

# Meal Plan - Meal plan with under 60g 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

1523 cals ● 76g protein (20%) ● 103g fat (61%) ● 51g carbs (13%) ● 23g fiber (6%)

### Breakfast

250 cals, 21g protein, 12g net carbs, 13g fat



[Basic scrambled eggs](#)  
2 egg(s)- 142 cals



[Cottage cheese & fruit cup](#)  
1 container- 107 cals

### Snacks

260 cals, 5g protein, 6g net carbs, 23g fat



[Strawberries and cream](#)  
153 cals



[Mixed nuts](#)  
1/8 cup(s)- 109 cals

### Lunch

535 cals, 12g protein, 5g net carbs, 47g fat



[Avocado](#)  
176 cals



[Pecans](#)  
1/4 cup- 183 cals



[Cheese and guac tacos](#)  
1 taco(s)- 175 cals

### Dinner

480 cals, 38g protein, 28g net carbs, 19g fat



[Mixed vegetables](#)  
1 3/4 cup(s)- 170 cals



[Chipotle honey pork chops](#)  
309 cals

## Day 2

1455 cals ● 91g protein (25%) ● 91g fat (56%) ● 52g carbs (14%) ● 16g fiber (4%)

### Breakfast

250 cals, 21g protein, 12g net carbs, 13g fat



[Basic scrambled eggs](#)  
2 egg(s)- 142 cals



[Cottage cheese & fruit cup](#)  
1 container- 107 cals

### Snacks

260 cals, 5g protein, 6g net carbs, 23g fat



[Strawberries and cream](#)  
153 cals



[Mixed nuts](#)  
1/8 cup(s)- 109 cals

### Lunch

465 cals, 27g protein, 6g net carbs, 35g fat



[Cheese](#)  
2 oz- 229 cals



[Ham tacos](#)  
2 ham taco(s)- 237 cals

### Dinner

480 cals, 38g protein, 28g net carbs, 19g fat



[Mixed vegetables](#)  
1 3/4 cup(s)- 170 cals



[Chipotle honey pork chops](#)  
309 cals

## Day 3

1481 cals ● 86g protein (23%) ● 96g fat (59%) ● 53g carbs (14%) ● 15g fiber (4%)

### Breakfast

250 cals, 21g protein, 12g net carbs, 13g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cals



**Cottage cheese & fruit cup**  
1 container- 107 cals

### Snacks

260 cals, 5g protein, 6g net carbs, 23g fat



**Strawberries and cream**  
153 cals



**Mixed nuts**  
1/8 cup(s)- 109 cals

### Lunch

455 cals, 27g protein, 16g net carbs, 28g fat



**Strawberries**  
1 1/4 cup(s)- 65 cals



**Turkey, avocado lettuce wrap**  
1 wrap(s)- 390 cals

### Dinner

515 cals, 33g protein, 20g net carbs, 32g fat



**Nectarine**  
1 nectarine(s)- 70 cals



**Philly cheesesteak lettuce wrap**  
2 lettuce wrap(s)- 445 cals

## Day 4

1506 cals ● 131g protein (35%) ● 77g fat (46%) ● 53g carbs (14%) ● 19g fiber (5%)

### Breakfast

255 cals, 17g protein, 5g net carbs, 18g fat



**Scrambled eggs with veggies and bacon**  
256 cals

### Snacks

185 cals, 14g protein, 6g net carbs, 11g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**String cheese**  
2 stick(s)- 165 cals

### Lunch

510 cals, 33g protein, 6g net carbs, 34g fat



**Buffalo drumsticks**  
5 1/3 oz- 311 cals



**Garlic collard greens**  
199 cals

### Dinner

555 cals, 67g protein, 37g net carbs, 13g fat



**Lentils**  
174 cals



**Teriyaki chicken**  
8 oz- 380 cals

## Day 5

1477 cals ● 119g protein (32%) ● 84g fat (51%) ● 46g carbs (12%) ● 15g fiber (4%)

### Breakfast

255 cals, 17g protein, 5g net carbs, 18g fat



[Scrambled eggs with veggies and bacon](#)  
256 cals

### Lunch

500 cals, 23g protein, 4g net carbs, 41g fat



[Lettuce bun BLT](#)  
1 sandwich(es)- 259 cals



[Sunflower seeds](#)  
240 cals

### Snacks

185 cals, 14g protein, 6g net carbs, 11g fat



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



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

### Dinner

535 cals, 65g protein, 31g net carbs, 13g fat



[Lentils](#)  
174 cals



[Southwest chicken](#)  
8 oz- 362 cals

## Day 6

1483 cals ● 81g protein (22%) ● 108g fat (66%) ● 31g carbs (8%) ● 16g fiber (4%)

