

Meal Plan - 2000 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

1945 cals ● 184g protein (38%) ● 48g fat (22%) ● 170g carbs (35%) ● 25g fiber (5%)

Breakfast

305 cals, 13g protein, 41g net carbs, 8g fat



Peach

1 peach(es)- 66 cals



Waffles & Greek yogurt

2 waffle(s)- 237 cals

Snacks

275 cals, 16g protein, 34g net carbs, 8g fat



Small toasted bagel with butter

1/2 bagel(s)- 120 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

315 cals, 10g protein, 24g net carbs, 16g fat



Black bean quesadillas

213 cals



Simple mixed greens salad

102 cals

Dinner

670 cals, 60g protein, 68g net carbs, 14g fat



Shrimp-broccoli-rice bowl

588 cals



Simple kale salad

1 1/2 cup(s)- 83 cals

Day 2

2029 cal ● 180g protein (36%) ● 54g fat (24%) ● 173g carbs (34%) ● 33g fiber (7%)

Breakfast

305 cal, 13g protein, 41g net carbs, 8g fat



Peach

1 peach(es)- 66 cal



Waffles & Greek yogurt

2 waffle(s)- 237 cal

Snacks

275 cal, 16g protein, 34g net carbs, 8g fat



Small toasted bagel with butter

1/2 bagel(s)- 120 cal



Lowfat Greek yogurt

1 container(s)- 155 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cal

Lunch

485 cal, 30g protein, 34g net carbs, 20g fat



Fish taco

1 tortilla(s)- 389 cal



Simple salad with tomatoes and carrots

98 cal

Dinner

580 cal, 37g protein, 61g net carbs, 16g fat



Basic baked potato

1 potato(es)- 264 cal



Almond crusted tilapia

4 1/2 oz- 318 cal

Day 3

2052 cal ● 177g protein (35%) ● 77g fat (34%) ● 123g carbs (24%) ● 40g fiber (8%)

Breakfast

305 cal, 13g protein, 41g net carbs, 8g fat



Peach

1 peach(es)- 66 cal



Waffles & Greek yogurt

2 waffle(s)- 237 cal

Snacks

210 cal, 9g protein, 7g net carbs, 15g fat



Carrot sticks

1 carrot(s)- 27 cal



Pumpkin seeds

183 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cal

Lunch

650 cal, 30g protein, 32g net carbs, 40g fat



Cottage cheese & fruit cup

2 container- 213 cal



Roasted cabbage steaks with dressing

214 cal



Roasted almonds

1/4 cup(s)- 222 cal

Dinner

510 cal, 40g protein, 40g net carbs, 12g fat



Basic baked potato

1/2 potato(es)- 132 cal



Vegan crumbles

1 3/4 cup(s)- 256 cal



Tossed salad

121 cal

Day 4

2020 cal ● 208g protein (41%) ● 70g fat (31%) ● 97g carbs (19%) ● 42g fiber (8%)

Breakfast

270 cal, 44g protein, 16g net carbs, 2g fat



Double chocolate protein shake
206 cal



Peach
1 peach(es)- 66 cal

Snacks

210 cal, 9g protein, 7g net carbs, 15g fat



Carrot sticks
1 carrot(s)- 27 cal



Pumpkin seeds
183 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cal

Lunch

650 cal, 30g protein, 32g net carbs, 40g fat



Cottage cheese & fruit cup
2 container- 213 cal



Roasted cabbage steaks with dressing
214 cal



Roasted almonds
1/4 cup(s)- 222 cal

Dinner

510 cal, 40g protein, 40g net carbs, 12g fat



Basic baked potato
1/2 potato(es)- 132 cal



Vegan crumbles
1 3/4 cup(s)- 256 cal



Tossed salad
121 cal

Day 5

1954 cal ● 215g protein (44%) ● 86g fat (39%) ● 51g carbs (10%) ● 30g fiber (6%)

