

# Meal Plan - Meal plan with under 45g 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

1517 cals ● 119g protein (31%) ● 95g fat (57%) ● 34g carbs (9%) ● 12g fiber (3%)

### Breakfast

235 cals, 4g protein, 8g net carbs, 19g fat



**Walnuts**

1/6 cup(s)- 117 cals



**Dark chocolate**

2 square(s)- 120 cals

### Snacks

240 cals, 2g protein, 8g net carbs, 22g fat



**Blueberries and cream**

242 cals

### Lunch

545 cals, 71g protein, 6g net carbs, 24g fat



**Basic chicken breast**

10 2/3 oz- 423 cals



**Olive oil drizzled sugar snap peas**

122 cals

### Dinner

495 cals, 41g protein, 11g net carbs, 30g fat



**Chipotle honey pork chops**

386 cals



**Buttered sugar snap peas**

107 cals

## Day 2

1517 cals ● 119g protein (31%) ● 95g fat (57%) ● 34g carbs (9%) ● 12g fiber (3%)

### Breakfast

235 cals, 4g protein, 8g net carbs, 19g fat



**Walnuts**

1/6 cup(s)- 117 cals



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### Lunch

545 cals, 71g protein, 6g net carbs, 24g fat



**Basic chicken breast**

10 2/3 oz- 423 cals



**Olive oil drizzled sugar snap peas**

122 cals

### Dinner

495 cals, 41g protein, 11g net carbs, 30g fat



**Chipotle honey pork chops**

386 cals



**Buttered sugar snap peas**

107 cals

## Day 3

1495 cals ● 116g protein (31%) ● 93g fat (56%) ● 34g carbs (9%) ● 14g fiber (4%)

### Breakfast

255 cals, 14g protein, 17g net carbs, 13g fat



**Kiwi**

2 kiwi- 94 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals

### Snacks

170 cals, 18g protein, 3g net carbs, 9g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pork rinds**

1 oz- 149 cals

### Lunch

545 cals, 29g protein, 4g net carbs, 44g fat



**Buffalo drumsticks**

5 1/3 oz- 311 cals



**Buttered broccoli**

1 3/4 cup(s)- 234 cals

### Dinner

525 cals, 55g protein, 11g net carbs, 28g fat



**Balsamic chicken breast**

8 oz- 316 cals



**Cauliflower rice**

3 1/2 cup(s)- 212 cals

## Day 4

1476 cals ● 108g protein (29%) ● 96g fat (59%) ● 32g carbs (9%) ● 12g fiber (3%)

### Breakfast

255 cals, 14g protein, 17g net carbs, 13g fat



**Kiwi**

2 kiwi- 94 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals

### Snacks

170 cals, 18g protein, 3g net carbs, 9g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pork rinds**

1 oz- 149 cals

### Lunch

545 cals, 29g protein, 4g net carbs, 44g fat



**Buffalo drumsticks**

5 1/3 oz- 311 cals



**Buttered broccoli**

1 3/4 cup(s)- 234 cals

### Dinner

510 cals, 46g protein, 9g net carbs, 31g fat



**Buffalo chicken salad**

356 cals



**Strawberries and cream**

153 cals

## Day 5

1478 cals ● 126g protein (34%) ● 94g fat (57%) ● 25g carbs (7%) ● 7g fiber (2%)

### Breakfast

255 cals, 14g protein, 17g net carbs, 13g fat



**Kiwi**

2 kiwi- 94 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals

### Snacks

170 cals, 18g protein, 3g net carbs, 9g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Pork rinds**

1 oz- 149 cals

### Lunch

525 cals, 53g protein, 3g net carbs, 33g fat



**Buttery cauliflower rice**

1 cup(s)- 86 cals



**Basic ground turkey**

9 1/3 oz- 438 cals

### Dinner

530 cals, 41g protein, 3g net carbs, 39g fat



**Low carb fried chicken**

8 oz- 468 cals



**Sauteed garlic & herb tomatoes**

64 cals

## Day 6

1472 cals ● 80g protein (22%) ● 114g fat (70%) ● 21g carbs (6%) ● 11g fiber (3%)

