

Meal Plan - 2500 calorie paleo meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

2495 cals ● 250g protein (40%) ● 94g fat (34%) ● 128g carbs (21%) ● 33g fiber (5%)

Breakfast

445 cals, 22g protein, 32g net carbs, 22g fat



Clementine

4 clementine(s)- 156 cals



Southwest bacon omelet

287 cals

Snacks

375 cals, 15g protein, 26g net carbs, 20g fat



Banana

1 banana(s)- 117 cals



Avocado deviled eggs

2 egg(s)- 257 cals

Lunch

845 cals, 140g protein, 6g net carbs, 28g fat



Sautéed peppers and onions

31 cals



Lemon pepper chicken breast

22 oz- 814 cals

Dinner

830 cals, 73g protein, 64g net carbs, 25g fat



English scouse stew

772 cals



Tossed salad

61 cals

Day 2

2456 cals ● 185g protein (30%) ● 126g fat (46%) ● 114g carbs (19%) ● 32g fiber (5%)

Breakfast

445 cals, 22g protein, 32g net carbs, 22g fat



Clementine

4 clementine(s)- 156 cals



Southwest bacon omelet

287 cals

Snacks

375 cals, 15g protein, 26g net carbs, 20g fat



Banana

1 banana(s)- 117 cals



Avocado deviled eggs

2 egg(s)- 257 cals

Lunch

835 cals, 39g protein, 24g net carbs, 60g fat



Salmon & veggie one pot

5 oz salmon- 468 cals



Garlic zucchini noodles

367 cals

Dinner

805 cals, 109g protein, 32g net carbs, 23g fat



Tomato cucumber salad

71 cals



Italian baked tilapia

18 oz- 734 cals

Day 3

2493 cals ● 199g protein (32%) ● 119g fat (43%) ● 123g carbs (20%) ● 34g fiber (5%)

Breakfast

445 cals, 22g protein, 32g net carbs, 22g fat



Clementine

4 clementine(s)- 156 cals



Southwest bacon omelet

287 cals

Snacks

380 cals, 8g protein, 46g net carbs, 15g fat



Banana ice cream

1 banana- 134 cals



Applesauce

57 cals



Pistachios

188 cals

Lunch

865 cals, 60g protein, 13g net carbs, 59g fat



Turkey, bacon, avocado lettuce wrap

2 wrap(s)- 633 cals



Walnuts

1/3 cup(s)- 233 cals

Dinner

805 cals, 109g protein, 32g net carbs, 23g fat



Tomato cucumber salad

71 cals



Italian baked tilapia

18 oz- 734 cals

Day 4

2494 cals ● 180g protein (29%) ● 137g fat (49%) ● 106g carbs (17%) ● 30g fiber (5%)

Breakfast

475 cals, 14g protein, 5g net carbs, 42g fat



Roasted almonds

1/6 cup(s)- 148 cals



Low carb bread with almond butter

2 slice(s)- 329 cals

Snacks

380 cals, 8g protein, 46g net carbs, 15g fat



Banana ice cream

1 banana- 134 cals



Applesauce

57 cals



Pistachios

188 cals

Lunch

860 cals, 65g protein, 27g net carbs, 51g fat



Orange & rosemary salmon

9 oz- 696 cals



Bacon zucchini noodles

163 cals

Dinner

780 cals, 93g protein, 28g net carbs, 29g fat



Broccoli

2 cup(s)- 58 cals



Basic chicken breast

13 1/3 oz- 529 cals



Baked fries

193 cals

Day 5

2485 cals ● 194g protein (31%) ● 118g fat (43%) ● 131g carbs (21%) ● 31g fiber (5%)

