

# Meal Plan - 2300 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

2294 cal ● 244g protein (43%) ● 133g fat (52%) ● 21g carbs (4%) ● 10g fiber (2%)

### Breakfast

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



[Basic scrambled eggs](#)

4 egg(s)- 285 cal



[Raspberries](#)

1 cup(s)- 72 cal

### Snacks

305 cal, 3g protein, 7g net carbs, 29g fat



[Strawberries and cream](#)

305 cal

### Lunch

865 cal, 100g protein, 5g net carbs, 50g fat



[Ranch pork chops](#)

2 1/2 chop(s)- 863 cal

### Dinner

770 cal, 118g protein, 1g net carbs, 32g fat



[Basic chicken breast](#)

18 2/3 oz- 740 cal



[Roasted tomatoes](#)

1/2 tomato(es)- 30 cal

## Day 2

2282 cal ● 237g protein (42%) ● 134g fat (53%) ● 18g carbs (3%) ● 13g fiber (2%)

### Breakfast

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



[Basic scrambled eggs](#)

4 egg(s)- 285 cal



[Raspberries](#)

1 cup(s)- 72 cal

### Snacks

305 cal, 3g protein, 7g net carbs, 29g fat



[Strawberries and cream](#)

305 cal

### Lunch

850 cal, 93g protein, 2g net carbs, 51g fat



[Basic ground turkey](#)

16 oz- 750 cal



[Simple sauteed spinach](#)

100 cal

### Dinner

770 cal, 118g protein, 1g net carbs, 32g fat



[Basic chicken breast](#)

18 2/3 oz- 740 cal



[Roasted tomatoes](#)

1/2 tomato(es)- 30 cal

## Day 3

2294 cals ● 180g protein (31%) ● 161g fat (63%) ● 24g carbs (4%) ● 6g fiber (1%)

### Breakfast

340 cals, 30g protein, 4g net carbs, 22g fat



Scrambled egg whites  
243 cals



Simple sauteed spinach  
100 cals

### Snacks

305 cals, 3g protein, 7g net carbs, 29g fat



Strawberries and cream  
305 cals

### Lunch

850 cals, 79g protein, 1g net carbs, 58g fat



Slow cooker carnitas  
16 oz- 820 cals



Roasted tomatoes  
1/2 tomato(es)- 30 cals

### Dinner

795 cals, 68g protein, 12g net carbs, 52g fat



Bacon cauliflower mashed 'potatoes'  
289 cals



Chicken sausage  
4 link- 508 cals

## Day 4

2257 cals ● 238g protein (42%) ● 130g fat (52%) ● 23g carbs (4%) ● 8g fiber (1%)

### Breakfast

340 cals, 30g protein, 4g net carbs, 22g fat



Scrambled egg whites  
243 cals



Simple sauteed spinach  
100 cals

### Snacks

265 cals, 12g protein, 3g net carbs, 22g fat



Sunflower seeds  
90 cals



Cheese and guac tacos  
1 taco(s)- 175 cals

### Lunch

855 cals, 128g protein, 4g net carbs, 35g fat



Sauteed garlic & herb tomatoes  
64 cals



Balsamic chicken breast  
20 oz- 789 cals

### Dinner

795 cals, 68g protein, 12g net carbs, 52g fat



Bacon cauliflower mashed 'potatoes'  
289 cals



Chicken sausage  
4 link- 508 cals

## Day 5

2323 cals ● 161g protein (28%) ● 172g fat (66%) ● 22g carbs (4%) ● 11g fiber (2%)

### Breakfast

340 cals, 30g protein, 4g net carbs, 22g fat



**Scrambled egg whites**  
243 cals



**Simple sauteed spinach**  
100 cals

### Snacks

265 cals, 12g protein, 3g net carbs, 22g fat



**Sunflower seeds**  
90 cals



**Cheese and guac tacos**  
1 taco(s)- 175 cals

### Lunch

840 cals, 50g protein, 13g net carbs, 64g fat



**Rotisserie chicken & tomato salad**  
514 cals



**Mixed nuts**  
3/8 cup(s)- 327 cals

### Dinner

875 cals, 70g protein, 3g net carbs, 65g fat



**Steak Bites**  
12 oz(s)- 845 cals



**Roasted tomatoes**  
1/2 tomato(es)- 30 cals

## Day 6

2290 cals ● 143g protein (25%) ● 170g fat (67%) ● 27g carbs (5%) ● 20g fiber (3%)

