

# Meal Plan - 2200 calorie keto 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

2151 cals ● 219g protein (41%) ● 128g fat (54%) ● 22g carbs (4%) ● 8g fiber (2%)

### Breakfast

410 cals, 24g protein, 11g net carbs, 29g fat



**Egg and pesto stuffed tomato**

2 tomato(es)- 259 cals



**Cheese**

1 1/3 oz- 153 cals

### Snacks

245 cals, 19g protein, 3g net carbs, 17g fat



**Turkey pepperoni**

30 slices- 129 cals



**Walnuts**

1/6 cup(s)- 117 cals

### Lunch

750 cals, 62g protein, 7g net carbs, 52g fat



**Mixed vegetables**

1/2 cup(s)- 49 cals



**Low carb fried chicken**

12 oz- 702 cals

### Dinner

745 cals, 114g protein, 1g net carbs, 31g fat



**Roasted tomatoes**

1/2 tomato(es)- 30 cals



**Basic chicken breast**

18 oz- 714 cals

## Day 2

2210 cals ● 175g protein (32%) ● 150g fat (61%) ● 27g carbs (5%) ● 13g fiber (2%)

### Breakfast

410 cals, 24g protein, 11g net carbs, 29g fat



**Egg and pesto stuffed tomato**

2 tomato(es)- 259 cals



**Cheese**

1 1/3 oz- 153 cals

### Snacks

245 cals, 19g protein, 3g net carbs, 17g fat



**Turkey pepperoni**

30 slices- 129 cals



**Walnuts**

1/6 cup(s)- 117 cals

### Lunch

750 cals, 62g protein, 7g net carbs, 52g fat



**Mixed vegetables**

1/2 cup(s)- 49 cals



**Low carb fried chicken**

12 oz- 702 cals

### Dinner

800 cals, 69g protein, 6g net carbs, 53g fat



**Caesar chicken breasts**

9 1/3 oz- 535 cals



**Buttered broccoli**

2 cup(s)- 267 cals

## Day 3

2207 cals ● 145g protein (26%) ● 167g fat (68%) ● 22g carbs (4%) ● 10g fiber (2%)

### Breakfast

355 cals, 25g protein, 1g net carbs, 28g fat



#### Bacon

7 slice(s)- 354 cals

### Lunch

795 cals, 41g protein, 5g net carbs, 67g fat



#### Bacon & goat cheese salad

795 cals

### Snacks

255 cals, 10g protein, 10g net carbs, 19g fat



#### Cucumber goat cheese bites

118 cals



#### Roasted cashews

1/6 cup(s)- 139 cals

### Dinner

800 cals, 69g protein, 6g net carbs, 53g fat



#### Caesar chicken breasts

9 1/3 oz- 535 cals



#### Buttered broccoli

2 cup(s)- 267 cals

## Day 4

2160 cals ● 144g protein (27%) ● 159g fat (66%) ● 23g carbs (4%) ● 15g fiber (3%)

### Breakfast

355 cals, 25g protein, 1g net carbs, 28g fat



#### Bacon

7 slice(s)- 354 cals

### Lunch

795 cals, 41g protein, 5g net carbs, 67g fat



#### Bacon & goat cheese salad

795 cals

### Snacks

255 cals, 10g protein, 10g net carbs, 19g fat



#### Cucumber goat cheese bites

118 cals



#### Roasted cashews

1/6 cup(s)- 139 cals

### Dinner

755 cals, 68g protein, 7g net carbs, 46g fat



#### Sunflower seeds

316 cals



#### Buffalo chicken lettuce wrap

2 wrap(s)- 439 cals

## Day 5

2146 cals ● 166g protein (31%) ● 143g fat (60%) ● 27g carbs (5%) ● 22g fiber (4%)

### Breakfast

355 cals, 25g protein, 1g net carbs, 28g fat



#### Bacon

7 slice(s)- 354 cals

### Lunch

780 cals, 63g protein, 9g net carbs, 50g fat



#### Basic chicken thighs

9 oz- 383 cals



#### Simple sauteed spinach

398 cals

### Snacks

255 cals, 10g protein, 10g net carbs, 19g fat



#### Cucumber goat cheese bites

118 cals



#### Roasted cashews

1/6 cup(s)- 139 cals

### Dinner

755 cals, 68g protein, 7g net carbs, 46g fat



#### Sunflower seeds

316 cals



#### Buffalo chicken lettuce wrap

2 wrap(s)- 439 cals

## Day 6

2175 cals ● 215g protein (39%) ● 127g fat (53%) ● 24g carbs (4%) ● 19g fiber (4%)

