

Meal Plan - 3000 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

2945 cals ● 311g protein (42%) ● 165g fat (50%) ● 32g carbs (4%) ● 22g fiber (3%)

Breakfast

500 cals, 28g protein, 9g net carbs, 38g fat



[Sauteed Kale](#)
121 cals



[Kale & eggs](#)
378 cals

Snacks

395 cals, 7g protein, 4g net carbs, 35g fat



[Avocado](#)
176 cals



[Walnuts](#)
1/3 cup(s)- 219 cals

Lunch

995 cals, 143g protein, 13g net carbs, 39g fat



[Cauliflower rice](#)
3 cup(s)- 182 cals



[Lemon pepper chicken breast](#)
22 oz- 814 cals

Dinner

1055 cals, 134g protein, 6g net carbs, 53g fat



[Balsamic chicken breast](#)
20 oz- 789 cals



[Buttered broccoli](#)
2 cup(s)- 267 cals

Day 2

2958 cals ● 119g protein (16%) ● 247g fat (75%) ● 32g carbs (4%) ● 34g fiber (5%)

Breakfast

500 cals, 28g protein, 9g net carbs, 38g fat



[Sauteed Kale](#)
121 cals



[Kale & eggs](#)
378 cals

Snacks

395 cals, 7g protein, 4g net carbs, 35g fat



[Avocado](#)
176 cals



[Walnuts](#)
1/3 cup(s)- 219 cals

Lunch

1035 cals, 45g protein, 5g net carbs, 90g fat



[Lettuce bun BLT](#)
4 sandwich(es)- 1037 cals

Dinner

1030 cals, 38g protein, 14g net carbs, 84g fat



[Ham tacos](#)
5 ham taco(s)- 593 cals



[Macadamia nuts](#)
435 cals

Day 3

2939 cals ● 129g protein (18%) ● 243g fat (74%) ● 32g carbs (4%) ● 28g fiber (4%)

Breakfast

500 cals, 28g protein, 9g net carbs, 38g fat



Sauteed Kale
121 cals



Kale & eggs
378 cals

Snacks

375 cals, 18g protein, 4g net carbs, 31g fat



Cheese
1 oz- 114 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

1035 cals, 45g protein, 5g net carbs, 90g fat



Lettuce bun BLT
4 sandwich(es)- 1037 cals

Dinner

1030 cals, 38g protein, 14g net carbs, 84g fat



Ham tacos
5 ham taco(s)- 593 cals



Macadamia nuts
435 cals

Day 4

2985 cals ● 355g protein (48%) ● 154g fat (46%) ● 32g carbs (4%) ● 13g fiber (2%)

Breakfast

505 cals, 36g protein, 3g net carbs, 39g fat



Bacon omelet
420 cals



String cheese
1 stick(s)- 83 cals

Snacks

375 cals, 18g protein, 4g net carbs, 31g fat



Cheese
1 oz- 114 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

1070 cals, 134g protein, 15g net carbs, 50g fat



Basic chicken & spinach salad
812 cals



Pork rinds and salsa
260 cals

Dinner

1035 cals, 167g protein, 10g net carbs, 34g fat



Marinated chicken breast
26 oz- 918 cals



Roasted brussels sprouts
116 cals

Day 5

3026 cals ● 299g protein (40%) ● 187g fat (56%) ● 26g carbs (3%) ● 11g fiber (1%)

Breakfast

505 cals, 36g protein, 3g net carbs, 39g fat



Bacon omelet

420 cals



String cheese

1 stick(s)- 83 cals

Snacks

375 cals, 18g protein, 4g net carbs, 31g fat



Cheese

1 oz- 114 cals



Cheesy crisps and guac

6 crisps- 261 cals

Lunch

1070 cals, 134g protein, 15g net carbs, 50g fat



Basic chicken & spinach salad

812 cals



Pork rinds and salsa

260 cals

Dinner

1075 cals, 111g protein, 5g net carbs, 67g fat



Bacon zucchini noodles

325 cals



Simple plain turkey burger

4 burger(s)- 750 cals

Day 6

2958 cals ● 248g protein (34%) ● 200g fat (61%) ● 27g carbs (4%) ● 14g fiber (2%)

