

Meal Plan - Meal plan with under 70g 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

1501 cals ● 99g protein (26%) ● 94g fat (56%) ● 52g carbs (14%) ● 14g fiber (4%)

Breakfast

295 cals, 13g protein, 17g net carbs, 16g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Poached egg over avocado toast](#)

1 toast(s)- 272 cals

Snacks

210 cals, 17g protein, 12g net carbs, 11g fat



[Tuna and crackers](#)

142 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

Lunch

465 cals, 36g protein, 0g net carbs, 36g fat



[Buffalo drumsticks](#)

8 oz- 467 cals

Dinner

530 cals, 33g protein, 23g net carbs, 31g fat



[Orange](#)

1 orange(s)- 85 cals



[Philly cheesesteak lettuce wrap](#)

2 lettuce wrap(s)- 445 cals

Day 2

1470 cals ● 73g protein (20%) ● 93g fat (57%) ● 62g carbs (17%) ● 23g fiber (6%)

Breakfast

295 cals, 13g protein, 17g net carbs, 16g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Poached egg over avocado toast](#)

1 toast(s)- 272 cals

Snacks

210 cals, 17g protein, 12g net carbs, 11g fat



[Tuna and crackers](#)

142 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

Lunch

435 cals, 10g protein, 10g net carbs, 35g fat



[Roasted cabbage steaks with dressing](#)

214 cals



[Roasted almonds](#)

1/4 cup(s)- 222 cals

Dinner

530 cals, 33g protein, 23g net carbs, 31g fat



[Orange](#)

1 orange(s)- 85 cals



[Philly cheesesteak lettuce wrap](#)

2 lettuce wrap(s)- 445 cals

Day 3

1549 cal ● 90g protein (23%) ● 97g fat (57%) ● 56g carbs (14%) ● 22g fiber (6%)

Breakfast

285 cal, 20g protein, 2g net carbs, 22g fat



Southwest bacon omelet
287 cal

Lunch

605 cal, 27g protein, 12g net carbs, 45g fat



Cheese
1 oz- 114 cal



Ham tacos
2 2/3 ham taco(s)- 316 cal



Tomato and avocado salad
176 cal

Snacks

150 cal, 3g protein, 11g net carbs, 9g fat



Dark chocolate
2 square(s)- 120 cal



Cherry tomatoes
9 cherry tomatoes- 32 cal

Dinner

505 cal, 41g protein, 31g net carbs, 22g fat



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cal



Teriyaki burgers
1 burger(s)- 399 cal

Day 4

1474 cal ● 106g protein (29%) ● 90g fat (55%) ● 40g carbs (11%) ● 20g fiber (5%)

Breakfast

285 cal, 20g protein, 2g net carbs, 22g fat



Southwest bacon omelet
287 cal

Lunch

605 cal, 27g protein, 12g net carbs, 45g fat



Cheese
1 oz- 114 cal



Ham tacos
2 2/3 ham taco(s)- 316 cal



Tomato and avocado salad
176 cal

Snacks

150 cal, 3g protein, 11g net carbs, 9g fat



Dark chocolate
2 square(s)- 120 cal



Cherry tomatoes
9 cherry tomatoes- 32 cal

Dinner

430 cal, 57g protein, 15g net carbs, 15g fat



Simple salad with tomatoes and carrots
49 cal



Teriyaki chicken
8 oz- 380 cal

Day 5

1549 cal ● 99g protein (26%) ● 109g fat (63%) ● 31g carbs (8%) ● 12g fiber (3%)

Breakfast

285 cal, 20g protein, 2g net carbs, 22g fat



Southwest bacon omelet
287 cal

Snacks

155 cal, 5g protein, 10g net carbs, 9g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cal



Raspberries
1/2 cup(s)- 36 cal

Lunch

570 cal, 43g protein, 6g net carbs, 41g fat



Blue cheese stuffed chicken thighs
1 thigh- 452 cal



Cooked peppers
1 bell pepper(s)- 120 cal

Dinner

535 cal, 32g protein, 14g net carbs, 38g fat



Milk
2/3 cup(s)- 99 cal



Buttered broccoli
1 cup(s)- 134 cal



Steak with shallot sauce
4 oz steak- 302 cal

Day 6

1502 cal ● 129g protein (34%) ● 95g fat (57%) ● 20g carbs (5%) ● 13g fiber (3%)