### Breakfast

335 cals, 4g protein, 4g net carbs, 32g fat



#### Strawberries and cream

153 cals



#### Pecans

1/4 cup- 183 cals

### Snacks

340 cals, 27g protein, 5g net carbs, 23g fat



#### Cheesy ham roll ups

3 roll up(s)- 324 cals



#### Cucumber slices

1/4 cucumber- 15 cals

### Lunch

780 cals, 63g protein, 9g net carbs, 50g fat



#### Basic chicken thighs

9 oz- 383 cals



#### Simple sauteed spinach

398 cals

### Dinner

720 cals, 121g protein, 5g net carbs, 22g fat



#### Broccoli

1 cup(s)- 29 cals



#### Lemon pepper chicken breast

18 2/3 oz- 691 cals

## Day 7

2169 cals ● 213g protein (39%) ● 134g fat (56%) ● 17g carbs (3%) ● 11g fiber (2%)

### Breakfast

335 cals, 4g protein, 4g net carbs, 32g fat



#### Strawberries and cream

153 cals



#### Pecans

1/4 cup- 183 cals

### Snacks

340 cals, 27g protein, 5g net carbs, 23g fat



#### Cheesy ham roll ups

3 roll up(s)- 324 cals



#### Cucumber slices

1/4 cucumber- 15 cals

### Lunch

775 cals, 61g protein, 3g net carbs, 56g fat



#### Buffalo chicken wings

16 oz- 676 cals



#### Simple sauteed spinach

100 cals

### Dinner

720 cals, 121g protein, 5g net carbs, 22g fat



#### Broccoli

1 cup(s)- 29 cals



#### Lemon pepper chicken breast

18 2/3 oz- 691 cals

# Grocery List



## Soups, Sauces, and Gravies

- pesto sauce  
2 tbsp (32g)
- hot sauce  
1 1/2 tbsp (23mL)
- Frank's Red Hot sauce  
1/2 cup (120mL)

## Dairy and Egg Products

- eggs  
4 large (200g)
- cheese  
1/2 lbs (202g)
- parmesan cheese  
1/3 cup (23g)
- butter  
4 tbsp (57g)
- goat cheese  
10 oz (284g)
- heavy cream  
1/3 cup (79mL)

## Vegetables and Vegetable Products

- tomatoes  
6 2/3 medium whole (2-3/5" dia) (823g)
- frozen mixed veggies  
1 cup (135g)
- frozen broccoli  
6 cup (546g)
- cucumber  
1 1/4 cucumber (8-1/4") (376g)
- romaine lettuce  
4 leaf outer (112g)
- fresh spinach  
36 cup(s) (1080g)
- garlic  
4 1/2 clove (14g)

## Sausages and Luncheon Meats

- turkey pepperoni  
60 slices (106g)
- ham cold cuts  
6 slice (138g)

## Nut and Seed Products

- walnuts  
1/3 cup, shelled (33g)

## Spices and Herbs

- cajun seasoning  
1 tsp (2g)
- salt  
11 g (11g)
- black pepper  
4 1/4 g (4g)
- dried dill weed  
1/2 tbsp (2g)
- lemon pepper  
2 1/3 tbsp (16g)

## Other

- Chicken, drumsticks, with skin  
1 1/2 lbs (680g)
- pork rinds  
3/4 oz (21g)
- mixed greens  
7 cup (210g)

## Fats and Oils

- oil  
1 1/2 oz (48mL)
- caesar salad dressing  
1/4 cup (69g)
- olive oil  
4 oz (120mL)

## Poultry Products

- boneless skinless chicken breast, raw  
5 2/3 lbs (2532g)
- boneless skinless chicken thighs  
18 oz (510g)
- chicken wings, with skin, raw  
1 lbs (454g)

## Pork Products

- bacon, cooked  
28 slice(s) (280g)

## Fruits and Fruit Juices

- avocados  
2/3 avocado(s) (134g)
- strawberries  
1/2 cup, sliced (83g)

**sunflower kernels**

1/4 lbs (127g)