Breakfast

480 cals, 27g protein, 8g net carbs, 36g fat



Low-sugar Greek Yogurt

2 container(s)- 156 cals



Macadamia nuts

326 cals

Snacks

355 cals, 25g protein, 5g net carbs, 26g fat



Pork rinds with french onion dip

356 cals

Lunch

1020 cals, 83g protein, 3g net carbs, 73g fat



Buttered broccoli

1 1/2 cup(s)- 200 cals



Slow cooker carnitas

16 oz- 820 cals

Dinner

1100 cals, 112g protein, 10g net carbs, 65g fat



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals



Caprese chicken

13 1/3 oz- 995 cals

Day 7

2958 cals ● 248g protein (34%) ● 200g fat (61%) ● 27g carbs (4%) ● 14g fiber (2%)

Breakfast

480 cals, 27g protein, 8g net carbs, 36g fat



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



[Macadamia nuts](#)
326 cals

Snacks

355 cals, 25g protein, 5g net carbs, 26g fat



[Pork rinds with french onion dip](#)
356 cals

Lunch

1020 cals, 83g protein, 3g net carbs, 73g fat



[Buttered broccoli](#)
1 1/2 cup(s)- 200 cals



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

Dinner

1100 cals, 112g protein, 10g net carbs, 65g fat



[Olive oil drizzled broccoli](#)
1 1/2 cup(s)- 105 cals



[Caprese chicken](#)
13 1/3 oz- 995 cals

Fats and Oils

- ☐ oil
9 1/2 tbsp (141mL)
- ☐ olive oil
1 1/2 oz (48mL)
- ☐ balsamic vinaigrette
5 tbsp (74mL)
- ☐ mayonnaise
1/2 cup (120mL)
- ☐ salad dressing
1/2 cup (120mL)
- ☐ marinade sauce
13 tbsp (194mL)

Vegetables and Vegetable Products

- ☐ kale leaves
9 cup, chopped (360g)
- ☐ frozen broccoli
8 cup (728g)
- ☐ pickles
8 spear (280g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (490g)
- ☐ iceberg lettuce
16 slice(s) (560g)
- ☐ fresh spinach
10 2/3 cup(s) (320g)
- ☐ brussels sprouts
4 oz (113g)
- ☐ zucchini
1 medium (196g)

Spices and Herbs

- ☐ salt
5 g (5g)
- ☐ lemon pepper
4 tsp (9g)
- ☐ black pepper
1/2 g (1g)
- ☐ fresh basil
6 2/3 tbsp, chopped (18g)

Dairy and Egg Products

- ☐ eggs
18 large (900g)
- ☐ butter
5 tbsp (71g)

Other

- ☐ frozen cauliflower
3 cup (340g)
- ☐ italian seasoning
3/4 tbsp (8g)
- ☐ guacamole, store-bought
2 cup (448g)
- ☐ pork rinds
5 2/3 oz (161g)
- ☐ low-sugar Greek yogurt, flavored
4 container(s) (600g)
- ☐ french onion dip
2/3 cup (157g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 lbs (3565g)
- ☐ ground turkey, raw
1 lbs (454g)

Fruits and Fruit Juices

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

Nut and Seed Products

- ☐ walnuts
10 tbsp, shelled (63g)
- ☐ Macadamia nuts, shelled, roasted
1/2 lbs (198g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
10 slice (230g)

Soups, Sauces, and Gravies

- ☐ salsa
1 1/2 cup (396g)
- ☐ pesto sauce
6 2/3 tbsp (107g)

Pork Products

- ☐ bacon
30 slice(s) (300g)

- ☐ cheese
10 oz (281g)
- ☐ string cheese
2 stick (56g)
- ☐ fresh mozzarella cheese
6 2/3 oz (189g)

- ☐ bacon, raw
2 slice(s) (57g)
 - ☐ pork shoulder
2 lbs (907g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Sauteed Kale

121 cals ● 2g protein ● 9g fat ● 5g carbs ● 1g fiber



For single meal:

oil
2 tsp (10mL)
kale leaves
2 cup, chopped (80g)

For all 3 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.

