

# Meal Plan - Meal plan with over 10g protein



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

## Day 1

1066 cals ● 38g protein (14%) ● 58g fat (49%) ● 66g carbs (25%) ● 30g fiber (11%)

### Breakfast

200 cals, 13g protein, 7g net carbs, 12g fat



#### Basic scrambled eggs

2 egg(s)- 159 cals



#### Grapes

39 cals

### Lunch

410 cals, 14g protein, 27g net carbs, 19g fat



#### Easy chickpea salad

234 cals



#### Avocado

176 cals

### Dinner

460 cals, 11g protein, 33g net carbs, 27g fat



#### Avocado & greens quesadilla

1/2 quesadilla(s)- 342 cals



#### Tomato and avocado salad

117 cals

## Day 2

1066 cals ● 59g protein (22%) ● 50g fat (42%) ● 79g carbs (30%) ● 16g fiber (6%)

### Breakfast

200 cals, 13g protein, 7g net carbs, 12g fat



#### Basic scrambled eggs

2 egg(s)- 159 cals



#### Grapes

39 cals

### Lunch

410 cals, 35g protein, 39g net carbs, 11g fat



#### Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals



#### Milk

1 cup(s)- 149 cals

### Dinner

460 cals, 11g protein, 33g net carbs, 27g fat



#### Avocado & greens quesadilla

1/2 quesadilla(s)- 342 cals



#### Tomato and avocado salad

117 cals

## Day 3

1029 cals ● 91g protein (35%) ● 35g fat (31%) ● 75g carbs (29%) ● 12g fiber (5%)

### Breakfast

185 cals, 5g protein, 32g net carbs, 2g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

410 cals, 35g protein, 39g net carbs, 11g fat



#### Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals



#### Milk

1 cup(s)- 149 cals

### Dinner

435 cals, 52g protein, 3g net carbs, 22g fat



#### Tomato and avocado salad

117 cals



#### Basic chicken breast

8 oz- 317 cals

## Day 4

998 cals ● 62g protein (25%) ● 46g fat (41%) ● 69g carbs (28%) ● 16g fiber (6%)

### Breakfast

185 cals, 5g protein, 32g net carbs, 2g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

400 cals, 26g protein, 16g net carbs, 23g fat



#### Chunky canned soup (non-creamy)

1/2 can(s)- 124 cals



#### Roasted almonds

1/8 cup(s)- 111 cals



#### String cheese

2 stick(s)- 165 cals

### Dinner

410 cals, 31g protein, 21g net carbs, 20g fat



#### Sweet potato medallions

1/2 sweet potato- 155 cals



#### Simple sauteed spinach

100 cals



#### Balsamic chicken breast

4 oz- 158 cals

## Day 5

1044 cals ● 73g protein (28%) ● 55g fat (47%) ● 51g carbs (20%) ● 13g fiber (5%)

### Breakfast

210 cals, 17g protein, 27g net carbs, 3g fat



#### Watermelon

4 oz- 41 cals



#### Coffee overnight protein oats

169 cals

### Lunch

415 cals, 33g protein, 10g net carbs, 26g fat



#### Chipotle honey pork chops

309 cals



#### Buttered sugar snap peas

107 cals

### Dinner

420 cals, 23g protein, 15g net carbs, 27g fat



#### Roasted rosemary sweet potatoes

105 cals



#### Garlic collard greens

80 cals



#### Buffalo drumsticks

4 oz- 233 cals

## Day 6

976 cals ● 82g protein (33%) ● 32g fat (29%) ● 76g carbs (31%) ● 15g fiber (6%)

### Breakfast

210 cals, 17g protein, 27g net carbs, 3g fat



#### Watermelon

4 oz- 41 cals



#### Coffee overnight protein oats

169 cals

### Lunch

410 cals, 41g protein, 25g net carbs, 15g fat



#### White rice

1/3 cup rice, cooked- 73 cals



#### Chicken beet & carrot salad bowl

337 cals

### Dinner

355 cals, 24g protein, 25g net carbs, 14g fat



#### Baked chicken with tomatoes & olives

3 oz- 150 cals



#### Simple kale & avocado salad

115 cals



#### Mashed sweet potatoes

92 cals

## Day 7

976 cals ● 82g protein (33%) ● 32g fat (29%) ● 76g carbs (31%) ● 15g fiber (6%)

