

Meal Plan - 2700 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

2680 cals ● 159g protein (24%) ● 209g fat (70%) ● 19g carbs (3%) ● 22g fiber (3%)

Breakfast

495 cals, 27g protein, 7g net carbs, 37g fat



Simple sauteed spinach
199 cals



Pesto scrambled eggs
3 eggs- 297 cals

Lunch

935 cals, 37g protein, 9g net carbs, 79g fat



String cheese
2 stick(s)- 165 cals



Macadamia nuts
435 cals



Avocado and bacon egg salad
333 cals

Snacks

315 cals, 15g protein, 3g net carbs, 24g fat



Boiled eggs
2 egg(s)- 139 cals



Avocado
176 cals

Dinner

935 cals, 80g protein, 1g net carbs, 68g fat



Low carb fried chicken
16 oz- 936 cals

Day 2

2700 cals ● 166g protein (25%) ● 204g fat (68%) ● 29g carbs (4%) ● 20g fiber (3%)

Breakfast

495 cals, 27g protein, 7g net carbs, 37g fat



Simple sauteed spinach
199 cals



Pesto scrambled eggs
3 eggs- 297 cals

Lunch

990 cals, 82g protein, 8g net carbs, 69g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Garlic parmesan wings
1 1/3 lbs- 928 cals

Snacks

315 cals, 15g protein, 3g net carbs, 24g fat



Boiled eggs
2 egg(s)- 139 cals



Avocado
176 cals

Dinner

900 cals, 43g protein, 12g net carbs, 73g fat



Buffalo drumsticks
8 oz- 467 cals



Garlic zucchini noodles
435 cals

Day 3

2693 cals ● 180g protein (27%) ● 203g fat (68%) ● 30g carbs (4%) ● 8g fiber (1%)

Breakfast

460 cals, 19g protein, 4g net carbs, 40g fat



Macadamia nuts

109 cals



Low carb bread with almond butter

1 slice(s)- 164 cals



Kale & eggs

189 cals

Lunch

990 cals, 82g protein, 8g net carbs, 69g fat



Roasted tomatoes

1 tomato(es)- 60 cals



Garlic parmesan wings

1 1/3 lbs- 928 cals

Snacks

335 cals, 24g protein, 5g net carbs, 24g fat



Pork rinds with french onion dip

334 cals

Dinner

910 cals, 55g protein, 13g net carbs, 69g fat



Cheesy zucchini noodles w/ bacon

909 cals

Day 4

2658 cals ● 167g protein (25%) ● 206g fat (70%) ● 28g carbs (4%) ● 7g fiber (1%)

Breakfast

460 cals, 19g protein, 4g net carbs, 40g fat



Macadamia nuts

109 cals



Low carb bread with almond butter

1 slice(s)- 164 cals



Kale & eggs

189 cals

Snacks

335 cals, 24g protein, 5g net carbs, 24g fat



Pork rinds with french onion dip

334 cals

Lunch

970 cals, 81g protein, 6g net carbs, 68g fat



Slow cooker carnitas

16 oz- 820 cals



Roasted tomatoes

2 1/2 tomato(es)- 149 cals

Dinner

895 cals, 44g protein, 12g net carbs, 74g fat



Italian sausage

3 link- 771 cals



Garlic zucchini noodles

122 cals

Day 5

2669 cals ● 226g protein (34%) ● 179g fat (60%) ● 23g carbs (3%) ● 15g fiber (2%)

Breakfast

460 cals, 19g protein, 4g net carbs, 40g fat



Macadamia nuts
109 cals



Low carb bread with almond butter
1 slice(s)- 164 cals



Kale & eggs
189 cals

Snacks

355 cals, 20g protein, 4g net carbs, 27g fat



Pork rinds and salsa
174 cals



Pecans
1/4 cup- 183 cals

Lunch

945 cals, 72g protein, 8g net carbs, 67g fat



Bacon zucchini noodles
542 cals



Baked pesto salmon
6 oz- 404 cals

Dinner

905 cals, 115g protein, 6g net carbs, 45g fat



Roasted tomatoes
1 1/2 tomato(es)- 89 cals



Spicy dry rub chicken thighs
4 chicken thigh(s)- 815 cals

Day 6

2737 cals ● 231g protein (34%) ● 184g fat (60%) ● 24g carbs (3%) ● 16g fiber (2%)

Breakfast

530 cals, 23g protein, 5g net carbs, 44g fat



Macadamia nuts
218 cals



Cabbage & bacon skillet
312 cals

Snacks

355 cals, 20g protein, 4g net carbs, 27g fat



Pork rinds and salsa
174 cals



Pecans
1/4 cup- 183 cals

Lunch

945 cals, 72g protein, 8g net carbs, 67g fat



Bacon zucchini noodles
542 cals



Baked pesto salmon
6 oz- 404 cals

Dinner

905 cals, 115g protein, 6g net carbs, 45g fat



Roasted tomatoes
1 1/2 tomato(es)- 89 cals



Spicy dry rub chicken thighs
4 chicken thigh(s)- 815 cals

Day 7

2662 cals ● 162g protein (24%) ● 201g fat (68%) ● 25g carbs (4%) ● 26g fiber (4%)

