

# Meal Plan - Meal plan with under 75g 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

1546 cal ● 109g protein (28%) ● 88g fat (51%) ● 59g carbs (15%) ● 20g fiber (5%)

### Breakfast

250 cal, 15g protein, 4g net carbs, 19g fat



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



**Celery and peanut butter**  
109 cal

### Snacks

230 cal, 8g protein, 18g net carbs, 10g fat



**Sunflower seeds**  
120 cal



**Grapes**  
77 cal



**Cherry tomatoes**  
9 cherry tomatoes- 32 cal

### Lunch

585 cal, 30g protein, 29g net carbs, 37g fat



**Chicken salad sandwich**  
1 sandwich(es)- 480 cal



**Roasted cashews**  
1/8 cup(s)- 104 cal

### Dinner

480 cal, 56g protein, 8g net carbs, 23g fat



**Olive oil drizzled sugar snap peas**  
163 cal



**Basic chicken breast**  
8 oz- 317 cal

## Day 2

1546 cal ● 109g protein (28%) ● 88g fat (51%) ● 59g carbs (15%) ● 20g fiber (5%)

### Breakfast

250 cal, 15g protein, 4g net carbs, 19g fat



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



**Celery and peanut butter**  
109 cal

### Snacks

230 cal, 8g protein, 18g net carbs, 10g fat



**Sunflower seeds**  
120 cal



**Grapes**  
77 cal



**Cherry tomatoes**  
9 cherry tomatoes- 32 cal

### Lunch

585 cal, 30g protein, 29g net carbs, 37g fat



**Chicken salad sandwich**  
1 sandwich(es)- 480 cal



**Roasted cashews**  
1/8 cup(s)- 104 cal

### Dinner

480 cal, 56g protein, 8g net carbs, 23g fat



**Olive oil drizzled sugar snap peas**  
163 cal



**Basic chicken breast**  
8 oz- 317 cal

## Day 3

1545 cals ● 124g protein (32%) ● 91g fat (53%) ● 52g carbs (13%) ● 5g fiber (1%)

### Breakfast

250 cals, 15g protein, 4g net carbs, 19g fat



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



**Celery and peanut butter**  
109 cals

### Snacks

210 cals, 11g protein, 6g net carbs, 16g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



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

### Lunch

600 cals, 39g protein, 5g net carbs, 47g fat



**Salmon salad lettuce wrap**  
315 cals



**Cheese**  
2 1/2 oz- 286 cals

### Dinner

480 cals, 59g protein, 38g net carbs, 10g fat



**Bone both rice**  
184 cals



**Lemon pepper chicken breast**  
8 oz- 296 cals

## Day 4

1480 cals ● 81g protein (22%) ● 108g fat (66%) ● 35g carbs (9%) ● 12g fiber (3%)

### Breakfast

220 cals, 4g protein, 16g net carbs, 13g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Dark chocolate**  
3 square(s)- 180 cals

### Snacks

210 cals, 11g protein, 6g net carbs, 16g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



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

### Lunch

600 cals, 39g protein, 5g net carbs, 47g fat



**Salmon salad lettuce wrap**  
315 cals



**Cheese**  
2 1/2 oz- 286 cals

### Dinner

445 cals, 26g protein, 8g net carbs, 32g fat



**Pistachios**  
188 cals



**Rotisserie chicken & tomato salad**  
257 cals

## Day 5

1466 cals ● 90g protein (25%) ● 97g fat (60%) ● 45g carbs (12%) ● 13g fiber (4%)

### Breakfast

220 cals, 4g protein, 16g net carbs, 13g fat



#### Cherry tomatoes

12 cherry tomatoes- 42 cals



#### Dark chocolate

3 square(s)- 180 cals

### Snacks

185 cals, 28g protein, 13g net carbs, 2g fat



#### Cottage cheese and pineapple

186 cals

### Lunch

615 cals, 32g protein, 8g net carbs, 49g fat



#### Simple sauteed spinach

100 cals



#### Italian sausage

2 link- 514 cals

### Dinner

445 cals, 26g protein, 8g net carbs, 32g fat



#### Pistachios

188 cals



#### Rotisserie chicken & tomato salad

257 cals

## Day 6

1489 cals ● 142g protein (38%) ● 78g fat (47%) ● 46g carbs (12%) ● 9g fiber (2%)

