

# Meal Plan - 3000 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

2979 cals ● 263g protein (35%) ● 180g fat (54%) ● 47g carbs (6%) ● 30g fiber (4%)

### Breakfast

495 cals, 23g protein, 6g net carbs, 39g fat



[Sunflower seeds](#)

496 cals

### Lunch

1120 cals, 71g protein, 24g net carbs, 75g fat



[Simple salad with tomatoes and carrots](#)

196 cals



[Paleo chicken thighs and mushrooms](#)

6 oz- 600 cals



[Bacon cauliflower rice](#)

2 cup(s)- 326 cals

### Snacks

370 cals, 28g protein, 6g net carbs, 24g fat



[Tuna cucumber bites](#)

173 cals



[Pecans](#)

1/4 cup- 183 cals



[Celery sticks](#)

2 celery stalk- 13 cals

### Dinner

990 cals, 140g protein, 11g net carbs, 41g fat



[Cajun cod](#)

24 oz- 748 cals



[Bacon zucchini noodles](#)

244 cals

## Day 2

2987 cals ● 189g protein (25%) ● 214g fat (65%) ● 45g carbs (6%) ● 31g fiber (4%)

### Breakfast

495 cals, 23g protein, 6g net carbs, 39g fat



**Sunflower seeds**

496 cals

### Lunch

1120 cals, 71g protein, 24g net carbs, 75g fat



**Simple salad with tomatoes and carrots**

196 cals



**Paleo chicken thighs and mushrooms**

6 oz- 600 cals



**Bacon cauliflower rice**

2 cup(s)- 326 cals

### Snacks

370 cals, 28g protein, 6g net carbs, 24g fat



**Tuna cucumber bites**

173 cals



**Pecans**

1/4 cup- 183 cals



**Celery sticks**

2 celery stalk- 13 cals

### Dinner

1000 cals, 66g protein, 9g net carbs, 76g fat



**Buffalo chicken wings**

16 oz- 676 cals



**Sautéed mushrooms**

6 oz mushrooms- 143 cals



**Parmesan zucchini noodles**

182 cals

## Day 3

2961 cals ● 194g protein (26%) ● 184g fat (56%) ● 93g carbs (13%) ● 38g fiber (5%)

### Breakfast

500 cals, 34g protein, 33g net carbs, 22g fat



**Apple**

1 apple(s)- 105 cals



**Paleo beef & egg bowl**

236 cals



**Apple & almond butter**

1/2 apple(s)- 158 cals

### Lunch

1095 cals, 82g protein, 33g net carbs, 62g fat



**Roasted cashews**

1/3 cup(s)- 278 cals



**Ham club lettuce wrap**

3 1/2 wrap(s)- 819 cals

### Snacks

425 cals, 21g protein, 14g net carbs, 30g fat



**Skillet cauliflower tots**

427 cals

### Dinner

940 cals, 57g protein, 13g net carbs, 71g fat



**Roasted pepper stuffed chicken**

8 oz- 572 cals



**Garlic zucchini noodles**

367 cals

## Day 4

2966 cals ● 208g protein (28%) ● 184g fat (56%) ● 84g carbs (11%) ● 35g fiber (5%)

### Breakfast

500 cals, 34g protein, 33g net carbs, 22g fat



#### Apple

1 apple(s)- 105 cals



#### Paleo beef & egg bowl

236 cals



#### Apple & almond butter

1/2 apple(s)- 158 cals

### Snacks

425 cals, 21g protein, 14g net carbs, 30g fat



#### Skillet cauliflower tots

427 cals

### Lunch

1095 cals, 82g protein, 33g net carbs, 62g fat



#### Roasted cashews

1/3 cup(s)- 278 cals



#### Ham club lettuce wrap

3 1/2 wrap(s)- 819 cals

### Dinner

945 cals, 71g protein, 4g net carbs, 71g fat



#### Bacon zucchini noodles

244 cals



#### Buffalo drumsticks

12 oz- 700 cals

## Day 5

2962 cals ● 228g protein (31%) ● 192g fat (58%) ● 41g carbs (6%) ● 38g fiber (5%)

### Breakfast

520 cals, 32g protein, 5g net carbs, 39g fat



#### Celery and almond butter

200 cals



#### Basic scrambled eggs

4 egg(s)- 318 cals

### Lunch

930 cals, 85g protein, 15g net carbs, 53g fat



#### Chicken, bacon, avocado lettuce wrap

3 wrap(s)- 932 cals

### Snacks

425 cals, 21g protein, 14g net carbs, 30g fat



#### Skillet cauliflower tots

427 cals

### Dinner

1085 cals, 91g protein, 8g net carbs, 70g fat



#### Slow cooker carnitas

16 oz- 820 cals



#### Garlic collard greens

266 cals

## Day 6

3061 cals ● 226g protein (30%) ● 200g fat (59%) ● 42g carbs (5%) ● 46g fiber (6%)

