

Meal Plan - 1400 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

1356 cals ● 106g protein (31%) ● 71g fat (47%) ● 56g carbs (16%) ● 18g fiber (5%)

Breakfast

215 cals, 14g protein, 12g net carbs, 10g fat



[Grapes](#)
58 cals



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

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



[Pumpkin seeds](#)
183 cals



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

Lunch

470 cals, 44g protein, 16g net carbs, 23g fat



[Paleo chicken club lettuce wrap](#)
2 wrap(s)- 287 cals



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

Dinner

470 cals, 38g protein, 22g net carbs, 23g fat



[Beets](#)
4 beets- 96 cals



[Honey mustard chicken thighs w/ skin](#)
5 1/3 oz- 372 cals

Day 2

1358 cals ● 134g protein (40%) ● 65g fat (43%) ● 46g carbs (14%) ● 14g fiber (4%)

Breakfast

215 cals, 14g protein, 12g net carbs, 10g fat



[Grapes](#)
58 cals



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

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



[Pumpkin seeds](#)
183 cals



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

Lunch

475 cals, 73g protein, 6g net carbs, 16g fat



[Cajun cod](#)
14 oz- 436 cals



[Basic zoodles](#)
1/4 zucchini- 36 cals

Dinner

470 cals, 38g protein, 22g net carbs, 23g fat



[Beets](#)
4 beets- 96 cals



[Honey mustard chicken thighs w/ skin](#)
5 1/3 oz- 372 cals

Day 3

1387 cals ● 120g protein (35%) ● 69g fat (45%) ● 48g carbs (14%) ● 23g fiber (7%)

Breakfast

215 cals, 14g protein, 12g net carbs, 10g fat



Grapes
58 cals



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

Snacks

215 cals, 7g protein, 22g net carbs, 9g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Watermelon
8 oz- 82 cals



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

Lunch

480 cals, 40g protein, 7g net carbs, 31g fat



Sauteed peppers and onions
94 cals



Baked chicken thighs
6 oz- 385 cals

Dinner

480 cals, 59g protein, 7g net carbs, 19g fat



Garlic collard greens
199 cals



Marinated chicken breast
8 oz- 283 cals

Day 4

1382 cals ● 102g protein (30%) ● 69g fat (45%) ● 69g carbs (20%) ● 18g fiber (5%)

Breakfast

305 cals, 18g protein, 13g net carbs, 19g fat



Scrambled eggs with veggies and bacon
256 cals



Kiwi
1 kiwi- 47 cals

Snacks

215 cals, 7g protein, 22g net carbs, 9g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Watermelon
8 oz- 82 cals



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

Lunch

490 cals, 55g protein, 25g net carbs, 16g fat



Mashed sweet potatoes
92 cals



One pan roasted chicken & veggies
398 cals

Dinner

375 cals, 22g protein, 11g net carbs, 26g fat



Simple mixed greens and tomato salad
151 cals



Buffalo chicken wings
5 1/3 oz- 225 cals

Day 5

1460 cals ● 111g protein (30%) ● 83g fat (51%) ● 46g carbs (13%) ● 22g fiber (6%)

Breakfast

305 cals, 18g protein, 13g net carbs, 19g fat



Scrambled eggs with veggies and bacon
256 cals



Kiwi
1 kiwi- 47 cals

Snacks

140 cals, 12g protein, 18g net carbs, 1g fat



Beef jerky
73 cals



Peach
1 peach(es)- 66 cals

Lunch

500 cals, 43g protein, 8g net carbs, 28g fat



Chicken avocado salad
500 cals

Dinner

520 cals, 38g protein, 7g net carbs, 35g fat



Slow-baked salmon with lemon and thyme
6 oz- 402 cals



Roasted brussels sprouts
116 cals

Day 6

1408 cals ● 108g protein (31%) ● 68g fat (43%) ● 67g carbs (19%) ● 24g fiber (7%)

Breakfast

250 cals, 15g protein, 33g net carbs, 4g fat



Applesauce
57 cals



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

Snacks

140 cals, 12g protein, 18g net carbs, 1g fat



Beef jerky
73 cals



Peach
1 peach(es)- 66 cals

Lunch

500 cals, 43g protein, 8g net carbs, 28g fat



Chicken avocado salad
500 cals

Dinner

520 cals, 38g protein, 7g net carbs, 35g fat



Slow-baked salmon with lemon and thyme
6 oz- 402 cals



Roasted brussels sprouts
116 cals

Day 7

1428 cals ● 123g protein (34%) ● 66g fat (41%) ● 62g carbs (17%) ● 24g fiber (7%)

