

Meal Plan - 1400 calorie high protein pescetarian 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

1416 cals ● 126g protein (36%) ● 64g fat (41%) ● 55g carbs (15%) ● 28g fiber (8%)

Breakfast

185 cals, 28g protein, 13g net carbs, 2g fat



[Cottage cheese and pineapple](#)
186 cals

Snacks

170 cals, 7g protein, 10g net carbs, 8g fat



[Bell pepper strips and hummus](#)
170 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

380 cals, 10g protein, 8g net carbs, 29g fat



[Avocado](#)
176 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals



[Cheese and guac tacos](#)
1 taco(s)- 175 cals

Dinner

410 cals, 20g protein, 22g net carbs, 24g fat



[Goat cheese and marinara stuffed zucchini](#)
3 zucchini halve(s)- 288 cals



[Greek cucumber & feta salad](#)
121 cals

Day 2

1416 cals ● 126g protein (36%) ● 64g fat (41%) ● 55g carbs (15%) ● 28g fiber (8%)

Breakfast

185 cals, 28g protein, 13g net carbs, 2g fat



Cottage cheese and pineapple
186 cals

Snacks

170 cals, 7g protein, 10g net carbs, 8g fat



Bell pepper strips and hummus
170 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

380 cals, 10g protein, 8g net carbs, 29g fat



Avocado
176 cals



Carrot sticks
1 carrot(s)- 27 cals



Cheese and guac tacos
1 taco(s)- 175 cals

Dinner

410 cals, 20g protein, 22g net carbs, 24g fat



Goat cheese and marinara stuffed zucchini
3 zucchini halve(s)- 288 cals



Greek cucumber & feta salad
121 cals

Day 3

1365 cals ● 133g protein (39%) ● 46g fat (30%) ● 75g carbs (22%) ● 30g fiber (9%)

Breakfast

185 cals, 28g protein, 13g net carbs, 2g fat



Cottage cheese and pineapple
186 cals

Snacks

195 cals, 14g protein, 8g net carbs, 6g fat



Edamame
139 cals



Raspberries
3/4 cup(s)- 54 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

355 cals, 18g protein, 33g net carbs, 15g fat



Greek cucumber & feta salad
121 cals



Vegan meatball sub
1/2 sub(s)- 234 cals

Dinner

360 cals, 12g protein, 18g net carbs, 22g fat



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals



Tomato and avocado salad
235 cals

Day 4

1377 cal ● 127g protein (37%) ● 53g fat (34%) ● 69g carbs (20%) ● 30g fiber (9%)

Breakfast

200 cal, 22g protein, 7g net carbs, 9g fat



Protein shake (milk)
129 cal



Boiled eggs
1 egg(s)- 69 cal

Snacks

195 cal, 14g protein, 8g net carbs, 6g fat



Edamame
139 cal



Raspberries
3/4 cup(s)- 54 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

355 cal, 18g protein, 33g net carbs, 15g fat



Greek cucumber & feta salad
121 cal



Vegan meatball sub
1/2 sub(s)- 234 cal

Dinner

360 cal, 12g protein, 18g net carbs, 22g fat



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cal



Tomato and avocado salad
235 cal

Day 5

1383 cal ● 146g protein (42%) ● 62g fat (40%) ● 43g carbs (12%) ● 17g fiber (5%)

Breakfast

200 cal, 22g protein, 7g net carbs, 9g fat



Protein shake (milk)
129 cal



Boiled eggs
1 egg(s)- 69 cal

Snacks

130 cal, 8g protein, 17g net carbs, 2g fat



Carrot sticks
2 carrot(s)- 54 cal



Plain yogurt
1/2 cup(s)- 77 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

385 cal, 26g protein, 5g net carbs, 25g fat



Avocado tuna salad
218 cal



Roasted almonds
1/6 cup(s)- 166 cal

Dinner

395 cal, 30g protein, 12g net carbs, 24g fat



Honey dijon salmon
4 1/2 oz- 301 cal



Sauteed zucchini
3/4 zucchini(s)- 96 cal

Day 6

1430 cals ● 124g protein (35%) ● 47g fat (30%) ● 109g carbs (30%) ● 18g fiber (5%)

Breakfast

165 cals, 17g protein, 13g net carbs, 3g fat



[Chocolate protein mug cake](#)

1/2 mug cake(s)- 97 cals



[Peach](#)

1 peach(es)- 66 cals

Snacks

130 cals, 8g protein, 17g net carbs, 2g fat



[Carrot sticks](#)

