

Meal Plan - 2800 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

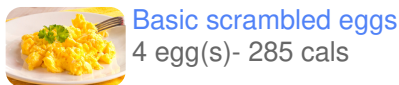
2779 cal ● 184g protein (27%) ● 202g fat (66%) ● 30g carbs (4%) ● 25g fiber (4%)

Breakfast

460 cal, 24g protein, 3g net carbs, 36g fat



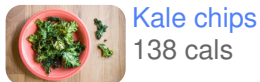
Avocado
176 cal



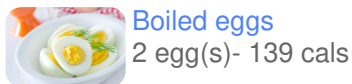
Basic scrambled eggs
4 egg(s)- 285 cal

Snacks

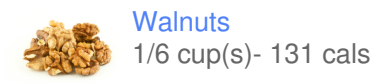
405 cal, 19g protein, 9g net carbs, 31g fat



Kale chips
138 cal



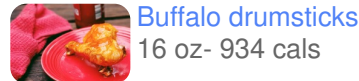
Boiled eggs
2 egg(s)- 139 cal



Walnuts
1/6 cup(s)- 131 cal

Lunch

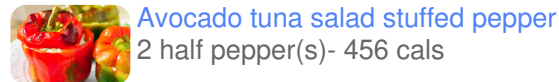
935 cal, 72g protein, 1g net carbs, 71g fat



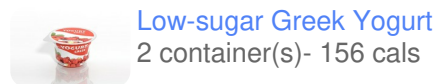
Buffalo drumsticks
16 oz- 934 cal

Dinner

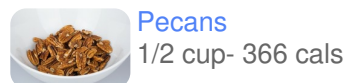
980 cal, 69g protein, 16g net carbs, 64g fat



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cal



Low-sugar Greek Yogurt
2 container(s)- 156 cal



Pecans
1/2 cup- 366 cal

Day 2

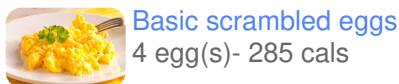
2792 cal ● 195g protein (28%) ● 208g fat (67%) ● 21g carbs (3%) ● 13g fiber (2%)

Breakfast

460 cal, 24g protein, 3g net carbs, 36g fat



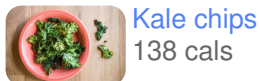
Avocado
176 cal



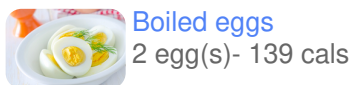
Basic scrambled eggs
4 egg(s)- 285 cal

Snacks

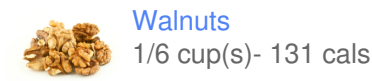
405 cal, 19g protein, 9g net carbs, 31g fat



Kale chips
138 cal



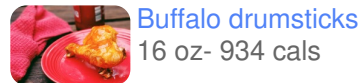
Boiled eggs
2 egg(s)- 139 cal



Walnuts
1/6 cup(s)- 131 cal

Lunch

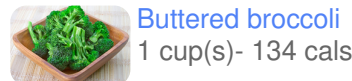
935 cal, 72g protein, 1g net carbs, 71g fat



Buffalo drumsticks
16 oz- 934 cal

Dinner

990 cal, 80g protein, 7g net carbs, 70g fat



Buttered broccoli
1 cup(s)- 134 cal



Roasted pepper stuffed chicken
12 oz- 858 cal

Day 3

2763 cal ● 256g protein (37%) ● 175g fat (57%) ● 28g carbs (4%) ● 14g fiber (2%)

Breakfast

450 cal, 33g protein, 6g net carbs, 32g fat



Kale & eggs
284 cal



String cheese
2 stick(s)- 165 cal

Snacks

405 cal, 19g protein, 9g net carbs, 31g fat



Kale chips
138 cal



Boiled eggs
2 egg(s)- 139 cal



Walnuts
1/6 cup(s)- 131 cal

Lunch

915 cal, 124g protein, 5g net carbs, 41g fat



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cal



Basic chicken breast
18 2/3 oz- 740 cal

Dinner

990 cal, 80g protein, 7g net carbs, 70g fat



Buttered broccoli
1 cup(s)- 134 cal



Roasted pepper stuffed chicken
12 oz- 858 cal

Day 4

2821 cal ● 238g protein (34%) ● 186g fat (59%) ● 29g carbs (4%) ● 18g fiber (3%)

