

Meal Plan - 1100 calorie paleo 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

1087 cals ● 104g protein (38%) ● 47g fat (39%) ● 46g carbs (17%) ● 16g fiber (6%)

Breakfast

280 cals, 18g protein, 14g net carbs, 16g fat



Nectarine

1 nectarine(s)- 70 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals

Lunch

420 cals, 25g protein, 19g net carbs, 24g fat



Strawberries

2 cup(s)- 104 cals



Salmon salad lettuce wrap

315 cals

Dinner

385 cals, 60g protein, 14g net carbs, 7g fat



Bbq pulled chicken & slaw bowl

343 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals

Day 2

1140 cals ● 97g protein (34%) ● 61g fat (48%) ● 35g carbs (12%) ● 16g fiber (6%)

Breakfast

280 cals, 18g protein, 14g net carbs, 16g fat



Nectarine

1 nectarine(s)- 70 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals

Lunch

420 cals, 25g protein, 19g net carbs, 24g fat



Strawberries

2 cup(s)- 104 cals



Salmon salad lettuce wrap

315 cals

Dinner

440 cals, 54g protein, 3g net carbs, 21g fat



Buffalo chicken lettuce wrap

2 wrap(s)- 439 cals

Day 3

1141 cals ● 100g protein (35%) ● 65g fat (51%) ● 29g carbs (10%) ● 11g fiber (4%)

Breakfast

280 cals, 18g protein, 14g net carbs, 16g fat



Nectarine

1 nectarine(s)- 70 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals

Dinner

440 cals, 54g protein, 3g net carbs, 21g fat



Buffalo chicken lettuce wrap

2 wrap(s)- 439 cals

Lunch

420 cals, 28g protein, 12g net carbs, 28g fat



Honey dijon salmon

4 1/2 oz- 301 cals



Roasted tomatoes

2 tomato(es)- 119 cals

Day 4

1128 cals ● 129g protein (46%) ● 51g fat (41%) ● 21g carbs (8%) ● 16g fiber (6%)

Breakfast

265 cals, 17g protein, 2g net carbs, 21g fat



Egg-crust breakfast pizza

266 cals

Lunch

400 cals, 56g protein, 8g net carbs, 14g fat



Basic chicken breast

8 oz- 317 cals



Sugar snap peas

82 cals

Dinner

465 cals, 57g protein, 11g net carbs, 17g fat



Simple salad with tomatoes and carrots

147 cals



Balsamic chicken breast

8 oz- 316 cals

Day 5

1097 cals ● 102g protein (37%) ● 47g fat (39%) ● 52g carbs (19%) ● 14g fiber (5%)

Breakfast

265 cals, 17g protein, 2g net carbs, 21g fat



Egg-crust breakfast pizza
266 cals

Lunch

400 cals, 56g protein, 8g net carbs, 14g fat



Basic chicken breast
8 oz- 317 cals



Sugar snap peas
82 cals

Dinner

430 cals, 29g protein, 42g net carbs, 13g fat



Honey mustard chicken
4 oz- 219 cals



Baked sweet potatoes
1/2 sweet potato(s)- 108 cals



Roasted carrots
2 carrots(s)- 106 cals

Day 6

1077 cals ● 91g protein (34%) ● 66g fat (55%) ● 20g carbs (7%) ● 11g fiber (4%)

Breakfast

235 cals, 14g protein, 7g net carbs, 15g fat



Kale & eggs
189 cals



Raspberries
2/3 cup(s)- 48 cals

Lunch

465 cals, 37g protein, 4g net carbs, 32g fat



Olive oil drizzled sugar snap peas
82 cals



Simple salmon
6 oz- 385 cals

Dinner

375 cals, 39g protein, 9g net carbs, 19g fat



Hungarian goulash
345 cals



Simple kale salad
1/2 cup(s)- 28 cals

Day 7

1077 cals ● 91g protein (34%) ● 66g fat (55%) ● 20g carbs (7%) ● 11g fiber (4%)

