

# Meal Plan - 1400 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

1372 cals ● 117g protein (34%) ● 91g fat (59%) ● 17g carbs (5%) ● 5g fiber (2%)

### Breakfast

235 cals, 16g protein, 2g net carbs, 18g fat



**Goat cheese & tomato mini egg muffin**  
2 mini muffin(s)- 122 cals



**Cheese**  
1 oz- 114 cals

### Snacks

180 cals, 14g protein, 5g net carbs, 11g fat



**Sugar snap peas**  
1/2 cup- 14 cals



**String cheese**  
2 stick(s)- 165 cals

### Lunch

465 cals, 47g protein, 4g net carbs, 28g fat



**Thyme & lime chicken thighs**  
368 cals



**Sauteed mushrooms**  
4 oz mushrooms- 95 cals

### Dinner

495 cals, 40g protein, 6g net carbs, 33g fat



**Olive oil drizzled green beans**  
108 cals



**Baked chicken thighs**  
6 oz- 385 cals

## Day 2

1376 cals ● 113g protein (33%) ● 93g fat (61%) ● 16g carbs (5%) ● 5g fiber (1%)

### Breakfast

235 cals, 16g protein, 2g net carbs, 18g fat



**Goat cheese & tomato mini egg muffin**  
2 mini muffin(s)- 122 cals



**Cheese**  
1 oz- 114 cals

### Snacks

180 cals, 14g protein, 5g net carbs, 11g fat



**Sugar snap peas**  
1/2 cup- 14 cals



**String cheese**  
2 stick(s)- 165 cals

### Lunch

465 cals, 47g protein, 4g net carbs, 28g fat



**Thyme & lime chicken thighs**  
368 cals



**Sauteed mushrooms**  
4 oz mushrooms- 95 cals

### Dinner

500 cals, 36g protein, 6g net carbs, 36g fat



**Boiled eggs**  
4 egg(s)- 277 cals



**Roast beef & blue cheese salad**  
220 cals

## Day 3

1408 cals ● 105g protein (30%) ● 97g fat (62%) ● 16g carbs (5%) ● 13g fiber (4%)

### Breakfast

235 cals, 16g protein, 2g net carbs, 18g fat



**Goat cheese & tomato mini egg muffin**  
2 mini muffin(s)- 122 cals



**Cheese**  
1 oz- 114 cals

### Snacks

185 cals, 21g protein, 4g net carbs, 10g fat



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



**Cheesy ham roll ups**  
1 roll up(s)- 108 cals

### Lunch

495 cals, 34g protein, 4g net carbs, 36g fat



**Walnuts**  
1/6 cup(s)- 131 cals



**Ham, bacon, avocado lettuce wrap**  
1 wrap(s)- 365 cals

### Dinner

490 cals, 35g protein, 7g net carbs, 32g fat



**Basic chicken thighs**  
6 oz- 255 cals



**Tomato and avocado salad**  
235 cals

## Day 4

1452 cals ● 109g protein (30%) ● 100g fat (62%) ● 15g carbs (4%) ● 13g fiber (4%)

### Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



**Bacon omelet**  
280 cals

### Snacks

185 cals, 21g protein, 4g net carbs, 10g fat



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



**Cheesy ham roll ups**  
1 roll up(s)- 108 cals

### Lunch

495 cals, 34g protein, 4g net carbs, 36g fat



**Walnuts**  
1/6 cup(s)- 131 cals



**Ham, bacon, avocado lettuce wrap**  
1 wrap(s)- 365 cals

### Dinner

490 cals, 35g protein, 7g net carbs, 32g fat



**Basic chicken thighs**  
6 oz- 255 cals



**Tomato and avocado salad**  
235 cals

## Day 5

1383 cals ● 120g protein (35%) ● 92g fat (60%) ● 15g carbs (4%) ● 3g fiber (1%)

### Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



**Bacon omelet**

280 cals

### Snacks

160 cals, 17g protein, 1g net carbs, 9g fat



**Ham, cheese, and spinach pockets**

3 pocket(s)- 158 cals

### Lunch

430 cals, 44g protein, 7g net carbs, 25g fat



**Chicken sausage**

3 link- 381 cals



**Simple sauteed spinach**

50 cals

### Dinner

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



**Rotisserie chicken & tomato salad**

514 cals

## Day 6

1379 cals ● 109g protein (32%) ● 93g fat (61%) ● 16g carbs (5%) ● 10g fiber (3%)

