

# Meal Plan - 2100 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

2026 cals ● 191g protein (38%) ● 110g fat (49%) ● 43g carbs (8%) ● 25g fiber (5%)

### Breakfast

295 cals, 20g protein, 2g net carbs, 23g fat



[Pesto scrambled eggs](#)  
3 eggs- 297 cals

### Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals

### Protein Supplement(s)

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



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

### Lunch

315 cals, 12g protein, 18g net carbs, 19g fat



[Eggplant pesto sandwich](#)  
1/2 sandwich(es)- 226 cals



[Sunflower seeds](#)  
90 cals

### Dinner

770 cals, 64g protein, 17g net carbs, 44g fat



[Baked pesto salmon](#)  
9 oz- 606 cals



[Sugar snap peas](#)  
164 cals

## Day 2

2144 cals ● 190g protein (35%) ● 87g fat (37%) ● 116g carbs (22%) ● 33g fiber (6%)

### Breakfast

295 cals, 20g protein, 2g net carbs, 23g fat



[Pesto scrambled eggs](#)  
3 eggs- 297 cals

### Lunch

560 cals, 30g protein, 55g net carbs, 21g fat



[Honey dijon salmon](#)  
3 oz- 201 cals



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



[Naan bread](#)  
1 piece(s)- 262 cals

### Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals

### Dinner

645 cals, 44g protein, 53g net carbs, 21g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Basic tempeh](#)  
4 oz- 295 cals



[Lentils](#)  
289 cals

### Protein Supplement(s)

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



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



## Day 3

2172 cals ● 194g protein (36%) ● 70g fat (29%) ● 151g carbs (28%) ● 40g fiber (7%)

### Breakfast

345 cals, 24g protein, 27g net carbs, 13g fat



**Toast with butter**  
1/2 slice(s)- 57 cals



**Blackberry & granola parfait**  
287 cals

### Snacks

225 cals, 11g protein, 15g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

580 cals, 30g protein, 53g net carbs, 23g fat



**Simple plant-based deli wrap**  
1 wrap(s)- 426 cals



**Simple mixed greens and tomato salad**  
151 cals

### Dinner

645 cals, 44g protein, 53g net carbs, 21g fat



**Roasted tomatoes**  
1 tomato(es)- 60 cals



**Basic tempeh**  
4 oz- 295 cals



**Lentils**  
289 cals

## Day 4

2130 cals ● 185g protein (35%) ● 78g fat (33%) ● 141g carbs (26%) ● 30g fiber (6%)

### Breakfast

345 cals, 24g protein, 27g net carbs, 13g fat



**Toast with butter**  
1/2 slice(s)- 57 cals



**Blackberry & granola parfait**  
287 cals

### Snacks

225 cals, 11g protein, 15g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

580 cals, 30g protein, 53g net carbs, 23g fat



**Simple plant-based deli wrap**  
1 wrap(s)- 426 cals



**Simple mixed greens and tomato salad**  
151 cals

### Dinner

605 cals, 35g protein, 43g net carbs, 29g fat



**Lentils**  
260 cals



**Basic tofu**  
8 oz- 342 cals

## Day 5

2070 cals ● 203g protein (39%) ● 76g fat (33%) ● 119g carbs (23%) ● 24g fiber (5%)

### Breakfast

345 cals, 24g protein, 27g net carbs, 13g fat



**Toast with butter**  
1/2 slice(s)- 57 cals



**Blackberry & granola parfait**  
287 cals

### Snacks

225 cals, 11g protein, 15g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

515 cals, 48g protein, 31g net carbs, 21g fat



**Simple mixed greens and tomato salad**  
151 cals



**Simple seitan**  
6 oz- 365 cals

### Dinner

605 cals, 35g protein, 43g net carbs, 29g fat



**Lentils**  
260 cals



**Basic tofu**  
8 oz- 342 cals

## Day 6

2156 cals ● 194g protein (36%) ● 66g fat (28%) ● 151g carbs (28%) ● 43g fiber (8%)

### Breakfast

320 cals, 25g protein, 26g net carbs, 12g fat



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals

### Snacks

260 cals, 11g protein, 17g net carbs, 14g fat



**Hummus toast**  
1 slice(s)- 146 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

595 cals, 31g protein, 55g net carbs, 21g fat



**Caprese salad**  
178 cals



**Hearty tomato soup**  
416 cals

### Dinner

600 cals, 42g protein, 50g net carbs, 18g fat



**Buffalo tempeh with tzatziki**  
314 cals



**Lentils**  
231 cals



**Roasted carrots**  
1 carrots(s)- 53 cals

## Day 7

2156 cals ● 194g protein (36%) ● 66g fat (28%) ● 151g carbs (28%) ● 43g fiber (8%)

