

Meal Plan - Meal plan with under 25g carbs



[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

1488 cals ● 145g protein (39%) ● 86g fat (52%) ● 21g carbs (6%) ● 13g fiber (3%)

Breakfast

210 cals, 8g protein, 6g net carbs, 13g fat



[Hardboiled egg and avocado bowl](#)
160 cals



[Raspberries](#)
2/3 cup(s)- 48 cals

Snacks

240 cals, 13g protein, 3g net carbs, 19g fat



[Cherry tomatoes](#)
3 cherry tomatoes- 11 cals



[Cheese](#)
2 oz- 229 cals

Lunch

480 cals, 69g protein, 5g net carbs, 19g fat



[Sautéed garlic & herb tomatoes](#)
85 cals



[Lemon pepper chicken breast](#)
10 2/3 oz- 395 cals

Dinner

560 cals, 54g protein, 7g net carbs, 35g fat



[String cheese](#)
1 stick(s)- 83 cals



[Jalapeno popper chicken lettuce wrap](#)
2 lettuce wrap(s)- 478 cals

Day 2

1453 cals ● 179g protein (49%) ● 68g fat (42%) ● 19g carbs (5%) ● 13g fiber (4%)

Breakfast

210 cals, 8g protein, 6g net carbs, 13g fat



[Hardboiled egg and avocado bowl](#)
160 cals



[Raspberries](#)
2/3 cup(s)- 48 cals

Snacks

240 cals, 13g protein, 3g net carbs, 19g fat



[Cherry tomatoes](#)
3 cherry tomatoes- 11 cals



[Cheese](#)
2 oz- 229 cals

Lunch

480 cals, 69g protein, 5g net carbs, 19g fat



[Sautéed garlic & herb tomatoes](#)
85 cals



[Lemon pepper chicken breast](#)
10 2/3 oz- 395 cals

Dinner

525 cals, 89g protein, 5g net carbs, 17g fat



[Marinated chicken breast](#)
14 oz- 495 cals



[Sautéed peppers and onions](#)
31 cals

Day 3

1483 cals ● 73g protein (20%) ● 115g fat (70%) ● 21g carbs (6%) ● 19g fiber (5%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Avocado
176 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

210 cals, 19g protein, 7g net carbs, 10g fat



Raspberries
1/2 cup(s)- 36 cals



Pork rinds and salsa
174 cals

Lunch

520 cals, 23g protein, 3g net carbs, 45g fat



Lettuce bun BLT
2 sandwich(es)- 518 cals

Dinner

510 cals, 24g protein, 9g net carbs, 41g fat



Chicken thighs and mushrooms
3 oz- 295 cals



Buttery cauliflower rice
2 1/2 cup(s)- 215 cals

Day 4

1454 cals ● 101g protein (28%) ● 101g fat (63%) ● 17g carbs (5%) ● 19g fiber (5%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Avocado
176 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

210 cals, 19g protein, 7g net carbs, 10g fat



Raspberries
1/2 cup(s)- 36 cals



Pork rinds and salsa
174 cals

Lunch

520 cals, 23g protein, 3g net carbs, 45g fat



Lettuce bun BLT
2 sandwich(es)- 518 cals

Dinner

480 cals, 51g protein, 6g net carbs, 27g fat



Buttery garlic green beans
98 cals



Basic chicken thighs
9 oz- 383 cals

Day 5

1454 cals ● 102g protein (28%) ● 98g fat (61%) ● 20g carbs (5%) ● 21g fiber (6%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Avocado

176 cals



Boiled eggs

1 egg(s)- 69 cals

Snacks

210 cals, 19g protein, 7g net carbs, 10g fat



Raspberries

1/2 cup(s)- 36 cals



Pork rinds and salsa

174 cals

Lunch

480 cals, 32g protein, 4g net carbs, 35g fat



Buffalo chicken lettuce wrap

1 wrap(s)- 220 cals



Walnuts

3/8 cup(s)- 262 cals

Dinner

520 cals, 42g protein, 6g net carbs, 34g fat



Coriander and cumin rubbed pork chops

1 chop(s)- 428 cals



Cooked peppers

3/4 bell pepper(s)- 90 cals

Day 6

1470 cals ● 108g protein (29%) ● 108g fat (66%) ● 12g carbs (3%) ● 7g fiber (2%)

