Meal Plan - 1100 calorie keto meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1085 cals · 93g protein (34%) · 75g fat (62%) · 8g carbs (3%) · 1g fiber (1%)

Breakfast

245 cals, 20g protein, 1g net carbs, 18g fat

Smoked salmon
1 oz- 60 cals

Goat cheese & tomato mini egg muffin
3 mini muffin(s)- 183 cals

Lunch

435 cals, 32g protein, 3g net carbs, 33g fat

Boiled eggs
3 egg(s)- 208 cals

Cheese
2 oz- 229 cals

Dinner

405 cals, 41g protein, 4g net carbs, 25g fat

Ranch pork chops
1 chop(s)- 345 cals

Roasted tomatoes
1 tomato(es)- 60 cals

Day 2

1117 cals · 107g protein (38%) · 70g fat (56%) · 10g carbs (3%) · 5g fiber (2%)

Breakfast

245 cals, 20g protein, 1g net carbs, 18g fat

Smoked salmon
1 oz- 60 cals

Goat cheese & tomato mini egg muffin
3 mini muffin(s)- 183 cals

Lunch

470 cals, 46g protein, 4g net carbs, 28g fat

Caprese chicken
5 1/3 oz- 398 cals

Spinach cauliflower mince
1 cup(s)- 71 cals

Dinner

405 cals, 41g protein, 4g net carbs, 25g fat

Ranch pork chops
1 chop(s)- 345 cals

Roasted tomatoes
1 tomato(es)- 60 cals

Day 3

1143 cals 113g protein (40%) 70g fat (55%) 8g carbs (3%) 7g fiber (3%)

Breakfast

245 cals, 20g protein, 1g net carbs, 18g fat

Smoked salmon
1 oz- 60 cals

Goat cheese & tomato mini egg muffin
3 mini muffin(s)- 183 cals

Lunch

395 cals, 22g protein, 4g net carbs, 31g fat

Garlic zucchini noodles
163 cals

Low carb fried chicken
4 oz- 234 cals

Dinner

505 cals, 71g protein, 2g net carbs, 21g fat

Basic chicken breast
10 2/3 oz- 423 cals

Garlic collard greens
80 cals

Day 4

1098 cals 103g protein (38%) 67g fat (55%) 10g carbs (4%) 10g fiber (4%)

Breakfast

200 cals, 10g protein, 3g net carbs, 15g fat

Simple sauteed spinach
100 cals

Pesto scrambled eggs
1 eggs- 99 cals

Lunch

395 cals, 22g protein, 4g net carbs, 31g fat

Garlic zucchini noodles
163 cals

Low carb fried chicken
4 oz- 234 cals

Dinner

505 cals, 71g protein, 2g net carbs, 21g fat

Basic chicken breast
10 2/3 oz- 423 cals

Garlic collard greens
80 cals

Day 5

1077 cals 98g protein (36%) 69g fat (58%) 10g carbs (4%) 6g fiber (2%)

Breakfast

200 cals, 10g protein, 3g net carbs, 15g fat

Simple sauteed spinach
100 cals

Pesto scrambled eggs
1 eggs- 99 cals

Lunch

405 cals, 52g protein, 4g net carbs, 19g fat

Garlic zucchini noodles
109 cals

Lemon pepper chicken breast
8 oz- 296 cals

Dinner

475 cals, 35g protein, 3g net carbs, 35g fat

Bacon zucchini noodles
163 cals

Buffalo drumsticks
5 1/3 oz- 311 cals

Day 6

1110 cals 104g protein (38%) 72g fat (58%) 7g carbs (3%) 4g fiber (1%)

