

# Meal Plan - Meal plan with under 20g carbs



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

## Day 1

1536 cal ● 68g protein (18%) ● 129g fat (76%) ● 15g carbs (4%) ● 11g fiber (3%)

### Breakfast

255 cal, 19g protein, 2g net carbs, 19g fat



**Cheese**  
1 oz- 114 cal



**Boiled eggs**  
2 egg(s)- 139 cal

### Snacks

145 cal, 3g protein, 4g net carbs, 12g fat



**Dark chocolate**  
1 square(s)- 60 cal



**Walnuts**  
1/8 cup(s)- 87 cal

### Lunch

570 cal, 17g protein, 5g net carbs, 50g fat



**Cheese and guac tacos**  
2 taco(s)- 350 cal



**Macadamia nuts**  
218 cal

### Dinner

570 cal, 29g protein, 4g net carbs, 48g fat



**Bacon & goat cheese salad**  
568 cal

## Day 2

1473 cal ● 109g protein (30%) ● 104g fat (63%) ● 15g carbs (4%) ● 11g fiber (3%)

### Breakfast

255 cal, 19g protein, 2g net carbs, 19g fat



**Cheese**  
1 oz- 114 cal



**Boiled eggs**  
2 egg(s)- 139 cal

### Snacks

145 cal, 3g protein, 4g net carbs, 12g fat



**Dark chocolate**  
1 square(s)- 60 cal



**Walnuts**  
1/8 cup(s)- 87 cal

### Lunch

570 cal, 17g protein, 5g net carbs, 50g fat



**Cheese and guac tacos**  
2 taco(s)- 350 cal



**Macadamia nuts**  
218 cal

### Dinner

505 cal, 70g protein, 4g net carbs, 22g fat



**Olive oil drizzled sugar snap peas**  
82 cal



**Basic chicken breast**  
10 2/3 oz- 423 cal

## Day 3

1429 cal ● 150g protein (42%) ● 82g fat (52%) ● 17g carbs (5%) ● 7g fiber (2%)

### Breakfast

255 cal, 19g protein, 2g net carbs, 19g fat



**Cheese**  
1 oz- 114 cal



**Boiled eggs**  
2 egg(s)- 139 cal

### Snacks

170 cal, 16g protein, 4g net carbs, 9g fat



**Sunflower seeds**  
90 cal



**Low-sugar Greek Yogurt**  
1 container(s)- 78 cal

### Lunch

505 cal, 45g protein, 7g net carbs, 32g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal



**Sugar-free bbq chicken wings**  
12 oz- 461 cal

### Dinner

505 cal, 70g protein, 4g net carbs, 22g fat



**Olive oil drizzled sugar snap peas**  
82 cal



**Basic chicken breast**  
10 2/3 oz- 423 cal

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## Day 4

1504 cal ● 127g protein (34%) ● 100g fat (60%) ● 17g carbs (4%) ● 7g fiber (2%)

### Breakfast

225 cal, 13g protein, 3g net carbs, 17g fat



**Smoked salmon & feta lettuce wraps**  
2 lettuce wrap(s)- 112 cal



**Roasted peanuts**  
1/8 cup(s)- 115 cal

### Snacks

170 cal, 16g protein, 4g net carbs, 9g fat



**Sunflower seeds**  
90 cal



**Low-sugar Greek Yogurt**  
1 container(s)- 78 cal

### Lunch

505 cal, 45g protein, 7g net carbs, 32g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cal



**Sugar-free bbq chicken wings**  
12 oz- 461 cal

### Dinner

605 cal, 53g protein, 2g net carbs, 42g fat



**Roasted tomatoes**  
1 tomato(es)- 60 cal



**Slow cooker carnitas**  
10 2/3 oz- 547 cal

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## Day 5

1429 cal ● 138g protein (39%) ● 86g fat (54%) ● 18g carbs (5%) ● 8g fiber (2%)

