

Meal Plan - 2100 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

2039 cals ● 135g protein (26%) ● 113g fat (50%) ● 79g carbs (16%) ● 41g fiber (8%)

Breakfast

400 cals, 13g protein, 5g net carbs, 33g fat



Sunflower seeds
226 cals



Avocado
176 cals

Snacks

230 cals, 6g protein, 14g net carbs, 15g fat



Kale chips
206 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

680 cals, 82g protein, 10g net carbs, 31g fat



Basic chicken breast
12 oz- 476 cals



Olive oil drizzled sugar snap peas
204 cals

Dinner

730 cals, 34g protein, 51g net carbs, 35g fat



Garlic beef stuffed sweet potatoes
1 sweet potato(es)- 385 cals



Simple kale & avocado salad
345 cals

Day 2

2050 cals ● 152g protein (30%) ● 127g fat (56%) ● 48g carbs (9%) ● 27g fiber (5%)

Breakfast

400 cals, 13g protein, 5g net carbs, 33g fat



Sunflower seeds
226 cals



Avocado
176 cals

Snacks

230 cals, 6g protein, 14g net carbs, 15g fat



Kale chips
206 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Lunch

680 cals, 82g protein, 10g net carbs, 31g fat



Basic chicken breast
12 oz- 476 cals



Olive oil drizzled sugar snap peas
204 cals

Dinner

740 cals, 51g protein, 19g net carbs, 49g fat




Chipotle honey pork chops
464 cals




Pan roasted zucchini
277 cals

Breakfast

280 calsgreen5g protein, 20g net carbs, 17g fat

Dark chocolate


4 square(s)- 239 calsgreen

Cherry tomatoes


12 cherry tomatoes- 42 calsgreen

Snacks

280 calsgreen8g protein, 13g net carbs, 20g fat

Cucumber slices


1 cucumber- 60 calsgreen

Walnuts


1/3 cup(s)- 219 calsgreen

Lunch

810 calsgreen50g protein, 10g net carbs, 60g fat

Roasted almonds


1/3 cup(s)- 296 calsgreen

Rotisserie chicken & tomato salad


514 calsgreen

Dinner

685 calsgreen85g protein, 7g net carbs, 32g fat

Balsamic chicken breast


12 oz- 473 calsgreen

Olive oil drizzled broccoli


3 cup(s)- 209 calsgreen

Breakfast

280 calsgreen5g protein, 20g net carbs, 17g fat

Dark chocolate


4 square(s)- 239 calsgreen

Cherry tomatoes


12 cherry tomatoes- 42 calsgreen

Snacks

280 calsgreen8g protein, 13g net carbs, 20g fat

Cucumber slices


1 cucumber- 60 calsgreen

Walnuts


1/3 cup(s)- 219 calsgreen

Lunch

810 calsgreen50g protein, 10g net carbs, 60g fat

Roasted almonds


1/3 cup(s)- 296 calsgreen

Rotisserie chicken & tomato salad


514 calsgreen

Dinner

685 calsgreen85g protein, 7g net carbs, 32g fat

Balsamic chicken breast

12 oz- 473 calsgreen

Olive oil drizzled broccoli


3 cup(s)- 209 calsgreen


Day 5

2111 calsgreen160g protein (30%)orange112g fat (48%)blue88g carbs (17%)grey28g fiber (5%)

Breakfast


385 calsgreen17g protein, 17g net carbs, 24g fat


Watermelon
6 oz- 61 calsgreen

Eggs with tomato and avocado
326 calsgreen

Snacks


285 calsgreen29g protein, 6g net carbs, 15g fat


Roasted almonds
1/8 cup(s)- 111 calsgreen

Tuna cucumber bites
173 calsgreen

Lunch


725 calsgreen65g protein, 60g net carbs, 19g fat


Mashed sweet potatoes
275 calsgreen

Baked chicken with tomatoes & olives
9 oz- 449 calsgreen

Dinner

715 calsgreen49g protein, 5g net carbs, 54g fat

Garlic zucchini noodles
204 calsgreen


Simple salmon
8 oz- 513 calsgreen


Day 6

2115 calsgreen177g protein (34%)orange121g fat (52%)blue58g carbs (11%)grey20g fiber (4%)

