s) - 435 cal ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



For single meal:

mixed nuts

1/2 cup (67g)

For all 2 meals:

mixed nuts

1 cup (134g)

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

Eat on day 1, day 2

Bacon zucchini noodles

325 cal ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

zucchini
1 medium (196g)
bacon, raw
2 slice(s) (57g)

For all 2 meals:

zucchini
2 medium (392g)
bacon, raw
4 slice(s) (113g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Marinated chicken breast

18 2/3 oz - 659 cal ● 118g protein ● 20g fat ● 3g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
18 2/3 oz (523g)
marinade sauce
9 1/3 tbsp (140mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 1/3 lbs (1045g)
marinade sauce
56 tsp (280mL)

1. Place the chicken in a ziploc bag with the marinade and mash 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.

Pan roasted zucchini

166 cal ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini
1 medium (196g)
black pepper
1/2 tbsp, ground (3g)
oregano, dried
4 dash, ground (1g)
garlic powder
4 dash (2g)
salt
4 dash (3g)
olive oil
1 tbsp (15mL)

For all 2 meals:

zucchini
2 medium (392g)
black pepper
1 tbsp, ground (7g)
oregano, dried
1 tsp, ground (2g)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
olive oil
2 tbsp (30mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Coleslaw

244 cal ● 2g protein ● 20g fat ● 9g carbs ● 5g fiber



For single meal:

coleslaw mix
1/2 package (14 oz) (199g)
olive oil
1 1/2 tbsp (23mL)
lemon juice
1 1/2 tbsp (23mL)
garlic, minced
1/2 clove (2g)
ground cumin
2 dash (1g)
salt
2 dash (2g)

For all 2 meals:

coleslaw mix
1 package (14 oz) (397g)
olive oil
3 tbsp (45mL)
lemon juice
3 tbsp (45mL)
garlic, minced
1 clove (3g)
ground cumin
4 dash (1g)
salt
4 dash (3g)

1. Create dressing by whisking together the oil, lemon juice, garlic, cumin, and salt in a small bowl.
2. When serving, toss coleslaw with dressing and serve.

Coriander and cumin rubbed pork chops

2 chop(s) - 857 cal ● 82g protein ● 55g fat ● 6g carbs ● 3g fiber



For single meal:

salt
4 dash (3g)
ground cumin
1 tbsp (6g)
ground coriander
1 tbsp (5g)
garlic, minced
3 clove(s) (9g)
olive oil, divided
2 tbsp (30mL)
pork loin chops, boneless, raw
2 chop (370g)
black pepper
2 dash (0g)

For all 2 meals:

salt
1 tsp (6g)
ground cumin
2 tbsp (12g)
ground coriander
2 tbsp (10g)
garlic, minced
6 clove(s) (18g)
olive oil, divided
4 tbsp (60mL)
pork loin chops, boneless, raw
4 chop (740g)
black pepper
4 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.

Dinner 3 [↗](#)

Eat on day 5

Slow-baked salmon with lemon and thyme

14 oz - 938 cals ● 82g protein ● 66g fat ● 3g carbs ● 2g fiber



Makes 14 oz

salmon, skin on
14 oz (397g)
oil
2 1/2 tsp (13mL)
thyme, dried
1/2 tsp, leaves (1g)
lemon, cut into wedges
5/8 large (49g)

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

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Dinner 4 [↗](#)

Eat on day 6, day 7

Simple kale & avocado salad

384 cal ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



For single meal:

kale leaves, chopped
5/6 bunch (142g)
lemon, juiced
5/6 small (48g)
avocados, chopped
5/6 avocado(s) (168g)

For all 2 meals:

kale leaves, chopped
1 2/3 bunch (284g)
lemon, juiced
1 2/3 small (97g)
avocados, chopped
1 2/3 avocado(s) (335g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Honey mustard chicken

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



For single meal:

dijon mustard

2 2/3 tbsp (42g)

honey

2 2/3 tbsp (57g)

oil

2 tsp (10mL)

**boneless skinless chicken breast,
raw**

13 1/3 oz (378g)

For all 2 meals:

dijon mustard

1/3 cup (83g)

honey

1/3 cup (113g)

oil

4 tsp (20mL)

**boneless skinless chicken breast,
raw**

1 2/3 lbs (756g)

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