### Breakfast

225 cal, 13g protein, 3g net carbs, 17g fat



**Smoked salmon & feta lettuce wraps**

2 lettuce wrap(s)- 112 cal



**Roasted peanuts**

1/8 cup(s)- 115 cal

### Snacks

170 cal, 16g protein, 4g net carbs, 9g fat



**Sunflower seeds**

90 cal



**Low-sugar Greek Yogurt**

1 container(s)- 78 cal

### Lunch

490 cal, 41g protein, 4g net carbs, 33g fat



**Buttered sugar snap peas**

107 cal



**Baked chicken thighs**

6 oz- 385 cal

### Dinner

540 cal, 67g protein, 6g net carbs, 26g fat



**Bacon cauliflower rice**

1 1/2 cup(s)- 245 cal



**Lemon pepper chicken breast**

8 oz- 296 cal

## Day 6

1539 cal ● 144g protein (37%) ● 97g fat (57%) ● 16g carbs (4%) ● 7g fiber (2%)

### Breakfast

280 cal, 20g protein, 1g net carbs, 22g fat



**Basic fried eggs**

1 egg(s)- 80 cal



**Bacon**

4 slice(s)- 202 cal

### Snacks

225 cal, 15g protein, 5g net carbs, 15g fat



**Pork rinds and salsa**

116 cal



**Mixed nuts**

1/8 cup(s)- 109 cal

### Lunch

490 cal, 41g protein, 4g net carbs, 33g fat



**Buttered sugar snap peas**

107 cal



**Baked chicken thighs**

6 oz- 385 cal

### Dinner

540 cal, 67g protein, 6g net carbs, 26g fat



**Bacon cauliflower rice**

1 1/2 cup(s)- 245 cal



**Lemon pepper chicken breast**

8 oz- 296 cal

# Day 7

1455 cals ● 140g protein (38%) ● 92g fat (57%) ● 13g carbs (4%) ● 5g fiber (1%)

## Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Bacon**  
4 slice(s)- 202 cals

## Snacks

225 cals, 15g protein, 5g net carbs, 15g fat



**Pork rinds and salsa**  
116 cals



**Mixed nuts**  
1/8 cup(s)- 109 cals

## Lunch

435 cals, 45g protein, 2g net carbs, 27g fat



**Roasted tomatoes**  
1 tomato(es)- 60 cals



**Simple plain turkey burger**  
2 burger(s)- 375 cals

## Dinner

515 cals, 59g protein, 5g net carbs, 28g fat



**Mixed vegetables**  
1/4 cup(s)- 24 cals



**Thyme & lime chicken thighs**  
490 cals

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## Sweets

- Chocolate, dark, 70-85%  
2 square(s) (20g)

## Nut and Seed Products

- walnuts  
4 tbsp, shelled (25g)
- sunflower kernels  
2 oz (53g)
- Macadamia nuts, shelled, roasted  
2 oz (57g)
- mixed nuts  
4 tbsp (34g)

## Pork Products

- bacon  
10 1/2 slice(s) (105g)
- pork shoulder  
2/3 lbs (302g)
- bacon, raw  
3 slice(s) (85g)

## Fats and Oils

- olive oil  
1 oz (30mL)
- oil  
1 1/2 oz (47mL)

## Dairy and Egg Products

- goat cheese  
2 1/2 oz (71g)
- cheddar cheese  
1 cup, shredded (113g)
- cheese  
3 oz (85g)
- eggs  
8 large (400g)
- feta cheese  
4 tbsp (38g)
- butter  
4 tsp (18g)

## Other

- mixed greens  
2 1/2 cup (75g)

## Spices and Herbs

- black pepper  
2 dash (0g)
- salt  
2 dash (1g)
- lemon pepper  
1 tbsp (7g)
- thyme, dried  
1/2 g (1g)

## Vegetables and Vegetable Products

- frozen sugar snap peas  
2 2/3 cup (384g)
- tomatoes  
5 medium whole (2-3/5" dia) (590g)
- romaine lettuce  
4 leaf inner (24g)
- frozen mixed veggies  
4 tbsp (34g)

## Poultry Products

- boneless skinless chicken breast, raw  
2 1/3 lbs (1045g)
- chicken wings, with skin, raw  
1 1/2 lbs (681g)
- chicken thighs, with bone and skin, raw  
3/4 lbs (340g)
- ground turkey, raw  
1/2 lbs (227g)
- boneless skinless chicken thighs  
2/3 lb (302g)

