

Meal Plan - 2200 calorie keto meal plan



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

Day 1

2200 cal ● 287g protein (52%) ● 102g fat (42%) ● 21g carbs (4%) ● 12g fiber (2%)

Breakfast

445 cal, 39g protein, 5g net carbs, 30g fat



[String cheese](#)
2 stick(s)- 165 cal



[Boiled eggs](#)
4 egg(s)- 277 cal

Snacks

280 cal, 14g protein, 6g net carbs, 21g fat



[Pork rinds](#)
1/2 oz- 75 cal



[Dark chocolate](#)
1 square(s)- 60 cal



[Roasted almonds](#)
1/6 cup(s)- 148 cal

Lunch

705 cal, 106g protein, 7g net carbs, 26g fat



[Olive oil drizzled broccoli](#)
2 cup(s)- 140 cal



[Marinated chicken breast](#)
16 oz- 565 cal

Dinner

770 cal, 127g protein, 4g net carbs, 26g fat



[Lemon pepper chicken breast](#)
20 oz- 740 cal



[Roasted tomatoes](#)
1/2 tomato(es)- 30 cal

Day 2

2166 cal ● 225g protein (42%) ● 126g fat (52%) ● 20g carbs (4%) ● 13g fiber (2%)

Breakfast

445 cal, 39g protein, 5g net carbs, 30g fat



[String cheese](#)
2 stick(s)- 165 cal



[Boiled eggs](#)
4 egg(s)- 277 cal

Snacks

280 cal, 14g protein, 6g net carbs, 21g fat



[Pork rinds](#)
1/2 oz- 75 cal



[Dark chocolate](#)
1 square(s)- 60 cal



[Roasted almonds](#)
1/6 cup(s)- 148 cal

Lunch

670 cal, 45g protein, 6g net carbs, 49g fat



[Basic chicken & spinach salad](#)
304 cal



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

Dinner

770 cal, 127g protein, 4g net carbs, 26g fat



[Lemon pepper chicken breast](#)
20 oz- 740 cal



[Roasted tomatoes](#)
1/2 tomato(es)- 30 cal

Day 3

2159 cals ● 148g protein (27%) ● 159g fat (66%) ● 23g carbs (4%) ● 10g fiber (2%)

Breakfast

385 cals, 23g protein, 5g net carbs, 28g fat



Kale & eggs
284 cals



Simple sauteed spinach
100 cals

Snacks

245 cals, 13g protein, 4g net carbs, 19g fat



Roasted almonds
1/8 cup(s)- 111 cals



Pork rinds with french onion dip
134 cals

Lunch

785 cals, 35g protein, 11g net carbs, 66g fat



Cheesy zucchini noodles
785 cals

Dinner

745 cals, 77g protein, 3g net carbs, 47g fat



Parmesan zucchini noodles
121 cals



Basic ground turkey
13 1/3 oz- 625 cals

Day 4

2183 cals ● 128g protein (23%) ● 170g fat (70%) ● 22g carbs (4%) ● 12g fiber (2%)

Breakfast

385 cals, 23g protein, 5g net carbs, 28g fat



Kale & eggs
284 cals



Simple sauteed spinach
100 cals

Snacks

245 cals, 13g protein, 4g net carbs, 19g fat



Roasted almonds
1/8 cup(s)- 111 cals



Pork rinds with french onion dip
134 cals

Lunch

785 cals, 35g protein, 11g net carbs, 66g fat



Cheesy zucchini noodles
785 cals

Dinner

770 cals, 57g protein, 3g net carbs, 58g fat



Buffalo drumsticks
12 oz- 700 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals

Day 5

2168 cals ● 142g protein (26%) ● 161g fat (67%) ● 20g carbs (4%) ● 19g fiber (3%)

Breakfast

355 cals, 24g protein, 8g net carbs, 22g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Raspberries
1 cup(s)- 72 cals