Breakfast

235 cals, 14g protein, 7g net carbs, 15g fat



Kale & eggs
189 cals



Raspberries
2/3 cup(s)- 48 cals

Dinner

375 cals, 39g protein, 9g net carbs, 19g fat



Hungarian goulash
345 cals



Simple kale salad
1/2 cup(s)- 28 cals

Lunch

465 cals, 37g protein, 4g net carbs, 32g fat



Olive oil drizzled sugar snap peas
82 cals



Simple salmon
6 oz- 385 cals



Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/3 lbs (1497g)

Other

- ☐ coleslaw mix
1 1/2 cup (135g)
- ☐ sugar-free barbecue sauce
3 tbsp (45g)
- ☐ italian seasoning
1/4 tbsp (3g)

Spices and Herbs

- ☐ dijon mustard
1 oz (31g)
- ☐ salt
1/3 oz (9g)
- ☐ black pepper
1 1/2 g (1g)
- ☐ oregano, dried
1/4 dash, ground (0g)
- ☐ paprika
1/2 tbsp (3g)

Fruits and Fruit Juices

- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ strawberries
4 cup, whole (576g)
- ☐ nectarine
3 medium (2-1/2" dia) (426g)
- ☐ avocados
2/3 avocado(s) (134g)
- ☐ raspberries
1 1/3 cup (164g)

Vegetables and Vegetable Products

- ☐ tomatoes
5 medium whole (2-3/5" dia) (618g)
- ☐ onion
1 medium (2-1/2" dia) (113g)
- ☐ raw celery
2 stalk, small (5" long) (34g)
- ☐ romaine lettuce
1 head (599g)
- ☐ garlic
5/8 clove (2g)

Finfish and Shellfish Products

- ☐ canned salmon
2 5oz can(s) (undrained) (284g)
- ☐ salmon
16 1/2 oz (468g)

Fats and Oils

- ☐ mayonnaise
4 tbsp (60mL)
- ☐ oil
1/4 lbs (107mL)
- ☐ olive oil
1 tbsp (14mL)
- ☐ salad dressing
2 tbsp (32mL)
- ☐ balsamic vinaigrette
2 tbsp (31mL)

Dairy and Egg Products

- ☐ eggs
18 3/4 medium (824g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/3 cup (79mL)

Sweets

- ☐ honey
1 oz (25g)

Sausages and Luncheon Meats

- ☐ pepperoni
12 slices (24g)

Beverages

- ☐ water
3/8 cup(s) (90mL)

Beef Products

- ☐ beef stew meat, raw
3/4 lbs (341g)

- ☐ **frozen sugar snap peas**
4 cup (576g)
 - ☐ **carrots**
2 3/4 medium (167g)
 - ☐ **sweet potatoes**
1/2 sweetpotato, 5" long (105g)
 - ☐ **kale leaves**
2 cup, chopped (80g)
 - ☐ **tomato paste**
1/4 can (6 oz) (43g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted

1 medium (2-1/2" dia) (142g)

For all 3 meals:

nectarine, pitted

3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.

Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (3mL)

eggs

2 2/3 large (133g)

For all 3 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 4 and day 5

Egg-crust breakfast pizza

266 cals ● 17g protein ● 21g fat ● 2g carbs ● 1g fiber



For single meal:

eggs
2 extra large (112g)
tomatoes
4 tbsp, chopped (45g)
oil
1 tsp (5mL)
italian seasoning
2 dash (1g)
pepperoni, cut in half
6 slices (12g)

For all 2 meals:

eggs
4 extra large (224g)
tomatoes
1/2 cup, chopped (90g)
oil
2 tsp (10mL)
italian seasoning
4 dash (2g)
pepperoni, cut in half
12 slices (24g)

1. Beat eggs and seasonings in a small bowl.
2. Heat oil of choice in a skillet (make sure the size of your skillet will fit the amount of eggs nicely) over medium-high heat.
3. Pour eggs into skillet and spread them in an even layer on the bottom of the skillet.
4. Cook eggs a couple minutes, just until the bottom starts to set.
5. Put toppings (tomato, pepperoni, any other vegetables you have on hand) onto egg mixture and continue cooking until eggs are done and toppings are warmed.
6. Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
salt
1 dash (0g)

For all 2 meals:

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

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.

