

Meal Plan - 2100 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 <https://www.strongrfastr.com>

Day 1

2042 cals ● 185g protein (36%) ● 131g fat (58%) ● 23g carbs (5%) ● 7g fiber (1%)

Breakfast

340 cals, 33g protein, 9g net carbs, 19g fat



[Pumpkin seeds](#)
183 cals



[Low-sugar Greek Yogurt](#)
2 container(s)- 156 cals

Snacks

265 cals, 22g protein, 4g net carbs, 17g fat



[Pork rinds and salsa](#)
87 cals



[Pork rinds with french onion dip](#)
178 cals

Lunch

700 cals, 47g protein, 3g net carbs, 56g fat



[Simple mixed greens salad](#)
34 cals



[Bacon hamburger lettuce wrap](#)
2 patties (4oz each)- 666 cals

Dinner

740 cals, 84g protein, 8g net carbs, 40g fat



[Snow peas](#)
2 cup(s)- 48 cals



[Ranch pork chops](#)
2 chop(s)- 690 cals

Day 2

2119 cals ● 195g protein (37%) ● 135g fat (57%) ● 21g carbs (4%) ● 10g fiber (2%)

Breakfast

340 cals, 33g protein, 9g net carbs, 19g fat



[Pumpkin seeds](#)
183 cals



[Low-sugar Greek Yogurt](#)
2 container(s)- 156 cals

Snacks

265 cals, 22g protein, 4g net carbs, 17g fat



[Pork rinds and salsa](#)
87 cals



[Pork rinds with french onion dip](#)
178 cals

Lunch

810 cals, 119g protein, 4g net carbs, 35g fat



[Basic chicken breast](#)
18 2/3 oz- 740 cals



[Simple mixed greens salad](#)
68 cals

Dinner

705 cals, 22g protein, 4g net carbs, 64g fat



[Bacon & goat cheese salad](#)
341 cals



[Pecans](#)
1/2 cup- 366 cals

Day 3

2126 cals ● 201g protein (38%) ● 134g fat (57%) ● 21g carbs (4%) ● 7g fiber (1%)

Breakfast

340 cals, 33g protein, 9g net carbs, 19g fat



Pumpkin seeds
183 cals



Low-sugar Greek Yogurt
2 container(s)- 156 cals

Snacks

250 cals, 20g protein, 5g net carbs, 17g fat



String cheese
3 stick(s)- 248 cals

Lunch

810 cals, 119g protein, 4g net carbs, 35g fat



Basic chicken breast
18 2/3 oz- 740 cals



Simple mixed greens salad
68 cals

Dinner

730 cals, 30g protein, 3g net carbs, 65g fat



Steak with herb butter
531 cals



Buttered broccoli
1 1/2 cup(s)- 200 cals

Day 4

2073 cals ● 201g protein (39%) ● 126g fat (55%) ● 20g carbs (4%) ● 15g fiber (3%)

Breakfast

390 cals, 24g protein, 5g net carbs, 30g fat



Bacon omelet
140 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals



Cheese
2 oz- 229 cals

Snacks

250 cals, 20g protein, 5g net carbs, 17g fat



String cheese
3 stick(s)- 248 cals

Lunch

725 cals, 91g protein, 3g net carbs, 37g fat



Buttered broccoli
1 cup(s)- 134 cals



Goat cheese & spinach hasselback chicken
12 oz- 592 cals

Dinner

710 cals, 66g protein, 7g net carbs, 42g fat



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



Sunflower seeds
271 cals

Day 5

2100 cals ● 161g protein (31%) ● 147g fat (63%) ● 23g carbs (4%) ● 11g fiber (2%)

Breakfast

390 cals, 24g protein, 5g net carbs, 30g fat



[Bacon omelet](#)

140 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Cheese](#)

2 oz- 229 cals

Snacks

250 cals, 20g protein, 5g net carbs, 17g fat



[String cheese](#)

