

Meal Plan - 2100 calorie keto meal plan



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

Day 1

2137 cals ● 203g protein (38%) ● 133g fat (56%) ● 24g carbs (5%) ● 8g fiber (2%)

Breakfast

340 cals, 22g protein, 3g net carbs, 25g fat



Basic scrambled eggs

3 egg(s)- 238 cals



Simple sauteed spinach

100 cals

Snacks

325 cals, 21g protein, 4g net carbs, 25g fat



Mixed nuts

1/8 cup(s)- 109 cals



Cheesy ham roll ups

2 roll up(s)- 216 cals

Lunch

785 cals, 84g protein, 9g net carbs, 44g fat



Walnuts

1/4 cup(s)- 175 cals



Basic chicken & spinach salad

609 cals

Dinner

690 cals, 76g protein, 8g net carbs, 39g fat



Ranch chicken

12 oz- 691 cals

Day 2

2055 cals ● 152g protein (30%) ● 142g fat (62%) ● 23g carbs (4%) ● 18g fiber (4%)

Breakfast

340 cals, 22g protein, 3g net carbs, 25g fat



Basic scrambled eggs

3 egg(s)- 238 cals



Simple sauteed spinach

100 cals

Snacks

325 cals, 21g protein, 4g net carbs, 25g fat



Mixed nuts

1/8 cup(s)- 109 cals



Cheesy ham roll ups

2 roll up(s)- 216 cals

Lunch

710 cals, 25g protein, 7g net carbs, 61g fat



Cheese and guac tacos

3 taco(s)- 525 cals



Pecans

1/4 cup- 183 cals

Dinner

685 cals, 84g protein, 8g net carbs, 32g fat



Olive oil drizzled sugar snap peas

163 cals



Pan fried tilapia

14 oz- 521 cals

Day 3

2088 cals ● 183g protein (35%) ● 135g fat (58%) ● 16g carbs (3%) ● 19g fiber (4%)

Breakfast

360 cals, 16g protein, 4g net carbs, 28g fat



String cheese
1 stick(s)- 83 cals



Bacon avocado "toast"
2 slices- 276 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

785 cals, 72g protein, 1g net carbs, 53g fat



Classic steak
12 oz steak- 713 cals



Spinach cauliflower mince
1 cup(s)- 71 cals

Dinner

685 cals, 84g protein, 8g net carbs, 32g fat



Olive oil drizzled sugar snap peas
163 cals



Pan fried tilapia
14 oz- 521 cals

Day 4

2045 cals ● 180g protein (35%) ● 124g fat (55%) ● 25g carbs (5%) ● 27g fiber (5%)

Breakfast

360 cals, 16g protein, 4g net carbs, 28g fat



String cheese
1 stick(s)- 83 cals



Bacon avocado "toast"
2 slices- 276 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

710 cals, 103g protein, 9g net carbs, 28g fat



Marinaded chicken breast
16 oz- 565 cals



Buttered green beans
147 cals

Dinner

715 cals, 50g protein, 10g net carbs, 46g fat



Roasted almonds
1/3 cup(s)- 277 cals



Avocado tuna salad
436 cals

Day 5

2069 cals ● 227g protein (44%) ● 109g fat (48%) ● 25g carbs (5%) ● 19g fiber (4%)

Breakfast

360 cals, 16g protein, 4g net carbs, 28g fat



String cheese
1 stick(s)- 83 cals



Bacon avocado "toast"
2 slices- 276 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

710 cals, 103g protein, 9g net carbs, 28g fat



Marinaded chicken breast
16 oz- 565 cals



Buttered green beans
147 cals

Dinner

735 cals, 98g protein, 9g net carbs, 32g fat



Tomato and avocado salad
156 cals



Spicy garlic lime chicken breast
15 oz- 581 cals

Day 6

2054 cals ● 165g protein (32%) ● 133g fat (58%) ● 23g carbs (5%) ● 26g fiber (5%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado
326 cals

