

Meal Plan - 2700 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

2682 cal ● 233g protein (35%) ● 175g fat (59%) ● 32g carbs (5%) ● 11g fiber (2%)

Breakfast

445 cal, 15g protein, 3g net carbs, 41g fat



[Macadamia nuts](#)
218 cal



[Cheese](#)
2 oz- 229 cal

Snacks

415 cal, 17g protein, 6g net carbs, 34g fat



[Cheesy crisps and guac](#)
6 crisps- 261 cal



[Roasted peanuts](#)
1/6 cup(s)- 153 cal

Lunch

920 cal, 102g protein, 11g net carbs, 52g fat



[Ranch chicken](#)
16 oz- 921 cal

Dinner

900 cal, 99g protein, 12g net carbs, 49g fat



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cal



[Thai chicken lettuce wraps](#)
7 lettuce wrap(s)- 879 cal

Day 2

2712 cal ● 192g protein (28%) ● 196g fat (65%) ● 29g carbs (4%) ● 15g fiber (2%)

Breakfast

445 cal, 15g protein, 3g net carbs, 41g fat



[Macadamia nuts](#)
218 cal



[Cheese](#)
2 oz- 229 cal

Snacks

415 cal, 17g protein, 6g net carbs, 34g fat



[Cheesy crisps and guac](#)
6 crisps- 261 cal



[Roasted peanuts](#)
1/6 cup(s)- 153 cal

Lunch

920 cal, 102g protein, 11g net carbs, 52g fat



[Ranch chicken](#)
16 oz- 921 cal

Dinner

930 cal, 58g protein, 10g net carbs, 70g fat



[Sunflower seeds](#)
481 cal



[Smoked salmon & feta lettuce wraps](#)
8 lettuce wrap(s)- 449 cal

Day 3

2756 cals ● 181g protein (26%) ● 204g fat (67%) ● 24g carbs (4%) ● 24g fiber (4%)

Breakfast

535 cals, 40g protein, 2g net carbs, 41g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Bacon
5 slice(s)- 253 cals

Snacks

415 cals, 17g protein, 6g net carbs, 34g fat



Cheesy crisps and guac
6 crisps- 261 cals



Roasted peanuts
1/6 cup(s)- 153 cals

Lunch

875 cals, 66g protein, 7g net carbs, 60g fat



Garlic collard greens
199 cals



Buffalo chicken wings
16 oz- 676 cals

Dinner

930 cals, 58g protein, 10g net carbs, 70g fat



Sunflower seeds
481 cals



Smoked salmon & feta lettuce wraps
8 lettuce wrap(s)- 449 cals

Day 4

2680 cals ● 185g protein (28%) ● 190g fat (64%) ● 26g carbs (4%) ● 30g fiber (4%)

Breakfast

535 cals, 40g protein, 2g net carbs, 41g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Bacon
5 slice(s)- 253 cals

Snacks

290 cals, 4g protein, 11g net carbs, 24g fat



Dark chocolate
3 square(s)- 180 cals



Macadamia nuts
109 cals

Lunch

875 cals, 66g protein, 7g net carbs, 60g fat



Garlic collard greens
199 cals



Buffalo chicken wings
16 oz- 676 cals

Dinner

980 cals, 76g protein, 6g net carbs, 66g fat



Olive oil drizzled broccoli
3 cup(s)- 209 cals



Indian chicken wings
18 2/3 oz- 770 cals

Day 5

2695 cals ● 258g protein (38%) ● 160g fat (53%) ● 33g carbs (5%) ● 23g fiber (3%)

Breakfast

485 cals, 35g protein, 7g net carbs, 34g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Bacon & egg sandwich