### Breakfast

355 cals, 22g protein, 3g net carbs, 28g fat



**Egg wrap with ham and cheese**  
1 wrap(s)- 190 cals



**Low carb bread with almond butter**  
1 slice(s)- 164 cals

### Snacks

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



**Boiled eggs**  
4 egg(s)- 277 cals

### Lunch

840 cals, 50g protein, 13g net carbs, 64g fat



**Rotisserie chicken & tomato salad**  
514 cals



**Mixed nuts**  
3/8 cup(s)- 327 cals

### Dinner

820 cals, 46g protein, 10g net carbs, 60g fat



**Cucumber slices**  
1/4 cucumber- 15 cals



**Avocado tuna salad**  
436 cals



**Pecans**  
1/2 cup- 366 cals

# Day 7

2254 cal ● 141g protein (25%) ● 171g fat (68%) ● 18g carbs (3%) ● 20g fiber (3%)

## Breakfast

355 cal, 22g protein, 3g net carbs, 28g fat



**Egg wrap with ham and cheese**  
1 wrap(s)- 190 cal



**Low carb bread with almond butter**  
1 slice(s)- 164 cal

## Snacks

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



**Boiled eggs**  
4 egg(s)- 277 cal

## Lunch

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



**Almond beef and spinach skillet**  
805 cal

## Dinner

820 cal, 46g protein, 10g net carbs, 60g fat



**Cucumber slices**  
1/4 cucumber- 15 cal



**Avocado tuna salad**  
436 cal



**Pecans**  
1/2 cup- 366 cal

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## Fats and Oils

- oil  
1/3 lbs (170mL)
- olive oil  
1/4 cup (66mL)
- balsamic vinaigrette  
5 tbsp (74mL)

## Dairy and Egg Products

- eggs  
22 medium (977g)
- heavy cream  
1 cup (266mL)
- butter  
2 tbsp (30g)
- egg whites  
3 cup (729g)
- cheddar cheese  
1/2 cup, shredded (57g)
- cheese  
2 tbsp, shredded (14g)

## Fruits and Fruit Juices

- raspberries  
2 cup (246g)
- strawberries  
1 1/2 cup, sliced (249g)
- lemon juice  
2 tsp (10mL)
- avocados  
1 avocado(s) (201g)
- lime juice  
2 tsp (10mL)

## Other

- ranch dressing mix  
1/3 packet (1 oz) (9g)
- italian seasoning  
1/6 container (.75 oz) (4g)
- guacamole, store-bought  
4 tbsp (62g)
- rotisserie chicken, cooked  
3/4 lbs (340g)
- almond flour  
2 3/4 tbsp (18g)
- mixed greens  
2 cup (60g)

## Poultry Products

- boneless skinless chicken breast, raw  
3 1/2 lbs (1612g)
- ground turkey, raw  
1 lbs (454g)

## Vegetables and Vegetable Products

- tomatoes  
4 1/3 medium whole (2-3/5" dia) (529g)
- garlic  
4 1/2 clove(s) (13g)
- fresh spinach  
2 10oz package (523g)
- cauliflower  
1 1/3 cup chopped (1/2" pieces) (143g)
- cucumber  
1 cucumber (8-1/4") (301g)
- onion  
1/2 small (35g)
- mushrooms  
1/2 cup, chopped (35g)

## Spices and Herbs

- black pepper  
1/8 oz (2g)
- salt  
1/4 oz (8g)

## Sausages and Luncheon Meats

- chicken sausage, cooked  
8 link (672g)
- ham cold cuts  
2 slice (46g)

## Nut and Seed Products

- sunflower kernels  
1 oz (28g)
- mixed nuts  
3/4 cup (101g)
- almond butter  
1 1/2 tbsp (24g)
- pecans  
1 cup, halves (99g)
- almonds  
2 tbsp, slivered (14g)

## Beef Products

ground beef (20% fat)  
1/2 lbs (227g)

sirloin steak, raw  
3/4 lbs (340g)

### **Pork Products**

pork loin chops, boneless, raw  
2 1/2 chop (463g)

bacon, raw  
2 slice(s) (57g)

pork shoulder  
1 lbs (453g)

### **Baked Products**

baking powder  
2 dash (1g)

### **Finfish and Shellfish Products**

canned tuna  
2 can (344g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Basic scrambled eggs

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



For single meal:

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

For all 2 meals:

**oil**  
2 tsp (10mL)  
**eggs**  
8 medium (352g)

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 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**  
1 cup (123g)

For all 2 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### 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 3 meals:

**oil**  
3 tbsp (45mL)  
**egg whites**  
3 cup (729g)

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.

