

# Meal Plan - 1000 calorie paleo meal plan

[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

1003 cals ● 91g protein (36%) ● 48g fat (43%) ● 36g carbs (15%) ● 15g fiber (6%)

### Breakfast

235 cals, 14g protein, 18g net carbs, 10g fat



[Veggie mason jar omelet](#)  
1 jar(s)- 155 cals



[Clementine](#)  
2 clementine(s)- 78 cals

### Lunch

350 cals, 32g protein, 8g net carbs, 17g fat



[Ham club lettuce wrap](#)  
1 1/2 wrap(s)- 351 cals

### Dinner

420 cals, 44g protein, 10g net carbs, 21g fat



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



[Thai chicken lettuce wraps](#)  
3 lettuce wrap(s)- 377 cals

## Day 2

1059 cals ● 104g protein (39%) ● 50g fat (42%) ● 34g carbs (13%) ● 14g fiber (5%)

### Breakfast

235 cals, 14g protein, 18g net carbs, 10g fat



[Veggie mason jar omelet](#)  
1 jar(s)- 155 cals



[Clementine](#)  
2 clementine(s)- 78 cals

### Lunch

430 cals, 36g protein, 9g net carbs, 24g fat



[Garlic collard greens](#)  
119 cals



[Chipotle honey pork chops](#)  
309 cals

### Dinner

400 cals, 54g protein, 7g net carbs, 16g fat



[One pan roasted chicken & veggies](#)  
398 cals

## Day 3

1043 cals ● 102g protein (39%) ● 45g fat (39%) ● 47g carbs (18%) ● 10g fiber (4%)

### Breakfast

215 cals, 14g protein, 16g net carbs, 10g fat



Clementine

2 clementine(s)- 78 cals



Boiled eggs

2 egg(s)- 139 cals

### Dinner

400 cals, 54g protein, 7g net carbs, 16g fat



One pan roasted chicken & veggies

398 cals

### Lunch

430 cals, 35g protein, 24g net carbs, 20g fat



Basic chicken thighs

6 oz- 255 cals



Sweet potato wedges

174 cals

## Day 4

1015 cals ● 91g protein (36%) ● 48g fat (42%) ● 43g carbs (17%) ● 12g fiber (5%)

### Breakfast

215 cals, 14g protein, 16g net carbs, 10g fat



Clementine

2 clementine(s)- 78 cals



Boiled eggs

2 egg(s)- 139 cals

### Dinner

370 cals, 43g protein, 3g net carbs, 18g fat



Spinach cauliflower mince

1 1/2 cup(s)- 107 cals



Rosemary chicken

6 oz- 262 cals

### Lunch

430 cals, 35g protein, 24g net carbs, 20g fat



Basic chicken thighs

6 oz- 255 cals



Sweet potato wedges

174 cals

## Day 5

1020 cals ● 98g protein (38%) ● 51g fat (45%) ● 29g carbs (11%) ● 14g fiber (6%)

### Breakfast

215 cals, 14g protein, 16g net carbs, 10g fat



**Clementine**

2 clementine(s)- 78 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Dinner

440 cals, 38g protein, 6g net carbs, 26g fat



**Bacon zucchini noodles**

163 cals



**Garlic collard greens**

106 cals



**Broiled tilapia**

4 oz- 170 cals

### Lunch

365 cals, 45g protein, 7g net carbs, 15g fat



**Sunflower seeds**

135 cals



**Bbq pulled chicken & slaw bowl**

229 cals

## Day 6

1034 cals ● 97g protein (37%) ● 59g fat (51%) ● 16g carbs (6%) ● 14g fiber (5%)

### Breakfast

240 cals, 15g protein, 3g net carbs, 18g fat



**Kale & eggs**

189 cals



**Simple sauteed spinach**

50 cals

### Dinner

435 cals, 53g protein, 5g net carbs, 21g fat



**Basic chicken breast**

8 oz- 317 cals



**Simple kale & avocado salad**

115 cals

### Lunch

365 cals, 29g protein, 8g net carbs, 21g fat



**Bacon zucchini noodles**

163 cals



**Garlic collard greens**

106 cals



**Chicken piquant**

94 cals

# Day 7

1034 cals ● 97g protein (37%) ● 59g fat (51%) ● 16g carbs (6%) ● 14g fiber (5%)

