

# Meal Plan - 1500 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

1492 cals ● 129g protein (34%) ● 81g fat (49%) ● 41g carbs (11%) ● 22g fiber (6%)

### Breakfast

235 cals, 14g protein, 18g net carbs, 10g fat



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



**Clementine**  
2 clementine(s)- 78 cals

### Snacks

145 cals, 17g protein, 6g net carbs, 6g fat



**Beef jerky**  
73 cals



**Boiled eggs**  
1 egg(s)- 69 cals

### Lunch

500 cals, 42g protein, 11g net carbs, 30g fat



**Chicken thighs with lemon & olives**  
6 oz- 438 cals



**Green beans**  
63 cals

### Dinner

615 cals, 56g protein, 5g net carbs, 36g fat



**Avocado**  
176 cals



**Buffalo chicken lettuce wrap**  
2 wrap(s)- 439 cals

## Day 2

1479 cals ● 178g protein (48%) ● 60g fat (36%) ● 39g carbs (11%) ● 19g fiber (5%)

### Breakfast

235 cals, 14g protein, 18g net carbs, 10g fat



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



**Clementine**  
2 clementine(s)- 78 cals

### Snacks

145 cals, 17g protein, 6g net carbs, 6g fat



**Beef jerky**  
73 cals



**Boiled eggs**  
1 egg(s)- 69 cals

### Lunch

545 cals, 86g protein, 8g net carbs, 19g fat



**Marinated chicken breast**  
13 1/3 oz- 471 cals



**Simple mixed greens and tomato salad**  
76 cals

### Dinner

555 cals, 61g protein, 7g net carbs, 26g fat



**Basic chicken breast**  
8 oz- 317 cals



**Garlic collard greens**  
239 cals

## Day 3

1508 cal ● 105g protein (28%) ● 95g fat (57%) ● 29g carbs (8%) ● 29g fiber (8%)

### Breakfast

330 cal, 24g protein, 1g net carbs, 26g fat



**Basic fried eggs**  
1 egg(s)- 80 cal



**Bacon**  
5 slice(s)- 253 cal

### Snacks

200 cal, 3g protein, 3g net carbs, 16g fat



**Paleo chocolate pudding**  
200 cal

### Lunch

515 cal, 66g protein, 10g net carbs, 21g fat



**Olive oil drizzled green beans**  
145 cal



**Lemon pepper chicken breast**  
10 oz- 370 cal

### Dinner

460 cal, 11g protein, 16g net carbs, 32g fat



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



**Zoodles with avocado sauce**  
353 cal

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## Day 4

1457 cal ● 122g protein (33%) ● 87g fat (53%) ● 31g carbs (8%) ● 18g fiber (5%)

### Breakfast

330 cal, 24g protein, 1g net carbs, 26g fat



**Basic fried eggs**  
1 egg(s)- 80 cal



**Bacon**  
5 slice(s)- 253 cal

### Snacks

200 cal, 3g protein, 3g net carbs, 16g fat



**Paleo chocolate pudding**  
200 cal

### Lunch

515 cal, 66g protein, 10g net carbs, 21g fat



**Olive oil drizzled green beans**  
145 cal



**Lemon pepper chicken breast**  
10 oz- 370 cal

### Dinner

410 cal, 28g protein, 17g net carbs, 24g fat



**Sautéed peppers and onions**  
63 cal



**Orange & rosemary salmon**  
4 1/2 oz- 348 cal

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## Day 5

1536 cal ● 114g protein (30%) ● 71g fat (42%) ● 88g carbs (23%) ● 22g fiber (6%)

### Breakfast

305 cal, 19g protein, 6g net carbs, 22g fat



Scrambled eggs with veggies and bacon  
256 cal



Simple sauteed spinach  
50 cal

### Snacks

225 cal, 11g protein, 3g net carbs, 18g fat



Sunflower seeds  
226 cal

### Lunch

530 cal, 41g protein, 53g net carbs, 14g fat



Applesauce  
228 cal



Basic chicken & spinach salad  
304 cal

### Dinner

475 cal, 44g protein, 26g net carbs, 17g fat



Baked chicken with tomatoes & olives  
6 oz- 300 cal



Olive oil drizzled sugar snap peas  
82 cal



Mashed sweet potatoes  
92 cal

## Day 6

1520 cal ● 102g protein (27%) ● 96g fat (57%) ● 41g carbs (11%) ● 22g fiber (6%)

