

# Meal Plan - Meal plan with under 100g 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

1505 cals ● 85g protein (23%) ● 87g fat (52%) ● 81g carbs (21%) ● 15g fiber (4%)

### Breakfast

260 cals, 14g protein, 4g net carbs, 19g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Egg in an eggplant](#)

241 cals

### Snacks

265 cals, 11g protein, 24g net carbs, 12g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

### Lunch

540 cals, 36g protein, 18g net carbs, 34g fat



[Simple salmon](#)

6 oz- 385 cals



[Sweet potato medallions](#)

1/2 sweet potato- 155 cals

### Dinner

440 cals, 24g protein, 35g net carbs, 21g fat



[Sauteed garlic & herb tomatoes](#)

127 cals



[Turkey burgers](#)

1 burger(s)- 313 cals

## Day 2

1495 cals ● 88g protein (24%) ● 87g fat (52%) ● 73g carbs (20%) ● 17g fiber (5%)

### Breakfast

260 cals, 14g protein, 4g net carbs, 19g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Egg in an eggplant](#)

241 cals

### Snacks

265 cals, 11g protein, 24g net carbs, 12g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

### Lunch

540 cals, 36g protein, 18g net carbs, 34g fat



[Simple salmon](#)

6 oz- 385 cals



[Sweet potato medallions](#)

1/2 sweet potato- 155 cals

### Dinner

430 cals, 27g protein, 28g net carbs, 22g fat



[Baked chicken with tomatoes & olives](#)

3 oz- 150 cals



[Simple mixed greens salad](#)

203 cals



[Dinner roll](#)

1 roll- 77 cals

## Day 3

1431 cals ● 69g protein (19%) ● 83g fat (52%) ● 84g carbs (24%) ● 18g fiber (5%)

### Breakfast

260 cals, 14g protein, 4g net carbs, 19g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Egg in an eggplant

241 cals

### Snacks

185 cals, 6g protein, 16g net carbs, 10g fat



#### Rice cake

2 cake(s)- 69 cals



#### Roasted peanuts

1/8 cup(s)- 115 cals

### Lunch

555 cals, 23g protein, 36g net carbs, 33g fat



#### Grapefruit

1/2 grapefruit- 59 cals



#### Grilled cheese sandwich

1 sandwich(es)- 495 cals

### Dinner

430 cals, 27g protein, 28g net carbs, 22g fat



#### Baked chicken with tomatoes & olives

3 oz- 150 cals



#### Simple mixed greens salad

203 cals



#### Dinner roll

1 roll- 77 cals

## Day 4

1462 cals ● 75g protein (20%) ● 80g fat (49%) ● 96g carbs (26%) ● 15g fiber (4%)

### Breakfast

220 cals, 12g protein, 16g net carbs, 11g fat



#### Clementine

2 clementine(s)- 78 cals



#### Basic scrambled eggs

2 egg(s)- 142 cals

### Snacks

185 cals, 6g protein, 16g net carbs, 10g fat



#### Rice cake

2 cake(s)- 69 cals



#### Roasted peanuts

1/8 cup(s)- 115 cals

### Lunch

475 cals, 23g protein, 56g net carbs, 16g fat



#### BLT pasta

319 cals



#### Dinner roll

2 roll- 154 cals

### Dinner

585 cals, 33g protein, 8g net carbs, 43g fat



#### Cheese

2 oz- 229 cals



#### Ham tacos

3 ham taco(s)- 356 cals

## Day 5

1518 cals ● 119g protein (31%) ● 65g fat (38%) ● 98g carbs (26%) ● 16g fiber (4%)

### Breakfast

220 cals, 12g protein, 16g net carbs, 11g fat



[Clementine](#)

2 clementine(s)- 78 cals



[Basic scrambled eggs](#)

2 egg(s)- 142 cals

### Snacks

185 cals, 6g protein, 16g net carbs, 10g fat



[Rice cake](#)

2 cake(s)- 69 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

### Lunch

545 cals, 40g protein, 34g net carbs, 24g fat



[Lentils](#)

231 cals



[Buffalo drumsticks](#)

5 1/3 oz- 311 cals

### Dinner

570 cals, 61g protein, 32g net carbs, 20g fat



[Roasted almonds](#)

1/8 cup(s)- 111 cals



[Grilled chicken sandwich](#)

1 sandwich(es)- 460 cals

## Day 6

1528 cals ● 119g protein (31%) ● 69g fat (40%) ● 89g carbs (23%) ● 20g fiber (5%)

### Breakfast

255 cals, 24g protein, 10g net carbs, 12g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

### Snacks

175 cals, 6g protein, 15g net carbs, 6g fat



[Blackberries](#)

1/2 cup(s)- 35 cals



[Roasted chickpeas](#)

