

# Meal Plan - 2500 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

2489 cals ● 171g protein (27%) ● 185g fat (67%) ● 21g carbs (3%) ● 14g fiber (2%)

### Breakfast

395 cals, 25g protein, 2g net carbs, 31g fat



**Sunflower seeds**

90 cals



**Bacon**

6 slice(s)- 303 cals

### Snacks

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



**Macadamia nuts**

109 cals



**Cheese**

2 oz- 229 cals

### Lunch

855 cals, 89g protein, 9g net carbs, 50g fat



**Basic chicken breast**

13 1/3 oz- 529 cals



**Garlic zucchini noodles**

326 cals

### Dinner

905 cals, 42g protein, 8g net carbs, 75g fat



**Bacon & goat cheese salad**

681 cals



**Roasted almonds**

1/4 cup(s)- 222 cals

## Day 2

2461 cals ● 168g protein (27%) ● 187g fat (68%) ● 16g carbs (3%) ● 10g fiber (2%)

### Breakfast

395 cals, 25g protein, 2g net carbs, 31g fat



**Sunflower seeds**

90 cals



**Bacon**

6 slice(s)- 303 cals

### Snacks

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



**Macadamia nuts**

109 cals



**Cheese**

2 oz- 229 cals

### Lunch

890 cals, 68g protein, 9g net carbs, 62g fat



**Blue cheese stuffed chicken thighs**

1 1/2 thigh- 678 cals



**Buttered sugar snap peas**

214 cals

### Dinner

840 cals, 61g protein, 3g net carbs, 64g fat



**Buffalo drumsticks**

13 1/3 oz- 778 cals



**Roasted tomatoes**

1 tomato(es)- 60 cals

## Day 3

2510 cals ● 179g protein (29%) ● 188g fat (67%) ● 17g carbs (3%) ● 9g fiber (1%)

### Breakfast

440 cals, 36g protein, 3g net carbs, 32g fat



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



**Bacon & egg cups**  
3 cup(s)- 360 cals

### Snacks

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



**Macadamia nuts**  
109 cals



**Cheese**  
2 oz- 229 cals

### Lunch

890 cals, 68g protein, 9g net carbs, 62g fat



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



**Buttered sugar snap peas**  
214 cals

### Dinner

840 cals, 61g protein, 3g net carbs, 64g fat



**Buffalo drumsticks**  
13 1/3 oz- 778 cals



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

## Day 4

2469 cals ● 243g protein (39%) ● 147g fat (54%) ● 30g carbs (5%) ● 13g fiber (2%)

### Breakfast

440 cals, 36g protein, 3g net carbs, 32g fat



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



**Bacon & egg cups**  
3 cup(s)- 360 cals

### Lunch

855 cals, 68g protein, 13g net carbs, 56g fat



**Simple roasted cod**  
12 oz- 445 cals



**Olive oil drizzled sugar snap peas**  
82 cals



**Garlic zucchini noodles**  
326 cals

### Snacks

330 cals, 28g protein, 8g net carbs, 20g fat



**Walnuts**  
1/4 cup(s)- 175 cals



**Low-sugar Greek Yogurt**  
2 container(s)- 156 cals

### Dinner

845 cals, 111g protein, 7g net carbs, 40g fat



**Bacon zucchini noodles**  
325 cals



**Lemon pepper chicken breast**  
14 oz- 518 cals

## Day 5

2457 cals ● 215g protein (35%) ● 159g fat (58%) ● 26g carbs (4%) ● 17g fiber (3%)

### Breakfast

425 cals, 26g protein, 2g net carbs, 34g fat



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



**Macadamia nuts**  
109 cals

### Snacks

330 cals, 28g protein, 8g net carbs, 20g fat



**Walnuts**  
1/4 cup(s)- 175 cals



**Low-sugar Greek Yogurt**  
2 container(s)- 156 cals

### Lunch

855 cals, 50g protein, 9g net carbs, 64g fat



**Tomato and avocado salad**  
293 cals



**Steak Bites**  
8 oz(s)- 563 cals

### Dinner

845 cals, 111g protein, 7g net carbs, 40g fat



**Bacon zucchini noodles**  
325 cals



**Lemon pepper chicken breast**  
14 oz- 518 cals

## Day 6

2450 cals ● 217g protein (35%) ● 159g fat (59%) ● 25g carbs (4%) ● 12g fiber (2%)

