

Meal Plan - 2600 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

2602 cals ● 226g protein (35%) ● 172g fat (60%) ● 26g carbs (4%) ● 10g fiber (2%)

Breakfast

465 cals, 23g protein, 11g net carbs, 35g fat



[Kale & eggs](#)
284 cals



[Sautéed Kale](#)
182 cals

Snacks

315 cals, 30g protein, 1g net carbs, 21g fat



[Sunflower seeds](#)
90 cals



[Pork rinds](#)
1 1/2 oz- 224 cals

Lunch

965 cals, 84g protein, 4g net carbs, 67g fat



[Slow cooker carnitas](#)
16 oz- 820 cals



[Sautéed mushrooms](#)
6 oz mushrooms- 143 cals

Dinner

860 cals, 89g protein, 10g net carbs, 49g fat



[Garlic zucchini noodles](#)
326 cals



[Simple chicken breast](#)
13 1/3 oz- 534 cals

Day 2

2622 cals ● 296g protein (45%) ● 144g fat (49%) ● 26g carbs (4%) ● 10g fiber (1%)

Breakfast

465 cals, 23g protein, 11g net carbs, 35g fat



[Kale & eggs](#)
284 cals



[Sautéed Kale](#)
182 cals

Snacks

315 cals, 30g protein, 1g net carbs, 21g fat



[Sunflower seeds](#)
90 cals



[Pork rinds](#)
1 1/2 oz- 224 cals

Lunch

985 cals, 154g protein, 4g net carbs, 39g fat



[Balsamic chicken breast](#)
24 oz- 947 cals



[Basic zoodles](#)
1/4 zucchini- 36 cals

Dinner

860 cals, 89g protein, 10g net carbs, 49g fat



[Garlic zucchini noodles](#)
326 cals



[Simple chicken breast](#)
13 1/3 oz- 534 cals

Day 3

2613 cals ● 232g protein (36%) ● 171g fat (59%) ● 27g carbs (4%) ● 9g fiber (1%)

Breakfast

415 cals, 45g protein, 11g net carbs, 21g fat



[Pumpkin seeds](#)
183 cals



[Low-sugar Greek Yogurt](#)
3 container(s)- 234 cals

Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



[Mixed nuts](#)
3/8 cup(s)- 327 cals

Lunch

990 cals, 91g protein, 4g net carbs, 67g fat



[Bacon zucchini noodles](#)
217 cals



[Baked chicken thighs](#)
12 oz- 772 cals

Dinner

880 cals, 86g protein, 5g net carbs, 57g fat



[Buttery cauliflower rice](#)
1 1/2 cup(s)- 129 cals



[Pork rind crusted cod](#)
14 ounces- 752 cals

Day 4

2546 cals ● 182g protein (29%) ● 180g fat (64%) ● 29g carbs (5%) ● 21g fiber (3%)

Breakfast

415 cals, 45g protein, 11g net carbs, 21g fat



[Pumpkin seeds](#)
183 cals



[Low-sugar Greek Yogurt](#)
3 container(s)- 234 cals

Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



[Mixed nuts](#)
3/8 cup(s)- 327 cals

Lunch

865 cals, 48g protein, 10g net carbs, 64g fat



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



[Chicken avocado salad](#)
500 cals

Dinner

935 cals, 80g protein, 1g net carbs, 68g fat



[Low carb fried chicken](#)
16 oz- 936 cals

Day 5

2572 cals ● 153g protein (24%) ● 198g fat (69%) ● 25g carbs (4%) ● 20g fiber (3%)

Breakfast

445 cals, 24g protein, 7g net carbs, 36g fat



[Basic scrambled eggs](#)
4 egg(s)- 285 cals



[Blueberries and cream](#)
161 cals

Snacks

325 cals, 10g protein, 7g net carbs, 27g fat



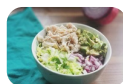
[Mixed nuts](#)
3/8 cup(s)- 327 cals

Lunch

865 cals, 48g protein, 10g net carbs, 64g fat



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



[Chicken avocado salad](#)
500 cals

Dinner

935 cals, 72g protein, 1g net carbs, 71g fat



[Buffalo drumsticks](#)
16 oz- 934 cals

Day 6

2554 cals ● 233g protein (36%) ● 166g fat (59%) ● 21g carbs (3%) ● 10g fiber (2%)

