

# Meal Plan - 2800 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

2794 cals ● 199g protein (29%) ● 161g fat (52%) ● 103g carbs (15%) ● 35g fiber (5%)

### Breakfast

515 cals, 29g protein, 23g net carbs, 32g fat



**Pear**

1 pear(s)- 113 cals



**Bacon**

8 slice(s)- 404 cals

### Snacks

350 cals, 32g protein, 17g net carbs, 16g fat



**Tuna cucumber bites**

173 cals



**Sunflower seeds**

120 cals



**Grapefruit**

1/2 grapefruit- 59 cals

### Lunch

960 cals, 55g protein, 12g net carbs, 72g fat



**Roasted almonds**

1/2 cup(s)- 443 cals



**Rotisserie chicken & tomato salad**

514 cals

### Dinner

965 cals, 84g protein, 51g net carbs, 41g fat



**Roasted rosemary sweet potatoes**

368 cals



**Baked chicken with tomatoes & olives**

12 oz- 599 cals

## Day 2

2779 cals ● 183g protein (26%) ● 167g fat (54%) ● 103g carbs (15%) ● 33g fiber (5%)

### Breakfast

515 cals, 29g protein, 23g net carbs, 32g fat



**Pear**

1 pear(s)- 113 cals



**Bacon**

8 slice(s)- 404 cals

### Snacks

350 cals, 32g protein, 17g net carbs, 16g fat



**Tuna cucumber bites**

173 cals



**Sunflower seeds**

120 cals



**Grapefruit**

1/2 grapefruit- 59 cals

### Lunch

960 cals, 55g protein, 12g net carbs, 72g fat



**Roasted almonds**

1/2 cup(s)- 443 cals



**Rotisserie chicken & tomato salad**

514 cals

### Dinner

950 cals, 68g protein, 51g net carbs, 47g fat



**Sweet potato wedges**

347 cals



**Olive oil drizzled broccoli**

1 1/2 cup(s)- 105 cals



**Basic ground turkey**

10 2/3 oz- 500 cals

## Day 3

2600 cals ● 182g protein (28%) ● 161g fat (56%) ● 71g carbs (11%) ● 34g fiber (5%)

### Breakfast

515 cals, 25g protein, 37g net carbs, 26g fat



**Grapefruit**

1 grapefruit- 119 cals



**Sauteed Kale**

91 cals



**Scrambled eggs with kale, tomatoes, rosemary**

304 cals

### Snacks

295 cals, 12g protein, 20g net carbs, 14g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Boiled eggs**

1 egg(s)- 69 cals



**Grapes**

116 cals

### Lunch

775 cals, 59g protein, 6g net carbs, 54g fat



**Broccoli**

2 cup(s)- 58 cals



**Salmon with avocado sauce**

9 oz- 718 cals

### Dinner

1015 cals, 86g protein, 7g net carbs, 67g fat



**Baked chicken thighs**

12 oz- 770 cals



**Olive oil drizzled broccoli**

3 1/2 cup(s)- 244 cals

## Day 4

2600 cals ● 182g protein (28%) ● 161g fat (56%) ● 71g carbs (11%) ● 34g fiber (5%)

### Breakfast

515 cals, 25g protein, 37g net carbs, 26g fat



**Grapefruit**

1 grapefruit- 119 cals



**Sauteed Kale**

91 cals



**Scrambled eggs with kale, tomatoes, rosemary**

304 cals

### Snacks

295 cals, 12g protein, 20g net carbs, 14g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Boiled eggs**

1 egg(s)- 69 cals



**Grapes**

116 cals

### Lunch

775 cals, 59g protein, 6g net carbs, 54g fat



**Broccoli**

2 cup(s)- 58 cals



**Salmon with avocado sauce**

9 oz- 718 cals

### Dinner

1015 cals, 86g protein, 7g net carbs, 67g fat



**Baked chicken thighs**

12 oz- 770 cals



**Olive oil drizzled broccoli**

3 1/2 cup(s)- 244 cals

## Day 5

2754 cals ● 274g protein (40%) ● 123g fat (40%) ● 98g carbs (14%) ● 39g fiber (6%)

