

# Meal Plan - 3400 calorie paleo meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

3414 cals ● 310g protein (36%) ● 192g fat (51%) ● 64g carbs (8%) ● 48g fiber (6%)

### Breakfast

665 cals, 25g protein, 8g net carbs, 51g fat



**Avocado**  
176 cals



**Eggs with tomato and avocado**  
489 cals

### Snacks

410 cals, 36g protein, 26g net carbs, 16g fat



**Kiwi**  
2 kiwi- 94 cals



**Boiled eggs**  
3 egg(s)- 208 cals



**Beef jerky**  
110 cals

### Lunch

1185 cals, 154g protein, 7g net carbs, 57g fat



**Basic chicken breast**  
24 oz- 952 cals



**Tomato and avocado salad**  
235 cals

### Dinner

1150 cals, 95g protein, 24g net carbs, 67g fat



**Basic ground turkey**  
14 2/3 oz- 688 cals



**Roasted brussels sprouts**  
463 cals

## Day 2

3385 cals ● 301g protein (36%) ● 177g fat (47%) ● 106g carbs (12%) ● 43g fiber (5%)

### Breakfast

665 cals, 25g protein, 8g net carbs, 51g fat



**Avocado**  
176 cals



**Eggs with tomato and avocado**  
489 cals

### Snacks

410 cals, 36g protein, 26g net carbs, 16g fat



**Kiwi**  
2 kiwi- 94 cals



**Boiled eggs**  
3 egg(s)- 208 cals



**Beef jerky**  
110 cals

### Lunch

1130 cals, 143g protein, 40g net carbs, 40g fat



**Roasted rosemary sweet potatoes**  
315 cals



**Lemon pepper chicken breast**  
22 oz- 814 cals

### Dinner

1180 cals, 97g protein, 31g net carbs, 69g fat



**Brussels sprout, chicken & apple salad**  
1099 cals



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

## Day 3

3287 cals ● 283g protein (34%) ● 158g fat (43%) ● 148g carbs (18%) ● 35g fiber (4%)

### Breakfast

525 cals, 31g protein, 19g net carbs, 34g fat



Scrambled eggs with kale, tomatoes, rosemary  
405 cals



Sauteed Kale  
121 cals

### Snacks

450 cals, 12g protein, 58g net carbs, 15g fat



Banana ice cream  
2 banana- 268 cals



Pumpkin seeds  
183 cals

### Lunch

1130 cals, 143g protein, 40g net carbs, 40g fat



Roasted rosemary sweet potatoes  
315 cals



Lemon pepper chicken breast  
22 oz- 814 cals

### Dinner

1180 cals, 97g protein, 31g net carbs, 69g fat



Brussels sprout, chicken & apple salad  
1099 cals



Bone broth  
2 cup(s)- 81 cals

## Day 4

3351 cals ● 250g protein (30%) ● 184g fat (49%) ● 128g carbs (15%) ● 46g fiber (5%)

### Breakfast

525 cals, 31g protein, 19g net carbs, 34g fat



Scrambled eggs with kale, tomatoes, rosemary  
405 cals



Sauteed Kale  
121 cals

### Snacks

450 cals, 12g protein, 58g net carbs, 15g fat



Banana ice cream  
2 banana- 268 cals



Pumpkin seeds  
183 cals

### Lunch

1210 cals, 85g protein, 9g net carbs, 86g fat



Buffalo drumsticks  
16 oz- 934 cals



Garlic collard greens  
279 cals

### Dinner

1160 cals, 123g protein, 43g net carbs, 49g fat



Roasted rosemary sweet potatoes  
263 cals



Baked chicken with tomatoes & olives  
18 oz- 899 cals

## Day 5

3347 cals ● 241g protein (29%) ● 193g fat (52%) ● 123g carbs (15%) ● 38g fiber (5%)