### Breakfast

305 cal, 19g protein, 6g net carbs, 22g fat



Scrambled eggs with veggies and bacon  
256 cal



Simple sauteed spinach  
50 cal

### Snacks

225 cal, 11g protein, 3g net carbs, 18g fat



Sunflower seeds  
226 cal

### Lunch

515 cal, 28g protein, 6g net carbs, 39g fat



Avocado and bacon egg salad  
333 cal



Pumpkin seeds  
183 cal

### Dinner

475 cal, 44g protein, 26g net carbs, 17g fat



Baked chicken with tomatoes & olives  
6 oz- 300 cal



Olive oil drizzled sugar snap peas  
82 cal



Mashed sweet potatoes  
92 cal

# Day 7

1550 cals ● 102g protein (26%) ● 111g fat (64%) ● 22g carbs (6%) ● 15g fiber (4%)

## Breakfast

305 cals, 19g protein, 6g net carbs, 22g fat



[Scrambled eggs with veggies and bacon](#)  
256 cals



[Simple sauteed spinach](#)  
50 cals

## Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



[Sunflower seeds](#)  
226 cals

## Lunch

515 cals, 28g protein, 6g net carbs, 39g fat



[Avocado and bacon egg salad](#)  
333 cals



[Pumpkin seeds](#)  
183 cals

## Dinner

505 cals, 45g protein, 7g net carbs, 32g fat



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[Sugar-free bbq chicken wings](#)  
12 oz- 461 cals

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## Vegetables and Vegetable Products

- onion  
1 medium (2-1/2" dia) (123g)
- bell pepper  
2 1/3 large (380g)
- garlic  
3 3/4 clove(s) (11g)
- frozen green beans  
4 cup (484g)
- romaine lettuce  
2 leaf outer (56g)
- tomatoes  
5 medium whole (2-3/5" dia) (598g)
- collard greens  
3/4 lbs (340g)
- zucchini  
3/4 large (242g)
- fresh spinach  
8 cup(s) (240g)
- frozen sugar snap peas  
1 1/3 cup (192g)
- sweet potatoes  
1 sweetpotato, 5" long (210g)

## Dairy and Egg Products

- eggs  
18 large (900g)

## Fruits and Fruit Juices

- clementines  
4 fruit (296g)
- lemon  
1/4 large (21g)
- green olives  
3/8 can (~6 oz) (69g)
- avocados  
3 1/4 avocado(s) (653g)
- lemon juice  
1 1/2 fl oz (42mL)
- orange  
3/4 orange (116g)
- applesauce  
4 to-go container (~4 oz) (488g)

## Poultry Products

- chicken thighs, with bone and skin, raw  
1 thigh (6 oz ea) (170g)

## Fats and Oils

- olive oil  
2 1/2 oz (80mL)
- oil  
1 oz (35mL)
- marinade sauce  
6 3/4 tbsp (101mL)
- salad dressing  
3 tbsp (45mL)

## Soups, Sauces, and Gravies

- chicken broth  
1/8 cup(s) (mL)
- Frank's Red Hot sauce  
2 3/4 tbsp (41mL)

## Snacks

- beef jerky  
2 oz (57g)

## Other

- mixed greens  
3 cup (85g)
- cacao powder  
1 tbsp (6g)
- sugar-free barbecue sauce  
1 1/2 tbsp (23g)

## Nut and Seed Products

- mixed nuts  
2 tbsp (17g)
- sunflower kernels  
1/4 lbs (106g)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Beverages

- water  
1/4 cup(s) (59mL)
- almond milk, unsweetened  
4 tbsp (60mL)

## Pork Products

- bacon  
15 2/3 slice(s) (157g)

- boneless skinless chicken breast, raw  
4 1/4 lbs (1895g)
- chicken wings, with skin, raw  
3/4 lbs (341g)

## Finfish and Shellfish Products

- salmon  
3/4 fillet/s (6 oz each) (128g)

## Spices and Herbs

- salt  
1/3 oz (9g)
  - black pepper  
2 g (2g)
  - rosemary, dried  
1/8 oz (1g)
  - fresh basil  
1 oz (24g)
  - lemon pepper  
1 1/4 tbsp (9g)
  - chili powder  
2 tsp (5g)
  - garlic powder  
1/4 tbsp (2g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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 2 meals:

**onion, diced**  
1/2 small (35g)  
**bell pepper, chopped**  
1 small (74g)  
**eggs**  
4 large (200g)

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.