### Breakfast

245 cals, 14g protein, 12g net carbs, 15g fat



#### Cherry tomatoes

12 cherry tomatoes- 42 cals



#### High protein scrambled eggs

99 cals



#### Roasted cashews

1/8 cup(s)- 104 cals

### Snacks

185 cals, 28g protein, 13g net carbs, 2g fat



#### Cottage cheese and pineapple

186 cals

### Lunch

545 cals, 57g protein, 18g net carbs, 26g fat



#### Ranch chicken

8 oz- 461 cals



#### Lentils

87 cals

### Dinner

510 cals, 43g protein, 4g net carbs, 34g fat



#### Low carb fried chicken

8 oz- 468 cals



#### Sugar snap peas

41 cals

# Day 7

1489 cal ● 142g protein (38%) ● 78g fat (47%) ● 46g carbs (12%) ● 9g fiber (2%)

## Breakfast

245 cal, 14g protein, 12g net carbs, 15g fat



**Cherry tomatoes**

12 cherry tomatoes- 42 cal



**High protein scrambled eggs**

99 cal



**Roasted cashews**

1/8 cup(s)- 104 cal

## Snacks

185 cal, 28g protein, 13g net carbs, 2g fat



**Cottage cheese and pineapple**

186 cal

## Lunch

545 cal, 57g protein, 18g net carbs, 26g fat



**Ranch chicken**

8 oz- 461 cal



**Lentils**

87 cal

## Dinner

510 cal, 43g protein, 4g net carbs, 34g fat



**Low carb fried chicken**

8 oz- 468 cal



**Sugar snap peas**

41 cal

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## Nut and Seed Products

- sunflower kernels  
1 1/3 oz (38g)
- roasted cashews  
3/4 cup, halves and whole (103g)
- pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)

## Fruits and Fruit Juices

- grapes  
2 2/3 cup (245g)
- lemon juice  
3/8 fl oz (13mL)
- canned pineapple  
3/4 cup, chunks (136g)

## Vegetables and Vegetable Products

- tomatoes  
10 medium whole (2-3/5" dia) (1213g)
- frozen sugar snap peas  
4 cup (576g)
- raw celery  
1/3 bunch (174g)
- romaine lettuce  
4 leaf outer (112g)
- onion  
2 tbsp minced (30g)
- cucumber  
1/4 cucumber (8-1/4") (75g)
- garlic  
1/2 clove (2g)
- fresh spinach  
4 cup(s) (120g)

## Spices and Herbs

- black pepper  
1 1/4 g (1g)
- salt  
3 g (3g)
- lemon pepper  
1/2 tbsp (3g)
- cajun seasoning  
1/4 tbsp (1g)

## Fats and Oils

- olive oil  
1 1/2 oz (46mL)

## Poultry Products

- boneless skinless chicken breast, raw  
3 lbs (1290g)

## Baked Products

- bread  
4 slice (128g)

## Dairy and Egg Products

- eggs  
8 1/4 medium (364g)
- cheese  
6 1/2 oz (184g)
- low fat cottage cheese (1% milkfat)  
3 1/4 cup (735g)

## Legumes and Legume Products

- peanut butter  
3 tbsp (48g)
- lentils, raw  
4 tbsp (48g)

## Finfish and Shellfish Products

- canned salmon  
2 5oz can(s) (undrained) (284g)

## Other

- chicken bone broth  
1/2 cup(s) (mL)
- rotisserie chicken, cooked  
6 oz (170g)
- Italian pork sausage, raw  
2 link (215g)
- Chicken, drumsticks, with skin  
1 lbs (454g)
- pork rinds  
1/2 oz (14g)
- ranch dressing mix  
1/2 packet (1 oz) (14g)

## Cereal Grains and Pasta

- long-grain white rice  
4 tbsp (46g)

## Sausages and Luncheon Meats

- oil  
1 1/2 oz (47mL)
- mayonnaise  
4 oz (120mL)
- ranch dressing  
4 tbsp (60mL)

- ham cold cuts  
2 slice (46g)

### **Sweets**

- Chocolate, dark, 70-85%  
6 square(s) (60g)

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

- hot sauce  
1 tbsp (15mL)

### **Beverages**

- water  
1 cup(s) (239mL)
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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.