## Breakfast

240 cals, 15g protein, 3g net carbs, 18g fat



**Kale & eggs**  
189 cals



**Simple sauteed spinach**  
50 cals

## Dinner

435 cals, 53g protein, 5g net carbs, 21g fat



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



**Simple kale & avocado salad**  
115 cals

## Lunch

365 cals, 29g protein, 8g net carbs, 21g fat



**Bacon zucchini noodles**  
163 cals



**Garlic collard greens**  
106 cals



**Chicken piquant**  
94 cals

## Vegetables and Vegetable Products

- tomatoes  
2 1/2 medium whole (2-3/5" dia) (299g)
- romaine lettuce  
1/8 head (60g)
- serrano pepper  
1/2 pepper(s) (3g)
- fresh ginger  
1/2 inch (2.5cm) cube (3g)
- garlic  
7 1/2 clove(s) (23g)
- onion  
1 1/3 medium (2-1/2" dia) (143g)
- bell pepper  
1 small (74g)
- collard greens  
1 1/2 lbs (624g)
- red bell pepper  
2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)
- zucchini  
2 medium (425g)
- broccoli  
2/3 cup chopped (61g)
- sweet potatoes  
1 1/3 sweetpotato, 5" long (280g)
- fresh spinach  
4 3/4 cup(s) (143g)
- kale leaves  
1/4 lbs (125g)
- sweet pickles  
1 tbsp, chopped (10g)

## Spices and Herbs

- ground coriander  
1 dash (0g)
- dijon mustard  
1/2 oz (16g)
- salt  
11 3/4 g (12g)
- chipotle seasoning  
2 dash (1g)
- oregano, dried  
1 tsp, ground (2g)
- black pepper  
1 tsp, ground (2g)
- rosemary  
1/4 tbsp (1g)
- cajun seasoning  
2 dash (1g)

## Legumes and Legume Products

- soy sauce  
1 tbsp (15mL)

## Fruits and Fruit Juices

- lime juice  
1/2 tbsp (8mL)
- avocados  
7/8 avocado(s) (176g)
- clementines  
10 fruit (740g)
- lemon juice  
1/2 fl oz (16mL)
- lemon  
1/2 small (29g)

## Fats and Oils

- oil  
1/4 lbs (103mL)
- olive oil  
2/3 oz (26mL)

## Poultry Products

- ground chicken, raw  
1/2 lbs (227g)
- boneless skinless chicken breast, raw  
3 lbs (1355g)
- boneless skinless chicken thighs  
3/4 lbs (340g)

## Sausages and Luncheon Meats

- ham cold cuts  
6 oz (170g)

## Dairy and Egg Products

- eggs  
14 large (700g)
- ghee  
1 tsp (5g)

## Beverages

- water  
1/2 tbsp (8mL)

## Sweets

red wine vinegar  
1/2 tbsp (8mL)

capers  
1/2 tbsp, drained (4g)

honey  
1 tsp (7g)

### **Pork Products**

pork loin chops, boneless, raw  
5 oz (142g)

bacon, raw  
3 slice(s) (85g)

### **Other**

frozen riced cauliflower  
1 1/2 cup, frozen (159g)

sugar-free barbecue sauce  
2 tbsp (30g)

coleslaw mix  
1 cup (90g)

diced tomatoes with green chiles  
1/4 can (~10 oz) (70g)

### **Nut and Seed Products**

sunflower kernels  
3/4 oz (21g)

### **Finfish and Shellfish Products**

tilapia, raw  
4 oz (112g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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.

### 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 2 [↗](#)

Eat on day 3, day 4, day 5

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### Clementine

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



For single meal:

#### **clementines**

2 fruit (148g)

For all 3 meals:

#### **clementines**

6 fruit (444g)

1. This recipe has no instructions.
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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 3 meals:

#### **eggs**

6 large (300g)

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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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Kale & eggs

189 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**salt**  
2 dash (1g)  
**eggs**  
4 large (200g)  
**kale leaves**  
1 cup, chopped (40g)  
**oil**  
2 tsp (10mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

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### Simple sauteed spinach

50 cal ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

**garlic, diced**  
1/4 clove (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1/2 dash (0g)  
**olive oil**  
1/4 tbsp (4mL)  
**fresh spinach**  
2 cup(s) (60g)

For all 2 meals:

**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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## Lunch 1 [↗](#)

Eat on day 1

### Ham club lettuce wrap

1 1/2 wrap(s) - 351 cal ● 32g protein ● 17g fat ● 8g carbs ● 8g fiber



Makes 1 1/2 wrap(s)

**dijon mustard**

3/4 tbsp (11g)

**romaine lettuce**

1 1/2 leaf outer (42g)

**ham cold cuts**

6 oz (170g)

**onion**

6 slices, thin (54g)

**avocados, sliced**

3/8 avocado(s) (75g)

**tomatoes**

3 slice(s), thin/small (45g)

1. Spread the dijon on the inside of the lettuce leaf.
2. Place the ham, tomato, onion, and avocado on the mustard.
3. Wrap up the leaf. Serve.