### Breakfast

515 cals, 25g protein, 37g net carbs, 26g fat



**Grapefruit**

1 grapefruit- 119 cals



**Sauteed Kale**

91 cals



**Scrambled eggs with kale, tomatoes, rosemary**

304 cals

### Snacks

390 cals, 29g protein, 42g net carbs, 7g fat



**Strawberry banana protein smoothie**

1 smoothie(s)- 388 cals

### Lunch

940 cals, 138g protein, 3g net carbs, 42g fat



**Sauteed mushrooms**

4 oz mushrooms- 95 cals



**Basic chicken breast**

21 1/3 oz- 847 cals

### Dinner

910 cals, 82g protein, 17g net carbs, 49g fat



**Avocado tuna salad stuffed pepper**

4 half pepper(s)- 911 cals

## Day 6

2786 cals ● 229g protein (33%) ● 140g fat (45%) ● 122g carbs (18%) ● 31g fiber (5%)

### Breakfast

435 cals, 15g protein, 26g net carbs, 26g fat



**Apple**

1 apple(s)- 105 cals



**Egg in an eggplant**

241 cals



**Sauteed Kale**

91 cals

### Snacks

390 cals, 29g protein, 42g net carbs, 7g fat



**Strawberry banana protein smoothie**

1 smoothie(s)- 388 cals

### Lunch

940 cals, 138g protein, 3g net carbs, 42g fat



**Sauteed mushrooms**

4 oz mushrooms- 95 cals



**Basic chicken breast**

21 1/3 oz- 847 cals

### Dinner

1020 cals, 46g protein, 52g net carbs, 65g fat



**Paleo chicken thighs and mushrooms**

6 oz- 600 cals



**Roasted rosemary sweet potatoes**

420 cals

## Day 7

2771 cals ● 197g protein (28%) ● 142g fat (46%) ● 139g carbs (20%) ● 37g fiber (5%)

### Breakfast

435 cals, 15g protein, 26g net carbs, 26g fat



[Apple](#)

1 apple(s)- 105 cals



[Egg in an eggplant](#)

241 cals



[Sauteed Kale](#)

91 cals

### Snacks

390 cals, 29g protein, 42g net carbs, 7g fat



[Strawberry banana protein smoothie](#)

1 smoothie(s)- 388 cals

### Lunch

925 cals, 106g protein, 20g net carbs, 44g fat



[Marinated chicken breast](#)

16 oz- 565 cals



[Cooked peppers](#)

1 bell pepper(s)- 120 cals



[Cauliflower rice](#)

4 cup(s)- 242 cals

### Dinner

1020 cals, 46g protein, 52g net carbs, 65g fat



[Paleo chicken thighs and mushrooms](#)

6 oz- 600 cals



[Roasted rosemary sweet potatoes](#)

420 cals

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## Finfish and Shellfish Products

- ☐ canned tuna  
3 1/4 can (566g)
- ☐ salmon  
18 oz (510g)

## Vegetables and Vegetable Products

- ☐ cucumber  
1 1/4 cucumber (8-1 1/4") (376g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (791g)
- ☐ sweet potatoes  
5 sweetpotato, 5" long (1085g)
- ☐ frozen broccoli  
12 1/2 cup (1138g)
- ☐ garlic  
3/4 clove(s) (2g)
- ☐ kale leaves  
12 cup, chopped (480g)
- ☐ bell pepper  
3 large (492g)
- ☐ onion  
1/2 small (35g)
- ☐ mushrooms  
1 lbs (454g)
- ☐ eggplant  
4 1 inch (2.5 cm) slice(s) (240g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 1/3 oz (38g)
- ☐ almonds  
1/2 lbs (215g)
- ☐ coconut milk, canned  
1/6 can (86mL)

## Fruits and Fruit Juices

- ☐ Grapefruit  
4 large (approx 4-1 1/2" dia) (1328g)
- ☐ pears  
2 medium (356g)
- ☐ lemon juice  
2/3 fl oz (21mL)
- ☐ green olives  
12 large (53g)
- ☐ avocados  
1 1/2 avocado(s) (276g)

## Pork Products

- ☐ bacon, cooked  
16 slice(s) (160g)

## Other

- ☐ rotisserie chicken, cooked  
3/4 lbs (340g)
- ☐ ice cubes  
3 cup(s) (420g)
- ☐ frozen cauliflower  
4 cup (454g)

