

Meal Plan - 2500 calorie macro 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

2461 cals ● 142g protein (23%) ● 120g fat (44%) ● 179g carbs (29%) ● 23g fiber (4%)

Breakfast

480 cals, 26g protein, 17g net carbs, 32g fat



Roasted almonds

1/8 cup(s)- 111 cals



Grapefruit

1/2 grapefruit- 59 cals



Cabbage & bacon skillet

312 cals

Snacks

335 cals, 13g protein, 61g net carbs, 4g fat



Kefir

150 cals



Pretzels

183 cals

Lunch

900 cals, 48g protein, 55g net carbs, 49g fat



Roasted peanuts

1/2 cup(s)- 403 cals



Lowfat yogurt

1 container(s)- 181 cals



Salmon & artichoke salad

315 cals

Dinner

745 cals, 55g protein, 47g net carbs, 36g fat



Roasted tomatoes

1 tomato(es)- 60 cals



Chipotle honey pork chops

515 cals



Brown rice

3/4 cup brown rice, cooked- 172 cals

Day 2

2477 cals ● 141g protein (23%) ● 141g fat (51%) ● 137g carbs (22%) ● 26g fiber (4%)

Breakfast

480 cals, 26g protein, 17g net carbs, 32g fat



Roasted almonds

1/8 cup(s)- 111 cals



Grapefruit

1/2 grapefruit- 59 cals



Cabbage & bacon skillet

312 cals

Snacks

335 cals, 13g protein, 61g net carbs, 4g fat



Kefir

150 cals



Pretzels

183 cals

Lunch

900 cals, 48g protein, 55g net carbs, 49g fat



Roasted peanuts

1/2 cup(s)- 403 cals



Lowfat yogurt

1 container(s)- 181 cals



Salmon & artichoke salad

315 cals

Dinner

760 cals, 54g protein, 4g net carbs, 56g fat



Buffalo drumsticks

10 2/3 oz- 622 cals



Olive oil drizzled broccoli

2 cup(s)- 140 cals

Day 3

2555 cals ● 167g protein (26%) ● 134g fat (47%) ● 143g carbs (22%) ● 27g fiber (4%)

Breakfast

455 cals, 29g protein, 17g net carbs, 27g fat



Eggs with tomato and avocado
326 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

335 cals, 13g protein, 61g net carbs, 4g fat



Kefir
150 cals



Pretzels
183 cals

Lunch

900 cals, 60g protein, 14g net carbs, 63g fat



Simple sardine salad
531 cals



Roasted almonds
3/8 cup(s)- 370 cals

Dinner

865 cals, 64g protein, 51g net carbs, 41g fat



Sweet potato wedges
347 cals



Ranch pork chops
1 1/2 chop(s)- 518 cals

Day 4

2553 cals ● 173g protein (27%) ● 146g fat (52%) ● 107g carbs (17%) ● 28g fiber (4%)

Breakfast

455 cals, 29g protein, 17g net carbs, 27g fat



Eggs with tomato and avocado
326 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

330 cals, 19g protein, 26g net carbs, 16g fat



Kale chips
206 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Lunch

900 cals, 60g protein, 14g net carbs, 63g fat



Simple sardine salad
531 cals



Roasted almonds
3/8 cup(s)- 370 cals

Dinner

865 cals, 64g protein, 51g net carbs, 41g fat



Sweet potato wedges
347 cals



Ranch pork chops
1 1/2 chop(s)- 518 cals

Day 5

2509 cals ● 157g protein (25%) ● 126g fat (45%) ● 159g carbs (25%) ● 27g fiber (4%)

Breakfast

425 cals, 27g protein, 52g net carbs, 9g fat



Grapefruit

1/2 grapefruit- 59 cals



Waffles & Greek yogurt

1 waffle(s)- 119 cals



Protein bar

1 bar- 245 cals

Snacks

330 cals, 19g protein, 26g net carbs, 16g fat



Kale chips

206 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Lunch

855 cals, 62g protein, 25g net carbs, 52g fat



Buttered green beans

391 cals



Chicken marsala

8 oz chicken- 466 cals

Dinner

900 cals, 49g protein, 57g net carbs, 49g fat



Buttery white rice

243 cals



Salmon & veggie one pot

7 oz salmon- 655 cals

Day 6

2466 cals ● 170g protein (28%) ● 106g fat (39%) ● 168g carbs (27%) ● 40g fiber (6%)

