

Meal Plan - 2600 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

2565 cals ● 215g protein (34%) ● 140g fat (49%) ● 84g carbs (13%) ● 28g fiber (4%)

Breakfast

440 cals, 31g protein, 23g net carbs, 20g fat



Pecans
1/4 cup- 183 cals



Overnight mixed berry protein oats w/ water
256 cals

Lunch

875 cals, 87g protein, 21g net carbs, 46g fat



Mixed nuts
1/8 cup(s)- 109 cals



Apple & almond butter
1/2 apple(s)- 158 cals



Basic chicken & spinach salad
609 cals

Snacks

380 cals, 17g protein, 37g net carbs, 15g fat



Peach
1 peach(es)- 66 cals



Boiled eggs
2 egg(s)- 139 cals



Apple, banana, almond butter bowl
176 cals

Dinner

870 cals, 80g protein, 3g net carbs, 59g fat



Baked chicken thighs
12 oz- 770 cals



Simple sauteed spinach
100 cals

Day 2

2536 cals ● 289g protein (46%) ● 100g fat (35%) ● 79g carbs (12%) ● 42g fiber (7%)

Breakfast

440 cals, 31g protein, 23g net carbs, 20g fat



Pecans
1/4 cup- 183 cals



Overnight mixed berry protein oats w/ water
256 cals

Lunch

845 cals, 101g protein, 13g net carbs, 34g fat



Marinaded chicken breast
13 1/3 oz- 471 cals



Garlic collard greens
372 cals

Snacks

380 cals, 17g protein, 37g net carbs, 15g fat



Peach
1 peach(es)- 66 cals



Boiled eggs
2 egg(s)- 139 cals



Apple, banana, almond butter bowl
176 cals

Dinner

875 cals, 141g protein, 6g net carbs, 31g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Lemon pepper chicken breast
22 oz- 814 cals

Day 3

2628 cals ● 232g protein (35%) ● 119g fat (41%) ● 117g carbs (18%) ● 41g fiber (6%)

Breakfast

440 cals, 31g protein, 23g net carbs, 20g fat



Pecans
1/4 cup- 183 cals



Overnight mixed berry protein oats w/ water
256 cals

Lunch

920 cals, 52g protein, 61g net carbs, 43g fat



Banana
2 banana(s)- 233 cals



Chicken avocado salad
500 cals



Pistachios
188 cals

Snacks

395 cals, 9g protein, 27g net carbs, 25g fat



Walnuts
3/8 cup(s)- 262 cals



Peach
2 peach(es)- 132 cals

Dinner

875 cals, 141g protein, 6g net carbs, 31g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Lemon pepper chicken breast
22 oz- 814 cals

Day 4

2593 cals ● 167g protein (26%) ● 141g fat (49%) ● 125g carbs (19%) ● 39g fiber (6%)

Breakfast

475 cals, 29g protein, 49g net carbs, 15g fat



Banana
2 banana(s)- 233 cals



Scrambled egg whites
243 cals

Snacks

395 cals, 9g protein, 27g net carbs, 25g fat



Walnuts
3/8 cup(s)- 262 cals



Peach
2 peach(es)- 132 cals

Lunch

815 cals, 62g protein, 8g net carbs, 53g fat



Garlic collard greens
212 cals



Slow-baked salmon with lemon and thyme
9 oz- 603 cals

Dinner

905 cals, 68g protein, 41g net carbs, 47g fat



Orange & rosemary salmon
10 1/2 oz- 813 cals



Green beans
95 cals

Day 5

2605 cals ● 222g protein (34%) ● 127g fat (44%) ● 114g carbs (17%) ● 28g fiber (4%)

Breakfast

475 cals, 29g protein, 49g net carbs, 15g fat



Banana

2 banana(s)- 233 cals



Scrambled egg whites

243 cals

Lunch

935 cals, 102g protein, 35g net carbs, 39g fat



Roasted rosemary sweet potatoes

263 cals



Curried pork chops

2 1/2 chop(s)- 598 cals



Olive oil drizzled green beans

72 cals

Snacks

290 cals, 27g protein, 12g net carbs, 14g fat



Peach

1 peach(es)- 66 cals



Pork rinds

1 1/2 oz- 224 cals

Dinner

905 cals, 64g protein, 17g net carbs, 60g fat



Simple sauteed spinach

348 cals



Honey mustard chicken thighs w/ skin

8 oz- 558 cals

Day 6

2598 cals ● 214g protein (33%) ● 142g fat (49%) ● 85g carbs (13%) ● 30g fiber (5%)

