

Meal Plan - 3300 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

3363 cals ● 267g protein (32%) ● 198g fat (53%) ● 89g carbs (11%) ● 39g fiber (5%)

Breakfast

575 cals, 33g protein, 9g net carbs, 43g fat



Simple sauteed spinach
199 cals



Kale & eggs
378 cals

Snacks

475 cals, 22g protein, 37g net carbs, 24g fat



Boiled eggs
2 egg(s)- 139 cals



Sunflower seeds
180 cals



Dates
1/4 cup- 154 cals

Lunch

1160 cals, 69g protein, 30g net carbs, 75g fat



Pepper steak stir fry
701 cals



Simple kale & avocado salad
460 cals

Dinner

1150 cals, 143g protein, 14g net carbs, 56g fat



Pan roasted zucchini
166 cals



Marinaded chicken breast
18 2/3 oz- 659 cals



Bacon zucchini noodles
325 cals

Day 2

3341 cals ● 300g protein (36%) ● 183g fat (49%) ● 81g carbs (10%) ● 42g fiber (5%)

Breakfast

575 cals, 33g protein, 9g net carbs, 43g fat



Simple sauteed spinach
199 cals



Kale & eggs
378 cals

Snacks

475 cals, 22g protein, 37g net carbs, 24g fat



Boiled eggs
2 egg(s)- 139 cals



Sunflower seeds
180 cals



Dates
1/4 cup- 154 cals

Lunch

1140 cals, 102g protein, 21g net carbs, 61g fat



Avocado tuna salad stuffed pepper
5 half pepper(s)- 1139 cals

Dinner

1150 cals, 143g protein, 14g net carbs, 56g fat



Pan roasted zucchini
166 cals



Marinaded chicken breast
18 2/3 oz- 659 cals



Bacon zucchini noodles
325 cals

Day 3

3250 cals ● 211g protein (26%) ● 216g fat (60%) ● 72g carbs (9%) ● 43g fiber (5%)

Breakfast

575 cals, 33g protein, 9g net carbs, 43g fat



Simple sauteed spinach
199 cals



Kale & eggs
378 cals

Snacks

475 cals, 22g protein, 37g net carbs, 24g fat



Boiled eggs
2 egg(s)- 139 cals



Sunflower seeds
180 cals



Dates
1/4 cup- 154 cals

Lunch

1100 cals, 72g protein, 12g net carbs, 74g fat



Buffalo drumsticks
12 oz- 700 cals



Garlic collard greens
398 cals

Dinner

1100 cals, 84g protein, 14g net carbs, 76g fat



Coriander and cumin rubbed pork chops
2 chop(s)- 857 cals



Coleslaw
244 cals

Day 4

3276 cals ● 227g protein (28%) ● 221g fat (61%) ● 60g carbs (7%) ● 34g fiber (4%)

Breakfast

625 cals, 34g protein, 31g net carbs, 37g fat



Pear
1 pear(s)- 113 cals



Scrambled eggs with veggies and bacon
512 cals

Lunch

1145 cals, 87g protein, 9g net carbs, 80g fat



Garlic zucchini noodles
204 cals



Garlic collard greens
119 cals



Slow cooker carnitas
16 oz- 820 cals

Snacks

405 cals, 22g protein, 6g net carbs, 29g fat



Avocado deviled eggs
3 egg(s)- 386 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Dinner

1100 cals, 84g protein, 14g net carbs, 76g fat



Coriander and cumin rubbed pork chops
2 chop(s)- 857 cals



Coleslaw
244 cals

Day 5

3269 cals ● 291g protein (36%) ● 188g fat (52%) ● 64g carbs (8%) ● 40g fiber (5%)