Breakfast

230 cal, 17g protein, 1g net carbs, 18g fat



Bacon
3 slice(s)- 152 cal



Basic fried eggs
1 egg(s)- 80 cal

Snacks

155 cal, 5g protein, 10g net carbs, 9g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cal



Raspberries
1/2 cup(s)- 36 cal

Lunch

570 cal, 43g protein, 6g net carbs, 41g fat



Blue cheese stuffed chicken thighs
1 thigh- 452 cal



Cooked peppers
1 bell pepper(s)- 120 cal

Dinner

545 cal, 64g protein, 4g net carbs, 28g fat



Goat cheese & spinach hasselback chicken
8 oz- 395 cal



Simple sauteed spinach
149 cal

Day 7

1483 cal ● 122g protein (33%) ● 83g fat (50%) ● 42g carbs (11%) ● 19g fiber (5%)

Breakfast

230 cal, 17g protein, 1g net carbs, 18g fat



Bacon
3 slice(s)- 152 cal



Basic fried eggs
1 egg(s)- 80 cal

Snacks

155 cal, 5g protein, 10g net carbs, 9g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cal



Raspberries
1/2 cup(s)- 36 cal

Lunch

555 cal, 37g protein, 28g net carbs, 29g fat



Pumpkin seeds
183 cal



Avocado tuna salad sandwich
1 sandwich(es)- 370 cal

Dinner

545 cal, 64g protein, 4g net carbs, 28g fat



Goat cheese & spinach hasselback chicken
8 oz- 395 cal



Simple sauteed spinach
149 cal

Finfish and Shellfish Products

- canned tuna
1 can (171g)

Baked Products

- crackers
10 crackers (35g)
- bread
4 slice (128g)
- hamburger buns
1 bun(s) (51g)

Dairy and Egg Products

- eggs
12 large (600g)
- provolone cheese
2 slice(s) (56g)
- cheese
4 oz (108g)
- whole milk
2/3 cup (161mL)
- butter
1 1/4 tbsp (18g)
- blue cheese
1 oz (28g)
- goat cheese
2 oz (57g)

Fruits and Fruit Juices

- orange
2 orange (308g)
- lime juice
5/6 fl oz (25mL)
- avocados
1 avocado(s) (201g)
- raspberries
1 1/2 cup (185g)

Fats and Oils

- oil
2 1/4 oz (68mL)
- ranch dressing
1 tbsp (15mL)
- olive oil
1 3/4 oz (54mL)
- salad dressing
1 tsp (6mL)

Beef Products

- sirloin steak, raw
3/4 lbs (340g)
- ground beef (93% lean)
6 oz (170g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
4 tsp (19mL)
- salsa
1/3 cup (96g)
- vegetable broth
1/8 cup(s) (mL)

Spices and Herbs

- salt
1/4 oz (7g)
- black pepper
3 g (3g)
- garlic powder
3 dash (1g)
- paprika
1 1/4 tsp (3g)
- thyme, dried
3 dash, ground (1g)

Nut and Seed Products

- almonds
4 tbsp, whole (36g)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)

Sausages and Luncheon Meats

- ham cold cuts
5 1/3 slice (123g)

Sweets

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

Pork Products

- bacon
12 slice(s) (120g)

Poultry Products

Other

- italian seasoning
1/4 tbsp (3g)
- Chicken, drumsticks, with skin
1/2 lbs (227g)
- guacamole, store-bought
10 oz (289g)
- teriyaki sauce
3 oz (75mL)

Vegetables and Vegetable Products

- onion
1 1/2 medium (2-1/2" dia) (171g)
 - bell pepper
3 large (504g)
 - romaine lettuce
1/4 head (149g)
 - tomatoes
5 medium whole (2-3/5" dia) (633g)
 - cabbage
1/4 head, small (about 4-1/2" dia) (179g)
 - frozen broccoli
2 1/2 cup (228g)
 - cucumber
4 slices (28g)
 - carrots
1/8 medium (8g)
 - shallots
1/4 shallot (28g)
 - fresh spinach
13 1/2 cup(s) (405g)
 - garlic
1 1/2 clove (5g)
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- boneless skinless chicken breast, raw
1 1/2 lbs (672g)
- chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)

Legumes and Legume Products

- peanut butter
3 tbsp (48g)

Snacks

- rice cakes, any flavor
1 1/2 cakes (14g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

Poached egg over avocado toast

1 toast(s) - 272 cal ● 12g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

eggs

1 large (50g)

guacamole, store-bought

4 tbsp (62g)

bread

1 slice (32g)