### Breakfast

210 cals, 17g protein, 27g net carbs, 3g fat



**Watermelon**  
4 oz- 41 cals



**Coffee overnight protein oats**  
169 cals

### Lunch

410 cals, 41g protein, 25g net carbs, 15g fat



**White rice**  
1/3 cup rice, cooked- 73 cals



**Chicken beet & carrot salad bowl**  
337 cals

### Dinner

355 cals, 24g protein, 25g net carbs, 14g fat



**Baked chicken with tomatoes & olives**  
3 oz- 150 cals



**Simple kale & avocado salad**  
115 cals



**Mashed sweet potatoes**  
92 cals

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# Grocery List



## Soups, Sauces, and Gravies

- salsa  
2 tbsp (36g)
- apple cider vinegar  
3/4 tbsp (1mL)
- barbecue sauce  
2 3/4 tbsp (48g)
- chunky canned soup (non-creamy varieties)  
1/2 can (~19 oz) (263g)
- Frank's Red Hot sauce  
2 tsp (10mL)

## Fats and Oils

- oil  
2 oz (58mL)
- olive oil  
3/4 oz (23mL)
- balsamic vinaigrette  
1 tbsp (14mL)

## Vegetables and Vegetable Products

- fresh spinach  
1/2 10oz package (148g)
- onion  
3/8 medium (2-1/2" dia) (40g)
- tomatoes  
4 medium whole (2-3/5" dia) (473g)
- fresh parsley  
1 1/2 sprigs (2g)
- sweet potatoes  
3 sweetpotato, 5" long (595g)
- garlic  
1 1/4 clove(s) (4g)
- frozen sugar snap peas  
2/3 cup (96g)
- collard greens  
4 oz (113g)
- kale leaves  
1/2 bunch (85g)
- beets, precooked (canned or refrigerated)  
6 oz (170g)
- carrots  
3/4 medium (46g)

## Baked Products

- flour tortillas  
1 tortilla (approx 12" dia) (117g)

## Spices and Herbs

- garlic powder  
3 dash (1g)
- salt  
1/4 oz (6g)
- black pepper  
2 g (2g)
- balsamic vinegar  
1/2 tbsp (8mL)
- chipotle seasoning  
2 dash (1g)
- rosemary, dried  
4 dash (1g)
- chili powder  
1 tsp (3g)
- fresh basil  
6 leaves (3g)
- thyme, dried  
3 dash, leaves (0g)

## Legumes and Legume Products

- chickpeas, canned  
1/2 can(s) (224g)

## Poultry Products

- boneless skinless chicken breast, raw  
2 1/2 lbs (1068g)

## Breakfast Cereals

- flavored instant oatmeal  
2 packet (86g)
- oatmeal, old-fashioned oats, rolled oats  
3/4 cup (61g)

## Beverages

- water  
2 cup (461mL)
- protein powder  
1 1/2 scoop (1/3 cup ea) (47g)
- coffee, brewed  
1/4 cup (67g)

## Nut and Seed Products

- almonds  
2 tbsp, whole (18g)

## Dairy and Egg Products

- cheddar cheese**  
4 tbsp, shredded (28g)
- eggs**  
4 large (200g)
- whole milk**  
2 1/2 cup(s) (571mL)
- string cheese**  
2 stick (56g)
- ghee**  
1 tsp (5g)
- butter**  
2 tsp (9g)

## Fruits and Fruit Juices

- avocados**  
2 1/4 avocado(s) (452g)
- lime juice**  
1 1/2 tbsp (23mL)
- lemon juice**  
1/2 tsp (3mL)
- grapes**  
1 1/3 cup (123g)
- Watermelon**  
12 oz (340g)
- green olives**  
6 large (26g)
- lemon**  
1/2 small (29g)

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## Other

- italian seasoning**  
1 dash (0g)
- Chicken, drumsticks, with skin**  
4 oz (113g)

## Pork Products

- pork loin chops, boneless, raw**  
5 oz (142g)

## Sweets

- honey**  
1 tsp (7g)
- maple syrup**  
1 tbsp (15mL)

## Cereal Grains and Pasta

- long-grain white rice**  
1/4 cup (41g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

### Grapes

39 cals ● 0g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**grapes**  
2/3 cup (61g)

For all 2 meals:

**grapes**  
1 1/3 cup (123g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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.

### Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**  
1 packet (43g)  
**water**  
3/4 cup(s) (178mL)

For all 2 meals:

**flavored instant oatmeal**  
2 packet (86g)  
**water**  
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Watermelon

4 oz - 41 cals ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

**Watermelon**

4 oz (113g)

For all 3 meals:

**Watermelon**

12 oz (340g)

1. Slice watermelon and serve.

### Coffee overnight protein oats

169 cals ● 16g protein ● 3g fat ● 18g carbs ● 3g fiber



For single meal:

**maple syrup**

1 tsp (5mL)

**whole milk**

1/8 cup(s) (30mL)

**protein powder**

1/2 scoop (1/3 cup ea) (16g)

**oatmeal, old-fashioned oats, rolled oats**

4 tbsp (20g)

**coffee, brewed**

1 1/2 tbsp (22g)

For all 3 meals:

**maple syrup**

1 tbsp (15mL)

**whole milk**

3/8 cup(s) (90mL)

**protein powder**

1 1/2 scoop (1/3 cup ea) (47g)

**oatmeal, old-fashioned oats, rolled oats**

3/4 cup (61g)

**coffee, brewed**

1/4 cup (67g)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight or for at least 4 hours. Serve.

## Lunch 1 ↗

Eat on day 1

### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



**balsamic vinegar**  
1/2 tbsp (8mL)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)  
**onion, thinly sliced**  
1/4 small (18g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**fresh parsley, chopped**  
1 1/2 sprigs (2g)

1. Add all ingredients to a bowl and toss. Serve!

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

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

## Lunch 2 ↗

Eat on day 2 and day 3

### Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cals ● 27g protein ● 3g fat ● 28g carbs ● 3g fiber



For single meal:

**barbecue sauce**  
4 tsp (24g)  
**boneless skinless chicken breast, raw**  
4 oz (112g)  
**sweet potatoes, halved**  
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**barbecue sauce**  
2 2/3 tbsp (48g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**sweet potatoes, halved**  
1 sweetpotato, 5" long (210g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no instructions.

## Lunch 3 ↗

Eat on day 4

### Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

**chunky canned soup (non-creamy varieties)**

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

### Roasted almonds

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



Makes 1/8 cup(s)

**almonds**

2 tbsp, whole (18g)

1. The recipe has no instructions.

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

**string cheese**

2 stick (56g)

1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 5

### Chipotle honey pork chops

309 cals ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



**ghee**  
1 tsp (5g)  
**pork loin chops, boneless, raw**  
5 oz (142g)  
**honey**  
1 tsp (7g)  
**chipotle seasoning**  
2 dash (1g)  
**water**  
1/2 tbsp (8mL)  
**oil**  
1 tsp (5mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

### Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**butter**  
2 tsp (9g)  
**frozen sugar snap peas**  
2/3 cup (96g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

## Lunch 5 ↗

Eat on day 6 and day 7

### White rice

1/3 cup rice, cooked - 73 cals ● 1g protein ● 0g fat ● 16g carbs ● 0g fiber



For single meal:

**water**  
1/4 cup(s) (53mL)  
**long-grain white rice**  
1 3/4 tbsp (21g)

For all 2 meals:

**water**  
1/2 cup(s) (105mL)  
**long-grain white rice**  
1/4 cup (41g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

### Chicken beet & carrot salad bowl

337 cals ● 39g protein ● 15g fat ● 8g carbs ● 2g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**thyme, dried**  
1 1/2 dash, leaves (0g)  
**apple cider vinegar**  
3/8 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
3 oz (85g)  
**boneless skinless chicken breast, raw, cubed**  
6 oz (168g)  
**carrots, thinly sliced**  
3/8 medium (23g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**thyme, dried**  
3 dash, leaves (0g)  
**apple cider vinegar**  
3/4 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
6 oz (170g)  
**boneless skinless chicken breast, raw, cubed**  
3/4 lbs (336g)  
**carrots, thinly sliced**  
3/4 medium (46g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Avocado & greens quesadilla

1/2 quesadilla(s) - 342 cals ● 10g protein ● 18g fat ● 29g carbs ● 6g fiber



For single meal:

**salsa**  
1 tbsp (18g)  
**oil**  
1/4 tsp (1mL)  
**fresh spinach**  
1/2 oz (14g)  
**flour tortillas**  
1/2 tortilla (approx 12" dia) (59g)  
**cheddar cheese**  
2 tbsp, shredded (14g)  
**avocados, thinly sliced**  
1/4 avocado(s) (50g)

For all 2 meals:

**salsa**  
2 tbsp (36g)  
**oil**  
1/2 tsp (3mL)  
**fresh spinach**  
1 oz (28g)  
**flour tortillas**  
1 tortilla (approx 12" dia) (117g)  
**cheddar cheese**  
4 tbsp, shredded (28g)  
**avocados, thinly sliced**  
1/2 avocado(s) (101g)

1. Add cheese, spinach, and avocado slices to one half of the tortilla. Fold tortilla in half and gently press together.
2. Heat oil in a skillet over medium heat. Add quesadilla and cook until golden, about 2-3 minutes per side.
3. Slice and serve with salsa.

