

Meal Plan - Meal plan with under 30g carbs

[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

1549 cals ● 149g protein (38%) ● 93g fat (54%) ● 22g carbs (6%) ● 7g fiber (2%)

Breakfast

235 cals, 18g protein, 4g net carbs, 16g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals

Snacks

200 cals, 8g protein, 9g net carbs, 14g fat



String cheese

1 stick(s)- 83 cals



Dark chocolate

2 square(s)- 120 cals

Lunch

520 cals, 69g protein, 4g net carbs, 25g fat



Basic chicken breast

10 2/3 oz- 423 cals



Buttered green beans

98 cals

Dinner

595 cals, 54g protein, 6g net carbs, 39g fat



Jalapeno popper chicken lettuce wrap

2 lettuce wrap(s)- 478 cals



Cheese

1 oz- 114 cals

Day 2

1549 cals ● 149g protein (38%) ● 93g fat (54%) ● 22g carbs (6%) ● 7g fiber (2%)

Breakfast

235 cals, 18g protein, 4g net carbs, 16g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals

Snacks

200 cals, 8g protein, 9g net carbs, 14g fat



String cheese

1 stick(s)- 83 cals



Dark chocolate

2 square(s)- 120 cals

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520 cals, 69g protein, 4g net carbs, 25g fat



Basic chicken breast

10 2/3 oz- 423 cals



Buttered green beans

98 cals

Dinner

595 cals, 54g protein, 6g net carbs, 39g fat



Jalapeno popper chicken lettuce wrap

2 lettuce wrap(s)- 478 cals



Cheese

1 oz- 114 cals

Day 3

1465 cals ● 183g protein (50%) ● 68g fat (42%) ● 24g carbs (7%) ● 6g fiber (2%)

Breakfast

235 cals, 18g protein, 4g net carbs, 16g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals

Snacks

175 cals, 10g protein, 10g net carbs, 10g fat



Clementine

1 clementine(s)- 39 cals



Pork rinds with french onion dip

134 cals

Lunch

565 cals, 78g protein, 5g net carbs, 25g fat



Balsamic chicken breast

12 oz- 473 cals



Roasted tomatoes

1 1/2 tomato(es)- 89 cals

Dinner

495 cals, 77g protein, 6g net carbs, 17g fat



Olive oil drizzled green beans

72 cals



Marinated chicken breast

12 oz- 424 cals

Day 4

1528 cals ● 173g protein (45%) ● 77g fat (45%) ● 28g carbs (7%) ● 8g fiber (2%)

Breakfast

295 cals, 8g protein, 7g net carbs, 25g fat



Blueberries and cream

161 cals



Sunflower seeds

135 cals

Snacks

175 cals, 10g protein, 10g net carbs, 10g fat



Clementine

1 clementine(s)- 39 cals



Pork rinds with french onion dip

134 cals

Lunch

565 cals, 78g protein, 5g net carbs, 25g fat



Balsamic chicken breast

12 oz- 473 cals



Roasted tomatoes

1 1/2 tomato(es)- 89 cals

Dinner

495 cals, 77g protein, 6g net carbs, 17g fat



Olive oil drizzled green beans

72 cals



Marinated chicken breast

12 oz- 424 cals

Day 5

1473 cals ● 90g protein (24%) ● 108g fat (66%) ● 20g carbs (6%) ● 14g fiber (4%)

Breakfast

295 cals, 8g protein, 7g net carbs, 25g fat



Blueberries and cream
161 cals



Sunflower seeds
135 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Lunch

435 cals, 30g protein, 4g net carbs, 32g fat



Buttered green beans
98 cals



Buffalo chicken wings
8 oz- 338 cals

Dinner

555 cals, 46g protein, 3g net carbs, 37g fat



Roasted brussels sprouts
58 cals



Indian chicken wings
12 oz- 495 cals

Day 6

1544 cals ● 87g protein (22%) ● 113g fat (66%) ● 24g carbs (6%) ● 21g fiber (6%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado
326 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Lunch

480 cals, 20g protein, 11g net carbs, 37g fat



Italian sausage
1 link- 257 cals



Simple sauteed spinach
100 cals



Cauliflower rice
2 cup(s)- 121 cals

Dinner

555 cals, 46g protein, 3g net carbs, 37g fat



Roasted brussels sprouts
58 cals



Indian chicken wings
12 oz- 495 cals

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado
326 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Lunch

480 cals, 20g protein, 11g net carbs, 37g fat



Italian sausage
1 link- 257 cals



Simple sauteed spinach
100 cals



Cauliflower rice
2 cup(s)- 121 cals

Dinner

500 cals, 55g protein, 1g net carbs, 29g fat



Buttery spinach cauliflower mince
1 cup(s)- 64 cals



Basic ground turkey
9 1/3 oz- 438 cals

Vegetables and Vegetable Products

- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (687g)
- ☐ frozen green beans
3 1/3 cup (403g)
- ☐ romaine lettuce
4 leaf inner (24g)
- ☐ jalapeno pepper
1/2 cup, chopped (47g)
- ☐ brussels sprouts
4 oz (113g)
- ☐ fresh spinach
8 1/2 cup(s) (255g)
- ☐ garlic
2 clove (6g)

