

Meal Plan - 2800 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

2651 cals ● 259g protein (39%) ● 116g fat (39%) ● 100g carbs (15%) ● 43g fiber (6%)

Breakfast

455 cals, 24g protein, 4g net carbs, 36g fat



[Egg & cheese mini muffin](#)
5 mini muffin(s)- 280 cals



[Avocado](#)
176 cals

Snacks

335 cals, 26g protein, 34g net carbs, 7g fat



[Kefir](#)
150 cals



[Raspberries](#)
1 cup(s)- 72 cals



[Tuna cucumber bites](#)
115 cals

Protein Supplement(s)

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



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

Lunch

490 cals, 31g protein, 41g net carbs, 19g fat



[Rice cakes with peanut butter](#)
1/2 cake(s)- 120 cals



[Chunky canned soup \(non-creamy\)](#)
1 1/2 can(s)- 371 cals

Dinner

930 cals, 81g protein, 17g net carbs, 53g fat



[Avocado tuna salad stuffed pepper](#)
3 half pepper(s)- 683 cals



[String cheese](#)
3 stick(s)- 248 cals

Day 2

2821 cals ● 250g protein (35%) ● 136g fat (43%) ● 101g carbs (14%) ● 47g fiber (7%)

Breakfast

455 cals, 24g protein, 4g net carbs, 36g fat



Egg & cheese mini muffin
5 mini muffin(s)- 280 cals



Avocado
176 cals

Snacks

335 cals, 26g protein, 34g net carbs, 7g fat



Kefir
150 cals



Raspberries
1 cup(s)- 72 cals



Tuna cucumber bites
115 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

660 cals, 22g protein, 43g net carbs, 39g fat



Cucumber slices
1 cucumber- 60 cals



Green bean, beet, & pepita salad
600 cals

Dinner

930 cals, 81g protein, 17g net carbs, 53g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals



String cheese
3 stick(s)- 248 cals

Day 3

2710 cals ● 219g protein (32%) ● 126g fat (42%) ● 132g carbs (20%) ● 43g fiber (6%)

Breakfast

455 cals, 24g protein, 4g net carbs, 36g fat



Egg & cheese mini muffin
5 mini muffin(s)- 280 cals



Avocado
176 cals

Snacks

320 cals, 19g protein, 38g net carbs, 6g fat



Yogurt and cucumber
132 cals



Carrots and hummus
82 cals



Apple
1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

660 cals, 22g protein, 43g net carbs, 39g fat



Cucumber slices
1 cucumber- 60 cals



Green bean, beet, & pepita salad
600 cals

Dinner

840 cals, 58g protein, 44g net carbs, 43g fat



Sweet potato medallions
1/2 sweet potato- 155 cals



Roasted tomatoes
2 tomato(es)- 119 cals



Almond crusted tilapia
8 oz- 565 cals

Day 4

2774 cal ● 230g protein (33%) ● 104g fat (34%) ● 170g carbs (25%) ● 60g fiber (9%)

Breakfast

345 cal, 14g protein, 23g net carbs, 14g fat



Raspberries

1 1/2 cup(s)- 108 cal



Avocado toast with egg

1 slice(s)- 238 cal

Snacks

320 cal, 19g protein, 38g net carbs, 6g fat



Yogurt and cucumber

132 cal



Carrots and hummus

82 cal



Apple

1 apple(s)- 105 cal

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cal

Lunch

835 cal, 43g protein, 61g net carbs, 38g fat



Peas

282 cal



Salmon burger

1 burger(s)- 442 cal



Roasted almonds

1/8 cup(s)- 111 cal

Dinner

840 cal, 58g protein, 44g net carbs, 43g fat



Sweet potato medallions

1/2 sweet potato- 155 cal



Roasted tomatoes

2 tomato(es)- 119 cal



Almond crusted tilapia

8 oz- 565 cal

Day 5

2754 cals ● 227g protein (33%) ● 76g fat (25%) ● 212g carbs (31%) ● 79g fiber (11%)