### Celery and peanut butter

109 cal ● 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 3 meals:

**raw celery**  
3 stalk, medium (7-1/2" - 8" long)  
(120g)  
**peanut butter**  
3 tbsp (48g)

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

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### 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.

### Dark chocolate

3 square(s) - 180 cal ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

#### Chocolate, dark, 70-85%

3 square(s) (30g)

For all 2 meals:

#### Chocolate, dark, 70-85%

6 square(s) (60g)

1. This recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### 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.

## High protein scrambled eggs



99 cal ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**low fat cottage cheese (1% milkfat)**  
2 tbsp (28g)  
**eggs**  
1 large (50g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**eggs**  
2 large (100g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

## Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp, halves and whole (34g)

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

Eat on day 1, day 2

### Chicken salad sandwich

1 sandwich(es) - 480 cal ● 28g protein ● 29g fat ● 24g carbs ● 4g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**raw celery, chopped**  
1/4 stalk, medium (7-1/2" - 8" long)  
(10g)  
**black pepper**  
1 dash, ground (0g)  
**lemon juice**  
1/4 tbsp (4mL)  
**mayonnaise**  
2 tbsp (30mL)  
**bread**  
2 slice (64g)  
**boneless skinless chicken breast, raw**  
1/2 piece (85g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**raw celery, chopped**  
1/2 stalk, medium (7-1/2" - 8" long)  
(20g)  
**black pepper**  
2 dash, ground (1g)  
**lemon juice**  
1/2 tbsp (8mL)  
**mayonnaise**  
4 tbsp (60mL)  
**bread**  
4 slice (128g)  
**boneless skinless chicken breast, raw**  
1 piece (170g)

1. Preheat oven to 450 F (230 C).
2. Brush the chicken with oil on each side and place on baking sheet.
3. Bake for 10-15 mins on each side or until chicken is done.
4. Let chicken cool and then chop into bite-sized pieces.
5. Mix all ingredients besides bread and oil together in a bowl.
6. For each sandwich, spread mixture evenly over a slice of bread and top with another slice.

### Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Salmon salad lettuce wrap

315 cal ● 23g protein ● 23g fat ● 2g carbs ● 2g fiber



For single meal:

**romaine lettuce**  
2 leaf outer (56g)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**canned salmon**  
1 5oz can(s) (undrained) (142g)  
**mayonnaise**  
2 tbsp (30mL)  
**raw celery, diced**  
1 stalk, small (5" long) (17g)  
**onion**  
1 tbsp minced (15g)

For all 2 meals:

**romaine lettuce**  
4 leaf outer (112g)  
**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**canned salmon**  
2 5oz can(s) (undrained) (284g)  
**mayonnaise**  
4 tbsp (60mL)  
**raw celery, diced**  
2 stalk, small (5" long) (34g)  
**onion**  
2 tbsp minced (30g)

1. Drain salmon and discard any liquid.
2. Combine salmon with all other ingredients, besides the romaine, in a small bowl. Mix well.
3. Take salmon mixture and place in a line down the length of each romaine leaf, close to the edge.
4. Roll up to create the wrap.
5. Serve.