### Breakfast

520 cals, 32g protein, 5g net carbs, 39g fat



**Celery and almond butter**  
200 cals



**Basic scrambled eggs**  
4 egg(s)- 318 cals

### Snacks

400 cals, 14g protein, 15g net carbs, 28g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Pistachios**  
375 cals

### Lunch

1055 cals, 90g protein, 14g net carbs, 63g fat



**Pumpkin seeds**  
183 cals



**Avocado tuna salad**  
873 cals

### Dinner

1085 cals, 91g protein, 8g net carbs, 70g fat



**Slow cooker carnitas**  
16 oz- 820 cals



**Garlic collard greens**  
266 cals

## Day 7

2988 cals ● 219g protein (29%) ● 186g fat (56%) ● 57g carbs (8%) ● 52g fiber (7%)

### Breakfast

520 cals, 32g protein, 5g net carbs, 39g fat



**Celery and almond butter**  
200 cals



**Basic scrambled eggs**  
4 egg(s)- 318 cals

### Snacks

400 cals, 14g protein, 15g net carbs, 28g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Pistachios**  
375 cals

### Lunch

1055 cals, 90g protein, 14g net carbs, 63g fat



**Pumpkin seeds**  
183 cals



**Avocado tuna salad**  
873 cals

### Dinner

1015 cals, 84g protein, 23g net carbs, 56g fat



**Avocado tuna salad stuffed pepper**  
4 half pepper(s)- 911 cals



**Simple mixed greens salad**  
102 cals

## Finfish and Shellfish Products

- canned tuna  
7 1/4 can (1254g)
- cod, raw  
1 1/2 lbs (680g)

## Vegetables and Vegetable Products

- cucumber  
3/4 cucumber (8-1/4") (226g)
- raw celery  
10 stalk, medium (7-1/2" - 8" long) (400g)
- carrots  
3 medium (183g)
- romaine lettuce  
2 head (1280g)
- tomatoes  
5 medium whole (2-3/5" dia) (636g)
- mushrooms  
14 oz (397g)
- zucchini  
4 3/4 medium (931g)
- onion  
3 1/4 medium (2-1/2" dia) (357g)
- cauliflower  
6 cup(s), riced (768g)
- garlic  
11 3/4 clove(s) (35g)
- collard greens  
1 2/3 lbs (756g)
- bell pepper  
2 large (328g)

## Nut and Seed Products

- pecans  
1/2 cup, halves (50g)
- sunflower kernels  
1/3 lbs (156g)
- roasted cashews  
2/3 cup (91g)
- almond butter  
4 oz (117g)
- pistachios, shelled  
1 cup (123g)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Fats and Oils

## Poultry Products

- chicken thighs, with bone and skin, raw  
2 thigh(s) (340g)
- chicken wings, with skin, raw  
1 lbs (454g)
- boneless chicken thighs, with skin  
1/2 lbs (227g)

## Beverages

- water  
1/2 cup(s) (119mL)

## Pork Products

- bacon, raw  
7 slice(s) (198g)
- pork shoulder  
2 lbs (907g)
- bacon, cooked  
6 slice(s) (60g)

## Other

- frozen cauliflower  
4 cup (454g)
- roasted red peppers  
2/3 pepper(s) (47g)
- Chicken, drumsticks, with skin  
3/4 lbs (340g)
- mixed greens  
6 1/4 cup (188g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
1/4 cup (70mL)
- hot sauce  
3 tbsp (45mL)

## Dairy and Egg Products

- parmesan cheese  
1 tbsp (5g)
- eggs  
23 1/2 medium (1036g)

## Sausages and Luncheon Meats

- ham cold cuts  
1 3/4 lbs (794g)

- salad dressing**  
1/3 cup (79mL)
- olive oil**  
6 1/4 tbsp (94mL)
- oil**  
5 oz (146mL)

## Spices and Herbs

- black pepper**  
1/8 oz (2g)
- salt**  
1/4 oz (8g)
- cajun seasoning**  
2 2/3 tbsp (18g)
- dijon mustard**  
5 tbsp (75g)
- paprika**  
1/3 tsp (1g)

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- chicken cold cuts**  
3/4 lbs (340g)

## Fruits and Fruit Juices

- avocados**  
5 1/2 avocado(s) (1106g)
- apples**  
3 medium (3" dia) (546g)
- lime juice**  
2 tbsp (30mL)

## Beef Products

- ground beef (93% lean)**  
1/2 lbs (227g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Sunflower seeds

496 cals ● 23g protein ● 39g fat ● 6g carbs ● 7g fiber



For single meal:

**sunflower kernels**  
2 3/4 oz (78g)

For all 2 meals:

**sunflower kernels**  
1/3 lbs (156g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)

1. The recipe has no instructions.

### Paleo beef & egg bowl

236 cals ● 30g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

**ground beef (93% lean)**  
4 oz (114g)  
**eggs**  
1 large (50g)

For all 2 meals:

**ground beef (93% lean)**  
1/2 lbs (227g)  
**eggs**  
2 large (100g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

### Apple & almond butter

1/2 apple(s) - 158 cals ● 4g protein ● 9g fat ● 12g carbs ● 4g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**almond butter**  
1 tbsp (16g)

For all 2 meals:

**apples**  
1 medium (3" dia) (182g)  
**almond butter**  
2 tbsp (32g)

1. Slice an apple and spread almond butter evenly over each slice.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Celery and almond butter

200 cals ● 7g protein ● 16g fat ● 4g carbs ● 4g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**almond butter**  
1 oz (28g)

For all 3 meals:

**raw celery**  
6 stalk, medium (7-1/2" - 8" long)  
(240g)  
**almond butter**  
3 oz (85g)

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

## Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**eggs**  
12 large (600g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

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## Lunch 1 ↗

Eat on day 1 and day 2

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### Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**carrots, sliced**  
1 medium (61g)  
**romaine lettuce, roughly chopped**  
2 hearts (1000g)  
**tomatoes, diced**  
2 medium whole (2-3/5" dia) (246g)

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

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### Paleo chicken thighs and mushrooms

6 oz - 600 cals ● 42g protein ● 46g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**chicken thighs, with bone and skin, raw**  
1 thigh(s) (170g)  
**salt**  
1 dash (0g)  
**water**  
1/4 cup(s) (59mL)  
**mushrooms, sliced 1/4 in thick**  
4 oz (113g)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**olive oil**  
3 tbsp (45mL)  
**chicken thighs, with bone and skin, raw**  
2 thigh(s) (340g)  
**salt**  
2 dash (1g)  
**water**  
1/2 cup(s) (119mL)  
**mushrooms, sliced 1/4 in thick**  
1/2 lbs (227g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

## Bacon cauliflower rice

2 cup(s) - 326 cals ● 22g protein ● 23g fat ● 7g carbs ● 2g fiber



For single meal:

**bacon, raw**  
2 slice(s) (57g)  
**frozen cauliflower**  
2 cup (227g)

For all 2 meals:

**bacon, raw**  
4 slice(s) (113g)  
**frozen cauliflower**  
4 cup (454g)

1. Cook frozen cauliflower rice and bacon according to package instructions.
2. Once completed, chop bacon and stir bacon and any rendered bacon fat into the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

## Lunch 2 ↗

Eat on day 3 and day 4

### Roasted cashews

1/3 cup(s) - 278 cals ● 7g protein ● 21g fat ● 14g carbs ● 1g fiber



For single meal:

**roasted cashews**

1/3 cup (46g)

For all 2 meals:

**roasted cashews**

2/3 cup (91g)

1. The recipe has no instructions.

### Ham club lettuce wrap

3 1/2 wrap(s) - 819 cals ● 75g protein ● 41g fat ● 20g carbs ● 18g fiber



For single meal:

**dijon mustard**

1 3/4 tbsp (26g)

**romaine lettuce**

3 1/2 leaf outer (98g)

**ham cold cuts**

14 oz (397g)

**onion**

14 slices, thin (126g)

**tomatoes**

7 slice(s), thin/small (105g)

**avocados, sliced**

7/8 avocado(s) (176g)

For all 2 meals:

**dijon mustard**

1/4 cup (53g)

**romaine lettuce**

7 leaf outer (196g)

**ham cold cuts**

1 3/4 lbs (794g)

**onion**

28 slices, thin (252g)

**tomatoes**

14 slice(s), thin/small (210g)

**avocados, sliced**

1 3/4 avocado(s) (352g)

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 3 ↗

Eat on day 5

### Chicken, bacon, avocado lettuce wrap

3 wrap(s) - 932 cals ● 85g protein ● 53g fat ● 15g carbs ● 13g fiber



Makes 3 wrap(s)

**bacon, cooked**

6 slice(s) (60g)

**dijon mustard**

1 1/2 tbsp (23g)

**romaine lettuce**

3 leaf outer (84g)

**chicken cold cuts**

3/4 lbs (340g)

**avocados, sliced**

3/4 avocado(s) (151g)

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

## Lunch 4 ↗

Eat on day 6 and day 7

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

### Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



For single meal:

**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**mixed greens**  
2 cup (60g)  
**canned tuna**  
2 can (344g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**onion, minced**  
1/2 small (35g)

For all 2 meals:

**avocados**  
2 avocado(s) (402g)  
**lime juice**  
4 tsp (20mL)  
**salt**  
4 dash (2g)  
**black pepper**  
4 dash (0g)  
**mixed greens**  
4 cup (120g)  
**canned tuna**  
4 can (688g)  
**tomatoes**  
1 cup, chopped (180g)  
**onion, minced**  
1 small (70g)

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.

