

# Meal Plan - 3200 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

3166 cals ● 235g protein (30%) ● 222g fat (63%) ● 34g carbs (4%) ● 24g fiber (3%)

### Breakfast

550 cals, 30g protein, 4g net carbs, 45g fat



**Walnuts**

1/3 cup(s)- 233 cals



**Basic scrambled eggs**

4 egg(s)- 318 cals

### Snacks

385 cals, 21g protein, 3g net carbs, 29g fat



**Avocado**

176 cals



**Boiled eggs**

3 egg(s)- 208 cals

### Lunch

1130 cals, 46g protein, 17g net carbs, 94g fat



**Mixed nuts**

1/2 cup(s)- 435 cals



**Cheese**

1 1/2 oz- 172 cals



**Cheese and guac tacos**

3 taco(s)- 525 cals

### Dinner

1100 cals, 138g protein, 10g net carbs, 55g fat



**Roast beef**

989 cals



**Buttered lima beans**

110 cals

## Day 2

3166 cals ● 235g protein (30%) ● 222g fat (63%) ● 34g carbs (4%) ● 24g fiber (3%)

### Breakfast

550 cals, 30g protein, 4g net carbs, 45g fat



**Walnuts**

1/3 cup(s)- 233 cals



**Basic scrambled eggs**

4 egg(s)- 318 cals

### Snacks

385 cals, 21g protein, 3g net carbs, 29g fat



**Avocado**

176 cals



**Boiled eggs**

3 egg(s)- 208 cals

### Lunch

1130 cals, 46g protein, 17g net carbs, 94g fat



**Mixed nuts**

1/2 cup(s)- 435 cals



**Cheese**

1 1/2 oz- 172 cals



**Cheese and guac tacos**

3 taco(s)- 525 cals

### Dinner

1100 cals, 138g protein, 10g net carbs, 55g fat



**Roast beef**

989 cals




**Buttered lima beans**

110 cals


Breakfast

545 calsgreen40g protein, 4g net carbs, 40g fat



Low carb bread with almond butter

1 slice(s)- 164 calsgreen




Egg wrap with ham and cheese

2 wrap(s)- 380 calsgreen


Snacks

445 calsgreen32g protein, 4g net carbs, 33g fat



Cheesy ham roll ups

3 roll up(s)- 324 calsgreen




Sunflower seeds

120 calsgreen


Lunch

1145 calsgreen158g protein, 5g net carbs, 54g fat



Sauteed mushrooms

8 oz mushrooms- 191 calsgreen




Basic chicken breast

24 oz- 952 calsgreen


Dinner

1050 calsgreen66g protein, 15g net carbs, 72g fat



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 calsgreen




Pecans

1/2 cup- 366 calsgreen


Breakfast

545 calsgreen40g protein, 4g net carbs, 40g fat



Low carb bread with almond butter

1 slice(s)- 164 calsgreen




Egg wrap with ham and cheese

2 wrap(s)- 380 calsgreen


Snacks

445 calsgreen32g protein, 4g net carbs, 33g fat



Cheesy ham roll ups

3 roll up(s)- 324 calsgreen




Sunflower seeds

120 calsgreen


Lunch

1145 calsgreen158g protein, 5g net carbs, 54g fat



Sauteed mushrooms

8 oz mushrooms- 191 calsgreen




Basic chicken breast

24 oz- 952 calsgreen


Dinner

1050 calsgreen66g protein, 15g net carbs, 72g fat



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 calsgreen



Pecans

1/2 cup- 366 calsgreen

## Day 5

3197 cals ● 324g protein (41%) ● 192g fat (54%) ● 26g carbs (3%) ● 15g fiber (2%)

### Breakfast

545 cals, 40g protein, 4g net carbs, 40g fat



**Low carb bread with almond butter**

1 slice(s)- 164 cals



**Egg wrap with ham and cheese**

2 wrap(s)- 380 cals

### Snacks

445 cals, 32g protein, 4g net carbs, 33g fat



**Cheesy ham roll ups**

3 roll up(s)- 324 cals



**Sunflower seeds**

120 cals

### Lunch

1135 cals, 98g protein, 11g net carbs, 73g fat



**Basic chicken thighs**

12 oz- 510 cals



**Simple sauteed spinach**

299 cals



**Bacon zucchini noodles**

325 cals

### Dinner

1075 cals, 155g protein, 7g net carbs, 46g fat



**Balsamic chicken breast**

24 oz- 947 cals



**Sauteed garlic & herb tomatoes**

127 cals

## Day 6

3128 cals ● 302g protein (39%) ● 189g fat (55%) ● 31g carbs (4%) ● 21g fiber (3%)

