

Semana 1

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The Temple


eat this much 

Day 1

2002 Cal ● 138.4g Carbs (36.0g Fiber) ● 111.4g Fat ● 130.9g Protein

Breakfast 556 Cal

 **Caramelized onion frittata**
1 serving • 367 Cal

 **Apple**
2 apple • 189 Cal

Dinner 575 Cal

 **Chicken with Chipotle Gravy**
2 serving • 506 Cal

 **Roasted asparagus**
6 spears • 69 Cal

Lunch 528 Cal

 **Paleo Avocado Tuna Salad (Tuna in Water)**
1 serving • 364 Cal

 **Almonds**
1 ounce • 164 Cal

Snack 343 Cal

 **Paleo Avocado Chicken Salad**
1 serving • 343 Cal

Day 2

1989 Cal ● 161.4g Carbs (31.9g Fiber) ● 90.6g Fat ● 146.3g Protein

Breakfast 523 Cal

 **Scrambled Eggs with Onion Flakes**
2 serving • 362 Cal

 **Cinnamon Apple Bites**
2 serving • 161 Cal

Dinner 614 Cal

 **Easy Grilled Chicken Teriyaki**
1/2 serving • 186 Cal

 **Sautéed Brussel Sprouts with Onion and Garlic**
2 serving • 427 Cal

Lunch 572 Cal

 **Lime Chicken Salad**
1 1/2 serving • 362 Cal

 **Banana**
2 banana • 210 Cal

Snack 279 Cal

 **Spicy Chicken Celery Sticks**
1/2 serving • 171 Cal


 **Almond Butter & Celery**
1/2 serving • 108 Cal

Day 3


1998 Cal ● 151.9g Carbs (31.5g Fiber) ● 108.7g Fat ● 119.2g Protein

Breakfast 580 Cal


 **Denver omelet**
1 omelet • 390 Cal

 **Apple**
2 apple • 189 Cal

Dinner 667 Cal

 **Grilled Italian Sausage with Peppers, Onions and Arugula**
2 serving • 667 Cal

Lunch 528 Cal

 **Paleo Avocado Tuna Salad (Tuna in Water)**
1 serving • 364 Cal

 **Almonds**
1 ounce • 164 Cal

Snack 223 Cal

 **Spicy Chicken Celery Sticks**
1/2 serving • 171 Cal


 **Grapes**
1/2 cup • 52 Cal

Day 4

1993 Cal ● 105.6g Carbs (32.2g Fiber) ● 112.9g Fat ● 138.0g Protein

Breakfast 610 Cal

 **Scrambled Eggs with Bacon and Mushrooms**
2 serving • 530 Cal


 **Cinnamon Apple Bites**
1 serving • 81 Cal

Dinner 630 Cal

 **Filet Mignon with Rich Balsamic Glaze**
2 serving • 438 Cal

 **Spicy Garlic Broccoli**
2 serving • 192 Cal

Lunch 496 Cal

 **Cool Summer Cucumber Chicken and Tomato Toss**
2 serving • 174 Cal

 **Avocado**
1 avocado • 322 Cal

Snack 256 Cal

 **Turkey Lettuce Rollups**
2 serving • 119 Cal


 **Cool Summer Cucumber and Tomato Toss**
1 1/2 serving • 137 Cal

Day 5

1996 Cal ● 135.7g Carbs (40.2g Fiber) ● 111.0g Fat ● 135.3g Protein

Breakfast 556 Cal

 **Caramelized onion frittata**
1 serving • 367 Cal

 **Apple**
2 apple • 189 Cal

Dinner 668 Cal

 **Grilled Steak with Pepper Relish**
1 serving • 372 Cal

 **Steamed Broccoli**
2 serving • 296 Cal


Lunch 532 Cal

 **Tuna and Avocado salad**
1 serving • 315 Cal

 **Almond Butter & Celery**
1 serving • 217 Cal

Snack 240 Cal

 **Spicy Chicken Celery Sticks**
1/2 serving • 171 Cal

 **Strawberries**
1 1/2 cup • 69 Cal

Day 6

1983 Cal ● 135.8g Carbs (36.3g Fiber) ● 113.9g Fat ● 121.7g Protein

Breakfast 471 Cal



Basic scrambled eggs

1 serving • 282 Cal



Apple

2 apple • 189 Cal

Dinner 743 Cal



Grilled chicken mediterranean

1 breast • 420 Cal



Garlic Roasted Brussels Sprouts

2 serving • 323 Cal

Lunch 539 Cal



Tuna Avocado Salad

2 serving • 248 Cal



Apples and Almond Butter

1 apple • 291 Cal

Snack 230 Cal



Red Pepper & Tomato Salad

1 serving • 230 Cal

Day 7

2001 Cal ● 70.8g Carbs (25.2g Fiber) ● 133.1g Fat ● 140.7g Protein

Breakfast 568 Cal



Pesto Scrambled Eggs

2 pan • 488 Cal



Cinnamon Apple Bites

1 serving • 81 Cal

Dinner 628 Cal



Pork Rind Crusted Chicken

1 1/2 serving • 508 Cal



Fried Broccoli

2 serving • 120 Cal

Lunch 559 Cal



Quick Buffalo Chicken Salad

1 1/2 serving • 342 Cal



Almond Butter & Celery

1 serving • 217 Cal

Snack 246 Cal



Almonds

1 1/2 ounce • 246 Cal

Recipes



The Temple

eat this much 

Almond Butter & Celery [🔗](#)



Scaled to 1/2 serving

1 tbsp Almond butter (16 g)
1 stalks, large Celery (64 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!