2 carrot(s)- 54 cals



[Plain yogurt](#)

1/2 cup(s)- 77 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

425 cals, 17g protein, 39g net carbs, 21g fat



[Spinach and goat cheese wrap](#)

1 wrap(s)- 427 cals

Dinner

435 cals, 22g protein, 38g net carbs, 20g fat



[Simple mixed greens and tomato salad](#)

151 cals



[Seitan Philly cheesesteak](#)

1/2 sub(s)- 285 cals

Day 7

1430 cals ● 124g protein (35%) ● 47g fat (30%) ● 109g carbs (30%) ● 18g fiber (5%)

Breakfast

165 cals, 17g protein, 13g net carbs, 3g fat



[Chocolate protein mug cake](#)

1/2 mug cake(s)- 97 cals



[Peach](#)

1 peach(es)- 66 cals

Snacks

130 cals, 8g protein, 17g net carbs, 2g fat



[Carrot sticks](#)

2 carrot(s)- 54 cals



[Plain yogurt](#)

1/2 cup(s)- 77 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

425 cals, 17g protein, 39g net carbs, 21g fat



[Spinach and goat cheese wrap](#)

1 wrap(s)- 427 cals

Dinner

435 cals, 22g protein, 38g net carbs, 20g fat



[Simple mixed greens and tomato salad](#)

151 cals



[Seitan Philly cheesesteak](#)

1/2 sub(s)- 285 cals

Vegetables and Vegetable Products

- ☐ zucchini
3 3/4 large (1211g)
- ☐ cucumber
2 cucumber (8-1/4") (602g)
- ☐ bell pepper
1 2/3 large (275g)
- ☐ carrots
8 medium (488g)
- ☐ edamame, frozen, shelled
2 cup (236g)
- ☐ onion
5/8 medium (2-1/2" dia) (66g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (431g)
- ☐ garlic
3/8 clove (1g)
- ☐ fresh spinach
2 cup(s) (60g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 cup (260g)
- ☐ chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

Dairy and Egg Products

- ☐ goat cheese
5 oz (141g)
- ☐ feta cheese
1/2 cup, crumbled (75g)
- ☐ low fat cottage cheese (1% milkfat)
3 cup (678g)
- ☐ cheddar cheese
1/2 cup, shredded (57g)
- ☐ whole milk
1 cup (240mL)
- ☐ eggs
3 large (150g)
- ☐ plain lowfat yogurt
1 1/2 cup (368g)
- ☐ cheese
2 oz (56g)

Spices and Herbs

- ☐ dill weed, fresh
2 tbsp, chopped (3g)

Beverages

- ☐ water
1 gallon (4186mL)
- ☐ protein powder
18 1/2 scoop (1/3 cup ea) (574g)

Fruits and Fruit Juices

- ☐ canned pineapple
3/4 cup, chunks (136g)
- ☐ avocados
2 1/4 avocado(s) (452g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ raspberries
1 1/2 cup (185g)
- ☐ lime juice
1 fl oz (33mL)
- ☐ peach
2 medium (2-2/3" dia) (300g)

Legumes and Legume Products

- ☐ hummus
2/3 cup (162g)

Other

- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ sub roll(s)
2 roll(s) (170g)
- ☐ nutritional yeast
1 tsp (1g)
- ☐ vegan meatballs, frozen
4 meatball(s) (120g)
- ☐ mixed greens
6 1/2 cup (195g)
- ☐ calorie-free sweetener
2 tsp (7g)
- ☐ protein powder, chocolate
1 scoop (1/3 cup ea) (31g)
- ☐ roasted red peppers
4 tbsp, diced (56g)

Finfish and Shellfish Products

- ☐ salmon
3/4 fillet/s (6 oz each) (128g)
- ☐ canned tuna
1/2 can (86g)

- ☐ black pepper
1 1/2 g (1g)
- ☐ red wine vinegar
4 tbsp (60mL)
- ☐ salt
4 g (4g)
- ☐ garlic powder
4 dash (2g)
- ☐ dijon mustard
3/4 tbsp (11g)

Fats and Oils

- ☐ olive oil
1 oz (31mL)
- ☐ oil
2 1/2 tsp (13mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)
- ☐ salad dressing
6 tbsp (90mL)

Sweets

- ☐ honey
1 tsp (8g)
- ☐ cocoa powder
2 tsp (4g)

Nut and Seed Products

- ☐ almonds
3 tbsp, whole (27g)

Baked Products

- ☐ baking powder
4 dash (3g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Cereal Grains and Pasta

