

# Meal Plan - 1400 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

1380 cals ● 145g protein (42%) ● 82g fat (53%) ● 11g carbs (3%) ● 5g fiber (1%)

### Breakfast

265 cals, 17g protein, 2g net carbs, 21g fat



[Egg-crust breakfast pizza](#)  
266 cals

### Lunch

510 cals, 77g protein, 2g net carbs, 22g fat



[Basic zoodles](#)  
1/4 zucchini- 36 cals



[Basic chicken breast](#)  
12 oz- 476 cals

### Snacks

170 cals, 18g protein, 3g net carbs, 9g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



[Pork rinds](#)  
1 oz- 149 cals

### Dinner

430 cals, 34g protein, 5g net carbs, 30g fat



[Parmesan zucchini noodles](#)  
182 cals



[Basic ground turkey](#)  
5 1/3 oz- 250 cals

## Day 2

1380 cals ● 145g protein (42%) ● 82g fat (53%) ● 11g carbs (3%) ● 5g fiber (1%)

### Breakfast

265 cals, 17g protein, 2g net carbs, 21g fat



[Egg-crust breakfast pizza](#)  
266 cals

### Lunch

510 cals, 77g protein, 2g net carbs, 22g fat



[Basic zoodles](#)  
1/4 zucchini- 36 cals



[Basic chicken breast](#)  
12 oz- 476 cals

### Snacks

170 cals, 18g protein, 3g net carbs, 9g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



[Pork rinds](#)  
1 oz- 149 cals

### Dinner

430 cals, 34g protein, 5g net carbs, 30g fat



[Parmesan zucchini noodles](#)  
182 cals



[Basic ground turkey](#)  
5 1/3 oz- 250 cals

## Day 3

1401 cal ● 143g protein (41%) ● 86g fat (55%) ● 11g carbs (3%) ● 3g fiber (1%)

### Breakfast

265 cal, 17g protein, 2g net carbs, 21g fat



[Egg-crust breakfast pizza](#)  
266 cal

### Snacks

170 cal, 18g protein, 3g net carbs, 9g fat



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cal



[Pork rinds](#)  
1 oz- 149 cal

### Lunch

520 cal, 60g protein, 3g net carbs, 30g fat



[Ranch pork chops](#)  
1 1/2 chop(s)- 518 cal

### Dinner

450 cal, 49g protein, 3g net carbs, 26g fat



[Caprese chicken](#)  
6 oz- 448 cal

## Day 4

1417 cal ● 105g protein (30%) ● 100g fat (64%) ● 14g carbs (4%) ● 10g fiber (3%)

### Breakfast

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



[Keto flax jacks](#)  
3 flax jacks- 273 cal

### Snacks

245 cal, 13g protein, 4g net carbs, 19g fat



[Pork rinds with french onion dip](#)  
134 cal



[Roasted almonds](#)  
1/8 cup(s)- 111 cal

### Lunch

455 cal, 22g protein, 4g net carbs, 37g fat



[Sunflower seeds](#)  
226 cal



[Bacon & goat cheese salad](#)  
227 cal

### Dinner

450 cal, 49g protein, 3g net carbs, 26g fat



[Caprese chicken](#)  
6 oz- 448 cal

## Day 5

1358 cal ● 100g protein (30%) ● 97g fat (64%) ● 11g carbs (3%) ● 9g fiber (3%)

### Breakfast

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



[Keto flax jacks](#)  
3 flax jacks- 273 cal

### Snacks

245 cal, 13g protein, 4g net carbs, 19g fat



[Pork rinds with french onion dip](#)  
134 cal



[Roasted almonds](#)  
1/8 cup(s)- 111 cal

### Lunch

410 cal, 32g protein, 2g net carbs, 29g fat



[Buffalo chicken wings](#)  
8 oz- 338 cal



[Spinach cauliflower mince](#)  
1 cup(s)- 71 cal

### Dinner

430 cal, 35g protein, 3g net carbs, 31g fat



[Baked pesto salmon](#)  
4 oz- 269 cal



[Bacon zucchini noodles](#)  
163 cal

## Day 6

1418 cals ● 160g protein (45%) ● 78g fat (49%) ● 12g carbs (3%) ● 8g fiber (2%)

