

Meal Plan - Meal plan with under 40g carbs

[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

1455 cals ● 94g protein (26%) ● 99g fat (61%) ● 33g carbs (9%) ● 13g fiber (4%)

Breakfast

200 cals, 10g protein, 7g net carbs, 14g fat



[Sauteed Kale](#)
91 cals



[Scrambled eggs with kale, tomatoes, rosemary](#)
110 cals

Snacks

245 cals, 10g protein, 6g net carbs, 19g fat



[Pumpkin seeds](#)
183 cals



[Dark chocolate](#)
1 square(s)- 60 cals

Lunch

475 cals, 42g protein, 8g net carbs, 29g fat



[String cheese](#)
2 stick(s)- 165 cals



[Chicken, bacon, avocado lettuce wrap](#)
1 wrap(s)- 311 cals

Dinner

535 cals, 33g protein, 12g net carbs, 38g fat



[Philly cheesesteak lettuce wrap](#)
2 lettuce wrap(s)- 445 cals



[Cauliflower rice](#)
1 1/2 cup(s)- 91 cals

Day 2

1466 cals ● 117g protein (32%) ● 92g fat (56%) ● 32g carbs (9%) ● 11g fiber (3%)

Breakfast

200 cals, 10g protein, 7g net carbs, 14g fat



[Sauteed Kale](#)
91 cals



[Scrambled eggs with kale, tomatoes, rosemary](#)
110 cals

Snacks

245 cals, 10g protein, 6g net carbs, 19g fat



[Pumpkin seeds](#)
183 cals



[Dark chocolate](#)
1 square(s)- 60 cals

Lunch

530 cals, 41g protein, 3g net carbs, 39g fat



[Low carb fried chicken](#)
8 oz- 468 cals



[Cooked peppers](#)
1/2 bell pepper(s)- 60 cals

Dinner

495 cals, 57g protein, 16g net carbs, 21g fat



[Simple kale & avocado salad](#)
115 cals



[Teriyaki chicken](#)
8 oz- 380 cals

Day 3

1455 cals ● 101g protein (28%) ● 93g fat (57%) ● 35g carbs (10%) ● 20g fiber (5%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado
326 cals

Snacks

150 cals, 5g protein, 10g net carbs, 8g fat



Sunflower seeds
90 cals



Grapes
58 cals

Lunch

485 cals, 24g protein, 5g net carbs, 40g fat



Pepper steak
4 1/2 ounce(s)- 396 cals



Cooked peppers
3/4 bell pepper(s)- 90 cals

Dinner

495 cals, 57g protein, 16g net carbs, 21g fat



Simple kale & avocado salad
115 cals



Teriyaki chicken
8 oz- 380 cals

Day 4

1436 cals ● 105g protein (29%) ● 90g fat (56%) ● 32g carbs (9%) ● 20g fiber (5%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado
326 cals

Snacks

150 cals, 5g protein, 10g net carbs, 8g fat



Sunflower seeds
90 cals



Grapes
58 cals

Lunch

500 cals, 44g protein, 6g net carbs, 33g fat



Balsamic pot roast
498 cals

Dinner

465 cals, 41g protein, 12g net carbs, 25g fat



Simple kale & avocado salad
154 cals



Chicken marsala
5 1/3 oz chicken- 311 cals

Day 5

1541 cals ● 94g protein (24%) ● 110g fat (64%) ● 29g carbs (7%) ● 15g fiber (4%)

Breakfast

325 cals, 15g protein, 4g net carbs, 24g fat



Eggs with tomato and avocado
326 cals

Snacks

150 cals, 5g protein, 10g net carbs, 8g fat



Sunflower seeds
90 cals



Grapes
58 cals

Lunch

500 cals, 44g protein, 6g net carbs, 33g fat



Balsamic pot roast
498 cals

Dinner

570 cals, 30g protein, 9g net carbs, 45g fat



Green beans with almonds & lemon
55 cals



Italian sausage
2 link- 514 cals

Day 6

1488 cals ● 80g protein (22%) ● 105g fat (63%) ● 34g carbs (9%) ● 22g fiber (6%)

Breakfast

315 cals, 12g protein, 3g net carbs, 26g fat



Bacon omelet

140 cals



Avocado

176 cals

Snacks

95 cals, 9g protein, 3g net carbs, 5g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pork rinds

