

Meal Plan - 1700 calorie keto 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
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Day 1

1704 cals ● 123g protein (29%) ● 121g fat (64%) ● 16g carbs (4%) ● 13g fiber (3%)

Breakfast

325 cals, 33g protein, 3g net carbs, 20g fat



[Scrambled egg whites](#)
243 cals



[String cheese](#)
1 stick(s)- 83 cals

Snacks

245 cals, 9g protein, 2g net carbs, 22g fat



[Cheese](#)
1 oz- 114 cals



[Walnuts](#)
1/6 cup(s)- 131 cals

Lunch

575 cals, 47g protein, 2g net carbs, 41g fat



[Simple salmon](#)
8 oz- 513 cals



[Roasted tomatoes](#)
1 tomato(es)- 60 cals

Dinner

560 cals, 34g protein, 8g net carbs, 39g fat



[Olive oil drizzled broccoli](#)
4 cup(s)- 279 cals



[Steak Bites](#)
4 oz(s)- 282 cals

Day 2

1704 cals ● 123g protein (29%) ● 121g fat (64%) ● 16g carbs (4%) ● 13g fiber (3%)

Breakfast

325 cals, 33g protein, 3g net carbs, 20g fat



[Scrambled egg whites](#)
243 cals



[String cheese](#)
1 stick(s)- 83 cals

Snacks

245 cals, 9g protein, 2g net carbs, 22g fat



[Cheese](#)
1 oz- 114 cals



[Walnuts](#)
1/6 cup(s)- 131 cals

Lunch

575 cals, 47g protein, 2g net carbs, 41g fat



[Simple salmon](#)
8 oz- 513 cals



[Roasted tomatoes](#)
1 tomato(es)- 60 cals

Dinner

560 cals, 34g protein, 8g net carbs, 39g fat



[Olive oil drizzled broccoli](#)
4 cup(s)- 279 cals



[Steak Bites](#)
4 oz(s)- 282 cals

Day 3

1662 cals ● 167g protein (40%) ● 101g fat (54%) ● 12g carbs (3%) ● 11g fiber (3%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs

4 egg(s)- 277 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac

6 crisps- 261 cals

Lunch

580 cals, 53g protein, 6g net carbs, 36g fat



Pecans

1/4 cup- 183 cals



Roast beef lettuce wrap

2 wrap(s)- 394 cals

Dinner

545 cals, 78g protein, 2g net carbs, 24g fat



Basic chicken breast

12 oz- 476 cals



Olive oil drizzled broccoli

1 cup(s)- 70 cals

Day 4

1667 cals ● 167g protein (40%) ● 103g fat (55%) ● 9g carbs (2%) ● 10g fiber (2%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs

4 egg(s)- 277 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac

6 crisps- 261 cals

Lunch

585 cals, 53g protein, 3g net carbs, 38g fat



Buttered broccoli

1 1/2 cup(s)- 200 cals



Basic chicken thighs

9 oz- 383 cals

Dinner

545 cals, 78g protein, 2g net carbs, 24g fat



Basic chicken breast

12 oz- 476 cals



Olive oil drizzled broccoli

1 cup(s)- 70 cals

Day 5

1739 cals ● 141g protein (32%) ● 122g fat (63%) ● 9g carbs (2%) ● 10g fiber (2%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs
4 egg(s)- 277 cals

Snacks

215 cals, 12g protein, 3g net carbs, 17g fat



Cheesy ham roll ups
1 roll up(s)- 108 cals



Mixed nuts
1/8 cup(s)- 109 cals

Lunch

620 cals, 56g protein, 4g net carbs, 39g fat



Buffalo chicken lettuce wrap
2 wrap(s)- 439 cals



Pecans
1/4 cup- 183 cals

Dinner

620 cals, 48g protein, 1g net carbs, 47g fat



Buffalo drumsticks
10 2/3 oz- 622 cals

Day 6

1650 cals ● 151g protein (37%) ● 104g fat (56%) ● 16g carbs (4%) ● 13g fiber (3%)

Breakfast

260 cals, 11g protein, 4g net carbs, 19g fat



Eggs with tomato and avocado
163 cals



Simple sauteed spinach
100 cals

Snacks

215 cals, 12g protein, 3g net carbs, 17g fat



Cheesy ham roll ups
1 roll up(s)- 108 cals



Mixed nuts
1/8 cup(s)- 109 cals

Lunch

565 cals, 41g protein, 4g net carbs, 42g fat



Bacon zucchini noodles
244 cals



Baked salmon with pecans and pesto
4 oz- 323 cals

Dinner

605 cals, 87g protein, 4g net carbs, 26g fat



Marinated chicken breast
13 1/3 oz- 471 cals



Buttered broccoli
1 cup(s)- 134 cals

Day 7

1650 cals ● 151g protein (37%) ● 104g fat (56%) ● 16g carbs (4%) ● 13g fiber (3%)

