

# Meal Plan - 1800 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

1733 cals ● 178g protein (41%) ● 103g fat (54%) ● 17g carbs (4%) ● 6g fiber (1%)

### Breakfast

285 cals, 20g protein, 2g net carbs, 22g fat



[Southwest bacon omelet](#)

287 cals

### Lunch

585 cals, 89g protein, 1g net carbs, 25g fat



[Roasted tomatoes](#)

1/2 tomato(es)- 30 cals



[Basic chicken breast](#)

14 oz- 555 cals

### Snacks

205 cals, 15g protein, 1g net carbs, 15g fat



[Roast beef, cheese, and pickle roll up](#)

2 roll up(s)- 205 cals

### Dinner

655 cals, 54g protein, 13g net carbs, 41g fat



[Ranch chicken](#)

8 oz- 461 cals



[Buttered green beans](#)

196 cals

## Day 2

1818 cals ● 129g protein (28%) ● 129g fat (64%) ● 18g carbs (4%) ● 16g fiber (4%)

### Breakfast

285 cals, 20g protein, 2g net carbs, 22g fat



[Southwest bacon omelet](#)

287 cals

### Lunch

615 cals, 48g protein, 9g net carbs, 39g fat



[Roasted almonds](#)

1/6 cup(s)- 148 cals



[Chicken, bacon, avocado lettuce wrap](#)

1 1/2 wrap(s)- 466 cals

### Snacks

205 cals, 15g protein, 1g net carbs, 15g fat



[Roast beef, cheese, and pickle roll up](#)

2 roll up(s)- 205 cals

### Dinner

715 cals, 47g protein, 6g net carbs, 53g fat



[Simple sardine salad](#)

265 cals



[Pecans](#)

1/2 cup- 366 cals



[Bone broth](#)

2 cup(s)- 81 cals

## Day 3

1836 cals ● 183g protein (40%) ● 109g fat (53%) ● 19g carbs (4%) ● 13g fiber (3%)

### Breakfast

285 cals, 20g protein, 2g net carbs, 22g fat



**Southwest bacon omelet**  
287 cals

### Lunch

615 cals, 48g protein, 9g net carbs, 39g fat



**Roasted almonds**  
1/6 cup(s)- 148 cals



**Chicken, bacon, avocado lettuce wrap**  
1 1/2 wrap(s)- 466 cals

### Snacks

230 cals, 13g protein, 2g net carbs, 19g fat



**Cheese**  
2 oz- 229 cals

### Dinner

705 cals, 102g protein, 6g net carbs, 29g fat



**Basic chicken breast tenderloins**  
16 oz- 598 cals



**Olive oil drizzled green beans**  
108 cals

## Day 4

1769 cals ● 191g protein (43%) ● 97g fat (50%) ● 22g carbs (5%) ● 11g fiber (2%)

### Breakfast

285 cals, 10g protein, 4g net carbs, 24g fat



**Scrambled eggs with kale, tomatoes, rosemary**  
101 cals



**Pecans**  
1/4 cup- 183 cals

### Snacks

230 cals, 13g protein, 2g net carbs, 19g fat



**Cheese**  
2 oz- 229 cals

### Lunch

550 cals, 66g protein, 10g net carbs, 26g fat



**Marinaded chicken breast**  
10 oz- 353 cals



**Buttered green beans**  
196 cals

### Dinner

705 cals, 102g protein, 6g net carbs, 29g fat



**Basic chicken breast tenderloins**  
16 oz- 598 cals



**Olive oil drizzled green beans**  
108 cals

## Day 5

1771 cals ● 211g protein (48%) ● 90g fat (46%) ● 19g carbs (4%) ● 11g fiber (2%)

### Breakfast

285 cals, 10g protein, 4g net carbs, 24g fat



**Scrambled eggs with kale, tomatoes, rosemary**  
101 cals



**Pecans**  
1/4 cup- 183 cals

### Snacks

230 cals, 13g protein, 2g net carbs, 19g fat



**Cheese**  
2 oz- 229 cals

### Lunch

605 cals, 86g protein, 8g net carbs, 24g fat



**Buttered green beans**  
196 cals



**Pork tenderloin**  
14 oz- 410 cals

### Dinner

650 cals, 102g protein, 5g net carbs, 23g fat



**Cooked peppers**  
1/2 bell pepper(s)- 60 cals



**Lemon pepper chicken breast**  
16 oz- 592 cals

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## Day 6

1765 cals ● 174g protein (40%) ● 104g fat (53%) ● 21g carbs (5%) ● 12g fiber (3%)

