

# Meal Plan - 1300 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

1359 cal ● 109g protein (32%) ● 92g fat (61%) ● 12g carbs (4%) ● 11g fiber (3%)

### Breakfast

255 cal, 18g protein, 2g net carbs, 20g fat



[Basic scrambled eggs](#)

2 egg(s)- 142 cal



[Cheese](#)

1 oz- 114 cal

### Snacks

195 cal, 15g protein, 4g net carbs, 13g fat



[Low-sugar Greek Yogurt](#)

1 container(s)- 78 cal



[Walnuts](#)

1/6 cup(s)- 117 cal

### Lunch

480 cal, 38g protein, 3g net carbs, 34g fat



[Buttered broccoli](#)

1 1/2 cup(s)- 200 cal



[Basic ground turkey](#)

6 oz- 281 cal

### Dinner

425 cal, 39g protein, 3g net carbs, 26g fat



[Simple sauteed spinach](#)

100 cal



[Spinach cauliflower mince](#)

1 cup(s)- 71 cal



[Basic chicken thighs](#)

6 oz- 255 cal

## Day 2

1264 cal ● 98g protein (31%) ● 86g fat (62%) ● 12g carbs (4%) ● 11g fiber (3%)

### Breakfast

255 cal, 18g protein, 2g net carbs, 20g fat



[Basic scrambled eggs](#)

2 egg(s)- 142 cal



[Cheese](#)

1 oz- 114 cal

### Snacks

195 cal, 15g protein, 4g net carbs, 13g fat



[Low-sugar Greek Yogurt](#)

1 container(s)- 78 cal



[Walnuts](#)

1/6 cup(s)- 117 cal

### Lunch

385 cal, 27g protein, 3g net carbs, 28g fat



[Olive oil drizzled broccoli](#)

1 1/2 cup(s)- 105 cal



[Steak Bites](#)

4 oz(s)- 282 cal

### Dinner

425 cal, 39g protein, 3g net carbs, 26g fat



[Simple sauteed spinach](#)

100 cal



[Spinach cauliflower mince](#)

1 cup(s)- 71 cal



[Basic chicken thighs](#)

6 oz- 255 cal

## Day 3

1279 cal ● 101g protein (32%) ● 85g fat (60%) ● 12g carbs (4%) ● 14g fiber (5%)

### Breakfast

215 cal, 9g protein, 3g net carbs, 16g fat



[Eggs with tomato and avocado](#)  
163 cal



[Simple sauteed spinach](#)  
50 cal

### Snacks

185 cal, 23g protein, 3g net carbs, 9g fat



[Tuna cucumber bites](#)  
115 cal



[Boiled eggs](#)  
1 egg(s)- 69 cal

### Lunch

475 cal, 26g protein, 3g net carbs, 37g fat



[Pepper steak](#)  
4 1/2 ounce(s)- 396 cal



[Garlic collard greens](#)  
80 cal

### Dinner

405 cal, 43g protein, 3g net carbs, 23g fat



[Buttered broccoli](#)  
1 1/4 cup(s)- 167 cal



[Curried pork chops](#)  
1 chop(s)- 239 cal

## Day 4

1258 cal ● 100g protein (32%) ● 85g fat (60%) ● 13g carbs (4%) ● 11g fiber (4%)

### Breakfast

215 cal, 9g protein, 3g net carbs, 16g fat



[Eggs with tomato and avocado](#)  
163 cal



[Simple sauteed spinach](#)  
50 cal

### Snacks

185 cal, 23g protein, 3g net carbs, 9g fat



[Tuna cucumber bites](#)  
115 cal



[Boiled eggs](#)  
1 egg(s)- 69 cal

### Lunch

425 cal, 39g protein, 4g net carbs, 28g fat



[Cucumber slices](#)  
1/4 cucumber- 15 cal



[Sugar-free bbq chicken wings](#)  
10 2/3 oz- 409 cal

### Dinner

435 cal, 29g protein, 3g net carbs, 32g fat



[Buffalo chicken lettuce wrap](#)  
1 wrap(s)- 220 cal



[Macadamia nuts](#)  
218 cal

## Day 5

1287 cal ● 124g protein (38%) ● 79g fat (55%) ● 12g carbs (4%) ● 9g fiber (3%)

