

# Meal Plan - 1600 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

1606 cals ● 154g protein (38%) ● 49g fat (27%) ● 99g carbs (25%) ● 38g fiber (9%)

### Breakfast

200 cals, 8g protein, 8g net carbs, 12g fat



[Eggs with tomato and avocado](#)  
163 cals



[Grapes](#)  
39 cals

### Snacks

160 cals, 18g protein, 11g net carbs, 4g fat



[Tuna cucumber bites](#)  
115 cals



[Kiwi](#)  
1 kiwi- 47 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)  
3 scoop- 327 cals

### Lunch

415 cals, 27g protein, 37g net carbs, 11g fat



[Veggie burger patty](#)  
2 patty- 254 cals



[Olive oil drizzled lima beans](#)  
161 cals

### Dinner

500 cals, 29g protein, 41g net carbs, 19g fat



[Cottage cheese & fruit cup](#)  
1 container- 107 cals



[Sunflower seeds](#)  
120 cals



[Chickpea & kale soup](#)  
273 cals

## Day 2

1571 cal ● 151g protein (38%) ● 44g fat (25%) ● 105g carbs (27%) ● 39g fiber (10%)

### Breakfast

200 cal, 8g protein, 8g net carbs, 12g fat



Eggs with tomato and avocado  
163 cal



Grapes  
39 cal

### Snacks

160 cal, 18g protein, 11g net carbs, 4g fat



Tuna cucumber bites  
115 cal



Kiwi  
1 kiwi- 47 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



Protein shake  
3 scoop- 327 cal

### Lunch

415 cal, 27g protein, 37g net carbs, 11g fat



Veggie burger patty  
2 patty- 254 cal



Olive oil drizzled lima beans  
161 cal

### Dinner

465 cal, 25g protein, 46g net carbs, 14g fat



Bean & tofu goulash  
437 cal



Simple kale salad  
1/2 cup(s)- 28 cal

## Day 3

1570 cal ● 156g protein (40%) ● 45g fat (26%) ● 103g carbs (26%) ● 33g fiber (8%)

### Breakfast

200 cal, 8g protein, 8g net carbs, 12g fat



Eggs with tomato and avocado  
163 cal



Grapes  
39 cal

### Snacks

215 cal, 13g protein, 33g net carbs, 3g fat



Cottage cheese & fruit cup  
1 container- 107 cal



Pretzels  
110 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



Protein shake  
3 scoop- 327 cal

### Lunch

360 cal, 37g protein, 14g net carbs, 14g fat



Vegan crumbles  
1 1/2 cup(s)- 219 cal



Simple Greek cucumber salad  
141 cal

### Dinner

465 cal, 25g protein, 46g net carbs, 14g fat



Bean & tofu goulash  
437 cal



Simple kale salad  
1/2 cup(s)- 28 cal

## Day 4

1558 cal ● 148g protein (38%) ● 49g fat (29%) ● 108g carbs (28%) ● 22g fiber (6%)

### Breakfast

190 cal, 12g protein, 9g net carbs, 11g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cal



**Kiwi**  
1 kiwi- 47 cal

### Snacks

215 cal, 13g protein, 33g net carbs, 3g fat



**Cottage cheese & fruit cup**  
1 container- 107 cal



**Pretzels**  
110 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

### Lunch

455 cal, 24g protein, 47g net carbs, 13g fat



**Curried chickpea salad**  
322 cal



**Naan bread**  
1/2 piece(s)- 131 cal

### Dinner

375 cal, 27g protein, 18g net carbs, 20g fat



**Orange & rosemary salmon**  
3 oz- 232 cal



**Simple Greek cucumber salad**  
141 cal

## Day 5

1569 cal ● 147g protein (38%) ● 46g fat (26%) ● 109g carbs (28%) ● 32g fiber (8%)

### Breakfast

190 cal, 12g protein, 9g net carbs, 11g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cal



**Kiwi**  
1 kiwi- 47 cal

### Snacks

215 cal, 13g protein, 33g net carbs, 3g fat



**Cottage cheese & fruit cup**  
1 container- 107 cal



**Pretzels**  
110 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

### Lunch

410 cal, 27g protein, 38g net carbs, 9g fat



**Bbq tempeh lettuce wrap**  
4 lettuce wrap(s)- 329 cal



**Carrot sticks**  
3 carrot(s)- 81 cal

### Dinner

425 cal, 23g protein, 26g net carbs, 21g fat



**Teriyaki chickpea stir fry**  
185 cal



**Simple mozzarella and tomato salad**  
242 cal

## Day 6

1621 cal ● 150g protein (37%) ● 58g fat (32%) ● 91g carbs (23%) ● 34g fiber (8%)

