

# Meal Plan - Meal plan with under 50g 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

1525 cals ● 97g protein (26%) ● 99g fat (58%) ● 39g carbs (10%) ● 23g fiber (6%)

### Breakfast

275 cals, 14g protein, 3g net carbs, 22g fat



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



[Cheese](#)  
1 oz- 114 cals

### Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals

### Lunch

485 cals, 17g protein, 19g net carbs, 32g fat



[Pistachios](#)  
188 cals



[Avocado](#)  
176 cals



[Chunky canned soup \(non-creamy\)](#)  
1/2 can(s)- 124 cals

### Dinner

500 cals, 55g protein, 14g net carbs, 24g fat



[Simple mixed greens salad](#)  
203 cals



[Lemon pepper chicken breast](#)  
8 oz- 296 cals

## Day 2

1530 cals ● 108g protein (28%) ● 104g fat (61%) ● 27g carbs (7%) ● 14g fiber (4%)

### Breakfast

275 cals, 14g protein, 3g net carbs, 22g fat



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



[Cheese](#)  
1 oz- 114 cals

### Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals

### Lunch

490 cals, 28g protein, 8g net carbs, 37g fat



[Simple mixed greens and tomato salad](#)  
76 cals



[Pumpkin seeds](#)  
183 cals



[Buffalo drumsticks](#)  
4 oz- 233 cals

### Dinner

500 cals, 55g protein, 14g net carbs, 24g fat



[Simple mixed greens salad](#)  
203 cals



[Lemon pepper chicken breast](#)  
8 oz- 296 cals

## Day 3

1483 cals ● 78g protein (21%) ● 104g fat (63%) ● 39g carbs (10%) ● 20g fiber (5%)

### Breakfast

275 cals, 14g protein, 3g net carbs, 22g fat



Eggs with tomato and avocado  
163 cals



Cheese  
1 oz- 114 cals

### Snacks

235 cals, 7g protein, 17g net carbs, 14g fat



Roasted peanuts  
1/8 cup(s)- 115 cals



Small granola bar  
1 bar(s)- 119 cals

### Lunch

490 cals, 28g protein, 8g net carbs, 37g fat



Simple mixed greens and tomato salad  
76 cals



Pumpkin seeds  
183 cals



Buffalo drumsticks  
4 oz- 233 cals

### Dinner

480 cals, 29g protein, 11g net carbs, 31g fat



Simple salad with tomatoes and carrots  
147 cals



Bacon hamburger lettuce wrap  
1 patties (4oz each)- 333 cals

## Day 4

1532 cals ● 145g protein (38%) ● 82g fat (48%) ● 44g carbs (12%) ● 10g fiber (3%)

### Breakfast

250 cals, 14g protein, 5g net carbs, 19g fat



Kale & eggs  
189 cals



Sauteed Kale  
61 cals

### Snacks

235 cals, 7g protein, 17g net carbs, 14g fat



Roasted peanuts  
1/8 cup(s)- 115 cals



Small granola bar  
1 bar(s)- 119 cals

### Lunch

490 cals, 68g protein, 4g net carbs, 22g fat



Simple mixed greens salad  
68 cals



Basic chicken breast  
10 2/3 oz- 423 cals

### Dinner

560 cals, 55g protein, 18g net carbs, 27g fat



Ranch chicken  
8 oz- 461 cals



Mixed vegetables  
1 cup(s)- 97 cals

## Day 5

1490 cals ● 129g protein (35%) ● 89g fat (53%) ● 36g carbs (10%) ● 9g fiber (2%)

### Breakfast

250 cals, 14g protein, 5g net carbs, 19g fat



**Kale & eggs**  
189 cals



**Sautéed Kale**  
61 cals

### Snacks

130 cals, 16g protein, 6g net carbs, 4g fat



**Protein shake (milk)**  
129 cals

### Lunch

555 cals, 43g protein, 7g net carbs, 39g fat



**Simple mixed greens salad**  
102 cals



**Blue cheese stuffed chicken thighs**  
1 thigh- 452 cals

### Dinner

560 cals, 55g protein, 18g net carbs, 27g fat



**Ranch chicken**  
8 oz- 461 cals



**Mixed vegetables**  
1 cup(s)- 97 cals

## Day 6

1498 cals ● 123g protein (33%) ● 95g fat (57%) ● 33g carbs (9%) ● 4g fiber (1%)

