

Meal Plan - 2900 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

2860 cals ● 222g protein (31%) ● 205g fat (65%) ● 25g carbs (4%) ● 7g fiber (1%)

Breakfast

530 cals, 35g protein, 5g net carbs, 41g fat



Cheese
1 1/3 oz- 153 cals



Kale & eggs
378 cals

Snacks

345 cals, 18g protein, 4g net carbs, 27g fat



String cheese
1 stick(s)- 83 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

965 cals, 86g protein, 8g net carbs, 65g fat



Caesar chicken breasts
10 oz- 574 cals



Cheesy zucchini noodles
393 cals

Dinner

1020 cals, 83g protein, 8g net carbs, 72g fat



Garlic parmesan wings
1 1/3 lbs- 928 cals



Parmesan zucchini noodles
91 cals

Day 2

2860 cals ● 222g protein (31%) ● 205g fat (65%) ● 25g carbs (4%) ● 7g fiber (1%)

Breakfast

530 cals, 35g protein, 5g net carbs, 41g fat



Cheese
1 1/3 oz- 153 cals



Kale & eggs
378 cals

Snacks

345 cals, 18g protein, 4g net carbs, 27g fat



String cheese
1 stick(s)- 83 cals



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

965 cals, 86g protein, 8g net carbs, 65g fat



Caesar chicken breasts
10 oz- 574 cals



Cheesy zucchini noodles
393 cals

Dinner

1020 cals, 83g protein, 8g net carbs, 72g fat



Garlic parmesan wings
1 1/3 lbs- 928 cals



Parmesan zucchini noodles
91 cals

Day 3

2915 cals ● 232g protein (32%) ● 198g fat (61%) ● 29g carbs (4%) ● 23g fiber (3%)

Breakfast

555 cals, 27g protein, 7g net carbs, 43g fat



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



Avocado and bacon egg salad
333 cals

Snacks

390 cals, 20g protein, 7g net carbs, 29g fat



Sunflower seeds
180 cals



Pork rinds with french onion dip
134 cals



Pepper strips and guacamole (keto)
75 cals

Lunch

960 cals, 142g protein, 8g net carbs, 39g fat



Marinated chicken breast
22 oz- 777 cals



Parmesan zucchini noodles
182 cals

Dinner

1010 cals, 43g protein, 7g net carbs, 88g fat



Macadamia nuts
218 cals



Bacon & goat cheese salad
795 cals

Day 4

2937 cals ● 192g protein (26%) ● 217g fat (66%) ● 33g carbs (5%) ● 22g fiber (3%)

Breakfast

555 cals, 27g protein, 7g net carbs, 43g fat



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



Avocado and bacon egg salad
333 cals

Snacks

390 cals, 20g protein, 7g net carbs, 29g fat



Sunflower seeds
180 cals



Pork rinds with french onion dip
134 cals



Pepper strips and guacamole (keto)
75 cals

Lunch

980 cals, 102g protein, 13g net carbs, 57g fat



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



Ranch chicken
16 oz- 921 cals

Dinner

1010 cals, 43g protein, 7g net carbs, 88g fat



Macadamia nuts
218 cals



Bacon & goat cheese salad
795 cals

Day 5

2879 cals ● 214g protein (30%) ● 195g fat (61%) ● 33g carbs (5%) ● 34g fiber (5%)

Breakfast

480 cals, 30g protein, 3g net carbs, 39g fat



Low carb bread with almond butter
1 slice(s)- 164 cals



Basic scrambled eggs
4 egg(s)- 318 cals

Snacks

390 cals, 20g protein, 7g net carbs, 29g fat



Sunflower seeds
180 cals



Pork rinds with french onion dip
134 cals



Pepper strips and guacamole (keto)
75 cals

Lunch

980 cals, 73g protein, 11g net carbs, 64g fat



Macadamia nuts
218 cals



Avocado tuna salad
764 cals

Dinner

1025 cals, 91g protein, 11g net carbs, 64g fat



Parmesan zucchini noodles
182 cals



Buttered broccoli
2 3/4 cup(s)- 367 cals



Buttery tarragon tilapia
14 oz- 478 cals

Day 6

2900 cals ● 201g protein (28%) ● 204g fat (63%) ● 34g carbs (5%) ● 31g fiber (4%)