### Breakfast

290 cals, 20g protein, 3g net carbs, 21g fat



**Broccoli & cheddar egg muffins**  
3 muffins- 289 cals

### Snacks

265 cals, 23g protein, 5g net carbs, 17g fat



**Pork rinds with french onion dip**  
134 cals



**Pork rinds and salsa**  
130 cals

### Lunch

605 cals, 86g protein, 8g net carbs, 24g fat



**Buttered green beans**  
196 cals



**Pork tenderloin**  
14 oz- 410 cals

### Dinner

605 cals, 45g protein, 5g net carbs, 43g fat



**Coriander and cumin rubbed pork chops**  
1 chop(s)- 428 cals



**Buttered broccoli**  
1 1/3 cup(s)- 178 cals

## Day 7

1825 cals ● 127g protein (28%) ● 130g fat (64%) ● 20g carbs (4%) ● 18g fiber (4%)

### Breakfast

290 cals, 20g protein, 3g net carbs, 21g fat



**Broccoli & cheddar egg muffins**  
3 muffins- 289 cals

### Snacks

265 cals, 23g protein, 5g net carbs, 17g fat



**Pork rinds with french onion dip**  
134 cals



**Pork rinds and salsa**  
130 cals

### Lunch

665 cals, 39g protein, 7g net carbs, 49g fat



**Avocado and bacon egg salad**  
666 cals

### Dinner

605 cals, 45g protein, 5g net carbs, 43g fat



**Coriander and cumin rubbed pork chops**  
1 chop(s)- 428 cals



**Buttered broccoli**  
1 1/3 cup(s)- 178 cals

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# Grocery List



## Vegetables and Vegetable Products

- pickles**  
4 spears (140g)
- bell pepper**  
2/3 large (110g)
- onion**  
3 tbsp chopped (30g)
- tomatoes**  
1 medium whole (2-3/5" dia) (136g)
- frozen green beans**  
7 1/3 cup (887g)
- romaine lettuce**  
3 leaf outer (84g)
- kale leaves**  
1 cup, chopped (40g)
- frozen broccoli**  
3 2/3 cup (334g)
- garlic**  
3 clove(s) (9g)

## Dairy and Egg Products

- sliced cheese**  
4 slice (3/4 oz ea) (84g)
- eggs**  
16 large (800g)
- butter**  
1 stick (110g)
- cheese**  
6 oz (170g)
- cheddar cheese**  
1/2 cup, shredded (57g)

## Sausages and Luncheon Meats

- roast beef cold cuts**  
4 slice rectangle (55g)
- chicken cold cuts**  
3/4 lbs (340g)

## Fats and Oils

- olive oil**  
2 1/3 oz (72mL)
- oil**  
2 1/4 oz (69mL)
- ranch dressing**  
2 tbsp (30mL)
- marinade sauce**  
5 tbsp (74mL)

## Other

- ranch dressing mix**  
1/4 packet (1 oz) (7g)
- mixed greens**  
3 cup (85g)
- vinaigrette, store-bought, any flavor**  
1 1/2 tbsp (23mL)
- chicken bone broth**  
2 cup(s) (mL)
- chicken breast tenderloins, raw**  
2 lbs (907g)
- french onion dip**  
4 tbsp (59g)
- pork rinds**  
2 1/2 oz (71g)

## Spices and Herbs

- black pepper**  
2 g (2g)
- salt**  
1/3 oz (9g)
- dijon mustard**  
1 1/2 tbsp (23g)
- balsamic vinegar**  
1 tsp (5mL)
- rosemary, dried**  
2 dash (0g)
- lemon pepper**  
1 tbsp (7g)
- ground cumin**  
1 tbsp (6g)
- ground coriander**  
1 tbsp (5g)
- garlic powder**  
1/4 tbsp (2g)