**roasted cashews**

1/2 cup (69g)

**pecans**

1/2 cup, halves (50g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Egg and pesto stuffed tomato

2 tomato(es) - 259 cals ● 16g protein ● 16g fat ● 9g carbs ● 4g fiber



For single meal:

**pesto sauce**  
1 tbsp (16g)  
**eggs**  
2 large (100g)  
**tomatoes**  
2 large whole (3" dia) (364g)

For all 2 meals:

**pesto sauce**  
2 tbsp (32g)  
**eggs**  
4 large (200g)  
**tomatoes**  
4 large whole (3" dia) (728g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

### Cheese

1 1/3 oz - 153 cals ● 9g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
1 1/3 oz (38g)

For all 2 meals:

**cheese**  
2 2/3 oz (76g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Bacon

7 slice(s) - 354 cals ● 25g protein ● 28g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon, cooked**

7 slice(s) (70g)

For all 3 meals:

**bacon, cooked**

21 slice(s) (210g)

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

### Strawberries and cream

153 cals ● 1g protein ● 14g fat ● 3g carbs ● 1g fiber



For single meal:

**strawberries**

4 tbsp, sliced (42g)

**heavy cream**

2 2/3 tbsp (40mL)

For all 2 meals:

**strawberries**

1/2 cup, sliced (83g)

**heavy cream**

1/3 cup (80mL)

1. Place the strawberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.

### 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.

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## Lunch 1

Eat on day 1 and day 2

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### Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**frozen mixed veggies**

1/2 cup (68g)

For all 2 meals:

**frozen mixed veggies**

1 cup (135g)

1. Prepare according to instructions on package.

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### Low carb fried chicken

12 oz - 702 cals ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



For single meal:

**hot sauce**  
3/4 tbsp (11mL)  
**cajun seasoning**  
4 dash (1g)  
**Chicken, drumsticks, with skin**  
3/4 lbs (340g)  
**pork rinds, crushed**  
10 3/4 g (11g)

For all 2 meals:

**hot sauce**  
1 1/2 tbsp (23mL)  
**cajun seasoning**  
1 tsp (2g)  
**Chicken, drumsticks, with skin**  
1 1/2 lbs (680g)  
**pork rinds, crushed**  
3/4 oz (21g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

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## Lunch 2 ↗

Eat on day 3 and day 4

### Bacon & goat cheese salad

795 cals ● 41g protein ● 67g fat ● 5g carbs ● 4g fiber



For single meal:

**mixed greens**  
3 1/2 cup (105g)  
**goat cheese**  
1/4 lbs (99g)  
**olive oil**  
3 1/2 tsp (18mL)  
**bacon, cooked**  
3 1/2 slice(s) (35g)  
**sunflower kernels**  
3 1/2 tsp (14g)

For all 2 meals:

**mixed greens**  
7 cup (210g)  
**goat cheese**  
1/2 lbs (198g)  
**olive oil**  
2 1/3 tbsp (35mL)  
**bacon, cooked**  
7 slice(s) (70g)  
**sunflower kernels**  
2 1/3 tbsp (28g)

1. Cook bacon according to package. Set aside.
2. Meanwhile toss together greens, sunflower kernels, goat cheese, and olive oil.
3. When bacon has cooled, crumble it on top of the greens and serve.

## Lunch 3 ↗

Eat on day 5 and day 6

### Basic chicken thighs

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



For single meal:

**boneless skinless chicken thighs**  
1/2 lbs (255g)  
**oil**  
1 tsp (6mL)

For all 2 meals:

**boneless skinless chicken thighs**  
18 oz (510g)  
**oil**  
3/4 tbsp (11mL)

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

### Simple sauteed spinach

398 cals ● 14g protein ● 29g fat ● 9g carbs ● 11g fiber



For single meal:

**black pepper**  
4 dash, ground (1g)  
**salt**  
4 dash (3g)  
**olive oil**  
2 tbsp (30mL)  
**fresh spinach**  
16 cup(s) (480g)  
**garlic, diced**  
2 clove (6g)

For all 2 meals:

**black pepper**  
1 tsp, ground (2g)  
**salt**  
1 tsp (6g)  
**olive oil**  
4 tbsp (60mL)  
**fresh spinach**  
32 cup(s) (960g)  
**garlic, diced**  
4 clove (12g)

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.

