

Meal Plan - 2600 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

2618 cals ● 152g protein (23%) ● 206g fat (71%) ● 27g carbs (4%) ● 13g fiber (2%)

Breakfast

410 cals, 36g protein, 4g net carbs, 28g fat



Cheese
1 oz- 114 cals



High protein scrambled eggs
297 cals

Snacks

355 cals, 30g protein, 2g net carbs, 25g fat



Boiled eggs
2 egg(s)- 139 cals



Cheesy ham roll ups
2 roll up(s)- 216 cals

Lunch

935 cals, 35g protein, 11g net carbs, 82g fat



Bangers and cauliflower mash
2 sausage link(s)- 936 cals

Dinner

915 cals, 52g protein, 9g net carbs, 70g fat



Buffalo drumsticks
10 2/3 oz- 622 cals



Tomato and avocado salad
293 cals

Day 2

2592 cals ● 252g protein (39%) ● 161g fat (56%) ● 20g carbs (3%) ● 13g fiber (2%)

Breakfast

410 cals, 36g protein, 4g net carbs, 28g fat



Cheese
1 oz- 114 cals



High protein scrambled eggs
297 cals

Snacks

355 cals, 30g protein, 2g net carbs, 25g fat



Boiled eggs
2 egg(s)- 139 cals



Cheesy ham roll ups
2 roll up(s)- 216 cals

Lunch

900 cals, 138g protein, 4g net carbs, 36g fat



Cauliflower rice
1 cup(s)- 61 cals



Curried pork chops
3 1/2 chop(s)- 837 cals

Dinner

930 cals, 48g protein, 10g net carbs, 72g fat



String cheese
2 stick(s)- 165 cals



Macadamia nuts
435 cals



Avocado tuna salad
327 cals

Day 3

2549 cals ● 206g protein (32%) ● 164g fat (58%) ● 27g carbs (4%) ● 34g fiber (5%)

Breakfast

460 cals, 8g protein, 6g net carbs, 38g fat



Roasted almonds

1/8 cup(s)- 111 cals



Avocado

351 cals

Snacks

260 cals, 11g protein, 8g net carbs, 18g fat



Walnuts

1/6 cup(s)- 131 cals



Cucumber sandwich bites

1 bite(s)- 95 cals



Raspberries

1/2 cup(s)- 36 cals

Lunch

900 cals, 138g protein, 4g net carbs, 36g fat



Cauliflower rice

1 cup(s)- 61 cals



Curried pork chops

3 1/2 chop(s)- 837 cals

Dinner

930 cals, 48g protein, 10g net carbs, 72g fat



String cheese

2 stick(s)- 165 cals



Macadamia nuts

435 cals



Avocado tuna salad

327 cals

Day 4

2614 cals ● 223g protein (34%) ● 166g fat (57%) ● 25g carbs (4%) ● 34g fiber (5%)

Breakfast

460 cals, 8g protein, 6g net carbs, 38g fat



Roasted almonds

1/8 cup(s)- 111 cals



Avocado

351 cals

Snacks

260 cals, 11g protein, 8g net carbs, 18g fat



Walnuts

1/6 cup(s)- 131 cals



Cucumber sandwich bites

1 bite(s)- 95 cals



Raspberries

1/2 cup(s)- 36 cals

Lunch

965 cals, 132g protein, 6g net carbs, 43g fat



Lemon pepper chicken breast

20 oz- 740 cals



Buttered broccoli

1 2/3 cup(s)- 223 cals

Dinner

930 cals, 72g protein, 5g net carbs, 66g fat



Olive oil drizzled broccoli

2 cup(s)- 140 cals



Buffalo chicken wings

18 2/3 oz- 788 cals

Day 5

2538 cals ● 167g protein (26%) ● 184g fat (65%) ● 27g carbs (4%) ● 27g fiber (4%)

