

# Meal Plan - 2600 calorie intermittent fasting 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

2554 cals ● 166g protein (26%) ● 133g fat (47%) ● 139g carbs (22%) ● 34g fiber (5%)

### Lunch

1280 cals, 77g protein, 96g net carbs, 56g fat



**Basic chicken thighs**

12 oz- 510 cals



**Sweet potato wedges**

652 cals



**Roasted brussels sprouts**

116 cals

### Dinner

1275 cals, 90g protein, 43g net carbs, 77g fat



**Brussels sprout, chicken & apple salad**

1237 cals



**Clementine**

1 clementine(s)- 39 cals

## Day 2

2600 cals ● 178g protein (27%) ● 98g fat (34%) ● 216g carbs (33%) ● 35g fiber (5%)

### Lunch

1280 cals, 77g protein, 96g net carbs, 56g fat



**Basic chicken thighs**

12 oz- 510 cals



**Sweet potato wedges**

652 cals



**Roasted brussels sprouts**

116 cals

### Dinner

1325 cals, 101g protein, 120g net carbs, 42g fat



**Cranberry spinach salad**

379 cals



**Chicken-broccoli-rice bowl**

943 cals

## Day 3

2579 cals ● 191g protein (30%) ● 93g fat (33%) ● 209g carbs (32%) ● 36g fiber (6%)

### Lunch

1255 cals, 89g protein, 89g net carbs, 51g fat



**Simple mixed greens salad**

136 cals



**Baked chicken with tomatoes & olives**

12 oz- 599 cals



**Sweet potato wedges**

521 cals

### Dinner

1325 cals, 101g protein, 120g net carbs, 42g fat



**Cranberry spinach salad**

379 cals



**Chicken-broccoli-rice bowl**

943 cals

## Day 4

2644 cals ● 262g protein (40%) ● 104g fat (35%) ● 140g carbs (21%) ● 26g fiber (4%)

### Lunch

1310 cals, 170g protein, 52g net carbs, 42g fat



**Lemon pepper chicken breast**  
26 oz- 962 cals



**Sweet potato wedges**  
347 cals

### Dinner

1335 cals, 92g protein, 88g net carbs, 62g fat



**Tossed salad**  
182 cals



**White rice**  
1 1/4 cup rice, cooked- 273 cals



**Pork & mushroom ragout**  
12 oz pork- 880 cals

## Day 5

2635 cals ● 184g protein (28%) ● 108g fat (37%) ● 201g carbs (30%) ● 32g fiber (5%)

### Lunch

1340 cals, 74g protein, 109g net carbs, 61g fat



**Brussels sprout, apple & walnut side salad**  
253 cals



**Simple chicken salad sandwich**  
1 1/2 sandwich(es)- 1086 cals

### Dinner

1295 cals, 110g protein, 91g net carbs, 47g fat



**Apricot glazed pork chops**  
2 1/2 chop(s)- 757 cals



**Roasted brussels sprouts**  
290 cals



**Mashed sweet potatoes with butter**  
249 cals

## Day 6

2570 cals ● 180g protein (28%) ● 94g fat (33%) ● 212g carbs (33%) ● 40g fiber (6%)

### Lunch

1270 cals, 84g protein, 135g net carbs, 33g fat



**Turkey-broccoli-rice bowl**  
669 cals



**Tossed salad**  
303 cals



**Kefir**  
300 cals

### Dinner

1300 cals, 96g protein, 77g net carbs, 61g fat



**Lentils**  
521 cals



**Buffalo drumsticks**  
13 1/3 oz- 778 cals

## Day 7

2570 cals ● 180g protein (28%) ● 94g fat (33%) ● 212g carbs (33%) ● 40g fiber (6%)

