

# Meal Plan - 2600 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

2479 cal ● 216g protein (35%) ● 120g fat (43%) ● 108g carbs (18%) ● 27g fiber (4%)

### Breakfast

435 cal, 18g protein, 23g net carbs, 27g fat



[Pistachios](#)  
188 cal



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cal



[High-protein granola bar](#)  
1 bar(s)- 204 cal

### Snacks

250 cal, 14g protein, 10g net carbs, 15g fat



[Sugar snap peas](#)  
2 cup- 54 cal



[String cheese](#)  
1 stick(s)- 83 cal



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

### Protein Supplement(s)

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



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

### Lunch

380 cal, 19g protein, 47g net carbs, 11g fat



[White rice](#)  
1/4 cup rice, cooked- 55 cal



[Vegan sausage & veggie sheet pan](#)  
240 cal



[Fruit juice](#)  
3/4 cup(s)- 86 cal

### Dinner

925 cal, 56g protein, 25g net carbs, 65g fat



[Pumpkin seeds](#)  
366 cal



[Milk](#)  
1 1/2 cup(s)- 224 cal



[Smoked salmon & feta lettuce wraps](#)  
6 lettuce wrap(s)- 337 cal

## Day 2

2540 cals ● 224g protein (35%) ● 124g fat (44%) ● 102g carbs (16%) ● 31g fiber (5%)

### Breakfast

435 cals, 18g protein, 23g net carbs, 27g fat



Pistachios

188 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals



High-protein granola bar

1 bar(s)- 204 cals

### Snacks

250 cals, 14g protein, 10g net carbs, 15g fat



Sugar snap peas

2 cup- 54 cals



String cheese

1 stick(s)- 83 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

### Lunch

440 cals, 27g protein, 40g net carbs, 15g fat



White rice

2/3 cup rice, cooked- 147 cals



Basic tempeh

4 oz- 295 cals

### Dinner

925 cals, 56g protein, 25g net carbs, 65g fat



Pumpkin seeds

366 cals



Milk

1 1/2 cup(s)- 224 cals



Smoked salmon & feta lettuce wraps

6 lettuce wrap(s)- 337 cals

## Day 3

2579 cals ● 233g protein (36%) ● 104g fat (36%) ● 136g carbs (21%) ● 43g fiber (7%)

### Breakfast

435 cals, 18g protein, 23g net carbs, 27g fat



[Pistachios](#)  
188 cals



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Snacks

250 cals, 14g protein, 10g net carbs, 15g fat



[Sugar snap peas](#)  
2 cup- 54 cals



[String cheese](#)  
1 stick(s)- 83 cals



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

### Protein Supplement(s)

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



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

### Lunch

655 cals, 23g protein, 86g net carbs, 20g fat



[Cheese ravioli](#)  
408 cals



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



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

### Dinner

755 cals, 68g protein, 14g net carbs, 40g fat



[Carrot sticks](#)  
1 carrot(s)- 27 cals



[Avocado tuna salad](#)  
727 cals

## Day 4

2572 cals ● 241g protein (38%) ● 91g fat (32%) ● 158g carbs (24%) ● 38g fiber (6%)

### Breakfast

395 cals, 18g protein, 49g net carbs, 12g fat



[Ginger oatmeal with greek yogurt](#)  
393 cals

### Lunch

655 cals, 23g protein, 86g net carbs, 20g fat



[Cheese ravioli](#)  
408 cals



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



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

### Snacks

280 cals, 23g protein, 5g net carbs, 17g fat



[Tuna cucumber bites](#)  
115 cals



[Roasted almonds](#)  
1/6 cup(s)- 166 cals

### Dinner

755 cals, 68g protein, 14g net carbs, 40g fat



[Carrot sticks](#)  
1 carrot(s)- 27 cals



[Avocado tuna salad](#)  
727 cals

### Protein Supplement(s)

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



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



## Day 5

2641 cal ● 240g protein (36%) ● 109g fat (37%) ● 134g carbs (20%) ● 40g fiber (6%)

