

# Meal Plan - 2400 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

2390 cals ● 266g protein (45%) ● 124g fat (47%) ● 30g carbs (5%) ● 24g fiber (4%)

### Breakfast

415 cals, 22g protein, 3g net carbs, 32g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Bacon avocado "toast"**

2 slices- 276 cals

### Snacks

300 cals, 16g protein, 8g net carbs, 20g fat



**Avocado deviled eggs**

2 egg(s)- 257 cals



**Cherry tomatoes**

12 cherry tomatoes- 42 cals

### Lunch

880 cals, 123g protein, 4g net carbs, 39g fat



**Basic chicken breast**

18 2/3 oz- 740 cals



**Olive oil drizzled broccoli**

2 cup(s)- 140 cals

### Dinner

795 cals, 106g protein, 15g net carbs, 33g fat



**Lemon pepper chicken breast**

16 oz- 592 cals



**Simple mixed greens salad**

203 cals

## Day 2

2390 cals ● 266g protein (45%) ● 124g fat (47%) ● 30g carbs (5%) ● 24g fiber (4%)

### Breakfast

415 cals, 22g protein, 3g net carbs, 32g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Bacon avocado "toast"**

2 slices- 276 cals

### Snacks

300 cals, 16g protein, 8g net carbs, 20g fat



**Avocado deviled eggs**

2 egg(s)- 257 cals



**Cherry tomatoes**

12 cherry tomatoes- 42 cals

### Lunch

880 cals, 123g protein, 4g net carbs, 39g fat



**Basic chicken breast**

18 2/3 oz- 740 cals



**Olive oil drizzled broccoli**

2 cup(s)- 140 cals

### Dinner

795 cals, 106g protein, 15g net carbs, 33g fat



**Lemon pepper chicken breast**

16 oz- 592 cals



**Simple mixed greens salad**

203 cals

## Day 3

2398 cals ● 179g protein (30%) ● 116g fat (44%) ● 119g carbs (20%) ● 40g fiber (7%)

### Breakfast

360 cals, 21g protein, 13g net carbs, 22g fat



**Bacon omelet**  
280 cals



**Carrot sticks**  
3 carrot(s)- 81 cals

### Snacks

360 cals, 11g protein, 39g net carbs, 15g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Dates**  
1/4 cup- 154 cals



**Pumpkin seeds**  
183 cals

### Lunch

870 cals, 65g protein, 26g net carbs, 48g fat



**Avocado tuna salad stuffed pepper**  
3 half pepper(s)- 683 cals



**Simple mixed greens and tomato salad**  
189 cals

### Dinner

805 cals, 82g protein, 41g net carbs, 31g fat



**Peach**  
2 peach(es)- 132 cals



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

## Day 4

2508 cals ● 153g protein (24%) ● 131g fat (47%) ● 139g carbs (22%) ● 40g fiber (6%)

### Breakfast

360 cals, 21g protein, 13g net carbs, 22g fat



**Bacon omelet**  
280 cals



**Carrot sticks**  
3 carrot(s)- 81 cals

### Snacks

360 cals, 11g protein, 39g net carbs, 15g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Dates**  
1/4 cup- 154 cals



**Pumpkin seeds**  
183 cals

### Lunch

870 cals, 65g protein, 26g net carbs, 48g fat



**Avocado tuna salad stuffed pepper**  
3 half pepper(s)- 683 cals



**Simple mixed greens and tomato salad**  
189 cals

### Dinner

915 cals, 56g protein, 60g net carbs, 46g fat



**Honey mustard chicken thighs**  
1 1/3 thigh(s)- 569 cals



**Sweet potato wedges**  
347 cals

## Day 5

2475 cals ● 156g protein (25%) ● 125g fat (46%) ● 151g carbs (24%) ● 29g fiber (5%)

### Breakfast

360 cals, 21g protein, 13g net carbs, 22g fat



**Bacon omelet**  
280 cals



**Carrot sticks**  
3 carrot(s)- 81 cals

### Snacks

360 cals, 11g protein, 39g net carbs, 15g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Dates**  
1/4 cup- 154 cals



**Pumpkin seeds**  
183 cals

### Lunch

840 cals, 68g protein, 38g net carbs, 42g fat



**Honey glazed carrots (dairy-free)**  
133 cals



**Thyme & lime chicken thighs**  
551 cals



**Sweet potato medallions**  
1/2 sweet potato- 155 cals

### Dinner

915 cals, 56g protein, 60g net carbs, 46g fat



**Honey mustard chicken thighs**  
1 1/3 thigh(s)- 569 cals



**Sweet potato wedges**  
347 cals

## Day 6

2365 cals ● 179g protein (30%) ● 131g fat (50%) ● 79g carbs (13%) ● 39g fiber (7%)

