

Meal Plan - 1700 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

1663 cals ● 156g protein (37%) ● 52g fat (28%) ● 110g carbs (26%) ● 34g fiber (8%)

Breakfast

220 cals, 16g protein, 7g net carbs, 13g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
219 cals

Snacks

165 cals, 6g protein, 14g net carbs, 6g fat



[Carrots and hummus](#)
164 cals

Protein Supplement(s)

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



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

Lunch

495 cals, 20g protein, 78g net carbs, 7g fat



[Naan bread](#)
1/2 piece(s)- 131 cals



[Spiced chickpea tabbouleh bowl](#)
364 cals

Dinner

460 cals, 42g protein, 9g net carbs, 24g fat



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Avocado tuna salad](#)
436 cals

Day 2

1667 cals ● 153g protein (37%) ● 66g fat (35%) ● 71g carbs (17%) ● 45g fiber (11%)

Breakfast

220 cals, 16g protein, 7g net carbs, 13g fat



Scrambled eggs with kale, tomatoes, rosemary
219 cals

Snacks

165 cals, 6g protein, 14g net carbs, 6g fat



Carrots and hummus
164 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

460 cals, 29g protein, 16g net carbs, 25g fat



Olive oil drizzled sugar snap peas
163 cals



Basic tempeh
4 oz- 295 cals

Dinner

500 cals, 29g protein, 32g net carbs, 20g fat



Simple mozzarella and tomato salad
242 cals



Black bean and salsa soup
257 cals

Day 3

1736 cals ● 162g protein (37%) ● 80g fat (41%) ● 60g carbs (14%) ● 32g fiber (7%)

Breakfast

225 cals, 9g protein, 5g net carbs, 17g fat



Sauteed Kale
61 cals



Eggs with tomato and avocado
163 cals

Snacks

230 cals, 8g protein, 11g net carbs, 15g fat



Pistachios
188 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

460 cals, 29g protein, 16g net carbs, 25g fat



Olive oil drizzled sugar snap peas
163 cals



Basic tempeh
4 oz- 295 cals

Dinner

495 cals, 43g protein, 26g net carbs, 22g fat



Garlic pepper seitan
456 cals



Sugar snap peas
41 cals

Day 4

1680 cals ● 157g protein (37%) ● 78g fat (42%) ● 62g carbs (15%) ● 25g fiber (6%)

Breakfast

225 cals, 9g protein, 5g net carbs, 17g fat



Sauteed Kale

61 cals



Eggs with tomato and avocado

163 cals

Snacks

230 cals, 8g protein, 11g net carbs, 15g fat



Pistachios

188 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

400 cals, 24g protein, 18g net carbs, 23g fat



Caprese salad

107 cals



Avocado tuna salad sandwich

1/2 sandwich(es)- 185 cals



Roasted almonds

1/8 cup(s)- 111 cals

Dinner

495 cals, 43g protein, 26g net carbs, 22g fat



Garlic pepper seitan

456 cals



Sugar snap peas

41 cals

Day 5

1722 cals ● 153g protein (36%) ● 74g fat (39%) ● 88g carbs (20%) ● 23g fiber (5%)

Breakfast

305 cals, 16g protein, 15g net carbs, 17g fat



Cottage cheese & fruit cup

1 container- 131 cals



Avocado

176 cals

Snacks

230 cals, 8g protein, 11g net carbs, 15g fat



Pistachios

188 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

400 cals, 24g protein, 18g net carbs, 23g fat



Caprese salad

107 cals



Avocado tuna salad sandwich

1/2 sandwich(es)- 185 cals



Roasted almonds

1/8 cup(s)- 111 cals

Dinner

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



Crispy chik'n tenders

8 tender(s)- 457 cals

Day 6

1697 cals ● 167g protein (39%) ● 74g fat (39%) ● 68g carbs (16%) ● 21g fiber (5%)

Breakfast

305 cals, 16g protein, 15g net carbs, 17g fat



Cottage cheese & fruit cup

1 container- 131 cals



Avocado

176 cals

Snacks

180 cals, 9g protein, 2g net carbs, 14g fat



Sunflower seeds

180 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

490 cals, 28g protein, 40g net carbs, 23g fat



String cheese

1 stick(s)- 83 cals



Mediterranean chik'n wrap

1 wrap(s)- 406 cals

Dinner

395 cals, 43g protein, 8g net carbs, 19g fat



Buttered sugar snap peas

161 cals



Cajun cod

7 1/2 oz- 234 cals

Day 7

1697 cals ● 167g protein (39%) ● 74g fat (39%) ● 68g carbs (16%) ● 21g fiber (5%)