Breakfast

475 cals, 14g protein, 5g net carbs, 42g fat



Roasted almonds
1/6 cup(s)- 148 cals



Low carb bread with almond butter
2 slice(s)- 329 cals

Snacks

340 cals, 26g protein, 4g net carbs, 23g fat



Ham chips with salsa
6 slices- 157 cals



Pecans
1/4 cup- 183 cals

Lunch

835 cals, 74g protein, 50g net carbs, 34g fat



Pan fried tilapia
12 oz- 447 cals



Baked fries
386 cals

Dinner

835 cals, 80g protein, 72g net carbs, 20g fat



Simple seared tuna steak
10 2/3 oz- 470 cals



Mashed sweet potatoes
366 cals

Day 6

2508 cals ● 170g protein (27%) ● 149g fat (53%) ● 95g carbs (15%) ● 28g fiber (4%)

Breakfast

480 cals, 18g protein, 35g net carbs, 25g fat



Clementine
4 clementine(s)- 156 cals



Eggs with tomato and avocado
326 cals

Snacks

340 cals, 26g protein, 4g net carbs, 23g fat



Ham chips with salsa
6 slices- 157 cals



Pecans
1/4 cup- 183 cals

Lunch

835 cals, 74g protein, 50g net carbs, 34g fat



Pan fried tilapia
12 oz- 447 cals



Baked fries
386 cals

Dinner

855 cals, 52g protein, 6g net carbs, 68g fat



Bacon zucchini noodles
325 cals



Pepper steak
6 ounce(s)- 528 cals

Day 7

2487 cals ● 157g protein (25%) ● 169g fat (61%) ● 57g carbs (9%) ● 27g fiber (4%)

Breakfast

480 cals, 18g protein, 35g net carbs, 25g fat



Clementine

4 clementine(s)- 156 cals



Eggs with tomato and avocado

326 cals

Snacks

340 cals, 26g protein, 4g net carbs, 23g fat



Ham chips with salsa

6 slices- 157 cals



Pecans

1/4 cup- 183 cals

Lunch

810 cals, 60g protein, 12g net carbs, 55g fat



Broccoli

2 cup(s)- 58 cals



Roasted pepper stuffed chicken

8 oz- 572 cals



Parmesan zucchini noodles

182 cals

Dinner

855 cals, 52g protein, 6g net carbs, 68g fat



Bacon zucchini noodles

325 cals



Pepper steak

6 ounce(s)- 528 cals

Fruits and Fruit Juices

- ☐ clementines
20 fruit (1480g)
- ☐ banana
4 1/3 medium (7" to 7-7/8" long) (508g)
- ☐ avocados
2 avocado(s) (436g)
- ☐ lime juice
1/2 tbsp (7mL)
- ☐ applesauce
2 to-go container (~4 oz) (244g)
- ☐ orange
1 1/2 orange (231g)
- ☐ lemon juice
3/4 tbsp (11mL)

Fats and Oils

- ☐ olive oil
4 oz (130mL)
- ☐ oil
1/2 cup (128mL)
- ☐ salad dressing
2 1/2 tbsp (38mL)

Vegetables and Vegetable Products

- ☐ bell pepper
7/8 large (143g)
- ☐ onion
3 medium (2-1/2" dia) (346g)
- ☐ fresh cilantro
4 tsp, chopped (4g)
- ☐ cabbage
1 1/4 cup, chopped (111g)
- ☐ potatoes
2 1/2 lbs (1189g)
- ☐ carrots
1 2/3 medium (103g)
- ☐ romaine lettuce
1/4 head (181g)
- ☐ tomatoes
2 3/4 medium whole (2-3/5" dia) (334g)
- ☐ red onion
3/8 medium (2-1/2" dia) (42g)
- ☐ cucumber
1/2 cucumber (8-1/4") (169g)
- ☐ canned crushed tomatoes
1 2/3 lbs (759g)
- ☐ zucchini
5 3/4 medium (1127g)

Spices and Herbs

- ☐ lemon pepper
4 tsp (9g)
- ☐ dried dill weed
5 dash (1g)
- ☐ ground cumin
5 dash (1g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ salt
1/2 oz (15g)
- ☐ rosemary, dried
1 1/4 tsp (2g)
- ☐ black pepper
1/3 oz (10g)
- ☐ fresh basil
4 leaves (2g)
- ☐ paprika
1/3 tsp (1g)

