

Meal Plan - 3400 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

3405 cals ● 269g protein (32%) ● 235g fat (62%) ● 38g carbs (5%) ● 15g fiber (2%)

Breakfast

535 cals, 28g protein, 4g net carbs, 44g fat



Low carb bread with almond butter

2 slice(s)- 329 cals



Boiled eggs

3 egg(s)- 208 cals

Snacks

490 cals, 9g protein, 4g net carbs, 47g fat



Walnuts

1/4 cup(s)- 175 cals



Almond butter keto fat bomb

3 bomb(s)- 317 cals

Lunch

1210 cals, 114g protein, 16g net carbs, 74g fat



Caesar chicken breasts

16 oz- 918 cals



Buttered green beans

293 cals

Dinner

1165 cals, 118g protein, 14g net carbs, 70g fat



Ranch chicken

16 oz- 921 cals



Bacon zucchini noodles

244 cals

Day 2

3412 cals ● 307g protein (36%) ● 223g fat (59%) ● 29g carbs (3%) ● 16g fiber (2%)

Breakfast

535 cals, 28g protein, 4g net carbs, 44g fat



Low carb bread with almond butter

2 slice(s)- 329 cals



Boiled eggs

3 egg(s)- 208 cals

Snacks

490 cals, 9g protein, 4g net carbs, 47g fat



Walnuts

1/4 cup(s)- 175 cals

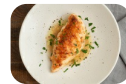


Almond butter keto fat bomb

3 bomb(s)- 317 cals

Lunch

1210 cals, 114g protein, 16g net carbs, 74g fat



Caesar chicken breasts

16 oz- 918 cals



Buttered green beans

293 cals

Dinner

1170 cals, 157g protein, 5g net carbs, 58g fat



Bacon zucchini noodles

325 cals



Basic chicken breast

21 1/3 oz- 847 cals

Day 3

3317 cals ● 261g protein (32%) ● 233g fat (63%) ● 31g carbs (4%) ● 15g fiber (2%)

Breakfast

535 cals, 28g protein, 4g net carbs, 44g fat



Low carb bread with almond butter
2 slice(s)- 329 cals



Boiled eggs
3 egg(s)- 208 cals

Snacks

420 cals, 27g protein, 8g net carbs, 30g fat



Roasted peanuts
1/6 cup(s)- 173 cals



String cheese
3 stick(s)- 248 cals

Lunch

1190 cals, 50g protein, 14g net carbs, 100g fat



Parmesan zucchini noodles
484 cals



Pepper steak
8 ounce(s)- 704 cals

Dinner

1170 cals, 157g protein, 5g net carbs, 58g fat



Bacon zucchini noodles
325 cals



Basic chicken breast
21 1/3 oz- 847 cals

Day 4

3369 cals ● 334g protein (40%) ● 206g fat (55%) ● 33g carbs (4%) ● 11g fiber (1%)

Breakfast

575 cals, 40g protein, 3g net carbs, 44g fat



Bacon omelet
560 cals



Celery sticks
2 celery stalk- 13 cals

Snacks

420 cals, 27g protein, 8g net carbs, 30g fat



Roasted peanuts
1/6 cup(s)- 173 cals



String cheese
3 stick(s)- 248 cals

Lunch

1165 cals, 186g protein, 10g net carbs, 41g fat



Sauteed garlic & herb tomatoes
127 cals



Marinated chicken breast
29 1/3 oz- 1036 cals

Dinner

1210 cals, 82g protein, 12g net carbs, 91g fat



Pecans
1/4 cup- 183 cals



Rotisserie chicken & tomato salad
1028 cals

Day 5

3350 cals ● 328g protein (39%) ● 205g fat (55%) ● 34g carbs (4%) ● 15g fiber (2%)

Breakfast

575 cals, 40g protein, 3g net carbs, 44g fat



Bacon omelet

560 cals



Celery sticks

2 celery stalk- 13 cals

Snacks

420 cals, 27g protein, 8g net carbs, 30g fat



Roasted peanuts

1/6 cup(s)- 173 cals



String cheese

3 stick(s)- 248 cals

Lunch

1145 cals, 180g protein, 11g net carbs, 40g fat



Lemon pepper chicken breast

28 oz- 1036 cals



Olive oil drizzled green beans

108 cals

Dinner

1210 cals, 82g protein, 12g net carbs, 91g fat



Pecans

1/4 cup- 183 cals



Rotisserie chicken & tomato salad

1028 cals

Day 6

3382 cals ● 269g protein (32%) ● 233g fat (62%) ● 28g carbs (3%) ● 23g fiber (3%)

