

Snacks 265 cals, 11g protein, 24g net carbs, 12g fat



Grapefruit 1/2 grapefruit- 59 cals



High-protein granola bar 1 bar(s)- 204 cals Dinner

430 cals, 27g protein, 28g net carbs, 22g fat



Baked chicken with tomatoes & olives 3 oz- 150 cals



Simple mixed greens salad 203 cals



Dinner roll 1 roll- 77 cals

Day 3

Breakfast 260 cals, 14g protein, 4g net carbs, 19g fat	Lunch 555 cals, 23g protein, 36g net carbs, 33g fat
Cherry tomatoes 6 cherry tomatoes- 21 cals	Grapefruit 1/2 grapefruit- 59 cals
Egg in an eggplant 241 cals	Grilled cheese sandwich 1 sandwich(es)- 495 cals
Snacks 185 cals, 6g protein, 16g net carbs, 10g fat Rice cake	Dinner 430 cals, 27g protein, 28g net carbs, 22g fat Baked chicken with tomatoes & olives
2 cake(s)- 69 cals	3 oz- 150 cals
Roasted peanuts 1/8 cup(s)- 115 cals	Simple mixed greens salad 203 cals
	Dinner roll 1 roll- 77 cals
Day 4 1462 cals • 75g protein (20%) • 80g fat (49%) • 96g carbs (26%) • 15g fiber (4%)	
Day 4 1462 cals • 75g p	rotein (20%) 🛑 80g fat (49%) 🌑 96g carbs (26%) 🌑 15g fiber (4%)
Breakfast	Lunch
Breakfast 220 cals, 12g protein, 16g net carbs, 11g fat Clementine	Lunch 475 cals, 23g protein, 56g net carbs, 16g fat
Breakfast 220 cals, 12g protein, 16g net carbs, 11g fat Clementine 2 clementine(s)- 78 cals Basic scrambled eggs 2 egg(s)- 142 cals Snacks	Lunch 475 cals, 23g protein, 56g net carbs, 16g fat BLT pasta 319 cals Dinner roll 2 roll- 154 cals Dinner
Breakfast 220 cals, 12g protein, 16g net carbs, 11g fat Clementine 2 clementine(s)- 78 cals Basic scrambled eggs 2 egg(s)- 142 cals	Lunch 475 cals, 23g protein, 56g net carbs, 16g fat BLT pasta 319 cals Dinner roll 2 roll- 154 cals
Breakfast 220 cals, 12g protein, 16g net carbs, 11g fat Clementine 2 clementine(s)- 78 cals Easic scrambled eggs 2 egg(s)- 142 cals Snacks 185 cals, 6g protein, 16g net carbs, 10g fat Mice cake	Lunch 475 cals, 23g protein, 56g net carbs, 16g fat

Day 5

Breakfast

220 cals, 12g protein, 16g net carbs, 11g fat



Clementine 2 clementine(s)- 78 cals



Basic scrambled eggs 2 egg(s)- 142 cals

Snacks 185 cals, 6g protein, 16g net carbs, 10g fat



Rice cake 2 cake(s)- 69 cals

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

Lunch

545 cals, 40g protein, 34g net carbs, 24g fat





Buffalo drumsticks 5 1/3 oz- 311 cals

Dinner

570 cals, 61g protein, 32g net carbs, 20g fat



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



Grilled chicken sandwich 1 sandwich(es)- 460 cals

Day 6

1528 cals • 119g protein (31%) • 69g fat (40%) • 89g carbs (23%) • 20g fiber (5%)

Lunch

530 cals, 27g protein, 32g net carbs, 30g fat



Sunflower seeds 180 cals



Turkey, avocado bagel sandwich 1/2 sandwich(es)- 350 cals

Dinner

570 cals, 61g protein, 32g net carbs, 20g fat



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



Grilled chicken sandwich 1 sandwich(es)- 460 cals

Breakfast

255 cals, 24g protein, 10g net carbs, 12g fat



Protein greek yogurt 1 container- 139 cals



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

Snacks 175 cals, 6g protein, 15g net carbs, 6g fat



Blackberries 1/2 cup(s)- 35 cals



Roasted chickpeas 1/4 cup- 138 cals

Day 7

Breakfast

255 cals, 24g protein, 10g net carbs, 12g fat



Protein greek yogurt 1 container- 139 cals

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

.