Breakfast

530 cals, 23g protein, 5g net carbs, 44g fat



Macadamia nuts

218 cals



Cabbage & bacon skillet

312 cals

Snacks

355 cals, 20g protein, 4g net carbs, 27g fat



Pork rinds and salsa

174 cals



Pecans

1/4 cup- 183 cals

Lunch

900 cals, 71g protein, 11g net carbs, 56g fat



Walnuts

1/4 cup(s)- 175 cals



Avocado tuna salad

727 cals

Dinner

875 cals, 47g protein, 4g net carbs, 73g fat



Garlic zucchini noodles

82 cals



Pepper steak

9 ounce(s)- 792 cals

Grocery List



Dairy and Egg Products

- eggs**
18 3/4 large (937g)
- string cheese**
2 stick (56g)
- butter**
1 3/4 tbsp (25g)
- parmesan cheese**
1 1/2 oz (42g)
- cheese**
1 1/4 cup, shredded (141g)

Fruits and Fruit Juices

- avocados**
2 avocado(s) (436g)
- lemon juice**
1 tsp (5mL)
- lime juice**
1/2 tbsp (8mL)

Spices and Herbs

- black pepper**
1/4 oz (7g)
- salt**
1/3 oz (9g)
- garlic powder**
1/3 tsp (1g)
- cajun seasoning**
1/4 tbsp (1g)
- ground cumin**
1 tbsp (6g)
- chili powder**
1 tbsp (7g)
- cayenne pepper**
1/2 tbsp (2g)
- oregano, dried**
1 tbsp, leaves (3g)
- rosemary, dried**
3 dash (0g)

Fats and Oils

- olive oil**
6 tbsp (89mL)
- oil**
2 1/2 oz (77mL)

Vegetables and Vegetable Products

Soups, Sauces, and Gravies

- pesto sauce**
5 tbsp (80g)
- hot sauce**
1 tbsp (15mL)
- Frank's Red Hot sauce**
4 tsp (19mL)
- salsa**
3/4 cup (216g)

Nut and Seed Products

- Macadamia nuts, shelled, roasted**
1/3 lbs (156g)
- almond butter**
3/4 tbsp (12g)
- pecans**
3/4 cup, halves (74g)
- walnuts**
4 tbsp, shelled (25g)

Other

- mixed greens**
2 1/3 cup (70g)
- Chicken, drumsticks, with skin**
1 1/2 lbs (680g)
- pork rinds**
6 oz (170g)
- almond flour**
1/4 cup(s) (28g)
- french onion dip**
10 tbsp (147g)
- Italian pork sausage, raw**
3 link (323g)

Pork Products

- bacon, cooked**
1 1/3 slice(s) (13g)
- bacon, raw**
12 1/3 slice(s) (350g)
- pork shoulder**
1 lbs (453g)

Poultry Products

- chicken wings, with skin, raw**
2 2/3 lbs (1210g)
- boneless skinless chicken thighs**
8 thigh(s) (1184g)

- fresh spinach**
16 cup(s) (480g)
- garlic**
9 1/4 clove(s) (28g)
- zucchini**
9 medium (1748g)
- tomatoes**
6 medium whole (2-3/5" dia) (758g)
- kale leaves**
1 1/2 cup, chopped (60g)
- cabbage**
2 cup, chopped (178g)
- onion**
3/8 small (29g)

Baked Products

- baking powder**
3/4 oz (22g)

Finfish and Shellfish Products

- salmon**
2 fillet/s (6 oz each) (340g)
- canned tuna**
1 2/3 can (287g)

Beef Products

- ribeye, raw**
1/2 lbs (255g)

Breakfast 1 ↗

Eat on day 1 and day 2

Simple sauteed spinach

199 cals ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



For single meal:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

For all 2 meals:

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)

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.

Pesto scrambled eggs

3 eggs - 297 cals ● 20g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)
pesto sauce
1 1/2 tbsp (24g)

For all 2 meals:

eggs
6 large (300g)
pesto sauce
3 tbsp (48g)

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.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

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.

