

Meal Plan - 3500 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

3469 cals ● 291g protein (34%) ● 208g fat (54%) ● 72g carbs (8%) ● 38g fiber (4%)

Breakfast

610 cals, 61g protein, 32g net carbs, 26g fat



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



[Paleo beef & egg bowl](#)
471 cals

Snacks

415 cals, 42g protein, 8g net carbs, 23g fat



[Pumpkin seeds](#)
183 cals



[Tuna cucumber bites](#)
230 cals

Lunch

1195 cals, 92g protein, 16g net carbs, 75g fat



[Chicken thighs with lemon & olives](#)
12 oz- 876 cals



[Garlic collard greens](#)
319 cals

Dinner

1255 cals, 95g protein, 17g net carbs, 84g fat



[Sugar snap peas](#)
164 cals



[Buffalo drumsticks](#)
18 2/3 oz- 1089 cals

Day 2

3451 cals ● 277g protein (32%) ● 173g fat (45%) ● 152g carbs (18%) ● 45g fiber (5%)

Breakfast

610 cals, 61g protein, 32g net carbs, 26g fat



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



[Paleo beef & egg bowl](#)
471 cals

Snacks

415 cals, 42g protein, 8g net carbs, 23g fat



[Pumpkin seeds](#)
183 cals



[Tuna cucumber bites](#)
230 cals

Lunch

1195 cals, 92g protein, 16g net carbs, 75g fat



[Chicken thighs with lemon & olives](#)
12 oz- 876 cals



[Garlic collard greens](#)
319 cals

Dinner

1235 cals, 81g protein, 97g net carbs, 49g fat



[Sweet potato fries](#)
618 cals



[Roasted tomatoes](#)
2 tomato(es)- 119 cals



[Simple plain beef burger](#)
3 burger(s)- 498 cals

Day 3

3500 cals ● 245g protein (28%) ● 203g fat (52%) ● 105g carbs (12%) ● 67g fiber (8%)

Breakfast

630 cals, 24g protein, 5g net carbs, 51g fat



Bacon avocado "toast"
4 slices- 552 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

415 cals, 26g protein, 9g net carbs, 27g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



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



Pork rinds
1 oz- 149 cals

Lunch

1215 cals, 54g protein, 28g net carbs, 87g fat



Simple kale & avocado salad
614 cals



Paleo chicken thighs and mushrooms
6 oz- 600 cals

Dinner

1240 cals, 140g protein, 64g net carbs, 38g fat



Garlic collard greens
212 cals



Marinated chicken breast
20 oz- 707 cals



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

Day 4

3535 cals ● 272g protein (31%) ● 193g fat (49%) ● 126g carbs (14%) ● 51g fiber (6%)

Breakfast

630 cals, 24g protein, 5g net carbs, 51g fat



Bacon avocado "toast"
4 slices- 552 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

415 cals, 26g protein, 9g net carbs, 27g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



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



Pork rinds
1 oz- 149 cals

Lunch

1250 cals, 81g protein, 49g net carbs, 77g fat



Sweet potato wedges
347 cals



Buffalo chicken wings
21 1/3 oz- 901 cals

Dinner

1240 cals, 140g protein, 64g net carbs, 38g fat



Garlic collard greens
212 cals



Marinated chicken breast
20 oz- 707 cals



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

Day 5

3450 cals ● 240g protein (28%) ● 195g fat (51%) ● 126g carbs (15%) ● 57g fiber (7%)

