

# Meal Plan - 2900 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

2892 cals ● 244g protein (34%) ● 97g fat (30%) ● 216g carbs (30%) ● 45g fiber (6%)

### Breakfast

415 cals, 18g protein, 47g net carbs, 14g fat



[Basic scrambled eggs](#)  
2 egg(s)- 142 cals



[Simple cinnamon oatmeal with water](#)  
271 cals

### Snacks

290 cals, 13g protein, 33g net carbs, 10g fat



[Dried cranberries](#)  
1/4 cup- 136 cals



[Celery sticks](#)  
2 celery stalk- 13 cals



[Boiled eggs](#)  
2 egg(s)- 139 cals

### Protein Supplement(s)

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



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

### Lunch

895 cals, 62g protein, 105g net carbs, 22g fat



[Lowfat Greek yogurt](#)  
2 container(s)- 310 cals



[Spicy salmon wrap](#)  
2 wrap(s)- 586 cals

### Dinner

860 cals, 54g protein, 27g net carbs, 49g fat



[Crack slaw with tempeh](#)  
633 cals



[Sunflower seeds](#)  
226 cals

## Day 2

2884 cals ● 234g protein (32%) ● 101g fat (32%) ● 211g carbs (29%) ● 49g fiber (7%)

### Breakfast

415 cals, 18g protein, 47g net carbs, 14g fat



Basic scrambled eggs

2 egg(s)- 142 cals



Simple cinnamon oatmeal with water

271 cals

### Snacks

290 cals, 13g protein, 33g net carbs, 10g fat



Dried cranberries

1/4 cup- 136 cals



Celery sticks

2 celery stalk- 13 cals



Boiled eggs

2 egg(s)- 139 cals

### Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

### Lunch

835 cals, 48g protein, 52g net carbs, 43g fat



Roasted cashews

1/3 cup(s)- 278 cals



Avocado tuna salad sandwich

1 1/2 sandwich(es)- 555 cals

### Dinner

915 cals, 57g protein, 75g net carbs, 32g fat



Corn

323 cals



Basic tempeh

8 oz- 590 cals

## Day 3

2865 cals ● 234g protein (33%) ● 110g fat (35%) ● 194g carbs (27%) ● 40g fiber (6%)

### Breakfast

450 cals, 27g protein, 30g net carbs, 20g fat



[Avocado & vegan sausage toast](#)

1 toast(s)- 302 cals



[Carrot sticks](#)

2 1/2 carrot(s)- 68 cals



[String cheese](#)

1 stick(s)- 83 cals

### Snacks

370 cals, 19g protein, 37g net carbs, 14g fat



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cals



[Sweet potato chips](#)

25 chips- 193 cals



[Sugar snap peas](#)

2 cup- 54 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Lunch

835 cals, 48g protein, 52g net carbs, 43g fat



[Roasted cashews](#)

1/3 cup(s)- 278 cals



[Avocado tuna salad sandwich](#)

1 1/2 sandwich(es)- 555 cals

### Dinner

770 cals, 43g protein, 72g net carbs, 32g fat



[Chik'n nuggets](#)

14 nuggets- 772 cals

## Day 4

2884 cals ● 228g protein (32%) ● 97g fat (30%) ● 242g carbs (34%) ● 34g fiber (5%)

### Breakfast

450 cals, 27g protein, 30g net carbs, 20g fat



[Avocado & vegan sausage toast](#)

1 toast(s)- 302 cals



[Carrot sticks](#)

2 1/2 carrot(s)- 68 cals



[String cheese](#)

1 stick(s)- 83 cals

### Snacks

370 cals, 19g protein, 37g net carbs, 14g fat



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cals



[Sweet potato chips](#)

25 chips- 193 cals



[Sugar snap peas](#)

2 cup- 54 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Lunch

850 cals, 42g protein, 99g net carbs, 29g fat



[Milk](#)

2 3/4 cup(s)- 410 cals



[Spaghetti and meatless meatballs](#)

443 cals

### Dinner

770 cals, 43g protein, 72g net carbs, 32g fat



[Chik'n nuggets](#)