Breakfast

250 cals, 15g protein, 33g net carbs, 4g fat



[Applesauce](#)

57 cals



[Strawberry banana protein smoothie](#)

1/2 smoothie(s)- 194 cals

Snacks

140 cals, 12g protein, 18g net carbs, 1g fat



[Beef jerky](#)

73 cals



[Peach](#)

1 peach(es)- 66 cals

Lunch

505 cals, 32g protein, 5g net carbs, 36g fat



[Paleo ham, bacon, avocado lettuce wrap](#)

1 wrap(s)- 396 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

Dinner

530 cals, 64g protein, 6g net carbs, 25g fat



[Bone broth](#)

2 cup(s)- 81 cals



[Paleo salsa verde chicken salad](#)

451 cals

Fruits and Fruit Juices

- ☐ grapes
3 cup (276g)
- ☐ Watermelon
16 oz (453g)
- ☐ kiwi
2 fruit (138g)
- ☐ peach
3 medium (2-2/3" dia) (450g)
- ☐ lime juice
4 tsp (20mL)
- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ lemon
1/2 large (42g)
- ☐ applesauce
2 to-go container (~4 oz) (244g)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)
- ☐ frozen strawberries
1 1/2 cup, unthawed (224g)

Vegetables and Vegetable Products

- ☐ onion
2 1/4 medium (2-1/2" dia) (244g)
- ☐ bell pepper
2 1/3 large (383g)
- ☐ romaine lettuce
3 leaf outer (84g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (607g)
- ☐ beets, precooked (canned or refrigerated)
8 beets (2" dia, sphere) (400g)
- ☐ zucchini
1/2 large (146g)
- ☐ collard greens
10 oz (284g)
- ☐ garlic
2 clove(s) (6g)
- ☐ sweet potatoes
1/2 sweetpotato, 5" long (105g)
- ☐ red bell pepper
1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)
- ☐ broccoli
1/3 cup chopped (30g)
- ☐ brussels sprouts
1 lbs (417g)

Dairy and Egg Products

Sausages and Luncheon Meats

- ☐ chicken cold cuts
1/2 lbs (227g)
- ☐ ham cold cuts
4 oz (113g)

Nut and Seed Products

- ☐ pecans
4 tbsp, halves (25g)
- ☐ roasted pumpkin seeds, unsalted
2 1/2 oz (74g)
- ☐ almonds
2 1/3 oz (66g)

Sweets

- ☐ honey
2 tsp (14g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
1 lbs (473g)
- ☐ boneless skinless chicken breast, raw
2 lbs (961g)
- ☐ chicken wings, with skin, raw
1/3 lbs (151g)

Finfish and Shellfish Products

- ☐ cod, raw
14 oz (397g)
- ☐ salmon
3/4 lbs (340g)

Fats and Oils

- ☐ oil
2 1/2 oz (77mL)
- ☐ marinade sauce
4 tbsp (60mL)
- ☐ olive oil
3/4 oz (25mL)
- ☐ salad dressing
3 tbsp (45mL)

Pork Products

- ☐ bacon
4 slice(s) (40g)

- ☐ eggs
10 large (500g)

Spices and Herbs

- ☐ dijon mustard
1 tbsp (15g)
- ☐ brown deli mustard
1 tbsp (15g)
- ☐ thyme, dried
1 1/2 g (2g)
- ☐ salt
1 tsp (5g)
- ☐ cajun seasoning
1 1/2 tbsp (10g)
- ☐ oregano, dried
4 dash, ground (1g)
- ☐ black pepper
4 dash, ground (1g)
- ☐ ground cumin
1 tsp (2g)

Other

- ☐ mixed greens
4 1/2 cup (135g)
- ☐ ice cubes
1 cup (140g)
- ☐ chicken bone broth
2 cup(s) (mL)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1 tbsp (14mL)
- ☐ salsa verde
1 tbsp (16g)

Snacks

- ☐ beef jerky
3 oz (85g)

Beverages

- ☐ protein powder
1 scoop (1/3 cup ea) (31g)
 - ☐ water
2 tbsp (30mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Grapes

58 cal ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 3 meals:

grapes
3 cup (276g)

1. This recipe has no instructions.

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 3 meals:

onion, diced
3/4 small (53g)
bell pepper, chopped
1 1/2 small (111g)
eggs
6 large (300g)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Scrambled eggs with veggies and bacon

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



For single meal:

bell pepper

1/2 cup, chopped (75g)

eggs

2 large (100g)

onion

2 tbsp, chopped (20g)

bacon, cooked and chopped

1 slice(s) (10g)

olive oil

1 tsp (5mL)

