

Meal Plan - 1300 calorie keto meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1251 cals ● 170g protein (54%) ● 55g fat (39%) ● 13g carbs (4%) ● 7g fiber (2%)

Breakfast

200 cals, 14g protein, 1g net carbs, 16g fat



Bacon

4 slice(s)- 202 cals

Lunch

440 cals, 65g protein, 6g net carbs, 16g fat



Olive oil drizzled green beans

72 cals



Lemon pepper chicken breast

10 oz- 370 cals

Snacks

130 cals, 20g protein, 3g net carbs, 4g fat



Ham chips with salsa

5 slices- 131 cals

Dinner

475 cals, 71g protein, 4g net carbs, 18g fat



Simple sauteed spinach

100 cals



Marinated chicken breast

10 2/3 oz- 377 cals

Day 2

1255 cals ● 127g protein (41%) ● 72g fat (52%) ● 16g carbs (5%) ● 8g fiber (2%)

Breakfast

200 cals, 14g protein, 1g net carbs, 16g fat



Bacon

4 slice(s)- 202 cals

Lunch

445 cals, 23g protein, 9g net carbs, 34g fat



Olive oil drizzled green beans

72 cals



Simple salmon

3 oz- 192 cals

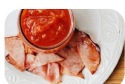


Parmesan zucchini noodles

182 cals

Snacks

130 cals, 20g protein, 3g net carbs, 4g fat



Ham chips with salsa

5 slices- 131 cals

Dinner

475 cals, 71g protein, 4g net carbs, 18g fat



Simple sauteed spinach

100 cals



Marinated chicken breast


10 2/3 oz- 377 cals

Day 3

1252 cals ● 96g protein (31%) ● 85g fat (61%) ● 13g carbs (4%) ● 12g fiber (4%)


Breakfast

200 cals, 14g protein, 1g net carbs, 16g fat

 **Bacon**
4 slice(s)- 202 cals


Snacks


185 cals, 9g protein, 3g net carbs, 15g fat

 **Pumpkin seeds**
183 cals

Lunch

460 cals, 21g protein, 8g net carbs, 34g fat


 **Roasted almonds**
1/4 cup(s)- 222 cals

 **Ham tacos**
2 ham taco(s)- 237 cals

Dinner

410 cals, 52g protein, 2g net carbs, 21g fat

 **Parmesan zucchini noodles**
91 cals


 **Basic chicken breast**
8 oz- 317 cals


Day 4

1279 cals ● 99g protein (31%) ● 86g fat (60%) ● 14g carbs (4%) ● 13g fiber (4%)

Breakfast


230 cals, 17g protein, 2g net carbs, 17g fat

 **Boiled eggs**
2 egg(s)- 139 cals

 **Sunflower seeds**
90 cals


Snacks


185 cals, 9g protein, 3g net carbs, 15g fat

 **Pumpkin seeds**
183 cals

Lunch


460 cals, 21g protein, 8g net carbs, 34g fat


 **Roasted almonds**
1/4 cup(s)- 222 cals

 **Ham tacos**
2 ham taco(s)- 237 cals

Dinner

410 cals, 52g protein, 2g net carbs, 21g fat

 **Parmesan zucchini noodles**
91 cals

 **Basic chicken breast**
8 oz- 317 cals

Day 5

1348 cals ● 106g protein (31%) ● 92g fat (62%) ● 16g carbs (5%) ● 8g fiber (2%)

Breakfast

230 cals, 17g protein, 2g net carbs, 17g fat



Boiled eggs
2 egg(s)- 139 cals



Sunflower seeds
90 cals

Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



Pumpkin seeds
183 cals

Lunch

420 cals, 41g protein, 6g net carbs, 25g fat



Roasted almonds
1/8 cup(s)- 111 cals



String cheese
1 stick(s)- 83 cals



Basic chicken & spinach salad
228 cals

Dinner

515 cals, 40g protein, 5g net carbs, 37g fat



Rotisserie chicken & tomato salad
514 cals

Day 6

1256 cals ● 95g protein (30%) ● 85g fat (61%) ● 16g carbs (5%) ● 11g fiber (3%)