### Breakfast

395 cal, 18g protein, 49g net carbs, 12g fat



Ginger oatmeal with greek yogurt  
393 cal

### Snacks

280 cal, 23g protein, 5g net carbs, 17g fat



Tuna cucumber bites  
115 cal



Roasted almonds  
1/6 cup(s)- 166 cal

### Protein Supplement(s)

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



Protein shake  
4 1/2 scoop- 491 cal

### Lunch

765 cal, 43g protein, 42g net carbs, 43g fat



Cottage cheese & fruit cup  
2 container- 261 cal



Edamame slaw salad bowl  
196 cal



Walnuts  
1/2 cup(s)- 306 cal

### Dinner

710 cal, 48g protein, 34g net carbs, 36g fat



Lowfat Greek yogurt  
1 container(s)- 155 cal



Sunflower seeds  
135 cal



Crack slaw with tempeh  
422 cal

## Day 6

2645 cals ● 248g protein (37%) ● 105g fat (36%) ● 139g carbs (21%) ● 38g fiber (6%)

### Breakfast

390 cals, 27g protein, 27g net carbs, 20g fat



**Boiled eggs**

4 egg(s)- 277 cals



**Fruit juice**

1 cup(s)- 115 cals

### Snacks

285 cals, 22g protein, 32g net carbs, 5g fat



**Cherry tomatoes**

12 cherry tomatoes- 42 cals



**Protein bar**

1 bar- 245 cals

### Protein Supplement(s)

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



**Protein shake**

4 1/2 scoop- 491 cals

### Lunch

765 cals, 43g protein, 42g net carbs, 43g fat



**Cottage cheese & fruit cup**

2 container- 261 cals



**Edamame slaw salad bowl**

196 cals



**Walnuts**

1/2 cup(s)- 306 cals

### Dinner

710 cals, 48g protein, 34g net carbs, 36g fat



**Lowfat Greek yogurt**

1 container(s)- 155 cals



**Sunflower seeds**

135 cals



**Crack slaw with tempeh**

422 cals

## Day 7

2522 cals ● 248g protein (39%) ● 72g fat (26%) ● 174g carbs (28%) ● 47g fiber (7%)

### Breakfast

390 cals, 27g protein, 27g net carbs, 20g fat



**Boiled eggs**

4 egg(s)- 277 cals



**Fruit juice**

1 cup(s)- 115 cals

### Snacks

285 cals, 22g protein, 32g net carbs, 5g fat



**Cherry tomatoes**

12 cherry tomatoes- 42 cals



**Protein bar**

1 bar- 245 cals

### Protein Supplement(s)

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



**Protein shake**

4 1/2 scoop- 491 cals

### Lunch

700 cals, 47g protein, 48g net carbs, 26g fat



**Simple salad with tomatoes and carrots**

147 cals



**Avocado tuna salad sandwich**

1 1/2 sandwich(es)- 555 cals

### Dinner

650 cals, 43g protein, 63g net carbs, 18g fat



**Teriyaki seitan wings**

4 oz seitan- 297 cals



**White rice**

1/2 cup rice, cooked- 110 cals



**Tossed salad**

242 cals

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
1 cup (118g)
- ☐ pistachios, dry roasted, without shells or salt added  
3/4 cup (92g)
- ☐ almonds  
3/4 cup, whole (107g)
- ☐ sunflower kernels  
2 1/3 oz (67g)
- ☐ walnuts  
14 tbsp, shelled (88g)

## Dairy and Egg Products

- ☐ whole milk  
1/3 gallon (1140mL)
- ☐ feta cheese  
3/4 cup (113g)
- ☐ string cheese  
3 stick (84g)
- ☐ lowfat flavored greek yogurt  
3 (5.3 oz ea) container(s) (450g)
- ☐ eggs  
8 large (400g)

