

Meal Plan - 2300 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

2271 cals ● 218g protein (38%) ● 80g fat (32%) ● 121g carbs (21%) ● 50g fiber (9%)

Breakfast

305 cals, 23g protein, 2g net carbs, 23g fat



Basic scrambled eggs
2 2/3 egg(s)- 212 cals



Kale & eggs
95 cals

Snacks

205 cals, 17g protein, 18g net carbs, 6g fat



Pumped up greek yogurt
1 container(s)- 206 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

650 cals, 29g protein, 51g net carbs, 26g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Raspberries
1 1/4 cup(s)- 90 cals



Greek wedge salad
404 cals

Dinner

675 cals, 52g protein, 46g net carbs, 23g fat



Lentils
231 cals



Basic tempeh
6 oz- 443 cals

Day 2

2345 cals ● 232g protein (40%) ● 81g fat (31%) ● 127g carbs (22%) ● 44g fiber (8%)

Breakfast

305 cals, 23g protein, 2g net carbs, 23g fat



Basic scrambled eggs
2 2/3 egg(s)- 212 cals



Kale & eggs
95 cals

Snacks

205 cals, 17g protein, 18g net carbs, 6g fat



Pumped up greek yogurt
1 container(s)- 206 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

725 cals, 43g protein, 58g net carbs, 28g fat



Pumpkin seeds
183 cals



Cottage cheese & fruit cup
1 container- 131 cals



Chickpea & kale soup
409 cals

Dinner

675 cals, 52g protein, 46g net carbs, 23g fat



Lentils
231 cals



Basic tempeh
6 oz- 443 cals

Day 3

2327 cals ● 210g protein (36%) ● 106g fat (41%) ● 95g carbs (16%) ● 38g fiber (7%)

Breakfast

305 cals, 23g protein, 2g net carbs, 23g fat



Basic scrambled eggs
2 2/3 egg(s)- 212 cals



Kale & eggs
95 cals

Snacks

220 cals, 10g protein, 17g net carbs, 9g fat



Toast with butter and jelly
1/2 slice(s)- 67 cals



String cheese
1 stick(s)- 83 cals



Raspberries
1 cup(s)- 72 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

725 cals, 43g protein, 58g net carbs, 28g fat



Pumpkin seeds
183 cals



Cottage cheese & fruit cup
1 container- 131 cals



Chickpea & kale soup
409 cals

Dinner

640 cals, 37g protein, 15g net carbs, 45g fat



Pistachios
375 cals



Simple sardine salad
265 cals

Day 4

2304 cals ● 206g protein (36%) ● 71g fat (28%) ● 163g carbs (28%) ● 48g fiber (8%)

Breakfast

335 cals, 26g protein, 37g net carbs, 6g fat



Chickpea & tomato toasts
1 toast(s)- 206 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

220 cals, 10g protein, 17g net carbs, 9g fat



Toast with butter and jelly
1/2 slice(s)- 67 cals



String cheese
1 stick(s)- 83 cals



Raspberries
1 cup(s)- 72 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

670 cals, 36g protein, 91g net carbs, 9g fat



Lentils
347 cals



White bean succotash
323 cals

Dinner

640 cals, 37g protein, 15g net carbs, 45g fat



Pistachios
375 cals



Simple sardine salad
265 cals

Day 5

2374 cals ● 208g protein (35%) ● 65g fat (25%) ● 197g carbs (33%) ● 42g fiber (7%)

Breakfast

335 cals, 26g protein, 37g net carbs, 6g fat



Chickpea & tomato toasts
1 toast(s)- 206 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

270 cals, 13g protein, 4g net carbs, 21g fat



Almond protein balls
2 ball(s)- 270 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

670 cals, 36g protein, 91g net carbs, 9g fat



Lentils
347 cals



White bean succotash
323 cals

Dinner

660 cals, 37g protein, 62g net carbs, 27g fat



Chik'n nuggets
12 nuggets- 662 cals

Day 6

2253 cals ● 213g protein (38%) ● 85g fat (34%) ● 116g carbs (21%) ● 43g fiber (8%)