Beef Products

- ☐ beef stew meat, raw
10 oz (284g)
- ☐ ribeye, raw
3/4 lbs (340g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
2 cup(s) (mL)
- ☐ worcestershire sauce
2 tsp (9mL)
- ☐ salsa
1/2 cup (162g)

Other

- ☐ italian seasoning
1 1/2 tbsp (16g)
- ☐ almond flour
1/3 cup(s) (37g)
- ☐ roasted red peppers
2/3 pepper(s) (47g)

Finfish and Shellfish Products

- ☐ tilapia, raw
3 3/4 lbs (1680g)
- ☐ salmon
14 oz (397g)

- ☐ **garlic**
1 clove (3g)
- ☐ **frozen broccoli**
4 cup (364g)
- ☐ **sweet potatoes**
2 sweetpotato, 5" long (420g)

Dairy and Egg Products

- ☐ **eggs**
15 large (750g)
- ☐ **butter**
1 1/2 tbsp (21g)
- ☐ **parmesan cheese**
1 tbsp (5g)

Pork Products

- ☐ **bacon, cooked**
10 slice(s) (100g)
- ☐ **bacon, raw**
5 slice(s) (142g)

Poultry Products

- ☐ **boneless skinless chicken breast, raw**
2 1/4 lbs (989g)
- ☐ **boneless chicken thighs, with skin**
1/2 lbs (227g)

- ☐ **yellowfin tuna steaks, raw**
2/3 lbs (302g)

Beverages

- ☐ **water**
1/6 cup(s) (38mL)

Sausages and Luncheon Meats

- ☐ **turkey cold cuts**
1/2 lbs (227g)
- ☐ **ham cold cuts**
18 slice (414g)

Nut and Seed Products

- ☐ **walnuts**
1/3 cup, shelled (33g)
- ☐ **pistachios, shelled**
1/2 cup (62g)
- ☐ **almonds**
1/3 cup, whole (48g)
- ☐ **almond butter**
1 tbsp (16g)
- ☐ **pecans**
3/4 cup, halves (74g)

Baked Products

- ☐ **baking powder**
4 dash (3g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Clementine

4 clementine(s) - 156 cals ● 2g protein ● 0g fat ● 30g carbs ● 5g fiber



For single meal:

clementines
4 fruit (296g)

For all 3 meals:

clementines
12 fruit (888g)

1. The recipe has no instructions.

Southwest bacon omelet

287 cals ● 20g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

olive oil
1 tsp (5mL)
bell pepper
1 tbsp, diced (9g)
onion
1 tbsp chopped (10g)
eggs
2 large (100g)
bacon, cooked, cooked and chopped
2 slice(s) (20g)

For all 3 meals:

olive oil
1 tbsp (15mL)
bell pepper
3 tbsp, diced (28g)
onion
3 tbsp chopped (30g)
eggs
6 large (300g)
bacon, cooked, cooked and chopped
6 slice(s) (60g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in a skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the bell pepper, onion, and bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. The recipe has no instructions.

Low carb bread with almond butter

2 slice(s) - 329 cals ● 9g protein ● 30g fat ● 3g carbs ● 3g fiber



For single meal:

almond flour
1/6 cup(s) (18g)
oil
1 tbsp (15mL)
baking powder
2 dash (1g)
salt
1 1/3 dash (1g)
eggs
1/2 large (25g)
almond butter
1/2 tbsp (8g)

For all 2 meals:

almond flour
1/3 cup(s) (37g)
oil
2 tbsp (30mL)
baking powder
4 dash (3g)
salt
1/3 tsp (2g)
eggs
1 large (50g)
almond butter
1 tbsp (16g)

