

Meal Plan - 1600 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

1639 cals ● 113g protein (28%) ● 103g fat (57%) ● 45g carbs (11%) ● 20g fiber (5%)

Breakfast

290 cals, 16g protein, 4g net carbs, 22g fat



[Celery and almond butter](#)
100 cals



[Kale & eggs](#)
189 cals

Snacks

215 cals, 11g protein, 5g net carbs, 14g fat



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



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



[Boiled eggs](#)
1 egg(s)- 69 cals

Lunch

585 cals, 35g protein, 25g net carbs, 35g fat



[Salmon salad lettuce wrap](#)
472 cals



[Pear](#)
1 pear(s)- 113 cals

Dinner

550 cals, 50g protein, 11g net carbs, 33g fat



[Bone broth](#)
2 cup(s)- 81 cals



[Steak and beet salad](#)
469 cals

Day 2

1639 cals ● 113g protein (28%) ● 103g fat (57%) ● 45g carbs (11%) ● 20g fiber (5%)

Breakfast

290 cals, 16g protein, 4g net carbs, 22g fat



[Celery and almond butter](#)
100 cals



[Kale & eggs](#)
189 cals

Snacks

215 cals, 11g protein, 5g net carbs, 14g fat



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



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



[Boiled eggs](#)
1 egg(s)- 69 cals

Lunch

585 cals, 35g protein, 25g net carbs, 35g fat



[Salmon salad lettuce wrap](#)
472 cals



[Pear](#)
1 pear(s)- 113 cals

Dinner

550 cals, 50g protein, 11g net carbs, 33g fat



[Bone broth](#)
2 cup(s)- 81 cals



[Steak and beet salad](#)
469 cals

Day 3

1559 cals ● 130g protein (33%) ● 91g fat (53%) ● 37g carbs (10%) ● 17g fiber (4%)

Breakfast

290 cals, 16g protein, 4g net carbs, 22g fat



Celery and almond butter
100 cals



Kale & eggs
189 cals

Snacks

215 cals, 11g protein, 5g net carbs, 14g fat



Blackberries
1/2 cup(s)- 35 cals



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



Boiled eggs
1 egg(s)- 69 cals

Lunch

540 cals, 41g protein, 18g net carbs, 32g fat



Simple mixed greens and tomato salad
151 cals



Chipotle honey pork chops
386 cals

Dinner

515 cals, 61g protein, 10g net carbs, 23g fat



Simple mixed greens salad
68 cals



Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 4

1646 cals ● 157g protein (38%) ● 75g fat (41%) ● 64g carbs (15%) ● 22g fiber (5%)

Breakfast

340 cals, 23g protein, 6g net carbs, 22g fat



Raspberries
3/4 cup(s)- 54 cals



Basic scrambled eggs
4 egg(s)- 285 cals

Snacks

200 cals, 6g protein, 19g net carbs, 9g fat



Celery sticks
1 celery stalk- 7 cals



Watermelon
8 oz- 82 cals



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

Lunch

590 cals, 80g protein, 7g net carbs, 26g fat



Balsamic chicken breast
12 oz- 473 cals



Roasted cauliflower
116 cals

Dinner

520 cals, 48g protein, 31g net carbs, 19g fat



Chicken-broccoli-sweet potato bowl
429 cals



Sunflower seeds
90 cals

Day 5

1602 cals ● 163g protein (41%) ● 72g fat (40%) ● 58g carbs (15%) ● 17g fiber (4%)

Breakfast

340 cals, 23g protein, 6g net carbs, 22g fat



Raspberries
3/4 cup(s)- 54 cals



Basic scrambled eggs
4 egg(s)- 285 cals

Snacks

200 cals, 6g protein, 19g net carbs, 9g fat



Celery sticks
1 celery stalk- 7 cals



Watermelon
8 oz- 82 cals



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

Lunch

590 cals, 80g protein, 7g net carbs, 26g fat



Balsamic chicken breast
12 oz- 473 cals



Roasted cauliflower
116 cals

Dinner

475 cals, 54g protein, 26g net carbs, 16g fat



Marinated chicken breast
8 oz- 283 cals



Simple mixed greens salad
102 cals



Mashed sweet potatoes
92 cals

Day 6

1549 cals ● 112g protein (29%) ● 79g fat (46%) ● 79g carbs (20%) ● 19g fiber (5%)