### Breakfast

275 cals, 9g protein, 2g net carbs, 23g fat



**Bacon avocado "toast"**

2 slices- 276 cals

### Snacks

160 cals, 17g protein, 1g net carbs, 9g fat



**Ham, cheese, and spinach pockets**

3 pocket(s)- 158 cals

### Lunch

430 cals, 44g protein, 7g net carbs, 25g fat



**Chicken sausage**

3 link- 381 cals



**Simple sauteed spinach**

50 cals

### Dinner

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



**Rotisserie chicken & tomato salad**

514 cals

## Day 7

1379 cals ● 106g protein (31%) ● 93g fat (61%) ● 15g carbs (4%) ● 14g fiber (4%)

### Breakfast

275 cals, 9g protein, 2g net carbs, 23g fat



**Bacon avocado "toast"**

2 slices- 276 cals

### Snacks

160 cals, 17g protein, 1g net carbs, 9g fat



**Ham, cheese, and spinach pockets**

3 pocket(s)- 158 cals

### Lunch

430 cals, 31g protein, 8g net carbs, 28g fat



**Honey mustard chicken thighs w/ skin**

4 oz- 279 cals



**Simple sauteed spinach**

149 cals

### Dinner

515 cals, 49g protein, 4g net carbs, 33g fat



**Classic steak**

8 oz steak- 475 cals



**Sugar snap peas**

41 cals

## Vegetables and Vegetable Products

- ☐ Sugar snap peas  
1 cup, whole (63g)
- ☐ tomatoes  
3 1/4 medium whole (2-3/5" dia) (396g)
- ☐ mushrooms  
1/2 lbs (227g)
- ☐ frozen green beans  
1 cup (121g)
- ☐ romaine lettuce  
2 leaf outer (56g)
- ☐ onion  
2 tbsp minced (30g)
- ☐ fresh spinach  
1 1/4 10oz package (345g)
- ☐ cucumber  
1/2 cucumber (8-1/4") (151g)
- ☐ garlic  
1 1/4 clove (4g)
- ☐ frozen sugar snap peas  
2/3 cup (96g)

## Dairy and Egg Products

- ☐ string cheese  
4 stick (112g)
- ☐ eggs  
11 large (550g)
- ☐ goat cheese  
3 tbsp (42g)
- ☐ cheese  
1/2 lbs (218g)
- ☐ blue cheese  
1/2 oz (14g)

## Beverages

- ☐ water  
1 tbsp (15mL)

## Poultry Products

- ☐ boneless skinless chicken thighs  
1 3/4 lbs (794g)
- ☐ chicken thighs, with bone and skin, raw  
10 oz (284g)

## Spices and Herbs

- ☐ thyme, dried  
1/8 oz (1g)

## Fruits and Fruit Juices

- ☐ lime juice  
4 tbsp (60mL)
- ☐ avocados  
2 1/2 avocado(s) (503g)
- ☐ lemon juice  
2 tsp (10mL)

## Fats and Oils

- ☐ oil  
2 3/4 tbsp (41mL)
- ☐ olive oil  
2 1/3 oz (74mL)
- ☐ caesar salad dressing  
4 tsp (20g)

## Other

- ☐ mixed greens  
2 1/2 oz (71g)
- ☐ low-sugar Greek yogurt, flavored  
2 container(s) (300g)
- ☐ rotisserie chicken, cooked  
3/4 lbs (340g)

## Sausages and Luncheon Meats

- ☐ roast beef cold cuts  
1 oz (28g)
- ☐ ham cold cuts  
17 oz (480g)
- ☐ chicken sausage, cooked  
6 link (504g)

## Nut and Seed Products

- ☐ walnuts  
6 tbsp, shelled (38g)

## Pork Products

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

## Sweets

- ☐ honey  
1/4 tbsp (5g)

## Beef Products

- ☐ **black pepper**  
2 g (2g)
  - ☐ **salt**  
1/6 oz (6g)
  - ☐ **garlic powder**  
4 dash (2g)
  - ☐ **brown deli mustard**  
1 tsp (6g)
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- ☐ **sirloin steak, raw**  
1/2 lbs (227g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Goat cheese & tomato mini egg muffin

2 mini muffin(s) - 122 cal ● 9g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

**water**

1 tsp (5mL)

**eggs**

1 large (50g)

**goat cheese**

3 tsp (14g)

**tomatoes, chopped**

1 slice(s), thin/small (15g)

For all 3 meals:

**water**

1 tbsp (15mL)

**eggs**

3 large (150g)

**goat cheese**

3 tbsp (42g)

**tomatoes, chopped**

3 slice(s), thin/small (45g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
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.