Breakfast

380 cals, 19g protein, 15g net carbs, 24g fat



[Egg & avocado salad](#)
266 cals



[Toast with butter](#)
1 slice(s)- 114 cals

Snacks

270 cals, 13g protein, 4g net carbs, 21g fat



[Almond protein balls](#)
2 ball(s)- 270 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Lunch

540 cals, 36g protein, 56g net carbs, 11g fat



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



[Tempeh & mushroom stir fry](#)
443 cals

Dinner

625 cals, 48g protein, 38g net carbs, 27g fat



[Tomato and avocado salad](#)
235 cals



[Flavored rice mix](#)
143 cals



[Cajun cod](#)
8 oz- 249 cals

Day 7

2253 cals ● 213g protein (38%) ● 85g fat (34%) ● 116g carbs (21%) ● 43g fiber (8%)

Breakfast

380 cals, 19g protein, 15g net carbs, 24g fat



[Egg & avocado salad](#)
266 cals



[Toast with butter](#)
1 slice(s)- 114 cals

Snacks

270 cals, 13g protein, 4g net carbs, 21g fat



[Almond protein balls](#)
2 ball(s)- 270 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Lunch

540 cals, 36g protein, 56g net carbs, 11g fat



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



[Tempeh & mushroom stir fry](#)
443 cals

Dinner

625 cals, 48g protein, 38g net carbs, 27g fat



[Tomato and avocado salad](#)
235 cals



[Flavored rice mix](#)
143 cals



[Cajun cod](#)
8 oz- 249 cals

Dairy and Egg Products

- ☐ eggs
15 large (750g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ butter
1 tbsp (14g)
- ☐ string cheese
2 stick (56g)
- ☐ nonfat greek yogurt, plain
2 tbsp (35g)

Fats and Oils

- ☐ oil
2 2/3 oz (81mL)
- ☐ olive oil
1 1/2 tbsp (23mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)

Spices and Herbs

- ☐ salt
1/4 oz (6g)
- ☐ black pepper
4 dash, ground (1g)
- ☐ garlic powder
2 tsp (7g)
- ☐ cajun seasoning
1 3/4 tbsp (12g)
- ☐ ground ginger
4 dash (1g)

Vegetables and Vegetable Products

- ☐ kale leaves
3 3/4 cup, chopped (150g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (422g)
- ☐ romaine lettuce
1 head (571g)
- ☐ garlic
3 clove(s) (9g)
- ☐ shallots
1 clove(s) (57g)
- ☐ bell pepper
1 3/4 large (283g)
- ☐ frozen corn kernels
1 cup (136g)

Other

- ☐ cacao nibs
2 tsp (7g)
- ☐ tzatziki
1/8 cup(s) (28g)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ vinaigrette, store-bought, any flavor
3 tbsp (45mL)
- ☐ mixed greens
4 1/3 cup (130g)
- ☐ vegan chik'n nuggets
12 nuggets (258g)
- ☐ almond flour
3 tbsp (21g)

Fruits and Fruit Juices

- ☐ raspberries
15 oz (430g)
- ☐ lemon juice
1 1/2 tbsp (23mL)
- ☐ canned black olives
1 1/2 tbsp (13g)
- ☐ avocados
1 2/3 avocado(s) (335g)
- ☐ lime juice
2 tbsp (30mL)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ pistachios, shelled
1 cup (123g)
- ☐ almond butter
6 tbsp (94g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
6 cup(s) (mL)

Sweets

- ☐ jelly
1 tsp (7g)

Baked Products

- ☐ ketchup
3 tbsp (51g)
- ☐ onion
2 tbsp minced (30g)
- ☐ carrots
1/2 medium (31g)
- ☐ mushrooms
2 cup, chopped (140g)

Beverages

- ☐ water
34 2/3 cup(s) (8217mL)
- ☐ protein powder
2 lbs (897g)

