

# Meal Plan - 1800 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

1850 cals ● 165g protein (36%) ● 79g fat (38%) ● 92g carbs (20%) ● 28g fiber (6%)

### Breakfast

315 cals, 15g protein, 28g net carbs, 12g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Pear](#)

1 pear(s)- 113 cals



[Basic scrambled eggs](#)

2 egg(s)- 159 cals

### Snacks

300 cals, 28g protein, 38g net carbs, 2g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Beef jerky](#)

183 cals

### Lunch

580 cals, 54g protein, 8g net carbs, 32g fat



[Avocado tuna salad](#)

582 cals

### Dinner

655 cals, 67g protein, 19g net carbs, 32g fat



[Chicken beet & carrot salad bowl](#)

562 cals



[Cauliflower rice](#)

1 1/2 cup(s)- 91 cals

## Day 2

1850 cals ● 165g protein (36%) ● 79g fat (38%) ● 92g carbs (20%) ● 28g fiber (6%)

### Breakfast

315 cals, 15g protein, 28g net carbs, 12g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Pear](#)

1 pear(s)- 113 cals



[Basic scrambled eggs](#)

2 egg(s)- 159 cals

### Snacks

300 cals, 28g protein, 38g net carbs, 2g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Beef jerky](#)

183 cals

### Lunch

580 cals, 54g protein, 8g net carbs, 32g fat



[Avocado tuna salad](#)

582 cals

### Dinner

655 cals, 67g protein, 19g net carbs, 32g fat



[Chicken beet & carrot salad bowl](#)

562 cals



[Cauliflower rice](#)

1 1/2 cup(s)- 91 cals

## Day 3

1761 cals ● 128g protein (29%) ● 87g fat (44%) ● 85g carbs (19%) ● 31g fiber (7%)

### Breakfast

315 cals, 15g protein, 28g net carbs, 12g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Pear

1 pear(s)- 113 cals



Basic scrambled eggs

2 egg(s)- 159 cals

### Snacks

235 cals, 19g protein, 26g net carbs, 4g fat



Tuna cucumber bites

115 cals



Grapefruit

1 grapefruit- 119 cals

### Lunch

615 cals, 42g protein, 24g net carbs, 33g fat



Avocado, apple, chicken salad

550 cals



Carrot sticks

2 1/2 carrot(s)- 68 cals

### Dinner

595 cals, 52g protein, 8g net carbs, 37g fat



Simple salmon

8 oz- 513 cals



Sugar snap peas

82 cals

## Day 4

1817 cals ● 128g protein (28%) ● 94g fat (47%) ● 81g carbs (18%) ● 33g fiber (7%)

### Breakfast

370 cals, 15g protein, 24g net carbs, 20g fat



Egg & avocado salad

266 cals



Apple

1 apple(s)- 105 cals

### Snacks

235 cals, 19g protein, 26g net carbs, 4g fat



Tuna cucumber bites

115 cals



Grapefruit

1 grapefruit- 119 cals

### Lunch

615 cals, 42g protein, 24g net carbs, 33g fat



Avocado, apple, chicken salad

550 cals



Carrot sticks

2 1/2 carrot(s)- 68 cals

### Dinner

595 cals, 52g protein, 8g net carbs, 37g fat



Simple salmon

8 oz- 513 cals



Sugar snap peas

82 cals

## Day 5

1778 cals ● 142g protein (32%) ● 87g fat (44%) ● 76g carbs (17%) ● 30g fiber (7%)

### Breakfast

370 cals, 15g protein, 24g net carbs, 20g fat



Egg & avocado salad  
266 cals



Apple  
1 apple(s)- 105 cals

### Snacks

235 cals, 19g protein, 26g net carbs, 4g fat



Tuna cucumber bites  
115 cals



Grapefruit  
1 grapefruit- 119 cals

### Lunch

560 cals, 46g protein, 19g net carbs, 28g fat



Chicken avocado salad  
500 cals



Cucumber slices  
1 cucumber- 60 cals

### Dinner

610 cals, 62g protein, 7g net carbs, 35g fat



Olive oil drizzled sugar snap peas  
122 cals



Thyme & lime chicken thighs  
490 cals

## Day 6

1793 cals ● 113g protein (25%) ● 110g fat (55%) ● 51g carbs (11%) ● 36g fiber (8%)