Breakfast

625 cals, 34g protein, 31g net carbs, 37g fat



Pear

1 pear(s)- 113 cals



Scrambled eggs with veggies and bacon

512 cals

Snacks

405 cals, 22g protein, 6g net carbs, 29g fat



Avocado deviled eggs

3 egg(s)- 386 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Lunch

1140 cals, 146g protein, 19g net carbs, 48g fat



Simple kale & avocado salad

288 cals



Spicy garlic lime chicken breast

22 oz- 852 cals

Dinner

1095 cals, 89g protein, 8g net carbs, 74g fat



Garlic collard greens

159 cals



Slow-baked salmon with lemon and thyme

14 oz- 938 cals

Day 6

3270 cals ● 276g protein (34%) ● 166g fat (46%) ● 120g carbs (15%) ● 48g fiber (6%)

Breakfast

560 cals, 31g protein, 29g net carbs, 29g fat



Beef breakfast bowl

445 cals



Pear

1 pear(s)- 113 cals

Snacks

455 cals, 14g protein, 12g net carbs, 36g fat



Mixed nuts

1/2 cup(s)- 435 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Lunch

1145 cals, 136g protein, 16g net carbs, 55g fat



Bacon zucchini noodles

244 cals



Baked chicken with tomatoes & olives

18 oz- 899 cals

Dinner

1115 cals, 95g protein, 63g net carbs, 46g fat



Honey mustard chicken

13 1/3 oz- 729 cals



Simple kale & avocado salad

384 cals

Day 7

3270 cals ● 276g protein (34%) ● 166g fat (46%) ● 120g carbs (15%) ● 48g fiber (6%)

Breakfast

560 cals, 31g protein, 29g net carbs, 29g fat



Beef breakfast bowl

445 cals



Pear

1 pear(s)- 113 cals

Snacks

455 cals, 14g protein, 12g net carbs, 36g fat



Mixed nuts

1/2 cup(s)- 435 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Lunch

1145 cals, 136g protein, 16g net carbs, 55g fat



Bacon zucchini noodles

244 cals



Baked chicken with tomatoes & olives

18 oz- 899 cals

Dinner

1115 cals, 95g protein, 63g net carbs, 46g fat



Honey mustard chicken

13 1/3 oz- 729 cals



Simple kale & avocado salad

384 cals

Dairy and Egg Products

- eggs
32 large (1600g)

Nut and Seed Products

- sunflower kernels
3 oz (85g)
- mixed nuts
1 cup (134g)

Fruits and Fruit Juices

- pitted dates
3/4 cup (150g)
- avocados
6 1/2 avocado(s) (1315g)
- lemon
3 large (240g)
- lime juice
2 fl oz (64mL)
- lemon juice
3 tbsp (45mL)
- pears
4 medium (712g)
- green olives
36 large (158g)

Spices and Herbs

- black pepper
1/2 oz (12g)
- salt
1 1/2 oz (40g)
- oregano, dried
1 tsp, ground (2g)
- garlic powder
1 tbsp (9g)
- ground cumin
1/2 oz (17g)
- ground coriander
2 tbsp (10g)
- thyme, dried
1/8 oz (1g)
- cayenne pepper
2 dash (0g)
- paprika
1 dash (0g)
- chili powder
2 2/3 tbsp (22g)

Vegetables and Vegetable Products

- fresh spinach
24 cup(s) (720g)
- garlic
19 1/2 clove(s) (59g)
- kale leaves
1 2/3 lbs (760g)
- bell pepper
5 1/4 large (857g)
- fresh ginger
1 1/4 tbsp (8g)
- onion
1 1/2 medium (2-1/2" dia) (158g)
- zucchini
6 3/4 medium (1323g)
- collard greens
2 lbs (964g)
- fresh cilantro
2 tbsp, chopped (6g)
- tomatoes
60 cherry tomatoes (1020g)
- mushrooms
6 oz (170g)

Beef Products

- sirloin steak, raw
10 oz (283g)
- ground beef (93% lean)
1/2 lbs (226g)

Poultry Products

- boneless skinless chicken breast, raw
7 2/3 lbs (3438g)

Pork Products

- bacon, raw
7 slice(s) (198g)
- pork loin chops, boneless, raw
4 chop (740g)
- bacon, cooked
4 slice(s) (40g)
- pork shoulder
1 lbs (453g)

Finfish and Shellfish Products

- canned tuna
2 1/2 can (430g)

fresh basil
36 leaves (18g)

salmon
14 oz (397g)

dijon mustard
1/3 cup (83g)

