

# Meal Plan - 1200 calorie paleo meal plan



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

## Day 1

1216 cals ● 106g protein (35%) ● 66g fat (49%) ● 37g carbs (12%) ● 12g fiber (4%)

### Breakfast

265 cals, 17g protein, 15g net carbs, 14g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)  
219 cals



[Kiwi](#)  
1 kiwi- 47 cals

### Dinner

510 cals, 50g protein, 9g net carbs, 28g fat



[Sautéed peppers and onions](#)  
125 cals



[Basic chicken thighs](#)  
9 oz- 383 cals

### Lunch

440 cals, 39g protein, 13g net carbs, 24g fat



[Cauliflower rice](#)  
1 1/2 cup(s)- 91 cals



[Cuban Picadillo](#)  
352 cals

## Day 2

1228 cals ● 122g protein (40%) ● 56g fat (41%) ● 43g carbs (14%) ● 16g fiber (5%)

### Breakfast

265 cals, 17g protein, 15g net carbs, 14g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)  
219 cals



[Kiwi](#)  
1 kiwi- 47 cals

### Dinner

430 cals, 42g protein, 22g net carbs, 17g fat



[Sweet potato wedges](#)  
130 cals



[Baked chicken with tomatoes & olives](#)  
6 oz- 300 cals

### Lunch

530 cals, 64g protein, 6g net carbs, 25g fat



[Bone broth](#)  
2 cup(s)- 81 cals



[Paleo salsa verde chicken salad](#)  
451 cals

## Day 3

1218 cals ● 122g protein (40%) ● 60g fat (44%) ● 33g carbs (11%) ● 14g fiber (5%)

### Breakfast

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



Scrambled eggs with veggies and bacon  
256 cals

### Lunch

530 cals, 64g protein, 6g net carbs, 25g fat



Bone broth  
2 cup(s)- 81 cals



Paleo salsa verde chicken salad  
451 cals

### Dinner

430 cals, 42g protein, 22g net carbs, 17g fat



Sweet potato wedges  
130 cals



Baked chicken with tomatoes & olives  
6 oz- 300 cals

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## Day 4

1188 cals ● 117g protein (39%) ● 57g fat (43%) ● 30g carbs (10%) ● 21g fiber (7%)

### Breakfast

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



Scrambled eggs with veggies and bacon  
256 cals

### Lunch

490 cals, 30g protein, 19g net carbs, 28g fat



Kiwi  
2 kiwi- 94 cals



Paleo ham, bacon, avocado lettuce wrap  
1 wrap(s)- 396 cals

### Dinner

445 cals, 70g protein, 6g net carbs, 12g fat



Lemon pepper chicken breast  
10 oz- 370 cals



Broccoli  
2 1/2 cup(s)- 73 cals

## Day 5

1225 cal ● 127g protein (42%) ● 54g fat (40%) ● 41g carbs (13%) ● 17g fiber (6%)

### Breakfast

250 cal, 15g protein, 19g net carbs, 10g fat



[Veggie mason jar omelet](#)

1 jar(s)- 155 cal



[Kiwi](#)

2 kiwi- 94 cal

### Dinner

445 cal, 70g protein, 6g net carbs, 12g fat



[Lemon pepper chicken breast](#)

10 oz- 370 cal



[Broccoli](#)

2 1/2 cup(s)- 73 cal

### Lunch

535 cal, 42g protein, 15g net carbs, 32g fat



[Coriander and cumin rubbed pork chops](#)

1 chop(s)- 428 cal



[Roasted rosemary sweet potatoes](#)

105 cal

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## Day 6

1218 cal ● 93g protein (31%) ● 70g fat (52%) ● 39g carbs (13%) ● 16g fiber (5%)

### Breakfast

250 cal, 15g protein, 19g net carbs, 10g fat



[Veggie mason jar omelet](#)

1 jar(s)- 155 cal



[Kiwi](#)

2 kiwi- 94 cal

### Dinner

465 cal, 44g protein, 9g net carbs, 28g fat



[Cauliflower rice](#)

1 1/2 cup(s)- 91 cal



[Thai chicken lettuce wraps](#)

3 lettuce wrap(s)- 377 cal

### Lunch

505 cal, 35g protein, 11g net carbs, 32g fat



[Avocado, apple, chicken salad](#)

412 cal



[Sunflower seeds](#)

90 cal

# Day 7

1218 cals ● 93g protein (31%) ● 70g fat (52%) ● 39g carbs (13%) ● 16g fiber (5%)