Breakfast

225 cals, 17g protein, 1g net carbs, 17g fat



Egg & cheese mini muffin

4 mini muffin(s)- 224 cals

Snacks

200 cals, 14g protein, 3g net carbs, 15g fat



Pork rinds with french onion dip

200 cals

Lunch

480 cals, 32g protein, 4g net carbs, 35g fat



Buffalo chicken lettuce wrap

1 wrap(s)- 220 cals



Walnuts

3/8 cup(s)- 262 cals

Dinner

565 cals, 43g protein, 3g net carbs, 42g fat



Low carb fried chicken

8 oz- 468 cals



Sautéed mushrooms

4 oz mushrooms- 95 cals

Day 7

1489 cals ● 121g protein (33%) ● 105g fat (64%) ● 10g carbs (3%) ● 4g fiber (1%)

Breakfast

225 cals, 17g protein, 1g net carbs, 17g fat



Egg & cheese mini muffin
4 mini muffin(s)- 224 cals

Snacks

200 cals, 14g protein, 3g net carbs, 15g fat



Pork rinds with french onion dip
200 cals

Lunch

500 cals, 46g protein, 3g net carbs, 33g fat



Thyme & lime chicken thighs
368 cals



Buttered broccoli
1 cup(s)- 134 cals

Dinner

565 cals, 43g protein, 3g net carbs, 42g fat



Low carb fried chicken
8 oz- 468 cals



Sauteed mushrooms
4 oz mushrooms- 95 cals



Vegetables and Vegetable Products

- ☐ tomatoes
4 medium whole (2-3/5" dia) (486g)
- ☐ romaine lettuce
1/8 head (68g)
- ☐ jalapeno pepper
4 tbsp, chopped (24g)
- ☐ garlic
3 clove(s) (9g)
- ☐ onion
1/4 medium (2-1/2" dia) (24g)
- ☐ bell pepper
1 large (173g)
- ☐ pickles
4 spear (140g)
- ☐ iceberg lettuce
8 slice(s) (280g)
- ☐ mushrooms
10 oz (284g)
- ☐ fresh green beans
4 oz (113g)
- ☐ frozen broccoli
1 cup (91g)

Dairy and Egg Products

- ☐ cheese
4 oz (113g)
- ☐ string cheese
1 stick (28g)
- ☐ cheddar cheese
2 oz (56g)
- ☐ cream cheese
1 oz (28g)
- ☐ nonfat greek yogurt, plain
2 tbsp (35g)
- ☐ eggs
9 large (450g)
- ☐ butter
3/8 stick (47g)

Spices and Herbs

- ☐ garlic powder
2 dash (1g)
- ☐ black pepper
1/8 oz (1g)
- ☐ salt
1/4 oz (6g)
- ☐ lemon pepper
1/3 oz (9g)

Fats and Oils

- ☐ mayonnaise
2 1/2 oz (75mL)
- ☐ olive oil
3 tbsp (48mL)
- ☐ marinade sauce
1/2 cup (106mL)
- ☐ oil
1 1/2 oz (42mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1386g)
- ☐ chicken thighs, with bone and skin, raw
1/2 thigh (6 oz ea) (85g)
- ☐ boneless skinless chicken thighs
1 lbs (482g)

Other

- ☐ italian seasoning
1 tsp (4g)
- ☐ frozen cauliflower
2 1/2 cup (284g)
- ☐ pork rinds
5 oz (142g)
- ☐ Chicken, drumsticks, with skin
1 lbs (454g)
- ☐ french onion dip
6 tbsp (88g)

