

# Meal Plan - 3000 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

2983 cals ● 231g protein (31%) ● 134g fat (41%) ● 167g carbs (22%) ● 45g fiber (6%)

### Breakfast

495 cals, 10g protein, 66g net carbs, 18g fat



[Raisins](#)  
1/2 cup- 275 cals



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

### Snacks

420 cals, 10g protein, 4g net carbs, 34g fat



[Avocado](#)  
351 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Lunch

1065 cals, 123g protein, 54g net carbs, 35g fat



[Basic chicken breast](#)  
18 2/3 oz- 740 cals



[Baked sweet potatoes](#)  
1 1/2 sweet potato(s)- 323 cals

### Dinner

1000 cals, 88g protein, 44g net carbs, 46g fat



[Sweet potato medallions](#)  
1 sweet potato- 309 cals



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



[Simple sauteed spinach](#)  
249 cals

## Day 2

2959 cals ● 209g protein (28%) ● 134g fat (41%) ● 186g carbs (25%) ● 43g fiber (6%)

### Breakfast

495 cals, 10g protein, 66g net carbs, 18g fat



[Raisins](#)  
1/2 cup- 275 cals



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

### Snacks

420 cals, 10g protein, 4g net carbs, 34g fat



[Avocado](#)  
351 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Lunch

1065 cals, 123g protein, 54g net carbs, 35g fat



[Basic chicken breast](#)  
18 2/3 oz- 740 cals



[Baked sweet potatoes](#)  
1 1/2 sweet potato(s)- 323 cals

### Dinner

980 cals, 66g protein, 62g net carbs, 46g fat



[Roasted rosemary sweet potatoes](#)  
525 cals



[Broiled tilapia](#)  
10 2/3 oz- 453 cals

## Day 3

2935 cals ● 265g protein (36%) ● 137g fat (42%) ● 128g carbs (17%) ● 33g fiber (4%)

### Breakfast

570 cals, 35g protein, 38g net carbs, 28g fat



Scrambled eggs with kale, tomatoes, rosemary  
439 cals



Peach  
2 peach(es)- 132 cals

### Snacks

265 cals, 27g protein, 6g net carbs, 14g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Pork rinds  
1 1/2 oz- 224 cals

### Lunch

1055 cals, 121g protein, 30g net carbs, 44g fat



Sweet potato medallions  
1/2 sweet potato- 155 cals



Baked chicken with tomatoes & olives  
18 oz- 899 cals

### Dinner

1045 cals, 82g protein, 55g net carbs, 52g fat



Baked chicken thighs  
12 oz- 770 cals



Mashed sweet potatoes  
275 cals

## Day 4

3002 cals ● 228g protein (30%) ● 160g fat (48%) ● 114g carbs (15%) ● 48g fiber (6%)

### Breakfast

570 cals, 35g protein, 38g net carbs, 28g fat



Scrambled eggs with kale, tomatoes, rosemary  
439 cals



Peach  
2 peach(es)- 132 cals

### Snacks

265 cals, 27g protein, 6g net carbs, 14g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Pork rinds  
1 1/2 oz- 224 cals

### Lunch

1120 cals, 84g protein, 16g net carbs, 67g fat



Roast beef lettuce wrap with avocado  
3 1/2 wrap(s)- 1105 cals



Cucumber slices  
1/4 cucumber- 15 cals

### Dinner

1045 cals, 82g protein, 55g net carbs, 52g fat



Baked chicken thighs  
12 oz- 770 cals



Mashed sweet potatoes  
275 cals

## Day 5

3003 cals ● 210g protein (28%) ● 157g fat (47%) ● 152g carbs (20%) ● 36g fiber (5%)

### Breakfast

570 cals, 35g protein, 38g net carbs, 28g fat



Scrambled eggs with kale, tomatoes, rosemary  
439 cals



Peach  
2 peach(es)- 132 cals

### Snacks

265 cals, 27g protein, 6g net carbs, 14g fat



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Pork rinds  
1 1/2 oz- 224 cals

