

# Meal Plan - 1500 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

1483 cals ● 145g protein (39%) ● 58g fat (35%) ● 71g carbs (19%) ● 24g fiber (7%)

### Breakfast

305 cals, 18g protein, 22g net carbs, 12g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

### Lunch

465 cals, 34g protein, 32g net carbs, 18g fat



#### Banana

1 banana(s)- 117 cals



#### Ham club lettuce wrap

1 1/2 wrap(s)- 351 cals

### Snacks

225 cals, 26g protein, 14g net carbs, 5g fat



#### Ham chips with salsa

6 slices- 157 cals



#### Carrot sticks

2 1/2 carrot(s)- 68 cals

### Dinner

485 cals, 68g protein, 3g net carbs, 22g fat



#### Sautéed garlic & herb tomatoes

64 cals



#### Basic chicken breast

10 2/3 oz- 423 cals

## Day 2

1483 cals ● 145g protein (39%) ● 58g fat (35%) ● 71g carbs (19%) ● 24g fiber (7%)

### Breakfast

305 cals, 18g protein, 22g net carbs, 12g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

### Lunch

465 cals, 34g protein, 32g net carbs, 18g fat



#### Banana

1 banana(s)- 117 cals



#### Ham club lettuce wrap

1 1/2 wrap(s)- 351 cals

### Snacks

225 cals, 26g protein, 14g net carbs, 5g fat



#### Ham chips with salsa

6 slices- 157 cals



#### Carrot sticks

2 1/2 carrot(s)- 68 cals

### Dinner

485 cals, 68g protein, 3g net carbs, 22g fat



#### Sautéed garlic & herb tomatoes

64 cals



#### Basic chicken breast

10 2/3 oz- 423 cals

## Day 3

1450 cals ● 107g protein (29%) ● 69g fat (43%) ● 64g carbs (18%) ● 35g fiber (10%)

### Breakfast

240 cals, 6g protein, 27g net carbs, 9g fat



#### Celery and almond butter

100 cals



#### Nectarine

2 nectarine(s)- 140 cals

### Snacks

195 cals, 7g protein, 11g net carbs, 11g fat



#### Grapes

58 cals



#### Almond protein balls

1 ball(s)- 135 cals

### Lunch

485 cals, 63g protein, 6g net carbs, 19g fat



#### Pork tenderloin

9 1/3 oz- 273 cals



#### Olive oil drizzled broccoli

3 cup(s)- 209 cals

### Dinner

535 cals, 30g protein, 20g net carbs, 30g fat



#### Avocado tuna salad

218 cals



#### Carrot sticks

3 1/2 carrot(s)- 95 cals



#### Roasted almonds

1/4 cup(s)- 222 cals

## Day 4

1450 cals ● 107g protein (29%) ● 69g fat (43%) ● 64g carbs (18%) ● 35g fiber (10%)

### Breakfast

240 cals, 6g protein, 27g net carbs, 9g fat



#### Celery and almond butter

100 cals



#### Nectarine

2 nectarine(s)- 140 cals

### Snacks

195 cals, 7g protein, 11g net carbs, 11g fat



#### Grapes

58 cals



#### Almond protein balls

1 ball(s)- 135 cals

### Lunch

485 cals, 63g protein, 6g net carbs, 19g fat



#### Pork tenderloin

9 1/3 oz- 273 cals



#### Olive oil drizzled broccoli

3 cup(s)- 209 cals

### Dinner

535 cals, 30g protein, 20g net carbs, 30g fat



#### Avocado tuna salad

218 cals



#### Carrot sticks

3 1/2 carrot(s)- 95 cals



#### Roasted almonds

1/4 cup(s)- 222 cals

## Day 5

1514 cals ● 109g protein (29%) ● 82g fat (49%) ● 65g carbs (17%) ● 21g fiber (5%)

### Breakfast

240 cals, 6g protein, 27g net carbs, 9g fat



**Celery and almond butter**  
100 cals



**Nectarine**  
2 nectarine(s)- 140 cals

### Snacks

255 cals, 7g protein, 29g net carbs, 10g fat



**Sunflower seeds**  
120 cals



**Banana ice cream**  
1 banana- 134 cals

### Lunch

505 cals, 53g protein, 6g net carbs, 28g fat



**Basic chicken thighs**  
9 oz- 383 cals



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

### Dinner

515 cals, 44g protein, 3g net carbs, 35g fat



**Slow cooker carnitas**  
8 oz- 410 cals



**Olive oil drizzled broccoli**  
1 1/2 cup(s)- 105 cals

## Day 6

1483 cals ● 149g protein (40%) ● 72g fat (44%) ● 45g carbs (12%) ● 16g fiber (4%)