1/4 cup- 138 cals

### Lunch

530 cals, 27g protein, 32g net carbs, 30g fat



[Sunflower seeds](#)

180 cals



[Turkey, avocado bagel sandwich](#)

1/2 sandwich(es)- 350 cals

### Dinner

570 cals, 61g protein, 32g net carbs, 20g fat



[Roasted almonds](#)

1/8 cup(s)- 111 cals



[Grilled chicken sandwich](#)

1 sandwich(es)- 460 cals

## Day 7

1481 cals ● 100g protein (27%) ● 78g fat (47%) ● 70g carbs (19%) ● 26g fiber (7%)

### Breakfast

255 cals, 24g protein, 10g net carbs, 12g fat



[Protein greek yogurt](#)  
1 container- 139 cals



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals

### Snacks

175 cals, 6g protein, 15g net carbs, 6g fat



[Blackberries](#)  
1/2 cup(s)- 35 cals



[Roasted chickpeas](#)  
1/4 cup- 138 cals

### Lunch

530 cals, 27g protein, 32g net carbs, 30g fat



[Sunflower seeds](#)  
180 cals



[Turkey, avocado bagel sandwich](#)  
1/2 sandwich(es)- 350 cals

### Dinner

525 cals, 42g protein, 13g net carbs, 29g fat



[Simple mixed greens salad](#)  
68 cals



[Avocado tuna salad stuffed pepper](#)  
2 half pepper(s)- 456 cals

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## Fruits and Fruit Juices

- ☐ Grapefruit  
1 1/2 large (approx 4-1/2" dia) (498g)
- ☐ green olives  
6 large (26g)
- ☐ clementines  
4 fruit (296g)
- ☐ blackberries  
1 cup (144g)
- ☐ avocados  
3/4 avocado(s) (151g)
- ☐ lime juice  
1 tsp (5mL)

## Snacks

- ☐ high-protein granola bar  
2 bar (80g)
- ☐ rice cakes, any flavor  
6 cake (54g)

## Spices and Herbs

- ☐ black pepper  
1 1/2 g (1g)
- ☐ salt  
1/6 oz (6g)
- ☐ chili powder  
1 tsp (3g)
- ☐ fresh basil  
6 leaves (3g)
- ☐ dijon mustard  
1 tbsp (15g)

## Fats and Oils

- ☐ olive oil  
1/2 oz (16mL)
- ☐ cooking spray  
1 spray(s) , about 1/3 second each (0g)
- ☐ oil  
2 oz (66mL)
- ☐ salad dressing  
2/3 cup (158mL)
- ☐ mayonnaise  
1 tbsp (15mL)

## Vegetables and Vegetable Products

- ☐ garlic  
1/2 clove(s) (2g)

## Baked Products

- ☐ hamburger buns  
1 bun(s) (51g)
- ☐ Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- ☐ bread  
2 slice (64g)
- ☐ kaiser rolls  
2 roll (3-1/2" dia) (114g)
- ☐ bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)

## Soups, Sauces, and Gravies

- ☐ worcestershire sauce  
1/2 tbsp (8mL)
- ☐ salsa  
3 tbsp (54g)
- ☐ Frank's Red Hot sauce  
1 tbsp (14mL)

## Poultry Products

- ☐ ground turkey, raw  
4 oz (113g)
- ☐ boneless skinless chicken breast, raw  
1 1/2 lbs (624g)

## Finfish and Shellfish Products

- ☐ salmon  
3/4 lbs (340g)
- ☐ canned tuna  
1 can (172g)

## Dairy and Egg Products

- ☐ eggs  
11 medium (476g)
- ☐ butter  
1 tbsp (14g)
- ☐ sliced cheese  
2 slice (1 oz) (56g)
- ☐ cheese  
1/4 lbs (106g)
- ☐ romano cheese  
5 g (5g)

## Legumes and Legume Products

- ☐ tomatoes  
6 medium whole (2-3/5" dia) (737g)
- ☐ ketchup  
1/2 tbsp (9g)
- ☐ onion  
1/4 medium (2-1/2" dia) (31g)
- ☐ sweet potatoes  
1 sweetpotato, 5" long (210g)
- ☐ eggplant  
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ fresh spinach  
1/6 6oz package (28g)
- ☐ bell pepper  
1 large (164g)

## Other

- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ mixed greens  
11 1/4 cup (338g)
- ☐ guacamole, store-bought  
6 tbsp (93g)
- ☐ Chicken, drumsticks, with skin  
1/3 lbs (151g)
- ☐ Roasted chickpeas  
1/2 cup (57g)
- ☐ protein greek yogurt, flavored  
2 container (300g)

- ☐ roasted peanuts  
10 tbsp (91g)
- ☐ lentils, raw  
1/3 cup (64g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
3 slice (69g)
- ☐ turkey cold cuts  
4 oz (113g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
1 1/3 oz (38g)

