

# Meal Plan - 2400 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

2365 cals ● 291g protein (49%) ● 119g fat (45%) ● 20g carbs (3%) ● 14g fiber (2%)

### Breakfast

415 cals, 29g protein, 4g net carbs, 31g fat



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



**Simple sauteed spinach**  
100 cals

### Snacks

340 cals, 14g protein, 2g net carbs, 30g fat



**Cheese**  
2 oz- 229 cals



**Macadamia nuts**  
109 cals

### Lunch

800 cals, 128g protein, 6g net carbs, 28g fat



**Roasted tomatoes**  
1 tomato(es)- 60 cals



**Lemon pepper chicken breast**  
20 oz- 740 cals

### Dinner

810 cals, 120g protein, 8g net carbs, 30g fat



**Marinated chicken breast**  
18 oz- 636 cals



**Olive oil drizzled broccoli**  
2 1/2 cup(s)- 175 cals

## Day 2

2365 cals ● 291g protein (49%) ● 119g fat (45%) ● 20g carbs (3%) ● 14g fiber (2%)

### Breakfast

415 cals, 29g protein, 4g net carbs, 31g fat



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



**Simple sauteed spinach**  
100 cals

### Snacks

340 cals, 14g protein, 2g net carbs, 30g fat



**Cheese**  
2 oz- 229 cals



**Macadamia nuts**  
109 cals

### Lunch

800 cals, 128g protein, 6g net carbs, 28g fat



**Roasted tomatoes**  
1 tomato(es)- 60 cals



**Lemon pepper chicken breast**  
20 oz- 740 cals

### Dinner

810 cals, 120g protein, 8g net carbs, 30g fat



**Marinated chicken breast**  
18 oz- 636 cals



**Olive oil drizzled broccoli**  
2 1/2 cup(s)- 175 cals

## Day 3

2323 cals ● 183g protein (32%) ● 160g fat (62%) ● 21g carbs (4%) ● 16g fiber (3%)

### Breakfast

415 cals, 29g protein, 4g net carbs, 31g fat



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



**Simple sauteed spinach**  
100 cals

### Snacks

290 cals, 9g protein, 6g net carbs, 24g fat



**Mixed nuts**  
1/3 cup(s)- 290 cals

### Lunch

775 cals, 73g protein, 7g net carbs, 47g fat



**Caprese chicken**  
8 oz- 597 cals



**Spinach cauliflower mince**  
2 1/2 cup(s)- 178 cals

### Dinner

840 cals, 73g protein, 3g net carbs, 59g fat



**Bacon zucchini noodles**  
163 cals



**Blue cheese stuffed chicken thighs**  
1 1/2 thigh- 678 cals

## Day 4

2390 cals ● 165g protein (28%) ● 179g fat (67%) ● 22g carbs (4%) ● 8g fiber (1%)

### Breakfast

440 cals, 34g protein, 2g net carbs, 34g fat



**Bacon & egg sandwich**  
1 sandwich(es)- 442 cals

### Snacks

290 cals, 9g protein, 6g net carbs, 24g fat



**Mixed nuts**  
1/3 cup(s)- 290 cals

### Lunch

820 cals, 50g protein, 11g net carbs, 62g fat



**Cheesy zucchini noodles w/ bacon**  
818 cals

### Dinner

840 cals, 73g protein, 3g net carbs, 59g fat



**Bacon zucchini noodles**  
163 cals



**Blue cheese stuffed chicken thighs**  
1 1/2 thigh- 678 cals

## Day 5

2383 cals ● 221g protein (37%) ● 155g fat (58%) ● 20g carbs (3%) ● 6g fiber (1%)

### Breakfast

440 cals, 34g protein, 2g net carbs, 34g fat



**Bacon & egg sandwich**  
1 sandwich(es)- 442 cals

### Snacks

290 cals, 26g protein, 3g net carbs, 19g fat



**Boiled eggs**  
4 egg(s)- 277 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Lunch

820 cals, 50g protein, 11g net carbs, 62g fat



**Cheesy zucchini noodles w/ bacon**  
818 cals

### Dinner

835 cals, 112g protein, 5g net carbs, 40g fat



**Simple seared tuna steak**  
16 oz- 705 cals



**Sauteed garlic & herb tomatoes**  
127 cals

Day 6

2357 cals ● 270g protein (46%) ● 126g fat (48%) ● 21g carbs (4%) ● 14g fiber (2%)