Lunch

780 cals, 104g protein, 7g net carbs, 35g fat



Buttered green beans
147 cals



Balsamic chicken breast
16 oz- 631 cals

Snacks

245 cals, 8g protein, 2g net carbs, 20g fat



Boiled eggs
1 egg(s)- 69 cals



Avocado
176 cals

Dinner

705 cals, 38g protein, 9g net carbs, 54g fat



Italian sausage
2 link- 514 cals



Buttery spinach cauliflower mince
3 cup(s)- 192 cals

Day 7

2054 cals ● 165g protein (32%) ● 133g fat (58%) ● 23g carbs (5%) ● 26g fiber (5%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



[Eggs with tomato and avocado](#)
326 cals

Snacks

245 cals, 8g protein, 2g net carbs, 20g fat



[Boiled eggs](#)
1 egg(s)- 69 cals



[Avocado](#)
176 cals

Lunch

780 cals, 104g protein, 7g net carbs, 35g fat



[Buttered green beans](#)
147 cals



[Balsamic chicken breast](#)
16 oz- 631 cals

Dinner

705 cals, 38g protein, 9g net carbs, 54g fat



[Italian sausage](#)
2 link- 514 cals



[Buttery spinach cauliflower mince](#)
3 cup(s)- 192 cals

Grocery List



Fats and Oils

- oil
2 oz (58mL)
- olive oil
2 1/2 oz (82mL)
- ranch dressing
3 tbsp (45mL)
- salad dressing
3 tbsp (45mL)
- marinade sauce
1 cup (240mL)
- balsamic vinaigrette
1/2 cup (120mL)

Dairy and Egg Products

- eggs
12 large (600g)
- cheese
2 cup, shredded (210g)
- cheddar cheese
3/4 cup, shredded (85g)
- string cheese
3 stick (84g)
- butter
3/4 stick (82g)

Spices and Herbs

- black pepper
5 g (5g)
- salt
1/2 oz (16g)
- garlic powder
1/2 tbsp (4g)
- cayenne pepper
1 1/4 dash (0g)
- paprika
3/4 dash (0g)
- thyme, dried
1 1/4 dash, ground (0g)
- fresh basil
4 leaves (2g)

Vegetables and Vegetable Products

- fresh spinach
15 1/2 cup(s) (465g)
- garlic
8 clove(s) (24g)

Nut and Seed Products

- mixed nuts
4 tbsp (34g)
- walnuts
4 tbsp, shelled (25g)
- pecans
4 tbsp, halves (25g)
- almonds
5 tbsp, whole (45g)

Sausages and Luncheon Meats

- ham cold cuts
4 slice (92g)

Poultry Products

- boneless skinless chicken breast, raw
6 1/2 lbs (2899g)

Other

- ranch dressing mix
3/8 packet (1 oz) (11g)
- guacamole, store-bought
1 cup (232g)
- frozen riced cauliflower
7 cup, frozen (742g)
- mixed greens
1 cup (30g)
- Italian pork sausage, raw
4 link (430g)
- italian seasoning
1 tsp (4g)

Finfish and Shellfish Products

- tilapia, raw
1 3/4 lbs (784g)
- canned tuna
1 can (172g)

Pork Products

- bacon, cooked
6 slice(s) (60g)

Fruits and Fruit Juices

- avocados
4 1/3 avocado(s) (871g)

- frozen sugar snap peas**
2 2/3 cup (384g)
- tomatoes**
1 1/2 medium whole (2-3/5" dia) (194g)
- onion**
1/4 medium (2-1/2" dia) (28g)
- frozen green beans**
4 cup (484g)

- lime juice**
1 1/2 fl oz (43mL)
- lemon juice**
1 tsp (5mL)

Beef Products

- sirloin steak, raw**
3/4 lbs (340g)

Breakfast 1 ↗

Eat on day 1 and day 2

Basic scrambled eggs

3 egg(s) - 238 cals ● 19g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

For all 2 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

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.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)
garlic, diced
1/2 clove (2g)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

Bacon avocado "toast"

2 slices - 276 cals ● 9g protein ● 23g fat ● 2g carbs ● 7g fiber



For single meal:

bacon, cooked
2 slice(s) (20g)
avocados
1/2 avocado(s) (101g)

For all 3 meals:

bacon, cooked
6 slice(s) (60g)
avocados
1 1/2 avocado(s) (302g)

1. Cook bacon according to package.
2. Meanwhile, mash the avocado with a back of a fork.
3. When bacon is done, cut into bite-sized pieces and dollop a hefty amount of avocado on top.
4. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

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

Walnuts

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

Makes 1/4 cup(s)

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.