Prep 0.5 serving for Snack on [Day 2](#), Prep 1 serving for Lunch on [Day 5](#), Prep 1 serving for Lunch on [Day 7](#)

Almonds [🔗](#)



Scaled to 1 ounce

1 oz Almonds (28 g)

Per 1 ounce (1 serving):

164 Cal ● 6.1g Carbs (3.5g Fiber) ● 14.2g Fat ● 6.0g Protein

No directions

Prep 1 ounce for Lunch on [Day 1](#), Prep 1 ounce for Lunch on [Day 3](#), Prep 1.5 ounce for Snack on [Day 7](#)

Apple [🔗](#)



Scaled to 2 apple

2 medium Apples (364 g)

Per 1 apple (1 serving):

95 Cal ● 25.1g Carbs (4.4g Fiber) ● 0.3g Fat ● 0.5g Protein

Directions are for original recipe of 1 apple

1 Simply wash and enjoy, or core and slice the apple for easier eating.

Prep 2 apple for Breakfast on [Day 1](#), Prep 2 apple for Breakfast on [Day 3](#), Prep 2 apple for Breakfast on [Day 5](#), Prep 2 apple for Breakfast on [Day 6](#)

Apples and Almond Butter [🔗](#)



Scaled to 1 apple

2 tbsp Almond butter (32 g)
1 medium Apples (182 g)

Prep 1 apple for Lunch on [Day 6](#)

Per 1 apple (1 serving):
291 Cal ● 31.1g Carbs (7.7g Fiber) ● 18.1g Fat ● 7.2g Protein

Directions are for original recipe of 1 apple

1 Core and quarter a medium apple. Spread with almond butter and enjoy.

Avocado [🔗](#)



Scaled to 1 avocado

1 fruit Avocados (201 g)

Prep 1 avocado for Lunch on [Day 4](#)

Per 1 avocado (1 serving):
322 Cal ● 17.1g Carbs (13.5g Fiber) ● 29.5g Fat ● 4.0g Protein

Directions are for original recipe of 1 avocado

1 Cut in half and remove the pit.
2 Optional topping ideas: Sea salt, black pepper, balsamic vinegar, lemon/lime juice, or paprika.

Banana [🔗](#)



Scaled to 2 banana

2 medium Banana (236 g)

Prep 2 banana for Lunch on [Day 2](#)

Per 1 banana (1 serving):
105 Cal ● 27.0g Carbs (3.1g Fiber) ● 0.4g Fat ● 1.3g Protein

No directions

Basic scrambled eggs [🔗](#)



Prep 1 serving for Breakfast on [Day 6](#)

Scaled to 1 serving

- 3 large** Egg (150 g)
- 1/2 tbsp** Olive oil (6.8 g)
- 1/2 tbsp chopped** Chives (1.5 g)
- 1/2 tbsp, ground** Tarragon (2.4 g)
- 1/2 dash** Salt (0.2 g)
- 1/2 dash** Pepper (0.1 g)

Per 1 serving :

282 Cal ● 2.4g Carbs (0.2g Fiber) ● 21.2g Fat ● 19.4g Protein

Directions are for original recipe of 2 serving

- 1 (Feel free to substitute the olive oil with coconut oil, or any oil that fits with your diet)
- 2 Whisk the eggs in a medium bowl and until broken up. Season with a pinch each of salt and pepper and beat to incorporate. Place 2 tablespoons of the eggs in a small bowl; set aside.
- 3 Heat a 10-inch nonstick frying pan over medium-low heat until hot, about 2 minutes. Add butter to the pan and, using a rubber spatula, swirl until it's melted and foamy and the pan is evenly coated. Pour in the larger portion of the eggs, sprinkle with chives and/or tarragon (if using), and let sit undisturbed until eggs just start to set around the edges, about 1 to 2 minutes. Using the rubber spatula, push the eggs from the edges into the center. Let sit again for about 30 seconds, then repeat pushing the eggs from the edges into the center every 30 seconds until just set, for a total cooking time of about 5 minutes.
- 4 Add remaining 2 tablespoons raw egg and stir until eggs no longer look wet. Remove from heat and season with salt and pepper as needed. Serve immediately.

Caramelized onion frittata [🔗](#)



Prep 1 serving for Breakfast on [Day 1](#), Prep 1 serving for Breakfast on [Day 5](#)

Scaled to 1 serving

- 1 1/2 extra large** Egg (84 g)
- 1/2 link, 4/lb** Italian sausage (56 g)
- 1/2 medium** Onions (55 g)
- 1 dash** Salt (0.4 g)
- 1 dash** Pepper (0.1 g)
- 3/4 tsp** Coconut oil (3.4 g)

Per 1 serving :

367 Cal ● 6.2g Carbs (1.0g Fiber) ● 29.2g Fat ● 19.2g Protein

Directions are for original recipe of 4 serving

- 1 Preheat oven to 350F. Whisk eggs and thinly slice the onions.
- 2 Cook italian sausage in a large skillet over medium heat until cooked through. Use a wooden spoon to break up the sausage while it cooks.
- 3 Grease a glass baking dish with the coconut oil. Place your italian sausage in the dish.
- 4 While pan is still hot and over medium heat, add your sliced onions to the italian sausage grease.
- 5 Cooking down for about 8-10 minutes, continuously stirring onions to prevent burning.
- 6 While the onions are caramelizing, mix in your eggs with the italian sausage in your baking dish.
- 7 Once your onions are caramelized, place the onions on top throughout the baking dish, covering all the eggs and italian sausage.
- 8 Bake for 10-13 minutes or until your eggs are completely cooked through in the middle.