## Breakfast

250 cals, 15g protein, 19g net carbs, 10g fat



**Veggie mason jar omelet**  
1 jar(s)- 155 cals



**Kiwi**  
2 kiwi- 94 cals

## Dinner

465 cals, 44g protein, 9g net carbs, 28g fat



**Cauliflower rice**  
1 1/2 cup(s)- 91 cals



**Thai chicken lettuce wraps**  
3 lettuce wrap(s)- 377 cals

## Lunch

505 cals, 35g protein, 11g net carbs, 32g fat



**Avocado, apple, chicken salad**  
412 cals



**Sunflower seeds**  
90 cals

## Fats and Oils

- oil  
2 1/4 oz (69mL)
- olive oil  
2 1/4 oz (72mL)

## Vegetables and Vegetable Products

- onion  
2 medium (2-1/2" dia) (210g)
- bell pepper  
2 3/4 large (454g)
- tomato puree  
2 oz (57g)
- tomatoes  
4 medium whole (2-3/5" dia) (495g)
- garlic  
3 clove(s) (9g)
- kale leaves  
2 cup, chopped (80g)
- sweet potatoes  
1 1/3 sweetpotato, 5" long (280g)
- romaine lettuce  
1/8 head (64g)
- frozen broccoli  
5 cup (455g)
- serrano pepper  
1 pepper(s) (6g)
- fresh ginger  
1 1 inch cube (5g)
- raw celery  
3 tbsp chopped (19g)

## Poultry Products

- boneless skinless chicken thighs  
1/2 lbs (255g)
- boneless skinless chicken breast, raw  
3 1/3 lbs (1496g)
- ground chicken, raw  
1 lbs (454g)

## Other

- frozen cauliflower  
4 1/2 cup (510g)
- chicken bone broth  
4 cup(s) (mL)
- mixed greens  
3 cup (90g)

## Spices and Herbs

- ground cumin  
1/4 oz (8g)
- rosemary  
1 1/4 g (1g)
- balsamic vinegar  
2 tsp (10mL)
- salt  
1/2 tbsp (10g)
- black pepper  
2 g (2g)
- chili powder  
2 tsp (5g)
- fresh basil  
12 leaves (6g)
- lemon pepper  
1 1/4 tbsp (9g)
- ground coriander  
3 g (3g)
- garlic powder  
3 dash (1g)

## Beef Products

- ground beef (93% lean)  
6 oz (170g)

## Dairy and Egg Products

- eggs  
16 1/2 medium (724g)

## Beverages

- water  
6 tbsp (90mL)

## Soups, Sauces, and Gravies

- salsa verde  
2 tbsp (32g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
4 tbsp (30g)
- sunflower kernels  
1 oz (28g)

## Pork Products

## Fruits and Fruit Juices

- green olives  
1/3 can (~6 oz) (66g)
- kiwi  
10 fruit (690g)
- avocados  
1 3/4 avocado(s) (351g)
- lime juice  
3/4 fl oz (22mL)
- apples  
3/4 medium (3" dia) (137g)

- bacon  
4 slice(s) (40g)
- pork loin chops, boneless, raw  
1 chop (185g)

## Sausages and Luncheon Meats

- ham cold cuts  
4 oz (113g)

## Legumes and Legume Products

- soy sauce  
2 tbsp (30mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Scrambled eggs with kale, tomatoes, rosemary

219 cal ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

**eggs**  
2 extra large (112g)  
**kale leaves**  
1 cup, chopped (40g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**rosemary**  
2 dash (0g)  
**oil**  
1/2 tsp (3mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**water**  
3 tbsp (45mL)

For all 2 meals:

**eggs**  
4 extra large (224g)  
**kale leaves**  
2 cup, chopped (80g)  
**tomatoes**  
1 cup, chopped (180g)  
**rosemary**  
4 dash (1g)  
**oil**  
1 tsp (5mL)  
**balsamic vinegar**  
2 tsp (10mL)  
**water**  
6 tbsp (90mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

### Kiwi

1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Scrambled eggs with veggies and bacon

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



For single meal:

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

For all 2 meals:

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

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 5, day 6, day 7

### Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

**onion, diced**  
1/4 small (18g)  
**bell pepper, chopped**  
1/2 small (37g)  
**eggs**  
2 large (100g)

For all 3 meals:

**onion, diced**  
3/4 small (53g)  
**bell pepper, chopped**  
1 1/2 small (111g)  
**eggs**  
6 large (300g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

## Kiwi

2 kiwi - 94 cal ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber





For single meal:

**kiwi**  
2 fruit (138g)

For all 3 meals:

**kiwi**  
6 fruit (414g)

1. Slice the kiwi and serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Cauliflower rice

1 1/2 cup(s) - 91 cal ● 2g protein ● 7g fat ● 5g carbs ● 2g fiber



Makes 1 1/2 cup(s)

**oil**  
1/2 tbsp (8mL)  
**frozen cauliflower**  
1 1/2 cup (170g)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

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### Cuban Picadillo

352 cal ● 38g protein ● 17g fat ● 9g carbs ● 3g fiber



**oil**  
1/4 tbsp (4mL)  
**green olives**  
4 small (13g)  
**ground cumin**  
2 dash (1g)  
**tomato puree**  
2 oz (57g)  
**ground beef (93% lean)**  
6 oz (170g)  
**bell pepper, chopped**  
1/4 medium (30g)  
**tomatoes, chopped**  
1/4 medium whole (2-3/5" dia) (31g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)

1. Heat oil in a skillet over medium heat. Add beef. Break apart and cook until browned, 8-10 minutes.
  2. Stir in onion, garlic, bell pepper, tomato, and some salt and pepper. (Optional: add a splash of olive brine). Cook for 1-2 minutes.
  3. Add in olives, cumin, tomato puree, and some salt. Bring to a simmer. Cover and cook for about 20 minutes until vegetables have softened. Serve.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Bone broth

2 cup(s) - 81 cal ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:

#### **chicken bone broth**

2 cup(s) (mL)

For all 2 meals:

#### **chicken bone broth**

4 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.
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### Paleo salsa verde chicken salad

451 cal ● 46g protein ● 24g fat ● 6g carbs ● 6g fiber



For single meal:

#### **tomatoes, chopped**

1/2 roma tomato (40g)

#### **salsa verde**

1 tbsp (16g)

#### **ground cumin**

1 tsp (2g)

#### **roasted pumpkin seeds, unsalted**

2 tbsp (15g)

#### **avocados, sliced**

2 slices (50g)

#### **mixed greens**

1 1/2 cup (45g)

#### **oil**

1 tsp (5mL)

#### **boneless skinless chicken breast, raw**

6 oz (170g)

For all 2 meals:

#### **tomatoes, chopped**

1 roma tomato (80g)

#### **salsa verde**

2 tbsp (32g)

#### **ground cumin**

2 tsp (4g)

#### **roasted pumpkin seeds, unsalted**

4 tbsp (30g)

#### **avocados, sliced**

4 slices (100g)

#### **mixed greens**

3 cup (90g)

#### **oil**

2 tsp (10mL)

#### **boneless skinless chicken breast, raw**

3/4 lbs (340g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
  2. When chicken is cool enough to handle, chop it into bite-sized pieces.
  3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.
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## Lunch 3 [↗](#)

Eat on day 4

### Kiwi

2 kiwi - 94 cal ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber

Makes 2 kiwi

**kiwi**  
2 fruit (138g)



1. Slice the kiwi and serve.

### Paleo ham, bacon, avocado lettuce wrap

1 wrap(s) - 396 cal ● 29g protein ● 27g fat ● 3g carbs ● 7g fiber



Makes 1 wrap(s)

**romaine lettuce**  
1 leaf outer (28g)  
**bacon**  
2 slice(s) (20g)  
**ham cold cuts**  
4 oz (113g)  
**avocados, sliced**  
1/2 avocado(s) (101g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up. Serve.

## Lunch 4 [↗](#)

Eat on day 5

### Coriander and cumin rubbed pork chops

1 chop(s) - 428 cal ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber

Makes 1 chop(s)



**salt**  
2 dash (2g)  
**ground cumin**  
1/2 tbsp (3g)  
**ground coriander**  
1/2 tbsp (3g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**olive oil, divided**  
1 tbsp (15mL)  
**pork loin chops, boneless, raw**  
1 chop (185g)  
**black pepper**  
1 dash (0g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145 F (63 C).
4. Serve.

