

# Meal Plan - 3000 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

2966 cals ● 244g protein (33%) ● 90g fat (27%) ● 239g carbs (32%) ● 54g fiber (7%)

### Breakfast

525 cals, 31g protein, 17g net carbs, 35g fat



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



[Pesto scrambled eggs](#)  
3 eggs- 297 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Snacks

430 cals, 9g protein, 75g net carbs, 5g fat



[Grapes](#)  
102 cals



[Instant oatmeal with water](#)  
2 packet(s)- 329 cals

### Protein Supplement(s)

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



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

### Lunch

1000 cals, 72g protein, 94g net carbs, 27g fat



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



[Chunky canned soup \(non-creamy\)](#)  
4 can(s)- 988 cals

### Dinner

575 cals, 36g protein, 50g net carbs, 21g fat



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



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



[Avocado tuna salad](#)  
327 cals

## Day 2

2966 cals ● 244g protein (33%) ● 90g fat (27%) ● 239g carbs (32%) ● 54g fiber (7%)

### Breakfast

525 cals, 31g protein, 17g net carbs, 35g fat



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



[Pesto scrambled eggs](#)  
3 eggs- 297 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Snacks

430 cals, 9g protein, 75g net carbs, 5g fat



[Grapes](#)  
102 cals



[Instant oatmeal with water](#)  
2 packet(s)- 329 cals

### Protein Supplement(s)

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



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

### Lunch

1000 cals, 72g protein, 94g net carbs, 27g fat



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



[Chunky canned soup \(non-creamy\)](#)  
4 can(s)- 988 cals

### Dinner

575 cals, 36g protein, 50g net carbs, 21g fat



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



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



[Avocado tuna salad](#)  
327 cals

## Day 3

3035 cals ● 240g protein (32%) ● 139g fat (41%) ● 154g carbs (20%) ● 52g fiber (7%)

### Breakfast

525 cals, 31g protein, 17g net carbs, 35g fat



High-protein granola bar  
1 bar(s)- 204 cals



Pesto scrambled eggs  
3 eggs- 297 cals



Cherry tomatoes  
6 cherry tomatoes- 21 cals

### Snacks

350 cals, 13g protein, 44g net carbs, 12g fat



Milk  
1/2 cup(s)- 75 cals



Instant oatmeal with milk  
1 packet(s)- 276 cals

### Protein Supplement(s)

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



Protein shake  
4 scoop- 436 cals

### Lunch

835 cals, 42g protein, 55g net carbs, 38g fat



Easy chickpea salad  
467 cals



Pumpkin seeds  
366 cals

### Dinner

895 cals, 58g protein, 35g net carbs, 52g fat



Seitan salad  
718 cals



Walnuts  
1/4 cup(s)- 175 cals

## Day 4

2994 cals ● 248g protein (33%) ● 134g fat (40%) ● 155g carbs (21%) ● 44g fiber (6%)

### Breakfast

450 cals, 24g protein, 29g net carbs, 24g fat



Cottage cheese & fruit cup  
1 container- 131 cals



Apple & peanut butter  
1/2 apple(s)- 155 cals



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

### Snacks

350 cals, 13g protein, 44g net carbs, 12g fat



Milk  
1/2 cup(s)- 75 cals



Instant oatmeal with milk  
1 packet(s)- 276 cals

### Protein Supplement(s)

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



Protein shake  
4 scoop- 436 cals

### Lunch

835 cals, 42g protein, 55g net carbs, 38g fat



Easy chickpea salad  
467 cals



Pumpkin seeds  
366 cals

### Dinner

920 cals, 72g protein, 23g net carbs, 58g fat



Roasted tomatoes  
2 tomato(es)- 119 cals



Honey dijon salmon  
12 oz- 803 cals

## Day 5

2976 cals ● 264g protein (35%) ● 129g fat (39%) ● 146g carbs (20%) ● 44g fiber (6%)

