

# Meal Plan - Meal plan with over 180g protein

[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

2147 cal ● 187g protein (35%) ● 78g fat (33%) ● 147g carbs (27%) ● 27g fiber (5%)

### Breakfast

305 cal, 22g protein, 17g net carbs, 14g fat



**Raspberries**  
3/4 cup(s)- 54 cal



**Cottage cheese & fruit cup**  
1 container- 107 cal



**Basic scrambled eggs**  
2 egg(s)- 142 cal

### Snacks

315 cal, 23g protein, 27g net carbs, 12g fat



**Pumped up greek yogurt**  
1 container(s)- 206 cal



**Milk**  
3/4 cup(s)- 112 cal

### Lunch

705 cal, 67g protein, 40g net carbs, 26g fat



**Basic chicken thighs**  
9 oz- 383 cal



**Lentils**  
260 cal



**Roasted tomatoes**  
1 tomato(es)- 60 cal

### Dinner

825 cal, 74g protein, 63g net carbs, 26g fat



**Buttered green beans**  
196 cal



**Marinated chicken breast**  
10 oz- 353 cal



**Instant mashed potatoes**  
276 cal

## Day 2

2147 cal ● 187g protein (35%) ● 78g fat (33%) ● 147g carbs (27%) ● 27g fiber (5%)

### Breakfast

305 cal, 22g protein, 17g net carbs, 14g fat



**Raspberries**  
3/4 cup(s)- 54 cal



**Cottage cheese & fruit cup**  
1 container- 107 cal



**Basic scrambled eggs**  
2 egg(s)- 142 cal

### Snacks

315 cal, 23g protein, 27g net carbs, 12g fat



**Pumped up greek yogurt**  
1 container(s)- 206 cal



**Milk**  
3/4 cup(s)- 112 cal

### Lunch

705 cal, 67g protein, 40g net carbs, 26g fat



**Basic chicken thighs**  
9 oz- 383 cal



**Lentils**  
260 cal



**Roasted tomatoes**  
1 tomato(es)- 60 cal

### Dinner

825 cal, 74g protein, 63g net carbs, 26g fat



**Buttered green beans**  
196 cal



**Marinated chicken breast**  
10 oz- 353 cal



**Instant mashed potatoes**  
276 cal

## Day 3

2159 cal ● 185g protein (34%) ● 99g fat (41%) ● 101g carbs (19%) ● 30g fiber (6%)

### Breakfast

380 cal, 27g protein, 29g net carbs, 15g fat



**Blackberry & granola parfait**  
306 cal



**Milk**  
1/2 cup(s)- 75 cal

### Snacks

365 cal, 18g protein, 5g net carbs, 29g fat



**Pumpkin seeds**  
366 cal

### Lunch

670 cal, 87g protein, 7g net carbs, 29g fat



**Lemon pepper chicken breast**  
13 1/3 oz- 494 cal



**Tomato and avocado salad**  
176 cal

### Dinner

745 cal, 54g protein, 60g net carbs, 26g fat



**Chunky canned soup (creamy)**  
1 can(s)- 354 cal



**Chicken-broccoli-quinoa bowl**  
390 cal

## Day 4

2119 cals ● 206g protein (39%) ● 88g fat (37%) ● 99g carbs (19%) ● 29g fiber (5%)

### Breakfast

380 cals, 27g protein, 29g net carbs, 15g fat



**Blackberry & granola parfait**  
306 cals



**Milk**  
1/2 cup(s)- 75 cals

### Snacks

365 cals, 18g protein, 5g net carbs, 29g fat



**Pumpkin seeds**  
366 cals

### Lunch

670 cals, 87g protein, 7g net carbs, 29g fat



**Lemon pepper chicken breast**  
13 1/3 oz- 494 cals



**Tomato and avocado salad**  
176 cals

### Dinner

705 cals, 74g protein, 58g net carbs, 14g fat



**Pork-broccoli-rice bowl**  
605 cals



**Simple salad with tomatoes and carrots**  
98 cals

## Day 5

2143 cals ● 206g protein (38%) ● 68g fat (28%) ● 142g carbs (27%) ● 35g fiber (7%)

### Breakfast

415 cals, 34g protein, 22g net carbs, 15g fat



**Blackberries**  
1 cup(s)- 70 cals



**Egg white spinach scramble**  
179 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

330 cals, 21g protein, 42g net carbs, 5g fat



**Orange**  
1 orange(s)- 85 cals



**Protein bar**  
1 bar- 245 cals

### Lunch

695 cals, 76g protein, 21g net carbs, 33g fat



**Basic chicken & spinach salad**  
507 cals



**Milk**  
1 1/4 cup(s)- 186 cals

### Dinner

705 cals, 74g protein, 58g net carbs, 14g fat



**Pork-broccoli-rice bowl**  
605 cals



**Simple salad with tomatoes and carrots**  
98 cals

## Day 6

2135 cals ● 187g protein (35%) ● 101g fat (43%) ● 90g carbs (17%) ● 30g fiber (6%)

