

Meal Plan - Meal plan with under 95g 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

1495 cals ● 94g protein (25%) ● 76g fat (46%) ● 81g carbs (22%) ● 28g fiber (7%)

Breakfast

305 cals, 18g protein, 22g net carbs, 12g fat



[Strawberry banana protein smoothie](#)
1/2 smoothie(s)- 194 cals



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

Snacks

180 cals, 9g protein, 15g net carbs, 8g fat



[Toast with butter](#)
1/2 slice(s)- 57 cals



[String cheese](#)
1 stick(s)- 83 cals



[Clementine](#)
1 clementine(s)- 39 cals

Lunch

520 cals, 31g protein, 36g net carbs, 24g fat



[Simple mixed greens and tomato salad](#)
151 cals



[Avocado tuna salad sandwich](#)
1 sandwich(es)- 370 cals

Dinner

490 cals, 35g protein, 8g net carbs, 32g fat



[Avocado tuna salad](#)
327 cals



[Mixed nuts](#)
1/6 cup(s)- 163 cals

Day 2

1535 cals ● 96g protein (25%) ● 84g fat (49%) ● 77g carbs (20%) ● 23g fiber (6%)

Breakfast

305 cals, 18g protein, 22g net carbs, 12g fat



[Strawberry banana protein smoothie](#)
1/2 smoothie(s)- 194 cals



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

Snacks

180 cals, 9g protein, 15g net carbs, 8g fat



[Toast with butter](#)
1/2 slice(s)- 57 cals



[String cheese](#)
1 stick(s)- 83 cals



[Clementine](#)
1 clementine(s)- 39 cals

Lunch

560 cals, 33g protein, 31g net carbs, 32g fat



[Banana](#)
1 banana(s)- 117 cals



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

Dinner

490 cals, 35g protein, 8g net carbs, 32g fat



[Avocado tuna salad](#)
327 cals



[Mixed nuts](#)
1/6 cup(s)- 163 cals

Day 3

1570 cals ● 105g protein (27%) ● 79g fat (45%) ● 84g carbs (21%) ● 26g fiber (7%)

Breakfast

305 cals, 18g protein, 22g net carbs, 12g fat



Strawberry banana protein smoothie
1/2 smoothie(s)- 194 cals



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

Snacks

180 cals, 9g protein, 15g net carbs, 8g fat



Toast with butter
1/2 slice(s)- 57 cals



String cheese
1 stick(s)- 83 cals



Clementine
1 clementine(s)- 39 cals

Lunch

560 cals, 33g protein, 31g net carbs, 32g fat



Banana
1 banana(s)- 117 cals



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

Dinner

525 cals, 45g protein, 15g net carbs, 27g fat



Simple mixed greens and tomato salad
76 cals



Pepper strips and guacamole (keto)
150 cals



Baked chicken with tomatoes & olives
6 oz- 300 cals

Day 4

1463 cals ● 121g protein (33%) ● 78g fat (48%) ● 40g carbs (11%) ● 30g fiber (8%)

Breakfast

240 cals, 9g protein, 17g net carbs, 12g fat



Hardboiled egg and avocado bowl
160 cals



Clementine
2 clementine(s)- 78 cals

Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



Pumpkin seeds
183 cals

Lunch

515 cals, 59g protein, 6g net carbs, 23g fat



Garlic collard greens
199 cals



Basic chicken breast
8 oz- 317 cals

Dinner

525 cals, 45g protein, 15g net carbs, 27g fat



Simple mixed greens and tomato salad
76 cals



Pepper strips and guacamole (keto)
150 cals



Baked chicken with tomatoes & olives
6 oz- 300 cals

Day 5

1442 cals ● 143g protein (40%) ● 70g fat (44%) ● 37g carbs (10%) ● 23g fiber (6%)

Breakfast

240 cals, 9g protein, 17g net carbs, 12g fat



Hardboiled egg and avocado bowl

160 cals



Clementine

2 clementine(s)- 78 cals

Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



Pumpkin seeds

183 cals

Lunch

515 cals, 59g protein, 6g net carbs, 23g fat



Garlic collard greens

199 cals



Basic chicken breast

8 oz- 317 cals

Dinner

505 cals, 66g protein, 12g net carbs, 20g fat



Simple mixed greens and tomato salad

151 cals



Marinated chicken breast

10 oz- 353 cals

Day 6

1503 cals ● 129g protein (34%) ● 85g fat (51%) ● 39g carbs (10%) ● 16g fiber (4%)

Breakfast

325 cals, 18g protein, 16g net carbs, 18g fat



Veggie mason jar omelet

1 jar(s)- 155 cals



Avocado toast

1 slice(s)- 168 cals

Snacks

130 cals, 5g protein, 9g net carbs, 7g fat



Sunflower seeds

90 cals



Clementine

1 clementine(s)- 39 cals

Lunch

545 cals, 40g protein, 3g net carbs, 40g fat



Garlic collard greens

80 cals



Buffalo drumsticks

8 oz- 467 cals

Dinner

505 cals, 66g protein, 12g net carbs, 20g fat



Simple mixed greens and tomato salad

151 cals



Marinated chicken breast

10 oz- 353 cals

Day 7

1510 cals ● 78g protein (21%) ● 105g fat (63%) ● 46g carbs (12%) ● 18g fiber (5%)

