

Meal Plan - 1500 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

1467 cals ● 137g protein (37%) ● 91g fat (56%) ● 14g carbs (4%) ● 10g fiber (3%)

Breakfast

275 cals, 15g protein, 2g net carbs, 22g fat



Cheese
1 1/3 oz- 153 cals



Egg in an eggplant
120 cals

Snacks

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



Boiled eggs
2 egg(s)- 139 cals



Cheesy ham roll ups
1 roll up(s)- 108 cals

Lunch

455 cals, 32g protein, 5g net carbs, 33g fat



Buffalo chicken salad
237 cals



Macadamia nuts
218 cals

Dinner

495 cals, 68g protein, 6g net carbs, 20g fat



Marinated chicken breast
10 oz- 353 cals



Olive oil drizzled broccoli
2 cup(s)- 140 cals

Day 2

1456 cals ● 125g protein (34%) ● 97g fat (60%) ● 11g carbs (3%) ● 9g fiber (2%)

Breakfast

275 cals, 15g protein, 2g net carbs, 22g fat



Cheese
1 1/3 oz- 153 cals



Egg in an eggplant
120 cals

Snacks

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



Boiled eggs
2 egg(s)- 139 cals



Cheesy ham roll ups
1 roll up(s)- 108 cals

Lunch

455 cals, 32g protein, 5g net carbs, 33g fat



Buffalo chicken salad
237 cals



Macadamia nuts
218 cals

Dinner

480 cals, 56g protein, 3g net carbs, 25g fat



Basic ground turkey
9 1/3 oz- 438 cals



Broccoli
1 1/2 cup(s)- 44 cals

Day 3

1539 cals ● 126g protein (33%) ● 106g fat (62%) ● 13g carbs (3%) ● 7g fiber (2%)

Breakfast

275 cals, 15g protein, 2g net carbs, 22g fat



Cheese
1 1/3 oz- 153 cals



Egg in an eggplant
120 cals

Snacks

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



Boiled eggs
2 egg(s)- 139 cals



Cheesy ham roll ups
1 roll up(s)- 108 cals

Lunch

450 cals, 38g protein, 6g net carbs, 28g fat



Simple sauteed spinach
149 cals



Caprese chicken
4 oz- 298 cals

Dinner

570 cals, 51g protein, 4g net carbs, 39g fat



Roasted pepper stuffed chicken
8 oz- 572 cals

Day 4

1453 cals ● 127g protein (35%) ● 97g fat (60%) ● 8g carbs (2%) ● 9g fiber (3%)

Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



Basic fried eggs
1 egg(s)- 80 cals



Bacon
4 slice(s)- 202 cals

Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds
226 cals

Lunch

440 cals, 54g protein, 3g net carbs, 21g fat



Buffalo chicken lettuce wrap
2 wrap(s)- 439 cals

Dinner

505 cals, 43g protein, 1g net carbs, 37g fat



Buffalo chicken wings
12 oz- 507 cals

Day 5

1559 cals ● 127g protein (32%) ● 108g fat (62%) ● 13g carbs (3%) ● 9g fiber (2%)

Breakfast

280 cals, 20g protein, 1g net carbs, 22g fat



Basic fried eggs
1 egg(s)- 80 cals



Bacon
4 slice(s)- 202 cals

Snacks

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds
226 cals

Lunch

535 cals, 39g protein, 2g net carbs, 40g fat



Buffalo drumsticks
8 oz- 467 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals

Dinner

515 cals, 57g protein, 7g net carbs, 28g fat



Celery sticks
2 celery stalk- 13 cals



Thai chicken lettuce wraps
4 lettuce wrap(s)- 502 cals

Day 6

1489 cals ● 119g protein (32%) ● 102g fat (62%) ● 17g carbs (4%) ● 8g fiber (2%)

Breakfast

290 cals, 17g protein, 5g net carbs, 22g fat



Creamy scrambled eggs
182 cals



Celery and peanut butter
109 cals

Snacks

145 cals, 6g protein, 3g net carbs, 12g fat



Pizza chips
3 chips (3 pepperoni each)- 147 cals

Lunch

535 cals, 39g protein, 2g net carbs, 40g fat



Buffalo drumsticks
8 oz- 467 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals

