

# Meal Plan - Meal plan with under 30g 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

1549 cal ● 149g protein (38%) ● 93g fat (54%) ● 22g carbs (6%) ● 7g fiber (2%)

### Breakfast

235 cal, 18g protein, 4g net carbs, 16g fat



[Basic scrambled eggs](#)  
2 2/3 egg(s)- 212 cal



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cal

### Snacks

200 cal, 8g protein, 9g net carbs, 14g fat



[Dark chocolate](#)  
2 square(s)- 120 cal



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

### Lunch

520 cal, 69g protein, 4g net carbs, 25g fat



[Buttered green beans](#)  
98 cal



[Basic chicken breast](#)  
10 2/3 oz- 423 cal

### Dinner

595 cal, 54g protein, 6g net carbs, 39g fat



[Cheese](#)  
1 oz- 114 cal



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

## Day 2

1549 cal ● 149g protein (38%) ● 93g fat (54%) ● 22g carbs (6%) ● 7g fiber (2%)

### Breakfast

235 cal, 18g protein, 4g net carbs, 16g fat



[Basic scrambled eggs](#)  
2 2/3 egg(s)- 212 cal



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cal

### Snacks

200 cal, 8g protein, 9g net carbs, 14g fat



[Dark chocolate](#)  
2 square(s)- 120 cal



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

### Lunch

520 cal, 69g protein, 4g net carbs, 25g fat



[Buttered green beans](#)  
98 cal



[Basic chicken breast](#)  
10 2/3 oz- 423 cal

### Dinner

595 cal, 54g protein, 6g net carbs, 39g fat



[Cheese](#)  
1 oz- 114 cal



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

## Day 3

1465 cals ● 183g protein (50%) ● 68g fat (42%) ● 24g carbs (7%) ● 6g fiber (2%)

### Breakfast

235 cals, 18g protein, 4g net carbs, 16g fat



**Basic scrambled eggs**  
2 2/3 egg(s)- 212 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Snacks

175 cals, 10g protein, 10g net carbs, 10g fat



**Pork rinds with french onion dip**  
134 cals



**Clementine**  
1 clementine(s)- 39 cals

### Lunch

565 cals, 78g protein, 5g net carbs, 25g fat



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals



**Balsamic chicken breast**  
12 oz- 473 cals

### Dinner

495 cals, 77g protein, 6g net carbs, 17g fat



**Marinated chicken breast**  
12 oz- 424 cals



**Olive oil drizzled green beans**  
72 cals

## Day 4

1528 cals ● 173g protein (45%) ● 77g fat (45%) ● 28g carbs (7%) ● 8g fiber (2%)

### Breakfast

295 cals, 8g protein, 7g net carbs, 25g fat



**Sunflower seeds**  
135 cals



**Blueberries and cream**  
161 cals

### Snacks

175 cals, 10g protein, 10g net carbs, 10g fat



**Pork rinds with french onion dip**  
134 cals



**Clementine**  
1 clementine(s)- 39 cals

### Lunch

565 cals, 78g protein, 5g net carbs, 25g fat



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals



**Balsamic chicken breast**  
12 oz- 473 cals

### Dinner

495 cals, 77g protein, 6g net carbs, 17g fat



**Marinated chicken breast**  
12 oz- 424 cals



**Olive oil drizzled green beans**  
72 cals

## Day 5

1473 cals ● 90g protein (24%) ● 108g fat (66%) ● 20g carbs (6%) ● 14g fiber (4%)

### Breakfast

295 cals, 8g protein, 7g net carbs, 25g fat



Sunflower seeds  
135 cals



Blueberries and cream  
161 cals

### Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios  
188 cals

### Lunch

435 cals, 30g protein, 4g net carbs, 32g fat



Buffalo chicken wings  
8 oz- 338 cals



Buttered green beans  
98 cals

### Dinner

555 cals, 46g protein, 3g net carbs, 37g fat



Indian chicken wings  
12 oz- 495 cals



Roasted brussels sprouts  
58 cals

## Day 6

1544 cals ● 87g protein (22%) ● 113g fat (66%) ● 24g carbs (6%) ● 21g fiber (6%)

### Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado  
326 cals

### Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios  
188 cals

### Lunch

480 cals, 20g protein, 11g net carbs, 37g fat



Cauliflower rice  
2 cup(s)- 121 cals



Simple sauteed spinach  
100 cals



Italian sausage  
1 link- 257 cals

### Dinner

555 cals, 46g protein, 3g net carbs, 37g fat



Indian chicken wings  
12 oz- 495 cals



Roasted brussels sprouts  
58 cals

## Day 7

1492 cals ● 96g protein (26%) ● 105g fat (63%) ● 22g carbs (6%) ● 18g fiber (5%)

### Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



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

### Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



[Pistachios](#)  
188 cals

### Lunch

480 cals, 20g protein, 11g net carbs, 37g fat



[Cauliflower rice](#)  
2 cup(s)- 121 cals



[Simple sauteed spinach](#)  
100 cals



[Italian sausage](#)  
1 link- 257 cals

### Dinner

500 cals, 55g protein, 1g net carbs, 29g fat



[Basic ground turkey](#)  
9 1/3 oz- 438 cals



[Buttery spinach cauliflower mince](#)  
1 cup(s)- 64 cals

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## Sweets

- ☐ Chocolate, dark, 70-85%  
4 square(s) (40g)

## Dairy and Egg Products

- ☐ string cheese  
2 stick (56g)
- ☐ cheese  
2 oz (57g)
- ☐ cheddar cheese  
4 tbsp, shredded (28g)
- ☐ cream cheese  
2 oz (57g)
- ☐ nonfat greek yogurt, plain  
4 tbsp (70g)
- ☐ butter  
1/4 stick (32g)
- ☐ eggs  
12 large (600g)
- ☐ heavy cream  
1/3 cup (79mL)

## Vegetables and Vegetable Products

- ☐ romaine lettuce  
4 leaf inner (24g)
- ☐ jalapeno pepper  
1/2 cup, chopped (47g)
- ☐ frozen green beans  
3 1/3 cup (403g)
- ☐ tomatoes  
5 1/2 medium whole (2-3/5" dia) (687g)
- ☐ brussels sprouts  
4 oz (113g)
- ☐ garlic  
2 clove (6g)
- ☐ fresh spinach  
8 1/2 cup(s) (255g)

## Spices and Herbs

- ☐ garlic powder  
4 dash (2g)
- ☐ salt  
1/2 oz (15g)
- ☐ black pepper  
1/8 oz (2g)
- ☐ curry powder  
2 1/4 tbsp (14g)
- ☐ fresh basil  
4 leaves (2g)

## Fats and Oils

- ☐ mayonnaise  
2 tbsp (31mL)
- ☐ oil  
3 oz (93mL)
- ☐ balsamic vinaigrette  
6 tbsp (91mL)
- ☐ marinade sauce  
3/4 cup (180mL)
- ☐ olive oil  
1 oz (32mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
5 lbs (2290g)
- ☐ chicken wings, with skin, raw  
2 lbs (908g)
- ☐ ground turkey, raw  
9 1/3 oz (265g)

## Other

- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ french onion dip  
4 tbsp (59g)
- ☐ pork rinds  
1 oz (28g)
- ☐ frozen cauliflower  
4 cup (454g)
- ☐ Italian pork sausage, raw  
2 link (215g)
- ☐ frozen riced cauliflower  
1 cup, frozen (106g)

## Fruits and Fruit Juices

- ☐ clementines  
2 fruit (148g)
- ☐ blueberries  
1/2 cup (74g)
- ☐ avocados  
1 avocado(s) (201g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 1/2 oz (43g)
- ☐ pistachios, dry roasted, without shells or salt added  
3/4 cup (92g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
4 tsp (19mL)



## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 2/3 large (133g)  
**oil**  
1/4 tbsp (3mL)

For all 3 meals:

**eggs**  
8 large (400g)  
**oil**  
2 tsp (10mL)

1. Beat eggs 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. Season with salt/pepper.

### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 3 meals:

**tomatoes**  
18 cherry tomatoes (306g)

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



## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Sunflower seeds

135 cal ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

3/4 oz (21g)

For all 2 meals:

**sunflower kernels**

1 1/2 oz (43g)

1. This recipe has no instructions.

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### Blueberries and cream

161 cal ● 1g protein ● 14g fat ● 6g carbs ● 1g fiber



For single meal:

**heavy cream**

2 2/3 tbsp (40mL)

**blueberries**

4 tbsp (37g)

For all 2 meals:

**heavy cream**

1/3 cup (80mL)

**blueberries**

1/2 cup (74g)

1. Place the blueberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

#### tomatoes

2 slice(s), thick/large (1/2" thick)  
(54g)

#### eggs

2 large (100g)

#### avocados, sliced

1/2 avocado(s) (101g)

#### salt

2 dash (1g)

#### black pepper

2 dash (0g)

#### fresh basil, chopped

2 leaves (1g)

For all 2 meals:

#### tomatoes

4 slice(s), thick/large (1/2" thick)  
(108g)

#### eggs

4 large (200g)

#### avocados, sliced

1 avocado(s) (201g)

#### salt

4 dash (2g)

#### black pepper

4 dash (0g)

#### fresh basil, chopped

4 leaves (2g)

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

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Buttered green beans

98 cals ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber



For single meal:

#### frozen green beans

2/3 cup (81g)

#### salt

1/2 dash (0g)

#### black pepper

1/2 dash (0g)

#### butter

2 tsp (9g)

For all 2 meals:

#### frozen green beans

1 1/3 cup (161g)

#### salt

1 dash (0g)

#### black pepper

1 dash (0g)

#### butter

4 tsp (18g)

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

### 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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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**  
1 1/2 small whole (2-2/5" dia) (137g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**tomatoes**  
3 small whole (2-2/5" dia) (273g)  
**oil**  
1 tbsp (15mL)

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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### Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

**italian seasoning**

3 dash (1g)

**oil**

1/2 tbsp (8mL)

**balsamic vinaigrette**

3 tbsp (45mL)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

For all 2 meals:

**italian seasoning**

1/4 tbsp (3g)

**oil**

1 tbsp (15mL)

**balsamic vinaigrette**

6 tbsp (90mL)

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

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.

### Lunch 3 [🔗](#)

Eat on day 5

#### Buffalo chicken wings

8 oz - 338 cals ● 29g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**Frank's Red Hot sauce**

4 tsp (20mL)

**chicken wings, with skin, raw**

1/2 lbs (227g)

**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**oil**

1/4 tbsp (4mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

#### Buttered green beans

98 cals ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber

**frozen green beans**

2/3 cup (81g)

**salt**

1/2 dash (0g)

**black pepper**

1/2 dash (0g)

**butter**

2 tsp (9g)

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

## Lunch 4 [🔗](#)

Eat on day 6, day 7

### Cauliflower rice

2 cup(s) - 121 cals ● 2g protein ● 9g fat ● 6g carbs ● 2g fiber



For single meal:

**oil**

2 tsp (10mL)

**frozen cauliflower**

2 cup (227g)

For all 2 meals:

**oil**

4 tsp (20mL)

**frozen cauliflower**

4 cup (454g)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**garlic, diced**

1/2 clove (2g)

**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**olive oil**

1/2 tbsp (8mL)

**fresh spinach**

4 cup(s) (120g)

For all 2 meals:

**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)

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.

