

# Meal Plan - 2500 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

2522 cals ● 236g protein (37%) ● 133g fat (47%) ● 52g carbs (8%) ● 43g fiber (7%)

### Breakfast

405 cals, 22g protein, 8g net carbs, 28g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Egg in an eggplant](#)

361 cals

### Snacks

365 cals, 9g protein, 8g net carbs, 29g fat



[Avocado](#)

176 cals



[Pistachios](#)

188 cals

### Lunch

960 cals, 143g protein, 17g net carbs, 32g fat



[Mixed vegetables](#)

1 1/4 cup(s)- 121 cals



[Curried pork chops](#)

3 1/2 chop(s)- 837 cals

### Dinner

795 cals, 64g protein, 20g net carbs, 44g fat



[Simple mixed greens and tomato salad](#)

113 cals



[Avocado tuna salad stuffed pepper](#)

3 half pepper(s)- 683 cals

## Day 2

2480 cals ● 176g protein (28%) ● 151g fat (55%) ● 70g carbs (11%) ● 34g fiber (5%)

### Breakfast

405 cals, 22g protein, 8g net carbs, 28g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Egg in an eggplant](#)

361 cals

### Snacks

365 cals, 9g protein, 8g net carbs, 29g fat



[Avocado](#)

176 cals



[Pistachios](#)

188 cals

### Lunch

855 cals, 63g protein, 11g net carbs, 61g fat



[Simple mixed greens and tomato salad](#)

151 cals



[Low carb fried chicken](#)

12 oz- 702 cals

### Dinner

860 cals, 83g protein, 44g net carbs, 33g fat



[Sweet potato wedges](#)

261 cals



[Baked chicken with tomatoes & olives](#)

12 oz- 599 cals

## Day 3

2527 cals ● 207g protein (33%) ● 146g fat (52%) ● 69g carbs (11%) ● 29g fiber (5%)

### Breakfast

395 cals, 35g protein, 8g net carbs, 21g fat



[Blackberries](#)

1 cup(s)- 70 cals



[Egg wrap with ham](#)

2 wrap(s)- 324 cals

### Snacks

420 cals, 26g protein, 6g net carbs, 30g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Celery and almond butter](#)

200 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

### Lunch

855 cals, 63g protein, 11g net carbs, 61g fat



[Simple mixed greens and tomato salad](#)

151 cals



[Low carb fried chicken](#)

12 oz- 702 cals

### Dinner

860 cals, 83g protein, 44g net carbs, 33g fat



[Sweet potato wedges](#)

261 cals



[Baked chicken with tomatoes & olives](#)

12 oz- 599 cals

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## Day 4

2468 cals ● 178g protein (29%) ● 129g fat (47%) ● 119g carbs (19%) ● 30g fiber (5%)

### Breakfast

395 cals, 35g protein, 8g net carbs, 21g fat



[Blackberries](#)

1 cup(s)- 70 cals



[Egg wrap with ham](#)

2 wrap(s)- 324 cals

### Snacks

420 cals, 26g protein, 6g net carbs, 30g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Celery and almond butter](#)

200 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

### Lunch

870 cals, 60g protein, 29g net carbs, 54g fat



[Beets](#)

7 beets- 169 cals



[Buffalo drumsticks](#)

12 oz- 700 cals

### Dinner

785 cals, 57g protein, 77g net carbs, 24g fat



[Sweet potato wedges](#)

347 cals



[Honey mustard chicken](#)

8 oz- 437 cals

## Day 5

2543 cals ● 201g protein (32%) ● 148g fat (52%) ● 68g carbs (11%) ● 34g fiber (5%)

### Breakfast

395 cals, 35g protein, 8g net carbs, 21g fat



**Blackberries**

1 cup(s)- 70 cals



**Egg wrap with ham**

2 wrap(s)- 324 cals

### Snacks

380 cals, 15g protein, 19g net carbs, 24g fat



**Sunflower seeds**

301 cals



**Clementine**

2 clementine(s)- 78 cals

### Lunch

870 cals, 60g protein, 29g net carbs, 54g fat



**Beets**

7 beets- 169 cals



**Buffalo drumsticks**

12 oz- 700 cals

### Dinner

900 cals, 91g protein, 13g net carbs, 49g fat



**Paleo salsa verde chicken salad**

902 cals

## Day 6

2475 cals ● 168g protein (27%) ● 133g fat (48%) ● 119g carbs (19%) ● 32g fiber (5%)

