

# Meal Plan - Meal plan with under 55g 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

1507 cals ● 129g protein (34%) ● 95g fat (57%) ● 25g carbs (7%) ● 9g fiber (2%)

### Breakfast

265 cals, 17g protein, 2g net carbs, 21g fat



[Egg-crust breakfast pizza](#)  
266 cals

### Snacks

170 cals, 5g protein, 13g net carbs, 9g fat



[Avocado toast](#)  
1 slice(s)- 168 cals

### Lunch

570 cals, 66g protein, 3g net carbs, 31g fat



[Roasted brussels sprouts](#)  
58 cals



[Basic chicken thighs](#)  
12 oz- 510 cals

### Dinner

505 cals, 41g protein, 7g net carbs, 34g fat



[Slow cooker carnitas](#)  
8 oz- 410 cals



[Cranberry spinach salad](#)  
95 cals

## Day 2

1507 cals ● 106g protein (28%) ● 100g fat (60%) ● 34g carbs (9%) ● 11g fiber (3%)

### Breakfast

265 cals, 17g protein, 2g net carbs, 21g fat



[Egg-crust breakfast pizza](#)  
266 cals

### Snacks

170 cals, 5g protein, 13g net carbs, 9g fat



[Avocado toast](#)  
1 slice(s)- 168 cals

### Lunch

570 cals, 66g protein, 3g net carbs, 31g fat



[Roasted brussels sprouts](#)  
58 cals



[Basic chicken thighs](#)  
12 oz- 510 cals

### Dinner

505 cals, 18g protein, 16g net carbs, 40g fat



[Cranberry spinach salad](#)  
95 cals



[Bratwurst skillet](#)  
410 cals

## Day 3

1497 cals ● 72g protein (19%) ● 105g fat (63%) ● 44g carbs (12%) ● 23g fiber (6%)

### Breakfast

275 cals, 12g protein, 14g net carbs, 17g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Eggs with tomato and avocado**  
163 cals

### Snacks

265 cals, 4g protein, 3g net carbs, 23g fat



**Avocado**  
176 cals



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

### Lunch

470 cals, 18g protein, 16g net carbs, 34g fat



**Grilled cheese sandwich**  
1/2 sandwich(es)- 248 cals



**Roasted almonds**  
1/4 cup(s)- 222 cals

### Dinner

490 cals, 38g protein, 12g net carbs, 31g fat



**Roasted cauliflower**  
116 cals



**Honey mustard chicken thighs w/ skin**  
5 1/3 oz- 372 cals

## Day 4

1510 cals ● 58g protein (15%) ● 112g fat (67%) ● 44g carbs (12%) ● 23g fiber (6%)

### Breakfast

275 cals, 12g protein, 14g net carbs, 17g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Eggs with tomato and avocado**  
163 cals

### Snacks

265 cals, 4g protein, 3g net carbs, 23g fat



**Avocado**  
176 cals



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

### Lunch

470 cals, 18g protein, 16g net carbs, 34g fat



**Grilled cheese sandwich**  
1/2 sandwich(es)- 248 cals



**Roasted almonds**  
1/4 cup(s)- 222 cals

### Dinner

500 cals, 24g protein, 12g net carbs, 38g fat



**Bacon & goat cheese salad**  
454 cals



**Blueberries**  
1/2 cup(s)- 47 cals

## Day 5

1504 cals ● 77g protein (21%) ● 101g fat (61%) ● 43g carbs (12%) ● 27g fiber (7%)

### Breakfast

275 cals, 12g protein, 14g net carbs, 17g fat



[Toast with butter](#)  
1 slice(s)- 114 cals



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

### Snacks

265 cals, 4g protein, 3g net carbs, 23g fat



[Avocado](#)  
176 cals



[Walnuts](#)  
1/8 cup(s)- 87 cals

### Lunch

495 cals, 24g protein, 17g net carbs, 33g fat



[Avocado and bacon egg salad sandwich](#)  
328 cals



[Roasted almonds](#)  
1/6 cup(s)- 166 cals

### Dinner

470 cals, 38g protein, 10g net carbs, 29g fat



[Pepper steak stir fry](#)  
420 cals



[Simple salad with tomatoes and carrots](#)  
49 cals

## Day 6

1458 cals ● 89g protein (25%) ● 92g fat (57%) ● 48g carbs (13%) ● 21g fiber (6%)