### Breakfast

335 cals, 7g protein, 14g net carbs, 25g fat



[Walnuts](#)  
1/4 cup(s)- 175 cals



[Dark chocolate](#)  
2 square(s)- 120 cals



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals

### Snacks

150 cals, 13g protein, 2g net carbs, 10g fat



[Boiled eggs](#)  
2 egg(s)- 139 cals



[Celery sticks](#)  
2 celery stalk- 13 cals

### Lunch

500 cals, 23g protein, 4g net carbs, 41g fat



[Lettuce bun BLT](#)  
1 sandwich(es)- 259 cals



[Sunflower seeds](#)  
240 cals

### Dinner

495 cals, 38g protein, 10g net carbs, 32g fat



[Mixed vegetables](#)  
3/4 cup(s)- 73 cals



[Steak Bites](#)  
6 oz(s)- 422 cals

## Day 7

1478 cals ● 113g protein (30%) ● 86g fat (52%) ● 50g carbs (14%) ● 14g fiber (4%)

### Breakfast

335 cals, 7g protein, 14g net carbs, 25g fat



Walnuts

1/4 cup(s)- 175 cals



Dark chocolate

2 square(s)- 120 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals

### Snacks

150 cals, 13g protein, 2g net carbs, 10g fat



Boiled eggs

2 egg(s)- 139 cals



Celery sticks

2 celery stalk- 13 cals

### Lunch

495 cals, 54g protein, 24g net carbs, 19g fat



Roast potatoes

178 cals



Balsamic chicken breast

8 oz- 316 cals

### Dinner

495 cals, 38g protein, 10g net carbs, 32g fat



Mixed vegetables

3/4 cup(s)- 73 cals



Steak Bites

6 oz(s)- 422 cals

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## Dairy and Egg Products

- ☐ heavy cream  
1/2 cup (120mL)
- ☐ ghee  
2 tsp (9g)
- ☐ cheddar cheese  
4 tbsp, shredded (28g)
- ☐ eggs  
15 medium (664g)
- ☐ cheese  
2 3/4 oz (78g)
- ☐ sliced cheese  
1 slice (3/4 oz) (21g)
- ☐ provolone cheese  
1 slice(s) (28g)
- ☐ string cheese  
4 stick (112g)
- ☐ butter  
3/4 tbsp (11g)

## Fruits and Fruit Juices

- ☐ strawberries  
5/6 pint (305g)
- ☐ avocados  
3/4 avocado(s) (151g)
- ☐ lemon juice  
1/2 tsp (3mL)
- ☐ nectarine  
1 medium (2-1/2" dia) (142g)

## Nut and Seed Products

- ☐ mixed nuts  
6 tbsp (50g)
- ☐ pecans  
4 tbsp, halves (25g)
- ☐ sunflower kernels  
2 2/3 oz (76g)
- ☐ walnuts  
1/2 cup, shelled (50g)

## Vegetables and Vegetable Products

- ☐ frozen mixed veggies  
5 cup (675g)
- ☐ romaine lettuce  
1/8 head (40g)
- ☐ tomatoes  
6 medium whole (2-3/5" dia) (732g)

## Beverages

- ☐ water  
2 cup (499mL)

## Fats and Oils

- ☐ oil  
2 1/2 oz (74mL)
- ☐ mayonnaise  
3 tbsp (45mL)
- ☐ olive oil  
2 tsp (10mL)
- ☐ balsamic vinaigrette  
2 tbsp (31mL)

## Spices and Herbs

- ☐ chipotle seasoning  
4 dash (1g)
- ☐ salt  
1/2 tsp (3g)
- ☐ black pepper  
1 dash, ground (0g)
- ☐ taco seasoning mix  
1/2 tbsp (4g)
- ☐ onion powder  
1/4 dash (0g)
- ☐ garlic powder  
1/2 dash (0g)

## Sweets

- ☐ honey  
2 tsp (14g)
- ☐ Chocolate, dark, 70-85%  
4 square(s) (40g)