Breakfast

240 cals, 20g protein, 2g net carbs, 16g fat



Simple sauteed spinach
50 cals



Egg wrap with ham and cheese
1 wrap(s)- 190 cals

Snacks

95 cals, 9g protein, 2g net carbs, 5g fat



Celery sticks
1 celery stalk- 7 cals



Pork rinds and salsa
87 cals

Lunch

450 cals, 34g protein, 5g net carbs, 31g fat



Lemon garlic chicken zoodles
268 cals



Pecans
1/4 cup- 183 cals

Dinner

470 cals, 32g protein, 6g net carbs, 34g fat



Cheesy garlicky salmon
367 cals



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

Day 7

1256 cals ● 95g protein (30%) ● 85g fat (61%) ● 16g carbs (5%) ● 11g fiber (3%)

Breakfast

240 cals, 20g protein, 2g net carbs, 16g fat



Simple sauteed spinach
50 cals



Egg wrap with ham and cheese
1 wrap(s)- 190 cals

Snacks

95 cals, 9g protein, 2g net carbs, 5g fat



Celery sticks
1 celery stalk- 7 cals



Pork rinds and salsa
87 cals

Lunch

450 cals, 34g protein, 5g net carbs, 31g fat



Lemon garlic chicken zoodles
268 cals



Pecans
1/4 cup- 183 cals

Dinner

470 cals, 32g protein, 6g net carbs, 34g fat



Cheesy garlicky salmon
367 cals



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

Pork Products

- ☐ bacon, cooked
12 slice(s) (120g)

Spices and Herbs

- ☐ black pepper
1 g (1g)
- ☐ salt
3 g (3g)
- ☐ lemon pepper
2 tsp (4g)
- ☐ garlic powder
2 dash (1g)
- ☐ onion powder
2 dash (1g)
- ☐ fresh basil
2 leaves (1g)

Vegetables and Vegetable Products

- ☐ frozen green beans
1 1/3 cup (161g)
- ☐ fresh spinach
13 1/2 cup(s) (405g)
- ☐ garlic
5 1/2 clove(s) (17g)
- ☐ zucchini
3 medium (588g)
- ☐ cucumber
1/4 cucumber (8-1/4") (75g)
- ☐ tomatoes
1/2 large whole (3" dia) (91g)
- ☐ raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ frozen broccoli
3 cup (273g)

Fats and Oils

- ☐ olive oil
3 oz (97mL)
- ☐ marinade sauce
2/3 cup (161mL)
- ☐ oil
1 1/2 oz (43mL)
- ☐ salad dressing
1 tbsp (17mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 lbs (1722g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
16 slice (368g)

Soups, Sauces, and Gravies

- ☐ salsa
13 tbsp (234g)

Finfish and Shellfish Products

- ☐ salmon
2/3 lbs (312g)

Dairy and Egg Products

- ☐ parmesan cheese
1 1/2 oz (43g)
- ☐ cheese
6 tbsp, shredded (42g)
- ☐ eggs
8 large (400g)
- ☐ string cheese
1 stick (28g)
- ☐ butter
1 tbsp (14g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)
- ☐ almonds
10 tbsp, whole (89g)
- ☐ sunflower kernels
1 oz (28g)
- ☐ pecans
1/2 cup, halves (50g)

Other

- ☐ guacamole, store-bought
1/2 cup (124g)
- ☐ rotisserie chicken, cooked
6 oz (170g)
- ☐ pork rinds
1 oz (28g)

Fruits and Fruit Juices

☐ lemon juice
1 1/6 fl oz (35mL)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Bacon

4 slice(s) - 202 cals ● 14g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

bacon, cooked
4 slice(s) (40g)

For all 3 meals:

bacon, cooked
12 slice(s) (120g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Boiled eggs

2 egg(s) - 139 cals ● 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.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:
sunflower kernels
1/2 oz (14g)

For all 2 meals:
sunflower kernels
1 oz (28g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:
black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)
garlic, diced
1/4 clove (1g)