Dinner

515 cals, 57g protein, 7g net carbs, 28g fat



Celery sticks
2 celery stalk- 13 cals



Thai chicken lettuce wraps
4 lettuce wrap(s)- 502 cals

Day 7

1477 cals ● 115g protein (31%) ● 101g fat (62%) ● 15g carbs (4%) ● 12g fiber (3%)

Breakfast

290 cals, 17g protein, 5g net carbs, 22g fat



Creamy scrambled eggs
182 cals



Celery and peanut butter
109 cals

Snacks

145 cals, 6g protein, 3g net carbs, 12g fat



Pizza chips
3 chips (3 pepperoni each)- 147 cals

Lunch

545 cals, 46g protein, 4g net carbs, 36g fat



Ham, bacon, avocado lettuce wrap
1 1/2 wrap(s)- 547 cals

Dinner

495 cals, 46g protein, 3g net carbs, 31g fat



Tomato and avocado salad
117 cals



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

Dairy and Egg Products

- cheese
1/2 lbs (218g)
- eggs
15 large (750g)
- nonfat greek yogurt, plain
4 tbsp (70g)
- fresh mozzarella cheese
1 oz (28g)
- butter
2 tsp (9g)
- whole milk
2 tbsp (31mL)

Vegetables and Vegetable Products

- eggplant
3 1 inch (2.5 cm) slice(s) (180g)
- frozen broccoli
5 1/2 cup (501g)
- onion
7/8 medium (2-1/2" dia) (94g)
- raw celery
1/2 bunch (257g)
- garlic
2 clove (6g)
- fresh spinach
6 cup(s) (180g)
- tomatoes
2/3 medium whole (2-3/5" dia) (81g)
- romaine lettuce
1/4 head (146g)
- serrano pepper
1 1/3 pepper(s) (8g)
- fresh ginger
1 1/3 inch (2.5cm) cube (7g)

Fats and Oils

- oil
2 oz (59mL)
- marinade sauce
5 tbsp (74mL)
- olive oil
1 oz (33mL)
- mayonnaise
1 1/2 tbsp (23mL)

Sausages and Luncheon Meats

Spices and Herbs

- black pepper
3 g (3g)
- salt
1/4 oz (8g)
- paprika
1/3 tsp (1g)
- fresh basil
1 tbsp, chopped (3g)
- ground coriander
1/3 tsp (1g)
- garlic powder
1 dash (0g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
5 1/4 fl oz (155mL)
- pesto sauce
1 tbsp (16g)
- pasta sauce
3 tbsp (49g)

Other

- mixed greens
1 cup (30g)
- roasted red peppers
2/3 pepper(s) (47g)
- italian seasoning
1 tsp (4g)
- Chicken, drumsticks, with skin
1 lbs (454g)

Nut and Seed Products

- Macadamia nuts, shelled, roasted
2 oz (57g)
- sunflower kernels
2 1/2 oz (71g)

Pork Products

- bacon
11 slice(s) (110g)

Fruits and Fruit Juices

- avocados
1 avocado(s) (193g)

- ham cold cuts
1/2 lbs (239g)
- pepperoni
18 slices (36g)

Poultry Products

- boneless skinless chicken breast, raw
2 lbs (846g)
- ground turkey, raw
1 lbs (491g)
- boneless chicken thighs, with skin
1/2 lbs (227g)
- chicken wings, with skin, raw
3/4 lbs (341g)
- ground chicken, raw
1 1/3 lbs (605g)

- lime juice
2 tbsp (27mL)

Legumes and Legume Products

- soy sauce
2 2/3 tbsp (40mL)
 - peanut butter
2 tbsp (32g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Cheese

1 1/3 oz - 153 cal ● 9g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
1 1/3 oz (38g)

For all 3 meals:

cheese
4 oz (113g)

1. This recipe has no instructions.

Egg in an eggplant

120 cal ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

eggs
1 large (50g)
eggplant
1 1 inch (2.5 cm) slice(s) (60g)
oil
1 tsp (5mL)