Fats and Oils

- ☐ oil
3 oz (93mL)
- ☐ mayonnaise
2 tbsp (31mL)
- ☐ balsamic vinaigrette
6 tbsp (91mL)
- ☐ olive oil
1 oz (32mL)
- ☐ marinade sauce
3/4 cup (180mL)

Dairy and Egg Products

- ☐ eggs
12 large (600g)
- ☐ butter
1/4 stick (32g)
- ☐ string cheese
2 stick (56g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ cheddar cheese
4 tbsp, shredded (28g)
- ☐ cream cheese
2 oz (57g)
- ☐ cheese
2 oz (57g)
- ☐ heavy cream
1/3 cup (79mL)

Poultry Products

Spices and Herbs

- ☐ black pepper
1/8 oz (2g)
- ☐ salt
1/2 oz (15g)
- ☐ garlic powder
4 dash (2g)
- ☐ curry powder
2 1/4 tbsp (14g)
- ☐ fresh basil
4 leaves (2g)

Sweets

- ☐ chocolate, dark, 70-85%
4 square(s) (40g)

Fruits and Fruit Juices

- ☐ clementines
2 fruit (148g)
- ☐ blueberries
1/2 cup (74g)
- ☐ avocados
1 avocado(s) (201g)

Other

- ☐ french onion dip
4 tbsp (59g)
- ☐ pork rinds
1 oz (28g)
- ☐ italian seasoning
1/4 tbsp (3g)
- ☐ Italian pork sausage, raw
2 link (215g)
- ☐ frozen cauliflower
4 cup (454g)
- ☐ frozen riced cauliflower
1 cup, frozen (106g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)
- ☐ pistachios, shelled
3/4 cup (92g)

Soups, Sauces, and Gravies

☐ boneless skinless chicken breast, raw
5 lbs (2290g)

☐ chicken wings, with skin, raw
2 lbs (908g)

☐ ground turkey, raw
9 1/3 oz (265g)

☐ Frank's Red Hot sauce
4 tsp (19mL)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

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 3 meals:

tomatoes

18 cherry tomatoes (306g)

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

Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (3mL)

eggs

2 2/3 large (133g)

For all 3 meals:

oil

2 tsp (10mL)

eggs

8 large (400g)

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.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Blueberries and cream

161 cals ● 1g protein ● 14g fat ● 6g carbs ● 1g fiber



For single meal:

heavy cream
2 2/3 tbsp (40mL)
blueberries
4 tbsp (37g)

For all 2 meals:

heavy cream
1/3 cup (80mL)
blueberries
1/2 cup (74g)

1. Place the blueberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.
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Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
3/4 oz (21g)

For all 2 meals:

sunflower kernels
1 1/2 oz (43g)

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

Eat on day 6 and day 7

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

salt

2 dash (1g)

eggs

2 large (100g)

black pepper

2 dash (0g)

tomatoes

2 slice(s), thick/large (1/2" thick)
(54g)

avocados, sliced

1/2 avocado(s) (101g)

fresh basil, chopped

2 leaves (1g)

For all 2 meals:

salt

4 dash (2g)

eggs

4 large (200g)

black pepper

4 dash (0g)

tomatoes

4 slice(s), thick/large (1/2" thick)
(108g)

avocados, sliced

1 avocado(s) (201g)

fresh basil, chopped

4 leaves (2g)

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.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
2/3 lbs (299g)
oil
2 tsp (10mL)

For all 2 meals:

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

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.

Buttered green beans

98 cals ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber



For single meal:

butter
2 tsp (9g)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)

For all 2 meals:

butter
4 tsp (18g)
black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

3/4 lbs (340g)

balsamic vinaigrette

3 tbsp (45mL)

oil

1/2 tbsp (8mL)

italian seasoning

3 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

balsamic vinaigrette

6 tbsp (90mL)

oil

1 tbsp (15mL)

italian seasoning

1/4 tbsp (3g)

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.

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil

1/2 tbsp (8mL)

tomatoes

1 1/2 small whole (2-2/5" dia) (137g)

For all 2 meals:

oil

1 tbsp (15mL)

tomatoes

3 small whole (2-2/5" dia) (273g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Lunch 3 [↗](#)

Eat on day 5

Buttered green beans

98 cals ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber



butter

2 tsp (9g)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen green beans

2/3 cup (81g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Buffalo chicken wings

8 oz - 338 cals ● 29g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 8 oz

oil

1/4 tbsp (4mL)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

chicken wings, with skin, raw

1/2 lbs (227g)

Frank's Red Hot sauce

4 tsp (20mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Italian sausage

1 link - 257 cals ● 14g protein ● 21g fat ● 3g carbs ● 0g fiber



For single meal:

Italian pork sausage, raw
1 link (108g)

For all 2 meals:

Italian pork sausage, raw
2 link (215g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Simple sauteed spinach

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



For single meal:

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)

For all 2 meals:

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)

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.