Basic chicken & spinach salad

609 cals ● 80g protein ● 28g fat ● 7g carbs ● 3g fiber



fresh spinach
4 cup(s) (120g)
oil
2 tsp (10mL)
salad dressing
3 tbsp (45mL)
boneless skinless chicken breast, raw, chopped, cooked
3/4 lbs (340g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 2 ↗

Eat on day 2

Cheese and guac tacos

3 taco(s) - 525 cals ● 23g protein ● 43g fat ● 6g carbs ● 6g fiber



Makes 3 taco(s)

cheddar cheese
3/4 cup, shredded (85g)
guacamole, store-bought
6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Pecans

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



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 3

Classic steak

12 oz steak - 713 cals ● 69g protein ● 49g fat ● 0g carbs ● 0g fiber



Makes 12 oz steak

oil

1 tsp (6mL)

sirloin steak, raw

3/4 lbs (340g)

1. Sprinkle some salt and pepper (to taste) on the steak.
2. Heat a cast iron skillet to scalding hot. Add in the oil (preferably one with a high smoke point) and coat the pan.
3. Add in the steak (be careful to not get splattered) and let it sit for 2 minutes.
4. Use tongs to flip the steak, and let cook 2 more minutes.
5. At this point, you can flip the steak every 30-60 seconds, until the total cook time has reached 5-6 minutes (longer for thicker or more-well done steaks).
6. When internal temperature reaches desired level (medium rare: 140°F/60°C), remove pan from the heat, loosely cover, and let rest for 10 minutes. Serve.

Spinach cauliflower mince

1 cup(s) - 71 cals ● 3g protein ● 5g fat ● 1g carbs ● 3g fiber



Makes 1 cup(s)

frozen riced cauliflower
16 tbsp, frozen (106g)
oil
1 tsp (5mL)
garlic, diced
1 clove(s) (3g)
fresh spinach, chopped
1/2 cup(s) (15g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Lunch 4 ↗

Eat on day 4 and day 5

Marinaded chicken breast

16 oz - 565 cals ● 101g protein ● 17g fat ● 3g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

boneless skinless chicken breast, raw
2 lbs (896g)
marinade sauce
1 cup (240mL)

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.

Buttered green beans

147 cals ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

butter
1 tbsp (14g)
black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen green beans
1 cup (121g)

For all 2 meals:

butter
2 tbsp (27g)
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen green beans
2 cup (242g)

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

Lunch 5

Eat on day 6 and day 7

Buttered green beans

147 cals  2g protein  11g fat  6g carbs  3g fiber



For single meal:

butter
1 tbsp (14g)
black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen green beans
1 cup (121g)

For all 2 meals:

butter
2 tbsp (27g)
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen green beans
2 cup (242g)

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

Balsamic chicken breast

16 oz - 631 cals  102g protein  24g fat  1g carbs  0g fiber



For single meal:

boneless skinless chicken breast, raw
1 lbs (454g)
balsamic vinaigrette
4 tbsp (60mL)
oil
2 tsp (10mL)
italian seasoning
4 dash (2g)

For all 2 meals:

boneless skinless chicken breast, raw
2 lbs (907g)
balsamic vinaigrette
1/2 cup (120mL)
oil
4 tsp (20mL)
italian seasoning
1 tsp (4g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Snacks 1 ↗

Eat on day 1 and day 2

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. The recipe has no instructions.

