

Meal Plan - 3500 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

3458 cals ● 394g protein (46%) ● 186g fat (48%) ● 32g carbs (4%) ● 20g fiber (2%)

Breakfast

625 cals, 37g protein, 5g net carbs, 48g fat



Egg & cheese mini muffin
8 mini muffin(s)- 448 cals



Avocado
176 cals

Snacks

465 cals, 25g protein, 4g net carbs, 38g fat



Cheese
1 1/3 oz- 153 cals



Boiled eggs
2 egg(s)- 139 cals



Walnuts
1/4 cup(s)- 175 cals

Lunch

1190 cals, 171g protein, 2g net carbs, 54g fat



Buttered broccoli
1 cup(s)- 134 cals



Basic chicken breast
26 2/3 oz- 1058 cals

Dinner

1175 cals, 161g protein, 21g net carbs, 45g fat



Cauliflower rice
1 1/2 cup(s)- 91 cals



Southwest chicken
24 oz- 1086 cals

Day 2

3453 cals ● 376g protein (44%) ● 193g fat (50%) ● 27g carbs (3%) ● 26g fiber (3%)

Breakfast

625 cals, 37g protein, 5g net carbs, 48g fat



Egg & cheese mini muffin
8 mini muffin(s)- 448 cals



Avocado
176 cals

Snacks

465 cals, 25g protein, 4g net carbs, 38g fat



Cheese
1 1/3 oz- 153 cals



Boiled eggs
2 egg(s)- 139 cals



Walnuts
1/4 cup(s)- 175 cals

Lunch

1120 cals, 190g protein, 8g net carbs, 36g fat



Marinated chicken breast
30 oz- 1060 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Dinner

1245 cals, 125g protein, 11g net carbs, 71g fat



Pumpkin seeds
366 cals



Buffalo chicken lettuce wrap
4 wrap(s)- 878 cals

Day 3

3491 cals ● 309g protein (35%) ● 219g fat (56%) ● 43g carbs (5%) ● 29g fiber (3%)

Breakfast

560 cals, 53g protein, 8g net carbs, 36g fat



High protein scrambled eggs
396 cals



String cheese
2 stick(s)- 165 cals

Snacks

440 cals, 14g protein, 13g net carbs, 34g fat



Dark chocolate
3 square(s)- 180 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

1245 cals, 118g protein, 11g net carbs, 78g fat



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



Caprese chicken
14 oz- 1044 cals

Dinner

1245 cals, 125g protein, 11g net carbs, 71g fat



Pumpkin seeds
366 cals



Buffalo chicken lettuce wrap
4 wrap(s)- 878 cals

Day 4

3464 cals ● 324g protein (37%) ● 217g fat (56%) ● 39g carbs (4%) ● 15g fiber (2%)

Breakfast

560 cals, 53g protein, 8g net carbs, 36g fat



High protein scrambled eggs
396 cals



String cheese
2 stick(s)- 165 cals

Snacks

440 cals, 14g protein, 13g net carbs, 34g fat



Dark chocolate
3 square(s)- 180 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

1215 cals, 74g protein, 12g net carbs, 96g fat



Buttery cauliflower rice
3 cup(s)- 258 cals



Salmon with rosemary dill sauce
12 oz salmon- 959 cals

Dinner

1245 cals, 184g protein, 6g net carbs, 51g fat



Olive oil drizzled broccoli
2 cup(s)- 140 cals



Balsamic chicken breast
28 oz- 1105 cals

Day 5

3497 cals ● 257g protein (29%) ● 252g fat (65%) ● 38g carbs (4%) ● 13g fiber (1%)

Breakfast

560 cals, 53g protein, 8g net carbs, 36g fat



High protein scrambled eggs
396 cals



String cheese
2 stick(s)- 165 cals

Snacks

440 cals, 14g protein, 13g net carbs, 34g fat



Dark chocolate
3 square(s)- 180 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