### Lunch

1270 cals, 84g protein, 135g net carbs, 33g fat



#### Turkey-broccoli-rice bowl

669 cals



#### Tossed salad

303 cals



#### Kefir

300 cals

### Dinner

1300 cals, 96g protein, 77g net carbs, 61g fat



#### Lentils

521 cals



#### Buffalo drumsticks

13 1/3 oz- 778 cals

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# Grocery List



## Poultry Products

- boneless skinless chicken thighs  
1 1/2 lbs (680g)
- boneless skinless chicken breast, raw  
5 1/4 lbs (2336g)
- ground turkey, raw  
1 lbs (454g)

## Fats and Oils

- oil  
1/2 cup (130mL)
- olive oil  
1/4 lbs (134mL)
- raspberry walnut vinaigrette  
1/3 cup (79mL)
- salad dressing  
5 oz (142mL)
- mayonnaise  
3 tbsp (45mL)

## Spices and Herbs

- salt  
2 1/2 tbsp (45g)
- black pepper  
10 1/2 g (11g)
- apple cider vinegar  
1 tbsp (15g)
- chili powder  
2 tsp (5g)
- fresh basil  
12 leaves (6g)
- lemon pepper  
5 tsp (11g)
- balsamic vinegar  
2 tsp (9mL)

## Vegetables and Vegetable Products

- sweet potatoes  
9 1/3 sweetpotato, 5" long (1960g)
- brussels sprouts  
1 2/3 lbs (774g)
- fresh spinach  
1 6oz package (170g)
- frozen broccoli  
2 1/2 package (710g)
- tomatoes  
5 1/2 medium whole (2-3/5" dia) (679g)

## Nut and Seed Products

- walnuts  
1/4 lbs (95g)

## Sweets

- maple syrup  
4 tsp (20mL)
- jams and preserves, apricot  
5 tbsp (100g)

## Fruits and Fruit Juices

- apples  
2/3 small (2-3/4" dia) (99g)
- clementines  
1 fruit (74g)
- dried cranberries  
13 1/4 tbsp (133g)
- green olives  
12 large (53g)

## Dairy and Egg Products

- romano cheese  
1 tbsp (6g)
- heavy cream  
1/2 cup (108mL)
- butter  
2 tsp (9g)
- kefir, flavored  
4 cup (960mL)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
2 1/2 pouch (~5.6 oz) (395g)

## Other

- mixed greens  
3 cup (90g)
- Chicken, drumsticks, with skin  
1 2/3 lbs (756g)

## Beverages

- water  
7 cup(s) (1619mL)

## Cereal Grains and Pasta

- romaine lettuce**  
3 1/4 hearts (1625g)
- red onion**  
5/6 medium (2-1/2" dia) (89g)
- cucumber**  
5/6 cucumber (8-1/4") (245g)
- carrots**  
3 1/4 small (5-1/2" long) (163g)
- mushrooms**  
5 oz (136g)

- long-grain white rice**  
6 3/4 tbsp (77g)

## **Pork Products**

- pork tenderloin, raw**  
3/4 lbs (340g)
- pork chop, bone-in**  
2 1/2 chop (445g)

## **Soups, Sauces, and Gravies**

- vegetable broth**  
1/2 cup(s) (mL)
- Frank's Red Hot sauce**  
1/4 cup (67mL)

## **Baked Products**

- bread**  
3 slice (96g)

## **Legumes and Legume Products**

- lentils, raw**  
1 1/2 cup (288g)

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## Lunch 1 ↗

Eat on day 1 and day 2

### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**  
3/4 lbs (340g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken thighs**  
1 1/2 lbs (680g)  
**oil**  
1 tbsp (15mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

### Sweet potato wedges

652 cals ● 9g protein ● 21g fat ● 91g carbs ● 16g fiber



For single meal:

**oil**  
2 tbsp (28mL)  
**salt**  
1 1/4 tsp (8g)  
**black pepper**  
5 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
2 1/2 sweetpotato, 5" long (525g)

For all 2 meals:

**oil**  
1/4 cup (56mL)  
**salt**  
2 1/2 tsp (15g)  
**black pepper**  
1 1/4 tsp, ground (3g)  
**sweet potatoes, cut into wedges**  
5 sweetpotato, 5" long (1050g)

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.