### Breakfast

535 cals, 29g protein, 9g net carbs, 41g fat



**Southwest bacon omelet**

382 cals



**Sauteed Kale**

151 cals

### Snacks

385 cals, 21g protein, 3g net carbs, 29g fat



**Avocado deviled eggs**

3 egg(s)- 386 cals

### Lunch

1135 cals, 98g protein, 11g net carbs, 73g fat



**Basic chicken thighs**

12 oz- 510 cals



**Simple sauteed spinach**

299 cals



**Bacon zucchini noodles**

325 cals

### Dinner

1075 cals, 155g protein, 7g net carbs, 46g fat



**Balsamic chicken breast**

24 oz- 947 cals



**Sauteed garlic & herb tomatoes**

127 cals

Day 7

3163 cals ● 294g protein (37%) ● 196g fat (56%) ● 37g carbs (5%) ● 19g fiber (2%)

Breakfast

535 cals, 29g protein, 9g net carbs, 41g fat



Southwest bacon omelet  
382 cals



Sauteed Kale  
151 cals

Snacks

385 cals, 21g protein, 3g net carbs, 29g fat



Avocado deviled eggs  
3 egg(s)- 386 cals

Lunch

1090 cals, 156g protein, 9g net carbs, 46g fat



Lemon pepper chicken breast  
24 oz- 888 cals



Garlic zucchini noodles  
204 cals

Dinner

1150 cals, 88g protein, 16g net carbs, 80g fat



Steak with shallot sauce  
12 oz steak- 907 cals



Bacon zucchini noodles  
244 cals



# Grocery List



## Fruits and Fruit Juices

- ☐ avocados  
3 1/2 avocado(s) (704g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ lime juice  
5 tsp (25mL)

## Dairy and Egg Products

- ☐ eggs  
38 large (1904g)
- ☐ cheese  
2/3 lbs (316g)
- ☐ cheddar cheese  
1 1/2 cup, shredded (170g)
- ☐ butter  
1/6 stick (20g)

## Nut and Seed Products

- ☐ walnuts  
2/3 cup, shelled (67g)
- ☐ mixed nuts  
1 cup (134g)
- ☐ almond butter  
3/4 tbsp (12g)
- ☐ sunflower kernels  
2 oz (57g)
- ☐ pecans  
1 cup, halves (99g)

## Fats and Oils

- ☐ oil  
7 oz (209mL)
- ☐ balsamic vinaigrette  
3/4 cup (180mL)
- ☐ olive oil  
1/4 lbs (111mL)

## Other

- ☐ guacamole, store-bought  
3/4 cup (185g)
- ☐ almond flour  
1/4 cup(s) (28g)
- ☐ italian seasoning  
1/2 container (.75 oz) (11g)

## Beef Products

## Vegetables and Vegetable Products

- ☐ lima beans, frozen  
1/2 package (10 oz) (142g)
- ☐ mushrooms  
1 lbs (454g)
- ☐ bell pepper  
3 large (517g)
- ☐ onion  
3/4 medium (2-1/2" dia) (79g)
- ☐ tomatoes  
1 pint, cherry tomatoes (298g)
- ☐ garlic  
4 1/2 clove(s) (14g)
- ☐ fresh spinach  
24 cup(s) (720g)
- ☐ zucchini  
4 medium (784g)
- ☐ kale leaves  
5 cup, chopped (200g)
- ☐ fresh cilantro  
2 tbsp, chopped (6g)
- ☐ shallots  
3/4 shallot (85g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
7 1/2 lbs (3377g)
- ☐ boneless skinless chicken thighs  
1 1/2 lbs (680g)

## Baked Products

- ☐ baking powder  
3 dash (2g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
15 slice (345g)

## Finfish and Shellfish Products

- ☐ canned tuna  
3 can (516g)

## Pork Products

- ☐ bacon, raw  
5 1/2 slice(s) (156g)

☐ **top round roast beef**  
1 1/2 roast (1137g)

☐ **sirloin steak, raw**  
3/4 lbs (340g)

### **Spices and Herbs**

☐ **salt**  
11 3/4 g (12g)

☐ **black pepper**  
2 1/2 g (3g)

☐ **lemon pepper**  
1 1/2 tbsp (10g)

☐ **bacon, cooked**  
5 1/3 slice(s) (53g)

### **Soups, Sauces, and Gravies**

☐ **vegetable broth**  
1/4 cup(s) (mL)

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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Walnuts

1/3 cup(s) - 233 cal ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber



For single meal:

#### walnuts

1/3 cup, shelled (33g)

For all 2 meals:

#### walnuts

2/3 cup, shelled (67g)

1. The recipe has no instructions.

### 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 2 meals:

#### oil

2 tsp (10mL)

#### eggs

8 large (400g)

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.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Low carb bread with almond butter

1 slice(s) - 164 cals ● 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.