## Fats and Oils

- ☐ olive oil  
6 oz (185mL)
- ☐ oil  
6 oz (183mL)
- ☐ marinade sauce  
1/2 cup (120mL)

## Spices and Herbs

- ☐ salt  
3/4 oz (22g)
- ☐ black pepper  
1/4 oz (6g)
- ☐ rosemary, dried  
1/4 oz (8g)
- ☐ chili powder  
2 tsp (5g)
- ☐ fresh basil  
10 1/2 g (11g)
- ☐ balsamic vinegar  
1 1/2 tbsp (23mL)
- ☐ thyme, dried  
2 dash, ground (0g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
4 1/2 lbs (1983g)
- ☐ ground turkey, raw  
2/3 lbs (302g)
- ☐ chicken thighs, with bone and skin, raw  
2 1/4 lbs (1020g)

## Beverages

- ☐ **grapes**  
4 cup (368g)
- ☐ **frozen strawberries**  
4 1/2 cup, unthawed (671g)
- ☐ **banana**  
3 medium (7" to 7-7/8" long) (354g)
- ☐ **lime juice**  
2 tsp (10mL)
- ☐ **apples**  
2 medium (3" dia) (364g)

- ☐ **water**  
1 3/4 cup (422mL)
- ☐ **protein powder**  
3 scoop (1/3 cup ea) (93g)

### **Dairy and Egg Products**

- ☐ **eggs**  
15 large (750g)



## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. The recipe has no instructions.

### Bacon

8 slice(s) - 404 cals ● 28g protein ● 32g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon, cooked**  
8 slice(s) (80g)

For all 2 meals:

**bacon, cooked**  
16 slice(s) (160g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Grapefruit

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



For single meal:

#### Grapefruit

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

For all 3 meals:

#### Grapefruit

3 large (approx 4-1/2" dia) (996g)

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

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

#### kale leaves

1 1/2 cup, chopped (60g)

#### oil

1/2 tbsp (8mL)

For all 3 meals:

#### kale leaves

4 1/2 cup, chopped (180g)

#### oil

1 1/2 tbsp (23mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

### Scrambled eggs with kale, tomatoes, rosemary

304 cals ● 22g protein ● 18g fat ● 10g carbs ● 3g fiber





For single meal:

- oil**  
1/4 tbsp (4mL)
- water**  
1/4 cup (68mL)
- balsamic vinegar**  
1/2 tbsp (8mL)
- rosemary, dried**  
3 dash (0g)
- tomatoes**  
3/4 cup, chopped (135g)
- eggs**  
3 large (150g)
- kale leaves**  
1 1/2 cup, chopped (60g)

For all 3 meals:

- oil**  
3/4 tbsp (11mL)
- water**  
13 1/2 tbsp (203mL)
- balsamic vinegar**  
1 1/2 tbsp (23mL)
- rosemary, dried**  
1 tsp (1g)
- tomatoes**  
2 1/4 cup, chopped (405g)
- eggs**  
9 large (450g)
- kale leaves**  
4 1/2 cup, chopped (180g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

### Breakfast 3 [🔗](#)

Eat on day 6 and day 7

#### Apple

1 apple(s) - 105 cal ● 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.

#### Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

**eggplant**

2 1 inch (2.5 cm) slice(s) (120g)

**oil**

2 tsp (10mL)

**eggs**

2 large (100g)

For all 2 meals:

**eggplant**

4 1 inch (2.5 cm) slice(s) (240g)

**oil**

4 tsp (20mL)

**eggs**

4 large (200g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

## Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

**kale leaves**

1 1/2 cup, chopped (60g)

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**kale leaves**

3 cup, chopped (120g)

**oil**

1 tbsp (15mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.
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## Lunch 1 [🔗](#)

Eat on day 1 and day 2

### Roasted almonds

1/2 cup(s) - 443 cal ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



For single meal:

**almonds**  
1/2 cup, whole (72g)

For all 2 meals:

**almonds**  
1 cup, whole (143g)

1. The recipe has no instructions.

### Rotisserie chicken & tomato salad

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



For single meal:

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

For all 2 meals:

**rotisserie chicken, cooked**  
3/4 lbs (340g)  
**olive oil**  
2 tbsp (30mL)  
**lemon juice**  
2 tsp (10mL)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**tomatoes, cut into wedges**  
1 large whole (3" dia) (182g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Broccoli

2 cup(s) - 58 cal ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

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

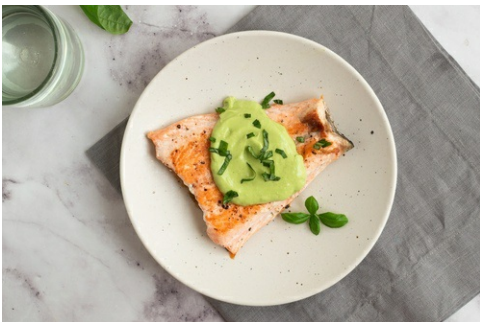
For all 2 meals:

**frozen broccoli**  
4 cup (364g)

1. Prepare according to instructions on package.

### Salmon with avocado sauce

9 oz - 718 cal ● 54g protein ● 54g fat ● 3g carbs ● 3g fiber



For single meal:

**avocados**  
1/6 avocado(s) (38g)  
**salmon**  
1/2 lbs (255g)  
**oil**  
1 tsp (6mL)  
**coconut milk, canned**  
1/8 can (42mL)  
**garlic**  
3/8 clove(s) (1g)  
**lemon juice**  
1 tsp (6mL)  
**fresh basil**  
1 1/2 tbsp leaves, whole (2g)

For all 2 meals:

**avocados**  
3/8 avocado(s) (75g)  
**salmon**  
18 oz (510g)  
**oil**  
3/4 tbsp (11mL)  
**coconut milk, canned**  
1/6 can (85mL)  
**garlic**  
3/4 clove(s) (2g)  
**lemon juice**  
3/4 tbsp (11mL)  
**fresh basil**  
3 tbsp leaves, whole (5g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

## Lunch 3 [↗](#)

Eat on day 5 and day 6

### Sauteed mushrooms

4 oz mushrooms - 95 cals ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**mushrooms, sliced**  
4 oz (113g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**mushrooms, sliced**  
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

### Basic chicken breast

21 1/3 oz - 847 cals ● 134g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)  
**oil**  
4 tsp (20mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 2/3 lbs (1195g)  
**oil**  
2 2/3 tbsp (40mL)

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.



## Lunch 4 [↗](#)

Eat on day 7

### Marinated chicken breast

16 oz - 565 cals ● 101g protein ● 17g fat ● 3g carbs ● 0g fiber



Makes 16 oz

**boneless skinless chicken breast, raw**

1 lbs (448g)

**marinade sauce**

1/2 cup (120mL)

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 marinate 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.

### Cooked peppers

1 bell pepper(s) - 120 cals ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



Makes 1 bell pepper(s)

**oil**

2 tsp (10mL)

**bell pepper, seeded & cut into strips**

1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

## Cauliflower rice

4 cup(s) - 242 cal ● 4g protein ● 18g fat ● 12g carbs ● 4g fiber



Makes 4 cup(s)

**frozen cauliflower**

4 cup (454g)

**oil**

4 tsp (20mL)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

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## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### Tuna cucumber bites

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



For single meal:

**canned tuna**

1 1/2 packet (111g)

**cucumber, sliced**

3/8 cucumber (8-1/4") (113g)

For all 2 meals:

**canned tuna**

3 packet (222g)

**cucumber, sliced**

3/4 cucumber (8-1/4") (226g)

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

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### Sunflower seeds

120 cal ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:  
**sunflower kernels**  
2/3 oz (19g)

For all 2 meals:  
**sunflower kernels**  
1 1/3 oz (38g)

1. The recipe has no instructions.

## Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:  
**Grapefruit**  
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:  
**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

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

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## Snacks 2 [↗](#)

Eat on day 3 and day 4

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### Roasted almonds

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



For single meal:  
**almonds**  
2 tbsp, whole (18g)

For all 2 meals:  
**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

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## Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber





For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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.