### Breakfast

525 cals, 31g protein, 19g net carbs, 34g fat



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



**Sauteed Kale**  
121 cals

### Snacks

500 cals, 21g protein, 21g net carbs, 33g fat



**Kiwi**  
2 kiwi- 94 cals



**Sunflower seeds**  
406 cals

### Lunch

1160 cals, 66g protein, 40g net carbs, 78g fat



**Sweet potato wedges**  
261 cals



**Paleo chicken thighs and mushrooms**  
9 oz- 899 cals

### Dinner

1160 cals, 123g protein, 43g net carbs, 49g fat



**Roasted rosemary sweet potatoes**  
263 cals



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

## Day 6

3371 cals ● 222g protein (26%) ● 229g fat (61%) ● 60g carbs (7%) ● 47g fiber (6%)

### Breakfast

550 cals, 18g protein, 4g net carbs, 45g fat



**Bacon avocado "toast"**  
4 slices- 552 cals

### Snacks

500 cals, 21g protein, 21g net carbs, 33g fat



**Kiwi**  
2 kiwi- 94 cals



**Sunflower seeds**  
406 cals

### Lunch

1125 cals, 91g protein, 13g net carbs, 73g fat



**Thyme & lime chicken thighs**  
735 cals



**Tomato and avocado salad**  
391 cals

### Dinner

1195 cals, 92g protein, 21g net carbs, 78g fat



**Walnuts**  
2/3 cup(s)- 481 cals



**Lemon garlic chicken zoodles**  
670 cals



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

Day 7

3371 cals ● 222g protein (26%) ● 229g fat (61%) ● 60g carbs (7%) ● 47g fiber (6%)

Breakfast

550 cals, 18g protein, 4g net carbs, 45g fat



Bacon avocado "toast"  
4 slices- 552 cals

Snacks

500 cals, 21g protein, 21g net carbs, 33g fat



Kiwi  
2 kiwi- 94 cals



Sunflower seeds  
406 cals

Lunch

1125 cals, 91g protein, 13g net carbs, 73g fat



Thyme & lime chicken thighs  
735 cals



Tomato and avocado salad  
391 cals

Dinner

1195 cals, 92g protein, 21g net carbs, 78g fat



Walnuts  
2/3 cup(s)- 481 cals



Lemon garlic chicken zoodles  
670 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals

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# Grocery List



## Fruits and Fruit Juices

- ☐ kiwi  
10 fruit (690g)
- ☐ avocados  
6 2/3 avocado(s) (1340g)
- ☐ lemon juice  
1 1/2 fl oz (42mL)
- ☐ lime juice  
1/2 cup (125mL)
- ☐ apples  
1 small (2-3/4" dia) (132g)
- ☐ banana  
4 large (8" to 8-7/8" long) (544g)
- ☐ green olives  
36 large (158g)

## Dairy and Egg Products

- ☐ eggs  
24 large (1200g)
- ☐ butter  
2 1/2 tbsp (36g)

## Snacks

- ☐ beef jerky  
3 oz (85g)

## Spices and Herbs

- ☐ salt  
1 1/3 oz (38g)
- ☐ black pepper  
10 1/2 g (11g)
- ☐ fresh basil  
42 leaves (21g)
- ☐ garlic powder  
1/2 tbsp (5g)
- ☐ apple cider vinegar  
4 tsp (20g)
- ☐ rosemary, dried  
1/4 oz (8g)
- ☐ lemon pepper  
2 3/4 tbsp (19g)
- ☐ balsamic vinegar  
2 tbsp (30mL)
- ☐ chili powder  
2 tbsp (16g)
- ☐ thyme, dried  
1 tsp, leaves (1g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
9 1/2 lbs (4201g)
- ☐ ground turkey, raw  
14 2/3 oz (416g)
- ☐ chicken thighs, with bone and skin, raw  
1 1/2 thigh(s) (255g)
- ☐ boneless skinless chicken thighs  
2 lb (907g)

## Fats and Oils

- ☐ oil  
5 oz (155mL)
- ☐ olive oil  
1/2 lbs (266mL)

## Nut and Seed Products

- ☐ walnuts  
1/2 lbs (212g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ sunflower kernels  
6 3/4 oz (191g)

## Sweets

- ☐ maple syrup  
1 3/4 tbsp (27mL)

## Other

- ☐ chicken bone broth  
4 cup(s) (mL)
- ☐ Chicken, drumsticks, with skin  
1 lbs (454g)