3 stick(s)- 248 cals

Lunch

720 cals, 68g protein, 4g net carbs, 46g fat



[Thyme & lime chicken thighs](#)

551 cals



[Buttered broccoli](#)

1 1/4 cup(s)- 167 cals

Dinner

745 cals, 48g protein, 9g net carbs, 54g fat



[Burger salad bowl](#)

481 cals



[Walnuts](#)

3/8 cup(s)- 262 cals

Day 6

2039 cals ● 144g protein (28%) ● 146g fat (65%) ● 21g carbs (4%) ● 16g fiber (3%)

Breakfast

350 cals, 19g protein, 4g net carbs, 27g fat



[Bacon](#)

4 slice(s)- 202 cals



[Simple sauteed spinach](#)

149 cals

Snacks

225 cals, 8g protein, 4g net carbs, 19g fat



[Cucumber goat cheese bites](#)

118 cals



[Macadamia nuts](#)

109 cals

Lunch

720 cals, 68g protein, 4g net carbs, 46g fat



[Thyme & lime chicken thighs](#)

551 cals



[Buttered broccoli](#)

1 1/4 cup(s)- 167 cals

Dinner

745 cals, 48g protein, 9g net carbs, 54g fat



[Burger salad bowl](#)

481 cals



[Walnuts](#)

3/8 cup(s)- 262 cals

Day 7

2067 cals ● 142g protein (27%) ● 153g fat (67%) ● 17g carbs (3%) ● 13g fiber (2%)

Breakfast

350 cals, 19g protein, 4g net carbs, 27g fat



[Bacon](#)

4 slice(s)- 202 cals



[Simple sauteed spinach](#)

149 cals

Snacks

225 cals, 8g protein, 4g net carbs, 19g fat



[Cucumber goat cheese bites](#)

118 cals



[Macadamia nuts](#)

109 cals

Lunch

765 cals, 35g protein, 5g net carbs, 64g fat



[Ham and cheese club lettuce wrap](#)

1 wrap(s)- 399 cals



[Pecans](#)

1/2 cup- 366 cals

Dinner

725 cals, 79g protein, 4g net carbs, 43g fat



[Simple mixed greens salad](#)

68 cals



[Basic ground turkey](#)

14 oz- 657 cals

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)
- ☐ sunflower kernels
1 3/4 oz (49g)
- ☐ pecans
1 cup, halves (99g)
- ☐ walnuts
3/4 cup, shelled (75g)
- ☐ Macadamia nuts, shelled, roasted
1 oz (28g)

Other

- ☐ low-sugar Greek yogurt, flavored
6 container(s) (900g)
- ☐ mixed greens
6 3/4 cup (203g)
- ☐ ground beef (20% fat)
1/2 lbs (227g)
- ☐ snow peas
2 cup (170g)
- ☐ ranch dressing mix
1/4 packet (1 oz) (7g)
- ☐ pork rinds
2 1/3 oz (66g)
- ☐ french onion dip
1/3 cup (78g)

Fats and Oils

- ☐ salad dressing
1/3 cup (79mL)
- ☐ oil
3 oz (91mL)
- ☐ olive oil
1 oz (35mL)
- ☐ mayonnaise
3 tbsp (45mL)

Pork Products

- ☐ bacon
13 1/2 slice(s) (135g)
- ☐ pork loin chops, boneless, raw
2 chop (370g)

Vegetables and Vegetable Products

- ☐ romaine lettuce
1/2 head (320g)

Soups, Sauces, and Gravies

- ☐ salsa
4 tbsp (72g)
- ☐ Frank's Red Hot sauce
2 3/4 tbsp (41mL)

Dairy and Egg Products

- ☐ goat cheese
5 oz (142g)
- ☐ butter
6 tbsp (85g)
- ☐ string cheese
9 stick (252g)
- ☐ eggs
2 large (100g)
- ☐ cheese
1/4 lbs (124g)
- ☐ cheddar cheese
6 tbsp, shredded (42g)
- ☐ sliced cheese
2 slice (3/4 oz ea) (42g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1608g)
- ☐ boneless skinless chicken thighs
1 1/2 lb (680g)
- ☐ ground turkey, raw
14 oz (397g)