## Finfish and Shellfish Products

- smoked salmon  
2 oz (57g)

## Legumes and Legume Products

- roasted peanuts  
4 tbsp (37g)

## Soups, Sauces, and Gravies

- salsa  
1/3 cup (96g)

## Fruits and Fruit Juices

- guacamole, store-bought  
1/2 cup (124g)
  - sugar-free barbecue sauce  
3 tbsp (45g)
  - low-sugar Greek yogurt, flavored  
3 container(s) (450g)
  - frozen cauliflower  
3 cup (340g)
  - pork rinds  
1 1/3 oz (38g)
  - lime juice  
4 tsp (20mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Cheese

1 oz - 114 cal ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
1 oz (28g)

For all 3 meals:

**cheese**  
3 oz (85g)

1. This recipe has no instructions.

### 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.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Smoked salmon & feta lettuce wraps

2 lettuce wrap(s) - 112 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**romaine lettuce**  
2 leaf inner (12g)  
**feta cheese**  
2 tbsp (19g)  
**smoked salmon**  
1 oz (28g)

For all 2 meals:

**romaine lettuce**  
4 leaf inner (24g)  
**feta cheese**  
4 tbsp (38g)  
**smoked salmon**  
2 oz (57g)

1. On top each leaf of lettuce, place some smoked salmon and feta. Season with a dash of salt/pepper. Serve.

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### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

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

Eat on day 6, day 7

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### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**eggs**  
1 large (50g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

1. Heat oil in a skillet over medium low heat.
  2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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### Bacon

4 slice(s) - 202 cal ● 14g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon**  
4 slice(s) (40g)

For all 2 meals:

**bacon**  
8 slice(s) (80g)

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.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Cheese and guac tacos

2 taco(s) - 350 cal ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



For single meal:

**cheddar cheese**  
1/2 cup, shredded (57g)  
**guacamole, store-bought**  
4 tbsp (62g)

For all 2 meals:

**cheddar cheese**  
1 cup, shredded (113g)  
**guacamole, store-bought**  
1/2 cup (124g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

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### Macadamia nuts

218 cal ● 2g protein ● 22g fat ● 1g carbs ● 2g fiber



For single meal:

**Macadamia nuts, shelled, roasted**  
1 oz (28g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**  
2 oz (57g)

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

Eat on day 3, day 4

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### Cherry tomatoes

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



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.
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### Sugar-free bbq chicken wings

12 oz - 461 cals ● 43g protein ● 32g fat ● 2g carbs ● 0g fiber



For single meal:

**chicken wings, with skin, raw**

3/4 lbs (341g)

**sugar-free barbecue sauce**

1 1/2 tbsp (23g)

For all 2 meals:

**chicken wings, with skin, raw**

1 1/2 lbs (681g)

**sugar-free barbecue sauce**

3 tbsp (45g)

1. Preheat oven to 400 F (200 C).
  2. Place wings on large baking sheet, and season with salt and pepper to taste.
  3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of its juices a couple times while it cooks in order to get crispier wings.
  4. Optional: When the chicken is getting close to being done, add the barbecue sauce to a saucepan and heat until warmed through.
  5. Take wings out of the oven when done and toss with the barbecue sauce to coat.
  6. Serve.
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## Lunch 3 [↗](#)

Eat on day 5, day 6

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### Buttered sugar snap peas

107 cal ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**butter**  
2 tsp (9g)  
**frozen sugar snap peas**  
2/3 cup (96g)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**butter**  
4 tsp (18g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

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### Baked chicken thighs

6 oz - 385 cal ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

**chicken thighs, with bone and skin, raw**  
6 oz (170g)  
**thyme, dried**  
1/2 dash, ground (0g)

For all 2 meals:

**chicken thighs, with bone and skin, raw**  
3/4 lbs (340g)  
**thyme, dried**  
1 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
  2. Arrange the chicken thighs on a baking sheet or in a baking dish.
  3. Season thighs with thyme and some salt and pepper.
  4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.
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## Lunch 4 [↗](#)

