

Meal Plan - 2500 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

2468 cal ● 254g protein (41%) ● 69g fat (25%) ● 179g carbs (29%) ● 29g fiber (5%)

Breakfast

450 cal, 21g protein, 43g net carbs, 19g fat



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



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



[Banana](#)
1 banana(s)- 117 cal

Snacks

325 cal, 38g protein, 13g net carbs, 13g fat



[Protein shake \(milk\)](#)
258 cal



[Boiled eggs](#)
1 egg(s)- 69 cal

Protein Supplement(s)

490 cal, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 1/2 scoop- 491 cal

Lunch

355 cal, 11g protein, 34g net carbs, 17g fat



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



[Grilled peanut butter and banana sandwich](#)
1/2 sandwich(es)- 243 cal

Dinner

845 cal, 75g protein, 85g net carbs, 18g fat



[Shrimp-broccoli-rice bowl](#)
735 cal



[Simple kale salad](#)
2 cup(s)- 110 cal

Day 2

2394 cal ● 235g protein (39%) ● 100g fat (38%) ● 106g carbs (18%) ● 33g fiber (6%)

Breakfast

450 cal, 21g protein, 43g net carbs, 19g fat



Toast with butter
1 slice(s)- 114 cal



Scrambled eggs with kale, tomatoes, rosemary
219 cal



Banana
1 banana(s)- 117 cal

Snacks

325 cal, 38g protein, 13g net carbs, 13g fat



Protein shake (milk)
258 cal



Boiled eggs
1 egg(s)- 69 cal

Protein Supplement(s)

490 cal, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cal

Lunch

355 cal, 11g protein, 34g net carbs, 17g fat



Simple mixed greens and tomato salad
113 cal



Grilled peanut butter and banana sandwich
1/2 sandwich(es)- 243 cal

Dinner

770 cal, 56g protein, 12g net carbs, 49g fat



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cal



Sunflower seeds
316 cal

Day 3

2555 cal ● 252g protein (40%) ● 109g fat (39%) ● 94g carbs (15%) ● 45g fiber (7%)

Breakfast

320 cal, 19g protein, 35g net carbs, 6g fat



Smashed chickpea toast
1 toast(s)- 318 cal

Snacks

325 cal, 38g protein, 13g net carbs, 13g fat



Protein shake (milk)
258 cal



Boiled eggs
1 egg(s)- 69 cal

Protein Supplement(s)

490 cal, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cal

Lunch

650 cal, 31g protein, 31g net carbs, 39g fat



Egg & avocado salad
531 cal



Banana
1 banana(s)- 117 cal

Dinner

770 cal, 56g protein, 12g net carbs, 49g fat



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cal



Sunflower seeds
316 cal

Day 4

2505 cal ● 223g protein (36%) ● 92g fat (33%) ● 139g carbs (22%) ● 56g fiber (9%)

Breakfast

320 cal, 19g protein, 35g net carbs, 6g fat



Smashed chickpea toast
1 toast(s)- 318 cal

Lunch

650 cal, 31g protein, 31g net carbs, 39g fat



Egg & avocado salad
531 cal



Banana
1 banana(s)- 117 cal

Snacks

285 cal, 13g protein, 19g net carbs, 14g fat



Milk
1/2 cup(s)- 75 cal



Bell pepper strips and hummus
213 cal

Dinner

760 cal, 52g protein, 51g net carbs, 31g fat



Brown rice
172 cal



Basic tempeh
8 oz- 590 cal

Protein Supplement(s)

490 cal, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cal

Day 5

2493 cal ● 250g protein (40%) ● 103g fat (37%) ● 111g carbs (18%) ● 31g fiber (5%)

Breakfast

390 cal, 20g protein, 35g net carbs, 17g fat



Simple cinnamon oatmeal with milk
246 cal



Basic scrambled eggs
2 egg(s)- 142 cal

Snacks

285 cal, 13g protein, 19g net carbs, 14g fat



Milk
1/2 cup(s)- 75 cal



Bell pepper strips and hummus
213 cal

Lunch

650 cal, 47g protein, 28g net carbs, 36g fat



Orange & rosemary salmon
7 1/2 oz- 580 cal



Tomato cucumber salad
71 cal

Dinner

675 cal, 61g protein, 25g net carbs, 33g fat



Olive oil drizzled broccoli
2 cup(s)- 140 cal



Vegan sausage
2 sausage(s)- 536 cal

Protein Supplement(s)

490 cal, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cal

Day 6

2433 cal ● 249g protein (41%) ● 95g fat (35%) ● 119g carbs (20%) ● 27g fiber (4%)