### Breakfast

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



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



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

### Snacks

130 cals, 16g protein, 6g net carbs, 4g fat



**Protein shake (milk)**  
129 cals

### Lunch

555 cals, 43g protein, 7g net carbs, 39g fat



**Simple mixed greens salad**  
102 cals



**Blue cheese stuffed chicken thighs**  
1 thigh- 452 cals

### Dinner

535 cals, 44g protein, 19g net carbs, 31g fat



**Baked chicken thighs**  
6 oz- 386 cals



**Veggie fried rice**  
148 cals

# Day 7

1452 cal ● 123g protein (34%) ● 88g fat (54%) ● 33g carbs (9%) ● 9g fiber (2%)

## Breakfast

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



**Bacon**

4 slice(s)- 202 cal



**Basic fried eggs**

1 egg(s)- 80 cal

## Snacks

130 cal, 16g protein, 6g net carbs, 4g fat



**Protein shake (milk)**

129 cal

## Lunch

510 cal, 43g protein, 7g net carbs, 31g fat



**Slow cooker carnitas**

8 oz- 410 cal



**Simple salad with tomatoes and carrots**

98 cal

## Dinner

535 cal, 44g protein, 19g net carbs, 31g fat



**Baked chicken thighs**

6 oz- 386 cal



**Veggie fried rice**

148 cal

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## Dairy and Egg Products

- cheese  
6 oz (169g)
- eggs  
9 1/2 large (480g)
- whole milk  
1 1/2 cup (360mL)
- blue cheese  
1 oz (28g)

## Other

- guacamole, store-bought  
6 tbsp (93g)
- mixed greens  
18 cup (540g)
- Chicken, drumsticks, with skin  
1/2 lbs (227g)
- ground beef (20% fat)  
4 oz (113g)
- ranch dressing mix  
1/2 packet (1 oz) (14g)

## Fats and Oils

- salad dressing  
1 1/4 cup (298mL)
- olive oil  
3 1/2 tsp (17mL)
- oil  
1 2/3 oz (50mL)
- ranch dressing  
4 tbsp (60mL)

## Spices and Herbs

- lemon pepper  
1 tbsp (7g)
- salt  
1/6 oz (6g)
- black pepper  
1 1/4 g (1g)
- fresh basil  
3 leaves (2g)
- paprika  
2 dash (1g)
- thyme, dried  
4 dash, ground (1g)

## Poultry Products

## Fruits and Fruit Juices

- avocados  
1 1/4 avocado(s) (251g)
- lemon juice  
1/2 tsp (3mL)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
1/2 can (~19 oz) (263g)
- Frank's Red Hot sauce  
4 tsp (19mL)

## Vegetables and Vegetable Products

- tomatoes  
2 1/2 medium whole (2-3/5" dia) (309g)
- carrots  
5/8 medium (38g)
- romaine lettuce  
1 head (631g)
- frozen mixed veggies  
2 cup (270g)
- kale leaves  
3 cup, chopped (120g)
- frozen corn kernels  
3 tbsp (27g)
- frozen peas  
5 tbsp (40g)
- garlic  
3/8 clove(s) (1g)

## Pork Products

- bacon  
9 slice(s) (90g)
- pork shoulder  
1/2 lbs (227g)

## Legumes and Legume Products

- roasted peanuts  
4 tbsp (37g)
- soy sauce  
2 tsp (9mL)

## Snacks

- small granola bar  
2 bar (50g)

- boneless skinless chicken breast, raw  
2 2/3 lbs (1195g)
- chicken thighs, with bone and skin, raw  
4 thigh (6 oz ea) (680g)