Breakfast

325 cals, 18g protein, 16g net carbs, 18g fat



Veggie mason jar omelet
1 jar(s)- 155 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

130 cals, 5g protein, 9g net carbs, 7g fat



Sunflower seeds
90 cals



Clementine
1 clementine(s)- 39 cals

Lunch

545 cals, 40g protein, 3g net carbs, 40g fat



Garlic collard greens
80 cals



Buffalo drumsticks
8 oz- 467 cals

Dinner

510 cals, 15g protein, 18g net carbs, 40g fat



Sausage & apple stuffing
375 cals



Simple mixed greens salad
136 cals

Beverages

- protein powder
1 1/2 scoop (1/3 cup ea) (47g)
- water
3 tbsp (45mL)

Fruits and Fruit Juices

- banana
3 1/2 medium (7" to 7-7/8" long) (413g)
- frozen strawberries
2 1/4 cup, unthawed (335g)
- clementines
9 fruit (666g)
- avocados
2 avocado(s) (402g)
- lime juice
2 tsp (10mL)
- green olives
12 large (53g)
- apples
1/6 medium (3" dia) (30g)

Nut and Seed Products

- almonds
2 1/2 oz (72g)
- mixed nuts
6 tbsp (50g)
- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- sunflower kernels
1 oz (28g)
- pecans
1 tbsp, chopped (6g)

Other

- ice cubes
1 1/2 cup (210g)
- mixed greens
16 1/2 cup (495g)
- italian seasoning
4 dash (2g)
- guacamole, store-bought
1/2 cup (124g)
- Chicken, drumsticks, with skin
1 lbs (454g)

Baked Products

Spices and Herbs

- salt
1/4 oz (8g)
- black pepper
1 1/4 g (1g)
- chili powder
2 tsp (5g)
- fresh basil
12 leaves (6g)

Vegetables and Vegetable Products

- onion
1 3/4 medium (2-1/2" dia) (190g)
- tomatoes
4 1/2 medium whole (2-3/5" dia) (570g)
- bell pepper
3 large (469g)
- romaine lettuce
4 leaf inner (24g)
- collard greens
1 3/4 lbs (794g)
- garlic
5 1/4 clove(s) (16g)

Finfish and Shellfish Products

- canned tuna
2 can (344g)

Fats and Oils

- salad dressing
1 cup (225mL)
- oil
2 1/4 oz (68mL)
- olive oil
2 tsp (10mL)
- marinade sauce
10 tbsp (151mL)

Beef Products

- sirloin steak, raw
1/2 lbs (227g)

Poultry Products

- boneless skinless chicken breast, raw
3 lbs (1348g)

- bread
5 1/2 slice (176g)
- corn bread stuffing, seasoned
1 oz (28g)

Dairy and Egg Products

- butter
1/2 tbsp (7g)
 - string cheese
3 stick (84g)
 - provolone cheese
2 slice(s) (56g)
 - eggs
6 large (300g)
-

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
2 3/4 tbsp (41mL)
- chicken broth
1/4 cup(s) (mL)

Sausages and Luncheon Meats

- pork sausage, raw
2 3/4 oz (76g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cals ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

protein powder
1/2 scoop (1/3 cup ea) (16g)
banana, frozen, peeled and sliced
1/2 medium (7" to 7-7/8" long) (59g)
frozen strawberries
3/4 cup, unthawed (112g)
almonds
5 almond (6g)
water
1 tbsp (15mL)
ice cubes
1/2 cup (70g)

For all 3 meals:

protein powder
1 1/2 scoop (1/3 cup ea) (47g)
banana, frozen, peeled and sliced
1 1/2 medium (7" to 7-7/8" long) (177g)
frozen strawberries
2 1/4 cup, unthawed (335g)
almonds
15 almond (18g)
water
3 tbsp (45mL)
ice cubes
1 1/2 cup (210g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 3 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Hardboiled egg and avocado bowl

160 cal ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

eggs
1 large (50g)
avocados, chopped
1/4 avocado(s) (50g)
onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)

For all 2 meals:

eggs
2 large (100g)
avocados, chopped
1/2 avocado(s) (101g)
onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
salt
1 dash (0g)
black pepper
1 dash (0g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Clementine

2 clementine(s) - 78 cal ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

clementines
2 fruit (148g)

For all 2 meals:

clementines
4 fruit (296g)

1. This recipe has no instructions.
-

Breakfast 3 [↗](#)

Eat on day 6, day 7

Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

onion, diced
1/4 small (18g)
bell pepper, chopped
1/2 small (37g)
eggs
2 large (100g)

For all 2 meals:

onion, diced
1/2 small (35g)
bell pepper, chopped
1 small (74g)
eggs
4 large (200g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Toast the bread.
 2. Top with ripe avocado and use a fork to smash.
-