## Cheese

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



For single meal:

**cheese**

1 oz (28g)

For all 3 meals:

**cheese**

3 oz (85g)

1. The recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Bacon omelet

280 cals ● 20g protein ● 22g fat ● 1g carbs ● 0g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**eggs**  
2 large (100g)  
**bacon, cooked, cooked and chopped**  
2 slice(s) (20g)

For all 2 meals:

**olive oil**  
2 tsp (10mL)  
**eggs**  
4 large (200g)  
**bacon, cooked, cooked and chopped**  
4 slice(s) (40g)

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

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Bacon avocado "toast"

2 slices - 276 cals ● 9g protein ● 23g fat ● 2g carbs ● 7g fiber



For single meal:

**bacon, cooked**  
2 slice(s) (20g)  
**avocados**  
1/2 avocado(s) (101g)

For all 2 meals:

**bacon, cooked**  
4 slice(s) (40g)  
**avocados**  
1 avocado(s) (201g)

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.



## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Thyme & lime chicken thighs

368 cals ● 43g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**

1/2 lb (227g)

**thyme, dried**

2 dash, leaves (0g)

**lime juice**

1 tbsp (15mL)

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken thighs**

1 lb (454g)

**thyme, dried**

4 dash, leaves (1g)

**lime juice**

2 tbsp (30mL)

**oil**

1 tbsp (15mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

### Sauteed mushrooms

4 oz mushrooms - 95 cals ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**

1/2 tbsp (8mL)

**mushrooms, sliced**

4 oz (113g)

For all 2 meals:

**oil**

1 tbsp (15mL)

**mushrooms, sliced**

1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.



## Lunch 2 [↗](#)

Eat on day 3 and day 4

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### Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
3 tbsp, shelled (19g)

For all 2 meals:

**walnuts**  
6 tbsp, shelled (38g)

1. The recipe has no instructions.
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### Ham, bacon, avocado lettuce wrap

1 wrap(s) - 365 cals ● 31g protein ● 24g fat ● 3g carbs ● 4g fiber



For single meal:

**ham cold cuts**  
4 oz (113g)  
**bacon, cooked**  
2 slice(s) (20g)  
**romaine lettuce**  
1 leaf outer (28g)  
**cheese**  
2 tbsp, shredded (14g)  
**avocados, sliced**  
1/4 avocado(s) (50g)

For all 2 meals:

**ham cold cuts**  
1/2 lbs (227g)  
**bacon, cooked**  
4 slice(s) (40g)  
**romaine lettuce**  
2 leaf outer (56g)  
**cheese**  
4 tbsp, shredded (28g)  
**avocados, sliced**  
1/2 avocado(s) (101g)

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.
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## Lunch 3 [↗](#)

Eat on day 5 and day 6

### Chicken sausage

3 link - 381 cals ● 42g protein ● 21g fat ● 6g carbs ● 0g fiber



For single meal:

**chicken sausage, cooked**  
3 link (252g)

For all 2 meals:

**chicken sausage, cooked**  
6 link (504g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

### 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.

## Lunch 4 [↗](#)

Eat on day 7

### Honey mustard chicken thighs w/ skin

4 oz - 279 cals ● 26g protein ● 17g fat ● 5g carbs ● 0g fiber



Makes 4 oz

**brown deli mustard**

1 tsp (6g)

**honey**

1/4 tbsp (5g)

**thyme, dried**

2 dash, ground (0g)

**salt**

1/2 dash (0g)

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

4 oz (113g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

### Simple sauteed spinach

149 cals ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



**black pepper**

1 1/2 dash, ground (0g)

**salt**

1 1/2 dash (1g)

**olive oil**

3/4 tbsp (11mL)

**fresh spinach**

6 cup(s) (180g)

**garlic, diced**

3/4 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.

