



Your Meal Plan and Grocery List

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Day 1

🔥 2068 Cal • 104.7g Carbs (33.7g Fiber) • 144.3g Fat • 104.2g Protein

Breakfast 671 Cal



Protein Southwest Scramble

2 bowl • 671 Cal

Lunch 626 Cal



Avocado and Tomato Tuna Salad

1 serving • 626 Cal

Dinner 772 Cal



5 Minute Pepperoni Pizza

1 1/2 serving • 504 Cal



Steamed Broccoli

2 serving • 269 Cal

Day 2

🔥 2110 Cal • 102.8g Carbs (30.0g Fiber) • 147.7g Fat • 107.1g Protein

Breakfast 635 Cal



Denver omelet

1 1/2 omelet • 543 Cal



Strawberries

2 cup • 92 Cal

Lunch 666 Cal



Cream Cheese and Ham Pickles

2 serving • 343 Cal



Simple Spinach Salad

2 serving • 323 Cal

Dinner 810 Cal



Sour Cream Sloppy Joes

1 cup • 339 Cal



Baked Parmesan Asparagus

2 serving • 470 Cal



Day 3

🔥 1940 Cal • 101.9g Carbs (27.5g Fiber) • 135.6g Fat • 92.4g Protein

Breakfast 575 Cal



Vegetarian Quorn Colombian Scrambled Eggs
2 serving • 575 Cal

Lunch 678 Cal



Mango Strawberry Arugula Salad
2 serving • 448 Cal



Cheese slices
2 serving • 230 Cal

Dinner 687 Cal



Five-Minute Keto Fried Sardines with Olives
1 serving • 364 Cal



Garlic Roasted Brussels Sprouts
2 serving • 323 Cal



Day 4

🔥 2149 Cal • 110.2g Carbs (30.6g Fiber) • 146.7g Fat • 108.1g Protein

Breakfast 512 Cal



Southwestern Eggs
2 Serving • 512 Cal

Lunch 687 Cal



Paleo Avocado Chicken Salad
2 serving • 687 Cal

Dinner 951 Cal



Sausages with Tomato Chutney
2 serving • 665 Cal



Turkey Lettuce Rollups
1 1/2 serving • 89 Cal



Lebanese Tomato and Onion Salad
2 serving • 197 Cal

Day 5

🔥 2276 Cal • 101.7g Carbs (28.3g Fiber) • 165.3g Fat • 115.2g Protein

Breakfast 635 Cal



Vegetable 3 Egg Scramble

1 serving • 535 Cal



Bacon

2 strips • 100 Cal

Lunch 520 Cal



Cucumber Turkey Sandwich with Gournay

2 serving • 520 Cal

Dinner 1120 Cal



Pan Fried T-bone

6 oz • 532 Cal



Asparagus with Horseradish Butter

2 serving • 283 Cal



Almonds

1 1/2 ounce • 246 Cal



Turkey Lettuce Rollups

1 serving • 59 Cal



Day 6

🔥 2088 Cal • 102.5g Carbs (30.6g Fiber) • 144.6g Fat • 110.9g Protein

Breakfast 704 Cal



Mushroom and Cheddar Omelet

2 serving • 704 Cal

Lunch 642 Cal



Easy Daily Spinach Salad

2 serving • 412 Cal



Cheese slices

2 serving • 230 Cal

Dinner 743 Cal



Chili Spice Steak Salad

1 serving • 459 Cal



Steamed Broccoli with Olive Oil and Parmesan

1 1/2 serving • 283 Cal

Day 7

🔥 2118 Cal • 109.9g Carbs (29.6g Fiber) • 145.0g Fat • 109.0g Protein

Breakfast 633 Cal



Matcha Scrambled Eggs with Lime

2 serving • 411 Cal



Keto Coffee

1 serving • 222 Cal

Lunch 687 Cal



Paleo Avocado Chicken Salad

2 serving • 687 Cal

Dinner 798 Cal



Barbeque Chicken

1 1/2 serving • 517 Cal



Spinach Sautee With Brown Butter & Garlic

2 serving • 282 Cal



Day 8

🔥 2090 Cal • 107.2g Carbs (28.7g Fiber) • 145.6g Fat • 100.8g Protein

Breakfast 657 Cal



Creme Fraiche and Chive Scrambled Eggs

1 1/2 serving • 534 Cal



Oranges

2 fruit • 123 Cal

Lunch 622 Cal



Maple Pear Spinach & Ham Salad

2 salad • 405 Cal



Almond Butter & Celery

1 serving • 217 Cal

Dinner 810 Cal



Chicken Philly Salad

2 serving • 810 Cal



Day 1 - Day 8



5 Minute Pepperoni Pizza



Prep 1.5 serving
for Dinner on
Day 1

Scaled to 1 1/2 serving

42 g Pepperoni
85 g Mozzarella cheese
117 g Broccoli

Per 1 serving :

