

# Meal Plan - 3100 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

3081 cals ● 234g protein (30%) ● 185g fat (54%) ● 65g carbs (8%) ● 57g fiber (7%)

### Breakfast

570 cals, 25g protein, 23g net carbs, 37g fat



**Watermelon**  
8 oz- 82 cals



**Eggs with tomato and avocado**  
489 cals

### Snacks

425 cals, 39g protein, 6g net carbs, 26g fat



**Mixed nuts**  
1/4 cup(s)- 218 cals



**Tuna pickle boats**  
12 pickle boat(s)- 207 cals

### Lunch

1045 cals, 88g protein, 22g net carbs, 57g fat



**Chicken avocado salad**  
1001 cals



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

### Dinner

1045 cals, 83g protein, 14g net carbs, 65g fat



**Sunflower seeds**  
316 cals



**Avocado tuna salad**  
727 cals

## Day 2

3100 cals ● 277g protein (36%) ● 176g fat (51%) ● 59g carbs (8%) ● 44g fiber (6%)

### Breakfast

570 cals, 25g protein, 23g net carbs, 37g fat



**Watermelon**  
8 oz- 82 cals



**Eggs with tomato and avocado**  
489 cals

### Snacks

425 cals, 39g protein, 6g net carbs, 26g fat



**Mixed nuts**  
1/4 cup(s)- 218 cals



**Tuna pickle boats**  
12 pickle boat(s)- 207 cals

### Lunch

1060 cals, 131g protein, 16g net carbs, 49g fat



**Bacon cauliflower rice**  
1 cup(s)- 163 cals



**Baked chicken with tomatoes & olives**  
18 oz- 899 cals

### Dinner

1045 cals, 83g protein, 14g net carbs, 65g fat



**Sunflower seeds**  
316 cals



**Avocado tuna salad**  
727 cals

## Day 3

3121 cals ● 299g protein (38%) ● 168g fat (49%) ● 66g carbs (8%) ● 39g fiber (5%)

### Breakfast

535 cals, 21g protein, 29g net carbs, 33g fat



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



**Blueberry nut apple slices**  
1 apple(s)- 396 cals

### Snacks

425 cals, 39g protein, 6g net carbs, 26g fat



**Mixed nuts**  
1/4 cup(s)- 218 cals



**Tuna pickle boats**  
12 pickle boat(s)- 207 cals

### Lunch

1060 cals, 131g protein, 16g net carbs, 49g fat



**Bacon cauliflower rice**  
1 cup(s)- 163 cals



**Baked chicken with tomatoes & olives**  
18 oz- 899 cals

### Dinner

1100 cals, 108g protein, 15g net carbs, 61g fat



**Balsamic chicken breast**  
16 oz- 631 cals



**Tomato and avocado salad**  
469 cals

## Day 4

3092 cals ● 219g protein (28%) ● 182g fat (53%) ● 102g carbs (13%) ● 42g fiber (5%)

### Breakfast

535 cals, 21g protein, 29g net carbs, 33g fat



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



**Blueberry nut apple slices**  
1 apple(s)- 396 cals

### Snacks

380 cals, 35g protein, 30g net carbs, 11g fat



**Beef jerky**  
220 cals



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

### Lunch

1080 cals, 55g protein, 28g net carbs, 77g fat



**Roasted cashews**  
5/8 cup(s)- 487 cals



**Paleo ham, bacon, avocado lettuce wrap**  
1 1/2 wrap(s)- 593 cals

### Dinner

1100 cals, 108g protein, 15g net carbs, 61g fat



**Balsamic chicken breast**  
16 oz- 631 cals



**Tomato and avocado salad**  
469 cals

## Day 5

3039 cals ● 286g protein (38%) ● 137g fat (41%) ● 128g carbs (17%) ● 39g fiber (5%)