Breakfast

460 cals, 8g protein, 6g net carbs, 38g fat



Roasted almonds

1/8 cup(s)- 111 cals



Avocado

351 cals

Snacks

335 cals, 19g protein, 4g net carbs, 26g fat



Macadamia nuts

218 cals



Tuna cucumber bites

115 cals

Lunch

870 cals, 94g protein, 6g net carbs, 50g fat



Asparagus

188 cals



Broiled tilapia

16 oz- 680 cals

Dinner

875 cals, 46g protein, 12g net carbs, 70g fat



Italian sausage

3 link- 771 cals



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals

Day 6

2582 cals ● 286g protein (44%) ● 143g fat (50%) ● 19g carbs (3%) ● 18g fiber (3%)

Breakfast

470 cals, 60g protein, 1g net carbs, 25g fat



Paleo beef & egg bowl

471 cals

Snacks

335 cals, 19g protein, 4g net carbs, 26g fat



Macadamia nuts

218 cals



Tuna cucumber bites

115 cals

Lunch

870 cals, 94g protein, 6g net carbs, 50g fat



Asparagus

188 cals



Broiled tilapia

16 oz- 680 cals

Dinner

910 cals, 113g protein, 9g net carbs, 42g fat



Balsamic chicken breast

16 oz- 631 cals



Olive oil drizzled broccoli

4 cup(s)- 279 cals

Day 7

2580 cals ● 225g protein (35%) ● 166g fat (58%) ● 21g carbs (3%) ● 26g fiber (4%)

Breakfast

470 cals, 60g protein, 1g net carbs, 25g fat



[Paleo beef & egg bowl](#)

471 cals

Lunch

865 cals, 34g protein, 7g net carbs, 73g fat



[Pecans](#)

1/2 cup- 366 cals



[Avocado and bacon egg salad](#)

500 cals

Snacks

335 cals, 19g protein, 4g net carbs, 26g fat



[Macadamia nuts](#)

218 cals



[Tuna cucumber bites](#)

115 cals

Dinner

910 cals, 113g protein, 9g net carbs, 42g fat



[Balsamic chicken breast](#)

16 oz- 631 cals



[Olive oil drizzled broccoli](#)

4 cup(s)- 279 cals

Grocery List



Dairy and Egg Products

- eggs
17 large (850g)
- cheese
6 oz (169g)
- low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- butter
2 2/3 tbsp (38g)
- string cheese
4 stick (112g)

Spices and Herbs

- salt
2/3 oz (24g)
- black pepper
1/3 oz (9g)
- garlic powder
1/4 tbsp (3g)
- curry powder
1 3/4 tsp (4g)
- lemon pepper
1 1/4 tbsp (9g)

Sausages and Luncheon Meats

- ham cold cuts
6 slice (138g)
- pork sausage, raw
2 link (4oz ea) (226g)

Fruits and Fruit Juices

- lime juice
5/6 fl oz (26mL)
- avocados
5 avocado(s) (980g)
- lemon juice
2 1/2 fl oz (79mL)
- raspberries
1 cup (123g)

Fats and Oils

- oil
1 1/2 oz (50mL)
- olive oil
6 oz (183mL)
- balsamic vinaigrette
1/2 cup (120mL)

Nut and Seed Products

- Macadamia nuts, shelled, roasted
1/2 lbs (198g)
- almonds
6 tbsp, whole (54g)
- walnuts
6 tbsp, shelled (38g)
- pecans
1/2 cup, halves (50g)

Other

- frozen cauliflower
3 1/2 cup (397g)
- Chicken, drumsticks, with skin
2/3 lbs (302g)
- mixed greens
2 1/2 cup (75g)
- Italian pork sausage, raw
3 link (323g)
- italian seasoning
1 tsp (4g)

Finfish and Shellfish Products

- canned tuna
2 3/4 can (480g)
- tilapia, raw
2 lbs (896g)

Vegetables and Vegetable Products

- onion
1 medium (2-1/2" dia) (115g)
- tomatoes
1 1/6 medium whole (2-3/5" dia) (144g)
- cucumber
1 1/4 cucumber (8-1/4") (376g)
- frozen broccoli
13 cup (1198g)

Pork Products

- pork chop, bone-in
7 chop (1246g)
- bacon, cooked
2 slice(s) (20g)

Poultry Products

asparagus
3/4 lbs (340g)

boneless skinless chicken breast, raw
3 1/4 lbs (1467g)

chicken wings, with skin, raw
18 3/4 oz (530g)

Soups, Sauces, and Gravies

Frank's Red Hot sauce
5 tbsp (74mL)

Beef Products

ground beef (93% lean)
1 lbs (454g)

Breakfast 1 ↗

Eat on day 1 and day 2

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.