1215 cals, 74g protein, 12g net carbs, 96g fat



Buttery cauliflower rice
3 cup(s)- 258 cals



Salmon with rosemary dill sauce
12 oz salmon- 959 cals

Dinner

1275 cals, 116g protein, 6g net carbs, 86g fat



Cooked peppers
1 bell pepper(s)- 120 cals



Baked chicken thighs
18 oz- 1158 cals

Day 6

3549 cals ● 219g protein (25%) ● 265g fat (67%) ● 37g carbs (4%) ● 37g fiber (4%)

Breakfast

580 cals, 30g protein, 5g net carbs, 44g fat



Simple sauteed spinach
100 cals



Egg in an eggplant
481 cals

Snacks

465 cals, 33g protein, 6g net carbs, 31g fat



Avocado deviled eggs
3 egg(s)- 386 cals



Low-sugar Greek Yogurt
1 container(s)- 78 cals

Lunch

1280 cals, 81g protein, 8g net carbs, 96g fat



Ham, bacon, avocado lettuce wrap
2 1/2 wrap(s)- 912 cals



Pecans
1/2 cup- 366 cals

Dinner

1225 cals, 74g protein, 17g net carbs, 94g fat



Cheesy zucchini noodles w/ bacon
1227 cals

Day 7

3549 cals ● 219g protein (25%) ● 265g fat (67%) ● 37g carbs (4%) ● 37g fiber (4%)

Breakfast

580 cals, 30g protein, 5g net carbs, 44g fat



Simple sauteed spinach
100 cals



Egg in an eggplant
481 cals

Snacks

465 cals, 33g protein, 6g net carbs, 31g fat



Avocado deviled eggs
3 egg(s)- 386 cals



Low-sugar Greek Yogurt
1 container(s)- 78 cals

Lunch

1280 cals, 81g protein, 8g net carbs, 96g fat



Ham, bacon, avocado lettuce wrap
2 1/2 wrap(s)- 912 cals



Pecans
1/2 cup- 366 cals

Dinner

1225 cals, 74g protein, 17g net carbs, 94g fat



Cheesy zucchini noodles w/ bacon
1227 cals

Dairy and Egg Products

- cheddar cheese
3/4 cup, shredded (85g)
- eggs
38 large (1900g)
- butter
3/4 stick (90g)
- cheese
1 1/2 lbs (674g)
- fresh mozzarella cheese
1/4 lbs (99g)
- low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- string cheese
6 stick (168g)
- sour cream
1/3 cup (76g)
- parmesan cheese
1/4 cup (23g)

Beverages

- water
2 2/3 tbsp (40mL)

Fruits and Fruit Juices

- avocados
4 1/2 avocado(s) (921g)
- lemon juice
1 tsp (5mL)
- lime juice
2 tsp (10mL)

Spices and Herbs

- black pepper
3 g (3g)
- salt
11 g (11g)
- taco seasoning mix
1 1/2 tbsp (13g)
- fresh basil
1/4 cup, chopped (9g)
- dried dill weed
1 tsp (1g)
- rosemary
1 tsp (1g)
- thyme, dried
1 1/2 dash, ground (0g)

Fats and Oils

- oil
1/3 lbs (159mL)
- marinade sauce
1 cup (226mL)
- mayonnaise
4 tbsp (60mL)
- olive oil
3/4 oz (25mL)
- balsamic vinaigrette
1/2 cup (106mL)

Poultry Products

- boneless skinless chicken breast, raw
9 3/4 lbs (4352g)
- chicken thighs, with bone and skin, raw
3 thigh (6 oz ea) (510g)

Other

- frozen cauliflower
7 1/2 cup (851g)
- italian seasoning
1 3/4 tsp (6g)
- guacamole, store-bought
1/2 cup (139g)
- low-sugar Greek yogurt, flavored
2 container(s) (300g)

