

# Meal Plan - 2700 calorie high protein pescetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

2755 cals ● 227g protein (33%) ● 87g fat (29%) ● 225g carbs (33%) ● 39g fiber (6%)

### Breakfast

405 cals, 16g protein, 42g net carbs, 17g fat



[Toast with butter and jelly](#)  
2 1/2 slice(s)- 333 cals



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

### Snacks

230 cals, 1g protein, 50g net carbs, 0g fat



[Applesauce](#)  
228 cals

### Protein Supplement(s)

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



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

### Lunch

890 cals, 37g protein, 76g net carbs, 40g fat



[Clam chowder](#)  
1 1/2 can(s)- 546 cals



[Grapes](#)  
97 cals



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cals

### Dinner

745 cals, 64g protein, 53g net carbs, 27g fat



[Quinoa](#)  
1 cup quinoa, cooked- 208 cals



[Vegan sausage](#)  
2 sausage(s)- 536 cals

## Day 2

2692 cals ● 237g protein (35%) ● 81g fat (27%) ● 220g carbs (33%) ● 34g fiber (5%)

### Breakfast

405 cals, 16g protein, 42g net carbs, 17g fat



**Toast with butter and jelly**  
2 1/2 slice(s)- 333 cals



**Boiled eggs**  
1 egg(s)- 69 cals

### Snacks

230 cals, 1g protein, 50g net carbs, 0g fat



**Applesauce**  
228 cals

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

760 cals, 33g protein, 53g net carbs, 42g fat



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



**Grilled cheese with mushrooms**  
646 cals

### Dinner

810 cals, 78g protein, 72g net carbs, 20g fat



**Honey garlic shrimp & broccoli**  
561 cals



**Mashed sweet potatoes with butter**  
249 cals

## Day 3

2686 cals ● 252g protein (38%) ● 87g fat (29%) ● 184g carbs (27%) ● 41g fiber (6%)

### Breakfast

405 cals, 16g protein, 42g net carbs, 17g fat



**Toast with butter and jelly**  
2 1/2 slice(s)- 333 cals



**Boiled eggs**  
1 egg(s)- 69 cals

### Snacks

300 cals, 18g protein, 18g net carbs, 16g fat



**Toast with butter**  
1 slice(s)- 114 cals



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



**String cheese**  
2 stick(s)- 165 cals

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

730 cals, 44g protein, 40g net carbs, 36g fat



**Avocado**  
176 cals



**Avocado tuna salad sandwich**  
1 1/2 sandwich(es)- 555 cals

### Dinner

760 cals, 65g protein, 81g net carbs, 15g fat



**Mashed sweet potatoes**  
275 cals



**Simple seitan**  
8 oz- 487 cals

# Day 4

2635 cal ● 232g protein (35%) ● 118g fat (40%) ● 123g carbs (19%) ● 38g fiber (6%)

## Breakfast

370 cal, 16g protein, 10g net carbs, 28g fat



**Kale & eggs**  
189 cal



**Sautéed Kale**  
182 cal

## Snacks

300 cal, 18g protein, 18g net carbs, 16g fat



**Toast with butter**  
1 slice(s)- 114 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal



**String cheese**  
2 stick(s)- 165 cal

## Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cal

## Lunch

730 cal, 44g protein, 40g net carbs, 36g fat



**Avocado**  
176 cal



**Avocado tuna salad sandwich**  
1 1/2 sandwich(es)- 555 cal

## Dinner

745 cal, 45g protein, 51g net carbs, 35g fat



**Naan bread**  
1 piece(s)- 262 cal



**Avocado tuna salad**  
327 cal



**Roasted peanuts**  
1/6 cup(s)- 153 cal

## Day 5

2663 cal ● 233g protein (35%) ● 112g fat (38%) ● 149g carbs (22%) ● 33g fiber (5%)

