

# Meal Plan - Meal plan with under 35g 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

1460 cals ● 109g protein (30%) ● 96g fat (59%) ● 28g carbs (8%) ● 14g fiber (4%)

### Breakfast

330 cals, 13g protein, 9g net carbs, 24g fat



[Eggs with avocado and salsa](#)  
254 cals



[Milk](#)  
1/2 cup(s)- 75 cals

### Snacks

195 cals, 11g protein, 3g net carbs, 14g fat



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



[Roasted almonds](#)  
1/8 cup(s)- 111 cals

### Lunch

475 cals, 23g protein, 8g net carbs, 39g fat



[Cheese](#)  
1 oz- 114 cals



[Cheesy skillet pizza](#)  
2 pizza- 361 cals

### Dinner

465 cals, 63g protein, 8g net carbs, 19g fat



[Cajun cod](#)  
12 oz- 374 cals



[Roasted tomatoes](#)  
1 1/2 tomato(es)- 89 cals

## Day 2

1492 cals ● 90g protein (24%) ● 108g fat (65%) ● 26g carbs (7%) ● 13g fiber (4%)

### Breakfast

330 cals, 13g protein, 9g net carbs, 24g fat



[Eggs with avocado and salsa](#)  
254 cals



[Milk](#)  
1/2 cup(s)- 75 cals

### Snacks

195 cals, 11g protein, 3g net carbs, 14g fat



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



[Roasted almonds](#)  
1/8 cup(s)- 111 cals

### Lunch

475 cals, 23g protein, 8g net carbs, 39g fat



[Cheese](#)  
1 oz- 114 cals



[Cheesy skillet pizza](#)  
2 pizza- 361 cals

### Dinner

495 cals, 45g protein, 6g net carbs, 31g fat



[Thyme & lime chicken thighs](#)  
368 cals



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

## Day 3

1458 cals ● 104g protein (28%) ● 102g fat (63%) ● 20g carbs (6%) ● 11g fiber (3%)

### Breakfast

335 cals, 15g protein, 3g net carbs, 28g fat



Low carb bread with almond butter  
1 slice(s)- 164 cals



Scrambled egg whites  
61 cals



Roasted almonds  
1/8 cup(s)- 111 cals

### Snacks

130 cals, 4g protein, 5g net carbs, 9g fat



Cherry tomatoes  
6 cherry tomatoes- 21 cals



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

### Lunch

500 cals, 40g protein, 6g net carbs, 34g fat



Roasted tomatoes  
1 tomato(es)- 60 cals



Chicken thighs with lemon & olives  
6 oz- 438 cals

### Dinner

495 cals, 45g protein, 6g net carbs, 31g fat



Thyme & lime chicken thighs  
368 cals



Sautéed garlic & herb tomatoes  
127 cals

## Day 4

1570 cals ● 72g protein (18%) ● 122g fat (70%) ● 29g carbs (7%) ● 18g fiber (5%)

### Breakfast

335 cals, 15g protein, 3g net carbs, 28g fat



Low carb bread with almond butter  
1 slice(s)- 164 cals



Scrambled egg whites  
61 cals



Roasted almonds  
1/8 cup(s)- 111 cals

### Snacks

130 cals, 4g protein, 5g net carbs, 9g fat



Cherry tomatoes  
6 cherry tomatoes- 21 cals



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

### Lunch

520 cals, 31g protein, 14g net carbs, 37g fat



Cheesy zucchini noodles w/ bacon  
409 cals



Milk  
3/4 cup(s)- 112 cals

### Dinner

585 cals, 22g protein, 6g net carbs, 48g fat



Avocado  
176 cals



Sunflower seeds  
180 cals



Bacon & goat cheese salad  
227 cals

## Day 5

1486 cals ● 74g protein (20%) ● 114g fat (69%) ● 26g carbs (7%) ● 14g fiber (4%)

### Breakfast

255 cals, 18g protein, 1g net carbs, 20g fat



Bacon

5 slice(s)- 253 cals

### Lunch

520 cals, 31g protein, 14g net carbs, 37g fat



Cheesy zucchini noodles w/ bacon

409 cals



Milk

3/4 cup(s)- 112 cals

### Snacks

130 cals, 4g protein, 5g net carbs, 9g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Mixed nuts

1/8 cup(s)- 109 cals

### Dinner

585 cals, 22g protein, 6g net carbs, 48g fat



Avocado

176 cals



Sunflower seeds

180 cals



Bacon & goat cheese salad

227 cals

## Day 6

1540 cals ● 135g protein (35%) ● 95g fat (56%) ● 23g carbs (6%) ● 14g fiber (4%)