### Breakfast

535 cals, 21g protein, 29g net carbs, 33g fat



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



**Blueberry nut apple slices**  
1 apple(s)- 396 cals

### Snacks

380 cals, 35g protein, 30g net carbs, 11g fat



**Beef jerky**  
220 cals



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

### Lunch

1080 cals, 124g protein, 57g net carbs, 35g fat



**Lemon pepper chicken breast**  
18 2/3 oz- 691 cals



**Sweet potato wedges**  
391 cals

### Dinner

1045 cals, 106g protein, 12g net carbs, 58g fat



**Basic chicken breast**  
16 oz- 635 cals



**Tomato and avocado salad**  
411 cals

## Day 6

3029 cals ● 269g protein (36%) ● 154g fat (46%) ● 99g carbs (13%) ● 43g fiber (6%)

### Breakfast

540 cals, 25g protein, 7g net carbs, 42g fat



**Almond protein balls**  
4 ball(s)- 539 cals

### Snacks

360 cals, 15g protein, 23g net carbs, 20g fat



**Avocado deviled eggs**  
2 egg(s)- 257 cals



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

### Lunch

1080 cals, 124g protein, 57g net carbs, 35g fat



**Lemon pepper chicken breast**  
18 2/3 oz- 691 cals



**Sweet potato wedges**  
391 cals

### Dinner

1045 cals, 106g protein, 12g net carbs, 58g fat



**Basic chicken breast**  
16 oz- 635 cals



**Tomato and avocado salad**  
411 cals

# Day 7

3133 cals ● 204g protein (26%) ● 192g fat (55%) ● 92g carbs (12%) ● 56g fiber (7%)

## Breakfast

540 cals, 25g protein, 7g net carbs, 42g fat



[Almond protein balls](#)  
4 ball(s)- 539 cals

## Snacks

360 cals, 15g protein, 23g net carbs, 20g fat



[Avocado deviled eggs](#)  
2 egg(s)- 257 cals



[Apple](#)  
1 apple(s)- 105 cals

## Lunch

1130 cals, 83g protein, 35g net carbs, 64g fat



[Roasted cashews](#)  
3/8 cup(s)- 313 cals



[Ham club lettuce wrap](#)  
3 1/2 wrap(s)- 819 cals

## Dinner

1100 cals, 82g protein, 27g net carbs, 66g fat



[Avocado, apple, chicken salad](#)  
1100 cals

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# Grocery List



## Fruits and Fruit Juices

- watermelon  
16 oz (453g)
- avocados  
11 1/4 avocado(s) (2253g)
- lime juice  
5 1/2 fl oz (166mL)
- green olives  
36 large (158g)
- apples  
7 medium (3" dia) (1274g)
- blueberries  
3/4 cup (111g)

## Spices and Herbs

- salt  
1 1/4 oz (34g)
- black pepper  
1/3 oz (9g)
- fresh basil  
42 leaves (21g)
- chili powder  
2 tbsp (16g)
- garlic powder  
2 1/2 tsp (7g)
- lemon pepper  
2 1/3 tbsp (16g)
- dijon mustard  
1 3/4 tbsp (26g)

## Dairy and Egg Products

- eggs  
16 large (800g)

## Vegetables and Vegetable Products

- tomatoes  
13 3/4 medium whole (2-3/5" dia) (1694g)
- onion  
3 medium (2-1/2" dia) (317g)
- brussels sprouts  
10 sprouts (190g)
- pickles  
18 medium (3" long) (504g)
- romaine lettuce  
5 leaf outer (140g)
- sweet potatoes  
3 sweetpotato, 5" long (630g)

## Nut and Seed Products

- sunflower kernels  
1/4 lbs (99g)
- mixed nuts  
3/4 cup (101g)
- almond butter  
1/2 lbs (253g)
- walnuts  
12 walnuts (24g)
- roasted cashews  
1 cup (131g)

## Other

- mixed greens  
3 1/3 cup (100g)
- frozen cauliflower  
2 cup (227g)
- italian seasoning  
1 tsp (4g)
- almond flour  
4 tbsp (28g)

## Finfish and Shellfish Products

- canned tuna  
6 can (1017g)

## Poultry Products

- boneless skinless chicken breast, raw  
10 lbs (4549g)

## Fats and Oils

- oil  
1/4 lbs (102mL)
- olive oil  
1/4 lbs (106mL)
- balsamic vinaigrette  
1/2 cup (120mL)