### Breakfast

280 cals, 15g protein, 14g net carbs, 16g fat



[Avocado egg salad sandwich](#)  
1/2 sandwich(es)- 281 cals

### Lunch

445 cals, 25g protein, 14g net carbs, 30g fat



[Philly cheesesteak lettuce wrap](#)  
1 lettuce wrap(s)- 223 cals



[Milk](#)  
3/4 cup(s)- 112 cals



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

### Snacks

260 cals, 11g protein, 9g net carbs, 17g fat



[Carrots and hummus](#)  
82 cals



[Sunflower seeds](#)  
180 cals

### Dinner

470 cals, 38g protein, 10g net carbs, 29g fat



[Pepper steak stir fry](#)  
420 cals



[Simple salad with tomatoes and carrots](#)  
49 cals

## Day 7

1458 cals ● 78g protein (22%) ● 97g fat (60%) ● 45g carbs (12%) ● 23g fiber (6%)

### Breakfast

280 cals, 15g protein, 14g net carbs, 16g fat



[Avocado egg salad sandwich](#)  
1/2 sandwich(es)- 281 cals

### Lunch

445 cals, 25g protein, 14g net carbs, 30g fat



[Philly cheesesteak lettuce wrap](#)  
1 lettuce wrap(s)- 223 cals



[Milk](#)  
3/4 cup(s)- 112 cals



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

### Snacks

260 cals, 11g protein, 9g net carbs, 17g fat



[Carrots and hummus](#)  
82 cals



[Sunflower seeds](#)  
180 cals

### Dinner

470 cals, 27g protein, 8g net carbs, 34g fat



[Cheese](#)  
1 oz- 114 cals



[Ham tacos](#)  
3 ham taco(s)- 356 cals



## Baked Products

- ☐ bread  
10 slice (320g)

## Fruits and Fruit Juices

- ☐ avocados  
3 1/2 avocado(s) (704g)
- ☐ dried cranberries  
4 tsp (13g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ blueberries  
1/2 cup (74g)

## Pork Products

- ☐ pork shoulder  
1/2 lbs (227g)
- ☐ bacon  
3 slice(s) (30g)

## Nut and Seed Products

- ☐ walnuts  
1 2/3 oz (47g)
- ☐ almonds  
1 cup, whole (134g)
- ☐ sunflower kernels  
2 1/4 oz (65g)

## Vegetables and Vegetable Products

- ☐ fresh spinach  
1/4 6oz package (43g)
- ☐ brussels sprouts  
4 oz (113g)
- ☐ tomatoes  
2 1/3 medium whole (2-3/5" dia) (288g)
- ☐ bell pepper  
2 large (322g)
- ☐ onion  
1 1/4 medium (2-1/2" dia) (139g)
- ☐ cauliflower  
1/2 head small (4" dia.) (133g)
- ☐ fresh ginger  
1 1/2 tbsp (9g)
- ☐ garlic  
3 clove(s) (9g)
- ☐ carrots  
1/4 medium (15g)

## Spices and Herbs

- ☐ salt  
3 g (3g)
- ☐ black pepper  
1 1/2 g (1g)
- ☐ paprika  
2 dash (1g)
- ☐ thyme, dried  
1/8 oz (1g)
- ☐ brown deli mustard  
1/2 tbsp (8g)
- ☐ fresh basil  
3 leaves (2g)
- ☐ garlic powder  
1 tsp (3g)

## Poultry Products

- ☐ boneless skinless chicken thighs  
1 1/2 lbs (680g)
- ☐ chicken thighs, with bone and skin, raw  
1/3 lbs (151g)

