

# Meal Plan - 2200 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

2212 cals ● 149g protein (27%) ● 136g fat (55%) ● 73g carbs (13%) ● 25g fiber (5%)

### Breakfast

360 cals, 35g protein, 9g net carbs, 19g fat



**Paleo breakfast muffins**  
3 muffin(s)- 349 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Snacks

265 cals, 16g protein, 7g net carbs, 18g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Celery and almond butter**  
100 cals



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

### Lunch

800 cals, 49g protein, 36g net carbs, 46g fat



**Orange**  
2 orange(s)- 170 cals



**Salmon salad lettuce wrap**  
630 cals

### Dinner

785 cals, 49g protein, 21g net carbs, 53g fat



**Paleo steak Bites**  
8 oz(s)- 574 cals



**Roasted carrots**  
4 carrots(s)- 211 cals

## Day 2

2203 cals ● 192g protein (35%) ● 103g fat (42%) ● 97g carbs (18%) ● 30g fiber (5%)

### Breakfast

360 cals, 35g protein, 9g net carbs, 19g fat



**Paleo breakfast muffins**  
3 muffin(s)- 349 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Snacks

265 cals, 16g protein, 7g net carbs, 18g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Celery and almond butter**  
100 cals



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

### Lunch

800 cals, 49g protein, 36g net carbs, 46g fat



**Orange**  
2 orange(s)- 170 cals



**Salmon salad lettuce wrap**  
630 cals

### Dinner

775 cals, 92g protein, 45g net carbs, 19g fat



**Pork-broccoli-sweet potato bowl**  
776 cals

## Day 3

2217 cals ● 192g protein (35%) ● 114g fat (46%) ● 75g carbs (13%) ● 32g fiber (6%)

### Breakfast

380 cals, 30g protein, 4g net carbs, 26g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Bacon & egg cups

3 cup(s)- 360 cals

### Snacks

265 cals, 16g protein, 7g net carbs, 18g fat



#### Boiled eggs

2 egg(s)- 139 cals



#### Celery and almond butter

100 cals



#### Carrot sticks

1 carrot(s)- 27 cals

### Lunch

795 cals, 53g protein, 18g net carbs, 50g fat



#### Mixed nuts

3/8 cup(s)- 327 cals



#### Ham club lettuce wrap

2 wrap(s)- 468 cals

### Dinner

775 cals, 92g protein, 45g net carbs, 19g fat



#### Pork-broccoli-sweet potato bowl

776 cals

## Day 4

2212 cals ● 143g protein (26%) ● 139g fat (57%) ● 69g carbs (13%) ● 27g fiber (5%)

### Breakfast

380 cals, 30g protein, 4g net carbs, 26g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Bacon & egg cups

3 cup(s)- 360 cals

### Snacks

250 cals, 10g protein, 15g net carbs, 15g fat



#### Peach

1 peach(es)- 66 cals



#### Pumpkin seeds

183 cals

### Lunch

795 cals, 53g protein, 18g net carbs, 50g fat



#### Mixed nuts

3/8 cup(s)- 327 cals



#### Ham club lettuce wrap

2 wrap(s)- 468 cals

### Dinner

790 cals, 50g protein, 32g net carbs, 47g fat



#### Steak and beet salad

703 cals



#### Orange

1 orange(s)- 85 cals

## Day 5

2247 cals ● 201g protein (36%) ● 98g fat (39%) ● 107g carbs (19%) ● 33g fiber (6%)

### Breakfast

425 cals, 28g protein, 18g net carbs, 24g fat



#### Carrot sticks

4 carrot(s)- 108 cals



#### Basic scrambled eggs

4 egg(s)- 318 cals

### Snacks

250 cals, 10g protein, 15g net carbs, 15g fat



#### Peach

1 peach(es)- 66 cals



#### Pumpkin seeds

183 cals

### Lunch

840 cals, 95g protein, 29g net carbs, 33g fat



#### Basic chicken & spinach salad

710 cals



#### Grapes

131 cals

### Dinner

730 cals, 69g protein, 46g net carbs, 26g fat



#### Chicken beet & carrot salad bowl

562 cals



#### Orange

2 orange(s)- 170 cals

## Day 6

2259 cals ● 163g protein (29%) ● 114g fat (45%) ● 108g carbs (19%) ● 38g fiber (7%)