### Breakfast

180 cal, 13g protein, 20g net carbs, 4g fat



**Lowfat Greek yogurt**  
1 container(s)- 155 cal



**Carrot sticks**  
1 carrot(s)- 27 cal

### Snacks

270 cal, 4g protein, 18g net carbs, 16g fat



**Avocado**  
176 cal



**Kiwi**  
2 kiwi- 94 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

### Lunch

400 cal, 30g protein, 12g net carbs, 22g fat



**Basic tempeh**  
4 oz- 295 cal



**Caprese salad**  
107 cal

### Dinner

440 cal, 31g protein, 38g net carbs, 15g fat



**Cajun tofu**  
209 cal



**Lentils**  
231 cal

## Day 7

1621 cal ● 150g protein (37%) ● 58g fat (32%) ● 91g carbs (23%) ● 34g fiber (8%)

### Breakfast

180 cal, 13g protein, 20g net carbs, 4g fat



**Lowfat Greek yogurt**  
1 container(s)- 155 cal



**Carrot sticks**  
1 carrot(s)- 27 cal

### Snacks

270 cal, 4g protein, 18g net carbs, 16g fat



**Avocado**  
176 cal



**Kiwi**  
2 kiwi- 94 cal

### Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cal

### Lunch

400 cal, 30g protein, 12g net carbs, 22g fat



**Basic tempeh**  
4 oz- 295 cal



**Caprese salad**  
107 cal

### Dinner

440 cal, 31g protein, 38g net carbs, 15g fat



**Cajun tofu**  
209 cal



**Lentils**  
231 cal

## Other

- cottage cheese & fruit cup  
4 container (532g)
- veggie burger patty  
4 patty (284g)
- mixed greens  
2/3 package (5.5 oz) (106g)
- teriyaki sauce  
1 tbsp (14mL)
- coleslaw mix  
1 cup (90g)

## Nut and Seed Products

- sunflower kernels  
1 oz (31g)

## Fats and Oils

- oil  
2 oz (59mL)
- olive oil  
2 tbsp (28mL)
- salad dressing  
1 tbsp (15mL)
- balsamic vinaigrette  
1 oz (30mL)

## Vegetables and Vegetable Products

- garlic  
2 clove(s) (6g)
- kale leaves  
2 cup, chopped (80g)
- tomatoes  
2 1/2 medium whole (2-3/5" dia) (292g)
- cucumber  
1 1/2 cucumber (8-1/4") (452g)
- lima beans, frozen  
3/4 package (10 oz) (213g)
- onion  
1 medium (2-1/2" dia) (110g)
- purple onions  
1/4 medium (2-1/2" dia) (28g)
- raw celery  
1 stalk, small (5" long) (17g)
- frozen mixed veggies  
1/4 10oz package (71g)
- romaine lettuce  
4 leaf inner (24g)

## Beverages

- water  
23 2/3 cup(s) (5610mL)
- protein powder  
21 scoop (1/3 cup ea) (651g)

## Dairy and Egg Products

- eggs  
7 1/2 medium (326g)
- nonfat greek yogurt, plain  
1 container (175g)
- fresh mozzarella cheese  
1/4 lbs (99g)
- lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)

## Fruits and Fruit Juices

- avocados  
1 3/4 avocado(s) (352g)
- grapes  
2 cup (184g)
- kiwi  
8 fruit (552g)
- lemon juice  
1 fl oz (31mL)
- orange  
1/2 orange (77g)

## Spices and Herbs

- salt  
5 g (5g)
- black pepper  
1/8 oz (1g)
- fresh basil  
10 1/4 g (10g)
- fresh thyme  
4 dash (0g)
- paprika  
1 tbsp (7g)
- red wine vinegar  
1 tsp (5mL)
- dried dill weed  
1 tsp (1g)
- rosemary  
2 dash (0g)
- curry powder  
4 dash (1g)

- bell pepper  
1/2 small (37g)
- carrots  
5 medium (305g)

### **Soups, Sauces, and Gravies**

- vegetable broth  
2 cup(s) (mL)
- barbecue sauce  
2 tbsp (34g)

### **Legumes and Legume Products**

- chickpeas, canned  
1 1/4 can (560g)
- firm tofu  
1 1/4 lbs (576g)
- white beans, canned  
1 can(s) (439g)
- vegetarian burger crumbles  
1 1/2 cup (150g)
- tempeh  
3/4 lbs (340g)
- lentils, raw  
2/3 cup (128g)

- cajun seasoning  
1/2 tbsp (3g)