### Breakfast

370 cal, 16g protein, 10g net carbs, 28g fat



**Kale & eggs**  
189 cal



**Sautéed Kale**  
182 cal

### Snacks

300 cal, 18g protein, 18g net carbs, 16g fat



**Toast with butter**  
1 slice(s)- 114 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal



**String cheese**  
2 stick(s)- 165 cal

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cal

### Lunch

780 cal, 40g protein, 70g net carbs, 33g fat



**Kefir**  
300 cal



**Edamame & beet salad**  
257 cal



**Sunflower seeds**  
226 cal

### Dinner

720 cal, 49g protein, 46g net carbs, 32g fat



**Vegan sausage & veggie sheet pan**  
720 cal

## Day 6

2725 cal ● 230g protein (34%) ● 114g fat (38%) ● 149g carbs (22%) ● 45g fiber (7%)

### Breakfast

370 cal, 26g protein, 44g net carbs, 8g fat



Lowfat Greek yogurt  
2 container(s)- 310 cal



Grapefruit  
1/2 grapefruit- 59 cal

### Snacks

345 cal, 11g protein, 27g net carbs, 17g fat



Raspberries  
1 cup(s)- 72 cal



Small toasted bagel with butter  
1/2 bagel(s)- 120 cal



Roasted peanuts  
1/6 cup(s)- 153 cal

### Protein Supplement(s)

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



Protein shake  
4 1/2 scoop- 491 cal

### Lunch

800 cal, 35g protein, 27g net carbs, 55g fat



Spicy sriracha peanut tofu  
512 cal



Simple kale & avocado salad  
288 cal

### Dinner

720 cal, 49g protein, 46g net carbs, 32g fat



Vegan sausage & veggie sheet pan  
720 cal

## Day 7

2706 cal ● 227g protein (33%) ● 113g fat (38%) ● 149g carbs (22%) ● 47g fiber (7%)

### Breakfast

370 cal, 26g protein, 44g net carbs, 8g fat



Lowfat Greek yogurt  
2 container(s)- 310 cal



Grapefruit  
1/2 grapefruit- 59 cal

### Snacks

345 cal, 11g protein, 27g net carbs, 17g fat



Raspberries  
1 cup(s)- 72 cal



Small toasted bagel with butter  
1/2 bagel(s)- 120 cal



Roasted peanuts  
1/6 cup(s)- 153 cal

### Protein Supplement(s)

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



Protein shake  
4 1/2 scoop- 491 cal

### Lunch

800 cal, 35g protein, 27g net carbs, 55g fat



Spicy sriracha peanut tofu  
512 cal



Simple kale & avocado salad  
288 cal

### Dinner

700 cal, 46g protein, 46g net carbs, 31g fat



Cottage cheese & honey  
1/2 cup(s)- 125 cal



Goat cheese and marinara stuffed zucchini  
6 zucchini halve(s)- 576 cal

## Fruits and Fruit Juices

- applesauce  
8 to-go container (~4 oz) (976g)
- grapes  
1 2/3 cup (153g)
- avocados  
3 1/2 avocado(s) (678g)
- lemon juice  
1 tsp (5mL)
- lime juice  
3/4 tbsp (11mL)
- Grapefruit  
1 large (approx 4-1/2" dia) (332g)
- lemon  
1 1/4 small (73g)
- raspberries  
2 cup (246g)

## Baked Products

- bread  
1 1/2 lbs (656g)
- naan bread  
1 piece (90g)
- bagel  
1 small bagel (3" dia) (69g)

## Dairy and Egg Products

- butter  
1/2 stick (63g)
- eggs  
7 large (350g)
- sliced cheese  
2 slice (3/4 oz) (42g)
- string cheese  
6 stick (168g)
- kefir, flavored  
2 cup (480mL)
- lowfat flavored greek yogurt  
4 (5.3 oz) container(s) (600g)
- low fat cottage cheese (1% milkfat)  
1/2 cup (113g)
- goat cheese  
3 oz (85g)

## Sweets

- jelly  
2 1/2 tbsp (53g)