### Breakfast

275 cal, 21g protein, 3g net carbs, 19g fat



[Keto flax jacks](#)

3 flax jacks- 273 cal

### Snacks

170 cal, 10g protein, 3g net carbs, 12g fat



[Roasted peanuts](#)

1/8 cup(s)- 115 cal



[Ham, cheese, and spinach pockets](#)

1 pocket(s)- 53 cal

### Lunch

425 cal, 39g protein, 4g net carbs, 28g fat



[Cucumber slices](#)

1/4 cucumber- 15 cal



[Sugar-free bbq chicken wings](#)

10 2/3 oz- 409 cal

### Dinner

420 cal, 54g protein, 3g net carbs, 20g fat



[Basic chicken breast](#)

8 oz- 317 cal



[Olive oil drizzled broccoli](#)

1 1/2 cup(s)- 105 cal

## Day 6

1312 cal ● 139g protein (42%) ● 74g fat (51%) ● 11g carbs (3%) ● 11g fiber (3%)

### Breakfast

275 cal, 21g protein, 3g net carbs, 19g fat



[Keto flax jacks](#)

3 flax jacks- 273 cal

### Snacks

170 cal, 10g protein, 3g net carbs, 12g fat



[Roasted peanuts](#)

1/8 cup(s)- 115 cal



[Ham, cheese, and spinach pockets](#)

1 pocket(s)- 53 cal

### Lunch

450 cal, 54g protein, 3g net carbs, 24g fat



[Buttered broccoli](#)

1 cup(s)- 134 cal



[Balsamic chicken breast](#)

8 oz- 316 cal

### Dinner

420 cal, 54g protein, 3g net carbs, 20g fat



[Basic chicken breast](#)

8 oz- 317 cal



[Olive oil drizzled broccoli](#)

1 1/2 cup(s)- 105 cal

# Day 7

1277 cal ● 126g protein (39%) ● 76g fat (54%) ● 12g carbs (4%) ● 10g fiber (3%)

## Breakfast

275 cal, 21g protein, 3g net carbs, 19g fat



**Keto flax jacks**

3 flax jacks- 273 cal

## Snacks

170 cal, 10g protein, 3g net carbs, 12g fat



**Roasted peanuts**

1/8 cup(s)- 115 cal



**Ham, cheese, and spinach pockets**

1 pocket(s)- 53 cal

## Lunch

450 cal, 54g protein, 3g net carbs, 24g fat



**Buttered broccoli**

1 cup(s)- 134 cal



**Balsamic chicken breast**

8 oz- 316 cal

## Dinner

385 cal, 41g protein, 4g net carbs, 22g fat



**Rosemary chicken**

6 oz- 262 cal



**Asparagus**

125 cal

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## Fats and Oils

- oil  
2 1/2 oz (75mL)
- olive oil  
2 oz (66mL)
- balsamic vinaigrette  
4 tbsp (60mL)

## Dairy and Egg Products

- eggs  
15 1/2 medium (676g)
- cheese  
2 3/4 oz (78g)
- butter  
1/3 cup (79g)

## Other

- low-sugar Greek yogurt, flavored  
3 1/2 container(s) (525g)
- frozen riced cauliflower  
2 cup, frozen (212g)
- sugar-free barbecue sauce  
2 3/4 tbsp (40g)
- italian seasoning  
4 dash (2g)

## Nut and Seed Products

- walnuts  
1/3 cup, shelled (33g)
- Macadamia nuts, shelled, roasted  
1 oz (28g)
- flax seeds  
3 tbsp (30g)

## Vegetables and Vegetable Products

- garlic  
5 1/4 clove(s) (16g)
- fresh spinach  
1 1/2 10oz package (405g)
- frozen broccoli  
9 1/4 cup (842g)
- cucumber  
1 cucumber (8-1/4") (301g)
- tomatoes  
1/2 medium whole (2-3/5" dia) (66g)
- collard greens  
4 oz (113g)