## Pork Products

- ☐ pork loin chops, boneless, raw  
10 oz (283g)
- ☐ bacon  
8 slice(s) (80g)

## Other

- ☐ guacamole, store-bought  
6 tbsp (93g)
- ☐ cottage cheese & fruit cup  
3 container (399g)

- ☐ onion  
7/8 medium (2-1/2" dia) (95g)
- ☐ bell pepper  
2 large (342g)
- ☐ collard greens  
10 oz (284g)
- ☐ garlic  
3 1/2 clove(s) (10g)
- ☐ pickles  
2 spear (70g)
- ☐ iceberg lettuce  
4 slice(s) (140g)
- ☐ raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ red potatoes  
3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)

- ☐ italian seasoning  
4 dash (2g)
- ☐ teriyaki sauce  
4 tbsp (60mL)
- ☐ Chicken, drumsticks, with skin  
1/3 lbs (151g)

### **Sausages and Luncheon Meats**

- ☐ ham cold cuts  
2 slice (46g)
- ☐ turkey cold cuts  
4 oz (113g)

### **Soups, Sauces, and Gravies**

- ☐ salsa  
2 tbsp (36g)
- ☐ Frank's Red Hot sauce  
1 tbsp (14mL)

### **Beef Products**

- ☐ sirloin steak, raw  
1 lbs (453g)

### **Legumes and Legume Products**

- ☐ lentils, raw  
1/2 cup (96g)

### **Poultry Products**

- ☐ boneless skinless chicken breast, raw  
1 1/2 lbs (675g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### 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 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 medium (264g)

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.

### 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 3 meals:

**cottage cheese & fruit cup**  
3 container (399g)

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



## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Scrambled eggs with veggies and bacon

256 cal ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

**bell pepper**

1/2 cup, chopped (75g)

**eggs**

2 large (100g)

**onion**

2 tbsp, chopped (20g)

**bacon, cooked and chopped**

1 slice(s) (10g)

**olive oil**

1 tsp (5mL)

For all 2 meals:

**bell pepper**

1 cup, chopped (149g)

**eggs**

4 large (200g)

**onion**

4 tbsp, chopped (40g)

**bacon, cooked and chopped**

2 slice(s) (20g)

**olive oil**

2 tsp (10mL)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper 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.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**

4 tbsp, shelled (25g)

For all 2 meals:

**walnuts**

1/2 cup, shelled (50g)

1. This recipe has no instructions.

### Dark chocolate

2 square(s) - 120 cal ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber





For single meal:  
**Chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 2 meals:  
**Chocolate, dark, 70-85%**  
4 square(s) (40g)

1. This recipe has no instructions.

**Cherry tomatoes**  
12 cherry tomatoes - 42 cal● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:  
**tomatoes**  
12 cherry tomatoes (204g)

For all 2 meals:  
**tomatoes**  
24 cherry tomatoes (408g)

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

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**Lunch 1**   
Eat on day 1

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



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

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

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**Pecans**  
1/4 cup - 183 cal● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

**pecans**  
4 tbsp, halves (25g)

1. This recipe has no instructions.

Cheese and guac tacos

1 taco(s) - 175 cals ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



Makes 1 taco(s)  
**cheddar cheese**  
4 tbsp, shredded (28g)  
**guacamole, store-bought**  
2 tbsp (31g)

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

Lunch 2 [↗](#)

Eat on day 2

Cheese

2 oz - 229 cals ● 13g protein ● 19g fat ● 2g carbs ● 0g fiber



Makes 2 oz

**cheese**  
2 oz (57g)

1. This recipe has no instructions.

Ham tacos

2 ham taco(s) - 237 cals ● 14g protein ● 16g fat ● 4g carbs ● 5g fiber



Makes 2 ham taco(s)

**ham cold cuts**

2 slice (46g)

**guacamole, store-bought**

4 tbsp (62g)

**salsa**

2 tbsp (36g)

**cheese**

2 tbsp, shredded (14g)

1. Use tin foil to prop up the ham into a taco shell shape.
2. Broil in the oven for a few minutes until crispy. They might seem a little bit floppy, but once they cool for a few minutes, they will stiffen up.
3. Add in the guacamole, salsa, and cheese to the shells.
4. Serve

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## Lunch 3 [🔗](#)