## Finfish and Shellfish Products

- shrimp, raw  
3/4 lbs (341g)
- canned tuna  
2 1/4 can (387g)

## Fats and Oils

- oil  
1/4 lbs (111mL)
- olive oil  
1 tbsp (15mL)
- balsamic vinaigrette  
1 1/2 tbsp (23mL)

## Legumes and Legume Products

- soy sauce  
2 1/2 oz (60mL)
- roasted peanuts  
10 tbsp (91g)
- peanut butter  
3 tbsp (48g)
- firm tofu  
1 1/3 lbs (595g)

## Vegetables and Vegetable Products

- fresh ginger  
1/4 tbsp (2g)
- garlic  
3 2/3 clove(s) (11g)
- broccoli  
3 3/4 cup chopped (341g)
- sweet potatoes  
2 1/2 sweetpotato, 5" long (525g)
- mushrooms  
1 cup, chopped (70g)
- onion  
1/2 small (39g)
- tomatoes  
2 3/4 medium whole (2-3/5" dia) (340g)
- kale leaves  
1 lbs (493g)
- beets, precooked (canned or refrigerated)  
3 beets (2" dia, sphere) (150g)
- edamame, frozen, shelled  
3/4 cup (89g)
- carrots  
3 medium (183g)

- honey  
2 3/4 oz (77g)

### **Soups, Sauces, and Gravies**

- canned clam chowder  
1 1/2 can (18.5 oz) (779g)
- chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- pasta sauce  
3/4 cup (195g)

### **Beverages**

- water  
32 2/3 cup(s) (7743mL)
- protein powder  
31 1/2 scoop (1/3 cup ea) (977g)

### **Cereal Grains and Pasta**

- quinoa, uncooked  
1/3 cup (57g)
- seitan  
1/2 lbs (227g)

### **Other**

- vegan sausage  
5 sausage (500g)
- mixed greens  
2 1/4 cup (68g)
- italian seasoning  
1/2 tbsp (5g)
- sriracha chili sauce  
2 1/4 tbsp (34g)

- potatoes  
3 small (1-3/4" to 2-1/4" dia.) (276g)
- zucchini  
3 large (969g)

### **Spices and Herbs**

- thyme, dried  
2 tsp, ground (3g)
- black pepper  
1/4 tsp (0g)
- salt  
1/2 tsp (2g)

### **Nut and Seed Products**

- sunflower kernels  
1 1/4 oz (35g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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### Toast with butter and jelly

2 1/2 slice(s) - 333 cal ● 10g protein ● 12g fat ● 42g carbs ● 5g fiber



For single meal:

**bread**  
2 1/2 slice (80g)  
**butter**  
2 1/2 tsp (11g)  
**jelly**  
2 1/2 tsp (18g)

For all 3 meals:

**bread**  
7 1/2 slice (240g)  
**butter**  
2 1/2 tbsp (34g)  
**jelly**  
2 1/2 tbsp (53g)

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

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### 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.
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## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Kale & eggs

189 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**salt**  
2 dash (1g)  
**eggs**  
4 large (200g)  
**kale leaves**  
1 cup, chopped (40g)  
**oil**  
2 tsp (10mL)

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.

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### Sauteed Kale

182 cal ● 3g protein ● 14g fat ● 8g carbs ● 2g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**kale leaves**  
3 cup, chopped (120g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**kale leaves**  
6 cup, chopped (240g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

**lowfat flavored greek yogurt**  
4 (5.3 oz) container(s) (600g)

1. This recipe has no instructions.

### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**Grapefruit**  
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Lunch 1 [↗](#)

Eat on day 1

### Clam chowder

1 1/2 can(s) - 546 cals ● 18g protein ● 33g fat ● 38g carbs ● 6g fiber



Makes 1 1/2 can(s)

**canned clam chowder**  
1 1/2 can (18.5 oz) (779g)

1. Prepare according to instructions on package.

### Grapes

97 cals ● 1g protein ● 1g fat ● 15g carbs ● 6g fiber



**grapes**  
1 2/3 cup (153g)

1. This recipe has no instructions.

### Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

**chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

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## Lunch 2 [↗](#)

