

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

2990 cals ● 232g protein (31%) ● 134g fat (40%) ● 169g carbs (23%) ● 46g 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

1070 cals, 123g protein, 56g net carbs, 35g fat



Simple chicken breast
18 2/3 oz- 747 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

2966 cals ● 209g protein (28%) ● 134g fat (41%) ● 188g carbs (25%) ● 44g 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

1070 cals, 123g protein, 56g net carbs, 35g fat



Simple chicken breast
18 2/3 oz- 747 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

2937 cal ● 265g protein (36%) ● 137g fat (42%) ● 128g carbs (17%) ● 33g fiber (4%)

Breakfast

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



Scrambled eggs with kale, tomatoes, rosemary
439 cal



Peach
2 peach(es)- 132 cal

Snacks

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



Cherry tomatoes
12 cherry tomatoes- 42 cal



Pork rinds
1 1/2 oz- 224 cal

Lunch

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



Sweet potato medallions
1/2 sweet potato- 155 cal



Baked chicken with tomatoes & olives
18 oz- 899 cal

Dinner

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



Baked chicken thighs
12 oz- 772 cal



Mashed sweet potatoes
275 cal

Day 4

3003 cal ● 228g protein (30%) ● 160g fat (48%) ● 114g carbs (15%) ● 49g fiber (6%)

Breakfast

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



Scrambled eggs with kale, tomatoes, rosemary
439 cal



Peach
2 peach(es)- 132 cal

Snacks

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



Cherry tomatoes
12 cherry tomatoes- 42 cal



Pork rinds
1 1/2 oz- 224 cal

Lunch

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



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



Cucumber slices
1/4 cucumber- 15 cal

Dinner

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



Baked chicken thighs
12 oz- 772 cal



Mashed sweet potatoes
275 cal

Day 5

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

Breakfast

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



Scrambled eggs with kale, tomatoes, rosemary
439 cal



Peach
2 peach(es)- 132 cal

Snacks

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



Cherry tomatoes
12 cherry tomatoes- 42 cal



Pork rinds
1 1/2 oz- 224 cal

Lunch

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



Basic chicken thighs
12 oz- 510 cal



Sweet potato wedges
521 cal

Dinner

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



Sweet potato medallions
1 sweet potato- 309 cal



Indian chicken wings
20 oz- 825 cal

Day 6

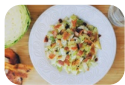
2979 cal ● 227g protein (31%) ● 174g fat (52%) ● 91g carbs (12%) ● 35g fiber (5%)

Breakfast

525 cal, 32g protein, 17g net carbs, 34g fat



Peach
1 peach(es)- 66 cal



Cabbage & bacon skillet
460 cal

Snacks

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



Kale chips
275 cal



Cucumber slices
1 cucumber- 60 cal

Lunch

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



Bone broth
2 cup(s)- 81 cal



Paleo salsa verde chicken salad
902 cal

Dinner

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



Sweet potato medallions
1 sweet potato- 309 cal



Indian chicken wings
20 oz- 825 cal

Day 7

2986 cals ● 223g protein (30%) ● 188g fat (57%) ● 68g carbs (9%) ● 33g fiber (4%)

Breakfast

525 cals, 32g protein, 17g net carbs, 34g fat



Peach

1 peach(es)- 66 cals



Cabbage & bacon skillet

460 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

1140 cals, 72g protein, 13g net carbs, 84g fat



Rotisserie chicken & tomato salad

771 cals



Roasted almonds

3/8 cup(s)- 370 cals

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)

Poultry Products

- boneless skinless chicken breast, raw
5 3/4 lbs (2572g)
- chicken thighs, with bone and skin, raw
4 thigh (6 oz ea) (680g)
- boneless skinless chicken thighs
3/4 lbs (340g)
- chicken wings, with skin, raw
2 1/2 lbs (1135g)

Spices and Herbs

- salt
4 tbsp (71g)
- black pepper
1/2 oz (12g)
- garlic powder
1/2 tsp (2g)
- oregano, dried
1 1/2 dash, ground (0g)
- lemon pepper
3/4 tbsp (5g)
- rosemary
4 1/2 g (5g)
- thyme, dried
2 dash, ground (0g)
- chili powder
1 tbsp (8g)
- fresh basil
18 leaves (9g)

Fats and Oils

- olive oil
5 3/4 oz (182mL)
- oil
1/4 lbs (137mL)

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, shredded (210g)

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)

- balsamic vinegar
2 tbsp (30mL)
- mustard
3 1/2 tsp (18g)
- curry powder
1/4 cup (24g)
- ground cumin
4 tsp (8g)

Sausages and Luncheon Meats

- roast beef cold cuts
14 oz (397g)

Soups, Sauces, and Gravies

- salsa verde
4 tbsp (64g)

Pork Products

- bacon, raw
6 slice(s) (170g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Raisins

1/2 cup - 275 cal ● 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 cal ● 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 cal ● 32g protein ● 27g fat ● 14g carbs ● 4g fiber



For single meal:

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

For all 3 meals:

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

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 cal ● 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.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Peach