Kale & eggs

378 cals ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

salt
2 dash (1g)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
oil
2 tsp (10mL)

For all 3 meals:

salt
1/4 tbsp (2g)
eggs
12 large (600g)
kale leaves
3 cup, chopped (120g)
oil
2 tbsp (30mL)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Bacon omelet

420 cals ● 29g protein ● 33g fat ● 2g carbs ● 0g fiber



For single meal:

eggs

3 large (150g)

olive oil

1/2 tbsp (8mL)

bacon, cooked and chopped

3 slice(s) (30g)

For all 2 meals:

eggs

6 large (300g)

olive oil

1 tbsp (15mL)

bacon, cooked and chopped

6 slice(s) (60g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese

1 stick (28g)

For all 2 meals:

string cheese

2 stick (56g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Low-sugar Greek Yogurt

2 container(s) - 156 cals ● 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.

Macadamia nuts

326 cals ● 3g protein ● 32g fat ● 2g carbs ● 3g fiber



For single meal:

Macadamia nuts, shelled, roasted
1 1/2 oz (43g)

For all 2 meals:

Macadamia nuts, shelled, roasted
3 oz (85g)

- 1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Cauliflower rice

3 cup(s) - 182 cals ● 3g protein ● 14g fat ● 9g carbs ● 3g fiber



Makes 3 cup(s)

oil
1 tbsp (15mL)
frozen cauliflower
3 cup (340g)

- 1. Cook cauliflower according to package instructions.
- 2. Mix in oil and some salt and pepper.
- 3. Serve.

Lemon pepper chicken breast

22 oz - 814 cals ● 140g protein ● 26g fat ● 4g carbs ● 2g fiber



Makes 22 oz

lemon pepper

4 tsp (9g)

olive oil

2 tsp (10mL)

**boneless skinless chicken breast,
raw**

22 oz (616g)

1. First, rub the chicken with olive oil and lemon pepper. 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.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Lettuce bun BLT

4 sandwich(es) - 1037 cals ● 45g protein ● 90g fat ● 5g carbs ● 7g fiber



For single meal:

pickles
4 spear (140g)
tomatoes
8 slice, medium (1/4" thick) (160g)
mayonnaise
4 tbsp (60mL)
bacon
12 slice(s) (120g)
iceberg lettuce
8 slice(s) (280g)

For all 2 meals:

pickles
8 spear (280g)
tomatoes
16 slice, medium (1/4" thick) (320g)
mayonnaise
1/2 cup (120mL)
bacon
24 slice(s) (240g)
iceberg lettuce
16 slice(s) (560g)

1. Cook bacon according to package.
2. Meanwhile, cut off two rounded edges of the iceberg lettuce to make two parts of the bun.
3. Spread mayo to the top iceberg slice.
4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

Lunch 3 [↗](#)

Eat on day 4, day 5

Basic chicken & spinach salad

812 cals ● 107g protein ● 37g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing
4 tbsp (60mL)
oil
1 tbsp (13mL)
boneless skinless chicken breast, raw, chopped, cooked
16 oz (454g)
fresh spinach
5 1/3 cup(s) (160g)

For all 2 meals:

salad dressing
1/2 cup (120mL)
oil
1 3/4 tbsp (27mL)
boneless skinless chicken breast, raw, chopped, cooked
2 lbs (907g)
fresh spinach
10 2/3 cup(s) (320g)

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.