Breakfast

425 cals, 27g protein, 52g net carbs, 9g fat



Grapefruit

1/2 grapefruit- 59 cals



Waffles & Greek yogurt

1 waffle(s)- 119 cals



Protein bar

1 bar- 245 cals

Snacks

375 cals, 18g protein, 25g net carbs, 19g fat



Bell pepper strips and hummus

227 cals



Milk

1 cup(s)- 149 cals

Lunch

840 cals, 51g protein, 61g net carbs, 36g fat



Apple

1 apple(s)- 105 cals



Avocado tuna salad sandwich

1 1/2 sandwich(es)- 555 cals



Sunflower seeds

180 cals

Dinner

825 cals, 75g protein, 30g net carbs, 42g fat



Simple mozzarella and tomato salad

121 cals



Almond crusted tilapia

10 oz- 706 cals

Breakfast

425 calsgreen27g protein, 52g net carbs, 9g fat



Grapefruit
1/2 grapefruit- 59 calsgreen



Waffles & Greek yogurt
1 waffle(s)- 119 calsgreen



Protein bar
1 bar- 245 calsgreen

Snacks

375 calsgreen18g protein, 25g net carbs, 19g fat



Bell pepper strips and hummus
227 calsgreen



Milk
1 cup(s)- 149 calsgreen

Lunch

840 calsgreen51g protein, 61g net carbs, 36g fat



Apple
1 apple(s)- 105 calsgreen



Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 calsgreen



Sunflower seeds
180 calsgreen

Dinner

825 calsgreen75g protein, 30g net carbs, 42g fat



Simple mozzarella and tomato salad
121 calsgreen



Almond crusted tilapia
10 oz- 706 calsgreen

Dairy and Egg Products

- ☐ kefir, flavored
3 cup (720mL)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ ghee
1/2 tbsp (8g)
- ☐ eggs
4 large (200g)
- ☐ low fat cottage cheese (1% milkfat)
1 cup (226g)
- ☐ butter
3/8 stick (47g)
- ☐ nonfat greek yogurt, plain
6 tbsp (105g)
- ☐ whole milk
2 1/4 cup(s) (540mL)
- ☐ fresh mozzarella cheese
2 oz (57g)

Snacks

- ☐ pretzels, hard, salted
5 oz (142g)

Nut and Seed Products

- ☐ almonds
1/2 lbs (245g)
- ☐ sunflower kernels
2 oz (57g)

Fruits and Fruit Juices

- ☐ Grapefruit
2 1/2 large (approx 4-1/2" dia) (830g)
- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ lime juice
1/2 tbsp (8mL)

Pork Products

- ☐ bacon, raw
4 slice(s) (113g)
- ☐ pork loin chops, boneless, raw
1 3/4 lbs (791g)

Finfish and Shellfish Products

- ☐ canned salmon
1/2 lbs (255g)
- ☐ sardines, canned in oil
4 can (368g)
- ☐ salmon
1/2 lbs (198g)
- ☐ canned tuna
1 1/2 can (258g)
- ☐ tilapia, raw
1 1/4 lbs (560g)

Other

- ☐ mixed greens
10 1/2 cup (315g)
- ☐ Chicken, drumsticks, with skin
2/3 lbs (302g)
- ☐ vinaigrette, store-bought, any flavor
6 tbsp (90mL)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ ranch dressing mix
3/8 packet (1 oz) (11g)
- ☐ protein bar (20g protein)
3 bar (150g)

Fats and Oils

- ☐ balsamic vinaigrette
1/4 lbs (105mL)
- ☐ oil
3 1/4 oz (98mL)
- ☐ olive oil
2 oz (65mL)

Sweets

- ☐ honey
2 tbsp (40g)

Spices and Herbs

- ☐ chipotle seasoning
1/2 tsp (1g)
- ☐ salt
1 oz (28g)
- ☐ black pepper
3 1/2 g (3g)
- ☐ fresh basil
4 1/2 g (5g)