Breakfast

345 cals, 14g protein, 23g net carbs, 14g fat



Raspberries

1 1/2 cup(s)- 108 cals



Avocado toast with egg

1 slice(s)- 238 cals

Snacks

320 cals, 19g protein, 38g net carbs, 6g fat



Yogurt and cucumber

132 cals



Carrots and hummus

82 cals



Apple

1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

835 cals, 43g protein, 61g net carbs, 38g fat



Peas

282 cals



Salmon burger

1 burger(s)- 442 cals



Roasted almonds

1/8 cup(s)- 111 cals

Dinner

820 cals, 55g protein, 86g net carbs, 16g fat



Garlic collard greens

159 cals



Veggie burger patty

2 patty- 254 cals



Lentils

405 cals

Day 6

2806 cal ● 240g protein (34%) ● 77g fat (25%) ● 226g carbs (32%) ● 62g fiber (9%)

Breakfast

370 cal, 35g protein, 29g net carbs, 12g fat



Cinnamon french toast with yogurt dip
263 cal



Cottage cheese & fruit cup
1 container- 107 cal

Snacks

340 cal, 12g protein, 25g net carbs, 19g fat



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



Toast with butter
2 slice(s)- 227 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

845 cal, 42g protein, 83g net carbs, 29g fat



Garlic crumbles stuffed sweet potatoes
2 sweet potato(es)- 602 cal



Simple mozzarella and tomato salad
242 cal

Dinner

820 cal, 55g protein, 86g net carbs, 16g fat



Garlic collard greens
159 cal



Veggie burger patty
2 patty- 254 cal



Lentils
405 cal

Day 7

2796 cal ● 252g protein (36%) ● 90g fat (29%) ● 204g carbs (29%) ● 40g fiber (6%)

Breakfast

370 cal, 35g protein, 29g net carbs, 12g fat



Cinnamon french toast with yogurt dip
263 cal



Cottage cheese & fruit cup
1 container- 107 cal

Snacks

340 cal, 12g protein, 25g net carbs, 19g fat



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



Toast with butter
2 slice(s)- 227 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

845 cal, 42g protein, 83g net carbs, 29g fat



Garlic crumbles stuffed sweet potatoes
2 sweet potato(es)- 602 cal



Simple mozzarella and tomato salad
242 cal

Dinner

810 cal, 67g protein, 63g net carbs, 29g fat



Caprese salad
71 cal



Couscous
201 cal



Vegan sausage
2 sausage(s)- 536 cal

Finfish and Shellfish Products

- canned tuna
4 can (664g)
- tilapia, raw
1 lbs (448g)

Fruits and Fruit Juices

- avocados
3 1/2 avocado(s) (704g)
- lime juice
1 tbsp (15mL)
- lemon juice
1/2 tbsp (8mL)
- raspberries
5 cup (615g)
- apples
3 medium (3" dia) (546g)

Spices and Herbs

- salt
5 1/2 g (6g)
- black pepper
3 dash (0g)
- dried dill weed
4 dash (1g)
- cinnamon
4 dash (1g)
- garlic powder
4 dash (2g)
- fresh basil
1/4 oz (7g)

Vegetables and Vegetable Products

- bell pepper
3 large (492g)
- onion
3/4 small (53g)
- cucumber
4 cucumber (8-1/4") (1204g)
- beets, precooked (canned or refrigerated)
5 beets (2" dia, sphere) (250g)
- fresh green beans
3 3/4 cup 1/2" pieces (375g)
- baby carrots
24 medium (240g)
- sweet potatoes
5 sweetpotato, 5" long (1050g)

Beverages

- water
2 gallon (7872mL)
- protein powder
28 scoop (1/3 cup ea) (868g)