### Breakfast

195 cals, 20g protein, 2g net carbs, 11g fat



**Celery sticks**  
2 celery stalk- 13 cals



**Scrambled egg whites**  
182 cals

### Snacks

255 cals, 7g protein, 29g net carbs, 10g fat



**Sunflower seeds**  
120 cals



**Banana ice cream**  
1 banana- 134 cals

### Lunch

510 cals, 39g protein, 4g net carbs, 36g fat



**Sugar snap peas**  
41 cals



**Buffalo drumsticks**  
8 oz- 467 cals

### Dinner

525 cals, 82g protein, 9g net carbs, 15g fat



**Cajun cod**  
15 oz- 468 cals



**Broccoli**  
2 cup(s)- 58 cals

## Day 7

1483 cals ● 149g protein (40%) ● 72g fat (44%) ● 45g carbs (12%) ● 16g fiber (4%)

### Breakfast

195 cals, 20g protein, 2g net carbs, 11g fat



#### Celery sticks

2 celery stalk- 13 cals



#### Scrambled egg whites

182 cals

### Snacks

255 cals, 7g protein, 29g net carbs, 10g fat



#### Sunflower seeds

120 cals



#### Banana ice cream

1 banana- 134 cals

### Lunch

510 cals, 39g protein, 4g net carbs, 36g fat



#### Sugar snap peas

41 cals



#### Buffalo drumsticks

8 oz- 467 cals

### Dinner

525 cals, 82g protein, 9g net carbs, 15g fat



#### Cajun cod

15 oz- 468 cals



#### Broccoli

2 cup(s)- 58 cals

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# Grocery List



## Sausages and Luncheon Meats

- ham cold cuts  
21 3/4 oz (616g)

## Soups, Sauces, and Gravies

- salsa  
6 tbsp (108g)
- Frank's Red Hot sauce  
2 3/4 tbsp (41mL)

## Vegetables and Vegetable Products

- carrots  
12 medium (732g)
- tomatoes  
2 1/3 medium whole (2-3/5" dia) (284g)
- garlic  
1/2 clove(s) (2g)
- romaine lettuce  
3 leaf outer (84g)
- onion  
1 medium (2-1/2" dia) (126g)
- raw celery  
7 stalk, medium (7-1/2" - 8" long) (280g)
- frozen broccoli  
11 1/2 cup (1047g)
- frozen sugar snap peas  
2 1/3 cup (336g)

## Nut and Seed Products

- almonds  
1/4 lbs (119g)
- almond butter  
2 1/2 oz (74g)
- sunflower kernels  
2 oz (57g)

## Other

- ice cubes  
1 cup(s) (140g)
- italian seasoning  
1/4 tbsp (3g)
- mixed greens  
1 cup (30g)
- almond flour  
1 tbsp (7g)
- Chicken, drumsticks, with skin  
1 lbs (454g)

## Beverages

- water  
2 tbsp (30mL)
- protein powder  
1 1/4 oz (37g)

## Spices and Herbs

- black pepper  
1 g (1g)
- salt  
5 g (5g)
- dijon mustard  
1 1/2 tbsp (23g)
- cajun seasoning  
1/4 cup (23g)

## Fats and Oils

- olive oil  
1 3/4 oz (56mL)
- oil  
2 1/2 oz (80mL)

## Poultry Products

- boneless skinless chicken breast, raw  
1 1/3 lbs (597g)
- boneless skinless chicken thighs  
1/2 lbs (255g)

## Finfish and Shellfish Products

- canned tuna  
1 can (172g)
- cod, raw  
30 oz (850g)

## Pork Products

- pork tenderloin, raw  
18 2/3 oz (529g)
- pork shoulder  
1/2 lbs (227g)

## Dairy and Egg Products

- egg whites  
1 1/2 cup (365g)