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

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 wrap with ham and cheese

1 wrap(s) - 190 cals ● 18g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
cheese
1 tbsp, shredded (7g)
ham cold cuts, chopped
1 slice (23g)

For all 2 meals:

eggs
4 large (200g)
cheese
2 tbsp, shredded (14g)
ham cold cuts, chopped
2 slice (46g)

1. Crack eggs and separate out whites and yolks in separate bowls.
2. Lightly mix the egg whites with a fork and pour them into a small, greased, non-stick skillet over low heat, making sure mixture lays evenly in the bottom in the shape of a circle.
3. While egg white is cooking, mix in the ham, cheese, and salt/pepper to taste to the egg yolk bowl. Mix well.
4. Once egg white has firmed a bit, flip it over and finish cooking the other side.
5. Remove egg white wrap and pour in egg yolk mixture to the skillet. Cook until done.
6. While egg white wrap is still warm, use it as a tortilla and add in the egg-yolk mixture.
7. Wrap up and serve.
8. To store: you can make these in bulk by wrapping them up in plastic and storing in the fridge. Reheat gently in microwave when ready to eat.

Lunch 1 [🔗](#)

Eat on day 1

Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)
olive oil
1 tsp (5mL)

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

Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



Makes 10 oz

boneless skinless chicken breast, raw

10 oz (280g)

olive oil

1 tsp (5mL)

lemon pepper

2 tsp (4g)

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

Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen green beans

2/3 cup (81g)

olive oil

1 tsp (5mL)

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

Simple salmon

3 oz - 192 cals ● 17g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 3 oz

salmon

3 oz (85g)

oil

1/2 tsp (3mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Parmesan zucchini noodles

182 cals ● 4g protein ● 16g fat ● 5g carbs ● 2g fiber



zucchini
1 medium (196g)
olive oil
1 tbsp (15mL)
parmesan cheese
1 tbsp (5g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Lunch 3 [🔗](#)

Eat on day 3 and day 4

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:
almonds
4 tbsp, whole (36g)

For all 2 meals:
almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Ham tacos

2 ham taco(s) - 237 cals ● 14g protein ● 16g fat ● 4g carbs ● 5g fiber



For single meal:
ham cold cuts
2 slice (46g)
guacamole, store-bought
4 tbsp (62g)
salsa
2 tbsp (36g)
cheese
2 tbsp, shredded (14g)

For all 2 meals:
ham cold cuts
4 slice (92g)
guacamole, store-bought
1/2 cup (124g)
salsa
4 tbsp (72g)
cheese
4 tbsp, shredded (28g)

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
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Lunch 4 [↗](#)

Eat on day 5

Roasted almonds

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



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. The recipe has no instructions.

String cheese

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



Makes 1 stick(s)

string cheese

1 stick (28g)

1. The recipe has no instructions.

Basic chicken & spinach salad

228 cals ● 30g protein ● 10g fat ● 3g carbs ● 1g fiber



fresh spinach

1 1/2 cup(s) (45g)

oil

1/4 tbsp (4mL)

salad dressing

1 tbsp (17mL)

**boneless skinless chicken breast, raw,
chopped, cooked**

1/4 lbs (128g)

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.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Lemon garlic chicken zoodles

268 cals ● 32g protein ● 13g fat ● 4g carbs ● 1g fiber



For single meal:

butter
1/2 tbsp (7g)
garlic powder
1 dash (0g)
onion powder
1 dash (0g)
lemon juice
1/2 tbsp (8mL)
oil
1/4 tbsp (4mL)
garlic, minced
1 1/2 clove(s) (5g)
zucchini, spiralized
1/2 medium (98g)
boneless skinless chicken breast, raw, cut into bite-sized pieces
5 oz (134g)