## Finfish and Shellfish Products

- sardines, canned in oil**  
1 can (92g)

## Nut and Seed Products

- pecans**  
1 cup, halves (99g)
- almonds**  
1/3 cup, whole (48g)

## Fruits and Fruit Juices

## Pork Products

- bacon, cooked  
14 2/3 slice(s) (147g)
- pork tenderloin, raw  
1 3/4 lbs (793g)
- pork loin chops, boneless, raw  
2 chop (370g)

## Poultry Products

- boneless skinless chicken breast, raw  
3 lbs (1344g)

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- avocados  
1 1/2 avocado(s) (285g)

## Beverages

- water  
3 tbsp (45mL)

## Soups, Sauces, and Gravies

- salsa  
6 tbsp (108g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Southwest bacon omelet

287 cals ● 20g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**bell pepper**  
1 tbsp, diced (9g)  
**onion**  
1 tbsp chopped (10g)  
**eggs**  
2 large (100g)  
**bacon, cooked, cooked and  
chopped**  
2 slice(s) (20g)

For all 3 meals:

**olive oil**  
1 tbsp (15mL)  
**bell pepper**  
3 tbsp, diced (28g)  
**onion**  
3 tbsp chopped (30g)  
**eggs**  
6 large (300g)  
**bacon, cooked, cooked and  
chopped**  
6 slice(s) (60g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in a 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 bell pepper, onion, and 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 2 ↗

Eat on day 4 and day 5

### Scrambled eggs with kale, tomatoes, rosemary

101 cals ● 7g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**water**  
1 1/2 tbsp (23mL)  
**balsamic vinegar**  
1/2 tsp (3mL)  
**rosemary, dried**  
1 dash (0g)  
**tomatoes**  
4 tbsp, chopped (45g)  
**eggs**  
1 large (50g)  
**kale leaves**  
1/2 cup, chopped (20g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**water**  
3 tbsp (45mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**rosemary, dried**  
2 dash (0g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1 cup, chopped (40g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). 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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Broccoli & cheddar egg muffins

3 muffins - 289 cals ● 20g protein ● 21g fat ● 3g carbs ● 2g fiber



For single meal:

**eggs**  
2 large (100g)  
**cheddar cheese**  
4 tbsp, shredded (28g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**olive oil**  
1/2 tsp (3mL)  
**frozen broccoli, steamed**  
1/2 cup (46g)

For all 2 meals:

**eggs**  
4 large (200g)  
**cheddar cheese**  
1/2 cup, shredded (57g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**olive oil**  
1 tsp (5mL)  
**frozen broccoli, steamed**  
1 cup (91g)

1. Preheat oven to 375 F (190 C).
2. Coat muffin tins with the olive oil, or use liners.
3. Steam the chopped broccoli by placing it mostly covered in a container in the microwave with a few teaspoons of water for a couple minutes.
4. In a bowl, whisk together the eggs, salt, pepper, and broccoli.
5. Pour mixture into muffin tins and top evenly with the cheese.
6. Bake for about 12-15 minutes until done.

## Lunch 1 ↗

Eat on day 1

### Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

**oil**  
1/2 tsp (3mL)  
**tomatoes**  
1/2 small whole (2-2/5" dia) (46g)

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.

### Basic chicken breast

14 oz - 555 cals ● 88g protein ● 23g fat ● 0g carbs ● 0g fiber



Makes 14 oz

**boneless skinless chicken breast, raw**

14 oz (392g)

oil

2 1/2 tsp (13mL)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. STOVETOP: Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. BAKED: Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. BROILED/GRILLED: Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. ALL: Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

## Lunch 2 ↗

Eat on day 2 and day 3

### Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
2 2/3 tbsp, whole (24g)

For all 2 meals:

**almonds**  
1/3 cup, whole (48g)

1. The recipe has no instructions.

### Chicken, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 466 cals ● 43g protein ● 27g fat ● 7g carbs ● 6g fiber



For single meal:

**bacon, cooked**  
3 slice(s) (30g)  
**dijon mustard**  
3/4 tbsp (11g)  
**romaine lettuce**  
1 1/2 leaf outer (42g)  
**chicken cold cuts**  
6 oz (170g)  
**avocados, sliced**  
3/8 avocado(s) (75g)