Breakfast

270 cal, 44g protein, 16g net carbs, 2g fat



Double chocolate protein shake
206 cal



Peach
1 peach(es)- 66 cal

Snacks

210 cal, 9g protein, 7g net carbs, 15g fat



Carrot sticks
1 carrot(s)- 27 cal



Pumpkin seeds
183 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



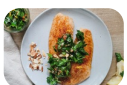
Protein shake
3 1/2 scoop- 382 cal

Lunch

535 cal, 39g protein, 5g net carbs, 38g fat



Olive oil drizzled broccoli
1 cup(s)- 70 cal



Tilapia with almond gremolata
1 tilapia fillet(s)- 465 cal

Dinner

555 cal, 38g protein, 20g net carbs, 30g fat



Simple mixed greens and tomato salad
113 cal



Basic tempeh
6 oz- 443 cal

Day 6

2003 cal ● 195g protein (39%) ● 93g fat (42%) ● 65g carbs (13%) ● 33g fiber (6%)

Breakfast

260 cal, 27g protein, 28g net carbs, 1g fat



[Green protein shake](#)
261 cal

Snacks

270 cal, 6g protein, 9g net carbs, 22g fat



[Cucumbers and ranch](#)
159 cal



[Roasted almonds](#)
1/8 cup(s)- 111 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cal

Lunch

535 cal, 39g protein, 5g net carbs, 38g fat



[Olive oil drizzled broccoli](#)
1 cup(s)- 70 cal



[Tilapia with almond gremolata](#)
1 tilapia fillet(s)- 465 cal

Dinner

555 cal, 38g protein, 20g net carbs, 30g fat



[Simple mixed greens and tomato salad](#)
113 cal



[Basic tempeh](#)
6 oz- 443 cal

Day 7

1982 cal ● 197g protein (40%) ● 51g fat (23%) ● 140g carbs (28%) ● 43g fiber (9%)

Breakfast

260 cal, 27g protein, 28g net carbs, 1g fat



[Green protein shake](#)
261 cal

Snacks

270 cal, 6g protein, 9g net carbs, 22g fat



[Cucumbers and ranch](#)
159 cal



[Roasted almonds](#)
1/8 cup(s)- 111 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cal

Lunch

520 cal, 39g protein, 41g net carbs, 15g fat



[Bbq tempeh lettuce wrap](#)
6 lettuce wrap(s)- 494 cal



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

Dinner

550 cal, 41g protein, 59g net carbs, 12g fat



[Teriyaki seitan with veggies and rice](#)
451 cal



[Simple salad with tomatoes and carrots](#)
98 cal

Spices and Herbs

- black pepper
1/8 oz (2g)
- salt
1/4 oz (6g)
- cajun seasoning
2 tsp (5g)
- paprika
4 dash (1g)
- onion powder
4 dash (1g)
- garlic powder
4 dash (2g)

Finfish and Shellfish Products

- shrimp, raw
1/2 lbs (227g)
- tilapia, raw
1 lbs (466g)
- cod, raw
1 4oz fillet(s) (113g)

Vegetables and Vegetable Products

- frozen broccoli
3/4 lbs (324g)
- kale leaves
2 cup, chopped (80g)
- potatoes
2 large (3" to 4-1/4" dia.) (738g)
- cabbage
3/8 head, medium (about 5-3/4" dia) (366g)
- tomatoes
2 2/3 medium whole (2-3/5" dia) (326g)
- carrots
4 1/3 medium (264g)
- romaine lettuce
1 2/3 head (1036g)
- purple onions
1/4 medium (2-1/2" dia) (28g)
- cucumber
1 1/4 cucumber (8-1/4") (376g)
- fresh parsley
4 tbsp chopped (15g)
- garlic
2 clove(s) (6g)
- fresh spinach
2 cup(s) (60g)
- bell pepper
3/4 small (56g)

Fruits and Fruit Juices

- peach
5 medium (2-2/3" dia) (750g)
- avocados
3/8 avocado(s) (75g)
- limes
1/4 fruit (2" dia) (17g)
- lemon juice
1 tbsp (15mL)
- orange
2 orange (308g)
- banana
1 medium (7" to 7-7/8" long) (118g)

Dairy and Egg Products

- nonfat greek yogurt, plain
2 container (315g)
- butter
1/2 tbsp (7g)
- lowfat flavored greek yogurt
2 (5.3 oz) container(s) (300g)
- cheese
1 tbsp, shredded (7g)