1 sandwich(es)- 442 cals

Snacks

290 cals, 4g protein, 11g net carbs, 24g fat



Dark chocolate

3 square(s)- 180 cals



Macadamia nuts

109 cals

Lunch

1020 cals, 89g protein, 5g net carbs, 69g fat



Buttered broccoli

2 1/2 cup(s)- 334 cals



Basic ground turkey

14 2/3 oz- 688 cals

Dinner

900 cals, 130g protein, 10g net carbs, 34g fat



Pork tenderloin with creamy dill sauce

20 oz pork- 799 cals



Broccoli

3 1/2 cup(s)- 102 cals

Day 6

2731 cals ● 258g protein (38%) ● 166g fat (55%) ● 30g carbs (4%) ● 21g fiber (3%)

Breakfast

485 cals, 35g protein, 7g net carbs, 34g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Bacon & egg sandwich

1 sandwich(es)- 442 cals

Snacks

325 cals, 3g protein, 8g net carbs, 30g fat



Blueberries and cream

215 cals



Macadamia nuts

109 cals

Lunch

1020 cals, 89g protein, 5g net carbs, 69g fat



Buttered broccoli

2 1/2 cup(s)- 334 cals



Basic ground turkey

14 2/3 oz- 688 cals

Dinner

900 cals, 130g protein, 10g net carbs, 34g fat



Pork tenderloin with creamy dill sauce

20 oz pork- 799 cals



Broccoli

3 1/2 cup(s)- 102 cals

Day 7

2707 cals ● 258g protein (38%) ● 169g fat (56%) ● 28g carbs (4%) ● 10g fiber (1%)

Breakfast

485 cals, 35g protein, 7g net carbs, 34g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Bacon & egg sandwich

1 sandwich(es)- 442 cals

Snacks

325 cals, 3g protein, 8g net carbs, 30g fat



Blueberries and cream

215 cals



Macadamia nuts

109 cals

Lunch

975 cals, 156g protein, 4g net carbs, 36g fat



Balsamic chicken breast

24 oz- 947 cals



Broccoli

1 cup(s)- 29 cals

Dinner

925 cals, 64g protein, 9g net carbs, 69g fat



Pork & bacon with curry cream

3 medallion(s) - 923 cals

Nut and Seed Products

- ☐ Macadamia nuts, shelled, roasted
4 oz (113g)
- ☐ sunflower kernels
1/3 lbs (151g)

Dairy and Egg Products

- ☐ cheese
1/2 lbs (239g)
- ☐ feta cheese
1 cup (150g)
- ☐ eggs
15 medium (652g)
- ☐ butter
1/2 cup (99g)
- ☐ sour cream
1/2 lbs (211g)
- ☐ heavy cream
13 tbsp (197mL)

Other

- ☐ ranch dressing mix
1 packet (1 oz) (28g)
- ☐ guacamole, store-bought
1/2 cup (139g)
- ☐ italian seasoning
1/4 tbsp (3g)

Fats and Oils

- ☐ oil
4 oz (115mL)
- ☐ ranch dressing
1/2 cup (120mL)
- ☐ olive oil
1 tbsp (15mL)
- ☐ balsamic vinaigrette
6 tbsp (91mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1576g)
- ☐ ground chicken, raw
18 2/3 oz (529g)
- ☐ chicken wings, with skin, raw
3 lbs (1438g)
- ☐ ground turkey, raw
29 1/3 oz (832g)

Spices and Herbs

- ☐ ground coriander
1/4 tsp (1g)
- ☐ salt
1/2 oz (13g)
- ☐ black pepper
1 1/2 g (2g)
- ☐ curry powder
2 1/4 tbsp (14g)
- ☐ dill weed, fresh
4 tbsp, chopped (6g)
- ☐ dijon mustard
4 tsp (20g)
- ☐ yellow mustard
1 tbsp (15g)

Legumes and Legume Products

- ☐ soy sauce
2 1/3 tbsp (35mL)
- ☐ roasted peanuts
1/2 cup (73g)

Fruits and Fruit Juices

- ☐ lime juice
3 1/2 tsp (18mL)
- ☐ blueberries
2/3 cup (99g)

