

# Meal Plan - 2400 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

2444 cals ● 307g protein (50%) ● 121g fat (45%) ● 22g carbs (4%) ● 9g fiber (1%)

### Breakfast

470 cals, 60g protein, 1g net carbs, 25g fat



[Paleo beef & egg bowl](#)  
471 cals

### Lunch

880 cals, 104g protein, 7g net carbs, 47g fat



[Bacon zucchini noodles](#)  
407 cals



[Balsamic chicken breast](#)  
12 oz- 473 cals

### Snacks

295 cals, 37g protein, 7g net carbs, 14g fat



[Boiled eggs](#)  
2 egg(s)- 139 cals



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

### Dinner

800 cals, 106g protein, 8g net carbs, 35g fat



[Olive oil drizzled sugar snap peas](#)  
163 cals



[Basic chicken breast](#)  
16 oz- 635 cals

## Day 2

2378 cals ● 278g protein (47%) ● 130g fat (49%) ● 18g carbs (3%) ● 6g fiber (1%)

### Breakfast

470 cals, 60g protein, 1g net carbs, 25g fat



[Paleo beef & egg bowl](#)  
471 cals

### Lunch

880 cals, 104g protein, 7g net carbs, 47g fat



[Bacon zucchini noodles](#)  
407 cals



[Balsamic chicken breast](#)  
12 oz- 473 cals

### Snacks

295 cals, 37g protein, 7g net carbs, 14g fat



[Boiled eggs](#)  
2 egg(s)- 139 cals



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

### Dinner

730 cals, 77g protein, 4g net carbs, 44g fat



[Basic ground turkey](#)  
13 1/3 oz- 625 cals



[Buttered sugar snap peas](#)  
107 cals

## Day 3

2448 cals ● 130g protein (21%) ● 192g fat (71%) ● 27g carbs (4%) ● 24g fiber (4%)

### Breakfast

415 cals, 22g protein, 3g net carbs, 32g fat



**Bacon & egg cups**  
2 cup(s)- 240 cals



**Avocado**  
176 cals

### Snacks

385 cals, 21g protein, 3g net carbs, 29g fat



**Avocado deviled eggs**  
3 egg(s)- 386 cals

### Lunch

790 cals, 11g protein, 15g net carbs, 72g fat



**Dark chocolate**  
3 square(s)- 180 cals



**Macadamia nuts**  
435 cals



**Walnuts**  
1/4 cup(s)- 175 cals

### Dinner

860 cals, 77g protein, 6g net carbs, 59g fat



**Roasted pepper stuffed chicken**  
12 oz- 858 cals

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## Day 4

2448 cals ● 130g protein (21%) ● 192g fat (71%) ● 27g carbs (4%) ● 24g fiber (4%)

### Breakfast

415 cals, 22g protein, 3g net carbs, 32g fat



**Bacon & egg cups**  
2 cup(s)- 240 cals



**Avocado**  
176 cals

### Snacks

385 cals, 21g protein, 3g net carbs, 29g fat



**Avocado deviled eggs**  
3 egg(s)- 386 cals

### Lunch

790 cals, 11g protein, 15g net carbs, 72g fat



**Dark chocolate**  
3 square(s)- 180 cals



**Macadamia nuts**  
435 cals



**Walnuts**  
1/4 cup(s)- 175 cals

### Dinner

860 cals, 77g protein, 6g net carbs, 59g fat



**Roasted pepper stuffed chicken**  
12 oz- 858 cals

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## Day 5

2414 cals ● 202g protein (34%) ● 161g fat (60%) ● 26g carbs (4%) ● 13g fiber (2%)

### Breakfast

435 cals, 22g protein, 3g net carbs, 35g fat



**Basic fried eggs**  
2 egg(s)- 159 cals



**Bacon avocado "toast"**  
2 slices- 276 cals

### Snacks

330 cals, 3g protein, 6g net carbs, 31g fat



**Macadamia nuts**  
109 cals



**Keto celery and ranch**  
222 cals

### Lunch

830 cals, 43g protein, 11g net carbs, 68g fat



**Italian sausage**  
3 link- 771 cals



**Roasted tomatoes**  
1 tomato(es)- 60 cals

### Dinner

815 cals, 135g protein, 6g net carbs, 28g fat



**Marinated chicken breast**  
21 1/3 oz- 754 cals



**Sautéed garlic & herb tomatoes**  
64 cals

## Day 6

2353 cals ● 132g protein (22%) ● 185g fat (71%) ● 23g carbs (4%) ● 17g fiber (3%)