### Breakfast

305 cals, 21g protein, 1g net carbs, 24g fat



**Bacon**

6 slice(s)- 303 cals

### Snacks

150 cals, 1g protein, 3g net carbs, 14g fat



**Celery and ranch**

148 cals

### Lunch

540 cals, 6g protein, 9g net carbs, 50g fat



**Macadamia nuts**

326 cals



**Roasted cabbage steaks with dressing**

214 cals

### Dinner

480 cals, 52g protein, 8g net carbs, 26g fat



**Okra**

1/2 cup- 20 cals



**Ranch chicken**

8 oz- 461 cals

Day 7

1472 cals ● 80g protein (22%) ● 114g fat (70%) ● 21g carbs (6%) ● 11g fiber (3%)

Breakfast

305 cals, 21g protein, 1g net carbs, 24g fat



Bacon  
6 slice(s)- 303 cals

Lunch

540 cals, 6g protein, 9g net carbs, 50g fat



Macadamia nuts  
326 cals



Roasted cabbage steaks with dressing  
214 cals

Snacks

150 cals, 1g protein, 3g net carbs, 14g fat



Celery and ranch  
148 cals

Dinner

480 cals, 52g protein, 8g net carbs, 26g fat



Okra  
1/2 cup- 20 cals



Ranch chicken  
8 oz- 461 cals

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## Dairy and Egg Products

- ☐ heavy cream  
2/3 cup (161mL)
- ☐ ghee  
2 1/2 tsp (11g)
- ☐ butter  
2/3 stick (77g)
- ☐ eggs  
6 large (300g)
- ☐ nonfat greek yogurt, plain  
3 tbsp (53g)

## Fruits and Fruit Juices

- ☐ blueberries  
3/4 cup (111g)
- ☐ kiwi  
6 fruit (414g)
- ☐ strawberries  
4 tbsp, sliced (42g)

## Nut and Seed Products

- ☐ walnuts  
1/3 cup, shelled (33g)
- ☐ Macadamia nuts, shelled, roasted  
3 oz (85g)

## Sweets

- ☐ chocolate, dark, 70-85%  
4 square(s) (40g)
- ☐ honey  
2 1/2 tsp (18g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
3 1/4 lbs (1442g)
- ☐ ground turkey, raw  
9 1/3 oz (265g)

## Fats and Oils

- ☐ oil  
1/4 lbs (109mL)
- ☐ olive oil  
2/3 oz (20mL)
- ☐ balsamic vinaigrette  
2 tbsp (31mL)

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
3 1/3 cup (480g)
- ☐ frozen broccoli  
3 1/2 cup (319g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (381g)
- ☐ raw celery  
1/2 bunch (253g)
- ☐ onion  
3 tbsp, chopped (30g)
- ☐ garlic  
1/4 clove(s) (1g)
- ☐ cabbage  
1/2 head, small (about 4-1/2" dia) (357g)
- ☐ okra, frozen  
1 cup (112g)

## Pork Products

- ☐ pork loin chops, boneless, raw  
3/4 lbs (354g)
- ☐ bacon, cooked  
12 slice(s) (120g)

## Beverages

- ☐ water  
1 1/4 tbsp (19mL)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
2 fl oz (60mL)
- ☐ hot sauce  
1/2 tbsp (8mL)

## Other

- ☐ Chicken, drumsticks, with skin  
18 3/4 oz (529g)
- ☐ pork rinds  
3 1/4 oz (92g)
- ☐ italian seasoning  
1/6 container (.75 oz) (4g)
- ☐ frozen cauliflower  
4 1/2 cup (510g)
- ☐ mixed greens  
3/4 cup (23g)
- ☐ ranch dressing mix  
1/2 packet (1 oz) (14g)

- ☐ **mayonnaise**  
1 tbsp (17mL)
- ☐ **ranch dressing**  
10 tbsp (150mL)

## **Spices and Herbs**

- ☐ **black pepper**  
2 g (2g)
  - ☐ **salt**  
1/4 oz (6g)
  - ☐ **chipotle seasoning**  
5 dash (1g)
  - ☐ **cajun seasoning**  
1/3 tsp (1g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