Finfish and Shellfish Products

- ☐ smoked salmon
1/2 lbs (227g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/3 cup (79mL)
- ☐ vegetable broth
2/3 cup(s) (mL)

Pork Products

- ☐ bacon
31 slice(s) (310g)
- ☐ pork tenderloin, raw
3 lbs (1360g)

Sweets

Vegetables and Vegetable Products

- ☐ tomatoes
42 cherry tomatoes (714g)
 - ☐ romaine lettuce
23 leaf inner (138g)
 - ☐ serrano pepper
1 1/6 pepper(s) (7g)
 - ☐ fresh ginger
1 1/6 inch (2.5cm) cube (6g)
 - ☐ garlic
5 clove(s) (15g)
 - ☐ onion
5/8 small (41g)
 - ☐ collard greens
1 1/4 lbs (567g)
 - ☐ frozen broccoli
16 cup (1456g)
 - ☐ tomato paste
1/2 tbsp (8g)
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- ☐ Chocolate, dark, 70-85%
6 square(s) (60g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Macadamia nuts

218 cals ● 2g protein ● 22g fat ● 1g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

Macadamia nuts, shelled, roasted
2 oz (57g)

1. This recipe has no instructions.

Cheese

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



For single meal:

cheese
2 oz (57g)

For all 2 meals:

cheese
4 oz (113g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

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.

Bacon

5 slice(s) - 253 cal ● 18g protein ● 20g fat ● 1g carbs ● 0g fiber



For single meal:

bacon

5 slice(s) (50g)

For all 2 meals:

bacon

10 slice(s) (100g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Cherry tomatoes

12 cherry tomatoes - 42 cal● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 3 meals:

tomatoes

36 cherry tomatoes (612g)

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

Bacon & egg sandwich

1 sandwich(es) - 442 cal● 34g protein ● 34g fat ● 2g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

bacon

6 slice(s) (60g)

For all 3 meals:

eggs

6 large (300g)

bacon

18 slice(s) (180g)

1. Preheat oven to 450 F (230 C).
2. Take the strips of bacon and cut in half lengthwise so that you effectively double the number of strips (12 for each sandwich).
3. For each side of a 'bun', use 6 strips, with 3 going vertically, and 3 going horizontally. Intertwine the pieces to make a weave.
4. When both sides of the 'bun' are created, place them on a baking sheet and cook in oven for 20-30 minutes, flipping half way through.
5. Cook eggs according to your preference.
6. Remove bacon from oven, and once it has cooled a bit, put the eggs in between the 'buns' to form the sandwich.
7. Serve.

Lunch 1 [↗](#)

Eat on day 1, day 2

Ranch chicken

16 oz - 921 cals ● 102g protein ● 52g fat ● 11g carbs ● 0g fiber



For single meal:

ranch dressing mix

1/2 packet (1 oz) (14g)

oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

1 lbs (448g)

ranch dressing

4 tbsp (60mL)

For all 2 meals:

ranch dressing mix

1 packet (1 oz) (28g)

oil

2 tbsp (30mL)

boneless skinless chicken breast, raw

2 lbs (896g)

ranch dressing

1/2 cup (120mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Lunch 2 [↗](#)

Eat on day 3, day 4

Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens

10 oz (284g)

oil

2 tsp (9mL)

garlic, minced

2 clove(s) (6g)

salt

1 1/4 dash (1g)

For all 2 meals:

collard greens

1 1/4 lbs (567g)

oil

1 1/4 tbsp (19mL)

garlic, minced

3 3/4 clove(s) (11g)

salt

1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Buffalo chicken wings

16 oz - 676 cals ● 57g protein ● 49g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce
 2 2/3 tbsp (40mL)
chicken wings, with skin, raw
 1 lbs (454g)
black pepper
 2 dash, ground (1g)
salt
 2 dash (2g)
oil
 1/2 tbsp (8mL)