336 Cal • 6.8g Carbs (2.6g Fiber) • 25.2g Fat • 20.8g Protein

Directions are for original recipe of 1 serving

1 Turn on oven broiler. Prepare a foil lined baking sheet.
2 Lay 6 large slices of pepperoni, overlapping each other in a 3x2 formation, creating the "crust" of the pizza.
3 Lay 1 oz of cheese on top of pepperoni. **4** Top with broccoli and remaining cheese. **5** Place in oven, on rack nearest broiler. Broil for 5 minutes, until cheese is melted. Serve.

Almond Butter & Celery



Prep 1 serving
for Lunch on
Day 8

Scaled to 1 serving

32 g Almond butter
2 stalks, large (11 inches long) Celery
(128 g)

Per 1 serving :

217 Cal • 9.8g Carbs (5.3g Fiber) • 18.0g Fat • 7.6g Protein

Directions are for original recipe of 1 serving

1. Spread almond butter on celery and enjoy.

Almonds



Prep 1.5 ounce
for Dinner on
Day 5

Scaled to 1 1/2 ounce

43 g Almonds

Per 1 ounce (1 serving):

164 Cal • 6.1g Carbs (3.3g Fiber) • 14.2g Fat • 6.0g Protein

No directions

Asparagus with Horseradish Butter



Prep 2 serving
for Dinner on
Day 5

Scaled to 2 serving

11 g Horseradish
6.8 g Olive oil
1 lb Asparagus (453 g)
18 g Butter

Per 1 serving :

141 Cal • 9.4g Carbs (5.0g Fiber) • 10.9g Fat • 5.1g Protein

Directions are for original recipe of 4 serving

1. PREPARATION: Trim asparagus and halve lengthwise. Soften butter.
2. Preheat oven to 450F with rack in middle.
3. Toss asparagus with oil and 1/4 teaspoon each of salt and pepper in a 4-sided sheet pan. Roast until just tender, about 10 minutes.
4. Mash together butter, horseradish, and 1/8 teaspoon salt. Toss asparagus with horseradish butter.

Avocado and Tomato Tuna Salad



Prep 1 serving
for Lunch on
Day 1

Scaled to 1 serving

80 g Onions
1/2 fruit Avocados
(100 g)
90 g Tomatoes
57 g Tuna
15 g Lemon juice
40 g Olive oil
15 g Parsley
1.5 g Salt
0.5 g Pepper

Per 1 serving :

626 Cal • 21.8g Carbs (9.8g Fiber) • 56.2g Fat • 15.3g Protein

Directions are for original recipe of 1 serving

1. Dice onion, avocado, and tomato. Toss all ingredients together in a bowl and mix well. Chill before serving.

Bacon



Prep 2 strips for
Breakfast on
Day 5

Scaled to 2 strips

2 strip Bacon (24 g)

Per 2 strips (1 serving):

100 Cal • 0.3g Carbs (0g Fiber) • 9.5g Fat • 3.0g Protein

Directions are for original recipe of 4 strips

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp, turning to brown evenly.
2. Bacon can also be cooked in an oven at 350F for about 20 minutes, or microwave at about 50-60 seconds per strip.

Baked Parmesan Asparagus



Prep 2 serving
for Dinner on
Day 2

Scaled to 2 serving

20 spear, large (7-1/4" to 8- 1/2")
Asparagus (400 g)
27 g Olive oil
30 g Parmesan cheese
6.2 g Garlic powder
12 g Salt
2.1 g Pepper

Per 1 serving :

235 Cal • 12.7g Carbs (4.7g Fiber) • 18.0g Fat • 9.3g Protein

Directions are for original recipe of 1 serving

1. Preheat an oven to 425 degrees F.
2. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, salt, and pepper. Arrange the asparagus onto a baking sheet in a single layer.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness. Serve and enjoy!

