

Meal Plan - 1300 calorie paleo meal plan



[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

1310 cals ● 103g protein (31%) ● 75g fat (52%) ● 39g carbs (12%) ● 16g fiber (5%)

Breakfast

280 cals, 23g protein, 4g net carbs, 18g fat



[Scrambled egg whites](#)
182 cals



[Simple sauteed spinach](#)
100 cals

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



[Pumpkin seeds](#)
183 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Lunch

450 cals, 38g protein, 6g net carbs, 28g fat



[Basic chicken & spinach salad](#)
228 cals



[Roasted almonds](#)
1/4 cup(s)- 222 cals

Dinner

375 cals, 32g protein, 24g net carbs, 15g fat



[Beets](#)
5 beets- 121 cals



[Chicken sausage](#)
2 link- 254 cals

Day 2

1267 cals ● 90g protein (28%) ● 72g fat (51%) ● 46g carbs (14%) ● 19g fiber (6%)

Breakfast

280 cals, 23g protein, 4g net carbs, 18g fat



[Scrambled egg whites](#)
182 cals



[Simple sauteed spinach](#)
100 cals

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



[Pumpkin seeds](#)
183 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Lunch

405 cals, 25g protein, 13g net carbs, 25g fat



[Olive oil drizzled broccoli](#)
2 1/2 cup(s)- 175 cals



[Orange & rosemary salmon](#)
3 oz- 232 cals

Dinner

375 cals, 32g protein, 24g net carbs, 15g fat



[Beets](#)
5 beets- 121 cals



[Chicken sausage](#)
2 link- 254 cals

Day 3

1303 cals ● 123g protein (38%) ● 74g fat (51%) ● 22g carbs (7%) ● 15g fiber (5%)

Breakfast

280 cals, 23g protein, 4g net carbs, 18g fat



Scrambled egg whites
182 cals



Simple sauteed spinach
100 cals

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



Pumpkin seeds
183 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

395 cals, 38g protein, 4g net carbs, 23g fat



Olive oil drizzled broccoli
2 cup(s)- 140 cals



Basic chicken thighs
6 oz- 255 cals

Dinner

425 cals, 52g protein, 10g net carbs, 18g fat



Roasted carrots
2 carrots(s)- 106 cals



Basic chicken breast
8 oz- 317 cals

Day 4

1292 cals ● 110g protein (34%) ● 61g fat (42%) ● 57g carbs (18%) ● 20g fiber (6%)

Breakfast

225 cals, 14g protein, 17g net carbs, 10g fat



Orange
1 orange(s)- 85 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

250 cals, 7g protein, 27g net carbs, 10g fat



Nectarine
2 nectarine(s)- 140 cals



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

Lunch

395 cals, 38g protein, 4g net carbs, 23g fat



Olive oil drizzled broccoli
2 cup(s)- 140 cals



Basic chicken thighs
6 oz- 255 cals

Dinner

425 cals, 52g protein, 10g net carbs, 18g fat



Roasted carrots
2 carrots(s)- 106 cals



Basic chicken breast
8 oz- 317 cals

Day 5

1290 cals ● 115g protein (36%) ● 58g fat (40%) ● 54g carbs (17%) ● 23g fiber (7%)

Breakfast

225 cals, 14g protein, 17g net carbs, 10g fat



Orange

1 orange(s)- 85 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

250 cals, 7g protein, 27g net carbs, 10g fat



Nectarine

2 nectarine(s)- 140 cals



Roasted almonds

1/8 cup(s)- 111 cals

Lunch

365 cals, 54g protein, 3g net carbs, 14g fat



Olive oil drizzled broccoli

1 cup(s)- 70 cals



Lemon pepper chicken breast

8 oz- 296 cals

Dinner

450 cals, 41g protein, 8g net carbs, 24g fat



Carrot sticks

1/2 carrot(s)- 14 cals



Avocado tuna salad

436 cals

Day 6

1334 cals ● 109g protein (33%) ● 64g fat (43%) ● 55g carbs (16%) ● 26g fiber (8%)

Breakfast

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



Basic scrambled eggs

2 egg(s)- 159 cals



Orange

1 orange(s)- 85 cals

Snacks

125 cals, 17g protein, 3g net carbs, 4g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Tuna pickle boats

6 pickle boat(s)- 103 cals

Lunch

500 cals, 43g protein, 8g net carbs, 28g fat



Chicken avocado salad

500 cals

Dinner

465 cals, 35g protein, 27g net carbs, 20g fat



Cauliflower rice

1 1/2 cup(s)- 91 cals



Spicy Thai pork stir fry

375 cals

Day 7

1334 calsgreen109g protein (33%)yellow64g fat (43%)blue55g carbs (16%)grey26g fiber (8%)