### Breakfast

460 cals, 22g protein, 47g net carbs, 18g fat



**Banana pancakes**

315 cals



**Basic scrambled eggs**

2 egg(s)- 142 cals

### Snacks

380 cals, 15g protein, 19g net carbs, 24g fat



**Sunflower seeds**

301 cals



**Clementine**

2 clementine(s)- 78 cals

### Lunch

845 cals, 50g protein, 12g net carbs, 60g fat



**Pumpkin seeds**

183 cals



**Basic ground turkey**

6 2/3 oz- 313 cals



**Tomato and avocado salad**

352 cals

### Dinner

790 cals, 80g protein, 41g net carbs, 31g fat



**Banana**

1 banana(s)- 117 cals



**Chicken beet & carrot salad bowl**

674 cals

## Day 7

2475 cals ● 168g protein (27%) ● 133g fat (48%) ● 119g carbs (19%) ● 32g fiber (5%)

### Breakfast

460 cals, 22g protein, 47g net carbs, 18g fat



Banana pancakes

315 cals



Basic scrambled eggs

2 egg(s)- 142 cals

### Snacks

380 cals, 15g protein, 19g net carbs, 24g fat



Sunflower seeds

301 cals



Clementine

2 clementine(s)- 78 cals

### Lunch

845 cals, 50g protein, 12g net carbs, 60g fat



Pumpkin seeds

183 cals



Basic ground turkey

6 2/3 oz- 313 cals



Tomato and avocado salad

352 cals

### Dinner

790 cals, 80g protein, 41g net carbs, 31g fat



Banana

1 banana(s)- 117 cals



Chicken beet & carrot salad bowl

674 cals

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## Vegetables and Vegetable Products

- ☐ tomatoes  
10 1/2 medium whole (2-3/5" dia) (1285g)
- ☐ eggplant  
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ frozen mixed veggies  
1 1/4 cup (169g)
- ☐ bell pepper  
1 1/2 large (246g)
- ☐ onion  
2/3 medium (2-1/2" dia) (71g)
- ☐ sweet potatoes  
3 1/3 sweetpotato, 5" long (700g)
- ☐ raw celery  
8 stalk, medium (7-1/2" - 8" long) (320g)
- ☐ beets, precooked (canned or refrigerated)  
2 1/3 lbs (1040g)
- ☐ carrots  
1 1/2 medium (92g)

## Dairy and Egg Products

- ☐ eggs  
34 2/3 medium (1525g)

## Fats and Oils

- ☐ oil  
5 oz (151mL)
- ☐ olive oil  
1 1/4 oz (40mL)
- ☐ salad dressing  
1/2 cup (124mL)

## Pork Products

- ☐ pork chop, bone-in  
3 1/2 chop (623g)

## Spices and Herbs

- ☐ curry powder  
1 tsp (2g)
- ☐ salt  
1 oz (26g)
- ☐ black pepper  
1/4 oz (6g)
- ☐ chili powder  
4 tsp (11g)
- ☐ fresh basil  
24 leaves (12g)

## Other

- ☐ mixed greens  
11 1/4 cup (338g)
- ☐ Chicken, drumsticks, with skin  
3 lbs (1361g)
- ☐ pork rinds  
3/4 oz (21g)

## Finfish and Shellfish Products

- ☐ canned tuna  
1 1/2 can (258g)

## Fruits and Fruit Juices

- ☐ avocados  
3 3/4 avocado(s) (753g)
- ☐ lime juice  
1 2/3 fl oz (52mL)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ green olives  
24 large (106g)
- ☐ blackberries  
3 cup (432g)
- ☐ clementines  
6 fruit (444g)
- ☐ banana  
4 1/3 medium (7" to 7-7/8" long) (508g)

## Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)
- ☐ almond butter  
2 oz (57g)
- ☐ sunflower kernels  
5 oz (142g)
- ☐ roasted pumpkin seeds, unsalted  
3 oz (89g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
4 1/4 lbs (1919g)
- ☐ ground turkey, raw  
13 1/3 oz (378g)

## Soups, Sauces, and Gravies

- ☐ cajun seasoning  
1 tsp (2g)
- ☐ dijon mustard  
5 tsp (25g)
- ☐ ground cumin  
2 tsp (4g)
- ☐ garlic powder  
1/4 tbsp (2g)
- ☐ vanilla extract  
1/4 tbsp (3mL)
- ☐ cinnamon  
1/3 tsp (1g)
- ☐ thyme, dried  
1/4 tbsp, leaves (1g)

- ☐ hot sauce  
1 1/2 tbsp (23mL)
- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)
- ☐ salsa verde  
2 tbsp (32g)
- ☐ apple cider vinegar  
1 1/2 tsp (0mL)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
6 slice (138g)

## Sweets

- ☐ honey  
5 tsp (34g)
- ☐ maple syrup  
2 2/3 tbsp (40mL)

## Baked Products

- ☐ baking powder  
1 1/2 dash (1g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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 2 meals:

#### tomatoes

24 cherry tomatoes (408g)

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

### Egg in an eggplant

361 cal ● 20g protein ● 28g fat ● 2g carbs ● 5g fiber



For single meal:

#### eggs

3 large (150g)

#### eggplant

3 1 inch (2.5 cm) slice(s) (180g)

#### oil

1 tbsp (15mL)

For all 2 meals:

#### eggs

6 large (300g)

#### eggplant

6 1 inch (2.5 cm) slice(s) (360g)

#### oil

2 tbsp (30mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Blackberries

1 cup(s) - 70 cals ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

**blackberries**

1 cup (144g)

For all 3 meals:

**blackberries**

3 cup (432g)

1. Rinse blackberries and serve.

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### Egg wrap with ham

2 wrap(s) - 324 cals ● 33g protein ● 21g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**

4 large (200g)

**ham cold cuts, chopped**

2 slice (46g)

For all 3 meals:

**eggs**

12 large (600g)

**ham cold cuts, chopped**

6 slice (138g)

1. Crack eggs and separate out whites and yolks in separate bowls.
  2. Lightly mix the egg whites with a fork and pour them into a small, greased, non-stick skillet over low heat, making sure mixture lays evenly in the bottom in the shape of a circle.
  3. While egg white is cooking, mix in the ham and salt/pepper to taste to the egg yolk bowl. Mix well.
  4. Once egg white has firmed a bit, flip it over and finish cooking the other side.
  5. Remove egg white wrap and pour in egg yolk mixture to the skillet. Cook until done.
  6. While egg white wrap is still warm, use it as a tortilla and add in the egg-yolk mixture.
  7. Wrap up and serve.
  8. To store: you can make these in bulk by wrapping them up in plastic and storing in the fridge. Reheat gently in microwave when ready to eat.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Banana pancakes

315 cals ● 11g protein ● 8g fat ● 46g carbs ● 4g fiber



For single meal:

**banana, ripe**

1 large (8" to 8-7/8" long) (136g)

**eggs**

1 1/3 extra large (75g)

**vanilla extract**

1/3 tsp (2mL)

**cinnamon**

1 1/3 dash (0g)

**baking powder**

2/3 dash (0g)

**maple syrup**

4 tsp (20mL)

For all 2 meals:

**banana, ripe**

2 large (8" to 8-7/8" long) (272g)

**eggs**

2 2/3 extra large (149g)

**vanilla extract**

1/4 tbsp (3mL)

**cinnamon**

1/3 tsp (1g)

**baking powder**

1 1/3 dash (1g)

**maple syrup**

2 2/3 tbsp (40mL)

1. In a medium-sized bowl, lightly mash the bananas using a fork.
2. Add in the eggs, baking powder, vanilla, and cinnamon and stir until fully combined.
3. Heat a skillet over medium-high heat, and add about 3 tablespoons of batter for each pancake.
4. Let cook a couple minutes until the bottom side has firmed, then flip and cook on the other side for about a minute.
5. Serve with maple syrup.