### Breakfast

255 cals, 18g protein, 1g net carbs, 20g fat



Bacon

5 slice(s)- 253 cals

### Lunch

530 cals, 70g protein, 4g net carbs, 25g fat



Basic chicken breast

10 2/3 oz- 423 cals



Buttered sugar snap peas

107 cals

### Snacks

185 cals, 14g protein, 8g net carbs, 10g fat



Beef jerky

73 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Dinner

575 cals, 33g protein, 10g net carbs, 41g fat



Broccoli caesar salad with hard boiled eggs

390 cals



Pecans

1/4 cup- 183 cals

Day 7

1540 cals ● 135g protein (35%) ● 95g fat (56%) ● 23g carbs (6%) ● 14g fiber (4%)

Breakfast

255 cals, 18g protein, 1g net carbs, 20g fat



Bacon  
5 slice(s)- 253 cals

Lunch

530 cals, 70g protein, 4g net carbs, 25g fat



Basic chicken breast  
10 2/3 oz- 423 cals



Buttered sugar snap peas  
107 cals

Snacks

185 cals, 14g protein, 8g net carbs, 10g fat



Beef jerky  
73 cals



Roasted almonds  
1/8 cup(s)- 111 cals

Dinner

575 cals, 33g protein, 10g net carbs, 41g fat



Broccoli caesar salad with hard boiled eggs  
390 cals



Pecans  
1/4 cup- 183 cals

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## Dairy and Egg Products

- ☐ string cheese  
2 stick (56g)
- ☐ cheese  
10 1/3 oz (292g)
- ☐ eggs  
8 1/2 large (425g)
- ☐ whole milk  
2 1/2 cup (600mL)
- ☐ egg whites  
1/2 cup (122g)
- ☐ goat cheese  
2 oz (57g)
- ☐ parmesan cheese  
1/4 cup (23g)
- ☐ nonfat greek yogurt, plain  
3 tbsp (53g)
- ☐ butter  
4 tsp (18g)

## Nut and Seed Products

- ☐ almonds  
3/4 cup, whole (107g)
- ☐ mixed nuts  
6 tbsp (50g)
- ☐ almond butter  
1/2 tbsp (8g)
- ☐ sunflower kernels  
2 1/4 oz (65g)
- ☐ roasted pumpkin seeds, unsalted  
3 tbsp (22g)
- ☐ pecans  
1/2 cup, halves (50g)

## Finfish and Shellfish Products

- ☐ cod, raw  
3/4 lbs (340g)

## Spices and Herbs

- ☐ cajun seasoning  
4 tsp (9g)
- ☐ thyme, dried  
4 dash, leaves (1g)
- ☐ black pepper  
1/8 oz (1g)
- ☐ salt  
5 g (5g)

## Other

- ☐ italian seasoning  
1 container (.75 oz) (20g)
- ☐ almond flour  
2 3/4 tbsp (18g)
- ☐ mixed greens  
2 cup (60g)

## Fruits and Fruit Juices

- ☐ canned black olives  
16 large olives (70g)
- ☐ avocados  
2 avocado(s) (402g)
- ☐ lime juice  
2 tbsp (30mL)
- ☐ lemon  
1/4 large (21g)
- ☐ green olives  
1/4 small can (~2 oz) (16g)
- ☐ lemon juice  
1 fl oz (27mL)

## Sausages and Luncheon Meats

- ☐ pepperoni  
16 slices (32g)

## Soups, Sauces, and Gravies

- ☐ salsa  
3 tbsp (54g)
- ☐ chicken broth  
1/8 cup(s) (mL)

## Poultry Products

- ☐ boneless skinless chicken thighs  
1 lb (454g)
- ☐ chicken thighs, with bone and skin, raw  
1 thigh (6 oz ea) (170g)
- ☐ boneless skinless chicken breast, raw  
1 1/3 lbs (597g)

## Baked Products

- ☐ baking powder  
2 dash (1g)

## Pork Products

- ☐ rosemary, dried  
3 dash (0g)
- ☐ dijon mustard  
1 tbsp (15g)

- ☐ bacon  
17 slice(s) (170g)
- ☐ bacon, raw  
1 1/2 slice(s) (43g)

## Fats and Oils

- ☐ oil  
2 1/2 oz (79mL)
- ☐ olive oil  
1 oz (34mL)

## Snacks

- ☐ beef jerky  
2 oz (57g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
6 3/4 medium whole (2-3/5" dia) (832g)
  - ☐ onion  
4 tbsp minced (60g)
  - ☐ garlic  
1 3/4 clove(s) (5g)
  - ☐ zucchini  
1 1/2 medium (294g)
  - ☐ broccoli  
1 1/2 cup chopped (137g)
  - ☐ romaine lettuce  
6 cup shredded (282g)
  - ☐ frozen sugar snap peas  
1 1/3 cup (192g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Eggs with avocado and salsa

254 cal ● 9g protein ● 20g fat ● 4g carbs ● 7g fiber



For single meal:

**eggs**  
1 large (50g)  
**avocados, diced**  
1/2 avocado(s) (101g)  
**salsa**  
1 1/2 tbsp (27g)

For all 2 meals:

**eggs**  
2 large (100g)  
**avocados, diced**  
1 avocado(s) (201g)  
**salsa**  
3 tbsp (54g)

1. Cook eggs according to your preference (scrambled, sunny side up, etc.)
2. Season with some salt and pepper and top with the diced avocado and salsa.
3. Serve.

### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Low carb bread with almond butter

1 slice(s) - 164 cal● 4g protein ● 15g fat ● 1g carbs ● 1g fiber



For single meal:

**almond butter**

1/4 tbsp (4g)

**eggs**

1/4 large (13g)

**salt**

2/3 dash (0g)

**baking powder**

1 dash (1g)

**oil**

1/2 tbsp (8mL)

**almond flour**

4 tsp (9g)

For all 2 meals:

**almond butter**

1/2 tbsp (8g)

**eggs**

1/2 large (25g)

**salt**

1 1/3 dash (1g)

**baking powder**

2 dash (1g)

**oil**

1 tbsp (15mL)

**almond flour**

2 1/2 tbsp (18g)

1. In a greased, microwave-safe mug, mix the almond flour, oil, baking powder, salt, and egg until fully combined.
2. Microwave for 90 seconds.
3. Remove bread from mug, slice, and serve with almond butter.
4. For leftovers: immediately wrap any leftovers in plastic wrap or parchment paper. Store on the counter or in your fridge/freezer. Reheat by toasting or microwaving.

### Scrambled egg whites

61 cal● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**

1/4 tbsp (4mL)

**egg whites**

4 tbsp (61g)

For all 2 meals:

**oil**

1/2 tbsp (8mL)

**egg whites**

1/2 cup (122g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

### Roasted almonds

1/8 cup(s) - 111 cal● 4g protein ● 9g fat ● 2g carbs ● 2g fiber





For single meal:

**almonds**

2 tbsp, whole (18g)

For all 2 meals:

**almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Bacon

5 slice(s) - 253 cals ● 18g protein ● 20g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon**

5 slice(s) (50g)

For all 3 meals:

**bacon**

15 slice(s) (150g)

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

### Cheese

1 oz - 114 cal ● 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.

### Cheesy skillet pizza

2 pizza - 361 cal ● 16g protein ● 29g fat ● 7g carbs ● 2g fiber



For single meal:

**italian seasoning**  
2 tsp (7g)  
**canned black olives**  
8 large olives (35g)  
**onion**  
2 tbsp minced (30g)  
**pepperoni**  
8 slices (16g)  
**cheese**  
1/2 cup, shredded (54g)

For all 2 meals:

**italian seasoning**  
4 tsp (14g)  
**canned black olives**  
16 large olives (70g)  
**onion**  
4 tbsp minced (60g)  
**pepperoni**  
16 slices (32g)  
**cheese**  
1 cup, shredded (108g)

1. Spray a skillet with non-stick spray and place over medium low heat.
2. Sprinkle the cheese in the skillet in the shape of a circle. Use a spatula to clean up the edges by scraping any stray shreds into the circle.
3. Add all the toppings.
4. Watch closely and cook for about 5 minutes. The time will vary depending on how high the heat is, but cheese should be bubbly and soft on top but crispy on the bottom and easy to lift off in one piece.
5. When done, move to a plate and slice immediately.
6. Serve!

## Lunch 2 [🔗](#)

Eat on day 3

### Roasted tomatoes

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



Makes 1 tomato(es)

#### tomatoes

1 small whole (2-2 5/8" 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.

### Chicken thighs with lemon & olives

6 oz - 438 cals ● 39g protein ● 29g fat ● 3g carbs ● 2g fiber



Makes 6 oz

#### chicken thighs, with bone and skin, raw

1 thigh (6 oz ea) (170g)

#### salt

1 dash (1g)

#### black pepper

2 dash, ground (1g)

#### garlic, minced

3/4 clove(s) (2g)

#### rosemary, dried

3 dash (0g)

#### olive oil

3/8 tsp (2mL)

#### lemon

1/4 large (21g)

#### green olives

1/4 small can (~2 oz) (16g)

#### chicken broth

1/8 cup(s) (mL)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

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## Lunch 3 [↗](#)

Eat on day 4, day 5

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### Cheesy zucchini noodles w/ bacon

409 cals ● 25g protein ● 31g fat ● 6g carbs ● 2g fiber



For single meal:

**cheese**  
1/2 cup, shredded (64g)  
**parmesan cheese**  
3/4 tbsp (4g)  
**zucchini**  
3/4 medium (147g)  
**bacon, raw**  
3/4 slice(s) (21g)

For all 2 meals:

**cheese**  
1 cup, shredded (127g)  
**parmesan cheese**  
1 1/2 tbsp (8g)  
**zucchini**  
1 1/2 medium (294g)  
**bacon, raw**  
1 1/2 slice(s) (43g)

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 cheese and bacon bits and heat through until the cheese is melted.
4. Remove from heat, top with parmesan, and serve.

