

Meal Plan - 1700 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

1686 cals ● 118g protein (28%) ● 100g fat (54%) ● 59g carbs (14%) ● 20g fiber (5%)

Breakfast

375 cals, 16g protein, 25g net carbs, 19g fat



[Egg in an eggplant](#)

241 cals



[Peach](#)

2 peach(es)- 132 cals

Snacks

250 cals, 14g protein, 8g net carbs, 17g fat



[Beef jerky](#)

73 cals



[Walnuts](#)

1/4 cup(s)- 175 cals

Lunch

550 cals, 48g protein, 20g net carbs, 27g fat



[Roasted carrots](#)

4 carrots(s)- 211 cals



[Broiled tilapia](#)

8 oz- 340 cals

Dinner

515 cals, 40g protein, 5g net carbs, 37g fat



[Rotisserie chicken & tomato salad](#)

514 cals

Day 2

1796 cals ● 129g protein (29%) ● 85g fat (43%) ● 100g carbs (22%) ● 29g fiber (6%)

Breakfast

375 cals, 16g protein, 25g net carbs, 19g fat



[Egg in an eggplant](#)

241 cals



[Peach](#)

2 peach(es)- 132 cals

Lunch

585 cals, 36g protein, 46g net carbs, 24g fat



[Chicken & green bean cottage pie](#)

414 cals



[Simple salad with celery, cucumber & tomato](#)

171 cals

Snacks

250 cals, 14g protein, 8g net carbs, 17g fat



[Beef jerky](#)

73 cals



[Walnuts](#)

1/4 cup(s)- 175 cals

Dinner

590 cals, 63g protein, 21g net carbs, 25g fat



[Tomato cucumber salad](#)

141 cals



[Baked chicken with tomatoes & olives](#)

9 oz- 449 cals

Day 3

1706 cals ● 123g protein (29%) ● 87g fat (46%) ● 84g carbs (20%) ● 25g fiber (6%)

Breakfast

270 cals, 15g protein, 13g net carbs, 16g fat



Peach
1 peach(es)- 66 cals



Bacon
4 slice(s)- 202 cals

Snacks

265 cals, 8g protein, 5g net carbs, 22g fat



Celery and almond butter
100 cals



Mixed nuts
1/6 cup(s)- 163 cals

Lunch

585 cals, 36g protein, 46g net carbs, 24g fat



Chicken & green bean cottage pie
414 cals



Simple salad with celery, cucumber & tomato
171 cals

Dinner

590 cals, 63g protein, 21g net carbs, 25g fat



Tomato cucumber salad
141 cals



Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 4

1679 cals ● 118g protein (28%) ● 103g fat (55%) ● 45g carbs (11%) ● 25g fiber (6%)

Breakfast

270 cals, 15g protein, 13g net carbs, 16g fat



Peach
1 peach(es)- 66 cals



Bacon
4 slice(s)- 202 cals

Snacks

265 cals, 8g protein, 5g net carbs, 22g fat



Celery and almond butter
100 cals



Mixed nuts
1/6 cup(s)- 163 cals

Lunch

600 cals, 43g protein, 20g net carbs, 35g fat



Roasted carrots
3 carrots(s)- 158 cals



Bacon zucchini noodles
325 cals



Cilantro lime chicken breast
3 oz chicken- 119 cals

Dinner

545 cals, 51g protein, 7g net carbs, 30g fat



Avocado tuna salad
545 cals

Day 5

1679 cals ● 118g protein (28%) ● 103g fat (55%) ● 45g carbs (11%) ● 25g fiber (6%)

Breakfast

270 cals, 15g protein, 13g net carbs, 16g fat



Peach

1 peach(es)- 66 cals



Bacon

4 slice(s)- 202 cals

Lunch

600 cals, 43g protein, 20g net carbs, 35g fat



Roasted carrots

3 carrots(s)- 158 cals



Bacon zucchini noodles

325 cals



Cilantro lime chicken breast

3 oz chicken- 119 cals

Snacks

265 cals, 8g protein, 5g net carbs, 22g fat



Celery and almond butter

100 cals



Mixed nuts

1/6 cup(s)- 163 cals

Dinner

545 cals, 51g protein, 7g net carbs, 30g fat



Avocado tuna salad

545 cals

Day 6

1651 cals ● 133g protein (32%) ● 86g fat (47%) ● 69g carbs (17%) ● 18g fiber (4%)