### Clementine

2 clementine(s) - 78 cal ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### 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.
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### Bacon

5 slice(s) - 253 cal ● 18g protein ● 20g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon**  
5 slice(s) (50g)

For all 2 meals:

**bacon**  
10 slice(s) (100g)

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.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### 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 3 meals:

**bell pepper**  
1 1/2 cup, chopped (224g)  
**eggs**  
6 large (300g)  
**onion**  
6 tbsp, chopped (60g)  
**bacon, cooked and chopped**  
3 slice(s) (30g)  
**olive oil**  
1 tbsp (15mL)

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.

### Simple sauteed spinach

50 cal ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

**garlic, diced**  
1/4 clove (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1/2 dash (0g)  
**olive oil**  
1/4 tbsp (4mL)  
**fresh spinach**  
2 cup(s) (60g)

For all 3 meals:

**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)

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.

## Lunch 1 [↗](#)

Eat on day 1

### Chicken thighs with lemon & olives

6 oz - 438 cal ● 39g protein ● 29g fat ● 3g carbs ● 2g fiber



Makes 6 oz

#### **chicken thighs, with bone and skin, raw**

1 thigh (6 oz ea) (170g)

#### **salt**

1 dash (1g)

#### **black pepper**

2 dash, ground (1g)

#### **garlic, minced**

3/4 clove(s) (2g)

#### **rosemary, dried**

3 dash (0g)

#### **olive oil**

3/8 tsp (2mL)

#### **lemon**

1/4 large (21g)

#### **green olives**

1/4 small can (~2 oz) (16g)

#### **chicken broth**

1/8 cup(s) (mL)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

### Green beans

63 cal ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



#### **frozen green beans**

1 1/3 cup (161g)

1. Prepare according to instructions on package.

## Lunch 2 [↗](#)

Eat on day 2

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### Marinated chicken breast

13 1/3 oz - 471 cals ● 84g protein ● 14g fat ● 2g carbs ● 0g fiber



Makes 13 1/3 oz

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

13 1/3 oz (373g)

#### **marinade sauce**

6 2/3 tbsp (100mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

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### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



#### **salad dressing**

1 1/2 tbsp (23mL)

#### **mixed greens**

1 1/2 cup (45g)

#### **tomatoes**

4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Olive oil drizzled green beans

145 cals ● 3g protein ● 9g fat ● 8g carbs ● 4g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen green beans**  
1 1/3 cup (161g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen green beans**  
2 2/3 cup (323g)  
**olive oil**  
4 tsp (20mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

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### Lemon pepper chicken breast

10 oz - 370 cals ● 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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## Lunch 4 [↗](#)

Eat on day 5

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### Applesauce

228 cal ● 1g protein ● 0g fat ● 50g carbs ● 5g fiber



#### **applesauce**

4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

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### Basic chicken & spinach salad

304 cal ● 40g protein ● 14g fat ● 4g carbs ● 1g fiber



#### **salad dressing**

1 1/2 tbsp (23mL)

#### **oil**

1 tsp (5mL)

**boneless skinless chicken breast,  
raw, chopped, cooked**

6 oz (170g)

**fresh spinach**

2 cup(s) (60g)

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.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Avocado and bacon egg salad

333 cal ● 19g protein ● 25g fat ● 4g carbs ● 5g fiber



For single meal:

**avocados**

1/3 avocado(s) (67g)

**eggs, hard-boiled and chilled**

2 large (100g)

**bacon**

1 1/3 slice(s) (13g)

**garlic powder**

1/3 tsp (1g)

**mixed greens**

2/3 cup (20g)

For all 2 meals:

**avocados**

2/3 avocado(s) (134g)

**eggs, hard-boiled and chilled**

4 large (200g)

**bacon**

2 2/3 slice(s) (27g)

**garlic powder**

1/4 tbsp (2g)

**mixed greens**

1 1/3 cup (40g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
  2. Cook bacon according to package. Set aside.
  3. Combine the eggs, avocado, garlic, and some salt in a bowl. Mash with a fork until fully combined.
  4. Crumble the bacon and add in. Mix.
  5. Serve on top of bed of greens.
  6. (Note: You can store any leftover egg salad in the fridge for a day or two)
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### Pumpkin seeds

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



For single meal:

**roasted pumpkin seeds, unsalted**

4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**

1/2 cup (59g)

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

Eat on day 1, day 2

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### Beef jerky

73 cal ● 11g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

**beef jerky**  
1 oz (28g)

For all 2 meals:

**beef jerky**  
2 oz (57g)

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

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### Paleo chocolate pudding

200 cals ● 3g protein ● 16g fat ● 3g carbs ● 8g fiber



For single meal:

**almond milk, unsweetened**

2 tbsp (30mL)

**cacao powder**

1/2 tbsp (3g)

**avocados**

1/2 avocado(s) (101g)

For all 2 meals:

**almond milk, unsweetened**

4 tbsp (60mL)

**cacao powder**

1 tbsp (6g)

**avocados**

1 avocado(s) (201g)

1. Blend all ingredients in a high-powered blender until creamy, about 1 minute. For a sweeter taste you can add in some of your favorite zero-calorie sweetener.
2. Eat as is or chill in the refrigerator before eating.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**

1 1/4 oz (35g)

For all 3 meals:

**sunflower kernels**

1/4 lbs (106g)

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

Eat on day 1

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### 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.

### Buffalo chicken lettuce wrap

2 wrap(s) - 439 cal ● 54g protein ● 21g fat ● 3g carbs ● 6g fiber



Makes 2 wrap(s)

**oil**  
1 tsp (5mL)  
**romaine lettuce**  
2 leaf outer (56g)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (227g)  
**Frank's Red Hot sauce**  
2 2/3 tbsp (40mL)  
**black pepper**  
1 1/3 dash, ground (0g)  
**salt**  
1 1/3 dash (1g)  
**avocados, chopped**  
1/3 avocado(s) (67g)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
  2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
  3. Add the oil to a skillet over medium heat.
  4. Add chicken to skillet and cook 7-10 minutes until cooked through.
  5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
  6. Serve.
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## Dinner 2 [↗](#)

Eat on day 2

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### Basic chicken breast

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



Makes 8 oz

#### oil

1/2 tbsp (8mL)

#### boneless skinless chicken breast, raw

1/2 lbs (224g)

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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### Garlic collard greens

239 cal ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



**collard greens**  
3/4 lbs (340g)  
**oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
2 1/4 clove(s) (7g)  
**salt**  
1 1/2 dash (1g)

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.

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## Dinner 3 [↗](#)

Eat on day 3

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### Mixed nuts

1/8 cup(s) - 109 cal ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



Makes 1/8 cup(s)

**mixed nuts**  
2 tbsp (17g)

1. This recipe has no instructions.

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### Zoodles with avocado sauce

353 cal ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber



**water**  
1/4 cup(s) (59mL)  
**lemon juice**  
2 1/4 tbsp (34mL)  
**tomatoes, halved**  
7 1/2 cherry tomatoes (128g)  
**fresh basil**  
3/4 cup leaves, whole (18g)  
**zucchini**  
3/4 large (242g)  
**avocados, peeled and seed removed**  
3/4 avocado(s) (151g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

## Dinner 4 [↗](#)

Eat on day 4

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### Sauteed peppers and onions

63 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



**oil**  
1/4 tbsp (4mL)  
**onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, sliced into strips**  
1/2 large (82g)

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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### Orange & rosemary salmon

4 1/2 oz - 348 cals ● 27g protein ● 20g fat ● 12g carbs ● 3g fiber



Makes 4 1/2 oz

**salmon**

3/4 fillet/s (6 oz each) (128g)

**rosemary, dried**

3 dash (0g)

**orange**

3/4 orange (116g)

**lemon juice**

1 tsp (6mL)

**olive oil**

1/2 tsp (3mL)

**salt**

1 1/2 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.
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## Dinner 5 [↗](#)

Eat on day 5, day 6

### 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.

### Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen sugar snap peas**

2/3 cup (96g)

**olive oil**

1 tsp (5mL)

For all 2 meals:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen sugar snap peas**

1 1/3 cup (192g)

**olive oil**

2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

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## Dinner 6 [↗](#)

Eat on day 7

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### Cherry tomatoes

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



Makes 12 cherry tomatoes

**tomatoes**

12 cherry tomatoes (204g)

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

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### Sugar-free bbq chicken wings

12 oz - 461 cal ● 43g protein ● 32g fat ● 2g carbs ● 0g fiber



Makes 12 oz

**chicken wings, with skin, raw**

3/4 lbs (341g)

**sugar-free barbecue sauce**

1 1/2 tbsp (23g)

1. Preheat oven to 400 F (200 C).
  2. Place wings on large baking sheet, and season with salt and pepper to taste.
  3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C).  
Drain the pan of its juices a couple times while it cooks in order to get crispier wings.
  4. Optional: When the chicken is getting close to being done, add the barbecue sauce to a saucepan and heat until warmed through.
  5. Take wings out of the oven when done and toss with the barbecue sauce to coat.
  6. Serve.
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