Nut and Seed Products

- walnuts
1/2 cup shelled (50 halves) (50g)
- roasted pumpkin seeds, unsalted
1 cup (118g)
- pecans
1 cup, halves (99g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
2/3 cup (161mL)
- pesto sauce
1/4 cup (56g)

Sweets

- Chocolate, dark, 70-85%
9 square(s) (90g)

Vegetables and Vegetable Products

- frozen broccoli
4 1/2 cup (410g)
 - bell pepper
3 large (521g)
 - romaine lettuce
13 leaf outer (364g)
 - tomatoes
2 1/4 medium whole (2-3/5" dia) (280g)
 - garlic
2 clove (6g)
 - fresh spinach
8 cup(s) (240g)
 - eggplant
8 1 inch (2.5 cm) slice(s) (480g)
 - zucchini
4 1/2 medium (882g)
 - fresh cilantro
2 tbsp, chopped (6g)
-

Finfish and Shellfish Products

- salmon
1 1/2 lbs (680g)

Sausages and Luncheon Meats

- ham cold cuts
1 1/4 lbs (567g)

Pork Products

- bacon
10 slice(s) (100g)
- bacon, raw
4 1/2 slice(s) (128g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg & cheese mini muffin

8 mini muffin(s) - 448 cal ● 35g protein ● 33g fat ● 3g carbs ● 0g fiber



For single meal:

cheddar cheese
6 tbsp, shredded (42g)
water
4 tsp (20mL)
eggs
4 large (200g)

For all 2 meals:

cheddar cheese
3/4 cup, shredded (85g)
water
2 2/3 tbsp (40mL)
eggs
8 large (400g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

High protein scrambled eggs

396 cal ● 39g protein ● 25g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
eggs
4 large (200g)

For all 3 meals:

oil
1 tbsp (15mL)
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
eggs
12 large (600g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

String cheese

2 stick(s) - 165 cal ● 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

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

For all 2 meals:

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)

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.

Egg in an eggplant

481 cal ● 26g protein ● 37g fat ● 3g carbs ● 7g fiber



For single meal:

eggs
4 large (200g)
eggplant
4 1 inch (2.5 cm) slice(s) (240g)
oil
4 tsp (20mL)

For all 2 meals:

eggs
8 large (400g)
eggplant
8 1 inch (2.5 cm) slice(s) (480g)
oil
2 2/3 tbsp (40mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
 2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
 3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
 4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.
-

Lunch 1 [↗](#)

Eat on day 1

Buttered broccoli

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



Makes 1 cup(s)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

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

Basic chicken breast

26 2/3 oz - 1058 cal ● 168g protein ● 43g fat ● 0g carbs ● 0g fiber



Makes 26 2/3 oz

oil

5 tsp (25mL)

**boneless skinless chicken breast,
raw**

1 2/3 lbs (747g)

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 2 [↗](#)

Eat on day 2

Marinated chicken breast

30 oz - 1060 cal ● 189g protein ● 32g fat ● 5g carbs ● 0g fiber



Makes 30 oz

boneless skinless chicken breast, raw

2 lbs (840g)

marinade sauce

1 cup (225mL)

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 tomatoes

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



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" 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.
-

Lunch 3 [↗](#)

Eat on day 3

Buttered broccoli

1 1/2 cup(s) - 200 cal ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen broccoli

1 1/2 cup (137g)

butter

1 1/2 tbsp (21g)

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

Caprese chicken

14 oz - 1044 cal ● 114g protein ● 61g fat ● 8g carbs ● 2g fiber



Makes 14 oz

italian seasoning

1 tsp (3g)

pesto sauce

1/4 cup (56g)

oil

1 3/4 tsp (9mL)

tomatoes, quartered

5 1/4 cherry tomatoes (89g)

fresh basil

1/4 cup, chopped (9g)

fresh mozzarella cheese, sliced

1/4 lbs (99g)

boneless skinless chicken breast, raw

14 oz (392g)