Chicken with Chipotle Gravy [🔗](#)



Prep 2 serving for Dinner on [Day 1](#)

Scaled to 2 serving

- 1/2 tbsp** Garlic (4.2 g)
- 1/2 small** Onions (35 g)
- 1/2 7 oz can** Chipotle Peppers in Adobo Sauce
- 1 1/2 tbsp** Honey (32 g)
- 1/2 tbsp** Coconut oil (6.8 g)
- 1 breast** Chicken breast (236 g)

Per 1 serving :

253 Cal ● 18.5g Carbs (0.4g Fiber) ● 7.3g Fat ● 27.7g Protein

Directions are for original recipe of 4 serving

- 1 Add garlic, onions, honey, and chipotle peppers along with their sauce to blender. Blend until the ingredients are fully combined and have become a smooth mixture.
- 2 Warm the coconut oil in the pan. Add chicken breasts and sauce to the pan.
- 3 Simmer on medium-low for about 7 minutes per side or until cooked through and no longer pink in the middle. Enjoy!

Cinnamon Apple Bites [🔗](#)



Prep 2 serving for Breakfast on [Day 2](#), Prep 1 serving for Breakfast on [Day 4](#), Prep 1 serving for Breakfast on [Day 7](#)

Scaled to 1 serving

1 medium Apples (161 g)
1/2 tsp Cinnamon (1.3 g)

Per 1 serving :

81 Cal ● 21.6g Carbs (2.8g Fiber) ● 0.2g Fat ● 0.5g Protein

Directions are for original recipe of 1 serving

- 1 Cut up apple (with or without skin - your choice) into bite sized chunks.
- 2 Put the chopped apple into a container with a lid (ex. an empty margarine container).
- 3 Sprinkle on the cinnamon, put the lid on the container, and gently shake so cinnamon covers apple.
- 4 Eat and enjoy immediately.

Cool Summer Cucumber Chicken and Tomato Toss [🔗](#)



Prep 2 serving for Lunch on [Day 4](#)

Scaled to 2 serving

1/2 large Cucumber (140 g)
1 large whole Tomatoes (182 g)
4 1/2 sprigs Fresh cilantro (10 g)
2 1/16 tbsp Lemon juice (30 g)
1/2 dash Salt (0.2 g)
1/2 dash Pepper (0.1 g)
1/2 can yields Canned chicken (62 g)

Per 1 serving :

87 Cal ● 6.6g Carbs (1.8g Fiber) ● 2.9g Fat ● 9.3g Protein

Directions are for original recipe of 4 serving

- 1 Place cucumber, tomatoes, and cilantro in a bowl. Season with lemon juice salt and pepper. Toss gently to coat. Add canned chicken and toss once more. Serve immediately or refrigerate until ready to serve.

Cool Summer Cucumber and Tomato Toss [🔗](#)



Prep 1.5 serving for Snack on [Day 4](#)

Scaled to 1 1/2 serving

3/8 large Cucumber (105 g)
3/4 large whole Tomatoes (136 g)
3/4 tbsp Balsamic vinegar (12 g)
3/4 tbsp Olive oil (10 g)
3/8 dash Salt (0.2 g)
3/8 dash Pepper (0 g)

Per 1 serving :

92 Cal ● 6.4g Carbs (1.6g Fiber) ● 7.0g Fat ● 1.2g Protein

Directions are for original recipe of 4 serving

- 1 Place cucumber and tomatoes in a bowl. Pour in olive oil and balsamic vinegar. Season with salt and pepper. Toss gently to coat. Refrigerate until ready to serve.

Denver omelet [🔗](#)



Prep 1 omelet for Breakfast on [Day 3](#)

Scaled to 1 omelet

2 extra large Egg (112 g)
2 tbsp chopped Onions (20 g)
1/4 cup, chopped Red bell pepper (37 g)
2 slice Sliced ham (56 g)
1 tbsp Olive oil (14 g)

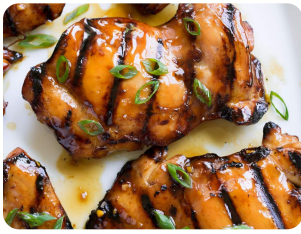
Per 1 omelet (1 serving):

390 Cal ● 7.1g Carbs (1.8g Fiber) ● 29.1g Fat ● 23.9g Protein

Directions are for original recipe of 1 omelet

- 1 Chop up your onions and bell pepper.
- 2 Add olive oil to a skillet over medium-high heat. Saute onion, bell pepper, ham in the oil until the onion starts to become translucent.
- 3 Stir the eggs into the pan, then cook until lightly brown on the bottom. Then flip over and lightly brown the opposite side. Add a dash of salt and pepper if desired. Then eat!

Easy Grilled Chicken Teriyaki [🔗](#)



Prep 0.5 serving for Dinner on
[Day 2](#)

Scaled to 1/2 serving

- 1/2 breast** Chicken breast (118 g)
- 2 tbsp** Teriyaki sauce (36 g)
- 1/2 tbsp** Lemon juice (7.5 g)
- 1/4 tsp** Garlic (0.7 g)
- 1/4 tsp** Sesame oil (1.1 g)

Per 1 serving :
373 Cal ● 12.7g Carbs (0.1g Fiber) ● 8.5g Fat ● 57.6g Protein

Directions are for original recipe of 4 serving

- 1 Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large resealable plastic bag. Seal bag, and shake to coat. Place in refrigerator for 24 hours, turning every so often.
- 2 Preheat grill for high heat.
- 3 Lightly oil the grill grate. Remove chicken from bag, discarding any remaining marinade. Grill for 6 to 8 minutes each side, or until juices run clear when chicken is pierced with a fork.

Filet Mignon with Rich Balsamic Glaze [🔗](#)



Prep 2 serving for Dinner on
[Day 4](#)

Scaled to 2 serving

- 8 oz** Beef tenderloin (227 g)
- 1/2 tsp** Pepper (1.1 g)
- 1 tsp** Salt (6 g)
- 1/4 cup** Balsamic vinegar (64 g)
- 2 fl oz** Red wine (59 g)

Per 1 serving :
219 Cal ● 6.5g Carbs (0.1g Fiber) ● 6.7g Fat ● 25.3g Protein

Directions are for original recipe of 2 serving

- 1 Sprinkle freshly ground pepper over both sides of each steak, and sprinkle with salt to taste.
- 2 Heat a nonstick skillet over medium-high heat. Place steaks in hot pan, and cook for 1 minute on each side, or until browned. Reduce heat to medium-low, and add balsamic vinegar and red wine. Cover, and cook for 4 minutes on each side, basting with sauce when you turn the meat over.
- 3 Remove steaks to two warmed plates, spoon one tablespoon of glaze over each, and serve immediately.

