

# Meal Plan - 2700 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

2622 cals ● 186g protein (28%) ● 155g fat (53%) ● 87g carbs (13%) ● 35g fiber (5%)

### Breakfast

530 cals, 29g protein, 7g net carbs, 39g fat



Egg & avocado salad

531 cals

### Lunch

850 cals, 64g protein, 13g net carbs, 58g fat



Coriander and cumin rubbed pork chops

1 1/2 chop(s)- 642 cals



Roasted tomatoes

3 1/2 tomato(es)- 208 cals

### Snacks

325 cals, 16g protein, 33g net carbs, 11g fat



Boiled eggs

2 egg(s)- 139 cals



Kiwi

4 kiwi- 187 cals

### Dinner

915 cals, 76g protein, 35g net carbs, 48g fat



Honey mustard chicken thighs w/ skin

10 2/3 oz- 744 cals



Mixed vegetables

1 3/4 cup(s)- 170 cals

## Day 2

2660 cals ● 182g protein (27%) ● 147g fat (50%) ● 101g carbs (15%) ● 52g fiber (8%)

### Breakfast

530 cals, 29g protein, 7g net carbs, 39g fat



Egg & avocado salad

531 cals

### Lunch

915 cals, 62g protein, 48g net carbs, 48g fat



Chicken sausage

4 link- 508 cals



Tomato and avocado salad

117 cals



Baked fries

290 cals

### Snacks

325 cals, 16g protein, 33g net carbs, 11g fat



Boiled eggs

2 egg(s)- 139 cals



Kiwi

4 kiwi- 187 cals

### Dinner

890 cals, 75g protein, 13g net carbs, 49g fat



Thyme & lime chicken thighs

490 cals



Garlic collard greens

398 cals

## Day 3

2732 cals ● 191g protein (28%) ● 171g fat (56%) ● 71g carbs (10%) ● 39g fiber (6%)

### Breakfast

505 cals, 28g protein, 5g net carbs, 38g fat



**Avocado**  
176 cals



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



**Basic scrambled eggs**  
4 egg(s)- 318 cals

### Snacks

315 cals, 27g protein, 16g net carbs, 14g fat



**Pork rinds**  
1 1/2 oz- 224 cals



**Kiwi**  
2 kiwi- 94 cals

### Lunch

980 cals, 57g protein, 20g net carbs, 68g fat



**Walnuts**  
3/8 cup(s)- 291 cals



**Avocado, apple, chicken salad**  
687 cals

### Dinner

930 cals, 78g protein, 31g net carbs, 50g fat



**Paleo taco stuffed peppers**  
3 stuffed pepper(s)- 640 cals



**Tomato and avocado salad**  
117 cals



**'Buttery' cauliflower rice**  
172 cals

## Day 4

2732 cals ● 191g protein (28%) ● 171g fat (56%) ● 71g carbs (10%) ● 39g fiber (6%)

### Breakfast

505 cals, 28g protein, 5g net carbs, 38g fat



**Avocado**  
176 cals



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



**Basic scrambled eggs**  
4 egg(s)- 318 cals

### Snacks

315 cals, 27g protein, 16g net carbs, 14g fat



**Pork rinds**  
1 1/2 oz- 224 cals



**Kiwi**  
2 kiwi- 94 cals

### Lunch

980 cals, 57g protein, 20g net carbs, 68g fat



**Walnuts**  
3/8 cup(s)- 291 cals



**Avocado, apple, chicken salad**  
687 cals

### Dinner

930 cals, 78g protein, 31g net carbs, 50g fat



**Paleo taco stuffed peppers**  
3 stuffed pepper(s)- 640 cals



**Tomato and avocado salad**  
117 cals



**'Buttery' cauliflower rice**  
172 cals

## Day 5

2735 cals ● 237g protein (35%) ● 147g fat (48%) ● 86g carbs (13%) ● 31g fiber (4%)