For all 2 meals:

Frank's Red Hot sauce
 1/3 cup (80mL)
chicken wings, with skin, raw
 2 lbs (908g)
black pepper
 4 dash, ground (1g)
salt
 4 dash (3g)
oil
 1 tbsp (15mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

Lunch 3 [↗](#)

Eat on day 5, day 6

Buttered broccoli

2 1/2 cup(s) - 334 cals ● 7g protein ● 29g fat ● 5g carbs ● 7g fiber



For single meal:

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)

For all 2 meals:

black pepper
 1/3 tsp (0g)
salt
 1/3 tsp (1g)
frozen broccoli
 5 cup (455g)
butter
 5 tbsp (71g)

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

Basic ground turkey

14 2/3 oz - 688 cals ● 82g protein ● 40g fat ● 0g carbs ● 0g fiber



For single meal:

oil
2 tsp (9mL)
ground turkey, raw
14 2/3 oz (416g)

For all 2 meals:

oil
1 1/4 tbsp (18mL)
ground turkey, raw
29 1/3 oz (832g)

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.

Lunch 4 [↗](#)

Eat on day 7

Balsamic chicken breast

24 oz - 947 cal ● 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.

Broccoli

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



Makes 1 cup(s)

frozen broccoli
1 cup (91g)

1. Prepare according to instructions on package.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Cheesy crisps and guac

6 crisps - 261 cal ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese

6 tbsp, shredded (42g)

guacamole, store-bought

3 tbsp (46g)

For all 3 meals:

cheese

1 cup, shredded (126g)

guacamole, store-bought

1/2 cup (139g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts

2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts

1/2 cup (73g)

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

Eat on day 4, day 5

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

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



For single meal:

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

For all 2 meals:

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

- 1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Blueberries and cream

215 cal● 2g protein● 19g fat● 7g carbs● 1g fiber



For single meal:

heavy cream
1/4 cup (53mL)
blueberries
1/3 cup (49g)

For all 2 meals:

heavy cream
1/2 cup (107mL)
blueberries
2/3 cup (99g)

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

Macadamia nuts

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



For single meal:
Macadamia nuts, shelled, roasted
1/2 oz (14g)

For all 2 meals:
Macadamia nuts, shelled, roasted
1 oz (28g)

- 1. This recipe has no instructions.

Dinner 1

Eat on day 1

Cherry tomatoes

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



Makes 6 cherry tomatoes
tomatoes
6 cherry tomatoes (102g)

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

Thai chicken lettuce wraps

7 lettuce wrap(s) - 879 cals 98g protein 49g fat 9g carbs 3g fiber



Makes 7 lettuce wrap(s)

romaine lettuce

7 leaf inner (42g)

ground coriander

1/3 tsp (1g)

soy sauce

2 1/3 tbsp (35mL)

lime juice

3 1/2 tsp (18mL)

serrano pepper, chopped

1 1/6 pepper(s) (7g)

fresh ginger, minced

1 1/6 inch (2.5cm) cube (6g)

garlic, minced

1 1/6 clove (4g)

onion, chopped

5/8 small (41g)

oil

1 tsp (6mL)

ground chicken, raw

18 2/3 oz (529g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and fully cooked.
3. Add in soy sauce and lime juice and stir. Spread chicken mixture evenly over lettuce leaves and serve.
4. Meal Prep Tip: Store lettuce and chicken mixture separately in the fridge. When ready to eat, reheat the chicken and serve over the fresh lettuce.

