

Meal Plan - 1700 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

1734 cals ● 123g protein (28%) ● 87g fat (45%) ● 80g carbs (19%) ● 33g fiber (8%)

Breakfast

350 cals, 6g protein, 29g net carbs, 18g fat



[Grapes](#)
174 cals



[Walnuts](#)
1/4 cup(s)- 175 cals

Snacks

230 cals, 26g protein, 16g net carbs, 6g fat



[Grapefruit](#)
1/2 grapefruit- 59 cals



[Tuna cucumber bites](#)
173 cals

Lunch

555 cals, 52g protein, 7g net carbs, 32g fat



[Avocado](#)
176 cals



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

Dinner

595 cals, 39g protein, 29g net carbs, 32g fat



[Shrimp-broccoli-cauliflower rice bowl](#)
336 cals



[Roasted cashews](#)
1/3 cup(s)- 261 cals

Day 2

1692 cals ● 150g protein (35%) ● 74g fat (39%) ● 78g carbs (18%) ● 29g fiber (7%)

Breakfast

350 cals, 6g protein, 29g net carbs, 18g fat



[Grapes](#)
174 cals



[Walnuts](#)
1/4 cup(s)- 175 cals

Snacks

230 cals, 26g protein, 16g net carbs, 6g fat



[Grapefruit](#)
1/2 grapefruit- 59 cals



[Tuna cucumber bites](#)
173 cals

Lunch

515 cals, 79g protein, 4g net carbs, 19g fat



[Lemon pepper chicken breast](#)
12 oz- 444 cals



[Olive oil drizzled broccoli](#)
1 cup(s)- 70 cals

Dinner

595 cals, 39g protein, 29g net carbs, 32g fat



[Shrimp-broccoli-cauliflower rice bowl](#)
336 cals



[Roasted cashews](#)
1/3 cup(s)- 261 cals

Day 3

1760 cals ● 170g protein (39%) ● 62g fat (32%) ● 108g carbs (25%) ● 23g fiber (5%)

Breakfast

280 cals, 15g protein, 24g net carbs, 12g fat



[Basic scrambled eggs](#)
2 egg(s)- 159 cals



[Grapefruit](#)
1 grapefruit- 119 cals

Snacks

275 cals, 8g protein, 33g net carbs, 11g fat



[Raisins](#)
1/4 cup- 137 cals



[Sunflower seeds](#)
135 cals

Lunch

515 cals, 79g protein, 4g net carbs, 19g fat



[Lemon pepper chicken breast](#)
12 oz- 444 cals



[Olive oil drizzled broccoli](#)
1 cup(s)- 70 cals

Dinner

695 cals, 69g protein, 47g net carbs, 20g fat



[Pork-broccoli-sweet potato bowl](#)
554 cals



[Tomato cucumber salad](#)
141 cals

Day 4

1712 cals ● 117g protein (27%) ● 84g fat (44%) ● 98g carbs (23%) ● 23g fiber (5%)

Breakfast

280 cals, 15g protein, 24g net carbs, 12g fat



[Basic scrambled eggs](#)
2 egg(s)- 159 cals



[Grapefruit](#)
1 grapefruit- 119 cals

Snacks

275 cals, 8g protein, 33g net carbs, 11g fat



[Raisins](#)
1/4 cup- 137 cals



[Sunflower seeds](#)
135 cals

Lunch

610 cals, 40g protein, 25g net carbs, 33g fat



[Pistachios](#)
188 cals



[Salmon & artichoke salad](#)
421 cals

Dinner

555 cals, 55g protein, 16g net carbs, 28g fat



[Roasted cashews](#)
1/8 cup(s)- 104 cals



[Chicken beet & carrot salad bowl](#)
449 cals

Day 5

1710 cals ● 116g protein (27%) ● 77g fat (41%) ● 114g carbs (27%) ● 24g fiber (6%)