## Lunch 2 [↗](#)

Eat on day 2

### Garlic collard greens

119 cal ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



**collard greens**

6 oz (170g)

**oil**

1 tsp (6mL)

**garlic, minced**

1 clove(s) (3g)

**salt**

3/4 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.

### Chipotle honey pork chops

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



**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)

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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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Basic chicken thighs

6 oz - 255 cal ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**boneless skinless chicken thighs**  
6 oz (170g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken thighs**  
3/4 lbs (340g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

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### Sweet potato wedges

174 cal ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**sweet potatoes, cut into wedges**  
2/3 sweetpotato, 5" long (140g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1 1/3 dash, ground (0g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**sweet potatoes, cut into wedges**  
1 1/3 sweetpotato, 5" long (280g)  
**salt**  
1/4 tsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

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## Lunch 4 [↗](#)

Eat on day 5

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### Sunflower seeds

135 cal ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



**sunflower kernels**  
3/4 oz (21g)

1. This recipe has no instructions.

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### Bbq pulled chicken & slaw bowl

229 cal ● 39g protein ● 5g fat ● 5g carbs ● 2g fiber



**lemon juice**  
1 tsp (5mL)  
**dijon mustard**  
1 tsp (5g)  
**sugar-free barbecue sauce**  
2 tbsp (30g)  
**coleslaw mix**  
1 cup (90g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)

1. Put chicken in a small saucepan and cover with water. Bring to a boil and cook for about 10-15 minutes until chicken is no longer pink inside. Remove chicken from pot and set aside to lightly cool.
2. In a small bowl, mix together the mustard and lemon juice until it forms a sauce-like consistency. Add in the coleslaw mix and toss to coat. Set aside.
3. Use two forks to shred the chicken. Add shredded chicken to a small bowl and coat with barbecue sauce.
4. Add coleslaw to the bbq chicken bowl and serve.

## Lunch 5 [↗](#)

Eat on day 6, day 7

### Bacon zucchini noodles

163 cal ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

**zucchini**  
1/2 medium (98g)  
**bacon, raw**  
1 slice(s) (28g)

For all 2 meals:

**zucchini**  
1 medium (196g)  
**bacon, raw**  
2 slice(s) (57g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

### Garlic collard greens

106 cal ● 5g protein ● 6g fat ● 3g carbs ● 6g fiber



For single meal:

**collard greens**  
1/3 lbs (151g)  
**oil**  
1 tsp (5mL)  
**garlic, minced**  
1 clove(s) (3g)  
**salt**  
2/3 dash (1g)

For all 2 meals:

**collard greens**  
2/3 lbs (303g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
2 clove(s) (6g)  
**salt**  
1 1/3 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.

## Chicken piquant

94 cal ● 13g protein ● 3g fat ● 3g carbs ● 0g fiber



For single meal:

**cajun seasoning**  
1 dash (0g)  
**boneless skinless chicken breast, raw, sliced in half lengthwise**  
2 oz (57g)  
**garlic, crushed**  
1/4 clove(s) (1g)  
**red wine vinegar**  
1/4 tbsp (4mL)  
**olive oil**  
3/8 tsp (2mL)  
**diced tomatoes with green chiles**  
1/8 can (~10 oz) (35g)  
**sweet pickles**  
1/2 tbsp, chopped (5g)  
**capers**  
1/4 tbsp, drained (2g)

For all 2 meals:

**cajun seasoning**  
2 dash (1g)  
**boneless skinless chicken breast, raw, sliced in half lengthwise**  
4 oz (113g)  
**garlic, crushed**  
1/2 clove(s) (2g)  
**red wine vinegar**  
1/2 tbsp (8mL)  
**olive oil**  
1/4 tbsp (4mL)  
**diced tomatoes with green chiles**  
1/4 can (~10 oz) (70g)  
**sweet pickles**  
1 tbsp, chopped (10g)  
**capers**  
1/2 tbsp, drained (4g)

1. Season the chicken with the cajun seasoning.
  2. Heat oil in a skillet over medium-heat. Cook chicken in the hot oil until browned, about 2 minutes per side. Add diced tomatoes with green chile peppers, pickles, vinegar, capers, and garlic to chicken; simmer until chicken is no longer pink in the center, about 10 minutes more. Serve.
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## Dinner 1 [↗](#)

Eat on day 1

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### Cherry tomatoes

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



Makes 12 cherry tomatoes

#### tomatoes

12 cherry tomatoes (204g)

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

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### Thai chicken lettuce wraps

3 lettuce wrap(s) - 377 cal ● 42g protein ● 21g fat ● 4g carbs ● 1g fiber



Makes 3 lettuce wrap(s)

#### romaine lettuce

3 leaf inner (18g)