For all 2 meals:

butter
1 tbsp (14g)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)
lemon juice
1 tbsp (15mL)
oil
1/2 tbsp (8mL)
garlic, minced
3 clove(s) (9g)
zucchini, spiralized
1 medium (196g)
boneless skinless chicken breast, raw, cut into bite-sized pieces
9 1/2 oz (269g)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. In a small saucepan, cook the butter and garlic for 1-2 minutes. Stir in the garlic powder, onion powder, lemon juice, and a dash of salt. Once incorporated, turn off the heat and set the sauce aside.
3. Heat oil in a skillet over medium heat and add the chicken. Stir occasionally and cook until it's golden brown and no longer pink in the middle.
4. Pour about half of the sauce into the skillet and stir to coat the chicken. Transfer the chicken to a plate and set aside.
5. Add the zucchini noodles to the skillet with the remaining sauce and saute for a couple of minutes until noodles are softened.
6. Add noodles and chicken to a bowl and serve.

Pecans

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



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Ham chips with salsa

5 slices - 131 cal ● 20g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

ham cold cuts

5 slice (115g)

salsa

2 1/2 tbsp (45g)

For all 2 meals:

ham cold cuts

10 slice (230g)

salsa

5 tbsp (90g)

1. Cut ham into bite-sized shapes.
2. Cook in toaster oven set to 400 F (200 C) or you can fry in a pan with non-stick spray.
3. Cook until edges are starting to brown and ham is getting more firm, about 6 minutes.
4. Remove from oven and let cool. They will firm up more when cool.
5. Serve with salsa.

Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted

3/4 cup (89g)

1. The recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 2 meals:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

1. Slice celery into sticks and serve.
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Pork rinds and salsa

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



For single meal:

salsa

2 tbsp (36g)

pork rinds

1/2 oz (14g)

For all 2 meals:

salsa

4 tbsp (72g)

pork rinds

1 oz (28g)

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

Eat on day 1 and day 2

Simple sauteed spinach

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



For single meal:

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

For all 2 meals:

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

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.

Marinated chicken breast

10 2/3 oz - 377 cals ● 67g protein ● 11g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
2/3 lbs (299g)
marinade sauce
1/3 cup (80mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
marinade sauce
2/3 cup (160mL)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Parmesan zucchini noodles

91 cals ● 2g protein ● 8g fat ● 2g carbs ● 1g fiber



For single meal:

zucchini
1/2 medium (98g)
olive oil
1/2 tbsp (8mL)
parmesan cheese
1/2 tbsp (3g)

For all 2 meals:

zucchini
1 medium (196g)
olive oil
1 tbsp (15mL)
parmesan cheese
1 tbsp (5g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (224g)
oil
1/2 tbsp (8mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
oil
1 tbsp (15mL)

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.

Dinner 3 [↗](#)

Eat on day 5

Rotisserie chicken & tomato salad

514 cals ● 40g protein ● 37g fat ● 5g carbs ● 2g fiber



rotisserie chicken, cooked

6 oz (170g)

olive oil

1 tbsp (15mL)

lemon juice

1 tsp (5mL)

cucumber, sliced

1/4 cucumber (8-1 1/4") (75g)

tomatoes, cut into wedges

1/2 large whole (3" dia) (91g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Cheesy garlicky salmon

367 cals ● 28g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

parmesan cheese

2 1/2 tbsp (17g)

salmon

4 oz (113g)

lemon juice

1/2 tbsp (8mL)

oil

1/2 tbsp (8mL)

fresh basil, chopped

1 leaves (1g)

garlic, minced

1/2 clove(s) (2g)

For all 2 meals:

parmesan cheese

1/3 cup (33g)

salmon

1/2 lbs (227g)

lemon juice

1 tbsp (15mL)

oil

1 tbsp (15mL)

fresh basil, chopped

2 leaves (1g)

garlic, minced

1 clove(s) (3g)

1. Preheat oven to 350°F (180°C).
2. Line a baking tray with parchment paper and spray. Place salmon fillets, skin side down, on the baking tray. Set aside.
3. In a small bowl combine the cheese, garlic, lemon, basil, oil, and some salt and pepper. Mix until well combined.
4. Spread cheese mixture evenly over each fillet.
5. Bake in oven for 13 minutes or until internal temperature reaches 145°F (63°C). Serve.

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.
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