### Breakfast

425 cals, 26g protein, 2g net carbs, 34g fat



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



**Macadamia nuts**  
109 cals

### Snacks

335 cals, 27g protein, 4g net carbs, 24g fat



**Cheesy ham roll ups**  
3 roll up(s)- 324 cals



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

### Lunch

830 cals, 95g protein, 8g net carbs, 44g fat



**Simple plain turkey burger**  
4 burger(s)- 750 cals



**Sugar snap peas**  
82 cals

### Dinner

855 cals, 69g protein, 12g net carbs, 57g fat



**Basic chicken thighs**  
12 oz- 510 cals



**Buttery cauliflower rice**  
4 cup(s)- 344 cals

# Day 7

2450 cals ● 217g protein (35%) ● 159g fat (59%) ● 25g carbs (4%) ● 12g fiber (2%)

## Breakfast

425 cals, 26g protein, 2g net carbs, 34g fat



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



**Macadamia nuts**  
109 cals

## Snacks

335 cals, 27g protein, 4g net carbs, 24g fat



**Cheesy ham roll ups**  
3 roll up(s)- 324 cals



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

## Lunch

830 cals, 95g protein, 8g net carbs, 44g fat



**Simple plain turkey burger**  
4 burger(s)- 750 cals



**Sugar snap peas**  
82 cals

## Dinner

855 cals, 69g protein, 12g net carbs, 57g fat



**Basic chicken thighs**  
12 oz- 510 cals



**Buttery cauliflower rice**  
4 cup(s)- 344 cals

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# Grocery List



## Nut and Seed Products

- Macadamia nuts, shelled, roasted  
3 oz (85g)
- sunflower kernels  
1 1/2 oz (40g)
- almonds  
4 tbsp, whole (36g)
- walnuts  
1/2 cup, shelled (50g)

## Other

- mixed greens  
3 cup (90g)
- Chicken, drumsticks, with skin  
1 2/3 lbs (756g)
- low-sugar Greek yogurt, flavored  
4 container(s) (600g)
- frozen cauliflower  
8 cup (907g)

## Dairy and Egg Products

- cheese  
2/3 lbs (296g)
- goat cheese  
3 oz (85g)
- blue cheese  
1 1/2 oz (43g)
- butter  
1 stick (115g)
- string cheese  
2 stick (56g)
- eggs  
18 large (900g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
1/4 cup (67mL)

## Spices and Herbs

- salt  
5 1/2 g (5g)
- black pepper  
2 g (2g)
- thyme, dried  
1/2 tsp, ground (1g)
- paprika  
3 dash (1g)
- lemon pepper  
1 3/4 tbsp (12g)
- garlic powder  
1/3 tsp (1g)

## Finfish and Shellfish Products

- cod, raw  
3/4 lbs (340g)

## Fruits and Fruit Juices

- lime juice  
1 1/4 tbsp (19mL)
- avocados  
5/8 avocado(s) (126g)

## Beef Products

- sirloin steak, raw  
1/2 lbs (227g)

## Sausages and Luncheon Meats

- ham cold cuts  
6 slice (138g)

## Fats and Oils

- oil  
3 oz (91mL)
- olive oil  
4 oz (126mL)

## Vegetables and Vegetable Products

- zucchini**  
6 medium (1176g)
- garlic**  
3 clove(s) (9g)
- tomatoes**  
2 medium whole (2-3/5" dia) (259g)
- frozen sugar snap peas**  
6 cup (864g)
- onion**  
1 1/4 tbsp minced (19g)
- raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:

**sunflower kernels**  
1 oz (28g)

1. The recipe has no instructions.

### Bacon

6 slice(s) - 303 cals ● 21g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**bacon, cooked**  
12 slice(s) (120g)

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 2 ↗

Eat on day 3 and day 4

### 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 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### Bacon & egg cups

3 cup(s) - 360 cals ● 29g protein ● 26g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)  
**bacon, cooked**  
3 slice(s) (30g)

For all 2 meals:

**eggs**  
6 large (300g)  
**bacon, cooked**  
6 slice(s) (60g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### 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.

### 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 3 meals:

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

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1

### Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

**boneless skinless chicken breast, raw**

13 1/3 oz (373g)

**oil**

2 1/2 tsp (13mL)

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.

### Garlic zucchini noodles

326 cals ● 5g protein ● 28g fat ● 9g carbs ● 4g fiber



**olive oil**  
2 tbsp (30mL)  
**zucchini**  
2 medium (392g)  
**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.