### **Nut and Seed Products**

- pistachios, dry roasted, without shells or salt added  
4 tbsp (31g)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)

### **Beverages**

- protein powder  
1 1/2 scoop (1/3 cup ea) (47g)

### **Cereal Grains and Pasta**

- brown rice  
3 tbsp (38g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Eggs with tomato and avocado

163 cal ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**tomatoes**

1 slice(s), thick/large (1/2" thick)  
(27g)

**eggs**

1 large (50g)

**avocados, sliced**

1/4 avocado(s) (50g)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**fresh basil, chopped**

1 leaves (1g)

For all 3 meals:

**tomatoes**

3 slice(s), thick/large (1/2" thick)  
(81g)

**eggs**

3 large (150g)

**avocados, sliced**

3/4 avocado(s) (151g)

**salt**

3 dash (1g)

**black pepper**

3 dash (0g)

**fresh basil, chopped**

3 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.

### 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.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

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

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

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### Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**kale leaves**  
1 cup, chopped (40g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**kale leaves**  
2 cup, chopped (80g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Bacon

4 slice(s) - 202 cals ● 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. Cook as desired or according to instructions on package.

### Basic fried eggs

1 egg(s) - 80 cals ● 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.

## Lunch 1 [↗](#)

Eat on day 1

### Pistachios

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



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

1. This recipe has no instructions.

### Avocado

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



**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

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

### Chunky canned soup (non-creamy)

1/2 can(s) - 124 cal ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

**chunky canned soup (non-creamy varieties)**  
1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

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### Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. This recipe has no instructions.

## Buffalo drumsticks

4 oz - 233 cal ● 18g protein ● 18g fat ● 0g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
2 tsp (10mL)  
**oil**  
3/8 tsp (2mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
4 oz (113g)

For all 2 meals:

**Frank's Red Hot sauce**  
4 tsp (20mL)  
**oil**  
1/4 tbsp (4mL)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
1/2 lbs (227g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

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## Lunch 3 [↗](#)

Eat on day 4

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### Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Basic chicken breast

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



Makes 10 2/3 oz

### oil

2 tsp (10mL)

### boneless skinless chicken breast, raw

2/3 lbs (299g)

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 4 [↗](#)

Eat on day 5, day 6

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### Simple mixed greens salad

102 cal ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

1. Mix greens and dressing in a small bowl. Serve.

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### Blue cheese stuffed chicken thighs

1 thigh - 452 cal ● 41g protein ● 32g fat ● 1g carbs ● 0g fiber



For single meal:

**paprika**  
1 dash (0g)  
**olive oil**  
3/8 tsp (2mL)  
**thyme, dried**  
1 1/2 dash, ground (0g)  
**blue cheese**  
1/2 oz (14g)  
**chicken thighs, with bone and skin, raw**  
1 thigh (6 oz ea) (170g)

For all 2 meals:

**paprika**  
2 dash (1g)  
**olive oil**  
1/4 tbsp (4mL)  
**thyme, dried**  
3 dash, ground (1g)  
**blue cheese**  
1 oz (28g)  
**chicken thighs, with bone and skin, raw**  
2 thigh (6 oz ea) (340g)

1. Combine blue cheese and thyme in a small bowl.
  2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
  3. Sprinkle paprika on all sides of the chicken.
  4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.
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## Lunch 5 [↗](#)

Eat on day 7

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### Slow cooker carnitas

8 oz - 410 cals ● 40g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**pork shoulder**

1/2 lbs (227g)

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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### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



**salad dressing**

3/4 tbsp (11mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**carrots, sliced**

1/4 medium (15g)

**romaine lettuce, roughly chopped**

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

### Cheesy crisps and guac

6 crisps - 261 cal ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

**cheese**

6 tbsp, shredded (42g)

**guacamole, store-bought**

3 tbsp (46g)

For all 2 meals:

**cheese**

3/4 cup, shredded (84g)

**guacamole, store-bought**

6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

## Snacks 2 [↗](#)

Eat on day 3, day 4

### Roasted peanuts

1/8 cup(s) - 115 cal ● 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.