Breakfast

445 cals, 24g protein, 7g net carbs, 36g fat



[Basic scrambled eggs](#)
4 egg(s)- 285 cals



[Blueberries and cream](#)
161 cals

Snacks

360 cals, 35g protein, 9g net carbs, 18g fat



[Pumped up low-sugar greek yogurt](#)
2 container(s)- 250 cals



[Macadamia nuts](#)
109 cals

Lunch

915 cals, 100g protein, 2g net carbs, 55g fat



[Simple plain turkey burger](#)
4 burger(s)- 750 cals



[Bacon zucchini noodles](#)
163 cals

Dinner

835 cals, 74g protein, 4g net carbs, 57g fat



[Baked pesto salmon](#)
12 oz- 807 cals



[Broccoli](#)
1 cup(s)- 29 cals

Day 7

2554 cals ● 233g protein (36%) ● 166g fat (59%) ● 21g carbs (3%) ● 10g fiber (2%)

Breakfast

445 cals, 24g protein, 7g net carbs, 36g fat



[Basic scrambled eggs](#)
4 egg(s)- 285 cals



[Blueberries and cream](#)
161 cals

Snacks

360 cals, 35g protein, 9g net carbs, 18g fat



[Pumped up low-sugar greek yogurt](#)
2 container(s)- 250 cals



[Macadamia nuts](#)
109 cals

Lunch

915 cals, 100g protein, 2g net carbs, 55g fat



[Simple plain turkey burger](#)
4 burger(s)- 750 cals



[Bacon zucchini noodles](#)
163 cals

Dinner

835 cals, 74g protein, 4g net carbs, 57g fat



[Baked pesto salmon](#)
12 oz- 807 cals



[Broccoli](#)
1 cup(s)- 29 cals

Spices and Herbs

- ☐ salt
1/2 oz (16g)
- ☐ black pepper
2 tsp, ground (5g)
- ☐ garlic powder
1/2 tsp (1g)
- ☐ thyme, dried
1 dash, ground (0g)
- ☐ cajun seasoning
1/4 tbsp (1g)

Dairy and Egg Products

- ☐ eggs
19 medium (828g)
- ☐ butter
1 tbsp (14g)
- ☐ heavy cream
1/2 cup (120mL)

Vegetables and Vegetable Products

- ☐ kale leaves
7 1/2 cup, chopped (300g)
- ☐ mushrooms
6 oz (170g)
- ☐ zucchini
3 2/3 large (1191g)
- ☐ garlic
2 clove (6g)
- ☐ onion
2 tbsp chopped (20g)
- ☐ brussels sprouts
10 sprouts (190g)
- ☐ frozen broccoli
2 cup (182g)

Fats and Oils

- ☐ oil
1/4 lbs (132mL)
- ☐ olive oil
5 2/3 tbsp (85mL)
- ☐ balsamic vinaigrette
6 tbsp (91mL)
- ☐ mayonnaise
1/4 cup (53mL)

Pork Products

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ mixed nuts
1 cup (151g)
- ☐ pecans
1 cup, halves (99g)
- ☐ Macadamia nuts, shelled, roasted
1 oz (10-12 kernels) (28g)

Other

- ☐ pork rinds
1/4 lbs (124g)
- ☐ italian seasoning
1/4 tbsp (3g)
- ☐ frozen cauliflower
1 1/2 cup (170g)
- ☐ low-sugar Greek yogurt, flavored
10 container(s) (1500g)
- ☐ Chicken, drumsticks, with skin
2 lbs (907g)
- ☐ cacao nibs
4 tsp (13g)

Finfish and Shellfish Products

- ☐ cod, raw
3 1/2 4oz fillet(s) (397g)
- ☐ salmon
4 fillet/s (6 oz each) (680g)

Fruits and Fruit Juices

- ☐ lime juice
4 tsp (20mL)
- ☐ avocados
1 avocado(s) (201g)
- ☐ blueberries
3/4 cup (111g)
- ☐ raspberries
20 raspberries (38g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 tbsp (15mL)
- ☐ Frank's Red Hot sauce
2 3/4 tbsp (41mL)

- ☐ pork shoulder
1 lbs (453g)
- ☐ bacon, raw
3 1/3 slice(s) (94g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 lbs (1767g)
 - ☐ chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)
 - ☐ ground turkey, raw
2 lbs (907g)
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- ☐ pesto sauce
4 tbsp (64g)

Beverages

- ☐ protein powder
4 tbsp (23g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

Sauteed Kale

182 cals ● 3g protein ● 14g fat ● 8g carbs ● 2g fiber



For single meal:

oil

1 tbsp (15mL)

kale leaves

3 cup, chopped (120g)

For all 2 meals:

oil

2 tbsp (30mL)

kale leaves

6 cup, chopped (240g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

- 1. This recipe has no instructions.

