

# Meal Plan - 3300 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

3256 cals ● 288g protein (35%) ● 206g fat (57%) ● 40g carbs (5%) ● 23g fiber (3%)

### Breakfast

570 cals, 29g protein, 3g net carbs, 48g fat



**Walnuts**  
1/3 cup(s)- 219 cals



**Bacon**  
7 slice(s)- 354 cals

### Snacks

405 cals, 19g protein, 5g net carbs, 32g fat



**Sunflower seeds**  
406 cals

### Lunch

1140 cals, 110g protein, 12g net carbs, 69g fat



**Basic chicken & spinach salad**  
812 cals



**Macadamia nuts**  
326 cals

### Dinner

1140 cals, 130g protein, 20g net carbs, 57g fat



**Spicy garlic lime chicken breast**  
20 oz- 775 cals



**Coleslaw**  
366 cals

## Day 2

3300 cals ● 243g protein (30%) ● 229g fat (62%) ● 35g carbs (4%) ● 32g fiber (4%)

### Breakfast

570 cals, 29g protein, 3g net carbs, 48g fat



**Walnuts**  
1/3 cup(s)- 219 cals



**Bacon**  
7 slice(s)- 354 cals

### Snacks

405 cals, 19g protein, 5g net carbs, 32g fat



**Sunflower seeds**  
406 cals

### Lunch

1140 cals, 110g protein, 12g net carbs, 69g fat



**Basic chicken & spinach salad**  
812 cals



**Macadamia nuts**  
326 cals

### Dinner

1185 cals, 85g protein, 15g net carbs, 79g fat



**Basic ground turkey**  
14 oz- 657 cals



**Tomato and avocado salad**  
528 cals

## Day 3

3299 cals ● 247g protein (30%) ● 240g fat (65%) ● 22g carbs (3%) ● 16g fiber (2%)

### Breakfast

555 cals, 34g protein, 4g net carbs, 42g fat



**Bacon avocado "toast"**  
2 slices- 276 cals



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

### Snacks

405 cals, 19g protein, 5g net carbs, 32g fat



**Sunflower seeds**  
406 cals

### Lunch

1195 cals, 92g protein, 6g net carbs, 88g fat



**Bacon zucchini noodles**  
163 cals



**Coleslaw**  
98 cals



**Low carb fried chicken**  
16 oz- 936 cals

### Dinner

1145 cals, 102g protein, 7g net carbs, 78g fat



**Roasted pepper stuffed chicken**  
16 oz- 1143 cals

## Day 4

3260 cals ● 216g protein (27%) ● 231g fat (64%) ● 36g carbs (4%) ● 43g fiber (5%)

### Breakfast

555 cals, 34g protein, 4g net carbs, 42g fat



**Bacon avocado "toast"**  
2 slices- 276 cals



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

### Lunch

1195 cals, 92g protein, 6g net carbs, 88g fat



**Bacon zucchini noodles**  
163 cals



**Coleslaw**  
98 cals



**Low carb fried chicken**  
16 oz- 936 cals

### Snacks

385 cals, 28g protein, 7g net carbs, 25g fat



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Pork rinds and salsa**  
217 cals

### Dinner

1125 cals, 62g protein, 20g net carbs, 76g fat



**Buffalo chicken lettuce wrap**  
2 wrap(s)- 439 cals



**Raspberries**  
2 cup(s)- 144 cals



**Macadamia nuts**  
544 cals

## Day 5

3324 cals ● 315g protein (38%) ● 205g fat (56%) ● 32g carbs (4%) ● 22g fiber (3%)

### Breakfast

555 cals, 34g protein, 4g net carbs, 42g fat



#### Bacon avocado "toast"

2 slices- 276 cals



#### Boiled eggs

4 egg(s)- 277 cals

### Snacks

385 cals, 28g protein, 7g net carbs, 25g fat



#### Roasted almonds

1/6 cup(s)- 166 cals



#### Pork rinds and salsa

217 cals

### Lunch

1180 cals, 189g protein, 12g net carbs, 41g fat



#### Basic zoodles

1 zucchini- 145 cals



#### Marinaded chicken breast

29 1/3 oz- 1036 cals

### Dinner

1205 cals, 64g protein, 11g net carbs, 98g fat



#### Rotisserie chicken & tomato salad

771 cals



#### Macadamia nuts

435 cals

## Day 6

3282 cals ● 284g protein (35%) ● 215g fat (59%) ● 29g carbs (4%) ● 23g fiber (3%)