### Breakfast

450 cals, 24g protein, 29g net carbs, 24g fat



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



**Apple & peanut butter**  
1/2 apple(s)- 155 cals



**Roasted almonds**  
1/6 cup(s)- 166 cals

### Snacks

350 cals, 13g protein, 44g net carbs, 12g fat



**Milk**  
1/2 cup(s)- 75 cals



**Instant oatmeal with milk**  
1 packet(s)- 276 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

855 cals, 62g protein, 38g net carbs, 47g fat



**Slow-baked salmon with lemon and thyme**  
10 oz- 670 cals



**Mashed sweet potatoes**  
183 cals

### Dinner

885 cals, 69g protein, 31g net carbs, 44g fat



**Simple sauteed spinach**  
100 cals



**Buffalo tempeh with tzatziki**  
785 cals

## Day 6

2982 cals ● 254g protein (34%) ● 120g fat (36%) ● 186g carbs (25%) ● 37g fiber (5%)

### Breakfast

515 cals, 29g protein, 15g net carbs, 34g fat



**Protein shake (milk)**  
129 cals



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Celery and peanut butter**  
218 cals

### Snacks

270 cals, 5g protein, 53g net carbs, 2g fat



**Pretzels**  
165 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

855 cals, 62g protein, 38g net carbs, 47g fat



**Slow-baked salmon with lemon and thyme**  
10 oz- 670 cals



**Mashed sweet potatoes**  
183 cals

### Dinner

910 cals, 61g protein, 75g net carbs, 35g fat



**Mashed sweet potatoes with butter**  
374 cals



**Vegan sausage**  
2 sausage(s)- 536 cals

## Day 7

3049 cals ● 260g protein (34%) ● 121g fat (36%) ● 194g carbs (25%) ● 35g fiber (5%)

### Breakfast

515 cals, 29g protein, 15g net carbs, 34g fat



**Protein shake (milk)**  
129 cals



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Celery and peanut butter**  
218 cals

### Snacks

270 cals, 5g protein, 53g net carbs, 2g fat



**Pretzels**  
165 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

920 cals, 68g protein, 47g net carbs, 49g fat



**Milk**  
1 1/3 cup(s)- 199 cals



**Vegan bangers and cauliflower mash**  
2 sausage link(s)- 722 cals

### Dinner

910 cals, 61g protein, 75g net carbs, 35g fat



**Mashed sweet potatoes with butter**  
374 cals



**Vegan sausage**  
2 sausage(s)- 536 cals



## Fruits and Fruit Juices

- ☐ banana  
2 medium (7" to 7-7/8" long) (236g)
- ☐ avocados  
1 1/4 avocado(s) (251g)
- ☐ lime juice  
1/2 tbsp (8mL)
- ☐ grapes  
3 1/2 cup (322g)
- ☐ apples  
3 medium (3" dia) (546g)
- ☐ lemon  
5/6 large (70g)

## Baked Products

- ☐ naan bread  
1 piece (90g)

## Spices and Herbs

- ☐ salt  
1 1/2 g (1g)
- ☐ black pepper  
1/2 g (0g)
- ☐ balsamic vinegar  
2 tbsp (30mL)
- ☐ dijon mustard  
2 tbsp (30g)
- ☐ thyme, dried  
1/4 tbsp, leaves (1g)

## Other

- ☐ mixed greens  
1 1/2 cup (45g)
- ☐ nutritional yeast  
2 tsp (3g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ tzatziki  
1/3 cup(s) (70g)
- ☐ vegan sausage  
6 sausage (600g)
- ☐ frozen cauliflower  
1 1/2 cup (170g)

## Vegetables and Vegetable Products

- ☐ onion  
2 1/2 small (166g)

## Beverages

- ☐ water  
31 cup(s) (7347mL)
- ☐ protein powder  
29 scoop (1/3 cup ea) (899g)