Breakfast

390 cal, 20g protein, 35g net carbs, 17g fat



Simple cinnamon oatmeal with milk
246 cal



Basic scrambled eggs
2 egg(s)- 142 cal

Snacks

225 cal, 12g protein, 27g net carbs, 6g fat



Tuna and crackers
142 cal



Orange
1 orange(s)- 85 cal

Protein Supplement(s)

490 cal, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cal

Lunch

650 cal, 47g protein, 28g net carbs, 36g fat



Orange & rosemary salmon
7 1/2 oz- 580 cal



Tomato cucumber salad
71 cal

Dinner

675 cal, 61g protein, 25g net carbs, 33g fat



Olive oil drizzled broccoli
2 cup(s)- 140 cal



Vegan sausage
2 sausage(s)- 536 cal

Day 7

2506 cal ● 222g protein (35%) ● 80g fat (29%) ● 189g carbs (30%) ● 35g fiber (6%)

Breakfast

390 cal, 20g protein, 35g net carbs, 17g fat



Simple cinnamon oatmeal with milk
246 cal



Basic scrambled eggs
2 egg(s)- 142 cal

Snacks

225 cal, 12g protein, 27g net carbs, 6g fat



Tuna and crackers
142 cal



Orange
1 orange(s)- 85 cal

Protein Supplement(s)

490 cal, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cal

Lunch

760 cal, 39g protein, 74g net carbs, 30g fat



Couscous
151 cal



Simple mixed greens and tomato salad
189 cal



Salmon alfredo pasta
418 cal

Dinner

640 cal, 43g protein, 49g net carbs, 24g fat



Banana
1 banana(s)- 117 cal



Salmon & artichoke salad
526 cal

Spices and Herbs

- black pepper
1 1/2 g (2g)
- salt
1/4 oz (8g)
- rosemary
1 3/4 tsp (2g)
- balsamic vinegar
2 tsp (10mL)
- mustard
1 tbsp (15g)
- onion powder
1 tsp (2g)
- garlic powder
1/2 tbsp (4g)
- cinnamon
3/4 tbsp (6g)

Finfish and Shellfish Products

- shrimp, raw
10 oz (284g)
- canned tuna
2 1/2 can (429g)
- salmon
1 1/3 lbs (538g)
- canned salmon
1/2 lbs (213g)

Vegetables and Vegetable Products

- frozen broccoli
1 1/3 lbs (542g)
- kale leaves
4 cup, chopped (160g)
- tomatoes
5 medium whole (2-3/5" dia) (632g)
- bell pepper
4 large (626g)
- onion
1/2 small (35g)
- raw celery
2 stalk, small (5" long) (34g)
- cucumber
1/2 cucumber (8-1/4") (151g)
- purple onions
1/2 small (35g)
- fresh spinach
1 cup(s) (30g)
- artichokes, canned
13 1/4 tbsp hearts (140g)

Beverages

- water
2 gallon (7757mL)
- protein powder
34 1/2 scoop (1/3 cup ea) (1070g)

Baked Products

- bread
6 3/4 oz (192g)
- crackers
10 crackers (35g)

Dairy and Egg Products

- butter
2 tsp (9g)
- eggs
23 1/2 medium (1038g)
- whole milk
5 2/3 cup (1366mL)
- nonfat greek yogurt, plain
4 tbsp (70g)

Fruits and Fruit Juices

- banana
6 medium (7" to 7-7/8" long) (708g)
- avocados
2 1/3 avocado(s) (469g)
- lime juice
2 tsp (10mL)
- orange
4 1/2 orange (693g)
- lemon juice
1 1/4 tbsp (19mL)

Other

- mixed greens
14 2/3 cup (440g)
- vegan sausage
4 sausage (400g)
- alfredo sauce
4 tbsp (60g)

Legumes and Legume Products

- peanut butter
2 tbsp (32g)

Meals, Entrees, and Side Dishes

- flavored rice mix
5/8 pouch (~5.6 oz) (99g)

Fats and Oils

- olive oil
1 1/4 oz (39mL)
- salad dressing
6 1/3 oz (184mL)
- oil
2 tbsp (33mL)
- cooking spray
1 spray , about 1/3 second (1 NLEA serving) (0g)
- balsamic vinaigrette
5 tbsp (75mL)

- chickpeas, canned
1 can (448g)
- tempeh
1/2 lbs (227g)
- hummus
13 1/4 tbsp (203g)

Nut and Seed Products

- sunflower kernels
1/4 lbs (99g)

Cereal Grains and Pasta

- brown rice
4 tbsp (48g)
- instant couscous, flavored
1/4 box (5.8 oz) (41g)
- uncooked dry pasta
1 1/2 oz (43g)

Sweets

- sugar
2 1/4 tbsp (29g)

Breakfast Cereals

- quick oats
1 cup (90g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Toast with butter

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



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

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

Scrambled eggs with kale, tomatoes, rosemary

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



For single meal:

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

For all 2 meals:

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

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.

Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

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

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Smashed chickpea toast

1 toast(s) - 318 cal ● 19g protein ● 6g fat ● 35g carbs ● 13g fiber



For single meal:

nonfat greek yogurt, plain

2 tbsp (35g)

mustard

1/2 tbsp (8g)

onion powder

4 dash (1g)

raw celery, diced

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

chickpeas, canned, drained & rinsed

1/2 can (224g)

bread

1 slice(s) (32g)

For all 2 meals:

nonfat greek yogurt, plain

4 tbsp (70g)

mustard

1 tbsp (15g)

onion powder

1 tsp (2g)

raw celery, diced

2 stalk, small (5" long) (34g)

chickpeas, canned, drained & rinsed

1 can (448g)

bread

2 slice(s) (64g)

1. Toast bread (optional).
 2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
 3. Mix in the remaining whole chickpeas.
 4. Top the toast with the chickpea mixture and serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Simple cinnamon oatmeal with milk

246 cal ● 8g protein ● 7g fat ● 35g carbs ● 4g fiber



For single meal:

sugar
3/4 tbsp (10g)
cinnamon
1/4 tbsp (2g)
whole milk
1/2 cup (135mL)
quick oats
6 tbsp (30g)

For all 3 meals:

sugar
2 1/4 tbsp (29g)
cinnamon
3/4 tbsp (6g)
whole milk
1 2/3 cup (405mL)
quick oats
1 cup (90g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
 2. Pour the milk over it and microwave for 90 seconds - 2 minutes.
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Basic scrambled eggs

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



For single meal:

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

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 medium (264g)

1. Beat eggs in medium bowl until blended.
 2. Heat oil in large nonstick skillet over medium heat until hot.
 3. Pour in egg mixture.
 4. As eggs begin to set, scramble them.
 5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.
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Lunch 1 [↗](#)

Eat on day 1, day 2

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.

Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cal ● 8g protein ● 10g fat ● 27g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)
peanut butter
1 tbsp (16g)
cooking spray
1/2 spray , about 1/3 second (1 NLEA serving) (0g)

For all 2 meals:

bread
2 slice (64g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)
peanut butter
2 tbsp (32g)
cooking spray
1 spray , about 1/3 second (1 NLEA serving) (0g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Egg & avocado salad

531 cal ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



For single meal:

mixed greens

1 1/3 cup (40g)

avocados

2/3 avocado(s) (134g)

eggs, hard-boiled and chilled

4 large (200g)

garlic powder

1/4 tbsp (2g)

For all 2 meals:

mixed greens

2 2/3 cup (80g)

avocados

1 1/3 avocado(s) (268g)

eggs, hard-boiled and chilled

8 large (400g)

garlic powder

1/2 tbsp (4g)

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.
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Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

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

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

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

Eat on day 5, day 6

Orange & rosemary salmon

7 1/2 oz - 580 cal ● 45g protein ● 33g fat ● 21g carbs ● 5g fiber



For single meal:

salmon
1 1/4 fillet/s (6 oz each) (213g)
rosemary
5 dash (1g)
orange
1 1/4 orange (193g)
lemon juice
2 tsp (9mL)
olive oil
1 tsp (5mL)
salt
1/3 tsp (2g)

For all 2 meals:

salmon
2 1/2 fillet/s (6 oz each) (425g)
rosemary
1 1/4 tsp (2g)
orange
2 1/2 orange (385g)
lemon juice
1 1/4 tbsp (19mL)
olive oil
2 tsp (9mL)
salt
5 dash (4g)

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

Tomato cucumber salad

71 cal ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
purple onions, thinly sliced
1/4 small (18g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
purple onions, thinly sliced
1/2 small (35g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
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Lunch 4 [↗](#)

Eat on day 7

Couscous

151 cals ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



instant couscous, flavored

1/4 box (5.8 oz) (41g)

1. Follow instructions on package.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



salad dressing

1/4 cup (56mL)

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

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

Salmon alfredo pasta

418 cals ● 30g protein ● 18g fat ● 31g carbs ● 2g fiber



alfredo sauce
4 tbsp (60g)
fresh spinach
1 cup(s) (30g)
uncooked dry pasta
1 1/2 oz (43g)
salmon
4 oz (113g)