Breakfast

450 cal, 33g protein, 6g net carbs, 32g fat



Kale & eggs
284 cal



String cheese
2 stick(s)- 165 cal

Snacks

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



Avocado deviled eggs
3 egg(s)- 386 cal

Lunch

915 cal, 124g protein, 5g net carbs, 41g fat



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cal



Basic chicken breast
18 2/3 oz- 740 cal

Dinner

1070 cal, 60g protein, 15g net carbs, 84g fat



Broccoli
1 1/2 cup(s)- 44 cal



Italian sausage
4 link- 1028 cal

Day 5

2787 cal ● 237g protein (34%) ● 182g fat (59%) ● 30g carbs (4%) ● 21g fiber (3%)

Breakfast

450 cal, 33g protein, 6g net carbs, 32g fat



Kale & eggs

284 cal



String cheese

2 stick(s)- 165 cal

Snacks

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



Avocado deviled eggs

3 egg(s)- 386 cal

Lunch

1035 cal, 109g protein, 15g net carbs, 57g fat



Basic chicken & spinach salad

761 cal



Mixed nuts

1/3 cup(s)- 272 cal

Dinner

920 cal, 75g protein, 5g net carbs, 63g fat



Buttered broccoli

2 2/3 cup(s)- 356 cal



Simple plain turkey burger

3 burger(s)- 563 cal

Day 6

2837 cal ● 216g protein (30%) ● 199g fat (63%) ● 27g carbs (4%) ● 18g fiber (2%)

Breakfast

470 cal, 33g protein, 5g net carbs, 35g fat



Bacon & egg cups

3 cup(s)- 360 cal



Celery and peanut butter

109 cal

Snacks

385 cal, 11g protein, 9g net carbs, 32g fat



Dark chocolate

1 square(s)- 60 cal



Roasted pepper wedges with cheese & pesto

2 wedge(s)- 140 cal



Pecans

1/4 cup- 183 cal

Lunch

1040 cal, 84g protein, 3g net carbs, 75g fat



Low carb fried chicken

16 oz- 936 cal



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cal

Dinner

945 cal, 88g protein, 10g net carbs, 58g fat



Simple sauteed spinach

199 cal



Caprese chicken

10 oz- 746 cal

Day 7

2837 cal ● 216g protein (30%) ● 199g fat (63%) ● 27g carbs (4%) ● 18g fiber (2%)

Breakfast

470 cal, 33g protein, 5g net carbs, 35g fat



Bacon & egg cups
3 cup(s)- 360 cal



Celery and peanut butter
109 cal

Snacks

385 cal, 11g protein, 9g net carbs, 32g fat



Dark chocolate
1 square(s)- 60 cal



Roasted pepper wedges with cheese & pesto
2 wedge(s)- 140 cal



Pecans
1/4 cup- 183 cal

Lunch

1040 cal, 84g protein, 3g net carbs, 75g fat



Low carb fried chicken
16 oz- 936 cal



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

Dinner

945 cal, 88g protein, 10g net carbs, 58g fat



Simple sauteed spinach
199 cal



Caprese chicken
10 oz- 746 cal

Fruits and Fruit Juices

- avocados
2 1/2 avocado(s) (503g)
- lemon juice
1 tsp (5mL)
- lime juice
1 tbsp (15mL)

Fats and Oils

- oil
1/4 lbs (130mL)
- olive oil
3 oz (100mL)
- salad dressing
1/4 cup (56mL)

Dairy and Egg Products

- eggs
38 2/3 medium (1702g)
- butter
1/3 cup (66g)
- string cheese
6 stick (168g)
- fresh mozzarella cheese
5 oz (142g)
- mozzarella cheese, shredded
2 oz (57g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
1/3 cup (79mL)
- hot sauce
2 tbsp (30mL)
- pesto sauce
6 tbsp (96g)

Spices and Herbs

- salt
2/3 oz (23g)
- black pepper
3 g (3g)
- paprika
1 tsp (2g)
- cajun seasoning
1/2 tbsp (3g)
- fresh basil
5 tbsp, chopped (13g)

Finfish and Shellfish Products

- canned tuna
1 can (172g)

