

# Meal Plan - 1300 calorie paleo meal plan

[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

1313 cals ● 93g protein (28%) ● 60g fat (41%) ● 81g carbs (25%) ● 20g fiber (6%)

### Breakfast

195 cals, 15g protein, 21g net carbs, 4g fat



[Strawberry banana protein smoothie](#)  
1/2 smoothie(s)- 194 cals

### Lunch

445 cals, 26g protein, 16g net carbs, 28g fat



[Honey mustard chicken thighs](#)  
1/2 thigh(s)- 214 cals



[Roasted cauliflower](#)  
231 cals

### Snacks

215 cals, 10g protein, 7g net carbs, 15g fat



[Skillet cauliflower tots](#)  
213 cals

### Dinner

460 cals, 43g protein, 36g net carbs, 13g fat



[Curried pork chops](#)  
1 chop(s)- 239 cals



[Mashed sweet potatoes](#)  
92 cals



[Sweet potato wedges](#)  
130 cals

## Day 2

1313 cals ● 93g protein (28%) ● 60g fat (41%) ● 81g carbs (25%) ● 20g fiber (6%)

### Breakfast

195 cals, 15g protein, 21g net carbs, 4g fat



[Strawberry banana protein smoothie](#)  
1/2 smoothie(s)- 194 cals

### Lunch

445 cals, 26g protein, 16g net carbs, 28g fat



[Honey mustard chicken thighs](#)  
1/2 thigh(s)- 214 cals



[Roasted cauliflower](#)  
231 cals

### Snacks

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[Skillet cauliflower tots](#)  
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### Dinner

460 cals, 43g protein, 36g net carbs, 13g fat



[Curried pork chops](#)  
1 chop(s)- 239 cals



[Mashed sweet potatoes](#)  
92 cals




[Sweet potato wedges](#)  
130 cals

Day 3

1281 calsgreen118g protein (37%)orange57g fat (40%)blue59g carbs (18%)grey15g fiber (5%)

Breakfast

190 calsgreen1g protein, 21g net carbs, 11g fat




Plantain chips

188 calsgreen


Lunch

430 calsgreen42g protein, 22g net carbs, 17g fat



Sweet potato wedges

130 calsgreen




Baked chicken with tomatoes & olives

6 oz- 300 calsgreen

Snacks

130 calsgreen20g protein, 3g net carbs, 4g fat




Ham chips with salsa

5 slices- 131 calsgreen


Dinner

535 calsgreen55g protein, 13g net carbs, 26g fat



Balsamic chicken breast

8 oz- 316 calsgreen



Olive oil drizzled green beans


217 calsgreen

Day 4

1281 calsgreen118g protein (37%)orange57g fat (40%)blue59g carbs (18%)grey15g fiber (5%)

Breakfast

190 calsgreen1g protein, 21g net carbs, 11g fat




Plantain chips

188 calsgreen


Lunch

430 calsgreen42g protein, 22g net carbs, 17g fat



Sweet potato wedges

130 calsgreen




Baked chicken with tomatoes & olives

6 oz- 300 calsgreen

Snacks

130 calsgreen20g protein, 3g net carbs, 4g fat




Ham chips with salsa

5 slices- 131 calsgreen


Dinner

535 calsgreen55g protein, 13g net carbs, 26g fat



Balsamic chicken breast

8 oz- 316 calsgreen



Olive oil drizzled green beans


217 calsgreen

Day 5

1293 calsgreen110g protein (34%)orange63g fat (44%)blue47g carbs (15%)grey24g fiber (7%)


Breakfast


225 calsgreen11g protein, 7g net carbs, 15g fat

Sweet potato breakfast skillet  
226 calsgreen

Lunch


405 calsgreen52g protein, 4g net carbs, 19g fat


Pan fried tilapia  
9 oz- 335 calsgreen

Olive oil drizzled green beans  
72 calsgreen

Snacks


205 calsgreen13g protein, 2g net carbs, 15g fat


Boiled eggs  
1 egg(s)- 69 calsgreen

Almond protein balls  
1 ball(s)- 135 calsgreen

Dinner

455 calsgreen34g protein, 34g net carbs, 14g fat

English scouse stew  
309 calsgreen


Simple salad with tomatoes and carrots  
147 calsgreen

Day 6

1307 calsgreen110g protein (34%)orange60g fat (41%)blue56g carbs (17%)grey26g fiber (8%)