## Vegetables and Vegetable Products

- ☐ romaine lettuce  
1 1/2 head (947g)
- ☐ tomatoes  
12 medium whole (2-3/5" dia) (1465g)
- ☐ Sugar snap peas  
6 cup, whole (378g)
- ☐ broccoli  
1/2 cup chopped (46g)
- ☐ carrots  
5 1/3 medium (325g)
- ☐ potatoes  
1/2 small (1-3/4" to 2-1/4" dia.) (46g)
- ☐ onion  
1 small (71g)
- ☐ cucumber  
3/4 cucumber (8-1/4") (226g)
- ☐ garlic  
2 clove (6g)
- ☐ edamame, frozen, shelled  
1 cup (118g)
- ☐ red onion  
1/4 medium (2-1/2" dia) (28g)

## Finfish and Shellfish Products

## Spices and Herbs

- ☐ salt  
5 g (5g)
- ☐ black pepper  
1 g (1g)
- ☐ cinnamon  
4 dash (1g)
- ☐ ground ginger  
4 dash (1g)

## Other

- ☐ italian seasoning  
2 dash (1g)
- ☐ vegan sausage  
1/2 sausage (50g)
- ☐ mixed greens  
8 cup (235g)
- ☐ coleslaw mix  
7 cup (630g)
- ☐ cottage cheese & fruit cup  
4 container (680g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ teriyaki sauce  
2 tbsp (30mL)

## Fats and Oils

- ☐ oil  
1 1/2 oz (41mL)
- ☐ salad dressing  
6 oz (174mL)

## Fruits and Fruit Juices

- ☐ fruit juice  
22 fl oz (660mL)
- ☐ avocados  
2 avocado(s) (410g)
- ☐ lime juice  
4 tsp (20mL)

## Legumes and Legume Products

- ☐ tempeh  
3/4 lbs (340g)

## Soups, Sauces, and Gravies

- ☐ smoked salmon  
6 oz (170g)
- ☐ canned tuna  
5 can (850g)

## Beverages

- ☐ water  
32 1/2 cup(s) (7688mL)
- ☐ protein powder  
31 1/2 scoop (1/3 cup ea) (977g)

## Snacks

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

## Cereal Grains and Pasta

- ☐ long-grain white rice  
1/2 cup (87g)
- ☐ seitan  
4 oz (113g)

- ☐ pasta sauce  
1/2 jar (24 oz) (336g)
- ☐ hot sauce  
2 tsp (10mL)

## Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli  
3/4 lbs (340g)

## Baked Products

- ☐ naan bread  
1 piece (90g)
- ☐ bread  
3 slice (96g)

## Sweets

- ☐ maple syrup  
1 tbsp (15mL)

## Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats  
1 cup(s) (81g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Pistachios

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



For single meal:

**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

For all 3 meals:

**pistachios, dry roasted, without shells or salt added**  
3/4 cup (92g)

1. This recipe has no instructions.

### Cherry tomatoes

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



For single meal:

**tomatoes**  
12 cherry tomatoes (204g)

For all 3 meals:

**tomatoes**  
36 cherry tomatoes (612g)

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

### 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.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Ginger oatmeal with greek yogurt

393 cals ● 18g protein ● 12g fat ● 49g carbs ● 5g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**maple syrup**  
1/2 tbsp (8mL)  
**lowfat flavored greek yogurt**  
1/2 (5.3 oz ea) container(s) (75g)  
**whole milk**  
14 tbsp (210mL)  
**cinnamon**  
2 dash (1g)  
**ground ginger**  
2 dash (0g)  
**oatmeal, old-fashioned oats, rolled oats**  
1/2 cup(s) (41g)

For all 2 meals:

**salt**  
1 dash (0g)  
**maple syrup**  
1 tbsp (15mL)  
**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)  
**whole milk**  
1 3/4 cup (420mL)  
**cinnamon**  
4 dash (1g)  
**ground ginger**  
4 dash (1g)  
**oatmeal, old-fashioned oats, rolled oats**  
1 cup(s) (81g)

1. STOVE: In a saucepan over low heat, add the oats, milk, salt, spices, and maple syrup. Mix.
2. Bring to a simmer and cook for about 5 minutes until oats are soft. If desired, add a splash of water to make it less thick.
3. Transfer oats to a bowl and top with greek yogurt.
4. MICROWAVE OPTION: In a microwave-safe bowl, add oats, milk, salt, spices and maple syrup. Mix. Microwave on high for 2.5-3 minutes, watching closely, until oats are soft. Top with greek yogurt and serve.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
4 large (200g)

For all 2 meals:

**eggs**  
8 large (400g)

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.