Legumes and Legume Products

- peanut butter
1 tbsp (16g)
- hummus
6 tbsp (90g)
- lentils, raw
56 tsp (224g)
- vegetarian burger crumbles
1/2 lbs (227g)

Snacks

- rice cakes, any flavor
1/2 cakes (5g)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

Fats and Oils

- balsamic vinaigrette
6 1/2 oz (185mL)
- oil
2 oz (67mL)
- olive oil
4 tsp (20mL)
- mayonnaise
3 tbsp (45mL)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
10 tbsp (74g)
- almonds
5 oz (23 whole kernels) (143g)

Other

- mixed greens
1 1/4 package (5.5 oz) (191g)
- salmon burger patty
2 patty (226g)

- tomatoes
5 1/2 medium whole (2-3/5" dia) (662g)
- frozen peas
5 1/3 cup (714g)
- collard greens
1 lbs (454g)
- garlic
5 clove(s) (15g)

Dairy and Egg Products

- string cheese
6 stick (168g)
- cheddar cheese
2/3 cup, shredded (79g)
- eggs
13 1/3 medium (587g)
- kefir, flavored
2 cup (480mL)
- lowfat greek yogurt
2 1/2 cup (700g)
- fresh mozzarella cheese
1/4 lbs (128g)
- butter
4 tsp (18g)

- veggie burger patty
4 patty (284g)
- cottage cheese & fruit cup
2 container (266g)
- vegan sausage
2 sausage (200g)

Cereal Grains and Pasta

- all-purpose flour
1/2 cup (55g)
- instant couscous, flavored
1/3 box (5.8 oz) (55g)

Baked Products

- hamburger buns
2 bun (102g)
 - bread
1/2 lbs (256g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Egg & cheese mini muffin

5 mini muffin(s) - 280 cal ● 22g protein ● 21g fat ● 2g carbs ● 0g fiber



For single meal:

cheddar cheese
1/4 cup, shredded (26g)
water
2 1/2 tsp (12mL)
eggs
2 1/2 large (125g)

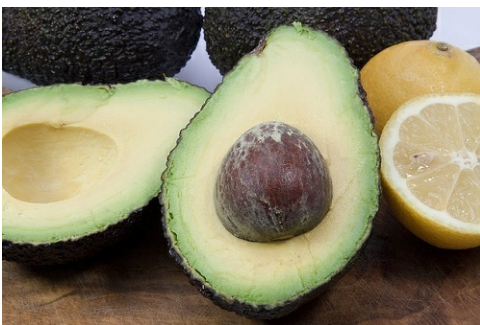
For all 3 meals:

cheddar cheese
2/3 cup, shredded (79g)
water
2 1/2 tbsp (38mL)
eggs
7 1/2 large (375g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

Raspberries

1 1/2 cup(s) - 108 cal ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.
-

Avocado toast with egg

1 slice(s) - 238 cal ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

avocados, ripe, sliced
1/4 avocado(s) (50g)
eggs
1 large (50g)
bread
1 slice (32g)

For all 2 meals:

avocados, ripe, sliced
1/2 avocado(s) (101g)
eggs
2 large (100g)
bread
2 slice (64g)

1. Cook the egg however you prefer.
 2. Toast the bread.
 3. Top with ripe avocado and use a fork to smash it around the bread.
 4. Top avocado with the cooked egg. Serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Cinnamon french toast with yogurt dip

263 cal ● 25g protein ● 9g fat ● 18g carbs ● 2g fiber



For single meal:

bread
1 slice(s) (32g)
eggs
1 extra large (56g)
cinnamon
2 dash (1g)
lowfat greek yogurt
1/2 cup (140g)

For all 2 meals:

bread
2 slice(s) (64g)
eggs
2 extra large (112g)
cinnamon
4 dash (1g)
lowfat greek yogurt
1 cup (280g)

1. Crack the egg into a bowl and whisk with a fork until well combined.
2. Spray a skillet with a non-stick spray and place skillet over medium heat.
3. Dredge the bread in the egg until fully coated and soaked.
4. Place bread in skillet and cook for about a minute or two on each side until golden.
5. Remove bread and sprinkle with cinnamon and serve with the yogurt as a dipping sauce.