Eat on day 2

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### Roasted peanuts

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

Makes 1/8 cup(s)

**roasted peanuts**  
2 tbsp (18g)



1. This recipe has no instructions.

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### Grilled cheese with mushrooms

646 cal ● 29g protein ● 33g fat ● 50g carbs ● 9g fiber



**mushrooms**  
1 cup, chopped (70g)  
**olive oil**  
1 tbsp (15mL)  
**thyme, dried**  
2 tsp, ground (3g)  
**bread**  
4 slice(s) (128g)  
**sliced cheese**  
2 slice (3/4 oz) (42g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Avocado tuna salad sandwich

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



For single meal:

**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)

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados**  
3/4 avocado(s) (151g)  
**canned tuna, drained**  
1 1/2 can (258g)  
**bread**  
6 slice (192g)  
**onion, minced**  
3/8 small (26g)

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.

## Lunch 4 [↗](#)

Eat on day 5

### Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



**kefir, flavored**  
2 cup (480mL)

1. Pour into a glass and drink.

### Edamame & beet salad

257 cal ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**beets, precooked (canned or refrigerated), chopped**  
3 beets (2" dia, sphere) (150g)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**mixed greens**  
1 1/2 cup (45g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

### Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



**sunflower kernels**  
1 1/4 oz (35g)

1. This recipe has no instructions.

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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Spicy sriracha peanut tofu

512 cals ● 30g protein ● 36g fat ● 16g carbs ● 2g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**water**  
1/4 cup(s) (59mL)  
**soy sauce**  
1/2 tbsp (8mL)  
**peanut butter**  
1 1/2 tbsp (24g)  
**sriracha chili sauce**  
1 tbsp (17g)  
**garlic, minced**  
1 1/2 clove (5g)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**water**  
1/2 cup(s) (118mL)  
**soy sauce**  
1 tbsp (15mL)  
**peanut butter**  
3 tbsp (48g)  
**sriracha chili sauce**  
2 1/4 tbsp (34g)  
**garlic, minced**  
3 clove (9g)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

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### Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

**kale leaves, chopped**  
5/8 bunch (106g)  
**lemon, juiced**  
5/8 small (36g)  
**avocados, chopped**  
5/8 avocado(s) (126g)

For all 2 meals:

**kale leaves, chopped**  
1 1/4 bunch (213g)  
**lemon, juiced**  
1 1/4 small (73g)  
**avocados, chopped**  
1 1/4 avocado(s) (251g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Applesauce

228 cal ● 1g protein ● 0g fat ● 50g carbs ● 5g fiber



For single meal:

**applesauce**  
4 to-go container (~4 oz) (488g)

For all 2 meals:

**applesauce**  
8 to-go container (~4 oz) (976g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce
-

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Toast with butter

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



For single meal:

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

For all 3 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)

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

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 3 meals:

**string cheese**  
6 stick (168g)

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

Eat on day 6, day 7

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### Raspberries

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



For single meal:

**raspberries**  
1 cup (123g)

For all 2 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.
- 

### Small toasted bagel with butter

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



For single meal:

**butter**  
1/4 tbsp (4g)  
**bagel**  
1/2 small bagel (3" dia) (35g)

For all 2 meals:

**butter**  
1/2 tbsp (7g)  
**bagel**  
1 small bagel (3" dia) (69g)

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

### Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 2/3 tbsp (24g)

For all 2 meals:

**roasted peanuts**  
1/3 cup (49g)

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

Eat on day 1

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### Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

#### **quinoa, uncooked**

1/3 cup (57g)

#### **water**

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package's instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

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### Vegan sausage

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



Makes 2 sausage(s)

#### **vegan sausage**

2 sausage (200g)

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

Eat on day 2

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### Honey garlic shrimp & broccoli

561 cal ● 74g protein ● 13g fat ● 36g carbs ● 2g fiber



**shrimp, raw, peeled, deveined**

3/4 lbs (341g)