Breakfast

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



Bacon  
7 slice(s)- 354 cals

Snacks

290 cals, 26g protein, 3g net carbs, 19g fat



Boiled eggs  
4 egg(s)- 277 cals



Celery sticks  
2 celery stalk- 13 cals

Lunch

860 cals, 130g protein, 4g net carbs, 35g fat



Balsamic chicken breast  
20 oz- 789 cals



Olive oil drizzled broccoli  
1 cup(s)- 70 cals

Dinner

855 cals, 90g protein, 14g net carbs, 44g fat



Basic shrimp  
14 oz- 479 cals



Buttered sugar snap peas  
375 cals

Day 7

2357 cals ● 270g protein (46%) ● 126g fat (48%) ● 21g carbs (4%) ● 14g fiber (2%)

Breakfast

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



Bacon  
7 slice(s)- 354 cals

Snacks

290 cals, 26g protein, 3g net carbs, 19g fat



Boiled eggs  
4 egg(s)- 277 cals



Celery sticks  
2 celery stalk- 13 cals

Lunch

860 cals, 130g protein, 4g net carbs, 35g fat



Balsamic chicken breast  
20 oz- 789 cals



Olive oil drizzled broccoli  
1 cup(s)- 70 cals

Dinner

855 cals, 90g protein, 14g net carbs, 44g fat



Basic shrimp  
14 oz- 479 cals



Buttered sugar snap peas  
375 cals

## Dairy and Egg Products

- ☐ cheese  
13 oz (368g)
- ☐ eggs  
28 large (1400g)
- ☐ fresh mozzarella cheese  
2 oz (57g)
- ☐ blue cheese  
1 1/2 oz (43g)
- ☐ parmesan cheese  
3 tbsp (15g)
- ☐ butter  
1/3 cup (63g)

## Nut and Seed Products

- ☐ Macadamia nuts, shelled, roasted  
1 oz (28g)
- ☐ mixed nuts  
2/3 cup (89g)

## Fats and Oils

- ☐ oil  
3 1/4 oz (99mL)
- ☐ olive oil  
4 oz (123mL)
- ☐ marinade sauce  
1 cup (271mL)
- ☐ balsamic vinaigrette  
10 tbsp (151mL)

## Spices and Herbs

- ☐ black pepper  
1/8 oz (2g)
- ☐ salt  
1/4 oz (7g)
- ☐ lemon pepper  
2 1/2 tbsp (17g)
- ☐ fresh basil  
2 tbsp, chopped (5g)
- ☐ thyme, dried  
1/2 tsp, ground (1g)
- ☐ paprika  
3 dash (1g)

## Vegetables and Vegetable Products

- ☐ fresh spinach  
13 1/4 cup(s) (397g)
- ☐ garlic  
4 1/2 clove(s) (13g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (382g)
- ☐ frozen broccoli  
7 cup (637g)
- ☐ zucchini  
4 medium (784g)
- ☐ raw celery  
6 stalk, medium (7-1/2" - 8" long) (240g)
- ☐ frozen sugar snap peas  
4 2/3 cup (672g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
7 3/4 lbs (3486g)
- ☐ chicken thighs, with bone and skin, raw  
3 thigh(s) (510g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
2 tbsp (32g)

## Other

- ☐ italian seasoning  
3/8 container (.75 oz) (9g)
- ☐ frozen riced cauliflower  
2 1/2 cup, frozen (265g)

## Pork Products

- ☐ bacon, raw  
5 slice(s) (142g)
- ☐ bacon, cooked  
26 slice(s) (260g)

## Finfish and Shellfish Products

- ☐ yellowfin tuna steaks, raw  
1 lbs (453g)
- ☐ shrimp, raw  
1 3/4 lbs (794g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Basic scrambled eggs

4 egg(s) - 318 cal ● 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.