Cauliflower rice

2 cup(s) - 121 cals ● 2g protein ● 9g fat ● 6g carbs ● 2g fiber



For single meal:

frozen cauliflower
2 cup (227g)
oil
2 tsp (10mL)

For all 2 meals:

frozen cauliflower
4 cup (454g)
oil
4 tsp (20mL)

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

Snacks 1 [↗](#)

Eat on day 1 and day 2

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

chocolate, dark, 70-85%
2 square(s) (20g)

For all 2 meals:

chocolate, dark, 70-85%
4 square(s) (40g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

Pork rinds with french onion dip

134 cals ● 10g protein ● 10g fat ● 2g carbs ● 0g fiber



For single meal:

french onion dip
2 tbsp (29g)
pork rinds
1/2 oz (14g)

For all 2 meals:

french onion dip
4 tbsp (59g)
pork rinds
1 oz (28g)

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

Eat on day 5, day 6, and day 7

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 3 meals:

pistachios, shelled
3/4 cup (92g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Jalapeno popper chicken lettuce wrap

2 lettuce wrap(s) - 478 cals ● 48g protein ● 29g fat ● 5g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (170g)
nonfat greek yogurt, plain
2 tbsp (35g)
mayonnaise
1 tbsp (15mL)
garlic powder
2 dash (1g)
romaine lettuce
2 leaf inner (12g)
cheddar cheese
2 tbsp, shredded (14g)
cream cheese, softened
1 oz (28g)
jalapeno pepper, deseeded
4 tbsp, chopped (24g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (340g)
nonfat greek yogurt, plain
4 tbsp (70g)
mayonnaise
2 tbsp (30mL)
garlic powder
4 dash (2g)
romaine lettuce
4 leaf inner (24g)
cheddar cheese
4 tbsp, shredded (28g)
cream cheese, softened
2 oz (57g)
jalapeno pepper, deseeded
1/2 cup, chopped (47g)

1. Season chicken with some salt/pepper and cook in a non-stick skillet or bake at 350°F (180°C) for 25-30 minutes until chicken is fully cooked. Set aside to cool.
2. In a large bowl, mix together the cream cheese, greek yogurt, mayonnaise, garlic powder, and jalapenos (you can modulate the spice level by omitting or including the seeds. The more seeds, the more heat). Set aside.
3. When the chicken has cooled enough to handle, dice it and add it into the bowl. Stir to incorporate.
4. Gently stir in the shredded cheddar cheese and season with salt/pepper to taste.
5. Evenly spoon the mixture onto the lettuce leaves. Serve.
6. Meal prep tip: Store chicken salad mixture separately in a airtight container in the fridge. Assemble lettuce wraps right before serving.

Cheese

1 oz - 114 cals ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
1 oz (28g)

For all 2 meals:

cheese
2 oz (57g)

1. The recipe has no instructions.
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Dinner 2 [↗](#)

Eat on day 3 and day 4

Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)
olive oil
2 tsp (10mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Marinated chicken breast

12 oz - 424 cals ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (336g)
marinade sauce
6 tbsp (90mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
marinade sauce
3/4 cup (180mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Roasted brussels sprouts

58 cals ● 2g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

salt
1/2 dash (0g)
black pepper
1/3 dash, ground (0g)
brussels sprouts
2 oz (57g)
olive oil
1/4 tbsp (4mL)

For all 2 meals:

salt
1 dash (1g)
black pepper
2/3 dash, ground (0g)
brussels sprouts
4 oz (113g)
olive oil
1/2 tbsp (8mL)

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.

Indian chicken wings

12 oz - 495 cals ● 44g protein ● 34g fat ● 0g carbs ● 4g fiber



For single meal:

oil
1/2 tsp (3mL)
chicken wings, with skin, raw
3/4 lbs (341g)
salt
1/4 tbsp (5g)
curry powder
1 tbsp (7g)

For all 2 meals:

oil
1 tsp (6mL)
chicken wings, with skin, raw
1 1/2 lbs (681g)
salt
1/2 tbsp (9g)
curry powder
2 1/4 tbsp (14g)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Dinner 4 [↗](#)

Eat on day 7

Buttery spinach cauliflower mince

1 cup(s) - 64 cal ● 3g protein ● 4g fat ● 1g carbs ● 3g fiber



Makes 1 cup(s)

butter

1 tsp (5g)

frozen riced cauliflower

16 tbsp, frozen (106g)

garlic, minced

1 clove (3g)

fresh spinach, chopped

1/2 cup(s) (15g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, garlic, butter, and some salt and pepper. Mix well until butter has melted.
4. Serve.

Basic ground turkey

9 1/3 oz - 438 cal ● 52g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 9 1/3 oz

ground turkey, raw

9 1/3 oz (265g)

oil

1 tsp (6mL)

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.
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