## Beverages

- ☐ water  
1 1/2 cup (346mL)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
2 3/4 tbsp (41mL)

## Pork Products

- ☐ bacon, cooked  
8 slice(s) (80g)

- ☐ **onion powder**  
5 dash (2g)

## **Vegetables and Vegetable Products**

- ☐ **tomatoes**  
16 medium whole (2-3/5" dia) (1989g)
  - ☐ **onion**  
1/4 cup minced (65g)
  - ☐ **brussels sprouts**  
1 3/4 lbs (806g)
  - ☐ **sweet potatoes**  
4 2/3 sweetpotato, 5" long (980g)
  - ☐ **kale leaves**  
12 cup, chopped (480g)
  - ☐ **collard greens**  
14 oz (397g)
  - ☐ **garlic**  
10 clove(s) (30g)
  - ☐ **mushrooms**  
6 oz (170g)
  - ☐ **zucchini**  
2 1/2 medium (490g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### 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 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

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

### 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

### Scrambled eggs with kale, tomatoes, rosemary

405 cals ● 29g protein ● 24g fat ● 13g carbs ● 4g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**water**  
6 tbsp (90mL)  
**balsamic vinegar**  
2 tsp (10mL)  
**rosemary, dried**  
4 dash (1g)  
**tomatoes**  
1 cup, chopped (180g)  
**eggs**  
4 large (200g)  
**kale leaves**  
2 cup, chopped (80g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**water**  
1 cup (270mL)  
**balsamic vinegar**  
2 tbsp (30mL)  
**rosemary, dried**  
1/2 tbsp (2g)  
**tomatoes**  
3 cup, chopped (540g)  
**eggs**  
12 large (600g)  
**kale leaves**  
6 cup, chopped (240g)

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.

### Sauteed Kale

121 cals ● 2g protein ● 9g fat ● 5g carbs ● 1g fiber



For single meal:

**kale leaves**  
2 cup, chopped (80g)  
**oil**  
2 tsp (10mL)

For all 3 meals:

**kale leaves**  
6 cup, chopped (240g)  
**oil**  
2 tbsp (30mL)

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.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### Bacon avocado "toast"

4 slices - 552 cals ● 18g protein ● 45g fat ● 4g carbs ● 13g fiber



For single meal:

**bacon, cooked**  
4 slice(s) (40g)  
**avocados**  
1 avocado(s) (201g)

For all 2 meals:

**bacon, cooked**  
8 slice(s) (80g)  
**avocados**  
2 avocado(s) (402g)

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Basic chicken breast

24 oz - 952 cals ● 151g protein ● 39g fat ● 0g carbs ● 0g fiber



Makes 24 oz

**boneless skinless chicken breast, raw**

1 1/2 lbs (672g)

**oil**

1 1/2 tbsp (23mL)

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.

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## Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



**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.

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## Lunch 2 [↗](#)

Eat on day 2 and day 3

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### Roasted rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



For single meal:

**olive oil**  
1 tbsp (15mL)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**rosemary, dried**  
1/2 tbsp (2g)  
**sweet potatoes, cut into 1" cubes**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**rosemary, dried**  
1 tbsp (3g)  
**sweet potatoes, cut into 1" cubes**  
2 sweetpotato, 5" long (420g)

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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### Lemon pepper chicken breast

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



For single meal:

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

For all 2 meals:

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

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
  2. **STOVETOP**
  3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
  4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
  5. **BAKED**
  6. Preheat oven to 400 degrees Fahrenheit.
  7. Place chicken on broiler pan (recommended) or baking sheet.
  8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
  9. **BROILED/GRILLED**
  10. Setup oven so top rack is 3-4 inches from heating element.
  11. Set oven to broil and preheat on high.
  12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
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## Lunch 3 [↗](#)

Eat on day 4

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### Buffalo drumsticks

16 oz - 934 cals ● 72g protein ● 71g fat ● 1g carbs ● 0g fiber



Makes 16 oz

**Frank's Red Hot sauce**

2 2/3 tbsp (40mL)

**oil**

1/2 tbsp (8mL)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**Chicken, drumsticks, with skin**

1 lbs (454g)

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.