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### Cheese

2 1/2 oz - 286 cal ● 16g protein ● 24g fat ● 2g carbs ● 0g fiber



For single meal:

**cheese**  
2 1/2 oz (71g)

For all 2 meals:

**cheese**  
5 oz (142g)

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

Eat on day 5

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### Simple sauteed spinach

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



**garlic, diced**

1/2 clove (2g)

**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**olive oil**

1/2 tbsp (8mL)

**fresh spinach**

4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

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### 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.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Ranch chicken

8 oz - 461 cal ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

**ranch dressing mix**  
1/4 packet (1 oz) (7g)  
**oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**ranch dressing**  
2 tbsp (30mL)

For all 2 meals:

**ranch dressing mix**  
1/2 packet (1 oz) (14g)  
**oil**  
1 tbsp (15mL)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**ranch dressing**  
4 tbsp (60mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

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### Lentils

87 cal ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

**salt**  
1/4 dash (0g)  
**water**  
1/2 cup(s) (120mL)  
**lentils, raw, rinsed**  
2 tbsp (24g)

For all 2 meals:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (239mL)  
**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.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

2/3 oz (19g)

For all 2 meals:

**sunflower kernels**

1 1/3 oz (38g)

1. This recipe has no instructions.
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### Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

**grapes**

1 1/3 cup (123g)

For all 2 meals:

**grapes**

2 2/3 cup (245g)

1. This recipe has no instructions.
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### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**

9 cherry tomatoes (153g)

For all 2 meals:

**tomatoes**

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**

2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.
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### 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 2 meals:

**ham cold cuts**

2 slice (46g)

**cheese**

6 tbsp, shredded (42g)

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.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Cottage cheese and pineapple

186 cal ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**

1 cup (226g)

**canned pineapple, drained**

4 tbsp, chunks (45g)

For all 3 meals:

**low fat cottage cheese (1% milkfat)**

3 cup (678g)

**canned pineapple, drained**

3/4 cup, chunks (136g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Olive oil drizzled sugar snap peas

163 cal ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



For single meal:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen sugar snap peas**

1 1/3 cup (192g)

**olive oil**

2 tsp (10mL)

For all 2 meals:

**black pepper**

2 dash (0g)

**salt**

2 dash (1g)

**frozen sugar snap peas**

2 2/3 cup (384g)

**olive oil**

4 tsp (20mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Basic chicken breast

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





For single meal:

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

For all 2 meals:

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

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

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## Dinner 2 [↗](#)

Eat on day 3

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### Bone both rice

184 cals ● 8g protein ● 1g fat ● 36g carbs ● 1g fiber



**chicken bone broth**  
1/2 cup(s) (mL)  
**long-grain white rice**  
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring bone broth to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. Do not lift lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
6. Remove from heat and fluff with fork, season with salt and pepper to taste, and serve.

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### Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



Makes 8 oz

**lemon pepper**

1/2 tbsp (3g)

**olive oil**

1/4 tbsp (4mL)

**boneless skinless chicken breast,  
raw**

1/2 lbs (224g)

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.
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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### 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.

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### Rotisserie chicken & tomato salad

257 cal ● 20g protein ● 18g fat ● 3g carbs ● 1g fiber



For single meal:

**lemon juice**

1/2 tsp (3mL)

**olive oil**

1/2 tbsp (8mL)

**cucumber, sliced**

1/8 cucumber (8-1/4") (38g)

**tomatoes, cut into wedges**

1/4 large whole (3" dia) (46g)

**rotisserie chicken, cooked**

3 oz (85g)

For all 2 meals:

**lemon juice**

1 tsp (5mL)

**olive oil**

1 tbsp (15mL)

**cucumber, sliced**

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

**tomatoes, cut into wedges**

1/2 large whole (3" dia) (91g)

**rotisserie chicken, cooked**

6 oz (170g)

1. Transfer chicken meat into a bowl and shred with two forks.
  2. Arrange chicken with tomatoes and cucumber.
  3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Low carb fried chicken

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



For single meal:

**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)

For all 2 meals:

**Chicken, drumsticks, with skin**

1 lbs (454g)

**pork rinds, crushed**

1/2 oz (14g)

**cajun seasoning**

1/4 tbsp (1g)

**hot sauce**

1 tbsp (15mL)

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.

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### Sugar snap peas

41 cal ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

**frozen sugar snap peas**

2/3 cup (96g)

For all 2 meals:

**frozen sugar snap peas**

1 1/3 cup (192g)

1. Prepare according to instructions on package.
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