Vegetables and Vegetable Products

- ☐ **cabbage**
2 cup, chopped (178g)
- ☐ **artichokes, canned**
1 cup hearts (168g)
- ☐ **tomatoes**
4 medium whole (2-3/5" dia) (484g)
- ☐ **frozen broccoli**
2 cup (182g)
- ☐ **sweet potatoes**
2 2/3 sweetpotato, 5" long (560g)
- ☐ **kale leaves**
2 bunch (340g)
- ☐ **canned crushed tomatoes**
14 tbsp (212g)
- ☐ **onion**
1 1/4 small (88g)
- ☐ **bell pepper**
3 1/2 medium (421g)
- ☐ **frozen green beans**
2 2/3 cup (323g)
- ☐ **mushrooms**
4 oz (113g)
- ☐ **garlic**
1 clove(s) (3g)

Legumes and Legume Products

- ☐ **roasted peanuts**
14 tbsp (128g)
- ☐ **hummus**
14 tbsp (216g)

- ☐ **dried dill weed**
1 tsp (1g)
- ☐ **ground cumin**
1 tsp (2g)
- ☐ **balsamic vinegar**
1/2 tbsp (8mL)

Beverages

- ☐ **water**
1 1/4 cup (307mL)

Cereal Grains and Pasta

- ☐ **brown rice**
4 tbsp (48g)
- ☐ **long-grain white rice**
4 tbsp (46g)
- ☐ **all-purpose flour**
1/2 cup(s) (69g)

Soups, Sauces, and Gravies

- ☐ **Frank's Red Hot sauce**
1 3/4 tbsp (26mL)
- ☐ **vegetable broth**
1/4 cup(s) (mL)

Baked Products

- ☐ **frozen waffles**
3 waffles (105g)
- ☐ **bread**
6 slice (192g)

Poultry Products

- ☐ **boneless skinless chicken breast, raw**
1/2 lbs (224g)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Cabbage & bacon skillet

312 cals ● 21g protein ● 23g fat ● 4g carbs ● 2g fiber



For single meal:

bacon, raw
2 slice(s) (57g)
cabbage
1 cup, chopped (89g)

For all 2 meals:

bacon, raw
4 slice(s) (113g)
cabbage
2 cup, chopped (178g)

1. Add the bacon to a skillet over medium heat. Cook for 4–5 minutes, flip, and cook for another 3–4 minutes until crispy. Transfer the bacon to a plate lined with paper towels to drain, leaving the bacon fat in the skillet.
2. Add cabbage to the skillet and cook in the bacon fat for 5–7 minutes, stirring occasionally, until softened. Transfer the cooked cabbage to a bowl, crumble the bacon on top, and season with pepper to taste, if desired. Serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Eggs with tomato and avocado

326 cal ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

salt
2 dash (1g)
eggs
2 large (100g)
black pepper
2 dash (0g)
tomatoes
2 slice(s), thick/large (1/2" thick) (54g)
avocados, sliced
1/2 avocado(s) (101g)
fresh basil, chopped
2 leaves (1g)

For all 2 meals:

salt
4 dash (2g)
eggs
4 large (200g)
black pepper
4 dash (0g)
tomatoes
4 slice(s), thick/large (1/2" thick) (108g)
avocados, sliced
1 avocado(s) (201g)
fresh basil, chopped
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:
cottage cheese & fruit cup
1 container (170g)

For all 2 meals:
cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:
Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:
Grapefruit
1 1/2 large (approx 4-1/2" dia)
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Waffles & Greek yogurt

1 waffle(s) - 119 cals ● 6g protein ● 4g fat ● 15g carbs ● 0g fiber



For single meal:
frozen waffles
1 waffles (35g)
nonfat greek yogurt, plain
2 tbsp (35g)

For all 3 meals:
frozen waffles
3 waffles (105g)
nonfat greek yogurt, plain
6 tbsp (105g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 3 meals:

protein bar (20g protein)
3 bar (150g)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Roasted peanuts