Lunch 1 [↗](#)

Eat on day 1

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



Makes 1 sandwich(es)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

lime juice

1/2 tsp (3mL)

avocados

1/4 avocado(s) (50g)

canned tuna, drained

1/2 can (86g)

bread

2 slice (64g)

onion, minced

1/8 small (9g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Philly cheesesteak lettuce wrap

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



For single meal:

oil
2 tsp (10mL)
italian seasoning
2 dash (1g)
provone 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)

For all 2 meals:

oil
4 tsp (20mL)
italian seasoning
4 dash (2g)
provone cheese
2 slice(s) (56g)
onion, sliced
1 medium (2-1/2" dia) (110g)
bell pepper, cut into strips
2 small (148g)
sirloin steak, raw, cut into strips
1/2 lbs (227g)
romaine lettuce
4 leaf inner (24g)

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.

Lunch 3 [↗](#)

Eat on day 4, day 5

Garlic collard greens

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



For single meal:

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

For all 2 meals:

collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
garlic, minced
3 3/4 clove(s) (11g)
salt
1/3 tsp (2g)

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.

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.

Lunch 4 [↗](#)

Eat on day 6, day 7

Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
garlic, minced
3/4 clove(s) (2g)
salt
1/2 dash (0g)

For all 2 meals:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 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.

Buffalo drumsticks

8 oz - 467 cals ● 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.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Toast with butter

1/2 slice(s) - 57 cal ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

bread

1/2 slice (16g)

butter

4 dash (2g)

For all 3 meals:

bread

1 1/2 slice (48g)

butter

1/2 tbsp (7g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

String cheese

1 stick(s) - 83 cal ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. This recipe has no instructions.

Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 3 meals:

clementines
3 fruit (222g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Sunflower seeds

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



For single meal:

sunflower kernels

1/2 oz (14g)

For all 2 meals:

sunflower kernels

1 oz (28g)

1. This recipe has no instructions.
-

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

1. This recipe has no instructions.
-

Dinner 1 [↗](#)

Eat on day 1, day 2

Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



For single meal:

avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
mixed greens
3/4 cup (23g)
onion, minced
1/6 small (13g)
canned tuna
3/4 can (129g)
tomatoes
3 tbsp, chopped (34g)

For all 2 meals:

avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
mixed greens
1 1/2 cup (45g)
onion, minced
3/8 small (26g)
canned tuna
1 1/2 can (258g)
tomatoes
6 tbsp, chopped (68g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

mixed nuts
3 tbsp (25g)

For all 2 meals:

mixed nuts
6 tbsp (50g)

1. This recipe has no instructions.
-

Dinner 2 [↗](#)

Eat on day 3, day 4

Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Pepper strips and guacamole (keto)

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



For single meal:

bell pepper, sliced
1 medium (119g)
guacamole, store-bought
4 tbsp (62g)

For all 2 meals:

bell pepper, sliced
2 medium (238g)
guacamole, store-bought
1/2 cup (124g)

1. Slice the peppers and remove the seeds.
2. Spread the guacamole over the sliced peppers or just use them to dip into it.

Baked chicken with tomatoes & olives

6 oz - 300 cal ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)
olive oil
1 tsp (5mL)
salt
2 dash (2g)
green olives
6 large (26g)
black pepper
2 dash (0g)
chili powder
1 tsp (3g)
boneless skinless chicken breast, raw
6 oz (170g)
fresh basil, shredded
6 leaves (3g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
green olives
12 large (53g)
black pepper
4 dash (0g)
chili powder
2 tsp (5g)
boneless skinless chicken breast, raw
3/4 lbs (340g)
fresh basil, shredded
12 leaves (6g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Dinner 3 [↗](#)

Eat on day 5, day 6

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Marinated chicken breast

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



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
marinade sauce
5 tbsp (75mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
marinade sauce
10 tbsp (150mL)

1. Place the chicken in a ziploc bag with the marinade and mash 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.

Dinner 4 [↗](#)

Eat on day 7

Sausage & apple stuffing

375 cals ● 13g protein ● 31g fat ● 10g carbs ● 2g fiber

**pecans**

2 2/3 tsp, chopped (6g)

pork sausage, raw

2 2/3 oz (76g)

apples, coarsely chopped

1/6 medium (3" dia) (30g)

chicken broth

1/4 cup(s) (mL)

corn bread stuffing, seasoned

1 oz (28g)

1. Place pecans in a small skillet and cook them over medium heat for a minute or two until lightly toasted, stirring frequently. Set aside.
2. Place sausage (if sausage is in casings, discard the casings and only cook the meat, breaking it apart) in a large skillet and cook over high heat for about 10 minutes, until no longer pink. Pour off any liquid.
3. In a saucepan, add the chicken broth, apple, and seasoning packet from the stuffing (if there is one) and bring to a boil.
4. Remove broth from heat and stir in the stuffing mix. Cover and let stand 3-5 minutes.
5. Stir sausage into stuffing.
6. When serving, top with the toasted pecans.

Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber

**mixed greens**

3 cup (90g)

salad dressing

3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.
-