### Breakfast

445 cals, 20g protein, 37g net carbs, 20g fat



**Scrambled eggs with veggies and bacon**  
256 cals



**Kiwi**  
4 kiwi- 187 cals

### Snacks

295 cals, 10g protein, 23g net carbs, 15g fat



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



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



**Pistachios**  
188 cals

### Lunch

800 cals, 79g protein, 3g net carbs, 51g fat



**Baked chicken thighs**  
12 oz- 770 cals



**Broccoli**  
1 cup(s)- 29 cals

### Dinner

825 cals, 70g protein, 17g net carbs, 45g fat



**Chicken sausage**  
4 link- 508 cals



**Garlic collard greens**  
319 cals

## Day 7

2365 cals ● 179g protein (30%) ● 131g fat (50%) ● 79g carbs (13%) ● 39g fiber (7%)

### Breakfast

445 cals, 20g protein, 37g net carbs, 20g fat



**Scrambled eggs with veggies and bacon**  
256 cals



**Kiwi**  
4 kiwi- 187 cals

### Snacks

295 cals, 10g protein, 23g net carbs, 15g fat



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



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



**Pistachios**  
188 cals

### Lunch

800 cals, 79g protein, 3g net carbs, 51g fat



**Baked chicken thighs**  
12 oz- 770 cals



**Broccoli**  
1 cup(s)- 29 cals

### Dinner

825 cals, 70g protein, 17g net carbs, 45g fat



**Chicken sausage**  
4 link- 508 cals



**Garlic collard greens**  
319 cals

---

## Dairy and Egg Products

- ☐ eggs  
18 large (900g)

## Pork Products

- ☐ bacon, cooked  
12 slice(s) (120g)

## Fruits and Fruit Juices

- ☐ avocados  
3 avocado(s) (637g)
- ☐ lime juice  
1 1/2 fl oz (44mL)
- ☐ pitted dates  
3/4 cup (150g)
- ☐ peach  
4 medium (2-2/3" dia) (600g)
- ☐ lemon juice  
1 tsp (6mL)
- ☐ kiwi  
8 fruit (552g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
5 lbs (2277g)
- ☐ chicken thighs, with bone and skin, raw  
2 1/2 lbs (1134g)
- ☐ boneless skinless chicken thighs  
3/4 lb (340g)

## Fats and Oils

- ☐ oil  
1/2 cup (136mL)
- ☐ olive oil  
2 oz (60mL)
- ☐ salad dressing  
1 cup (248mL)
- ☐ coconut oil  
1/4 tbsp (3g)

## Spices and Herbs

- ☐ black pepper  
2 g (2g)
- ☐ salt  
1/2 oz (14g)

## Vegetables and Vegetable Products

- ☐ frozen broccoli  
6 cup (546g)
- ☐ fresh cilantro  
4 tsp, chopped (4g)
- ☐ tomatoes  
10 1/2 medium whole (2-3/5" dia) (1308g)
- ☐ bell pepper  
4 large (641g)
- ☐ onion  
5/6 medium (2-1/2" dia) (93g)
- ☐ carrots  
12 1/2 medium (765g)
- ☐ beets, precooked (canned or refrigerated)  
6 oz (170g)
- ☐ sweet potatoes  
3 sweetpotato, 5" long (665g)
- ☐ collard greens  
2 lbs (907g)
- ☐ garlic  
6 clove(s) (18g)

## Other

- ☐ mixed greens  
16 1/2 cup (495g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
3/4 cup (89g)
- ☐ pistachios, shelled  
1/2 cup (62g)

## Finfish and Shellfish Products

- ☐ canned tuna  
3 can (516g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
3/4 tsp (0mL)

## Sweets

- ☐ honey  
5 tsp (36g)

## Beverages

☐ lemon pepper  
2 tbsp (14g)

☐ thyme, dried  
3 g (3g)

☐ brown deli mustard  
4 tsp (20g)

☐ water  
1/8 cup(s) (28mL)

### **Sausages and Luncheon Meats**

☐ chicken sausage, cooked  
8 link (672g)

---

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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.