14 nuggets- 772 cals

## Day 5

2877 cals ● 237g protein (33%) ● 74g fat (23%) ● 273g carbs (38%) ● 42g fiber (6%)

### Breakfast

495 cals, 38g protein, 62g net carbs, 6g fat



[Banana & cottage cheese toast](#)

2 toast(s)- 322 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Carrot sticks](#)

1 1/2 carrot(s)- 41 cals

### Snacks

340 cals, 17g protein, 48g net carbs, 3g fat



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cals



[Grapes](#)

213 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Lunch

850 cals, 42g protein, 99g net carbs, 29g fat



[Milk](#)

2 3/4 cup(s)- 410 cals



[Spaghetti and meatless meatballs](#)

443 cals

### Dinner

760 cals, 43g protein, 60g net carbs, 34g fat



[Beets](#)

6 beets- 145 cals



[Honey dijon salmon](#)

6 oz- 402 cals



[Tortilla chips](#)

211 cals

## Day 6

2929 cals ● 266g protein (36%) ● 78g fat (24%) ● 239g carbs (33%) ● 50g fiber (7%)

### Breakfast

495 cals, 38g protein, 62g net carbs, 6g fat



**Banana & cottage cheese toast**  
2 toast(s)- 322 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Snacks

340 cals, 17g protein, 48g net carbs, 3g fat



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



**Grapes**  
213 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

785 cals, 42g protein, 98g net carbs, 20g fat



**Crispy chik'n tenders**  
5 1/3 tender(s)- 305 cals



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cals



**Banana**  
2 banana(s)- 233 cals

### Dinner

880 cals, 72g protein, 26g net carbs, 48g fat



**Avocado tuna salad**  
654 cals



**Milk**  
1 1/2 cup(s)- 224 cals

## Day 7

2929 cals ● 266g protein (36%) ● 78g fat (24%) ● 239g carbs (33%) ● 50g fiber (7%)

### Breakfast

495 cals, 38g protein, 62g net carbs, 6g fat



**Banana & cottage cheese toast**  
2 toast(s)- 322 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Snacks

340 cals, 17g protein, 48g net carbs, 3g fat



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



**Grapes**  
213 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

785 cals, 42g protein, 98g net carbs, 20g fat



**Crispy chik'n tenders**  
5 1/3 tender(s)- 305 cals



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cals



**Banana**  
2 banana(s)- 233 cals

### Dinner

880 cals, 72g protein, 26g net carbs, 48g fat



**Avocado tuna salad**  
654 cals



**Milk**  
1 1/2 cup(s)- 224 cals

## Legumes and Legume Products

- ☐ tempeh  
14 oz (397g)

## Other

- ☐ coleslaw mix  
3 cup (270g)
- ☐ sriracha chili sauce  
2 tsp (10g)
- ☐ mixed greens  
5/8 package (5.5 oz) (90g)
- ☐ vegan sausage  
1 sausage (100g)
- ☐ sweet potato chips  
50 chips (71g)
- ☐ vegan chik'n nuggets  
28 nuggets (602g)
- ☐ vegan meatballs, frozen  
4 meatball(s) (120g)
- ☐ cottage cheese & fruit cup  
3 container (510g)
- ☐ meatless chik'n tenders  
10 2/3 pieces (272g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
1/2 tbsp (8mL)
- ☐ pasta sauce  
1/3 jar (24 oz) (224g)
- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)

## Nut and Seed Products

- ☐ sunflower kernels  
2 oz (53g)
- ☐ roasted cashews  
2/3 cup, halves and whole (91g)

## Fats and Oils

- ☐ oil  
2 2/3 tbsp (40mL)
- ☐ olive oil  
1 tsp (5mL)

## Vegetables and Vegetable Products

## Dairy and Egg Products

- ☐ eggs  
8 1/2 medium (376g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ nonfat greek yogurt, plain  
2 tbsp (35g)
- ☐ string cheese  
2 stick (56g)
- ☐ low fat cottage cheese (1% milkfat)  
4 cup (904g)
- ☐ whole milk  
1/2 gallon (2040mL)