#### walnuts

2 2/3 tbsp, shelled (17g)

For all 2 meals:

#### walnuts

1/3 cup, shelled (33g)

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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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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 3 meals:

**kiwi**  
6 fruit (414g)

1. Slice the kiwi and serve.
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### 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 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 large (300g)

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.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Bacon

6 slice(s) - 303 cals ● 21g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon, cooked**  
6 slice(s) (60g)

For all 2 meals:

**bacon, cooked**  
12 slice(s) (120g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

## 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.

Olive oil drizzled sugar snap peas

122 cals ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



For single meal:

**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**frozen sugar snap peas**  
1 cup (144g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen sugar snap peas**  
2 cup (288g)  
**olive oil**  
1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

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## Lunch 2 [↗](#)

Eat on day 3 and day 4

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### Buffalo drumsticks

5 1/3 oz - 311 cals ● 24g protein ● 24g fat ● 0g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
2 2/3 tsp (13mL)  
**oil**  
1/2 tsp (3mL)  
**salt**  
2/3 dash (1g)  
**black pepper**  
2/3 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
1/3 lbs (151g)

For all 2 meals:

**Frank's Red Hot sauce**  
1 3/4 tbsp (27mL)  
**oil**  
1 tsp (5mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
2/3 lbs (303g)

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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### Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



For single meal:

**salt**  
1 dash (0g)  
**frozen broccoli**  
1 3/4 cup (159g)  
**black pepper**  
1 dash (0g)  
**butter**  
1 3/4 tbsp (25g)

For all 2 meals:

**salt**  
1/4 tsp (1g)  
**frozen broccoli**  
3 1/2 cup (319g)  
**black pepper**  
1/4 tsp (0g)  
**butter**  
1/4 cup (50g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Lunch 3 [🔗](#)  
Eat on day 5

Buttery cauliflower rice

1 cup(s) - 86 cals ● 1g protein ● 7g fat ● 3g carbs ● 1g fiber



Makes 1 cup(s)

**butter**  
2 tsp (9g)  
**frozen cauliflower**  
1 cup (113g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

Basic ground turkey

9 1/3 oz - 438 cals ● 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.

## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Macadamia nuts

326 cals ● 3g protein ● 32g fat ● 2g carbs ● 3g fiber



For single meal:

**Macadamia nuts, shelled, roasted**  
1 1/2 oz (43g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**  
3 oz (85g)

1. The recipe has no instructions.

### Roasted cabbage steaks with dressing

214 cals ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber



For single meal:

**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**italian seasoning**  
2 dash (1g)  
**ranch dressing**  
1 tbsp (15mL)  
**oil**  
3/4 tbsp (11mL)  
**cabbage**  
1/4 head, small (about 4-1/2" dia)  
(179g)

For all 2 meals:

**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**italian seasoning**  
4 dash (2g)  
**ranch dressing**  
2 tbsp (30mL)  
**oil**  
1 1/2 tbsp (23mL)  
**cabbage**  
1/2 head, small (about 4-1/2" dia)  
(357g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Blueberries and cream

242 cals ● 2g protein ● 22g fat ● 8g carbs ● 1g fiber



For single meal:

**heavy cream**  
4 tbsp (60mL)  
**blueberries**  
6 tbsp (56g)

For all 2 meals:

**heavy cream**  
1/2 cup (120mL)  
**blueberries**  
3/4 cup (111g)

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

## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

### 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.

### Pork rinds

1 oz - 149 cals ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber





For single meal:

**pork rinds**  
1 oz (28g)

For all 3 meals:

**pork rinds**  
3 oz (85g)

1. Enjoy.

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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Celery and ranch

148 cals ● 1g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

**ranch dressing**  
2 tbsp (30mL)  
**raw celery, sliced into strips**  
3 stalk, medium (7-1/2" - 8" long)  
(120g)

For all 2 meals:

**ranch dressing**  
4 tbsp (60mL)  
**raw celery, sliced into strips**  
6 stalk, medium (7-1/2" - 8" long)  
(240g)

1. Slice celery into strips. Serve with ranch to dip into.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Chipotle honey pork chops

386 cals ● 38g protein ● 23g fat ● 8g carbs ● 0g fiber



For single meal:

**ghee**  
1 1/4 tsp (6g)  
**pork loin chops, boneless, raw**  
6 1/4 oz (177g)  
**honey**  
1 1/4 tsp (9g)  
**chipotle seasoning**  
1/3 tsp (1g)  
**water**  
2 tsp (9mL)  
**oil**  
1 1/4 tsp (6mL)

For all 2 meals:

**ghee**  
2 1/2 tsp (11g)  
**pork loin chops, boneless, raw**  
3/4 lbs (354g)  
**honey**  
2 1/2 tsp (18g)  
**chipotle seasoning**  
5 dash (1g)  
**water**  
1 1/4 tbsp (19mL)  
**oil**  
2 1/2 tsp (13mL)

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



For single meal:

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

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**butter**  
4 tsp (18g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)

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

## Dinner 2 [↗](#)

Eat on day 3

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### Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



Makes 8 oz

**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**oil**  
1 tsp (5mL)  
**italian seasoning**  
2 dash (1g)

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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### Cauliflower rice

3 1/2 cup(s) - 212 cals ● 4g protein ● 16g fat ● 11g carbs ● 4g fiber



Makes 3 1/2 cup(s)

**frozen cauliflower**  
3 1/2 cup (397g)  
**oil**  
3 1/2 tsp (18mL)

1. Cook cauliflower according to package instructions.
  2. Mix in oil and some salt and pepper.
  3. Serve.
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## Dinner 3 [🔗](#)

Eat on day 4

### Buffalo chicken salad

356 cals ● 45g protein ● 16g fat ● 6g carbs ● 1g fiber



**mixed greens**  
3/4 cup (23g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**Frank's Red Hot sauce**  
2 1/4 tbsp (34mL)  
**mayonnaise**  
1 tbsp (17mL)  
**raw celery, chopped**  
3/4 stalk, small (5" long) (13g)  
**onion, chopped**  
3 tbsp, chopped (30g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

### Strawberries and cream

153 cals ● 1g protein ● 14g fat ● 3g carbs ● 1g fiber



**strawberries**  
4 tbsp, sliced (42g)  
**heavy cream**  
2 2/3 tbsp (40mL)

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

## Dinner 4 [↗](#)

Eat on day 5

### Low carb fried chicken

8 oz - 468 cals ● 40g protein ● 34g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**hot sauce**

1/2 tbsp (8mL)

**cajun seasoning**

1/3 tsp (1g)

**Chicken, drumsticks, with skin**

1/2 lbs (227g)

**pork rinds, crushed**

1/4 oz (7g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

### Sauteed garlic & herb tomatoes

64 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



**black pepper**

1/4 dash, ground (0g)

**olive oil**

1 tsp (6mL)

**tomatoes**

1/4 pint, cherry tomatoes (75g)

**italian seasoning**

3 dash (1g)

**salt**

1 dash (1g)

**garlic, minced**

1/4 clove(s) (1g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

## Dinner 5 [↗](#)

Eat on day 6 and day 7

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### Okra

1/2 cup - 20 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

**okra, frozen**  
1/2 cup (56g)

For all 2 meals:

**okra, frozen**  
1 cup (112g)

1. Pour frozen okra into a saucepan.
  2. Cover with water and boil for 3 minutes.
  3. Drain and season to taste. Serve.
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### Ranch chicken

8 oz - 461 cals ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

**ranch dressing**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**oil**  
1/2 tbsp (8mL)  
**ranch dressing mix**  
1/4 packet (1 oz) (7g)

For all 2 meals:

**ranch dressing**  
4 tbsp (60mL)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**oil**  
1 tbsp (15mL)  
**ranch dressing mix**  
1/2 packet (1 oz) (14g)

1. Preheat oven to 350 F (180 C).
  2. Spread oil evenly over all chicken.
  3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
  4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
  5. Serve with a side of ranch dressing.
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