### **Finfish and Shellfish Products**

- canned tuna  
2 packet (148g)
- salmon  
1/2 fillet/s (6 oz each) (85g)

### **Snacks**

- pretzels, hard, salted  
3 oz (85g)

### **Baked Products**

- naan bread  
1/2 piece (45g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**tomatoes**

1 slice(s), thick/large (1/2" thick)  
(27g)

**eggs**

1 large (50g)

**avocados, sliced**

1/4 avocado(s) (50g)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**fresh basil, chopped**

1 leaves (1g)

For all 3 meals:

**tomatoes**

3 slice(s), thick/large (1/2" thick)  
(81g)

**eggs**

3 large (150g)

**avocados, sliced**

3/4 avocado(s) (151g)

**salt**

3 dash (1g)

**black pepper**

3 dash (0g)

**fresh basil, chopped**

3 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

### Grapes

39 cals ● 0g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**grapes**

2/3 cup (61g)

For all 3 meals:

**grapes**

2 cup (184g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 medium (88g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

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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### Kiwi

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



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

### 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.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

## Olive oil drizzled lima beans

161 cal ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



For single meal:

**black pepper**  
3/4 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**lima beans, frozen**  
3/8 package (10 oz) (107g)  
**olive oil**  
1 tsp (6mL)

For all 2 meals:

**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
3 dash (2g)  
**lima beans, frozen**  
3/4 package (10 oz) (213g)  
**olive oil**  
3/4 tbsp (11mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

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## Lunch 2 [↗](#)

Eat on day 3

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### Vegan crumbles

1 1/2 cup(s) - 219 cal ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

**vegetarian burger crumbles**  
1 1/2 cup (150g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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### Simple Greek cucumber salad

141 cal ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



**olive oil**  
1/2 tbsp (8mL)  
**red wine vinegar**  
1/2 tsp (3mL)  
**dried dill weed**  
4 dash (1g)  
**lemon juice**  
1/4 tbsp (4mL)  
**nonfat greek yogurt, plain**  
4 tsp (70g)  
**purple onions, thinly sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced into half moons**  
1/2 cucumber (8-1/4") (151g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
  2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
  3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.
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## Lunch 3 [↗](#)

Eat on day 4

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### Curried chickpea salad

322 cal ● 19g protein ● 11g fat ● 25g carbs ● 12g fiber



**mixed greens**

1 oz (28g)

**sunflower kernels**

1 tbsp (12g)

**raw celery, sliced**

1 stalk, small (5" long) (17g)

**curry powder**

4 dash (1g)

**nonfat greek yogurt, plain**

2 tbsp (35g)

**lemon juice, divided**

1 tbsp (15mL)

**chickpeas, canned, drained & rinsed**

1/2 can (224g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

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### Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)



**naan bread**

1/2 piece (45g)

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

Eat on day 5

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### Bbq tempeh lettuce wrap

4 lettuce wrap(s) - 329 cal ● 26g protein ● 9g fat ● 26g carbs ● 11g fiber



Makes 4 lettuce wrap(s)

**romaine lettuce**

4 leaf inner (24g)

**tempeh, cubed**

4 oz (113g)

**barbecue sauce**

2 tbsp (34g)

**coleslaw mix**

1 cup (90g)

**oil**

1/2 tsp (3mL)

**bell pepper, deseeded and sliced**

1/2 small (37g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

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### Carrot sticks

3 carrot(s) - 81 cal ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



Makes 3 carrot(s)

**carrots**

3 medium (183g)

1. Cut carrots into strips and serve.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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### Caprese salad

107 cal ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**fresh basil**  
2 tbsp leaves, whole (3g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)  
**mixed greens**  
1/4 package (5.5 oz) (39g)  
**fresh mozzarella cheese**  
3/4 oz (21g)

For all 2 meals:

**balsamic vinaigrette**  
1 tbsp (15mL)  
**fresh basil**  
4 tbsp leaves, whole (6g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**mixed greens**  
1/2 package (5.5 oz) (78g)  
**fresh mozzarella cheese**  
1 1/2 oz (43g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
  2. When serving, top with mozzarella and balsamic vinaigrette.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Tuna cucumber bites

115 cal ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**canned tuna**  
1 packet (74g)

For all 2 meals:

**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**canned tuna**  
2 packet (148g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

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### Kiwi

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



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (133g)

For all 3 meals:

**cottage cheese & fruit cup**  
3 container (399g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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### Pretzels

110 cal ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

**pretzels, hard, salted**  
1 oz (28g)

For all 3 meals:

**pretzels, hard, salted**  
3 oz (85g)

1. This recipe has no instructions.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

### Avocado

176 cal ● 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.