Breakfast


385 calsgreen17g protein, 17g net carbs, 24g fat


Watermelon
6 oz- 61 calsgreen

Eggs with tomato and avocado
326 calsgreen

Snacks

285 calsgreen29g protein, 6g net carbs, 15g fat


Roasted almonds
1/8 cup(s)- 111 calsgreen

Tuna cucumber bites
173 calsgreen

Lunch


725 calsgreen82g protein, 30g net carbs, 28g fat


Basic chicken & spinach salad
609 calsgreen

Grapefruit
1 grapefruit- 119 calsgreen

Dinner

715 calsgreen49g protein, 5g net carbs, 54g fat

Garlic zucchini noodles
204 calsgreen

Simple salmon
8 oz- 513 calsgreen

Day 7

2098 cals ● 209g protein (40%) ● 100g fat (43%) ● 69g carbs (13%) ● 21g fiber (4%)

Breakfast

385 cals, 17g protein, 17g net carbs, 24g fat



Watermelon
6 oz- 61 cals



Eggs with tomato and avocado
326 cals

Snacks

285 cals, 29g protein, 6g net carbs, 15g fat



Roasted almonds
1/8 cup(s)- 111 cals



Tuna cucumber bites
173 cals

Lunch

725 cals, 82g protein, 30g net carbs, 28g fat



Basic chicken & spinach salad
609 cals



Grapefruit
1 grapefruit- 119 cals

Dinner

700 cals, 81g protein, 16g net carbs, 33g fat



Lemon garlic chicken zoodles
670 cals



Cucumber slices
1/2 cucumber- 30 cals

Nut and Seed Products

- ☐ sunflower kernels
2 1/2 oz (71g)
- ☐ walnuts
10 tbsp, shelled (63g)
- ☐ almonds
1 cup, whole (149g)

Fruits and Fruit Juices

- ☐ avocados
3 1/4 avocado(s) (653g)
- ☐ lemon juice
1 fl oz (34mL)
- ☐ lemon
3/4 small (44g)
- ☐ Watermelon
18 oz (510g)
- ☐ green olives
9 large (40g)
- ☐ Grapefruit
2 large (approx 4-1/2" dia) (664g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
6 lbs (2624g)

Fats and Oils

- ☐ oil
3 oz (90mL)
- ☐ olive oil
6 oz (185mL)
- ☐ balsamic vinaigrette
6 tbsp (91mL)
- ☐ salad dressing
6 tbsp (90mL)

Spices and Herbs

- ☐ black pepper
1/4 oz (7g)
- ☐ salt
1 oz (24g)
- ☐ garlic powder
1 1/4 tsp (4g)
- ☐ chipotle seasoning
3 dash (1g)
- ☐ oregano, dried
1/4 tbsp, ground (2g)

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
3 1/3 cup (480g)
- ☐ kale leaves
2 3/4 bunch (468g)
- ☐ tomatoes
9 medium whole (2-3/5" dia) (1109g)
- ☐ sweet potatoes
2 1/2 sweetpotato, 5" long (525g)
- ☐ garlic
5 1/2 clove(s) (17g)
- ☐ zucchini
5 1/2 medium (1062g)
- ☐ cucumber
4 cucumber (8-1/4") (1242g)
- ☐ frozen broccoli
6 cup (546g)
- ☐ fresh spinach
8 cup(s) (240g)

Beef Products

- ☐ ground beef (93% lean)
4 oz (114g)

Dairy and Egg Products

- ☐ ghee
1/2 tbsp (7g)
- ☐ eggs
6 large (300g)
- ☐ butter
1 1/4 tbsp (18g)

Pork Products

- ☐ pork loin chops, boneless, raw
1/2 lbs (212g)

Sweets

- ☐ honey
1/2 tbsp (11g)
- ☐ chocolate, dark, 70-85%
8 square(s) (80g)

Beverages

- ☐ water
3/4 tbsp (11mL)

- ☐ **fresh basil**
15 leaves (8g)
- ☐ **chili powder**
1/2 tbsp (4g)
- ☐ **onion powder**
1/3 tsp (1g)

Other

- ☐ **rotisserie chicken, cooked**
3/4 lbs (340g)
- ☐ **italian seasoning**
1/4 tbsp (3g)

Finfish and Shellfish Products

- ☐ **salmon**
1 lbs (453g)
 - ☐ **canned tuna**
4 1/2 packet (333g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:
sunflower kernels
1 1/4 oz (35g)

For all 2 meals:
sunflower kernels
2 1/2 oz (71g)

1. The recipe has no instructions.

Avocado

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



For single meal:
avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:
avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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

Breakfast 2

Eat on day 3 and day 4

Dark chocolate

4 square(s) - 239 cal● 3g protein ● 17g fat ● 14g carbs ● 4g fiber



For single meal:
chocolate, dark, 70-85%
4 square(s) (40g)

For all 2 meals:
chocolate, dark, 70-85%
8 square(s) (80g)