## Sausages and Luncheon Meats

- ☐ pepperoni  
12 slices (24g)
- ☐ bratwurst, pork, cooked  
4 oz (113g)
- ☐ ham cold cuts  
3 slice (69g)

## Other

- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ mixed greens  
2 cup (60g)
- ☐ guacamole, store-bought  
6 tbsp (93g)

## Sweets

- ☐ honey  
1 tsp (7g)

## Beef Products

- ☐ sirloin steak, raw  
1 lbs (453g)

- ☐ romaine lettuce  
3/8 head (262g)
- ☐ baby carrots  
16 medium (160g)

### Fats and Oils

- ☐ raspberry walnut vinaigrette  
4 tsp (19mL)
- ☐ olive oil  
1 oz (29mL)
- ☐ oil  
1 1/2 oz (42mL)
- ☐ salad dressing  
3/4 tbsp (11mL)

### Dairy and Egg Products

- ☐ romano cheese  
1/4 tbsp (2g)
- ☐ eggs  
13 1/2 medium (599g)
- ☐ butter  
1/4 stick (28g)
- ☐ sliced cheese  
2 slice (1 oz ea) (56g)
- ☐ goat cheese  
2 oz (57g)
- ☐ provolone cheese  
1 slice(s) (28g)
- ☐ whole milk  
1 1/2 cup (360mL)
- ☐ cheese  
1 3/4 oz (49g)

### Legumes and Legume Products

- ☐ hummus  
4 tbsp (60g)

### Soups, Sauces, and Gravies

- ☐ salsa  
3 tbsp (54g)



## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Egg-crust breakfast pizza

266 cals ● 17g protein ● 21g fat ● 2g carbs ● 1g fiber



For single meal:

**eggs**  
2 extra large (112g)  
**tomatoes**  
4 tbsp, chopped (45g)  
**pepperoni, cut in half**  
6 slices (12g)  
**oil**  
1 tsp (5mL)  
**italian seasoning**  
2 dash (1g)

For all 2 meals:

**eggs**  
4 extra large (224g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**pepperoni, cut in half**  
12 slices (24g)  
**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)

1. Beat eggs and seasonings in a small bowl.
2. Heat oil of choice in a skillet (make sure the size of your skillet will fit the amount of eggs nicely) over medium-high heat.
3. Pour eggs into skillet and spread them in an even layer on the bottom of the skillet.
4. Cook eggs a couple minutes, just until the bottom starts to set.
5. Put toppings (tomato, pepperoni, any other vegetables you have on hand) onto egg mixture and continue cooking until eggs are done and toppings are warmed.
6. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

For all 3 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

### Eggs with tomato and avocado

163 cals ● 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.

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## Breakfast 3 [🔗](#)

Eat on day 6, day 7

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### Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

**tomatoes, halved**  
3 tbsp cherry tomatoes (28g)  
**garlic powder**  
2 dash (1g)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
1 slice (32g)  
**eggs, hard-boiled and chilled**  
1 1/2 large (75g)

For all 2 meals:

**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)  
**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
2 slice (64g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
  2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
  3. Add in tomatoes. Mix.
  4. Put egg salad in between bread to form sandwich.
  5. Serve.
  6. (Note: You can store any leftover egg salad in the fridge for a day or two)
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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Roasted brussels sprouts

58 cals ● 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.