For all 2 meals:

bell pepper

1 cup, chopped (149g)

eggs

4 large (200g)

onion

4 tbsp, chopped (40g)

bacon, cooked and chopped

2 slice(s) (20g)

olive oil

2 tsp (10mL)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Kiwi

1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi

1 fruit (69g)

For all 2 meals:

kiwi

2 fruit (138g)

1. Slice the kiwi and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Applesauce

57 cal ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce

1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cal ● 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 2 meals:

protein powder

1 scoop (1/3 cup ea) (31g)

banana, frozen, peeled and sliced

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

frozen strawberries

1 1/2 cup, unthawed (224g)

almonds

10 almond (12g)

water

2 tbsp (30mL)

ice cubes

1 cup (140g)

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.

Lunch 1 [↗](#)

Eat on day 1

Paleo chicken club lettuce wrap

2 wrap(s) - 287 cals ● 42g protein ● 5g fat ● 15g carbs ● 4g fiber



Makes 2 wrap(s)

romaine lettuce

2 leaf outer (56g)

onion

8 slices, thin (72g)

dijon mustard

1 tbsp (15g)

tomatoes

4 slice(s), thin/small (60g)

chicken cold cuts

1/2 lbs (227g)

1. Spread the mustard on the lettuce leaf.
2. Place the chicken, onion, and tomato on the mustard.
3. Wrap the leaf up. Serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Cajun cod

14 oz - 436 cals ● 72g protein ● 14g fat ● 5g carbs ● 1g fiber



Makes 14 oz

cod, raw

14 oz (397g)

cajun seasoning

1 1/2 tbsp (10g)

oil

3/4 tbsp (12mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Basic zoodles

1/4 zucchini - 36 cals ● 1g protein ● 3g fat ● 2g carbs ● 1g fiber



Makes 1/4 zucchini

zucchini

1/4 large (81g)

oil

1/2 tsp (3mL)

1. Spiralize zucchini, sprinkle some salt on the zucchini noodles, and place them between some towels to capture any excess moisture. Set aside.
2. Heat oil in a skillet over medium heat. Add spiralized zucchini and saute until zucchini is soft, about 5 minutes. Season with salt, pepper, and a dash of any other herbs or spices you have on hand, and serve.

Lunch 3 [🔗](#)

Eat on day 3

Sauteed peppers and onions

94 cals ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



oil

1 tsp (6mL)

onion, sliced

3/8 medium (2-1/2" dia) (41g)

bell pepper, sliced into strips

3/4 large (123g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 6 oz

chicken thighs, with bone and skin, raw

6 oz (170g)

thyme, dried

1/2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
 2. Arrange the chicken thighs on a baking sheet or in a baking dish.
 3. Season thighs with thyme and some salt and pepper.
 4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.
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Lunch 4 [🔗](#)

Eat on day 4

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



sweet potatoes

1/2 sweet potato, 5" long (105g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

One pan roasted chicken & veggies

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



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)

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.
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Lunch 5 [↗](#)

Eat on day 5, day 6

Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



For single meal:

lime juice

2 tsp (10mL)

oil

2 tsp (10mL)

onion

1 tbsp chopped (10g)

avocados, chopped

1/2 avocado(s) (101g)

boneless skinless chicken breast, raw

6 oz (170g)

brussels sprouts

5 sprouts (95g)

For all 2 meals:

lime juice

4 tsp (20mL)

oil

4 tsp (20mL)

onion

2 tbsp chopped (20g)

avocados, chopped

1 avocado(s) (201g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

brussels sprouts

10 sprouts (190g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Lunch 6 [↗](#)

Eat on day 7

Paleo ham, bacon, avocado lettuce wrap

1 wrap(s) - 396 cals ● 29g protein ● 27g fat ● 3g carbs ● 7g fiber



Makes 1 wrap(s)

romaine lettuce

1 leaf outer (28g)

bacon

2 slice(s) (20g)

ham cold cuts

4 oz (113g)

avocados, sliced

1/2 avocado(s) (101g)

1. Cook the bacon according to the directions on the package.
2. Put ham, bacon, and avocado, in the center of the lettuce leaf. Wrap it up. Serve.

Roasted almonds

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



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.