Snacks 175 cals, 6g protein, 15g net carbs, 6g fat



Blackberries 1/2 cup(s)- 35 cals



Roasted chickpeas 1/4 cup- 138 cals

Lunch

530 cals, 27g protein, 32g net carbs, 30g fat



Sunflower seeds 180 cals



Turkey, avocado bagel sandwich 1/2 sandwich(es)- 350 cals

Dinner 525 cals, 42g protein, 13g net carbs, 29g fat



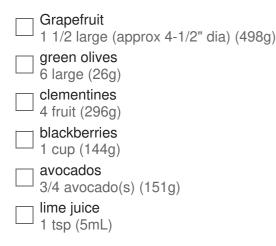
Simple mixed greens salad 68 cals



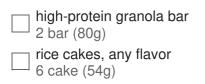
Avocado tuna salad stuffed pepper 2 half pepper(s)- 456 cals



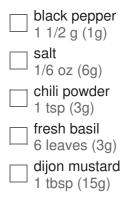
Fruits and Fruit Juices



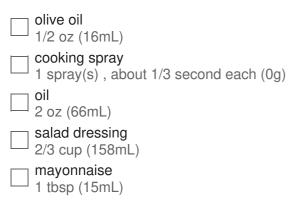
Snacks



Spices and Herbs



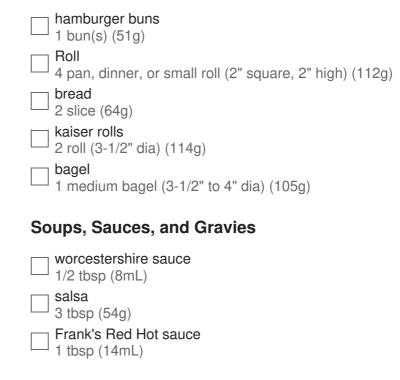
Fats and Oils



Vegetables and Vegetable Products

garlic 1/2 clove(s) (2g)

Baked Products



Poultry Products

- ground turkey, raw 4 oz (113g)
- boneless skinless chicken breast, raw $22 \ 1/4 \ \text{oz} \ (624g)$

Finfish and Shellfish Products

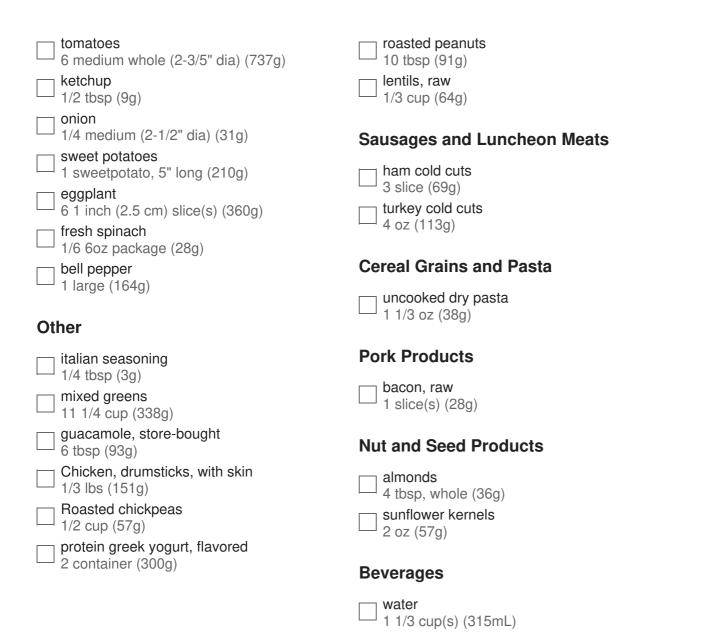
salmon 3/4 lbs (340g)

canned tuna 1 can (172g)

Dairy and Egg Products



Legumes and Legume Products



Recipes



Breakfast 1 🗹

Eat on day 1, day 2, day 3

Cherry tomatoes



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

For single meal:

tomatoes 6 cherry tomatoes (102g) For all 3 meals:

tomatoes 18 cherry tomatoes (306g)

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

Egg in an eggplant 241 cals 🔵 13g protein 🛑 19g fat 🔵 1g carbs 🌑 4g fiber



For single meal:

eggs 2 large (100g) eggplant 2 1 inch (2.5 cm) slice(s) (120g) oil 2 tsp (10mL)