Raspberries

2/3 cup(s) - 48 cal ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

raspberries
2/3 cup (82g)

For all 2 meals:

raspberries
1 1/3 cup (164g)

1. Rinse raspberries and serve.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Strawberries

2 cup(s) - 104 cal ● 2g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

strawberries
2 cup, whole (288g)

For all 2 meals:

strawberries
4 cup, whole (576g)

1. The recipe has no instructions.

Salmon salad lettuce wrap

315 cal ● 23g protein ● 23g fat ● 2g carbs ● 2g fiber



For single meal:

canned salmon

1 5oz can(s) (undrained) (142g)

mayonnaise

2 tbsp (30mL)

onion

1 tbsp minced (15g)

raw celery, diced

1 stalk, small (5" long) (17g)

salt

1 dash (0g)

black pepper

1 dash (0g)

romaine lettuce

2 leaf outer (56g)

For all 2 meals:

canned salmon

2 5oz can(s) (undrained) (284g)

mayonnaise

4 tbsp (60mL)

onion

2 tbsp minced (30g)

raw celery, diced

2 stalk, small (5" long) (34g)

salt

2 dash (1g)

black pepper

2 dash (0g)

romaine lettuce

4 leaf outer (112g)

1. Drain salmon and discard any liquid.
2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
4. Roll up to create the wrap.
5. Serve.

Lunch 2 [🔗](#)

Eat on day 3

Honey dijon salmon

4 1/2 oz - 301 cals ● 27g protein ● 18g fat ● 7g carbs ● 1g fiber



Makes 4 1/2 oz

salmon

3/4 fillet/s (6 oz each) (128g)

dijon mustard

3/4 tbsp (11g)

honey

1 tsp (8g)

olive oil

1/4 tbsp (4mL)

garlic, minced

3/8 clove (1g)

1. Preheat oven to 350 F (180 C)
 2. Take half of the mustard and spread it over the top of the salmon.
 3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
 4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
 5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
 6. Bake for about 15-20 minutes until done.
 7. Serve.
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Roasted tomatoes

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



Makes 2 tomato(es)

oil

2 tsp (10mL)

tomatoes

2 small whole (2-2/5" dia) (182g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

1/2 lbs (224g)

oil

1/2 tbs (8mL)

For all 2 meals:

boneless skinless chicken breast, raw

1 lbs (448g)

oil

1 tbs (15mL)

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.

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:
frozen sugar snap peas
1 1/3 cup (192g)

For all 2 meals:
frozen sugar snap peas
2 2/3 cup (384g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen sugar snap peas
2/3 cup (96g)
olive oil
1 tsp (5mL)

For all 2 meals:
black pepper
1 dash (0g)
salt
1 dash (0g)
frozen sugar snap peas
1 1/3 cup (192g)
olive oil
2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Simple salmon

6 oz - 385 cals ● 35g protein ● 27g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
6 oz (170g)
oil
1 tsp (5mL)

For all 2 meals:

salmon
3/4 lbs (340g)
oil
2 tsp (10mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: **PAN FRY:** Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. **BAKING:** Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Dinner 1 [↗](#)

Eat on day 1

Bbq pulled chicken & slaw bowl

343 cals ● 59g protein ● 7g fat ● 8g carbs ● 3g fiber



boneless skinless chicken breast, raw
1/2 lbs (255g)
coleslaw mix
1 1/2 cup (135g)
sugar-free barbecue sauce
3 tbsp (45g)
dijon mustard
1/2 tbsp (8g)
lemon juice
1/2 tbsp (8mL)