## Pork Products

- bacon, raw  
2 slice(s) (57g)
- bacon, cooked  
3 slice(s) (30g)

## Sausages and Luncheon Meats

**fresh cilantro**  
4 tsp, chopped (4g)

**raw celery**  
4 tbsp chopped (25g)

**ham cold cuts**  
1 1/4 lbs (567g)

## **Snacks**

**beef jerky**  
6 oz (170g)

## **Beverages**

**protein powder**  
4 tbsp (23g)

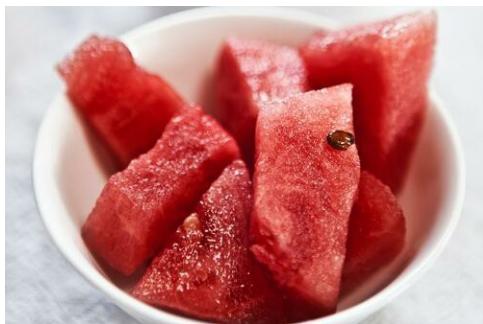
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## Breakfast 1 ↗

Eat on day 1 and day 2

### Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

**Watermelon**  
8 oz (227g)

For all 2 meals:

**Watermelon**  
16 oz (453g)

1. Slice watermelon and serve.

### Eggs with tomato and avocado

489 cals ● 23g protein ● 37g fat ● 6g carbs ● 11g fiber



For single meal:

**salt**  
3 dash (1g)  
**eggs**  
3 large (150g)  
**black pepper**  
3 dash (0g)  
**tomatoes**  
3 slice(s), thick/large (1/2" thick)  
(81g)  
**avocados, sliced**  
3/4 avocado(s) (151g)  
**fresh basil, chopped**  
3 leaves (2g)

For all 2 meals:

**salt**  
1/4 tbsp (2g)  
**eggs**  
6 large (300g)  
**black pepper**  
1/4 tbsp (1g)  
**tomatoes**  
6 slice(s), thick/large (1/2" thick)  
(162g)  
**avocados, sliced**  
1 1/2 avocado(s) (302g)  
**fresh basil, chopped**  
6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 3 meals:

**eggs**  
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Blueberry nut apple slices

1 apple(s) - 396 cals ● 9g protein ● 23g fat ● 29g carbs ● 9g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)  
**almond butter**  
2 tbsp (32g)  
**blueberries**  
4 tbsp (37g)  
**walnuts, chopped**  
4 walnuts (8g)

For all 3 meals:

**apples**  
3 medium (3" dia) (546g)  
**almond butter**  
6 tbsp (96g)  
**blueberries**  
3/4 cup (111g)  
**walnuts, chopped**  
12 walnuts (24g)

1. Cut apple into slices (approx. 6 slices per apple). Cut out the core and seeds at the center of the slices with a knife.
2. Spread almond butter on slices and top with blueberries and chopped walnuts. Serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Almond protein balls

4 ball(s) - 539 cals ● 25g protein ● 42g fat ● 7g carbs ● 8g fiber



For single meal:

**almond butter**  
4 tbsp (63g)  
**almond flour**  
2 tbsp (14g)  
**protein powder**  
2 tbsp (12g)

For all 2 meals:

**almond butter**  
1/2 cup (125g)  
**almond flour**  
4 tbsp (28g)  
**protein powder**  
4 tbsp (23g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

## Lunch 1 ↗

Eat on day 1

### Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



**boneless skinless chicken breast, raw**

3/4 lbs (340g)  
**onion**  
2 tbsp chopped (20g)  
**lime juice**  
4 tsp (20mL)  
**oil**  
4 tsp (20mL)  
**brussels sprouts**  
10 sprouts (190g)  
**avocados, chopped**  
1 avocado(s) (201g)

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.

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

**tomatoes**

12 cherry tomatoes (204g)

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

## Lunch 2 ↗

Eat on day 2 and day 3

### Bacon cauliflower rice

1 cup(s) - 163 cals ● 11g protein ● 11g fat ● 3g carbs ● 1g fiber



For single meal:

**bacon, raw**

1 slice(s) (28g)

**frozen cauliflower**

1 cup (113g)

For all 2 meals:

**bacon, raw**

2 slice(s) (57g)

**frozen cauliflower**

2 cup (227g)

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.

### Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

**tomatoes**  
18 cherry tomatoes (306g)  
**olive oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (5g)  
**green olives**  
18 large (79g)  
**black pepper**  
1/4 tbsp (1g)  
**chili powder**  
1 tbsp (8g)  
**boneless skinless chicken breast, raw**  
18 oz (510g)  
**fresh basil, shredded**  
18 leaves (9g)

For all 2 meals:

**tomatoes**  
36 cherry tomatoes (612g)  
**olive oil**  
2 tbsp (30mL)  
**salt**  
1/2 tbsp (9g)  
**green olives**  
36 large (158g)  
**black pepper**  
1/2 tbsp (1g)  
**chili powder**  
2 tbsp (16g)  
**boneless skinless chicken breast, raw**  
2 1/4 lbs (1021g)  
**fresh basil, shredded**  
36 leaves (18g)

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.

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## Lunch 3 ↗

Eat on day 4

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### Roasted cashews

5/8 cup(s) - 487 cals ● 12g protein ● 37g fat ● 24g carbs ● 2g fiber



Makes 5/8 cup(s)

**roasted cashews**  
9 1/3 tbsp (80g)

1. The recipe has no instructions.

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### Paleo ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 593 cals ● 43g protein ● 40g fat ● 5g carbs ● 11g fiber



Makes 1 1/2 wrap(s)

**romaine lettuce**  
1 1/2 leaf outer (42g)  
**bacon, cooked**  
3 slice(s) (30g)  
**ham cold cuts**  
6 oz (170g)  
**avocados, sliced**  
3/4 avocado(s) (151g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up. Serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### Lemon pepper chicken breast

18 2/3 oz - 691 cals ● 119g protein ● 22g fat ● 3g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
18 2/3 oz (523g)  
**olive oil**  
1 3/4 tsp (9mL)  
**lemon pepper**  
3 1/2 tsp (8g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 1/3 lbs (1045g)  
**olive oil**  
3 1/2 tsp (17mL)  
**lemon pepper**  
2 1/3 tbsp (16g)

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.

### Sweet potato wedges

391 cals ● 5g protein ● 13g fat ● 54g carbs ● 10g fiber



For single meal:

**oil**  
1 tbsp (17mL)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
3 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**oil**  
2 1/4 tbsp (34mL)  
**salt**  
1/2 tbsp (9g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**sweet potatoes, cut into wedges**  
3 sweetpotato, 5" long (630g)

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.

## Lunch 5

Eat on day 7

### Roasted cashews

3/8 cup(s) - 313 cals ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



Makes 3/8 cup(s)

**roasted cashews**  
6 tbsp (51g)

1. The recipe has no instructions.

### Ham club lettuce wrap

3 1/2 wrap(s) - 819 cals ● 75g protein ● 41g fat ● 20g carbs ● 18g fiber



Makes 3 1/2 wrap(s)

**dijon mustard**  
1 3/4 tbsp (26g)  
**romaine lettuce**  
3 1/2 leaf outer (98g)  
**ham cold cuts**  
14 oz (397g)  
**onion**  
14 slices, thin (126g)  
**tomatoes**  
7 slice(s), thin/small (105g)  
**avocados, sliced**  
7/8 avocado(s) (176g)

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

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed nuts**  
4 tbsp (34g)

For all 3 meals:

**mixed nuts**  
3/4 cup (101g)

1. The recipe has no instructions.

### Tuna pickle boats

12 pickle boat(s) - 207 cals ● 32g protein ● 8g fat ● 1g carbs ● 2g fiber



For single meal:

**pickles**  
6 medium (3" long) (168g)  
**canned tuna**  
2 packet (148g)

For all 3 meals:

**pickles**  
18 medium (3" long) (504g)  
**canned tuna**  
6 packet (444g)

1. Slice pickles from base to tip and using a spoon, scrape out some of the seeds inside.
2. Liberally pack the tuna into the center.
3. Season with salt/pepper to taste.
4. Serve.