Baked Products

- frozen waffles
6 waffles (210g)
- bagel
1 small bagel (3" dia) (69g)
- flour tortillas
1 1/2 tortilla (approx 7-8" dia) (74g)

Soups, Sauces, and Gravies

- salsa
1 tbsp (16g)
- barbecue sauce
3 tbsp (51g)

Legumes and Legume Products

- black beans
1/8 can (55g)
- vegetarian burger crumbles
3 1/2 cup (350g)
- tempeh
1 lbs (510g)

Other

- frozen mixed veggies
1/3 package (10 oz ea) (96g)

Meals, Entrees, and Side Dishes

- flavored rice mix
1/2 pouch (~5.6 oz) (79g)

Fats and Oils

- olive oil
2 1/2 oz (83mL)
- salad dressing
6 1/3 oz (184mL)
- oil
2 1/3 oz (71mL)
- ranch dressing
6 tbsp (90mL)

Beverages

- water
28 cup(s) (6636mL)
- protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- protein powder, vanilla
2 scoop (1/3 cup ea) (62g)

- mixed greens
6 3/4 cup (203g)
- cottage cheese & fruit cup
4 container (532g)
- italian seasoning
4 dash (2g)
- protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- coleslaw mix
1 1/2 cup (135g)
- teriyaki sauce
1 3/4 tbsp (26mL)

Nut and Seed Products

- almonds
5 oz (23 whole kernels) (141g)
- roasted pumpkin seeds, unsalted
3/4 cup (89g)

Cereal Grains and Pasta

- all-purpose flour
2 tbsp (16g)
- seitan
4 oz (113g)
- long-grain white rice
2 3/4 tbsp (31g)

Sweets

- cocoa powder
1 tbsp (5g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (150g)

For all 3 meals:

peach

3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.

Waffles & Greek yogurt

2 waffle(s) - 237 cal ● 12g protein ● 8g fat ● 29g carbs ● 1g fiber



For single meal:

nonfat greek yogurt, plain

4 tbsp (70g)

frozen waffles

2 waffles (70g)

For all 3 meals:

nonfat greek yogurt, plain

3/4 cup (210g)

frozen waffles

6 waffles (210g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Double chocolate protein shake

206 cal ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
cocoa powder
1/2 tbsp (3g)
nonfat greek yogurt, plain
3 tbsp (53g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

water
3 cup(s) (711mL)
cocoa powder
1 tbsp (5g)
nonfat greek yogurt, plain
6 tbsp (105g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Peach

1 peach(es) - 66 cal ● 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.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Green protein shake

261 cal ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

fresh spinach

1 cup(s) (30g)

water

1/4 cup(s) (59mL)

orange, peeled, sliced, and deseeded

1 orange (154g)

protein powder, vanilla

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

banana, frozen

1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

fresh spinach

2 cup(s) (60g)

water

1/2 cup(s) (119mL)

orange, peeled, sliced, and deseeded

2 orange (308g)

protein powder, vanilla

2 scoop (1/3 cup ea) (62g)

banana, frozen

1 medium (7" to 7-7/8" long) (118g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Lunch 1 [↗](#)

Eat on day 1

Black bean quesadillas

213 cal ● 8g protein ● 9g fat ● 18g carbs ● 7g fiber



cheese

1 tbsp, shredded (7g)

avocados, ripe

1/8 avocado(s) (25g)

flour tortillas

1/2 tortilla (approx 7-8" dia) (25g)

salsa, divided

1 tbsp (16g)

black beans, drained and rinsed

1/8 can (55g)

oil

1/4 tsp (1mL)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

Simple mixed greens salad

102 cal ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

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

Lunch 2 [↗](#)

Eat on day 2

Fish taco

1 tortilla(s) - 389 cal ● 26g protein ● 17g fat ● 27g carbs ● 6g fiber



Makes 1 tortilla(s)

flour tortillas
1 tortilla (approx 7-8" dia) (49g)
cod, raw
1 4oz fillet(s) (113g)
avocados, mashed
1/4 avocado(s) (50g)
cabbage
2 tbsp, shredded (9g)
cajun seasoning
2 tsp (5g)
limes
1/4 fruit (2" dia) (17g)
oil
1 tsp (5mL)