Vegetables and Vegetable Products

- bell pepper
1 3/4 large (283g)
- onion
1/4 small (18g)
- kale leaves
1 lbs (430g)
- frozen broccoli
14 cup (1289g)
- fresh cilantro
2 tbsp, chopped (6g)
- fresh spinach
21 cup(s) (630g)
- raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- garlic
2 clove (6g)
- tomatoes
7 1/2 cherry tomatoes (128g)

Nut and Seed Products

- pecans
1 cup, halves (99g)
- walnuts
1/2 cup shelled (50 halves) (56g)
- mixed nuts
5 tbsp (42g)

Poultry Products

- boneless chicken thighs, with skin
1 1/2 lbs (681g)
- boneless skinless chicken breast, raw
4 1/2 lbs (2030g)
- ground turkey, raw
3/4 lbs (340g)

Pork Products

- bacon
6 slice(s) (60g)

Legumes and Legume Products

Other

- Chicken, drumsticks, with skin
4 lbs (1814g)
- low-sugar Greek yogurt, flavored
2 container(s) (300g)
- roasted red peppers
2 pepper(s) (140g)
- Italian pork sausage, raw
4 link (430g)
- pork rinds
1 oz (28g)
- italian seasoning
1 1/4 tsp (5g)

- peanut butter
2 tbsp (32g)

Sweets

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

Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

salt
1/2 tsp (2g)
eggs
9 large (450g)
kale leaves
2 1/4 cup, chopped (90g)
oil
1 1/2 tbsp (23mL)

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.

String cheese

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



For single meal:

string cheese
2 stick (56g)

For all 3 meals:

string cheese
6 stick (168g)

1. This recipe has no instructions.
-

Breakfast 3 [↗](#)

Eat on day 6, day 7

Bacon & egg cups

3 cup(s) - 360 cal ● 29g protein ● 26g fat ● 2g carbs ● 0g fiber



For single meal:

bacon
3 slice(s) (30g)
eggs
3 large (150g)

For all 2 meals:

bacon
6 slice(s) (60g)
eggs
6 large (300g)

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.

Celery and peanut butter

109 cal ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)
peanut butter
1 tbsp (16g)

For all 2 meals:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)
peanut butter
2 tbsp (32g)

1. Clean celery and slice to desired lengths
 2. spread peanut butter along center
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Buffalo drumsticks

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



For single meal:

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)

For all 2 meals:

Frank's Red Hot sauce

1/3 cup (80mL)

oil

1 tbsp (15mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

Chicken, drumsticks, with skin

2 lbs (907g)

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cal ● 7g protein ● 11g 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)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

black pepper

1/3 tsp (0g)

salt

1/3 tsp (1g)

frozen broccoli

5 cup (455g)

olive oil

5 tsp (25mL)

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

Basic chicken breast

18 2/3 oz - 740 cal ● 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.

Lunch 3 [↗](#)

Eat on day 5

Basic chicken & spinach salad

761 cals ● 100g protein ● 35g fat ● 9g carbs ● 3g fiber



salad dressing
1/4 cup (56mL)
oil
2 1/2 tsp (13mL)
boneless skinless chicken breast, raw, chopped, cooked
1 lbs (425g)
fresh spinach
5 cup(s) (150g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Mixed nuts

1/3 cup(s) - 272 cals ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



Makes 1/3 cup(s)

mixed nuts
5 tbsp (42g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 6, day 7

Low carb fried chicken

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



For single meal:

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)

For all 2 meals:

Chicken, drumsticks, with skin
2 lbs (907g)
pork rinds, crushed
1 oz (28g)
cajun seasoning
1/2 tbsp (3g)
hot sauce
2 tbsp (30mL)

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.

Olive oil drizzled broccoli

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



For single meal:

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

For all 2 meals:

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

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

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

kale leaves
2/3 bunch (113g)
olive oil
2 tsp (10mL)
salt
1/4 tbsp (4g)

For all 3 meals:

kale leaves
2 bunch (340g)
olive oil
2 tbsp (30mL)
salt
2 tsp (12g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

3 tbsp shelled (50 halves) (19g)

For all 3 meals:

walnuts

1/2 cup shelled (50 halves) (56g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Dark chocolate

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

Roasted pepper wedges with cheese & pesto

2 wedge(s) - 140 cal ● 8g protein ● 10g fat ● 4g carbs ● 1g fiber



For single meal:

pesto sauce
1/2 tbsp (8g)
oil
1/4 tsp (1mL)
mozzarella cheese, shredded
1 oz (28g)
bell pepper
1/2 medium (60g)