Breakfast

480 cals, 30g protein, 3g net carbs, 39g fat



Low carb bread with almond butter
1 slice(s)- 164 cals



Basic scrambled eggs
4 egg(s)- 318 cals

Snacks

450 cals, 10g protein, 5g net carbs, 41g fat



Walnuts
5/8 cup(s)- 437 cals



Celery sticks
2 celery stalk- 13 cals

Lunch

980 cals, 73g protein, 11g net carbs, 64g fat



Macadamia nuts
218 cals



Avocado tuna salad
764 cals

Dinner

985 cals, 88g protein, 14g net carbs, 61g fat



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



Chicken caesar salad
876 cals

Day 7

2869 cals ● 190g protein (26%) ● 212g fat (67%) ● 32g carbs (5%) ● 18g fiber (3%)

Breakfast

480 cals, 30g protein, 3g net carbs, 39g fat



[Low carb bread with almond butter](#)

1 slice(s)- 164 cals



[Basic scrambled eggs](#)

4 egg(s)- 318 cals

Snacks

450 cals, 10g protein, 5g net carbs, 41g fat



[Walnuts](#)

5/8 cup(s)- 437 cals



[Celery sticks](#)

2 celery stalk- 13 cals

Lunch

950 cals, 62g protein, 10g net carbs, 71g fat



[Bacon hamburger lettuce wrap](#)

2 patties (4oz each)- 666 cals



[Caprese salad](#)

284 cals

Dinner

985 cals, 88g protein, 14g net carbs, 61g fat



[Roasted almonds](#)

1/8 cup(s)- 111 cals



[Chicken caesar salad](#)

876 cals

Dairy and Egg Products

- ☐ string cheese
2 stick (56g)
- ☐ cheese
10 oz (287g)
- ☐ eggs
24 3/4 large (1238g)
- ☐ parmesan cheese
1/4 lbs (100g)
- ☐ butter
1/4 cup (61g)
- ☐ goat cheese
1/2 lbs (198g)
- ☐ mozzarella cheese, shredded
6 oz (170g)
- ☐ fresh mozzarella cheese
2 oz (57g)

Other

- ☐ guacamole, store-bought
6 1/2 oz (185g)
- ☐ mixed greens
3 package (5.5 oz) (458g)
- ☐ french onion dip
6 tbsp (88g)
- ☐ pork rinds
1 1/2 oz (43g)
- ☐ ranch dressing mix
1/2 packet (1 oz) (14g)
- ☐ almond flour
1/4 cup(s) (28g)
- ☐ ground beef (20% fat)
1/2 lbs (227g)

Fats and Oils

- ☐ oil
2 1/2 oz (76mL)
- ☐ caesar salad dressing
2/3 cup (162g)
- ☐ olive oil
3 1/4 oz (102mL)
- ☐ marinade sauce
2/3 cup (166mL)
- ☐ ranch dressing
4 tbsp (60mL)
- ☐ balsamic vinaigrette
4 tsp (20mL)

Spices and Herbs

- ☐ salt
1/4 oz (6g)
- ☐ garlic powder
1/4 tbsp (2g)
- ☐ black pepper
1 tsp (1g)
- ☐ fresh tarragon
1 3/4 tsp, chopped (1g)
- ☐ fresh basil
1/3 cup leaves, whole (8g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 3/4 lbs (2141g)
- ☐ chicken wings, with skin, raw
2 2/3 lbs (1210g)

Baked Products

- ☐ baking powder
3/4 oz (22g)

Nut and Seed Products

- ☐ almonds
3/4 cup, whole (107g)
- ☐ sunflower kernels
4 oz (113g)
- ☐ Macadamia nuts, shelled, roasted
4 oz (113g)
- ☐ almond butter
3/4 tbsp (12g)
- ☐ walnuts
1 1/4 cup, shelled (125g)

Pork Products

- ☐ bacon, cooked
11 2/3 slice(s) (117g)