### Roasted brussels sprouts

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



For single meal:

**salt**  
1 dash (1g)  
**black pepper**  
2/3 dash, ground (0g)  
**brussels sprouts**  
4 oz (113g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**salt**  
2 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**brussels sprouts**  
1/2 lbs (227g)  
**olive oil**  
3 tsp (15mL)

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.

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## Lunch 2 ↗

Eat on day 3

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### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

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### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



Makes 12 oz

**tomatoes**

12 cherry tomatoes (204g)

**olive oil**

2 tsp (10mL)

**salt**

4 dash (3g)

**green olives**

12 large (53g)

**black pepper**

4 dash (0g)

**chili powder**

2 tsp (5g)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**fresh basil, shredded**

12 leaves (6g)

1. Heat the oven to 425 F (220 C)

2. Put chicken breast in a small baking dish.

3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.

4. On top of the chicken put the tomato, basil, and olives.

5. Put the baking dish in the oven and cook for about 25 minutes.

6. Check the chicken is cooked through. If not then add a few minutes of cook time.

## Sweet potato wedges

521 cals ● 7g protein ● 17g fat ● 72g carbs ● 13g fiber



**oil**

1 1/2 tbsp (23mL)

**salt**

1 tsp (6g)

**black pepper**

4 dash, ground (1g)

**sweet potatoes, cut into wedges**

2 sweetpotato, 5" long (420g)

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.

## Lunch 3 ↗

Eat on day 4

### Lemon pepper chicken breast

26 oz - 962 cals ● 165g protein ● 31g fat ● 4g carbs ● 3g fiber



Makes 26 oz

**boneless skinless chicken breast, raw**

26 oz (728g)

**olive oil**

2 1/2 tsp (12mL)

**lemon pepper**

5 tsp (11g)

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.

### Sweet potato wedges

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



**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)

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.

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## Lunch 4 ↗

Eat on day 5

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### Brussels sprout, apple & walnut side salad

253 cals ● 4g protein ● 19g fat ● 12g carbs ● 4g fiber



**maple syrup**  
1 tsp (5mL)  
**walnuts**  
2 tbsp, chopped (14g)  
**apple cider vinegar**  
1/4 tbsp (4g)  
**olive oil**  
3/4 tbsp (11mL)  
**apples, chopped**  
1/6 small (2-3/4" dia) (25g)  
**brussels sprouts, ends trimmed and discarded**  
3/4 cup (66g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

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### Simple chicken salad sandwich

1 1/2 sandwich(es) - 1086 cals ● 70g protein ● 42g fat ● 98g carbs ● 10g fiber



Makes 1 1/2 sandwich(es)

**mayonnaise**

3 tbsp (45mL)

**dried cranberries**

1/2 cup (80g)

**bread**

3 slice (96g)

**boneless skinless chicken breast, raw**

1/2 lbs (255g)

1. Place raw chicken into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. In a bowl combine completely cooked chicken, mayo and cranberries.
4. Keep in refrigerator until ready to serve.
5. Serve in between two slices of bread.

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## Lunch 5

Eat on day 6 and day 7

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### Turkey-broccoli-rice bowl

669 cals ● 57g protein ● 19g fat ● 61g carbs ● 7g fiber



For single meal:

**black pepper**

2 dash, ground (1g)

**salt**

2 dash (2g)

**flavored rice mix**

1/2 pouch (~5.6 oz) (79g)

**frozen broccoli**

1/2 package (142g)

**ground turkey, raw**

1/2 lbs (227g)

For all 2 meals:

**black pepper**

4 dash, ground (1g)

**salt**

4 dash (3g)

**flavored rice mix**

1 pouch (~5.6 oz) (158g)

**frozen broccoli**

1 package (284g)

**ground turkey, raw**

1 lbs (454g)

1. Brown the turkey over medium heat until cooked through. Season with salt and pepper to taste.
2. Meanwhile, prepare the rice mix and broccoli according the the instructions on the package.
3. When everything is ready mix it all together and serve.