### Tomato and avocado salad

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



For single meal:

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

For all 2 meals:

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

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

## Dinner 2 ↗

Eat on day 3

### Tomato and avocado salad

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



**onion**

1/2 tbsp minced (8g)

**lime juice**

1/2 tbsp (8mL)

**olive oil**

3/8 tsp (2mL)

**garlic powder**

1 dash (0g)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

**avocados, cubed**

1/4 avocado(s) (50g)

**tomatoes, diced**

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

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

2. Meanwhile, prepare the avocado and tomato.

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

4. Serve chilled.

### Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

oil

1/2 tbsp (8mL)

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.

## Dinner 3 ↗

Eat on day 4

### Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

oil

1/2 tbsp (8mL)

**sweet potatoes, sliced**

1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
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.

### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**olive oil**

1/2 tbsp (8mL)

**fresh spinach**

4 cup(s) (120g)

**garlic, diced**

1/2 clove (2g)

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.

### Balsamic chicken breast

4 oz - 158 cals ● 26g protein ● 6g fat ● 0g carbs ● 0g fiber



Makes 4 oz

**boneless skinless chicken breast, raw**  
4 oz (113g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**oil**  
1/2 tsp (3mL)  
**italian seasoning**  
1 dash (0g)

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.

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## Dinner 4

Eat on day 5

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### Roasted rosemary sweet potatoes

105 cals ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber



**olive oil**  
1 tsp (5mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**rosemary, dried**  
4 dash (1g)  
**sweet potatoes, cut into 1" cubes**  
1/3 sweetpotato, 5" long (70g)

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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### Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



**collard greens**  
4 oz (113g)  
**oil**  
1/4 tbsp (4mL)  
**salt**  
1/2 dash (0g)  
**garlic, minced**  
3/4 clove(s) (2g)

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.

## Buffalo drumsticks

4 oz - 233 cals ● 18g protein ● 18g fat ● 0g carbs ● 0g fiber



Makes 4 oz

**Frank's Red Hot sauce**  
2 tsp (10mL)  
**oil**  
3/8 tsp (2mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
4 oz (113g)

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.

## Dinner 5 ↗

Eat on day 6 and day 7

### Baked chicken with tomatoes & olives

3 oz - 150 cals ● 20g protein ● 6g fat ● 2g carbs ● 2g fiber



For single meal:

**tomatoes**  
3 cherry tomatoes (51g)  
**olive oil**  
1/2 tsp (3mL)  
**salt**  
1 dash (1g)  
**green olives**  
3 large (13g)  
**black pepper**  
1 dash (0g)  
**chili powder**  
4 dash (1g)  
**boneless skinless chicken breast, raw**  
3 oz (85g)  
**fresh basil, shredded**  
3 leaves (2g)

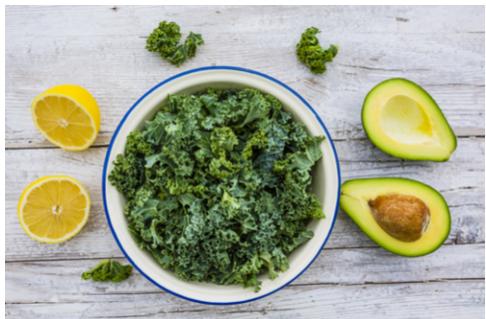
For all 2 meals:

**tomatoes**  
6 cherry tomatoes (102g)  
**olive oil**  
1 tsp (5mL)  
**salt**  
2 dash (2g)  
**green olives**  
6 large (26g)  
**black pepper**  
2 dash (0g)  
**chili powder**  
1 tsp (3g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)  
**fresh basil, shredded**  
6 leaves (3g)

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.

### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**lemon, juiced**  
1/2 small (29g)

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.

### Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

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