### Basic scrambled eggs

2 egg(s) - 142 cals ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**

1/2 tsp (3mL)

**eggs**

2 medium (88g)

For all 2 meals:

**oil**

1 tsp (5mL)

**eggs**

4 medium (176g)

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.

## Lunch 1 [↗](#)

Eat on day 1

### Mixed vegetables

1 1/4 cup(s) - 121 cals ● 6g protein ● 1g fat ● 16g carbs ● 7g fiber



Makes 1 1/4 cup(s)

#### **frozen mixed veggies**

1 1/4 cup (169g)

1. Prepare according to instructions on package.

### Curried pork chops

3 1/2 chop(s) - 837 cals ● 137g protein ● 31g fat ● 1g carbs ● 1g fiber



Makes 3 1/2 chop(s)

#### **pork chop, bone-in**

3 1/2 chop (623g)

#### **curry powder**

1 tsp (2g)

#### **olive oil**

1 3/4 tsp (9mL)

#### **salt**

1/2 tsp (3g)

#### **black pepper**

1/2 tsp, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

#### **salad dressing**

3 tbsp (45mL)

#### **mixed greens**

3 cup (90g)

#### **tomatoes**

1/2 cup cherry tomatoes (75g)

For all 2 meals:

#### **salad dressing**

6 tbsp (90mL)

#### **mixed greens**

6 cup (180g)

#### **tomatoes**

1 cup cherry tomatoes (149g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

### Low carb fried chicken

12 oz - 702 cals ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



For single meal:

**Chicken, drumsticks, with skin**  
3/4 lbs (340g)  
**pork rinds, crushed**  
10 3/4 g (11g)  
**cajun seasoning**  
4 dash (1g)  
**hot sauce**  
3/4 tbsp (11mL)

For all 2 meals:

**Chicken, drumsticks, with skin**  
1 1/2 lbs (680g)  
**pork rinds, crushed**  
3/4 oz (21g)  
**cajun seasoning**  
1 tsp (2g)  
**hot sauce**  
1 1/2 tbsp (23mL)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

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### Lunch 3

Eat on day 4, day 5

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#### Beets

7 beets - 169 cal● 6g protein ● 1g fat ● 28g carbs ● 7g fiber



For single meal:

**beets, precooked (canned or refrigerated)**  
7 beets (2" dia, sphere) (350g)

For all 2 meals:

**beets, precooked (canned or refrigerated)**  
14 beets (2" dia, sphere) (700g)

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

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#### Buffalo drumsticks

12 oz - 700 cal● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**

2 tbsp (30mL)

**oil**

1 tsp (6mL)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash, ground (0g)

**Chicken, drumsticks, with skin**

3/4 lbs (340g)

For all 2 meals:

**Frank's Red Hot sauce**

4 tbsp (60mL)

**oil**

3/4 tbsp (11mL)

**salt**

3 dash (2g)

**black pepper**

3 dash, ground (1g)

**Chicken, drumsticks, with skin**

1 1/2 lbs (680g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Pumpkin seeds

183 cals ● 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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### Basic ground turkey

6 2/3 oz - 313 cals ● 37g protein ● 18g fat ● 0g carbs ● 0g fiber





For single meal:

**oil**  
1 tsp (4mL)  
**ground turkey, raw**  
6 2/3 oz (189g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**ground turkey, raw**  
13 1/3 oz (378g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

# Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)

For all 2 meals:

**onion**  
3 tbsp minced (45g)  
**lime juice**  
3 tbsp (45mL)  
**avocados, cubed**  
1 1/2 avocado(s) (302g)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia) (185g)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Pistachios

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



For single meal:

**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**  
1/2 cup (62g)

1. This recipe has no instructions.
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## Snacks 2 [↗](#)

Eat on day 3, day 4

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

#### raw celery

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

#### raw celery

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

### Celery and almond butter

200 cals ● 7g protein ● 16g fat ● 4g carbs ● 4g fiber



For single meal:

#### raw celery

2 stalk, medium (7-1/2" - 8" long)  
(80g)

#### almond butter

1 oz (28g)

For all 2 meals:

#### raw celery

4 stalk, medium (7-1/2" - 8" long)  
(160g)

#### almond butter

2 oz (57g)

1. Clean celery and slice to desired lengths
2. Spread almond butter along center

### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

#### eggs

3 large (150g)

For all 2 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.



