

# Meal Plan - 2000 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

1982 cals ● 161g protein (33%) ● 105g fat (48%) ● 72g carbs (15%) ● 25g fiber (5%)

### Breakfast

390 cals, 26g protein, 23g net carbs, 19g fat



#### Pear

1 pear(s)- 113 cals



#### Boiled eggs

4 egg(s)- 277 cals

### Snacks

250 cals, 17g protein, 7g net carbs, 16g fat



#### Pork rinds

1/2 oz- 75 cals



#### Sunflower seeds

135 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals

### Lunch

665 cals, 51g protein, 32g net carbs, 34g fat



#### Peach

2 peach(es)- 132 cals



#### Simple sardine salad

531 cals

### Dinner

675 cals, 68g protein, 10g net carbs, 36g fat



#### Paleo salsa verde chicken salad

677 cals

## Day 2

1971 cals ● 213g protein (43%) ● 95g fat (43%) ● 45g carbs (9%) ● 22g fiber (4%)

### Breakfast

390 cals, 26g protein, 23g net carbs, 19g fat



#### Pear

1 pear(s)- 113 cals



#### Boiled eggs

4 egg(s)- 277 cals

### Snacks

250 cals, 17g protein, 7g net carbs, 16g fat



#### Pork rinds

1/2 oz- 75 cals



#### Sunflower seeds

135 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals

### Lunch

650 cals, 102g protein, 5g net carbs, 24g fat



#### Roasted tomatoes

1 tomato(es)- 60 cals



#### Lemon pepper chicken breast

16 oz- 592 cals

### Dinner

675 cals, 68g protein, 10g net carbs, 36g fat



#### Paleo salsa verde chicken salad

677 cals

## Day 3

2023 cals ● 152g protein (30%) ● 130g fat (58%) ● 35g carbs (7%) ● 26g fiber (5%)

### Breakfast

335 cals, 19g protein, 4g net carbs, 25g fat



**Avocado and bacon egg salad**  
333 cals

### Lunch

695 cals, 48g protein, 9g net carbs, 47g fat



**Avocado tuna salad**  
327 cals



**Pumpkin seeds**  
366 cals

### Snacks

250 cals, 17g protein, 7g net carbs, 16g fat



**Pork rinds**  
1/2 oz- 75 cals



**Sunflower seeds**  
135 cals



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals

### Dinner

745 cals, 68g protein, 15g net carbs, 43g fat



**Pecans**  
1/4 cup- 183 cals



**Chicken beet & carrot salad bowl**  
562 cals

## Day 4

1985 cals ● 154g protein (31%) ● 111g fat (50%) ● 63g carbs (13%) ● 31g fiber (6%)

### Breakfast

335 cals, 19g protein, 4g net carbs, 25g fat



**Avocado and bacon egg salad**  
333 cals

### Lunch

660 cals, 44g protein, 17g net carbs, 40g fat



**Paleo ham, bacon, avocado lettuce wrap**  
1 1/2 wrap(s)- 593 cals



**Peach**  
1 peach(es)- 66 cals

### Snacks

250 cals, 22g protein, 28g net carbs, 2g fat



**Beef jerky**  
146 cals



**Grapes**  
102 cals

### Dinner

745 cals, 68g protein, 15g net carbs, 43g fat



**Pecans**  
1/4 cup- 183 cals



**Chicken beet & carrot salad bowl**  
562 cals

## Day 5

2003 cals ● 138g protein (28%) ● 125g fat (56%) ● 54g carbs (11%) ● 27g fiber (5%)

### Breakfast

335 cals, 19g protein, 4g net carbs, 25g fat



**Avocado and bacon egg salad**  
333 cals

### Snacks

250 cals, 22g protein, 28g net carbs, 2g fat



**Beef jerky**  
146 cals



**Grapes**  
102 cals

### Lunch

660 cals, 44g protein, 17g net carbs, 40g fat



**Paleo ham, bacon, avocado lettuce wrap**  
1 1/2 wrap(s)- 593 cals



**Peach**  
1 peach(es)- 66 cals

### Dinner

765 cals, 53g protein, 6g net carbs, 58g fat



**Bacon cauliflower rice**  
1 cup(s)- 163 cals



**Paleo chicken thighs and mushrooms**  
6 oz- 600 cals

## Day 6

2000 cals ● 155g protein (31%) ● 94g fat (42%) ● 113g carbs (23%) ● 23g fiber (5%)