Low-sugar Greek Yogurt

3 container(s) - 234 cals ● 36g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

low-sugar Greek yogurt, flavored
3 container(s) (450g)

For all 2 meals:

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

- 1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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 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.

Blueberries and cream

161 cal● 1g protein ● 14g fat ● 6g carbs ● 1g fiber



For single meal:

heavy cream
2 2/3 tbsp (40mL)
blueberries
4 tbsp (37g)

For all 3 meals:

heavy cream
1/2 cup (120mL)
blueberries
3/4 cup (111g)

1. Place the blueberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.
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Lunch 1 [🔗](#)

Eat on day 1

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.

Sauteed mushrooms

6 oz mushrooms - 143 cals ● 5g protein ● 11g fat ● 4g carbs ● 2g fiber



Makes 6 oz mushrooms

oil

3/4 tbsp (11mL)

mushrooms, sliced

6 oz (170g)

1. Heat oil in a skillet over medium heat.
 2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
 3. Season with salt/pepper and any spices or herbs you have on hand. Serve.
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Lunch 2 [↗](#)

Eat on day 2

Balsamic chicken breast

24 oz - 947 cals ● 153g protein ● 36g fat ● 2g carbs ● 0g fiber



Makes 24 oz

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.

Basic zoodles

1/4 zucchini - 36 cals ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber



Makes 1/4 zucchini

zucchini

1/4 large (81g)

oil

1/2 tsp (3mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.

Lunch 3 [🔗](#)

Eat on day 3

Bacon zucchini noodles

217 cals ● 15g protein ● 16g fat ● 3g carbs ● 1g fiber



zucchini

2/3 medium (131g)

bacon, raw

1 1/3 slice(s) (38g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Baked chicken thighs

12 oz - 772 cals ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



Makes 12 oz

salt

4 dash (3g)

black pepper

2 dash, ground (1g)

chicken thighs, with bone and skin, raw, bone and skin

2 thigh (6 oz ea) (340g)

thyme, dried

1 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.

Lunch 4 [🔗](#)

Eat on day 4, day 5

Pecans

1/2 cup - 366 cals ● 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.

Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



For single meal:

lime juice

2 tsp (10mL)

oil

2 tsp (10mL)

onion

1 tbsp chopped (10g)

avocados, chopped

1/2 avocado(s) (101g)

boneless skinless chicken breast, raw

6 oz (170g)

brussels sprouts

5 sprouts (95g)

For all 2 meals:

lime juice

4 tsp (20mL)

oil

4 tsp (20mL)

onion

2 tbsp chopped (20g)

avocados, chopped

1 avocado(s) (201g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

brussels sprouts

10 sprouts (190g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Simple plain turkey burger

4 burger(s) - 750 cals ● 89g protein ● 44g fat ● 0g carbs ● 0g fiber



For single meal:

oil
2 tsp (10mL)
ground turkey, raw
1 lbs (454g)

For all 2 meals:

oil
4 tsp (20mL)
ground turkey, raw
2 lbs (907g)

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.

Bacon zucchini noodles

163 cals ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

zucchini
1/2 medium (98g)
bacon, raw
1 slice(s) (28g)

For all 2 meals:

zucchini
1 medium (196g)
bacon, raw
2 slice(s) (57g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

90 cals ● 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.