Low carb bread with almond butter

1 slice(s) - 164 cals ● 4g protein ● 15g fat ● 1g carbs ● 1g fiber



For single meal:

almond flour
1/8 cup(s) (9g)
oil
1/2 tbsp (8mL)
baking powder
1 dash (1g)
salt
2/3 dash (0g)
eggs
1/4 large (13g)
almond butter
1/4 tbsp (4g)

For all 3 meals:

almond flour
1/4 cup(s) (28g)
oil
1 1/2 tbsp (23mL)
baking powder
3 dash (2g)
salt
2 dash (1g)
eggs
3/4 large (38g)
almond butter
3/4 tbsp (12g)

1. In a greased, microwave-safe mug, mix the almond flour, oil, baking powder, salt, and egg until fully combined.
2. Microwave for 90 seconds.
3. Remove bread from mug, slice, and serve with almond butter.
4. For leftovers: immediately wrap any leftovers in plastic wrap or parchment paper. Store on the counter or in your fridge/freezer. Reheat by toasting or microwaving.

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
salt
1 dash (0g)

For all 3 meals:

oil
1 tbsp (15mL)
eggs
6 large (300g)
kale leaves
1 1/2 cup, chopped (60g)
salt
3 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 3 ↗

Eat on 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 2 meals:

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

1. The recipe has no instructions.

Cabbage & bacon skillet

312 cals ● 21g protein ● 23g fat ● 4g carbs ● 2g fiber



For single meal:

bacon, raw
2 slice(s) (57g)
cabbage
1 cup, chopped (89g)

For all 2 meals:

bacon, raw
4 slice(s) (113g)
cabbage
2 cup, chopped (178g)

1. Add the bacon to a skillet over medium heat. Cook for 4–5 minutes, flip, and cook for another 3–4 minutes until crispy. Transfer the bacon to a plate lined with paper towels to drain, leaving the bacon fat in the skillet.
2. Add cabbage to the skillet and cook in the bacon fat for 5–7 minutes, stirring occasionally, until softened. Transfer the cooked cabbage to a bowl, crumble the bacon on top, and season with pepper to taste, if desired. Serve.

Lunch 1 ↗

Eat on day 1

String cheese

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



Makes 2 stick(s)

string cheese
2 stick (56g)

1. The recipe has no instructions.

Macadamia nuts

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



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

1. The recipe has no instructions.

Avocado and bacon egg salad

333 cals ● 19g protein ● 25g fat ● 4g carbs ● 5g fiber



mixed greens
2/3 cup (20g)
garlic powder
1/3 tsp (1g)
bacon, cooked
1 1/3 slice(s) (13g)
avocados
1/3 avocado(s) (67g)
eggs, hard-boiled and chilled
2 large (100g)

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)

Lunch 2 ↗

Eat on day 2 and day 3

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.

Garlic parmesan wings

1 1/3 lbs - 928 cals ● 81g protein ● 65g fat ● 5g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw
1 1/3 lbs (605g)
baking powder
2 tsp (10g)
butter
1 tsp (5g)
parmesan cheese
2 2/3 tbsp (17g)
garlic, diced
2 2/3 clove(s) (8g)

For all 2 meals:

chicken wings, with skin, raw
2 2/3 lbs (1210g)
baking powder
4 tsp (20g)
butter
2 tsp (9g)
parmesan cheese
1/3 cup (33g)
garlic, diced
5 1/3 clove(s) (16g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
2. **FAST VERSION**
3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
6. Serve.
7. **CRISPY SKIN VERSION**
8. Preheat oven to 250 F (120 C).
9. Pat wings dry with paper towels.
10. Put wings and baking powder in a plastic bag and shake to coat.
11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
14. Serve.

Lunch 3 ↗

Eat on day 4

Slow cooker carnitas

16 oz - 820 cals ● 79g protein ● 56g fat ● 0g carbs ● 0g fiber



Makes 16 oz

pork shoulder
1 lbs (453g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork. Serve.

Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

oil
2 1/2 tsp (13mL)

tomatoes
2 1/2 small whole (2-2/5" dia) (228g)

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.

Lunch 4 ↗

Eat on day 5 and day 6

Bacon zucchini noodles

542 cals ● 37g protein ● 39g fat ● 8g carbs ● 4g fiber



For single meal:

zucchini
1 2/3 medium (327g)
bacon, raw
3 1/3 slice(s) (94g)

For all 2 meals:

zucchini
3 1/3 medium (653g)
bacon, raw
6 2/3 slice(s) (189g)

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.

Baked pesto salmon

6 oz - 404 cals ● 35g protein ● 29g fat ● 1g carbs ● 0g fiber



For single meal:

salmon
1 fillet/s (6 oz each) (170g)
pesto sauce
1 tbsp (16g)

For all 2 meals:

salmon
2 fillet/s (6 oz each) (340g)
pesto sauce
2 tbsp (32g)

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 5 ↗

Eat on day 7

Walnuts

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



Makes 1/4 cup(s)

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.

Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



avocados
5/6 avocado(s) (168g)
lime juice
1/2 tbsp (8mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 2/3 cup (50g)
canned tuna
1 2/3 can (287g)
tomatoes
6 2/3 tbsp, chopped (75g)
onion, minced
3/8 small (29g)

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.