Breakfast

355 cals, 27g protein, 23g net carbs, 15g fat



Scrambled egg whites
243 cals



Pear
1 pear(s)- 113 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cals

Lunch

530 cals, 24g protein, 25g net carbs, 35g fat



Sweet potato medallions
1/2 sweet potato- 155 cals



Paleo chicken thighs and mushrooms
3 oz- 300 cals



Simple mixed greens and tomato salad
76 cals

Dinner

475 cals, 54g protein, 26g net carbs, 16g fat



Marinated chicken breast
8 oz- 283 cals



Simple mixed greens salad
102 cals



Mashed sweet potatoes
92 cals

Day 7

1576 cals ● 100g protein (25%) ● 97g fat (55%) ● 59g carbs (15%) ● 17g fiber (4%)

Breakfast

355 cals, 27g protein, 23g net carbs, 15g fat



Scrambled egg whites

243 cals



Pear

1 pear(s)- 113 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



Pistachios

188 cals

Lunch

530 cals, 24g protein, 25g net carbs, 35g fat



Sweet potato medallions

1/2 sweet potato- 155 cals



Paleo chicken thighs and mushrooms

3 oz- 300 cals



Simple mixed greens and tomato salad

76 cals

Dinner

505 cals, 42g protein, 5g net carbs, 34g fat



Garlic cauliflower mashed 'potatoes'

75 cals



Coriander and cumin rubbed pork chops

1 chop(s)- 428 cals

Vegetables and Vegetable Products

- ☐ raw celery
1/2 bunch (251g)
- ☐ kale leaves
1 1/2 cup, chopped (60g)
- ☐ romaine lettuce
6 leaf outer (168g)
- ☐ onion
3 tbsp minced (45g)
- ☐ beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)
- ☐ broccoli
1 cup chopped (91g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (302g)
- ☐ cauliflower
1/2 head medium (5-6" dia.) (319g)
- ☐ frozen broccoli
3/8 package (107g)
- ☐ sweet potatoes
2 3/4 sweetpotato, 5" long (578g)
- ☐ mushrooms
4 oz (113g)
- ☐ garlic
1 3/4 clove(s) (5g)

Nut and Seed Products

- ☐ almond butter
1 1/2 oz (43g)
- ☐ almonds
10 tbsp, whole (89g)
- ☐ sunflower kernels
1/2 oz (14g)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Spices and Herbs

- ☐ salt
1/3 oz (10g)
- ☐ black pepper
1/8 oz (2g)
- ☐ chili powder
1/2 tbsp (4g)
- ☐ fresh basil
9 leaves (5g)
- ☐ chipotle seasoning
1/3 tsp (1g)
- ☐ thyme, dried
4 dash, leaves (1g)

Dairy and Egg Products

- ☐ eggs
18 1/4 medium (802g)
- ☐ ghee
1/2 oz (13g)
- ☐ egg whites
2 cup (486g)

Fats and Oils

- ☐ oil
4 oz (120mL)
- ☐ mayonnaise
6 tbsp (90mL)
- ☐ salad dressing
1 cup (240mL)
- ☐ olive oil
1 2/3 oz (53mL)
- ☐ balsamic vinaigrette
6 tbsp (91mL)
- ☐ marinade sauce
1/2 cup (120mL)

Finfish and Shellfish Products

- ☐ canned salmon
3 5oz can(s) (undrained) (426g)

Fruits and Fruit Juices

- ☐ pears
4 medium (712g)
- ☐ blackberries
1 1/2 cup (216g)
- ☐ green olives
9 large (40g)
- ☐ raspberries
1 1/2 cup (185g)
- ☐ Watermelon
16 oz (453g)

Other

- ☐ chicken bone broth
4 cup(s) (mL)
- ☐ mixed greens
15 cup (450g)
- ☐ italian seasoning
1/4 tbsp (3g)

Beef Products

- ☐ paprika
3 dash (1g)
- ☐ ground cumin
1/2 tbsp (3g)
- ☐ ground coriander
1/2 tbsp (3g)

- ☐ sirloin steak, raw
10 oz (284g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1552g)
- ☐ chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)

Beverages

- ☐ water
5 tbsp (77mL)

Sweets

- ☐ honey
1 1/4 tsp (9g)

Pork Products

- ☐ pork loin chops, boneless, raw
13 oz (362g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Celery and almond butter

100 cals ● 3g protein ● 8g fat ● 2g carbs ● 2g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

almond butter

1/2 oz (14g)

For all 3 meals:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

almond butter

1 1/2 oz (43g)