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Lunch 1 [↗](#)

Eat on day 1

Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



Makes 1/2 cake(s)

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

1. Spread peanut butter over top of rice cake.

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cal ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2, day 3

Cucumber slices

1 cucumber - 60 cal ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)

For all 2 meals:

cucumber
2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.

Green bean, beet, & pepita salad

600 cal ● 19g protein ● 39g fat ● 32g carbs ● 12g fiber



For single meal:

balsamic vinaigrette

5 tbsp (75mL)

roasted pumpkin seeds, unsalted

5 tbsp (37g)

beets, precooked (canned or refrigerated), chopped

2 1/2 beets (2" dia, sphere) (125g)

fresh green beans, ends trimmed and discarded

2 cup 1/2" pieces (188g)

mixed greens

2 1/2 cup (75g)

For all 2 meals:

balsamic vinaigrette

10 tbsp (150mL)

roasted pumpkin seeds, unsalted

10 tbsp (74g)

beets, precooked (canned or refrigerated), chopped

5 beets (2" dia, sphere) (250g)

fresh green beans, ends trimmed and discarded

3 3/4 cup 1/2" pieces (375g)

mixed greens

5 cup (150g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Lunch 3 [↗](#)

Eat on day 4, day 5

Peas

282 cal ● 19g protein ● 2g fat ● 33g carbs ● 16g fiber



For single meal:

frozen peas

2 2/3 cup (357g)

For all 2 meals:

frozen peas

5 1/3 cup (714g)

1. Prepare according to instructions on package.

Salmon burger

1 burger(s) - 442 cal ● 20g protein ● 28g fat ● 27g carbs ● 1g fiber



For single meal:

oil
1/4 tsp (1mL)
dried dill weed
2 dash (0g)
mayonnaise
1 1/2 tbsp (23mL)
mixed greens
4 tbsp (8g)
salmon burger patty
1 patty (113g)
hamburger buns
1 bun (51g)

For all 2 meals:

oil
1/2 tsp (3mL)
dried dill weed
4 dash (1g)
mayonnaise
3 tbsp (45mL)
mixed greens
1/2 cup (15g)
salmon burger patty
2 patty (226g)
hamburger buns
2 bun (102g)

1. Heat oil in a skillet over medium-low heat. Add salmon burger to the skillet and cook for about 4-6 minutes on each side until fully cooked.
2. Meanwhile, mix together the mayo and the dill.
3. Place the salmon burger on the bun and top with mayo and greens. Serve.

Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Garlic crumbles stuffed sweet potatoes

2 sweet potato(es) - 602 cals ● 28g protein ● 12g fat ● 76g carbs ● 19g fiber



For single meal:

vegetarian burger crumbles

4 oz (113g)

sweet potatoes

2 sweetpotato, 5" long (420g)

garlic powder

2 dash (1g)

garlic, minced

1 clove(s) (3g)

oil

1/2 tbsp (8mL)

For all 2 meals:

vegetarian burger crumbles

1/2 lbs (227g)

sweet potatoes

4 sweetpotato, 5" long (840g)

garlic powder

4 dash (2g)

garlic, minced

2 clove(s) (6g)

oil

1 tbsp (15mL)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add garlic powder and crumbles and cook crumbles according to skillet directions on their package.
4. Once crumbles are fully cooked, split open sweet potatoes with a knife and stuff with the garlicky crumbles mixture. Serve.