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 2 meals:

eggs
6 large (300g)
oil
1/2 tbsp (8mL)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)

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.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 3 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

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

For all 3 meals:

avocados
3 avocado(s) (603g)
lemon juice
1 tbsp (15mL)

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

Breakfast 3 ↗

Eat on day 6 and day 7

Paleo beef & egg bowl

471 cals ● 60g protein ● 25g fat ● 1g carbs ● 0g fiber



For single meal:

ground beef (93% lean)
1/2 lbs (227g)
eggs
2 large (100g)

For all 2 meals:

ground beef (93% lean)
1 lbs (454g)
eggs
4 large (200g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

Lunch 1 ↗

Eat on day 1

Bangers and cauliflower mash

2 sausage link(s) - 936 cals ● 35g protein ● 82g fat ● 11g carbs ● 3g fiber



Makes 2 sausage link(s)

pork sausage, raw
2 link (4oz ea) (226g)
butter
1 tbsp (14g)
frozen cauliflower
1 1/2 cup (170g)
onion, thinly sliced
1 small (70g)

1. Heat a skillet over medium low heat. Add the onion and half of the butter. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining butter. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Lunch 2 ↗

Eat on day 2 and day 3

Cauliflower rice

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



For single meal:

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

For all 2 meals:

frozen cauliflower
2 cup (227g)
oil
2 tsp (10mL)

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

Curried pork chops

3 1/2 chop(s) - 837 cals ● 137g protein ● 31g fat ● 1g carbs ● 1g fiber



For single meal:

pork chop, bone-in
3 1/2 chop (623g)
curry powder
1 tsp (2g)
olive oil
1 3/4 tsp (9mL)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)

For all 2 meals:

pork chop, bone-in
7 chop (1246g)
curry powder
1 3/4 tsp (4g)
olive oil
3 1/2 tsp (18mL)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

Lunch 3 ↗

Eat on day 4

Lemon pepper chicken breast

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



Makes 20 oz

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

olive oil

2 tsp (9mL)

lemon pepper

1 1/4 tbsp (9g)

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.

Buttered broccoli

1 2/3 cup(s) - 223 cals ● 5g protein ● 19g fat ● 3g carbs ● 5g fiber



Makes 1 2/3 cup(s)

salt
1 dash (0g)
frozen broccoli
1 2/3 cup (152g)
black pepper
1 dash (0g)
butter
5 tsp (24g)

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

Lunch 4 ↗

Eat on day 5 and day 6

Asparagus

188 cals ● 4g protein ● 15g fat ● 4g carbs ● 4g fiber



For single meal:

asparagus
6 oz (170g)
lemon juice
1 tbsp (17mL)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
olive oil
1 tbsp (17mL)

For all 2 meals:

asparagus
3/4 lbs (340g)
lemon juice
2 1/4 tbsp (34mL)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
olive oil
2 1/4 tbsp (34mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Broiled tilapia

16 oz - 680 cals ● 90g protein ● 35g fat ● 1g carbs ● 0g fiber



For single meal:

lemon juice
1 tbsp (15mL)
black pepper
4 dash, ground (1g)
tilapia, raw
1 lbs (448g)
olive oil
2 tbsp (30mL)
salt
4 dash (3g)

For all 2 meals:

lemon juice
2 tbsp (30mL)
black pepper
1 tsp, ground (2g)
tilapia, raw
2 lbs (896g)
olive oil
4 tbsp (60mL)
salt
1 tsp (6g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Lunch 5 ↗