1. Clean celery and slice to desired lengths
2. Spread almond butter along center

Kale & eggs

189 cals ● 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 3 meals:

salt

3 dash (1g)

eggs

6 large (300g)

kale leaves

1 1/2 cup, chopped (60g)

oil

1 tbsp (15mL)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries

3/4 cup (92g)

For all 2 meals:

raspberries

1 1/2 cup (185g)

1. Rinse raspberries and serve.

Basic scrambled eggs

4 egg(s) - 285 cals ● 22g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1 tsp (5mL)

eggs

4 medium (176g)

For all 2 meals:

oil

2 tsp (10mL)

eggs

8 medium (352g)

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.
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Breakfast 3

Eat on day 6, day 7

Scrambled egg whites

243 cals  26g protein  14g fat  2g carbs  0g fiber



For single meal:

- oil**
1 tbsp (15mL)
- egg whites**
1 cup (243g)

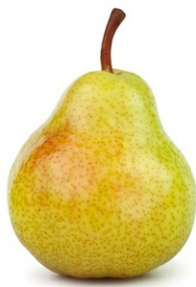
For all 2 meals:

- oil**
2 tbsp (30mL)
- egg whites**
2 cup (486g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Pear

1 pear(s) - 113 cals  1g protein  0g fat  22g carbs  6g fiber



For single meal:

- pears**
1 medium (178g)

For all 2 meals:

- pears**
2 medium (356g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Salmon salad lettuce wrap

472 cals ● 35g protein ● 34g fat ● 3g carbs ● 3g fiber



For single meal:

romaine lettuce

3 leaf outer (84g)

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

canned salmon

1 1/2 5oz can(s) (undrained) (213g)

mayonnaise

3 tbsp (45mL)

raw celery, diced

1 1/2 stalk, small (5" long) (26g)

onion

1 1/2 tbsp minced (23g)

For all 2 meals:

romaine lettuce

6 leaf outer (168g)

black pepper

3 dash (0g)

salt

3 dash (1g)

canned salmon

3 5oz can(s) (undrained) (426g)

mayonnaise

6 tbsp (90mL)

raw celery, diced

3 stalk, small (5" long) (51g)

onion

3 tbsp minced (45g)

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

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears

1 medium (178g)

For all 2 meals:

pears

2 medium (356g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3

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.

Chipotle honey pork chops

386 cals ● 38g protein ● 23g fat ● 8g carbs ● 0g fiber



ghee

1 1/4 tsp (6g)

water

2 tsp (9mL)

oil

1 1/4 tsp (6mL)

chipotle seasoning

1/3 tsp (1g)

honey

1 1/4 tsp (9g)

pork loin chops, boneless, raw

6 1/4 oz (177g)

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 4, day 5

Balsamic chicken breast

12 oz - 473 cal ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

For all 2 meals:

italian seasoning

1/4 tbsp (3g)

oil

1 tbsp (15mL)

balsamic vinaigrette

6 tbsp (90mL)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Roasted cauliflower

116 cal ● 3g protein ● 8g fat ● 6g carbs ● 3g fiber



For single meal:

thyme, dried

2 dash, leaves (0g)

cauliflower, cut into florets

1/2 head small (4" dia.) (133g)

oil

1/2 tbsp (8mL)

For all 2 meals:

thyme, dried

4 dash, leaves (1g)

cauliflower, cut into florets

1 head small (4" dia.) (265g)

oil

1 tbsp (15mL)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

Lunch 4 [↗](#)

Eat on day 6, day 7

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.

Paleo chicken thighs and mushrooms

3 oz - 300 cals ● 21g protein ● 23g fat ● 1g carbs ● 1g fiber



For single meal:

mushrooms, sliced 1/4 in thick
2 oz (57g)
black pepper
1/2 dash (0g)
chicken thighs, with bone and skin, raw
1/2 thigh (6 oz ea) (85g)
olive oil
3/4 tbsp (11mL)
salt
1/2 dash (0g)
water
1/8 cup(s) (30mL)

For all 2 meals:

mushrooms, sliced 1/4 in thick
4 oz (113g)
black pepper
1 dash (0g)
chicken thighs, with bone and skin, raw
1 thigh (6 oz ea) (170g)
olive oil
1 1/2 tbsp (23mL)
salt
1 dash (0g)
water
1/4 cup(s) (59mL)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Simple mixed greens and tomato salad

76 cals ● 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.
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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

blackberries

1 1/2 cup (216g)

1. Rinse blackberries 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 3 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

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.