### Breakfast

265 cals, 11g protein, 11g net carbs, 13g fat



Blackberries  
1 1/2 cup(s)- 105 cals



Eggs with tomato and avocado  
163 cals

### Snacks

180 cals, 19g protein, 5g net carbs, 9g fat



Cucumber slices  
1/2 cucumber- 30 cals



Pork rinds  
1 oz- 149 cals

### Lunch

660 cals, 39g protein, 23g net carbs, 38g fat



Simple salad with tomatoes and carrots  
196 cals



Turkey curry soup  
465 cals

### Dinner

685 cals, 45g protein, 11g net carbs, 50g fat



Simple salad with celery, cucumber & tomato  
85 cals



Paleo chicken thighs and mushrooms  
6 oz- 600 cals

## Day 7

1793 cals ● 113g protein (25%) ● 110g fat (55%) ● 51g carbs (11%) ● 36g fiber (8%)

### Breakfast

265 cals, 11g protein, 11g net carbs, 13g fat



[Blackberries](#)

1 1/2 cup(s)- 105 cals



[Eggs with tomato and avocado](#)

163 cals

### Snacks

180 cals, 19g protein, 5g net carbs, 9g fat



[Cucumber slices](#)

1/2 cucumber- 30 cals



[Pork rinds](#)

1 oz- 149 cals

### Lunch

660 cals, 39g protein, 23g net carbs, 38g fat



[Simple salad with tomatoes and carrots](#)

196 cals



[Turkey curry soup](#)

465 cals

### Dinner

685 cals, 45g protein, 11g net carbs, 50g fat



[Simple salad with celery, cucumber & tomato](#)

85 cals



[Paleo chicken thighs and mushrooms](#)

6 oz- 600 cals

---

## Vegetables and Vegetable Products

- ☐ tomatoes  
9 medium whole (2-3/5" dia) (1114g)
- ☐ onion  
1/2 medium (2-1/2" dia) (57g)
- ☐ carrots  
8 1/2 medium (514g)
- ☐ beets, precooked (canned or refrigerated)  
10 oz (284g)
- ☐ frozen sugar snap peas  
3 2/3 cup (528g)
- ☐ raw celery  
1/6 bunch (79g)
- ☐ cucumber  
3 1/2 cucumber (8-1/4") (1028g)
- ☐ brussels sprouts  
5 sprouts (95g)
- ☐ romaine lettuce  
2 hearts (1000g)
- ☐ garlic  
1 clove (3g)
- ☐ fresh ginger  
1 inch (2.5cm) cube (5g)
- ☐ bell pepper  
1 medium (119g)
- ☐ mushrooms  
1/2 lbs (227g)

## Fruits and Fruit Juices

- ☐ pears  
3 medium (534g)
- ☐ avocados  
4 avocado(s) (804g)
- ☐ lime juice  
1 3/4 fl oz (53mL)
- ☐ Grapefruit  
5 large (approx 4-1/2" dia) (1660g)
- ☐ apples  
3 medium (3" dia) (546g)
- ☐ blackberries  
3 cup (432g)

## Dairy and Egg Products

- ☐ eggs  
12 large (600g)

## Fats and Oils

## Spices and Herbs

- ☐ salt  
4 1/2 g (4g)
- ☐ black pepper  
1 1/2 g (1g)
- ☐ thyme, dried  
1 tsp, leaves (1g)
- ☐ garlic powder  
1 tsp (4g)
- ☐ curry powder  
1 tbsp (6g)
- ☐ fresh basil  
2 leaves (1g)