1. Preheat oven to 350°F (180°C).
2. Cook pasta according to package instructions. Set aside.
3. Place salmon skin side down on a baking sheet and season with some salt and pepper. Bake 14-16 minutes until the salmon flesh flakes.
4. Meanwhile, heat alfredo sauce in a saucepan over medium heat until it starts to bubble. Add in spinach and stir. Cook for 1-2 minutes until spinach has wilted.
5. Remove salmon from the oven and when it is cool enough to handle, cut it into large chunks.
6. Add pasta to a plate and pour the alfredo sauce over the pasta. Top with salmon and some pepper. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Protein shake (milk)

258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

whole milk
3 cup (720mL)
protein powder
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Snacks 2 [↗](#)

Eat on day 4, day 5

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Bell pepper strips and hummus

213 cal ● 9g protein ● 10g fat ● 13g carbs ● 9g fiber



For single meal:

hummus
6 1/2 tbsp (101g)
bell pepper
1 1/4 medium (149g)

For all 2 meals:

hummus
13 tbsp (203g)
bell pepper
2 1/2 medium (298g)

1. Cut bell pepper into strips.
 2. Serve with hummus to dip in.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Tuna and crackers

142 cal ● 10g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

canned tuna

1 1/2 oz (43g)

crackers

5 crackers (18g)

For all 2 meals:

canned tuna

3 oz (85g)

crackers

10 crackers (35g)

1. This recipe has no instructions.

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Shrimp-broccoli-rice bowl

735 cal ● 73g protein ● 12g fat ● 76g carbs ● 9g fiber



black pepper

1/3 tsp, ground (1g)

salt

1/3 tsp (2g)

shrimp, raw, peeled and deveined

10 oz (284g)

frozen broccoli

5/8 package (178g)

flavored rice mix

5/8 pouch (~5.6 oz) (99g)

olive oil

2 tsp (9mL)

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

2 cup(s) - 110 cal ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



Makes 2 cup(s)

salad dressing

2 tbsp (30mL)

kale leaves

2 cup, chopped (80g)

1. Toss kale in dressing of your choice and serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cal ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

canned tuna, drained

1 can (172g)

avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

bell pepper

1 large (164g)

onion

1/4 small (18g)

For all 2 meals:

canned tuna, drained

2 can (344g)

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Sunflower seeds

316 cal ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

sunflower kernels

1 3/4 oz (50g)

For all 2 meals:

sunflower kernels

1/4 lbs (99g)

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

Eat on day 4

Brown rice

172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



brown rice

4 tbsp (48g)

salt

1 1/2 dash (1g)

water

1/2 cup(s) (119mL)

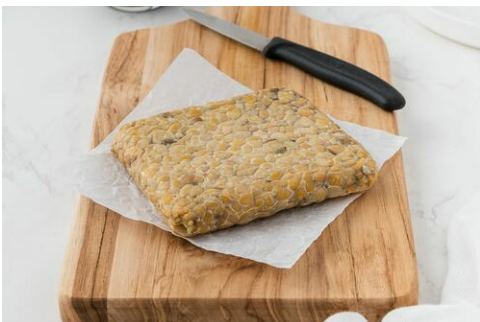
black pepper

1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, fluff with a fork, and season with salt and pepper.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

oil

4 tsp (20mL)

tempeh

1/2 lbs (227g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
 2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

olive oil

2 tsp (10mL)

For all 2 meals:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen broccoli

4 cup (364g)

olive oil

4 tsp (20mL)

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

Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

vegan sausage

2 sausage (200g)

For all 2 meals:

vegan sausage

4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

Dinner 5 [↗](#)

Eat on day 7

Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



Makes 1 banana(s)

banana

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

1. This recipe has no instructions.

Salmon & artichoke salad

526 cals ● 41g protein ● 24g fat ● 25g carbs ● 12g fiber



balsamic vinaigrette

5 tbsp (75mL)

tomatoes, halved

13 1/3 tbsp cherry tomatoes (124g)

mixed greens

3 3/4 cup (113g)

artichokes, canned

13 1/3 tbsp hearts (140g)

canned salmon

1/2 lbs (213g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 1/2 scoop - 491 cals ● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

water

4 1/2 cup(s) (1067mL)

protein powder

4 1/2 scoop (1/3 cup ea) (140g)

For all 7 meals:

water

31 1/2 cup(s) (7466mL)

protein powder

31 1/2 scoop (1/3 cup ea) (977g)

1. This recipe has no instructions.
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