Breakfast


225 calsgreen11g protein, 7g net carbs, 15g fat

Sweet potato breakfast skillet  
226 calsgreen

Lunch


420 calsgreen52g protein, 13g net carbs, 16g fat


Carrot fries  
138 calsgreen

Marinated chicken breast  
8 oz- 283 calsgreen

Snacks


205 calsgreen13g protein, 2g net carbs, 15g fat


Boiled eggs  
1 egg(s)- 69 calsgreen

Almond protein balls  
1 ball(s)- 135 calsgreen

Dinner

455 calsgreen34g protein, 34g net carbs, 14g fat

English scouse stew  
309 calsgreen

Simple salad with tomatoes and carrots  
147 calsgreen

## Day 7

1322 cals ● 114g protein (35%) ● 72g fat (49%) ● 35g carbs (11%) ● 18g fiber (6%)

### Breakfast

225 cals, 11g protein, 7g net carbs, 15g fat



**Sweet potato breakfast skillet**  
226 cals

### Snacks

205 cals, 13g protein, 2g net carbs, 15g fat



**Boiled eggs**  
1 egg(s)- 69 cals



**Almond protein balls**  
1 ball(s)- 135 cals

### Lunch

420 cals, 52g protein, 13g net carbs, 16g fat



**Carrot fries**  
138 cals



**Marinated chicken breast**  
8 oz- 283 cals

### Dinner

470 cals, 38g protein, 13g net carbs, 26g fat



**Honey mustard chicken thighs w/ skin**  
5 1/3 oz- 372 cals



**Simple salad with tomatoes and carrots**  
98 cals

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## Vegetables and Vegetable Products

- ☐ cauliflower  
1 1/3 head medium (5-6" dia.) (786g)
- ☐ garlic  
2 tsp (6g)
- ☐ sweet potatoes  
3 1/2 sweetpotato, 5" long (730g)
- ☐ tomatoes  
3 2/3 medium whole (2-3/5" dia) (450g)
- ☐ frozen green beans  
4 2/3 cup (565g)
- ☐ onion  
1/2 large (75g)
- ☐ cabbage  
1 cup, chopped (89g)
- ☐ potatoes  
1 medium (2+-1/4" to 3-1/4" dia.) (213g)
- ☐ carrots  
7 3/4 medium (473g)
- ☐ romaine lettuce  
2 hearts (1000g)

## Dairy and Egg Products

- ☐ eggs  
7 2/3 medium (337g)

## Fats and Oils

- ☐ oil  
3 oz (89mL)
- ☐ olive oil  
3 oz (91mL)
- ☐ balsamic vinaigrette  
4 tbsp (60mL)
- ☐ salad dressing  
3 tbsp (45mL)
- ☐ marinade sauce  
1/2 cup (120mL)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
1 tbsp (15mL)
- ☐ salsa  
5 tbsp (90g)
- ☐ vegetable broth  
1 1/2 cup(s) (mL)
- ☐ worcestershire sauce  
1/2 tbsp (8mL)

## Nut and Seed Products

- ☐ almonds  
10 almond (12g)
- ☐ almond butter  
3 tbsp (47g)

## Beverages

- ☐ water  
2 tbsp (30mL)
- ☐ protein powder  
1 1/2 oz (40g)

## Spices and Herbs

- ☐ brown deli mustard  
1 tbsp (15g)
- ☐ thyme, dried  
2 1/4 g (2g)
- ☐ curry powder  
4 dash (1g)
- ☐ salt  
1/2 oz (17g)
- ☐ black pepper  
1/8 oz (4g)
- ☐ chili powder  
2 tsp (5g)
- ☐ fresh basil  
12 leaves (6g)
- ☐ rosemary, dried  
1 tsp (1g)

## Sweets

- ☐ honey  
2 1/2 tsp (18g)

