

# Meal Plan - Meal plan with under 75g 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

1562 cals ● 110g protein (28%) ● 89g fat (51%) ● 59g carbs (15%) ● 20g fiber (5%)

### Breakfast

270 cals, 16g protein, 4g net carbs, 20g fat



**Celery and peanut butter**  
109 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Snacks

230 cals, 8g protein, 18g net carbs, 10g fat



**Cherry tomatoes**  
9 cherry tomatoes- 32 cals



**Grapes**  
77 cals



**Sunflower seeds**  
120 cals

### Lunch

585 cals, 30g protein, 29g net carbs, 37g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**Chicken salad sandwich**  
1 sandwich(es)- 480 cals

### Dinner

480 cals, 56g protein, 8g net carbs, 23g fat



**Basic chicken breast**  
8 oz- 317 cals



**Olive oil drizzled sugar snap peas**  
163 cals

## Day 2

1562 cals ● 110g protein (28%) ● 89g fat (51%) ● 59g carbs (15%) ● 20g fiber (5%)

### Breakfast

270 cals, 16g protein, 4g net carbs, 20g fat



**Celery and peanut butter**  
109 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Snacks

230 cals, 8g protein, 18g net carbs, 10g fat



**Cherry tomatoes**  
9 cherry tomatoes- 32 cals



**Grapes**  
77 cals



**Sunflower seeds**  
120 cals

### Lunch

585 cals, 30g protein, 29g net carbs, 37g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**Chicken salad sandwich**  
1 sandwich(es)- 480 cals

### Dinner

480 cals, 56g protein, 8g net carbs, 23g fat



**Basic chicken breast**  
8 oz- 317 cals



**Olive oil drizzled sugar snap peas**  
163 cals

## Day 3

1561 cals ● 126g protein (32%) ● 92g fat (53%) ● 52g carbs (13%) ● 5g fiber (1%)

### Breakfast

270 cals, 16g protein, 4g net carbs, 20g fat



**Celery and peanut butter**  
109 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Snacks

210 cals, 11g protein, 6g net carbs, 16g fat



**Cheesy ham roll ups**  
1 roll up(s)- 108 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Lunch

600 cals, 39g protein, 5g net carbs, 47g fat



**Cheese**  
2 1/2 oz- 286 cals



**Salmon salad lettuce wrap**  
315 cals

### Dinner

480 cals, 59g protein, 38g net carbs, 10g fat



**Lemon pepper chicken breast**  
8 oz- 296 cals



**Bone both rice**  
184 cals

## Day 4

1480 cals ● 81g protein (22%) ● 108g fat (66%) ● 35g carbs (9%) ● 12g fiber (3%)

### Breakfast

220 cals, 4g protein, 16g net carbs, 13g fat



**Dark chocolate**  
3 square(s)- 180 cals



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

### Snacks

210 cals, 11g protein, 6g net carbs, 16g fat



**Cheesy ham roll ups**  
1 roll up(s)- 108 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Lunch

600 cals, 39g protein, 5g net carbs, 47g fat



**Cheese**  
2 1/2 oz- 286 cals



**Salmon salad lettuce wrap**  
315 cals

### Dinner

445 cals, 26g protein, 8g net carbs, 32g fat



**Rotisserie chicken & tomato salad**  
257 cals



**Pistachios**  
188 cals

## Day 5

1466 cals ● 90g protein (25%) ● 97g fat (60%) ● 45g carbs (12%) ● 13g fiber (4%)

### Breakfast

220 cals, 4g protein, 16g net carbs, 13g fat



#### Dark chocolate

3 square(s)- 180 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals

### Snacks

185 cals, 28g protein, 13g net carbs, 2g fat



#### Cottage cheese and pineapple

186 cals

### Lunch

615 cals, 32g protein, 8g net carbs, 49g fat



#### Italian sausage

2 link- 514 cals



#### Simple sauteed spinach

100 cals

### Dinner

445 cals, 26g protein, 8g net carbs, 32g fat



#### Rotisserie chicken & tomato salad

257 cals



#### Pistachios

188 cals

## Day 6

1489 cals ● 142g protein (38%) ● 78g fat (47%) ● 46g carbs (12%) ● 9g fiber (2%)