## Pork Products

- ☐ bacon, raw  
1 slice(s) (28g)

## Nut and Seed Products

- ☐ almonds  
4 tbsp, whole (36g)
- ☐ sunflower kernels  
2 oz (57g)

## Beverages

- ☐ water  
1 1/3 cup(s) (315mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### 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 3 meals:

#### tomatoes

18 cherry tomatoes (306g)

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

### Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

#### eggs

2 large (100g)

#### eggplant

2 1 inch (2.5 cm) slice(s) (120g)

#### oil

2 tsp (10mL)

For all 3 meals:

#### eggs

6 large (300g)

#### eggplant

6 1 inch (2.5 cm) slice(s) (360g)

#### oil

2 tbsp (30mL)

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

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### 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.

### 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 2 meals:

#### **oil**

1 tsp (5mL)

#### **eggs**

4 medium (176g)

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.



Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 2 meals:

**protein greek yogurt, flavored**  
2 container (300g)

- 1. Enjoy.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

- 1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Simple salmon

6 oz - 385 cals ● 35g protein ● 27g fat ● 0g carbs ● 0g fiber



For single meal:

**salmon**

6 oz (170g)

**oil**

1 tsp (5mL)

For all 2 meals:

**salmon**

3/4 lbs (340g)

**oil**

2 tsp (10mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

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### Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

**sweet potatoes, sliced**

1/2 sweetpotato, 5" long (105g)

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**sweet potatoes, sliced**

1 sweetpotato, 5" long (210g)

**oil**

1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
  2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
  3. Spread sweet potatoes evenly over the baking sheet.
  4. Cook in the oven for about 30 minutes until golden.
  5. Remove from oven and serve.
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## Lunch 2 [↗](#)

Eat on day 3

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### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1/2 grapefruit

#### **Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

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### Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



Makes 1 sandwich(es)

#### **bread**

2 slice (64g)

#### **butter**

1 tbsp (14g)

#### **sliced cheese**

2 slice (1 oz) (56g)

1. Preheat skillet to medium-low.
  2. Spread butter on one side of one slice of bread.
  3. Place bread on skillet, butter-side down and top with cheese.
  4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
  5. Grill until lightly browned and then flip. Continue until cheese is melted.
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## Lunch 3 [🔗](#)

Eat on day 4

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### BLT pasta

319 cals ● 18g protein ● 13g fat ● 30g carbs ● 2g fiber



#### uncooked dry pasta

1 1/3 oz (38g)

#### salt

1/3 dash (0g)

#### fresh spinach

1/6 6oz package (28g)

#### black pepper

2/3 dash, ground (0g)

#### romano cheese

1/6 oz (5g)

#### bacon, raw

1 slice(s) (28g)

#### tomatoes, halved

1/3 cup cherry tomatoes (50g)

1. Cook pasta according to package directions. Drain.
2. Heat a large nonstick skillet over medium-high heat. Add bacon; cook 6 minutes or until crisp. Remove bacon from pan; once cool enough to handle, crumble.
3. Add tomatoes and salt to drippings in pan; cook 3 minutes or until tomatoes are tender, stirring occasionally.
4. Add spinach and pasta to pan; cook 1 minute or just until spinach begins to wilt, stirring occasionally.
5. Sprinkle pasta with bacon, pepper, and cheese.
6. Serve.

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### Dinner roll

2 roll - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll

#### Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.
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## Lunch 4 [↗](#)

Eat on day 5

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### Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



#### salt

2/3 dash (0g)

#### water

1 1/3 cup(s) (316mL)

#### lentils, raw, rinsed

1/3 cup (64g)

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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### Buffalo drumsticks

5 1/3 oz - 311 cal ● 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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## Lunch 5 [🔗](#)

Eat on day 6, day 7

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### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

1 oz (28g)

For all 2 meals:

**sunflower kernels**

2 oz (57g)

1. This recipe has no instructions.

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### Turkey, avocado bagel sandwich

1/2 sandwich(es) - 350 cals ● 19g protein ● 16g fat ● 30g carbs ● 3g fiber



For single meal:

**tomatoes**

1 slice, medium (1/4" thick) (20g)

**mixed greens**

2 tbsp (4g)

**mayonnaise**

1/2 tbsp (8mL)

**turkey cold cuts**

2 oz (57g)

**avocados, sliced**

1/8 avocado(s) (25g)

**cheese**

1/2 slice (1 oz each) (14g)

**bagel**

1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

For all 2 meals:

**tomatoes**

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

**mixed greens**

4 tbsp (8g)

**mayonnaise**

1 tbsp (15mL)

**turkey cold cuts**

4 oz (113g)

**avocados, sliced**

1/4 avocado(s) (50g)

**cheese**

1 slice (1 oz each) (28g)

**bagel**

1 medium bagel (3-1/2" to 4" dia)  
(105g)