## Lunch 2 ↗

Eat on day 2 and day 3

### 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.

### Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**butter**  
4 tsp (18g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**butter**  
2 2/3 tbsp (36g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)

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

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## Lunch 3 ↗

Eat on day 4

### Simple roasted cod

12 oz - 445 cals ● 61g protein ● 23g fat ● 0g carbs ● 0g fiber



Makes 12 oz

**olive oil**  
1 1/2 tbsp (23mL)  
**cod, raw**  
3/4 lbs (340g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

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### Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen sugar snap peas**  
2/3 cup (96g)  
**olive oil**  
1 tsp (5mL)

## Garlic zucchini noodles

326 cals ● 5g protein ● 28g fat ● 9g carbs ● 4g fiber



**olive oil**  
2 tbsp (30mL)  
**zucchini**  
2 medium (392g)  
**garlic, minced**  
1 clove (3g)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.
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 sauté them, turning them continuously, until they are soft but not soggy, about 5 minutes.
4. Remove from heat and serve.

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## Lunch 4 ↗

Eat on day 5

### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



**onion**  
1 1/4 tbsp minced (19g)  
**lime juice**  
1 1/4 tbsp (19mL)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**avocados, cubed**  
5/8 avocado(s) (126g)  
**tomatoes, diced**  
5/8 medium whole (2-3/5" dia) (77g)

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.

### Steak Bites

8 oz(s) - 563 cals ● 46g protein ● 42g fat ● 1g carbs ● 0g fiber



Makes 8 oz(s)

**sirloin steak, raw**  
1/2 lbs (227g)  
**oil**  
1/2 tbsp (8mL)  
**garlic, diced**  
1 clove(s) (3g)  
**butter, room-temperature**  
1/2 tbsp (7g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.

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## Lunch 5 ↗

Eat on day 6 and day 7

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### Simple plain turkey burger

4 burger(s) - 750 cals ● 89g protein ● 44g fat ● 0g carbs ● 0g fiber



For single meal:

**ground turkey, raw**  
1 lbs (454g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**ground turkey, raw**  
2 lbs (907g)  
**oil**  
4 tsp (20mL)

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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### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

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## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### 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 3 meals:

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

1. The recipe has no instructions.

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### Cheese

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



For single meal:

**cheese**  
2 oz (57g)

For all 3 meals:

**cheese**  
6 oz (170g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 4 and day 5

### Walnuts

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



For single meal:

**walnuts**  
4 tbsp, shelled (25g)

For all 2 meals:

**walnuts**  
1/2 cup, shelled (50g)

1. The recipe has no instructions.

### Low-sugar Greek Yogurt

2 container(s) - 156 cals ● 24g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**low-sugar Greek yogurt, flavored**  
2 container(s) (300g)

For all 2 meals:

**low-sugar Greek yogurt, flavored**  
4 container(s) (600g)

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.

### 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.

## Dinner 1 ↗

Eat on day 1

### Bacon & goat cheese salad

681 cals ● 35g protein ● 57g fat ● 5g carbs ● 3g fiber



**mixed greens**  
3 cup (90g)  
**goat cheese**  
3 oz (85g)  
**olive oil**  
1 tbsp (15mL)  
**bacon, cooked**  
3 slice(s) (30g)  
**sunflower kernels**  
1 tbsp (12g)

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.

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 2 and day 3

### Buffalo drumsticks

13 1/3 oz - 778 cals ● 60g protein ● 59g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**  
2 1/4 tbsp (33mL)  
**oil**  
1 1/4 tsp (6mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp, ground (0g)  
**Chicken, drumsticks, with skin**  
13 1/3 oz (378g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/4 cup (67mL)  
**oil**  
2 1/2 tsp (13mL)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**Chicken, drumsticks, with skin**  
1 2/3 lbs (756g)

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.

### 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.

## Dinner 3 ↗

Eat on day 4 and day 5

### Bacon zucchini noodles

325 cals ● 22g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**zucchini**  
2 medium (392g)  
**bacon, raw**  
4 slice(s) (113g)

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.

### Lemon pepper chicken breast

14 oz - 518 cals ● 89g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
14 oz (392g)  
**olive oil**  
1/2 tbsp (7mL)  
**lemon pepper**  
2 1/2 tsp (6g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 3/4 lbs (784g)  
**olive oil**  
2 1/2 tsp (13mL)  
**lemon pepper**  
1 3/4 tbsp (12g)

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.

## Dinner 4 ↗

Eat on day 6 and day 7

### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**  
3/4 lbs (340g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken thighs**  
1 1/2 lbs (680g)  
**oil**  
1 tbsp (15mL)

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.

### Buttery cauliflower rice

4 cup(s) - 344 cals ● 4g protein ● 29g fat ● 12g carbs ● 4g fiber



For single meal:

**butter**  
2 2/3 tbsp (36g)  
**frozen cauliflower**  
4 cup (454g)

For all 2 meals:

**butter**  
1/3 cup (72g)  
**frozen cauliflower**  
8 cup (907g)

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.