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.
-

Lunch 4 [↗](#)

Eat on day 4, day 5

Buttery cauliflower rice

3 cup(s) - 258 cal ● 3g protein ● 22g fat ● 9g carbs ● 3g fiber



For single meal:

frozen cauliflower

3 cup (340g)

butter

2 tbsp (27g)

For all 2 meals:

frozen cauliflower

6 cup (680g)

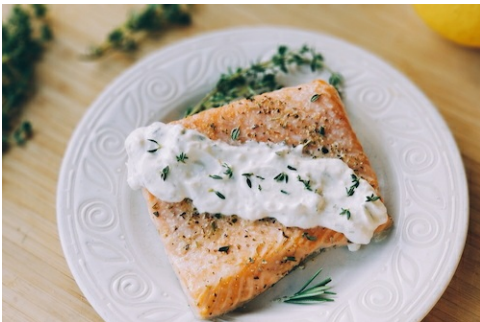
butter

4 tbsp (54g)

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.

Salmon with rosemary dill sauce

12 oz salmon - 959 cal ● 71g protein ● 74g fat ● 3g carbs ● 0g fiber



For single meal:

mayonnaise

2 tbsp (30mL)

garlic, diced

1/2 clove (2g)

dried dill weed

4 dash (1g)

sour cream

2 1/2 tbsp (38g)

rosemary

4 dash (1g)

salmon

3/4 lbs (340g)

For all 2 meals:

mayonnaise

4 tbsp (60mL)

garlic, diced

1 clove (3g)

dried dill weed

1 tsp (1g)

sour cream

1/3 cup (76g)

rosemary

1 tsp (1g)

salmon

1 1/2 lbs (680g)

1. Preheat oven to 350 F (180 C).
 2. Line a baking sheet with parchment paper and place the salmon on top. Season with salt/pepper.
 3. Bake for 20 minutes or until done.
 4. Meanwhile, in a small bowl, combine the remaining ingredients and stir until well-mixed.
 5. When salmon is done, plate it and top with rosemary dill sauce.
-

Lunch 5 [↗](#)

Eat on day 6, day 7

Ham, bacon, avocado lettuce wrap

2 1/2 wrap(s) - 912 cal ● 77g protein ● 60g fat ● 6g carbs ● 10g fiber



For single meal:

ham cold cuts

10 oz (284g)

bacon

5 slice(s) (50g)

romaine lettuce

2 1/2 leaf outer (70g)

avocados, sliced

5/8 avocado(s) (126g)

cheese

5 tbsp, shredded (35g)

For all 2 meals:

ham cold cuts

1 1/4 lbs (567g)

bacon

10 slice(s) (100g)

romaine lettuce

5 leaf outer (140g)

avocados, sliced

1 1/4 avocado(s) (251g)

cheese

10 tbsp, shredded (70g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, avocado, and cheese in the center of the lettuce leaf. Wrap it up. Serve.

Pecans

1/2 cup - 366 cal ● 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.
-

Snacks 1 [↗](#)

Eat on day 1, day 2

Cheese

1 1/3 oz - 153 cal ● 9g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
1 1/3 oz (38g)

For all 2 meals:

cheese
2 2/3 oz (76g)

1. This recipe has no instructions.
-

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.

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.

Snacks 2 [↗](#)

Eat on day 3, 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 3 meals:

Chocolate, dark, 70-85%
9 square(s) (90g)

1. This recipe has no instructions.
-

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.
-

Snacks 3 [↗](#)

Eat on day 6, day 7

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.
-

Low-sugar Greek Yogurt

1 container(s) - 78 cal ● 12g protein ● 2g fat ● 3g carbs ● 0g fiber



For single meal:

low-sugar Greek yogurt, flavored

1 container(s) (150g)

For all 2 meals:

low-sugar Greek yogurt, flavored

2 container(s) (300g)