1. Preheat oven to 400 F (200 C).
2. Spray a sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

Simple salad with tomatoes and carrots

98 cal ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing
3/4 tbsp (11mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (266g)

For all 2 meals:

cottage cheese & fruit cup
4 container (532g)

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

Roasted cabbage steaks with dressing

214 cal ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber



For single meal:

ranch dressing
1 tbsp (15mL)
italian seasoning
2 dash (1g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
oil
3/4 tbsp (11mL)
cabbage
1/4 head, small (about 4-1/2" dia)
(179g)

For all 2 meals:

ranch dressing
2 tbsp (30mL)
italian seasoning
4 dash (2g)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)
oil
1 1/2 tbsp (23mL)
cabbage
1/2 head, small (about 4-1/2" dia)
(357g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

Olive oil drizzled broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

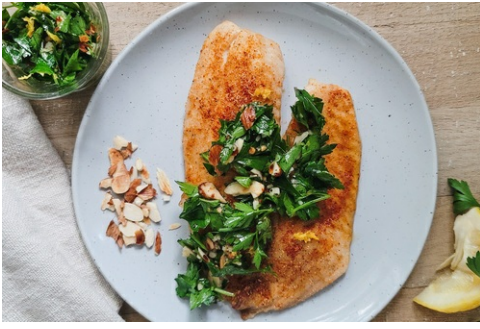
For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Tilapia with almond gremolata

1 tilapia fillet(s) - 465 cal ● 36g protein ● 33g fat ● 3g carbs ● 2g fiber



For single meal:

fresh parsley
2 tbsp chopped (8g)
paprika
2 dash (1g)
onion powder
2 dash (1g)
garlic powder
2 dash (1g)
garlic, minced
1 clove(s) (3g)
olive oil
2 tbsp (30mL)
lemon juice
1/2 tbsp (8mL)
almonds
1 tbsp, slivered (7g)
tilapia, raw
6 oz (170g)

For all 2 meals:

fresh parsley
4 tbsp chopped (15g)
paprika
4 dash (1g)
onion powder
4 dash (1g)
garlic powder
4 dash (2g)
garlic, minced
2 clove(s) (6g)
olive oil
4 tbsp (60mL)
lemon juice
1 tbsp (15mL)
almonds
2 tbsp, slivered (14g)
tilapia, raw
3/4 lbs (340g)

1. Preheat oven to 425°F (220°C).
2. In a small bowl start the gremolata by mixing together about 3/4ths of the olive oil (reserving the rest for later), parsley, lemon juice, minced garlic, and pinch of salt and pepper. Set aside.
3. Pat tilapia dry and coat with the remaining olive oil. Season the tilapia with garlic powder, onion powder, and paprika. Roast on a baking sheet until fish is cooked through, about 12-15 minutes.
4. Meanwhile, in a dry skillet over medium heat, toast the almonds until golden, about 3 minutes. When done, transfer to a cutting board and chop. Add to the gremolata and stir.
5. Plate fish and spoon the gremolata over the top. Serve.

Lunch 5 [↗](#)

Eat on day 7

Bbq tempeh lettuce wrap

6 lettuce wrap(s) - 494 cals ● 38g protein ● 13g fat ● 39g carbs ● 17g fiber



Makes 6 lettuce wrap(s)

romaine lettuce
6 leaf inner (36g)
tempeh, cubed
6 oz (170g)
barbecue sauce
3 tbsp (51g)
coleslaw mix
1 1/2 cup (135g)
oil
1/4 tbsp (4mL)
bell pepper, deseeded and sliced
3/4 small (56g)

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.

Simple kale salad

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



Makes 1/2 cup(s)

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Small toasted bagel with butter

1/2 bagel(s) - 120 cal ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 2 meals:

butter

1/2 tbsp (7g)

bagel

1 small bagel (3" dia) (69g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 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.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Carrot sticks

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



For single meal:

carrots
1 medium (61g)

For all 3 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cucumbers and ranch

159 cal ● 2g protein ● 13g fat ● 7g carbs ● 1g fiber



For single meal:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
ranch dressing
2 tbsp (30mL)

For all 2 meals:

cucumber, sliced
1 cucumber (8-1/4") (301g)
ranch dressing
4 tbsp (60mL)

1. Slice the cucumber and serve with ranch to dip into.

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.