Breakfast

540 cals, 29g protein, 7g net carbs, 43g fat



Bacon

5 slice(s)- 253 cals



Roasted peanuts

1/3 cup(s)- 288 cals

Snacks

465 cals, 27g protein, 6g net carbs, 37g fat



Macadamia nuts

109 cals



Pork rinds with french onion dip

356 cals

Lunch

1180 cals, 112g protein, 12g net carbs, 72g fat



Pecans

1/2 cup- 366 cals



Basic chicken & spinach salad

812 cals

Dinner

1200 cals, 103g protein, 4g net carbs, 81g fat



Classic steak

16 oz steak- 950 cals



Spinach cauliflower mince

3 1/2 cup(s)- 249 cals

Breakfast

540 cals, 29g protein, 7g net carbs, 43g fat



Bacon
5 slice(s)- 253 cals



Roasted peanuts
1/3 cup(s)- 288 cals

Snacks

465 cals, 27g protein, 6g net carbs, 37g fat



Macadamia nuts
109 cals



Pork rinds with french onion dip
356 cals

Lunch

1180 cals, 112g protein, 12g net carbs, 72g fat



Pecans
1/2 cup- 366 cals



Basic chicken & spinach salad
812 cals

Dinner

1200 cals, 103g protein, 4g net carbs, 81g fat



Classic steak
16 oz steak- 950 cals



Spinach cauliflower mince
3 1/2 cup(s)- 249 cals

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ almond butter
1/4 cup (72g)
- ☐ pecans
1 1/2 cup, halves (149g)
- ☐ Macadamia nuts, shelled, roasted
1 oz (28g)

Spices and Herbs

- ☐ salt
1/4 oz (8g)
- ☐ vanilla extract
1/2 tsp (3mL)
- ☐ black pepper
5 g (5g)
- ☐ rosemary, dried
1/3 tsp (0g)
- ☐ lemon pepper
1 3/4 tbsp (12g)

Dairy and Egg Products

- ☐ butter
1 stick (111g)
- ☐ eggs
18 1/2 large (925g)
- ☐ parmesan cheese
2/3 cup (53g)
- ☐ string cheese
9 stick (252g)

Other

- ☐ almond flour
1/2 cup(s) (55g)
- ☐ ranch dressing mix
1/2 packet (1 oz) (14g)
- ☐ italian seasoning
1/4 tbsp (3g)
- ☐ rotisserie chicken, cooked
1 1/2 lbs (680g)
- ☐ french onion dip
2/3 cup (157g)
- ☐ pork rinds
2 2/3 oz (76g)
- ☐ frozen riced cauliflower
7 cup, frozen (742g)

Baked Products

- ☐ baking powder
1/4 tbsp (4g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
11 1/3 lbs (5063g)

Vegetables and Vegetable Products

- ☐ frozen green beans
5 cup (605g)
- ☐ zucchini
5 1/2 medium (1062g)
- ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ tomatoes
4 medium whole (2-3/5" dia) (513g)
- ☐ garlic
7 1/2 clove(s) (22g)
- ☐ cucumber
1 cucumber (8-1/4") (301g)
- ☐ fresh spinach
14 cup(s) (425g)

Pork Products

- ☐ bacon, raw
5 1/2 slice(s) (156g)
- ☐ bacon, cooked
18 slice(s) (180g)

Beef Products

- ☐ ribeye, raw
1/2 lbs (227g)
- ☐ sirloin steak, raw
2 lbs (907g)

Legumes and Legume Products

- ☐ roasted peanuts
1 1/3 cup (173g)

Fruits and Fruit Juices

- ☐ lemon juice
4 tsp (20mL)