For all 2 meals:

**bacon, cooked**  
6 slice(s) (60g)  
**dijon mustard**  
1 1/2 tbsp (23g)  
**romaine lettuce**  
3 leaf outer (84g)  
**chicken cold cuts**  
3/4 lbs (340g)  
**avocados, sliced**  
3/4 avocado(s) (151g)

1. Cook the bacon according to package.
2. Spread the mustard on the inside of the leaf of lettuce.
3. Place the avocado, bacon, and chicken on the mustard.
4. Wrap up the lettuce. Serve.

## Lunch 3 ↗

Eat on day 4

### Marinaded chicken breast

10 oz - 353 cals ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



Makes 10 oz

**boneless skinless chicken breast, raw**

10 oz (280g)

**marinade sauce**

5 tbsp (75mL)

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 marinade 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.

### Buttered green beans

196 cals ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



**butter**

4 tsp (18g)

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen green beans**

1 1/3 cup (161g)

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

## Lunch 4 ↗

Eat on day 5 and day 6

### Buttered green beans

196 cals ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



For single meal:

**butter**  
4 tsp (18g)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen green beans**  
1 1/3 cup (161g)

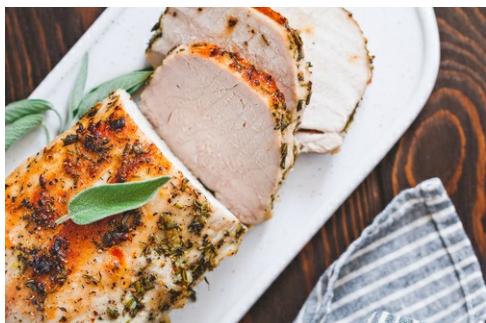
For all 2 meals:

**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.

### Pork tenderloin

14 oz - 410 cals ● 83g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

**pork tenderloin, raw**  
14 oz (397g)

For all 2 meals:

**pork tenderloin, raw**  
1 3/4 lbs (793g)

1. Preheat oven to 350°F (180°C).
2. If your pork tenderloin came unseasoned, season with salt/pepper and any herbs or spices you have on hand.
3. Place on a baking sheet and bake for about 20-25 minutes, or until the internal temperature reaches 160°F (72°C).
4. Remove from oven and let rest for about 5 minutes. Slice and serve.

## Lunch 5

Eat on day 7

### Avocado and bacon egg salad

666 cals ● 39g protein ● 49g fat ● 7g carbs ● 10g fiber



#### **mixed greens**

1 1/3 cup (40g)

#### **garlic powder**

1/4 tbsp (2g)

#### **bacon, cooked**

2 2/3 slice(s) (27g)

#### **avocados**

2/3 avocado(s) (134g)

#### **eggs, hard-boiled and chilled**

4 large (200g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, garlic, and some salt in a bowl. Mash with a fork until fully combined.
4. Crumble the bacon and add in. Mix.
5. Serve on top of bed of greens.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

## Snacks 1

Eat on day 1 and day 2

### Roast beef, cheese, and pickle roll up

2 roll up(s) - 205 cals ● 15g protein ● 15g fat ● 1g carbs ● 1g fiber



For single meal:

#### **pickles**

2 spears (70g)

#### **sliced cheese**

2 slice (3/4 oz ea) (42g)

#### **roast beef cold cuts**

2 slice rectangle (28g)

For all 2 meals:

#### **pickles**

4 spears (140g)

#### **sliced cheese**

4 slice (3/4 oz ea) (84g)

#### **roast beef cold cuts**

4 slice rectangle (55g)

1. Lay out a slice of roast beef.
2. Place the slice of cheese on top of the beef.
3. Place the pickle spear at one edge of the roast beef.
4. Roll the beef/cheese/pickle up to the other side.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Cheese

2 oz - 229 cals ● 13g protein ● 19g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
2 oz (57g)

For all 3 meals:

**cheese**  
6 oz (170g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Pork rinds with french onion dip

134 cals ● 10g protein ● 10g fat ● 2g carbs ● 0g fiber



For single meal:

**french onion dip**  
2 tbsp (29g)  
**pork rinds**  
1/2 oz (14g)

For all 2 meals:

**french onion dip**  
4 tbsp (59g)  
**pork rinds**  
1 oz (28g)

1. The recipe has no instructions.

### Pork rinds and salsa

130 cals ● 14g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

**salsa**  
3 tbsp (54g)  
**pork rinds**  
3/4 oz (21g)

For all 2 meals:

**salsa**  
6 tbsp (108g)  
**pork rinds**  
1 1/2 oz (43g)

1. The recipe has no instructions.

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## Dinner 1 ↗

Eat on day 1

### Ranch chicken

8 oz - 461 cals ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



Makes 8 oz

**ranch dressing**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**oil**  
1/2 tbsp (8mL)  
**ranch dressing mix**  
1/4 packet (1 oz) (7g)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

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### Buttered green beans

196 cals ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



**butter**  
4 tsp (18g)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen green beans**  
1 1/3 cup (161g)

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

## Dinner 2 ↗

Eat on day 2

### Simple sardine salad

265 cals ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



#### mixed greens

1 1/2 cup (45g)  
vinaigrette, store-bought, any flavor  
1 1/2 tbsp (23mL)  
sardines, canned in oil, drained  
1 can (92g)

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

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

pecans  
1/2 cup, halves (50g)

1. The recipe has no instructions.

### Bone broth

2 cup(s) - 81 cals ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



Makes 2 cup(s)

chicken bone broth  
2 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

## Dinner 3 ↗

Eat on day 3 and day 4

### Basic chicken breast tenderloins

16 oz - 598 cals ● 100g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**chicken breast tenderloins, raw**  
1 lbs (454g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**chicken breast tenderloins, raw**  
2 lbs (907g)

1. Season tenderloins with salt, pepper, or your favorite seasoning blend.
2. Stove: Heat oil in a skillet or grill pan over medium heat and cook tenderloins for 3-4 minutes per side until golden brown and cooked through. Oven: Preheat the oven to 400°F (200°C), place tenderloins on a baking sheet, and bake for 15-20 minutes or until internal temperature reaches 165°F (74°C).

### Olive oil drizzled green beans

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



For single meal:

**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**frozen green beans**  
1 cup (121g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen green beans**  
2 cup (242g)  
**olive oil**  
1 tbsp (15mL)

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

## Dinner 4 ↗

Eat on day 5

### Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1/2 bell pepper(s)

oil  
1 tsp (5mL)  
**bell pepper, seeded & cut into strips**  
1/2 large (82g)

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

### Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



Makes 16 oz

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**olive oil**  
1/2 tbsp (8mL)  
**lemon pepper**  
1 tbsp (7g)

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.

## Dinner 5 ↗

Eat on day 6 and day 7

### Coriander and cumin rubbed pork chops

1 chop(s) - 428 cals ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber



For single meal:

**salt**  
2 dash (2g)  
**ground cumin**  
1/2 tbsp (3g)  
**ground coriander**  
1/2 tbsp (3g)  
**pork loin chops, boneless, raw**  
1 chop (185g)  
**black pepper**  
1 dash (0g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**olive oil, divided**  
1 tbsp (15mL)

For all 2 meals:

**salt**  
4 dash (3g)  
**ground cumin**  
1 tbsp (6g)  
**ground coriander**  
1 tbsp (5g)  
**pork loin chops, boneless, raw**  
2 chop (370g)  
**black pepper**  
2 dash (0g)  
**garlic, minced**  
3 clove(s) (9g)  
**olive oil, divided**  
2 tbsp (30mL)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

### Buttered broccoli

1 1/3 cup(s) - 178 cals ● 4g protein ● 15g fat ● 3g carbs ● 4g fiber



For single meal:

**salt**  
2/3 dash (0g)  
**frozen broccoli**  
1 1/3 cup (121g)  
**black pepper**  
2/3 dash (0g)  
**butter**  
4 tsp (19g)

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**frozen broccoli**  
2 2/3 cup (243g)  
**black pepper**  
1 1/3 dash (0g)  
**butter**  
2 2/3 tbsp (38g)

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