### Breakfast

270 cals, 27g protein, 4g net carbs, 16g fat



**Basic scrambled eggs**  
2 2/3 egg(s)- 190 cals



**Low-sugar Greek Yogurt**  
1 container(s)- 78 cals

### Snacks

215 cals, 20g protein, 2g net carbs, 13g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Tuna pickle boats**  
6 pickle boat(s)- 103 cals

### Lunch

460 cals, 65g protein, 4g net carbs, 20g fat



**Lemon pepper chicken breast**  
10 oz- 370 cals



**Parmesan zucchini noodles**  
91 cals

### Dinner

475 cals, 48g protein, 2g net carbs, 29g fat



**Simple sauteed spinach**  
100 cals



**Simple plain turkey burger**  
2 burger(s)- 375 cals

---

## Day 7

1418 cals ● 160g protein (45%) ● 78g fat (49%) ● 12g carbs (3%) ● 8g fiber (2%)

### Breakfast

270 cals, 27g protein, 4g net carbs, 16g fat



**Basic scrambled eggs**  
2 2/3 egg(s)- 190 cals



**Low-sugar Greek Yogurt**  
1 container(s)- 78 cals

### Snacks

215 cals, 20g protein, 2g net carbs, 13g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Tuna pickle boats**  
6 pickle boat(s)- 103 cals

### Lunch

460 cals, 65g protein, 4g net carbs, 20g fat



**Lemon pepper chicken breast**  
10 oz- 370 cals



**Parmesan zucchini noodles**  
91 cals

### Dinner

475 cals, 48g protein, 2g net carbs, 29g fat



**Simple sauteed spinach**  
100 cals



**Simple plain turkey burger**  
2 burger(s)- 375 cals

---

# Grocery List

---



## Dairy and Egg Products

- eggs  
17 1/2 medium (771g)
- parmesan cheese  
3 tbsp (15g)
- fresh mozzarella cheese  
3 oz (85g)
- goat cheese  
1 oz (28g)

## Vegetables and Vegetable Products

- tomatoes  
4 1/4 medium whole (2-3/5" dia) (518g)
- zucchini  
2 1/2 large (848g)
- fresh spinach  
8 1/2 cup(s) (255g)
- garlic  
2 clove(s) (6g)
- pickles  
6 medium (3" long) (168g)

## Sausages and Luncheon Meats

- pepperoni  
18 slices (36g)

## Fats and Oils

- oil  
3 1/3 oz (101mL)
- olive oil  
2 1/2 oz (74mL)

## Other

- italian seasoning  
1/2 tbsp (5g)
- pork rinds  
4 oz (113g)
- ranch dressing mix  
1/6 packet (1 oz) (5g)
- low-sugar Greek yogurt, flavored  
3 container(s) (450g)
- french onion dip  
4 tbsp (59g)
- mixed greens  
1 cup (30g)
- frozen riced cauliflower  
1 cup, frozen (106g)

## Poultry Products

- ground turkey, raw  
1 2/3 lbs (756g)
- boneless skinless chicken breast, raw  
3 1/2 lbs (1568g)
- chicken wings, with skin, raw  
1/2 lbs (227g)

## Soups, Sauces, and Gravies

- pesto sauce  
1/4 cup (59g)
- Frank's Red Hot sauce  
4 tsp (19mL)

## Spices and Herbs

- fresh basil  
3 tbsp, chopped (8g)
- black pepper  
3 dash, ground (1g)
- salt  
3 dash (2g)
- lemon pepper  
1 1/4 tbsp (9g)

## Pork Products

- pork loin chops, boneless, raw  
1 1/2 chop (278g)
- bacon  
1 slice(s) (10g)
- bacon, raw  
1 slice(s) (28g)

## Nut and Seed Products

- flax seeds  
2 tbsp (20g)
- almonds  
1/2 cup, whole (72g)
- sunflower kernels  
1 1/2 oz (39g)

## Finfish and Shellfish Products

- salmon  
2/3 fillet/s (6 oz each) (113g)
  - canned tuna  
2 packet (148g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

---

### Egg-crust breakfast pizza

266 cal ● 17g protein ● 21g fat ● 2g carbs ● 1g fiber



For single meal:

**eggs**  
2 extra large (112g)  
**tomatoes**  
4 tbsp, chopped (45g)  
**pepperoni, cut in half**  
6 slices (12g)  
**oil**  
1 tsp (5mL)  
**italian seasoning**  
2 dash (1g)

For all 3 meals:

**eggs**  
6 extra large (336g)  
**tomatoes**  
3/4 cup, chopped (135g)  
**pepperoni, cut in half**  
18 slices (36g)  
**oil**  
1 tbsp (15mL)  
**italian seasoning**  
1/4 tbsp (3g)

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.
-

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Keto flax jacks

3 flax jacks - 273 cals ● 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 2 meals:

#### low-sugar Greek yogurt, flavored

1 container(s) (150g)

#### flax seeds

2 tbsp (20g)

#### eggs

4 large (200g)

#### oil

2 tsp (10mL)

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.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Basic scrambled eggs

2 2/3 egg(s) - 190 cals ● 15g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

#### oil

1/4 tbsp (3mL)

#### eggs

2 2/3 medium (117g)

For all 2 meals:

#### oil

1/2 tbsp (7mL)

#### eggs

5 1/3 medium (235g)

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.

### Low-sugar Greek Yogurt

1 container(s) - 78 cals ● 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.

---

## Lunch 1 [↗](#)

Eat on day 1, day 2

---

### Basic zoodles

1/4 zucchini - 36 cal ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

**zucchini**  
1/4 large (81g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**zucchini**  
1/2 large (162g)  
**oil**  
1 tsp (5mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.

---

### Basic chicken breast

12 oz - 476 cal ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber





For single meal:

**oil**  
3/4 tbsp (11mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)

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.

---

## Lunch 2 [↗](#)

Eat on day 3

---

### Ranch pork chops

1 1/2 chop(s) - 518 cal ● 60g protein ● 30g fat ● 3g carbs ● 0g fiber



Makes 1 1/2 chop(s)

**ranch dressing mix**  
1/6 packet (1 oz) (5g)  
**oil**  
3/4 tbsp (11mL)  
**pork loin chops, boneless, raw**  
1 1/2 chop (278g)

1. Preheat oven to 400 F (200 C).
  2. Spread oil evenly over all pork chops.
  3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
  4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
  5. Serve!
-

## Lunch 3 [↗](#)

Eat on day 4

---

### Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



#### sunflower kernels

1 1/4 oz (35g)

1. This recipe has no instructions.

---

### Bacon & goat cheese salad

227 cal ● 12g protein ● 19g fat ● 2g carbs ● 1g fiber



#### sunflower kernels

1 tsp (4g)

#### bacon

1 slice(s) (10g)

#### olive oil

1 tsp (5mL)

#### goat cheese

1 oz (28g)

#### mixed greens

1 cup (30g)

1. Cook bacon according to package. Set aside.
  2. Meanwhile toss together greens, sunflower kernels, goat cheese, and olive oil.
  3. When bacon has cooled, crumble it on top of the greens and serve.
-

## Lunch 4 [↗](#)

Eat on day 5

### Buffalo chicken wings

8 oz - 338 cals ● 29g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 8 oz

#### Frank's Red Hot sauce

4 tsp (20mL)

#### chicken wings, with skin, raw

1/2 lbs (227g)

#### black pepper

1 dash, ground (0g)

#### salt

1 dash (1g)

#### oil

1/4 tbsp (4mL)

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.

### Spinach cauliflower mince

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



Makes 1 cup(s)

#### 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)

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.

## Lunch 5 [↗](#)

Eat on day 6, day 7

---

### Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

**lemon pepper**

2 tsp (4g)

**olive oil**

1 tsp (5mL)

**boneless skinless chicken breast, raw**

10 oz (280g)

For all 2 meals:

**lemon pepper**

1 1/4 tbsp (9g)

**olive oil**

2 tsp (9mL)

**boneless skinless chicken breast, raw**

1 1/4 lbs (560g)

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

91 cals ● 2g protein ● 8g fat ● 2g carbs ● 1g fiber



For single meal:

**zucchini**

1/2 medium (98g)

**olive oil**

1/2 tbsp (8mL)

**parmesan cheese**

1/2 tbsp (3g)

