

# Meal Plan - 2000 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

1964 cals ● 171g protein (35%) ● 124g fat (57%) ● 21g carbs (4%) ● 20g fiber (4%)

### Breakfast

335 cals, 17g protein, 3g net carbs, 26g fat



**Cheese**  
1 1/2 oz- 172 cals



**Eggs with tomato and avocado**  
163 cals

### Snacks

255 cals, 15g protein, 4g net carbs, 19g fat



**Walnuts**  
1/8 cup(s)- 87 cals



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

### Lunch

650 cals, 86g protein, 5g net carbs, 31g fat



**Roasted tomatoes**  
2 tomato(es)- 119 cals



**Basic chicken breast**  
13 1/3 oz- 529 cals

### Dinner

730 cals, 53g protein, 8g net carbs, 48g fat



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



**Avocado tuna salad**  
545 cals

## Day 2

1964 cals ● 171g protein (35%) ● 124g fat (57%) ● 21g carbs (4%) ● 20g fiber (4%)

### Breakfast

335 cals, 17g protein, 3g net carbs, 26g fat



**Cheese**  
1 1/2 oz- 172 cals



**Eggs with tomato and avocado**  
163 cals

### Snacks

255 cals, 15g protein, 4g net carbs, 19g fat



**Walnuts**  
1/8 cup(s)- 87 cals



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

### Lunch

650 cals, 86g protein, 5g net carbs, 31g fat



**Roasted tomatoes**  
2 tomato(es)- 119 cals



**Basic chicken breast**  
13 1/3 oz- 529 cals

### Dinner

730 cals, 53g protein, 8g net carbs, 48g fat



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



**Avocado tuna salad**  
545 cals

## Day 3

1919 cals ● 229g protein (48%) ● 96g fat (45%) ● 22g carbs (5%) ● 13g fiber (3%)

### Breakfast

355 cals, 29g protein, 4g net carbs, 23g fat



#### Pecans

1/4 cup- 183 cals



#### Egg white spinach scramble

171 cals

### Snacks

255 cals, 15g protein, 4g net carbs, 19g fat



#### Pork rinds with french onion dip

134 cals



#### Sunflower seeds

120 cals

### Lunch

645 cals, 90g protein, 8g net carbs, 26g fat



#### Roasted tomatoes

2 1/2 tomato(es)- 149 cals



#### Marinaded chicken breast

14 oz- 495 cals

### Dinner

665 cals, 94g protein, 6g net carbs, 27g fat



#### Simple sauteed spinach

149 cals



#### Lemon pepper chicken breast

14 oz- 518 cals

## Day 4

1989 cals ● 212g protein (43%) ● 111g fat (50%) ● 20g carbs (4%) ● 16g fiber (3%)

### Breakfast

355 cals, 29g protein, 4g net carbs, 23g fat



#### Pecans

1/4 cup- 183 cals



#### Egg white spinach scramble

171 cals

### Snacks

255 cals, 15g protein, 4g net carbs, 19g fat



#### Pork rinds with french onion dip

134 cals



#### Sunflower seeds

120 cals

### Lunch

715 cals, 74g protein, 7g net carbs, 41g fat



#### Caesar chicken breasts

10 oz- 574 cals



#### Olive oil drizzled broccoli

2 cup(s)- 140 cals

### Dinner

665 cals, 94g protein, 6g net carbs, 27g fat



#### Simple sauteed spinach

149 cals



#### Lemon pepper chicken breast

14 oz- 518 cals

## Day 5

1999 cals ● 172g protein (34%) ● 133g fat (60%) ● 16g carbs (3%) ● 12g fiber (2%)