### Breakfast

505 cals, 28g protein, 5g net carbs, 38g fat



**Avocado**  
176 cals



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



**Basic scrambled eggs**  
4 egg(s)- 318 cals

### Snacks

315 cals, 27g protein, 16g net carbs, 14g fat



**Pork rinds**  
1 1/2 oz- 224 cals



**Kiwi**  
2 kiwi- 94 cals

### Lunch

895 cals, 62g protein, 23g net carbs, 58g fat



**Carrot fries**  
184 cals



**Baked chicken thighs**  
6 oz- 385 cals



**Bacon cauliflower rice**  
2 cup(s)- 326 cals

### Dinner

1015 cals, 120g protein, 42g net carbs, 37g fat



**Baked fries**  
290 cals



**Lemon pepper chicken breast**  
18 oz- 666 cals



**Roasted tomatoes**  
1 tomato(es)- 60 cals

## Day 6

2669 cals ● 197g protein (30%) ● 152g fat (51%) ● 98g carbs (15%) ● 31g fiber (5%)

### Breakfast

455 cals, 23g protein, 8g net carbs, 34g fat



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



**Celery and almond butter**  
200 cals

### Lunch

895 cals, 62g protein, 23g net carbs, 58g fat



**Carrot fries**  
184 cals



**Baked chicken thighs**  
6 oz- 385 cals



**Bacon cauliflower rice**  
2 cup(s)- 326 cals

### Snacks

395 cals, 43g protein, 27g net carbs, 10g fat



**Tuna cucumber bites**  
288 cals



**Apple**  
1 apple(s)- 105 cals

### Dinner

925 cals, 69g protein, 40g net carbs, 49g fat



**Steak and beet salad**  
703 cals



**Kiwi**  
3 kiwi- 140 cals



**Bone broth**  
2 cup(s)- 81 cals

# Day 7

2675 cals ● 226g protein (34%) ● 142g fat (48%) ● 88g carbs (13%) ● 35g fiber (5%)

## Breakfast

455 cals, 23g protein, 8g net carbs, 34g fat



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



**Celery and almond butter**  
200 cals

## Snacks

395 cals, 43g protein, 27g net carbs, 10g fat



**Tuna cucumber bites**  
288 cals



**Apple**  
1 apple(s)- 105 cals

## Lunch

900 cals, 91g protein, 13g net carbs, 49g fat



**Paleo salsa verde chicken salad**  
902 cals

## Dinner

925 cals, 69g protein, 40g net carbs, 49g fat



**Steak and beet salad**  
703 cals



**Kiwi**  
3 kiwi- 140 cals



**Bone broth**  
2 cup(s)- 81 cals

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# Grocery List



## Spices and Herbs

- garlic powder  
3/4 tbsp (7g)
- salt  
2 tsp (11g)
- ground cumin  
1/3 oz (9g)
- ground coriander  
3/4 tbsp (4g)
- black pepper  
1/8 oz (2g)
- brown deli mustard  
1 tbsp (15g)
- thyme, dried  
1 1/2 g (1g)
- taco seasoning mix  
1 tbsp (9g)
- lemon pepper  
1 tbsp (8g)
- rosemary, dried  
1/2 tbsp (2g)

## Fruits and Fruit Juices

- avocados  
5 1/3 avocado(s) (1071g)
- kiwi  
20 fruit (1380g)
- lime juice  
1 3/4 fl oz (55mL)
- apples  
3 1/4 medium (3" dia) (592g)
- lemon juice  
1/2 tbsp (8mL)

## Other

- mixed greens  
10 cup (305g)
- pork rinds  
1/4 lbs (128g)
- frozen cauliflower  
8 cup (907g)
- chicken bone broth  
4 cup(s) (mL)

## Dairy and Egg Products

- eggs  
28 large (1400g)

## Fats and Oils

- olive oil  
3 1/3 oz (104mL)
- oil  
4 oz (120mL)
- salad dressing  
6 tbsp (90mL)

## Sweets

- honey  
2 tsp (14g)

## Poultry Products

- chicken thighs, with bone and skin, raw  
1 1/2 lbs (643g)
- boneless skinless chicken thighs  
2/3 lb (302g)
- boneless skinless chicken breast, raw  
3 lbs (1269g)

## Sausages and Luncheon Meats

- chicken sausage, cooked  
4 link (336g)