### Lunch

1030 cals, 71g protein, 72g net carbs, 45g fat



Basic chicken thighs  
12 oz- 510 cals



Sweet potato wedges  
521 cals

### Dinner

1135 cals, 76g protein, 36g net carbs, 70g fat



Sweet potato medallions  
1 sweet potato- 309 cals



Indian chicken wings  
20 oz- 825 cals

## Day 6

2988 cals ● 228g protein (31%) ● 174g fat (52%) ● 92g carbs (12%) ● 36g fiber (5%)

### Breakfast

535 cals, 33g protein, 18g net carbs, 35g fat



Peach  
1 peach(es)- 66 cals



Cabbage & bacon skillet  
468 cals

### Snacks

335 cals, 10g protein, 25g net carbs, 19g fat



Kale chips  
275 cals



Cucumber slices  
1 cucumber- 60 cals

### Lunch

985 cals, 109g protein, 13g net carbs, 50g fat



Bone broth  
2 cup(s)- 81 cals



Paleo salsa verde chicken salad  
902 cals

### Dinner

1135 cals, 76g protein, 36g net carbs, 70g fat



Sweet potato medallions  
1 sweet potato- 309 cals



Indian chicken wings  
20 oz- 825 cals

Day 7

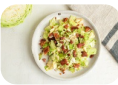
2994 calsgreen224g protein (30%)orange188g fat (56%)blue69g carbs (9%)grey33g fiber (4%)

Breakfast

535 calsgreen33g protein, 18g net carbs, 35g fat



Peach  
1 peach(es)- 66 calsgreen



Cabbage & bacon skillet  
468 calsgreen

Snacks

335 calsgreen10g protein, 25g net carbs, 19g fat



Kale chips  
275 calsgreen



Cucumber slices  
1 cucumber- 60 calsgreen

Lunch

985 calsgreen109g protein, 13g net carbs, 50g fat



Bone broth  
2 cup(s)- 81 calsgreen



Paleo salsa verde chicken salad  
902 calsgreen

Dinner

1140 calsgreen72g protein, 13g net carbs, 84g fat



Rotisserie chicken & tomato salad  
771 calsgreen



Roasted almonds  
3/8 cup(s)- 370 calsgreen

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## Fruits and Fruit Juices

- ☐ raisins  
1 cup, packed (165g)
- ☐ avocados  
4 3/4 avocado(s) (954g)
- ☐ lemon juice  
1 fl oz (27mL)
- ☐ green olives  
18 large (79g)
- ☐ peach  
8 medium (2-2/3" dia) (1200g)

## Nut and Seed Products

- ☐ almonds  
1 cup, whole (131g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Fats and Oils

- ☐ oil  
1/3 lbs (172mL)
- ☐ olive oil  
1/4 lbs (147mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
5 3/4 lbs (2572g)
- ☐ chicken thighs, with bone and skin, raw  
1 1/2 lbs (680g)
- ☐ boneless skinless chicken thighs  
3/4 lbs (340g)
- ☐ chicken wings, with skin, raw  
2 1/2 lbs (1135g)

## Spices and Herbs

- ☐ oregano, dried  
1 1/2 dash, ground (0g)
- ☐ salt  
3 tbsp (51g)
- ☐ black pepper  
1/6 oz (6g)
- ☐ lemon pepper  
3/4 tbsp (5g)
- ☐ rosemary, dried  
4 1/2 g (5g)
- ☐ thyme, dried  
2 dash, ground (0g)

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
13 sweetpotato, 5" long (2765g)
- ☐ garlic  
1 1/4 clove (4g)
- ☐ fresh spinach  
10 cup(s) (300g)
- ☐ tomatoes  
15 medium whole (2-3/5" dia) (1863g)
- ☐ kale leaves  
1 1/2 lbs (694g)
- ☐ romaine lettuce  
3 1/2 leaf outer (98g)
- ☐ cucumber  
2 1/2 cucumber (8-1/4") (790g)
- ☐ cabbage  
3 cup, chopped (267g)