Spices and Herbs

- ☐ dijon mustard
1/3 oz (10g)
- ☐ black pepper
1 1/2 g (1g)
- ☐ salt
4 1/4 g (4g)
- ☐ paprika
1/4 tbsp (2g)
- ☐ thyme, dried
1/4 tbsp, leaves (1g)
- ☐ dried dill weed
1 tsp (1g)

Beef Products

- ☐ ribeye, raw
5 oz (142g)

- ☐ garlic
2 clove (6g)
- ☐ fresh parsley
1/2 tbsp (2g)
- ☐ frozen broccoli
5 cup (455g)
- ☐ tomatoes
3 1/4 medium whole (2-3/5" dia) (405g)
- ☐ fresh spinach
13 cup(s) (394g)
- ☐ ketchup
2 tsp (11g)
- ☐ pickles
8 slices (56g)
- ☐ red onion
4 slice, thin (36g)
- ☐ cucumber
1/2 cucumber (8-1/4") (151g)

- ☐ ground beef (93% lean)
3/4 lbs (340g)

Fruits and Fruit Juices

- ☐ avocados
1/3 avocado(s) (67g)
- ☐ lime juice
3 tbsp (45mL)

Sausages and Luncheon Meats

- ☐ ham cold cuts
4 oz (113g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. This recipe has no instructions.

Low-sugar Greek Yogurt

2 container(s) - 156 cal ● 24g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

low-sugar Greek yogurt, flavored
2 container(s) (300g)

For all 3 meals:

low-sugar Greek yogurt, flavored
6 container(s) (900g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Bacon omelet

140 cals ● 10g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

olive oil

1/2 tsp (3mL)

bacon, cooked and chopped

1 slice(s) (10g)

For all 2 meals:

eggs

2 large (100g)

olive oil

1 tsp (5mL)

bacon, cooked and chopped

2 slice(s) (20g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Cheese

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



For single meal:

cheese
2 oz (57g)

For all 2 meals:

cheese
4 oz (113g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Bacon

4 slice(s) - 202 cals ● 14g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

bacon
4 slice(s) (40g)

For all 2 meals:

bacon
8 slice(s) (80g)

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.

Simple sauteed spinach

149 cals ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

garlic, diced
3/4 clove (2g)
black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)

For all 2 meals:

garlic, diced
1 1/2 clove (5g)
black pepper
3 dash, ground (1g)
salt
3 dash (2g)
olive oil
1 1/2 tbsp (23mL)
fresh spinach
12 cup(s) (360g)

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

Simple mixed greens salad

34 cals ● 1g protein ● 2g fat ● 2g carbs ● 1g fiber



mixed greens
3/4 cup (23g)
salad dressing
3/4 tbsp (11mL)

1. Mix greens and dressing in a small bowl. Serve.

Bacon hamburger lettuce wrap

2 patties (4oz each) - 666 cals ● 46g protein ● 53g fat ● 0g carbs ● 0g fiber



Makes 2 patties (4oz each)

bacon
2 slice(s) (20g)
romaine lettuce
2 leaf inner (12g)
ground beef (20% fat)
1/2 lbs (227g)

1. Heat a skillet over medium heat and cook bacon until done.
2. Meanwhile, form the beef into patties and season all sides with salt/pepper to taste.
3. Remove cooked bacon and place the patties in the skillet. Cook on each side for about 4 minutes (or until internal temperature reaches about 160 F (70 C)).
4. When patties are done, place on romaine lettuce and top with bacon.
5. Serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

oil
3 1/2 tsp (17mL)
boneless skinless chicken breast, raw
18 2/3 oz (523g)

For all 2 meals:

oil
2 1/3 tbsp (35mL)
boneless skinless chicken breast, raw
2 1/3 lbs (1045g)