Barbeque Chicken



Prep 1.5 serving
for Dinner on
Day 7

Scaled to 1 1/2 serving

124 g Barbecue sauce
11 g Butter
13 g Worcestershire sauce
1.5 g Garlic powder
1 1/2 half breast (llet)
Chicken breast (177 g)

Per 1 serving :

344 Cal • 36.0g Carbs (0.8g Fiber) • 9.4g Fat • 27.5g Protein

Directions are for original recipe of 2 serving

1. Cut chicken breast into strips. Melt butter in a saucepan over medium heat. Stir barbeque sauce, Worcestershire sauce, and garlic powder together with the melted butter. Stir chicken into the sauce mixture to coat.
2. Place cover on saucepan and simmer until the chicken pieces are cooked through and no longer pink in the middle, 3 to 5 minutes. Remove cover and spoon sauce over chicken pieces; continue cooking until sauce thickens, about 4 minutes more.

Cheese slices



Prep 2 serving for Lunch on **Day 3**,
Prep 2 serving for Lunch on **Day 6**

Scaled to 2 serving

57 g Cheddar cheese

Per 1 serving :

115 Cal • 0.4g Carbs (0g Fiber) • 9.6g Fat • 6.8g Protein

Directions are for original recipe of 1 serving

1. Cut cheese into slices. Most rm cheeses will have similar nutrition, so feel free to substitute.

Chicken Philly Salad



Prep 2 serving for Dinner on **Day 8**

Scaled to 2 serving

27 g Olive oil
227 g Chicken breast
160 g Onions
224 g Green bell pepper
47 g Mushrooms
2 dash Pepper (0.2 g)
112 g Lettuce
2 medium whole (2-3/5" dia) Tomatoes (246 g)
2 dash Salt (0.8 g)

Per 1 serving :

405 Cal • 19.5g Carbs (5.4g Fiber) • 24.8g Fat • 28.0g Protein

Directions are for original recipe of 1 serving

- 1.** Heat oil in a pan over medium-high heat. Cook chicken for 4-6 minutes per side or until cooked through and no longer pink. Remove from pan and let rest a few minutes before slicing thin; set aside.
- 2.** Combine yellow onion, green pepper, sliced mushrooms, and black pepper in sauté pan. Sauté with some cooking spray until tender, about 5-8 minutes. Add sliced cooked chicken to pan with vegetables and mix together.
- 3.** Put Chicken Philly mixture in a bowl over shredded lettuce and top with sliced tomatoes. Season with salt and pepper to taste.
- 4.** Enjoy!

Chili Spice Steak Salad



Prep 1 serving for Dinner on **Day 6**

Scaled to 1 serving serving

85 g Beef top sirloin
0.7 g Chili powder
1 dash Salt (0.4 g)
1 dash Pepper (0.1 g)
14 g Olive oil
140 g Red cabbage
1/2 fruit, without skin and seed Avocados (68 g)
12 g Newman's own low fat balsamic vinaigrette

Per 1 serving :

459 Cal • 19.5g Carbs (7.9g Fiber) • 35.8g Fat • 20.7g Protein

Directions are for original recipe of 1 serving

- 1.** Season sliced sirloin with chili powder, salt (if desired), and pepper; set aside.
- 2.** Heat a skillet over medium heat for 1 to 2 minutes; lightly coat with oil.
- 3.** Add sirloin; cook, stir constantly, for 1 to 2 minutes, or until cooked through.
- 4.** Place cabbage on a serving plate; top with sirloin and avocado.
- 5.** Drizzle with balsamic vinaigrette. Enjoy!



Cream Cheese and Ham Pickles



Prep 2 serving for Lunch on **Day 2**

Scaled to 2 serving

2 large (4" long) Pickles (270 g)
120 g Cream cheese
43 g Sliced ham

Per 1 serving :

171 Cal • 9.0g Carbs (1.6g Fiber) • 11.4g Fat • 8.9g Protein

Directions are for original recipe of 8 serving

- 1.** Spread or pat cream cheese around each pickle. Wrap 2 sheets of meat around each pickle. Refrigerate pickles overnight, slice before serving. Enjoy!