### Breakfast

425 cals, 28g protein, 18g net carbs, 24g fat



#### Carrot sticks

4 carrot(s)- 108 cals



#### Basic scrambled eggs

4 egg(s)- 318 cals

### Snacks

280 cals, 20g protein, 24g net carbs, 10g fat



#### Pork rinds

1 oz- 149 cals



#### Peach

2 peach(es)- 132 cals

### Lunch

820 cals, 48g protein, 20g net carbs, 54g fat



#### Simple mixed greens and tomato salad

227 cals



#### Paleo ham, bacon, avocado lettuce wrap

1 1/2 wrap(s)- 593 cals

### Dinner

730 cals, 69g protein, 46g net carbs, 26g fat



#### Chicken beet & carrot salad bowl

562 cals



#### Orange

2 orange(s)- 170 cals

## Day 7

2228 cals ● 176g protein (32%) ● 125g fat (51%) ● 69g carbs (12%) ● 30g fiber (5%)

### Breakfast

425 cals, 28g protein, 18g net carbs, 24g fat



#### Carrot sticks

4 carrot(s)- 108 cals



#### Basic scrambled eggs

4 egg(s)- 318 cals

### Snacks

280 cals, 20g protein, 24g net carbs, 10g fat



#### Pork rinds

1 oz- 149 cals



#### Peach

2 peach(es)- 132 cals

### Lunch

820 cals, 48g protein, 20g net carbs, 54g fat



#### Simple mixed greens and tomato salad

227 cals



#### Paleo ham, bacon, avocado lettuce wrap

1 1/2 wrap(s)- 593 cals

### Dinner

700 cals, 81g protein, 7g net carbs, 37g fat



#### Balsamic chicken breast

12 oz- 473 cals



#### Parmesan zucchini noodles

227 cals

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# Grocery List



## Dairy and Egg Products

- eggs**  
33 1/4 medium (1464g)
- parmesan cheese**  
1 1/4 tbsp (6g)

## Vegetables and Vegetable Products

- red bell pepper**  
3/4 cup, chopped (112g)
- onion**  
3 medium (2-1/2" dia) (324g)
- raw celery**  
2/3 bunch (348g)
- romaine lettuce**  
15 leaf outer (420g)
- carrots**  
21 medium (1279g)
- garlic**  
1 clove(s) (3g)
- frozen broccoli**  
1 1/6 package (331g)
- sweet potatoes**  
2 1/3 sweetpotato, 5" long (490g)
- tomatoes**  
4 1/2 medium whole (2-3/5" dia) (548g)
- broccoli**  
3/4 cup chopped (68g)
- beets, precooked (canned or refrigerated)**  
3/4 lbs (359g)
- fresh spinach**  
4 2/3 cup(s) (140g)
- zucchini**  
1 1/4 medium (245g)

## Spices and Herbs

- salt**  
1/4 oz (6g)
- black pepper**  
2 g (2g)
- paprika**  
1/2 tsp (1g)
- dijon mustard**  
2 tbsp (30g)
- thyme, dried**  
5 dash, leaves (1g)

## Beverages

## Fruits and Fruit Juices

- orange**  
9 orange (1386g)
- avocados**  
2 1/2 avocado(s) (503g)
- peach**  
6 medium (2-2/3" dia) (900g)
- grapes**  
2 1/4 cup (207g)

## Finfish and Shellfish Products

- canned salmon**  
4 5oz can(s) (undrained) (568g)

## Fats and Oils

- mayonnaise**  
1/2 cup (120mL)
- oil**  
1/4 lbs (107mL)
- olive oil**  
1 1/3 oz (42mL)
- salad dressing**  
1 cup (233mL)
- balsamic vinaigrette**  
3 tbsp (46mL)

## Nut and Seed Products

- almond butter**  
1 1/2 oz (43g)
- mixed nuts**  
3/4 cup (101g)
- roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

## Beef Products

- sirloin steak, raw**  
15 1/2 oz (439g)

## Sausages and Luncheon Meats

- ham cold cuts**  
1 3/4 lbs (794g)

## Other

- mixed greens**  
11 1/4 cup (338g)

**water**  
1 1/2 tbsp (23mL)

**pork rinds**  
2 oz (57g)

**italian seasoning**  
3 dash (1g)

## Pork Products

**cooked ham**  
6 oz boneless (170g)

**pork tenderloin, raw**  
1 3/4 lbs (794g)

**bacon, cooked**  
12 slice(s) (120g)

## Soups, Sauces, and Gravies

**apple cider vinegar**  
1 1/4 tsp (0mL)

## Poultry Products

**boneless skinless chicken breast, raw**  
3 lbs (1297g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Paleo breakfast muffins