Breakfast

280 cals, 15g protein, 24g net carbs, 12g fat



[Basic scrambled eggs](#)
2 egg(s)- 159 cals



[Grapefruit](#)
1 grapefruit- 119 cals

Snacks

180 cals, 14g protein, 6g net carbs, 10g fat



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



[Boiled eggs](#)
2 egg(s)- 139 cals

Lunch

605 cals, 40g protein, 43g net carbs, 27g fat



[Mashed sweet potatoes](#)
183 cals



[Honey mustard chicken thighs w/ skin](#)
5 1/3 oz- 372 cals



[Simple sauteed spinach](#)
50 cals

Dinner

645 cals, 47g protein, 40g net carbs, 28g fat



[Turkey-broccoli-sweet potato bowl](#)
490 cals



[Roasted cashews](#)
1/6 cup(s)- 156 cals

Day 6

1697 cals ● 114g protein (27%) ● 88g fat (47%) ● 86g carbs (20%) ● 27g fiber (6%)

Breakfast

345 cals, 13g protein, 30g net carbs, 15g fat



[Grapefruit](#)
1 grapefruit- 119 cals



[Sweet potato breakfast skillet](#)
226 cals

Snacks

180 cals, 14g protein, 6g net carbs, 10g fat



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



[Boiled eggs](#)
2 egg(s)- 139 cals

Lunch

605 cals, 40g protein, 43g net carbs, 27g fat



[Mashed sweet potatoes](#)
183 cals



[Honey mustard chicken thighs w/ skin](#)
5 1/3 oz- 372 cals



[Simple sauteed spinach](#)
50 cals

Dinner

565 cals, 47g protein, 7g net carbs, 36g fat



[Broccoli](#)
3 cup(s)- 87 cals



[Paleo steak Bites](#)
6 2/3 oz(s)- 479 cals

Day 7

1734 cals ● 120g protein (28%) ● 100g fat (52%) ● 60g carbs (14%) ● 28g fiber (6%)

Breakfast

345 cals, 13g protein, 30g net carbs, 15g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Sweet potato breakfast skillet](#)

226 cals

Snacks

180 cals, 14g protein, 6g net carbs, 10g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Lunch

640 cals, 45g protein, 17g net carbs, 39g fat



[Simple kale & avocado salad](#)

230 cals



[Chipotle honey pork chops](#)

412 cals

Dinner

565 cals, 47g protein, 7g net carbs, 36g fat



[Broccoli](#)

3 cup(s)- 87 cals



[Paleo steak Bites](#)

6 2/3 oz(s)- 479 cals



Fruits and Fruit Juices

- ☐ grapes
6 cup (552g)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ lemon juice
1/2 tsp (3mL)
- ☐ Grapefruit
6 large (approx 4-1/2" dia) (1992g)
- ☐ raisins
1/2 cup, packed (83g)
- ☐ lemon
1/2 small (29g)

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ roasted cashews
1 cup, halves and whole (128g)
- ☐ sunflower kernels
1 1/2 oz (43g)
- ☐ pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

Fats and Oils

- ☐ salad dressing
2 oz (58mL)
- ☐ oil
2 oz (60mL)
- ☐ coconut oil
1 1/2 tbsp (20g)
- ☐ olive oil
1 1/2 oz (49mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/2 lbs (1169g)
- ☐ chicken thighs, with bone and skin, raw
2/3 lbs (303g)
- ☐ ground turkey, raw
6 3/4 oz (189g)

Vegetables and Vegetable Products

- ☐ fresh spinach
6 1/2 cup(s) (195g)

Spices and Herbs

- ☐ black pepper
2 g (2g)
- ☐ salt
1/4 oz (7g)
- ☐ lemon pepper
1 1/2 tbsp (10g)
- ☐ paprika
1/2 tsp (1g)
- ☐ thyme, dried
1 g (1g)
- ☐ brown deli mustard
1 tbsp (15g)
- ☐ chipotle seasoning
1/3 tsp (1g)

Finfish and Shellfish Products

- ☐ shrimp, raw
1/2 lbs (227g)
- ☐ canned tuna
3 packet (222g)
- ☐ canned salmon
6 oz (170g)

Pork Products

- ☐ pork tenderloin, raw
10 oz (284g)
- ☐ pork loin chops, boneless, raw
6 2/3 oz (189g)

Dairy and Egg Products

- ☐ eggs
13 large (650g)
- ☐ ghee
1/2 tbsp (6g)