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### Tossed salad

303 cals ● 11g protein ● 10g fat ● 25g carbs ● 17g fiber



For single meal:

**romaine lettuce, shredded**  
1 1/4 hearts (625g)  
**tomatoes, diced**  
1 1/4 small whole (2-2/5" dia)  
(114g)  
**salad dressing**  
2 1/2 tbsp (38mL)  
**red onion, sliced**  
1/3 medium (2-1/2" dia) (34g)  
**cucumber, sliced or diced**  
1/3 cucumber (8-1/4") (94g)  
**carrots, peeled and shredded or sliced**  
1 1/4 small (5-1/2" long) (63g)

For all 2 meals:

**romaine lettuce, shredded**  
2 1/2 hearts (1250g)  
**tomatoes, diced**  
2 1/2 small whole (2-2/5" dia)  
(228g)  
**salad dressing**  
5 tbsp (75mL)  
**red onion, sliced**  
5/8 medium (2-1/2" dia) (69g)  
**cucumber, sliced or diced**  
5/8 cucumber (8-1/4") (188g)  
**carrots, peeled and shredded or sliced**  
2 1/2 small (5-1/2" long) (125g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Kefir

300 cals ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

**kefir, flavored**  
2 cup (480mL)

For all 2 meals:

**kefir, flavored**  
4 cup (960mL)

1. Pour into a glass and drink.

## Dinner 1 ↗

Eat on day 1

### Brussels sprout, chicken & apple salad

1237 cals ● 89g protein ● 77g fat ● 35g carbs ● 12g fiber



#### walnuts

6 tbsp, chopped (42g)

#### apple cider vinegar

3/4 tbsp (11g)

#### maple syrup

1 tbsp (15mL)

#### olive oil

3 tbsp (45mL)

#### boneless skinless chicken breast, raw

3/4 lbs (340g)

#### brussels sprouts, ends trimmed and discarded

2 1/4 cup (198g)

#### apples, chopped

1/2 small (2-3/4" dia) (74g)

1. Season chicken breasts with some salt and pepper. Heat about 25% of the oil (reserving the rest for later) in a skillet over medium heat. Add chicken breasts and cook about 5-10 minutes on each side or until the center is no longer pink. Transfer to a cutting board and when cool enough to handle, chop breasts into bite-sized pieces. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chicken, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

### Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber

Makes 1 clementine(s)

#### clementines

1 fruit (74g)

1. The recipe has no instructions.



## Dinner 2 ↗

Eat on day 2 and day 3

### Cranberry spinach salad

379 cals ● 7g protein ● 25g fat ● 28g carbs ● 5g fiber



For single meal:

**dried cranberries**  
2 2/3 tbsp (27g)  
**walnuts**  
2 2/3 tbsp, chopped (19g)  
**fresh spinach**  
1/2 6oz package (85g)  
**raspberry walnut vinaigrette**  
2 2/3 tbsp (40mL)  
**romano cheese, finely shredded**  
1/2 tbsp (3g)

For all 2 meals:

**dried cranberries**  
1/3 cup (53g)  
**walnuts**  
1/3 cup, chopped (39g)  
**fresh spinach**  
1 6oz package (170g)  
**raspberry walnut vinaigrette**  
1/3 cup (80mL)  
**romano cheese, finely shredded**  
1 tbsp (6g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

### Chicken-broccoli-rice bowl

943 cals ● 95g protein ● 17g fat ● 92g carbs ● 10g fiber



For single meal:

**frozen broccoli**  
3/4 package (213g)  
**flavored rice mix**  
3/4 pouch (~5.6 oz) (119g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)

For all 2 meals:

**frozen broccoli**  
1 1/2 package (426g)  
**flavored rice mix**  
1 1/2 pouch (~5.6 oz) (237g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**olive oil**  
1 tbsp (15mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together and serve.

