

# Meal Plan - 2300 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

2291 cals ● 200g protein (35%) ● 149g fat (58%) ● 26g carbs (5%) ● 12g fiber (2%)

### Breakfast

410 cals, 27g protein, 4g net carbs, 31g fat



[Pesto scrambled eggs](#)

4 eggs- 396 cals



[Celery sticks](#)

2 celery stalk- 13 cals

### Lunch

760 cals, 100g protein, 9g net carbs, 35g fat



[Basic chicken & spinach salad](#)

761 cals

### Snacks

265 cals, 21g protein, 2g net carbs, 18g fat



[Roasted peanuts](#)

1/8 cup(s)- 115 cals



[Pork rinds](#)

1 oz- 149 cals

### Dinner

855 cals, 51g protein, 10g net carbs, 65g fat



[Macadamia nuts](#)

326 cals



[Simple sardine salad](#)

531 cals

## Day 2

2275 cals ● 192g protein (34%) ● 152g fat (60%) ● 23g carbs (4%) ● 12g fiber (2%)

### Breakfast

410 cals, 27g protein, 4g net carbs, 31g fat



[Pesto scrambled eggs](#)

4 eggs- 396 cals



[Celery sticks](#)

2 celery stalk- 13 cals

### Lunch

760 cals, 100g protein, 9g net carbs, 35g fat



[Basic chicken & spinach salad](#)

761 cals

### Snacks

265 cals, 21g protein, 2g net carbs, 18g fat



[Roasted peanuts](#)

1/8 cup(s)- 115 cals



[Pork rinds](#)

1 oz- 149 cals

### Dinner

840 cals, 43g protein, 7g net carbs, 69g fat



[Macadamia nuts](#)

326 cals



[Rotisserie chicken & tomato salad](#)

514 cals

## Day 3

2298 cals ● 234g protein (41%) ● 133g fat (52%) ● 23g carbs (4%) ● 18g fiber (3%)

### Breakfast

475 cals, 26g protein, 3g net carbs, 37g fat



**Cheese**  
1 oz- 114 cals



**Egg in an eggplant**  
361 cals

### Snacks

285 cals, 3g protein, 3g net carbs, 26g fat



**Macadamia nuts**  
109 cals



**Avocado**  
176 cals

### Lunch

770 cals, 78g protein, 11g net carbs, 45g fat



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



**Buttery cauliflower rice**  
3 1/2 cup(s)- 301 cals

### Dinner

765 cals, 127g protein, 7g net carbs, 26g fat



**Cauliflower rice**  
1 cup(s)- 61 cals



**Marinaded chicken breast**  
20 oz- 707 cals

## Day 4

2255 cals ● 213g protein (38%) ● 134g fat (53%) ● 27g carbs (5%) ● 22g fiber (4%)

### Breakfast

475 cals, 26g protein, 3g net carbs, 37g fat



**Cheese**  
1 oz- 114 cals



**Egg in an eggplant**  
361 cals

### Snacks

285 cals, 3g protein, 3g net carbs, 26g fat



**Macadamia nuts**  
109 cals



**Avocado**  
176 cals

### Lunch

770 cals, 78g protein, 11g net carbs, 45g fat



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



**Buttery cauliflower rice**  
3 1/2 cup(s)- 301 cals

### Dinner

725 cals, 106g protein, 11g net carbs, 26g fat



**Southwest chicken**  
16 oz- 724 cals

## Day 5

2301 cals ● 202g protein (35%) ● 150g fat (59%) ● 19g carbs (3%) ● 15g fiber (3%)

### Breakfast

380 cals, 36g protein, 5g net carbs, 24g fat



**String cheese**  
1 stick(s)- 83 cals



**High protein scrambled eggs**  
297 cals

### Snacks

325 cals, 27g protein, 4g net carbs, 22g fat



**Ham, cheese, and spinach pockets**  
4 pocket(s)- 211 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals

### Lunch

820 cals, 64g protein, 5g net carbs, 58g fat



**Simple sauteed spinach**  
149 cals



**Baked pesto salmon**  
10 oz- 673 cals

### Dinner

770 cals, 75g protein, 6g net carbs, 46g fat



**Olive oil drizzled broccoli**  
3 cup(s)- 209 cals



**Simple plain turkey burger**  
3 burger(s)- 563 cals

## Day 6

2241 cals ● 196g protein (35%) ● 143g fat (57%) ● 26g carbs (5%) ● 17g fiber (3%)