## Spices and Herbs

- ☐ cinnamon  
1/3 oz (8g)
- ☐ black pepper  
1/2 tsp (0g)
- ☐ salt  
1/2 tsp (2g)
- ☐ dijon mustard  
1 tbsp (15g)

## Sweets

- ☐ sugar  
2 1/2 tbsp (33g)
- ☐ honey  
3 oz (81g)

## Breakfast Cereals

- ☐ quick oats  
1 1/4 cup (100g)

## Fruits and Fruit Juices

- ☐ dried cranberries  
1/2 cup (80g)
- ☐ lime juice  
1 1/2 tbsp (23mL)
- ☐ avocados  
2 3/4 avocado(s) (553g)
- ☐ banana  
6 medium (7" to 7-7/8" long) (715g)
- ☐ grapes  
11 cup (1012g)

## Finfish and Shellfish Products

- ☐ garlic  
2 clove (6g)
- ☐ raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ carrots  
10 medium (605g)
- ☐ cucumber  
4 slices (28g)
- ☐ frozen corn kernels  
2 1/3 cup (317g)
- ☐ onion  
1 small (79g)
- ☐ Sugar snap peas  
4 cup, whole (252g)
- ☐ ketchup  
9 2/3 tbsp (164g)
- ☐ beets, precooked (canned or refrigerated)  
6 beets (2" dia, sphere) (300g)
- ☐ tomatoes  
3/4 cup, chopped (135g)

## Beverages

- ☐ water  
30 cup(s) (7082mL)
  - ☐ protein powder  
28 scoop (1/3 cup ea) (868g)
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- ☐ canned salmon  
1 5oz can(s) (undrained) (142g)
- ☐ canned tuna  
4 1/2 can (774g)
- ☐ salmon  
1 fillet/s (6 oz each) (170g)

## Baked Products

- ☐ flour tortillas  
2 tortilla (approx 10" dia) (144g)
- ☐ bread  
16 oz (448g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
1/3 lbs (152g)

## Snacks

- ☐ tortilla chips  
1 1/2 oz (43g)



## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

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.

### Simple cinnamon oatmeal with water

271 cal ● 7g protein ● 4g fat ● 47g carbs ● 6g fiber



For single meal:

**water**  
1 cup(s) (222mL)  
**cinnamon**  
1 1/4 tsp (3g)  
**sugar**  
1 1/4 tbsp (16g)  
**quick oats**  
10 tbsp (50g)

For all 2 meals:

**water**  
2 cup(s) (444mL)  
**cinnamon**  
2 1/2 tsp (7g)  
**sugar**  
2 1/2 tbsp (33g)  
**quick oats**  
1 1/4 cup (100g)

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

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Avocado & vegan sausage toast

1 toast(s) - 302 cals ● 19g protein ● 15g fat ● 18g carbs ● 6g fiber



For single meal:

**vegan sausage**

1/2 sausage (50g)

**avocados**

1/4 avocado(s) (50g)

**bread**

1 slice(s) (32g)

For all 2 meals:

**vegan sausage**

1 sausage (100g)

**avocados**

1/2 avocado(s) (101g)

**bread**

2 slice(s) (64g)

1. Cook sausage according to package instructions. When sausage is cool enough to handle, slice it in half lengthwise, and then, if needed, slice again so that it will fit on your slice of bread.
2. Toast bread, if desired.
3. Using a fork, mash the avocado onto the bread. Season with some salt and pepper and top with sausage slices. Serve.

### Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**

2 1/2 medium (153g)

For all 2 meals:

**carrots**

5 medium (305g)

1. Cut carrots into strips and serve.

### 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 2 meals:

**string cheese**

2 stick (56g)

1. This recipe has no instructions.

## Breakfast 3 [🔗](#)

Eat on day 5, day 6, day 7

### Banana & cottage cheese toast

2 toast(s) - 322 cals ● 23g protein ● 4g fat ● 43g carbs ● 6g fiber



For single meal:

**cinnamon**

2 dash (1g)

**banana, sliced**

1 extra small (less than 6" long)  
(81g)

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

1/2 cup (113g)

**bread**

2 slice (64g)

For all 3 meals:

**cinnamon**

1/4 tbsp (2g)

**banana, sliced**

3 extra small (less than 6" long)  
(243g)