For all 3 meals:

eggs
3 large (150g)
eggplant
3 1 inch (2.5 cm) slice(s) (180g)
oil
1 tbsp (15mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 2 meals:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

1. Heat oil in a skillet over medium low heat.
 2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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Bacon

4 slice(s) - 202 cal ● 14g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

bacon
4 slice(s) (40g)

For all 2 meals:

bacon
8 slice(s) (80g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
 2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
 3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
 4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Creamy scrambled eggs

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



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1 tbsp (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
2 tbsp (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)
peanut butter
1 tbsp (16g)

For all 2 meals:

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

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Buffalo chicken salad

237 cals ● 30g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

mayonnaise
3/4 tbsp (11mL)
onion, chopped
2 tbsp, chopped (20g)
Frank's Red Hot sauce
1 1/2 tbsp (23mL)
nonfat greek yogurt, plain
2 tbsp (35g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)
boneless skinless chicken breast, raw
4 oz (113g)
mixed greens
1/2 cup (15g)

For all 2 meals:

mayonnaise
1 1/2 tbsp (23mL)
onion, chopped
4 tbsp, chopped (40g)
Frank's Red Hot sauce
3 tbsp (45mL)
nonfat greek yogurt, plain
4 tbsp (70g)
raw celery, chopped
1 stalk, small (5" long) (17g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
mixed greens
1 cup (30g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

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. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3

Simple sauteed spinach

149 cal ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



garlic, diced
3/4 clove (2g)
black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)

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.

Caprese chicken

4 oz - 298 cal ● 32g protein ● 17g fat ● 2g carbs ● 1g fiber



Makes 4 oz

italian seasoning
2 dash (1g)
pesto sauce
1 tbsp (16g)
oil
1/2 tsp (3mL)
tomatoes, quartered
1 1/2 cherry tomatoes (26g)
fresh basil
1 tbsp, chopped (3g)
fresh mozzarella cheese, sliced
1 oz (28g)
boneless skinless chicken breast, raw
4 oz (112g)

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.
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Lunch 3 [↗](#)

Eat on day 4

Buffalo chicken lettuce wrap

2 wrap(s) - 439 cal ● 54g protein ● 21g fat ● 3g carbs ● 6g fiber



Makes 2 wrap(s)

oil

1 tsp (5mL)

romaine lettuce

2 leaf outer (56g)

boneless skinless chicken breast, raw, cubed

1/2 lbs (227g)

Frank's Red Hot sauce

2 2/3 tbsp (40mL)

black pepper

1 1/3 dash, ground (0g)

salt

1 1/3 dash (1g)

avocados, chopped

1/3 avocado(s) (67g)

tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

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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Lunch 4 [↗](#)

Eat on day 5, day 6

Buffalo drumsticks

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



For single meal:

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)

For all 2 meals:

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)

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.

Olive oil drizzled broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

olive oil

1 tsp (5mL)

For all 2 meals:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

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

Eat on day 7

Ham, bacon, avocado lettuce wrap

1 1/2 wrap(s) - 547 cal ● 46g protein ● 36g fat ● 4g carbs ● 6g fiber



Makes 1 1/2 wrap(s)

ham cold cuts

6 oz (170g)

bacon

3 slice(s) (30g)

romaine lettuce

1 1/2 leaf outer (42g)

avocados, sliced

3/8 avocado(s) (75g)

cheese

3 tbsp, shredded (21g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, avocado, and cheese in the center of the lettuce leaf. Wrap it up. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Boiled eggs

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



For single meal:

eggs

2 large (100g)

For all 3 meals:

eggs

6 large (300g)

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

Cheesy ham roll ups

1 roll up(s) - 108 cal ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

ham cold cuts

1 slice (23g)

cheese

3 tbsp, shredded (21g)

For all 3 meals:

ham cold cuts

3 slice (69g)

cheese

1/2 cup, shredded (63g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

Snacks 2 [↗](#)

Eat on day 4, day 5

Sunflower seeds

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



For single meal:

sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Pizza chips

3 chips (3 pepperoni each) - 147 cal ● 6g protein ● 12g fat ● 3g carbs ● 1g fiber