Breakfast

260 cals, 11g protein, 4g net carbs, 19g fat



Eggs with tomato and avocado
163 cals



Simple sauteed spinach
100 cals

Snacks

215 cals, 12g protein, 3g net carbs, 17g fat



Cheesy ham roll ups
1 roll up(s)- 108 cals



Mixed nuts
1/8 cup(s)- 109 cals

Lunch

565 cals, 41g protein, 4g net carbs, 42g fat



Bacon zucchini noodles
244 cals



Baked salmon with pecans and pesto
4 oz- 323 cals

Dinner

605 cals, 87g protein, 4g net carbs, 26g fat



Marinated chicken breast
13 1/3 oz- 471 cals



Buttered broccoli
1 cup(s)- 134 cals

Fats and Oils

- ☐ oil
3 1/4 oz (98mL)
- ☐ olive oil
2 oz (65mL)
- ☐ marinade sauce
13 1/4 tbsp (199mL)

Dairy and Egg Products

- ☐ egg whites
2 cup (486g)
- ☐ string cheese
2 stick (56g)
- ☐ butter
4 tbsp (57g)
- ☐ cheese
1/2 lbs (232g)
- ☐ eggs
14 large (700g)

Finfish and Shellfish Products

- ☐ salmon
1 1/2 lbs (680g)

Vegetables and Vegetable Products

- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (323g)
- ☐ frozen broccoli
13 1/2 cup (1229g)
- ☐ garlic
2 clove(s) (6g)
- ☐ romaine lettuce
4 leaf outer (112g)
- ☐ zucchini
1 1/2 medium (294g)
- ☐ fresh spinach
8 cup(s) (240g)

Spices and Herbs

- ☐ black pepper
2 1/4 g (2g)
- ☐ salt
1/4 oz (7g)
- ☐ mustard
2 tsp (10g)
- ☐ fresh basil
2 leaves (1g)

Beef Products

- ☐ sirloin steak, raw
1/2 lbs (227g)

Nut and Seed Products

- ☐ walnuts
6 tbsp, shelled (38g)
- ☐ pecans
2 oz (59g)
- ☐ mixed nuts
6 tbsp (50g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 2/3 lbs (1646g)
- ☐ boneless skinless chicken thighs
1/2 lbs (255g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1/2 lbs (227g)
- ☐ ham cold cuts
3 slice (69g)

Other

- ☐ guacamole, store-bought
6 tbsp (93g)
- ☐ Chicken, drumsticks, with skin
2/3 lbs (302g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/4 cup (67mL)
- ☐ pesto sauce
2 tbsp (32g)

Fruits and Fruit Juices

- ☐ avocados
5/6 avocado(s) (167g)

Pork Products

- ☐ bacon, raw
3 slice(s) (85g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Scrambled egg whites

243 cal ● 26g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
egg whites
1 cup (243g)

For all 2 meals:

oil
2 tbsp (30mL)
egg whites
2 cup (486g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

String cheese

1 stick(s) - 83 cal ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Boiled eggs

4 egg(s) - 277 cal ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)

For all 3 meals:

eggs
12 large (600g)

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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Eggs with tomato and avocado

163 cal ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

tomatoes
1 slice(s), thick/large (1/2" thick)
(27g)
eggs
1 large (50g)
avocados, sliced
1/4 avocado(s) (50g)
salt
1 dash (0g)
black pepper
1 dash (0g)
fresh basil, chopped
1 leaves (1g)

For all 2 meals:

tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
eggs
2 large (100g)
avocados, sliced
1/2 avocado(s) (101g)
salt
2 dash (1g)
black pepper
2 dash (0g)
fresh basil, chopped
2 leaves (1g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Simple sauteed spinach

100 cal ● 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.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Simple salmon

8 oz - 513 cal ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
1/2 lbs (227g)
oil
1/2 tbsp (7mL)

For all 2 meals:

salmon
16 oz (453g)
oil
2 2/3 tsp (13mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Roasted tomatoes

1 tomato(es) - 60 cal ● 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.

Lunch 2 [↗](#)

Eat on day 3

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. This recipe has no instructions.