Breakfast

650 cals, 31g protein, 32g net carbs, 40g fat



[Kale & eggs](#)
284 cals



[Grapefruit](#)
1 grapefruit- 119 cals



[Simple sauteed spinach](#)
249 cals

Snacks

415 cals, 26g protein, 9g net carbs, 27g fat



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



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



[Pork rinds](#)
1 oz- 149 cals

Lunch

1180 cals, 87g protein, 26g net carbs, 71g fat



[Turkey, bacon, avocado lettuce wrap](#)
3 wrap(s)- 950 cals



[Simple kale & avocado salad](#)
230 cals

Dinner

1205 cals, 96g protein, 60g net carbs, 58g fat



[Pistachios](#)
375 cals



[Honey mustard chicken salad](#)
831 cals

Day 6

3500 cals ● 231g protein (26%) ● 202g fat (52%) ● 127g carbs (14%) ● 62g fiber (7%)

Breakfast

650 cals, 31g protein, 32g net carbs, 40g fat



[Kale & eggs](#)
284 cals



[Grapefruit](#)
1 grapefruit- 119 cals



[Simple sauteed spinach](#)
249 cals

Snacks

465 cals, 18g protein, 9g net carbs, 34g fat



[Avocado](#)
176 cals



[Cucumber slices](#)
1/2 cucumber- 30 cals



[Avocado deviled eggs](#)
2 egg(s)- 257 cals

Lunch

1180 cals, 87g protein, 26g net carbs, 71g fat



[Turkey, bacon, avocado lettuce wrap](#)
3 wrap(s)- 950 cals



[Simple kale & avocado salad](#)
230 cals

Dinner

1205 cals, 96g protein, 60g net carbs, 58g fat



[Pistachios](#)
375 cals



[Honey mustard chicken salad](#)
831 cals

Day 7

3472 cals ● 312g protein (36%) ● 195g fat (51%) ● 67g carbs (8%) ● 48g fiber (6%)

Breakfast

650 cals, 31g protein, 32g net carbs, 40g fat



Kale & eggs
284 cals



Grapefruit
1 grapefruit- 119 cals



Simple sauteed spinach
249 cals

Snacks

465 cals, 18g protein, 9g net carbs, 34g fat



Avocado
176 cals



Cucumber slices
1/2 cucumber- 30 cals



Avocado deviled eggs
2 egg(s)- 257 cals

Lunch

1195 cals, 156g protein, 10g net carbs, 58g fat



Basic chicken breast
24 oz- 952 cals



Sauteed Kale
242 cals

Dinner

1165 cals, 108g protein, 15g net carbs, 64g fat



Avocado tuna salad
1164 cals



Fruits and Fruit Juices

- ☐ raisins
1/2 cup, packed (83g)
- ☐ lemon
2 1/2 large (219g)
- ☐ green olives
1 small can (~2 oz) (64g)
- ☐ avocados
9 1/2 avocado(s) (1926g)
- ☐ Grapefruit
3 large (approx 4-1/2" dia) (996g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ lime juice
4 tsp (20mL)

Beef Products

- ☐ ground beef (93% lean)
1 3/4 lbs (794g)

Dairy and Egg Products

- ☐ eggs
19 large (950g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
5 thigh (6 oz ea) (850g)
- ☐ boneless skinless chicken breast, raw
5 1/2 lbs (2472g)
- ☐ chicken wings, with skin, raw
1 1/3 lbs (605g)

Spices and Herbs

- ☐ salt
1 oz (29g)
- ☐ black pepper
1/4 oz (8g)
- ☐ rosemary, dried
1/2 tbsp (2g)
- ☐ garlic powder
1/2 tsp (2g)
- ☐ paprika
1/2 tsp (1g)
- ☐ oregano, dried
1 1/2 dash, ground (0g)
- ☐ dijon mustard
1/4 lbs (120g)

Fats and Oils

- ☐ olive oil
7 tbsp (104mL)
- ☐ oil
6 1/4 oz (189mL)
- ☐ marinade sauce
1 1/4 cup (300mL)

Soups, Sauces, and Gravies

- ☐ chicken broth
1/2 cup(s) (mL)
- ☐ Frank's Red Hot sauce
6 3/4 tbsp (101mL)