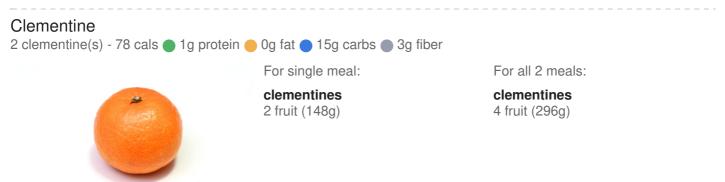
For all 3 meals:

eggs 6 large (300g) eggplant 6 1 inch (2.5 cm) slice(s) (360g) oil 2 tbsp (30mL)

- 1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
- 2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
- 3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
- 4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Breakfast 2 🗹

Eat on day 4, day 5



1. This recipe has no instructions.

Basic scrambled eggs

2 egg(s) - 142 cals
11g protein
11g fat
1g carbs
0g fiber



For single meal:

oil 1/2 tsp (3mL) eggs 2 medium (88g) For all 2 meals:

oil 1 tsp (5mL) **eggs** 4 medium (176g)

- 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 3 🗹

Eat on day 6, day 7

Protein greek yogurt

1 container - 139 cals
20g protein
3g fat
8g carbs
0g fiber

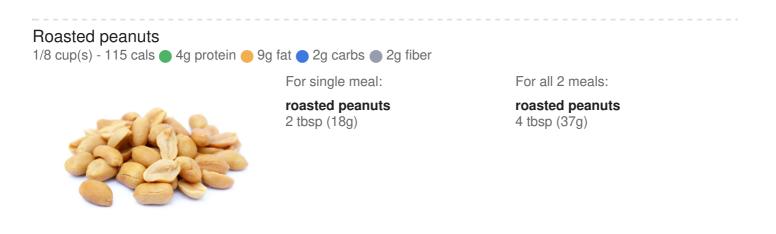


For single meal:

protein greek yogurt, flavored 1 container (150g) For all 2 meals:

protein greek yogurt, flavored 2 container (300g)

1. Enjoy.



1. This recipe has no instructions.

Lunch 1 🗹

Eat on day 1, day 2

Simple salmon

6 oz - 385 cals
35g protein
27g fat
0g carbs
0g fiber



For single meal: **salmon** 6 oz (170g) **oil** 1 tsp (5mL) For all 2 meals:

salmon 3/4 lbs (340g) **oil** 2 tsp (10mL)

- 1. Rub salmon in oil and season with some salt and pepper.
- 2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
- 3. Serve.

Sweet potato medallions

1/2 sweet potato - 155 cals
2g protein
7g fat
18g carbs
3g fiber



For single meal:

sweet potatoes, sliced 1/2 sweetpotato, 5" long (105g) oil 1/2 tbsp (8mL) For all 2 meals:

sweet potatoes, sliced
1 sweetpotato, 5" long (210g)
oil
1 tbsp (15mL)

- 1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
- 3. Spread sweet potatoes evenly over the baking sheet.
- 4. Cook in the oven for about 30 minutes until golden.
- 5. Remove from oven and serve.

Lunch 2 🗹

Eat on day 3

Grapefruit

1/2 grapefruit - 59 cals
1g protein
0g fat
12g carbs
2g fiber



Makes 1/2 grapefruit Grapefruit 1/2 large (approx 4-1/2" dia) (166g)

- Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
- (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Grilled cheese sandwich

1 sandwich(es) - 495 cals
22g protein
33g fat
25g carbs
4g fiber



Makes 1 sandwich(es)

bread 2 slice (64g) butter 1 tbsp (14g) sliced cheese 2 slice (1 oz ea) (56g)

- 1. Preheat skillet to mediumlow.
- 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.

Lunch 3 🗹

Eat on day 4

BLT pasta

319 cals
18g protein
13g fat
30g carbs
2g fiber



uncooked dry pasta 1 1/3 oz (38g) salt 1/3 dash (0g) fresh spinach 1/6 6oz package (28g) black pepper 2/3 dash, ground (0g) romano cheese 1/6 oz (5g) bacon, raw 1 slice(s) (28g) tomatoes, halved 1/3 cup cherry tomatoes (50g)

- 1. Cook pasta according to package directions. Drain.
- Heat a large nonstick skillet over medium-high heat. Add bacon; cook 6 minutes or until crisp. Remove bacon from pan; once cool enough to handle, crumble.
- 3. Add tomatoes and salt to drippings in pan; cook 3 minutes or until tomatoes are tender, stirring occasionally.
- 4. Add spinach and pasta to pan; cook 1 minute or just until spinach begins to wilt, stirring occasionally.
- 5. Sprinkle pasta with bacon, pepper, and cheese.
- 6. Serve.