Simple mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

tomatoes, sliced

3/4 large whole (3" dia) (137g)

fresh mozzarella cheese, sliced

2 oz (57g)

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

For all 2 meals:

tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

fresh mozzarella cheese, sliced

4 oz (113g)

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

2 tbsp, chopped (5g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
 2. Sprinkle the basil over the slices and drizzle with dressing.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Kefir

150 cal ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

kefir, flavored
1 cup (240mL)

For all 2 meals:

kefir, flavored
2 cup (480mL)

1. Pour into a glass and drink.
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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.
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Tuna cucumber bites

115 cal ● 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.
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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Yogurt and cucumber

132 cal ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)
lowfat greek yogurt
1/2 cup (140g)

For all 3 meals:

cucumber
1 1/2 cucumber (8-1/4") (452g)
lowfat greek yogurt
1 1/2 cup (420g)

1. Slice cucumber and dip in yogurt.

Carrots and hummus

82 cal ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 3 meals:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

1. Serve carrots with hummus.

Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 3 meals:

apples
3 medium (3" dia) (546g)

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

Eat on day 6, day 7

Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.
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Toast with butter

2 slice(s) - 227 cal ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

bread
4 slice (128g)
butter
4 tsp (18g)

1. Toast the bread to desired toastiness.
 2. Spread the butter on the bread.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cal ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

canned tuna, drained

1 1/2 can (258g)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

For all 2 meals:

canned tuna, drained

3 can (516g)

avocados

1 1/2 avocado(s) (302g)

lime juice

1 tbsp (15mL)

salt

3 dash (1g)

black pepper

3 dash (0g)

bell pepper

3 large (492g)

onion

3/4 small (53g)

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.

String cheese

3 stick(s) - 248 cal ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese

3 stick (84g)

For all 2 meals:

string cheese

6 stick (168g)

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

Eat on day 3, day 4

Sweet potato medallions

1/2 sweet potato - 155 cal ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

oil
1/2 tbsp (8mL)
sweet potatoes, sliced
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

oil
1 tbsp (15mL)
sweet potatoes, sliced
1 sweetpotato, 5" long (210g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Roasted tomatoes

2 tomato(es) - 119 cal ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

tomatoes
2 small whole (2-2/5" dia) (182g)
oil
2 tsp (10mL)

For all 2 meals:

tomatoes
4 small whole (2-2/5" dia) (364g)
oil
4 tsp (20mL)

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

Almond crusted tilapia

8 oz - 565 cal ● 54g protein ● 27g fat ● 21g carbs ● 5g fiber



For single meal:

tilapia, raw
1/2 lbs (224g)
almonds
1/3 cup, slivered (36g)
all-purpose flour
1/4 cup (28g)
salt
1 1/3 dash (1g)
olive oil
2 tsp (10mL)

For all 2 meals:

tilapia, raw
1 lbs (448g)
almonds
2/3 cup, slivered (72g)
all-purpose flour
1/2 cup (55g)
salt
1/3 tsp (1g)
olive oil
4 tsp (20mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Dinner 3 [↗](#)

Eat on day 5, day 6

Garlic collard greens

159 cal ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



For single meal:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

For all 2 meals:

collard greens
1 lbs (454g)
oil
1 tbsp (15mL)
garlic, minced
3 clove(s) (9g)
salt
2 dash (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

salt
1 dash (1g)
water
2 1/3 cup(s) (553mL)
lentils, raw, rinsed
9 1/3 tbsp (112g)

For all 2 meals:

salt
1/4 tsp (2g)
water
4 2/3 cup(s) (1106mL)
lentils, raw, rinsed
56 tsp (224g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Dinner 4 [↗](#)

Eat on day 7

Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



balsamic vinaigrette
1 tsp (5mL)
fresh basil
4 tsp leaves, whole (2g)
tomatoes, halved
2 2/3 tbsp cherry tomatoes (25g)
mixed greens
1/6 package (5.5 oz) (26g)
fresh mozzarella cheese
1/2 oz (14g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



instant couscous, flavored
1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



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. This recipe has no instructions.