1/2 oz- 75 cals

Lunch

520 cals, 28g protein, 18g net carbs, 36g fat



Cottage cheese & fruit cup

1 container- 107 cals



Pistachios

188 cals



Bacon & goat cheese salad

227 cals

Dinner

555 cals, 31g protein, 10g net carbs, 39g fat



Broccoli caesar salad with hard boiled eggs

260 cals



Roasted almonds

1/3 cup(s)- 296 cals

Day 7

1488 cals ● 80g protein (22%) ● 105g fat (63%) ● 34g carbs (9%) ● 22g fiber (6%)

Breakfast

315 cals, 12g protein, 3g net carbs, 26g fat



Bacon omelet

140 cals



Avocado

176 cals

Snacks

95 cals, 9g protein, 3g net carbs, 5g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pork rinds

1/2 oz- 75 cals

Lunch

520 cals, 28g protein, 18g net carbs, 36g fat



Cottage cheese & fruit cup

1 container- 107 cals



Pistachios

188 cals



Bacon & goat cheese salad

227 cals

Dinner

555 cals, 31g protein, 10g net carbs, 39g fat



Broccoli caesar salad with hard boiled eggs

260 cals



Roasted almonds

1/3 cup(s)- 296 cals

Nut and Seed Products

- roasted pumpkin seeds, unsalted
2 1/2 oz (74g)
- sunflower kernels
1 3/4 oz (51g)
- almonds
1/4 lbs (99g)
- pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Sweets

- Chocolate, dark, 70-85%
2 square(s) (20g)

Fats and Oils

- oil
2 1/3 oz (71mL)
- olive oil
1 tbsp (15mL)

Other

- italian seasoning
2 dash (1g)
- frozen cauliflower
1 1/2 cup (170g)
- Chicken, drumsticks, with skin
1/2 lbs (227g)
- pork rinds
1 1/4 oz (35g)
- teriyaki sauce
1/2 cup (120mL)
- chuck roast, boneless, beef, raw
1 lbs (454g)
- Italian pork sausage, raw
2 link (215g)
- cottage cheese & fruit cup
2 container (266g)
- mixed greens
2 cup (60g)

Dairy and Egg Products

- provolone cheese
1 slice(s) (28g)
- string cheese
2 stick (56g)
- eggs
16 medium (712g)

Beef Products

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

Fruits and Fruit Juices

- avocados
3 1/2 avocado(s) (720g)
- lemon
5/6 small (48g)
- grapes
3 cup (276g)
- lemon juice
7/8 fl oz (26mL)

Pork Products

- bacon
6 slice(s) (60g)

Spices and Herbs

- dijon mustard
1/2 oz (18g)
- balsamic vinegar
1 1/2 fluid ounce (40mL)
- rosemary
1/2 tsp (1g)
- cajun seasoning
1/3 tsp (1g)
- salt
1/8 oz (4g)
- black pepper
3 g (3g)
- fresh basil
6 leaves (3g)

Sausages and Luncheon Meats

- chicken cold cuts
4 oz (113g)

Beverages

- water
1 cup (269mL)

Soups, Sauces, and Gravies

- butter
1 1/3 tbsp (17g)
- whole milk
2 3/4 tbsp (41mL)
- parmesan cheese
2 tbsp (10g)
- nonfat greek yogurt, plain
2 tbsp (35g)
- goat cheese
2 oz (57g)

- hot sauce
1/2 tbsp (8mL)
- vegetable broth
1/6 cup(s) (mL)

Poultry Products

- boneless skinless chicken breast, raw
1 1/3 lbs (597g)

Vegetables and Vegetable Products

- onion
1 1/6 medium (2-1/2" dia) (130g)
 - bell pepper
1 2/3 large (279g)
 - romaine lettuce
3/8 head (228g)
 - kale leaves
2/3 lbs (302g)
 - tomatoes
3 3/4 medium whole (2-3/5" dia) (456g)
 - garlic
2/3 clove(s) (2g)
 - mushrooms
2 2/3 oz (76g)
 - fresh green beans
2 oz (57g)
 - broccoli
1 cup chopped (91g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Sauteed Kale

91 cal ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
kale leaves
1 1/2 cup, chopped (60g)

For all 2 meals:

oil
1 tbsp (15mL)
kale leaves
3 cup, chopped (120g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Scrambled eggs with kale, tomatoes, rosemary

110 cal ● 8g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

water
1 1/2 tbsp (23mL)
balsamic vinegar
1/2 tsp (3mL)
rosemary
1 dash (0g)
tomatoes
4 tbsp, chopped (45g)
eggs
1 extra large (56g)
kale leaves
1/2 cup, chopped (20g)
oil
1/4 tsp (1mL)

For all 2 meals:

water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
oil
1/2 tsp (3mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Eggs with tomato and avocado

326 cal ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

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)