1. In a greased, microwave-safe mug, mix the almond flour, oil, baking powder, salt, and egg until fully combined.
2. Microwave for 90 seconds.
3. Remove bread from mug, slice, and serve with almond butter.
4. For leftovers: immediately wrap any leftovers in plastic wrap or parchment paper. Store on the counter or in your fridge/freezer. Reheat by toasting or microwaving.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Clementine

4 clementine(s) - 156 cals ● 2g protein ● 0g fat ● 30g carbs ● 5g fiber



For single meal:

clementines
4 fruit (296g)

For all 2 meals:

clementines
8 fruit (592g)

1. The recipe has no instructions.

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

salt
2 dash (1g)
eggs
2 large (100g)
black pepper
2 dash (0g)
tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
avocados, sliced
1/2 avocado(s) (101g)
fresh basil, chopped
2 leaves (1g)

For all 2 meals:

salt
4 dash (2g)
eggs
4 large (200g)
black pepper
4 dash (0g)
tomatoes
4 slice(s), thick/large (1/2" thick)
(108g)
avocados, sliced
1 avocado(s) (201g)
fresh basil, chopped
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Lunch 1 [↗](#)

Eat on day 1

Sauteed peppers and onions

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



oil

3/8 tsp (2mL)

onion, sliced

1/8 medium (2-1/2" dia) (14g)

bell pepper, sliced into strips

1/4 large (41g)

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

22 oz - 814 cals ● 140g protein ● 26g fat ● 4g carbs ● 2g fiber



Makes 22 oz

boneless skinless chicken breast, raw

22 oz (616g)

olive oil

2 tsp (10mL)

lemon pepper

4 tsp (9g)

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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Lunch 2 [↗](#)

Eat on day 2

Salmon & veggie one pot

5 oz salmon - 468 cals ● 33g protein ● 29g fat ● 14g carbs ● 5g fiber



Makes 5 oz salmon

salmon

5 oz (142g)

canned crushed tomatoes

10 tbsp (151g)

dried dill weed

5 dash (1g)

oil

2 tsp (9mL)

water

1/6 cup(s) (37mL)

ground cumin

5 dash (1g)

onion, sliced

5/8 small (44g)

bell pepper, sliced into strips

5/8 medium (74g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Garlic zucchini noodles

367 cals ● 6g protein ● 32g fat ● 10g carbs ● 5g fiber



olive oil

2 1/4 tbsp (34mL)

zucchini

2 1/4 medium (441g)

garlic, minced

1 clove (3g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high. Add the garlic and cook for a minute or two.
3. Add the zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

Lunch 3 [↗](#)

Eat on day 3

Turkey, bacon, avocado lettuce wrap

2 wrap(s) - 633 cals ● 55g protein ● 37g fat ● 11g carbs ● 9g fiber



Makes 2 wrap(s)

dijon mustard

1 tbsp (15g)

romaine lettuce

2 leaf outer (56g)

turkey cold cuts

1/2 lbs (227g)

bacon, cooked

4 slice(s) (40g)

tomatoes

4 slice, medium (1/4" thick) (80g)

avocados, sliced

1/2 avocado(s) (101g)

1. Cook bacon according to package.
2. Spread the mustard on the inside of the leaf.
3. Place the turkey, avocado, bacon, and tomatoes on the mustard.
4. Wrap the leaf up. Serve.

Walnuts

1/3 cup(s) - 233 cals ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber



Makes 1/3 cup(s)

walnuts

1/3 cup, shelled (33g)

1. The recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 4

Orange & rosemary salmon

9 oz - 696 cal ● 54g protein ● 40g fat ● 25g carbs ● 6g fiber



Makes 9 oz

salmon

1 1/2 fillet/s (6 oz each) (255g)

rosemary, dried

1/4 tbsp (1g)

orange

1 1/2 orange (231g)

lemon juice

3/4 tbsp (11mL)

olive oil

1 tsp (6mL)

salt

3 dash (2g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

Bacon zucchini noodles

163 cal ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



zucchini

1/2 medium (98g)

bacon, raw

1 slice(s) (28g)

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.