### Breakfast

380 cals, 36g protein, 5g net carbs, 24g fat



**String cheese**  
1 stick(s)- 83 cals



**High protein scrambled eggs**  
297 cals

### Snacks

325 cals, 27g protein, 4g net carbs, 22g fat



**Ham, cheese, and spinach pockets**  
4 pocket(s)- 211 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals

### Lunch

765 cals, 58g protein, 11g net carbs, 51g fat



**Lemon & dill chicken salad**  
397 cals



**Pecans**  
1/2 cup- 366 cals

### Dinner

770 cals, 75g protein, 6g net carbs, 46g fat



**Olive oil drizzled broccoli**  
3 cup(s)- 209 cals



**Simple plain turkey burger**  
3 burger(s)- 563 cals

## Day 7

2251 cals ● 177g protein (31%) ● 151g fat (60%) ● 28g carbs (5%) ● 17g fiber (3%)

### Breakfast

380 cals, 36g protein, 5g net carbs, 24g fat



#### String cheese

1 stick(s)- 83 cals



#### High protein scrambled eggs

297 cals

### Snacks

325 cals, 27g protein, 4g net carbs, 22g fat



#### Ham, cheese, and spinach pockets

4 pocket(s)- 211 cals



#### Roasted peanuts

1/8 cup(s)- 115 cals

### Lunch

765 cals, 58g protein, 11g net carbs, 51g fat



#### Lemon & dill chicken salad

397 cals



#### Pecans

1/2 cup- 366 cals

### Dinner

780 cals, 56g protein, 8g net carbs, 55g fat



#### Buttered broccoli

2 1/2 cup(s)- 334 cals



#### Caprese chicken

6 oz- 448 cals

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# Grocery List



## Legumes and Legume Products

- roasted peanuts**  
10 tbsp (91g)

## Other

- pork rinds**  
2 oz (57g)
- mixed greens**  
7 1/2 cup (225g)
- vinaigrette, store-bought, any flavor**  
3 tbsp (45mL)
- rotisserie chicken, cooked**  
6 oz (170g)
- frozen cauliflower**  
8 cup (907g)
- italian seasoning**  
3 dash (1g)

## Dairy and Egg Products

- eggs**  
23 large (1150g)
- butter**  
7/8 stick (99g)
- cheese**  
1/3 lbs (155g)
- string cheese**  
3 stick (84g)
- low fat cottage cheese (1% milkfat)**  
1 cup (254g)
- fresh mozzarella cheese**  
1 1/2 oz (43g)

## Soups, Sauces, and Gravies

- pesto sauce**  
1/2 cup (115g)

## Vegetables and Vegetable Products

- raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)
- fresh spinach**  
2 10oz package (540g)
- cucumber**  
1 cucumber (8-1/4") (301g)
- tomatoes**  
1 medium whole (2-3/5" dia) (129g)
- eggplant**  
6 1 inch (2.5 cm) slice(s) (360g)

## Fats and Oils

- oil**  
1/4 lbs (111mL)
- salad dressing**  
1/2 cup (135mL)
- olive oil**  
3 oz (96mL)
- marinade sauce**  
10 tbsp (151mL)

## Poultry Products

- boneless skinless chicken breast, raw**  
5 1/2 lbs (2473g)
- ground turkey, raw**  
1 1/2 lbs (680g)

## Nut and Seed Products

- Macadamia nuts, shelled, roasted**  
4 oz (113g)
- pecans**  
1 cup, halves (99g)

## Finfish and Shellfish Products

- sardines, canned in oil**  
2 can (184g)
- yellowfin tuna steaks, raw**  
1 1/3 lbs (604g)
- salmon**  
1 2/3 fillet/s (6 oz each) (283g)

## Fruits and Fruit Juices

- lemon juice**  
2 fl oz (55mL)
- avocados**  
1 avocado(s) (201g)

## Spices and Herbs

- taco seasoning mix**  
1 tbsp (9g)
- black pepper**  
1/8 oz (1g)
- salt**  
3 g (3g)
- dried dill weed**  
1 tsp (1g)

**bell pepper**  
2 medium (238g)

**frozen broccoli**  
8 1/2 cup (774g)

**garlic**  
3/4 clove (2g)

**fresh basil**  
1 1/2 tbsp, chopped (4g)

#### **Sausages and Luncheon Meats**

**ham cold cuts**  
12 slice (276g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Pesto scrambled eggs

4 eggs - 396 cals ● 26g protein ● 31g fat ● 3g carbs ● 1g fiber



For single meal:

**eggs**  
4 large (200g)  
**pesto sauce**  
2 tbsp (32g)

For all 2 meals:

**eggs**  
8 large (400g)  
**pesto sauce**  
4 tbsp (64g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked.

Serve.