Dinner roll

2 roll - 154 cals
5g protein
2g fat
26g carbs
1g fiber



Makes 2 roll

Roll 2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Lunch 4 🗹

Eat on day 5

Lentils

231 cals
16g protein
1g fat
34g carbs
7g fiber



salt 2/3 dash (0g) water 1 1/3 cup(s) (316mL) lentils, raw, rinsed 1/3 cup (64g)

- 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.

Buffalo drumsticks

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



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 6, day 7

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.

Turkey, avocado bagel sandwich

1/2 sandwich(es) - 350 cals
19g protein
16g fat
30g carbs
3g fiber



For single meal:

tomatoes 1 slice, medium (1/4" thick) (20g) mixed greens 2 tbsp (4g) mayonnaise 1/2 tbsp (8mL) turkey cold cuts 2 oz (57g) avocados, sliced 1/8 avocado(s) (25g) cheese 1/2 slice (1 oz each) (14g) bagel 1/2 medium bagel (3-1/2" to 4" dia) (53g) For all 2 meals:

tomatoes 2 slice, medium (1/4" thick) (40g) mixed greens 4 tbsp (8g) mayonnaise 1 tbsp (15mL) turkey cold cuts 4 oz (113g) avocados, sliced 1/4 avocado(s) (50g) cheese 1 slice (1 oz each) (28g) bagel 1 medium bagel (3-1/2" to 4" dia) (105g)

1. Build the sandwich to your liking.

Snacks 1 🗹

Eat on day 1, day 2

Grapefruit

1/2 grapefruit - 59 cals
1g protein
0g fat
12g carbs
2g fiber



For single meal:

Grapefruit 1/2 large (approx 4-1/2" dia) (166g) For all 2 meals:

Grapefruit 1 large (approx 4-1/2" dia) (332g)

- 1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
- 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

High-protein granola bar

1 bar(s) - 204 cals
10g protein
12g fat
12g carbs
2g fiber



For single meal:

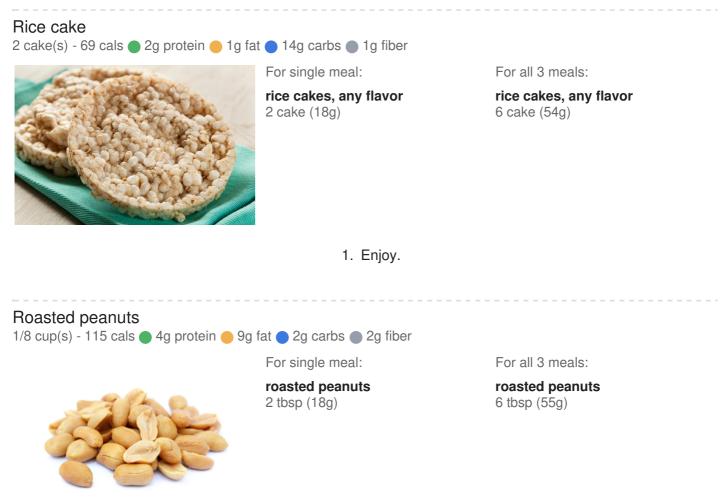
high-protein granola bar 1 bar (40g) For all 2 meals:

high-protein granola bar 2 bar (80g)

1. This recipe has no instructions.

Snacks 2 🗹

Eat on day 3, day 4, day 5



1. This recipe has no instructions.

Snacks 3 🗹

Eat on day 6, day 7

Blackberries

1/2 cup(s) - 35 cals
1g protein
0g fat
3g carbs
4g fiber



For single meal:

blackberries 1/2 cup (72g) For all 2 meals:

blackberries 1 cup (144g)

1. Rinse blackberries and serve.

1/4 cup - 138 cals Sg protein Sg fat 12g carbs 4g fiber

For single meal:

Roasted chickpeas 4 tbsp (28g) For all 2 meals:

Roasted chickpeas 1/2 cup (57g)

1. This recipe has no instructions.

Dinner 1 🗹

Eat on day 1

Sauteed garlic & herb tomatoes 127 cals • 1g protein • 10g fat • 5g carbs • 2g fiber



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

- 1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
- 2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.