### Breakfast

290 cals, 13g protein, 19g net carbs, 15g fat



**Peach**  
1 peach(es)- 66 cals



**Sweet potato breakfast skillet**  
226 cals

### Snacks

235 cals, 33g protein, 5g net carbs, 8g fat



**Tuna pickle boats**  
12 pickle boat(s)- 207 cals



**Carrot sticks**  
1 carrot(s)- 27 cals

### Lunch

710 cals, 57g protein, 82g net carbs, 13g fat



**Honey mustard chicken**  
8 oz- 437 cals



**Mashed sweet potatoes**  
275 cals

### Dinner

765 cals, 53g protein, 6g net carbs, 58g fat



**Bacon cauliflower rice**  
1 cup(s)- 163 cals



**Paleo chicken thighs and mushrooms**  
6 oz- 600 cals

## Day 7

1959 cals ● 180g protein (37%) ● 73g fat (34%) ● 122g carbs (25%) ● 25g fiber (5%)

### Breakfast

290 cals, 13g protein, 19g net carbs, 15g fat



#### Peach

1 peach(es)- 66 cals



#### Sweet potato breakfast skillet

226 cals

### Snacks

235 cals, 33g protein, 5g net carbs, 8g fat



#### Tuna pickle boats

12 pickle boat(s)- 207 cals



#### Carrot sticks

1 carrot(s)- 27 cals

### Lunch

710 cals, 57g protein, 82g net carbs, 13g fat



#### Honey mustard chicken

8 oz- 437 cals



#### Mashed sweet potatoes

275 cals

### Dinner

720 cals, 78g protein, 16g net carbs, 37g fat



#### Basic ground turkey

13 1/3 oz- 625 cals



#### Beets

4 beets- 96 cals

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## Fruits and Fruit Juices

- pears  
2 medium (356g)
- peach  
6 medium (2-2/3" dia) (900g)
- avocados  
4 avocado(s) (828g)
- lime juice  
1/4 tbsp (4mL)
- grapes  
3 1/2 cup (322g)

## Dairy and Egg Products

- eggs  
15 large (750g)

## Other

- mixed greens  
10 1/4 cup (308g)
- vinaigrette, store-bought, any flavor  
3 tbsp (45mL)
- pork rinds  
1 1/2 oz (43g)
- frozen cauliflower  
2 cup (227g)

## Finfish and Shellfish Products

- sardines, canned in oil  
2 can (184g)
- canned tuna  
2 1/2 can (425g)

## Nut and Seed Products

- sunflower kernels  
2 1/4 oz (64g)
- roasted pumpkin seeds, unsalted  
1/4 lbs (103g)
- pecans  
1/2 cup, halves (50g)

## Vegetables and Vegetable Products

- tomatoes  
7 medium whole (2-3/5" dia) (857g)
- onion  
1/6 small (13g)

## Poultry Products

- boneless skinless chicken breast, raw  
4 1/2 lbs (2032g)
- chicken thighs, with bone and skin, raw  
2 thigh(s) (340g)
- ground turkey, raw  
13 1/3 oz (378g)

## Fats and Oils

- oil  
2 1/2 oz (77mL)
- olive oil  
2 oz (62mL)

## Spices and Herbs

- ground cumin  
1 tbsp (6g)
- lemon pepper  
1 tbsp (7g)
- salt  
1/2 tsp (2g)
- black pepper  
1/2 tsp (0g)
- garlic powder  
1 tsp (3g)
- thyme, dried  
5 dash, leaves (1g)
- dijon mustard  
3 tbsp (50g)

## Soups, Sauces, and Gravies

- salsa verde  
3 tbsp (48g)
- apple cider vinegar  
1 1/4 tsp (0mL)

## Pork Products

- bacon, cooked  
10 slice(s) (100g)
- bacon, raw  
2 slice(s) (57g)

## Sausages and Luncheon Meats

- ham cold cuts  
3/4 lbs (340g)

- beets, precooked (canned or refrigerated)**  
1 lbs (484g)
- carrots**  
3 1/4 medium (198g)
- romaine lettuce**  
3 leaf outer (84g)
- mushrooms**  
1/2 lbs (227g)
- sweet potatoes**  
3 1/3 sweetpotato, 5" long (697g)
- pickles**  
12 medium (3" long) (336g)

## **Snacks**

- beef jerky**  
4 oz (113g)

## **Beverages**

- water**  
1/2 cup(s) (119mL)

## **Sweets**

- honey**  
3 tbsp (68g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. The recipe has no instructions.