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## Snacks 1 ↗

Eat on day 1 and day 2

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### Tuna cucumber bites

173 cals ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

**canned tuna**  
1 1/2 packet (111g)  
**cucumber, sliced**  
3/8 cucumber (8-1/4") (113g)

For all 2 meals:

**canned tuna**  
3 packet (222g)  
**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

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## Pecans

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



For single meal:

**pecans**

4 tbsp, halves (25g)

For all 2 meals:

**pecans**

1/2 cup, halves (50g)

1. The recipe has no instructions.

## 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.

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## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Skillet cauliflower tots

427 cals ● 21g protein ● 30g fat ● 14g carbs ● 5g fiber



For single meal:

**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)

For all 3 meals:

**cauliflower**  
6 cup(s), riced (768g)  
**eggs**  
6 extra large (336g)  
**oil**  
4 tbsp (60mL)  
**hot sauce**  
3 tbsp (45mL)  
**garlic, diced**  
2 tbsp (17g)

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 3 ↗

Eat on day 6 and day 7

### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

### Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

**pistachios, shelled**  
1 cup (123g)

1. The recipe has no instructions.

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## Dinner 1 ↗

Eat on day 1

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### Cajun cod

24 oz - 748 cals ● 123g protein ● 24g fat ● 8g carbs ● 2g fiber



Makes 24 oz

**cod, raw**  
1 1/2 lbs (680g)  
**cajun seasoning**  
2 2/3 tbsp (18g)  
**oil**  
4 tsp (20mL)

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.

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### Bacon zucchini noodles

244 cals ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



**zucchini**  
3/4 medium (147g)  
**bacon, raw**  
1 1/2 slice(s) (43g)

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.

## Dinner 2 ↗

Eat on day 2

### Buffalo chicken wings

16 oz - 676 cals ● 57g protein ● 49g fat ● 1g carbs ● 0g fiber



Makes 16 oz

**oil**

1/2 tbsp (8mL)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**chicken wings, with skin, raw**

1 lbs (454g)

**Frank's Red Hot sauce**

2 2/3 tbsp (40mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

### Sauteed mushrooms

6 oz mushrooms - 143 cals ● 5g protein ● 11g fat ● 4g carbs ● 2g fiber



Makes 6 oz mushrooms

**oil**

3/4 tbsp (11mL)

**mushrooms, sliced**

6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. 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.

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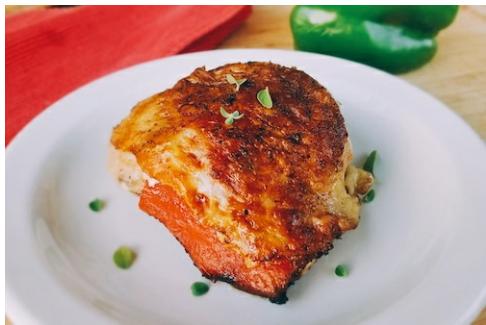
## Dinner 3 ↗

Eat on day 3

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### 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.

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### 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.

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## Dinner 4 ↗

Eat on day 4

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### Bacon zucchini noodles

244 cals ● 17g protein ● 17g fat ● 3g carbs ● 2g fiber



**zucchini**  
3/4 medium (147g)  
**bacon, raw**  
1 1/2 slice(s) (43g)

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.

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### Buffalo drumsticks

12 oz - 700 cals ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



Makes 12 oz

**Frank's Red Hot sauce**

2 tbsp (30mL)

**oil**

1 tsp (6mL)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash, ground (0g)

**Chicken, drumsticks, with skin**

3/4 lbs (340g)

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.

## Dinner 5 ↗

Eat on day 5 and day 6

### Slow cooker carnitas

16 oz - 820 cals ● 79g protein ● 56g fat ● 0g carbs ● 0g fiber



For single meal:

**pork shoulder**

1 lbs (453g)

For all 2 meals:

**pork shoulder**

2 lbs (907g)

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.

### Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

**collard greens**  
13 1/3 oz (378g)  
**oil**  
2 1/2 tsp (13mL)  
**salt**  
1/4 tsp (1g)  
**garlic, minced**  
2 1/2 clove(s) (8g)

For all 2 meals:

**collard greens**  
1 2/3 lbs (756g)  
**oil**  
5 tsp (25mL)  
**salt**  
1/2 tsp (3g)  
**garlic, minced**  
5 clove(s) (15g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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## Dinner 6

Eat on day 7

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### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



Makes 4 half pepper(s)

**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bell pepper**  
2 large (328g)  
**onion**  
1/2 small (35g)  
**canned tuna, drained**  
2 can (344g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

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### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

1. Mix greens and dressing in a small bowl. Serve.

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