Other

- ☐ mixed greens
3 cup (90g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1/2 tsp (0mL)

Sweets

- ☐ garlic
4 clove(s) (13g)
 - ☐ onion
3/8 small (26g)
 - ☐ cauliflower
1 head medium (5-6" dia.) (588g)
 - ☐ frozen broccoli
2 1/2 lbs (1107g)
 - ☐ cucumber
1 1/4 cucumber (8-1/4") (376g)
 - ☐ sweet potatoes
4 sweetpotato, 5" long (837g)
 - ☐ tomatoes
6 3/4 medium whole (2-3/5" dia) (834g)
 - ☐ red onion
1/2 small (35g)
 - ☐ artichokes, canned
2/3 cup hearts (112g)
 - ☐ carrots
1/2 medium (31g)
 - ☐ beets, precooked (canned or refrigerated)
4 oz (113g)
 - ☐ kale leaves
1/2 bunch (85g)
-

- ☐ honey
2/3 oz (23g)

Beef Products

- ☐ sirloin steak, raw
13 1/4 oz (378g)

Beverages

- ☐ water
2 tsp (10mL)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Grapes

174 cal ● 2g protein ● 1g fat ● 28g carbs ● 11g fiber



For single meal:

grapes
3 cup (276g)

For all 2 meals:

grapes
6 cup (552g)

1. This recipe has no instructions.

Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
4 tbsp, shelled (25g)

For all 2 meals:

walnuts
1/2 cup, shelled (50g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

eggs

6 large (300g)

oil

1/2 tbsp (8mL)

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.

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

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

For all 3 meals:

Grapefruit

3 large (approx 4-1/2" dia) (996g)

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)
-

Breakfast 3 [↗](#)

Eat on day 6, day 7

Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

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

For all 2 meals:

Grapefruit

2 large (approx 4-1/2" dia) (664g)

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)

Sweet potato breakfast skillet

226 cal ● 11g protein ● 15g fat ● 7g carbs ● 4g fiber



For single meal:

sweet potatoes

4 tbsp, cubes (33g)

eggs

1/2 large (25g)

olive oil

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

avocados, sliced

1/4 avocado(s) (50g)

boneless skinless chicken breast, raw

2 2/3 tbsp, chopped, cooked (30g)

For all 2 meals:

sweet potatoes

1/2 cup, cubes (67g)

eggs

1 large (50g)

olive oil

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

avocados, sliced

1/2 avocado(s) (101g)

boneless skinless chicken breast, raw

1/3 cup, chopped, cooked (60g)

1. Preheat the oven to 350 F (180 C).
2. In a small skillet add a little bit of the oil and when heated, add the cubed chicken. Cook until done, 7-10 minutes.
3. Meanwhile, preheat a separate, oven-proof, small skillet over medium-heat. When skillet is hot, add the oil and the sweet potato. Season with a small pinch of salt and pepper and stir occasionally until sweet potato is cooked through, about 5-7 minutes, depending on thickness.
4. When potato is cooked through, add the chicken and stir. Saute for another 1-2 minutes.
5. Move the potato mixture around to make a hole in the center of the skillet. Carefully crack the egg and drop it into the hole. Sprinkle the egg with a tiny bit of salt and pepper.
6. Carefully transfer the skillet to the oven and bake for about 5 minutes for a runny yolk. If you want the yolk to be harder, bake for 7-8 minutes.
7. Remove from the oven, transfer to plate and garnish with sliced avocado.

Lunch 1 [🔗](#)

Eat on day 1

Avocado

176 cals ● 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.

Basic chicken & spinach salad

380 cals ● 50g protein ● 17g fat ● 5g carbs ● 2g fiber



salad dressing

2 tbsp (28mL)

oil

1 1/4 tsp (6mL)

boneless skinless chicken breast, raw, chopped, cooked

1/2 lbs (213g)

fresh spinach

2 1/2 cup(s) (75g)

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.
-

Lunch 2 [↗](#)

Eat on day 2, day 3

Lemon pepper chicken breast

12 oz - 444 cals ● 76g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

lemon pepper

3/4 tbsp (5g)

olive oil

1 tsp (6mL)

boneless skinless chicken breast, raw

3/4 lbs (336g)

For all 2 meals:

lemon pepper

1 1/2 tbsp (10g)

olive oil

3/4 tbsp (11mL)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

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.