### Breakfast

435 cals, 22g protein, 3g net carbs, 35g fat



**Basic fried eggs**  
2 egg(s)- 159 cals



**Bacon avocado "toast"**  
2 slices- 276 cals

### Snacks

330 cals, 3g protein, 6g net carbs, 31g fat



**Macadamia nuts**  
109 cals



**Keto celery and ranch**  
222 cals

### Lunch

780 cals, 47g protein, 11g net carbs, 59g fat



**Parmesan zucchini noodles**  
318 cals



**Garlic parmesan wings**  
2/3 lbs- 465 cals

### Dinner

805 cals, 60g protein, 4g net carbs, 60g fat



**Simple salmon**  
10 oz- 642 cals



**Garlic zucchini noodles**  
163 cals

# Day 7

2353 cal ● 132g protein (22%) ● 185g fat (71%) ● 23g carbs (4%) ● 17g fiber (3%)

## Breakfast

435 cal, 22g protein, 3g net carbs, 35g fat



**Basic fried eggs**  
2 egg(s)- 159 cal



**Bacon avocado "toast"**  
2 slices- 276 cal

## Snacks

330 cal, 3g protein, 6g net carbs, 31g fat



**Macadamia nuts**  
109 cal



**Keto celery and ranch**  
222 cal

## Lunch

780 cal, 47g protein, 11g net carbs, 59g fat



**Parmesan zucchini noodles**  
318 cal



**Garlic parmesan wings**  
2/3 lbs- 465 cal

## Dinner

805 cal, 60g protein, 4g net carbs, 60g fat



**Simple salmon**  
10 oz- 642 cal



**Garlic zucchini noodles**  
163 cal

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## Beef Products

- ground beef (93% lean)  
1 lbs (454g)

## Dairy and Egg Products

- eggs  
24 large (1200g)
- butter  
1/8 stick (14g)
- parmesan cheese  
1 1/4 oz (34g)

## Vegetables and Vegetable Products

- zucchini  
8 medium (1568g)
- frozen sugar snap peas  
2 cup (288g)
- fresh cilantro  
2 tbsp, chopped (6g)
- raw celery  
13 1/2 stalk, medium (7-1/2" - 8" long) (540g)
- tomatoes  
1 1/3 medium whole (2-3/5" dia) (166g)
- garlic  
4 clove(s) (12g)

## Pork Products

- bacon, raw  
5 slice(s) (142g)
- bacon  
10 slice(s) (100g)

## Other

- italian seasoning  
1/6 container (.75 oz) (4g)
- low-sugar Greek yogurt, flavored  
4 container(s) (600g)
- roasted red peppers  
2 pepper(s) (140g)
- Italian pork sausage, raw  
3 link (323g)

## Fats and Oils

- oil  
2 2/3 oz (80mL)

## Poultry Products

- boneless skinless chicken breast, raw  
4 lbs (1726g)
- ground turkey, raw  
13 1/3 oz (378g)
- boneless chicken thighs, with skin  
1 1/2 lbs (681g)
- chicken wings, with skin, raw  
1 1/3 lbs (606g)

## Spices and Herbs

- black pepper  
1/4 g (0g)
- salt  
1 1/2 g (1g)
- paprika  
1 tsp (2g)

## Sweets

- Chocolate, dark, 70-85%  
6 square(s) (60g)

## Nut and Seed Products

- Macadamia nuts, shelled, roasted  
1/3 lbs (10-12 kernels) (156g)
- walnuts  
1/2 cup shelled (50 halves) (50g)

## Fruits and Fruit Juices

- avocados  
3 1/2 avocado(s) (704g)
- lemon juice  
1 tsp (5mL)
- lime juice  
2 tsp (10mL)

## Baked Products

- baking powder  
2 tsp (10g)

## Finfish and Shellfish Products

- salmon  
1 1/4 lbs (567g)