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### Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

**fruit juice**  
8 fl oz (240mL)

For all 2 meals:

**fruit juice**  
16 fl oz (480mL)

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

Eat on day 1

### White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



Makes 1/4 cup rice, cooked

#### long-grain white rice

4 tsp (15g)

#### water

1/6 cup(s) (39mL)

#### salt

2/3 dash (0g)

#### black pepper

1/2 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

### Vegan sausage & veggie sheet pan

240 cals ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



#### italian seasoning

2 dash (1g)

#### oil

1 tsp (5mL)

#### broccoli, chopped

1/2 cup chopped (46g)

#### carrots, sliced

1/2 medium (31g)

#### potatoes, cut into wedges

1/2 small (1-3/4" to 2-1/4" dia.) (46g)

#### vegan sausage, cut into bite sized pieces

1/2 sausage (50g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

### Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



Makes 3/4 cup(s)

**fruit juice**

6 fl oz (180mL)

1. This recipe has no instructions.

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## Lunch 2 [↗](#)

Eat on day 2

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### White rice

2/3 cup rice, cooked - 147 cals ● 3g protein ● 0g fat ● 32g carbs ● 1g fiber



Makes 2/3 cup rice, cooked

**long-grain white rice**

1/4 cup (41g)

**water**

1/2 cup(s) (105mL)

**salt**

1/4 tsp (1g)

**black pepper**

1 1/3 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

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### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

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

Lunch 3 [↗](#)

Eat on day 3, day 4

Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



For single meal:  
**pasta sauce**  
1/4 jar (24 oz) (168g)  
**frozen cheese ravioli**  
6 oz (170g)

For all 2 meals:  
**pasta sauce**  
1/2 jar (24 oz) (336g)  
**frozen cheese ravioli**  
3/4 lbs (340g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Simple mixed greens and tomato salad

113 cals ● 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.

Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

**naan bread**

1/2 piece (45g)

For all 2 meals:

**naan bread**

1 piece (90g)

1. This recipe has no instructions.

## Lunch 4 [🔗](#)

Eat on day 5, day 6

### Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**

2 container (340g)

For all 2 meals:

**cottage cheese & fruit cup**

4 container (680g)

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

### Edamame slaw salad bowl

196 cals ● 8g protein ● 9g fat ● 13g carbs ● 7g fiber



For single meal:

**salad dressing**

2 tbsp (30mL)

**coleslaw mix**

1 1/2 cup (135g)

**carrots, sliced into matchsticks**

1 small (5-1/2" long) (50g)

**edamame, frozen, shelled**

1/2 cup (59g)

For all 2 meals:

**salad dressing**

4 tbsp (60mL)

**coleslaw mix**

3 cup (270g)

**carrots, sliced into matchsticks**

2 small (5-1/2" long) (100g)

**edamame, frozen, shelled**

1 cup (118g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

### Walnuts

1/2 cup(s) - 306 cals ● 7g protein ● 29g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**

1/2 cup, shelled (44g)

For all 2 meals:

**walnuts**

14 tbsp, shelled (88g)

1. This recipe has no instructions.

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## Lunch 5 [🔗](#)

Eat on day 7

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### Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



**salad dressing**

1 tbsp (17mL)

**tomatoes, diced**

3/4 medium whole (2-3/5" dia) (92g)

**carrots, sliced**

3/8 medium (23g)

**romaine lettuce, roughly chopped**

3/4 hearts (375g)

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

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### Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cal ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



Makes 1 1/2 sandwich(es)

**black pepper**

3/4 dash (0g)

**salt**

3/4 dash (0g)

**lime juice**

1/4 tbsp (4mL)

**avocados**

3/8 avocado(s) (75g)

**canned tuna, drained**

3/4 can (129g)

**bread**

3 slice (96g)

**onion, minced**

1/6 small (13g)