## Poultry Products

- ☐ chicken thighs, with bone and skin, raw  
3/4 lbs (321g)
- ☐ boneless skinless chicken breast, raw  
3 lbs (1332g)

## Pork Products

- ☐ pork chop, bone-in  
2 chop (356g)

## Snacks

## Other

- ☐ ice cubes  
1 cup(s) (140g)
- ☐ italian seasoning  
4 dash (2g)
- ☐ almond flour  
1 1/2 tbsp (11g)

## Fruits and Fruit Juices

- ☐ frozen strawberries  
1 1/2 cup, unthawed (224g)
- ☐ banana  
1 medium (7" to 7-7/8" long) (118g)
- ☐ green olives  
12 large (53g)
- ☐ avocados  
3/4 avocado(s) (151g)

- ☐ Plantain chips  
2 1/2 oz (71g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
10 slice (230g)

## Beef Products

- ☐ beef stew meat, raw  
1/2 lbs (227g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1/2 lbs (252g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cal ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

**ice cubes**

1/2 cup(s) (70g)

**frozen strawberries**

3/4 cup, unthawed (112g)

**almonds**

5 almond (6g)

**water**

1 tbsp (15mL)

**protein powder**

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

**banana, frozen, peeled and sliced**

1/2 medium (7" to 7-7/8" long)  
(59g)

For all 2 meals:

**ice cubes**

1 cup(s) (140g)

**frozen strawberries**

1 1/2 cup, unthawed (224g)

**almonds**

10 almond (12g)

**water**

2 tbsp (30mL)

**protein powder**

1 scoop (1/3 cup ea) (31g)

**banana, frozen, peeled and sliced**

1 medium (7" to 7-7/8" long) (118g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Plantain chips

188 cal ● 1g protein ● 11g fat ● 21g carbs ● 1g fiber



For single meal:

**Plantain chips**

1 1/4 oz (35g)

For all 2 meals:

**Plantain chips**

2 1/2 oz (71g)

1. Approximately 3/4 cup = 1 oz

## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

### Sweet potato breakfast skillet

226 cal ● 11g protein ● 15g fat ● 7g carbs ● 4g fiber



For single meal:

**sweet potatoes**  
4 tbsp, cubes (33g)  
**eggs**  
1/2 large (25g)  
**olive oil**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**boneless skinless chicken breast, raw**  
2 2/3 tbsp, chopped, cooked (30g)

For all 3 meals:

**sweet potatoes**  
3/4 cup, cubes (100g)  
**eggs**  
1 1/2 large (75g)  
**olive oil**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**avocados, sliced**  
3/4 avocado(s) (151g)  
**boneless skinless chicken breast, raw**  
1/2 cup, chopped, cooked (90g)

1. Preheat the oven to 350 F (180 C).
2. In a small skillet add a little bit of the oil and when heated, add the cubed chicken. Cook until done, 7-10 minutes.
3. Meanwhile, preheat a separate, oven-proof, small skillet over medium-heat. When skillet is hot, add the oil and the sweet potato. Season with a small pinch of salt and pepper and stir occasionally until sweet potato is cooked through, about 5-7 minutes, depending on thickness.
4. When potato is cooked through, add the chicken and stir. Saute for another 1-2 minutes.
5. Move the potato mixture around to make a hole in the center of the skillet. Carefully crack the egg and drop it into the hole. Sprinkle the egg with a tiny bit of salt and pepper.
6. Carefully transfer the skillet to the oven and bake for about 5 minutes for a runny yolk. If you want the yolk to be harder, bake for 7-8 minutes.
7. Remove from the oven, transfer to plate and garnish with sliced avocado.



## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Honey mustard chicken thighs

1/2 thigh(s) - 214 cals ● 19g protein ● 13g fat ● 5g carbs ● 0g fiber



For single meal:

**brown deli mustard**

1/4 tbsp (4g)

**thyme, dried**

2 dash, ground (0g)

**honey**

1/4 tbsp (5g)

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

1/2 thigh(s) (85g)

For all 2 meals:

**brown deli mustard**

1/2 tbsp (8g)

**thyme, dried**

4 dash, ground (1g)

**honey**

1/2 tbsp (11g)

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

1 thigh(s) (170g)

1. Preheat the oven to 375°F (190°C).
2. Whisk honey, mustard, thyme and a pinch of salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40-45 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C).