### 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.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Cheese

1 oz - 114 cals ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
1 oz (28g)

For all 2 meals:

**cheese**  
2 oz (57g)

1. The recipe has no instructions.

### Egg in an eggplant

361 cals ● 20g protein ● 28g fat ● 2g carbs ● 5g fiber



For single meal:

**eggplant**  
3 1 inch (2.5 cm) slice(s) (180g)  
**oil**  
1 tbsp (15mL)  
**eggs**  
3 large (150g)

For all 2 meals:

**eggplant**  
6 1 inch (2.5 cm) slice(s) (360g)  
**oil**  
2 tbsp (30mL)  
**eggs**  
6 large (300g)

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

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### 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.

### High protein scrambled eggs

297 cals ● 29g protein ● 18g fat ● 3g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)  
**oil**  
1/4 tbsp (4mL)  
**low fat cottage cheese (1% milkfat)**  
6 tbsp (85g)

For all 3 meals:

**eggs**  
9 large (450g)  
**oil**  
3/4 tbsp (11mL)  
**low fat cottage cheese (1% milkfat)**  
1 cup (254g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

## Lunch 1 ↗

Eat on day 1 and day 2

### Basic chicken & spinach salad

761 cals ● 100g protein ● 35g fat ● 9g carbs ● 3g fiber



For single meal:

**fresh spinach**  
5 cup(s) (150g)  
**oil**  
2 1/2 tsp (13mL)  
**salad dressing**  
1/4 cup (56mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
15 oz (425g)

For all 2 meals:

**fresh spinach**  
10 cup(s) (300g)  
**oil**  
5 tsp (25mL)  
**salad dressing**  
1/2 cup (113mL)  
**boneless skinless chicken breast, raw, chopped, cooked**  
30 oz (851g)

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 3 and day 4

### Simple seared tuna steak

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



For single meal:

**olive oil**  
4 tsp (20mL)  
**yellowfin tuna steaks, raw**  
2/3 lbs (302g)

For all 2 meals:

**olive oil**  
2 2/3 tbsp (40mL)  
**yellowfin tuna steaks, raw**  
1 1/3 lbs (604g)

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.

### Buttery cauliflower rice

3 1/2 cup(s) - 301 cals ● 4g protein ● 26g fat ● 11g carbs ● 4g fiber



For single meal:

**butter**  
2 1/3 tbsp (32g)  
**frozen cauliflower**  
3 1/2 cup (397g)

For all 2 meals:

**butter**  
1/3 cup (63g)  
**frozen cauliflower**  
7 cup (794g)

1. Prepare cauliflower rice according to package instructions.
2. While still hot, mix the butter in with the cauliflower rice.
3. Season with salt and pepper to taste. Serve.

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## Lunch 3 ↗

Eat on day 5

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### Simple sauteed spinach

149 cals ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**olive oil**  
3/4 tbsp (11mL)  
**fresh spinach**  
6 cup(s) (180g)  
**garlic, diced**  
3/4 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.

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### Baked pesto salmon

10 oz - 673 cals ● 59g protein ● 48g fat ● 1g carbs ● 1g fiber



Makes 10 oz

**salmon**  
1 2/3 fillet/s (6 oz each) (283g)  
**pesto sauce**  
5 tsp (27g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

## Lunch 4 ↗

Eat on day 6 and day 7

### Lemon & dill chicken salad

397 cals ● 53g protein ● 15g fat ● 9g carbs ● 2g fiber



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**oil**  
1/2 tbsp (7mL)  
**dried dill weed**  
4 dash (0g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (223g)  
**salad dressing**  
3/4 tbsp (11mL)  
**lemon juice**  
1 1/2 tbsp (23mL)  
**cucumber, sliced**  
3/8 cucumber (8-1/4") (113g)

For all 2 meals:

**mixed greens**  
4 1/2 cup (135g)  
**oil**  
1 tbsp (15mL)  
**dried dill weed**  
1 tsp (1g)  
**boneless skinless chicken breast, raw**  
16 oz (447g)  
**salad dressing**  
1 1/2 tbsp (23mL)  
**lemon juice**  
3 tbsp (45mL)  
**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to lightly cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Add shredded chicken to a bowl and add the oil, dill, lemon juice, and a pinch of salt. Mix until chicken is evenly coated.
4. Add the greens to bowl and top with chicken and cucumber. Drizzle dressing on top and serve.
5. Meal Prep Tip: Store shredded chicken mixture in fridge in an airtight container. Assemble the salad the day of for peak freshness.

### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

**pecans**  
1/2 cup, halves (50g)

For all 2 meals:

**pecans**  
1 cup, halves (99g)

1. The recipe has no instructions.

## Snacks 1 ↗

Eat on day 1 and day 2

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. The recipe has no instructions.