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

Eat on day 1, day 2, day 3

### Sugar snap peas

2 cup - 54 cals ● 4g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**Sugar snap peas**  
2 cup, whole (126g)

For all 3 meals:

**Sugar snap peas**  
6 cup, whole (378g)

1. Season with salt if desired and serve raw.

### String cheese

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



For single meal:

**string cheese**  
1 stick (28g)

For all 3 meals:

**string cheese**  
3 stick (84g)

1. This recipe has no instructions.

### 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 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber, sliced**

1/4 cucumber (8-1/4") (75g)

**canned tuna**

1 packet (74g)

For all 2 meals:

**cucumber, sliced**

1/2 cucumber (8-1/4") (151g)

**canned tuna**

2 packet (148g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**

3 tbsp, whole (27g)

For all 2 meals:

**almonds**

6 tbsp, whole (54g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cherry tomatoes

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



For single meal:  
**tomatoes**  
12 cherry tomatoes (204g)

For all 2 meals:  
**tomatoes**  
24 cherry tomatoes (408g)

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

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:  
**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:  
**protein bar (20g protein)**  
2 bar (100g)

- 1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

For all 2 meals:  
**roasted pumpkin seeds, unsalted**  
1 cup (118g)

- 1. This recipe has no instructions.

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/2 cup (360mL)

For all 2 meals:

**whole milk**  
3 cup (720mL)

1. This recipe has no instructions.

## Smoked salmon & feta lettuce wraps

6 lettuce wrap(s) - 337 cals ● 26g protein ● 24g fat ● 3g carbs ● 1g fiber



For single meal:

**romaine lettuce**  
6 leaf inner (36g)  
**feta cheese**  
6 tbsp (56g)  
**smoked salmon**  
3 oz (85g)

For all 2 meals:

**romaine lettuce**  
12 leaf inner (72g)  
**feta cheese**  
3/4 cup (113g)  
**smoked salmon**  
6 oz (170g)

1. On top each leaf of lettuce, place some smoked salmon and feta. Season with a dash of salt/pepper. Serve.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Carrot sticks

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



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

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### Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



For single meal:

**avocados**  
5/6 avocado(s) (168g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp (0g)  
**mixed greens**  
1 2/3 cup (50g)  
**onion, minced**  
3/8 small (29g)  
**canned tuna**  
1 2/3 can (287g)  
**tomatoes**  
6 2/3 tbsp, chopped (75g)

For all 2 meals:

**avocados**  
1 2/3 avocado(s) (335g)  
**lime juice**  
1 tbsp (17mL)  
**salt**  
1/2 tsp (1g)  
**black pepper**  
1/2 tsp (0g)  
**mixed greens**  
3 1/3 cup (100g)  
**onion, minced**  
5/6 small (58g)  
**canned tuna**  
3 1/3 can (573g)  
**tomatoes**  
13 1/3 tbsp, chopped (150g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

## Dinner 3 [🔗](#)

Eat on day 5, day 6

### 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 ea) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

### Sunflower seeds

135 cal ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
3/4 oz (21g)

For all 2 meals:

**sunflower kernels**  
1 1/2 oz (43g)

1. This recipe has no instructions.

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

**tempeh, cubed**  
4 oz (113g)  
**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)

For all 2 meals:

**tempeh, cubed**  
1/2 lbs (227g)  
**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
  2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
  3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
  4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
  5. Season with salt and pepper to taste. Serve hot or cold.
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## Dinner 4 [🔗](#)

Eat on day 7

### Teriyaki seitan wings

4 oz seitan - 297 cal ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



Makes 4 oz seitan

#### teriyaki sauce

2 tbsp (30mL)

#### oil

1/2 tbsp (8mL)

#### seitan

4 oz (113g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

### White rice

1/2 cup rice, cooked - 110 cal ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber



Makes 1/2 cup rice, cooked

#### long-grain white rice

2 2/3 tbsp (31g)

#### water

1/3 cup(s) (79mL)

#### salt

1 1/3 dash (1g)

#### black pepper

1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

### Tossed salad

242 cal ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



**red onion, 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.

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## 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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