1. The recipe has no instructions.

Cherry tomatoes

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



For single meal:
tomatoes
12 cherry tomatoes (204g)

For all 2 meals:
tomatoes
24 cherry tomatoes (408g)

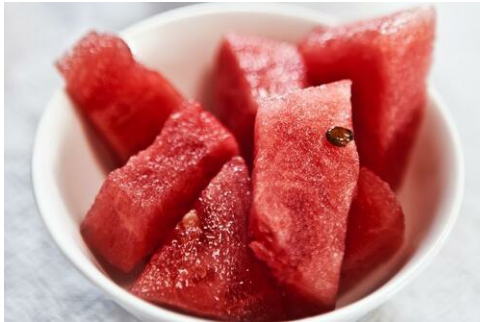
1. Rinse tomatoes, remove any stems, and serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Watermelon

6 oz - 61 cals ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

Watermelon
6 oz (170g)

For all 3 meals:

Watermelon
18 oz (510g)

1. Slice watermelon and serve.

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

salt
2 dash (1g)
eggs
2 large (100g)
black pepper
2 dash (0g)
tomatoes
2 slice(s), thick/large (1/2" thick) (54g)
avocados, sliced
1/2 avocado(s) (101g)
fresh basil, chopped
2 leaves (1g)

For all 3 meals:

salt
1/4 tbsp (2g)
eggs
6 large (300g)
black pepper
1/4 tbsp (1g)
tomatoes
6 slice(s), thick/large (1/2" thick) (162g)
avocados, sliced
1 1/2 avocado(s) (302g)
fresh basil, chopped
6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Basic chicken breast

12 oz - 476 cals ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (336g)
oil
3/4 tbsp (11mL)

For all 2 meals:

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

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.

Olive oil drizzled sugar snap peas

204 cals ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen sugar snap peas
1 2/3 cup (240g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen sugar snap peas
3 1/3 cup (480g)
olive oil
5 tsp (25mL)

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

Lunch 2 [↗](#)

Eat on day 3 and day 4

Roasted almonds

1/3 cup(s) - 296 cal ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
1/3 cup, whole (48g)

For all 2 meals:

almonds
2/3 cup, whole (95g)

1. The recipe has no instructions.

Rotisserie chicken & tomato salad

514 cal ● 40g protein ● 37g fat ● 5g carbs ● 2g fiber



For single meal:

rotisserie chicken, cooked
6 oz (170g)
olive oil
1 tbsp (15mL)
lemon juice
1 tsp (5mL)
cucumber, sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, cut into wedges
1/2 large whole (3" dia) (91g)

For all 2 meals:

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)

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.

Lunch 3 [↗](#)

Eat on day 5

Mashed sweet potatoes

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



sweet potatoes

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

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.

Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

tomatoes

9 cherry tomatoes (153g)

olive oil

1/2 tbsp (8mL)

salt

3 dash (2g)

green olives

9 large (40g)

black pepper

3 dash (0g)

chili powder

1/2 tbsp (4g)

boneless skinless chicken breast, raw

1/2 lbs (255g)

fresh basil, shredded

9 leaves (5g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Basic chicken & spinach salad

609 cals ● 80g protein ● 28g fat ● 7g carbs ● 3g fiber



For single meal:

fresh spinach
4 cup(s) (120g)
oil
2 tsp (10mL)
salad dressing
3 tbsp (45mL)
boneless skinless chicken breast,
raw, chopped, cooked
3/4 lbs (340g)

For all 2 meals:

fresh spinach
8 cup(s) (240g)
oil
4 tsp (20mL)
salad dressing
6 tbsp (90mL)
boneless skinless chicken breast,
raw, chopped, cooked
1 1/2 lbs (680g)

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.

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit
2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

salt
1 tsp (6g)
kale leaves
1 bunch (170g)
olive oil
1 tbs (15mL)

For all 2 meals:

salt
2 tsp (12g)
kale leaves
2 bunch (340g)
olive oil
2 tbs (30mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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Snacks 2 [↗](#)

Eat on day 3 and day 4

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber

1 cucumber (8-1/4") (301g)

For all 2 meals:

cucumber

2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.
-

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.
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Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 3 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.
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Tuna cucumber bites

173 cal ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

canned tuna
1 1/2 packet (111g)
cucumber, sliced
3/8 cucumber (8-1/4") (113g)

For all 3 meals:

canned tuna
4 1/2 packet (333g)
cucumber, sliced
1 cucumber (8-1/4") (339g)