For all 2 meals:

eggs

2 large (100g)

guacamole, store-bought

1/2 cup (124g)

bread

2 slice (64g)

1. Crack egg into a small measuring cup. Set aside.
2. Bring medium sized pot full of water to a boil then remove from heat.
3. Using a utensil, swirl the water to create a small whirlpool and then gently plop the egg in the middle and cook for 3 minutes.
4. Meanwhile toast bread and then top with guacamole.
5. When egg is done, remove it with a slotted spoon and place egg on paper towel and gently dry.
6. Transfer egg to top of avocado toast and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Southwest bacon omelet

287 cal ● 20g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
bacon, cooked and chopped
2 slice(s) (20g)
olive oil
1 tsp (5mL)
bell pepper
1 tbsp, diced (9g)
onion
1 tbsp chopped (10g)

For all 3 meals:

eggs
6 large (300g)
bacon, cooked and chopped
6 slice(s) (60g)
olive oil
1 tbsp (15mL)
bell pepper
3 tbsp, diced (28g)
onion
3 tbsp chopped (30g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in a skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the bell pepper, onion, and bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Bacon

3 slice(s) - 152 cal ● 11g protein ● 12g fat ● 0g carbs ● 0g fiber



For single meal:

bacon
3 slice(s) (30g)

For all 2 meals:

bacon
6 slice(s) (60g)

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.

Basic fried eggs

1 egg(s) - 80 cal ● 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

Buffalo drumsticks

8 oz - 467 cal ● 36g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 8 oz

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 2 [↗](#)

Eat on day 2

Roasted cabbage steaks with dressing

214 cal ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber



ranch dressing

1 tbsp (15mL)

italian seasoning

2 dash (1g)

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

oil

3/4 tbsp (11mL)

cabbage

1/4 head, small (about 4-1/2" dia)
(179g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

Roasted almonds

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



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

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

Eat on day 3, day 4

Cheese

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



For single meal:

cheese
1 oz (28g)

For all 2 meals:

cheese
2 oz (57g)

1. This recipe has no instructions.

Ham tacos

2 2/3 ham taco(s) - 316 cals ● 18g protein ● 22g fat ● 6g carbs ● 6g fiber



For single meal:

ham cold cuts
2 2/3 slice (61g)
guacamole, store-bought
1/3 cup (82g)
salsa
2 2/3 tbsp (48g)
cheese
2 2/3 tbsp, shredded (19g)

For all 2 meals:

ham cold cuts
5 1/3 slice (123g)
guacamole, store-bought
2/3 cup (165g)
salsa
1/3 cup (96g)
cheese
1/3 cup, shredded (37g)

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

Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

- onion**
3/4 tbsp minced (11g)
- lime juice**
3/4 tbsp (11mL)
- avocados, cubed**
3/8 avocado(s) (75g)
- tomatoes, diced**
3/8 medium whole (2-3/5" dia) (46g)
- olive oil**
1/2 tsp (3mL)
- garlic powder**
1 1/2 dash (1g)
- salt**
1 1/2 dash (1g)
- black pepper**
1 1/2 dash, ground (0g)

For all 2 meals:

- onion**
1 1/2 tbsp minced (23g)
- lime juice**
1 1/2 tbsp (23mL)
- avocados, cubed**
3/4 avocado(s) (151g)
- tomatoes, diced**
3/4 medium whole (2-3/5" dia) (92g)
- olive oil**
1 tsp (6mL)
- garlic powder**
3 dash (1g)
- salt**
3 dash (2g)
- black pepper**
3 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Blue cheese stuffed chicken thighs

1 thigh - 452 cals ● 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.

Cooked peppers

1 bell pepper(s) - 120 cals ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



For single meal:

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

For all 2 meals:

oil
4 tsp (20mL)
bell pepper, seeded & cut into strips
2 large (328g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Lunch 5 [↗](#)

Eat on day 7

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. This recipe has no instructions.

Avocado tuna salad sandwich

1 sandwich(es) - 370 cal ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



Makes 1 sandwich(es)

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
lime juice
1/2 tsp (3mL)
avocados
1/4 avocado(s) (50g)
canned tuna, drained
1/2 can (86g)
bread
2 slice (64g)
onion, minced
1/8 small (9g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
 2. Place mixture in between bread slices and serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Tuna and crackers

142 cal ● 10g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

canned tuna

1 1/2 oz (43g)

crackers

5 crackers (18g)

For all 2 meals:

canned tuna

3 oz (85g)

crackers

10 crackers (35g)

1. This recipe has no instructions.
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Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 2 meals:

eggs

2 large (100g)

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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Snacks 2 [↗](#)

Eat on day 3, day 4

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. This recipe has no instructions.