Breakfast

470 cals, 21g protein, 21g net carbs, 30g fat



Dairy-free strawberry protein smoothie

230 cals



Dark chocolate

4 square(s)- 239 cals

Lunch

935 cals, 102g protein, 35g net carbs, 39g fat



Roasted rosemary sweet potatoes

263 cals



Curried pork chops

2 1/2 chop(s)- 598 cals



Olive oil drizzled green beans

72 cals

Snacks

290 cals, 27g protein, 12g net carbs, 14g fat



Peach

1 peach(es)- 66 cals



Pork rinds

1 1/2 oz- 224 cals

Dinner

905 cals, 64g protein, 17g net carbs, 60g fat



Simple sauteed spinach

348 cals



Honey mustard chicken thighs w/ skin

8 oz- 558 cals

Day 7

2550 cals ● 194g protein (30%) ● 134g fat (47%) ● 107g carbs (17%) ● 34g fiber (5%)

Breakfast

470 cals, 21g protein, 21g net carbs, 30g fat



Dairy-free strawberry protein smoothie
230 cals



Dark chocolate
4 square(s)- 239 cals

Snacks

290 cals, 27g protein, 12g net carbs, 14g fat



Peach
1 peach(es)- 66 cals



Pork rinds
1 1/2 oz- 224 cals

Lunch

965 cals, 56g protein, 25g net carbs, 63g fat



Pepper steak stir fry
561 cals



Simple kale & avocado salad
403 cals

Dinner

830 cals, 90g protein, 49g net carbs, 28g fat



Honey mustard chicken
13 1/3 oz- 729 cals



Simple sauteed spinach
100 cals

Nut and Seed Products

- pecans**
3/4 cup, halves (74g)
- mixed nuts**
2 tbsp (17g)
- almond butter**
4 tbsp (64g)
- coconut flakes**
1 tbsp (5g)
- walnuts**
3/4 cup, shelled (75g)
- pistachios, shelled**
4 tbsp (31g)

Other

- frozen mixed berries**
1 1/2 cup (204g)
- pork rinds**
1/4 lbs (128g)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats**
1 cup(s) (81g)

Beverages

- protein powder, vanilla**
4 scoop (1/3 cup ea) (124g)
- water**
3 cup(s) (690mL)
- almond milk, unsweetened**
1 cup(s) (240mL)

Fruits and Fruit Juices

- apples**
1 1/2 medium (3" dia) (273g)
- peach**
9 medium (2-2/3" dia) (1350g)
- banana**
7 medium (7" to 7-7/8" long) (826g)
- lime juice**
2 tsp (10mL)
- avocados**
1 1/2 avocado(s) (276g)
- lemon**
1 large (82g)
- orange**
1 3/4 orange (270g)

Fats and Oils

- oil**
1/4 lbs (105mL)
- salad dressing**
3 tbsp (45mL)
- olive oil**
1/3 lbs (150mL)
- marinade sauce**
6 3/4 tbsp (101mL)

Poultry Products

- boneless skinless chicken breast, raw**
5 1/2 lbs (2494g)
- chicken thighs, with bone and skin, raw**
1 3/4 lbs (794g)

Dairy and Egg Products

- eggs**
4 large (200g)
- egg whites**
2 cup (486g)

Spices and Herbs

- thyme, dried**
2 g (2g)
- black pepper**
1/4 oz (7g)
- salt**
2/3 oz (23g)
- lemon pepper**
2 3/4 tbsp (19g)
- rosemary, dried**
1/8 oz (4g)
- brown deli mustard**
1 1/2 tbsp (23g)
- curry powder**
1 1/4 tsp (3g)
- dijon mustard**
2 3/4 tbsp (42g)

Finfish and Shellfish Products

- salmon**
1 1/4 lbs (553g)

Sweets

- lemon juice**
2 1/2 tsp (13mL)
- frozen strawberries**
2/3 cup, unthawed (98g)

- honey**
2 3/4 oz (78g)
- chocolate, dark, 70-85%**
8 square(s) (80g)