1. Build the sandwich to your liking.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

#### **Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

#### **Grapefruit**

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

#### **high-protein granola bar**

1 bar (40g)

For all 2 meals:

#### **high-protein granola bar**

2 bar (80g)

1. This recipe has no instructions.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Rice cake

2 cake(s) - 69 cals ● 2g protein ● 1g fat ● 14g carbs ● 1g fiber



For single meal:

#### **rice cakes, any flavor**

2 cake (18g)

For all 3 meals:

#### **rice cakes, any flavor**

6 cake (54g)

1. Enjoy.

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### **roasted peanuts**

2 tbsp (18g)

For all 3 meals:

#### **roasted peanuts**

6 tbsp (55g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

#### **blackberries**

1/2 cup (72g)

For all 2 meals:

#### **blackberries**

1 cup (144g)

1. Rinse blackberries and serve.

### Roasted chickpeas



1/4 cup - 138 cals ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

### Roasted chickpeas

4 tbsp (28g)

For all 2 meals:

### Roasted chickpeas

1/2 cup (57g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1

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### Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



#### black pepper

1/2 dash, ground (0g)

#### olive oil

3/4 tbsp (11mL)

#### garlic, minced

1/2 clove(s) (2g)

#### tomatoes

1/2 pint, cherry tomatoes (149g)

#### italian seasoning

1/4 tbsp (3g)

#### salt

2 dash (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

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## Turkey burgers

1 burger(s) - 313 cals ● 23g protein ● 11g fat ● 30g carbs ● 1g fiber



Makes 1 burger(s)

**hamburger buns**

1 bun(s) (51g)

**cooking spray**

1 spray(s) , about 1/3 second each (0g)

**black pepper**

2 dash, ground (1g)

**salt**

1 1/2 dash (1g)

**ketchup**

1/2 tbsp (9g)

**worcestershire sauce**

1/2 tbsp (8mL)

**ground turkey, raw**

4 oz (113g)

**onion, diced**

1/8 medium (2-1/2" dia) (14g)

1. In a bowl, combine the ground turkey, onion, Worcestershire sauce, ketchup, salt, and pepper. Mix thoroughly.
2. Shape the meat mixture into patties, making the number of burgers specified in the recipe servings.
3. Lightly coat a frying pan with cooking spray and heat over medium-high. Once hot, cook the patties for 4-5 minutes on each side until fully cooked.
4. Serve on buns with your choice of condiments.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Baked chicken with tomatoes & olives

3 oz - 150 cals ● 20g protein ● 6g fat ● 2g carbs ● 2g fiber



For single meal:

**tomatoes**

3 cherry tomatoes (51g)

**olive oil**

1/2 tsp (3mL)

**salt**

1 dash (1g)

**green olives**

3 large (13g)

**black pepper**

1 dash (0g)

**chili powder**

4 dash (1g)

**boneless skinless chicken breast, raw**

3 oz (85g)

**fresh basil, shredded**

3 leaves (2g)

For all 2 meals:

**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)

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.

## Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**salad dressing**  
1/2 cup (135mL)

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

## Dinner roll

1 roll - 77 cals ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



For single meal:

**Roll**  
1 pan, dinner, or small roll (2" square, 2" high) (28g)

For all 2 meals:

**Roll**  
2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

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## Dinner 3 [↗](#)

Eat on day 4

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### 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.

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## Ham tacos

3 ham taco(s) - 356 cals ● 20g protein ● 24g fat ● 7g carbs ● 7g fiber



Makes 3 ham taco(s)

**ham cold cuts**

3 slice (69g)

**guacamole, store-bought**

6 tbsp (93g)

**salsa**

3 tbsp (54g)

**cheese**

3 tbsp, shredded (21g)

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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## Dinner 4 [🔗](#)

Eat on day 5, day 6

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### 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 2 meals:

**almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

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### Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber





For single meal:

**oil**  
1/2 tsp (3mL)  
**kaiser rolls**  
1 roll (3-1/2" dia) (57g)  
**dijon mustard**  
1/2 tbsp (8g)  
**mixed greens**  
4 tbsp (8g)  
**tomatoes**  
3 slice(s), thin/small (45g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**kaiser rolls**  
2 roll (3-1/2" dia) (114g)  
**dijon mustard**  
1 tbsp (15g)  
**mixed greens**  
1/2 cup (15g)  
**tomatoes**  
6 slice(s), thin/small (90g)  
**boneless skinless chicken breast, raw**  
1 lbs (454g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

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## Dinner 5 [🔗](#)

Eat on day 7

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

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### Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

**canned tuna, drained**

1 can (172g)

**avocados**

1/2 avocado(s) (101g)

**lime juice**

1 tsp (5mL)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**bell pepper**

1 large (164g)

**onion**

1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
  2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
  3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.
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