## Fruits and Fruit Juices

- frozen strawberries**  
1 1/2 cup, unthawed (224g)
  - banana**  
6 1/2 medium (7" to 7-7/8" long) (762g)
  - avocados**  
1 1/4 avocado(s) (251g)
  - lime juice**  
1 tsp (5mL)
  - nectarine**  
6 medium (2-1/2" dia) (852g)
  - grapes**  
2 cup (184g)
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## Breakfast 1 ↗

Eat on day 1 and day 2

### Roasted almonds

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



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cals ● 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, day 4, and day 5

### Celery and almond butter

100 cals ● 3g protein ● 8g fat ● 2g carbs ● 2g fiber



For single meal:

**raw celery**

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

**almond butter**

1/2 oz (14g)

For all 3 meals:

**raw celery**

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

**almond butter**

1 1/2 oz (43g)

1. Clean celery and slice to desired lengths
2. Spread almond butter along center

### Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**nectarine, pitted**

2 medium (2-1/2" dia) (284g)

For all 3 meals:

**nectarine, pitted**

6 medium (2-1/2" dia) (852g)

1. Remove nectarine pit, slice, and serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

**raw celery**

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

### Scrambled egg whites

182 cals ● 20g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**egg whites**

3/4 cup (182g)

**oil**

3/4 tbsp (11mL)

For all 2 meals:

**egg whites**

1 1/2 cup (365g)

**oil**

1 1/2 tbsp (23mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

## Lunch 1 ↗

Eat on day 1 and day 2

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

**banana**

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

For all 2 meals:

**banana**

2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

### Ham club lettuce wrap

1 1/2 wrap(s) - 351 cals ● 32g protein ● 17g fat ● 8g carbs ● 8g fiber



For single meal:

**dijon mustard**

3/4 tbsp (11g)

**romaine lettuce**

1 1/2 leaf outer (42g)

**ham cold cuts**

6 oz (170g)

**onion**

6 slices, thin (54g)

**tomatoes**

3 slice(s), thin/small (45g)

**avocados, sliced**

3/8 avocado(s) (75g)

For all 2 meals:

**dijon mustard**

1 1/2 tbsp (23g)

**romaine lettuce**

3 leaf outer (84g)

**ham cold cuts**

3/4 lbs (340g)

**onion**

12 slices, thin (108g)

**tomatoes**

6 slice(s), thin/small (90g)

**avocados, sliced**

3/4 avocado(s) (151g)

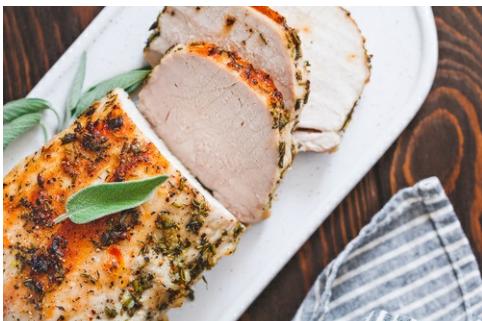
1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

## Lunch 2 ↗

Eat on day 3 and day 4

### Pork tenderloin

9 1/3 oz - 273 cals ● 55g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**pork tenderloin, raw**  
9 1/3 oz (264g)

For all 2 meals:

**pork tenderloin, raw**  
18 2/3 oz (529g)

1. Preheat oven to 350°F (180°C).
2. If your pork tenderloin came unseasoned, season with salt/pepper and any herbs or spices you have on hand.
3. Place on a baking sheet and bake for about 20-25 minutes, or until the internal temperature reaches 160°F (72°C).
4. Remove from oven and let rest for about 5 minutes. Slice and serve.

### Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen broccoli**  
6 cup (546g)  
**olive oil**  
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Lunch 3 ↗

Eat on day 5

### Basic chicken thighs

9 oz - 383 cals ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



Makes 9 oz

**boneless skinless chicken thighs**

1/2 lbs (255g)

**oil**

1 tsp (6mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

### Olive oil drizzled sugar snap peas

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



**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**frozen sugar snap peas**

1 cup (144g)

**olive oil**

1/2 tbsp (8mL)

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

## Lunch 4 ↗

Eat on day 6 and day 7

### 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.

### Buffalo drumsticks

8 oz - 467 cals ● 36g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
4 tsp (20mL)  
**oil**  
1/4 tbsp (4mL)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
1/2 lbs (227g)

For all 2 meals:

**Frank's Red Hot sauce**  
2 2/3 tbsp (40mL)  
**oil**  
1/2 tbsp (8mL)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**Chicken, drumsticks, with skin**  
1 lbs (454g)

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.