- ☐ seitan
3 oz (85g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Cottage cheese and pineapple

186 cal ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1 cup (226g)

canned pineapple, drained

4 tbsp, chunks (45g)

For all 3 meals:

low fat cottage cheese (1% milkfat)

3 cup (678g)

canned pineapple, drained

3/4 cup, chunks (136g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk

1 cup (240mL)

protein powder

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

1. Mix until well-combined.
2. Serve.

Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Chocolate protein mug cake

1/2 mug cake(s) - 97 cals ● 16g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

calorie-free sweetener
1 tsp (4g)
water
1 tsp (5mL)
eggs
1/2 large (25g)
cocoa powder
1 tsp (2g)
baking powder
2 dash (1g)
protein powder, chocolate
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

calorie-free sweetener
2 tsp (7g)
water
2 tsp (10mL)
eggs
1 large (50g)
cocoa powder
2 tsp (4g)
baking powder
4 dash (3g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

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 2 meals:

peach

2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 2 meals:

avocados

1 avocado(s) (201g)

lemon juice

1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 2 meals:

carrots

2 medium (122g)

1. Cut carrots into strips and serve.

Cheese and guac tacos

1 taco(s) - 175 cals ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

cheddar cheese
4 tbsp, shredded (28g)
guacamole, store-bought
2 tbsp (31g)

For all 2 meals:

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Greek cucumber & feta salad

121 cal ● 4g protein ● 9g fat ● 6g carbs ● 1g fiber



For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)
dill weed, fresh
1/2 tbsp, chopped (1g)
black pepper
1/2 dash (0g)
feta cheese
2 tbsp, crumbled (19g)
red wine vinegar
1 tbsp (15mL)
olive oil
1 tsp (5mL)
salt
1/2 dash (0g)

For all 2 meals:

cucumber
1 cucumber (8-1/4") (301g)
dill weed, fresh
1 tbsp, chopped (2g)
black pepper
1 dash (0g)
feta cheese
4 tbsp, crumbled (38g)
red wine vinegar
2 tbsp (30mL)
olive oil
2 tsp (10mL)
salt
1 dash (0g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Vegan meatball sub

1/2 sub(s) - 234 cal ● 14g protein ● 6g fat ● 27g carbs ● 4g fiber



For single meal:

sub roll(s)
1/2 roll(s) (43g)
nutritional yeast
4 dash (1g)
pasta sauce
2 tbsp (33g)
vegan meatballs, frozen
2 meatball(s) (60g)

For all 2 meals:

sub roll(s)
1 roll(s) (85g)
nutritional yeast
1 tsp (1g)
pasta sauce
4 tbsp (65g)
vegan meatballs, frozen
4 meatball(s) (120g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Lunch 3 [🔗](#)

Eat on day 5

Avocado tuna salad

218 cals ● 20g protein ● 12g fat ● 3g carbs ● 4g fiber



avocados
1/4 avocado(s) (50g)
lime juice
1/2 tsp (3mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
mixed greens
1/2 cup (15g)
onion, minced
1/8 small (9g)
canned tuna
1/2 can (86g)
tomatoes
2 tbsp, chopped (23g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds
3 tbsp, whole (27g)

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

Eat on day 6, day 7

Spinach and goat cheese wrap

1 wrap(s) - 427 cals ● 17g protein ● 21g fat ● 39g carbs ● 4g fiber



For single meal:

fresh spinach

1 cup(s) (30g)

tomatoes

4 cherry tomatoes (68g)

goat cheese, crumbled

2 tbsp (28g)

cheese

2 tbsp, shredded (14g)

balsamic vinaigrette

1/2 tbsp (8mL)

flour tortillas

1 tortilla (approx 10" dia) (72g)

roasted red peppers

2 tbsp, diced (28g)

For all 2 meals:

fresh spinach

2 cup(s) (60g)

tomatoes

8 cherry tomatoes (136g)

goat cheese, crumbled

4 tbsp (56g)

cheese

4 tbsp, shredded (28g)

balsamic vinaigrette

1 tbsp (15mL)

flour tortillas

2 tortilla (approx 10" dia) (144g)

roasted red peppers

4 tbsp, diced (56g)

1. Lay the tortilla out flat, and arrange the spinach across the tortilla. Sprinkle the cherry tomatoes, goat cheese, roasted red pepper, and shredded cheese evenly across the greens. Drizzle with balsamic vinaigrette.
2. Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the wrap tightly.