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.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Lunch 3 [🔗](#)

Eat on day 4

Buttered broccoli

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



Makes 1 cup(s)

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

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

Goat cheese & spinach hasselback chicken

12 oz - 592 cals ● 88g protein ● 25g fat ● 1g carbs ● 1g fiber



Makes 12 oz

boneless skinless chicken breast, raw

3/4 lbs (336g)

fresh spinach

1 cup(s) (34g)

cheese

1 1/2 tbsp, shredded (11g)

paprika

1/4 tbsp (2g)

goat cheese

1 1/2 oz (43g)

1. Preheat oven to 350°F (180°C) and line walled baking sheet with foil.
2. In a small saucepan over low heat, add the goat cheese and spinach and mix until spinach has wilted, about a minute. Set aside.
3. Place chicken on baking sheet and cut slits all down the breast, cutting deep but not all the way through.
4. Stuff slits with spinach mixture.
5. Sprinkle paprika, a pinch of salt and pepper, and shredded cheese on top and bake for 20-25 minutes or until done.
6. Optional: Broil for a minute or two to brown the cheese.
7. Serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Thyme & lime chicken thighs

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



For single meal:

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)

For all 2 meals:

oil

1 1/2 tbsp (23mL)

lime juice

3 tbsp (45mL)

thyme, dried

1/4 tbsp, leaves (1g)

boneless skinless chicken thighs

1 1/2 lb (680g)

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.

Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
5/8 dash (0g)
salt
5/8 dash (0g)
frozen broccoli
1 1/4 cup (114g)
butter
1 1/4 tbsp (18g)

For all 2 meals:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
butter
2 1/2 tbsp (36g)

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

Lunch 5 [🔗](#)

Eat on day 7

Ham and cheese club lettuce wrap

1 wrap(s) - 399 cals ● 31g protein ● 29g fat ● 3g carbs ● 1g fiber



Makes 1 wrap(s)

ham cold cuts
4 oz (113g)
romaine lettuce
1 leaf outer (28g)
sliced cheese
2 slice (3/4 oz ea) (42g)
dijon mustard
1/2 tbsp (8g)
tomatoes
2 slice, medium (1/4" thick) (40g)
mayonnaise
1 tbsp (15mL)

1. Spread the dijon and mayo on the inside of the lettuce leaf.
2. Place the ham, tomato, and cheese on the mayo/mustard.
3. Wrap up the leaf. Serve.

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

pecans
1/2 cup, halves (50g)

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

Eat on day 1, day 2

Pork rinds and salsa

87 cals ● 9g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

salsa
2 tbsp (36g)
pork rinds
1/2 oz (14g)

For all 2 meals:

salsa
4 tbsp (72g)
pork rinds
1 oz (28g)

1. This recipe has no instructions.

Pork rinds with french onion dip

178 cals ● 13g protein ● 13g fat ● 3g carbs ● 0g fiber



For single meal:

french onion dip
2 2/3 tbsp (39g)
pork rinds
2/3 oz (19g)

For all 2 meals:

french onion dip
1/3 cup (78g)
pork rinds
1 1/3 oz (38g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 3 meals:

string cheese
9 stick (252g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber, sliced
1/4 cucumber (8-1/4") (75g)
goat cheese
1 oz (28g)
dried dill weed
4 dash (1g)

For all 2 meals:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
goat cheese
2 oz (57g)
dried dill weed
1 tsp (1g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

Macadamia nuts

109 cals ● 1g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

Macadamia nuts, shelled, roasted
1/2 oz (14g)

For all 2 meals:

Macadamia nuts, shelled, roasted
1 oz (28g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Snow peas

2 cup(s) - 48 cals ● 4g protein ● 0g fat ● 4g carbs ● 4g fiber



Makes 2 cup(s)

snow peas, ends trimmed
2 cup (170g)

1. Eat raw or bring a medium saucepan of water to boil. Add snow peas and cook for 30-60 seconds. Drain, season with some salt, and serve.