Fats and Oils

- ☐ oil
5 3/4 oz (176mL)
 - ☐ caesar salad dressing
1/2 cup (118g)
 - ☐ ranch dressing
4 tbsp (60mL)
 - ☐ olive oil
5 oz (152mL)
 - ☐ marinade sauce
1 cup (221mL)
 - ☐ salad dressing
1/2 cup (120mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Low carb bread with almond butter

2 slice(s) - 329 cal ● 9g protein ● 30g fat ● 3g carbs ● 3g fiber



For single meal:

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)

For all 3 meals:

almond flour
1/2 cup(s) (55g)
oil
3 tbsp (45mL)
baking powder
1/4 tbsp (4g)
salt
4 dash (3g)
eggs
1 1/2 large (75g)
almond butter
1 1/2 tbsp (24g)

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.

Boiled eggs

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



For single meal:

eggs
3 large (150g)

For all 3 meals:

eggs
9 large (450g)

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 2 [↗](#)

Eat on day 4 and day 5

Bacon omelet

560 cals ● 39g protein ● 44g fat ● 2g carbs ● 0g fiber



For single meal:

olive oil
2 tsp (10mL)
eggs
4 large (200g)
bacon, cooked, cooked and chopped
4 slice(s) (40g)

For all 2 meals:

olive oil
4 tsp (20mL)
eggs
8 large (400g)
bacon, cooked, cooked and chopped
8 slice(s) (80g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or 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 chopped 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.

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.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Bacon

5 slice(s) - 253 cals ● 18g protein ● 20g fat ● 1g carbs ● 0g fiber



For single meal:

bacon, cooked
5 slice(s) (50g)

For all 2 meals:

bacon, cooked
10 slice(s) (100g)

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.

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts
5 tbsp (46g)

For all 2 meals:

roasted peanuts
10 tbsp (91g)

1. The recipe has no instructions.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Caesar chicken breasts

16 oz - 918 cal ● 109g protein ● 52g fat ● 4g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 lbs (454g)
caesar salad dressing
4 tbsp (59g)
parmesan cheese
4 tbsp (20g)

For all 2 meals:

boneless skinless chicken breast, raw
2 lbs (907g)
caesar salad dressing
1/2 cup (118g)
parmesan cheese
1/2 cup (40g)

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.

Buttered green beans

293 cal ● 5g protein ● 23g fat ● 12g carbs ● 6g fiber



For single meal:

butter
2 tbsp (27g)
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen green beans
2 cup (242g)

For all 2 meals:

butter
4 tbsp (54g)
black pepper
3 dash (0g)
salt
3 dash (1g)
frozen green beans
4 cup (484g)

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

Lunch 2 [↗](#)

Eat on day 3

Parmesan zucchini noodles

484 cals ● 10g protein ● 41g fat ● 12g carbs ● 6g fiber



zucchini
2 2/3 medium (523g)
olive oil
2 2/3 tbsp (40mL)
parmesan cheese
2 2/3 tbsp (13g)

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.

Pepper steak

8 ounce(s) - 704 cals ● 40g protein ● 59g fat ● 2g carbs ● 1g fiber



Makes 8 ounce(s)

butter
1 tbsp (14g)
salt
1/3 tsp (2g)
ribeye, raw
1/2 lbs (227g)
rosemary, dried
1/3 tsp (0g)
black pepper
2 tsp, ground (5g)

1. Coat both sides of steaks with pepper and rosemary.
 2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
 3. Remove steaks from skillet and sprinkle with salt. Serve.
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Lunch 3 [↗](#)

Eat on day 4

Sauteed garlic & herb tomatoes

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



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)

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.

Marinated 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 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.

Lunch 4 [↗](#)

Eat on day 5

Lemon pepper chicken breast

28 oz - 1036 cals ● 178g protein ● 33g fat ● 5g carbs ● 3g fiber



Makes 28 oz

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.

Olive oil drizzled green beans

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



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

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

Lunch 5 [🔗](#)

Eat on day 6 and day 7

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.