Snacks 1 [↗](#)

Eat on day 1, day 2

Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus

1/3 cup (81g)

bell pepper

1 medium (119g)

For all 2 meals:

hummus

2/3 cup (162g)

bell pepper

2 medium (238g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Snacks 2 [↗](#)

Eat on day 3, day 4

Edamame

139 cal ● 13g protein ● 6g fat ● 3g carbs ● 6g fiber



For single meal:

edamame, frozen, shelled
1 cup (118g)

For all 2 meals:

edamame, frozen, shelled
2 cup (236g)

1. Prepare edamame according to its package. Serving size is for shelled edamame. Do not eat the pods, only eat the seeds.

Raspberries

3/4 cup(s) - 54 cal ● 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.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Carrot sticks

2 carrot(s) - 54 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 3 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

Plain yogurt

1/2 cup(s) - 77 cals ● 6g protein ● 2g fat ● 9g carbs ● 0g fiber



For single meal:

plain lowfat yogurt

1/2 cup (123g)

For all 3 meals:

plain lowfat yogurt

1 1/2 cup (368g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cals ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



For single meal:

zucchini

1 1/2 large (485g)

pasta sauce

6 tbsp (98g)

goat cheese

1 1/2 oz (43g)

For all 2 meals:

zucchini

3 large (969g)

pasta sauce

3/4 cup (195g)

goat cheese

3 oz (85g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Greek cucumber & feta salad

121 cals ● 4g protein ● 9g fat ● 6g carbs ● 1g fiber



For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)
dill weed, fresh
1/2 tbsp, chopped (1g)
black pepper
1/2 dash (0g)
feta cheese
2 tbsp, crumbled (19g)
red wine vinegar
1 tbsp (15mL)
olive oil
1 tsp (5mL)
salt
1/2 dash (0g)

For all 2 meals:

cucumber
1 cucumber (8-1/4") (301g)
dill weed, fresh
1 tbsp, chopped (2g)
black pepper
1 dash (0g)
feta cheese
4 tbsp, crumbled (38g)
red wine vinegar
2 tbsp (30mL)
olive oil
2 tsp (10mL)
salt
1 dash (0g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Dinner 2 [🔗](#)

Eat on day 3, day 4

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion

1 tbsp minced (15g)

lime juice

1 tbsp (15mL)

avocados, cubed

1/2 avocado(s) (101g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

olive oil

1/4 tbsp (4mL)

garlic powder

2 dash (1g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

For all 2 meals:

onion

2 tbsp minced (30g)

lime juice

2 tbsp (30mL)

avocados, cubed

1 avocado(s) (201g)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

olive oil

1/2 tbsp (8mL)

garlic powder

4 dash (2g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 3 [🔗](#)

Eat on day 5

Honey dijon salmon

4 1/2 oz - 301 cals ● 27g protein ● 18g fat ● 7g carbs ● 1g fiber



Makes 4 1/2 oz

salmon

3/4 fillet/s (6 oz each) (128g)

dijon mustard

3/4 tbsp (11g)

honey

1 tsp (8g)

garlic, minced

3/8 clove (1g)

olive oil

1/4 tbsp (4mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Sauteed zucchini

3/4 zucchini(s) - 96 cals ● 3g protein ● 6g fat ● 5g carbs ● 3g fiber



Makes 3/4 zucchini(s)

zucchini, sliced into rounds

3/4 large (242g)

oil

1 tsp (6mL)

1. Heat oil in a large non-stick skillet over medium heat. Add slices of zucchini and cook, stirring occasionally, until zucchini is soft and lightly browned, about 5-10 minutes. Sprinkle a pinch of salt over them and serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing

6 tbsp (90mL)

mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

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

Seitan Philly cheesesteak

1/2 sub(s) - 285 cals ● 19g protein ● 10g fat ● 28g carbs ● 2g fiber



For single meal:

cheese

1/2 slice (1 oz each) (14g)

seitan, cut into strips

1 1/2 oz (43g)

bell pepper, sliced

1/4 small (19g)

onion, chopped

1/8 medium (2-1/2" dia) (14g)

oil

1/4 tbsp (4mL)

sub roll(s)

1/2 roll(s) (43g)

For all 2 meals:

cheese

1 slice (1 oz each) (28g)

seitan, cut into strips

3 oz (85g)

bell pepper, sliced

1/2 small (37g)

onion, chopped

1/4 medium (2-1/2" dia) (28g)

oil

1/2 tbsp (8mL)

sub roll(s)

1 roll(s) (85g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water

2 1/2 cup(s) (593mL)

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water

17 1/2 cup(s) (4148mL)

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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