For all 2 meals:

pesto sauce
1 tbsp (16g)
oil
1/2 tsp (3mL)
mozzarella cheese, shredded
2 oz (57g)
bell pepper
1 medium (119g)

1. Preheat oven or toaster oven to 400°F (200°C).
2. Slice the sides off the bell pepper to make wedges, 4 per pepper.
3. Rub wedges with oil and season with a sprinkle of salt and pepper. Place pepper wedges on a lined baking sheet and bake for 15 minutes.
4. Remove sheet from oven and add the cheese into the wedges. Bake another 7 minutes until cheese is bubbly.
5. Serve with pesto and enjoy.

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cal ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

canned tuna, drained

1 can (172g)

avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

bell pepper

1 large (164g)

onion

1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Low-sugar Greek Yogurt

2 container(s) - 156 cal ● 24g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 2 container(s)

low-sugar Greek yogurt, flavored

2 container(s) (300g)

1. This recipe has no instructions.

Pecans

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



Makes 1/2 cup

pecans

1/2 cup, halves (50g)

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

Eat on day 2, day 3

Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
butter
1 tbsp (14g)

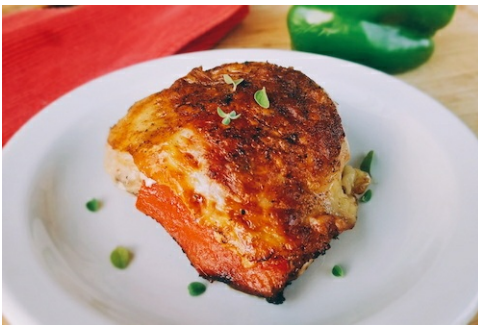
For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
butter
2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
 2. Mix in butter until melted and season with salt and pepper to taste.
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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 3 [↗](#)

Eat on day 4

Broccoli

1 1/2 cup(s) - 44 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

frozen broccoli
1 1/2 cup (137g)

1. Prepare according to instructions on package.

Italian sausage

4 link - 1028 cal ● 56g protein ● 84g fat ● 12g carbs ● 0g fiber



Makes 4 link

Italian pork sausage, raw
4 link (430g)

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.

Dinner 4 [↗](#)

Eat on day 5

Buttered broccoli

2 2/3 cup(s) - 356 cal ● 8g protein ● 31g fat ● 5g carbs ● 7g fiber



Makes 2 2/3 cup(s)

black pepper
1 1/3 dash (0g)
salt
1 1/3 dash (1g)
frozen broccoli
2 2/3 cup (243g)
butter
2 2/3 tbsp (38g)

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

Simple plain turkey burger

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



Makes 3 burger(s)

oil
1/2 tbsp (8mL)
ground turkey, raw
3/4 lbs (340g)

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.

Dinner 5 [↗](#)

Eat on day 6, day 7

Simple sauteed spinach

199 cal ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



For single meal:

garlic, diced
1 clove (3g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)

For all 2 meals:

garlic, diced
2 clove (6g)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)
olive oil
2 tbsp (30mL)
fresh spinach
16 cup(s) (480g)

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.

Caprese chicken

10 oz - 746 cal ● 81g protein ● 44g fat ● 6g carbs ● 2g fiber



For single meal:

italian seasoning

5 dash (2g)

pesto sauce

2 1/2 tbsp (40g)

oil

1 1/4 tsp (6mL)

tomatoes, quartered

3 3/4 cherry tomatoes (64g)

fresh basil

2 1/2 tbsp, chopped (7g)

fresh mozzarella cheese, sliced

2 1/2 oz (71g)

**boneless skinless chicken breast,
raw**

10 oz (280g)

For all 2 meals:

italian seasoning

1 1/4 tsp (5g)

pesto sauce

5 tbsp (80g)

oil

2 1/2 tsp (13mL)

tomatoes, quartered

7 1/2 cherry tomatoes (128g)

fresh basil

5 tbsp, chopped (13g)

fresh mozzarella cheese, sliced

5 oz (142g)

**boneless skinless chicken breast,
raw**

1 1/4 lbs (560g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
 2. Heat a skillet over medium heat and add the chicken.
 3. Cook for about 6-10 minutes on each side until fully cooked.
 4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
 5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
 6. Remove and top with tomato mixture and a drizzle of pesto.
 7. Serve.
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