Roasted rosemary sweet potatoes

105 cal ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber



**sweet potatoes, cut into 1" cubes**

1/3 sweetpotato, 5" long (70g)

**rosemary**

4 dash (1g)

**olive oil**

1 tsp (5mL)

**salt**

1 1/3 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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 5 [↗](#)

Eat on day 6, day 7

### Avocado, apple, chicken salad

412 cal ● 31g protein ● 25g fat ● 10g carbs ● 7g fiber



For single meal:

**avocados, chopped**

3/8 avocado(s) (75g)

**apples, finely chopped**

3/8 medium (3" dia) (68g)

**raw celery**

1 1/2 tbsp chopped (9g)

**olive oil**

3/4 tbsp (11mL)

**garlic powder**

1 1/2 dash (1g)

**salt**

3/4 dash (1g)

**black pepper**

3/4 dash, ground (0g)

**lime juice**

1/4 tbsp (4mL)

**boneless skinless chicken breast, raw, cubed**

1/4 lbs (128g)

For all 2 meals:

**avocados, chopped**

3/4 avocado(s) (151g)

**apples, finely chopped**

3/4 medium (3" dia) (137g)

**raw celery**

3 tbsp chopped (19g)

**olive oil**

1 1/2 tbsp (23mL)

**garlic powder**

3 dash (1g)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash, ground (0g)

**lime juice**

1/2 tbsp (8mL)

**boneless skinless chicken breast, raw, cubed**

1/2 lbs (255g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:

**sunflower kernels**  
1 oz (28g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1

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### Sauteed peppers and onions

125 cal ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



**oil**  
1/2 tbsp (8mL)  
**onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, sliced into strips**  
1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

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### Basic chicken thighs

9 oz - 383 cal ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



Makes 9 oz

**oil**  
1 tsp (6mL)  
**boneless skinless chicken thighs**  
1/2 lbs (255g)

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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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**sweet potatoes, cut into wedges**  
1/2 sweetpotato, 5" long (105g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**sweet potatoes, cut into wedges**  
1 sweetpotato, 5" long (210g)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

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### Baked chicken with tomatoes & olives

6 oz - 300 cals ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

**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)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
4 dash (3g)  
**green olives**  
12 large (53g)  
**black pepper**  
4 dash (0g)  
**chili powder**  
2 tsp (5g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**fresh basil, shredded**  
12 leaves (6g)

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.
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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Lemon pepper chicken breast

10 oz - 370 cal ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

**lemon pepper**

2 tsp (4g)

**olive oil**

1 tsp (5mL)

**boneless skinless chicken breast, raw**

10 oz (280g)

For all 2 meals:

**lemon pepper**

1 1/4 tbsp (9g)

**olive oil**

2 tsp (9mL)

**boneless skinless chicken breast, raw**

1 1/4 lbs (560g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

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### Broccoli

2 1/2 cup(s) - 73 cal ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



For single meal:

**frozen broccoli**

2 1/2 cup (228g)

For all 2 meals:

**frozen broccoli**

5 cup (455g)

1. Prepare according to instructions on package.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Cauliflower rice

1 1/2 cup(s) - 91 cal ● 2g protein ● 7g fat ● 5g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**frozen cauliflower**  
1 1/2 cup (170g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**frozen cauliflower**  
3 cup (340g)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

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### Thai chicken lettuce wraps

3 lettuce wrap(s) - 377 cal ● 42g protein ● 21g fat ● 4g carbs ● 1g fiber



For single meal:

**romaine lettuce**  
3 leaf inner (18g)  
**ground coriander**  
1 dash (0g)  
**soy sauce**  
1 tbsp (15mL)  
**lime juice**  
1/2 tbsp (8mL)  
**serrano pepper, chopped**  
1/2 pepper(s) (3g)  
**fresh ginger, minced**  
1/2 1 inch cube (3g)  
**garlic, minced**  
1/2 clove (2g)  
**onion, chopped**  
1/4 small (18g)  
**oil**  
1/2 tsp (3mL)  
**ground chicken, raw**  
1/2 lbs (227g)

For all 2 meals:

**romaine lettuce**  
6 leaf inner (36g)  
**ground coriander**  
2 dash (0g)  
**soy sauce**  
2 tbsp (30mL)  
**lime juice**  
1 tbsp (15mL)  
**serrano pepper, chopped**  
1 pepper(s) (6g)  
**fresh ginger, minced**  
1 1 inch cube (5g)  
**garlic, minced**  
1 clove (3g)  
**onion, chopped**  
1/2 small (35g)  
**oil**  
1 tsp (5mL)  
**ground chicken, raw**  
1 lbs (454g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
  2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and fully cooked.
  3. Add in soy sauce and lime juice and stir. Spread chicken mixture evenly over lettuce leaves and serve.
  4. Meal Prep Tip: Store lettuce and chicken mixture separately in the fridge. When ready to eat, reheat the chicken and serve over the fresh lettuce.
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