Fried Broccoli [🔗](#)



Prep 2 serving for Dinner on
[Day 7](#)

Scaled to 2 serving

- 1/2 package** Broccoli (226 g)
- 1/2 tbsp** Olive oil (6.8 g)
- 1/4 tsp** Crushed red pepper flakes (0.1 g)
- 1/2 tsp** Salt (3 g)

Per 1 serving :
60 Cal ● 5.5g Carbs (3.4g Fiber) ● 3.7g Fat ● 3.2g Protein

Directions are for original recipe of 4 serving

- 1 Rinse and pat dry the broccoli.
- 2 Heat the olive oil in a large skillet over medium heat, add the crushed red pepper and heat 1 minute. Cook and stir the broccoli in the skillet until it begins to get crispy, 5 to 7 minutes. Season with salt to serve.

Garlic Roasted Brussels Sprouts [🔗](#)



Prep 2 serving for Dinner on
[Day 6](#)

Scaled to 2 serving

- 2 cup** Brussels sprouts (176 g)
- 2 cloves, minced** Garlic (6 g)
- 2 tbsp** Olive oil (27 g)

Per 1 serving :
162 Cal ● 8.9g Carbs (3.4g Fiber) ● 13.8g Fat ● 3.2g Protein

Directions are for original recipe of 1 serving

- 1 Cut sprouts in half and place in boiling water for 3 minutes.
- 2 Remove and dry on paper towels, removing as much moisture as possible
- 3 Heat oil in a skillet over medium heat. Add sprouts face down, and cook until one side is brown, then turn.
- 4 Add minced garlic, and cook until garlic is soft and sprouts are browned.

Grapes [🔗](#)



Prep 0.5 cup for Snack on [Day 3](#)

Scaled to 1/2 cup

1/2 cup Grapes (76 g)

Per 1 cup (1 serving):

104 Cal ● 27.3g Carbs (1.4g Fiber) ● 0.2g Fat ● 1.1g Protein

Directions are for original recipe of 1 cup

1 Wash and enjoy.

Grilled Italian Sausage with Peppers, Onions and Arugula [🔗](#)



Prep 2 serving for Dinner on [Day 3](#)

Scaled to 2 serving

1 tbsp Olive oil (14 g)

1/2 dash Salt (0.2 g)

1 1/2 tbsp Balsamic vinegar (24 g)

1 large Red bell pepper (164 g)

2 cup Arugula (40 g)

1/2 large Onions (75 g)

1 1/2 tbsp Honey (32 g)

228 1/2 grams Italian sausage

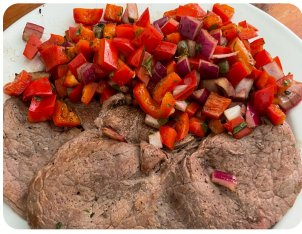
Per 1 serving :

334 Cal ● 26.6g Carbs (2.7g Fiber) ● 16.8g Fat ● 20.3g Protein

Directions are for original recipe of 4 serving

- 1** Preheat the grill. Mix together the balsamic vinegar and honey in a small bowl and set aside.
- 2** Coat the onion, peppers and sausages with 2 tbsp. olive oil. Add a dash of salt to the peppers and onion. Coat the grill grates with a little olive oil. Put the onion wedges on the grill and cover the grill. Let the onions roast for 5 minutes, or until they are a little charred. Turn the onions and move them to a cooler part of the grill to finish.
- 3** If your grill has two levels, place the sausages on the top part of the grill and the peppers directly below them. Done this way, as the sausages drip juice and fat, it will fall on the peppers, flavoring them while simultaneously preventing flare-ups. If your grill does not have two levels, put the peppers on the hottest part of the grill and the sausages on the coolest. Cover and grill everything for 15 to 20 minutes or so, periodically checking and turning the sausages and peppers as needed. Towards the end of cooking, baste the sausages, peppers and onions with the honey and balsamic mixture.
- 4** When the sausages are cooked through and the peppers and onions cooked, remove them from the grill to a sheet pan or large bowl. If you want, pick off some or all of the charred skin on the peppers. Cut the peppers into long strips, and slice the root end off the onions to separate the pieces. Cut the sausages into thirds. Mix everything well in the pan or bowl.
- 5** To serve, place a bed of baby arugula on the serving plates and top with the sausage, peppers and onion.

Grilled Steak with Pepper Relish [🔗](#)



Prep 1 serving for Dinner on [Day 5](#)

Scaled to 1 serving

- 1/2 cup, chopped** Red bell pepper (75 g)
- 1/4 onion** Onions (83 g)
- 1/2 tbsp** Balsamic vinegar (8 g)
- 3/4 tsp** Olive oil (3.4 g)
- 1/4 tbsp, drained** Capers (2.2 g)
- 3/4 tsp** Thyme (0.6 g)
- 1/8 tsp** Salt (0.8 g)
- 1/8 tsp, ground** Pepper (0.3 g)
- 1 steak** Sirloin steak (144 g)
- 1/4 tsp** Garlic powder (0.8 g)

Per 1 serving :

372 Cal ● 13.2g Carbs (2.6g Fiber) ● 15.9g Fat ● 44.6g Protein

Directions are for original recipe of 2 serving

- 1 Preheat grill to medium.
- 2 Combine bell peppers, onion, vinegar, oil, capers, 1 teaspoons of the fresh thyme (or 1/4 teaspoon dried) and 1/8 teaspoon each salt and pepper in a large bowl.
- 3 Stack two 20-inch-long pieces of foil. Arrange the pepper mixture on one half and fold the foil. Tightly seal the packet by crimping and folding the edges together.
- 4 Sprinkle both sides of steak with garlic powder, the remaining thyme and 1/8 teaspoon each salt and pepper.
- 5 Oil the grill rack. Place the steak and foil packet on the grill. Grill the steak about 4 minutes per side for medium-rare, 5 minutes per side for medium.
- 6 Grill the packet until the vegetables are tender, 10 to 12 minutes. Let the steak rest for 5 minutes. Serve the steak with the peppers.
- 7 Enjoy!