Snacks

245 cals, 13g protein, 4g net carbs, 19g fat



Roasted almonds
1/8 cup(s)- 111 cals



Pork rinds with french onion dip
134 cals

Lunch

760 cals, 58g protein, 4g net carbs, 55g fat



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals



Steak Bites
9 1/3 oz(s)- 657 cals

Dinner

805 cals, 47g protein, 4g net carbs, 65g fat



Almond beef and spinach skillet
805 cals

Day 6

2170 cals ● 178g protein (33%) ● 146g fat (60%) ● 18g carbs (3%) ● 18g fiber (3%)

Breakfast

355 cals, 24g protein, 8g net carbs, 22g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Raspberries
1 cup(s)- 72 cals

Snacks

320 cals, 26g protein, 3g net carbs, 21g fat



Ham, cheese, and spinach pockets
4 pocket(s)- 211 cals



Roasted almonds
1/8 cup(s)- 111 cals

Lunch

760 cals, 58g protein, 4g net carbs, 55g fat



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals



Steak Bites
9 1/3 oz(s)- 657 cals

Dinner

730 cals, 71g protein, 2g net carbs, 47g fat



Simple plain turkey burger
3 burger(s)- 563 cals



Buttered broccoli
1 1/4 cup(s)- 167 cals

Day 7

2206 cals ● 181g protein (33%) ● 148g fat (60%) ● 20g carbs (4%) ● 17g fiber (3%)

Breakfast

355 cals, 24g protein, 8g net carbs, 22g fat



[Basic scrambled eggs](#)

4 egg(s)- 285 cals



[Raspberries](#)

1 cup(s)- 72 cals

Snacks

320 cals, 26g protein, 3g net carbs, 21g fat



[Ham, cheese, and spinach pockets](#)

4 pocket(s)- 211 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

Lunch

800 cals, 61g protein, 6g net carbs, 58g fat



[Ham and cheese club lettuce wrap](#)

2 wrap(s)- 798 cals

Dinner

730 cals, 71g protein, 2g net carbs, 47g fat



[Simple plain turkey burger](#)

3 burger(s)- 563 cals



[Buttered broccoli](#)

1 1/4 cup(s)- 167 cals

Dairy and Egg Products

- ☐ string cheese
4 stick (112g)
- ☐ eggs
28 medium (1228g)
- ☐ parmesan cheese
1/4 cup (18g)
- ☐ cheese
2/3 lbs (310g)
- ☐ butter
1/4 cup (52g)
- ☐ sliced cheese
4 slice (3/4 oz ea) (84g)

Spices and Herbs

- ☐ black pepper
1 1/2 g (1g)
- ☐ salt
5 1/2 g (6g)
- ☐ lemon pepper
2 1/2 tbsp (17g)
- ☐ dijon mustard
1 tbsp (15g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
8 1/2 cup (774g)
- ☐ tomatoes
1 1/2 medium whole (2-3/5" dia) (171g)
- ☐ fresh spinach
1 1/3 10oz package (383g)
- ☐ zucchini
3 2/3 medium (719g)
- ☐ kale leaves
1 1/2 cup, chopped (60g)
- ☐ garlic
3 1/3 clove(s) (10g)
- ☐ mushrooms
1/2 cup, chopped (35g)
- ☐ romaine lettuce
2 leaf outer (56g)

Fats and Oils

- ☐ olive oil
1/4 lbs (119mL)
- ☐ marinade sauce
1/2 cup (120mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 lbs (1738g)
- ☐ ground turkey, raw
2 1/3 lbs (1058g)

Other

- ☐ pork rinds
2 1/2 oz (71g)
- ☐ french onion dip
6 tbsp (88g)
- ☐ Chicken, drumsticks, with skin
3/4 lbs (340g)
- ☐ ground beef (20% fat)
1/2 lbs (227g)

Sweets

- ☐ Chocolate, dark, 70-85%
2 square(s) (20g)