1/2 cup(s) - 403 cals ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber



For single meal:

roasted peanuts
1/2 cup (64g)

For all 2 meals:

roasted peanuts
14 tbsp (128g)

1. The recipe has no instructions.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. The recipe has no instructions.

Salmon & artichoke salad

315 cals ● 25g protein ● 14g fat ● 15g carbs ● 7g fiber



For single meal:

canned salmon
1/4 lbs (128g)
artichokes, canned
1/2 cup hearts (84g)
mixed greens
2 1/4 cup (68g)
balsamic vinaigrette
3 tbsp (45mL)
tomatoes, halved
1/2 cup cherry tomatoes (74g)

For all 2 meals:

canned salmon
1/2 lbs (255g)
artichokes, canned
1 cup hearts (168g)
mixed greens
4 1/2 cup (135g)
balsamic vinaigrette
6 tbsp (90mL)
tomatoes, halved
1 cup cherry tomatoes (149g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Simple sardine salad

531 cal ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)

For all 2 meals:

mixed greens
6 cup (180g)
vinaigrette, store-bought, any flavor
6 tbsp (90mL)
sardines, canned in oil, drained
4 can (368g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Roasted almonds

3/8 cup(s) - 370 cal ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



For single meal:

almonds
6 2/3 tbsp, whole (60g)

For all 2 meals:

almonds
13 1/3 tbsp, whole (119g)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5

Buttered green beans

391 cals ● 6g protein ● 30g fat ● 16g carbs ● 8g fiber



butter

2 2/3 tbsp (36g)

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen green beans

2 2/3 cup (323g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Chicken marsala

8 oz chicken - 466 cals ● 56g protein ● 22g fat ● 9g carbs ● 1g fiber



Makes 8 oz chicken

boneless skinless chicken breast, raw

1/2 lbs (224g)

vegetable broth

1/4 cup(s) (mL)

whole milk

1/4 cup(s) (60mL)

lemon juice

1/2 tbsp (8mL)

balsamic vinegar

1/2 tbsp (8mL)

oil, divided

1 tbsp (15mL)

mushrooms, sliced

4 oz (113g)

garlic, diced

1 clove(s) (3g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. The recipe has no instructions.

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



For single meal:

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

lime juice

1/4 tbsp (4mL)

avocados

3/8 avocado(s) (75g)

bread

3 slice (96g)

canned tuna, drained

3/4 can (129g)

onion, minced

1/6 small (13g)

For all 2 meals:

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

lime juice

1/2 tbsp (8mL)

avocados

3/4 avocado(s) (151g)

bread

6 slice (192g)

canned tuna, drained

1 1/2 can (258g)

onion, minced

3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:
sunflower kernels
1 oz (28g)

For all 2 meals:
sunflower kernels
2 oz (57g)

1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:
kefir, flavored
1 cup (240mL)

For all 3 meals:
kefir, flavored
3 cup (720mL)

1. Pour into a glass and drink.

Pretzels

183 cals ● 5g protein ● 1g fat ● 36g carbs ● 2g fiber



For single meal:
pretzels, hard, salted
1 2/3 oz (47g)

For all 3 meals:
pretzels, hard, salted
5 oz (142g)

1. The recipe has no instructions.
-

Snacks 2 [🔗](#)

Eat on day 4 and day 5

Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

salt
1 tsp (6g)
kale leaves
1 bunch (170g)
olive oil
1 tbsp (15mL)

For all 2 meals:

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

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

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

1. Serve cottage cheese in a bowl and drizzle with honey.
-

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Bell pepper strips and hummus

227 cal ● 10g protein ● 11g fat ● 14g carbs ● 9g fiber



For single meal:

hummus
1/2 cup (108g)
bell pepper
1 1/3 medium (159g)

For all 2 meals:

hummus
14 tbsp (216g)
bell pepper
2 2/3 medium (317g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Roasted tomatoes

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



Makes 1 tomato(es)

oil

1 tsp (5mL)

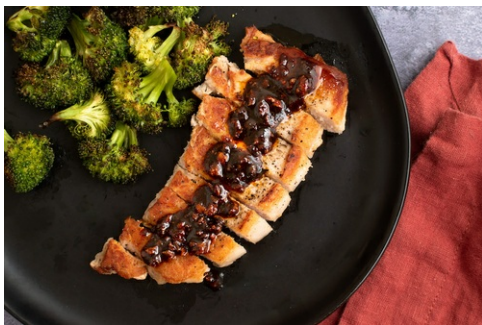
tomatoes

1 small whole (2-2/5" dia) (91g)

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.