## Dairy and Egg Products

- ☐ eggs  
17 1/2 medium (772g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
2/3 lbs (299g)

## Beverages

- ☐ water  
1 cup (270mL)

## Other

- ☐ pork rinds  
1/4 lbs (128g)
- ☐ chicken bone broth  
4 cup(s) (mL)
- ☐ mixed greens  
6 cup (180g)
- ☐ rotisserie chicken, cooked  
1/2 lbs (255g)

## Sausages and Luncheon Meats

- ☐ roast beef cold cuts  
14 oz (397g)

## Soups, Sauces, and Gravies

- ☐ chili powder  
1 tbsp (8g)
  - ☐ fresh basil  
18 leaves (9g)
  - ☐ balsamic vinegar  
2 tbsp (30mL)
  - ☐ mustard  
3 1/2 tsp (18g)
  - ☐ curry powder  
1/4 cup (24g)
  - ☐ ground cumin  
4 tsp (8g)
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- ☐ salsa verde  
4 tbsp (64g)

### **Pork Products**

- ☐ bacon, raw  
6 slice(s) (170g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Raisins

1/2 cup - 275 cals ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



For single meal:

#### **raisins**

1/2 cup, packed (83g)

For all 2 meals:

#### **raisins**

1 cup, packed (165g)

1. This recipe has no instructions.

### Roasted almonds

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



For single meal:

#### **almonds**

4 tbsp, whole (36g)

For all 2 meals:

#### **almonds**

1/2 cup, whole (72g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Scrambled eggs with kale, tomatoes, rosemary

439 cals ● 32g protein ● 27g fat ● 14g carbs ● 4g fiber



For single meal:

**water**  
6 tbsp (90mL)  
**balsamic vinegar**  
2 tsp (10mL)  
**rosemary, dried**  
4 dash (1g)  
**tomatoes**  
1 cup, chopped (180g)  
**eggs**  
4 extra large (224g)  
**kale leaves**  
2 cup, chopped (80g)  
**oil**  
1 tsp (5mL)

For all 3 meals:

**water**  
1 cup (270mL)  
**balsamic vinegar**  
2 tbsp (30mL)  
**rosemary, dried**  
1/2 tbsp (2g)  
**tomatoes**  
3 cup, chopped (540g)  
**eggs**  
12 extra large (672g)  
**kale leaves**  
6 cup, chopped (240g)  
**oil**  
1 tbsp (15mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

### Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

**peach**  
2 medium (2-2/3" dia) (300g)

For all 3 meals:

**peach**  
6 medium (2-2/3" dia) (900g)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

#### peach

1 medium (2-2/3" dia) (150g)

For all 2 meals:

#### peach

2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

### Cabbage & bacon skillet

468 cals ● 32g protein ● 34g fat ● 6g carbs ● 3g fiber



For single meal:

#### cabbage

1 1/2 cup, chopped (134g)

#### bacon, raw

3 slice(s) (85g)

For all 2 meals:

#### cabbage

3 cup, chopped (267g)

#### bacon, raw

6 slice(s) (170g)

1. Add the bacon to a skillet over medium heat. Cook for 4–5 minutes, flip, and cook for another 3–4 minutes until crispy. Transfer the bacon to a plate lined with paper towels to drain, leaving the bacon fat in the skillet.
2. Add cabbage to the skillet and cook in the bacon fat for 5–7 minutes, stirring occasionally, until softened. Transfer the cooked cabbage to a bowl, crumble the bacon on top, and season with pepper to taste, if desired. Serve.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
3 1/2 tsp (17mL)  
**boneless skinless chicken breast, raw**  
18 2/3 oz (523g)

For all 2 meals:

**oil**  
2 1/3 tbsp (35mL)  
**boneless skinless chicken breast, raw**  
2 1/3 lbs (1045g)

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.