### Bacon avocado "toast"

2 slices - 276 cals ● 9g protein ● 23g fat ● 2g carbs ● 7g fiber



For single meal:

**bacon, cooked**  
2 slice(s) (20g)  
**avocados**  
1/2 avocado(s) (101g)

For all 2 meals:

**bacon, cooked**  
4 slice(s) (40g)  
**avocados**  
1 avocado(s) (201g)

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Bacon omelet

280 cals ● 20g protein ● 22g fat ● 1g carbs ● 0g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**eggs**  
2 large (100g)  
**bacon, cooked, cooked and chopped**  
2 slice(s) (20g)

For all 3 meals:

**olive oil**  
1 tbsp (15mL)  
**eggs**  
6 large (300g)  
**bacon, cooked, cooked and chopped**  
6 slice(s) (60g)

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.

### Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

**carrots**  
3 medium (183g)

For all 3 meals:

**carrots**  
9 medium (549g)

1. Cut carrots into strips and serve.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Scrambled eggs with veggies and bacon

256 cal ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

**onion**  
2 tbsp, chopped (20g)  
**olive oil**  
1 tsp (5mL)  
**eggs**  
2 large (100g)  
**bell pepper**  
1/2 cup, chopped (75g)  
**bacon, cooked, cooked and chopped**  
1 slice(s) (10g)

For all 2 meals:

**onion**  
4 tbsp, chopped (40g)  
**olive oil**  
2 tsp (10mL)  
**eggs**  
4 large (200g)  
**bell pepper**  
1 cup, chopped (149g)  
**bacon, cooked, cooked and chopped**  
2 slice(s) (20g)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper 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.

### Kiwi

4 kiwi - 187 cal ● 3g protein ● 2g fat ● 32g carbs ● 8g fiber



For single meal:

**kiwi**  
4 fruit (276g)

For all 2 meals:

**kiwi**  
8 fruit (552g)

1. Slice the kiwi and serve.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Basic chicken breast

18 2/3 oz - 740 cals ● 118g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

18 2/3 oz (523g)

**oil**

3 1/2 tsp (17mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

2 1/3 lbs (1045g)

**oil**

2 1/3 tbsp (35mL)

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 broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**olive oil**

2 tsp (10mL)

For all 2 meals:

**black pepper**

2 dash (0g)

**salt**

2 dash (1g)

**frozen broccoli**

4 cup (364g)

**olive oil**

4 tsp (20mL)

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

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**bell pepper**  
1 1/2 large (246g)  
**onion**  
3/8 small (26g)  
**canned tuna, drained**  
1 1/2 can (258g)

For all 2 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**bell pepper**  
3 large (492g)  
**onion**  
3/4 small (53g)  
**canned tuna, drained**  
3 can (516g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)  
**salad dressing**  
1/2 cup (113mL)

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

## Lunch 3 [↗](#)

Eat on day 5

### Honey glazed carrots (dairy-free)

133 cals ● 2g protein ● 4g fat ● 18g carbs ● 5g fiber



**lemon juice**

1 tsp (6mL)

**salt**

3/4 dash (1g)

**water**

1/8 cup(s) (30mL)

**honey**

1 tsp (8g)

**carrots**

6 oz (170g)

**coconut oil**

1/4 tbsp (3g)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, oil, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

### Thyme & lime chicken thighs

551 cals ● 65g protein ● 32g fat ● 2g carbs ● 0g fiber



**boneless skinless chicken thighs**

3/4 lb (340g)

**thyme, dried**

3 dash, leaves (0g)

**lime juice**

1 1/2 tbsp (23mL)

**oil**

3/4 tbsp (11mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.



## Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

### oil

1/2 tbsp (8mL)

### sweet potatoes, sliced

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

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

---

## Lunch 4 [🔗](#)

Eat on day 6 and day 7

---

### Baked chicken thighs

12 oz - 770 cals ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



For single meal:

### chicken thighs, with bone and skin, raw

3/4 lbs (340g)

### thyme, dried

1 dash, ground (0g)

For all 2 meals:

### chicken thighs, with bone and skin, raw

1 1/2 lbs (680g)

### thyme, dried

2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.