### Breakfast

320 cals, 25g protein, 26g net carbs, 12g fat



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals

### Snacks

260 cals, 11g protein, 17g net carbs, 14g fat



**Hummus toast**  
1 slice(s)- 146 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

595 cals, 31g protein, 55g net carbs, 21g fat



**Caprese salad**  
178 cals



**Hearty tomato soup**  
416 cals

### Dinner

600 cals, 42g protein, 50g net carbs, 18g fat



**Buffalo tempeh with tzatziki**  
314 cals



**Lentils**  
231 cals



**Roasted carrots**  
1 carrots(s)- 53 cals

## Finfish and Shellfish Products

- ☐ salmon  
2 fillet/s (6 oz each) (340g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
5 tbsp (80g)
- ☐ vegetable broth  
2 cup(s) (mL)
- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
2 2/3 cup (384g)
- ☐ eggplant  
1/4 small (115g)
- ☐ garlic  
2 3/4 clove(s) (8g)
- ☐ tomatoes  
8 medium whole (2-3/5" dia) (980g)
- ☐ carrots  
3 3/4 medium (231g)
- ☐ romaine lettuce  
1/2 hearts (250g)
- ☐ canned stewed tomatoes  
1 can (~14.5 oz) (405g)
- ☐ tomato paste  
1 tbsp (16g)
- ☐ onion  
1 large (150g)

## Beverages

- ☐ water  
33 1/2 cup(s) (7940mL)
- ☐ protein powder  
24 1/2 scoop (1/3 cup ea) (760g)

## Dairy and Egg Products

- ☐ eggs  
8 large (400g)
- ☐ cheese  
1/4 lbs (98g)
- ☐ butter  
1/2 tbsp (7g)
- ☐ lowfat greek yogurt  
2 cup (525g)

## Baked Products

- ☐ kaiser rolls  
1/2 roll (3-1/2" dia) (29g)
- ☐ naan bread  
1 piece (90g)
- ☐ bread  
6 1/4 oz (176g)
- ☐ flour tortillas  
2 tortilla (approx 10" dia) (144g)

## Nut and Seed Products

- ☐ sunflower kernels  
1/2 oz (14g)

## Legumes and Legume Products

- ☐ tempeh  
1 lbs (454g)
- ☐ lentils, raw  
2 3/4 cup (528g)
- ☐ hummus  
1/2 cup (135g)
- ☐ firm tofu  
1 lbs (454g)
- ☐ vegetarian burger crumbles  
1/2 cup (50g)
- ☐ roasted peanuts  
4 tbsp (37g)

## Spices and Herbs

- ☐ salt  
1/2 tsp (3g)
- ☐ dijon mustard  
1/2 tbsp (8g)
- ☐ fresh basil  
6 3/4 tbsp leaves, whole (10g)
- ☐ chili powder  
1 tsp (3g)
- ☐ paprika  
1 tsp (2g)
- ☐ apple cider vinegar  
1 tbsp (15g)

## Sweets

- ☐ honey  
1/4 tbsp (5g)

## Fruits and Fruit Juices

☐ fresh mozzarella cheese  
2 1/2 oz (71g)

☐ blackberries  
1 cup (135g)

## Other

☐ guacamole, store-bought  
1/2 cup (124g)

☐ mixed greens  
2 3/4 package (5.5 oz) (429g)

☐ plant-based deli slices  
14 slices (146g)

☐ cottage cheese & fruit cup  
2 container (340g)

☐ tzatziki  
1/4 cup(s) (56g)

## Fats and Oils

☐ olive oil  
1/6 oz (6mL)

☐ oil  
1/4 lbs (112mL)

☐ salad dressing  
9 3/4 tbsp (146mL)

☐ balsamic vinaigrette  
5 tsp (25mL)

## Breakfast Cereals

☐ granola  
1 cup (84g)

## Snacks

☐ high-protein granola bar  
3 bar (120g)

## Cereal Grains and Pasta

☐ seitan  
6 oz (170g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Pesto scrambled eggs

3 eggs - 297 cals ● 20g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

**pesto sauce**  
1 1/2 tbsp (24g)  
**eggs**  
3 large (150g)

For all 2 meals:

**pesto sauce**  
3 tbsp (48g)  
**eggs**  
6 large (300g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Toast with butter