### Breakfast

645 cals, 31g protein, 4g net carbs, 52g fat



#### Low carb bread with almond butter

1 slice(s)- 164 cals



#### Egg in an eggplant

481 cals

### Snacks

445 cals, 33g protein, 3g net carbs, 31g fat



#### Roasted almonds

1/4 cup(s)- 222 cals



#### Pork rinds

1 1/2 oz- 224 cals

### Lunch

1100 cals, 122g protein, 8g net carbs, 63g fat



#### Bacon zucchini noodles

542 cals



#### Pan fried tilapia

15 oz- 558 cals

### Dinner

1090 cals, 99g protein, 14g net carbs, 69g fat



#### Caprese chicken

12 oz- 895 cals



#### Coleslaw

195 cals

# Day 7

3282 cals ● 284g protein (35%) ● 215g fat (59%) ● 29g carbs (4%) ● 23g fiber (3%)

## Breakfast

645 cals, 31g protein, 4g net carbs, 52g fat



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



**Egg in an eggplant**  
481 cals

## Snacks

445 cals, 33g protein, 3g net carbs, 31g fat



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



**Pork rinds**  
1 1/2 oz- 224 cals

## Lunch

1100 cals, 122g protein, 8g net carbs, 63g fat



**Bacon zucchini noodles**  
542 cals



**Pan fried tilapia**  
15 oz- 558 cals

## Dinner

1090 cals, 99g protein, 14g net carbs, 69g fat



**Caprese chicken**  
12 oz- 895 cals



**Coleslaw**  
195 cals

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# Grocery List



## Nut and Seed Products

- sunflower kernels  
6 3/4 oz (191g)
- walnuts  
10 tbsp, shelled (63g)
- Macadamia nuts, shelled, roasted  
1/2 lbs (213g)
- almonds  
14 tbsp, whole (125g)
- almond butter  
1/2 tbsp (8g)

## Pork Products

- bacon, cooked  
20 slice(s) (200g)
- bacon, raw  
8 2/3 slice(s) (246g)

## Vegetables and Vegetable Products

- fresh spinach  
10 2/3 cup(s) (320g)
- garlic  
2 clove (6g)
- onion  
2 1/4 tbsp minced (34g)
- tomatoes  
3 2/3 medium whole (2-3/5" dia) (453g)
- zucchini  
3 1/2 large (1172g)
- romaine lettuce  
2 leaf outer (56g)
- cucumber  
3/8 cucumber (8-1/4") (113g)
- eggplant  
8 1 inch (2.5 cm) slice(s) (480g)

## Fats and Oils

- oil  
4 oz (127mL)
- salad dressing  
1/2 cup (120mL)
- olive oil  
2/3 cup (169mL)
- marinade sauce  
1 cup (221mL)

## Poultry Products

## Fruits and Fruit Juices

- lime juice  
1/3 cup (71mL)
- lemon juice  
3 fl oz (95mL)
- avocados  
3 avocado(s) (595g)
- raspberries  
2 cup (246g)

## Other

- coleslaw mix  
2 package (14 oz) (774g)
- Chicken, drumsticks, with skin  
2 lbs (907g)
- pork rinds  
6 1/2 oz (184g)
- roasted red peppers  
1 1/3 pepper(s) (93g)
- rotisserie chicken, cooked  
1/2 lbs (255g)
- almond flour  
1/6 cup(s) (18g)
- italian seasoning  
1/2 tbsp (5g)

## Soups, Sauces, and Gravies

- hot sauce  
2 tbsp (30mL)
- salsa  
10 tbsp (180g)
- Frank's Red Hot sauce  
2 3/4 tbsp (41mL)
- pesto sauce  
6 tbsp (96g)

## Dairy and Egg Products

- eggs  
20 1/2 large (1025g)
- fresh mozzarella cheese  
6 oz (170g)

## Baked Products

- baking powder  
2 dash (1g)

## Finfish and Shellfish Products

- boneless skinless chicken breast, raw**  
7 lbs (3187g)
- ground turkey, raw**  
14 oz (397g)
- boneless chicken thighs, with skin**  
1 lbs (454g)

- tilapia, raw**  
30 oz (840g)