### Breakfast

415 cals, 34g protein, 22g net carbs, 15g fat



**Blackberries**  
1 cup(s)- 70 cals



**Egg white spinach scramble**  
179 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

330 cals, 21g protein, 42g net carbs, 5g fat



**Orange**  
1 orange(s)- 85 cals



**Protein bar**  
1 bar- 245 cals

### Lunch

695 cals, 76g protein, 21g net carbs, 33g fat



**Basic chicken & spinach salad**  
507 cals



**Milk**  
1 1/4 cup(s)- 186 cals

### Dinner

695 cals, 55g protein, 5g net carbs, 47g fat



**Broccoli**  
2 1/2 cup(s)- 73 cals



**Buffalo drumsticks**  
10 2/3 oz- 622 cals

## Day 7

2136 cals ● 181g protein (34%) ● 111g fat (47%) ● 75g carbs (14%) ● 30g fiber (6%)

### Breakfast

415 cals, 34g protein, 22g net carbs, 15g fat



**Blackberries**  
1 cup(s)- 70 cals



**Egg white spinach scramble**  
179 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

330 cals, 21g protein, 42g net carbs, 5g fat



**Orange**  
1 orange(s)- 85 cals



**Protein bar**  
1 bar- 245 cals

### Lunch

695 cals, 70g protein, 6g net carbs, 43g fat



**Sautéed mushrooms**  
6 oz mushrooms- 143 cals



**Thyme & lime chicken thighs**  
551 cals

### Dinner

695 cals, 55g protein, 5g net carbs, 47g fat



**Broccoli**  
2 1/2 cup(s)- 73 cals



**Buffalo drumsticks**  
10 2/3 oz- 622 cals

## Fruits and Fruit Juices

- raspberries  
1/2 lbs (215g)
- lime juice  
3 tbsp (45mL)
- avocados  
1 1/2 avocado(s) (302g)
- blackberries  
3 2/3 cup (528g)
- orange  
3 orange (462g)

## Other

- cottage cheese & fruit cup  
2 container (266g)
- cacao nibs  
2 tsp (7g)
- flavored quinoa mix  
1/3 package (4.9 oz) (46g)
- protein bar (20g protein)  
3 bar (150g)
- Chicken, drumsticks, with skin  
1 1/3 lbs (605g)

## Fats and Oils

- oil  
2 1/2 oz (74mL)
- marinade sauce  
10 tbsp (151mL)
- olive oil  
1 oz (30mL)
- salad dressing  
6 1/2 tbsp (98mL)

## Dairy and Egg Products

- eggs  
8 medium (344g)
- butter  
2 2/3 tbsp (36g)
- lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)
- whole milk  
5 cup (1200mL)
- lowfat greek yogurt  
1 1/3 cup (373g)
- low fat cottage cheese (1% milkfat)  
1/2 cup (127g)

## Beverages

- water  
3 cup(s) (711mL)
- protein powder  
2 tbsp (12g)

## Legumes and Legume Products

- lentils, raw  
3/4 cup (144g)

## Vegetables and Vegetable Products

- tomatoes  
3 1/4 medium whole (2-3/5" dia) (397g)
- frozen green beans  
2 2/3 cup (323g)
- mashed potato mix  
1/3 lbs (151g)
- frozen broccoli  
1 3/4 lbs (786g)
- onion  
1 1/2 tbsp minced (23g)
- carrots  
1/2 medium (31g)
- romaine lettuce  
1 hearts (500g)
- fresh spinach  
9 cup(s) (268g)
- mushrooms  
6 oz (170g)

## Soups, Sauces, and Gravies

- chunky canned soup (creamy varieties)  
1 can (~19 oz) (533g)
- Frank's Red Hot sauce  
1/4 cup (53mL)

## Breakfast Cereals

- granola  
2/3 cup (60g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
1 cup (118g)

## Meals, Entrees, and Side Dishes

egg whites  
12 large (396g)

### **Poultry Products**

boneless skinless chicken thighs  
2 lbs (850g)

boneless skinless chicken breast, raw  
4 1/2 lbs (2023g)

### **Spices and Herbs**

salt  
11 g (11g)

black pepper  
5 g (5g)

lemon pepper  
5 tsp (12g)

garlic powder  
3 dash (1g)

thyme, dried  
3 dash, leaves (0g)

flavored rice mix  
5/6 pouch (~5.6 oz) (132g)

### **Pork Products**

pork tenderloin, raw  
1 1/4 lbs (567g)

### **Baked Products**

bread  
3 slice (96g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Raspberries

3/4 cup(s) - 54 cal ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**raspberries**  
3/4 cup (92g)

For all 2 meals:

**raspberries**  
1 1/2 cup (185g)

1. Rinse raspberries and serve.

### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.