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.
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Snacks 1 [↗](#)

Eat on day 1 and day 2

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
4 tbsp, shelled (25g)

For all 2 meals:

walnuts
1/2 cup, shelled (50g)

1. The recipe has no instructions.
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Almond butter keto fat bomb

3 bomb(s) - 317 cals ● 5g protein ● 31g fat ● 2g carbs ● 2g fiber



For single meal:

almond butter
1 1/2 tbsp (24g)
salt
1/4 dash (0g)
vanilla extract
1/4 tsp (1mL)
butter
1 1/2 tbsp (21g)

For all 2 meals:

almond butter
3 tbsp (48g)
salt
1/2 dash (0g)
vanilla extract
1/2 tsp (3mL)
butter
3 tbsp (43g)

1. Line a mini muffin tin with one liner per serving listed above.
 2. Add butter and almond butter into a microwave safe bowl and heat in the microwave for 1 minute, until mostly melted.
 3. Add in the vanilla and salt, and stir.
 4. Evenly spoon the mixture into the liners.
 5. Freeze for 10+ minutes or refrigerate for 45+ until they are chewy.
 6. You can store these in the fridge or freezer based on your preference.
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Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 3 meals:

roasted peanuts
1/2 cup (82g)

1. The recipe has no instructions.

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 3 meals:

string cheese
9 stick (252g)

1. The recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Macadamia nuts

109 cals ● 1g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

Macadamia nuts, shelled, roasted
1/2 oz (14g)

For all 2 meals:

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

- 1. The recipe has no instructions.

Pork rinds with french onion dip

356 cals ● 25g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

french onion dip
1/3 cup (78g)
pork rinds
1 1/3 oz (38g)

For all 2 meals:

french onion dip
2/3 cup (157g)
pork rinds
2 2/3 oz (76g)

- 1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Ranch chicken

16 oz - 921 cal ● 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.

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.

Dinner 2 [↗](#)

Eat on day 2 and day 3

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.

Basic chicken breast

21 1/3 oz - 847 cals ● 134g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
oil
4 tsp (20mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 2/3 lbs (1195g)
oil
2 2/3 tbsp (40mL)

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.

Dinner 3 [🔗](#)

Eat on day 4 and day 5

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.
-

Rotisserie chicken & tomato salad

1028 cals ● 79g protein ● 73g fat ● 11g carbs ● 3g fiber



For single meal:

rotisserie chicken, cooked
3/4 lbs (340g)
olive oil
2 tbsp (30mL)
lemon juice
2 tsp (10mL)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, cut into wedges
1 large whole (3" dia) (182g)

For all 2 meals:

rotisserie chicken, cooked
1 1/2 lbs (680g)
olive oil
4 tbsp (60mL)
lemon juice
4 tsp (20mL)
cucumber, sliced
1 cucumber (8-1/4") (301g)
tomatoes, cut into wedges
2 large whole (3" dia) (364g)

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.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Classic steak

16 oz steak - 950 cal ● 92g protein ● 65g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
sirloin steak, raw
1 lbs (454g)

For all 2 meals:

oil
1 tbsp (15mL)
sirloin steak, raw
2 lbs (907g)

1. Sprinkle some salt and pepper (to taste) on the steak.
2. Heat a cast iron skillet to scalding hot. Add in the oil (preferably one with a high smoke point) and coat the pan.
3. Add in the steak (be careful to not get splattered) and let it sit for 2 minutes.
4. Use tongs to flip the steak, and let cook 2 more minutes.
5. At this point, you can flip the steak every 30-60 seconds, until the total cook time has reached 5-6 minutes (longer for thicker or more-well done steaks).
6. When internal temperature reaches desired level (medium rare: 140°F/60°C), remove pan from the heat, loosely cover, and let rest for 10 minutes. Serve.

Spinach cauliflower mince

3 1/2 cup(s) - 249 cal ● 11g protein ● 16g fat ● 4g carbs ● 10g fiber



For single meal:

frozen riced cauliflower
3 1/2 cup, frozen (371g)
oil
3 1/2 tsp (18mL)
garlic, diced
3 1/2 clove(s) (11g)
fresh spinach, chopped
1 3/4 cup(s) (53g)

For all 2 meals:

frozen riced cauliflower
7 cup, frozen (742g)
oil
2 1/3 tbsp (35mL)
garlic, diced
7 clove(s) (21g)
fresh spinach, chopped
3 1/2 cup(s) (105g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.