## Nut and Seed Products

- walnuts  
13 1/4 tbsp, shelled (83g)
- almond butter  
2 oz (57g)
- roasted pumpkin seeds, unsalted  
4 tbsp (30g)

## Beef Products

- ground beef (93% lean)  
1 1/2 lbs (680g)
- sirloin steak, raw  
15 oz (425g)

## Soups, Sauces, and Gravies

- salsa verde  
14 tbsp (224g)

## Finfish and Shellfish Products

- canned tuna  
5 packet (370g)

- ghee**  
2 2/3 tbsp (36g)

## Pork Products

- pork loin chops, boneless, raw**  
1 1/2 chop (278g)
- bacon, raw**  
4 slice(s) (113g)
- bacon, cooked**  
2 slice(s) (20g)

## Vegetables and Vegetable Products

- garlic**  
6 clove(s) (18g)
- tomatoes**  
4 3/4 medium whole (2-3/5" dia) (582g)
- frozen mixed veggies**  
1 3/4 cup (236g)
- collard greens**  
1 1/4 lbs (567g)
- onion**  
1/2 medium (2-1/2" dia) (63g)
- potatoes**  
1 1/2 large (3" to 4-1/4" dia.) (554g)
- raw celery**  
5/6 bunch (432g)
- bell pepper**  
3 1/2 large (593g)
- tomato puree**  
3/4 cup (188g)
- carrots**  
1 lbs (453g)
- cucumber**  
1 1/4 cucumber (8-1/4") (376g)
- broccoli**  
1 1/2 cup chopped (137g)
- beets, precooked (canned or refrigerated)**  
3 beet(s) (150g)

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## Breakfast 1

Eat on day 1 and day 2

### Egg & avocado salad

531 cals ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



For single meal:

**garlic powder**  
1/4 tbsp (2g)  
**avocados**  
2/3 avocado(s) (134g)  
**mixed greens**  
1 1/3 cup (40g)  
**eggs, hard-boiled and chilled**  
4 large (200g)

For all 2 meals:

**garlic powder**  
1/2 tbsp (4g)  
**avocados**  
1 1/3 avocado(s) (268g)  
**mixed greens**  
2 2/3 cup (80g)  
**eggs, hard-boiled and chilled**  
8 large (400g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

## Breakfast 2

Eat on day 3, day 4, and day 5

### 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 3 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lemon juice**  
1/2 tbsp (8mL)

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

### 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 3 meals:

**raw celery**

6 stalk, medium (7-1/2" - 8" long)  
(240g)

1. Slice celery into sticks 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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Scrambled eggs with veggies and bacon

256 cals ● 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.

### Celery and almond butter

200 cals ● 7g protein ● 16g fat ● 4g carbs ● 4g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**almond butter**  
1 oz (28g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)  
**almond butter**  
2 oz (57g)

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

## Lunch 1 ↗

Eat on day 1

### Coriander and cumin rubbed pork chops

1 1/2 chop(s) - 642 cals ● 62g protein ● 41g fat ● 4g carbs ● 2g fiber

Makes 1 1/2 chop(s)



**salt**  
3 dash (2g)  
**ground cumin**  
3/4 tbsp (5g)  
**ground coriander**  
3/4 tbsp (4g)  
**pork loin chops, boneless, raw**  
1 1/2 chop (278g)  
**black pepper**  
1 1/2 dash (0g)  
**garlic, minced**  
2 1/4 clove(s) (7g)  
**olive oil, divided**  
1 1/2 tbsp (23mL)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

### Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber

Makes 3 1/2 tomato(es)



**oil**  
3 1/2 tsp (18mL)  
**tomatoes**  
3 1/2 small whole (2-2/5" dia) (319g)

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.

## Lunch 2 ↗

Eat on day 2

### Chicken sausage

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

Makes 4 link



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

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

## Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



### onion

1/2 tbsp minced (8g)

### lime juice

1/2 tbsp (8mL)

### olive oil

3/8 tsp (2mL)

### garlic powder

1 dash (0g)

### salt

1 dash (1g)

### black pepper

1 dash, ground (0g)

### avocados, cubed

1/4 avocado(s) (50g)

### tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.

2. Meanwhile, prepare the avocado and tomato.

3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.