Grilled chicken mediterranean [🔗](#)



Prep 1 breast for Dinner on [Day 6](#)

Scaled to 1 breast

- 1/4 cup cherry tomatoes** Cherry tomatoes (37 g)
- 1/4 cup** Olives (34 g)
- 3/4 tbsp, drained** Capers (6.8 g)
- 3/4 tbsp** Olive oil (10 g)
- 1 breast** Chicken breast (236 g)
- 1 dash** Salt (0.4 g)
- 1 dash** Pepper (0.1 g)

Per 1 breast (1 serving):

420 Cal ● 4.0g Carbs (1.8g Fiber) ● 20.0g Fat ● 53.9g Protein

Directions are for original recipe of 4 breast

- 1 Preheat oven to 475F. Slice olives, rinse capers, and toss together with the tomatoes and 1 tbsp of olive oil in a bowl.
- 2 Season chicken breasts with salt and pepper to taste. Heat a large oven-proof skillet over high heat (you will be sticking the pan in the oven). Add 1 tbsp olive oil to the pan and quickly sear the chicken on both sides. Change to medium-high heat and add last 1 tbsp of oil and continue to cook until deep golden brown (~4 min).
- 3 Flip chicken, then add tomato mixture to skillet. Transfer skillet to oven and roast chicken until cooked through and tomatoes have softened (around 15-18 min).
- 4 Transfer to serving plates and spoon tomato mixture over top to serve.

Lime Chicken Salad [🔗](#)



Prep 1.5 serving for Lunch on [Day 2](#)

Scaled to 1 1/2 serving

- 1 1/2 can yields** Canned chicken (188 g)
- 3 tsp** Lime juice (15 g)
- 1 1/2 dash** Salt (0.6 g)
- 6 leaf, large** Lettuce (90 g)

Per 1 serving :

242 Cal ● 3.3g Carbs (0.7g Fiber) ● 10.3g Fat ● 32.5g Protein

Directions are for original recipe of 1 serving

- 1 Combine the chicken, lime juice, and salt (use only a squeeze of lime juice and salt to taste).
- 2 Arrange the bib leaves, and serve the chicken salad on top. Enjoy!

Paleo Avocado Chicken Salad [🔗](#)



Prep 1 serving for Snack on [Day 1](#)

Scaled to 1 serving

- 1 fruit** Avocados (136 g)
- 1 lemon yields** Lemon juice (47 g)
- 1/4 medium** Onions (28 g)
- 1/4 cup** Canned chicken (51 g)
- 1 dash** Salt (0.4 g)
- 1 dash** Pepper (0.1 g)

Per 1 serving :
343 Cal ● 18.1g Carbs (9.9g Fiber) ● 25.2g Fat ● 16.1g Protein

Directions are for original recipe of 1 serving

- 1 Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
- 2 Add lemon juice and onion to the avocado in the bowl and mash together. Add drained chicken, salt and pepper, and stir to combine. Taste and adjust if needed.
- 3 Fill avocado shells with chicken salad and serve.

Paleo Avocado Tuna Salad (Tuna in Water) [🔗](#)



Prep 1 serving for Lunch on [Day 1](#), Prep 1 serving for Lunch on [Day 3](#)

Scaled to 1 serving

- 1 fruit** Avocados (136 g)
- 1 lemon yields** Lemon juice (47 g)
- 1 tbsp chopped** Onions (10 g)
- 5 oz** Tuna (142 g)
- 1 dash** Salt (0.4 g)
- 1 dash** Pepper (0.1 g)

Per 1 serving :
364 Cal ● 16.0g Carbs (9.6g Fiber) ● 22.4g Fat ● 30.5g Protein

Directions are for original recipe of 1 serving

- 1 Cut the avocado in half and scoop the middle of both avocado halves into a bowl, leaving a shell of avocado flesh about ¼-inch thick on each half.
- 2 Add lemon juice and onion to the avocado in the bowl and mash together. Add drained tuna, salt and pepper, and stir to combine. Taste and adjust if needed.
- 3 Fill avocado shells with tuna salad and serve.

Pesto Scrambled Eggs [🔗](#)



Prep 2 pan for Breakfast on [Day 7](#)

Scaled to 2 pan

- 1 tbsp** Olive oil (14 g)
- 4 large** Egg (200 g)
- 1 tbsp** Basil Pesto

Per 1 pan (1 serving):
244 Cal ● 1.8g Carbs (0.5g Fiber) ● 20.0g Fat ● 13.3g Protein

Directions are for original recipe of 2 pan

- 1 Pour olive oil (or coconut oil) into a skillet over medium heat.
- 2 Crack the eggs directly into the pan, then scramble them slowly - combining the yolks and whites slowly so there is still some variation between the two. A heat resistant silicone spatula works best.
- 3 About one minute into the cooking, add the pesto to the pan and continue to scramble the eggs, working the pesto in gently.
- 4 Once the eggs are no longer runny, they are done.
- 5 Serve with extra pesto.