### Italian sausage

1 link - 257 cals ● 14g protein ● 21g fat ● 3g carbs ● 0g fiber





For single meal:  
**Italian pork sausage, raw**  
1 link (108g)

For all 2 meals:  
**Italian pork sausage, raw**  
2 link (215g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Snacks 1 [↗](#)  
Eat on day 1, day 2

**Dark chocolate**  
2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:  
**Chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 2 meals:  
**Chocolate, dark, 70-85%**  
4 square(s) (40g)

1. This recipe has no instructions.

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



For single meal:  
**string cheese**  
1 stick (28g)

For all 2 meals:  
**string cheese**  
2 stick (56g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Pork rinds with french onion dip

134 cals ● 10g protein ● 10g fat ● 2g carbs ● 0g fiber



For single meal:

**french onion dip**  
2 tbsp (29g)  
**pork rinds**  
1/2 oz (14g)

For all 2 meals:

**french onion dip**  
4 tbsp (59g)  
**pork rinds**  
1 oz (28g)

1. This recipe has no instructions.

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

For all 3 meals:

**pistachios, dry roasted, without shells or salt added**  
3/4 cup (92g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Cheese

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



For single meal:

**cheese**  
1 oz (28g)

For all 2 meals:

**cheese**  
2 oz (57g)

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



For single meal:

**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)

For all 2 meals:

**cheddar cheese**  
4 tbsp, shredded (28g)  
**romaine lettuce**  
4 leaf inner (24g)  
**jalapeno pepper, deseeded**  
1/2 cup, chopped (47g)  
**garlic powder**  
4 dash (2g)  
**mayonnaise**  
2 tbsp (30mL)  
**cream cheese, softened**  
2 oz (57g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)

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 3, day 4

### Marinated chicken breast

12 oz - 424 cals ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

3/4 lbs (336g)

**marinade sauce**

6 tbsp (90mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

**marinade sauce**

3/4 cup (180mL)

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.

### Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



For single meal:

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen green beans**

2/3 cup (81g)

**olive oil**

1 tsp (5mL)

For all 2 meals:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen green beans**

1 1/3 cup (161g)

**olive oil**

2 tsp (10mL)

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

## Dinner 3 [↗](#)

Eat on day 5, day 6

### Indian chicken wings

12 oz - 495 cal ● 44g protein ● 34g fat ● 0g carbs ● 4g fiber



For single meal:

**curry powder**

1 tbsp (7g)

**salt**

1/4 tbsp (5g)

**chicken wings, with skin, raw**

3/4 lbs (341g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**curry powder**

2 1/4 tbsp (14g)

**salt**

1/2 tbsp (9g)

**chicken wings, with skin, raw**

1 1/2 lbs (681g)

**oil**

1 tsp (6mL)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

### Roasted brussels sprouts

58 cal ● 2g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

**brussels sprouts**

2 oz (57g)

**olive oil**

1/4 tbsp (4mL)

**salt**

1/2 dash (0g)

**black pepper**

1/3 dash, ground (0g)

For all 2 meals:

**brussels sprouts**

4 oz (113g)

**olive oil**

1/2 tbsp (8mL)

**salt**

1 dash (1g)

**black pepper**

2/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

## Dinner 4 [↗](#)

Eat on day 7

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### Basic ground turkey

9 1/3 oz - 438 cal ● 52g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 9 1/3 oz

#### oil

1 tsp (6mL)

#### ground turkey, raw

9 1/3 oz (265g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

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### Buttery spinach cauliflower mince

1 cup(s) - 64 cal ● 3g protein ● 4g fat ● 1g carbs ● 3g fiber



Makes 1 cup(s)

#### garlic, minced

1 clove (3g)

#### fresh spinach, chopped

1/2 cup(s) (15g)

#### frozen riced cauliflower

16 tbsp, frozen (106g)

#### butter

1 tsp (5g)

1. Cook riced cauliflower according to package.
  2. Meanwhile finely chop the spinach and garlic.
  3. When cauliflower is done and still hot, add in the spinach, garlic, butter, and some salt and pepper. Mix well until butter has melted.
  4. Serve.
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