Breakfast

230 cals, 17g protein, 1g net carbs, 18g fat

Basic fried eggs
1 egg(s)- 80 cals

Bacon
3 slice(s)- 152 cals

Lunch

405 cals, 52g protein, 4g net carbs, 19g fat

Garlic zucchini noodles
109 cals

Lemon pepper chicken breast
8 oz- 296 cals

Dinner

475 cals, 35g protein, 3g net carbs, 35g fat

Bacon zucchini noodles
163 cals

Buffalo drumsticks
5 1/3 oz- 311 cals

Day 7

1073 cals 93g protein (35%) 70g fat (58%) 6g carbs (2%) 13g fiber (5%)

Breakfast

230 cals, 17g protein, 1g net carbs, 18g fat

Basic fried eggs
1 egg(s)- 80 cals

Bacon
3 slice(s)- 152 cals

Dinner

395 cals, 29g protein, 4g net carbs, 25g fat

Avocado
176 cals

Buffalo chicken lettuce wrap
1 wrap(s)- 220 cals

Lunch

445 cals, 48g protein, 1g net carbs, 27g fat

Basic ground turkey
8 oz- 375 cals

Spinach cauliflower mince
1 cup(s)- 71 cals

Other

- [ ] ranch dressing mix
  1/4 packet (1 oz) (7g)
- [ ] italian seasoning
  1/3 tsp (1g)
- [ ] frozen riced cauliflower
  2 cup, frozen (212g)
- [ ] Chicken, drumsticks, with skin
  18 3/4 oz (529g)
- [ ] pork rinds
  1/4 oz (7g)

Fats and Oils

- [ ] oil
  2 1/2 oz (80mL)
- [ ] olive oil
  5 tbsp (72mL)

Pork Products

- [ ] pork loin chops, boneless, raw
  2 chop (370g)
- [ ] bacon, raw
  2 slice(s) (57g)
- [ ] bacon
  6 slice(s) (60g)

Vegetables and Vegetable Products

- [ ] tomatoes
  2 1/2 medium whole (2-3/5" dia) (296g)
- [ ] fresh spinach
  9 cup(s) (270g)
- [ ] garlic
  6 clove(s) (19g)
- [ ] collard greens
  1/2 lbs (227g)
- [ ] zucchini
  4 1/3 medium (849g)
- [ ] romaine lettuce
  1 leaf outer (28g)

Dairy and Egg Products

- [ ] eggs
  11 1/2 large (575g)
- [ ] cheese
  2 oz (57g)
- [ ] goat cheese
  1/4 cup (63g)
- [ ] fresh mozzarella cheese
  1 1/3 oz (38g)

Finfish and Shellfish Products

- [ ] smoked salmon
  3 oz, boneless (85g)

Beverages

- [ ] water
  1 1/2 tbsp (23mL)

Soups, Sauces, and Gravies

- [ ] pesto sauce
  2 1/3 tbsp (37g)
- [ ] hot sauce
  1/2 tbsp (8mL)
- [ ] Frank's Red Hot sauce
  3 tbsp (46mL)

Spices and Herbs

- [ ] fresh basil
  4 tsp, chopped (4g)
- [ ] salt
  5 dash (4g)
- [ ] cajun seasoning
  1/3 tsp (1g)
- [ ] black pepper
  4 dash, ground (1g)
- [ ] lemon pepper
  1 tbsp (7g)

Poultry Products

- [ ] boneless skinless chicken breast, raw
  3 lbs (1308g)
- [ ] ground turkey, raw
  1/2 lbs (227g)

Fruits and Fruit Juices

- [ ] avocados
  2/3 avocado(s) (134g)
- [ ] lemon juice
  1/2 tsp (3mL)

Recipes

Breakfast 1

Eat on day 1, day 2, day 3

Smoked salmon

1 oz - 60 cals 6g protein 4g fat 0g carbs 0g fiber

For single meal:

smoked salmon
1 oz, boneless (28g)

For all 3 meals:

smoked salmon
3 oz, boneless (85g)