## Dinner 3 ↗

Eat on day 4

### Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



**romaine lettuce, shredded**  
3/4 hearts (375g)  
**tomatoes, diced**  
3/4 small whole (2-2/5" dia) (68g)  
**salad dressing**  
1 1/2 tbsp (23mL)  
**red onion, sliced**  
1/6 medium (2-1/2" dia) (21g)  
**cucumber, sliced or diced**  
1/6 cucumber (8-1/4") (56g)  
**carrots, peeled and shredded or sliced**  
3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

### White rice

1 1/4 cup rice, cooked - 273 cals ● 6g protein ● 1g fat ● 61g carbs ● 1g fiber



Makes 1 1/4 cup rice, cooked

**water**  
5/6 cup(s) (198mL)  
**long-grain white rice**  
6 2/3 tbsp (77g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

### Pork & mushroom ragout

12 oz pork - 880 cals ● 80g protein ● 55g fat ● 12g carbs ● 4g fiber



Makes 12 oz pork

**pork tenderloin, raw**  
3/4 lbs (340g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**heavy cream**  
1/2 cup (108mL)  
**oil**  
2 tsp (9mL)  
**tomatoes, halved**  
5/8 pint, cherry tomatoes (179g)  
**mushrooms, sliced**  
5 oz (136g)

1. Heat oil in skillet over medium heat. Cut pork into inch-thick medallions and add to the skillet. Once browned on both sides and fully cooked, remove pork and set aside.
2. Add mushrooms to the skillet and saute for about 5 minutes. Add tomatoes and cook for 2 more minutes.
3. Add cream and stock and simmer for 4-8 minutes until it has reduced some and formed a thicker sauce. Season with salt/pepper to taste.
4. Add back in pork and heat until warmed through. Serve.

## Dinner 4

Eat on day 5

### Apricot glazed pork chops

2 1/2 chop(s) - 757 cals ● 99g protein ● 22g fat ● 41g carbs ● 0g fiber



Makes 2 1/2 chop(s)

**balsamic vinegar**  
2 tsp (9mL)  
**jams and preserves, apricot**  
5 tbsp (100g)  
**olive oil**  
1 1/4 tsp (6mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**pork chop, bone-in**  
2 1/2 chop (445g)

1. Rub the pork chops with the salt and pepper on both sides.
2. Heat the olive oil in a large skillet over medium-high heat and add the chops until browned, about 6-8 minutes on each side.
3. Add the apricot preserves and the balsamic vinegar to the skillet and turn the pork until it is fully coated. Cook each side 1-2 minutes.
4. Serve.

### Roasted brussels sprouts

290 cals ● 9g protein ● 17g fat ● 15g carbs ● 11g fiber



**salt**  
1/3 tsp (2g)  
**black pepper**  
1/4 tsp, ground (0g)  
**brussels sprouts**  
10 oz (284g)  
**olive oil**  
1 1/4 tbsp (19mL)

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.

## Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



**sweet potatoes**  
1 sweetpotato, 5" long (210g)  
**butter**  
2 tsp (9g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

## Dinner 5 ↗

Eat on day 6 and day 7

### Lentils

521 cals ● 35g protein ● 2g fat ● 76g carbs ● 15g fiber



For single meal:

**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

For all 2 meals:

**water**  
6 cup(s) (1422mL)  
**salt**  
3 dash (2g)  
**lentils, raw, rinsed**  
1 1/2 cup (288g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Buffalo drumsticks

13 1/3 oz - 778 cals ● 60g protein ● 59g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
2 1/4 tbsp (33mL)  
**oil**  
1 1/4 tsp (6mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp, ground (0g)  
**Chicken, drumsticks, with skin**  
13 1/3 oz (378g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/4 cup (67mL)  
**oil**  
2 1/2 tsp (13mL)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**Chicken, drumsticks, with skin**  
1 2/3 lbs (756g)

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.