

# Meal Plan - 3000 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

2963 cals ● 271g protein (37%) ● 198g fat (60%) ● 14g carbs (2%) ● 9g fiber (1%)

### Breakfast

535 cals, 28g protein, 4g net carbs, 44g fat



#### Boiled eggs

3 egg(s)- 208 cals



#### Low carb bread with almond butter

2 slice(s)- 329 cals

### Snacks

365 cals, 19g protein, 1g net carbs, 31g fat



#### Pork rinds

1 oz- 149 cals



#### Macadamia nuts

218 cals

### Lunch

1045 cals, 53g protein, 3g net carbs, 91g fat



#### Steak with herb butter

884 cals



#### Bacon zucchini noodles

163 cals

### Dinner

1015 cals, 171g protein, 6g net carbs, 33g fat



#### Spinach cauliflower mince

1 cup(s)- 71 cals



#### Marinated chicken breast

26 2/3 oz- 942 cals

## Day 2

2963 cals ● 271g protein (37%) ● 198g fat (60%) ● 14g carbs (2%) ● 9g fiber (1%)

### Breakfast

535 cals, 28g protein, 4g net carbs, 44g fat



#### Boiled eggs

3 egg(s)- 208 cals



#### Low carb bread with almond butter

2 slice(s)- 329 cals

### Snacks

365 cals, 19g protein, 1g net carbs, 31g fat



#### Pork rinds

1 oz- 149 cals



#### Macadamia nuts

218 cals

### Lunch

1045 cals, 53g protein, 3g net carbs, 91g fat



#### Steak with herb butter

884 cals



#### Bacon zucchini noodles

163 cals

### Dinner

1015 cals, 171g protein, 6g net carbs, 33g fat



#### Spinach cauliflower mince

1 cup(s)- 71 cals



#### Marinated chicken breast

26 2/3 oz- 942 cals

## Day 3

2958 cals ● 181g protein (24%) ● 230g fat (70%) ● 25g carbs (3%) ● 17g fiber (2%)

### Breakfast

535 cals, 28g protein, 4g net carbs, 44g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Low carb bread with almond butter**  
2 slice(s)- 329 cals

### Snacks

435 cals, 15g protein, 5g net carbs, 38g fat



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



**Macadamia nuts**  
218 cals



**Almond protein balls**  
1 ball(s)- 135 cals

### Lunch

1055 cals, 65g protein, 14g net carbs, 81g fat



**Italian sausage**  
2 link- 514 cals



**Bacon zucchini noodles**  
542 cals

### Dinner

930 cals, 73g protein, 3g net carbs, 67g fat



**Spinach cauliflower mince**  
2 cup(s)- 142 cals



**Buffalo chicken wings**  
18 2/3 oz- 788 cals

## Day 4

3054 cals ● 205g protein (27%) ● 229g fat (67%) ● 31g carbs (4%) ● 12g fiber (2%)

### Breakfast

545 cals, 34g protein, 6g net carbs, 42g fat



**Egg-crust breakfast pizza**  
531 cals



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

### Snacks

435 cals, 15g protein, 5g net carbs, 38g fat



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



**Macadamia nuts**  
218 cals



**Almond protein balls**  
1 ball(s)- 135 cals

### Lunch

1055 cals, 65g protein, 14g net carbs, 81g fat



**Italian sausage**  
2 link- 514 cals



**Bacon zucchini noodles**  
542 cals

### Dinner

1020 cals, 91g protein, 7g net carbs, 69g fat



**Simple roasted cod**  
13 1/3 oz- 495 cals



**Cheesy zucchini noodles**  
524 cals

## Day 5

2940 cals ● 247g protein (34%) ● 202g fat (62%) ● 23g carbs (3%) ● 11g fiber (2%)

### Breakfast

545 cals, 34g protein, 6g net carbs, 42g fat



**Egg-crust breakfast pizza**  
531 cals



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

### Snacks

435 cals, 20g protein, 3g net carbs, 37g fat



**Macadamia nuts**  
218 cals



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

### Lunch

995 cals, 73g protein, 3g net carbs, 76g fat



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



**Buffalo drumsticks**  
16 oz- 934 cals

### Dinner

970 cals, 121g protein, 10g net carbs, 47g fat



**Lemon pepper chicken breast**  
18 oz- 666 cals



**Parmesan zucchini noodles**  
303 cals

## Day 6

2970 cals ● 216g protein (29%) ● 210g fat (64%) ● 31g carbs (4%) ● 24g fiber (3%)