## Snacks 2 ↗

Eat on day 4 and day 5

### Beef jerky

220 cals ● 32g protein ● 2g fat ● 18g carbs ● 0g fiber



For single meal:

**beef jerky**

3 oz (85g)

For all 2 meals:

**beef jerky**

6 oz (170g)

1. The recipe has no instructions.

### Apple & almond butter

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



For single meal:

**apples**

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

**almond butter**

1 tbsp (16g)

For all 2 meals:

**apples**

1 medium (3" dia) (182g)

**almond butter**

2 tbsp (32g)

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

## Snacks 3 ↗

Eat on day 6 and day 7

### Avocado deviled eggs

2 egg(s) - 257 cals ● 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.

### 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 and day 2

### Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

**sunflower kernels**  
1 3/4 oz (50g)

For all 2 meals:

**sunflower kernels**  
1/4 lbs (99g)

1. The recipe has no instructions.

### Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



For single meal:

**avocados**  
5/6 avocado(s) (168g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp (0g)  
**mixed greens**  
1 2/3 cup (50g)  
**canned tuna**  
1 2/3 can (287g)  
**tomatoes**  
6 2/3 tbsp, chopped (75g)  
**onion, minced**  
3/8 small (29g)

For all 2 meals:

**avocados**  
1 2/3 avocado(s) (335g)  
**lime juice**  
1 tbsp (17mL)  
**salt**  
1/2 tsp (1g)  
**black pepper**  
1/2 tsp (0g)  
**mixed greens**  
3 1/3 cup (100g)  
**canned tuna**  
3 1/3 can (573g)  
**tomatoes**  
13 1/3 tbsp, chopped (150g)  
**onion, minced**  
5/6 small (58g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

## Dinner 2 ↗

Eat on day 3 and day 4

### Balsamic chicken breast

16 oz - 631 cals ● 102g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 lbs (454g)  
**balsamic vinaigrette**  
4 tbsp (60mL)  
**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 lbs (907g)  
**balsamic vinaigrette**  
1/2 cup (120mL)  
**oil**  
4 tsp (20mL)  
**italian seasoning**  
1 tsp (4g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

### Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



For single meal:

**onion**  
2 tbsp minced (30g)  
**lime juice**  
2 tbsp (30mL)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**avocados, cubed**  
1 avocado(s) (201g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

**onion**  
4 tbsp minced (60g)  
**lime juice**  
4 tbsp (60mL)  
**olive oil**  
1 tbsp (15mL)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**avocados, cubed**  
2 avocado(s) (402g)  
**tomatoes, diced**  
2 medium whole (2-3/5" dia) (246g)

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.

## Dinner 3 ↗

Eat on day 5 and day 6

### Basic chicken breast

16 oz - 635 cals ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 lbs (896g)  
**oil**  
2 tbsp (30mL)

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.

### Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

**onion**  
1 3/4 tbsp minced (26g)  
**lime juice**  
1 3/4 tbsp (26mL)  
**olive oil**  
1/2 tbsp (7mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**avocados, cubed**  
7/8 avocado(s) (176g)  
**tomatoes, diced**  
7/8 medium whole (2-3/5" dia)  
(108g)

For all 2 meals:

**onion**  
1/4 cup minced (53g)  
**lime juice**  
1/4 cup (53mL)  
**olive oil**  
2 1/2 tsp (13mL)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (5g)  
**black pepper**  
1 tsp, ground (2g)  
**avocados, cubed**  
1 3/4 avocado(s) (352g)  
**tomatoes, diced**  
1 3/4 medium whole (2-3/5" dia)  
(215g)

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.

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## Dinner 4 ↗

Eat on day 7

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### Avocado, apple, chicken salad

1100 cals ● 82g protein ● 66g fat ● 27g carbs ● 19g fiber

**raw celery**

4 tbsp chopped (25g)

**olive oil**

2 tbsp (30mL)

**garlic powder**

4 dash (2g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**lime juice**

2 tsp (10mL)

**boneless skinless chicken breast, raw, cubed**

3/4 lbs (340g)

**avocados, chopped**

1 avocado(s) (201g)

**apples, finely chopped**

1 medium (3" dia) (182g)

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.