Fruits and Fruit Juices

- ☐ avocados
2 1/3 avocado(s) (469g)
- ☐ raspberries
3 cup (349g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ lime juice
1 tbsp (15mL)

Pork Products

- ☐ bacon
12 slice(s) (120g)
- ☐ pork loin chops, boneless, raw
1 chop (185g)

Beverages

- ☐ ground coriander
1/2 tbsp (3g)
- ☐ ground cumin
1/2 tbsp (3g)
- ☐ cajun seasoning
1/4 tbsp (1g)
- ☐ thyme, dried
2 dash, leaves (0g)

- ☐ water
2 1/2 tbsp (38mL)

Soups, Sauces, and Gravies

- ☐ salsa
3/4 cup (216g)
- ☐ Frank's Red Hot sauce
2 3/4 tbsp (41mL)
- ☐ hot sauce
1 tbsp (15mL)

Nut and Seed Products

- ☐ walnuts
3/4 cup, shelled (75g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

eggs
1 large (50g)
avocados, chopped
1/4 avocado(s) (50g)
onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)

For all 2 meals:

eggs
2 large (100g)
avocados, chopped
1/2 avocado(s) (101g)
onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
salt
1 dash (0g)
black pepper
1 dash (0g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

raspberries
2/3 cup (82g)

For all 2 meals:

raspberries
1 1/3 cup (164g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 3 meals:

avocados

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

lemon juice

1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

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

Egg & cheese mini muffin

4 mini muffin(s) - 224 cals ● 17g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

cheddar cheese

3 tbsp, shredded (21g)

water

2 tsp (10mL)

eggs

2 large (100g)

For all 2 meals:

cheddar cheese

6 tbsp, shredded (42g)

water

4 tsp (20mL)

eggs

4 large (200g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Lunch 1 [↗](#)

Eat on day 1, day 2

Sauteed garlic & herb tomatoes

85 cals ● 1g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

black pepper

1/3 dash, ground (0g)

olive oil

1/2 tbsp (8mL)

garlic, minced

1/3 clove(s) (1g)

tomatoes

1/3 pint, cherry tomatoes (99g)

italian seasoning

4 dash (2g)

salt

1 1/3 dash (1g)

For all 2 meals:

black pepper

2/3 dash, ground (0g)

olive oil

1 tbsp (15mL)

garlic, minced

2/3 clove(s) (2g)

tomatoes

2/3 pint, cherry tomatoes (199g)

italian seasoning

1 tsp (4g)

salt

1/3 tsp (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Lemon pepper chicken breast

10 2/3 oz - 395 cals ● 68g protein ● 13g fat ● 2g carbs ● 1g fiber



For single meal:

lemon pepper

2 tsp (5g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

2/3 lbs (299g)

For all 2 meals:

lemon pepper

4 tsp (9g)

olive oil

2 tsp (10mL)

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

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 2 [↗](#)

Eat on day 3, day 4

Lettuce bun BLT

2 sandwich(es) - 518 cals ● 23g protein ● 45g fat ● 3g carbs ● 3g fiber



For single meal:

pickles

2 spear (70g)

tomatoes

4 slice, medium (1/4" thick) (80g)

mayonnaise

2 tbsp (30mL)

bacon

6 slice(s) (60g)

iceberg lettuce

4 slice(s) (140g)

For all 2 meals:

pickles

4 spear (140g)

tomatoes

8 slice, medium (1/4" thick) (160g)

mayonnaise

4 tbsp (60mL)

bacon

12 slice(s) (120g)

iceberg lettuce

8 slice(s) (280g)

1. Cook bacon according to package.
 2. Meanwhile, cut off two rounded edges of the iceberg lettuce to make two parts of the bun.
 3. Spread mayo to the top iceberg slice.
 4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.
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Lunch 3 [↗](#)