Fruits and Fruit Juices

- ☐ avocados
2 1/2 avocado(s) (486g)
- ☐ lime juice
3 1/2 tsp (18mL)

Finfish and Shellfish Products

Vegetables and Vegetable Products

- ☐ **kale leaves**
2 cup, chopped (80g)
- ☐ **zucchini**
4 1/2 medium (882g)
- ☐ **garlic**
7 clove(s) (21g)
- ☐ **bell pepper**
1 1/2 large (261g)
- ☐ **frozen broccoli**
2 3/4 cup (250g)
- ☐ **tomatoes**
2 medium whole (2-3/5" dia) (257g)
- ☐ **onion**
7/8 small (61g)
- ☐ **raw celery**
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ **romaine lettuce**
3/4 head (482g)

- ☐ **tilapia, raw**
14 oz (392g)
 - ☐ **canned tuna**
3 1/2 can (602g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Cheese

1 1/3 oz - 153 cal ● 9g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
1 1/3 oz (38g)

For all 2 meals:

cheese
2 2/3 oz (76g)

1. The recipe has no instructions.

Kale & eggs

378 cal ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 dash (1g)

For all 2 meals:

oil
4 tsp (20mL)
eggs
8 large (400g)
kale leaves
2 cup, chopped (80g)
salt
4 dash (2g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 2 [↗](#)

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.

Avocado and bacon egg salad

333 cals ● 19g protein ● 25g fat ● 4g carbs ● 5g fiber



For single meal:

mixed greens
2/3 cup (20g)
garlic powder
1/3 tsp (1g)
bacon, cooked
1 1/3 slice(s) (13g)
avocados
1/3 avocado(s) (67g)
eggs, hard-boiled and chilled
2 large (100g)

For all 2 meals:

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)

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Low carb bread with almond butter

1 slice(s) - 164 cal● 4g protein ● 15g fat ● 1g carbs ● 1g fiber



For single meal:

almond flour
1/8 cup(s) (9g)
oil
1/2 tbsp (8mL)
baking powder
1 dash (1g)
salt
2/3 dash (0g)
eggs
1/4 large (13g)
almond butter
1/4 tbsp (4g)

For all 3 meals:

almond flour
1/4 cup(s) (28g)
oil
1 1/2 tbsp (23mL)
baking powder
3 dash (2g)
salt
2 dash (1g)
eggs
3/4 large (38g)
almond butter
3/4 tbsp (12g)

1. In a greased, microwave-safe mug, mix the almond flour, oil, baking powder, salt, and egg until fully combined.
2. Microwave for 90 seconds.
3. Remove bread from mug, slice, and serve with almond butter.
4. For leftovers: immediately wrap any leftovers in plastic wrap or parchment paper. Store on the counter or in your fridge/freezer. Reheat by toasting or microwaving.

Basic scrambled eggs

4 egg(s) - 318 cal● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
4 large (200g)

For all 3 meals:

oil
1 tbsp (15mL)
eggs
12 large (600g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Caesar chicken breasts

10 oz - 574 cal ● 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.

Cheesy zucchini noodles

393 cal ● 17g protein ● 33g fat ● 5g carbs ● 2g fiber



For single meal:

zucchini
3/4 medium (147g)
olive oil
3/4 tbsp (11mL)
parmesan cheese
3/4 tbsp (4g)
cheese
1/2 cup, shredded (64g)

For all 2 meals:

zucchini
1 1/2 medium (294g)
olive oil
1 1/2 tbsp (23mL)
parmesan cheese
1 1/2 tbsp (8g)
cheese
1 cup, shredded (127g)

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

Lunch 2 [↗](#)

Eat on day 3

Marinated chicken breast

22 oz - 777 cals ● 139g protein ● 23g fat ● 4g carbs ● 0g fiber



Makes 22 oz

boneless skinless chicken breast, raw
22 oz (616g)
marinade sauce
2/3 cup (165mL)

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.

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 4

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.