Pork Rind Crusted Chicken [🔗](#)



Prep 1.5 serving for Dinner on [Day 7](#)

Scaled to 1 1/2 serving

- 9/16 breast, bone removed** Chicken breast (163 g)
- 3/4 oz** Pork skins (21 g)
- 1 1/8 tbsp** Dijon mustard (17 g)
- 3/8 tsp** Salt (2.2 g)
- 3/8 tsp** Garlic powder (1.2 g)
- 3/16 tsp** Cayenne pepper (0.3 g)
- 3/4 tbsp** Olive oil (10 g)

Per 1 serving :
338 Cal ● 1.5g Carbs (0.5g Fiber) ● 22.0g Fat ● 32.0g Protein

Directions are for original recipe of 4 serving

- 1 Place the pork rinds in a large ziplock bag. Seal, removing as much air as possible. Use a meat pounder to crush the pork rinds into crumbs, similar to Panko. Place in a shallow bowl.
- 2 Brush the chicken tenders with the mustard and sprinkle with kosher salt, garlic powder, and cayenne.
- 3 Dip each chicken tender into the crushed pork rinds, pressing on both sides to help the crumbs adhere.
- 4 Heat a nonstick double-burner griddle (or two large nonstick skillets) over medium-high heat, about 2 minutes. Brush with olive oil.
- 5 Add the coated chicken tenders. Fry until golden-brown, about 3 minutes on each side, working in batches if necessary.

Quick Buffalo Chicken Salad [🔗](#)



Prep 1.5 serving for Lunch on [Day 7](#)

Scaled to 1 1/2 serving

- 3 tbsp** Pepper or hot sauce (43 g)
- 3/4 cup** Canned chicken (154 g)
- 1 1/2 cup** Spinach (45 g)
- 1 1/2 medium** Tomatoes (184 g)

Per 1 serving :
228 Cal ● 8.8g Carbs (2.1g Fiber) ● 8.8g Fat ● 28.4g Protein

Directions are for original recipe of 1 serving

- 1 Mix hot sauce with chicken. Put on top of spinach, and add tomatoes to top. Toss together and enjoy!

Red Pepper & Tomato Salad [🔗](#)



Prep 1 serving for Snack on [Day 6](#)

Scaled to 1 serving

- 1 medium** Red bell pepper (119 g)
- 1 tbsp** Olive oil (14 g)
- 2 tbsp** Balsamic vinegar (32 g)
- 2 medium whole** Tomatoes (246 g)
- 1 dash** Salt (0.4 g)
- 1 dash** Pepper (0.1 g)
- 1/4 tsp, leaves** Oregano (0.2 g)

Per 1 serving :
230 Cal ● 22.5g Carbs (5.6g Fiber) ● 14.4g Fat ● 3.6g Protein

Directions are for original recipe of 1 serving

- 1 Coarsely chop red pepper and tomatoes. Place into a bowl.
- 2 Pour in olive oil and balsamic vinegar. Season with salt, pepper, and oregano. Toss gently to coat.
- 3 Refrigerate until ready to serve. Enjoy!

Roasted asparagus [🔗](#)



Prep 6 spears for Dinner on [Day 1](#)

Scaled to 6 spears

- 6 spear, large** Asparagus (120 g)
- 1/8 tsp** Salt (0.8 g)
- 3/8 tsp** Olive oil (5.1 g)

Per 6 spears (1 serving):
69 Cal ● 4.7g Carbs (2.5g Fiber) ● 5.2g Fat ● 2.6g Protein

Directions are for original recipe of 24 spears

- 1 Preheat oven to 425F.
- 2 Cut off the woody bottom part of the asparagus spears and discard.
- 3 With a vegetable peeler, peel off the skin on the bottom 2-3 inches of the spears. This keeps the asparagus from being all "stringy"
- 4 Place asparagus on foil-lined baking sheet and drizzle with olive oil.
- 5 Sprinkle with salt
- 6 With your hands, roll the asparagus around until they are evenly coated with oil and salt.
- 7 Roast for 10-15 minutes, depending on the thickness of your stalks and how tender you like them.
- 8 They should be tender when pierced with the tip of a knife.
- 9 The tips of the spears will get very brown but watch them to prevent burning.
- 10 They are great plain, but sometimes I serve them with a light vinaigrette if we need something acidic to balance out our meal.

Sautéed Brussel Sprouts with Onion and Garlic [🔗](#)



Prep 2 serving for Dinner on [Day 2](#)

Scaled to 2 serving

- 6 tsp** Olive oil (27 g)
- 7 tbsp chopped** Onions (70 g)
- 4 cup** Brussels sprouts (352 g)
- 2 cloves, minced** Garlic (6 g)
- 2 dash** Salt (0.8 g)
- 2 dash** Pepper (0.2 g)

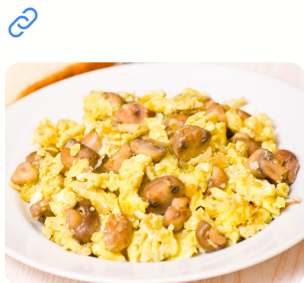
Per 1 serving :

214 Cal ● 20.1g Carbs (7.4g Fiber) ● 14.1g Fat ● 6.5g Protein

Directions are for original recipe of 1 serving

- 1** Sauté in oil in hot pan over medium-high heat. Add chopped onion and brussel sprouts and cook until brussel sprouts brown (caramelize) and are tender. Add garlic at the end and cook until fragrant, 30 seconds to a minute. Salt and pepper to taste
- 2** Enjoy!

Scrambled Eggs with Bacon and Mushrooms [🔗](#)



Prep 2 serving for Breakfast on [Day 4](#)

Scaled to 2 serving

- 4 extra large** Egg (224 g)
- 4 strip** Bacon (48 g)
- 1/2 cup diced** Mushrooms (43 g)

Per 1 serving :

265 Cal ● 2.0g Carbs (0.3g Fiber) ● 20.3g Fat ● 17.5g Protein

Directions are for original recipe of 1 serving

- 1** Crack the eggs into a bowl and beat with a fork until thoroughly combined.
- 2** Rinse the mushrooms and pat dry.
- 3** Heat a skillet over medium heat.
- 4** Cook the bacon over low heat, then remove from the pan and drain on paper towels.
- 5** Add the mushroom to the pan and cook over medium-low heat until soft.
- 6** Add the eggs to the mushrooms in the pan, and cook over medium-high heat until it begins to set. Alternatively, you can cook the eggs separately.
- 7** While cooking, mix the eggs with a spatula to ensure even cooking.
- 8** Serve the egg and mushroom mixture with the bacon.