3 muffin(s) - 349 cals ● 34g protein ● 19g fat ● 8g carbs ● 2g fiber



For single meal:

**eggs**  
3 medium (132g)  
**red bell pepper**  
6 tbsp, chopped (56g)  
**onion**  
6 tbsp, chopped (60g)  
**salt**  
3/4 dash (1g)  
**black pepper**  
3/8 dash, ground (0g)  
**water**  
3/4 tbsp (11mL)  
**cooked ham, crumbled**  
3 oz boneless (85g)

For all 2 meals:

**eggs**  
6 medium (264g)  
**red bell pepper**  
3/4 cup, chopped (112g)  
**onion**  
3/4 cup, chopped (120g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
3/4 dash, ground (0g)  
**water**  
1 1/2 tbsp (23mL)  
**cooked ham, crumbled**  
6 oz boneless (170g)

1. Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper liners (for number of cups to grease, look at recipe serving details above).
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs. Pour egg mixture evenly into prepared muffin cups.
3. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

### 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 2 ↗

Eat on day 3 and day 4

### 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.

### Bacon & egg cups

3 cup(s) - 360 cals ● 29g protein ● 26g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**

3 large (150g)

**bacon, cooked**

3 slice(s) (30g)

For all 2 meals:

**eggs**

6 large (300g)

**bacon, cooked**

6 slice(s) (60g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

**carrots**  
4 medium (244g)

For all 3 meals:

**carrots**  
12 medium (732g)

1. Cut carrots into strips and serve.

### Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**eggs**  
12 large (600g)

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.

## Lunch 1 ↗

Eat on day 1 and day 2

### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. The recipe has no instructions.

### Salmon salad lettuce wrap

630 cals ● 46g protein ● 46g fat ● 5g carbs ● 3g fiber



For single meal:

**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)

For all 2 meals:

**canned salmon**  
4 5oz can(s) (undrained) (568g)  
**mayonnaise**  
1/2 cup (120mL)  
**onion**  
4 tbsp minced (60g)  
**raw celery, diced**  
4 stalk, small (5" long) (68g)  
**salt**  
4 dash (2g)  
**black pepper**  
4 dash (0g)  
**romaine lettuce**  
8 leaf outer (224g)

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 and day 4

### Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

**mixed nuts**

6 tbsp (50g)

For all 2 meals:

**mixed nuts**

3/4 cup (101g)

1. The recipe has no instructions.

### Ham club lettuce wrap

2 wrap(s) - 468 cals ● 43g protein ● 23g fat ● 11g carbs ● 10g fiber



For single meal:

**dijon mustard**

1 tbsp (15g)

**romaine lettuce**

2 leaf outer (56g)

**ham cold cuts**

1/2 lbs (227g)

**onion**

8 slices, thin (72g)

**tomatoes**

4 slice(s), thin/small (60g)

**avocados, sliced**

1/2 avocado(s) (101g)

For all 2 meals:

**dijon mustard**

2 tbsp (30g)

**romaine lettuce**

4 leaf outer (112g)

**ham cold cuts**

1 lbs (454g)

**onion**

16 slices, thin (144g)

**tomatoes**

8 slice(s), thin/small (120g)

**avocados, sliced**

1 avocado(s) (201g)

1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

## Lunch 3 ↗

Eat on day 5

### Basic chicken & spinach salad

710 cals ● 94g protein ● 32g fat ● 8g carbs ● 3g fiber



**fresh spinach**

4 2/3 cup(s) (140g)

**oil**

3/4 tbsp (12mL)

**salad dressing**

1/4 cup (52mL)

**boneless skinless chicken breast, raw, chopped, cooked**

14 oz (397g)

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.

### Grapes

131 cals ● 2g protein ● 1g fat ● 21g carbs ● 8g fiber



**grapes**

2 1/4 cup (207g)

1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 6 and day 7

### Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**tomatoes**  
1 1/2 cup cherry tomatoes (224g)  
**salad dressing**  
1/2 cup (135mL)

1. Mix greens, tomatoes, and dressing in a small bowl.  
Serve.

### 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.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 3 meals:

**eggs**  
6 large (300g)

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.