## Other

- ☐ mixed greens  
1 1/2 package (5.5 oz) (223g)
- ☐ frozen cauliflower  
3 cup (340g)
- ☐ pork rinds  
2 oz (57g)

## Finfish and Shellfish Products

- ☐ canned tuna  
4 can (681g)
- ☐ salmon  
1 lbs (453g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 1/2 lbs (1070g)
- ☐ boneless skinless chicken thighs  
2/3 lb (302g)
- ☐ ground turkey, raw  
10 oz (284g)
- ☐ chicken thighs, with bone and skin, raw  
2 thigh (6 oz ea) (340g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1 1/4 tsp (0mL)
- ☐ vegetable broth  
1 1/2 cup(s) (mL)

## Snacks

- ☐ oil  
3 oz (97mL)
- ☐ olive oil  
2 1/2 oz (83mL)
- ☐ salad dressing  
5 tbsp (75mL)

- ☐ beef jerky  
5 oz (142g)

### Nut and Seed Products

- ☐ coconut milk, canned  
6 oz (181mL)

### Beverages

- ☐ water  
1/2 cup(s) (119mL)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 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.

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

#### pears

1 medium (178g)

For all 3 meals:

#### pears

3 medium (534g)

1. This recipe has no instructions.

### 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.

---

## Breakfast 2 [↗](#)

Eat on day 4, day 5

---

### Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

**mixed greens**  
2/3 cup (20g)  
**avocados**  
1/3 avocado(s) (67g)  
**eggs, hard-boiled and chilled**  
2 large (100g)  
**garlic powder**  
1/3 tsp (1g)

For all 2 meals:

**mixed greens**  
1 1/3 cup (40g)  
**avocados**  
2/3 avocado(s) (134g)  
**eggs, hard-boiled and chilled**  
4 large (200g)  
**garlic powder**  
1/4 tbsp (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

---

## Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber





For single meal:

**apples**

1 medium (3" dia) (182g)

For all 2 meals:

**apples**

2 medium (3" dia) (364g)

1. This recipe has no instructions.

---

## Breakfast 3 [↗](#)

Eat on day 6, day 7

---

### Blackberries

1 1/2 cup(s) - 105 cal ● 3g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

**blackberries**

1 1/2 cup (216g)

For all 2 meals:

**blackberries**

3 cup (432g)

1. Rinse blackberries and serve.

---

### Eggs with tomato and avocado

163 cal ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**tomatoes**

1 slice(s), thick/large (1/2" thick) (27g)

**eggs**

1 large (50g)

**avocados, sliced**

1/4 avocado(s) (50g)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**fresh basil, chopped**

1 leaves (1g)

For all 2 meals:

**tomatoes**

2 slice(s), thick/large (1/2" thick) (54g)

**eggs**

2 large (100g)

**avocados, sliced**

1/2 avocado(s) (101g)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**fresh basil, chopped**

2 leaves (1g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
  2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
  3. Serve.
-

## Lunch 1 [↗](#)

Eat on day 1, day 2

---

### Avocado tuna salad

582 cal ● 54g protein ● 32g fat ● 8g carbs ● 11g fiber



For single meal:

**avocados**  
2/3 avocado(s) (134g)  
**lime juice**  
1/2 tbsp (7mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash (0g)  
**mixed greens**  
1 1/3 cup (40g)  
**onion, minced**  
1/3 small (23g)  
**canned tuna**  
1 1/3 can (229g)  
**tomatoes**  
1/3 cup, chopped (60g)

For all 2 meals:

**avocados**  
1 1/3 avocado(s) (268g)  
**lime juice**  
2 2/3 tsp (13mL)  
**salt**  
1/3 tsp (1g)  
**black pepper**  
1/3 tsp (0g)  
**mixed greens**  
2 2/3 cup (80g)  
**onion, minced**  
2/3 small (47g)  
**canned tuna**  
2 2/3 can (459g)  
**tomatoes**  
2/3 cup, chopped (120g)