## Spices and Herbs

- salt**  
1 1/4 tbsp (22g)
- black pepper**  
2 tsp, ground (5g)
- cayenne pepper**  
1/4 tsp (0g)
- paprika**  
1/4 tbsp (2g)
- thyme, dried**  
1/4 tsp, ground (0g)
- garlic powder**  
3/4 tbsp (7g)
- ground cumin**  
1 tsp (2g)
- cajun seasoning**  
1/2 tbsp (3g)
- fresh basil**  
6 tbsp, chopped (16g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
5 tbsp, shelled (31g)

For all 2 meals:

**walnuts**  
10 tbsp, shelled (63g)

1. The recipe has no instructions.

### Bacon

7 slice(s) - 354 cals ● 25g protein ● 28g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon, cooked**  
7 slice(s) (70g)

For all 2 meals:

**bacon, cooked**  
14 slice(s) (140g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Bacon avocado "toast"

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



For single meal:

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

For all 3 meals:

**bacon, cooked**  
6 slice(s) (60g)  
**avocados**  
1 1/2 avocado(s) (302g)

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

### Boiled eggs

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



For single meal:

**eggs**  
4 large (200g)

For all 3 meals:

**eggs**  
12 large (600g)

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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### 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 2 meals:

**almond flour**  
1/6 cup(s) (18g)  
**oil**  
1 tbsp (15mL)  
**baking powder**  
2 dash (1g)  
**salt**  
1 1/3 dash (1g)  
**eggs**  
1/2 large (25g)  
**almond butter**  
1/2 tbsp (8g)

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 in an eggplant

481 cals ● 26g protein ● 37g fat ● 3g carbs ● 7g fiber



For single meal:

**eggplant**  
4 1 inch (2.5 cm) slice(s) (240g)  
**oil**  
4 tsp (20mL)  
**eggs**  
4 large (200g)

For all 2 meals:

**eggplant**  
8 1 inch (2.5 cm) slice(s) (480g)  
**oil**  
2 2/3 tbsp (40mL)  
**eggs**  
8 large (400g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

## Lunch 1 ↗

Eat on day 1 and day 2

### Basic chicken & spinach salad

812 cals ● 107g protein ● 37g fat ● 10g carbs ● 3g fiber



For single meal:

**fresh spinach**  
5 1/3 cup(s) (160g)  
**oil**  
1 tbsp (13mL)  
**salad dressing**  
4 tbsp (60mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
16 oz (454g)

For all 2 meals:

**fresh spinach**  
10 2/3 cup(s) (320g)  
**oil**  
1 3/4 tbsp (27mL)  
**salad dressing**  
1/2 cup (120mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
2 lbs (907g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

### Macadamia nuts

326 cals ● 3g protein ● 32g fat ● 2g carbs ● 3g fiber



For single meal:

**Macadamia nuts, shelled, roasted**  
1 1/2 oz (43g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**  
3 oz (85g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 3 and day 4

### Bacon zucchini noodles

163 cals ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

**zucchini**  
1/2 medium (98g)  
**bacon, raw**  
1 slice(s) (28g)

For all 2 meals:

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

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.

### Coleslaw

98 cals ● 1g protein ● 8g fat ● 4g carbs ● 2g fiber



For single meal:

**coleslaw mix**  
1/6 package (14 oz) (79g)  
**olive oil**  
2 tsp (9mL)  
**lemon juice**  
2 tsp (9mL)  
**ground cumin**  
2/3 dash (0g)  
**salt**  
2/3 dash (1g)  
**garlic, minced**  
1/6 clove (1g)

For all 2 meals:

**coleslaw mix**  
3/8 package (14 oz) (159g)  
**olive oil**  
1 1/3 tbsp (18mL)  
**lemon juice**  
1 1/3 tbsp (18mL)  
**ground cumin**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**garlic, minced**  
3/8 clove (1g)

1. Create dressing by whisking together the oil, lemon juice, garlic, cumin, and salt in a small bowl.
2. When serving, toss coleslaw with dressing and serve.