## Spices and Herbs

- black pepper  
5 g (5g)
- salt  
1/3 oz (10g)
- curry powder  
2 dash (1g)
- fresh basil  
2 leaves (1g)
- rosemary  
1 1/4 g (1g)

## Poultry Products

- boneless skinless chicken thighs  
3/4 lbs (340g)
- ground turkey, raw  
6 oz (170g)
- boneless skinless chicken breast, raw  
2 2/3 lbs (1185g)
- chicken wings, with skin, raw  
1 1/3 lbs (605g)

## Beef Products

- sirloin steak, raw  
4 oz (113g)
- ribeye, raw  
1/4 lbs (128g)

## Pork Products

- pork chop, bone-in  
1 chop (178g)

## Finfish and Shellfish Products

- canned tuna  
2 packet (148g)

## Fruits and Fruit Juices

- avocados  
2/3 avocado(s) (134g)
- lemon juice  
1 1/4 tbsp (19mL)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
4 tsp (19mL)

romaine lettuce  
1 leaf outer (28g)

asparagus  
4 oz (113g)

## **Legumes and Legume Products**

roasted peanuts  
6 tbsp (55g)

## **Sausages and Luncheon Meats**

ham cold cuts  
3 slice (69g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

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### Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 medium (88g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

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.

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### Cheese

1 oz - 114 cal ● 7g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

**cheese**  
1 oz (28g)

For all 2 meals:

**cheese**  
2 oz (57g)

1. This recipe has no instructions.
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## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Eggs with tomato and avocado

163 cal ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**tomatoes**

1 slice(s), thick/large (1/2" thick)  
(27g)

**eggs**

1 large (50g)

**avocados, sliced**

1/4 avocado(s) (50g)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**fresh basil, chopped**

1 leaves (1g)

For all 2 meals:

**tomatoes**

2 slice(s), thick/large (1/2" thick)  
(54g)

**eggs**

2 large (100g)

**avocados, sliced**

1/2 avocado(s) (101g)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**fresh basil, chopped**

2 leaves (1g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

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### Simple sauteed spinach

50 cal ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

**garlic, diced**

1/4 clove (1g)

**black pepper**

1/2 dash, ground (0g)

**salt**

1/2 dash (0g)

**olive oil**

1/4 tbsp (4mL)

**fresh spinach**

2 cup(s) (60g)

For all 2 meals:

**garlic, diced**

1/2 clove (2g)

**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**olive oil**

1/2 tbsp (8mL)

**fresh spinach**

4 cup(s) (120g)

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.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Keto flax jacks

3 flax jacks - 273 cal ● 21g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

**low-sugar Greek yogurt, flavored**

1/2 container(s) (75g)

**flax seeds**

1 tbsp (10g)

**eggs**

2 large (100g)

**oil**

1 tsp (5mL)

For all 3 meals:

**low-sugar Greek yogurt, flavored**

1 1/2 container(s) (225g)

**flax seeds**

3 tbsp (30g)

**eggs**

6 large (300g)

**oil**

1 tbsp (15mL)

1. Add flaxseed to a food processor or blender and grind until it forms a flour-like consistency.
2. Then, in a small bowl, scramble the eggs and ground flax together with a fork. Add some salt.
3. Heat oil in a skillet over medium-low heat. Pour in some of the batter and cook for a couple minutes until bottom has browned and the center is starting to solidify. Flip and cook another couple minutes to brown and cook the other side. Remove the flax jack from the skillet and repeat with the remaining batter (if making in bulk, make the number of flax jacks listed in the recipes serving details for serving size accuracy).
4. Top with flavored greek yogurt and serve.
5. Meal prep note: flax jacks can be stored in a ziplock bag in the fridge and reheated in the microwave.