### Kiwi

2 kiwi - 94 cal ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

**kiwi**  
2 fruit (138g)

For all 2 meals:

**kiwi**  
4 fruit (276g)

1. Slice the kiwi and serve.

## Dinner 1 [↗](#)

Eat on day 1

### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



Makes 1 container

**cottage cheese & fruit cup**  
1 container (133g)

1. Mix cottage cheese and fruit portions of the container together and serve.

### Sunflower seeds



120 cal ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



**sunflower kernels**  
2/3 oz (19g)

1. This recipe has no instructions.

## Chickpea & kale soup

273 cal ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



**oil**  
1/2 tsp (3mL)  
**garlic, minced**  
1 clove(s) (3g)  
**vegetable broth**  
2 cup(s) (mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**chickpeas, canned, drained**  
1/2 can (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
  2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
  3. Crack a hefty amount of pepper on top and serve.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Bean & tofu goulash

437 cal ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



For single meal:

**fresh thyme**

2 dash (0g)

**paprika**

1/2 tbsp (3g)

**oil**

1/2 tbsp (8mL)

**garlic, minced**

1/2 clove (2g)

**onion, diced**

1/2 medium (2-1/2" dia) (55g)

**firm tofu, drained and diced**

1/4 lbs (99g)

**white beans, canned, drained & rinsed**

1/2 can(s) (220g)

For all 2 meals:

**fresh thyme**

4 dash (0g)

**paprika**

1 tbsp (7g)

**oil**

1 tbsp (15mL)

**garlic, minced**

1 clove (3g)

**onion, diced**

1 medium (2-1/2" dia) (110g)

**firm tofu, drained and diced**

1/2 lbs (198g)

**white beans, canned, drained & rinsed**

1 can(s) (439g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

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### Simple kale salad

1/2 cup(s) - 28 cal ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

**salad dressing**

1/2 tbsp (8mL)

**kale leaves**

1/2 cup, chopped (20g)

For all 2 meals:

**salad dressing**

1 tbsp (15mL)

**kale leaves**

1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.
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## Dinner 3 [↗](#)

Eat on day 4

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### Orange & rosemary salmon

3 oz - 232 cal ● 18g protein ● 13g fat ● 8g carbs ● 2g fiber



Makes 3 oz

**salmon**  
1/2 fillet/s (6 oz each) (85g)  
**rosemary**  
2 dash (0g)  
**orange**  
1/2 orange (77g)  
**lemon juice**  
1/4 tbsp (4mL)  
**olive oil**  
3/8 tsp (2mL)  
**salt**  
1 dash (1g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

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### Simple Greek cucumber salad

141 cal ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



**olive oil**  
1/2 tbsp (8mL)  
**red wine vinegar**  
1/2 tsp (3mL)  
**dried dill weed**  
4 dash (1g)  
**lemon juice**  
1/4 tbsp (4mL)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**purple onions, thinly sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced into half moons**  
1/2 cucumber (8-1/4") (151g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
  2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
  3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.
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## Dinner 4 [↗](#)

Eat on day 5

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### Teriyaki chickpea stir fry

185 cal ● 9g protein ● 4g fat ● 20g carbs ● 8g fiber



**chickpeas, canned, drained and rinsed**

1/4 can (112g)

**teriyaki sauce**

1 tbsp (15mL)

**oil**

3/8 tsp (2mL)

**frozen mixed veggies**

1/4 10oz package (71g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

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### Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



**tomatoes, sliced**

3/4 large whole (3" dia) (137g)

**fresh mozzarella cheese, sliced**

2 oz (57g)

**balsamic vinaigrette**

1 tbsp (15mL)

**fresh basil**

1 tbsp, chopped (3g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
  2. Sprinkle the basil over the slices and drizzle with dressing.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Cajun tofu

209 cal ● 15g protein ● 14g fat ● 5g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (7mL)  
**cajun seasoning**  
1/4 tbsp (1g)  
**firm tofu, patted dry & cubed**  
6 2/3 oz (189g)

For all 2 meals:

**oil**  
2 2/3 tsp (13mL)  
**cajun seasoning**  
1/2 tbsp (3g)  
**firm tofu, patted dry & cubed**  
13 1/3 oz (378g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

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### Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**salt**  
2/3 dash (0g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**water**  
2 2/3 cup(s) (632mL)  
**lentils, raw, rinsed**  
2/3 cup (128g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
  2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

3 scoop - 327 cal ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

**water**

3 cup(s) (711mL)

**protein powder**

3 scoop (1/3 cup ea) (93g)

For all 7 meals:

**water**

21 cup(s) (4977mL)

**protein powder**

21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.
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