Ranch chicken

16 oz - 921 cals ● 102g protein ● 52g fat ● 11g carbs ● 0g fiber



Makes 16 oz

ranch dressing

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (448g)

oil

1 tbsp (15mL)

ranch dressing mix

1/2 packet (1 oz) (14g)

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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Lunch 4 [↗](#)

Eat on day 5 and day 6

Macadamia nuts

218 cals ● 2g protein ● 22g fat ● 1g carbs ● 2g fiber



For single meal:

Macadamia nuts, shelled, roasted
1 oz (28g)

For all 2 meals:

Macadamia nuts, shelled, roasted
2 oz (57g)

1. The recipe has no instructions.

Avocado tuna salad

764 cals ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



For single meal:

avocados
7/8 avocado(s) (176g)
lime juice
1 3/4 tsp (9mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 3/4 cup (53g)
canned tuna
1 3/4 can (301g)
tomatoes
1/2 cup, chopped (79g)
onion, minced
1/2 small (31g)

For all 2 meals:

avocados
1 3/4 avocado(s) (352g)
lime juice
3 1/2 tsp (18mL)
salt
1/2 tsp (1g)
black pepper
1/2 tsp (0g)
mixed greens
3 1/2 cup (105g)
canned tuna
3 1/2 can (602g)
tomatoes
14 tbsp, chopped (158g)
onion, minced
7/8 small (61g)

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.

Lunch 5 [↗](#)

Eat on day 7

Bacon hamburger lettuce wrap

2 patties (4oz each) - 666 cals ● 46g protein ● 53g fat ● 0g carbs ● 0g fiber



Makes 2 patties (4oz each)

ground beef (20% fat)

1/2 lbs (227g)

romaine lettuce

2 leaf inner (12g)

bacon, cooked

2 slice(s) (20g)

1. Heat a skillet over medium heat and cook bacon until done.
2. Meanwhile, form the beef into patties and season all sides with salt/pepper to taste.
3. Remove cooked bacon and place the patties in the skillet. Cook on each side for about 4 minutes (or until internal temperature reaches about 160 F (70 C)).
4. When patties are done, place on romaine lettuce and top with bacon.
5. Serve.

Caprese salad

284 cals ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



fresh mozzarella cheese

2 oz (57g)

mixed greens

2/3 package (5.5 oz) (103g)

fresh basil

1/3 cup leaves, whole (8g)

balsamic vinaigrette

4 tsp (20mL)

tomatoes, halved

2/3 cup cherry tomatoes (99g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Snacks 1 [↗](#)

Eat on day 1 and day 2

String cheese

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



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.
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Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese
6 tbsp, shredded (42g)
guacamole, store-bought
3 tbsp (46g)

For all 2 meals:

cheese
3/4 cup, shredded (84g)
guacamole, store-bought
6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
 2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
 3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
 4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
 5. Serve with guacamole.
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Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:
sunflower kernels
1 oz (28g)

For all 3 meals:
sunflower kernels
3 oz (85g)

1. The recipe has no instructions.

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.

Pepper strips and guacamole (keto)

75 cals ● 2g protein ● 5g fat ● 3g carbs ● 3g fiber



For single meal:
guacamole, store-bought
2 tbsp (31g)
bell pepper, sliced
1/2 medium (59g)

For all 3 meals:
guacamole, store-bought
6 tbsp (93g)
bell pepper, sliced
1 1/2 medium (179g)

1. Slice the peppers and remove the seeds.
2. Spread the guacamole over the sliced peppers or just use them to dip into it.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Walnuts

5/8 cup(s) - 437 cals ● 10g protein ● 41g fat ● 4g carbs ● 4g fiber



For single meal:

walnuts

10 tbsp, shelled (63g)

For all 2 meals:

walnuts

1 1/4 cup, shelled (125g)

1. The recipe has no instructions.
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Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

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

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.
-

Dinner 1 [↗](#)

Eat on day 1 and day 2

Garlic parmesan wings

1 1/3 lbs - 928 cal ● 81g protein ● 65g fat ● 5g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw
1 1/3 lbs (605g)
baking powder
2 tsp (10g)
butter
1 tsp (5g)
parmesan cheese
2 2/3 tbsp (17g)
garlic, diced
2 2/3 clove(s) (8g)

For all 2 meals:

chicken wings, with skin, raw
2 2/3 lbs (1210g)
baking powder
4 tsp (20g)
butter
2 tsp (9g)
parmesan cheese
1/3 cup (33g)
garlic, diced
5 1/3 clove(s) (16g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
2. FAST VERSION
3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
6. Serve.
7. CRISPY SKIN VERSION
8. Preheat oven to 250 F (120 C).
9. Pat wings dry with paper towels.
10. Put wings and baking powder in a plastic bag and shake to coat.
11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
14. Serve.