Nut and Seed Products

- ☐ almonds
1/3 lbs (151g)
- ☐ pecans
1/2 cup, halves (50g)
- ☐ almond butter
1 tbsp (16g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
2 tbsp (29mL)

Fruits and Fruit Juices

- ☐ raspberries
3 cup (369g)

Beef Products

- ☐ sirloin steak, raw
18 3/4 oz (529g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
14 1/2 oz (411g)

- ☐ oil
3 oz (88mL)
 - ☐ salad dressing
1 1/2 tbsp (23mL)
 - ☐ mayonnaise
2 tbsp (30mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Boiled eggs

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



For single meal:

eggs
4 large (200g)

For all 2 meals:

eggs
8 large (400g)

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 2 [↗](#)

Eat on day 3, day 4

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 2 meals:

salt
3 dash (1g)
eggs
6 large (300g)
kale leaves
1 1/2 cup, chopped (60g)
oil
1 tbsp (15mL)

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.

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Basic scrambled eggs

4 egg(s) - 285 cals ● 22g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
4 medium (176g)

For all 3 meals:

oil
1 tbsp (15mL)
eggs
12 medium (528g)

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.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.
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Lunch 1 [🔗](#)

Eat on day 1

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

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.

Marinated chicken breast

16 oz - 565 cal ● 101g protein ● 17g fat ● 3g carbs ● 0g fiber



Makes 16 oz

boneless skinless chicken breast, raw

1 lbs (448g)

marinade sauce

1/2 cup (120mL)

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.

Lunch 2 [🔗](#)

Eat on day 2

Basic chicken & spinach salad

304 cals ● 40g protein ● 14g fat ● 4g carbs ● 1g fiber



salad dressing

1 1/2 tbsp (23mL)

oil

1 tsp (5mL)

**boneless skinless chicken breast,
raw, chopped, cooked**

6 oz (170g)

fresh spinach

2 cup(s) (60g)

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.

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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Lunch 3 [↗](#)

Eat on day 3, day 4

Cheesy zucchini noodles

785 cals ● 35g protein ● 66g fat ● 11g carbs ● 3g fiber



For single meal:

zucchini
1 1/2 medium (294g)
olive oil
1 1/2 tbsp (23mL)
parmesan cheese
1 1/2 tbsp (8g)
cheese
1 cup, shredded (127g)

For all 2 meals:

zucchini
3 medium (588g)
olive oil
3 tbsp (45mL)
parmesan cheese
3 tbsp (15g)
cheese
2 1/4 cup, shredded (254g)

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 zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and heat through until melted.
3. Remove from heat, top with parmesan, and serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

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

Steak Bites

9 1/3 oz(s) - 657 cals ● 54g protein ● 49g fat ● 1g carbs ● 0g fiber



For single meal:

butter, room-temperature

1 3/4 tsp (8g)

oil

1 3/4 tsp (9mL)

garlic, diced

1 1/6 clove(s) (3g)

sirloin steak, raw

9 1/3 oz (264g)

For all 2 meals:

butter, room-temperature

3 1/2 tsp (17g)

oil

3 1/2 tsp (17mL)

garlic, diced

2 1/3 clove(s) (7g)

sirloin steak, raw

18 2/3 oz (529g)

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.

Lunch 5 [↗](#)

Eat on day 7

Ham and cheese club lettuce wrap

2 wrap(s) - 798 cals ● 61g protein ● 58g fat ● 6g carbs ● 3g fiber



Makes 2 wrap(s)

ham cold cuts

1/2 lbs (227g)

romaine lettuce

2 leaf outer (56g)

sliced cheese

4 slice (3/4 oz ea) (84g)

dijon mustard

1 tbsp (15g)

tomatoes

4 slice, medium (1/4" thick) (80g)

mayonnaise

2 tbsp (30mL)

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.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Pork rinds

1/2 oz - 75 cal● 9g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds
1/2 oz (14g)

For all 2 meals:

pork rinds
1 oz (28g)

- 1. Enjoy.