### Boiled eggs

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



For single meal:

**eggs**  
4 large (200g)

For all 2 meals:

**eggs**  
8 large (400g)

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 3, day 4, and day 5

### Avocado and bacon egg salad

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



For single meal:

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

For all 3 meals:

**mixed greens**  
2 cup (60g)  
**garlic powder**  
1 tsp (3g)  
**bacon, cooked**  
4 slice(s) (40g)  
**avocados**  
1 avocado(s) (201g)  
**eggs, hard-boiled and chilled**  
6 large (300g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, garlic, and some salt in a bowl. Mash with a fork until fully combined.
4. Crumble the bacon and add in. Mix.
5. Serve on top of bed of greens.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

## Breakfast 3 ↗

Eat on day 6 and day 7

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

### Sweet potato breakfast skillet

226 cals ● 11g protein ● 15g fat ● 7g carbs ● 4g fiber



For single meal:

**sweet potatoes**  
4 tbsp, cubes (33g)  
**eggs**  
1/2 large (25g)  
**olive oil**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**boneless skinless chicken breast, raw**  
2 2/3 tbsp, chopped, cooked (30g)

For all 2 meals:

**sweet potatoes**  
1/2 cup, cubes (67g)  
**eggs**  
1 large (50g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**boneless skinless chicken breast, raw**  
1/3 cup, chopped, cooked (60g)

1. Preheat the oven to 350 F (180 C).
2. In a small skillet add a little bit of the oil and when heated, add the cubed chicken. Cook until done, 7-10 minutes.
3. Meanwhile, preheat a separate, oven-proof, small skillet over medium-heat. When skillet is hot, add the oil and the sweet potato. Season with a small pinch of salt and pepper and stir occasionally until sweet potato is cooked through, about 5-7 minutes, depending on thickness.
4. When potato is cooked through, add the chicken and stir. Sauté for another 1-2 minutes.
5. Move the potato mixture around to make a hole in the center of the skillet. Carefully crack the egg and drop it into the hole. Sprinkle the egg with a tiny bit of salt and pepper.
6. Carefully transfer the skillet to the oven and bake for about 5 minutes for a runny yolk. If you want the yolk to be harder, bake for 7-8 minutes.
7. Remove from the oven, transfer to plate and garnish with sliced avocado.

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## Lunch 1 ↗

Eat on day 1

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### Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber

Makes 2 peach(es)

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.



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### Simple sardine salad

531 cals ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



**mixed greens**  
3 cup (90g)  
**vinaigrette, store-bought, any flavor**  
3 tbsp (45mL)  
**sardines, canned in oil, drained**  
2 can (184g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

## Lunch 2 ↗

Eat on day 2

### Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

**oil**  
1 tsp (5mL)  
**tomatoes**  
1 small whole (2-2/5" dia) (91g)

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.

### Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



Makes 16 oz

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**olive oil**  
1/2 tbsp (8mL)  
**lemon pepper**  
1 tbsp (7g)

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.

## Lunch 3 ↗

Eat on day 3

### Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



**avocados**  
3/8 avocado(s) (75g)  
**lime juice**  
1/4 tbsp (4mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**mixed greens**  
3/4 cup (23g)  
**canned tuna**  
3/4 can (129g)  
**tomatoes**  
3 tbsp, chopped (34g)  
**onion, minced**  
1/6 small (13g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 4 and day 5

### Paleo ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 593 cals ● 43g protein ● 40g fat ● 5g carbs ● 11g fiber



For single meal:

**romaine lettuce**  
1 1/2 leaf outer (42g)  
**bacon, cooked**  
3 slice(s) (30g)  
**ham cold cuts**  
6 oz (170g)  
**avocados, sliced**  
3/4 avocado(s) (151g)

For all 2 meals:

**romaine lettuce**  
3 leaf outer (84g)  
**bacon, cooked**  
6 slice(s) (60g)  
**ham cold cuts**  
3/4 lbs (340g)  
**avocados, sliced**  
1 1/2 avocado(s) (302g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up.  
Serve.

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

## Lunch 5 ↗

Eat on day 6 and day 7

### Honey mustard chicken

8 oz - 437 cals ● 52g protein ● 12g fat ● 28g carbs ● 1g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**oil**  
1 tsp (6mL)  
**honey**  
5 tsp (34g)  
**dijon mustard**  
5 tsp (25g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (454g)  
**oil**  
2 1/2 tsp (12mL)  
**honey**  
3 tbsp (68g)  
**dijon mustard**  
3 tbsp (50g)

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.

### Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**sweet potatoes**  
3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Pork rinds

1/2 oz - 75 cals ● 9g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**pork rinds**

1/2 oz (14g)

For all 3 meals:

**pork rinds**

1 1/2 oz (43g)

1. Enjoy.

### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

3/4 oz (21g)

For all 3 meals:

**sunflower kernels**

2 1/4 oz (64g)

1. The recipe has no instructions.

### Cherry tomatoes

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



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 3 meals:

**tomatoes**

36 cherry tomatoes (612g)

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

## Snacks 2 ↗

Eat on day 4 and day 5

### Beef jerky

146 cals ● 21g protein ● 2g fat ● 12g carbs ● 0g fiber



For single meal:

**beef jerky**

2 oz (57g)

For all 2 meals:

**beef jerky**

4 oz (113g)

1. The recipe has no instructions.

### Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

**grapes**

1 3/4 cup (161g)

For all 2 meals:

**grapes**

3 1/2 cup (322g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Tuna pickle boats

12 pickle boat(s) - 207 cals ● 32g protein ● 8g fat ● 1g carbs ● 2g fiber



For single meal:

**pickles**  
6 medium (3" long) (168g)  
**canned tuna**  
2 packet (148g)

For all 2 meals:

**pickles**  
12 medium (3" long) (336g)  
**canned tuna**  
4 packet (296g)

1. Slice pickles from base to tip and using a spoon, scrape out some of the seeds inside.
2. Liberally pack the tuna into the center.
3. Season with salt/pepper to taste.
4. Serve.

### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Paleo salsa verde chicken salad

677 cals ● 68g protein ● 36g fat ● 10g carbs ● 9g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (255g)  
**oil**  
1/2 tbsp (8mL)  
**mixed greens**  
2 1/4 cup (68g)  
**roasted pumpkin seeds, unsalted**  
3 tbsp (22g)  
**ground cumin**  
1/2 tbsp (3g)  
**salsa verde**  
1 1/2 tbsp (24g)  
**tomatoes, chopped**  
3/4 roma tomato (60g)  
**avocados, sliced**  
3 slices (75g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
18 oz (510g)  
**oil**  
1 tbsp (15mL)  
**mixed greens**  
4 1/2 cup (135g)  
**roasted pumpkin seeds, unsalted**  
6 tbsp (44g)  
**ground cumin**  
1 tbsp (6g)  
**salsa verde**  
3 tbsp (48g)  
**tomatoes, chopped**  
1 1/2 roma tomato (120g)  
**avocados, sliced**  
6 slices (150g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. When chicken is cool enough to handle, chop it into bite-sized pieces.
3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

## Dinner 2 ↗

Eat on day 3 and day 4

### 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.

### Chicken beet & carrot salad bowl

562 cals ● 66g protein ● 25g fat ● 14g carbs ● 4g fiber



For single meal:

**oil**  
1 1/4 tbsp (19mL)  
**thyme, dried**  
1/3 tsp, leaves (0g)  
**apple cider vinegar**  
5/8 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
5 oz (142g)  
**boneless skinless chicken breast, raw, cubed**  
10 oz (280g)  
**carrots, thinly sliced**  
5/8 medium (38g)

For all 2 meals:

**oil**  
2 1/2 tbsp (38mL)  
**thyme, dried**  
5 dash, leaves (1g)  
**apple cider vinegar**  
1 1/4 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
10 oz (284g)  
**boneless skinless chicken breast, raw, cubed**  
1 1/4 lbs (560g)  
**carrots, thinly sliced**  
1 1/4 medium (76g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

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## Dinner 3

Eat on day 5 and day 6

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### Bacon cauliflower rice

1 cup(s) - 163 cals ● 11g protein ● 11g fat ● 3g carbs ● 1g fiber



For single meal:

**bacon, raw**  
1 slice(s) (28g)  
**frozen cauliflower**  
1 cup (113g)

For all 2 meals:

**bacon, raw**  
2 slice(s) (57g)  
**frozen cauliflower**  
2 cup (227g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

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### Paleo chicken thighs and mushrooms

6 oz - 600 cals ● 42g protein ● 46g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**chicken thighs, with bone and skin, raw**  
1 thigh(s) (170g)  
**salt**  
1 dash (0g)  
**water**  
1/4 cup(s) (59mL)  
**mushrooms, sliced 1/4 in thick**  
4 oz (113g)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**olive oil**  
3 tbsp (45mL)  
**chicken thighs, with bone and skin, raw**  
2 thigh(s) (340g)  
**salt**  
2 dash (1g)  
**water**  
1/2 cup(s) (119mL)  
**mushrooms, sliced 1/4 in thick**  
1/2 lbs (227g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

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## Dinner 4 ↗

Eat on day 7

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### Basic ground turkey

13 1/3 oz - 625 cals ● 74g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

**ground turkey, raw**  
13 1/3 oz (378g)  
**oil**  
1/2 tbsp (8mL)

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.

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### Beets

4 beets - 96 cals ● 3g protein ● 0g fat ● 16g carbs ● 4g fiber



Makes 4 beets

**beets, precooked (canned or  
refrigerated)**  
4 beet(s) (200g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.