

Meal Plan - Meal plan with under 60g carbs



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1563 cal ● 81g protein (21%) ● 104g fat (60%) ● 53g carbs (14%) ● 23g fiber (6%)

Breakfast

290 cal, 27g protein, 14g net carbs, 14g fat



Cottage cheese & fruit cup
1 container- 131 cal



Basic scrambled eggs
2 egg(s)- 159 cal

Snacks

260 cal, 5g protein, 6g net carbs, 23g fat



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



Strawberries and cream
153 cal

Lunch

535 cal, 12g protein, 5g net carbs, 47g fat



Cheese and guac tacos
1 taco(s)- 175 cal



Pecans
1/4 cup- 183 cal



Avocado
176 cal

Dinner

480 cal, 38g protein, 28g net carbs, 19g fat



Chipotle honey pork chops
309 cal



Mixed vegetables
1 3/4 cup(s)- 170 cal

Day 2

1496 cal ● 96g protein (26%) ● 92g fat (56%) ● 54g carbs (14%) ● 16g fiber (4%)

Breakfast

290 cal, 27g protein, 14g net carbs, 14g fat



Cottage cheese & fruit cup
1 container- 131 cal



Basic scrambled eggs
2 egg(s)- 159 cal

Snacks

260 cal, 5g protein, 6g net carbs, 23g fat



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



Strawberries and cream
153 cal

Lunch

465 cal, 27g protein, 6g net carbs, 35g fat



Ham tacos
2 ham taco(s)- 237 cal



Cheese
2 oz- 229 cal

Dinner

480 cal, 38g protein, 28g net carbs, 19g fat



Chipotle honey pork chops
309 cal



Mixed vegetables
1 3/4 cup(s)- 170 cal

Day 3

1521 cal ● 91g protein (24%) ● 97g fat (58%) ● 55g carbs (15%) ● 15g fiber (4%)

Breakfast

290 cal, 27g protein, 14g net carbs, 14g fat



Cottage cheese & fruit cup
1 container- 131 cal



Basic scrambled eggs
2 egg(s)- 159 cal

Snacks

260 cal, 5g protein, 6g net carbs, 23g fat



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



Strawberries and cream
153 cal

Lunch

455 cal, 27g protein, 16g net carbs, 28g fat



Turkey, avocado lettuce wrap
1 wrap(s)- 390 cal



Strawberries
1 1/4 cup(s)- 65 cal

Dinner

515 cal, 33g protein, 20g net carbs, 32g fat



Philly cheesesteak lettuce wrap
2 lettuce wrap(s)- 445 cal



Nectarine
1 nectarine(s)- 70 cal

Day 4

1506 cal ● 131g protein (35%) ● 77g fat (46%) ● 53g carbs (14%) ● 19g fiber (5%)

Breakfast

255 cal, 17g protein, 5g net carbs, 18g fat



Scrambled eggs with veggies and bacon
256 cal

Snacks

185 cal, 14g protein, 6g net carbs, 11g fat



String cheese
2 stick(s)- 165 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Lunch

510 cal, 33g protein, 6g net carbs, 34g fat



Garlic collard greens
199 cal



Buffalo drumsticks
5 1/3 oz- 311 cal

Dinner

555 cal, 67g protein, 37g net carbs, 13g fat



Teriyaki chicken
8 oz- 380 cal



Lentils
174 cal

Day 5

1477 cal ● 119g protein (32%) ● 84g fat (51%) ● 46g carbs (12%) ● 15g fiber (4%)

Breakfast

255 cal, 17g protein, 5g net carbs, 18g fat



Scrambled eggs with veggies and bacon
256 cal

Snacks

185 cal, 14g protein, 6g net carbs, 11g fat



String cheese
2 stick(s)- 165 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Lunch

500 cal, 23g protein, 4g net carbs, 41g fat



Sunflower seeds
240 cal



Lettuce bun BLT
1 sandwich(es)- 259 cal

Dinner

535 cal, 65g protein, 31g net carbs, 13g fat



Southwest chicken
8 oz- 362 cal



Lentils
174 cal

Day 6

1483 cal ● 81g protein (22%) ● 108g fat (66%) ● 31g carbs (8%) ● 16g fiber (4%)