Fats and Oils

olive oil
1/2 lbs (272mL)

oil
1/4 lbs (109mL)

marinade sauce
56 tsp (281mL)

Soups, Sauces, and Gravies

Frank's Red Hot sauce
2 tbsp (29mL)

Other

Chicken, drumsticks, with skin
3/4 lbs (340g)

coleslaw mix
1 package (14 oz) (397g)

Sweets

honey
1/3 cup (113g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Simple sauteed spinach

199 cals ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



For single meal:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

For all 3 meals:

black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (5g)
olive oil
3 tbsp (45mL)
fresh spinach
24 cup(s) (720g)
garlic, diced
3 clove (9g)

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.

Kale & eggs

378 cals ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 dash (1g)

For all 3 meals:

oil
2 tbsp (30mL)
eggs
12 large (600g)
kale leaves
3 cup, chopped (120g)
salt
1/4 tbsp (2g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 2 ↗

Eat on day 4 and day 5

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.

Scrambled eggs with veggies and bacon

512 cals ● 34g protein ● 36g fat ● 9g carbs ● 3g fiber



For single meal:

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)

For all 2 meals:

onion
1/2 cup, chopped (80g)
olive oil
4 tsp (20mL)
eggs
8 large (400g)
bell pepper
2 cup, chopped (298g)
bacon, cooked, cooked and chopped
4 slice(s) (40g)

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.

Breakfast 3 ↗

Eat on day 6 and day 7

Beef breakfast bowl

445 cals ● 30g protein ● 29g fat ● 8g carbs ● 9g fiber



For single meal:

ground beef (93% lean)
4 oz (113g)
kale leaves
1 cup, chopped (40g)
ground cumin
1 tsp (2g)
chili powder
1 tsp (3g)
oil
1 tsp (5mL)
mushrooms, sliced
3 oz (85g)
avocados, sliced
1/2 avocado(s) (101g)

For all 2 meals:

ground beef (93% lean)
1/2 lbs (226g)
kale leaves
2 cup, chopped (80g)
ground cumin
2 tsp (4g)
chili powder
2 tsp (5g)
oil
2 tsp (10mL)
mushrooms, sliced
6 oz (170g)
avocados, sliced
1 avocado(s) (201g)

1. Heat oil in a skillet over medium low heat. Add mushrooms and saute a couple minutes until softened.
2. Add the beef, spices, and a dash of salt and pepper to the skillet. Crumble the beef and stir occasionally until it's browned and fully cooked.
3. Transfer beef mixture to a bowl and add kale and avocado. Serve.

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.

Lunch 1 ↗

Eat on day 1

Pepper steak stir fry

701 cals ● 60g protein ● 45g fat ● 11g carbs ● 4g fiber



black pepper

1/3 tsp, ground (1g)

garlic, minced

2 1/2 clove(s) (8g)

olive oil

2 tsp (9mL)

sirloin steak, raw, cut into thin strips

10 oz (283g)

bell pepper, thinly sliced

1 1/4 medium (149g)

fresh ginger, minced

1 1/4 tbsp (8g)

onion, sliced

1/3 medium (2-1/2" dia) (34g)

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

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



kale leaves, chopped

1 bunch (170g)

avocados, chopped

1 avocado(s) (201g)

lemon, juiced

1 small (58g)

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.

Lunch 2 ↗

Eat on day 2

Avocado tuna salad stuffed pepper

5 half pepper(s) - 1139 cals ● 102g protein ● 61g fat ● 21g carbs ● 25g fiber



Makes 5 half pepper(s)

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
bell pepper
2 1/2 large (410g)
onion
5/8 small (44g)
canned tuna, drained
2 1/2 can (430g)

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.

Lunch 3 ↗

Eat on day 3

Buffalo drumsticks

12 oz - 700 cals ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



Makes 12 oz

Frank's Red Hot sauce

2 tbsp (30mL)
oil
1 tsp (6mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
Chicken, drumsticks, with skin
3/4 lbs (340g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. 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.