Breakfast

305 cals, 16g protein, 15g net carbs, 17g fat



Cottage cheese & fruit cup

1 container- 131 cals



Avocado

176 cals

Snacks

180 cals, 9g protein, 2g net carbs, 14g fat



Sunflower seeds

180 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

490 cals, 28g protein, 40g net carbs, 23g fat



String cheese

1 stick(s)- 83 cals



Mediterranean chik'n wrap

1 wrap(s)- 406 cals

Dinner

395 cals, 43g protein, 8g net carbs, 19g fat



Buttered sugar snap peas

161 cals



Cajun cod

7 1/2 oz- 234 cals

Vegetables and Vegetable Products

- ☐ tomatoes
10 1/4 medium whole (2-3/5" dia) (1261g)
- ☐ onion
3/4 medium (2-1/2" dia) (80g)
- ☐ kale leaves
4 cup, chopped (160g)
- ☐ baby carrots
32 medium (320g)
- ☐ fresh parsley
1 1/3 sprigs (1g)
- ☐ cucumber
1/3 cucumber (8-1/4") (102g)
- ☐ frozen sugar snap peas
6 cup (864g)
- ☐ garlic
3 1/3 clove(s) (10g)
- ☐ green pepper
2 3/4 tbsp, chopped (25g)
- ☐ ketchup
2 tbsp (34g)

Fruits and Fruit Juices

- ☐ avocados
2 3/4 avocado(s) (553g)
- ☐ lime juice
1/2 tbsp (8mL)
- ☐ lemon juice
1/3 fl oz (10mL)

Spices and Herbs

- ☐ salt
1/8 oz (4g)
- ☐ black pepper
1 1/2 g (1g)
- ☐ balsamic vinegar
2 tsp (10mL)
- ☐ rosemary, dried
4 dash (1g)
- ☐ ground cumin
1/2 tsp (1g)
- ☐ fresh basil
1/3 oz (10g)
- ☐ cajun seasoning
5 tsp (11g)

Other

Dairy and Egg Products

- ☐ eggs
7 1/2 medium (324g)
- ☐ fresh mozzarella cheese
1/4 lbs (99g)
- ☐ sour cream
1 tbsp (12g)
- ☐ string cheese
2 stick (56g)
- ☐ feta cheese
4 tbsp (38g)
- ☐ butter
2 tbsp (27g)

Fats and Oils

- ☐ oil
3 1/4 tbsp (48mL)
- ☐ balsamic vinaigrette
1 oz (30mL)
- ☐ olive oil
2 oz (60mL)

Legumes and Legume Products

- ☐ hummus
3/4 cup (180g)
- ☐ chickpeas, canned
1/3 can (149g)
- ☐ black beans
1/2 can(s) (220g)
- ☐ tempeh
1/2 lbs (227g)

Baked Products

- ☐ naan bread
1/2 piece (45g)
- ☐ bread
2 slice (64g)
- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1/3 box (5.8 oz) (55g)
- ☐ seitan
2/3 lbs (302g)

Soups, Sauces, and Gravies

- ☐ mixed greens
3/4 package (5.5 oz) (123g)
- ☐ cottage cheese & fruit cup
3 container (510g)
- ☐ meatless chik'n tenders
3/4 lbs (346g)

Finfish and Shellfish Products

- ☐ canned tuna
1 1/2 can (258g)
- ☐ cod, raw
15 oz (425g)

Beverages

- ☐ water
1 1/3 gallon (5146mL)
 - ☐ protein powder
21 scoop (1/3 cup ea) (651g)
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- ☐ vegetable broth
3/8 cup(s) (mL)
- ☐ salsa
4 tbsp (65g)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)
- ☐ almonds
4 tbsp, whole (36g)
- ☐ sunflower kernels
2 oz (57g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Scrambled eggs with kale, tomatoes, rosemary

219 cals ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
oil
1/2 tsp (3mL)

For all 2 meals:

water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 extra large (224g)
kale leaves
2 cup, chopped (80g)
oil
1 tsp (5mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
kale leaves
1 cup, chopped (40g)

For all 2 meals:

oil
2 tsp (10mL)
kale leaves
2 cup, chopped (80g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

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 2 meals:

tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
eggs
2 large (100g)
avocados, sliced
1/2 avocado(s) (101g)
salt
2 dash (1g)
black pepper
2 dash (0g)
fresh basil, chopped
2 leaves (1g)

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

Lunch 1 [🔗](#)

Eat on day 1

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.

Spiced chickpea tabbouleh bowl

364 cal ● 15g protein ● 4g fat ● 56g carbs ● 10g fiber



lemon juice

1/2 tsp (2mL)

fresh parsley, chopped

1 1/3 sprigs (1g)

tomatoes, chopped

1/3 roma tomato (27g)

cucumber, chopped

1/6 cucumber (8-1/4") (50g)

ground cumin

1/3 tsp (1g)

oil

1/6 tsp (1mL)

chickpeas, canned, drained & rinsed

1/3 can (149g)

instant couscous, flavored

1/3 box (5.8 oz) (55g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
 2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
 3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Olive oil drizzled sugar snap peas

163 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



For single meal:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen sugar snap peas

1 1/3 cup (192g)

olive oil

2 tsp (10mL)

For all 2 meals:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen sugar snap peas

2 2/3 cup (384g)

olive oil

4 tsp (20mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Basic tempeh

4 oz - 295 cals ● 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.

Lunch 3 [↗](#)

Eat on day 4, day 5

Caprese salad

107 cals ● 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.