### Egg wrap with ham and cheese

2 wrap(s) - 380 cals ● 36g protein ● 25g fat ● 2g carbs ● 0g fiber



For single meal:

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

For all 3 meals:

**eggs**  
12 large (600g)  
**cheese**  
6 tbsp, shredded (42g)  
**ham cold cuts, chopped**  
6 slice (138g)

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



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Southwest bacon omelet

382 cals ● 26g protein ● 29g fat ● 3g carbs ● 0g fiber



For single meal:

**olive oil**  
1/2 tbsp (7mL)  
**bell pepper**  
4 tsp, diced (12g)  
**onion**  
4 tsp chopped (13g)  
**eggs**  
2 2/3 large (133g)  
**bacon, cooked, cooked and chopped**  
2 2/3 slice(s) (27g)

For all 2 meals:

**olive oil**  
1 tbsp (13mL)  
**bell pepper**  
2 2/3 tbsp, diced (25g)  
**onion**  
2 2/3 tbsp chopped (27g)  
**eggs**  
5 1/3 large (267g)  
**bacon, cooked, cooked and chopped**  
5 1/3 slice(s) (53g)

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.

### Sauteed Kale

151 cals ● 3g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

**kale leaves**  
2 1/2 cup, chopped (100g)  
**oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**kale leaves**  
5 cup, chopped (200g)  
**oil**  
5 tsp (25mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

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### Mixed nuts

1/2 cup(s) - 435 cals ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



For single meal:

**mixed nuts**  
1/2 cup (67g)

For all 2 meals:

**mixed nuts**  
1 cup (134g)

1. The recipe has no instructions.
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### 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.
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### Cheese and guac tacos

3 taco(s) - 525 cals ● 23g protein ● 43g fat ● 6g carbs ● 6g fiber



For single meal:

**cheddar cheese**  
3/4 cup, shredded (85g)  
**guacamole, store-bought**  
6 tbsp (93g)

For all 2 meals:

**cheddar cheese**  
1 1/2 cup, shredded (170g)  
**guacamole, store-bought**  
3/4 cup (185g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

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## Lunch 2 [🔗](#)

Eat on day 3 and day 4

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### Sauteed mushrooms

8 oz mushrooms - 191 cals ● 7g protein ● 15g fat ● 5g carbs ● 2g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**mushrooms, sliced**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**mushrooms, sliced**  
1 lbs (454g)

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.

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### Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)  
**oil**  
1 1/2 tbsp (23mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
3 lbs (1344g)  
**oil**  
3 tbsp (45mL)

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 3 [↗](#)

Eat on day 5 and day 6

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### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**boneless skinless chicken thighs**  
1 1/2 lbs (680g)  
**oil**  
1 tbsp (15mL)

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.

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### Simple sauteed spinach

299 cals ● 11g protein ● 22g fat ● 7g carbs ● 8g fiber



For single meal:

**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)

For all 2 meals:

**black pepper**  
1/4 tbsp, ground (2g)  
**salt**  
1/4 tbsp (5g)  
**olive oil**  
3 tbsp (45mL)  
**fresh spinach**  
24 cup(s) (720g)  
**garlic, diced**  
3 clove (9g)

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.

## Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

**zucchini**  
1 medium (196g)  
**bacon, raw**  
2 slice(s) (57g)

For all 2 meals:

**zucchini**  
2 medium (392g)  
**bacon, raw**  
4 slice(s) (113g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
  2. Cook the bacon in a skillet over medium heat.
  3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
  4. Remove from heat and serve.
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## Lunch 4 [↗](#)

Eat on day 7

### Lemon pepper chicken breast

24 oz - 888 cals ● 152g protein ● 28g fat ● 4g carbs ● 3g fiber



Makes 24 oz

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

**olive oil**

3/4 tbsp (11mL)

**lemon pepper**

1 1/2 tbsp (10g)

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.

### Garlic zucchini noodles

204 cals ● 3g protein ● 18g fat ● 5g carbs ● 3g fiber



**olive oil**  
1 1/4 tbsp (19mL)  
**zucchini**  
1 1/4 medium (245g)  
**garlic, minced**  
5/8 clove (2g)

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 garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

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## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber





For single meal:

**eggs**  
3 large (150g)

For all 2 meals:

**eggs**  
6 large (300g)

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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## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Cheesy ham roll ups

3 roll up(s) - 324 cals ● 26g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
1/2 cup, shredded (63g)  
**ham cold cuts**  
3 slice (69g)

For all 3 meals:

**cheese**  
1 2/3 cup, shredded (189g)  
**ham cold cuts**  
9 slice (207g)

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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### 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.