Other

- ☐ Chicken, drumsticks, with skin
18 3/4 oz (529g)
- ☐ pork rinds
3 oz (85g)
- ☐ mixed greens
8 2/3 cup (260g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ almonds
3/4 cup, whole (107g)
- ☐ pistachios, dry roasted, without shells or salt added
1 cup (123g)

Finfish and Shellfish Products

- ☐ canned tuna
4 1/2 can (755g)

Beverages

- ☐ water
1/4 cup(s) (59mL)

Pork Products

- ☐ bacon
20 slice(s) (200g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
1 1/2 lbs (680g)

Vegetables and Vegetable Products

- ☐ garlic
16 3/4 clove(s) (50g)
 - ☐ collard greens
3 1/3 lbs (1512g)
 - ☐ frozen sugar snap peas
2 2/3 cup (384g)
 - ☐ cucumber
2 cucumber (8-1/4") (602g)
 - ☐ sweet potatoes
7 sweetpotato, 5" long (1440g)
 - ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1289g)
 - ☐ kale leaves
1 1/2 lbs (647g)
 - ☐ mushrooms
4 oz (113g)
 - ☐ fresh spinach
30 cup(s) (900g)
 - ☐ romaine lettuce
6 leaf outer (168g)
 - ☐ fresh cilantro
4 tsp, chopped (4g)
 - ☐ onion
2/3 small (47g)
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Sweets

- ☐ honey
5 tbsp (102g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Raisins

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



For single meal:

raisins

4 tbsp, packed (41g)

For all 2 meals:

raisins

1/2 cup, packed (83g)

1. This recipe has no instructions.

Paleo beef & egg bowl

471 cals ● 60g protein ● 25g fat ● 1g carbs ● 0g fiber



For single meal:

ground beef (93% lean)

1/2 lbs (227g)

eggs

2 large (100g)

For all 2 meals:

ground beef (93% lean)

1 lbs (454g)

eggs

4 large (200g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Bacon avocado "toast"

4 slices - 552 cals ● 18g protein ● 45g fat ● 4g carbs ● 13g fiber



For single meal:

bacon

4 slice(s) (40g)

avocados

1 avocado(s) (201g)

For all 2 meals:

bacon

8 slice(s) (80g)

avocados

2 avocado(s) (402g)

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1/4 tsp (1mL)

eggs

1 large (50g)

For all 2 meals:

oil

1/2 tsp (3mL)

eggs

2 large (100g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Kale & eggs

284 cals ● 20g protein ● 21g fat ● 3g carbs ● 0g fiber



For single meal:

salt

1 1/2 dash (1g)

eggs

3 large (150g)

kale leaves

3/4 cup, chopped (30g)

oil

1/2 tbsp (8mL)

For all 3 meals:

salt

1/2 tsp (2g)

eggs

9 large (450g)

kale leaves

2 1/4 cup, chopped (90g)

oil

1 1/2 tbsp (23mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Grapefruit

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



For single meal:

Grapefruit

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

For all 3 meals:

Grapefruit

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

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Simple sauteed spinach

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



For single meal:

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)

For all 3 meals:

garlic, diced

3 3/4 clove (11g)

black pepper

1 tsp, ground (2g)

salt

1 tsp (6g)

olive oil

1/4 cup (56mL)

fresh spinach

30 cup(s) (900g)

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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Lunch 1 [↗](#)

Eat on day 1, day 2

Chicken thighs with lemon & olives

12 oz - 876 cals ● 78g protein ● 59g fat ● 6g carbs ● 3g fiber



For single meal:

chicken thighs, with bone and skin, raw

2 thigh (6 oz ea) (340g)

salt

2 dash (2g)

black pepper

4 dash, ground (1g)

garlic, minced

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

rosemary, dried

1/4 tbsp (1g)

olive oil

1/4 tbsp (4mL)

lemon

1/2 large (42g)

green olives

1/2 small can (~2 oz) (32g)

chicken broth

1/4 cup(s) (mL)