Vegetables and Vegetable Products

- fresh spinach**
40 cup(s) (1200g)
- garlic**
12 clove(s) (36g)
- tomatoes**
2 small whole (2-2/5" dia) (182g)
- collard greens**
29 1/4 oz (831g)
- onion**
1/3 medium (2-1/2" dia) (38g)
- brussels sprouts**
5 sprouts (95g)
- frozen green beans**
3 1/3 cup (403g)
- sweet potatoes**
1 2/3 sweetpotato, 5" long (350g)
- bell pepper**
1 medium (119g)
- fresh ginger**
1 tbsp (6g)
- kale leaves**
7/8 bunch (149g)

Pork Products

- pork chop, bone-in**
5 chop (890g)

Beef Products

- sirloin steak, raw**
1/2 lbs (227g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 3 meals:

pecans
3/4 cup, halves (74g)

1. The recipe has no instructions.

Overnight mixed berry protein oats w/ water

256 cals ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
water
3/4 cup(s) (178mL)

For all 3 meals:

frozen mixed berries
1 1/2 cup (204g)
oatmeal, old-fashioned oats, rolled oats
1 cup(s) (81g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
water
2 1/4 cup(s) (533mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours.
Serve.

Breakfast 2 ↗

Eat on day 4 and day 5

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana

2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

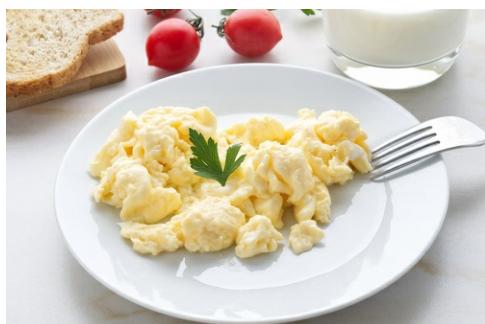
banana

4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

Scrambled egg whites

243 cals ● 26g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

egg whites

1 cup (243g)

oil

1 tbsp (15mL)

For all 2 meals:

egg whites

2 cup (486g)

oil

2 tbsp (30mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Dairy-free strawberry protein smoothie

230 cals ● 18g protein ● 13g fat ● 7g carbs ● 4g fiber



For single meal:

water
1/3 cup(s) (78mL)
almond butter
1 tbsp (16g)
protein powder, vanilla
1/2 scoop (1/3 cup ea) (16g)
almond milk, unsweetened
1/2 cup(s) (120mL)
frozen strawberries
1/3 cup, unthawed (49g)

For all 2 meals:

water
2/3 cup(s) (156mL)
almond butter
2 tbsp (32g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
almond milk, unsweetened
1 cup(s) (240mL)
frozen strawberries
2/3 cup, unthawed (98g)

1. Put all ingredients into a blender and combine. Add water if needed to make the smoothie less thick.

Dark chocolate

4 square(s) - 239 cals ● 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.

Lunch 1 ↗

Eat on day 1

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



Makes 1/8 cup(s)

mixed nuts
2 tbsp (17g)

1. The recipe has no instructions.

Apple & almond butter

1/2 apple(s) - 158 cals ● 4g protein ● 9g fat ● 12g carbs ● 4g fiber



Makes 1/2 apple(s)

apples

1/2 medium (3" dia) (91g)

almond butter

1 tbsp (16g)

1. Slice an apple and spread almond butter evenly over each slice.

Basic chicken & spinach salad

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



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)

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.

Lunch 2 ↗

Eat on day 2

Marinaded chicken breast

13 1/3 oz - 471 cals ● 84g protein ● 14g fat ● 2g carbs ● 0g fiber



Makes 13 1/3 oz

boneless skinless chicken breast, raw

13 1/3 oz (373g)

marinade sauce

6 2/3 tbsp (100mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. **BAKE**
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. **BROIL/GRILL**
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Garlic collard greens

372 cals ● 17g protein ● 20g fat ● 11g carbs ● 21g fiber



collard greens
18 2/3 oz (529g)
oil
3 1/2 tsp (17mL)
salt
1/4 tsp (2g)
garlic, minced
3 1/2 clove(s) (10g)

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.