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

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### Sugar snap peas

1/2 cup - 14 cals ● 1g protein ● 0g fat ● 2g carbs ● 1g fiber



For single meal:

**Sugar snap peas**  
1/2 cup, whole (32g)

For all 2 meals:

**Sugar snap peas**  
1 cup, whole (63g)

1. Season with salt if desired and serve raw.
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### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 2 meals:

**string cheese**  
4 stick (112g)

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

Eat on day 3 and day 4

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### Low-sugar Greek Yogurt

1 container(s) - 78 cals ● 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. The recipe has no instructions.
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### Cheesy ham roll ups

1 roll up(s) - 108 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
3 tbsp, shredded (21g)  
**ham cold cuts**  
1 slice (23g)

For all 2 meals:

**cheese**  
6 tbsp, shredded (42g)  
**ham cold cuts**  
2 slice (46g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
  2. Roll up the ham.
  3. Microwave for 30 seconds until warm and cheese has begun to melt.
  4. Serve.
  5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### Ham, cheese, and spinach pockets

3 pocket(s) - 158 cal ● 17g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

**ham cold cuts**

3 slice (69g)

**cheese**

3 tbsp, shredded (21g)

**fresh spinach**

15 leaves (15g)

For all 3 meals:

**ham cold cuts**

9 slice (207g)

**cheese**

1/2 cup, shredded (63g)

**fresh spinach**

45 leaves (45g)

1. Lay a slice of ham down flat.
2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
3. Fold the other half over.
4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.

## Dinner 1 [↗](#)

Eat on day 1

### Olive oil drizzled green beans

108 cal ● 2g protein ● 7g fat ● 6g carbs ● 3g fiber



**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**frozen green beans**

1 cup (121g)

**olive oil**

1/2 tbsp (8mL)

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

### Baked chicken thighs

6 oz - 385 cal ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber





Makes 6 oz

**chicken thighs, with bone and skin, raw**  
6 oz (170g)  
**thyme, dried**  
1/2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.

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## Dinner 2 [↗](#)

Eat on day 2

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### Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



Makes 4 egg(s)

**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.

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### Roast beef & blue cheese salad

220 cals ● 11g protein ● 17g fat ● 5g carbs ● 2g fiber



**mixed greens**  
2 1/2 oz (71g)  
**blue cheese**  
1/2 oz (14g)  
**caesar salad dressing**  
4 tsp (20g)  
**tomatoes, chopped**  
1/4 large whole (3" dia) (46g)  
**roast beef cold cuts, cut into strips**  
1 oz (28g)

1. Combine greens, roast beef, tomato, and cheese into a large bowl.
2. Drizzle with dressing when serving.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Basic chicken thighs

6 oz - 255 cals ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**  
6 oz (170g)  
**oil**  
1/4 tbsp (4mL)

For all 2 meals:

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

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.

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

**onion**  
2 tbsp minced (30g)  
**lime juice**  
2 tbsp (30mL)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**avocados, cubed**  
1 avocado(s) (201g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Dinner 4 [🔗](#)

Eat on day 5 and day 6

### Rotisserie chicken & tomato salad

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



For single meal:

**rotisserie chicken, cooked**  
6 oz (170g)  
**olive oil**  
1 tbsp (15mL)  
**lemon juice**  
1 tsp (5mL)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**tomatoes, cut into wedges**  
1/2 large whole (3" dia) (91g)

For all 2 meals:

**rotisserie chicken, cooked**  
3/4 lbs (340g)  
**olive oil**  
2 tbsp (30mL)  
**lemon juice**  
2 tsp (10mL)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**tomatoes, cut into wedges**  
1 large whole (3" dia) (182g)

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 5 [↗](#)

Eat on day 7

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### Classic steak

8 oz steak - 475 cals ● 46g protein ● 32g fat ● 0g carbs ● 0g fiber



Makes 8 oz steak

#### oil

1/4 tbsp (4mL)

#### sirloin steak, raw

1/2 lbs (227g)

1. Sprinkle some salt and pepper (to taste) on the steak.
2. Heat a cast iron skillet to scalding hot. Add in the oil (preferably one with a high smoke point) and coat the pan.
3. Add in the steak (be careful to not get splattered) and let it sit for 2 minutes.
4. Use tongs to flip the steak, and let cook 2 more minutes.
5. At this point, you can flip the steak every 30-60 seconds, until the total cook time has reached 5-6 minutes (longer for thicker or more-well done steaks).
6. When internal temperature reaches desired level (medium rare: 140°F/60°C), remove pan from the heat, loosely cover, and let rest for 10 minutes. Serve.

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### Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



#### frozen sugar snap peas

2/3 cup (96g)

1. Prepare according to instructions on package.
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