Lunch 5 [↗](#)

Eat on day 5 and day 6

Pan fried tilapia

12 oz - 447 cal ● 68g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
1 tbsp (15mL)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)
tilapia, raw
3/4 lbs (336g)

For all 2 meals:

olive oil
2 tbsp (30mL)
black pepper
1 tsp, ground (2g)
salt
1 tsp (6g)
tilapia, raw
1 1/2 lbs (672g)

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.

Baked fries

386 cal ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber



For single meal:

potatoes
1 large (3" to 4-1/4" dia.) (369g)
oil
1 tbsp (15mL)

For all 2 meals:

potatoes
2 large (3" to 4-1/4" dia.) (738g)
oil
2 tbsp (30mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Lunch 6 [↗](#)

Eat on day 7

Broccoli

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



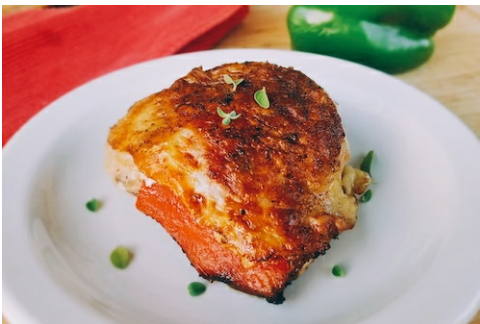
Makes 2 cup(s)

frozen broccoli
2 cup (182g)

1. Prepare according to instructions on package.

Roasted pepper stuffed chicken

8 oz - 572 cals ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



Makes 8 oz

boneless chicken thighs, with skin
1/2 lbs (227g)
paprika
1/3 tsp (1g)
oil
1 tsp (5mL)
roasted red peppers, cut into thick strips
2/3 pepper(s) (47g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Parmesan zucchini noodles

182 cals ● 4g protein ● 16g fat ● 5g carbs ● 2g fiber



zucchini
1 medium (196g)
olive oil
1 tbsp (15mL)
parmesan cheese
1 tbsp (5g)

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.

Snacks 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.
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Avocado deviled eggs

2 egg(s) - 257 cals ● 14g protein ● 19g fat ● 2g carbs ● 5g fiber



For single meal:

eggs

2 large (100g)

avocados

1/3 avocado(s) (67g)

lime juice

1/4 tbsp (3mL)

fresh cilantro, chopped

2 tsp, chopped (2g)

For all 2 meals:

eggs

4 large (200g)

avocados

2/3 avocado(s) (134g)

lime juice

1/2 tbsp (7mL)

fresh cilantro, chopped

4 tsp, chopped (4g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
 2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
 3. Remove eggs, cool in a cold-water bath, and peel.
 4. Slice eggs in half and spoon the yolk into a small bowl.
 5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
 6. Spoon mixture into the holes of the egg whites.
 7. Serve.
 8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.
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Snacks 2 [↗](#)

Eat on day 3 and day 4

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 2 meals:

banana, sliced & frozen

2 large (8" to 8-7/8" long) (272g)

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.

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

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.

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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 3 meals:

ham cold cuts

18 slice (414g)

salsa

1/2 cup (162g)

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.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 3 meals:

pecans

3/4 cup, halves (74g)

1. The recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1

English scouse stew

772 cals ● 71g protein ● 23g fat ● 59g carbs ● 13g fiber



beef stew meat, raw
10 oz (284g)
onion, chopped
5/8 large (94g)
vegetable broth
2 cup(s) (mL)
worcestershire sauce
2 tsp (9mL)
oil
2 tsp (9mL)
cabbage, chopped
1 1/4 cup, chopped (111g)
potatoes, cut into chunks
1 1/4 medium (2+-1/4" to 3-1/4" dia.)
(266g)
carrots, chopped
1 1/4 large (90g)

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.