### Small granola bar

1 bar(s) - 119 cal ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:  
**small granola bar**  
1 bar (25g)

For all 2 meals:  
**small granola bar**  
2 bar (50g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:  
**whole milk**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:  
**whole milk**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. Serve.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Simple mixed greens salad

203 cal ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:  
**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:  
**mixed greens**  
9 cup (270g)  
**salad dressing**  
1/2 cup (135mL)

1. Mix greens and dressing in a small bowl. 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 2 [↗](#)

Eat on day 3

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### Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



**salad dressing**

1 tbsp (17mL)

**tomatoes, diced**

3/4 medium whole (2-3/5" dia) (92g)

**carrots, sliced**

3/8 medium (23g)

**romaine lettuce, roughly chopped**

3/4 hearts (375g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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### Bacon hamburger lettuce wrap

1 patties (4oz each) - 333 cal ● 23g protein ● 27g fat ● 0g carbs ● 0g fiber



Makes 1 patties (4oz each)

**bacon**  
1 slice(s) (10g)  
**romaine lettuce**  
1 leaf inner (6g)  
**ground beef (20% fat)**  
4 oz (113g)

1. Heat a skillet over medium heat and cook bacon until done.
2. Meanwhile, form the beef into patties and season all sides with salt/pepper to taste.
3. Remove cooked bacon and place the patties in the skillet. Cook on each side for about 4 minutes (or until internal temperature reaches about 160 F (70 C)).
4. When patties are done, place on romaine lettuce and top with bacon.
5. Serve.

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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Ranch chicken

8 oz - 461 cal ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

**ranch dressing mix**  
1/4 packet (1 oz) (7g)  
**oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**ranch dressing**  
2 tbsp (30mL)

For all 2 meals:

**ranch dressing mix**  
1/2 packet (1 oz) (14g)  
**oil**  
1 tbsp (15mL)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**ranch dressing**  
4 tbsp (60mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

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### Mixed vegetables

1 cup(s) - 97 cal ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



For single meal:

**frozen mixed veggies**  
1 cup (135g)

For all 2 meals:

**frozen mixed veggies**  
2 cup (270g)

1. Prepare according to instructions on package.

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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Baked chicken thighs

6 oz - 386 cal ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**chicken thighs, with bone and skin, raw, bone and skin**  
2 thigh (6 oz ea) (340g)  
**thyme, dried**  
1 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

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### Veggie fried rice

148 cal ● 5g protein ● 5g fat ● 19g carbs ● 2g fiber



For single meal:

**olive oil**  
1/2 tsp (3mL)  
**eggs**  
1/3 large (15g)  
**brown rice, uncooked**  
5 tsp (19g)  
**frozen corn kernels**  
5 tsp (14g)  
**frozen peas**  
2 1/2 tbsp (20g)  
**soy sauce**  
1 tsp (5mL)  
**garlic, minced**  
1/6 clove(s) (1g)

For all 2 meals:

**olive oil**  
1 tsp (6mL)  
**eggs**  
5/8 large (30g)  
**brown rice, uncooked**  
3 tbsp (38g)  
**frozen corn kernels**  
3 tbsp (27g)  
**frozen peas**  
5 tbsp (40g)  
**soy sauce**  
2 tsp (9mL)  
**garlic, minced**  
3/8 clove(s) (1g)

1. Follow instructions on package for cooking rice. Should yield about 3 or 4 cups once cooked. Let cool.
  2. Heat half of the oil in a large pan over medium heat. Add the garlic and cook for about a minute.
  3. Crack the eggs in the pan and gently push them around the pan for 1 or 2 minutes until barely cooked.
  4. Add the other half of the oil and the rice and let cook another few minutes. Stir frequently.
  5. Add the corn, peas, and soy sauce and stir for another 1-2 minutes.
  6. Remove from heat and serve.
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