### Low carb fried chicken

16 oz - 936 cals ● 80g protein ● 68g fat ● 1g carbs ● 0g fiber



For single meal:

**hot sauce**  
3 tsp (15mL)  
**cajun seasoning**  
1/4 tbsp (1g)  
**Chicken, drumsticks, with skin**  
16 oz (454g)  
**pork rinds, crushed**  
1/2 oz (14g)

For all 2 meals:

**hot sauce**  
2 tbsp (30mL)  
**cajun seasoning**  
1/2 tbsp (3g)  
**Chicken, drumsticks, with skin**  
32 oz (907g)  
**pork rinds, crushed**  
1 oz (28g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

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## Lunch 3 ↗

Eat on day 5

### Basic zoodles

1 zucchini - 145 cals ● 4g protein ● 10g fat ● 6g carbs ● 4g fiber



Makes 1 zucchini

**zucchini**  
1 large (323g)  
**oil**  
2 tsp (10mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.

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### Marinaded chicken breast

29 1/3 oz - 1036 cals ● 185g protein ● 31g fat ● 5g carbs ● 0g fiber



Makes 29 1/3 oz

**boneless skinless chicken breast, raw**

29 1/3 oz (821g)

**marinade sauce**

1 cup (220mL)

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 4 ↗

Eat on day 6 and day 7

### Bacon zucchini noodles

542 cals ● 37g protein ● 39g fat ● 8g carbs ● 4g fiber



For single meal:

**zucchini**  
1 2/3 medium (327g)  
**bacon, raw**  
3 1/3 slice(s) (94g)

For all 2 meals:

**zucchini**  
3 1/3 medium (653g)  
**bacon, raw**  
6 2/3 slice(s) (189g)

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.

### Pan fried tilapia

15 oz - 558 cals ● 85g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

**olive oil**  
1 1/4 tbsp (19mL)  
**black pepper**  
5 dash, ground (1g)  
**salt**  
5 dash (4g)  
**tilapia, raw**  
15 oz (420g)

For all 2 meals:

**olive oil**  
2 1/2 tbsp (38mL)  
**black pepper**  
1 1/4 tsp, ground (3g)  
**salt**  
1 1/4 tsp (8g)  
**tilapia, raw**  
30 oz (840g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Sunflower seeds

406 cals ● 19g protein ● 32g fat ● 5g carbs ● 5g fiber



For single meal:

**sunflower kernels**  
2 1/4 oz (64g)

For all 3 meals:

**sunflower kernels**  
6 3/4 oz (191g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 4 and day 5

### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
3 tbsp, whole (27g)

For all 2 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### Pork rinds and salsa

217 cals ● 23g protein ● 11g fat ● 4g carbs ● 2g fiber



For single meal:

**salsa**  
5 tbsp (90g)  
**pork rinds**  
1 1/4 oz (35g)

For all 2 meals:

**salsa**  
10 tbsp (180g)  
**pork rinds**  
2 1/2 oz (71g)

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1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### 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.

### Pork rinds

1 1/2 oz - 224 cals ● 26g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

**pork rinds**  
1 1/2 oz (43g)

For all 2 meals:

**pork rinds**  
3 oz (85g)

1. Enjoy.

## Dinner 1 ↗

Eat on day 1

### Spicy garlic lime chicken breast

20 oz - 775 cals ● 127g protein ● 26g fat ● 7g carbs ● 1g fiber



Makes 20 oz

**salt**  
5 dash (4g)  
**black pepper**  
1 2/3 dash, ground (0g)  
**cayenne pepper**  
1 2/3 dash (0g)  
**paprika**  
2/3 dash (0g)  
**thyme, dried**  
1 2/3 dash, ground (0g)  
**boneless skinless chicken breast, raw**  
1 1/4 lbs (560g)  
**lime juice**  
2 1/2 tbsp (37mL)  
**garlic powder**  
1/2 tbsp (5g)  
**olive oil**  
2 1/2 tsp (12mL)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

### Coleslaw

366 cals ● 2g protein ● 31g fat ● 13g carbs ● 7g fiber



**coleslaw mix**  
3/4 package (14 oz) (298g)  
**olive oil**  
2 1/4 tbsp (34mL)  
**lemon juice**  
2 1/4 tbsp (34mL)  
**ground cumin**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**garlic, minced**  
3/4 clove (2g)

1. Create dressing by whisking together the oil, lemon juice, garlic, cumin, and salt in a small bowl.
2. When serving, toss coleslaw with dressing and serve.

## Dinner 2 ↗

Eat on day 2

### Basic ground turkey

14 oz - 657 cals ● 78g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 14 oz

**ground turkey, raw**

14 oz (397g)

**oil**

1 3/4 tsp (9mL)

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.