1. Plate the smoked salmon and, optionally, spritz some lemon juice on top before serving.

Goat cheese & tomato mini egg muffin

3 mini muffin(s) - 183 cals 14g protein 14g fat 1g carbs 0g fiber

For single meal:

tomatoes, chopped
1 1/2 slice(s), thin/small (23g)
goat cheese
1 1/2 tbsp (21g)
eggs
1 1/2 large (75g)
water
1/2 tbsp (8mL)

For all 3 meals:

tomatoes, chopped
4 1/2 slice(s), thin/small (68g)
goat cheese
1/4 cup (63g)
eggs
4 1/2 large (225g)
water
1 1/2 tbsp (23mL)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 2

Eat on day 4, day 5

Simple sauteed spinach

100 cals 4g protein 7g fat 2g carbs 3g fiber

For single meal:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

For all 2 meals:

garlic, diced
1 clove (3g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)

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.

Pesto scrambled eggs

1 eggs - 99 cals 7g protein 8g fat 1g carbs 0g fiber

For single meal:

pesto sauce
1/2 tbsp (8g)
eggs
1 large (50g)

For all 2 meals:

pesto sauce
1 tbsp (16g)
eggs
2 large (100g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Breakfast 3

Eat on day 6, day 7

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.

Bacon

3 slice(s) - 152 cals 🟢 11g protein 🟡 12g fat 🔵 0g carbs ⚪ 0g fiber

For single meal:

bacon
3 slice(s) (30g)

For all 2 meals:

bacon
6 slice(s) (60g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

Lunch 1

Eat on day 1

Boiled eggs

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

Makes 3 egg(s)

eggs
3 large (150g)

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.

Cheese

2 oz - 229 cals 13g protein 19g fat 2g carbs 0g fiber

Makes 2 oz

cheese
2 oz (57g)

1. This recipe has no instructions.

Lunch 2

Eat on day 2

Caprese chicken

5 1/3 oz - 398 cals 43g protein 23g fat 3g carbs 1g fiber

Makes 5 1/3 oz

italian seasoning
1/3 tsp (1g)
pesto sauce
4 tsp (21g)
oil
1/4 tbsp (3mL)
tomatoes, quartered
2 cherry tomatoes (34g)
fresh basil
4 tsp, chopped (4g)
fresh mozzarella cheese, sliced
1 1/3 oz (38g)
boneless skinless chicken breast, raw
1/3 lbs (149g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Spinach cauliflower mince

1 cup(s) - 71 cals 3g protein 5g fat 1g carbs 3g fiber

Makes 1 cup(s)

oil
1 tsp (5mL)
frozen riced cauliflower
1 cup, frozen (106g)
fresh spinach, chopped
1/2 cup(s) (15g)
garlic, diced
1 clove(s) (3g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Lunch 3

Eat on day 3, day 4

Garlic zucchini noodles

163 cals 3g protein 14g fat 4g carbs 2g fiber

For single meal:

olive oil
1 tbsp (15mL)
zucchini
1 medium (196g)
garlic, minced
1/2 clove (2g)

For all 2 meals:

olive oil
2 tbsp (30mL)
zucchini
2 medium (392g)
garlic, minced
1 clove (3g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Low carb fried chicken

4 oz - 234 cals 20g protein 17g fat 0g carbs 0g fiber

For single meal:

Chicken, drumsticks, with skin
4 oz (113g)
pork rinds, crushed
3 1/2 g (4g)
cajun seasoning
1 1/3 dash (0g)
hot sauce
1/4 tbsp (4mL)

For all 2 meals:

Chicken, drumsticks, with skin
1/2 lbs (227g)
pork rinds, crushed
1/4 oz (7g)
cajun seasoning
1/3 tsp (1g)
hot sauce
1/2 tbsp (8mL)

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

Lunch 4

Eat on day 5, day 6

Garlic zucchini noodles

109 cals 2g protein 9g fat 3g carbs 1g fiber

For single meal:

olive oil
2 tsp (10mL)
zucchini
2/3 medium (131g)
garlic, minced
1/3 clove (1g)

For all 2 meals:

olive oil
4 tsp (20mL)
zucchini
1 1/3 medium (261g)
garlic, minced
2/3 clove (2g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Lemon pepper chicken breast

8 oz - 296 cals 51g protein 9g fat 1g carbs 1g fiber

For single meal:

lemon pepper
1/2 tbsp (3g)
olive oil
1/4 tbsp (4mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

lemon pepper
1 tbsp (7g)
olive oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1 lbs (448g)

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.