Grapes

116 cal ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

**grapes**  
2 cup (184g)

For all 2 meals:

**grapes**  
4 cup (368g)

1. The recipe has no instructions.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### Strawberry banana protein smoothie

1 smoothie(s) - 388 cals ● 29g protein ● 7g fat ● 42g carbs ● 10g fiber



For single meal:

**ice cubes**

1 cup(s) (140g)

**frozen strawberries**

1 1/2 cup, unthawed (224g)

**almonds**

10 almond (12g)

**water**

2 tbsp (30mL)

**protein powder**

1 scoop (1/3 cup ea) (31g)

**banana, frozen, peeled and sliced**

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

**ice cubes**

3 cup(s) (420g)

**frozen strawberries**

4 1/2 cup, unthawed (671g)

**almonds**

30 almond (36g)

**water**

6 tbsp (90mL)

**protein powder**

3 scoop (1/3 cup ea) (93g)

**banana, frozen, peeled and sliced**

3 medium (7" to 7-7/8" long) (354g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

## Dinner 1 [↗](#)

Eat on day 1

### Roasted rosemary sweet potatoes

368 cals ● 4g protein ● 16g fat ● 43g carbs ● 9g fiber



**olive oil**

3 1/2 tsp (17mL)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**rosemary, dried**

1 3/4 tsp (2g)

**sweet potatoes, cut into 1" cubes**

1 1/6 sweetpotato, 5" long (245g)

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.

### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



Makes 12 oz

**tomatoes**

12 cherry tomatoes (204g)

**olive oil**

2 tsp (10mL)

**salt**

4 dash (3g)

**green olives**

12 large (53g)

**black pepper**

4 dash (0g)

**chili powder**

2 tsp (5g)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**fresh basil, shredded**

12 leaves (6g)

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

## Dinner 2 [↗](#)

Eat on day 2

### Sweet potato wedges

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



**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)

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.

### Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**frozen broccoli**

1 1/2 cup (137g)

**olive oil**

1/2 tbsp (8mL)

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

## Basic ground turkey

10 2/3 oz - 500 cals ● 59g protein ● 29g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

**ground turkey, raw**

2/3 lbs (302g)

**oil**

1/2 tbsp (7mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### 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.

### Olive oil drizzled broccoli

3 1/2 cup(s) - 244 cals ● 9g protein ● 16g fat ● 7g carbs ● 9g fiber





For single meal:

**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen broccoli**  
3 1/2 cup (319g)  
**olive oil**  
3 1/2 tsp (18mL)

For all 2 meals:

**black pepper**  
1/2 tsp (0g)  
**salt**  
1/2 tsp (1g)  
**frozen broccoli**  
7 cup (637g)  
**olive oil**  
2 1/3 tbs (35mL)

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

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## Dinner 4 [🔗](#)

Eat on day 5

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### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



Makes 4 half pepper(s)

**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bell pepper**  
2 large (328g)  
**onion**  
1/2 small (35g)  
**canned tuna, drained**  
2 can (344g)

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.
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## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Paleo chicken thighs and mushrooms

6 oz - 600 cals ● 42g protein ● 46g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**

1 dash (0g)

**olive oil**

1 1/2 tbsp (23mL)

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

1 thigh(s) (170g)

**salt**

1 dash (0g)

**water**

1/4 cup(s) (59mL)

**mushrooms, sliced 1/4 in thick**

4 oz (113g)

For all 2 meals:

**black pepper**

2 dash (0g)

**olive oil**

3 tbsp (45mL)

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

2 thigh(s) (340g)

**salt**

2 dash (1g)

**water**

1/2 cup(s) (119mL)

**mushrooms, sliced 1/4 in thick**

1/2 lbs (227g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

### Roasted rosemary sweet potatoes

420 cals ● 5g protein ● 19g fat ● 49g carbs ● 10g fiber



For single meal:

**olive oil**  
4 tsp (20mL)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**rosemary, dried**  
2 tsp (2g)  
**sweet potatoes, cut into 1" cubes**  
1 1/3 sweetpotato, 5" long (280g)

For all 2 meals:

**olive oil**  
2 2/3 tbsp (40mL)  
**salt**  
1/2 tbsp (8g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**rosemary, dried**  
4 tsp (4g)  
**sweet potatoes, cut into 1" cubes**  
2 2/3 sweetpotato, 5" long (560g)

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.
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