Roast beef lettuce wrap

2 wrap(s) - 394 cal ● 50g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 2 wrap(s)

roast beef cold cuts

1/2 lbs (227g)

mustard

2 tsp (10g)

cheese

4 tbsp, shredded (28g)

tomatoes, diced

1 plum tomato (62g)

romaine lettuce

2 leaf outer (56g)

1. Build the wrap to your liking. Feel free to substitute whichever veggies you prefer.
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Lunch 3 [🔗](#)

Eat on day 4

Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen broccoli

1 1/2 cup (137g)

butter

1 1/2 tbsp (21g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Basic chicken thighs

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



Makes 9 oz

oil

1 tsp (6mL)

boneless skinless chicken thighs

1/2 lbs (255g)

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.
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Lunch 4 [🔗](#)

Eat on day 5

Buffalo chicken lettuce wrap

2 wrap(s) - 439 cals ● 54g protein ● 21g fat ● 3g carbs ● 6g fiber



Makes 2 wrap(s)

oil

1 tsp (5mL)

romaine lettuce

2 leaf outer (56g)

boneless skinless chicken breast, raw, cubed

1/2 lbs (227g)

Frank's Red Hot sauce

2 2/3 tbsp (40mL)

black pepper

1 1/3 dash, ground (0g)

salt

1 1/3 dash (1g)

avocados, chopped

1/3 avocado(s) (67g)

tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

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.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. This recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Bacon zucchini noodles

244 cals ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



For single meal:

zucchini

3/4 medium (147g)

bacon, raw

1 1/2 slice(s) (43g)

For all 2 meals:

zucchini

1 1/2 medium (294g)

bacon, raw

3 slice(s) (85g)

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.

Baked salmon with pecans and pesto

4 oz - 323 cals ● 24g protein ● 24g fat ● 1g carbs ● 1g fiber



For single meal:

pesto sauce

1 tbsp (16g)

salmon

2/3 fillet/s (6 oz each) (113g)

pecans

2 tsp, chopped (5g)

For all 2 meals:

pesto sauce

2 tbsp (32g)

salmon

1 1/3 fillet/s (6 oz each) (227g)

pecans

4 tsp, chopped (9g)

1. Preheat oven to 400°F (200°C). Prepare a parchment paper-lined baking sheet.
2. Spread the pesto on top of the salmon. Then coat the fillet with the chopped pecans.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Snacks 1 [↗](#)

Eat on day 1, day 2

Cheese

1 oz - 114 cals ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
1 oz (28g)

For all 2 meals:

cheese
2 oz (57g)

1. This recipe has no instructions.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
3 tbsp, shelled (19g)

For all 2 meals:

walnuts
6 tbsp, shelled (38g)

1. This recipe has no instructions.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese

6 tbsp, shredded (42g)

guacamole, store-bought

3 tbsp (46g)

For all 2 meals:

cheese

3/4 cup, shredded (84g)

guacamole, store-bought

6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cheesy ham roll ups

1 roll up(s) - 108 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

ham cold cuts

1 slice (23g)

cheese

3 tbsp, shredded (21g)

For all 3 meals:

ham cold cuts

3 slice (69g)

cheese

1/2 cup, shredded (63g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 3 meals:

mixed nuts
6 tbsp (50g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Olive oil drizzled broccoli

4 cup(s) - 279 cals ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



For single meal:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

For all 2 meals:

black pepper
4 dash (0g)
salt
4 dash (2g)
frozen broccoli
8 cup (728g)
olive oil
2 2/3 tbsp (40mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Steak Bites

4 oz(s) - 282 cals ● 23g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

butter, room-temperature
1/4 tbsp (4g)
oil
1/4 tbsp (4mL)
garlic, diced
1/2 clove(s) (2g)
sirloin steak, raw
4 oz (113g)

For all 2 meals:

butter, room-temperature
1/2 tbsp (7g)
oil
1/2 tbsp (8mL)
garlic, diced
1 clove(s) (3g)
sirloin steak, raw
1/2 lbs (227g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Basic chicken breast

12 oz - 476 cal ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



For single meal:

oil
3/4 tbsp (11mL)
boneless skinless chicken breast, raw
3/4 lbs (336g)

For all 2 meals:

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.

Olive oil drizzled broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
 2. Drizzle with olive oil and season with salt and pepper to taste.
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Dinner 3 [↗](#)

Eat on day 5

Buffalo drumsticks

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



Makes 10 2/3 oz

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)

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 6, day 7

Marinated chicken breast

13 1/3 oz - 471 cals ● 84g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

13 1/3 oz (373g)

marinade sauce

6 2/3 tbsp (100mL)

For all 2 meals:

boneless skinless chicken breast, raw

1 2/3 lbs (747g)

marinade sauce

13 1/3 tbsp (200mL)

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.

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

For all 2 meals:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

butter

2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.