Dinner 2 [🔗](#)

Eat on day 2, day 3

Sunflower seeds

481 cals ● 23g protein ● 38g fat ● 6g carbs ● 6g fiber



For single meal:

sunflower kernels

2 2/3 oz (76g)

For all 2 meals:

sunflower kernels

1/3 lbs (151g)

1. This recipe has no instructions.

Smoked salmon & feta lettuce wraps

8 lettuce wrap(s) - 449 cals ● 35g protein ● 32g fat ● 4g carbs ● 1g fiber



For single meal:

romaine lettuce
8 leaf inner (48g)
feta cheese
1/2 cup (75g)
smoked salmon
4 oz (113g)

For all 2 meals:

romaine lettuce
16 leaf inner (96g)
feta cheese
16 tbsp (150g)
smoked salmon
1/2 lbs (227g)

1. On top each leaf of lettuce, place some smoked salmon and feta. Season with a dash of salt/pepper. Serve.

Dinner 3 [🔗](#)

Eat on day 4

Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

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.

Indian chicken wings

18 2/3 oz - 770 cals ● 68g protein ● 52g fat ● 0g carbs ● 6g fiber



Makes 18 2/3 oz

curry powder
1 3/4 tbsp (11g)
salt
1 tsp (7g)
chicken wings, with skin, raw
18 2/3 oz (530g)
oil
1 tsp (4mL)

1. Preheat oven to 450°F (230°C).
 2. Grease a large baking tray with the oil of your choice.
 3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
 4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
 5. Serve.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Pork tenderloin with creamy dill sauce

20 oz pork - 799 cal ● 121g protein ● 34g fat ● 3g carbs ● 0g fiber



For single meal:

butter
1 tbsp (14g)
dill weed, fresh
2 tbsp, chopped (3g)
dijon mustard
2 tsp (10g)
sour cream
4 tbsp (48g)
vegetable broth
1/3 cup(s) (mL)
pork tenderloin, raw
1 1/4 lbs (567g)

For all 2 meals:

butter
2 tbsp (28g)
dill weed, fresh
4 tbsp, chopped (6g)
dijon mustard
4 tsp (20g)
sour cream
1/2 cup (96g)
vegetable broth
2/3 cup(s) (mL)
pork tenderloin, raw
2 1/2 lbs (1133g)

1. Preheat oven to 400°F (200°C). Place tenderloin on a baking sheet and bake for about 18-25 minutes or until the internal temperature reaches 160°F (72°C). Set aside to rest.
2. To make the sauce: In a small saucepan or skillet, heat the broth over medium-high heat. Bring it to a simmer and cook for about 2 minutes until it reduces a little.
3. Reduce heat to low and stir in sour cream, mustard, and half of the dill. Continue cooking another 2 minutes.
4. Turn off heat and add butter with a pinch of salt/pepper. Stir until butter has melted into the sauce.
5. Slice pork and spoon sauce over top. Garnish with remaining dill and serve.

Broccoli

3 1/2 cup(s) - 102 cal ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli
3 1/2 cup (319g)

For all 2 meals:

frozen broccoli
7 cup (637g)

1. Prepare according to instructions on package.

Dinner 5 [🔗](#)

Eat on day 7

Pork & bacon with curry cream

3 medallion(s) - 923 cal ● 64g protein ● 69g fat ● 9g carbs ● 3g fiber



Makes 3 medallion(s)

bacon

3 slice(s) (30g)

pork tenderloin, raw

1/2 lbs (227g)

sour cream

1/2 cup (115g)

heavy cream

6 tbsp (90mL)

yellow mustard

1 tbsp (15g)

curry powder

1/2 tbsp (3g)

tomato paste

1/2 tbsp (8g)

1. Preheat oven to 400°F (200°C).
2. Cut pork into about 1 inch (3cm) slices.
3. Season one side of the pork with mustard and salt/pepper to taste.
4. Wrap each pork medallion with a slice of bacon and place it seam-side down in a walled baking dish.
5. In a small bowl, mix the cream, sour cream, tomato paste, curry powder, salt/pepper to taste. Taste the mixture and adjust your spices accordingly. Depending on the robustness of your curry powder, you may want to add more.
6. Pour the cream mixture over the pork.
7. Bake for about 20-25 minutes until pork is fully cooked.
8. Serve.