### Baked sweet potatoes

1 1/2 sweet potato(s) - 323 cals ● 5g protein ● 5g fat ● 54g carbs ● 10g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**oregano, dried**  
3/4 dash, ground (0g)  
**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)  
**salt**  
3/4 dash (1g)  
**black pepper**  
3/4 dash, ground (0g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**oregano, dried**  
1 1/2 dash, ground (0g)  
**sweet potatoes**  
3 sweetpotato, 5" long (630g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. **Option 1: Whole Sweet Potatoes:** Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. **Option 2: Cubed Sweet Potatoes:** Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

## Lunch 2 [🔗](#)

Eat on day 3

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### Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

#### **sweet potatoes, sliced**

1/2 sweet potato, 5" long (105g)

#### **oil**

1/2 tbsp (8mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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### Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



Makes 18 oz

#### **tomatoes**

18 cherry tomatoes (306g)

#### **olive oil**

1 tbsp (15mL)

#### **salt**

1/4 tbsp (5g)

#### **green olives**

18 large (79g)

#### **black pepper**

1/4 tbsp (1g)

#### **chili powder**

1 tbsp (8g)

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

18 oz (510g)

#### **fresh basil, shredded**

18 leaves (9g)

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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## Lunch 3 [↗](#)

Eat on day 4

### Roast beef lettuce wrap with avocado

3 1/2 wrap(s) - 1105 cals ● 84g protein ● 67g fat ● 13g carbs ● 28g fiber



Makes 3 1/2 wrap(s)

#### **romaine lettuce**

3 1/2 leaf outer (98g)

#### **tomatoes, diced**

1 3/4 plum tomato (109g)

#### **mustard**

3 1/2 tsp (18g)

#### **roast beef cold cuts**

14 oz (397g)

#### **avocados, sliced**

1 3/4 avocado(s) (352g)

1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.

### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



Makes 1/4 cucumber

#### **cucumber**

1/4 cucumber (8-1/4") (75g)

1. Slice cucumber into rounds and serve.

## Lunch 4 [↗](#)

Eat on day 5

### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 12 oz

#### **oil**

1/2 tbsp (8mL)

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

3/4 lbs (340g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

### Sweet potato wedges



521 cals ● 7g protein ● 17g fat ● 72g carbs ● 13g fiber



**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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## Lunch 5 [🔗](#)

Eat on day 6, day 7

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### Bone broth

2 cup(s) - 81 cals ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:

**chicken bone broth**  
2 cup(s) (mL)

For all 2 meals:

**chicken bone broth**  
4 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

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### Paleo salsa verde chicken salad

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



For single meal:

**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)

For all 2 meals:

**tomatoes, chopped**  
2 roma tomato (160g)  
**salsa verde**  
4 tbsp (64g)  
**ground cumin**  
4 tsp (8g)  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)  
**avocados, sliced**  
8 slices (200g)  
**mixed greens**  
6 cup (180g)  
**oil**  
4 tsp (20mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)

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.

## Snacks 1 [🔗](#)

Eat on day 1, day 2

### Avocado

351 cal ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

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

For all 2 meals:

**avocados**  
2 avocado(s) (402g)  
**lemon juice**  
2 tsp (10mL)

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

### 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, day 5

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### 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.