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.
-

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Avocado, apple, chicken salad

550 cals ● 41g protein ● 33g fat ● 13g carbs ● 9g fiber



For single meal:

**avocados, chopped**

1/2 avocado(s) (101g)

**apples, finely chopped**

1/2 medium (3" dia) (91g)

**raw celery**

2 tbsp chopped (13g)

**olive oil**

1 tbsp (15mL)

**garlic powder**

2 dash (1g)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

**lime juice**

1 tsp (5mL)

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

6 oz (170g)

For all 2 meals:

**avocados, chopped**

1 avocado(s) (201g)

**apples, finely chopped**

1 medium (3" dia) (182g)

**raw celery**

4 tbsp chopped (25g)

**olive oil**

2 tbsp (30mL)

**garlic powder**

4 dash (2g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**lime juice**

2 tsp (10mL)

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

3/4 lbs (340g)

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.

### Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**

2 1/2 medium (153g)

For all 2 meals:

**carrots**

5 medium (305g)

1. Cut carrots into strips and serve.

## Lunch 3 [🔗](#)

Eat on day 5

### Chicken avocado salad

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



#### 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)

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.

### Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



Makes 1 cucumber

#### cucumber

1 cucumber (8-1/4") (301g)

1. Slice cucumber into rounds and serve.

## Lunch 4 [🔗](#)

Eat on day 6, day 7

### Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

#### salad dressing

1 1/2 tbsp (23mL)

#### tomatoes, diced

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

#### carrots, sliced

1/2 medium (31g)

#### romaine lettuce, roughly chopped

1 hearts (500g)

For all 2 meals:

#### salad dressing

3 tbsp (45mL)

#### tomatoes, diced

2 medium whole (2-3/5" dia) (246g)

#### carrots, sliced

1 medium (61g)

#### romaine lettuce, roughly chopped

2 hearts (1000g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.



## Turkey curry soup

465 cal ● 31g protein ● 32g fat ● 9g carbs ● 4g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**garlic, minced**  
1/2 clove (2g)  
**fresh ginger, minced**  
1/2 inch (2.5cm) cube (3g)  
**bell pepper, deseeded & chopped**  
1/2 medium (60g)  
**carrots, sliced**  
1/2 large (36g)  
**ground turkey, raw**  
5 oz (142g)  
**curry powder**  
1/2 tbsp (3g)  
**vegetable broth**  
3/4 cup(s) (mL)  
**coconut milk, canned**  
3 oz (90mL)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**garlic, minced**  
1 clove (3g)  
**fresh ginger, minced**  
1 inch (2.5cm) cube (5g)  
**bell pepper, deseeded & chopped**  
1 medium (119g)  
**carrots, sliced**  
1 large (72g)  
**ground turkey, raw**  
10 oz (284g)  
**curry powder**  
1 tbsp (6g)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**coconut milk, canned**  
6 oz (181mL)

1. Heat oil in a pot over medium-high heat. Add turkey and some salt and pepper. Break apart and cook until it begins to brown, 4-5 minutes.
2. Stir in ginger, garlic, and curry powder. Cook until fragrant, about 1 minute.
3. Pour in broth, coconut milk, bell pepper, and carrot. Stir to combine.
4. Bring to a boil. Reduce to a simmer and cook, stirring occasionally, until vegetables are tender, 4-6 minutes. Season with salt and pepper to taste. Serve.

---

## Snacks 1 [↗](#)

Eat on day 1, day 2

---

### 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)

---

### Beef jerky

183 cal ● 26g protein ● 2g fat ● 15g carbs ● 0g fiber



For single meal:

**beef jerky**  
2 1/2 oz (71g)

For all 2 meals:

**beef jerky**  
5 oz (142g)

1. This recipe has no instructions.

---

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

---

### Tuna cucumber bites

115 cal ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**canned tuna**  
1 packet (74g)

For all 3 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.