Snacks 1 [🔗](#)

Eat on day 1, day 2

Pumpkin seeds

183 cals ● 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.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)

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

Eat on day 3, day 4

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

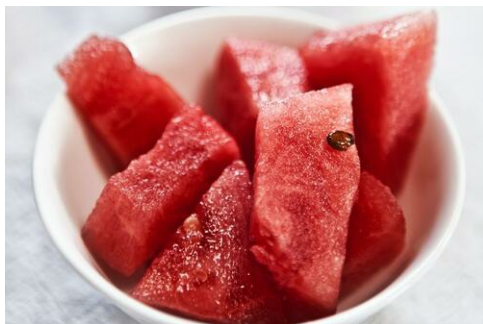
tomatoes

12 cherry tomatoes (204g)

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

Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

Watermelon

8 oz (227g)

For all 2 meals:

Watermelon

16 oz (453g)

1. Slice watermelon and serve.

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.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Beef jerky

73 cals ● 11g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

beef jerky

1 oz (28g)

For all 3 meals:

beef jerky

3 oz (85g)

1. This recipe has no instructions.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (150g)

For all 3 meals:

peach

3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Beets

4 beets - 96 cals ● 3g protein ● 0g fat ● 16g carbs ● 4g fiber



For single meal:

beets, precooked (canned or refrigerated)

4 beets (2" dia, sphere) (200g)

For all 2 meals:

beets, precooked (canned or refrigerated)

8 beets (2" dia, sphere) (400g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals ● 34g protein ● 23g fat ● 6g carbs ● 0g fiber



For single meal:

brown deli mustard

1/2 tbsp (8g)

honey

1 tsp (7g)

thyme, dried

1/3 tsp, ground (0g)

salt

2/3 dash (1g)

chicken thighs, with bone and skin, raw

1/3 lbs (151g)

For all 2 meals:

brown deli mustard

1 tbsp (15g)

honey

2 tsp (14g)

thyme, dried

1/4 tbsp, ground (1g)

salt

1 1/3 dash (1g)

chicken thighs, with bone and skin, raw

2/3 lbs (303g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Dinner 2 [↗](#)

Eat on day 3

Garlic collard greens

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



collard greens

10 oz (284g)

oil

2 tsp (9mL)

garlic, minced

2 clove(s) (6g)

salt

1 1/4 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Marinated chicken breast

8 oz - 283 cals ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw

1/2 lbs (224g)

marinade sauce

4 tbsp (60mL)

1. Place the chicken in a ziploc bag with the marinade and mush 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 3 [🔗](#)

Eat on day 4

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.

Buffalo chicken wings

5 1/3 oz - 225 cals ● 19g protein ● 16g fat ● 0g carbs ● 0g fiber



Makes 5 1/3 oz

Frank's Red Hot sauce
2 2/3 tsp (13mL)
chicken wings, with skin, raw
1/3 lbs (151g)
black pepper
2/3 dash, ground (0g)
salt
2/3 dash (1g)
oil
1/2 tsp (3mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. 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.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Slow-baked salmon with lemon and thyme

6 oz - 402 cals ● 35g protein ● 28g fat ● 1g carbs ● 1g fiber



For single meal:
salmon, skin on
6 oz (170g)
oil
1 tsp (6mL)
thyme, dried
2 dash, leaves (0g)
lemon, cut into wedges
1/4 large (21g)

For all 2 meals:
salmon, skin on
3/4 lbs (340g)
oil
3/4 tbsp (11mL)
thyme, dried
4 dash, leaves (1g)
lemon, cut into wedges
1/2 large (42g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Roasted brussels sprouts

116 cals ● 3g protein ● 7g fat ● 6g carbs ● 4g fiber



For single meal:

brussels sprouts
4 oz (113g)
olive oil
1/2 tbsp (8mL)
salt
1 dash (1g)
black pepper
2/3 dash, ground (0g)

For all 2 meals:

brussels sprouts
1/2 lbs (227g)
olive oil
1 tbsp (15mL)
salt
2 dash (1g)
black pepper
1 1/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside.
Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Dinner 5 [↗](#)

Eat on day 7

Bone broth

2 cup(s) - 81 cals ● 18g protein ● 1g fat ● 0g carbs ● 0g fiber



Makes 2 cup(s)

chicken bone broth
2 cup(s) (mL)

1. Heat bone broth according to package instructions and sip.

Paleo salsa verde chicken salad

451 cals ● 46g protein ● 24g fat ● 6g carbs ● 6g fiber

**tomatoes, chopped**

1/2 roma tomato (40g)

salsa verde

1 tbsp (16g)

ground cumin

1 tsp (2g)

roasted pumpkin seeds, unsalted

2 tbsp (15g)

avocados, sliced

2 slices (50g)

mixed greens

1 1/2 cup (45g)

oil

1 tsp (5mL)

**boneless skinless chicken breast,
raw**

6 oz (170g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
 2. When chicken is cool enough to handle, chop it into bite-sized pieces.
 3. Add mixed greens to a bowl and arrange the chicken, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.
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