### Breakfast

245 cals, 14g protein, 12g net carbs, 15g fat



#### Roasted cashews

1/8 cup(s)- 104 cals



#### High protein scrambled eggs

99 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals

### Snacks

185 cals, 28g protein, 13g net carbs, 2g fat



#### Cottage cheese and pineapple

186 cals

### Lunch

545 cals, 57g protein, 18g net carbs, 26g fat



#### Lentils

87 cals



#### Ranch chicken

8 oz- 461 cals

### Dinner

510 cals, 43g protein, 4g net carbs, 34g fat



#### Sugar snap peas

41 cals



#### Low carb fried chicken

8 oz- 468 cals

## Day 7

1489 cals ● 142g protein (38%) ● 78g fat (47%) ● 46g carbs (12%) ● 9g fiber (2%)

### Breakfast

245 cals, 14g protein, 12g net carbs, 15g fat



#### Roasted cashews

1/8 cup(s)- 104 cals



#### High protein scrambled eggs

99 cals



#### Cherry tomatoes

12 cherry tomatoes- 42 cals

### Snacks

185 cals, 28g protein, 13g net carbs, 2g fat



#### Cottage cheese and pineapple

186 cals

### Lunch

545 cals, 57g protein, 18g net carbs, 26g fat



#### Lentils

87 cals



#### Ranch chicken

8 oz- 461 cals

### Dinner

510 cals, 43g protein, 4g net carbs, 34g fat



#### Sugar snap peas

41 cals



#### Low carb fried chicken

8 oz- 468 cals

# Grocery List



## Vegetables and Vegetable Products

- raw celery  
1/3 bunch (174g)
- tomatoes  
10 medium whole (2-3/5" dia) (1213g)
- frozen sugar snap peas  
4 cup (576g)
- onion  
2 tbsp minced (30g)
- romaine lettuce  
4 leaf outer (112g)
- cucumber  
1/4 cucumber (8-1/4") (75g)
- fresh spinach  
4 cup(s) (120g)
- garlic  
1/2 clove (2g)

## Legumes and Legume Products

- peanut butter  
3 tbsp (48g)
- lentils, raw  
4 tbsp (48g)

## Fats and Oils

- oil  
1 1/2 oz (47mL)
- mayonnaise  
4 oz (120mL)
- olive oil  
1 1/2 oz (46mL)
- ranch dressing  
4 tbsp (60mL)

## Dairy and Egg Products

- eggs  
8 large (400g)
- cheese  
6 1/2 oz (184g)
- low fat cottage cheese (1% milkfat)  
3 1/4 cup (735g)

## Fruits and Fruit Juices

- grapes  
2 2/3 cup (245g)
- lemon juice  
3/8 fl oz (13mL)

## Poultry Products

- boneless skinless chicken breast, raw  
3 lbs (1290g)

## Baked Products

- bread  
4 slice (128g)

## Spices and Herbs

- black pepper  
1 g (1g)
- salt  
3 g (3g)
- lemon pepper  
1/2 tbsp (3g)
- cajun seasoning  
1/4 tbsp (1g)

## Finfish and Shellfish Products

- canned salmon  
2 5oz can(s) (undrained) (284g)

## Sausages and Luncheon Meats

- ham cold cuts  
2 slice (46g)

## Other

- chicken bone broth  
1/2 cup(s) (mL)
- rotisserie chicken, cooked  
6 oz (170g)
- Italian pork sausage, raw  
2 link (215g)
- ranch dressing mix  
1/2 packet (1 oz) (14g)
- Chicken, drumsticks, with skin  
1 lbs (454g)
- pork rinds  
1/2 oz (14g)