Ranch pork chops

2 chop(s) - 690 cals ● 80g protein ● 40g fat ● 4g carbs ● 0g fiber



Makes 2 chop(s)

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!

Dinner 2 [↗](#)

Eat on day 2

Bacon & goat cheese salad

341 cals ● 17g protein ● 29g fat ● 2g carbs ● 2g fiber



sunflower kernels

1/2 tbsp (6g)

bacon

1 1/2 slice(s) (15g)

olive oil

1/2 tbsp (8mL)

goat cheese

1 1/2 oz (43g)

mixed greens

1 1/2 cup (45g)

1. Cook bacon according to package. Set aside.
2. Meanwhile toss together greens, sunflower kernels, goat cheese, and olive oil.
3. When bacon has cooled, crumble it on top of the greens and serve.

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.
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Dinner 3 [↗](#)

Eat on day 3

Steak with herb butter

531 cals ● 25g protein ● 47g fat ● 1g carbs ● 0g fiber



oil
1 tsp (5mL)
butter, softened
1 tbsp (14g)
dijon mustard
4 dash (3g)
garlic, minced
1/2 clove (2g)
fresh parsley, chopped
1/2 tbsp (2g)
ribeye, raw
5 oz (142g)

1. If butter is not softened, place it in a small microwave-safe bowl and microwave for 3-8 seconds until it has softened somewhat. Add garlic, dijon, just half of the parsley, and some salt and pepper to the butter. Mix until combined.
2. Pat steak dry and season with some salt and pepper.
3. Heat oil in a skillet over medium-high heat. Cook steak until it reaches desired doneness, about 3-5 minutes per side. Transfer steak to a cutting board to rest.
4. Slice steak and serve topped with herb butter and remaining parsley.

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.

Dinner 4 [↗](#)

Eat on day 4

Buffalo chicken lettuce wrap

2 wrap(s) - 439 cal ● 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.

Sunflower seeds

271 cal ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



sunflower kernels

1 1/2 oz (43g)

1. This recipe has no instructions.
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Dinner 5 [🔗](#)

Eat on day 5, day 6

Burger salad bowl

481 cals ● 43g protein ● 30g fat ● 7g carbs ● 4g fiber



For single meal:

ketchup
1 tsp (6g)
mayonnaise
1 tbsp (15mL)
pickles
4 slices (28g)
cheddar cheese
3 tbsp, shredded (21g)
tomatoes, halved
4 cherry tomatoes (68g)
red onion
2 slice, thin (18g)
romaine lettuce, chopped
4 leaf outer (112g)
ground beef (93% lean)
6 oz (170g)

For all 2 meals:

ketchup
2 tsp (11g)
mayonnaise
2 tbsp (30mL)
pickles
8 slices (56g)
cheddar cheese
6 tbsp, shredded (42g)
tomatoes, halved
8 cherry tomatoes (136g)
red onion
4 slice, thin (36g)
romaine lettuce, chopped
8 leaf outer (224g)
ground beef (93% lean)
3/4 lbs (340g)

1. Make burger sauce by mixing mayonnaise, ketchup, and some salt and pepper in a small bowl. Stir in a small splash of water to thin it out slightly. Set aside.
2. Heat a skillet over medium heat. Add beef to the skillet and break apart the beef. Season with some salt and pepper and cook until browned and no longer pink inside.
3. Arrange lettuce, tomato, onion, cheese, pickles, and beef in a bowl. Drizzle with burger sauce and serve.

Walnuts

3/8 cup(s) - 262 cals ● 6g protein ● 24g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts
6 tbsp, shelled (38g)

For all 2 meals:

walnuts
3/4 cup, shelled (75g)

1. This recipe has no instructions.

Dinner 6 [🔗](#)

Eat on day 7

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

Basic ground turkey

14 oz - 657 cals ● 78g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 14 oz

oil

1 3/4 tsp (9mL)

ground turkey, raw

14 oz (397g)

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.
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