### Breakfast

385 cals, 27g protein, 4g net carbs, 28g fat



**Broccoli & cheddar egg muffins**  
4 muffins- 386 cals

### Snacks

255 cals, 15g protein, 4g net carbs, 19g fat



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



**Sunflower seeds**  
120 cals

### Lunch

715 cals, 74g protein, 7g net carbs, 41g fat



**Caesar chicken breasts**  
10 oz- 574 cals



**Olive oil drizzled broccoli**  
2 cup(s)- 140 cals

### Dinner

645 cals, 56g protein, 2g net carbs, 45g fat



**Simple sauteed spinach**  
100 cals



**Slow cooker carnitas**  
10 2/3 oz- 547 cals

## Day 6

1968 cals ● 145g protein (30%) ● 139g fat (64%) ● 17g carbs (3%) ● 16g fiber (3%)

### Breakfast

385 cals, 27g protein, 4g net carbs, 28g fat



**Broccoli & cheddar egg muffins**  
4 muffins- 386 cals

### Snacks

285 cals, 19g protein, 8g net carbs, 16g fat



**Cheesy ham roll ups**  
2 roll up(s)- 216 cals



**Blackberries**  
1 cup(s)- 70 cals

### Lunch

650 cals, 42g protein, 3g net carbs, 50g fat



**Buttered broccoli**  
1 1/2 cup(s)- 200 cals



**Buffalo chicken wings**  
10 2/3 oz- 450 cals

### Dinner

645 cals, 56g protein, 2g net carbs, 45g fat



**Simple sauteed spinach**  
100 cals



**Slow cooker carnitas**  
10 2/3 oz- 547 cals

## Day 7

1952 cals ● 154g protein (32%) ● 133g fat (61%) ● 19g carbs (4%) ● 15g fiber (3%)

### Breakfast

385 cals, 27g protein, 4g net carbs, 28g fat



**Broccoli & cheddar egg muffins**  
4 muffins- 386 cals

### Snacks

285 cals, 19g protein, 8g net carbs, 16g fat



**Cheesy ham roll ups**  
2 roll up(s)- 216 cals



**Blackberries**  
1 cup(s)- 70 cals

### Lunch

650 cals, 42g protein, 3g net carbs, 50g fat



**Buttered broccoli**  
1 1/2 cup(s)- 200 cals



**Buffalo chicken wings**  
10 2/3 oz- 450 cals

### Dinner

630 cals, 65g protein, 4g net carbs, 39g fat



**Simple mozzarella and tomato salad**  
161 cals



**Basic ground turkey**  
10 oz- 469 cals

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# Grocery List



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## Nut and Seed Products

- walnuts  
4 tbsp, shelled (25g)
- pecans  
1 cup, halves (99g)
- sunflower kernels  
2 oz (57g)

## Dairy and Egg Products

- string cheese  
4 stick (112g)
- cheese  
6 oz (169g)
- eggs  
12 large (600g)
- low fat cottage cheese (1% milkfat)  
6 tbsp (85g)
- egg whites  
8 large (264g)
- parmesan cheese  
5 tbsp (25g)
- cheddar cheese  
1 cup, shredded (113g)
- butter  
3 tbsp (43g)
- fresh mozzarella cheese  
1 1/3 oz (38g)

## Spices and Herbs

- salt  
1/2 oz (16g)
- black pepper  
1/4 oz (6g)
- fresh basil  
3 g (3g)
- lemon pepper  
1 3/4 tbsp (12g)

## Vegetables and Vegetable Products

- tomatoes  
7 medium whole (2-3/5" dia) (849g)
- onion  
5/8 small (44g)
- fresh spinach  
21 1/2 cup(s) (645g)
- garlic  
2 1/2 clove (8g)
- frozen broccoli  
9 cup (819g)

## Fruits and Fruit Juices

- avocados  
1 3/4 avocado(s) (352g)
- lime juice  
2 1/2 tsp (13mL)
- blackberries  
2 cup (288g)

## Fats and Oils

- oil  
2 1/2 oz (72mL)
- marinade sauce  
1/2 cup (106mL)
- olive oil  
2 1/2 oz (81mL)
- caesar salad dressing  
5 tbsp (73g)
- balsamic vinaigrette  
2 tsp (10mL)

## Poultry Products

- boneless skinless chicken breast, raw  
5 1/2 lbs (2490g)
- chicken wings, with skin, raw  
1 1/3 lbs (605g)
- ground turkey, raw  
10 oz (284g)