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

olive oil

1 tsp (5mL)

For all 2 meals:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

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

Lunch 3 [↗](#)

Eat on day 4

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

1. This recipe has no instructions.

Salmon & artichoke salad

421 cals ● 33g protein ● 19g fat ● 20g carbs ● 10g fiber



balsamic vinaigrette

4 tbsp (60mL)

tomatoes, halved

2/3 cup cherry tomatoes (99g)

mixed greens

3 cup (90g)

artichokes, canned

2/3 cup hearts (112g)

canned salmon

6 oz (170g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes

2 sweetpotato, 5" long (420g)

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.

Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals ● 34g protein ● 23g fat ● 6g carbs ● 0g fiber



For single meal:

brown deli mustard

1/2 tbsp (8g)

honey

1 tsp (7g)

thyme, dried

1/3 tsp, ground (0g)

salt

2/3 dash (1g)

chicken thighs, with bone and skin, raw

1/3 lbs (151g)

For all 2 meals:

brown deli mustard

1 tbsp (15g)

honey

2 tsp (14g)

thyme, dried

1/4 tbsp, ground (1g)

salt

1 1/3 dash (1g)

chicken thighs, with bone and skin, raw

2/3 lbs (303g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Simple sauteed spinach

50 cals ● 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 2 meals:

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)

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 5 [↗](#)

Eat on day 7

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



kale leaves, chopped

1/2 bunch (85g)

lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Chipotle honey pork chops

412 cals ● 41g protein ● 24g fat ● 8g carbs ● 0g fiber



ghee

1/2 tbsp (6g)

water

2 tsp (10mL)

oil

1/2 tbsp (7mL)

chipotle seasoning

1/3 tsp (1g)

honey

1/2 tbsp (9g)

pork loin chops, boneless, raw

6 2/3 oz (189g)

1. Pat pork dry and season with some salt and pepper.
 2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
 3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
 4. Slice pork and top with chipotle honey sauce. Serve.
-

Snacks 1 [↗](#)

Eat on day 1, day 2

Grapefruit

1/2 grapefruit - 59 cal ● 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)
-

Tuna cucumber bites

173 cal ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

cucumber, sliced

3/8 cucumber (8-1/4") (113g)

canned tuna

1 1/2 packet (111g)

For all 2 meals:

cucumber, sliced

3/4 cucumber (8-1/4") (226g)

canned tuna

3 packet (222g)

1. Slice the cucumber and top slices with tuna.
 2. Season to taste with salt and pepper.
 3. Serve.
-

Snacks 2 [↗](#)

Eat on day 3, day 4

Raisins

1/4 cup - 137 cal ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

raisins

4 tbsp, packed (41g)

For all 2 meals:

raisins

1/2 cup, packed (83g)

1. This recipe has no instructions.

Sunflower seeds

135 cal ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

3/4 oz (21g)

For all 2 meals:

sunflower kernels

1 1/2 oz (43g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cherry tomatoes

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



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 3 meals:

tomatoes

36 cherry tomatoes (612g)

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

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.
-

Dinner 1 [↗](#)

Eat on day 1, day 2

Shrimp-broccoli-cauliflower rice bowl

336 cals ● 33g protein ● 12g fat ● 16g carbs ● 8g fiber



For single meal:

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

garlic, diced

1 clove(s) (3g)

onion, diced

1/6 small (13g)

cauliflower

1/2 head medium (5-6" dia.) (294g)

coconut oil, divided

3/4 tbsp (10g)

frozen broccoli

1/4 package (71g)

shrimp, raw, peeled and deveined

4 oz (114g)

For all 2 meals:

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

garlic, diced

2 clove(s) (6g)

onion, diced

3/8 small (26g)

cauliflower

1 head medium (5-6" dia.) (588g)

coconut oil, divided

1 1/2 tbsp (20g)

frozen broccoli

1/2 package (142g)

shrimp, raw, peeled and deveined

1/2 lbs (227g)

1. Prepare the rice:
2. Remove leaves and stem from cauliflower. Grate the head so that it resembles rice.
3. Add half of the coconut oil to a skillet over medium-high heat. Add in diced onion and garlic for a couple of minutes until softened.
4. Add in grated cauliflower, salt, and pepper; stir. Cook for a couple minutes until it's heated through. Set aside.
5. Prepare the shrimp:
6. Heat the second half of the oil in a large skillet over medium-high heat.
7. Add the shrimp to the pan and cook for 5-6 minutes, until fully pink and opaque.
8. Prepare the broccoli according to its package.
9. Bring the shrimp, broccoli, and rice together; stir (or keep it all separate- whichever you prefer!) Serve.