Snacks 2 [↗](#)

Eat on day 4, day 5

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 2 meals:

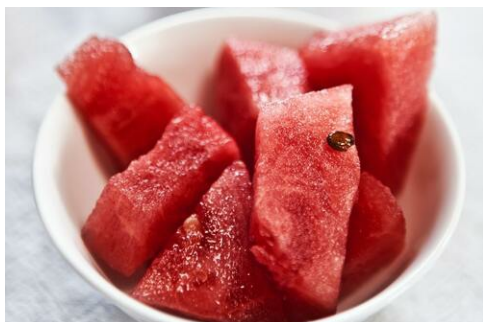
raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

1. Slice celery into sticks 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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Bone broth

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



For single meal:

chicken bone broth

2 cup(s) (mL)

For all 2 meals:

chicken bone broth

4 cup(s) (mL)

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

Steak and beet salad

469 cals ● 32g protein ● 32g fat ● 11g carbs ● 3g fiber



For single meal:

oil

1/2 tbsp (8mL)

beets, precooked (canned or refrigerated), chopped

1 beets (2" dia, sphere) (50g)

salad dressing

2 tbsp (30mL)

broccoli

1/2 cup chopped (46g)

mixed greens

1 1/2 cup (45g)

sirloin steak, raw

5 oz (142g)

For all 2 meals:

oil

1 tbsp (15mL)

beets, precooked (canned or refrigerated), chopped

2 beets (2" dia, sphere) (100g)

salad dressing

4 tbsp (60mL)

broccoli

1 cup chopped (91g)

mixed greens

3 cup (90g)

sirloin steak, raw

10 oz (284g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.

Dinner 2 [↗](#)

Eat on day 3

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.

Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

tomatoes

9 cherry tomatoes (153g)

olive oil

1/2 tbsp (8mL)

salt

3 dash (2g)

green olives

9 large (40g)

black pepper

3 dash (0g)

chili powder

1/2 tbsp (4g)

**boneless skinless chicken breast,
raw**

1/2 lbs (255g)

fresh basil, shredded

9 leaves (5g)

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 4

Chicken-broccoli-sweet potato bowl

429 cals ● 44g protein ● 11g fat ● 30g carbs ● 8g fiber



frozen broccoli
3/8 package (107g)
sweet potatoes, cut into bite-sized cubes
3/4 sweetpotato, 5" long (158g)
paprika
3 dash (1g)
boneless skinless chicken breast, raw, cut into bite-sized cubes
6 oz (168g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
olive oil
1/2 tbsp (8mL)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Sunflower seeds

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



sunflower kernels
1/2 oz (14g)

1. This recipe has no instructions.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Marinated chicken breast

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



For single meal:

boneless skinless chicken breast, raw

1/2 lbs (224g)

marinade sauce

4 tbsp (60mL)

For all 2 meals:

boneless skinless chicken breast, raw

1 lbs (448g)

marinade sauce

1/2 cup (120mL)

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.

Simple mixed greens salad

102 cal ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

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

Mashed sweet potatoes

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



For single meal:

sweet potatoes

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

For all 2 meals:

sweet potatoes

1 sweetpotato, 5" long (210g)

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.

Dinner 5 [↗](#)

Eat on day 7

Garlic cauliflower mashed 'potatoes'

75 cal ● 1g protein ● 6g fat ● 3g carbs ● 1g fiber



black pepper

1/2 dash, ground (0g)

salt

1 dash (1g)

cauliflower

1/2 cup chopped (54g)

ghee

1/2 tbsp (7g)

garlic, minced

1/4 clove (1g)

water

1/8 cup(s) (15mL)

1. Combine all ingredients in a microwave-safe bowl.
2. Put in microwave until it's soft enough to mash with a fork, approximately 5 minutes, but timing will vary depending on your microwave. Check throughout process.
3. When it's soft, mash and mix with a fork.
4. Serve.

Coriander and cumin rubbed pork chops

1 chop(s) - 428 cal ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber



Makes 1 chop(s)

salt

2 dash (2g)

ground cumin

1/2 tbsp (3g)

ground coriander

1/2 tbsp (3g)

garlic, minced

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

olive oil, divided

1 tbsp (15mL)

pork loin chops, boneless, raw

1 chop (185g)

black pepper

1 dash (0g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
 2. Season the pork chops with salt and pepper, rub with the paste.
 3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145 F (63 C).
 4. Serve.
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