## Lunch 1 [↗](#)

Eat on day 1

### Buttered broccoli

1 1/2 cup(s) - 200 cal ● 4g protein ● 17g 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)

**butter**

1 1/2 tbsp (21g)

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

### Basic ground turkey

6 oz - 281 cal ● 33g protein ● 16g fat ● 0g carbs ● 0g fiber



Makes 6 oz

**oil**  
1/4 tbsp (4mL)  
**ground turkey, raw**  
6 oz (170g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

## Lunch 2 [↗](#)

Eat on day 2

### Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 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.

### Steak Bites

4 oz(s) - 282 cal ● 23g protein ● 21g fat ● 1g carbs ● 0g fiber



Makes 4 oz(s)

**butter, room-temperature**  
1/4 tbsp (4g)  
**oil**  
1/4 tbsp (4mL)  
**garlic, diced**  
1/2 clove(s) (2g)  
**sirloin steak, raw**  
4 oz (113g)

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 3 [↗](#)

Eat on day 3

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### Pepper steak

4 1/2 ounce(s) - 396 cal ● 23g protein ● 33g fat ● 1g carbs ● 1g fiber



Makes 4 1/2 ounce(s)

**ribeye, raw**

1/4 lbs (128g)

**salt**

1 1/2 dash (1g)

**butter**

1/2 tbsp (8g)

**rosemary**

1 1/2 dash (0g)

**black pepper**

1 tsp, ground (3g)

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.

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### Garlic collard greens

80 cal ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



**collard greens**

4 oz (113g)

**oil**

1/4 tbsp (4mL)

**garlic, minced**

3/4 clove(s) (2g)

**salt**

1/2 dash (0g)

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.
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## Lunch 4 [↗](#)

Eat on day 4, day 5

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### Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**

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

For all 2 meals:

**cucumber**

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

1. Slice cucumber into rounds and serve.
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### Sugar-free bbq chicken wings

10 2/3 oz - 409 cal ● 38g protein ● 28g fat ● 1g carbs ● 0g fiber



For single meal:

**chicken wings, with skin, raw**

2/3 lbs (303g)

**sugar-free barbecue sauce**

4 tsp (20g)

For all 2 meals:

**chicken wings, with skin, raw**

1 1/3 lbs (605g)

**sugar-free barbecue sauce**

2 2/3 tbsp (40g)

1. Preheat oven to 400 F (200 C).
  2. Place wings on large baking sheet, and season with salt and pepper to taste.
  3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of its juices a couple times while it cooks in order to get crispier wings.
  4. Optional: When the chicken is getting close to being done, add the barbecue sauce to a saucepan and heat until warmed through.
  5. Take wings out of the oven when done and toss with the barbecue sauce to coat.
  6. Serve.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**butter**  
1 tbsp (14g)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**butter**  
2 tbsp (28g)

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

8 oz - 316 cal ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**italian seasoning**  
2 dash (1g)  
**oil**  
1 tsp (5mL)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (227g)

For all 2 meals:

**italian seasoning**  
4 dash (2g)  
**oil**  
2 tsp (10mL)  
**balsamic vinaigrette**  
4 tbsp (60mL)  
**boneless skinless chicken breast, raw**  
1 lbs (454g)

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.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Low-sugar Greek Yogurt

1 container(s) - 78 cal ● 12g protein ● 2g fat ● 3g carbs ● 0g fiber



For single meal:

**low-sugar Greek yogurt, flavored**  
1 container(s) (150g)

For all 2 meals:

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

1. This recipe has no instructions.

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### Walnuts

1/6 cup(s) - 117 cal ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 2/3 tbsp, shelled (17g)

For all 2 meals:

**walnuts**  
1/3 cup, shelled (33g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Tuna cucumber bites

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



For single meal:

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

For all 2 meals:

**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**canned tuna**  
2 packet (148g)

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

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### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
  2. Place the eggs in a small sauce pan and cover with water.
  3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
  4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 3 meals:

**roasted peanuts**  
6 tbsp (55g)

1. This recipe has no instructions.
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### Ham, cheese, and spinach pockets

1 pocket(s) - 53 cal ● 6g protein ● 3g fat ● 0g carbs ● 0g fiber



For single meal:

**fresh spinach**  
5 leaves (5g)  
**cheese**  
1 tbsp, shredded (7g)  
**ham cold cuts**  
1 slice (23g)

For all 3 meals:

**fresh spinach**  
15 leaves (15g)  
**cheese**  
3 tbsp, shredded (21g)  
**ham cold cuts**  
3 slice (69g)

1. Lay a slice of ham down flat.
  2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
  3. Fold the other half over.
  4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**garlic, diced**  
1/2 clove (2g)  
**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)

For all 2 meals:

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

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.