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### Pork rinds

1 1/2 oz - 224 cals ● 26g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

**pork rinds**  
1 1/2 oz (43g)

For all 3 meals:

**pork rinds**  
1/4 lbs (128g)

1. Enjoy.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

### Kale chips

275 cals ● 6g protein ● 19g fat ● 15g carbs ● 4g fiber



For single meal:

**olive oil**  
4 tsp (20mL)  
**kale leaves**  
1 1/3 bunch (227g)  
**salt**  
1/2 tbsp (8g)

For all 2 meals:

**olive oil**  
2 2/3 tbsp (40mL)  
**kale leaves**  
2 2/3 bunch (454g)  
**salt**  
2 2/3 tsp (16g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

### Cucumber slices

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



For single meal:

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

For all 2 meals:

**cucumber**  
2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.



## Dinner 1 [↗](#)

Eat on day 1

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### Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

#### **sweet potatoes, sliced**

1 sweetpotato, 5" long (210g)

#### **oil**

1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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### Lemon pepper chicken breast

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



Makes 12 oz

**lemon pepper**

3/4 tbsp (5g)

**olive oil**

1 tsp (6mL)

**boneless skinless chicken breast, raw**

3/4 lbs (336g)

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.

## Simple sauteed spinach

249 cals ● 9g protein ● 18g fat ● 6g carbs ● 7g fiber



**garlic, diced**

1 1/4 clove (4g)

**black pepper**

1/3 tsp, ground (1g)

**salt**

1/3 tsp (2g)

**olive oil**

1 1/4 tbsp (19mL)

**fresh spinach**

10 cup(s) (300g)

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.

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## Dinner 2 [↗](#)

Eat on day 2

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### Roasted rosemary sweet potatoes

525 cal ● 6g protein ● 23g fat ● 61g carbs ● 12g fiber



#### **sweet potatoes, cut into 1" cubes**

1 2/3 sweetpotato, 5" long (350g)

#### **rosemary, dried**

2 1/2 tsp (3g)

#### **olive oil**

5 tsp (25mL)

#### **salt**

1/4 tbsp (5g)

#### **black pepper**

1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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### Broiled tilapia

10 2/3 oz - 453 cal ● 60g protein ● 23g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

#### **lemon juice**

2 tsp (10mL)

#### **tilapia, raw**

2/3 lbs (299g)

#### **olive oil**

4 tsp (20mL)

#### **black pepper**

1/3 tsp, ground (1g)

#### **salt**

1/3 tsp (2g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
  2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
  3. Season with salt and pepper.
  4. Arrange fillets in a single layer on prepared pan.
  5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Baked chicken thighs

12 oz - 770 cal ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



For single meal:

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

3/4 lbs (340g)

**thyme, dried**

1 dash, ground (0g)

For all 2 meals:

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

1 1/2 lbs (680g)

**thyme, dried**

2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.

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### Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**sweet potatoes**

3 sweetpotato, 5" long (630g)

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 4 [↗](#)

Eat on day 5, day 6

### Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes, sliced**

1 sweetpotato, 5" long (210g)

**oil**

1 tbsp (15mL)

For all 2 meals:

**sweet potatoes, sliced**

2 sweetpotato, 5" long (420g)

**oil**

2 tbsp (30mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

### Indian chicken wings

20 oz - 825 cals ● 73g protein ● 56g fat ● 0g carbs ● 6g fiber



For single meal:

**curry powder**

2 tbsp (12g)

**salt**

1 1/4 tsp (8g)

**chicken wings, with skin, raw**

1 1/4 lbs (568g)

**oil**

1 tsp (5mL)

For all 2 meals:

**curry powder**

1/4 cup (24g)

**salt**

2 1/2 tsp (15g)

**chicken wings, with skin, raw**

2 1/2 lbs (1135g)

**oil**

2 tsp (9mL)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.



## Dinner 5 [🔗](#)

Eat on day 7

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### Rotisserie chicken & tomato salad

771 cals ● 59g protein ● 55g fat ● 8g carbs ● 2g fiber



#### lemon juice

1/2 tbsp (8mL)

#### olive oil

1 1/2 tbsp (23mL)

#### cucumber, sliced

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

#### tomatoes, cut into wedges

3/4 large whole (3" dia) (137g)

#### rotisserie chicken, cooked

1/2 lbs (255g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

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### Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

#### almonds

6 2/3 tbsp, whole (60g)

1. This recipe has no instructions.
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