Pork rinds and salsa

260 cals ● 27g protein ● 14g fat ● 5g carbs ● 2g fiber



For single meal:

salsa
6 tbsp (108g)
pork rinds
1 1/2 oz (43g)

For all 2 meals:

salsa
3/4 cup (216g)
pork rinds
3 oz (85g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g 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)
butter
1 1/2 tbsp (21g)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
butter
3 tbsp (43g)

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

Slow cooker carnitas

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



For single meal:

pork shoulder
1 lbs (453g)

For all 2 meals:

pork shoulder
2 lbs (907g)

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

Walnuts

1/3 cup(s) - 219 cal ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
5 tbsp, shelled (31g)

For all 2 meals:

walnuts
10 tbsp, shelled (63g)

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

Eat on day 3, day 4, day 5

Cheese

1 oz - 114 cals ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
1 oz (28g)

For all 3 meals:

cheese
3 oz (85g)

1. This recipe has no instructions.

Cheesy crisps and guac

6 crisps - 261 cals ● 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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Pork rinds with french onion dip

356 cals ● 25g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

french onion dip

1/3 cup (78g)

pork rinds

1 1/3 oz (38g)

For all 2 meals:

french onion dip

2/3 cup (157g)

pork rinds

2 2/3 oz (76g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Balsamic chicken breast

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



Makes 20 oz

italian seasoning

5 dash (2g)

oil

2 1/2 tsp (13mL)

balsamic vinaigrette

5 tbsp (75mL)

boneless skinless chicken breast, raw

1 1/4 lbs (567g)

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

Buttered broccoli

2 cup(s) - 267 cals ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

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.

Dinner 2 [🔗](#)

Eat on day 2, day 3

Ham tacos

5 ham taco(s) - 593 cals ● 34g protein ● 41g fat ● 11g carbs ● 12g fiber



For single meal:

ham cold cuts

5 slice (115g)

guacamole, store-bought

10 tbsp (155g)

salsa

5 tbsp (90g)

cheese

5 tbsp, shredded (35g)

For all 2 meals:

ham cold cuts

10 slice (230g)

guacamole, store-bought

1 1/4 cup (309g)

salsa

10 tbsp (180g)

cheese

10 tbsp, shredded (70g)

1. Use tin foil to prop up the ham into a taco shell shape.
2. Broil in the oven for a few minutes until crispy. They might seem a little bit floppy, but once they cool for a few minutes, they will stiffen up.
3. Add in the guacamole, salsa, and cheese to the shells.
4. Serve

Macadamia nuts

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



For single meal:

Macadamia nuts, shelled, roasted

2 oz (57g)

For all 2 meals:

Macadamia nuts, shelled, roasted

4 oz (113g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Marinated chicken breast

26 oz - 918 cals ● 164g protein ● 27g fat ● 5g carbs ● 0g fiber



Makes 26 oz

**boneless skinless chicken breast,
raw**

26 oz (728g)

marinade sauce

13 tbsp (195mL)

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.

Roasted brussels sprouts

116 cals ● 3g protein ● 7g fat ● 6g carbs ● 4g fiber



brussels sprouts

4 oz (113g)

olive oil

1/2 tbsp (8mL)

salt

1 dash (1g)

black pepper

2/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Dinner 4 [🔗](#)

Eat on day 5

Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



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.

Simple plain turkey burger

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



Makes 4 burger(s)

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

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

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.

Caprese chicken

13 1/3 oz - 995 cals ● 108g protein ● 58g fat ● 8g carbs ● 2g fiber



For single meal:

italian seasoning

1 tsp (3g)

pesto sauce

1/4 cup (53g)

oil

1/2 tbsp (8mL)

tomatoes, quartered

5 cherry tomatoes (85g)

fresh basil

1/4 cup, chopped (9g)

fresh mozzarella cheese, sliced

1/4 lbs (95g)

**boneless skinless chicken breast,
raw**

13 1/3 oz (373g)

For all 2 meals:

italian seasoning

1/2 tbsp (6g)

pesto sauce

6 2/3 tbsp (107g)

oil

1 tbsp (17mL)

tomatoes, quartered

10 cherry tomatoes (170g)

fresh basil

6 2/3 tbsp, chopped (18g)

fresh mozzarella cheese, sliced

6 2/3 oz (189g)

**boneless skinless chicken breast,
raw**

1 2/3 lbs (747g)

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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