Cheesy ham roll ups

2 roll up(s) - 216 cals ● 17g protein ● 16g fat ● 2g carbs ● 0g fiber



For single meal:

cheese
6 tbsp, shredded (42g)
ham cold cuts
2 slice (46g)

For all 2 meals:

cheese
3/4 cup, shredded (84g)
ham cold cuts
4 slice (92g)

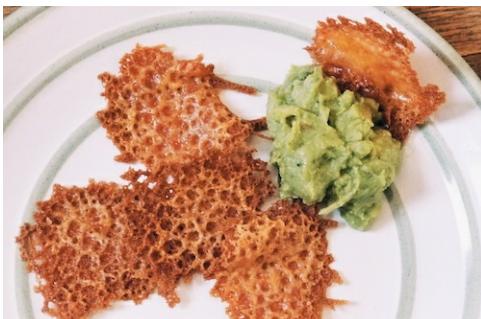
1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese
6 tbsp, shredded (42g)
guacamole, store-bought
3 tbsp (46g)

For all 3 meals:

cheese
1 cup, shredded (126g)
guacamole, store-bought
1/2 cup (139g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

Snacks 3 ↗

Eat on day 6 and day 7

Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Dinner 1 ↗

Eat on day 1

Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



Makes 12 oz

ranch dressing

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (336g)

oil

3/4 tbsp (11mL)

ranch dressing mix

3/8 packet (1 oz) (11g)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Dinner 2 ↗

Eat on day 2 and day 3

Olive oil drizzled sugar snap peas

163 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



For single meal:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen sugar snap peas

1 1/3 cup (192g)

olive oil

2 tsp (10mL)

For all 2 meals:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen sugar snap peas

2 2/3 cup (384g)

olive oil

4 tsp (20mL)

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

Pan fried tilapia

14 oz - 521 cals ● 79g protein ● 22g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
3 1/2 tsp (17mL)
black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
tilapia, raw
14 oz (392g)

For all 2 meals:

olive oil
2 1/3 tbsp (35mL)
black pepper
1 tsp, ground (3g)
salt
1 tsp (7g)
tilapia, raw
1 3/4 lbs (784g)

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.

Dinner 3 ↗

Eat on day 4

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds
5 tbsp, whole (45g)

1. The recipe has no instructions.

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



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.

Dinner 4 ↗

Eat on day 5

Tomato and avocado salad

156 cals ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



onion
2 tsp minced (10g)
lime juice
2 tsp (10mL)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/3 dash (1g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
avocados, cubed
1/3 avocado(s) (67g)
tomatoes, diced
1/3 medium whole (2-3/5" dia) (41g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Spicy garlic lime chicken breast

15 oz - 581 cals ● 96g protein ● 20g fat ● 5g carbs ● 1g fiber



Makes 15 oz

salt
1/2 tsp (3g)
black pepper
1 1/4 dash, ground (0g)
cayenne pepper
1 1/4 dash (0g)
paprika
5/8 dash (0g)
thyme, dried
1 1/4 dash, ground (0g)
boneless skinless chicken breast, raw
15 oz (420g)
lime juice
2 tbsp (28mL)
garlic powder
1 1/4 tsp (4g)
olive oil
2 tsp (9mL)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

Dinner 5 ↗

Eat on day 6 and day 7

Italian sausage

2 link - 514 cals ● 28g protein ● 42g fat ● 6g carbs ● 0g fiber



For single meal:

Italian pork sausage, raw
2 link (215g)

For all 2 meals:

Italian pork sausage, raw
4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to $\frac{1}{2}$ " depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Buttery spinach cauliflower mince

3 cup(s) - 192 cals ● 10g protein ● 12g fat ● 3g carbs ● 9g fiber



For single meal:

butter
1 tbsp (14g)
frozen riced cauliflower
3 cup, frozen (318g)
garlic, minced
3 clove (9g)
fresh spinach, chopped
1 1/2 cup(s) (45g)

For all 2 meals:

butter
2 tbsp (28g)
frozen riced cauliflower
6 cup, frozen (636g)
garlic, minced
6 clove (18g)
fresh spinach, chopped
3 cup(s) (90g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, garlic, butter, and some salt and pepper. Mix well until butter has melted.
4. Serve.