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### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**

1/2 tbsp (8mL)

**boneless skinless chicken thighs**

3/4 lbs (340g)

For all 2 meals:

**oil**

1 tbsp (15mL)

**boneless skinless chicken thighs**

1 1/2 lbs (680g)

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.
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## Lunch 2 [🔗](#)

Eat on day 3, day 4

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### Grilled cheese sandwich

1/2 sandwich(es) - 248 cal ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**

1 slice (32g)

**butter**

1/2 tbsp (7g)

**sliced cheese**

1 slice (1 oz ea) (28g)

For all 2 meals:

**bread**

2 slice (64g)

**butter**

1 tbsp (14g)

**sliced cheese**

2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

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### Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**

4 tbsp, whole (36g)

For all 2 meals:

**almonds**

1/2 cup, whole (72g)

1. This recipe has no instructions.
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## Lunch 3 [🔗](#)

Eat on day 5

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### Avocado and bacon egg salad sandwich

328 cals ● 18g protein ● 20g fat ● 14g carbs ● 5g fiber



**eggs, hard-boiled and chilled**

1 1/2 large (75g)

**salt**

1 dash (1g)

**garlic powder**

4 dash (2g)

**bacon**

1 slice(s) (10g)

**avocados**

1/4 avocado(s) (50g)

**bread**

1 slice (32g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, salt, and garlic in a bowl. Mash with a fork until fully combined.
4. Crumble bacon and add in. Mix.
5. Put egg salad in between bread to form sandwich.
6. Serve.
7. (Note: You can store any leftover egg salad in the fridge for a day or two)

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### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

**almonds**

3 tbsp, whole (27g)

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

Eat on day 6, day 7

### Philly cheesesteak lettuce wrap

1 lettuce wrap(s) - 223 cals ● 16g protein ● 16g fat ● 4g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**italian seasoning**  
1 dash (0g)  
**provolone cheese**  
1/2 slice(s) (14g)  
**onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, cut into strips**  
1/2 small (37g)  
**sirloin steak, raw, cut into strips**  
2 oz (57g)  
**romaine lettuce**  
1 leaf inner (6g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**italian seasoning**  
2 dash (1g)  
**provolone cheese**  
1 slice(s) (28g)  
**onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, cut into strips**  
1 small (74g)  
**sirloin steak, raw, cut into strips**  
4 oz (113g)  
**romaine lettuce**  
2 leaf inner (12g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
4. Scoop beef mixture into lettuce leaves and serve.

### 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.

### 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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## Snacks 1 [🔗](#)

Eat on day 1, day 2

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### Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**

1 slice (32g)

**avocados, ripe, sliced**

1/4 avocado(s) (50g)

For all 2 meals:

**bread**

2 slice (64g)

**avocados, ripe, sliced**

1/2 avocado(s) (101g)

1. Toast the bread.
  2. Top with ripe avocado and use a fork to smash.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### 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.

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### Walnuts

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



For single meal:

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

For all 3 meals:

**walnuts**  
6 tbsp, shelled (38g)

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

Eat on day 6, day 7

### Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**baby carrots**  
8 medium (80g)

For all 2 meals:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

1. Serve carrots with hummus.

### 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.

## Dinner 1 [↗](#)

Eat on day 1

### 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.



## Cranberry spinach salad

95 cals ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



### **dried cranberries**

2 tsp (7g)

### **walnuts**

2 tsp, chopped (5g)

### **fresh spinach**

1/8 6oz package (21g)

### **raspberry walnut vinaigrette**

2 tsp (10mL)

### **romano cheese, finely shredded**

3 dash (1g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

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## Dinner 2 [↗](#)

Eat on day 2

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## Cranberry spinach salad

95 cals ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



### **dried cranberries**

2 tsp (7g)

### **walnuts**

2 tsp, chopped (5g)

### **fresh spinach**

1/8 6oz package (21g)

### **raspberry walnut vinaigrette**

2 tsp (10mL)

### **romano cheese, finely shredded**

3 dash (1g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

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## Bratwurst skillet

410 cals ● 17g protein ● 33g fat ● 9g carbs ● 2g fiber



### **bell pepper**

3/4 cup, sliced (69g)

### **paprika**

2 dash (1g)

### **bratwurst, pork, cooked, cut into .5 inch slices**

4 oz (113g)

### **onion**

6 tbsp, sliced (43g)