For all 3 meals:

tomatoes

6 slice(s), thick/large (1/2" thick)
(162g)

eggs

6 large (300g)

avocados, sliced

1 1/2 avocado(s) (302g)

salt

1/4 tbsp (2g)

black pepper

1/4 tbsp (1g)

fresh basil, chopped

6 leaves (3g)

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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Bacon omelet

140 cal ● 10g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

olive oil

1/2 tsp (3mL)

bacon, cooked and chopped

1 slice(s) (10g)

For all 2 meals:

eggs

2 large (100g)

olive oil

1 tsp (5mL)

bacon, cooked and chopped

2 slice(s) (20g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Lunch 1 [↗](#)

Eat on day 1

String cheese

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



Makes 2 stick(s)

string cheese
2 stick (56g)

1. This recipe has no instructions.

Chicken, bacon, avocado lettuce wrap

1 wrap(s) - 311 cal ● 28g protein ● 18g fat ● 5g carbs ● 4g fiber



Makes 1 wrap(s)

avocados, sliced
1/4 avocado(s) (50g)
bacon
2 slice(s) (20g)
dijon mustard
1/2 tbsp (8g)
romaine lettuce
1 leaf outer (28g)
chicken cold cuts
4 oz (113g)

1. Cook the bacon according to package.
 2. Spread the mustard on the inside of the leaf of lettuce.
 3. Place the avocado, bacon, and chicken on the mustard.
 4. Wrap up the lettuce. Serve.
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Lunch 2 [↗](#)

Eat on day 2

Low carb fried chicken

8 oz - 468 cal ● 40g protein ● 34g fat ● 0g carbs ● 0g fiber



Makes 8 oz

Chicken, drumsticks, with skin

1/2 lbs (227g)

pork rinds, crushed

1/4 oz (7g)

cajun seasoning

1/3 tsp (1g)

hot sauce

1/2 tbsp (8mL)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

Cooked peppers

1/2 bell pepper(s) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1/2 bell pepper(s)

oil

1 tsp (5mL)

bell pepper, seeded & cut into strips

1/2 large (82g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
 2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.
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Lunch 3 [↗](#)

Eat on day 3

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.

Cooked peppers

3/4 bell pepper(s) - 90 cal ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 3/4 bell pepper(s)

oil

1/2 tbsp (8mL)

bell pepper, seeded & cut into strips

3/4 large (123g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
 2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.
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Lunch 4 [↗](#)

Eat on day 4, day 5

Balsamic pot roast

498 cal ● 44g protein ● 33g fat ● 6g carbs ● 1g fiber



For single meal:

chuck roast, boneless, beef, raw
1/2 lbs (227g)
butter, divided
1/4 tbsp (4g)
water
1/2 cup(s) (119mL)
balsamic vinegar
1 tbsp (15mL)
onion, sliced
1/4 large (38g)

For all 2 meals:

chuck roast, boneless, beef, raw
1 lbs (454g)
butter, divided
1/2 tbsp (7g)
water
1 cup(s) (237mL)
balsamic vinegar
2 tbsp (30mL)
onion, sliced
1/2 large (75g)

1. Note: Time estimates may vary depending on the size of your roast. Monitor accordingly.
2. Season chuck roast with salt/pepper to taste.
3. Heat a skillet over high heat and add half of the butter.
4. Once butter has melted, add the chuck roast and cook for about 4 minutes on each side until nicely browned, adding the remaining butter to the pan while flipping.
5. Lower the heat and deglaze the pan with the balsamic vinegar for about a minute.
6. Optional: If using a slow cooker or instant pot, transfer the meat and vinegar over.
7. Add in the water and onion; mix.
8. Cover and cook for the appropriate time or until roast is done. SKILLET (low heat): 2-3 hrs; SLOW COOKER (low): 7-9 hrs; SLOW COOKER (high): 4-5 hours; INSTANT POT: 35 min.
9. If using skillet or instant pot, remove meat, increase temperature and cook onions uncovered for about 10 minutes to thicken.
10. Serve meat with onion sauce.