### Breakfast

535 cals, 33g protein, 8g net carbs, 40g fat



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



**Celery and peanut butter**  
218 cals

### Snacks

435 cals, 20g protein, 3g net carbs, 37g fat



**Macadamia nuts**  
218 cals



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

### Lunch

995 cals, 73g protein, 3g net carbs, 76g fat



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



**Buffalo drumsticks**  
16 oz- 934 cals

### Dinner

1005 cals, 90g protein, 17g net carbs, 57g fat



**Cajun cod**  
9 oz- 281 cals



**Garlic collard greens**  
239 cals



**Bacon zucchini noodles**  
488 cals

## Day 7

3043 cals ● 177g protein (23%) ● 227g fat (67%) ● 37g carbs (5%) ● 36g fiber (5%)

### Breakfast

535 cals, 33g protein, 8g net carbs, 40g fat



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



**Celery and peanut butter**  
218 cals

### Snacks

435 cals, 20g protein, 3g net carbs, 37g fat



**Macadamia nuts**  
218 cals



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

### Lunch

1065 cals, 35g protein, 10g net carbs, 93g fat



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



**Cheese and guac tacos**  
4 taco(s)- 700 cals

### Dinner

1005 cals, 90g protein, 17g net carbs, 57g fat



**Cajun cod**  
9 oz- 281 cals



**Garlic collard greens**  
239 cals



**Bacon zucchini noodles**  
488 cals

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## Dairy and Egg Products

- ☐ eggs  
31 medium (1373g)
- ☐ butter  
3 1/3 tbsp (47g)
- ☐ string cheese  
2 stick (56g)
- ☐ parmesan cheese  
2 2/3 tbsp (13g)
- ☐ cheese  
1/2 lbs (211g)
- ☐ cheddar cheese  
1 cup, shredded (113g)

## Other

- ☐ almond flour  
2 oz (62g)
- ☐ pork rinds  
2 oz (57g)
- ☐ frozen riced cauliflower  
4 cup, frozen (424g)
- ☐ Italian pork sausage, raw  
4 link (430g)
- ☐ italian seasoning  
1 tsp (4g)
- ☐ Chicken, drumsticks, with skin  
2 lbs (907g)
- ☐ guacamole, store-bought  
1/2 cup (124g)

## Fats and Oils

- ☐ oil  
6 oz (180mL)
- ☐ marinade sauce  
1 2/3 cup (401mL)
- ☐ olive oil  
2 1/3 oz (73mL)

## Baked Products

- ☐ baking powder  
1/4 tbsp (4g)

## Spices and Herbs

- ☐ salt  
1/2 tbsp (10g)
- ☐ dijon mustard  
1/2 tbsp (8g)

## Nut and Seed Products

- ☐ almond butter  
2 oz (55g)
- ☐ Macadamia nuts, shelled, roasted  
1/2 lbs (198g)
- ☐ pecans  
1/2 cup, halves (50g)

## Vegetables and Vegetable Products

- ☐ garlic  
10 clove(s) (31g)
- ☐ fresh spinach  
2 cup(s) (60g)
- ☐ fresh parsley  
5 tsp (6g)
- ☐ zucchini  
10 medium (1960g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (362g)
- ☐ raw celery  
8 stalk, medium (7-1/2" - 8" long) (320g)
- ☐ collard greens  
1 1/2 lbs (680g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
4 1/2 lbs (1997g)
- ☐ chicken wings, with skin, raw  
18 3/4 oz (530g)

## Beef Products

- ☐ ribeye, raw  
16 2/3 oz (473g)

## Pork Products

- ☐ bacon, raw  
14 2/3 slice(s) (416g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/2 cup (127mL)

## Beverages

- ☐ protein powder  
1 tbsp (6g)

- ☐ black pepper  
1/4 tbsp, ground (2g)
- ☐ lemon pepper  
1 tbsp (8g)
- ☐ cajun seasoning  
2 tbsp (14g)

## Sausages and Luncheon Meats

- ☐ pepperoni  
24 slices (48g)
- ☐ ham cold cuts  
6 slice (138g)

## Finfish and Shellfish Products

- ☐ cod, raw  
2 lbs (888g)

## Legumes and Legume Products

- ☐ peanut butter  
4 tbsp (64g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Boiled eggs

3 egg(s) - 208 cal ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)

For all 3 meals:

**eggs**  
9 large (450g)

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.

### Low carb bread with almond butter

2 slice(s) - 329 cal ● 9g protein ● 30g fat ● 3g carbs ● 3g fiber



For single meal:

**almond flour**  
1/6 cup(s) (18g)  
**oil**  
1 tbsp (15mL)  
**baking powder**  
2 dash (1g)  
**salt**  
1 1/3 dash (1g)  
**eggs**  
1/2 large (25g)  
**almond butter**  
1/2 tbsp (8g)

For all 3 meals:

**almond flour**  
1/2 cup(s) (55g)  
**oil**  
3 tbsp (45mL)  
**baking powder**  
1/4 tbsp (4g)  
**salt**  
4 dash (3g)  
**eggs**  
1 1/2 large (75g)  
**almond butter**  
1 1/2 tbsp (24g)

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.



## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Egg-crust breakfast pizza

531 cals ● 34g protein ● 42g fat ● 5g carbs ● 1g fiber



For single meal:

**eggs**  
4 extra large (224g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)  
**pepperoni, cut in half**  
12 slices (24g)

For all 2 meals:

**eggs**  
8 extra large (448g)  
**tomatoes**  
1 cup, chopped (180g)  
**oil**  
4 tsp (20mL)  
**italian seasoning**  
1 tsp (4g)  
**pepperoni, cut in half**  
24 slices (48g)

1. Beat eggs and seasonings in a small bowl.
2. Heat oil of choice in a skillet (make sure the size of your skillet will fit the amount of eggs nicely) over medium-high heat.
3. Pour eggs into skillet and spread them in an even layer on the bottom of the skillet.
4. Cook eggs a couple minutes, just until the bottom starts to set.
5. Put toppings (tomato, pepperoni, any other vegetables you have on hand) onto egg mixture and continue cooking until eggs are done and toppings are warmed.
6. Serve.

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.



## Breakfast 3 [↗](#)

Eat on 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 2 meals:

**oil**  
2 tsp (10mL)  
**eggs**  
8 large (400g)

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.

### Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)  
**peanut butter**  
2 tbsp (32g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)  
**peanut butter**  
4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Steak with herb butter

884 cals ● 42g protein ● 79g fat ● 1g carbs ● 0g fiber



For single meal:

**ribeye, raw**  
1/2 lbs (236g)  
**dijon mustard**  
1 tsp (4g)  
**oil**  
1/2 tbsp (8mL)  
**fresh parsley, chopped**  
2 1/2 tsp (3g)  
**butter, softened**  
5 tsp (24g)  
**garlic, minced**  
5/6 clove (3g)

For all 2 meals:

**ribeye, raw**  
16 2/3 oz (473g)  
**dijon mustard**  
1/2 tbsp (8g)  
**oil**  
1 tbsp (17mL)  
**fresh parsley, chopped**  
5 tsp (6g)  
**butter, softened**  
1/4 cup (47g)  
**garlic, minced**  
1 2/3 clove (5g)

1. If butter is not softened, place it in a small microwave-safe bowl and microwave for 3-8 seconds until it has softened somewhat. Add garlic, dijon, just half of the parsley, and some salt and pepper to the butter. Mix until combined.
2. Pat steak dry and season with some salt and pepper.
3. Heat oil in a skillet over medium-high heat. Cook steak until it reaches desired doneness, about 3-5 minutes per side. Transfer steak to a cutting board to rest.
4. Slice steak and serve topped with herb butter and remaining parsley.

### 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.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Italian sausage

2 link - 514 cals ● 28g protein ● 42g fat ● 6g carbs ● 0g fiber



For single meal:

**Italian pork sausage, raw**  
2 link (215g)

For all 2 meals:

**Italian pork sausage, raw**  
4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" 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.

### 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.

## Lunch 3 [↗](#)

Eat on day 5 and day 6

### 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.

### Buffalo drumsticks

16 oz - 934 cals ● 72g protein ● 71g fat ● 1g carbs ● 0g fiber



For single meal:

**Frank's Red Hot sauce**

2 2/3 tbsp (40mL)

**oil**

1/2 tbsp (8mL)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**Chicken, drumsticks, with skin**

1 lbs (454g)

For all 2 meals:

**Frank's Red Hot sauce**

1/3 cup (80mL)

**oil**

1 tbsp (15mL)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

**Chicken, drumsticks, with skin**

2 lbs (907g)

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.

## Lunch 4 [↗](#)

Eat on day 7

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### Pecans

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



Makes 1/2 cup

#### pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

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### Cheese and guac tacos

4 taco(s) - 700 cal ● 30g protein ● 58g fat ● 8g carbs ● 8g fiber



Makes 4 taco(s)

#### cheddar cheese

1 cup, shredded (113g)

#### guacamole, store-bought

1/2 cup (124g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
  2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
  3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
  4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
  5. Serve.
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Snacks 1 [🔗](#)

Eat on day 1 and day 2

Pork rinds

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



For single meal:

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

For all 2 meals:

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

- 1. Enjoy.

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.

## Snacks 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.

### 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.

### Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

**almond butter**  
1 tbsp (16g)  
**almond flour**  
1/2 tbsp (4g)  
**protein powder**  
1/2 tbsp (3g)

For all 2 meals:

**almond butter**  
2 tbsp (31g)  
**almond flour**  
1 tbsp (7g)  
**protein powder**  
1 tbsp (6g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.