Lunch 3 ↗

Eat on day 3

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



Makes 2 banana(s)

banana
2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



boneless skinless chicken breast, raw
6 oz (170g)
onion
1 tbsp chopped (10g)
lime juice
2 tsp (10mL)
oil
2 tsp (10mL)
brussels sprouts
5 sprouts (95g)
avocados, chopped
1/2 avocado(s) (101g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, shelled
4 tbsp (31g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 4

Garlic collard greens

212 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



collard greens
2/3 lbs (302g)
oil
2 tsp (10mL)
salt
1 1/3 dash (1g)
garlic, minced
2 clove(s) (6g)

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.

Slow-baked salmon with lemon and thyme

9 oz - 603 cals ● 53g protein ● 42g fat ● 2g carbs ● 1g fiber



Makes 9 oz

thyme, dried
3 dash, leaves (0g)
oil
1/2 tbsp (8mL)
salmon, skin on
1/2 lbs (255g)
lemon, cut into wedges
3/8 large (32g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Lunch 5

Eat on day 5 and day 6

Roasted rosemary sweet potatoes

263 cals ● 3g protein ● 12g fat ● 31g carbs ● 6g fiber



For single meal:

olive oil
2 1/2 tsp (13mL)
salt
3 1/3 dash (3g)
black pepper
3 1/3 dash, ground (1g)
rosemary, dried
1 1/4 tsp (1g)
sweet potatoes, cut into 1" cubes
5/6 sweetpotato, 5" long (175g)

For all 2 meals:

olive oil
5 tsp (25mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
rosemary, dried
2 1/2 tsp (3g)
sweet potatoes, cut into 1" cubes
1 2/3 sweetpotato, 5" long (350g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Curried pork chops

2 1/2 chop(s) - 598 cals ● 98g protein ● 22g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in
2 1/2 chop (445g)
curry powder
5 dash (1g)
olive oil
1 1/4 tsp (6mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

pork chop, bone-in
5 chop (890g)
curry powder
1 1/4 tsp (3g)
olive oil
2 1/2 tsp (13mL)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)
olive oil
2 tsp (10mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Lunch 6 ↗

Eat on day 7

Pepper steak stir fry

561 cals ● 48g protein ● 36g fat ● 9g carbs ● 3g fiber

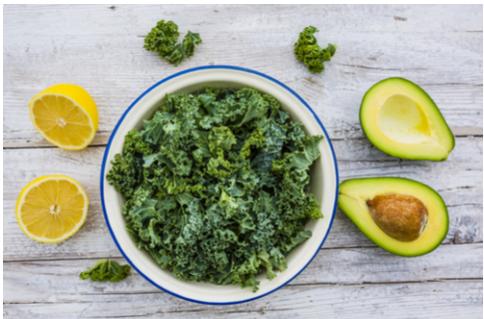


black pepper
2 dash, ground (1g)
garlic, minced
2 clove(s) (6g)
olive oil
1/2 tbsp (8mL)
sirloin steak, raw, cut into thin strips
1/2 lbs (227g)
bell pepper, thinly sliced
1 medium (119g)
fresh ginger, minced
1 tbsp (6g)
onion, sliced
1/4 medium (2-1/2" dia) (28g)

1. Place strips of steak in a bowl and sprinkle pepper over them. Toss to coat.
2. Add oil to a pan over medium-high heat and add the bell peppers, onions, ginger, and garlic, and cook for 3-4 minutes, stirring occasionally. Transfer to a plate.
3. Put steak into skillet and cook until brown, about 2-3 minutes.
4. Add vegetables back into the pan and cook for another minute or so.
5. Serve.

Simple kale & avocado salad

403 cals ● 8g protein ● 27g fat ● 16g carbs ● 16g fiber



kale leaves, chopped
7/8 bunch (149g)
avocados, chopped
7/8 avocado(s) (176g)
lemon, juiced
7/8 small (51g)

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.

Snacks 1 ↗

Eat on day 1 and day 2

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.

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.