Breakfast

335 cal, 7g protein, 14g net carbs, 25g fat



Cherry tomatoes
12 cherry tomatoes- 42 cal



Dark chocolate
2 square(s)- 120 cal



Walnuts
1/4 cup(s)- 175 cal

Snacks

150 cal, 13g protein, 2g net carbs, 10g fat



Celery sticks
2 celery stalk- 13 cal



Boiled eggs
2 egg(s)- 139 cal

Lunch

500 cal, 23g protein, 4g net carbs, 41g fat



Sunflower seeds
240 cal



Lettuce bun BLT
1 sandwich(es)- 259 cal

Dinner

495 cal, 38g protein, 10g net carbs, 32g fat



Steak Bites
6 oz(s)- 422 cal



Mixed vegetables
3/4 cup(s)- 73 cal

Day 7

1478 cal ● 113g protein (30%) ● 86g fat (52%) ● 50g carbs (14%) ● 14g fiber (4%)

Breakfast

335 cal, 7g protein, 14g net carbs, 25g fat



Cherry tomatoes

12 cherry tomatoes- 42 cal



Dark chocolate

2 square(s)- 120 cal



Walnuts

1/4 cup(s)- 175 cal

Snacks

150 cal, 13g protein, 2g net carbs, 10g fat



Celery sticks

2 celery stalk- 13 cal



Boiled eggs

2 egg(s)- 139 cal

Lunch

495 cal, 54g protein, 24g net carbs, 19g fat



Balsamic chicken breast

8 oz- 316 cal



Roast potatoes

178 cal

Dinner

495 cal, 38g protein, 10g net carbs, 32g fat



Steak Bites

6 oz(s)- 422 cal



Mixed vegetables

3/4 cup(s)- 73 cal

Grocery List



Dairy and Egg Products

- ghee
2 tsp (9g)
- eggs
14 large (700g)
- cheddar cheese
4 tbsp, shredded (28g)
- heavy cream
1/2 cup (120mL)
- cheese
2 3/4 oz (78g)
- sliced cheese
1 slice (3/4 oz ea) (21g)
- provolone cheese
1 slice(s) (28g)
- string cheese
4 stick (112g)
- butter
3/4 tbsp (11g)

Pork Products

- pork loin chops, boneless, raw
10 oz (283g)
- bacon, cooked
8 slice(s) (80g)

Sweets

- honey
2 tsp (14g)
- chocolate, dark, 70-85%
4 square(s) (40g)

Spices and Herbs

- chipotle seasoning
4 dash (1g)
- salt
1/2 tsp (3g)
- black pepper
1 dash, ground (0g)
- taco seasoning mix
1/2 tbsp (4g)
- garlic powder
1/2 dash (0g)
- onion powder
1/4 dash (0g)

Beverages

Other

- cottage cheese & fruit cup
3 container (510g)
- guacamole, store-bought
6 tbsp (93g)
- italian seasoning
4 dash (2g)
- teriyaki sauce
4 tbsp (60mL)
- Chicken, drumsticks, with skin
1/3 lbs (151g)

Nut and Seed Products

- pecans
4 tbsp, halves (25g)
- mixed nuts
6 tbsp (50g)
- sunflower kernels
2 2/3 oz (76g)
- walnuts
1/2 cup, shelled (50g)

Fruits and Fruit Juices

- avocados
3/4 avocado(s) (151g)
- lemon juice
1/2 tsp (3mL)
- strawberries
5/6 pint (305g)
- nectarine
1 medium (2-1/2" dia) (142g)

Sausages and Luncheon Meats

- ham cold cuts
2 slice (46g)
- turkey cold cuts
4 oz (113g)

Soups, Sauces, and Gravies

- salsa
2 tbsp (36g)
- Frank's Red Hot sauce
1 tbsp (14mL)

Beef Products

- water**
2 cup (499mL)

- sirloin steak, raw**
1 lbs (453g)

Fats and Oils

- oil**
2 1/2 oz (74mL)
- mayonnaise**
3 tbsp (45mL)
- olive oil**
2 tsp (10mL)
- balsamic vinaigrette**
2 tbsp (31mL)

Poultry Products

- boneless skinless chicken breast, raw**
1 1/2 lbs (675g)

Legumes and Legume Products

- lentils, raw**
1/2 cup (96g)

Vegetables and Vegetable Products

- frozen mixed veggies**
5 cup (675g)
 - romaine lettuce**
1/8 head (40g)
 - tomatoes**
6 medium whole (2-3/5" dia) (732g)
 - bell pepper**
2 large (342g)
 - onion**
7/8 medium (2-1/2" dia) (95g)
 - collard greens**
10 oz (284g)
 - garlic**
3 1/2 clove(s) (10g)
 - iceberg lettuce**
4 slice(s) (140g)
 - pickles**
2 spear (70g)
 - raw celery**
4 stalk, medium (7-1/2" - 8" long) (160g)
 - red potatoes**
3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Basic scrambled eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

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.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Scrambled eggs with veggies and bacon

256 cal ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

onion
2 tbsp, chopped (20g)
olive oil
1 tsp (5mL)
eggs
2 large (100g)
bell pepper
1/2 cup, chopped (75g)
bacon, cooked, cooked and chopped
1 slice(s) (10g)

For all 2 meals:

onion
4 tbsp, chopped (40g)
olive oil
2 tsp (10mL)
eggs
4 large (200g)
bell pepper
1 cup, chopped (149g)
bacon, cooked, cooked and chopped
2 slice(s) (20g)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper 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.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

Dark chocolate

2 square(s) - 120 cal ● 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. The recipe has no instructions.

Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:
walnuts
4 tbsp, shelled (25g)

For all 2 meals:
walnuts
1/2 cup, shelled (50g)

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

Eat on day 1

Cheese and guac tacos

1 taco(s) - 175 cal ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



Makes 1 taco(s)

cheddar cheese
4 tbsp, shredded (28g)
guacamole, store-bought
2 tbsp (31g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Pecans

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



Makes 1/4 cup

pecans
4 tbsp, halves (25g)

1. The recipe has no instructions.

Avocado

176 cal ● 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.

Lunch 2 [↗](#)

Eat on day 2

Ham tacos

2 ham taco(s) - 237 cal ● 14g protein ● 16g fat ● 4g carbs ● 5g fiber



Makes 2 ham taco(s)

ham cold cuts

2 slice (46g)

guacamole, store-bought

4 tbsp (62g)

salsa

2 tbsp (36g)

cheese

2 tbsp, shredded (14g)

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

Cheese

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



Makes 2 oz

cheese

2 oz (57g)

1. The recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 3

Turkey, avocado lettuce wrap

1 wrap(s) - 390 cals ● 25g protein ● 28g fat ● 6g carbs ● 4g fiber



Makes 1 wrap(s)

turkey cold cuts

4 oz (113g)

romaine lettuce

1 leaf outer (28g)

tomatoes

2 slice, medium (1/4" thick) (40g)

sliced cheese

1 slice (3/4 oz ea) (21g)

mayonnaise

1 tbsp (15mL)

avocados, sliced

1/4 avocado(s) (50g)

1. Spread the mayo on the inside of the leaf.
2. Place the turkey, avocado, cheese, and tomato on the mayo.
3. Wrap the leaf up. Serve.

Strawberries

1 1/4 cup(s) - 65 cals ● 1g protein ● 1g fat ● 10g carbs ● 4g fiber



Makes 1 1/4 cup(s)

strawberries

1 1/4 cup, whole (180g)

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

Eat on day 4

Garlic collard greens

199 cal ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



collard greens

10 oz (284g)

oil

2 tsp (9mL)

salt

1 1/4 dash (1g)

garlic, minced

2 clove(s) (6g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Buffalo drumsticks

5 1/3 oz - 311 cal ● 24g protein ● 24g fat ● 0g carbs ● 0g fiber



Makes 5 1/3 oz

Frank's Red Hot sauce

2 2/3 tsp (13mL)

oil

1/2 tsp (3mL)

salt

2/3 dash (1g)

black pepper

2/3 dash, ground (0g)

Chicken, drumsticks, with skin

1/3 lbs (151g)

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.

Lunch 5 [↗](#)

Eat on day 5 and day 6

Sunflower seeds

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/3 oz (38g)

For all 2 meals:

sunflower kernels

2 2/3 oz (76g)

1. The recipe has no instructions.

Lettuce bun BLT

1 sandwich(es) - 259 cal ● 11g protein ● 23g fat ● 1g carbs ● 2g fiber



For single meal:

iceberg lettuce
2 slice(s) (70g)
bacon, cooked
3 slice(s) (30g)
mayonnaise
1 tbsp (15mL)
tomatoes
2 slice, medium (1/4" thick) (40g)
pickles
1 spear (35g)

For all 2 meals:

iceberg lettuce
4 slice(s) (140g)
bacon, cooked
6 slice(s) (60g)
mayonnaise
2 tbsp (30mL)
tomatoes
4 slice, medium (1/4" thick) (80g)
pickles
2 spear (70g)

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

Lunch 6 [↗](#)

Eat on day 7

Balsamic chicken breast

8 oz - 316 cal ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw
1/2 lbs (227g)
balsamic vinaigrette
2 tbsp (30mL)
oil
1 tsp (5mL)
italian seasoning
2 dash (1g)

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.

Roast potatoes

178 cal ● 3g protein ● 7g fat ● 23g carbs ● 3g fiber



oil
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
garlic powder
1/2 dash (0g)
black pepper
1/4 dash, ground (0g)
onion powder
1/4 dash (0g)
red potatoes, cubed
3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)

1. Preheat the oven to 450°F (230°C).
2. In a large bowl, toss the potatoes with the oil and spices. Spread the potatoes in the bottom of the prepared baking pan.
3. Bake for 25-30 minutes, or until potatoes are tender. Stir the potatoes once after about 15 minutes of baking so they brown on all sides.
4. Serve warm.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Mixed nuts

1/8 cup(s) - 109 cal ● 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. The recipe has no instructions.