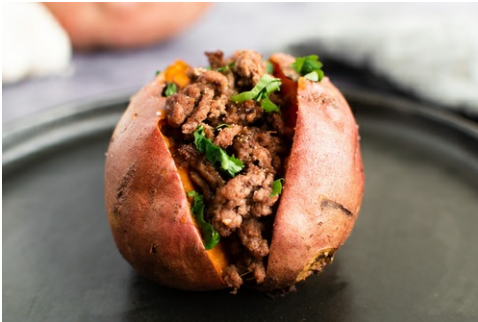
1. Slice the cucumber and top slices with tuna.
 2. Season to taste with salt and pepper.
 3. Serve.
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Dinner 1 [↗](#)

Eat on day 1

Garlic beef stuffed sweet potatoes

1 sweet potato(es) - 385 cals ● 27g protein ● 12g fat ● 37g carbs ● 6g fiber



Makes 1 sweet potato(es)

sweet potatoes

1 sweetpotato, 5" long (210g)

ground beef (93% lean)

4 oz (114g)

garlic powder

1 dash (0g)

oil

1/4 tbsp (4mL)

garlic, minced

1/2 clove(s) (2g)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside.
(Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add the ground beef and garlic powder. Break the beef apart and let it brown.
4. Once beef is fully cooked, split open sweet potatoes with a knife and stuff with the garlicky beef mixture. Serve.

Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



kale leaves, chopped

3/4 bunch (128g)

avocados, chopped

3/4 avocado(s) (151g)

lemon, juiced

3/4 small (44g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 2 [↗](#)

Eat on day 2

Chipotle honey pork chops

464 cals ● 46g protein ● 27g fat ● 9g carbs ● 0g fiber



ghee

1/2 tbsp (7g)

pork loin chops, boneless, raw

1/2 lbs (212g)

honey

1/2 tbsp (11g)

chipotle seasoning

3 dash (1g)

water

3/4 tbsp (11mL)

oil

1/2 tbsp (8mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Pan roasted zucchini

277 cals ● 5g protein ● 22g fat ● 10g carbs ● 6g fiber



zucchini

1 2/3 medium (327g)

black pepper

2 1/2 tsp, ground (6g)

oregano, dried

1 tsp, ground (2g)

garlic powder

1 tsp (3g)

salt

1 tsp (5g)

olive oil

5 tsp (25mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Balsamic chicken breast

12 oz - 473 cal ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

3/4 lbs (340g)

balsamic vinaigrette

3 tbsp (45mL)

oil

1/2 tbsp (8mL)

italian seasoning

3 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

balsamic vinaigrette

6 tbsp (90mL)

oil

1 tbsp (15mL)

italian seasoning

1/4 tbsp (3g)

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.

Olive oil drizzled broccoli

3 cup(s) - 209 cal ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

frozen broccoli

3 cup (273g)

olive oil

1 tbsp (15mL)

For all 2 meals:

black pepper

3 dash (0g)

salt

3 dash (1g)

frozen broccoli

6 cup (546g)

olive oil

2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Garlic zucchini noodles

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



For single meal:

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

For all 2 meals:

olive oil
2 1/2 tbsp (38mL)
zucchini
2 1/2 medium (490g)
garlic, minced
1 1/4 clove (4g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Simple salmon

8 oz - 513 cals ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
1/2 lbs (227g)
oil
1/2 tbsp (7mL)

For all 2 meals:

salmon
16 oz (453g)
oil
2 2/3 tsp (13mL)

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 5 [↗](#)

Eat on day 7

Lemon garlic chicken zoodles

670 cals ● 80g protein ● 33g fat ● 11g carbs ● 3g fiber



butter

1 1/4 tbsp (18g)

garlic powder

1/3 tsp (1g)

onion powder

1/3 tsp (1g)

lemon juice

1 1/4 tbsp (19mL)

oil

2 tsp (9mL)

garlic, minced

3 3/4 clove(s) (11g)

zucchini, spiralized

1 1/4 medium (245g)

**boneless skinless chicken breast, raw,
cut into bite-sized pieces**

3/4 lbs (336g)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. In a small saucepan, cook the butter and garlic for 1-2 minutes. Stir in the garlic powder, onion powder, lemon juice, and a dash of salt. Once incorporated, turn off the heat and set the sauce aside.
3. Heat oil in a skillet over medium heat and add the chicken. Stir occasionally and cook until it's golden brown and no longer pink in the middle.
4. Pour about half of the sauce into the skillet and stir to coat the chicken. Transfer the chicken to a plate and set aside.
5. Add the zucchini noodles to the skillet with the remaining sauce and saute for a couple of minutes until noodles are softened.
6. Add noodles and chicken to a bowl and serve.

Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



Makes 1/2 cucumber

cucumber

1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.