Eat on day 5, day 6

Buffalo chicken lettuce wrap

1 wrap(s) - 220 cals ● 27g protein ● 10g fat ● 2g carbs ● 3g fiber



For single meal:

oil
1/2 tsp (3mL)
romaine lettuce
1 leaf outer (28g)
boneless skinless chicken breast, raw, cubed
4 oz (113g)
Frank's Red Hot sauce
4 tsp (20mL)
black pepper
2/3 dash, ground (0g)
salt
2/3 dash (1g)
avocados, chopped
1/6 avocado(s) (34g)
tomatoes, halved
4 tsp cherry tomatoes (12g)

For all 2 meals:

oil
1 tsp (5mL)
romaine lettuce
2 leaf outer (56g)
boneless skinless chicken breast, raw, cubed
1/2 lbs (227g)
Frank's Red Hot sauce
2 2/3 tbsp (40mL)
black pepper
1 1/3 dash, ground (0g)
salt
1 1/3 dash (1g)
avocados, chopped
1/3 avocado(s) (67g)
tomatoes, halved
2 2/3 tbsp cherry tomatoes (25g)

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.

Walnuts

3/8 cup(s) - 262 cals ● 6g protein ● 24g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts
6 tbsp, shelled (38g)

For all 2 meals:

walnuts
3/4 cup, shelled (75g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 7

Thyme & lime chicken thighs

368 cals ● 43g protein ● 21g fat ● 1g carbs ● 0g fiber



oil

1/2 tbsp (8mL)

lime juice

1 tbsp (15mL)

thyme, dried

2 dash, leaves (0g)

boneless skinless chicken thighs

1/2 lb (227g)

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.

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

3 cherry tomatoes - 11 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes

3 cherry tomatoes (51g)

For all 2 meals:

tomatoes

6 cherry tomatoes (102g)

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

Cheese

2 oz - 229 cals ● 13g protein ● 19g fat ● 2g carbs ● 0g fiber



For single meal:

cheese

2 oz (57g)

For all 2 meals:

cheese

4 oz (113g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries

1/2 cup (62g)

For all 3 meals:

raspberries

1 1/2 cup (185g)

1. Rinse raspberries and serve.

Pork rinds and salsa

174 cals ● 18g protein ● 9g fat ● 3g carbs ● 1g fiber



For single meal:

salsa
4 tbsp (72g)
pork rinds
1 oz (28g)

For all 3 meals:

salsa
3/4 cup (216g)
pork rinds
3 oz (85g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Pork rinds with french onion dip

200 cals ● 14g protein ● 15g fat ● 3g carbs ● 0g fiber



For single meal:

french onion dip
3 tbsp (44g)
pork rinds
3/4 oz (21g)

For all 2 meals:

french onion dip
6 tbsp (88g)
pork rinds
1 1/2 oz (43g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



Makes 1 stick(s)

string cheese
1 stick (28g)

1. This recipe has no instructions.

Jalapeno popper chicken lettuce wrap

2 lettuce wrap(s) - 478 cals ● 48g protein ● 29g fat ● 5g carbs ● 1g fiber



Makes 2 lettuce wrap(s)

cheddar cheese

2 tbsp, shredded (14g)

romaine lettuce

2 leaf inner (12g)

jalapeno pepper, deseeded

4 tbsp, chopped (24g)

garlic powder

2 dash (1g)

mayonnaise

1 tbsp (15mL)

cream cheese, softened

1 oz (28g)

nonfat greek yogurt, plain

2 tbsp (35g)

boneless skinless chicken breast, raw

6 oz (170g)

1. Season chicken with some salt/pepper and cook in a non-stick skillet or bake at 350°F (180°C) for 25-30 minutes until chicken is fully cooked. Set aside to cool.
2. In a large bowl, mix together the cream cheese, greek yogurt, mayonnaise, garlic powder, and jalapenos (you can modulate the spice level by omitting or including the seeds. The more seeds, the more heat). Set aside.
3. When the chicken has cooled enough to handle, dice it and add it into the bowl. Stir to incorporate.
4. Gently stir in the shredded cheddar cheese and season with salt/pepper to taste.
5. Evenly spoon the mixture onto the lettuce leaves. Serve.
6. Meal prep tip: Store chicken salad mixture separately in a airtight container in the fridge. Assemble lettuce wraps right before serving.