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### 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 3 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.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Egg wrap with ham and cheese

1 wrap(s) - 190 cal ● 18g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

**ham cold cuts, chopped**

1 slice (23g)

**cheese**

1 tbsp, shredded (7g)

**eggs**

2 large (100g)

For all 2 meals:

**ham cold cuts, chopped**

2 slice (46g)

**cheese**

2 tbsp, shredded (14g)

**eggs**

4 large (200g)

1. Crack eggs and separate out whites and yolks in separate bowls.
2. Lightly mix the egg whites with a fork and pour them into a small, greased, non-stick skillet over low heat, making sure mixture lays evenly in the bottom in the shape of a circle.
3. While egg white is cooking, mix in the ham, cheese, and salt/pepper to taste to the egg yolk bowl. Mix well.
4. Once egg white has firmed a bit, flip it over and finish cooking the other side.
5. Remove egg white wrap and pour in egg yolk mixture to the skillet. Cook until done.
6. While egg white wrap is still warm, use it as a tortilla and add in the egg-yolk mixture.
7. Wrap up and serve.
8. To store: you can make these in bulk by wrapping them up in plastic and storing in the fridge. Reheat gently in microwave when ready to eat.

### Low carb bread with almond butter

1 slice(s) - 164 cal ● 4g protein ● 15g fat ● 1g carbs ● 1g fiber



For single meal:

**almond butter**

1/4 tbsp (4g)

**eggs**

1/4 large (13g)

**salt**

2/3 dash (0g)

**baking powder**

1 dash (1g)

**oil**

1/2 tbsp (8mL)

**almond flour**

4 tsp (9g)

For all 2 meals:

**almond butter**

1/2 tbsp (8g)

**eggs**

1/2 large (25g)

**salt**

1 1/3 dash (1g)

**baking powder**

2 dash (1g)

**oil**

1 tbsp (15mL)

**almond flour**

2 1/2 tbsp (18g)

1. In a greased, microwave-safe mug, mix the almond flour, oil, baking powder, salt, and egg until fully combined.
2. Microwave for 90 seconds.
3. Remove bread from mug, slice, and serve with almond butter.
4. For leftovers: immediately wrap any leftovers in plastic wrap or parchment paper. Store on the counter or in your fridge/freezer. Reheat by toasting or microwaving.

## Lunch 1 [↗](#)

Eat on day 1

### Ranch pork chops

2 1/2 chop(s) - 863 cal ● 100g protein ● 50g fat ● 5g carbs ● 0g fiber



Makes 2 1/2 chop(s)

**ranch dressing mix**

1/3 packet (1 oz) (9g)

**oil**

1 1/4 tbsp (19mL)

**pork loin chops, boneless, raw**

2 1/2 chop (463g)

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!

## Lunch 2 [↗](#)

Eat on day 2

### Basic ground turkey

16 oz - 750 cal ● 89g protein ● 44g fat ● 0g carbs ● 0g fiber



Makes 16 oz

**oil**

2 tsp (10mL)

**ground turkey, raw**

1 lbs (454g)

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.

### Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



**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)

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.

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## Lunch 3 [↗](#)

Eat on day 3

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### Slow cooker carnitas

16 oz - 820 cals ● 79g protein ● 56g fat ● 0g carbs ● 0g fiber



Makes 16 oz

**pork shoulder**  
1 lbs (453g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

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### Roasted tomatoes

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



Makes 1/2 tomato(es)

**tomatoes**  
1/2 small whole (2-2/5" dia) (46g)  
**oil**  
1/2 tsp (3mL)

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 4 [↗](#)

Eat on day 4

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### Sauteed garlic & herb tomatoes

64 cal ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



**black pepper**

1/4 dash, ground (0g)

**olive oil**

1 tsp (6mL)

**garlic, minced**

1/4 clove(s) (1g)

**tomatoes**

1/4 pint, cherry tomatoes (75g)

**italian seasoning**

3 dash (1g)

**salt**

1 dash (1g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

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### Balsamic chicken breast

20 oz - 789 cal ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



Makes 20 oz

**italian seasoning**

5 dash (2g)

**oil**

2 1/2 tsp (13mL)

**balsamic vinaigrette**

5 tbsp (75mL)

**boneless skinless chicken breast, raw**

1 1/4 lbs (567g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
  2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.
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## Lunch 5 [↗](#)

Eat on day 5, day 6

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### Rotisserie chicken & tomato salad

514 cal ● 40g protein ● 37g fat ● 5g carbs ● 2g fiber



For single meal:

**lemon juice**

1 tsp (5mL)

**olive oil**

1 tbsp (15mL)

**cucumber, sliced**

1/4 cucumber (8-1/4") (75g)

**tomatoes, cut into wedges**

1/2 large whole (3" dia) (91g)

**rotisserie chicken, cooked**

6 oz (170g)