## Other

- mixed greens  
2 1/2 cup (75g)
- french onion dip  
6 tbsp (88g)
- pork rinds  
1 1/2 oz (43g)

## Finfish and Shellfish Products

- canned tuna  
2 1/2 can (430g)

## Pork Products

- pork shoulder  
1 1/3 lbs (604g)

## Sausages and Luncheon Meats

- ham cold cuts  
4 slice (92g)

## Soups, Sauces, and Gravies

**Frank's Red Hot sauce**  
1/4 cup (53mL)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Cheese

1 1/2 oz - 172 cals ● 10g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
1 1/2 oz (43g)

For all 2 meals:

**cheese**  
3 oz (85g)

1. The recipe has no instructions.

### Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
1 large (50g)  
**black pepper**  
1 dash (0g)  
**tomatoes**  
1 slice(s), thick/large (1/2" thick)  
(27g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**fresh basil, chopped**  
1 leaves (1g)

For all 2 meals:

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

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

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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.

### Egg white spinach scramble

171 cals ● 27g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

**fresh spinach**  
3/4 cup(s) (23g)  
**low fat cottage cheese (1% milkfat)**  
3 tbsp (42g)  
**eggs**  
1 large (50g)  
**egg whites**  
4 large (132g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
1 dash (0g)

For all 2 meals:

**fresh spinach**  
1 1/2 cup(s) (45g)  
**low fat cottage cheese (1% milkfat)**  
6 tbsp (85g)  
**eggs**  
2 large (100g)  
**egg whites**  
8 large (264g)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
2 dash (1g)

1. Beat eggs, cottage cheese, and seasonings (include any others you prefer) together.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour in egg mixture and quickly add in the spinach.
4. Scramble the eggs and the spinach together, stirring frequently until the eggs are opaque and set.
5. Serve.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Broccoli & cheddar egg muffins

4 muffins - 386 cals ● 27g protein ● 28g fat ● 4g carbs ● 2g fiber



For single meal:

**eggs**  
2 2/3 large (133g)  
**cheddar cheese**  
1/3 cup, shredded (38g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**olive oil**  
1/4 tbsp (3mL)  
**frozen broccoli, steamed**  
2/3 cup (61g)

For all 3 meals:

**eggs**  
8 large (400g)  
**cheddar cheese**  
1 cup, shredded (113g)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**olive oil**  
2 tsp (10mL)  
**frozen broccoli, steamed**  
2 cup (182g)

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 and day 2

### Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**tomatoes**  
2 small whole (2-2/5" dia) (182g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**tomatoes**  
4 small whole (2-2/5" dia) (364g)

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

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
13 1/3 oz (373g)  
**oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 2/3 lbs (747g)  
**oil**  
5 tsp (25mL)

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.

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## Lunch 2 ↗

Eat on day 3

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### Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

**oil**  
2 1/2 tsp (13mL)  
**tomatoes**  
2 1/2 small whole (2-2/5" dia) (228g)

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.

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### Marinaded chicken breast

14 oz - 495 cals ● 88g protein ● 15g fat ● 2g carbs ● 0g fiber



Makes 14 oz

**boneless skinless chicken breast, raw**

14 oz (392g)

**marinade sauce**

1/2 cup (105mL)

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.

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## Lunch 3 ↗

Eat on day 4 and day 5

### Caesar chicken breasts

10 oz - 574 cals ● 68g protein ● 32g fat ● 3g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
10 oz (284g)  
**caesar salad dressing**  
2 1/2 tbsp (37g)  
**parmesan cheese**  
2 1/2 tbsp (13g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/4 lbs (567g)  
**caesar salad dressing**  
5 tbsp (73g)  
**parmesan cheese**  
5 tbsp (25g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

### Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen broccoli**  
4 cup (364g)  
**olive oil**  
4 tsp (20mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Lunch 4 ↗

Eat on day 6 and day 7

### Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



For single meal:

**salt**  
3/4 dash (0g)  
**frozen broccoli**  
1 1/2 cup (137g)  
**black pepper**  
3/4 dash (0g)  
**butter**  
1 1/2 tbsp (21g)

For all 2 meals:

**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**black pepper**  
1 1/2 dash (0g)  
**butter**  
3 tbsp (43g)

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

### Buffalo chicken wings

10 2/3 oz - 450 cals ● 38g protein ● 33g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**chicken wings, with skin, raw**  
2/3 lbs (303g)  
**Frank's Red Hot sauce**  
1 3/4 tbsp (27mL)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**chicken wings, with skin, raw**  
1 1/3 lbs (605g)  
**Frank's Red Hot sauce**  
1/4 cup (53mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of its juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

## Snacks 1 ↗

Eat on day 1 and day 2

### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**  
4 tbsp, shelled (25g)

1. The recipe has no instructions.

### 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.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### 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 3 meals:

**french onion dip**  
6 tbsp (88g)  
**pork rinds**  
1 1/2 oz (43g)

1. The recipe has no instructions.

### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
2/3 oz (19g)

For all 3 meals:

**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Cheesy ham roll ups

2 roll up(s) - 216 cals ● 17g protein ● 16g fat ● 2g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**cheese**  
3/4 cup, shredded (84g)  
**ham cold cuts**  
4 slice (92g)

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.

### Blackberries

1 cup(s) - 70 cals ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

**blackberries**  
1 cup (144g)

For all 2 meals:

**blackberries**  
2 cup (288g)

1. Rinse blackberries and serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### 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.

### Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

**avocados**  
5/8 avocado(s) (126g)  
**lime juice**  
1 1/4 tsp (6mL)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash (0g)  
**mixed greens**  
1 1/4 cup (38g)  
**canned tuna**  
1 1/4 can (215g)  
**tomatoes**  
5 tbsp, chopped (56g)  
**onion, minced**  
1/3 small (22g)

For all 2 meals:

**avocados**  
1 1/4 avocado(s) (251g)  
**lime juice**  
2 1/2 tsp (13mL)  
**salt**  
1/3 tsp (1g)  
**black pepper**  
1/3 tsp (0g)  
**mixed greens**  
2 1/2 cup (75g)  
**canned tuna**  
2 1/2 can (430g)  
**tomatoes**  
10 tbsp, chopped (113g)  
**onion, minced**  
5/8 small (44g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

## Dinner 2 ↗

Eat on day 3 and day 4

### Simple sauteed spinach

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



For single meal:

**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)

For all 2 meals:

**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
12 cup(s) (360g)  
**garlic, diced**  
1 1/2 clove (5g)

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.

### Lemon pepper chicken breast

14 oz - 518 cals ● 89g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
14 oz (392g)  
**olive oil**  
1/2 tbsp (7mL)  
**lemon pepper**  
2 1/2 tsp (6g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 3/4 lbs (784g)  
**olive oil**  
2 1/2 tsp (13mL)  
**lemon pepper**  
1 3/4 tbsp (12g)

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 3 ↗

Eat on day 5 and day 6

### 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.

### Slow cooker carnitas

10 2/3 oz - 547 cals ● 53g protein ● 37g fat ● 0g carbs ● 0g fiber



For single meal:

**pork shoulder**  
2/3 lbs (302g)

For all 2 meals:

**pork shoulder**  
1 1/3 lbs (604g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

## Dinner 4 ↗

Eat on day 7

### Simple mozzarella and tomato salad

161 cals ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



#### balsamic vinaigrette

2 tsp (10mL)  
fresh basil  
2 tsp, chopped (2g)  
fresh mozzarella cheese, sliced  
1 1/3 oz (38g)  
tomatoes, sliced  
1/2 large whole (3" dia) (91g)

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

### Basic ground turkey

10 oz - 469 cals ● 56g protein ● 27g fat ● 0g carbs ● 0g fiber



Makes 10 oz

ground turkey, raw  
10 oz (284g)  
oil  
1 1/4 tsp (6mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.