Scrambled Eggs with Onion Flakes [🔗](#)



Prep 2 serving for Breakfast on [Day 2](#)

Scaled to 2 serving

- 4 jumbo** Egg (252 g)
- 2 dash** Salt (0.8 g)
- 1/2 tsp** Onions (0.6 g)

Per 1 serving :

181 Cal ● 1.2g Carbs (0.0g Fiber) ● 12.0g Fat ● 15.8g Protein

Directions are for original recipe of 1 serving

- 1** Beat eggs in a bowl and mix in salt and onion flakes.
- 2** Fry in preheated pan over medium heat until they've reached desired doneness. Enjoy!

Spicy Chicken Celery Sticks [🔗](#)



Prep 0.5 serving for Snack on [Day 2](#), Prep 0.5 serving for Snack on [Day 3](#), Prep 0.5 serving for Snack on [Day 5](#)

Scaled to 1/2 serving

1/2 can yields Canned chicken (62 g)
1 tbsp Light mayonnaise (15 g)
1/4 tsp Garlic powder (0.8 g)
1/8 tsp Salt (0.8 g)
1 1/2 stalks, large Celery (96 g)
1 tbsp Pepper or hot sauce (14 g)

Per 1 serving :

342 Cal ● 11.3g Carbs (3.3g Fiber) ● 17.2g Fat ● 33.5g Protein

Directions are for original recipe of 1 serving

- 1 Combine chicken, mayo, garlic powder, salt and hot sauce in a small bowl and mix until well combined.
- 2 Cut celery stalks in half. Stuff each stalk with the chicken mixture and serve.

Spicy Garlic Broccoli [🔗](#)



Prep 2 serving for Dinner on [Day 4](#)

Scaled to 2 serving

2/3 lb Broccoli (302 g)
2/3 tbsp Olive oil (9 g)
1 1/3 cloves, minced Garlic (4 g)
1/3 tsp Crushed red pepper flakes (0.1 g)
2 2/3 tbsp Chicken broth (40 g)
1/3 dash Salt (0.1 g)

Per 1 serving :

96 Cal ● 11.0g Carbs (4.0g Fiber) ● 5.2g Fat ● 4.6g Protein

Directions are for original recipe of 6 serving

- 1 Cut broccoli into bite sized pieces.
- 2 Boil in salted water for about 5 to 7 minutes (broccoli should just start to soften).
- 3 Rinse under COLD water (to stop the cooking).
- 4 Dry to remove any excess water.
- 5 In a large skillet, heat the oil until hot.
- 6 Add the garlic and pepper flakes.
- 7 Sauté for 1 minute.
- 8 Add the broccoli and "some" of the broth. (I say "some" as you don't want it soaking in it, you just want it to help steam and add flavor)
- 9 Cook for 2 to 4 minutes (depending on the way you like your broccoli, tender or crisp) stirring the entire time. Season lightly with table salt.

Steamed Broccoli [🔗](#)



Prep 2 serving for Dinner on [Day 5](#)

Scaled to 2 serving

3/4 lb Broccoli (340 g)
1 1/2 tbsp Olive oil (20 g)
1/4 tsp Lemon juice (1.3 g)
1/4 tsp Salt (1.5 g)
1/4 tsp Pepper (0.5 g)

Per 1 serving :

148 Cal ● 11.5g Carbs (4.5g Fiber) ● 10.8g Fat ● 4.8g Protein

Directions are for original recipe of 4 serving

- 1 Trim the broccoli into large florets.
- 2 Place the broccoli in a steaming basket over boiling water; cover and steam for 3 minutes.
- 3 Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes.
- 4 Remove to a platter; season with salt and pepper, olive oil, and the lemon juice.

Strawberries [🔗](#)



Prep 1.5 cup for Snack on [Day 5](#)

Scaled to 1 1/2 cup

1 1/2 cup, whole Strawberries (216 g)

Per 1 cup (1 serving):

46 Cal ● 11.1g Carbs (2.9g Fiber) ● 0.4g Fat ● 1.0g Protein

Directions are for original recipe of 1 cup

1 Wash and eat.

Tuna Avocado Salad [🔗](#)



Prep 2 serving for Lunch on [Day 6](#)

Scaled to 2 serving

1/2 fruit Avocados (68 g)
5.2 oz Tuna (147 g)
2 dash Salt (0.8 g)
1 1/2 tsp Pepper (3.1 g)

Per 1 serving :

124 Cal ● 3.9g Carbs (2.7g Fiber) ● 6.0g Fat ● 15.2g Protein

Directions are for original recipe of 1 serving

1 Using a fork, mash up the tuna really well until the consistency is even.
2 Mix in the avocado until smooth.
3 Add salt and pepper to taste. Enjoy!

Tuna and Avocado salad [🔗](#)



Prep 1 serving for Lunch on [Day 5](#)

Scaled to 1 serving

2 sprigs Fresh cilantro (6.7 g)
1 can Tuna (165 g)
1/2 fruit Avocados (100 g)
1/4 lime yields Lime juice (11 g)
1 dash Salt (0.4 g)
4 leaf, large Lettuce (60 g)

Per 1 serving :

315 Cal ● 11.1g Carbs (7.6g Fiber) ● 16.5g Fat ● 35.1g Protein

Directions are for original recipe of 1 serving

1 Chop the cilantro, and combine the tuna, avocado, cilantro, lime, and salt. (use only a squeeze of lime juice, and salt to taste). Mix together well.
2 Arrange the bib leaves, and serve the tuna salad on top.