### Celery and almond butter

100 cals ● 3g protein ● 8g fat ● 2g carbs ● 2g fiber



For single meal:

**raw celery**  
1 stalk, medium (7-1/2" - 8" long)  
(40g)  
**almond butter**  
1/2 oz (14g)

For all 3 meals:

**raw celery**  
3 stalk, medium (7-1/2" - 8" long)  
(120g)  
**almond butter**  
1 1/2 oz (43g)

1. Clean celery and slice to desired lengths
2. Spread almond butter along center

### Carrot sticks

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



For single meal:

**carrots**

1 medium (61g)

For all 3 meals:

**carrots**

3 medium (183g)

1. Cut carrots into strips and serve.

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## Snacks 2 ↗

Eat on day 4 and day 5

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### 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.

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### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

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

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Pork rinds

1 oz - 149 cals ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

**pork rinds**

1 oz (28g)

For all 2 meals:

**pork rinds**

2 oz (57g)

1. Enjoy.

### Peach

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



For single meal:

**peach**

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

For all 2 meals:

**peach**

4 medium (2-2/3" dia) (600g)

1. The recipe has no  
instructions.

## Dinner 1 ↗

Eat on day 1

### Paleo steak Bites

8 oz(s) - 574 cals ● 46g protein ● 43g fat ● 1g carbs ● 0g fiber



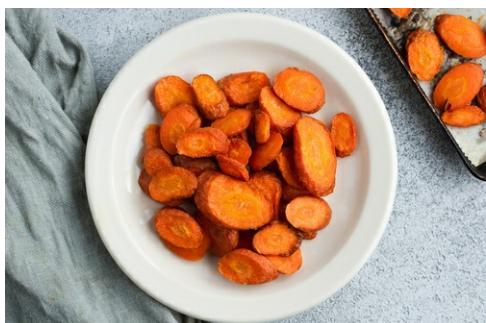
Makes 8 oz(s)

**oil**  
1 tbsp (15mL)  
**garlic, diced**  
1 clove(s) (3g)  
**sirloin steak, raw**  
1/2 lbs (227g)

1. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
2. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
3. When steak is just about done, reduce heat to low and add in garlic. Let cook for about a minute until fragrant. stir around to coat the steak. Serve.

### Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

**oil**  
2 tsp (10mL)  
**carrots, sliced**  
4 large (288g)

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 about 30 minutes until soft. Serve.

## Dinner 2 ↗

Eat on day 2 and day 3

### Pork-broccoli-sweet potato bowl

776 cals ● 92g protein ● 19g fat ● 45g carbs ● 13g fiber



For single meal:

**paprika**  
1/4 tsp (1g)  
**frozen broccoli**  
5/8 package (166g)  
**salt**  
1/4 tsp (2g)  
**black pepper**  
1/4 tsp, ground (1g)  
**olive oil**  
3/4 tbsp (12mL)  
**sweet potatoes, cut into bite-sized cubes**  
1 1/6 sweetpotato, 5" long (245g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
14 oz (397g)

For all 2 meals:

**paprika**  
1/2 tsp (1g)  
**frozen broccoli**  
1 1/6 package (331g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**sweet potatoes, cut into bite-sized cubes**  
2 1/3 sweetpotato, 5" long (490g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
1 3/4 lbs (794g)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

## Dinner 3 ↗

Eat on day 4

### Steak and beet salad

703 cals ● 48g protein ● 47g fat ● 16g carbs ● 5g fiber



**sirloin steak, raw**  
1/2 lbs (213g)  
**mixed greens**  
2 1/4 cup (68g)  
**broccoli**  
3/4 cup chopped (68g)  
**salad dressing**  
3 tbsp (45mL)  
**oil**  
3/4 tbsp (11mL)  
**beets, precooked (canned or refrigerated), chopped**  
1 1/2 beet(s) (75g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



Makes 1 orange(s)

**orange**  
1 orange (154g)

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 5 and day 6

### 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.

### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. The recipe has no instructions.

## Dinner 5 ↗

Eat on day 7

### Balsamic chicken breast

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



Makes 12 oz

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**balsamic vinaigrette**

3 tbsp (45mL)

**oil**

1/2 tbsp (8mL)

**italian seasoning**

3 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.

### Parmesan zucchini noodles

227 cals ● 5g protein ● 19g fat ● 6g carbs ● 3g fiber



**zucchini**

1 1/4 medium (245g)

**olive oil**

1 1/4 tbsp (19mL)

**parmesan cheese**

1 1/4 tbsp (6g)

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.