Parmesan zucchini noodles

91 cal ● 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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Macadamia nuts

218 cal ● 2g protein ● 22g fat ● 1g carbs ● 2g fiber



For single meal:

Macadamia nuts, shelled, roasted
1 oz (28g)

For all 2 meals:

Macadamia nuts, shelled, roasted
2 oz (57g)

1. The recipe has no instructions.

Bacon & goat cheese salad

795 cal ● 41g protein ● 67g fat ● 5g carbs ● 4g fiber



For single meal:

mixed greens
3 1/2 cup (105g)
goat cheese
1/4 lbs (99g)
olive oil
3 1/2 tsp (18mL)
bacon, cooked
3 1/2 slice(s) (35g)
sunflower kernels
3 1/2 tsp (14g)

For all 2 meals:

mixed greens
7 cup (210g)
goat cheese
1/2 lbs (198g)
olive oil
2 1/3 tbsp (35mL)
bacon, cooked
7 slice(s) (70g)
sunflower kernels
2 1/3 tbsp (28g)

1. Cook bacon according to package. Set aside.
2. Meanwhile toss together greens, sunflower kernels, goat cheese, and olive oil.
3. When bacon has cooled, crumble it on top of the greens and serve.

Dinner 3 [🔗](#)

Eat on day 5

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.

Buttered broccoli

2 3/4 cup(s) - 367 cals ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



Makes 2 3/4 cup(s)

salt
1 1/2 dash (1g)
frozen broccoli
2 3/4 cup (250g)
black pepper
1 1/2 dash (0g)
butter
2 3/4 tbsp (39g)

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

Buttery tarragon tilapia

14 oz - 478 cals ● 79g protein ● 17g fat ● 2g carbs ● 0g fiber



Makes 14 oz

tilapia, raw
14 oz (392g)

fresh tarragon
1 3/4 tsp, chopped (1g)

butter
2 1/2 tsp (12g)

garlic, minced
1 3/4 clove (5g)

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a small bowl, microwave the butter for a few seconds until melted. Stir in the garlic, tarragon, and a pinch of salt.
3. Place the tilapia fillets on the prepared baking sheet and spoon the buttery sauce evenly over the top.
4. Bake for 12-15 minutes, or until the tilapia is opaque and flakes easily with a fork. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Chicken caesar salad

876 cals ● 84g protein ● 52g fat ● 12g carbs ● 5g fiber



For single meal:

romaine lettuce
3/8 head (235g)
parmesan cheese
1 1/2 tbsp (9g)
salt
1 dash (0g)
black pepper
1 dash (0g)
caesar salad dressing
3 tbsp (44g)
mozzarella cheese, shredded
3 oz (85g)
boneless skinless chicken breast, raw, cut into bite-sized pieces
1 1/2 piece (255g)

For all 2 meals:

romaine lettuce
3/4 head (470g)
parmesan cheese
3 tbsp (19g)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
caesar salad dressing
6 tbsp (88g)
mozzarella cheese, shredded
6 oz (170g)
boneless skinless chicken breast, raw, cut into bite-sized pieces
3 piece (510g)

1. Cut chicken into bite-sized pieces and cook to taste.
 2. Wash and lay out lettuce leaves on paper towels and pat dry.
 3. Cut lettuce into 1 inch strips and place in a large mixing bowl.
 4. Add chicken and mozzarella cheese and toss.
 5. Sprinkle Parmesan cheese and salt and pepper onto lettuce and toss again.
 6. Add dressing to individual salad bowls when serving so they won't get soggy.
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