1/2 slice(s) - 57 cals ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

**butter**  
4 dash (2g)  
**bread**  
1/2 slice (16g)

For all 3 meals:

**butter**  
1/2 tbsp (7g)  
**bread**  
1 1/2 slice (48g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

### Blackberry & granola parfait

287 cals ● 22g protein ● 10g fat ● 22g carbs ● 5g fiber





For single meal:

**blackberries, roughly chopped**  
5 tbsp (45g)  
**lowfat greek yogurt**  
10 tbsp (175g)  
**granola**  
5 tbsp (28g)

For all 3 meals:

**blackberries, roughly chopped**  
1 cup (135g)  
**lowfat greek yogurt**  
2 cup (525g)  
**granola**  
1 cup (84g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

## Breakfast 3 [↗](#)

Eat on 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 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**guacamole, store-bought**  
1 tbsp (15g)  
**eggs**  
1 large (50g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**guacamole, store-bought**  
2 tbsp (31g)  
**eggs**  
2 large (100g)  
**bread**  
2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

## Lunch 1 [↗](#)

Eat on day 1

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### Eggplant pesto sandwich

1/2 sandwich(es) - 226 cals ● 7g protein ● 12g fat ● 17g carbs ● 5g fiber



Makes 1/2 sandwich(es)

**eggplant, halved and sliced**

1/4 small (115g)

**olive oil**

1/4 tbsp (4mL)

**pesto sauce**

1/2 tbsp (8g)

**garlic**

1/2 clove (2g)

**kaiser rolls**

1/2 roll (3-1/2" dia) (29g)

**tomatoes**

1 1/2 slice(s), thin/small (23g)

**cheese**

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

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

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### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



**sunflower kernels**

1/2 oz (14g)

1. This recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 2

### Honey dijon salmon

3 oz - 201 cals ● 18g protein ● 12g fat ● 5g carbs ● 0g fiber



Makes 3 oz

#### salmon

1/2 fillet/s (6 oz each) (85g)

#### dijon mustard

1/2 tbsp (8g)

#### honey

1/4 tbsp (5g)

#### garlic, minced

1/4 clove (1g)

#### olive oil

1/2 tsp (3mL)

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.

### 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.

### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)

#### naan bread

1 piece (90g)



1. This recipe has no instructions.

## Lunch 3 [🔗](#)

Eat on day 3, day 4

### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**tomatoes**  
2 slice(s), thin/small (30g)  
**mixed greens**  
1/2 cup (15g)  
**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**plant-based deli slices**  
7 slices (73g)

For all 2 meals:

**hummus**  
4 tbsp (60g)  
**tomatoes**  
4 slice(s), thin/small (60g)  
**mixed greens**  
1 cup (30g)  
**flour tortillas**  
2 tortilla (approx 10" dia) (144g)  
**plant-based deli slices**  
14 slices (146g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

### 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.

## Lunch 4 [🔗](#)

Eat on day 5

### Simple mixed greens and tomato salad

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



**salad dressing**  
3 tbsp (45mL)  
**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)

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



## Simple seitan

6 oz - 365 cals ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



Makes 6 oz

### oil

1/2 tbsp (8mL)

### seitan

6 oz (170g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Caprese salad

178 cals ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

#### balsamic vinaigrette

2 1/2 tsp (13mL)

#### fresh basil

1/4 cup leaves, whole (5g)

#### tomatoes, halved

6 2/3 tbsp cherry tomatoes (62g)

#### mixed greens

3/8 package (5.5 oz) (65g)

#### fresh mozzarella cheese

1 1/4 oz (35g)

For all 2 meals:

#### balsamic vinaigrette

5 tsp (25mL)

#### fresh basil

6 2/3 tbsp leaves, whole (10g)

#### tomatoes, halved

13 1/3 tbsp cherry tomatoes (124g)

#### mixed greens

5/6 package (5.5 oz) (129g)

#### fresh mozzarella cheese

2 1/2 oz (71g)

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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## Hearty tomato soup

416 cals ● 21g protein ● 10g fat ● 49g carbs ● 12g fiber



For single meal:

**chili powder**  
4 dash (1g)  
**paprika**  
4 dash (1g)  
**apple cider vinegar**  
1/2 tbsp (7g)  
**garlic, minced**  
1 clove(s) (3g)  
**vegetable broth**  
1 cup(s) (mL)  
**canned stewed tomatoes**  
1/2 can (~14.5 oz) (203g)  
**tomato paste**  
1/2 tbsp (8g)  
**lentils, raw**  
4 tbsp (48g)  
**vegetarian burger crumbles**  
4 tbsp (25g)  
**onion, diced**  
1/2 large (75g)  
**carrots, chopped**  
1/2 large (36g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**chili powder**  
1 tsp (3g)  
**paprika**  
1 tsp (2g)  
**apple cider vinegar**  
1 tbsp (15g)  
**garlic, minced**  
2 clove(s) (6g)  
**vegetable broth**  
2 cup(s) (mL)  
**canned stewed tomatoes**  
1 can (~14.5 oz) (405g)  
**tomato paste**  
1 tbsp (16g)  
**lentils, raw**  
1/2 cup (96g)  
**vegetarian burger crumbles**  
1/2 cup (50g)  
**onion, diced**  
1 large (150g)  
**carrots, chopped**  
1 large (72g)  
**oil**  
1 tbsp (15mL)

1. Heat oil in a thick-walled pot over medium heat. Add in carrots and onion and saute for about 8 minutes until softened.
2. Stir in tomato paste. Then stir in garlic, crumbles, and lentils and cook mixture for about 3 minutes.
3. Stir in broth, tomatoes, spices, and a hefty pinch of salt. Bring to a simmer and cover, cooking for about 15 minutes or until lentils are soft. Turn off heat and stir in apple cider vinegar. Serve.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

**cheese**  
6 tbsp, shredded (42g)  
**guacamole, store-bought**  
3 tbsp (46g)

For all 2 meals:

**cheese**  
3/4 cup, shredded (84g)  
**guacamole, store-bought**  
6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
  2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
  3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
  4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
  5. Serve with guacamole.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. This recipe has no instructions.

### Cherry tomatoes

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



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 3 meals:

**tomatoes**  
18 cherry tomatoes (306g)

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

## Snacks 3 [↗](#)

Eat on day 6, day 7

### Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**hummus**  
2 1/2 tbsp (38g)  
**bread**  
1 slice (32g)

For all 2 meals:

**hummus**  
5 tbsp (75g)  
**bread**  
2 slice (64g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

## Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

### roasted peanuts

2 tbsp (18g)

For all 2 meals:

### roasted peanuts

4 tbsp (37g)

1. This recipe has no instructions.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Baked pesto salmon

9 oz - 606 cals ● 53g protein ● 43g fat ● 1g carbs ● 0g fiber



Makes 9 oz

#### salmon

1 1/2 fillet/s (6 oz each) (255g)

#### pesto sauce

1 1/2 tbsp (24g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

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## Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



### frozen sugar snap peas

2 2/3 cup (384g)

1. Prepare according to instructions on package.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**tomatoes**

1 small whole (2-2/5" dia) (91g)

**oil**

1 tsp (5mL)

For all 2 meals:

**tomatoes**

2 small whole (2-2/5" dia) (182g)

**oil**

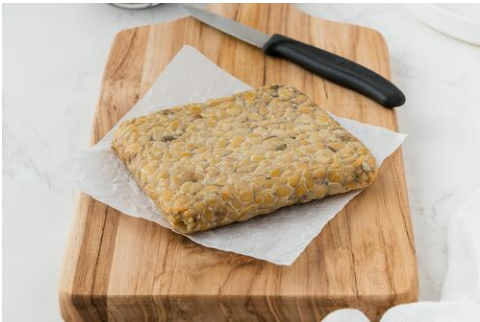
2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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### 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.

### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1 2/3 cup(s) (395mL)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**salt**  
1/4 tsp (1g)  
**water**  
3 1/3 cup(s) (790mL)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

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.

### Dinner 3 [↗](#)

Eat on day 4, day 5

#### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**salt**  
1 1/2 dash (1g)  
**water**  
3 cup(s) (711mL)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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.

#### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**firm tofu**  
1 lbs (454g)  
**oil**  
2 2/3 tbsp (40mL)

1. Slice tofu 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 4 [↗](#)

Eat on day 6, day 7

### Buffalo tempeh with tzatziki

314 cals ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**tzatziki**  
1/8 cup(s) (28g)  
**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**tempeh, roughly chopped**  
4 oz (113g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**tzatziki**  
1/4 cup(s) (56g)  
**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**tempeh, roughly chopped**  
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

### Lentils

231 cals ● 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.

### Roasted carrots

1 carrots(s) - 53 cals ● 1g protein ● 3g fat ● 5g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**carrots, sliced**  
1 large (72g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**carrots, sliced**  
2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

3 1/2 scoop - 382 cals ● 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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