For all 2 meals:

**lemon juice**

2 tsp (10mL)

**olive oil**

2 tbsp (30mL)

**cucumber, sliced**

1/2 cucumber (8-1/4") (151g)

**tomatoes, cut into wedges**

1 large whole (3" dia) (182g)

**rotisserie chicken, cooked**

3/4 lbs (340g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

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### Mixed nuts

3/8 cup(s) - 327 cal ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

**mixed nuts**

6 tbsp (50g)

For all 2 meals:

**mixed nuts**

3/4 cup (101g)

1. This recipe has no instructions.
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## Lunch 6 [↗](#)

Eat on day 7

### Almond beef and spinach skillet

805 cal ● 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.

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Strawberries and cream

305 cal ● 3g protein ● 29g fat ● 7g carbs ● 2g fiber



For single meal:

**heavy cream**

1/3 cup (80mL)

**strawberries**

1/2 cup, sliced (83g)

For all 3 meals:

**heavy cream**

1 cup (240mL)

**strawberries**

1 1/2 cup, sliced (249g)

1. Place the strawberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.

## Snacks 2 [↗](#)

Eat on day 4, day 5

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### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**

1/2 oz (14g)

For all 2 meals:

**sunflower kernels**

1 oz (28g)

1. This recipe has no instructions.
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### Cheese and guac tacos

1 taco(s) - 175 cal ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**cheddar cheese**

4 tbsp, shredded (28g)

**guacamole, store-bought**

2 tbsp (31g)

For all 2 meals:

**cheddar cheese**

1/2 cup, shredded (57g)

**guacamole, store-bought**

4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
  2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
  3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
  4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
  5. Serve.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

### 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.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### 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.

### 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.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Bacon cauliflower mashed 'potatoes'

289 cal ● 12g protein ● 24g fat ● 4g carbs ● 1g fiber



For single meal:

**bacon, raw**

1 slice(s) (28g)

**garlic, minced**

1/3 clove (1g)

**black pepper**

2/3 dash, ground (0g)

**heavy cream**

2 2/3 tsp (13mL)

**butter**

2 tsp (9g)

**salt**

1 1/3 dash (1g)

**cauliflower**

2/3 cup chopped (1/2" pieces) (71g)

For all 2 meals:

**bacon, raw**

2 slice(s) (57g)

**garlic, minced**

2/3 clove (2g)

**black pepper**

1 1/3 dash, ground (0g)

**heavy cream**

1 3/4 tbsp (27mL)

**butter**

4 tsp (19g)

**salt**

1/3 tsp (2g)

**cauliflower**

1 1/3 cup chopped (1/2" pieces) (143g)

1. Combine all ingredients except bacon in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. Meanwhile cook the bacon in a skillet, chop it up, and set the grease aside.
4. Once the cauliflower mixture is soft, pour the bacon grease and chopped up bacon over it, and mash and mix with a fork.
5. Serve.

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### Chicken sausage

4 link - 508 cal ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



For single meal:

**chicken sausage, cooked**  
4 link (336g)

For all 2 meals:

**chicken sausage, cooked**  
8 link (672g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

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## Dinner 3 [↗](#)

Eat on day 5

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### Steak Bites

12 oz(s) - 845 cal ● 69g protein ● 62g fat ● 2g carbs ● 0g fiber



Makes 12 oz(s)

**butter, room-temperature**  
3/4 tbsp (11g)  
**oil**  
3/4 tbsp (11mL)  
**garlic, diced**  
1 1/2 clove(s) (5g)  
**sirloin steak, raw**  
3/4 lbs (340g)

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.

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### Roasted tomatoes

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



Makes 1/2 tomato(es)

**tomatoes**

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

**oil**

1/2 tsp (3mL)

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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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**

1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**cucumber**

1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

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### Avocado tuna salad

436 cal ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



For single meal:

**avocados**

1/2 avocado(s) (101g)

**lime juice**

1 tsp (5mL)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**mixed greens**

1 cup (30g)

**onion, minced**

1/4 small (18g)

**canned tuna**

1 can (172g)

**tomatoes**

4 tbsp, chopped (45g)

For all 2 meals:

**avocados**

1 avocado(s) (201g)

**lime juice**

2 tsp (10mL)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**mixed greens**

2 cup (60g)

**onion, minced**

1/2 small (35g)

**canned tuna**

2 can (344g)

**tomatoes**

1/2 cup, chopped (90g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

## Pecans

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



For single meal:

**pecans**  
1/2 cup, halves (50g)

For all 2 meals:

**pecans**  
1 cup, halves (99g)

1. This recipe has no instructions.
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