#### ground coriander

1 dash (0g)

#### soy sauce

1 tbsp (15mL)

#### lime juice

1/2 tbsp (8mL)

#### serrano pepper, chopped

1/2 pepper(s) (3g)

#### fresh ginger, minced

1/2 inch (2.5cm) cube (3g)

#### garlic, minced

1/2 clove (2g)

#### onion, chopped

1/4 small (18g)

#### oil

1/2 tsp (3mL)

#### ground chicken, raw

1/2 lbs (227g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
  2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and fully cooked.
  3. Add in soy sauce and lime juice and stir. Spread chicken mixture evenly over lettuce leaves and serve.
  4. Meal Prep Tip: Store lettuce and chicken mixture separately in the fridge. When ready to eat, reheat the chicken and serve over the fresh lettuce.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

### One pan roasted chicken & veggies

398 cal ● 54g protein ● 16g fat ● 7g carbs ● 3g fiber



For single meal:

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

**oregano, dried**

4 dash, ground (1g)

**red bell pepper, deseeded and sliced**

1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)

**tomatoes**

2 2/3 tbsp cherry tomatoes (25g)

**oil**

2 tsp (10mL)

**onion, sliced**

1/6 medium (2-1/2" dia) (18g)

**zucchini, sliced**

1/3 medium (65g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**broccoli**

1/3 cup chopped (30g)

For all 2 meals:

**boneless skinless chicken breast, raw**

1 lbs (454g)

**oregano, dried**

1 tsp, ground (2g)

**red bell pepper, deseeded and sliced**

2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)

**tomatoes**

1/3 cup cherry tomatoes (50g)

**oil**

4 tsp (20mL)

**onion, sliced**

1/3 medium (2-1/2" dia) (37g)

**zucchini, sliced**

2/3 medium (131g)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

**broccoli**

2/3 cup chopped (61g)

1. Preheat oven to 500°F (260°C).
2. Chop all veggies into large pieces. Chop chicken into small cubes.
3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.

## Dinner 3 [↗](#)

Eat on day 4

### Spinach cauliflower mince

1 1/2 cup(s) - 107 cal ● 5g protein ● 7g fat ● 2g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**oil**

1/2 tbsp (8mL)

**frozen riced cauliflower**

1 1/2 cup, frozen (159g)

**fresh spinach, chopped**

3/4 cup(s) (23g)

**garlic, diced**

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

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.



## Rosemary chicken

6 oz - 262 cal ● 38g protein ● 11g fat ● 1g carbs ● 0g fiber



Makes 6 oz

**boneless skinless chicken breast, raw**

6 oz (170g)

**garlic, minced**

1/2 clove(s) (2g)

**salt**

1/2 dash (0g)

**lemon juice**

1/2 tbsp (8mL)

**olive oil**

1/2 tbsp (8mL)

**rosemary**

1/4 tbsp (1g)

1. In a small bowl, whisk together the oil, lemon juice, garlic, rosemary, and salt.
2. Put chicken in a ziplock bag and add in the oil mixture. Make sure marinade coats all sides of the chicken. Put it in the refrigerator for at least 15 minutes.
3. Grill chicken or cook in frying pan- about 5-7 minutes per side, or until internal temperature reaches 165 F (75 C). Serve.

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## Dinner 4 [↗](#)

Eat on day 5

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### Bacon zucchini noodles

163 cal ● 11g protein ● 12g fat ● 2g carbs ● 1g fiber



**zucchini**

1/2 medium (98g)

**bacon, raw**

1 slice(s) (28g)

1. Use a zoodler or a vegetable peeler with teeth to spiralize the zucchini.
2. Cook the bacon in a skillet over medium heat.
3. Once the bacon is finished, remove it and chop it up. Add the zucchini noodles and saute them in the bacon grease, turning them continuously, until they are soft but not soggy, about 5 minutes. Mix in the bacon bits.
4. Remove from heat and serve.

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### Garlic collard greens

106 cal ● 5g protein ● 6g fat ● 3g carbs ● 6g fiber

**collard greens**

1/3 lbs (151g)

**oil**

1 tsp (5mL)

**garlic, minced**

1 clove(s) (3g)

**salt**

2/3 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.

**Broiled tilapia**

4 oz - 170 cal ● 23g protein ● 9g fat ● 0g carbs ● 0g fiber



Makes 4 oz

**lemon juice**

1/4 tbsp (4mL)

**tilapia, raw**

4 oz (112g)

**olive oil**

1/2 tbsp (8mL)

**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
  2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
  3. Season with salt and pepper.
  4. Arrange fillets in a single layer on prepared pan.
  5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### 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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### Simple kale & avocado salad

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



For single meal:

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

For all 2 meals:

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

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