Avocado tuna salad sandwich

1/2 sandwich(es) - 185 cals ● 14g protein ● 7g fat ● 13g carbs ● 4g fiber



For single meal:

black pepper
1/4 dash (0g)
salt
1/4 dash (0g)
lime juice
1/4 tsp (1mL)
avocados
1/8 avocado(s) (25g)
canned tuna, drained
1/4 can (43g)
bread
1 slice (32g)
onion, minced
1/8 small (4g)

For all 2 meals:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
lime juice
1/2 tsp (3mL)
avocados
1/4 avocado(s) (50g)
canned tuna, drained
1/2 can (86g)
bread
2 slice (64g)
onion, minced
1/8 small (9g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese

1 stick (28g)

For all 2 meals:

string cheese

2 stick (56g)

1. This recipe has no instructions.

Mediterranean chik'n wrap

1 wrap(s) - 406 cals ● 21g protein ● 17g fat ● 38g carbs ● 4g fiber



For single meal:

meatless chik'n tenders

2 1/2 oz (71g)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

mixed greens

4 tbsp (8g)

hummus

2 tbsp (30g)

cucumber, chopped

4 tbsp slices (26g)

feta cheese

2 tbsp (19g)

tomatoes, chopped

1 slice(s), thin/small (15g)

For all 2 meals:

meatless chik'n tenders

5 oz (142g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

mixed greens

1/2 cup (15g)

hummus

4 tbsp (60g)

cucumber, chopped

1/2 cup slices (52g)

feta cheese

4 tbsp (38g)

tomatoes, chopped

2 slice(s), thin/small (30g)

1. Cook chik'n according to package.
 2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Carrots and hummus

164 cals ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

hummus

4 tbsp (60g)

baby carrots

16 medium (160g)

For all 2 meals:

hummus

1/2 cup (120g)

baby carrots

32 medium (320g)

1. Serve carrots with hummus.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Pistachios

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



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 3 meals:

pistachios, dry roasted, without shells or salt added

3/4 cup (92g)

1. This recipe has no instructions.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 3 meals:

tomatoes

36 cherry tomatoes (612g)

1. Rinse tomatoes, remove any stems, and serve.

Snacks 3 [↗](#)

Eat on day 6, day 7

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

1 oz (28g)

For all 2 meals:

sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

tomatoes

6 cherry tomatoes (102g)

1. Rinse tomatoes, remove any stems, and serve.

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

mixed greens

1 cup (30g)

onion, minced

1/4 small (18g)

canned tuna

1 can (172g)

tomatoes

4 tbsp, chopped (45g)

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.

Dinner 2 [↗](#)

Eat on day 2

Simple mozzarella and tomato salad

242 cals ● 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.

Black bean and salsa soup

257 cals ● 15g protein ● 3g fat ● 26g carbs ● 16g fiber



black beans

1/2 can(s) (220g)

vegetable broth

3/8 cup(s) (mL)

salsa, chunky

4 tbsp (65g)

ground cumin

2 dash (1g)

sour cream

1 tbsp (12g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
 2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
 3. Top with sour cream when serving.
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Dinner 3 [🔗](#)

Eat on day 3, day 4

Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



For single meal:

olive oil
4 tsp (20mL)
onion
2 2/3 tbsp, chopped (27g)
garlic, minced
1 2/3 clove(s) (5g)
green pepper
4 tsp, chopped (12g)
seitan, chicken style
1/3 lbs (151g)
black pepper
1 1/3 dash, ground (0g)
water
2 tsp (10mL)
salt
2/3 dash (0g)

For all 2 meals:

olive oil
2 2/3 tbsp (40mL)
onion
1/3 cup, chopped (53g)
garlic, minced
3 1/3 clove(s) (10g)
green pepper
2 2/3 tbsp, chopped (25g)
seitan, chicken style
2/3 lbs (302g)
black pepper
1/3 tsp, ground (1g)
water
4 tsp (20mL)
salt
1 1/3 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Dinner 4 [↗](#)

Eat on day 5

Crispy chik'n tenders

8 tender(s) - 457 cals ● 32g protein ● 18g fat ● 41g carbs ● 0g fiber



Makes 8 tender(s)

ketchup

2 tbsp (34g)

meatless chik'n tenders

8 pieces (204g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Dinner 5 [↗](#)

Eat on day 6, day 7

Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



For single meal:

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

butter

1 tbsp (14g)

frozen sugar snap peas

1 cup (144g)

For all 2 meals:

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

butter

2 tbsp (27g)

frozen sugar snap peas

2 cup (288g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Cajun cod

7 1/2 oz - 234 cals ● 39g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

cod, raw

1/2 lbs (213g)

cajun seasoning

2 1/2 tsp (6g)

oil

1 1/4 tsp (6mL)

For all 2 meals:

cod, raw

15 oz (425g)

cajun seasoning

5 tsp (11g)

oil

2 1/2 tsp (13mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Protein Supplement(s)

Eat every day

Protein shake

3 scoop - 327 cals  73g protein  2g fat  3g carbs  3g fiber



For single meal:

- water**
3 cup(s) (718mL)
- protein powder**
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

- water**
21 cup(s) (5029mL)
- protein powder**
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.