Breakfast

320 cals, 18g protein, 17g net carbs, 19g fat



Peach

1 peach(es)- 66 cals



Scrambled eggs with veggies and bacon

256 cals

Lunch

565 cals, 66g protein, 21g net carbs, 21g fat



Roasted carrots

4 carrots(s)- 211 cals



Marinaded chicken breast

10 oz- 353 cals

Snacks

140 cals, 1g protein, 22g net carbs, 4g fat



Celery sticks

1 celery stalk- 7 cals



Applesauce

57 cals



Plantain chips

75 cals

Dinner

625 cals, 48g protein, 9g net carbs, 42g fat



Sautéed peppers and onions

31 cals



Thyme & lime chicken thighs

368 cals



Parmesan zucchini noodles

227 cals

Day 7

1651 cals ● 133g protein (32%) ● 86g fat (47%) ● 69g carbs (17%) ● 18g fiber (4%)

Breakfast

320 cals, 18g protein, 17g net carbs, 19g fat



Peach

1 peach(es)- 66 cals



Scrambled eggs with veggies and bacon

256 cals

Snacks

140 cals, 1g protein, 22g net carbs, 4g fat



Celery sticks

1 celery stalk- 7 cals



Applesauce

57 cals



Plantain chips

75 cals

Lunch

565 cals, 66g protein, 21g net carbs, 21g fat



Roasted carrots

4 carrots(s)- 211 cals



Marinaded chicken breast

10 oz- 353 cals

Dinner

625 cals, 48g protein, 9g net carbs, 42g fat



Sauteed peppers and onions

31 cals



Thyme & lime chicken thighs

368 cals



Parmesan zucchini noodles

227 cals

Grocery List



Vegetables and Vegetable Products

- eggplant**
4 1 inch (2.5 cm) slice(s) (240g)
- carrots**
18 large (1296g)
- cucumber**
2 1/2 cucumber (8-1/4") (778g)
- tomatoes**
7 1/2 medium whole (2-3/5" dia) (919g)
- red onion**
1 small (70g)
- fresh green beans**
1/3 lbs (151g)
- sweet potatoes**
1 1/3 sweetpotato, 5" long (280g)
- raw celery**
7 2/3 stalk, medium (7-1/2" - 8" long) (307g)
- zucchini**
4 1/2 medium (882g)
- garlic**
1/2 clove(s) (2g)
- fresh cilantro**
1/8 bunch (5g)
- onion**
1 medium (2-1/2" dia) (111g)
- bell pepper**
1 1/2 large (231g)

Fats and Oils

- oil**
3 oz (97mL)
- olive oil**
3 oz (93mL)
- salad dressing**
4 oz (120mL)
- marinade sauce**
10 tbsp (151mL)

Dairy and Egg Products

- eggs**
8 large (400g)
- parmesan cheese**
2 1/2 tbsp (13g)

Fruits and Fruit Juices

- peach**
9 medium (2-2/3" dia) (1350g)

Spices and Herbs

- black pepper**
1 1/2 g (1g)
- salt**
1/4 oz (7g)
- chili powder**
1 tbsp (8g)
- fresh basil**
18 leaves (9g)
- thyme, dried**
1/4 tbsp, leaves (1g)

Finfish and Shellfish Products

- tilapia, raw**
1/2 lbs (224g)
- canned tuna**
2 1/2 can (430g)

Other

- rotisserie chicken, cooked**
6 oz (170g)
- mixed greens**
2 package (5.5 oz) (282g)

Snacks

- beef jerky**
2 oz (57g)
- Plantain chips**
1 oz (28g)

Nut and Seed Products

- walnuts**
1/2 cup, shelled (50g)
- almond butter**
1 1/2 oz (43g)
- mixed nuts**
1/2 cup (75g)

Poultry Products

- boneless skinless chicken breast, raw**
2 3/4 lbs (1240g)
- ground chicken, raw**
2/3 lbs (302g)
- boneless skinless chicken thighs**
1 lb (454g)

- lemon juice**
3/8 fl oz (13mL)
- green olives**
18 large (79g)
- lime juice**
1 3/4 fl oz (53mL)
- avocados**
1 1/4 avocado(s) (251g)
- applesauce**
2 to-go container (~4 oz) (244g)

Soups, Sauces, and Gravies

- worcestershire sauce**
1/2 tbsp (7mL)
- vegetable broth**
1/3 cup(s) (mL)

Pork Products

- bacon, cooked**
14 slice(s) (140g)
- bacon, raw**
4 slice(s) (113g)

Breakfast 1 ↗

Eat on day 1 and day 2

Egg in an eggplant

241 cals ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggplant
2 1 inch (2.5 cm) slice(s) (120g)
oil
2 tsp (10mL)
eggs
2 large (100g)

For all 2 meals:

eggplant
4 1 inch (2.5 cm) slice(s) (240g)
oil
4 tsp (20mL)
eggs
4 large (200g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

peach
2 medium (2-2/3" dia) (300g)

For all 2 meals:

peach
4 medium (2-2/3" dia) (600g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 3 meals:

peach
3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.