Eat on day 7

### Roasted tomatoes

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



Makes 1 tomato(es)

#### tomatoes

1 small whole (2-2/5" dia) (91g)

#### oil

1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

### Simple plain turkey burger

2 burger(s) - 375 cal ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 2 burger(s)

#### oil

1 tsp (5mL)

#### ground turkey, raw

1/2 lbs (227g)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Dark chocolate

1 square(s) - 60 cal ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

#### Chocolate, dark, 70-85%

1 square(s) (10g)

For all 2 meals:

#### Chocolate, dark, 70-85%

2 square(s) (20g)

1. This recipe has no instructions.

## Walnuts

1/8 cup(s) - 87 cal ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**  
4 tbsp, shelled (25g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 3 meals:

**sunflower kernels**  
1 1/2 oz (43g)

1. This recipe has no instructions.

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### Low-sugar Greek Yogurt

1 container(s) - 78 cal ● 12g protein ● 2g fat ● 3g carbs ● 0g fiber



For single meal:

**low-sugar Greek yogurt, flavored**  
1 container(s) (150g)

For all 3 meals:

**low-sugar Greek yogurt, flavored**  
3 container(s) (450g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

### Pork rinds and salsa

116 cals ● 12g protein ● 6g fat ● 2g carbs ● 1g fiber



For single meal:

**salsa**  
2 2/3 tbsp (48g)  
**pork rinds**  
2/3 oz (19g)

For all 2 meals:

**salsa**  
1/3 cup (96g)  
**pork rinds**  
1 1/3 oz (38g)

1. This recipe has no instructions.

### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 2 meals:

**mixed nuts**  
4 tbsp (34g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Bacon & goat cheese salad

568 cals ● 29g protein ● 48g fat ● 4g carbs ● 3g fiber



**sunflower kernels**  
2 1/2 tsp (10g)  
**bacon**  
2 1/2 slice(s) (25g)  
**olive oil**  
2 1/2 tsp (13mL)  
**goat cheese**  
2 1/2 oz (71g)  
**mixed greens**  
2 1/2 cup (75g)

1. Cook bacon according to package. Set aside.
2. Meanwhile toss together greens, sunflower kernels, goat cheese, and olive oil.
3. When bacon has cooled, crumble it on top of the greens and serve.

## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen sugar snap peas**  
2/3 cup (96g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)  
**olive oil**  
2 tsp (10mL)

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

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### Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**boneless skinless chicken breast, raw**  
2/3 lbs (299g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)

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.
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## Dinner 3 [↗](#)

Eat on day 4

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### Roasted tomatoes

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



Makes 1 tomato(es)

#### tomatoes

1 small whole (2-2/5" dia) (91g)

#### oil

1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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### Slow cooker carnitas

10 2/3 oz - 547 cal ● 53g protein ● 37g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

#### pork shoulder

2/3 lbs (302g)

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.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Bacon cauliflower rice

1 1/2 cup(s) - 245 cal ● 16g protein ● 17g fat ● 5g carbs ● 2g fiber



For single meal:

**frozen cauliflower**

1 1/2 cup (170g)

**bacon, raw**

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

For all 2 meals:

**frozen cauliflower**

3 cup (340g)

**bacon, raw**

3 slice(s) (85g)

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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### Lemon pepper chicken breast

8 oz - 296 cal ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



For single meal:

**lemon pepper**

1/2 tbsp (3g)

**olive oil**

1/4 tbsp (4mL)

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

For all 2 meals:

**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.
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## Dinner 5 [↗](#)

Eat on day 7

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### Mixed vegetables

1/4 cup(s) - 24 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 1/4 cup(s)

#### **frozen mixed veggies**

4 tbsp (34g)

1. Prepare according to instructions on package.

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### Thyme & lime chicken thighs

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



#### **oil**

2 tsp (10mL)

#### **lime juice**

4 tsp (20mL)

#### **thyme, dried**

1/3 tsp, leaves (0g)

#### **boneless skinless chicken thighs**

2/3 lb (302g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
  2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
  3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
  4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
  5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
  6. Transfer chicken to a plate, spoon sauce on top, and serve.
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