1 peach(es) - 66 cal ● 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.
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Cabbage & bacon skillet

460 cal ● 31g protein ● 34g fat ● 5g carbs ● 3g fiber



For single meal:

bacon, raw

3 slice(s) (85g)

cabbage

1 1/2 cup, shredded (105g)

For all 2 meals:

bacon, raw

6 slice(s) (170g)

cabbage

3 cup, shredded (210g)

1. Cook bacon according to package. Once done, set aside to cool, but leave bacon fat in the skillet.
 2. Add the shredded cabbage to the skillet with the fat and cook for about 5-7 minutes until the cabbage softens.
 3. When done, transfer cabbage to a bowl and crumble bacon on top. Add pepper to taste if desired. Serve.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Simple chicken breast

18 2/3 oz - 747 cal ● 118g protein ● 30g fat ● 2g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw

18 2/3 oz (523g)

salt

1 tsp (7g)

black pepper

1 tsp, ground (3g)

olive oil

3 1/2 tsp (17mL)

garlic powder

1/4 tsp (1g)

For all 2 meals:

boneless skinless chicken breast, raw

2 1/3 lbs (1045g)

salt

3/4 tbsp (14g)

black pepper

3/4 tbsp, ground (5g)

olive oil

2 1/3 tbsp (35mL)

garlic powder

1/2 tsp (2g)

1. First, rub the chicken with olive oil and seasonings. 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.
13. **ALL**
14. Finally (and this is important) let the chicken rest for at least 5 minutes before you cut it or all the juice you made the effort to keep in will come running right out, resulting in a flavorless, rubbery mass. When it comes to a juicy chicken breast, patience is a virtue.

Baked sweet potatoes

1 1/2 sweet potato(s) - 323 cal ● 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 degrees F (175 degrees C) and grease a glass or non-stick baking dish.
2. Wash and peel the sweet potatoes. Cut them into medium size pieces.
3. Place the cut sweet potatoes in the baking dish evenly coat them with the oil, oregano, and salt and pepper (to taste). Rub the sweet potato pieces to ensure they are fully coated.
4. Bake for 60 minutes or until soft.

Lunch 2 [↗](#)

Eat on day 3

Sweet potato medallions

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



Makes 1/2 sweet potato

oil
1/2 tbsp (8mL)
sweet potatoes, sliced
1/2 sweetpotato, 5" long (105g)

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.

Baked chicken with tomatoes & olives

18 oz - 899 cal ● 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

1 lbs (510g)

fresh basil, shredded

18 leaves (9g)

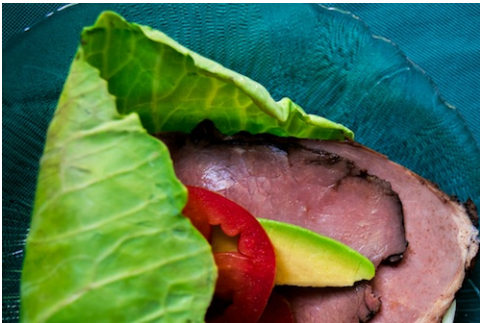
1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check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

Lunch 3 [↗](#)

Eat on day 4

Roast beef lettuce wrap with avocado

3 1/2 wrap(s) - 1105 cal ● 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 cal ● 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.
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Lunch 4 [↗](#)

Eat on day 5

Basic chicken thighs

12 oz - 510 cal ● 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 cal ● 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

Bone broth

2 cup(s) - 81 cal ● 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.

Paleo salsa verde chicken salad

902 cal ● 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.
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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

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.
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Pork rinds

1 1/2 oz - 224 cal ● 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 cal ● 6g protein ● 19g fat ● 15g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

kale leaves
2 2/3 bunch (454g)
olive oil
2 2/3 tbsp (40mL)
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 cal ● 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.
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Dinner 1 [↗](#)

Eat on day 1

Sweet potato medallions

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



Makes 1 sweet potato

oil

1 tbsp (15mL)

sweet potatoes, sliced

1 sweetpotato, 5" long (210g)

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.

Lemon pepper chicken breast

12 oz - 444 cal ● 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 cal ● 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.

Dinner 2 [↗](#)

Eat on day 2

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

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.

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

Baked chicken thighs

12 oz - 772 cal ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



For single meal:

salt
4 dash (3g)
black pepper
2 dash, ground (1g)
chicken thighs, with bone and skin, raw, bone and skin
2 thigh (6 oz ea) (340g)
thyme, dried
1 dash, ground (0g)

For all 2 meals:

salt
1 tsp (6g)
black pepper
4 dash, ground (1g)
chicken thighs, with bone and skin, raw, bone and skin
4 thigh (6 oz ea) (680g)
thyme, dried
2 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

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 cal ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



For single meal:

oil
1 tbsp (15mL)
sweet potatoes, sliced
1 sweetpotato, 5" long (210g)

For all 2 meals:

oil
2 tbsp (30mL)
sweet potatoes, sliced
2 sweetpotato, 5" long (420g)

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 cal ● 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.
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Dinner 5 [↗](#)

Eat on day 7

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.

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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