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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Sunflower seeds

301 cals ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



For single meal:

**sunflower kernels**  
1 2/3 oz (47g)

For all 3 meals:

**sunflower kernels**  
5 oz (142g)

1. This recipe has no instructions.
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### Clementine

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



For single meal:

**clementines**  
2 fruit (148g)

For all 3 meals:

**clementines**  
6 fruit (444g)

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

Eat on day 1

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### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



**salad dressing**

2 1/4 tbsp (34mL)

**mixed greens**

2 1/4 cup (68g)

**tomatoes**

6 tbsp cherry tomatoes (56g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

**canned tuna, drained**

1 1/2 can (258g)

**avocados**

3/4 avocado(s) (151g)

**lime juice**

1/2 tbsp (8mL)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash (0g)

**bell pepper**

1 1/2 large (246g)

**onion**

3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Sweet potato wedges

261 cal ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



For single meal:

**oil**

3/4 tbsp (11mL)

**sweet potatoes, cut into wedges**

1 sweetpotato, 5" long (210g)

**salt**

4 dash (3g)

**black pepper**

2 dash, ground (1g)

For all 2 meals:

**oil**

1 1/2 tbsp (23mL)

**sweet potatoes, cut into wedges**

2 sweetpotato, 5" long (420g)

**salt**

1 tsp (6g)

**black pepper**

4 dash, ground (1g)

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

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### Baked chicken with tomatoes & olives

12 oz - 599 cal ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



For single meal:

**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)

For all 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)  
**olive oil**  
4 tsp (20mL)  
**salt**  
1 tsp (6g)  
**green olives**  
24 large (106g)  
**black pepper**  
1 tsp (1g)  
**chili powder**  
4 tsp (11g)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)  
**fresh basil, shredded**  
24 leaves (12g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

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## Dinner 3 [🔗](#)

Eat on day 4

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### Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



**oil**  
1 tbsp (15mL)  
**sweet potatoes, cut into wedges**  
1 1/3 sweetpotato, 5" long (280g)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)

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

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### Honey mustard chicken

8 oz - 437 cals ● 52g protein ● 12g fat ● 28g carbs ● 1g fiber



Makes 8 oz

**dijon mustard**

5 tsp (25g)

**honey**

5 tsp (34g)

**oil**

1 tsp (6mL)

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
5. Remove from skillet and serve.

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## Dinner 4 [↗](#)

Eat on day 5

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### Paleo salsa verde chicken salad

902 cals ● 91g protein ● 49g fat ● 13g carbs ● 12g fiber



**tomatoes, chopped**

1 roma tomato (80g)

**salsa verde**

2 tbsp (32g)

**ground cumin**

2 tsp (4g)

**roasted pumpkin seeds, unsalted**

4 tbsp (30g)

**avocados, sliced**

4 slices (100g)

**mixed greens**

3 cup (90g)

**oil**

2 tsp (10mL)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
  2. When chicken is cool enough to handle, chop it into bite-sized pieces.
  3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

### Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

#### **banana**

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

#### **banana**

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

### Chicken beet & carrot salad bowl

674 cal ● 79g protein ● 30g fat ● 17g carbs ● 5g fiber



For single meal:

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

3/4 lbs (336g)

#### **apple cider vinegar**

3/4 tsp (0mL)

#### **thyme, dried**

3 dash, leaves (0g)

#### **oil**

1 1/2 tbsp (23mL)

#### **carrots, thinly sliced**

3/4 medium (46g)

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

6 oz (170g)

For all 2 meals:

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

1 1/2 lbs (672g)

#### **apple cider vinegar**

1 1/2 tsp (0mL)

#### **thyme, dried**

1/4 tbsp, leaves (1g)

#### **oil**

3 tbsp (45mL)

#### **carrots, thinly sliced**

1 1/2 medium (92g)

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

3/4 lbs (340g)

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.