Lunch 4 ↗

Eat on day 4

Garlic zucchini noodles

204 cals ● 3g protein ● 18g fat ● 5g carbs ● 3g fiber



olive oil
1 1/4 tbsp (19mL)
zucchini
1 1/4 medium (245g)
garlic, minced
5/8 clove (2g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Garlic collard greens

119 cals ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



collard greens
6 oz (170g)
oil
1 tsp (6mL)
salt
3/4 dash (1g)
garlic, minced
1 clove(s) (3g)

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 cooker carnitas

16 oz - 820 cals ● 79g protein ● 56g fat ● 0g carbs ● 0g fiber



Makes 16 oz

pork shoulder
1 lbs (453g)

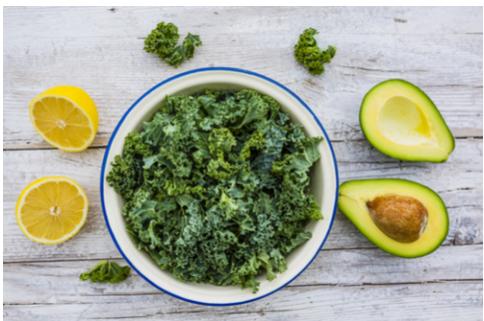
1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

Lunch 5 ↗

Eat on day 5

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped
5/8 bunch (106g)
avocados, chopped
5/8 avocado(s) (126g)
lemon, juiced
5/8 small (36g)

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.

Spicy garlic lime chicken breast

22 oz - 852 cals ● 140g protein ● 29g fat ● 7g carbs ● 1g fiber



Makes 22 oz

salt
1/4 tbsp (4g)
black pepper
2 dash, ground (1g)
cayenne pepper
2 dash (0g)
paprika
1 dash (0g)
thyme, dried
2 dash, ground (0g)
boneless skinless chicken breast, raw
22 oz (616g)
lime juice
2 3/4 tbsp (41mL)
garlic powder
2 tsp (6g)
olive oil
1 tbsp (14mL)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

Lunch 6 ↗

Eat on day 6 and day 7

Bacon zucchini noodles

244 cals ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



For single meal:

zucchini
3/4 medium (147g)
bacon, raw
1 1/2 slice(s) (43g)

For all 2 meals:

zucchini
1 1/2 medium (294g)
bacon, raw
3 slice(s) (85g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and 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.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

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.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 3 meals:

sunflower kernels
3 oz (85g)

1. The recipe has no instructions.

Dates

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



For single meal:

pitted dates
4 tbsp (50g)

For all 3 meals:

pitted dates
3/4 cup (150g)

1. Enjoy.

Snacks 2 ↗

Eat on day 4 and day 5

Avocado deviled eggs

3 egg(s) - 386 cals ● 21g protein ● 29g fat ● 3g carbs ● 7g fiber



For single meal:

eggs
3 large (150g)
avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
fresh cilantro, chopped
1 tbsp, chopped (3g)

For all 2 meals:

eggs
6 large (300g)
avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
fresh cilantro, chopped
2 tbsp, chopped (6g)

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

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:
tomatoes
6 cherry tomatoes (102g)

For all 2 meals:
tomatoes
12 cherry tomatoes (204g)

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

Snacks 3 ↗

Eat on day 6 and day 7

Mixed nuts

1/2 cup(s) - 435 cals ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



For single meal:
mixed nuts
1/2 cup (67g)

For all 2 meals:
mixed nuts
1 cup (134g)

1. The recipe has no instructions.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:
tomatoes
6 cherry tomatoes (102g)

For all 2 meals:
tomatoes
12 cherry tomatoes (204g)

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

Dinner 1 ↗

Eat on day 1 and day 2

Pan roasted zucchini

166 cals ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini
1 medium (196g)
black pepper
1/2 tbsp, ground (3g)
oregano, dried
4 dash, ground (1g)
garlic powder
4 dash (2g)
salt
4 dash (3g)
olive oil
1 tbsp (15mL)

For all 2 meals:

zucchini
2 medium (392g)
black pepper
1 tbsp, ground (7g)
oregano, dried
1 tsp, ground (2g)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
olive oil
2 tbsp (30mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Marinaded chicken breast

18 2/3 oz - 659 cals ● 118g protein ● 20g fat ● 3g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
18 2/3 oz (523g)
marinade sauce
9 1/3 tbsp (140mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 1/3 lbs (1045g)
marinade sauce
56 tsp (280mL)

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.

Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

zucchini
1 medium (196g)
bacon, raw
2 slice(s) (57g)

For all 2 meals:

zucchini
2 medium (392g)
bacon, raw
4 slice(s) (113g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Dinner 2 ↗

Eat on day 3 and day 4

Coriander and cumin rubbed pork chops

2 chop(s) - 857 cals ● 82g protein ● 55g fat ● 6g carbs ● 3g fiber



For single meal:

salt
4 dash (3g)
ground cumin
1 tbsp (6g)
ground coriander
1 tbsp (5g)
pork loin chops, boneless, raw
2 chop (370g)
black pepper
2 dash (0g)
garlic, minced
3 clove(s) (9g)
olive oil, divided
2 tbsp (30mL)

For all 2 meals:

salt
1 tsp (6g)
ground cumin
2 tbsp (12g)
ground coriander
2 tbsp (10g)
pork loin chops, boneless, raw
4 chop (740g)
black pepper
4 dash (0g)
garlic, minced
6 clove(s) (18g)
olive oil, divided
4 tbsp (60mL)

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.

Coleslaw

244 cals ● 2g protein ● 21g fat ● 9g carbs ● 5g fiber



For single meal:

coleslaw mix
1/2 package (14 oz) (199g)
olive oil
1 1/2 tbsp (23mL)
lemon juice
1 1/2 tbsp (23mL)
ground cumin
2 dash (1g)
salt
2 dash (2g)
garlic, minced
1/2 clove (2g)

For all 2 meals:

coleslaw mix
1 package (14 oz) (397g)
olive oil
3 tbsp (45mL)
lemon juice
3 tbsp (45mL)
ground cumin
4 dash (1g)
salt
4 dash (3g)
garlic, minced
1 clove (3g)

1. Create dressing by whisking together the oil, lemon juice, garlic, cumin, and salt in a small bowl.
2. When serving, toss coleslaw with dressing and serve.

Dinner 3 ↗

Eat on day 5

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

salt

1 dash (1g)

garlic, minced

1 1/2 clove(s) (5g)

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 sauté 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

14 oz - 938 cals ● 82g protein ● 66g fat ● 3g carbs ● 2g fiber



Makes 14 oz

thyme, dried

1/2 tsp, leaves (1g)

oil

2 1/2 tsp (13mL)

salmon, skin on

14 oz (397g)

lemon, cut into wedges

5/8 large (49g)

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.

Dinner 4 ↗

Eat on day 6 and day 7

Honey mustard chicken

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



For single meal:

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)

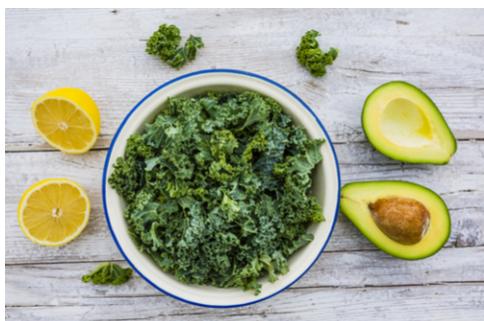
For all 2 meals:

boneless skinless chicken breast, raw
1 2/3 lbs (756g)
oil
4 tsp (20mL)
honey
1/3 cup (113g)
dijon mustard
1/3 cup (83g)

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 kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



For single meal:

kale leaves, chopped
5/6 bunch (142g)
avocados, chopped
5/6 avocado(s) (168g)
lemon, juiced
5/6 small (48g)

For all 2 meals:

kale leaves, chopped
1 2/3 bunch (284g)
avocados, chopped
1 2/3 avocado(s) (335g)
lemon, juiced
1 2/3 small (97g)

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.