## Lunch 4 ↗

Eat on day 7

### 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 its 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.

### Simple sauteed spinach

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



**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)

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.

## Snacks 1 ↗

Eat on day 1 and day 2

### Turkey pepperoni

30 slices - 129 cals ● 17g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**turkey pepperoni**  
30 slices (53g)

For all 2 meals:

**turkey pepperoni**  
60 slices (106g)

1. Enjoy.

### Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 2/3 tbsp, shelled (17g)

For all 2 meals:

**walnuts**  
1/3 cup, shelled (33g)

1. The recipe has no  
instructions.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

**dried dill weed**  
4 dash (1g)  
**goat cheese**  
1 oz (28g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)

For all 3 meals:

**dried dill weed**  
1/2 tbsp (2g)  
**goat cheese**  
3 oz (85g)  
**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

### Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 2/3 tbsp (23g)

For all 3 meals:

**roasted cashews**  
1/2 cup (69g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Cheesy ham roll ups

3 roll up(s) - 324 cals ● 26g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
1/2 cup, shredded (63g)  
**ham cold cuts**  
3 slice (69g)

For all 2 meals:

**cheese**  
1 cup, shredded (126g)  
**ham cold cuts**  
6 slice (138g)

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.

### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

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

1. Slice cucumber into rounds and serve.

## Dinner 1 ↗

Eat on day 1

### Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

oil

1/2 tsp (3mL)

tomatoes

1/2 small whole (2-2/5" dia) (46g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

### Basic chicken breast

18 oz - 714 cals ● 113g protein ● 29g fat ● 0g carbs ● 0g fiber



Makes 18 oz

**boneless skinless chicken breast, raw**

18 oz (504g)

oil

1 tbsp (17mL)

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.

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## Dinner 2 ↗

Eat on day 2 and day 3

### Caesar chicken breasts

9 1/3 oz - 535 cals ● 64g protein ● 30g fat ● 3g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
9 1/3 oz (265g)  
**caesar salad dressing**  
2 1/3 tbsp (34g)  
**parmesan cheese**  
2 1/3 tbsp (12g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
18 2/3 oz (529g)  
**caesar salad dressing**  
1/4 cup (69g)  
**parmesan cheese**  
1/4 cup (23g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

### Buttered broccoli

2 cup(s) - 267 cals ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



For single meal:

**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**black pepper**  
1 dash (0g)  
**butter**  
2 tbsp (28g)

For all 2 meals:

**salt**  
2 dash (1g)  
**frozen broccoli**  
4 cup (364g)  
**black pepper**  
2 dash (0g)  
**butter**  
4 tbsp (57g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

## Dinner 3 ↗

Eat on day 4 and day 5

### Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

**sunflower kernels**  
1 3/4 oz (50g)

For all 2 meals:

**sunflower kernels**  
1/4 lbs (99g)

1. The recipe has no instructions.

### Buffalo chicken lettuce wrap

2 wrap(s) - 439 cals ● 54g protein ● 21g fat ● 3g carbs ● 6g fiber



For single meal:

**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**Frank's Red Hot sauce**  
2 2/3 tbsp (40mL)  
**romaine lettuce**  
2 leaf outer (56g)  
**avocados, chopped**  
1/3 avocado(s) (67g)  
**oil**  
1 tsp (5mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (227g)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**Frank's Red Hot sauce**  
1/3 cup (80mL)  
**romaine lettuce**  
4 leaf outer (112g)  
**avocados, chopped**  
2/3 avocado(s) (134g)  
**oil**  
2 tsp (10mL)  
**boneless skinless chicken breast, raw, cubed**  
16 oz (454g)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

## Dinner 4 ↗

Eat on day 6 and day 7

### Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

**frozen broccoli**

1 cup (91g)

For all 2 meals:

**frozen broccoli**

2 cup (182g)

1. Prepare according to instructions on package.

### Lemon pepper chicken breast

18 2/3 oz - 691 cals ● 119g protein ● 22g fat ● 3g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**

18 2/3 oz (523g)

**olive oil**

1 3/4 tsp (9mL)

**lemon pepper**

3 1/2 tsp (8g)

For all 2 meals:

**boneless skinless chicken breast, raw**

2 1/3 lbs (1045g)

**olive oil**

3 1/2 tsp (17mL)

**lemon pepper**

2 1/3 tbsp (16g)

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.