Eat on day 7

Pecans

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



Makes 1/2 cup

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Avocado and bacon egg salad

500 cals ● 29g protein ● 37g fat ● 5g carbs ● 8g fiber



mixed greens
1 cup (30g)
garlic powder
4 dash (2g)
bacon, cooked
2 slice(s) (20g)
avocados
1/2 avocado(s) (101g)
eggs, hard-boiled and chilled
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, garlic, and some salt in a bowl. Mash with a fork until fully combined.
4. Crumble the bacon and add in. Mix.
5. Serve on top of bed of greens.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Snacks 1 ↗

Eat on day 1 and day 2

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

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 and day 4

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
3 tbsp, shelled (19g)

For all 2 meals:

walnuts
6 tbsp, shelled (38g)

1. The recipe has no instructions.

Cucumber sandwich bites

1 bite(s) - 95 cals ● 8g protein ● 5g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber

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

cheese

1/2 slice (1 oz each) (14g)

ham cold cuts

1 slice (23g)

For all 2 meals:

cucumber

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

cheese

1 slice (1 oz each) (28g)

ham cold cuts

2 slice (46g)

1. Cut cucumber into 1 inch slices.
2. Cut cheese into even squares (4 squares per slice).
3. Assemble bites by putting ham and cheese in between cucumber slices and secure with a toothpick.

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries

1/2 cup (62g)

For all 2 meals:

raspberries

1 cup (123g)

1. Rinse raspberries and serve.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Macadamia nuts

218 cals ● 2g protein ● 22g fat ● 1g carbs ● 2g fiber



For single meal:

Macadamia nuts, shelled, roasted

1 oz (28g)

For all 3 meals:

Macadamia nuts, shelled, roasted

3 oz (85g)

1. The recipe has no instructions.

Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

canned tuna
1 packet (74g)
cucumber, sliced
1/4 cucumber (8-1/4") (75g)

For all 3 meals:

canned tuna
3 packet (222g)
cucumber, sliced
3/4 cucumber (8-1/4") (226g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Dinner 1 ↗

Eat on day 1

Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

Frank's Red Hot sauce
1 3/4 tbsp (27mL)
oil
1 tsp (5mL)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
Chicken, drumsticks, with skin
2/3 lbs (302g)

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.

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.

Dinner 2 ↗

Eat on day 2 and day 3

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. The recipe has no instructions.

Macadamia nuts

435 cals ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



For single meal:

Macadamia nuts, shelled, roasted
2 oz (57g)

For all 2 meals:

Macadamia nuts, shelled, roasted
4 oz (113g)

1. The recipe has no instructions.

Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



For single meal:

avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
mixed greens
3/4 cup (23g)
canned tuna
3/4 can (129g)
tomatoes
3 tbsp, chopped (34g)
onion, minced
1/6 small (13g)

For all 2 meals:

avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
mixed greens
1 1/2 cup (45g)
canned tuna
1 1/2 can (258g)
tomatoes
6 tbsp, chopped (68g)
onion, minced
3/8 small (26g)

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 3 ↗

Eat on day 4

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

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.

Buffalo chicken wings

18 2/3 oz - 788 cals ● 67g protein ● 57g fat ● 1g carbs ● 0g fiber



Makes 18 2/3 oz

oil
1 3/4 tsp (9mL)
salt
1/4 tsp (2g)
black pepper
1/4 tsp, ground (1g)
chicken wings, with skin, raw
18 2/3 oz (530g)
Frank's Red Hot sauce
3 tbsp (47mL)

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 it's 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.

Dinner 4 ↗

Eat on day 5

Italian sausage

3 link - 771 cals ● 42g protein ● 63g fat ● 9g carbs ● 0g fiber



Makes 3 link

Italian pork sausage, raw
3 link (323g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 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.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

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

Dinner 5 ↗

Eat on day 6 and day 7

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.

Olive oil drizzled broccoli

4 cup(s) - 279 cals ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



For single meal:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

For all 2 meals:

black pepper
4 dash (0g)
salt
4 dash (2g)
frozen broccoli
8 cup (728g)
olive oil
2 2/3 tbsp (40mL)

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