---

## Broccoli

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



For single meal:

**frozen broccoli**  
1 cup (91g)

For all 2 meals:

**frozen broccoli**  
2 cup (182g)

1. Prepare according to instructions on package.

---

## Snacks 1 [↗](#)

Eat on day 1 and day 2

---

### Avocado deviled eggs

2 egg(s) - 257 cal ● 14g protein ● 19g fat ● 2g carbs ● 5g fiber



For single meal:

**eggs**  
2 large (100g)  
**avocados**  
1/3 avocado(s) (67g)  
**lime juice**  
1/4 tbsp (3mL)  
**fresh cilantro, chopped**  
2 tsp, chopped (2g)

For all 2 meals:

**eggs**  
4 large (200g)  
**avocados**  
2/3 avocado(s) (134g)  
**lime juice**  
1/2 tbsp (7mL)  
**fresh cilantro, chopped**  
4 tsp, chopped (4g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

---

### 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.

---

## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

---

### 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 3 meals:  
**tomatoes**  
18 cherry tomatoes (306g)

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

---

### Dates

1/4 cup - 154 cals ● 1g protein ● 0g fat ● 34g carbs ● 3g fiber



For single meal:  
**pitted dates**  
4 tbsp (50g)

For all 3 meals:  
**pitted dates**  
3/4 cup (150g)

1. Enjoy.

### Pumpkin seeds

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





For single meal:  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 3 meals:  
**roasted pumpkin seeds, unsalted**  
3/4 cup (89g)

1. The recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Peach

1 peach(es) - 66 calsgreen1g proteinorange0g fatblue12g carbsgrey2g 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.

Cherry tomatoes

12 cherry tomatoes - 42 calsgreen2g proteinorange0g fatblue6g carbsgrey2g 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.

Pistachios

188 calsgreen7g proteinorange14g fatblue6g carbsgrey3g fiber



For single meal:  
**pistachios, shelled**  
4 tbsp (31g)

For all 2 meals:  
**pistachios, shelled**  
1/2 cup (62g)

1. The recipe has no instructions.

---

## Dinner 1 [↗](#)

Eat on day 1 and day 2

---

### Lemon pepper chicken breast

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



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

For all 2 meals:  
**boneless skinless chicken breast, raw**  
2 lbs (896g)  
**olive oil**  
1 tbsp (15mL)  
**lemon pepper**  
2 tbsp (14g)

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.

---

### Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

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

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

## Dinner 2 [↗](#)

Eat on day 3

### 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.

### Chicken beet & carrot salad bowl

674 cals ● 79g protein ● 30g fat ● 17g carbs ● 5g fiber



**oil**  
1 1/2 tbsp (23mL)  
**thyme, dried**  
3 dash, leaves (0g)  
**apple cider vinegar**  
3/4 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
6 oz (170g)  
**boneless skinless chicken breast, raw, cubed**  
3/4 lbs (336g)  
**carrots, thinly sliced**  
3/4 medium (46g)

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.

## Dinner 3 [↗](#)

Eat on day 4 and day 5

### Honey mustard chicken thighs

1 1/3 thigh(s) - 569 cal ● 51g protein ● 35g fat ● 12g carbs ● 1g fiber



For single meal:

**brown deli mustard**  
2 tsp (10g)  
**thyme, dried**  
1/4 tbsp, ground (1g)  
**honey**  
2 tsp (14g)  
**chicken thighs, with bone and skin, raw**  
1 1/3 thigh(s) (227g)

For all 2 meals:

**brown deli mustard**  
4 tsp (20g)  
**thyme, dried**  
1/2 tbsp, ground (2g)  
**honey**  
4 tsp (28g)  
**chicken thighs, with bone and skin, raw**  
2 2/3 thigh(s) (453g)

1. Preheat the oven to 375°F (190°C).
2. Whisk honey, mustard, thyme and a pinch of salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40-45 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C).

### Sweet potato wedges

347 cal ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**sweet potatoes, cut into wedges**  
1 1/3 sweetpotato, 5" long (280g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**salt**  
1/2 tbsp (8g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**sweet potatoes, cut into wedges**  
2 2/3 sweetpotato, 5" long (560g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.



## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Chicken sausage

4 link - 508 cal ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



For single meal:

**chicken sausage, cooked**  
4 link (336g)

For all 2 meals:

**chicken sausage, cooked**  
8 link (672g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

### Garlic collard greens

319 cal ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

**collard greens**  
1 lbs (454g)  
**oil**  
1 tbsp (15mL)  
**salt**  
2 dash (2g)  
**garlic, minced**  
3 clove(s) (9g)

For all 2 meals:

**collard greens**  
2 lbs (907g)  
**oil**  
2 tbsp (30mL)  
**salt**  
4 dash (3g)  
**garlic, minced**  
6 clove(s) (18g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.