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

For all 3 meals:

peanut butter
3 tbsp (48g)
rice cakes, any flavor
1 1/2 cakes (14g)

1. Spread peanut butter over top of rice cake.

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 3 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Philly cheesesteak lettuce wrap

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



For single meal:

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)

For all 2 meals:

oil
4 tsp (20mL)
italian seasoning
4 dash (2g)
provolone cheese
2 slice(s) (56g)
onion, sliced
1 medium (2-1/2" dia) (110g)
bell pepper, cut into strips
2 small (148g)
sirloin steak, raw, cut into strips
1/2 lbs (227g)
romaine lettuce
4 leaf inner (24g)

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.

Dinner 2 [↗](#)

Eat on day 3

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Teriyaki burgers

1 burger(s) - 399 cal ● 37g protein ● 15g fat ● 28g carbs ● 1g fiber



Makes 1 burger(s)

oil
1/4 tsp (1mL)
hamburger buns
1 bun(s) (51g)
teriyaki sauce
1 tbsp (15mL)
cucumber
4 slices (28g)
ground beef (93% lean)
6 oz (170g)

1. Generously season beef with salt and pepper.
2. Form the beef into a hamburger shape.
3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
4. Remove hamburger from the skillet and brush with the teriyaki sauce.
5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

Dinner 3 [↗](#)

Eat on day 4

Simple salad with tomatoes and carrots

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



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)

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

Teriyaki chicken

8 oz - 380 cals ● 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.
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Dinner 4 [↗](#)

Eat on day 5

Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



Makes 2/3 cup(s)

whole milk

2/3 cup (160mL)

1. This recipe has no instructions.

Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Steak with shallot sauce

4 oz steak - 302 cal ● 24g protein ● 21g fat ● 4g carbs ● 1g fiber



Makes 4 oz steak

oil

1/4 tbsp (4mL)

butter

1/4 tbsp (4g)

vegetable broth

1/8 cup(s) (mL)

shallots, minced

1/4 shallot (28g)

sirloin steak, raw

4 oz (113g)

1. Season steak on all sides with some salt and pepper.
2. Heat half of the oil in a skillet over medium-high heat. Add steak and cook to desired doneness, 4-8 minutes per side. Remove steak and set aside to rest.
3. Lower heat to medium and add in remaining oil and the shallots to the pan. Stir and cook for about 2 minutes until lightly softened. Stir in vegetable broth and cook for about 2-4 minutes until the broth is reduced by about half. Turn off the heat and stir in butter until fully melted.
4. Pour shallot sauce over steak and serve.

Dinner 5 [↗](#)

Eat on day 6, day 7

Goat cheese & spinach hasselback chicken

8 oz - 395 cal ● 59g protein ● 17g fat ● 1g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw

1/2 lbs (224g)

fresh spinach

3/4 cup(s) (23g)

cheese

1 tbsp, shredded (7g)

paprika

4 dash (1g)

goat cheese

1 oz (28g)

For all 2 meals:

boneless skinless chicken breast, raw

1 lbs (448g)

fresh spinach

1 1/2 cup(s) (45g)

cheese

2 tbsp, shredded (14g)

paprika

1 tsp (2g)

goat cheese

2 oz (57g)

1. Preheat oven to 350°F (180°C) and line walled baking sheet with foil.
2. In a small saucepan over low heat, add the goat cheese and spinach and mix until spinach has wilted, about a minute. Set aside.
3. Place chicken on baking sheet and cut slits all down the breast, cutting deep but not all the way through.
4. Stuff slits with spinach mixture.
5. Sprinkle paprika, a pinch of salt and pepper, and shredded cheese on top and bake for 20-25 minutes or until done.
6. Optional: Broil for a minute or two to brown the cheese.
7. Serve.

Simple sauteed spinach

149 cal ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

garlic, diced

3/4 clove (2g)

black pepper

1 1/2 dash, ground (0g)

salt

1 1/2 dash (1g)

olive oil

3/4 tbsp (11mL)

fresh spinach

6 cup(s) (180g)

For all 2 meals:

garlic, diced

1 1/2 clove (5g)

black pepper

3 dash, ground (1g)

salt

3 dash (2g)

olive oil

1 1/2 tbsp (23mL)

fresh spinach

12 cup(s) (360g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.