Breakfast

245 calsgreen14g protein, 17g net carbs, 12g fat



Basic scrambled eggs
2 egg(s)- 159 calsgreen



Orange
1 orange(s)- 85 calsgreen

Snacks

125 calsgreen17g protein, 3g net carbs, 4g fat



Cherry tomatoes
6 cherry tomatoes- 21 calsgreen



Tuna pickle boats
6 pickle boat(s)- 103 calsgreen

Lunch

500 calsgreen43g protein, 8g net carbs, 28g fat



Chicken avocado salad
500 calsgreen

Dinner

465 calsgreen35g protein, 27g net carbs, 20g fat



Cauliflower rice
1 1/2 cup(s)- 91 calsgreen



Spicy Thai pork stir fry
375 calsgreen

Fats and Oils

- ☐ oil
1/4 lbs (113mL)
- ☐ olive oil
2 oz (66mL)
- ☐ salad dressing
1 tbsp (17mL)

Dairy and Egg Products

- ☐ egg whites
2 1/4 cup (547g)
- ☐ eggs
8 large (400g)

Vegetables and Vegetable Products

- ☐ garlic
3 1/2 clove(s) (11g)
- ☐ fresh spinach
13 1/2 cup(s) (405g)
- ☐ beets, precooked (canned or refrigerated)
10 beets (2" dia, sphere) (500g)
- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (555g)
- ☐ frozen broccoli
7 1/2 cup (683g)
- ☐ carrots
5 1/4 medium (319g)
- ☐ onion
1/3 medium (2-1/2" dia) (38g)
- ☐ brussels sprouts
10 sprouts (190g)
- ☐ fresh ginger
1/2 inch (2.5cm) cube (3g)
- ☐ frozen mixed veggies
1 1/2 package (10 oz ea) (432g)
- ☐ serrano pepper
1/2 pepper(s) (3g)
- ☐ pickles
6 medium (3" long) (168g)

Spices and Herbs

- ☐ black pepper
1 1/2 g (1g)
- ☐ salt
5 g (5g)
- ☐ rosemary, dried
2 dash (0g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/2 lbs (1140g)
- ☐ boneless skinless chicken thighs
3/4 lbs (340g)

Nut and Seed Products

- ☐ almonds
1/2 cup, whole (72g)
- ☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)

Sausages and Luncheon Meats

- ☐ chicken sausage, cooked
4 link (336g)

Finfish and Shellfish Products

- ☐ salmon
1/2 fillet/s (6 oz each) (85g)
- ☐ canned tuna
2 can (320g)

Fruits and Fruit Juices

- ☐ orange
4 1/2 orange (693g)
- ☐ lemon juice
1/4 tbsp (4mL)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ lime juice
5 tsp (25mL)

Other

- ☐ mixed greens
1 cup (30g)
- ☐ frozen cauliflower
3 cup (340g)

Beverages

- ☐ water
3 tbsp (45mL)

Legumes and Legume Products

- ☐ lemon pepper
1/2 tbsp (3g)
 - ☐ crushed red pepper
2 dash (0g)
 - ☐ ground coriander
1 dash (0g)
 - ☐ fresh basil
4 tbsp leaves, whole (6g)
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- ☐ soy sauce
1 1/2 tbsp (23mL)

Pork Products

- ☐ boneless pork loin
1/2 lbs (227g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Scrambled egg whites

182 cals ● 20g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
3/4 tbsp (11mL)
egg whites
3/4 cup (182g)

For all 3 meals:

oil
2 1/4 tbsp (34mL)
egg whites
2 1/4 cup (547g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

For all 3 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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

Boiled eggs

2 egg(s) - 139 cals ● 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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Breakfast 3 [↗](#)

Eat on day 6, day 7

Basic scrambled eggs

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



For single meal:

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

For all 2 meals:

eggs
4 large (200g)
oil
1 tsp (5mL)

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.

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.

Lunch 1 [🔗](#)

Eat on day 1

Basic chicken & spinach salad

228 cals ● 30g protein ● 10g fat ● 3g carbs ● 1g fiber



salad dressing

1 tbsp (17mL)

oil

1/4 tbsp (4mL)

boneless skinless chicken breast, raw, chopped, cooked

1/4 lbs (128g)

fresh spinach

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

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Roasted almonds

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



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 2

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

olive oil

2 1/2 tsp (13mL)

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

Orange & rosemary salmon

3 oz - 232 cals ● 18g protein ● 13g fat ● 8g carbs ● 2g fiber



Makes 3 oz

salmon

1/2 fillet/s (6 oz each) (85g)

rosemary, dried

2 dash (0g)

orange

1/2 orange (77g)

lemon juice

1/4 tbsp (4mL)

olive oil

3/8 tsp (2mL)

salt

1 dash (1g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

For all 2 meals:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen broccoli

4 cup (364g)

olive oil

4 tsp (20mL)

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

Basic chicken thighs

6 oz - 255 cal ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
boneless skinless chicken thighs
6 oz (170g)

For all 2 meals:

oil
1/2 tbsp (8mL)
boneless skinless chicken thighs
3/4 lbs (340g)

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.