- balsamic vinaigrette  
6 tbsp (91mL)
  - olive oil  
3 oz (98mL)
  - ranch dressing  
1/2 cup (135mL)
  - marinade sauce  
2/3 cup (161mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Paleo beef & egg bowl

471 cals ● 60g protein ● 25g fat ● 1g carbs ● 0g fiber



For single meal:

**ground beef (93% lean)**  
1/2 lbs (227g)  
**eggs**  
2 large (100g)

For all 2 meals:

**ground beef (93% lean)**  
1 lbs (454g)  
**eggs**  
4 large (200g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Bacon & egg cups

2 cup(s) - 240 cals ● 20g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon**  
2 slice(s) (20g)  
**eggs**  
2 large (100g)

For all 2 meals:

**bacon**  
4 slice(s) (40g)  
**eggs**  
4 large (200g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

## Avocado



176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

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

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

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

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Basic fried eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 large (300g)

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.

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### Bacon avocado "toast"

2 slices - 276 cal ● 9g protein ● 23g fat ● 2g carbs ● 7g fiber





For single meal:

**bacon**  
2 slice(s) (20g)  
**avocados**  
1/2 avocado(s) (101g)

For all 3 meals:

**bacon**  
6 slice(s) (60g)  
**avocados**  
1 1/2 avocado(s) (302g)

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Bacon zucchini noodles

407 cal ● 28g protein ● 29g fat ● 6g carbs ● 3g fiber



For single meal:

**zucchini**  
1 1/4 medium (245g)  
**bacon, raw**  
2 1/2 slice(s) (71g)

For all 2 meals:

**zucchini**  
2 1/2 medium (490g)  
**bacon, raw**  
5 slice(s) (142g)

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.

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### Balsamic chicken breast

12 oz - 473 cal ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

**italian seasoning**

3 dash (1g)

**oil**

1/2 tbsp (8mL)

**balsamic vinaigrette**

3 tbsp (45mL)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

For all 2 meals:

**italian seasoning**

1/4 tbsp (3g)

**oil**

1 tbsp (15mL)

**balsamic vinaigrette**

6 tbsp (90mL)

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

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.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Dark chocolate

3 square(s) - 180 cal ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

**Chocolate, dark, 70-85%**

3 square(s) (30g)

For all 2 meals:

**Chocolate, dark, 70-85%**

6 square(s) (60g)

1. This recipe has no instructions.

### Macadamia nuts

435 cal ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



For single meal:

**Macadamia nuts, shelled, roasted**

2 oz (10-12 kernels) (57g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**

4 oz (10-12 kernels) (113g)

1. This recipe has no instructions.

### Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**

4 tbsp shelled (50 halves) (25g)

For all 2 meals:

**walnuts**

1/2 cup shelled (50 halves) (50g)

1. This recipe has no instructions.

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## Lunch 3 [↗](#)

Eat on day 5

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### Italian sausage

3 link - 771 cal ● 42g protein ● 63g fat ● 9g carbs ● 0g fiber



Makes 3 link

**Italian pork sausage, raw**

3 link (323g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

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### Roasted tomatoes

1 tomato(es) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

**tomatoes**

1 small whole (2-2 1/2" 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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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Parmesan zucchini noodles

318 cal ● 7g protein ● 27g fat ● 8g carbs ● 4g fiber



For single meal:

**zucchini**  
1 3/4 medium (343g)  
**olive oil**  
1 3/4 tbsp (26mL)  
**parmesan cheese**  
1 3/4 tbsp (9g)

For all 2 meals:

**zucchini**  
3 1/2 medium (686g)  
**olive oil**  
1/4 cup (53mL)  
**parmesan cheese**  
1/4 cup (18g)

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.