3. Serve.

Turkey burgers 1 burger(s) - 313 cals
23g protein
11g fat
30g carbs
1g fiber



Makes 1 burger(s)

hamburger buns 1 bun(s) (51g)cooking spray 1 spray(s), about 1/3 second each (0g) black pepper 2 dash, ground (1g) salt 1 1/2 dash (1g) ketchup 1/2 tbsp (9g) worcestershire sauce 1/2 tbsp (8mL) ground turkey, raw 4 oz (113g) onion, diced 1/8 medium (2-1/2" dia) (14g)

- 1. In a bowl, combine the ground turkey, onion, Worcestershire sauce, ketchup, salt, and pepper. Mix thoroughly.
- 2. Shape the meat mixture into patties, making the number of burgers specified in the recipe servings.
- Lightly coat a frying pan with cooking spray and heat over medium-high. Once hot, cook the patties for 4-5 minutes on each side until fully cooked.
- 4. Serve on buns with your choice of condiments.

Dinner 2 🗹

Eat on day 2, day 3

Baked chicken with tomatoes & olives

3 oz - 150 cals
20g protein
6g fat
2g carbs
2g fiber



For single meal:

tomatoes 3 cherry tomatoes (51g) olive oil 1/2 tsp (3mL) salt 1 dash (1g) green olives 3 large (13g) black pepper 1 dash (0g) chili powder 4 dash (1g) boneless skinless chicken breast, raw 3 oz (85g) fresh basil, shredded 3 leaves (2g)

For all 2 meals:

tomatoes 6 cherry tomatoes (102g) olive oil 1 tsp (5mL) salt 2 dash (2g) green olives 6 large (26g) black pepper 2 dash (0g) chili powder 1 tsp (3g) boneless skinless chicken breast, raw 6 oz (170g) fresh basil, shredded 6 leaves (3g)

- 1. Heat the oven to 425 F (220 C)
- 2. Put chicken breast in a small baking dish.
- 3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
- 4. On top of the chicken put the tomato, basil, and olives.
- 5. Put the baking dish in the oven and cook for about 25 minutes.
- 6. Check the chicken is cooked through. If not then add a few minutes of cook time.

203 cals
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.

Dinner roll

1 roll - 77 cals
3g protein
1g fat
13g carbs
1g fiber

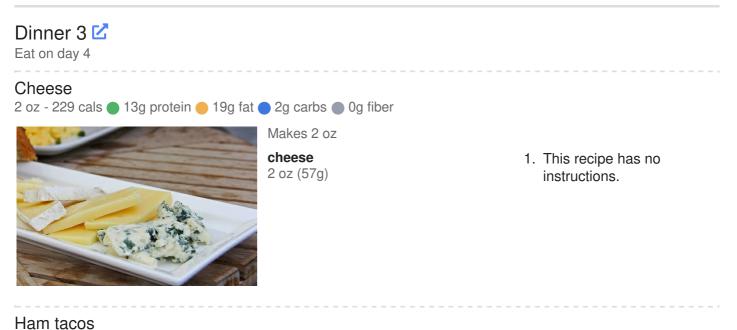


For single meal:

Roll 1 pan, dinner, or small roll (2" square, 2" high) (28g) For all 2 meals:

Roll 2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.



3 ham taco(s) - 356 cals
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

Dinner 4 ☑ Eat on day 5, day 6 Roasted almonds 1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber For single meal: For single meal: almonds 2 tbsp, whole (18g) 4 tbsp, whole (36g)

1. This recipe has no instructions.

Grilled chicken sandwich 1 sandwich(es) - 460 cals S8g protein 11g fat 30g carbs 2g fiber



For single meal: oil 1/2 tsp (3mL) kaiser rolls 1 roll (3-1/2" dia) (57g) dijon mustard 1/2 tbsp (8g) mixed greens 4 tbsp (8g) tomatoes 3 slice(s), thin/small (45g) raw 1/2 lbs (227g)

For all 2 meals:

oil 1 tsp (5mL) kaiser rolls 2 roll (3-1/2" dia) (114g) dijon mustard 1 tbsp (15g) mixed greens 1/2 cup (15g)tomatoes 6 slice(s), thin/small (90g) boneless skinless chicken breast, boneless skinless chicken breast, raw 1 lbs (454g)

- 1. Season chicken with some salt and pepper.
- 2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
- 3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
- 4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Dinner 5 🗹

Eat on day 7

Simple mixed greens salad

68 cals 🔵 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.

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals
41g protein
24g fat
8g carbs
10g fiber



Makes 2 half pepper(s)

canned tuna, drained 1 can (172g) avocados 1/2 avocado(s) (101g) lime juice 1 tsp (5mL) salt 1 dash (0g) black pepper 1 dash (0g) bell pepper 1 large (164g) onion 1/4 small (18g)

- 1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
- 2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
- You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.