For all 2 meals:

chicken thighs, with bone and skin, raw

4 thigh (6 oz ea) (680g)

salt

4 dash (3g)

black pepper

1 tsp, ground (2g)

garlic, minced

3 clove(s) (9g)

rosemary, dried

1/2 tbsp (2g)

olive oil

1/2 tbsp (8mL)

lemon

1 large (84g)

green olives

1 small can (~2 oz) (64g)

chicken broth

1/2 cup(s) (mL)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (2g)

For all 2 meals:

collard greens

2 lbs (907g)

oil

2 tbsp (30mL)

garlic, minced

6 clove(s) (18g)

salt

4 dash (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 2 [↗](#)

Eat on day 3

Simple kale & avocado salad

614 cals ● 13g protein ● 41g fat ● 25g carbs ● 24g fiber



kale leaves, chopped

1 1/3 bunch (227g)

lemon, juiced

1 1/3 small (77g)

avocados, chopped

1 1/3 avocado(s) (268g)

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

Paleo chicken thighs and mushrooms

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



Makes 6 oz

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)

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.
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Lunch 3 [🔗](#)

Eat on day 4

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.

Buffalo chicken wings

21 1/3 oz - 901 cals ● 76g protein ● 66g fat ● 1g carbs ● 0g fiber



Makes 21 1/3 oz

Frank's Red Hot sauce

1/4 cup (53mL)

chicken wings, with skin, raw

1 1/3 lbs (605g)

black pepper

1/3 tsp, ground (1g)

salt

1/3 tsp (2g)

oil

2 tsp (10mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Turkey, bacon, avocado lettuce wrap

3 wrap(s) - 950 cals ● 83g protein ● 56g fat ● 16g carbs ● 14g fiber



For single meal:

dijon mustard

1 1/2 tbsp (23g)

romaine lettuce

3 leaf outer (84g)

turkey cold cuts

3/4 lbs (340g)

bacon

6 slice(s) (60g)

tomatoes

6 slice, medium (1/4" thick) (120g)

avocados, sliced

3/4 avocado(s) (151g)

For all 2 meals:

dijon mustard

3 tbsp (45g)

romaine lettuce

6 leaf outer (168g)

turkey cold cuts

1 1/2 lbs (680g)

bacon

12 slice(s) (120g)

tomatoes

12 slice, medium (1/4" thick) (240g)

avocados, sliced

1 1/2 avocado(s) (302g)

1. Cook bacon according to package.
2. Spread the mustard on the inside of the leaf.
3. Place the turkey, avocado, bacon, and tomatoes on the mustard.
4. Wrap the leaf up. Serve.

Simple kale & avocado salad

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



For single meal:

kale leaves, chopped

1/2 bunch (85g)

lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

For all 2 meals:

kale leaves, chopped

1 bunch (170g)

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

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

Lunch 5 [↗](#)

Eat on day 7

Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



Makes 24 oz

oil

1 1/2 tbsp (23mL)

**boneless skinless chicken breast,
raw**

1 1/2 lbs (672g)

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.

Sauteed Kale

242 cals ● 4g protein ● 19g fat ● 10g carbs ● 3g fiber



oil
4 tsp (20mL)
kale leaves
4 cup, chopped (160g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Tuna cucumber bites

230 cals ● 34g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
canned tuna
2 packet (148g)

For all 2 meals:

cucumber, sliced
1 cucumber (8-1/4") (301g)
canned tuna
4 packet (296g)

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

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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.

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 3 meals:

almonds

3/4 cup, whole (107g)

1. This recipe has no instructions.

Pork rinds

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



For single meal:

pork rinds

1 oz (28g)

For all 3 meals:

pork rinds

3 oz (85g)

1. Enjoy.

Snacks 3 [↗](#)

Eat on day 6, day 7

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.

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.