### Simple sauteed spinach

100 cal ● 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 3 meals:

**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
12 cup(s) (360g)  
**garlic, diced**  
1 1/2 clove (5g)

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 4 and day 5

### Bacon & egg sandwich

1 sandwich(es) - 442 cals ● 34g protein ● 34g fat ● 2g carbs ● 0g fiber



For single meal:

**bacon, cooked**  
6 slice(s) (60g)  
**eggs**  
2 large (100g)

For all 2 meals:

**bacon, cooked**  
12 slice(s) (120g)  
**eggs**  
4 large (200g)

1. Preheat oven to 450 F (230 C).
2. Take the strips of bacon and cut in half lengthwise so that you effectively double the number of strips (12 for each sandwich).
3. For each side of a 'bun', use 6 strips, with 3 going vertically, and 3 going horizontally. Intertwine the pieces to make a weave.
4. When both sides of the 'bun' are created, place them on a baking sheet and cook in oven for 20-30 minutes, flipping half way through.
5. Cook eggs according to your preference.
6. Remove bacon from oven, and once it has cooled a bit, put the eggs in between the 'buns' to form the sandwich.
7. Serve.

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### 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 2 meals:

**bacon, cooked**  
14 slice(s) (140g)

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.



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## Lunch 1 [↗](#)

Eat on day 1 and day 2

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### Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**oil**

1 tsp (5mL)

**tomatoes**

1 small whole (2-2/5" dia) (91g)

For all 2 meals:

**oil**

2 tsp (10mL)

**tomatoes**

2 small whole (2-2/5" dia) (182g)

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.
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### Lemon pepper chicken breast

20 oz - 740 cals ● 127g protein ● 24g fat ● 3g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**

1 1/4 lbs (560g)

**olive oil**

2 tsp (9mL)

**lemon pepper**

1 1/4 tbsp (9g)

For all 2 meals:

**boneless skinless chicken breast, raw**

2 1/2 lbs (1120g)

**olive oil**

1 1/4 tbsp (19mL)

**lemon pepper**

2 1/2 tbsp (17g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
  2. **STOVETOP**
  3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
  4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
  5. **BAKED**
  6. Preheat oven to 400 degrees Fahrenheit.
  7. Place chicken on broiler pan (recommended) or baking sheet.
  8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
  9. **BROILED/GRILLED**
  10. Setup oven so top rack is 3-4 inches from heating element.
  11. Set oven to broil and preheat on high.
  12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
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## Lunch 2 [↗](#)

Eat on day 3

### Caprese chicken

8 oz - 597 cals ● 65g protein ● 35g fat ● 5g carbs ● 1g fiber



Makes 8 oz

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**fresh basil**

2 tbsp, chopped (5g)

**oil**

1 tsp (5mL)

**pesto sauce**

2 tbsp (32g)

**italian seasoning**

4 dash (2g)

**fresh mozzarella cheese, sliced**

2 oz (57g)

**tomatoes, quartered**

3 cherry tomatoes (51g)

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.

### Spinach cauliflower mince

2 1/2 cup(s) - 178 cals ● 8g protein ● 12g fat ● 3g carbs ● 7g fiber



Makes 2 1/2 cup(s)

**frozen riced cauliflower**

2 1/2 cup, frozen (265g)

**oil**

2 1/2 tsp (12mL)

**garlic, diced**

2 1/2 clove(s) (7g)

**fresh spinach, chopped**

1 1/4 cup(s) (37g)

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 3 [↗](#)

Eat on day 4 and day 5

### Cheesy zucchini noodles w/ bacon

818 cals ● 50g protein ● 62g fat ● 11g carbs ● 3g fiber



For single meal:

**cheese**  
1 cup, shredded (127g)  
**parmesan cheese**  
1 1/2 tbsp (8g)  
**zucchini**  
1 1/2 medium (294g)  
**bacon, raw**  
1 1/2 slice(s) (43g)

For all 2 meals:

**cheese**  
2 1/4 cup, shredded (254g)  
**parmesan cheese**  
3 tbsp (15g)  
**zucchini**  
3 medium (588g)  
**bacon, raw**  
3 slice(s) (85g)

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 cheese and bacon bits and heat through until the cheese is melted.
4. Remove from heat, top with parmesan, and serve.

## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Balsamic chicken breast

20 oz - 789 cals ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 1/4 lbs (567g)  
**balsamic vinaigrette**  
5 tbsp (75mL)  
**oil**  
2 1/2 tsp (13mL)  
**italian seasoning**  
5 dash (2g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 1/2 lbs (1134g)  
**balsamic vinaigrette**  
10 tbsp (150mL)  
**oil**  
5 tsp (25mL)  
**italian seasoning**  
1 1/4 tsp (5g)

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.

### Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**olive oil**  
2 tsp (10mL)

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

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

### Cheese

2 oz - 229 cal● 13g protein ● 19g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
2 oz (57g)

For all 2 meals:

**cheese**  
4 oz (113g)

1. The recipe has no instructions.

### Macadamia nuts

109 cal● 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.

## Snacks 2 [↗](#)

Eat on day 3 and day 4

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### Mixed nuts

1/3 cup(s) - 290 cals ● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



For single meal:

**mixed nuts**  
1/3 cup (45g)

For all 2 meals:

**mixed nuts**  
2/3 cup (89g)

1. The recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

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### Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
4 large (200g)

For all 3 meals:

**eggs**  
12 large (600g)

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.

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## 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 3 meals:

**raw celery**

6 stalk, medium (7-1/2" - 8" long)  
(240g)

1. Slice celery into sticks and serve.

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## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Marinated chicken breast

18 oz - 636 cals ● 113g protein ● 19g fat ● 3g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

18 oz (504g)

**marinade sauce**

1/2 cup (135mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

2 1/4 lbs (1008g)

**marinade sauce**

1 cup (270mL)

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 marinate 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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### Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber





For single meal:

**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen broccoli**  
2 1/2 cup (228g)  
**olive oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**frozen broccoli**  
5 cup (455g)  
**olive oil**  
5 tsp (25mL)

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

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Bacon zucchini noodles

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



For single meal:

**zucchini**  
1/2 medium (98g)  
**bacon, raw**  
1 slice(s) (28g)

For all 2 meals:

**zucchini**  
1 medium (196g)  
**bacon, raw**  
2 slice(s) (57g)

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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### Blue cheese stuffed chicken thighs

1 1/2 thigh - 678 cals ● 62g protein ● 47g fat ● 1g carbs ● 0g fiber





For single meal:

**blue cheese**  
3/4 oz (21g)  
**thyme, dried**  
1/4 tsp, ground (0g)  
**olive oil**  
1/2 tsp (3mL)  
**paprika**  
1 1/2 dash (0g)  
**chicken thighs, with bone and skin, raw**  
1 1/2 thigh(s) (255g)

For all 2 meals:

**blue cheese**  
1 1/2 oz (43g)  
**thyme, dried**  
1/2 tsp, ground (1g)  
**olive oil**  
1 tsp (6mL)  
**paprika**  
3 dash (1g)  
**chicken thighs, with bone and skin, raw**  
3 thigh(s) (510g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

## Dinner 3 [↗](#)

Eat on day 5

### Simple seared tuna steak

16 oz - 705 cals ● 111g protein ● 29g fat ● 0g carbs ● 0g fiber



Makes 16 oz

**olive oil**  
2 tbsp (30mL)  
**yellowfin tuna steaks, raw**  
1 lbs (453g)

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.

## Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



### black pepper

1/2 dash, ground (0g)

### olive oil

3/4 tbsp (11mL)

### tomatoes

1/2 pint, cherry tomatoes (149g)

### italian seasoning

1/4 tbsp (3g)

### salt

2 dash (2g)

### garlic, minced

1/2 clove(s) (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Basic shrimp

14 oz - 479 cals ● 80g protein ● 18g fat ● 0g carbs ● 0g fiber



For single meal:

### oil

3 1/2 tsp (18mL)

### shrimp, raw, peeled & deveined

14 oz (397g)

For all 2 meals:

### oil

2 1/3 tbsp (35mL)

### shrimp, raw, peeled & deveined

1 3/4 lbs (794g)

1. Heat oil in a skillet over medium heat.
2. Add the shrimp and cook for 2-3 minutes on each side until they turn pink and opaque. Season with salt, pepper or seasoning blend of choice.

### Buttered sugar snap peas

375 cals ● 10g protein ● 27g fat ● 14g carbs ● 11g fiber



For single meal:

### black pepper

1/4 tsp (0g)

### salt

1/4 tsp (1g)

### butter

2 1/3 tbsp (32g)

### frozen sugar snap peas

2 1/3 cup (336g)

For all 2 meals:

### black pepper

1/2 tsp (0g)

### salt

1/2 tsp (1g)

### butter

1/3 cup (63g)

### frozen sugar snap peas

4 2/3 cup (672g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