Dinner 1 [↗](#)

Eat on day 1

Shrimp-broccoli-rice bowl

588 cals ● 58g protein ● 9g fat ● 61g carbs ● 7g fiber



black pepper
2 dash, ground (1g)
salt
2 dash (2g)
shrimp, raw, peeled and deveined
1/2 lbs (227g)
frozen broccoli
1/2 package (142g)
flavored rice mix
1/2 pouch (~5.6 oz) (79g)
olive oil
1/2 tbsp (8mL)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



Makes 1 1/2 cup(s)
salad dressing
1 1/2 tbsp (23mL)
kale leaves
1 1/2 cup, chopped (60g)

1. Toss kale in dressing of your choice and serve.

Dinner 2 [↗](#)

Eat on day 2

Basic baked potato

1 potato(es) - 264 cal ● 6g protein ● 1g fat ● 49g carbs ● 9g fiber



Makes 1 potato(es)

oil

1/2 tsp (3mL)

salt

1 dash (0g)

potatoes

1 large (3" to 4-1/4" dia.) (369g)

1. OVEN:
2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Almond crusted tilapia

4 1/2 oz - 318 cal ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



Makes 4 1/2 oz

tilapia, raw

1/4 lbs (126g)

almonds

3 tbsp, slivered (20g)

all-purpose flour

2 tbsp (16g)

salt

3/4 dash (0g)

olive oil

1 tsp (6mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Dinner 3 [↗](#)

Eat on day 3, day 4

Basic baked potato

1/2 potato(es) - 132 cal ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

oil
1/4 tsp (1mL)
salt
1/2 dash (0g)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:

oil
1/2 tsp (3mL)
salt
1 dash (0g)
potatoes
1 large (3" to 4-1/4" dia.) (369g)

1. OVEN:
2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Vegan crumbles

1 3/4 cup(s) - 256 cal ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

vegetarian burger crumbles
1 3/4 cup (175g)

For all 2 meals:

vegetarian burger crumbles
3 1/2 cup (350g)

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

Tossed salad

121 cal ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

purple onions, sliced
 1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
 1/8 cucumber (8-1/4") (38g)
romaine lettuce, shredded
 1/2 hearts (250g)
carrots, peeled and shredded or sliced
 1/2 small (5-1/2" long) (25g)
tomatoes, diced
 1/2 small whole (2-2/5" dia) (46g)
salad dressing
 1 tbsp (15mL)

For all 2 meals:

purple onions, sliced
 1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
 1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
 1 hearts (500g)
carrots, peeled and shredded or sliced
 1 small (5-1/2" long) (50g)
tomatoes, diced
 1 small whole (2-2/5" dia) (91g)
salad dressing
 2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 4 [↗](#)

Eat on day 5, day 6

Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

salad dressing
 2 1/4 tbsp (34mL)
mixed greens
 2 1/4 cup (68g)
tomatoes
 6 tbsp cherry tomatoes (56g)

For all 2 meals:

salad dressing
 1/4 cup (68mL)
mixed greens
 4 1/2 cup (135g)
tomatoes
 3/4 cup cherry tomatoes (112g)

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

Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.

Dinner 5 [↗](#)

Eat on day 7

Teriyaki seitan with veggies and rice

451 cals ● 37g protein ● 8g fat ● 52g carbs ● 5g fiber



seitan, cut into strips
4 oz (113g)
oil
1 tsp (5mL)
teriyaki sauce
1 3/4 tbsp (27mL)
frozen mixed veggies
1/3 package (10 oz ea) (96g)
long-grain white rice
2 2/3 tbsp (31g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing
3/4 tbsp (11mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
 2. Pour dressing over when serving.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cal ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

water

3 1/2 cup(s) (830mL)

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

water

24 1/2 cup(s) (5807mL)

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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