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### Garlic collard greens

279 cals ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



**collard greens**  
14 oz (397g)  
**oil**  
2 1/2 tsp (13mL)  
**salt**  
1/4 tsp (1g)  
**garlic, minced**  
2 1/2 clove(s) (8g)

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.

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## Lunch 4 [🔗](#)

Eat on day 5

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### Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



**oil**  
3/4 tbsp (11mL)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
1 sweetpotato, 5" long (210g)

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.

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### Paleo chicken thighs and mushrooms

9 oz - 899 cals ● 63g protein ● 69g fat ● 4g carbs ● 2g fiber





Makes 9 oz

**black pepper**

1 1/2 dash (0g)

**olive oil**

2 1/4 tbsp (34mL)

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

1 1/2 thigh(s) (255g)

**salt**

1 1/2 dash (1g)

**water**

3/8 cup(s) (89mL)

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

6 oz (170g)

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.
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## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Thyme & lime chicken thighs

735 cals ● 86g protein ● 42g fat ● 2g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**  
1 lb (454g)  
**thyme, dried**  
4 dash, leaves (1g)  
**lime juice**  
2 tbsp (30mL)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**boneless skinless chicken thighs**  
2 lb (907g)  
**thyme, dried**  
1 tsp, leaves (1g)  
**lime juice**  
4 tbsp (60mL)  
**oil**  
2 tbsp (30mL)

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.

### Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



For single meal:

**onion**  
5 tsp minced (25g)  
**lime juice**  
5 tsp (25mL)  
**olive oil**  
1 1/4 tsp (6mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**avocados, cubed**  
5/6 avocado(s) (168g)  
**tomatoes, diced**  
5/6 medium whole (2-3/5" dia)  
(103g)

For all 2 meals:

**onion**  
1/4 cup minced (50g)  
**lime juice**  
1/4 cup (50mL)  
**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 2/3 avocado(s) (335g)  
**tomatoes, diced**  
1 2/3 medium whole (2-3/5" dia)  
(205g)

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.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### Kiwi

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



For single meal:

**kiwi**  
2 fruit (138g)

For all 2 meals:

**kiwi**  
4 fruit (276g)

1. Slice the kiwi and serve.
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### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)

For all 2 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.

### Beef jerky

110 cals ● 16g protein ● 1g fat ● 9g carbs ● 0g fiber



For single meal:

**beef jerky**  
1 1/2 oz (43g)

For all 2 meals:

**beef jerky**  
3 oz (85g)

1. The recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3 and day 4

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### Banana ice cream

2 banana - 268 cals ● 3g protein ● 1g fat ● 55g carbs ● 7g fiber



For single meal:

**banana, sliced & frozen**

2 large (8" to 8-7/8" long) (272g)

For all 2 meals:

**banana, sliced & frozen**

4 large (8" to 8-7/8" long) (544g)

1. Add the frozen banana slices to a food processor or blender and blend. Scrape down the sides as needed and continue to blend until the bananas turn into a creamy, ice cream consistency.
2. Serve immediately for a soft-serve consistency, or transfer the banana ice cream to a container and freeze for 1-2 hours for a firmer texture.

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### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**

4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**

1/2 cup (59g)

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

Eat on day 5, day 6, and day 7

### 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.

### Sunflower seeds

406 cals ● 19g protein ● 32g fat ● 5g carbs ● 5g fiber



For single meal:

**sunflower kernels**  
2 1/4 oz (64g)

For all 3 meals:

**sunflower kernels**  
6 3/4 oz (191g)

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Basic ground turkey

14 2/3 oz - 688 cals ● 82g protein ● 40g fat ● 0g carbs ● 0g fiber



Makes 14 2/3 oz

**ground turkey, raw**  
14 2/3 oz (416g)  
**oil**  
2 tsp (9mL)

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.