Apple, banana, almond butter bowl

176 cals ● 3g protein ● 6g fat ● 24g carbs ● 5g fiber



For single meal:

coconut flakes
1/2 tbsp (3g)
almond butter
1/2 tbsp (8g)
banana, sliced
1/2 medium (7" to 7-7/8" long)
(59g)
apples, chopped
1/2 medium (3" dia) (91g)

For all 2 meals:

coconut flakes
1 tbsp (5g)
almond butter
1 tbsp (16g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)
apples, chopped
1 medium (3" dia) (182g)

1. Put banana and apple chunks in a bowl. Mix together.
2. Top with coconut flakes and drizzle with almond butter.

Snacks 2 ↗

Eat on day 3 and day 4

Walnuts

3/8 cup(s) - 262 cals ● 6g protein ● 24g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts
6 tbsp, shelled (38g)

For all 2 meals:

walnuts
3/4 cup, shelled (75g)

1. The recipe has no instructions.

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.

Snacks 3 ↗

Eat on day 5, 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 3 meals:

peach
3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.

Pork rinds

1 1/2 oz - 224 cals ● 26g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds
1 1/2 oz (43g)

For all 3 meals:

pork rinds
1/4 lbs (128g)

1. Enjoy.

Dinner 1 ↗

Eat on day 1

Baked chicken thighs

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



Makes 12 oz

chicken thighs, with bone and skin, raw

3/4 lbs (340g)

thyme, dried

1 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.

Simple sautéed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

garlic, diced

1/2 clove (2g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Dinner 2 ↗

Eat on day 2 and day 3

Roasted tomatoes

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



For single meal:

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

For all 2 meals:

oil
2 tsp (10mL)
tomatoes
2 small whole (2-2/5" dia) (182g)

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

Lemon pepper chicken breast

22 oz - 814 cals ● 140g protein ● 26g fat ● 4g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
22 oz (616g)
olive oil
2 tsp (10mL)
lemon pepper
4 tsp (9g)

For all 2 meals:

boneless skinless chicken breast, raw
2 3/4 lbs (1232g)
olive oil
4 tsp (21mL)
lemon pepper
2 3/4 tbsp (19g)

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.

Dinner 3 ↗

Eat on day 4

Orange & rosemary salmon

10 1/2 oz - 813 cals ● 63g protein ● 46g fat ● 29g carbs ● 6g fiber



Makes 10 1/2 oz

salmon

1 3/4 fillet/s (6 oz each) (298g)

rosemary, dried

1 tsp (1g)

orange

1 3/4 orange (270g)

lemon juice

2 1/2 tsp (13mL)

olive oil

1/2 tbsp (7mL)

salt

1/2 tsp (3g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



frozen green beans

2 cup (242g)

1. Prepare according to instructions on package.

Dinner 4 ↗

Eat on day 5 and day 6

Simple sauteed spinach

348 cals ● 13g protein ● 25g fat ● 8g carbs ● 9g fiber



For single meal:

black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
olive oil
1 3/4 tbsp (26mL)
fresh spinach
14 cup(s) (420g)
garlic, diced
1 3/4 clove (5g)

For all 2 meals:

black pepper
1 tsp, ground (2g)
salt
1 tsp (5g)
olive oil
1/4 cup (53mL)
fresh spinach
28 cup(s) (840g)
garlic, diced
3 1/2 clove (11g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Honey mustard chicken thighs w/ skin

8 oz - 558 cals ● 52g protein ● 35g fat ● 9g carbs ● 1g fiber



For single meal:

brown deli mustard
3/4 tbsp (11g)
honey
1/2 tbsp (11g)
thyme, dried
4 dash, ground (1g)
salt
1 dash (1g)
chicken thighs, with bone and skin, raw
1/2 lbs (227g)

For all 2 meals:

brown deli mustard
1 1/2 tbsp (23g)
honey
1 tbsp (21g)
thyme, dried
1 tsp, ground (1g)
salt
2 dash (2g)
chicken thighs, with bone and skin, raw
1 lbs (454g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and 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 to 45 minutes. Let rest 4 to 6 minutes before serving.

Dinner 5 ↗

Eat on day 7

Honey mustard chicken

13 1/3 oz - 729 cals ● 87g protein ● 21g fat ● 47g carbs ● 2g fiber



Makes 13 1/3 oz

boneless skinless chicken breast, raw

13 1/3 oz (378g)

oil

2 tsp (10mL)

honey

2 2/3 tbsp (57g)

dijon mustard

2 2/3 tbsp (42g)

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.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

garlic, diced

1/2 clove (2g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.