**oil**

3/4 tbsp (11 mL)

**soy sauce**

3 tbsp (45mL)

**fresh ginger, minced**

1/4 tbsp (2g)

**garlic, minced**

1/4 tbsp (2g)

**broccoli**

3/4 cup chopped (68g)

**honey**

3 tbsp (63g)

1. Combine the marinade ingredients (garlic, ginger, honey, and soy sauce). Divide in half.
2. Marinate the shrimp with half of the sauce for 5-10 minutes (or as long as 24 hours). Once the shrimp are finished marinating, discard the marinade.
3. Put broccoli in a small bowl and pour in a few spoonfuls of water. Steam in microwave for a couple of minutes.
4. Put a skillet on high heat and add the oil, then add the shrimp. Cook shrimp for 1-2 minutes on each side until browned.
5. Add the broccoli and the other half of the sauce and mix well to combine. Serve.

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### Mashed sweet potatoes with butter

249 cal ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



**butter**

2 tsp (9g)

**sweet potatoes**

1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
  2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.
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## Dinner 3 [↗](#)

Eat on day 3

### Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



#### sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

### Simple seitan

8 oz - 487 cal ● 60g protein ● 15g fat ● 27g carbs ● 1g fiber



Makes 8 oz

#### oil

2 tsp (10mL)

#### seitan

1/2 lbs (227g)

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.

## Dinner 4 [↗](#)

Eat on day 4

### Naan bread

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



Makes 1 piece(s)

#### naan bread

1 piece (90g)

1. This recipe has no instructions.

### Avocado tuna salad

327 cal ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



**avocados**  
3/8 avocado(s) (75g)  
**lime juice**  
1/4 tbsp (4mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**mixed greens**  
3/4 cup (23g)  
**onion, minced**  
1/6 small (13g)  
**canned tuna**  
3/4 can (129g)  
**tomatoes**  
3 tbsp, chopped (34g)

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.

## Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

**roasted peanuts**  
2 2/3 tbsp (24g)



1. This recipe has no instructions.

## Dinner 5 [↗](#)

Eat on day 5, day 6

### Vegan sausage & veggie sheet pan

720 cal ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



For single meal:

**italian seasoning**  
1/4 tbsp (3g)  
**oil**  
1 tbsp (15mL)  
**broccoli, chopped**  
1 1/2 cup chopped (137g)  
**carrots, sliced**  
1 1/2 medium (92g)  
**potatoes, cut into wedges**  
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)  
**vegan sausage, cut into bite sized pieces**  
1 1/2 sausage (150g)

For all 2 meals:

**italian seasoning**  
1/2 tbsp (5g)  
**oil**  
2 tbsp (30mL)  
**broccoli, chopped**  
3 cup chopped (273g)  
**carrots, sliced**  
3 medium (183g)  
**potatoes, cut into wedges**  
3 small (1-3/4" to 2-1/4" dia.) (276g)  
**vegan sausage, cut into bite sized pieces**  
3 sausage (300g)

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.

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## Dinner 6 [↗](#)

Eat on day 7

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### Cottage cheese & honey

1/2 cup(s) - 125 cal ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

**honey**

2 tsp (14g)

**low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

1. Serve cottage cheese in a bowl and drizzle with honey.

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### Goat cheese and marinara stuffed zucchini

6 zucchini halve(s) - 576 cal ● 32g protein ● 30g fat ● 31g carbs ● 14g fiber



Makes 6 zucchini halve(s)

**zucchini**

3 large (969g)

**pasta sauce**

3/4 cup (195g)

**goat cheese**

3 oz (85g)

1. Preheat oven to 400°F (200°C).
  2. Cut a zucchini in half from stem to base.
  3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
  4. Add the pasta sauce to the cavity and top with the goat cheese.
  5. Place on a baking sheet and cook for about 15-20 minutes. Serve.
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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

4 1/2 scoop - 491 cal ● 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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