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## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

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### Macadamia nuts

218 cal ● 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.
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### Cheesy ham roll ups

2 roll up(s) - 216 cal ● 17g protein ● 16g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
6 tbsp, shredded (42g)  
**ham cold cuts**  
2 slice (46g)

For all 3 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.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Spinach cauliflower mince

1 cup(s) - 71 cals ● 3g protein ● 5g fat ● 1g carbs ● 3g fiber



For single meal:

**frozen riced cauliflower**  
16 tbsp, frozen (106g)  
**oil**  
1 tsp (5mL)  
**garlic, diced**  
1 clove(s) (3g)  
**fresh spinach, chopped**  
1/2 cup(s) (15g)

For all 2 meals:

**frozen riced cauliflower**  
2 cup, frozen (212g)  
**oil**  
2 tsp (10mL)  
**garlic, diced**  
2 clove(s) (6g)  
**fresh spinach, chopped**  
1 cup(s) (30g)

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.

### Marinated chicken breast

26 2/3 oz - 942 cals ● 168g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1 2/3 lbs (747g)  
**marinade sauce**  
13 1/3 tbsp (200mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
3 1/3 lbs (1493g)  
**marinade sauce**  
1 2/3 cup (400mL)

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.

## Dinner 2 [↗](#)

Eat on day 3

### Spinach cauliflower mince

2 cup(s) - 142 cals ● 6g protein ● 9g fat ● 2g carbs ● 6g fiber



Makes 2 cup(s)

#### **frozen riced cauliflower**

2 cup, frozen (212g)

#### **oil**

2 tsp (10mL)

#### **garlic, diced**

2 clove(s) (6g)

#### **fresh spinach, chopped**

1 cup(s) (30g)

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.

### 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 3 [↗](#)

Eat on day 4

### Simple roasted cod

13 1/3 oz - 495 cals ● 67g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

**olive oil**

5 tsp (25mL)

**cod, raw**

13 1/3 oz (378g)

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.

### Cheesy zucchini noodles

524 cals ● 23g protein ● 44g fat ● 7g carbs ● 2g fiber



**zucchini**

1 medium (196g)

**olive oil**

1 tbsp (15mL)

**parmesan cheese**

1 tbsp (5g)

**cheese**

3/4 cup, shredded (85g)

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 zucchini noodles and saute them, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the cheese and heat through until melted.
3. Remove from heat, top with parmesan, and serve.

## Dinner 4 [↗](#)

Eat on day 5

### Lemon pepper chicken breast

18 oz - 666 cal ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



Makes 18 oz

**boneless skinless chicken breast, raw**

18 oz (504g)

**olive oil**

1/2 tbsp (8mL)

**lemon pepper**

1 tbsp (8g)

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.

### Parmesan zucchini noodles

303 cal ● 6g protein ● 26g fat ● 8g carbs ● 4g fiber





**zucchini**  
1 2/3 medium (327g)  
**olive oil**  
5 tsp (25mL)  
**parmesan cheese**  
5 tsp (8g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Heat the oil in a pan on medium high and saute the zucchini noodles, turning them continuously, until they are soft but not soggy, about 5 minutes.
3. Top with parmesan cheese and serve.

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## Dinner 5 [🔗](#)

Eat on day 6 and day 7

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### Cajun cod

9 oz - 281 cals ● 46g protein ● 9g fat ● 3g carbs ● 1g fiber



For single meal:

**cod, raw**  
1/2 lbs (255g)  
**cajun seasoning**  
1 tbsp (7g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**cod, raw**  
18 oz (510g)  
**cajun seasoning**  
2 tbsp (14g)  
**oil**  
1 tbsp (15mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

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### Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



For single meal:

**collard greens**  
3/4 lbs (340g)  
**oil**  
3/4 tbsp (11mL)  
**salt**  
1 1/2 dash (1g)  
**garlic, minced**  
2 1/4 clove(s) (7g)

For all 2 meals:

**collard greens**  
1 1/2 lbs (680g)  
**oil**  
1 1/2 tbsp (23mL)  
**salt**  
3 dash (2g)  
**garlic, minced**  
4 1/2 clove(s) (14g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

## Bacon zucchini noodles

488 cal ● 33g protein ● 35g fat ● 7g carbs ● 3g fiber



For single meal:

**zucchini**  
1 1/2 medium (294g)  
**bacon, raw**  
3 slice(s) (85g)

For all 2 meals:

**zucchini**  
3 medium (588g)  
**bacon, raw**  
6 slice(s) (170g)

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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