Lunch 5

Eat on day 7

Basic ground turkey

8 oz - 375 cals 45g protein 22g fat 0g carbs 0g fiber

Makes 8 oz

oil
1 tsp (5mL)
ground turkey, raw
1/2 lbs (227g)

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

Spinach cauliflower mince

1 cup(s) - 71 cals 3g protein 5g fat 1g carbs 3g fiber

Makes 1 cup(s)

oil
1 tsp (5mL)
frozen riced cauliflower
1 cup, frozen (106g)
fresh spinach, chopped
1/2 cup(s) (15g)
garlic, diced
1 clove(s) (3g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Dinner 1

Eat on day 1, day 2

Ranch pork chops

1 chop(s) - 345 cals 40g protein 20g fat 2g carbs 0g fiber

For single meal:

ranch dressing mix
1/8 packet (1 oz) (4g)
oil
1/2 tbsp (8mL)
pork loin chops, boneless, raw
1 chop (185g)

For all 2 meals:

ranch dressing mix
1/4 packet (1 oz) (7g)
oil
1 tbsp (15mL)
pork loin chops, boneless, raw
2 chop (370g)

1. Preheat oven to 400 F (200 C).
2. Spread oil evenly over all pork chops.
3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
5. 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.

Dinner 2

Eat on day 3, day 4

Basic chicken breast

10 2/3 oz - 423 cals 67g protein 17g fat 0g carbs 0g fiber

For single meal:

oil
2 tsp (10mL)
boneless skinless chicken breast, raw
2/3 lbs (299g)

For all 2 meals:

oil
4 tsp (20mL)
boneless skinless chicken breast, raw
1 1/3 lbs (597g)

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.

Garlic collard greens

80 cals 4g protein 4g fat 2g carbs 5g fiber

For single meal:

collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
garlic, minced
3/4 clove(s) (2g)
salt
1/2 dash (0g)

For all 2 meals:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

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.

Dinner 3

Eat on day 5, day 6

Bacon zucchini noodles

163 cals 11g protein 12g fat 2g carbs 1g fiber

For single meal:

zucchini
1/2 medium (98g)
bacon, raw
1 slice(s) (28g)

For all 2 meals:

zucchini
1 medium (196g)
bacon, raw
2 slice(s) (57g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Buffalo drumsticks

5 1/3 oz - 311 cals 24g protein 24g fat 0g carbs 0g fiber

For single meal:

Frank's Red Hot sauce
2 2/3 tsp (13mL)
oil
1/2 tsp (3mL)
salt
2/3 dash (1g)
black pepper
2/3 dash, ground (0g)
Chicken, drumsticks, with skin
1/3 lbs (151g)

For all 2 meals:

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 (303g)

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 4

Eat on day 7

Avocado

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

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

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

Buffalo chicken lettuce wrap

1 wrap(s) - 220 cals 27g protein 10g fat 2g carbs 3g fiber

Makes 1 wrap(s)

oil
1/2 tsp (3mL)
romaine lettuce
1 leaf outer (28g)
boneless skinless chicken breast, raw, cubed
4 oz (113g)
Frank's Red Hot sauce
4 tsp (20mL)
black pepper
2/3 dash, ground (0g)
salt
2/3 dash (1g)
avocados, chopped
1/6 avocado(s) (34g)
tomatoes, halved
4 tsp cherry tomatoes (12g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.