Lunch 5 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Bacon & goat cheese salad

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



For single meal:

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)

For all 2 meals:

sunflower kernels

2 tsp (8g)

bacon

2 slice(s) (20g)

olive oil

2 tsp (10mL)

goat cheese

2 oz (57g)

mixed greens

2 cup (60g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

Dark chocolate

1 square(s) - 60 cal ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:
Chocolate, dark, 70-85%
1 square(s) (10g)

For all 2 meals:
Chocolate, dark, 70-85%
2 square(s) (20g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:
sunflower kernels
1/2 oz (14g)

For all 3 meals:
sunflower kernels
1 1/2 oz (43g)

1. This recipe has no instructions.

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:
grapes
1 cup (92g)

For all 3 meals:
grapes
3 cup (276g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cherry tomatoes

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



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

1/2 oz - 75 cal ● 9g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds

1/2 oz (14g)

For all 2 meals:

pork rinds

1 oz (28g)

1. Enjoy.
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Dinner 1 [↗](#)

Eat on day 1

Philly cheesesteak lettuce wrap

2 lettuce wrap(s) - 445 cal ● 32g protein ● 31g fat ● 7g carbs ● 2g fiber



Makes 2 lettuce wrap(s)

oil

2 tsp (10mL)

italian seasoning

2 dash (1g)

provolone cheese

1 slice(s) (28g)

onion, sliced

1/2 medium (2-1/2" dia) (55g)

bell pepper, cut into strips

1 small (74g)

sirloin steak, raw, cut into strips

4 oz (113g)

romaine lettuce

2 leaf inner (12g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
4. Scoop beef mixture into lettuce leaves and serve.

Cauliflower rice

1 1/2 cup(s) - 91 cal ● 2g protein ● 7g fat ● 5g carbs ● 2g fiber



Makes 1 1/2 cup(s)

oil

1/2 tbsp (8mL)

frozen cauliflower

1 1/2 cup (170g)

1. Cook cauliflower according to package instructions.
 2. Mix in oil and some salt and pepper.
 3. Serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped
1/4 bunch (43g)
lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Teriyaki chicken

8 oz - 380 cal ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
boneless skinless chicken breast, raw, cubed
1/2 lbs (224g)

For all 2 meals:

oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
 2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.
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Dinner 3 [↗](#)

Eat on day 4

Simple kale & avocado salad

154 cal ● 3g protein ● 10g fat ● 6g carbs ● 6g fiber



kale leaves, chopped

1/3 bunch (57g)

lemon, juiced

1/3 small (19g)

avocados, chopped

1/3 avocado(s) (67g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Chicken marsala

5 1/3 oz chicken - 311 cal ● 37g protein ● 15g fat ● 6g carbs ● 1g fiber



Makes 5 1/3 oz chicken

oil, divided

2 tsp (10mL)

balsamic vinegar

1 tsp (5mL)

lemon juice

1 tsp (5mL)

whole milk

2 2/3 tbsp (40mL)

vegetable broth

1/6 cup(s) (mL)

garlic, diced

2/3 clove(s) (2g)

mushrooms, sliced

2 2/3 oz (76g)

boneless skinless chicken breast, raw

1/3 lbs (149g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
 2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
 3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Green beans with almonds & lemon

55 cal ● 2g protein ● 3g fat ● 3g carbs ● 2g fiber



fresh green beans, trimmed

2 oz (57g)

butter

3 dash (2g)

lemon juice

1/4 tsp (1mL)

almonds

1/2 tbsp, slivered (3g)

salt

1/4 dash (0g)

1. Bring a large pot of water to a boil and add the green beans. Cook for about 4-6 minutes, until tender. Drain and transfer to a bowl.
2. Meanwhile, add the butter to a small skillet over medium heat and melt.
3. When sizzling, add almonds and cook for about a minute until almonds are lightly toasted.
4. Add the lemon juice and salt and stir, continuing to cook for about 30 more seconds.
5. Drizzle butter and almond mixture over green beans.
6. Serve.

Italian sausage

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



Makes 2 link

Italian pork sausage, raw

2 link (215g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Dinner 5 [↗](#)

Eat on day 6, day 7

Broccoli caesar salad with hard boiled eggs

260 cals ● 21g protein ● 15g fat ● 6g carbs ● 4g fiber



For single meal:

lemon juice
1/2 tbsp (8mL)
roasted pumpkin seeds, unsalted
1 tbsp (7g)
parmesan cheese
1 tbsp (5g)
dijon mustard
1 tsp (5g)
nonfat greek yogurt, plain
1 tbsp (18g)
broccoli
1/2 cup chopped (46g)
eggs
2 large (100g)
romaine lettuce
2 cup shredded (94g)

For all 2 meals:

lemon juice
1 tbsp (15mL)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
parmesan cheese
2 tbsp (10g)
dijon mustard
2 tsp (10g)
nonfat greek yogurt, plain
2 tbsp (35g)
broccoli
1 cup chopped (91g)
eggs
4 large (200g)
romaine lettuce
4 cup shredded (188g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Roasted almonds

1/3 cup(s) - 296 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
1/3 cup, whole (48g)

For all 2 meals:

almonds
2/3 cup, whole (95g)

1. This recipe has no instructions.
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