Turkey Lettuce Rollups [🔗](#)



Prep 2 serving for Snack on [Day 4](#)

Scaled to 2 serving

4 leaf outer Lettuce (96 g)
4 slice oval Sliced turkey (104 g)
2 dash Pepper (0.2 g)

Per 1 serving :

59 Cal ● 2.7g Carbs (0.7g Fiber) ● 1.3g Fat ● 9.1g Protein

Directions are for original recipe of 1 serving

1 Lay out a large slice of lettuce, top with turkey. Sprinkle pepper over top and roll up. Repeat with remaining lettuce, turkey, and pepper. Enjoy!

Grocery List



The Temple

eat this much 

Vegetables



Onions

3 2/3 medium (2-1/2" dia) (403 g), Raw



Garlic

7 clove (21 g), Raw



Asparagus

7 1/2 spear, medium (5-1/4" to 7" long) (120 g), Raw



Brussels sprouts

6 cup (528 g), Raw



Celery

15 1/4 stalk, medium (7-1/2" - 8" long) (610 g), Raw



Red bell pepper

3 1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (397 g), Sweet, raw



Arugula

2 cup (40 g), Raw



Mushrooms

2/3 mushroom, whole (56 g), Portabella, raw



Cucumber

1 large (8-1/4" long) (280 g), Peeled, raw



Tomatoes

6 1/4 medium whole (2-3/5" dia) (769 g), Red, ripe, raw, year round average



Fresh cilantro

16 2/3 tbsp (17 g), Coriander leaves, raw



Broccoli

7 1/4 cup chopped (660 g), Raw



Chives

1/2 tbsp chopped (1.5 g), Raw



Cherry tomatoes

1/4 cup cherry tomatoes (37 g), Red, ripe, raw, year round average



Spinach

1 1/2 cup (45 g), Raw



Broccoli

1 1/2 cup (234 g), Frozen, chopped, unprepared



Lettuce

3 2/3 cup shredded (172 g), Romaine or cos, raw

Fruits and Fruit Juices



Apples

13 medium (3" dia) (2.37 kg), With skin



Lemon juice

12 1/4 tbsp (184 g), Raw



Lime juice

1/4 cup (60 g), Raw



Banana

2 medium (7" to 7-7/8" long) (236 g), Raw



Grapes

1/2 cup (76 g), Red or green, raw (european type, such as thompson seedless)



Avocados

5 fruit (1.0 kg), Raw, All commercial varieties



Strawberries

1 1/2 cup, whole (216 g), Raw



Olives

1/4 cup (34 g), Ripe, canned (small-extra large)

Dairy Products



Egg

22 1/4 large (1.11 kg), Whole, fresh eggs

Beverages



Red wine


1/2 serving 5 fl oz (74 g), Alcoholic beverage, table, carignane

Poultry Products

 **Chicken breast**
6 1/2 half breast (fillet) (767 g), Broilers or fryers, meat only, raw

 **Canned chicken**
3 1/4 cup (666 g), No broth


Beef Products

 **Beef tenderloin**
8 oz (227 g), Separable lean only, trimmed to 1/8" fat, select, raw


Pork Products

 **Bacon**
1 3/4 oz (50 g), Raw, cured pork


Sausage and Lunch Meat

 **Italian sausage**
3 1/2 link, raw (350 g), Pork, raw

 **Sliced ham**
2 slice (56 g), Regular (approximately 11% fat)


 **Sliced turkey**
4 slice oval (104 g), Light meat


Seafood


 **Tuna**
21 1/4 oz (602 g), Fish, light, canned in water, drained solids


Spices and Herbs

 **Salt**
1 1/3 tbsp (24 g), Table


 **Pepper**
1 tbsp (6.4 g), Spices, black


 **Cinnamon**
2/3 tbsp (5.2 g), Spices, ground

 **Garlic powder**
1/2 tbsp (4.85 g), Spices

 **Balsamic vinegar**
2/3 cup (170 g),


 **Crushed red pepper flakes**
1/4 tbsp (0.24 g),


 **Capers**
1 tbsp, drained (9 g), Canned

 **Thyme**
1/4 tbsp (0.6 g), Fresh

 **Tarragon**
1 1/3 tbsp, leaves (2.4 g), Spices, dried


 **Oregano**
1/4 tbsp, leaves (0.75 g), Spices, dried

 **Dijon mustard**
1 1/4 tbsp (19 g), Grey poupon

 **Cayenne pepper**
1/4 tbsp (1.32 g), Spices, red or cayenne

Soups and Sauces

 **Teriyaki sauce**
2 tbsp (36 g), Ready-to-serve

 **Pepper or hot sauce**
18 1/2 tsp (87 g), Ready-to-serve

 **Chicken broth**
1/4 cup (60 g), Soup, canned, ready-to-serve

Nut and Seed Products


 **Almonds**
3/4 cup, whole (107 g), Nuts, raw


 **Almond butter**
7 tbsp (112 g), Nuts, plain, without salt added

Fats and Oils


 **Coconut oil**
1 tbsp (14 g),

 **Olive oil**
14 1/4 tbsp (192 g), Salad or cooking

 **Sesame oil**
1/4 tbsp (3.4 g), Salad or cooking

 **Light mayonnaise**
3 tbsp (45 g), Salad dressing, light

Sweets

 **Honey**
3 tbsp (63 g),

Snacks



Pork skins

1 oz (28 g), Snacks, plain

Restaurant Foods



Sirloin steak

1 steak (144 g), Restaurant, family style

Uncategorized



Chipotle Peppers in Adobo Sauce

1/2 7 oz can , Embasa



Basil Pesto

1 tbsp , Kirkland brand