Legumes and Legume Products

- ☐ lentils, raw
1 2/3 cup (320g)
- ☐ tempeh
1 1/4 lbs (567g)
- ☐ chickpeas, canned
2 1/2 can (1120g)
- ☐ white beans, canned
1 cup (262g)
- ☐ soy sauce
2 tbsp (30mL)

- ☐ bread
1/3 lbs (160g)

Finfish and Shellfish Products

- ☐ sardines, canned in oil
2 can (184g)
- ☐ cod, raw
1 lbs (453g)

Meals, Entrees, and Side Dishes

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

Cereal Grains and Pasta

- ☐ brown rice
1/2 cup (95g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



Translation missing:
en.for_single_meal

eggs

2 2/3 large (133g)

oil

1/4 tbsp (3mL)

For all 3 meals:

eggs

8 large (400g)

oil

2 tsp (10mL)

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.

Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



Translation missing:
en.for_single_meal

salt

1/2 dash (0g)

kale leaves

4 tbsp, chopped (10g)

eggs

1 large (50g)

oil

1/2 tsp (3mL)

For all 3 meals:

salt

1 1/2 dash (1g)

kale leaves

3/4 cup, chopped (30g)

eggs

3 large (150g)

oil

1/2 tbsp (8mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Chickpea & tomato toasts

1 toast(s) - 206 cals ● 12g protein ● 4g fat ● 24g carbs ● 8g fiber



Translation missing:
en.for_single_meal

chickpeas, canned, drained & rinsed

1/4 can (112g)

tomatoes

4 slice(s), thin/small (60g)

nonfat greek yogurt, plain

1 tbsp (18g)

bread

1 slice(s) (32g)

For all 2 meals:

chickpeas, canned, drained & rinsed

1/2 can (224g)

tomatoes

8 slice(s), thin/small (120g)

nonfat greek yogurt, plain

2 tbsp (35g)

bread

2 slice(s) (64g)

1. Toast bread, if desired.
2. In a medium bowl, mash chickpeas with the back of a fork until they start to become creamy.
3. Stir in Greek yogurt, and add salt and pepper to taste.
4. Spread the chickpea mixture on the bread and top with tomato slices. Serve.

Cottage cheese & fruit cup

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



Translation missing:
en.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.
-

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



Translation missing:
en.for_single_meal

eggs, hard-boiled and chilled

2 large (100g)

mixed greens

2/3 cup (20g)

avocados

1/3 avocado(s) (67g)

garlic powder

1/3 tsp (1g)

For all 2 meals:

eggs, hard-boiled and chilled

4 large (200g)

mixed greens

1 1/3 cup (40g)

avocados

2/3 avocado(s) (134g)

garlic powder

1/4 tbsp (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



Translation missing:
en.for_single_meal

butter

1 tsp (5g)

bread

1 slice (32g)

For all 2 meals:

butter

2 tsp (9g)

bread

2 slice (64g)

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

Lunch 1 [🔗](#)

Eat on day 1

Lowfat Greek yogurt

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

Makes 1 container(s)



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

1. The recipe has no instructions.

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



Makes 1 1/4 cup(s)

raspberries
1 1/4 cup (154g)

1. Rinse raspberries and serve.

Greek wedge salad

404 cals ● 15g protein ● 21g fat ● 27g carbs ● 12g fiber



chickpeas, canned, drained & rinsed
1/2 can (224g)
tomatoes, halved
6 tbsp cherry tomatoes (56g)
lemon juice
1/2 tbsp (8mL)
olive oil
1 tbsp (15mL)
canned black olives, diced
1 1/2 tbsp (13g)
tzatziki
1/8 cup(s) (28g)
romaine lettuce
1 1/2 cup chopped (71g)

1. In a medium bowl, combine the diced olives, halved cherry tomatoes, chickpeas, olive oil, lemon juice, and some salt and pepper. Toss to coat evenly.
2. Spoon the chickpea mixture over the romaine lettuce, then drizzle with tzatziki. Serve.
3. Meal Prep Note: The chickpea mixture can be made ahead and stored in an airtight container in the fridge for up to 3 days. When ready to serve, simply assemble with the romaine and tzatziki.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



Translation missing:
en.for_single_meal

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

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



Translation missing:
en.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.