### Roasted cauliflower

231 cals ● 7g protein ● 15g fat ● 12g carbs ● 5g fiber



For single meal:

**oil**

1 tbsp (15mL)

**thyme, dried**

4 dash, leaves (1g)

**cauliflower, cut into florets**

1 head small (4" dia.) (265g)

For all 2 meals:

**oil**

2 tbsp (30mL)

**thyme, dried**

1 tsp, leaves (1g)

**cauliflower, cut into florets**

2 head small (4" dia.) (530g)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**sweet potatoes, cut into wedges**  
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**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.

### Baked chicken with tomatoes & olives

6 oz - 300 cals ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

**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)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
4 dash (3g)  
**green olives**  
12 large (53g)  
**black pepper**  
4 dash (0g)  
**chili powder**  
2 tsp (5g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**fresh basil, shredded**  
12 leaves (6g)

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.

## Lunch 3 [↗](#)

Eat on day 5

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### Pan fried tilapia

9 oz - 335 cals ● 51g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 9 oz

**olive oil**  
3/4 tbsp (11mL)  
**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**tilapia, raw**  
1/2 lbs (252g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

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### Olive oil drizzled green beans

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



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

1. Prepare green beans according to instructions on package.
  2. Top with olive oil and season with salt and pepper.
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## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Carrot fries

138 cals ● 2g protein ● 7g fat ● 12g carbs ● 5g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**rosemary, dried**  
4 dash (1g)  
**salt**  
1 dash (1g)  
**carrots, peeled**  
6 oz (170g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**rosemary, dried**  
1 tsp (1g)  
**salt**  
2 dash (2g)  
**carrots, peeled**  
3/4 lbs (340g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

### Marinated chicken breast

8 oz - 283 cals ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**marinade sauce**  
4 tbsp (60mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**marinade sauce**  
1/2 cup (120mL)

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.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Skillet cauliflower tots

213 cals ● 10g protein ● 15g fat ● 7g carbs ● 3g fiber



For single meal:

**cauliflower**  
1 cup(s), riced (128g)  
**eggs**  
1 extra large (56g)  
**oil**  
2 tsp (10mL)  
**hot sauce**  
1/2 tbsp (8mL)  
**garlic, diced**  
1 tsp (3g)

For all 2 meals:

**cauliflower**  
2 cup(s), riced (256g)  
**eggs**  
2 extra large (112g)  
**oil**  
4 tsp (20mL)  
**hot sauce**  
1 tbsp (15mL)  
**garlic, diced**  
2 tsp (6g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.



## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Ham chips with salsa

5 slices - 131 cals ● 20g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**ham cold cuts**

5 slice (115g)

**salsa**

2 1/2 tbsp (45g)

For all 2 meals:

**ham cold cuts**

10 slice (230g)

**salsa**

5 tbsp (90g)

1. Cut ham into bite-sized shapes.
2. Cook in toaster oven set to 400 F (200 C) or you can fry in a pan with non-stick spray.
3. Cook until edges are starting to brown and ham is getting more firm, about 6 minutes.
4. Remove from oven and let cool. They will firm up more when cool.
5. Serve with salsa.

## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**

1 large (50g)

For all 3 meals:

**eggs**

3 large (150g)

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.

## Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

**almond butter**  
1 tbsp (16g)  
**almond flour**  
1/2 tbsp (4g)  
**protein powder**  
1/2 tbsp (3g)

For all 3 meals:

**almond butter**  
3 tbsp (47g)  
**almond flour**  
1 1/2 tbsp (11g)  
**protein powder**  
1 1/2 tbsp (9g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

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## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Curried pork chops

1 chop(s) - 239 cal ● 39g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

**pork chop, bone-in**  
1 chop (178g)  
**curry powder**  
2 dash (1g)  
**olive oil**  
1/2 tsp (3mL)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**pork chop, bone-in**  
2 chop (356g)  
**curry powder**  
4 dash (1g)  
**olive oil**  
1 tsp (5mL)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

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### Mashed sweet potatoes

92 cal ● 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.