## Roasted brussels sprouts

463 cals ● 14g protein ● 27g fat ● 24g carbs ● 18g fiber



**salt**  
4 dash (3g)  
**black pepper**  
1/3 tsp, ground (1g)  
**brussels sprouts**  
16 oz (454g)  
**olive oil**  
2 tbsp (30mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

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## Dinner 2 [↗](#)

Eat on day 2 and day 3

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### Brussels sprout, chicken & apple salad

1099 cals ● 79g protein ● 68g fat ● 31g carbs ● 11g fiber





For single meal:

**walnuts**  
1/3 cup, chopped (37g)  
**apple cider vinegar**  
2 tsp (10g)  
**maple syrup**  
2 2/3 tsp (13mL)  
**olive oil**  
2 2/3 tbsp (40mL)  
**boneless skinless chicken breast, raw**  
2/3 lbs (302g)  
**brussels sprouts, ends trimmed and discarded**  
2 cup (176g)  
**apples, chopped**  
1/2 small (2-3/4" dia) (66g)

For all 2 meals:

**walnuts**  
2/3 cup, chopped (75g)  
**apple cider vinegar**  
4 tsp (20g)  
**maple syrup**  
1 3/4 tbsp (27mL)  
**olive oil**  
1/3 cup (80mL)  
**boneless skinless chicken breast, raw**  
1 1/3 lbs (605g)  
**brussels sprouts, ends trimmed and discarded**  
4 cup (352g)  
**apples, chopped**  
7/8 small (2-3/4" dia) (132g)

1. Season chicken breasts with some salt and pepper. Heat about 25% of the oil (reserving the rest for later) in a skillet over medium heat. Add chicken breasts and cook about 5-10 minutes on each side or until the center is no longer pink. Transfer to a cutting board and when cool enough to handle, chop breasts into bite-sized pieces. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chicken, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

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## 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)

1. Heat bone broth according to package instructions and sip.
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## Dinner 3 [↗](#)

Eat on day 4 and day 5

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### Roasted rosemary sweet potatoes

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



For single meal:

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

For all 2 meals:

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

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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### 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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## Dinner 4 [↗](#)

Eat on day 6 and day 7

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### Walnuts

2/3 cup(s) - 481 cals ● 10g protein ● 45g fat ● 5g carbs ● 5g fiber



For single meal:

**walnuts**  
2/3 cup, shelled (69g)

For all 2 meals:

**walnuts**  
1 1/2 cup, shelled (138g)

1. The recipe has no instructions.

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## Lemon garlic chicken zoodles

670 cals ● 80g protein ● 33g fat ● 11g carbs ● 3g fiber



For single meal:

**butter**  
1 1/4 tbsp (18g)  
**garlic powder**  
1/3 tsp (1g)  
**onion powder**  
1/3 tsp (1g)  
**lemon juice**  
1 1/4 tbsp (19mL)  
**oil**  
2 tsp (9mL)  
**garlic, minced**  
3 3/4 clove(s) (11g)  
**zucchini, spiralized**  
1 1/4 medium (245g)  
**boneless skinless chicken breast, raw, cut into bite-sized pieces**  
3/4 lbs (336g)

For all 2 meals:

**butter**  
2 1/2 tbsp (36g)  
**garlic powder**  
5 dash (2g)  
**onion powder**  
5 dash (2g)  
**lemon juice**  
2 1/4 tbsp (38mL)  
**oil**  
1 1/4 tbsp (19mL)  
**garlic, minced**  
7 1/2 clove(s) (23g)  
**zucchini, spiralized**  
2 1/2 medium (490g)  
**boneless skinless chicken breast, raw, cut into bite-sized pieces**  
1 1/2 lbs (672g)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. In a small saucepan, cook the butter and garlic for 1-2 minutes. Stir in the garlic powder, onion powder, lemon juice, and a dash of salt. Once incorporated, turn off the heat and set the sauce aside.
3. Heat oil in a skillet over medium heat and add the chicken. Stir occasionally and cook until it's golden brown and no longer pink in the middle.
4. Pour about half of the sauce into the skillet and stir to coat the chicken. Transfer the chicken to a plate and set aside.
5. Add the zucchini noodles to the skillet with the remaining sauce and saute for a couple of minutes until noodles are softened.
6. Add noodles and chicken to a bowl and serve.

## Cherry tomatoes

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



For single meal:

**tomatoes**  
12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)

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