1. Put chicken in a small saucepan and cover with water. Bring to a boil and cook for about 10-15 minutes until chicken is no longer pink inside. Remove chicken from pot and set aside to lightly cool.
2. In a small bowl, mix together the mustard and lemon juice until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.
3. Use two forks to shred the chicken. Add shredded chicken to a small bowl and coat with barbecue sauce.
4. Add coleslaw to the bbq chicken bowl and serve.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

tomatoes
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Buffalo chicken lettuce wrap

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



For single meal:

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)

For all 2 meals:

salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
Frank's Red Hot sauce
1/3 cup (80mL)
romaine lettuce
4 leaf outer (112g)
avocados, chopped
2/3 avocado(s) (134g)
oil
2 tsp (10mL)
boneless skinless chicken breast, raw, cubed
16 oz (454g)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

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.

Dinner 3 [↗](#)

Eat on day 4

Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



salad dressing

1 tbsp (17mL)

carrots, sliced

3/8 medium (23g)

romaine lettuce, roughly chopped

3/4 hearts (375g)

tomatoes, diced

3/4 medium whole (2-3/5" dia) (92g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw

1/2 lbs (227g)

balsamic vinaigrette

2 tbsp (30mL)

oil

1 tsp (5mL)

italian seasoning

2 dash (1g)

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.
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Dinner 4 [↗](#)

Eat on day 5

Honey mustard chicken

4 oz - 219 cals ● 26g protein ● 6g fat ● 14g carbs ● 1g fiber



Makes 4 oz

boneless skinless chicken breast, raw

4 oz (113g)

oil

1/2 tsp (3mL)

honey

2 1/2 tsp (17g)

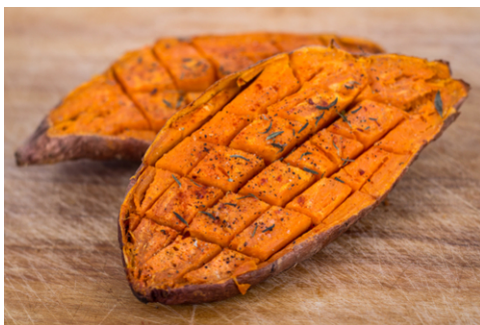
dijon mustard

2 1/2 tsp (12g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
5. Remove from skillet and serve.

Baked sweet potatoes

1/2 sweet potato(s) - 108 cals ● 2g protein ● 2g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato(s)

oil

3/8 tsp (2mL)

oregano, dried

1/4 dash, ground (0g)

salt

1/4 dash (0g)

black pepper

1/4 dash, ground (0g)

sweet potatoes

1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 350°F (175°C).
2. Option 1: Whole Sweet Potatoes: Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. Option 2: Cubed Sweet Potatoes: Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

Roasted carrots

2 carrots(s) - 106 cal ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Hungarian goulash

345 cal ● 39g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

oil
2 tsp (10mL)
salt
3 dash (2g)
black pepper
1/2 dash, ground (0g)
water
1/6 cup(s) (44mL)
tomato paste
1/8 can (6 oz) (21g)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
garlic, minced
1/8 clove (0g)
beef stew meat, raw, cut into 1.5 inch cubes
6 oz (170g)
paprika, preferably Hungarian sweet paprika
1/4 tbsp (2g)

For all 2 meals:

oil
4 tsp (20mL)
salt
1/4 tbsp (5g)
black pepper
1 dash, ground (0g)
water
3/8 cup(s) (89mL)
tomato paste
1/4 can (6 oz) (43g)
onion, sliced
3/4 medium (2-1/2" dia) (83g)
garlic, minced
1/4 clove (1g)
beef stew meat, raw, cut into 1.5 inch cubes
3/4 lbs (341g)
paprika, preferably Hungarian sweet paprika
1/2 tbsp (3g)

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, pepper, and half the salt. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

Simple kale salad

1/2 cup(s) - 28 cal ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

kale leaves
1/2 cup, chopped (20g)
salad dressing
1/2 tbsp (8mL)

For all 2 meals:

kale leaves
1 cup, chopped (40g)
salad dressing
1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.
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