For all 2 meals:

**zucchini**

1 medium (196g)

**olive oil**

1 tbsp (15mL)

**parmesan cheese**

1 tbsp (5g)

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.
-



## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 3 meals:

**tomatoes**  
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

### Pork rinds

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



For single meal:

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

For all 3 meals:

**pork rinds**  
3 oz (85g)

1. Enjoy.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Pork rinds with french onion dip

134 cals ● 10g protein ● 10g fat ● 2g carbs ● 0g fiber



For single meal:

**french onion dip**  
2 tbsp (29g)  
**pork rinds**  
1/2 oz (14g)

For all 2 meals:

**french onion dip**  
4 tbsp (59g)  
**pork rinds**  
1 oz (28g)

1. This recipe has no instructions.

### 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 2 meals:

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

1. This recipe has no instructions.

---

## Snacks 3 [↗](#)

Eat on day 6, day 7

---

### 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 2 meals:

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

1. This recipe has no instructions.

---

### Tuna pickle boats

6 pickle boat(s) - 103 cals ● 16g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

**canned tuna**  
1 packet (74g)  
**pickles**  
3 medium (3" long) (84g)

For all 2 meals:

**canned tuna**  
2 packet (148g)  
**pickles**  
6 medium (3" long) (168g)

1. Slice pickles from base to tip and using a spoon, scrape out some of the seeds inside.
  2. Liberally pack the tuna into the center.
  3. Season with salt/pepper to taste.
  4. Serve.
-

## Dinner 1 [↗](#)

Eat on day 1, day 2

---

### Parmesan zucchini noodles

182 cals ● 4g protein ● 16g fat ● 5g carbs ● 2g fiber



For single meal:

**zucchini**  
1 medium (196g)  
**olive oil**  
1 tbsp (15mL)  
**parmesan cheese**  
1 tbsp (5g)

For all 2 meals:

**zucchini**  
2 medium (392g)  
**olive oil**  
2 tbsp (30mL)  
**parmesan cheese**  
2 tbsp (10g)

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.

---

### Basic ground turkey

5 1/3 oz - 250 cals ● 30g protein ● 15g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (3mL)  
**ground turkey, raw**  
1/3 lbs (151g)

For all 2 meals:

**oil**  
1/2 tbsp (7mL)  
**ground turkey, raw**  
2/3 lbs (302g)

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.
-



## Dinner 2 [↗](#)

Eat on day 3, day 4

### Caprese chicken

6 oz - 448 cal ● 49g protein ● 26g fat ● 3g carbs ● 1g fiber



For single meal:

**italian seasoning**

3 dash (1g)

**pesto sauce**

1 1/2 tbsp (24g)

**oil**

1/4 tbsp (4mL)

**tomatoes, quartered**

2 1/4 cherry tomatoes (38g)

**fresh basil**

1 1/2 tbsp, chopped (4g)

**fresh mozzarella cheese, sliced**

1 1/2 oz (43g)

**boneless skinless chicken breast, raw**

6 oz (168g)

For all 2 meals:

**italian seasoning**

1/4 tbsp (3g)

**pesto sauce**

3 tbsp (48g)

**oil**

1/2 tbsp (8mL)

**tomatoes, quartered**

4 1/2 cherry tomatoes (77g)

**fresh basil**

3 tbsp, chopped (8g)

**fresh mozzarella cheese, sliced**

3 oz (85g)

**boneless skinless chicken breast, raw**

3/4 lbs (336g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

## Dinner 3 [↗](#)

Eat on day 5

### Baked pesto salmon

4 oz - 269 cal ● 24g protein ● 19g fat ● 1g carbs ● 0g fiber



Makes 4 oz

**salmon**

2/3 fillet/s (6 oz each) (113g)

**pesto sauce**

2 tsp (11g)

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)).

## Bacon zucchini noodles

163 cal ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



### **zucchini**

1/2 medium (98g)

### **bacon, raw**

1 slice(s) (28g)

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.

---

## Dinner 4 [↗](#)

Eat on day 6, day 7

---

### 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.

---

### Simple plain turkey burger

2 burger(s) - 375 cal ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**ground turkey, raw**  
1/2 lbs (227g)

For all 2 meals:

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

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
  2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.
-