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### Snacks 3 [↗](#)

Eat on day 6 and day 7

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#### Avocado deviled eggs

3 egg(s) - 386 cals ● 21g protein ● 29g fat ● 3g carbs ● 7g fiber



For single meal:  
**eggs**  
3 large (150g)  
**avocados**  
1/2 avocado(s) (101g)  
**lime juice**  
1 tsp (5mL)  
**fresh cilantro, chopped**  
1 tbsp, chopped (3g)

For all 2 meals:  
**eggs**  
6 large (300g)  
**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**fresh cilantro, chopped**  
2 tbsp, chopped (6g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
  2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
  3. Remove eggs, cool in a cold-water bath, and peel.
  4. Slice eggs in half and spoon the yolk into a small bowl.
  5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
  6. Spoon mixture into the holes of the egg whites.
  7. Serve.
  8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Roast beef

989 cals ● 133g protein ● 51g fat ● 0g carbs ● 0g fiber



For single meal:

**top round roast beef**

3/4 roast (569g)

**oil**

3/4 tbsp (11mL)

For all 2 meals:

**top round roast beef**

1 1/2 roast (1137g)

**oil**

1 1/2 tbsp (23mL)

1. Preheat oven to 350°F (180°C).
2. Coat beef in the oil and season with some salt and pepper. Place on a roasting tray and bake for about 30-40 minutes until cooked until your desired doneness (medium rare = 130-135°F (54-57°C)).
3. Slice and serve.

### Buttered lima beans

110 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

**salt**

1 dash (1g)

**lima beans, frozen**

1/4 package (10 oz) (71g)

**butter**

1 tsp (5g)

**black pepper**

1/2 dash, ground (0g)

For all 2 meals:

**salt**

2 dash (2g)

**lima beans, frozen**

1/2 package (10 oz) (142g)

**butter**

2 tsp (9g)

**black pepper**

1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**bell pepper**  
1 1/2 large (246g)  
**onion**  
3/8 small (26g)  
**canned tuna, drained**  
1 1/2 can (258g)

For all 2 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**bell pepper**  
3 large (492g)  
**onion**  
3/4 small (53g)  
**canned tuna, drained**  
3 can (516g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

### Pecans

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



For single meal:

**pecans**  
1/2 cup, halves (50g)

For all 2 meals:

**pecans**  
1 cup, halves (99g)

1. The recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 5 and day 6

### Balsamic chicken breast

24 oz - 947 cals ● 153g protein ● 36g fat ● 2g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

**balsamic vinaigrette**

6 tbsp (90mL)

**oil**

1 tbsp (15mL)

**italian seasoning**

1/4 tbsp (3g)

For all 2 meals:

**boneless skinless chicken breast, raw**

3 lbs (1361g)

**balsamic vinaigrette**

3/4 cup (180mL)

**oil**

2 tbsp (30mL)

**italian seasoning**

1/2 tbsp (5g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

### Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



For single meal:

**black pepper**

1/2 dash, ground (0g)

**olive oil**

3/4 tbsp (11mL)

**tomatoes**

1/2 pint, cherry tomatoes (149g)

**italian seasoning**

1/4 tbsp (3g)

**salt**

2 dash (2g)

**garlic, minced**

1/2 clove(s) (2g)

For all 2 meals:

**black pepper**

1 dash, ground (0g)

**olive oil**

1 1/2 tbsp (23mL)

**tomatoes**

1 pint, cherry tomatoes (298g)

**italian seasoning**

1/2 tbsp (5g)

**salt**

4 dash (3g)

**garlic, minced**

1 clove(s) (3g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.



## Dinner 4 [↗](#)

Eat on day 7

### Steak with shallot sauce

12 oz steak - 907 cal ● 71g protein ● 63g fat ● 12g carbs ● 3g fiber



Makes 12 oz steak

**sirloin steak, raw**

3/4 lbs (340g)

**vegetable broth**

1/4 cup(s) (mL)

**butter**

3/4 tbsp (11g)

**oil**

3/4 tbsp (11mL)

**shallots, minced**

3/4 shallot (85g)

1. Season steak on all sides with some salt and pepper.
2. Heat half of the oil in a skillet over medium-high heat. Add steak and cook to desired doneness, 4-8 minutes per side. Remove steak and set aside to rest.
3. Lower heat to medium and add in remaining oil and the shallots to the pan. Stir and cook for about 2 minutes until lightly softened. Stir in vegetable broth and cook for about 2-4 minutes until the broth is reduced by about half. Turn off the heat and stir in butter until fully melted.
4. Pour shallot sauce over steak and serve.

### Bacon zucchini noodles

244 cal ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



**zucchini**

3/4 medium (147g)

**bacon, raw**

1 1/2 slice(s) (43g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.