Strawberries and cream

153 cal ● 1g protein ● 14g fat ● 3g carbs ● 1g fiber



For single meal:

strawberries
4 tbsp, sliced (42g)
heavy cream
2 2/3 tbsp (40mL)

For all 3 meals:

strawberries
3/4 cup, sliced (125g)
heavy cream
1/2 cup (120mL)

1. Place the strawberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.
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Snacks 2 [↗](#)

Eat on day 4 and day 5

String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. The recipe has no instructions.
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Cherry tomatoes

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



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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Snacks 3 [↗](#)

Eat on day 6 and day 7

Celery sticks

2 celery stalk - 13 cal ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.
-

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

For all 2 meals:

eggs

4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
 2. Place the eggs in a small sauce pan and cover with water.
 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Chipotle honey pork chops

309 cal ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



For single meal:

ghee
1 tsp (5g)
pork loin chops, boneless, raw
5 oz (142g)
honey
1 tsp (7g)
chipotle seasoning
2 dash (1g)
water
1/2 tbsp (8mL)
oil
1 tsp (5mL)

For all 2 meals:

ghee
2 tsp (9g)
pork loin chops, boneless, raw
10 oz (283g)
honey
2 tsp (14g)
chipotle seasoning
4 dash (1g)
water
1 tbsp (15mL)
oil
2 tsp (10mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Mixed vegetables

1 3/4 cup(s) - 170 cal ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



For single meal:

frozen mixed veggies
1 3/4 cup (236g)

For all 2 meals:

frozen mixed veggies
3 1/2 cup (473g)

1. Prepare according to instructions on package.

Dinner 2 [↗](#)

Eat on day 3

Philly cheesesteak lettuce wrap

2 lettuce wrap(s) - 445 cal ● 32g protein ● 31g fat ● 7g carbs ● 2g fiber



Makes 2 lettuce wrap(s)

romaine lettuce

2 leaf inner (12g)

provolone cheese

1 slice(s) (28g)

italian seasoning

2 dash (1g)

oil

2 tsp (10mL)

bell pepper, cut into strips

1 small (74g)

onion, sliced

1/2 medium (2-1/2" dia) (55g)

sirloin steak, raw, cut into strips

4 oz (113g)

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.

Nectarine

1 nectarine(s) - 70 cal ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



Makes 1 nectarine(s)

nectarine, pitted

1 medium (2-1/2" dia) (142g)

1. Remove nectarine pit, slice, and serve.

Dinner 3 [↗](#)

Eat on day 4

Teriyaki chicken

8 oz - 380 cal ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



Makes 8 oz

oil

1/2 tbsp (8mL)

teriyaki sauce

4 tbsp (60mL)

boneless skinless chicken breast, raw, cubed

1/2 lbs (224g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water

1 cup(s) (237mL)

salt

1/2 dash (0g)

lentils, raw, rinsed

4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
 2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Southwest chicken

8 oz - 362 cals ● 53g protein ● 13g fat ● 6g carbs ● 3g fiber



Makes 8 oz

oil

1 tsp (5mL)

taco seasoning mix

1/2 tbsp (4g)

cheese

1 tbsp, shredded (7g)

boneless skinless chicken breast, raw

1/2 lbs (224g)

bell pepper, cut into strips

1 medium (119g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top and serve.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water

1 cup(s) (237mL)

salt

1/2 dash (0g)

lentils, raw, rinsed

4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
 2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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Dinner 5 [↗](#)

Eat on day 6 and day 7

Steak Bites

6 oz(s) - 422 cal ● 35g protein ● 31g fat ● 1g carbs ● 0g fiber



For single meal:

sirloin steak, raw
6 oz (170g)
oil
1 tsp (6mL)
garlic, diced
3/4 clove(s) (2g)
butter, room-temperature
1 tsp (5g)

For all 2 meals:

sirloin steak, raw
3/4 lbs (340g)
oil
3/4 tbsp (11mL)
garlic, diced
1 1/2 clove(s) (5g)
butter, room-temperature
3/4 tbsp (11g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
 2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
 3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
 4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.
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Mixed vegetables

3/4 cup(s) - 73 cal ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

frozen mixed veggies
3/4 cup (101g)

For all 2 meals:

frozen mixed veggies
1 1/2 cup (203g)

1. Prepare according to instructions on package.
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