Dark chocolate

1 square(s) - 60 cal● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

Chocolate, dark, 70-85%
1 square(s) (10g)

For all 2 meals:

Chocolate, dark, 70-85%
2 square(s) (20g)

- 1. This recipe has no instructions.

Roasted almonds

1/6 cup(s) - 148 cal● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

- 1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 3 meals:

almonds
6 tbsp, whole (54g)

- 1. This recipe has no instructions.

Pork rinds with french onion dip

134 cals ● 10g protein ● 10g fat ● 2g carbs ● 0g fiber



For single meal:

french onion dip
2 tbsp (29g)
pork rinds
1/2 oz (14g)

For all 3 meals:

french onion dip
6 tbsp (88g)
pork rinds
1 1/2 oz (43g)

- 1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Ham, cheese, and spinach pockets

4 pocket(s) - 211 cal● 22g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

fresh spinach

20 leaves (20g)

cheese

4 tbsp, shredded (28g)

ham cold cuts

4 slice (92g)

For all 2 meals:

fresh spinach

40 leaves (40g)

cheese

1/2 cup, shredded (56g)

ham cold cuts

8 slice (184g)

1. Lay a slice of ham down flat.
2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
3. Fold the other half over.
4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.

Roasted almonds

1/8 cup(s) - 111 cal● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Lemon pepper chicken breast

20 oz - 740 cals ● 127g protein ● 24g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

For all 2 meals:

lemon pepper

2 1/2 tbsp (17g)

olive oil

1 1/4 tbsp (19mL)

boneless skinless chicken breast, raw

2 1/2 lbs (1120g)

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.

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes

1/2 small whole (2-2/5" dia) (46g)

oil

1/2 tsp (3mL)

For all 2 meals:

tomatoes

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

oil

1 tsp (5mL)

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

Parmesan zucchini noodles

121 cals ● 3g protein ● 10g fat ● 3g carbs ● 1g fiber

**zucchini**

2/3 medium (131g)

olive oil

2 tsp (10mL)

parmesan cheese

2 tsp (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 and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Basic ground turkey

13 1/3 oz - 625 cals ● 74g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

oil

1/2 tbsp (8mL)

ground turkey, raw

13 1/3 oz (378g)

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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Dinner 3 [↗](#)

Eat on day 4

Buffalo drumsticks

12 oz - 700 cals ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



Makes 12 oz

Frank's Red Hot sauce

2 tbsp (30mL)

oil

1 tsp (6mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

Chicken, drumsticks, with skin

3/4 lbs (340g)

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.

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g 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)

olive oil

1 tsp (5mL)

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 4 [🔗](#)

Eat on day 5

Almond beef and spinach skillet

805 cals ● 47g protein ● 65g fat ● 4g carbs ● 5g fiber



ground beef (20% fat)

1/2 lbs (227g)

oil

1/4 tbsp (4mL)

mushrooms

1/2 cup, chopped (35g)

fresh spinach

1 1/2 oz (43g)

almonds

2 tbsp, slivered (14g)

almond butter

1 tbsp (16g)

1. In a skillet over medium heat, add the oil and mushrooms.
2. Cook for a few minutes until mushrooms are soft, then add in the slivered almonds and cook for another minute or so until toasted.
3. Add in the ground beef and cook fully until there is no more pink.
4. Add in the almond butter and spinach and cook a couple more minutes, stirring frequently, until spinach has melted and almond butter has fully incorporated with the meat.
5. Serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Simple plain turkey burger

3 burger(s) - 563 cals ● 67g protein ● 33g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1/2 tbsp (8mL)

ground turkey, raw

3/4 lbs (340g)

For all 2 meals:

oil

1 tbsp (15mL)

ground turkey, raw

1 1/2 lbs (680g)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. 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.
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