## Cereal Grains and Pasta

- long-grain white rice  
4 tbsp (46g)

## Sweets

canned pineapple  
3/4 cup, chunks (136g)

chocolate, dark, 70-85%  
6 square(s) (60g)

## Nut and Seed Products

sunflower kernels  
1 1/3 oz (38g)

roasted cashews  
3/4 cup (103g)

pistachios, shelled  
1/2 cup (62g)

## Beverages

water  
1 cup(s) (237mL)

## Soups, Sauces, and Gravies

hot sauce  
1 tbsp (15mL)

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## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**raw celery**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

**peanut butter**

1 tbsp (16g)

For all 3 meals:

**raw celery**

3 stalk, medium (7-1/2" - 8" long)  
(120g)

**peanut butter**

3 tbsp (48g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

### 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.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Dark chocolate

3 square(s) - 180 cals ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

**chocolate, dark, 70-85%**  
3 square(s) (30g)

For all 2 meals:

**chocolate, dark, 70-85%**  
6 square(s) (60g)

1. The recipe has no instructions.

### 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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

### High protein scrambled eggs

99 cals ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**oil**  
1/4 tsp (1mL)  
**low fat cottage cheese (1% milkfat)**  
2 tbsp (28g)

For all 2 meals:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

### 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.

## Lunch 1 ↗

Eat on day 1 and day 2

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

### Chicken salad sandwich

1 sandwich(es) - 480 cals ● 28g protein ● 29g fat ● 24g carbs ● 4g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1/2 piece (85g)  
**bread**  
2 slice (64g)  
**mayonnaise**  
2 tbsp (30mL)  
**lemon juice**  
1/4 tbsp (4mL)  
**black pepper**  
1 dash, ground (0g)  
**oil**  
1/4 tbsp (4mL)  
**raw celery, chopped**  
1/4 stalk, medium (7-1/2" - 8" long)  
(10g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 piece (170g)  
**bread**  
4 slice (128g)  
**mayonnaise**  
4 tbsp (60mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**black pepper**  
2 dash, ground (1g)  
**oil**  
1/2 tbsp (8mL)  
**raw celery, chopped**  
1/2 stalk, medium (7-1/2" - 8" long)  
(20g)

1. Preheat oven to 450 F (230 C).
2. Brush the chicken with oil on each side and place on baking sheet.
3. Bake for 10-15 mins on each side or until chicken is done.
4. Let chicken cool and then chop into bite-sized pieces.
5. Mix all ingredients besides bread and oil together in a bowl.
6. For each sandwich, spread mixture evenly over a slice of bread and top with another slice.

## Lunch 2 ↗

Eat on day 3 and day 4

### Cheese

2 1/2 oz - 286 cals ● 16g protein ● 24g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
2 1/2 oz (71g)

For all 2 meals:

**cheese**  
5 oz (142g)

1. The recipe has no instructions.

### Salmon salad lettuce wrap

315 cals ● 23g protein ● 23g fat ● 2g carbs ● 2g fiber



For single meal:

**canned salmon**  
1 5oz can(s) (undrained) (142g)  
**mayonnaise**  
2 tbsp (30mL)  
**onion**  
1 tbsp minced (15g)  
**raw celery, diced**  
1 stalk, small (5" long) (17g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**romaine lettuce**  
2 leaf outer (56g)

For all 2 meals:

**canned salmon**  
2 5oz can(s) (undrained) (284g)  
**mayonnaise**  
4 tbsp (60mL)  
**onion**  
2 tbsp minced (30g)  
**raw celery, diced**  
2 stalk, small (5" long) (34g)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**romaine lettuce**  
4 leaf outer (112g)

1. Drain salmon and discard any liquid.
2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
4. Roll up to create the wrap.
5. Serve.