For single meal:

pasta sauce

1 1/2 tbsp (24g)

italian seasoning

3 dash (1g)

cheese

1 1/2 tbsp, shredded (11g)

pepperoni

9 slices (18g)

For all 2 meals:

pasta sauce

3 tbsp (49g)

italian seasoning

1/4 tbsp (3g)

cheese

3 tbsp, shredded (21g)

pepperoni

18 slices (36g)

1. Preheat toaster oven to 400 F (200 C). [You can also use a skillet, but the cheese comes out crisper in a toaster oven]
2. On foil, place three pepperoni slices partially on top of each other in the shape of a triangle for each chip.
3. Bake for about 4 minutes.
4. Remove and top with cheese.
5. Bake again for another 4 minutes or until cheese starts to brown.
6. Remove from oven, sprinkle with italian seasoning and serve with pasta sauce.

Dinner 1 [↗](#)

Eat on day 1

Marinated chicken breast

10 oz - 353 cal ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



Makes 10 oz

**boneless skinless chicken breast,
raw**

10 oz (280g)

marinade sauce

5 tbsp (75mL)

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.

Olive oil drizzled broccoli

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



Makes 2 cup(s)

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

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

Eat on day 2

Basic ground turkey

9 1/3 oz - 438 cal ● 52g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 9 1/3 oz

oil
1 tsp (6mL)
ground turkey, raw
9 1/3 oz (265g)

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.

Broccoli

1 1/2 cup(s) - 44 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

frozen broccoli
1 1/2 cup (137g)

1. Prepare according to instructions on package.
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Dinner 3 [↗](#)

Eat on day 3

Roasted pepper stuffed chicken

8 oz - 572 cal ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



Makes 8 oz

oil

1 tsp (5mL)

paprika

1/3 tsp (1g)

boneless chicken thighs, with skin

1/2 lbs (227g)

roasted red peppers, cut into thick strips

2/3 pepper(s) (47g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
 2. Season chicken with paprika and salt/pepper (to taste).
 3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.
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Dinner 4 [↗](#)

Eat on day 4

Buffalo chicken wings

12 oz - 507 cal ● 43g protein ● 37g fat ● 1g carbs ● 0g fiber



Makes 12 oz

Frank's Red Hot sauce

2 tbsp (30mL)

chicken wings, with skin, raw

3/4 lbs (341g)

black pepper

1 1/2 dash, ground (0g)

salt

1 1/2 dash (1g)

oil

1 tsp (6mL)

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 5 [↗](#)

Eat on day 5, day 6

Celery sticks

2 celery stalk - 13 cal ● 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.

Thai chicken lettuce wraps

4 lettuce wrap(s) - 502 cal ● 56g protein ● 28g fat ● 5g carbs ● 2g fiber



For single meal:

romaine lettuce
4 leaf inner (24g)
ground coriander
1 1/3 dash (0g)
soy sauce
4 tsp (20mL)
lime juice
2 tsp (10mL)
serrano pepper, chopped
2/3 pepper(s) (4g)
fresh ginger, minced
2/3 inch (2.5cm) cube (3g)
garlic, minced
2/3 clove (2g)
onion, chopped
1/3 small (23g)
oil
1/4 tbsp (3mL)
ground chicken, raw
2/3 lbs (302g)

For all 2 meals:

romaine lettuce
8 leaf inner (48g)
ground coriander
1/3 tsp (1g)
soy sauce
2 2/3 tbsp (40mL)
lime juice
4 tsp (20mL)
serrano pepper, chopped
1 1/3 pepper(s) (8g)
fresh ginger, minced
1 1/3 inch (2.5cm) cube (7g)
garlic, minced
1 1/3 clove (4g)
onion, chopped
2/3 small (47g)
oil
1/2 tbsp (7mL)
ground chicken, raw
1 1/3 lbs (605g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and fully cooked.
3. Add in soy sauce and lime juice and stir. Spread chicken mixture evenly over lettuce leaves and serve.
4. Meal Prep Tip: Store lettuce and chicken mixture separately in the fridge. When ready to eat, reheat the chicken and serve over the fresh lettuce.

Dinner 6 [↗](#)

Eat on day 7

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Simple plain turkey burger

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



Makes 2 burger(s)

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

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.
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