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### Garlic parmesan wings

2/3 lbs - 465 cal ● 41g protein ● 32g fat ● 3g carbs ● 0g fiber



For single meal:

**parmesan cheese**  
4 tsp (8g)  
**butter**  
4 dash (2g)  
**garlic, diced**  
1 1/3 clove(s) (4g)  
**baking powder**  
1 tsp (5g)  
**chicken wings, with skin, raw**  
2/3 lbs (303g)

For all 2 meals:

**parmesan cheese**  
2 2/3 tbsp (17g)  
**butter**  
1 tsp (5g)  
**garlic, diced**  
2 2/3 clove(s) (8g)  
**baking powder**  
2 tsp (10g)  
**chicken wings, with skin, raw**  
1 1/3 lbs (606g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
  2. FAST VERSION
  3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
  4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
  5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
  6. Serve.
  7. CRISPY SKIN VERSION
  8. Preheat oven to 250 F (120 C).
  9. Pat wings dry with paper towels.
  10. Put wings and baking powder in a plastic bag and shake to coat.
  11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
  12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
  13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
  14. Serve.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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.
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### 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 2 meals:

**low-sugar Greek yogurt, flavored**  
4 container(s) (600g)

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

Eat on day 3, day 4

### Avocado deviled eggs

3 egg(s) - 386 cal ● 21g protein ● 29g fat ● 3g carbs ● 7g fiber



For single meal:

**fresh cilantro, chopped**

1 tbsp, chopped (3g)

**lime juice**

1 tsp (5mL)

**avocados**

1/2 avocado(s) (101g)

**eggs**

3 large (150g)

For all 2 meals:

**fresh cilantro, chopped**

2 tbsp, chopped (6g)

**lime juice**

2 tsp (10mL)

**avocados**

1 avocado(s) (201g)

**eggs**

6 large (300g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Macadamia nuts

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



For single meal:

**Macadamia nuts, shelled, roasted**

1/2 oz (10-12 kernels) (14g)

For all 3 meals:

**Macadamia nuts, shelled, roasted**

1 1/2 oz (10-12 kernels) (43g)

1. This recipe has no instructions.

## Keto celery and ranch

222 cal ● 2g protein ● 20g fat ● 5g carbs ● 3g fiber





For single meal:

**ranch dressing**

3 tbsp (45mL)

**raw celery, sliced into strips**

4 1/2 stalk, medium (7-1/2" - 8" long)  
(180g)

For all 3 meals:

**ranch dressing**

1/2 cup (135mL)

**raw celery, sliced into strips**

13 1/2 stalk, medium (7-1/2" - 8" long)  
(540g)

1. Slice celery into strips. Serve with a keto-friendly ranch to dip into.

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## Dinner 1 [↗](#)

Eat on day 1

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### Olive oil drizzled sugar snap peas

163 cal ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen sugar snap peas**

1 1/3 cup (192g)

**olive oil**

2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

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### Basic chicken breast

16 oz - 635 cal ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 16 oz

**oil**

1 tbsp (15mL)

**boneless skinless chicken breast,  
raw**

1 lbs (448g)

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.
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## Dinner 2 [↗](#)

Eat on day 2

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### Basic ground turkey

13 1/3 oz - 625 cal ● 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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### Buttered sugar snap peas

107 cal ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**butter**  
2 tsp (9g)  
**frozen sugar snap peas**  
2/3 cup (96g)

1. Prepare sugar snap peas according to instructions on package.
  2. Top with butter and season with salt and pepper.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Roasted pepper stuffed chicken

12 oz - 858 cal ● 77g protein ● 59g fat ● 6g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**paprika**  
4 dash (1g)  
**boneless chicken thighs, with skin**  
3/4 lbs (341g)  
**roasted red peppers, cut into thick strips**  
1 pepper(s) (70g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**paprika**  
1 tsp (2g)  
**boneless chicken thighs, with skin**  
1 1/2 lbs (681g)  
**roasted red peppers, cut into thick strips**  
2 pepper(s) (140g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

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## Dinner 4 [↗](#)

Eat on day 5

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### Marinated chicken breast

21 1/3 oz - 754 cal ● 134g protein ● 22g fat ● 4g carbs ● 0g fiber



Makes 21 1/3 oz

**boneless skinless chicken breast,  
raw**

1 1/3 lbs (597g)

**marinade sauce**

2/3 cup (160mL)

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.

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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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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Simple salmon

10 oz - 642 cal ● 58g protein ● 46g fat ● 0g carbs ● 0g fiber



For single meal:

**salmon**  
10 oz (284g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**salmon**  
1 1/4 lbs (567g)  
**oil**  
1 tbsp (17mL)

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.
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### Garlic zucchini noodles

163 cal ● 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.
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