### Basic scrambled eggs

2 egg(s) - 142 cal ● 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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Blackberry & granola parfait

306 cal ● 23g protein ● 11g fat ● 23g carbs ● 5g fiber



For single meal:

**blackberries, roughly chopped**  
1/3 cup (48g)  
**lowfat greek yogurt**  
2/3 cup (187g)  
**granola**  
1/3 cup (30g)

For all 2 meals:

**blackberries, roughly chopped**  
2/3 cup (96g)  
**lowfat greek yogurt**  
1 1/3 cup (373g)  
**granola**  
2/3 cup (60g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Blackberries

1 cup(s) - 70 cal ● 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 white spinach scramble

179 cal ● 27g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

**fresh spinach**  
3/4 cup(s) (23g)  
**low fat cottage cheese (1% milkfat)**  
3 tbsp (42g)  
**eggs**  
1 extra large (56g)  
**egg whites**  
4 large (132g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
1 dash (0g)

For all 3 meals:

**fresh spinach**  
2 1/4 cup(s) (68g)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (127g)  
**eggs**  
3 extra large (168g)  
**egg whites**  
12 large (396g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**salt**  
3 dash (1g)

1. Beat eggs, cottage cheese, and seasonings (include any others you prefer) together.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour in egg mixture and quickly add in the spinach.
4. Scramble the eggs and the spinach together, stirring frequently until the eggs are opaque and set.
5. Serve.

### Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 3 meals:

**bread**  
3 slice (96g)  
**avocados, ripe, sliced**  
3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Basic chicken thighs

9 oz - 383 cal ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**boneless skinless chicken thighs**  
1/2 lbs (255g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**boneless skinless chicken thighs**  
1 lbs (510g)

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.

### Lentils

260 cal ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**salt**  
1 1/2 dash (1g)  
**water**  
3 cup(s) (711mL)  
**lentils, raw, rinsed**  
3/4 cup (144g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

### tomatoes

1 small whole (2-2/5" dia) (91g)

### oil

1 tsp (5mL)

For all 2 meals:

### tomatoes

2 small whole (2-2/5" 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.

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Lemon pepper chicken breast

13 1/3 oz - 494 cals ● 85g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

### lemon pepper

2 1/2 tsp (6g)

### olive oil

1 1/4 tsp (6mL)

### boneless skinless chicken breast, raw

13 1/3 oz (373g)

For all 2 meals:

### lemon pepper

5 tsp (12g)

### olive oil

2 1/2 tsp (13mL)

### boneless skinless chicken breast, raw

1 2/3 lbs (747g)

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.

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## Tomato and avocado salad

176 cal ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

**onion**  
3/4 tbsp minced (11g)  
**lime juice**  
3/4 tbsp (11mL)  
**avocados, cubed**  
3/8 avocado(s) (75g)  
**tomatoes, diced**  
3/8 medium whole (2-3/5" dia) (46g)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)

For all 2 meals:

**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)

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.

## Lunch 3 [↗](#)

Eat on day 5, day 6

### Basic chicken & spinach salad

507 cal ● 67g protein ● 23g fat ● 6g carbs ● 2g fiber



For single meal:

**salad dressing**  
2 1/2 tbsp (38mL)  
**oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
10 oz (284g)  
**fresh spinach**  
3 1/3 cup(s) (100g)

For all 2 meals:

**salad dressing**  
5 tbsp (75mL)  
**oil**  
1 tbsp (17mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
1 1/4 lbs (567g)  
**fresh spinach**  
6 2/3 cup(s) (200g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

### Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber





For single meal:  
**whole milk**  
1 1/4 cup (300mL)

For all 2 meals:  
**whole milk**  
2 1/2 cup (600mL)

1. This recipe has no instructions.

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## Lunch 4 [↗](#)

Eat on day 7

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### Sauteed mushrooms

6 oz mushrooms - 143 cal ● 5g protein ● 11g fat ● 4g carbs ● 2g fiber



Makes 6 oz mushrooms

**oil**  
3/4 tbsp (11mL)  
**mushrooms, sliced**  
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

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### Thyme & lime chicken thighs

551 cal ● 65g protein ● 32g fat ● 2g carbs ● 0g fiber



**oil**  
3/4 tbsp (11mL)  
**lime juice**  
1 1/2 tbsp (23mL)  
**thyme, dried**  
3 dash, leaves (0g)  
**boneless skinless chicken thighs**  
3/4 lb (340g)

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

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Pumped up greek yogurt

1 container(s) - 206 cal ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

**cacao nibs**  
1 tsp (3g)  
**raspberries**  
8 raspberries (15g)  
**protein powder**  
1 tbsp (6g)  
**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