Tossed salad

61 cals ● 2g protein ● 2g fat ● 5g carbs ● 3g fiber



romaine lettuce, shredded
1/4 hearts (125g)
tomatoes, diced
1/4 small whole (2-2/5" dia) (23g)
salad dressing
1/2 tbsp (8mL)
red onion, sliced
1/8 medium (2-1/2" dia) (7g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (19g)
carrots, peeled and shredded or sliced
1/4 small (5-1/2" long) (13g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

salad dressing
1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

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)

1. Mix ingredients together in a bowl and serve.

Italian baked tilapia

18 oz - 734 cals ● 107g protein ● 20g fat ● 24g carbs ● 7g fiber



For single meal:

italian seasoning
3/4 tbsp (8g)
tilapia, raw
18 oz (504g)
canned crushed tomatoes
3/4 can (304g)
oil
3/4 tbsp (11mL)
onion, chopped
3/4 medium (2-1/2" dia) (83g)

For all 2 meals:

italian seasoning
1 1/2 tbsp (16g)
tilapia, raw
2 1/4 lbs (1008g)
canned crushed tomatoes
1 1/2 can (608g)
oil
1 1/2 tbsp (23mL)
onion, chopped
1 1/2 medium (2-1/2" dia) (165g)

1. Preheat the oven to 375°F (190°C). Heat the oil in an oven-proof pan over medium-high heat. Add the onion and cook for about 8 minutes, until soft and browned.
2. Stir in half of the tomatoes and half of the Italian seasoning. Season with a pinch of salt and pepper. Place the tilapia on top of the mixture, then spoon the remaining tomatoes and seasoning over the fish. Add another pinch of salt and pepper.
3. Transfer the pan to the oven and bake for about 15 minutes, or until the fish is cooked through. Keep an eye on it to avoid overcooking.

Dinner 3 [↗](#)

Eat on day 4

Broccoli

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



Makes 2 cup(s)

frozen broccoli
2 cup (182g)

1. Prepare according to instructions on package.

Basic chicken breast

13 1/3 oz - 529 cal ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

boneless skinless chicken breast, raw

13 1/3 oz (373g)

oil

2 1/2 tsp (13mL)

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.

Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber

**potatoes**

1/2 large (3" to 4-1/4" dia.) (185g)

oil

1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Dinner 4

Eat on day 5

Simple seared tuna steak

10 2/3 oz - 470 cal 74g protein 19g fat 0g carbs 0g fiber



Makes 10 2/3 oz

olive oil

4 tsp (20mL)

yellowfin tuna steaks, raw

2/3 lbs (302g)

1. Rub both sides of the steaks with olive oil.
2. Season both sides generously with salt, pepper, and any other preferred seasonings.
3. Place a skillet over high heat. Once the pan is hot, add the tuna steaks. Sear for about 1-2 minutes on each side for rare to medium-rare doneness. If you prefer your tuna more well-done, cook for an additional 1-2 minutes per side. Be careful not to overcook, as tuna can become dry.
4. Remove the tuna from the pan and let it rest for a minute or two.
5. Slice the tuna against the grain for serving.

Mashed sweet potatoes

366 cal 7g protein 0g fat 72g carbs 13g fiber



sweet potatoes
2 sweetpotato, 5" long (420g)

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.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Bacon zucchini noodles

325 cal ● 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.

Pepper steak

6 ounce(s) - 528 cal ● 30g protein ● 44g fat ● 1g carbs ● 1g fiber



For single meal:

butter
3/4 tbsp (11g)
salt
2 dash (2g)
ribeye, raw
6 oz (170g)
rosemary, dried
2 dash (0g)
black pepper
1/2 tbsp, ground (3g)

For all 2 meals:

butter
1 1/2 tbsp (21g)
salt
4 dash (3g)
ribeye, raw
3/4 lbs (340g)
rosemary, dried
4 dash (1g)
black pepper
1 tbsp, ground (7g)

1. Coat both sides of steaks with pepper and rosemary.
 2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
 3. Remove steaks from skillet and sprinkle with salt. Serve.
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