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

1 1/2 cup (339g)

**bread**

6 slice (192g)

1. Toast bread.
2. Top toast with cottage cheese and sliced banana.
3. Sprinkle cinnamon on top and serve!

### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**

1 container (170g)

For all 3 meals:

**cottage cheese & fruit cup**

3 container (510g)

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

### Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**carrots**

1 1/2 medium (92g)

For all 3 meals:

**carrots**

4 1/2 medium (275g)

1. Cut carrots into strips and serve.

## Lunch 1 [↗](#)

Eat on day 1

### Lowfat Greek yogurt

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

Makes 2 container(s)



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

1. This recipe has no instructions.

### Spicy salmon wrap

2 wrap(s) - 586 cal ● 38g protein ● 14g fat ● 72g carbs ● 6g fiber



Makes 2 wrap(s)

**sriracha chili sauce**  
2 tsp (10g)  
**mixed greens**  
1/4 gram (0g)  
**carrots, cut into matchsticks**  
1/2 small (5-1/2" long) (25g)  
**cucumber**  
4 slices (28g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**canned salmon**  
1 5oz can(s) (undrained) (142g)  
**flour tortillas**  
2 tortilla (approx 10" dia) (144g)

1. Mix salmon with Greek yogurt and some salt/pepper.
2. Top tortilla with greens, cucumber, carrot, and salmon mixture. Drizzle sriracha on top. Wrap and serve.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Roasted cashews

1/3 cup(s) - 278 cal ● 7g protein ● 21g fat ● 14g carbs ● 1g fiber



For single meal:

**roasted cashews**  
1/3 cup, halves and whole (46g)

For all 2 meals:

**roasted cashews**  
2/3 cup, halves and whole (91g)

1. This recipe has no instructions.

### 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 3 [↗](#)

Eat on day 4, day 5

#### Milk

2 3/4 cup(s) - 410 cals ● 21g protein ● 22g fat ● 32g carbs ● 0g fiber



For single meal:

**whole milk**  
2 3/4 cup (660mL)

For all 2 meals:

**whole milk**  
1/3 gallon (1320mL)

1. This recipe has no instructions.

### Spaghetti and meatless meatballs

443 cals ● 21g protein ● 7g fat ● 67g carbs ● 7g fiber



For single meal:

**vegan meatballs, frozen**  
2 meatball(s) (60g)  
**uncooked dry pasta**  
2 2/3 oz (76g)  
**pasta sauce**  
1/6 jar (24 oz) (112g)

For all 2 meals:

**vegan meatballs, frozen**  
4 meatball(s) (120g)  
**uncooked dry pasta**  
1/3 lbs (152g)  
**pasta sauce**  
1/3 jar (24 oz) (224g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.



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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



For single meal:

**ketchup**  
4 tsp (23g)  
**meatless chik'n tenders**  
5 1/3 pieces (136g)

For all 2 meals:

**ketchup**  
2 2/3 tbsp (45g)  
**meatless chik'n tenders**  
10 2/3 pieces (272g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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### Chunky canned soup (non-creamy)

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



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.
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### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

**banana**  
4 medium (7" to 7-7/8" long) (472g)

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

Eat on day 1, day 2

### Dried cranberries

1/4 cup - 136 cal● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

#### **dried cranberries**

4 tbsp (40g)

For all 2 meals:

#### **dried cranberries**

1/2 cup (80g)

1. This recipe has no instructions.

### Celery sticks

2 celery stalk - 13 cal● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

#### **raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

#### **raw celery**

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

### Boiled eggs

2 egg(s) - 139 cal● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

#### **eggs**

2 large (100g)

For all 2 meals:

#### **eggs**

4 large (200g)

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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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Cottage cheese & honey

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



For single meal:

**honey**  
2 tsp (14g)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)

For all 2 meals:

**honey**  
4 tsp (28g)  
**low fat cottage cheese (1% milkfat)**  
1 cup (226g)

1. Serve cottage cheese in a bowl and drizzle with honey.
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### Sweet potato chips

25 chips - 193 cals ● 1g protein ● 13g fat ● 16g carbs ● 3g fiber



For single meal:

**sweet potato chips**  
25 chips (35g)

For all 2 meals:

**sweet potato chips**  
50 chips (71g)

1. Serve chips in a bowl and enjoy.
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### 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 2 meals:

**Sugar snap peas**  
4 cup, whole (252g)

1. Season with salt if desired and serve raw.
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# Snacks 3

Eat on day 5, day 6, day 7

## Cottage cheese & honey

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



For single meal:

**honey**  
2 tsp (14g)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)

For all 3 meals:

**honey**  
2 tbsp (42g)  
**low fat cottage cheese (1% milkfat)**  
1 1/2 cup (339g)

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

## Grapes

213 cal● 3g protein ● 1g fat ● 34g carbs ● 13g fiber



For single meal:

**grapes**  
3 2/3 cup (337g)

For all 3 meals:

**grapes**  
11 cup (1012g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

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### Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



**tempeh, cubed**  
6 oz (170g)  
**coleslaw mix**  
3 cup (270g)  
**hot sauce**  
1/2 tbsp (8mL)  
**sunflower kernels**  
1 1/2 tbsp (18g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
1 1/2 clove (5g)

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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### Sunflower seeds

226 cals ● 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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## Dinner 2 [↗](#)

Eat on day 2

### Corn

323 cals ● 9g protein ● 2g fat ● 59g carbs ● 7g fiber



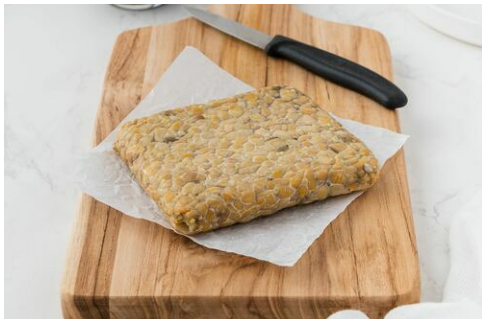
#### frozen corn kernels

2 1/3 cup (317g)

1. Prepare according to instructions on package.

### 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.

## Dinner 3 [↗](#)

Eat on day 3, day 4

### Chik'n nuggets

14 nuggets - 772 cals ● 43g protein ● 32g fat ● 72g carbs ● 7g fiber



For single meal:

#### vegan chik'n nuggets

14 nuggets (301g)

#### ketchup

1/4 cup (60g)

For all 2 meals:

#### vegan chik'n nuggets

28 nuggets (602g)

#### ketchup

1/2 cup (119g)

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

## Dinner 4 [↗](#)

Eat on day 5

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### Beets

6 beets - 145 cal ● 5g protein ● 1g fat ● 24g carbs ● 6g fiber



Makes 6 beets

**beets, precooked (canned or refrigerated)**

6 beets (2" dia, sphere) (300g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

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### Honey dijon salmon

6 oz - 402 cal ● 35g protein ● 24g fat ● 9g carbs ● 1g fiber



Makes 6 oz

**salmon**

1 fillet/s (6 oz each) (170g)

**dijon mustard**

1 tbsp (15g)

**honey**

1/2 tbsp (11g)

**garlic, minced**

1/2 clove (2g)

**olive oil**

1 tsp (5mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

### Tortilla chips

211 cal ● 3g protein ● 9g fat ● 27g carbs ● 2g fiber

**tortilla chips**

1 1/2 oz (43g)

1. This recipe has no instructions.



## Dinner 5 [↗](#)

Eat on day 6, day 7

### Avocado tuna salad

654 cals ● 61g protein ● 36g fat ● 9g carbs ● 12g fiber



For single meal:

**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)  
**mixed greens**  
1 1/2 cup (45g)  
**onion, minced**  
3/8 small (26g)  
**canned tuna**  
1 1/2 can (258g)  
**tomatoes**  
6 tbsp, chopped (68g)

For all 2 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**mixed greens**  
3 cup (90g)  
**onion, minced**  
3/4 small (53g)  
**canned tuna**  
3 can (516g)  
**tomatoes**  
3/4 cup, chopped (135g)

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.

### Milk

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.

# Protein Supplement(s)

Eat every day

## Protein shake

4 scoop - 436 cals  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.