1. This recipe has no instructions.
-

Dinner 1 [↗](#)

Eat on day 1

Cauliflower rice

1 1/2 cup(s) - 91 cal ● 2g protein ● 7g fat ● 5g carbs ● 2g fiber



Makes 1 1/2 cup(s)

oil

1/2 tbsp (8mL)

frozen cauliflower

1 1/2 cup (170g)

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

Southwest chicken

24 oz - 1086 cal ● 160g protein ● 39g fat ● 17g carbs ● 8g fiber



Makes 24 oz

oil

1 tbsp (15mL)

cheese

3 tbsp, shredded (21g)

taco seasoning mix

1 1/2 tbsp (13g)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

bell pepper, cut into strips

3 medium (357g)

1. Rub taco seasoning evenly over all sides of chicken.
 2. Heat oil in a skillet over medium heat.
 3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
 4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
 5. Plate peppers and chicken and sprinkle cheese on top.
 6. Serve.
-

Dinner 2 [↗](#)

Eat on day 2, day 3

Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. This recipe has no instructions.

Buffalo chicken lettuce wrap

4 wrap(s) - 878 cal ● 107g protein ● 42g fat ● 6g carbs ● 12g fiber



For single meal:

oil
2 tsp (10mL)
romaine lettuce
4 leaf outer (112g)
boneless skinless chicken breast, raw, cubed
1 lbs (454g)
Frank's Red Hot sauce
1/3 cup (80mL)
black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)
avocados, chopped
2/3 avocado(s) (134g)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

For all 2 meals:

oil
4 tsp (20mL)
romaine lettuce
8 leaf outer (224g)
boneless skinless chicken breast, raw, cubed
2 lbs (907g)
Frank's Red Hot sauce
2/3 cup (160mL)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
avocados, chopped
1 1/3 avocado(s) (268g)
tomatoes, halved
2/3 cup cherry tomatoes (99g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
 2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
 3. Add the oil to a skillet over medium heat.
 4. Add chicken to skillet and cook 7-10 minutes until cooked through.
 5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
 6. Serve.
-

Dinner 3 [↗](#)

Eat on day 4

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

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

Balsamic chicken breast

28 oz - 1105 cal ● 179g protein ● 42g fat ● 2g carbs ● 0g fiber



Makes 28 oz

italian seasoning

1 tsp (3g)

oil

3 1/2 tsp (18mL)

balsamic vinaigrette

1/2 cup (105mL)

boneless skinless chicken breast, raw

1 3/4 lbs (794g)

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.
-

Dinner 4 [↗](#)

Eat on day 5

Cooked peppers

1 bell pepper(s) - 120 cal ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



Makes 1 bell pepper(s)

oil

2 tsp (10mL)

bell pepper, seeded & cut into strips

1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Baked chicken thighs

18 oz - 1158 cal ● 115g protein ● 77g fat ● 1g carbs ● 0g fiber



Makes 18 oz

salt

1/4 tbsp (5g)

black pepper

3 dash, ground (1g)

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

3 thigh (6 oz ea) (510g)

thyme, dried

1 1/2 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.
-

Dinner 5 [↗](#)

Eat on day 6, day 7

Cheesy zucchini noodles w/ bacon

1227 cal ● 74g protein ● 94g fat ● 17g carbs ● 5g fiber



For single meal:

cheese
1 2/3 cup, shredded (191g)
parmesan cheese
2 1/4 tbsp (11g)
zucchini
2 1/4 medium (441g)
bacon, raw
2 1/4 slice(s) (64g)

For all 2 meals:

cheese
3 1/2 cup, shredded (381g)
parmesan cheese
1/4 cup (23g)
zucchini
4 1/2 medium (882g)
bacon, raw
4 1/2 slice(s) (128g)

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 cheese and bacon bits and heat through until the cheese is melted.
 4. Remove from heat, top with parmesan, and serve.
-