## Snacks 1 ↗

Eat on day 1 and day 2

### Ham chips with salsa

6 slices - 157 cals ● 24g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**ham cold cuts**

6 slice (138g)

**salsa**

3 tbsp (54g)

For all 2 meals:

**ham cold cuts**

12 slice (276g)

**salsa**

6 tbsp (108g)

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.

### Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**

2 1/2 medium (153g)

For all 2 meals:

**carrots**

5 medium (305g)

1. Cut carrots into strips and serve.

## Snacks 2 ↗

Eat on day 3 and day 4

### Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

**grapes**  
1 cup (92g)

For all 2 meals:

**grapes**  
2 cup (184g)

1. The recipe has no instructions.

### 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 2 meals:

**almond butter**  
2 tbsp (31g)  
**almond flour**  
1 tbsp (7g)  
**protein powder**  
1 tbsp (6g)

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

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Sunflower seeds

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



For single meal:

**sunflower kernels**  
2/3 oz (19g)

For all 3 meals:

**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.

### Banana ice cream

1 banana - 134 cals ● 2g protein ● 0g fat ● 28g carbs ● 4g fiber



For single meal:

**banana, sliced & frozen**  
1 large (8" to 8-7/8" long) (136g)

For all 3 meals:

**banana, sliced & frozen**  
3 large (8" to 8-7/8" long) (408g)

1. Add the frozen banana slices to a food processor or blender and blend. Scrape down the sides as needed and continue to blend until the bananas turn into a creamy, ice cream consistency.
2. Serve immediately for a soft-serve consistency, or transfer the banana ice cream to a container and freeze for 1-2 hours for a firmer texture.

## Dinner 1 ↗

Eat on day 1 and day 2

### Sauteed garlic & herb tomatoes

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



For single meal:

**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)

For all 2 meals:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)  
**garlic, minced**  
1/2 clove(s) (2g)

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.

### 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.

## Dinner 2 ↗

Eat on day 3 and day 4

### Avocado tuna salad

218 cals ● 20g protein ● 12g fat ● 3g carbs ● 4g fiber



For single meal:

**avocados**  
1/4 avocado(s) (50g)  
**lime juice**  
1/2 tsp (3mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**mixed greens**  
1/2 cup (15g)  
**canned tuna**  
1/2 can (86g)  
**tomatoes**  
2 tbsp, chopped (23g)  
**onion, minced**  
1/8 small (9g)

For all 2 meals:

**avocados**  
1/2 avocado(s) (101g)  
**lime juice**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**mixed greens**  
1 cup (30g)  
**canned tuna**  
1 can (172g)  
**tomatoes**  
4 tbsp, chopped (45g)  
**onion, minced**  
1/4 small (18g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

### Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



For single meal:

**carrots**  
3 1/2 medium (214g)

For all 2 meals:

**carrots**  
7 medium (427g)

1. Cut carrots into strips and serve.

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**

4 tbsp, whole (36g)

For all 2 meals:

**almonds**

1/2 cup, whole (72g)

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1. The recipe has no instructions.

## Dinner 3

Eat on day 5

### Slow cooker carnitas

8 oz - 410 cals ● 40g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 8 oz

**pork shoulder**

1/2 lbs (227g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

### Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**frozen broccoli**

1 1/2 cup (137g)

**olive oil**

1/2 tbsp (8mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Dinner 4 ↗

Eat on day 6 and day 7

### Cajun cod

15 oz - 468 cals ● 77g protein ● 15g fat ● 5g carbs ● 1g fiber



For single meal:

**cod, raw**  
15 oz (425g)  
**cajun seasoning**  
5 tsp (11g)  
**oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**cod, raw**  
30 oz (850g)  
**cajun seasoning**  
1/4 cup (23g)  
**oil**  
5 tsp (25mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

### Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

**frozen broccoli**  
2 cup (182g)

For all 2 meals:

**frozen broccoli**  
4 cup (364g)

1. Prepare according to instructions on package.