Lunch 4 [🔗](#)

Eat on day 5

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g 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)
olive oil
1 tsp (5mL)

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

Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



Makes 8 oz

lemon pepper

1/2 tbsp (3g)

olive oil

1/4 tbsp (4mL)

**boneless skinless chicken breast,
raw**

1/2 lbs (224g)

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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Lunch 5 [↗](#)

Eat on day 6, day 7

Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



For single meal:

lime juice

2 tsp (10mL)

oil

2 tsp (10mL)

onion

1 tbsp chopped (10g)

avocados, chopped

1/2 avocado(s) (101g)

boneless skinless chicken breast, raw

6 oz (170g)

brussels sprouts

5 sprouts (95g)

For all 2 meals:

lime juice

4 tsp (20mL)

oil

4 tsp (20mL)

onion

2 tbsp chopped (20g)

avocados, chopped

1 avocado(s) (201g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

brussels sprouts

10 sprouts (190g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted

3/4 cup (89g)

1. This recipe has no instructions.

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.

Snacks 2 [↗](#)

Eat on day 4, day 5

Nectarine
2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:
nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:
nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

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 3 [↗](#)

Eat on day 6, day 7

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.

Tuna pickle boats

6 pickle boat(s) - 103 cal ● 16g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

canned tuna

1 packet (74g)

pickles

3 medium (3" long) (84g)

For all 2 meals:

canned tuna

2 packet (148g)

pickles

6 medium (3" long) (168g)

1. Slice pickles from base to tip and using a spoon, scrape out some of the seeds inside.
 2. Liberally pack the tuna into the center.
 3. Season with salt/pepper to taste.
 4. Serve.
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Dinner 1 [🔗](#)

Eat on day 1, day 2

Beets

5 beets - 121 cals ● 4g protein ● 1g fat ● 20g carbs ● 5g fiber



For single meal:

beets, precooked (canned or refrigerated)

5 beets (2" dia, sphere) (250g)

For all 2 meals:

beets, precooked (canned or refrigerated)

10 beets (2" dia, sphere) (500g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Chicken sausage

2 link - 254 cals ● 28g protein ● 14g fat ● 4g carbs ● 0g fiber



For single meal:

chicken sausage, cooked

2 link (168g)

For all 2 meals:

chicken sausage, cooked

4 link (336g)

1. Quickly heat on stove top, grill, or microwave and enjoy.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

For all 2 meals:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
 2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
 3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
 4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
 5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.
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Dinner 3 [↗](#)

Eat on day 5

Carrot sticks

1/2 carrot(s) - 14 cals ● 0g protein ● 0g fat ● 2g carbs ● 1g fiber



Makes 1/2 carrot(s)

carrots

1/2 medium (31g)

1. Cut carrots into strips and serve.

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

mixed greens

1 cup (30g)

onion, minced

1/4 small (18g)

canned tuna

1 can (172g)

tomatoes

4 tbsp, chopped (45g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
 2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
 3. Serve.
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Dinner 4 [🔗](#)

Eat on day 6, day 7

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.

Spicy Thai pork stir fry

375 cal ● 33g protein ● 13g fat ● 22g carbs ● 9g fiber



For single meal:

crushed red pepper
1 dash (0g)
ground coriander
1/2 dash (0g)
fresh basil, chopped
2 tbsp leaves, whole (3g)
fresh ginger, minced
1/4 inch (2.5cm) cube (1g)
garlic, minced
1 clove(s) (3g)
water
1 1/2 tbsp (23mL)
soy sauce
3/4 tbsp (11mL)
frozen mixed veggies
3/4 package (10 oz ea) (216g)
oil
1/2 tsp (3mL)
serrano pepper, chopped
1/4 pepper(s) (2g)
boneless pork loin, cut into strips
4 oz (113g)

For all 2 meals:

crushed red pepper
2 dash (0g)
ground coriander
1 dash (0g)
fresh basil, chopped
4 tbsp leaves, whole (6g)
fresh ginger, minced
1/2 inch (2.5cm) cube (3g)
garlic, minced
2 clove(s) (6g)
water
3 tbsp (45mL)
soy sauce
1 1/2 tbsp (23mL)
frozen mixed veggies
1 1/2 package (10 oz ea) (432g)
oil
1 tsp (5mL)
serrano pepper, chopped
1/2 pepper(s) (3g)
boneless pork loin, cut into strips
1/2 lbs (227g)

1. Heat oil in a large skillet over medium heat. Add pork strips and cook for 7-10 minutes until fully cooked. Remove from skillet and set aside.
2. Add garlic, ginger, serrano pepper, and coriander to the skillet and cook for about 1 minute until fragrant. Add water and frozen vegetables, cover with a lid, and cook for about 6-8 minutes until the vegetables are heated through.
3. Add soy sauce, basil, crushed red pepper, and pork to the skillet and stir until heated through. Serve.