For all 2 meals:

**cacao nibs**  
2 tsp (7g)  
**raspberries**  
16 raspberries (30g)  
**protein powder**  
2 tbsp (12g)  
**lowfat flavored greek yogurt**  
2 (5.3 oz) container(s) (300g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

### Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup (180mL)

For all 2 meals:

**whole milk**  
1 1/2 cup (360mL)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 3 meals:

**orange**  
3 orange (462g)

1. This recipe has no instructions.

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### Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber





For single meal:  
**protein bar (20g protein)**  
1 bar (50g)

For all 3 meals:  
**protein bar (20g protein)**  
3 bar (150g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Buttered green beans

196 cal ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



For single meal:  
**frozen green beans**  
1 1/3 cup (161g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**butter**  
4 tsp (18g)

For all 2 meals:  
**frozen green beans**  
2 2/3 cup (323g)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**butter**  
2 2/3 tbsp (36g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

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### Marinated chicken breast

10 oz - 353 cal ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
10 oz (280g)  
**marinade sauce**  
5 tbsp (75mL)

For all 2 meals:

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

1. Place the chicken in a ziploc bag with the marinade and mash 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.

### Instant mashed potatoes

276 cal ● 8g protein ● 1g fat ● 54g carbs ● 5g fiber



For single meal:

**mashed potato mix**  
2 2/3 oz (76g)

For all 2 meals:

**mashed potato mix**  
1/3 lbs (151g)

1. Prepare potatoes according to instructions on package.
  2. Also, try different brands if you don't like what you get, some are much better than others.
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## Dinner 2 [↗](#)

Eat on day 3

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### Chunky canned soup (creamy)

1 can(s) - 354 cal ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



Makes 1 can(s)

#### **chunky canned soup (creamy varieties)**

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

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### Chicken-broccoli-quinoa bowl

390 cal ● 41g protein ● 9g fat ● 31g carbs ● 5g fiber



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

1/3 lbs (149g)

#### **frozen broccoli**

1/3 package (95g)

#### **flavored quinoa mix**

1/3 package (4.9 oz) (46g)

#### **salt**

1 1/3 dash (1g)

#### **black pepper**

1 1/3 dash, ground (0g)

#### **olive oil**

1/4 tbsp (3mL)

1. Prepare the quinoa and broccoli according to the instructions on their packaging.
  2. Meanwhile, heat a skillet with the olive oil over medium heat and season the cubed chicken with salt and pepper.
  3. Add the chicken to the skillet and cook 7-10 minutes until cooked through.
  4. Bring the chicken, broccoli, and quinoa together; stir (or keep it all separate- whichever you prefer!)  
Serve.
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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Pork-broccoli-rice bowl

605 cals ● 70g protein ● 11g fat ● 51g carbs ● 6g fiber



For single meal:

**flavored rice mix**

3/8 pouch (~5.6 oz) (66g)

**salt**

1/4 tsp (1g)

**black pepper**

1/4 tsp, ground (0g)

**olive oil**

1 tsp (4mL)

**frozen broccoli**

3/8 package (118g)

**pork tenderloin, raw, cut into bite-sized cubes**

10 oz (284g)

For all 2 meals:

**flavored rice mix**

5/6 pouch (~5.6 oz) (132g)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**olive oil**

1/2 tbsp (8mL)

**frozen broccoli**

5/6 package (237g)

**pork tenderloin, raw, cut into bite-sized cubes**

1 1/4 lbs (567g)

1. Season the pork with salt and pepper.
2. Take the olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring occasionally. Set aside.
3. Meanwhile, prepare the rice and broccoli according to the instructions on their packaging.
4. Once all items are prepared, bring the pork, broccoli, and rice together; stir (or keep it all separate-whichever you prefer!). Serve.

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### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

**salad dressing**

3/4 tbsp (11mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**carrots, sliced**

1/4 medium (15g)

**romaine lettuce, roughly chopped**

1/2 hearts (250g)

For all 2 meals:

**salad dressing**

1 1/2 tbsp (23mL)

**tomatoes, diced**

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

**carrots, sliced**

1/2 medium (31g)

**romaine lettuce, roughly chopped**

1 hearts (500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Broccoli

2 1/2 cup(s) - 73 cal ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



For single meal:

**frozen broccoli**  
2 1/2 cup (228g)

For all 2 meals:

**frozen broccoli**  
5 cup (455g)

1. Prepare according to instructions on package.
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### Buffalo drumsticks

10 2/3 oz - 622 cal ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
1 3/4 tbsp (27mL)  
**oil**  
1 tsp (5mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
2/3 lbs (302g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/4 cup (53mL)  
**oil**  
2 tsp (10mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**Chicken, drumsticks, with skin**  
1 1/3 lbs (605g)

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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