Bacon

4 slice(s) - 202 cals ● 14g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

bacon, cooked
4 slice(s) (40g)

For all 3 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.

Breakfast 3 ↗

Eat on day 6 and day 7

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

Scrambled eggs with veggies and bacon

256 cals ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

onion
2 tbsp, chopped (20g)
olive oil
1 tsp (5mL)
eggs
2 large (100g)
bell pepper
1/2 cup, chopped (75g)
bacon, cooked, cooked and chopped
1 slice(s) (10g)

For all 2 meals:

onion
4 tbsp, chopped (40g)
olive oil
2 tsp (10mL)
eggs
4 large (200g)
bell pepper
1 cup, chopped (149g)
bacon, cooked, cooked and chopped
2 slice(s) (20g)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper 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.

Lunch 1 ↗

Eat on day 1

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Broiled tilapia

8 oz - 340 cals ● 45g protein ● 17g fat ● 1g carbs ● 0g fiber



Makes 8 oz

lemon juice
1/2 tbsp (8mL)
black pepper
2 dash, ground (1g)
tilapia, raw
1/2 lbs (224g)
olive oil
1 tbsp (15mL)
salt
2 dash (2g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Lunch 2 ↗

Eat on day 2 and day 3

Chicken & green bean cottage pie

414 cals ● 30g protein ● 17g fat ● 29g carbs ● 6g fiber



For single meal:

ground chicken, raw
1/3 lbs (151g)
thyme, dried
1 1/3 dash, leaves (0g)
worcestershire sauce
1/4 tbsp (3mL)
vegetable broth
1/6 cup(s) (mL)
oil
1 tsp (5mL)
fresh green beans, trimmed
2 2/3 oz (76g)
sweet potatoes, peeled & cubed
2/3 sweetpotato, 5" long (140g)

For all 2 meals:

ground chicken, raw
2/3 lbs (302g)
thyme, dried
1/3 tsp, leaves (0g)
worcestershire sauce
1/2 tbsp (7mL)
vegetable broth
1/3 cup(s) (mL)
oil
2 tsp (10mL)
fresh green beans, trimmed
1/3 lbs (151g)
sweet potatoes, peeled & cubed
1 1/3 sweetpotato, 5" long (280g)

1. Submerge cubed sweet potatoes in salted water in a large saucepan and bring to a boil. Reduce to a simmer and simmer until tender, about 8-10 minutes. Drain and return to the saucepan. Mash until smooth. Season with salt and pepper and set aside.
2. Meanwhile, heat just half of the oil in a large ovenproof skillet over medium heat. Add the green beans, cover, and cook until tender, about 5 minutes. Transfer the green beans to a plate and set aside.
3. Add the remaining oil to the same skillet over medium-high heat. Add the ground chicken and cook, breaking it up into pieces with a spoon. Once browned, add the broth, Worcestershire sauce, and thyme. Stir to combine.
4. Bring the chicken mixture to a simmer and simmer until the sauce reduces slightly. Stir in the green beans. Season with salt and pepper.
5. Spoon the mashed sweet potatoes on top and spread to cover the filling. Broil until the filling is bubbling and the sweet potato is golden. Serve.

Simple salad with celery, cucumber & tomato

171 cals ● 6g protein ● 6g fat ● 17g carbs ● 5g fiber



For single meal:

salad dressing

2 tbsp (30mL)

raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

mixed greens

2/3 package (5.5 oz) (103g)

cucumber, sliced

2/3 cucumber (8-1/4") (201g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

For all 2 meals:

salad dressing

4 tbsp (60mL)

raw celery, chopped

2 2/3 stalk, medium (7-1/2" - 8" long) (107g)

mixed greens

1 1/3 package (5.5 oz) (207g)

cucumber, sliced

1 1/3 cucumber (8-1/4") (401g)

tomatoes, diced

1 1/3 medium whole (2-3/5" dia) (164g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Lunch 3 ↗

Eat on day 4 and day 5

Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



For single meal:

oil

1/2 tbsp (8mL)

carrots, sliced

3 large (216g)

For all 2 meals:

oil

1 tbsp (15mL)

carrots, sliced

6 large (432g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

zucchini
1 medium (196g)
bacon, raw
2 slice(s) (57g)

For all 2 meals:

zucchini
2 medium (392g)
bacon, raw
4 slice(s) (113g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