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### Spinach cauliflower mince

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



For single meal:

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

For all 2 meals:

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

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.

### Basic chicken thighs

6 oz - 255 cal ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**boneless skinless chicken thighs**  
6 oz (170g)

For all 2 meals:

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

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.

## Dinner 2 [↗](#)

Eat on day 3

### Buttered broccoli

1 1/4 cup(s) - 167 cal ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



Makes 1 1/4 cup(s)

**black pepper**  
5/8 dash (0g)  
**salt**  
5/8 dash (0g)  
**frozen broccoli**  
1 1/4 cup (114g)  
**butter**  
1 1/4 tbsp (18g)

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

### Curried pork chops

1 chop(s) - 239 cal ● 39g protein ● 9g fat ● 0g carbs ● 0g fiber



Makes 1 chop(s)

**pork chop, bone-in**  
1 chop (178g)  
**curry powder**  
2 dash (1g)  
**olive oil**  
1/2 tsp (3mL)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

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.

## Dinner 3 [↗](#)

Eat on day 4

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### Buffalo chicken lettuce wrap

1 wrap(s) - 220 cal ● 27g protein ● 10g fat ● 2g carbs ● 3g fiber



Makes 1 wrap(s)

**oil**

1/2 tsp (3mL)

**romaine lettuce**

1 leaf outer (28g)

**boneless skinless chicken breast, raw, cubed**

4 oz (113g)

**Frank's Red Hot sauce**

4 tsp (20mL)

**black pepper**

2/3 dash, ground (0g)

**salt**

2/3 dash (1g)

**avocados, chopped**

1/6 avocado(s) (34g)

**tomatoes, halved**

4 tsp cherry tomatoes (12g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
3. Add the oil to a skillet over medium heat.
4. Add chicken to skillet and cook 7-10 minutes until cooked through.
5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
6. Serve.

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### Macadamia nuts

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



**Macadamia nuts, shelled, roasted**

1 oz (28g)

1. This recipe has no instructions.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Basic chicken breast

8 oz - 317 cal ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)

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.
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### Olive oil drizzled broccoli

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



For single meal:

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

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**olive oil**  
1 tbsp (15mL)

1. Prepare broccoli according to instructions on package.
  2. Drizzle with olive oil and season with salt and pepper to taste.
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## Dinner 5 [↗](#)

Eat on day 7

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### Rosemary chicken

6 oz - 262 cal ● 38g protein ● 11g fat ● 1g carbs ● 0g fiber



Makes 6 oz

**boneless skinless chicken breast, raw**

6 oz (170g)

**garlic, minced**

1/2 clove(s) (2g)

**salt**

1/2 dash (0g)

**lemon juice**

1/2 tbsp (8mL)

**olive oil**

1/2 tbsp (8mL)

**rosemary**

1/4 tbsp (1g)

1. In a small bowl, whisk together the oil, lemon juice, garlic, rosemary, and salt.
2. Put chicken in a ziplock bag and add in the oil mixture. Make sure marinade coats all sides of the chicken. Put it in the refrigerator for at least 15 minutes.
3. Grill chicken or cook in frying pan- about 5-7 minutes per side, or until internal temperature reaches 165 F (75 C). Serve.

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### Asparagus

125 cal ● 3g protein ● 10g fat ● 3g carbs ● 3g fiber



**asparagus**

4 oz (113g)

**lemon juice**

3/4 tbsp (11mL)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**olive oil**

3/4 tbsp (11mL)

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.
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