Eat on day 3

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### Strawberries

1 1/4 cup(s) - 65 cal ● 1g protein ● 1g fat ● 10g carbs ● 4g fiber



Makes 1 1/4 cup(s)

**strawberries**

1 1/4 cup, whole (180g)

1. This recipe has no instructions.

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### Turkey, avocado lettuce wrap

1 wrap(s) - 390 cal ● 25g protein ● 28g fat ● 6g carbs ● 4g fiber



Makes 1 wrap(s)

**turkey cold cuts**

4 oz (113g)

**romaine lettuce**

1 leaf outer (28g)

**avocados, sliced**

1/4 avocado(s) (50g)

**tomatoes**

2 slice, medium (1/4" thick) (40g)

**sliced cheese**

1 slice (3/4 oz) (21g)

**mayonnaise**

1 tbsp (15mL)

1. Spread the mayo on the inside of the leaf.
  2. Place the turkey, avocado, cheese, and tomato on the mayo.
  3. Wrap the leaf up. Serve.
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## Lunch 4 [↗](#)

Eat on day 4

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### Buffalo drumsticks

5 1/3 oz - 311 cals ● 24g protein ● 24g fat ● 0g carbs ● 0g fiber



Makes 5 1/3 oz

#### **Frank's Red Hot sauce**

2 2/3 tsp (13mL)

#### **oil**

1/2 tsp (3mL)

#### **salt**

2/3 dash (1g)

#### **black pepper**

2/3 dash, ground (0g)

#### **Chicken, drumsticks, with skin**

1/3 lbs (151g)

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.

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### Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 11g fiber





**collard greens**  
10 oz (284g)  
**oil**  
2 tsp (9mL)  
**garlic, minced**  
2 clove(s) (6g)  
**salt**  
1 1/4 dash (1g)

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 5 [🔗](#)

Eat on day 5, day 6

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### Lettuce bun BLT

1 sandwich(es) - 259 cals ● 11g protein ● 23g fat ● 1g carbs ● 2g fiber



For single meal:

**pickles**  
1 spear (35g)  
**tomatoes**  
2 slice, medium (1/4" thick) (40g)  
**mayonnaise**  
1 tbsp (15mL)  
**bacon**  
3 slice(s) (30g)  
**iceberg lettuce**  
2 slice(s) (70g)

For all 2 meals:

**pickles**  
2 spear (70g)  
**tomatoes**  
4 slice, medium (1/4" thick) (80g)  
**mayonnaise**  
2 tbsp (30mL)  
**bacon**  
6 slice(s) (60g)  
**iceberg lettuce**  
4 slice(s) (140g)

1. Cook bacon according to package.
2. Meanwhile, cut off two rounded edges of the iceberg lettuce to make two parts of the bun.
3. Spread mayo to the top iceberg slice.
4. Add cooked bacon, tomatoes, and pickles to the bottom iceberg slice and top with the other slice.

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### Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**  
1 1/3 oz (38g)

For all 2 meals:

**sunflower kernels**  
2 2/3 oz (76g)

1. This recipe has no instructions.

Lunch 6 [🔗](#)

Eat on day 7

Roast potatoes

178 cals ● 3g protein ● 7g fat ● 23g carbs ● 3g fiber



**onion powder**  
1/4 dash (0g)  
**black pepper**  
1/4 dash, ground (0g)  
**garlic powder**  
1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**red potatoes, cubed**  
3/4 potato medium (2-1/4" to 3-1/4" dia)  
(160g)  
**oil**  
1/2 tbsp (8mL)

1. Preheat the oven to 450°F (230°C).
2. In a large bowl, toss the potatoes with the oil and spices. Spread the potatoes in the bottom of the prepared baking pan.
3. Bake for 25-30 minutes, or until potatoes are tender. Stir the potatoes once after about 15 minutes of baking so they brown on all sides.
4. Serve warm.

Balsamic chicken breast

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



Makes 8 oz

**italian seasoning**  
2 dash (1g)

**oil**  
1 tsp (5mL)

**balsamic vinaigrette**  
2 tbsp (30mL)

**boneless skinless chicken breast, raw**  
1/2 lbs (227g)

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.

### Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

#### Strawberries and cream

153 cal ● 1g protein ● 14g fat ● 3g carbs ● 1g fiber



For single meal:

**heavy cream**  
2 2/3 tbsp (40mL)

**strawberries**  
4 tbsp, sliced (42g)

For all 3 meals:

**heavy cream**  
1/2 cup (120mL)

**strawberries**  
3/4 cup, sliced (125g)

1. Place the strawberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.

#### Mixed nuts

1/8 cup(s) - 109 cal ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 3 meals:

**mixed nuts**  
6 tbsp (50g)

1. This recipe has no instructions.



# Snacks 2

Eat on day 4, day 5

## 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 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

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

## String cheese

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



For single meal:

**string cheese**  
2 stick (56g)

For all 2 meals:

**string cheese**  
4 stick (112g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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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### Celery sticks

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



For single meal:

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

For all 2 meals:

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

1. Slice celery into sticks and serve.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



For single meal:

**frozen mixed veggies**

1 3/4 cup (236g)

For all 2 meals:

**frozen mixed veggies**

3 1/2 cup (473g)

1. Prepare according to instructions on package.

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### Chipotle honey pork chops

309 cals ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



For single meal:

**ghee**

1 tsp (5g)

**water**

1/2 tbsp (8mL)

**oil**

1 tsp (5mL)

**chipotle seasoning**

2 dash (1g)

**honey**

1 tsp (7g)

**pork loin chops, boneless, raw**

5 oz (142g)

For all 2 meals:

**ghee**

2 tsp (9g)

**water**

1 tbsp (15mL)

**oil**

2 tsp (10mL)

**chipotle seasoning**

4 dash (1g)

**honey**

2 tsp (14g)

**pork loin chops, boneless, raw**

10 oz (283g)

1. Pat pork dry and season with some salt and pepper.
  2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
  3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
  4. Slice pork and top with chipotle honey sauce. Serve.
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## Dinner 2 [↗](#)

Eat on day 3

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### Nectarine

1 nectarine(s) - 70 cal ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



Makes 1 nectarine(s)

#### **nectarine, pitted**

1 medium (2-1/2" dia) (142g)

1. Remove nectarine pit, slice, and serve.

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### 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.
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## Dinner 3 [↗](#)

Eat on day 4

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



#### salt

1/2 dash (0g)

#### water

1 cup(s) (237mL)

#### lentils, raw, rinsed

4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Teriyaki chicken

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



Makes 8 oz

#### oil

1/2 tbsp (8mL)

#### teriyaki sauce

4 tbsp (60mL)

#### boneless skinless chicken breast, raw, cubed

1/2 lbs (224g)

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.

## Dinner 4 [↗](#)

Eat on day 5

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



#### salt

1/2 dash (0g)

#### water

1 cup(s) (237mL)

#### lentils, raw, rinsed

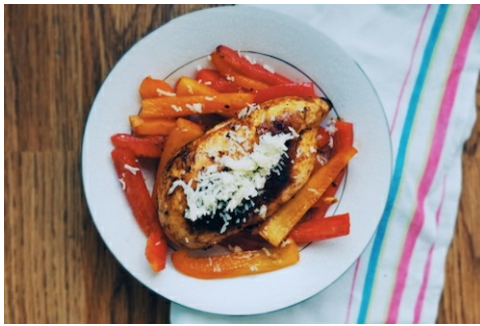
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Southwest chicken

8 oz - 362 cals ● 53g protein ● 13g fat ● 6g carbs ● 3g fiber





Makes 8 oz

**oil**

1 tsp (5mL)

**cheese**

1 tbsp, shredded (7g)

**taco seasoning mix**

1/2 tbsp (4g)

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**bell pepper, cut into strips**

1 medium (119g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top.
6. Serve.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

**frozen mixed veggies**

3/4 cup (101g)

For all 2 meals:

**frozen mixed veggies**

1 1/2 cup (203g)

1. Prepare according to instructions on package.

### Steak Bites

6 oz(s) - 422 cals ● 35g protein ● 31g fat ● 1g carbs ● 0g fiber



For single meal:

**butter, room-temperature**

1 tsp (5g)

**oil**

1 tsp (6mL)

**garlic, diced**

3/4 clove(s) (2g)

**sirloin steak, raw**

6 oz (170g)

For all 2 meals:

**butter, room-temperature**

3/4 tbsp (11g)

**oil**

3/4 tbsp (11mL)

**garlic, diced**

1 1/2 clove(s) (5g)

**sirloin steak, raw**

3/4 lbs (340g)

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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