### Tomato and avocado salad

528 cals ● 7g protein ● 41g fat ● 15g carbs ● 18g fiber



**onion**

2 1/4 tbsp minced (34g)

**lime juice**

2 1/4 tbsp (34mL)

**olive oil**

1/2 tbsp (8mL)

**garlic powder**

1/2 tsp (2g)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**avocados, cubed**

1 avocado(s) (226g)

**tomatoes, diced**

1 medium whole (2-3/5" dia) (138g)

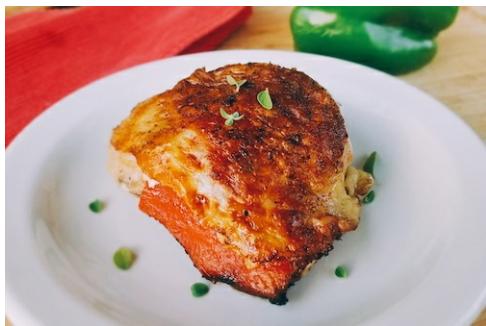
1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Dinner 3 ↗

Eat on day 3

### Roasted pepper stuffed chicken

16 oz - 1143 cals ● 102g protein ● 78g fat ● 7g carbs ● 1g fiber



Makes 16 oz

**boneless chicken thighs, with skin**

16 oz (454g)

**paprika**

1/4 tbsp (2g)

**oil**

2 tsp (10mL)

**roasted red peppers, cut into thick strips**

1 1/3 pepper(s) (93g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

## Dinner 4 ↗

Eat on day 4

### Buffalo chicken lettuce wrap

2 wrap(s) - 439 cals ● 54g protein ● 21g fat ● 3g carbs ● 6g fiber



Makes 2 wrap(s)

**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**Frank's Red Hot sauce**  
2 2/3 tbsp (40mL)  
**romaine lettuce**  
2 leaf outer (56g)  
**avocados, chopped**  
1/3 avocado(s) (67g)  
**oil**  
1 tsp (5mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (227g)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

### Raspberries

2 cup(s) - 144 cals ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



Makes 2 cup(s)

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

### Macadamia nuts

544 cals ● 6g protein ● 54g fat ● 3g carbs ● 6g fiber



**Macadamia nuts, shelled, roasted**  
2 1/2 oz (71g)

1. The recipe has no instructions.

## Dinner 5 ↗

Eat on day 5

### Rotisserie chicken & tomato salad

771 cals ● 59g protein ● 55g fat ● 8g carbs ● 2g fiber



#### rotisserie chicken, cooked

1/2 lbs (255g)

#### olive oil

1 1/2 tbsp (23mL)

#### lemon juice

1/2 tbsp (8mL)

#### cucumber, sliced

3/8 cucumber (8-1/4") (113g)

#### tomatoes, cut into wedges

3/4 large whole (3" dia) (137g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

### Macadamia nuts

435 cals ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



#### Macadamia nuts, shelled, roasted

2 oz (57g)

1. The recipe has no instructions.

## Dinner 6 ↗

Eat on day 6 and day 7

### Caprese chicken

12 oz - 895 cals ● 97g protein ● 52g fat ● 7g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**fresh basil**  
3 tbsp, chopped (8g)  
**oil**  
1/2 tbsp (8mL)  
**pesto sauce**  
3 tbsp (48g)  
**italian seasoning**  
1/4 tbsp (3g)  
**fresh mozzarella cheese, sliced**  
3 oz (85g)  
**tomatoes, quartered**  
4 1/2 cherry tomatoes (77g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)  
**fresh basil**  
6 tbsp, chopped (16g)  
**oil**  
1 tbsp (15mL)  
**pesto sauce**  
6 tbsp (96g)  
**italian seasoning**  
1/2 tbsp (5g)  
**fresh mozzarella cheese, sliced**  
6 oz (170g)  
**tomatoes, quartered**  
9 cherry tomatoes (153g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

### Coleslaw

195 cals ● 1g protein ● 16g fat ● 7g carbs ● 4g fiber



For single meal:

**coleslaw mix**  
3/8 package (14 oz) (159g)  
**olive oil**  
1 1/3 tbsp (18mL)  
**lemon juice**  
1 1/3 tbsp (18mL)  
**ground cumin**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**garlic, minced**  
3/8 clove (1g)

For all 2 meals:

**coleslaw mix**  
5/6 package (14 oz) (318g)  
**olive oil**  
2 1/2 tbsp (36mL)  
**lemon juice**  
2 1/2 tbsp (36mL)  
**ground cumin**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**garlic, minced**  
5/6 clove (2g)

1. Create dressing by whisking together the oil, lemon juice, garlic, cumin, and salt in a small bowl.
2. When serving, toss coleslaw with dressing and serve.