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.

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 2 ↗

Eat on day 3 and day 4

Pork rinds with french onion dip

334 cals ● 24g protein ● 24g fat ● 5g carbs ● 0g fiber



For single meal:

french onion dip
5 tbsp (74g)
pork rinds
1 1/4 oz (35g)

For all 2 meals:

french onion dip
10 tbsp (147g)
pork rinds
2 1/2 oz (71g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Pork rinds and salsa

174 cals ● 18g protein ● 9g fat ● 3g carbs ● 1g fiber



For single meal:

salsa
4 tbsp (72g)
pork rinds
1 oz (28g)

For all 3 meals:

salsa
3/4 cup (216g)
pork rinds
3 oz (85g)

1. The recipe has no instructions.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 3 meals:

pecans

3/4 cup, halves (74g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Low carb fried chicken

16 oz - 936 cals ● 80g protein ● 68g fat ● 1g carbs ● 0g fiber



Makes 16 oz

hot sauce

3 tsp (15mL)

cajun seasoning

1/4 tbsp (1g)

Chicken, drumsticks, with skin

16 oz (454g)

pork rinds, crushed

1/2 oz (14g)

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.

Dinner 2 ↗

Eat on day 2

Buffalo drumsticks

8 oz - 467 cals ● 36g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 8 oz

Frank's Red Hot sauce

4 tsp (20mL)

oil

1/4 tbsp (4mL)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

Chicken, drumsticks, with skin

1/2 lbs (227g)

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.

Garlic zucchini noodles

435 cals ● 7g protein ● 38g fat ● 11g carbs ● 6g fiber



olive oil

2 2/3 tbsp (40mL)

zucchini

2 2/3 medium (523g)

garlic, minced

1 1/3 clove (4g)

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.

Dinner 3 ↗

Eat on day 3

Cheesy zucchini noodles w/ bacon

909 cals ● 55g protein ● 69g fat ● 13g carbs ● 4g fiber



cheese

1 1/4 cup, shredded (141g)

parmesan cheese

5 tsp (8g)

zucchini

1 2/3 medium (327g)

bacon, raw

1 2/3 slice(s) (47g)

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.

Dinner 4 ↗

Eat on day 4

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.

Garlic zucchini noodles

122 cals ● 2g protein ● 11g fat ● 3g carbs ● 2g fiber



olive oil
3/4 tbsp (11mL)
zucchini
3/4 medium (147g)
garlic, minced
3/8 clove (1g)

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.

Dinner 5 ↗

Eat on day 5 and day 6

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil
1/2 tbsp (8mL)
tomatoes
1 1/2 small whole (2-2/5" dia)
(137g)

For all 2 meals:

oil
1 tbsp (15mL)
tomatoes
3 small whole (2-2/5" dia) (273g)

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.

Spicy dry rub chicken thighs

4 chicken thigh(s) - 815 cals ● 114g protein ● 38g fat ● 2g carbs ● 2g fiber



For single meal:

boneless skinless chicken thighs
4 thigh(s) (592g)
ground cumin
1/2 tbsp (3g)
chili powder
1/2 tbsp (4g)
cayenne pepper
1/4 tbsp (1g)
oregano, dried
1/2 tbsp, leaves (1g)

For all 2 meals:

boneless skinless chicken thighs
8 thigh(s) (1184g)
ground cumin
2 2/3 tsp (6g)
chili powder
2 2/3 tsp (7g)
cayenne pepper
1/2 tbsp (2g)
oregano, dried
2 2/3 tsp, leaves (3g)

1. Preheat the oven to 375°F (190°C).
2. In a mixing bowl, combine the spices and a pinch of salt. Feel free to adjust the cayenne to your preferred spice level. Add the chicken and toss until evenly coated.
3. Place the chicken thighs on a sheet pan and bake for 20-30 minutes, until cooked through and no longer pink inside. Serve.

Dinner 6 ↗

Eat on day 7

Garlic zucchini noodles

82 cals ● 1g protein ● 7g fat ● 2g carbs ● 1g fiber



olive oil
1/2 tbsp (8mL)
zucchini
1/2 medium (98g)
garlic, minced
1/4 clove (1g)

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.

Pepper steak

9 ounce(s) - 792 cals ● 45g protein ● 66g fat ● 2g carbs ● 2g fiber



Makes 9 ounce(s)

butter

1 tbsp (16g)

salt

3 dash (2g)

ribeye, raw

1/2 lbs (255g)

rosemary, dried

3 dash (0g)

black pepper

3/4 tbsp, ground (5g)

1. Coat both sides of steaks with pepper and rosemary.
2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
3. Remove steaks from skillet and sprinkle with salt. Serve.