### Pork rinds

1 oz - 149 cals ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

**pork rinds**  
1 oz (28g)

For all 2 meals:

**pork rinds**  
2 oz (57g)

1. Enjoy.

## Snacks 2 ↗

Eat on day 3 and day 4

### Macadamia nuts

109 cals ● 1g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

**Macadamia nuts, shelled, roasted**  
1/2 oz (14g)

For all 2 meals:

**Macadamia nuts, shelled, roasted**  
1 oz (28g)

1. The recipe has no instructions.

### 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.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Ham, cheese, and spinach pockets

4 pocket(s) - 211 cals ● 22g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

**ham cold cuts**  
4 slice (92g)  
**cheese**  
4 tbsp, shredded (28g)  
**fresh spinach**  
20 leaves (20g)

For all 3 meals:

**ham cold cuts**  
12 slice (276g)  
**cheese**  
3/4 cup, shredded (84g)  
**fresh spinach**  
60 leaves (60g)

1. Lay a slice of ham down flat.
2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
3. Fold the other half over.
4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 3 meals:

**roasted peanuts**  
6 tbsp (55g)

1. The recipe has no instructions.

## Dinner 1

Eat on day 1

### Macadamia nuts

326 cals ● 3g protein ● 32g fat ● 2g carbs ● 3g fiber



**Macadamia nuts, shelled, roasted**  
1 1/2 oz (43g)

1. The recipe has no instructions.

### Simple sardine salad

531 cals ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



**mixed greens**  
3 cup (90g)  
**vinaigrette, store-bought, any flavor**  
3 tbsp (45mL)  
**sardines, canned in oil, drained**  
2 can (184g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

## Dinner 2

Eat on day 2

### Macadamia nuts

326 cals ● 3g protein ● 32g fat ● 2g carbs ● 3g fiber



**Macadamia nuts, shelled, roasted**  
1 1/2 oz (43g)

1. The recipe has no instructions.

### Rotisserie chicken & tomato salad

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



**rotisserie chicken, cooked**  
6 oz (170g)  
**olive oil**  
1 tbsp (15mL)  
**lemon juice**  
1 tsp (5mL)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**tomatoes, cut into wedges**  
1/2 large whole (3" dia) (91g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

## Dinner 3

Eat on day 3

### Cauliflower rice

1 cup(s) - 61 cals  1g protein  5g fat  3g carbs  1g fiber



Makes 1 cup(s)

**frozen cauliflower**  
1 cup (113g)  
**oil**  
1 tsp (5mL)

1. Cook cauliflower according to package instructions.
2. Mix in oil and some salt and pepper.
3. Serve.

### Marinaded chicken breast

20 oz - 707 cals  126g protein  21g fat  4g carbs  0g fiber



Makes 20 oz

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

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. **BAKE**
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. **BROIL/GRILL**
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

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## Dinner 4 ↗

Eat on day 4

### Southwest chicken

16 oz - 724 cals ● 106g protein ● 26g fat ● 11g carbs ● 5g fiber



Makes 16 oz

**oil**  
2 tsp (10mL)  
**taco seasoning mix**  
1 tbsp (9g)  
**cheese**  
2 tbsp, shredded (14g)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**bell pepper, cut into strips**  
2 medium (238g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top and serve.

## Dinner 5 ↗

Eat on day 5 and day 6

### Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen broccoli**  
6 cup (546g)  
**olive oil**  
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

### Simple plain turkey burger

3 burger(s) - 563 cals ● 67g protein ● 33g fat ● 0g carbs ● 0g fiber



For single meal:

**ground turkey, raw**  
3/4 lbs (340g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**ground turkey, raw**  
1 1/2 lbs (680g)  
**oil**  
1 tbsp (15mL)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

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## Dinner 6 ↗

Eat on day 7

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### Buttered broccoli

2 1/2 cup(s) - 334 cals ● 7g protein ● 29g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

**salt**  
1 1/4 dash (1g)  
**frozen broccoli**  
2 1/2 cup (228g)  
**black pepper**  
1 1/4 dash (0g)  
**butter**  
2 1/2 tbsp (36g)

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

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### Caprese chicken

6 oz - 448 cals ● 49g protein ● 26g fat ● 3g carbs ● 1g fiber



Makes 6 oz

**boneless skinless chicken breast, raw**  
6 oz (168g)  
**fresh basil**  
1 1/2 tbsp, chopped (4g)  
**oil**  
1/4 tbsp (4mL)  
**pesto sauce**  
1 1/2 tbsp (24g)  
**italian seasoning**  
3 dash (1g)  
**fresh mozzarella cheese, sliced**  
1 1/2 oz (43g)  
**tomatoes, quartered**  
2 1/4 cherry tomatoes (38g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

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