Chickpea & kale soup

409 cal ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



Translation missing:
en.for_single_meal

chickpeas, canned, drained
3/4 can (336g)
oil
1/4 tbsp (4mL)
garlic, minced
1 1/2 clove(s) (5g)
vegetable broth
3 cup(s) (mL)
kale leaves, chopped
1 1/2 cup, chopped (60g)

For all 2 meals:

chickpeas, canned, drained
1 1/2 can (672g)
oil
1/2 tbsp (8mL)
garlic, minced
3 clove(s) (9g)
vegetable broth
6 cup(s) (mL)
kale leaves, chopped
3 cup, chopped (120g)

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.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



Translation missing:
en.for_single_meal

salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

For all 2 meals:

salt

2 dash (2g)

water

4 cup(s) (948mL)

lentils, raw, rinsed

1 cup (192g)

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.

White bean succotash

323 cals ● 13g protein ● 8g fat ● 40g carbs ● 10g fiber



Translation missing:
en.for_single_meal

shallots, minced

1/2 clove(s) (28g)

bell pepper, finely chopped

1/2 medium (60g)

frozen corn kernels, defrosted

1/2 cup (68g)

oil

1/2 tbsp (8mL)

lemon juice

1/2 tbsp (8mL)

white beans, canned, drained & rinsed

1/2 cup (131g)

For all 2 meals:

shallots, minced

1 clove(s) (57g)

bell pepper, finely chopped

1 medium (119g)

frozen corn kernels, defrosted

1 cup (136g)

oil

1 tbsp (15mL)

lemon juice

1 tbsp (15mL)

white beans, canned, drained & rinsed

1 cup (262g)

1. Heat about 1/4 of the oil in a skillet over medium heat. Add the corn, shallot, and a pinch of salt, and cook until softened, about 2-4 minutes.
 2. Transfer the corn mixture to a medium bowl and stir in the white beans, bell pepper, remaining oil, and lemon juice. Season with salt and pepper to taste, and serve.
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Lunch 4 [↗](#)

Eat on day 6 and day 7

Simple salad with tomatoes and carrots

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



Translation missing:
en.for_single_meal

tomatoes, diced

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

romaine lettuce, roughly chopped

1/2 hearts (250g)

carrots, sliced

1/4 medium (15g)

salad dressing

3/4 tbsp (11mL)

For all 2 meals:

tomatoes, diced

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

romaine lettuce, roughly chopped

1 hearts (500g)

carrots, sliced

1/2 medium (31g)

salad dressing

1 1/2 tbsp (23mL)

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

Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



Translation missing:
en.for_single_meal

bell pepper, sliced

1/2 large (82g)

tempeh, sliced

4 oz (113g)

ground ginger

2 dash (0g)

mushrooms, chopped

1 cup, chopped (70g)

garlic powder

4 dash (2g)

soy sauce

1 tbsp (15mL)

brown rice

4 tbsp (48g)

For all 2 meals:

bell pepper, sliced

1 large (164g)

tempeh, sliced

1/2 lbs (227g)

ground ginger

4 dash (1g)

mushrooms, chopped

2 cup, chopped (140g)

garlic powder

1 tsp (3g)

soy sauce

2 tbsp (30mL)

brown rice

1/2 cup (95g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Pumped up greek yogurt

1 container(s) - 206 cals ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



Translation missing:
en.for_single_meal

cacao nibs

1 tsp (3g)

raspberries

8 raspberries (15g)

protein powder

1 tbsp (6g)

lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

cacao nibs

2 tsp (7g)

raspberries

16 raspberries (30g)

protein powder

2 tbsp (12g)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Toast with butter and jelly

1/2 slice(s) - 67 cals ● 2g protein ● 2g fat ● 8g carbs ● 1g fiber



Translation missing:
en.for_single_meal

jelly

4 dash (4g)

butter

4 dash (2g)

bread

1/2 slice (16g)