Avocado deviled eggs

2 egg(s) - 257 cals ● 14g protein ● 19g fat ● 2g carbs ● 5g fiber



For single meal:

fresh cilantro, chopped
2 tsp, chopped (2g)
lime juice
1/4 tbsp (3mL)
avocados
1/3 avocado(s) (67g)
eggs
2 large (100g)

For all 2 meals:

fresh cilantro, chopped
4 tsp, chopped (4g)
lime juice
1/2 tbsp (7mL)
avocados
2/3 avocado(s) (134g)
eggs
4 large (200g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

Dinner 1 [↗](#)

Eat on day 1

Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



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

1. Prepare according to instructions on package.

Buffalo drumsticks

18 2/3 oz - 1089 cals ● 84g protein ● 83g fat ● 1g carbs ● 0g fiber



Makes 18 2/3 oz

Frank's Red Hot sauce

3 tbsp (47mL)

oil

1 3/4 tsp (9mL)

salt

1/4 tsp (2g)

black pepper

1/4 tsp, ground (1g)

Chicken, drumsticks, with skin

18 2/3 oz (529g)

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.

Dinner 2 [↗](#)

Eat on day 2

Sweet potato fries

618 cals ● 9g protein ● 16g fat ● 92g carbs ● 17g fiber



sweet potatoes, peeled

18 2/3 oz (530g)

olive oil

3 1/2 tsp (18mL)

garlic powder

1/2 tsp (2g)

paprika

1/2 tsp (1g)

salt

1/2 tsp (4g)

black pepper

1/3 tsp, ground (1g)

1. Heat the oven to 400.
 2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
 3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
 4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
 5. Serve.
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Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

tomatoes

2 small whole (2-2½" dia) (182g)

oil

2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Simple plain beef burger

3 burger(s) - 498 cals ● 71g protein ● 24g fat ● 0g carbs ● 0g fiber



Makes 3 burger(s)

ground beef (93% lean)

¾ lbs (340g)

1. In a bowl, season the ground beef with some salt, pepper, and any other preferred seasonings.
 2. Shape the ground beef into a burger shape and cook on a hot grill or stovetop pan for about 3-4 minutes per side or until cooked to your preferred doneness.
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Dinner 3 [🔗](#)

Eat on day 3, day 4

Garlic collard greens

212 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens
2/3 lbs (302g)
oil
2 tsp (10mL)
garlic, minced
2 clove(s) (6g)
salt
1 1/3 dash (1g)

For all 2 meals:

collard greens
1 1/3 lbs (605g)
oil
4 tsp (20mL)
garlic, minced
4 clove(s) (12g)
salt
1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Marinated chicken breast

20 oz - 707 cals ● 126g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
marinade sauce
10 tbsp (150mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 1/2 lbs (1120g)
marinade sauce
1 1/4 cup (300mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

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.

Dinner 4 [↗](#)

Eat on day 5, day 6

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

- pistachios, dry roasted, without shells or salt added**
1 cup (123g)

1. This recipe has no instructions.

Honey mustard chicken salad

831 cals ● 83g protein ● 30g fat ● 49g carbs ● 10g fiber



For single meal:

avocados, chopped

3/8 avocado(s) (75g)

tomatoes, sliced

6 tbsp, sliced (68g)

mixed greens

3 cup (90g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

oil

2 tsp (9mL)

honey

2 1/2 tbsp (51g)

dijon mustard

2 1/2 tbsp (37g)

For all 2 meals:

avocados, chopped

3/4 avocado(s) (151g)

tomatoes, sliced

3/4 cup, sliced (135g)

mixed greens

6 cup (180g)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

oil

1 1/3 tbsp (18mL)

honey

5 tbsp (102g)

dijon mustard

5 tbsp (75g)

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 half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

Dinner 5 [↗](#)

Eat on day 7

Avocado tuna salad

1164 cals ● 108g protein ● 64g fat ● 15g carbs ● 22g fiber



avocados

1 1/3 avocado(s) (268g)

lime juice

1 tbsp (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.
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