## Sweet potato wedges

130 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**oil**

1 tsp (6mL)

**salt**

2 dash (2g)

**black pepper**

1 dash, ground (0g)

**sweet potatoes, cut into wedges**

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

For all 2 meals:

**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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## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Balsamic chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

**balsamic vinaigrette**

2 tbsp (30mL)

**oil**

1 tsp (5mL)

**italian seasoning**

2 dash (1g)

For all 2 meals:

**boneless skinless chicken breast, raw**

1 lbs (454g)

**balsamic vinaigrette**

4 tbsp (60mL)

**oil**

2 tsp (10mL)

**italian seasoning**

4 dash (2g)

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.

### Olive oil drizzled green beans

217 cal ● 4g protein ● 14g fat ● 12g carbs ● 6g fiber



For single meal:

**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**frozen green beans**

2 cup (242g)

**olive oil**

1 tbsp (15mL)

For all 2 meals:

**black pepper**

3 dash (0g)

**salt**

3 dash (1g)

**frozen green beans**

4 cup (484g)

**olive oil**

2 tbsp (30mL)

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

## Dinner 3 [↗](#)

Eat on day 5 and day 6

### English scouse stew

309 cals ● 28g protein ● 9g fat ● 24g carbs ● 5g fiber



For single meal:

**beef stew meat, raw**  
4 oz (113g)  
**onion, chopped**  
1/4 large (38g)  
**vegetable broth**  
3/4 cup(s) (mL)  
**worcestershire sauce**  
1/4 tbsp (4mL)  
**oil**  
1/4 tbsp (4mL)  
**cabbage, chopped**  
1/2 cup, chopped (45g)  
**potatoes, cut into chunks**  
1/2 medium (2+-1/4" to 3-1/4" dia.)  
(107g)  
**carrots, chopped**  
1/2 large (36g)

For all 2 meals:

**beef stew meat, raw**  
1/2 lbs (227g)  
**onion, chopped**  
1/2 large (75g)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**worcestershire sauce**  
1/2 tbsp (8mL)  
**oil**  
1/2 tbsp (8mL)  
**cabbage, chopped**  
1 cup, chopped (89g)  
**potatoes, cut into chunks**  
1 medium (2+-1/4" to 3-1/4" dia.)  
(213g)  
**carrots, chopped**  
1 large (72g)

1. Heat oil in a large pot over medium heat. Add onions and cook until softened, 5-7 minutes.
2. Add in stew meat with some salt and pepper and cook until beef is browned all over.
3. Add carrots and cabbage and cook, stirring occasionally, for 3-5 minutes.
4. Mix in potatoes, broth, and worcestershire sauce. Bring to a boil, reduce heat, and simmer, covered, for 30 minutes to 2 hours. The stew is ready once beef is cooked and veggies are tender, however, the longer you let it simmer, the more tender and delicious it becomes.
5. Season to taste with salt and pepper and serve.

### Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

**salad dressing**  
1 tbsp (17mL)  
**carrots, sliced**  
3/8 medium (23g)  
**romaine lettuce, roughly chopped**  
3/4 hearts (375g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia)  
(92g)

For all 2 meals:

**salad dressing**  
2 1/4 tbsp (34mL)  
**carrots, sliced**  
3/4 medium (46g)  
**romaine lettuce, roughly chopped**  
1 1/2 hearts (750g)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia)  
(185g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Dinner 4 [🔗](#)

Eat on day 7

### Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals ● 34g protein ● 23g fat ● 6g carbs ● 0g fiber



Makes 5 1/3 oz

**brown deli mustard**

1/2 tbsp (8g)

**honey**

1 tsp (7g)

**thyme, dried**

1/3 tsp, ground (0g)

**salt**

2/3 dash (1g)

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

1/3 lbs (151g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



**salad dressing**

3/4 tbsp (11mL)

**carrots, sliced**

1/4 medium (15g)

**romaine lettuce, roughly chopped**

1/2 hearts (250g)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.