Roasted cashews

1/3 cup(s) - 261 cals ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

roasted cashews

5 tbsp, halves and whole (43g)

For all 2 meals:

roasted cashews

10 tbsp, halves and whole (86g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3

Pork-broccoli-sweet potato bowl

554 cals ● 66g protein ● 14g fat ● 33g carbs ● 9g fiber



paprika

1/4 tsp (0g)

sweet potatoes, cut into bite-sized cubes

5/6 sweetpotato, 5" long (175g)

frozen broccoli

3/8 package (118g)

salt

1/4 tsp (1g)

black pepper

1/4 tsp, ground (0g)

pork tenderloin, raw, cut into bite-sized cubes

10 oz (284g)

olive oil

1/2 tbsp (8mL)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

cucumber, thinly sliced

1/2 cucumber (8-1/4") (151g)

red onion, thinly sliced

1/2 small (35g)

salad dressing

2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.

Dinner 3 [↗](#)

Eat on day 4

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber

Makes 1/8 cup(s)

roasted cashews

2 tbsp, halves and whole (17g)



1. This recipe has no instructions.

Chicken beet & carrot salad bowl

449 cal ● 53g protein ● 20g fat ● 11g carbs ● 3g fiber



boneless skinless chicken breast, raw, cubed

1/2 lbs (224g)

apple cider vinegar

1/2 tsp (0mL)

thyme, dried

2 dash, leaves (0g)

oil

1 tbsp (15mL)

carrots, thinly sliced

1/2 medium (31g)

beets, precooked (canned or refrigerated), cubed

4 oz (113g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Dinner 4 [↗](#)

Eat on day 5

Turkey-broccoli-sweet potato bowl

490 cals ● 44g protein ● 17g fat ● 33g carbs ● 9g fiber



ground turkey, raw

6 2/3 oz (189g)

paprika

1/4 tsp (0g)

sweet potatoes, cut into bite-sized cubes

5/6 sweetpotato, 5" long (175g)

frozen broccoli

3/8 package (118g)

salt

1/4 tsp (1g)

black pepper

1/4 tsp, ground (0g)

olive oil

1/2 tsp (2mL)

1. Preheat oven to 400 F (200 C)
2. Coat the sweet potatoes with the oil, paprika, salt, and pepper.
3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
4. Meanwhile, cook the ground turkey in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
5. Prepare the broccoli according to the instructions on its packaging.
6. Once all items are prepared, bring the turkey, broccoli, and sweet potatoes together. Serve with some more salt and pepper.

Roasted cashews

1/6 cup(s) - 156 cals ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



Makes 1/6 cup(s)

roasted cashews

3 tbsp, halves and whole (26g)

1. This recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Broccoli

3 cup(s) - 87 cal ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



For single meal:

frozen broccoli

3 cup (273g)

For all 2 meals:

frozen broccoli

6 cup (546g)

1. Prepare according to instructions on package.

Paleo steak Bites

6 2/3 oz(s) - 479 cal ● 39g protein ● 36g fat ● 1g carbs ● 0g fiber



For single meal:

sirloin steak, raw

6 2/3 oz (189g)

garlic, diced

5/6 clove(s) (3g)

oil

2 1/2 tsp (13mL)

For all 2 meals:

sirloin steak, raw

13 1/3 oz (378g)

garlic, diced

1 2/3 clove(s) (5g)

oil

5 tsp (25mL)

1. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
 2. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
 3. When steak is just about done, reduce heat to low and add in garlic. Let cook for about a minute until fragrant. stir around to coat the steak. Serve.
-