---

### 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 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)
-

## Snacks 3 [↗](#)

Eat on day 6, day 7

---

### Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

#### **cucumber**

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

For all 2 meals:

#### **cucumber**

1 cucumber (8-1/4") (301g)

1. Slice cucumber into rounds and serve.

---

### Pork rinds

1 oz - 149 cals ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

#### **pork rinds**

1 oz (28g)

For all 2 meals:

#### **pork rinds**

2 oz (57g)

1. Enjoy.
-

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Chicken beet & carrot salad bowl

562 cals ● 66g protein ● 25g fat ● 14g carbs ● 4g fiber



For single meal:

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

10 oz (280g)

**apple cider vinegar**

5/8 tsp (0mL)

**thyme, dried**

1/3 tsp, leaves (0g)

**oil**

1 1/4 tbsp (19mL)

**carrots, thinly sliced**

5/8 medium (38g)

**beets, precooked (canned or refrigerated), cubed**

5 oz (142g)

For all 2 meals:

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

1 1/4 lbs (560g)

**apple cider vinegar**

1 1/4 tsp (0mL)

**thyme, dried**

5 dash, leaves (1g)

**oil**

2 1/2 tbsp (38mL)

**carrots, thinly sliced**

1 1/4 medium (76g)

**beets, precooked (canned or refrigerated), cubed**

10 oz (284g)

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.

### Cauliflower rice

1 1/2 cup(s) - 91 cals ● 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.



## Dinner 2 [↗](#)

Eat on day 3, day 4

---

### Simple salmon

8 oz - 513 cals ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

**salmon**  
1/2 lbs (227g)  
**oil**  
1/2 tbsp (7mL)

For all 2 meals:

**salmon**  
16 oz (453g)  
**oil**  
2 2/3 tsp (13mL)

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

---

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.
-

## Dinner 3 [🔗](#)

Eat on day 5

### Olive oil drizzled sugar snap peas

122 cal ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



#### **black pepper**

3/4 dash (0g)

#### **salt**

3/4 dash (0g)

#### **frozen sugar snap peas**

1 cup (144g)

#### **olive oil**

1/2 tbsp (8mL)

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

### Thyme & lime chicken thighs

490 cal ● 58g protein ● 28g fat ● 2g carbs ● 0g fiber



#### **oil**

2 tsp (10mL)

#### **lime juice**

4 tsp (20mL)

#### **thyme, dried**

1/3 tsp, leaves (0g)

#### **boneless skinless chicken thighs**

2/3 lb (302g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

**mixed greens**

1/3 package (5.5 oz) (52g)

**salad dressing**

3 tsp (15mL)

**tomatoes, diced**

1/3 medium whole (2-3/5" dia) (41g)

**cucumber, sliced**

1/3 cucumber (8-1/4") (100g)

**raw celery, chopped**

2/3 stalk, medium (7-1/2" - 8" long) (27g)

For all 2 meals:

**mixed greens**

2/3 package (5.5 oz) (103g)

**salad dressing**

2 tbsp (30mL)

**tomatoes, diced**

2/3 medium whole (2-3/5" dia) (82g)

**cucumber, sliced**

2/3 cucumber (8-1/4") (201g)

**raw celery, chopped**

1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

### Paleo chicken thighs and mushrooms

6 oz - 600 cals ● 42g protein ● 46g fat ● 3g carbs ● 1g fiber



For single meal:

**mushrooms, sliced 1/4 in thick**

4 oz (113g)

**black pepper**

1 dash (0g)

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

1 thigh (6 oz ea) (170g)

**olive oil**

1 1/2 tbsp (23mL)

**salt**

1 dash (0g)

**water**

1/4 cup(s) (59mL)

For all 2 meals:

**mushrooms, sliced 1/4 in thick**

1/2 lbs (227g)

**black pepper**

2 dash (0g)

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

2 thigh (6 oz ea) (340g)

**olive oil**

3 tbsp (45mL)

**salt**

2 dash (1g)

**water**

1/2 cup(s) (119mL)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