Pork rinds

1 1/2 oz - 224 cals ● 26g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:
pork rinds
1 1/2 oz (43g)

For all 2 meals:
pork rinds
3 oz (85g)

- 1. Enjoy.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Mixed nuts

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



For single meal:
mixed nuts
6 tbsp (50g)

For all 3 meals:
mixed nuts
1 cup (151g)

- 1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Pumped up low-sugar greek yogurt

2 container(s) - 250 cals ● 34g protein ● 8g fat ● 8g carbs ● 3g fiber



For single meal:

- raspberries**
10 raspberries (19g)
- low-sugar Greek yogurt, flavored**
2 container(s) (300g)
- protein powder**
2 tbsp (12g)
- cacao nibs**
2 tsp (7g)

For all 2 meals:

- raspberries**
20 raspberries (38g)
- low-sugar Greek yogurt, flavored**
4 container(s) (600g)
- protein powder**
4 tbsp (23g)
- cacao nibs**
4 tsp (13g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Macadamia nuts

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



For single meal:

- Macadamia nuts, shelled, roasted**
1/2 oz (10-12 kernels) (14g)

For all 2 meals:

- Macadamia nuts, shelled, roasted**
1 oz (10-12 kernels) (28g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Garlic zucchini noodles

326 cals ● 5g protein ● 28g fat ● 9g carbs ● 4g fiber



For single meal:

olive oil
2 tbsp (30mL)
zucchini
2 medium (392g)
garlic, minced
1 clove (3g)

For all 2 meals:

olive oil
4 tbsp (60mL)
zucchini
4 medium (784g)
garlic, minced
2 clove (6g)

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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Simple chicken breast

13 1/3 oz - 534 cals ● 84g protein ● 21g fat ● 1g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
13 1/3 oz (373g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)
olive oil
2 1/2 tsp (13mL)
garlic powder
1/4 tsp (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 2/3 lbs (747g)
salt
1/2 tbsp (10g)
black pepper
1/2 tbsp, ground (4g)
olive oil
5 tsp (25mL)
garlic powder
1/2 tsp (1g)

1. First, rub the chicken with olive oil and seasonings. 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.
13. ALL
14. Finally (and this is important) let the chicken rest for at least 5 minutes before you cut it or all the juice you made the effort to keep in will come running right out, resulting in a flavorless, rubbery mass. When it comes to a juicy chicken breast, patience is a virtue.

Dinner 2 [↗](#)

Eat on day 3

Buttery cauliflower rice

1 1/2 cup(s) - 129 cals ● 2g protein ● 11g fat ● 5g carbs ● 2g fiber



Makes 1 1/2 cup(s)

frozen cauliflower
1 1/2 cup (170g)
butter
1 tbsp (14g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Pork rind crusted cod

14 ounces - 752 cals ● 84g protein ● 46g fat ● 0g carbs ● 0g fiber



Makes 14 ounces

mayonnaise

1/4 cup (53mL)

pork rinds, crushed

1 oz (25g)

cod, raw

3 1/2 4oz fillet(s) (397g)

1. Preheat oven to 400 F (200 C).
2. Coat all sides of the fish with mayonnaise.
3. Pat on the crushed pork rinds into the mayonnaise.
4. Place fillets on a wire rack on a baking sheet (for optimal crispness).
5. Bake for 12-15 minutes until fish is flaky and done.
6. Serve!

Dinner 3 [↗](#)

Eat on day 4

Low carb fried chicken

16 oz - 936 cals ● 80g protein ● 68g fat ● 1g carbs ● 0g fiber



Makes 16 oz

Chicken, drumsticks, with skin

1 lbs (454g)

pork rinds, crushed

1/2 oz (14g)

cajun seasoning

1/4 tbsp (1g)

hot sauce

1 tbsp (15mL)

1. Preheat oven to 400 F (200 C).
 2. Mix crushed pork rinds in a bowl with the cajun seasoning.
 3. Coat each piece chicken with hot sauce on all sides.
 4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
 5. Place the chicken on a wire rack in a sheet pan.
 6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.
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Dinner 4 [↗](#)

Eat on day 5

Buffalo drumsticks

16 oz - 934 cals ● 72g protein ● 71g fat ● 1g carbs ● 0g fiber



Makes 16 oz

Frank's Red Hot sauce

2 2/3 tbsp (40mL)

oil

1/2 tbsp (8mL)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

Chicken, drumsticks, with skin

1 lbs (454g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Baked pesto salmon

12 oz - 807 cals ● 71g protein ● 57g fat ● 2g carbs ● 1g fiber



For single meal:

salmon

2 fillet/s (6 oz each) (340g)

pesto sauce

2 tbsp (32g)

For all 2 meals:

salmon

4 fillet/s (6 oz each) (680g)

pesto sauce

4 tbsp (64g)

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

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

frozen broccoli

1 cup (91g)

For all 2 meals:

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.