1. Heat large skillet over medium heat. Add bratwurst slices. Cover and cook for about 5 minutes until browned. Remove and set aside.
  2. Drain all but 1 tablespoon of drippings from the skillet.
  3. Add peppers, onion, and paprika to the skillet. Cook for about 5 minutes, stirring frequently, until vegetables are tender.
  4. Add bratwurst into skillet; stir.
  5. Serve.
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## Dinner 3 [↗](#)

Eat on day 3

### Roasted cauliflower

116 cals ● 3g protein ● 8g fat ● 6g carbs ● 3g fiber



#### **thyme, dried**

2 dash, leaves (0g)

#### **cauliflower, cut into florets**

1/2 head small (4" dia.) (133g)

#### **oil**

1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

### Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals ● 34g protein ● 23g fat ● 6g carbs ● 0g fiber



Makes 5 1/3 oz

#### **brown deli mustard**

1/2 tbsp (8g)

#### **honey**

1 tsp (7g)

#### **thyme, dried**

1/3 tsp, ground (0g)

#### **salt**

2/3 dash (1g)

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

1/3 lbs (151g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

## Dinner 4 [↗](#)

Eat on day 4

### Bacon & goat cheese salad

454 cals ● 23g protein ● 38g fat ● 3g carbs ● 2g fiber



#### **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.

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



Makes 1/2 cup(s)

**blueberries**  
1/2 cup (74g)

1. Rinse off blueberries and serve.

## Dinner 5 [↗](#)

Eat on day 5, day 6

### Pepper steak stir fry

420 cals ● 36g protein ● 27g fat ● 6g carbs ● 2g fiber



For single meal:

**sirloin steak, raw, cut into thin strips**  
6 oz (170g)  
**bell pepper, thinly sliced**  
3/4 medium (89g)  
**fresh ginger, minced**  
3/4 tbsp (5g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**olive oil**  
1 tsp (6mL)  
**onion, sliced**  
1/6 medium (2-1/2" dia) (21g)

For all 2 meals:

**sirloin steak, raw, cut into thin strips**  
3/4 lbs (340g)  
**bell pepper, thinly sliced**  
1 1/2 medium (179g)  
**fresh ginger, minced**  
1 1/2 tbsp (9g)  
**garlic, minced**  
3 clove(s) (9g)  
**black pepper**  
3 dash, ground (1g)  
**olive oil**  
3/4 tbsp (11mL)  
**onion, sliced**  
3/8 medium (2-1/2" dia) (41g)

1. Place strips of steak in a bowl and sprinkle pepper over them. Toss to coat.
2. Add oil to a pan over medium-high heat and add the bell peppers, onions, ginger, and garlic, and cook for 3-4 minutes, stirring occasionally. Transfer to a plate.
3. Put steak into skillet and cook until brown, about 2-3 minutes.
4. Add vegetables back into the pan and cook for another minute or so.
5. Serve.

### Simple salad with tomatoes and carrots

49 cals ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber





For single meal:

**salad dressing**  
1 tsp (6mL)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**carrots, sliced**  
1/8 medium (8g)  
**romaine lettuce, roughly chopped**  
1/4 hearts (125g)

For all 2 meals:

**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.

## Dinner 6 [🔗](#)

Eat on day 7

### Cheese

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



Makes 1 oz

**cheese**  
1 oz (28g)

1. This recipe has no instructions.

### Ham tacos

3 ham taco(s) - 356 cal ● 20g protein ● 24g fat ● 7g carbs ● 7g fiber



Makes 3 ham taco(s)

**ham cold cuts**  
3 slice (69g)  
**guacamole, store-bought**  
6 tbsp (93g)  
**salsa**  
3 tbsp (54g)  
**cheese**  
3 tbsp, shredded (21g)

1. Use tin foil to prop up the ham into a taco shell shape.
2. Broil in the oven for a few minutes until crispy. They might seem a little bit floppy, but once they cool for a few minutes, they will stiffen up.
3. Add in the guacamole, salsa, and cheese to the shells.
4. Serve