Dinner 2 [↗](#)

Eat on day 2

Marinated chicken breast

14 oz - 495 cals ● 88g protein ● 15g fat ● 2g carbs ● 0g fiber



Makes 14 oz

boneless skinless chicken breast, raw

14 oz (392g)

marinade sauce

1/2 cup (105mL)

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.

Sauteed peppers and onions

31 cals ● 1g protein ● 2g fat ● 2g carbs ● 1g fiber



oil

3/8 tsp (2mL)

onion, sliced

1/8 medium (2-1/2" dia) (14g)

bell pepper, sliced into strips

1/4 large (41g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Dinner 3 [↗](#)

Eat on day 3

Chicken thighs and mushrooms

3 oz - 295 cal ● 21g protein ● 23g fat ● 1g carbs ● 1g fiber



Makes 3 oz

olive oil

1/2 tbsp (8mL)

mushrooms, sliced 1/4 in thick

2 oz (57g)

salt

1/2 dash (0g)

water

1/8 cup(s) (30mL)

butter

1/4 tbsp (4g)

black pepper

1/2 dash (0g)

chicken thighs, with bone and skin, raw

1/2 thigh (6 oz ea) (85g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Buttery cauliflower rice

2 1/2 cup(s) - 215 cals ● 3g protein ● 18g fat ● 8g carbs ● 3g fiber



Makes 2 1/2 cup(s)

frozen cauliflower

2 1/2 cup (284g)

butter

5 tsp (23g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Dinner 4 [↗](#)

Eat on day 4

Buttery garlic green beans

98 cals ● 2g protein ● 6g fat ● 6g carbs ● 3g fiber



butter

1/2 tbsp (7g)

garlic, minced

3/4 clove(s) (2g)

salt

1 dash (1g)

fresh green beans, trimmed, snapped in half

4 oz (113g)

lemon pepper

3/4 dash (0g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

Basic chicken thighs

9 oz - 383 cals ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



Makes 9 oz

oil

1 tsp (6mL)

boneless skinless chicken thighs

1/2 lbs (255g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

Dinner 5 [↗](#)

Eat on day 5

Coriander and cumin rubbed pork chops

1 chop(s) - 428 cal ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber



Makes 1 chop(s)

black pepper

1 dash (0g)

pork loin chops, boneless, raw

1 chop (185g)

olive oil, divided

1 tbsp (15mL)

ground coriander

1/2 tbsp (3g)

ground cumin

1/2 tbsp (3g)

salt

2 dash (2g)

garlic, minced

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

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). Serve.

Cooked peppers

3/4 bell pepper(s) - 90 cal ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 3/4 bell pepper(s)

oil

1/2 tbsp (8mL)

bell pepper, seeded & cut into strips

3/4 large (123g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Dinner 6 [↗](#)

Eat on day 6, day 7

Low carb fried chicken

8 oz - 468 cals ● 40g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:

Chicken, drumsticks, with skin

1/2 lbs (227g)

pork rinds, crushed

1/4 oz (7g)

cajun seasoning

1/3 tsp (1g)

hot sauce

1/2 tbsp (8mL)

For all 2 meals:

Chicken, drumsticks, with skin

16 oz (454g)

pork rinds, crushed

1/2 oz (14g)

cajun seasoning

1/4 tbsp (1g)

hot sauce

3 tsp (15mL)

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

Sauteed mushrooms

4 oz mushrooms - 95 cals ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
mushrooms, sliced
4 oz (113g)

For all 2 meals:

oil
1 tbsp (15mL)
mushrooms, sliced
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
 2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
 3. Season with salt/pepper and any spices or herbs you have on hand. Serve.
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