## Lunch 3 ↗

Eat on day 5

### Italian sausage

2 link - 514 cals ● 28g protein ● 42g fat ● 6g carbs ● 0g fiber



Makes 2 link

**Italian pork sausage, raw**  
2 link (215g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to  $\frac{1}{2}$ " 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



**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.

## Lunch 4 ↗

Eat on day 6 and day 7

### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

**water**  
1/2 cup(s) (119mL)  
**salt**  
1/4 dash (0g)  
**lentils, raw, rinsed**  
2 tbsp (24g)

For all 2 meals:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### 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.

## Snacks 1 ↗

Eat on day 1 and day 2

### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**

9 cherry tomatoes (153g)

For all 2 meals:

**tomatoes**

18 cherry tomatoes (306g)

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

### Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

**grapes**

1 1/3 cup (123g)

For all 2 meals:

**grapes**

2 2/3 cup (245g)

1. The recipe has no instructions.

### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

2/3 oz (19g)

For all 2 meals:

**sunflower kernels**

1 1/3 oz (38g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3 and day 4

### Cheesy ham roll ups

1 roll up(s) - 108 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
3 tbsp, shredded (21g)  
**ham cold cuts**  
1 slice (23g)

For all 2 meals:

**cheese**  
6 tbsp, shredded (42g)  
**ham cold cuts**  
2 slices (46g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Cottage cheese and pineapple

186 cals ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**canned pineapple, drained**  
4 tbsp, chunks (45g)

For all 3 meals:

**low fat cottage cheese (1% milkfat)**  
3 cup (678g)  
**canned pineapple, drained**  
3/4 cup, chunks (136g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

## Dinner 1 ↗

Eat on day 1 and day 2

### Basic chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**oil**  
1 tbsp (15mL)

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

163 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)  
**olive oil**  
4 tsp (20mL)

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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## Dinner 2 ↗

Eat on day 3

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### Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



Makes 8 oz

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**olive oil**

1/4 tbsp (4mL)

**lemon pepper**

1/2 tbsp (3g)

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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## Bone both rice

184 cals ● 8g protein ● 1g fat ● 36g carbs ● 1g fiber



**chicken bone broth**  
1/2 cup(s) (mL)  
**long-grain white rice**  
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring bone broth to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. Do not lift lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
6. Remove from heat and fluff with fork, season with salt and pepper to taste, and serve.

## Dinner 3 ↗

Eat on day 4 and day 5

### Rotisserie chicken & tomato salad

257 cals ● 20g protein ● 18g fat ● 3g carbs ● 1g fiber



For single meal:

**rotisserie chicken, cooked**  
3 oz (85g)  
**olive oil**  
1/2 tbsp (8mL)  
**lemon juice**  
1/2 tsp (3mL)  
**cucumber, sliced**  
1/8 cucumber (8-1/4") (38g)  
**tomatoes, cut into wedges**  
1/4 large whole (3" dia) (46g)

For all 2 meals:

**rotisserie chicken, cooked**  
6 oz (170g)  
**olive oil**  
1 tbsp (15mL)  
**lemon juice**  
1 tsp (5mL)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**tomatoes, cut into wedges**  
1/2 large whole (3" dia) (91g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste.

Serve.

## Pistachios

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



For single meal:

**pistachios, shelled**  
4 tbsp (31g)

For all 2 meals:

**pistachios, shelled**  
1/2 cup (62g)

1. The recipe has no instructions.

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## Dinner 4

Eat on day 6 and day 7

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### Sugar snap peas

41 cals  3g protein  0g fat  4g carbs  3g fiber



For single meal:

**frozen sugar snap peas**  
2/3 cup (96g)

For all 2 meals:

**frozen sugar snap peas**  
1 1/3 cup (192g)

1. Prepare according to instructions on package.

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### Low carb fried chicken

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



For single meal:

**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)

For all 2 meals:

**hot sauce**  
3 tsp (15mL)  
**cajun seasoning**  
1/4 tbsp (1g)  
**Chicken, drumsticks, with skin**  
16 oz (454g)  
**pork rinds, crushed**  
1/2 oz (14g)

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.

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