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### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup (180mL)

For all 2 meals:

**whole milk**  
1 1/2 cup (360mL)

1. This recipe has no instructions.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

### 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.

### Buttered sugar snap peas

107 cals ● 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.



## Snacks 1 [↗](#)

Eat on day 1, day 2

### 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.

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### **almonds**

2 tbsp, whole (18g)

For all 2 meals:

#### **almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### 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.

### 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 3 meals:

**mixed nuts**  
6 tbsp (50g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Beef jerky

73 cals ● 11g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

**beef jerky**  
1 oz (28g)

For all 2 meals:

**beef jerky**  
2 oz (57g)

1. This recipe has no instructions.

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### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Cajun cod

12 oz - 374 cals ● 62g protein ● 12g fat ● 4g carbs ● 1g fiber



Makes 12 oz

#### **cod, raw**

3/4 lbs (340g)

#### **cajun seasoning**

4 tsp (9g)

#### **oil**

2 tsp (10mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

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### Roasted tomatoes

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



Makes 1 1/2 tomato(es)

#### **tomatoes**

1 1/2 small whole (2-2 5/8" dia) (137g)

#### **oil**

1/2 tbsp (8mL)

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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## Dinner 2 [↗](#)

Eat on day 2, day 3

### Thyme & lime chicken thighs

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



For single meal:

**oil**  
1/2 tbsp (8mL)  
**lime juice**  
1 tbsp (15mL)  
**thyme, dried**  
2 dash, leaves (0g)  
**boneless skinless chicken thighs**  
1/2 lb (227g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**lime juice**  
2 tbsp (30mL)  
**thyme, dried**  
4 dash, leaves (1g)  
**boneless skinless chicken thighs**  
1 lb (454g)

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.

### Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**garlic, minced**  
1 clove(s) (3g)  
**tomatoes**  
1 pint, cherry tomatoes (298g)  
**italian seasoning**  
1/2 tbsp (5g)  
**salt**  
4 dash (3g)

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.

## Dinner 3 [↗](#)

Eat on 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 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

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

### Sunflower seeds

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



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 2 meals:

**sunflower kernels**  
2 oz (57g)

1. This recipe has no instructions.

### Bacon & goat cheese salad

227 cals ● 12g protein ● 19g fat ● 2g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1 tsp (4g)  
**bacon**  
1 slice(s) (10g)  
**olive oil**  
1 tsp (5mL)  
**goat cheese**  
1 oz (28g)  
**mixed greens**  
1 cup (30g)

For all 2 meals:

**sunflower kernels**  
2 tsp (8g)  
**bacon**  
2 slice(s) (20g)  
**olive oil**  
2 tsp (10mL)  
**goat cheese**  
2 oz (57g)  
**mixed greens**  
2 cup (60g)

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.

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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Broccoli caesar salad with hard boiled eggs

390 cals ● 31g protein ● 23g fat ● 9g carbs ● 6g fiber



For single meal:

**lemon juice**

3/4 tbsp (11mL)

**roasted pumpkin seeds, unsalted**

1 1/2 tbsp (11g)

**parmesan cheese**

1 1/2 tbsp (8g)

**dijon mustard**

1/2 tbsp (8g)

**nonfat greek yogurt, plain**

1 1/2 tbsp (26g)

**broccoli**

3/4 cup chopped (68g)

**eggs**

3 large (150g)

**romaine lettuce**

3 cup shredded (141g)

For all 2 meals:

**lemon juice**

1 1/2 tbsp (23mL)

**roasted pumpkin seeds, unsalted**

3 tbsp (22g)

**parmesan cheese**

3 tbsp (15g)

**dijon mustard**

1 tbsp (15g)

**nonfat greek yogurt, plain**

3 tbsp (53g)

**broccoli**

1 1/2 cup chopped (137g)

**eggs**

6 large (300g)

**romaine lettuce**

6 cup shredded (282g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

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## Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

**pecans**

4 tbsp, halves (25g)

For all 2 meals:

**pecans**

1/2 cup, halves (50g)

1. This recipe has no instructions.
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