4. Serve chilled.

## Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



### potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

### oil

3/4 tbsp (11mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.

2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.

3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

## Lunch 3 ↗

Eat on day 3 and day 4

### Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**  
6 2/3 tbsp, shelled (42g)

For all 2 meals:

**walnuts**  
13 1/3 tbsp, shelled (83g)

1. The recipe has no instructions.

### Avocado, apple, chicken salad

687 cals ● 51g protein ● 41g fat ● 17g carbs ● 12g fiber



For single meal:

**raw celery**  
2 1/2 tbsp chopped (16g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash, ground (0g)  
**lime juice**  
1 1/4 tsp (6mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (213g)  
**avocados, chopped**  
5/8 avocado(s) (126g)  
**apples, finely chopped**  
5/8 medium (3" dia) (114g)

For all 2 meals:

**raw celery**  
5 tbsp chopped (32g)  
**olive oil**  
2 1/2 tbsp (38mL)  
**garlic powder**  
5 dash (2g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**lime juice**  
2 1/2 tsp (13mL)  
**boneless skinless chicken breast, raw, cubed**  
15 oz (425g)  
**avocados, chopped**  
1 1/4 avocado(s) (251g)  
**apples, finely chopped**  
1 1/4 medium (3" dia) (228g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### Carrot fries

184 cals ● 2g protein ● 10g fat ● 16g carbs ● 7g fiber



For single meal:

**olive oil**  
2 tsp (10mL)  
**rosemary, dried**  
1/4 tbsp (1g)  
**salt**  
1 1/3 dash (1g)  
**carrots, peeled**  
1/2 lbs (227g)

For all 2 meals:

**olive oil**  
4 tsp (20mL)  
**rosemary, dried**  
1/2 tbsp (2g)  
**salt**  
1/3 tsp (2g)  
**carrots, peeled**  
16 oz (453g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

### Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

**chicken thighs, with bone and skin, raw**  
6 oz (170g)  
**thyme, dried**  
1/2 dash, ground (0g)

For all 2 meals:

**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.

### Bacon cauliflower rice

2 cup(s) - 326 cals ● 22g protein ● 23g fat ● 7g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**bacon, raw**  
4 slice(s) (113g)  
**frozen cauliflower**  
4 cup (454g)

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

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## Lunch 5 ↗

Eat on day 7

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### Paleo salsa verde chicken salad

902 cals ● 91g protein ● 49g fat ● 13g carbs ● 12g fiber



**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**oil**  
2 tsp (10mL)  
**mixed greens**  
3 cup (90g)  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)  
**ground cumin**  
2 tsp (4g)  
**salsa verde**  
2 tbsp (32g)  
**tomatoes, chopped**  
1 roma tomato (80g)  
**avocados, sliced**  
4 slices (100g)

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

## Snacks 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.

### Kiwi

4 kiwi - 187 cals ● 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.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### 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.

### Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

**kiwi**  
2 fruit (138g)

For all 3 meals:

**kiwi**  
6 fruit (414g)

1. Slice the kiwi and serve.

## Snacks 3 ↗

Eat on day 6 and day 7

### Tuna cucumber bites

288 cals ● 42g protein ● 10g fat ● 7g carbs ● 1g fiber



For single meal:

**canned tuna**  
2 1/2 packet (185g)  
**cucumber, sliced**  
5/8 cucumber (8-1/4") (188g)

For all 2 meals:

**canned tuna**  
5 packet (370g)  
**cucumber, sliced**  
1 1/4 cucumber (8-1/4") (376g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Honey mustard chicken thighs w/ skin

10 2/3 oz - 744 cals ● 69g protein ● 46g fat ● 12g carbs ● 1g fiber



Makes 10 2/3 oz

#### brown deli mustard

1 tbsp (15g)

#### honey

2 tsp (14g)

#### thyme, dried

1/4 tbsp, ground (1g)

#### salt

1 1/3 dash (1g)

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

2/3 lbs (302g)

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.

### Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



Makes 1 3/4 cup(s)

#### frozen mixed veggies

1 3/4 cup (236g)

1. Prepare according to instructions on package.

## Dinner 2 ↗

Eat on day 2

### Thyme & lime chicken thighs

490 cals ● 58g protein ● 28g fat ● 2g carbs ● 0g fiber



#### boneless skinless chicken thighs

2/3 lb (302g)  
thyme, dried  
1/3 tsp, leaves (0g)  
lime juice  
4 tsp (20mL)  
oil  
2 tsp (10mL)

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.

### Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



#### collard greens

1 1/4 lbs (567g)  
oil  
1 1/4 tbsp (19mL)  
salt  
1/3 tsp (2g)  
garlic, minced  
3 3/4 clove(s) (11g)

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.

## Dinner 3 ↗

Eat on day 3 and day 4

### Paleo taco stuffed peppers

3 stuffed pepper(s) - 640 cals ● 75g protein ● 26g fat ● 21g carbs ● 6g fiber



For single meal:

**bell pepper**  
3 small (222g)  
**taco seasoning mix**  
1/2 tbsp (4g)  
**tomato puree**  
6 tbsp (94g)  
**ground beef (93% lean)**  
3/4 lbs (340g)  
**salsa verde**  
6 tbsp (96g)

For all 2 meals:

**bell pepper**  
6 small (444g)  
**taco seasoning mix**  
1 tbsp (9g)  
**tomato puree**  
3/4 cup (188g)  
**ground beef (93% lean)**  
1 1/2 lbs (680g)  
**salsa verde**  
3/4 cup (192g)

1. Preheat oven to 400°F (200°C).
2. Cut tops off of peppers and discard the seeds. Set aside.
3. In a large skillet, brown the ground beef with some salt and pepper, 8-10 minutes.
4. Add in tomato puree, taco seasoning, and about half the salsa verde. Simmer for 2-4 minutes and turn off heat.
5. Scoop taco mixture into the peppers. Bake for 20 minutes until peppers are tender.
6. Top with remaining salsa verde and serve.

### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia)  
(31g)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## 'Buttery' cauliflower rice

172 cals ● 2g protein ● 15g fat ● 6g carbs ● 2g fiber



For single meal:

**ghee**  
4 tsp (18g)  
**frozen cauliflower**  
2 cup (227g)

For all 2 meals:

**ghee**  
2 2/3 tbsp (36g)  
**frozen cauliflower**  
4 cup (454g)

1. Cook frozen cauliflower according to package instructions.
2. Stir in ghee and season with salt and pepper to taste.

Serve.

## Dinner 4 ↗

Eat on day 5

### Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



#### potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

#### oil

3/4 tbsp (11mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

### Lemon pepper chicken breast

18 oz - 666 cals ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



Makes 18 oz

**boneless skinless chicken breast, raw**  
18 oz (504g)  
**olive oil**  
1/2 tbsp (8mL)  
**lemon pepper**  
1 tbsp (8g)

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.

## Roasted tomatoes

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



Makes 1 tomato(es)

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

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

## Dinner 5 ↗

Eat on day 6 and day 7

### Steak and beet salad

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



For single meal:

**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)

For all 2 meals:

**sirloin steak, raw**  
15 oz (425g)  
**mixed greens**  
4 1/2 cup (135g)  
**broccoli**  
1 1/2 cup chopped (137g)  
**salad dressing**  
6 tbsp (90mL)  
**oil**  
1 1/2 tbsp (23mL)  
**beets, precooked (canned or refrigerated), chopped**  
3 beet(s) (150g)

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.

### Kiwi

3 kiwi - 140 cals ● 2g protein ● 1g fat ● 24g carbs ● 6g fiber



For single meal:

**kiwi**  
3 fruit (207g)

For all 2 meals:

**kiwi**  
6 fruit (414g)

1. Slice the kiwi and serve.

### Bone broth

2 cup(s) - 81 cals ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



For single meal:  
**chicken bone broth**  
2 cup(s) (mL)

For all 2 meals:  
**chicken bone broth**  
4 cup(s) (mL)

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1. Heat bone broth according to package instructions and sip.