Cilantro lime chicken breast

3 oz chicken - 119 cals ● 19g protein ● 4g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3 oz (85g)
lime juice
1 tsp (5mL)
oil
1/2 tsp (2mL)
garlic, minced
1/4 clove(s) (1g)
fresh cilantro, chopped
1/8 bunch (2g)

For all 2 meals:

boneless skinless chicken breast, raw
6 oz (170g)
lime juice
2 tsp (11mL)
oil
1 tsp (4mL)
garlic, minced
1/2 clove(s) (2g)
fresh cilantro, chopped
1/8 bunch (5g)

1. Combine the oil, garlic, some salt, half of the lime juice, and half of the cilantro into a large bowl and mix. Add in the chicken and toss to coat (optional: cover bowl and allow chicken to marinate for 1 hour to overnight).
2. Heat a grill pan or skillet over medium high heat and cook the chicken about 5 minutes on each side or until fully cooked and no longer pink on the inside.
3. Remove chicken from the pan and sprinkle on remaining lime juice and cilantro. Serve.

Lunch 4 ↗

Eat on day 6 and day 7

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

For all 2 meals:

oil
4 tsp (20mL)
carrots, sliced
8 large (576g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

Marinaded chicken breast

10 oz - 353 cals ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
marinade sauce
5 tbsp (75mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
marinade sauce
10 tbsp (150mL)

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 marinade 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

Beef jerky

73 cals ● 11g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

beef jerky

1 oz (28g)

For all 2 meals:

beef jerky

2 oz (57g)

1. The recipe has no instructions.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. The recipe has no instructions.

Snacks 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

Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

mixed nuts

3 tbsp (25g)

For all 3 meals:

mixed nuts

1/2 cup (75g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

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

For all 2 meals:

raw celery

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

1. Slice celery into sticks and serve.

Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce

1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Plantain chips

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



For single meal:

Plantain chips

1/2 oz (14g)

For all 2 meals:

Plantain chips

1 oz (28g)

1. Approximately 3/4 cup = 1 oz

Dinner 1 ↗

Eat on day 1

Rotisserie chicken & tomato salad

514 cals ● 40g protein ● 37g fat ● 5g carbs ● 2g fiber



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.

Dinner 2 ↗

Eat on day 2 and day 3

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



For single meal:

salad dressing

2 tbsp (30mL)

red onion, thinly sliced

1/2 small (35g)

cucumber, thinly sliced

1/2 cucumber (8-1/4") (151g)

tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

salad dressing

4 tbsp (60mL)

red onion, thinly sliced

1 small (70g)

cucumber, thinly sliced

1 cucumber (8-1/4") (301g)

tomatoes, thinly sliced

2 medium whole (2-3/5" dia) (246g)

1. Mix ingredients together in a bowl and serve.

Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)
olive oil
1/2 tbsp (8mL)
salt
3 dash (2g)
green olives
9 large (40g)
black pepper
3 dash (0g)
chili powder
1/2 tbsp (4g)
boneless skinless chicken breast, raw
1/2 lbs (255g)
fresh basil, shredded
9 leaves (5g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
18 oz (510g)
fresh basil, shredded
18 leaves (9g)

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.

Dinner 3 ↗

Eat on day 4 and day 5

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)
onion, minced
1/3 small (22g)

For all 2 meals:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)
onion, minced
5/8 small (44g)

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.

Dinner 4 ↗

Eat on day 6 and day 7

Sautéed peppers and onions

31 cals ● 1g protein ● 2g fat ● 2g carbs ● 1g fiber



For single meal:

oil
3/8 tsp (2mL)
onion, sliced
1/8 medium (2-1/2" dia) (14g)
bell pepper, sliced into strips
1/4 large (41g)

For all 2 meals:

oil
1/4 tbsp (4mL)
onion, sliced
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced into strips
1/2 large (82g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and sauté until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Thyme & lime chicken thighs

368 cals ● 43g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken thighs
1/2 lb (227g)
thyme, dried
2 dash, leaves (0g)
lime juice
1 tbsp (15mL)
oil
1/2 tbsp (8mL)

For all 2 meals:

boneless skinless chicken thighs
1 lb (454g)
thyme, dried
4 dash, leaves (1g)
lime juice
2 tbsp (30mL)
oil
1 tbsp (15mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Parmesan zucchini noodles

227 cals ● 5g protein ● 19g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini
1 1/4 medium (245g)
olive oil
1 1/4 tbsp (19mL)
parmesan cheese
1 1/4 tbsp (6g)

For all 2 meals:

zucchini
2 1/2 medium (490g)
olive oil
2 1/2 tbsp (38mL)
parmesan cheese
2 1/2 tbsp (13g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.