Chipotle honey pork chops

515 cals ● 51g protein ● 30g fat ● 10g carbs ● 0g fiber



ghee

1/2 tbsp (8g)

pork loin chops, boneless, raw

1/2 lbs (236g)

honey

1/2 tbsp (12g)

chipotle seasoning

1/2 tsp (1g)

water

2 1/2 tsp (13mL)

oil

1/2 tbsp (8mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



Makes 3/4 cup brown rice, cooked

- salt**
1 1/2 dash (1g)
- water**
1/2 cup(s) (119mL)
- black pepper**
1 1/2 dash, ground (0g)
- brown rice**
4 tbsp (48g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Dinner 2 [↗](#)

Eat on day 2

Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

Frank's Red Hot sauce

1 3/4 tbsp (27mL)

oil

1 tsp (5mL)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

Chicken, drumsticks, with skin

2/3 lbs (302g)

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.

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.
-

Dinner 3 [↗](#)

Eat on day 3 and day 4

Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

oil
1 tbsp (15mL)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)

For all 2 meals:

oil
2 tbsp (30mL)
salt
1/2 tbsp (8g)
black pepper
1/4 tbsp, ground (2g)
sweet potatoes, cut into wedges
2 2/3 sweetpotato, 5" long (560g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Ranch pork chops

1 1/2 chop(s) - 518 cals ● 60g protein ● 30g fat ● 3g carbs ● 0g fiber



For single meal:

pork loin chops, boneless, raw
1 1/2 chop (278g)
oil
3/4 tbsp (11mL)
ranch dressing mix
1/6 packet (1 oz) (5g)

For all 2 meals:

pork loin chops, boneless, raw
3 chop (555g)
oil
1 1/2 tbsp (23mL)
ranch dressing mix
3/8 packet (1 oz) (11g)

1. Preheat oven to 400 F (200 C).
2. Spread oil evenly over all pork chops.
3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
5. Serve!

Dinner 4 [🔗](#)

Eat on day 5

Buttery white rice

243 cals ● 3g protein ● 9g fat ● 37g carbs ● 1g fiber



black pepper

1 dash, ground (0g)

butter

3/4 tbsp (11g)

salt

2 dash (2g)

water

1/2 cup(s) (119mL)

long-grain white rice

4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Salmon & veggie one pot

7 oz salmon - 655 cals ● 46g protein ● 40g fat ● 20g carbs ● 7g fiber



Makes 7 oz salmon

salmon

1/2 lbs (198g)

canned crushed tomatoes

14 tbsp (212g)

dried dill weed

1 tsp (1g)

oil

2 1/2 tsp (13mL)

water

1/4 cup(s) (52mL)

ground cumin

1 tsp (2g)

onion, sliced

7/8 small (61g)

bell pepper, sliced into strips

7/8 medium (104g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

1/2 tbsp, chopped (1g)

fresh mozzarella cheese, sliced

1 oz (28g)

tomatoes, sliced

3/8 large whole (3" dia) (68g)

For all 2 meals:

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

fresh mozzarella cheese, sliced

2 oz (57g)

tomatoes, sliced

3/4 large whole (3" dia) (137g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Almond crusted tilapia

10 oz - 706 cals ● 68g protein ● 34g fat ● 27g carbs ● 6g fiber



For single meal:

almonds

6 2/3 tbsp, slivered (45g)

tilapia, raw

10 oz (280g)

all-purpose flour

1/4 cup(s) (35g)

salt

1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

almonds

13 1/3 tbsp, slivered (90g)

tilapia, raw

1 1/4 lbs (560g)

all-purpose flour

1/2 cup(s) (69g)

salt

1/2 tsp (1g)

olive oil

5 tsp (25mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.