For all 2 meals:

jelly

1 tsp (7g)

butter

1 tsp (5g)

bread

1 slice (32g)

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

String cheese

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



Translation missing:
en.for_single_meal

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



Translation missing:
en.for_single_meal

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Almond protein balls

2 ball(s) - 270 cals ● 13g protein ● 21g fat ● 4g carbs ● 4g fiber



Translation missing:
en.for_single_meal

protein powder
1 tbsp (6g)
almond flour
1 tbsp (7g)
almond butter
2 tbsp (31g)

For all 3 meals:

protein powder
3 tbsp (17g)
almond flour
3 tbsp (21g)
almond butter
6 tbsp (94g)

1. Mix all ingredients together until well incorporated.
 2. Form into balls.
 3. Store any leftovers in an airtight container in the fridge.
-

Dinner 1 [↗](#)

Eat on day 1 and day 2

Lentils

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



Translation missing:
en.for_single_meal

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

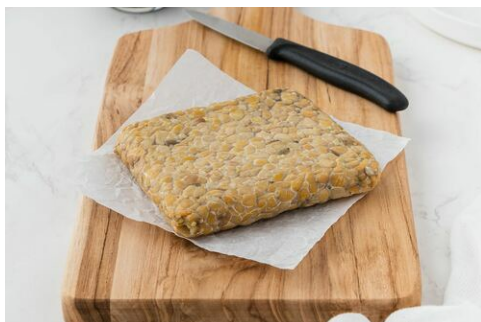
For all 2 meals:

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.

Basic tempeh

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



Translation missing:
en.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 2 [↗](#)

Eat on day 3 and day 4

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



Translation missing:
en.for_single_meal

pistachios, shelled
1/2 cup (62g)

For all 2 meals:

pistachios, shelled
1 cup (123g)

1. The recipe has no instructions.

Simple sardine salad

265 cals ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



Translation missing:
en.for_single_meal

vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
sardines, canned in oil, drained
1 can (92g)
mixed greens
1 1/2 cup (45g)

For all 2 meals:

vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)
mixed greens
3 cup (90g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Dinner 3 [↗](#)

Eat on day 5

Chik'n nuggets

12 nuggets - 662 cals ● 37g protein ● 27g fat ● 62g carbs ● 6g fiber



Makes 12 nuggets

vegan chik'n nuggets
12 nuggets (258g)
ketchup
3 tbsp (51g)

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

Dinner 4 [↗](#)

Eat on day 6 and day 7

Tomato and avocado salad

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



Translation missing:
en.for_single_meal

tomatoes, diced

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

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

garlic powder

2 dash (1g)

olive oil

1/4 tbsp (4mL)

avocados, cubed

1/2 avocado(s) (101g)

lime juice

1 tbsp (15mL)

onion

1 tbsp minced (15g)

For all 2 meals:

tomatoes, diced

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

black pepper

4 dash, ground (1g)

salt

4 dash (3g)

garlic powder

4 dash (2g)

olive oil

1/2 tbsp (8mL)

avocados, cubed

1 avocado(s) (201g)

lime juice

2 tbsp (30mL)

onion

2 tbsp minced (30g)

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

Flavored rice mix

143 cal ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



Translation missing:
en.for_single_meal

flavored rice mix

1/4 pouch (~5.6 oz) (40g)

For all 2 meals:

flavored rice mix

1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Cajun cod

8 oz - 249 cal ● 41g protein ● 8g fat ● 3g carbs ● 1g fiber



Translation missing:
en.for_single_meal

oil
1/2 tbsp (7mL)
cajun seasoning
2 2/3 tsp (6g)
cod, raw
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tsp (13mL)
cajun seasoning
1 3/4 tbsp (12g)
cod, raw
16 oz (453g)

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

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



Translation missing:
en.for_single_meal

water
4 cup(s) (948mL)
protein powder
4 scoop (1/3 cup ea) (124g)

For all 7 meals:

water
28 cup(s) (6636mL)
protein powder
28 scoop (1/3 cup ea) (868g)

1. The recipe has no instructions.
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