## Snacks

- ☐ high-protein granola bar  
3 bar (120g)
- ☐ pretzels, hard, salted  
3 oz (85g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
1/4 cup (72g)
- ☐ chunky canned soup (non-creamy varieties)  
8 can (~19 oz) (4208g)
- ☐ apple cider vinegar  
2 tbsp (2mL)
- ☐ Frank's Red Hot sauce  
5 tbsp (74mL)

## Dairy and Egg Products

- ☐ eggs  
9 large (450g)
- ☐ whole milk  
6 cup (1459mL)
- ☐ butter  
2 tbsp (27g)

## Breakfast Cereals

- ☐ flavored instant oatmeal  
7 packet (301g)

## Fats and Oils

- ☐ oil  
2 1/2 oz (72mL)
- ☐ salad dressing  
2 tbsp (30mL)
- ☐ olive oil  
1/2 oz (18mL)

## Cereal Grains and Pasta

- ☐ seitan  
6 oz (170g)

- ☐ tomatoes  
8 1/2 medium whole (2-3/5" dia) (1058g)
- ☐ raw celery  
8 stalk, medium (7-1/2" - 8" long) (320g)
- ☐ fresh spinach  
8 cup(s) (240g)
- ☐ fresh parsley  
6 sprigs (6g)
- ☐ garlic  
1 1/2 clove (5g)
- ☐ sweet potatoes  
5 sweetpotato, 5" long (1050g)

### Finfish and Shellfish Products

- ☐ canned tuna  
1 1/2 can (258g)
- ☐ salmon  
2 lbs (907g)

### Nut and Seed Products

- ☐ walnuts  
4 tbsp, shelled (25g)
- ☐ roasted pumpkin seeds, unsalted  
1 cup (118g)
- ☐ almonds  
3/4 cup, whole (107g)

### Legumes and Legume Products

- ☐ chickpeas, canned  
2 can (896g)
- ☐ peanut butter  
6 tbsp (96g)
- ☐ tempeh  
10 oz (284g)

### Sweets

- ☐ honey  
1 tbsp (21g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### High-protein granola bar

1 bar(s) - 204 cal ● 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.

### Pesto scrambled eggs

3 eggs - 297 cal ● 20g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

**pesto sauce**  
1 1/2 tbsp (24g)  
**eggs**  
3 large (150g)

For all 3 meals:

**pesto sauce**  
1/4 cup (72g)  
**eggs**  
9 large (450g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

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### Apple & peanut butter

1/2 apple(s) - 155 cal ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**peanut butter**  
1 tbsp (16g)

For all 2 meals:

**apples**  
1 medium (3" dia) (182g)  
**peanut butter**  
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

### Roasted almonds

1/6 cup(s) - 166 cal ● 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.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

#### **whole milk**

1/2 cup (120mL)

#### **protein powder**

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

#### **whole milk**

1 cup (240mL)

#### **protein powder**

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

1. Mix until well-combined.
2. 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.

### Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

#### **raw celery**

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

#### **peanut butter**

2 tbsp (32g)

For all 2 meals:

#### **raw celery**

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

#### **peanut butter**

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

## Lunch 1 [🔗](#)

Eat on day 1, day 2

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### Celery sticks

2 celery stalk - 13 cals ● 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.
- 

### Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



For single meal:

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

4 can (~19 oz) (2104g)

For all 2 meals:

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

8 can (~19 oz) (4208g)

1. Prepare according to instructions on package.
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## Lunch 2 [↗](#)

Eat on day 3, day 4

### Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

**fresh parsley, chopped**

3 sprigs (3g)

**apple cider vinegar**

1 tbsp (1mL)

**balsamic vinegar**

1 tbsp (15mL)

**tomatoes, halved**

1 cup cherry tomatoes (149g)

**onion, thinly sliced**

1/2 small (35g)

**chickpeas, canned, drained and rinsed**

1 can (448g)

For all 2 meals:

**fresh parsley, chopped**

6 sprigs (6g)

**apple cider vinegar**

2 tbsp (2mL)

**balsamic vinegar**

2 tbsp (30mL)

**tomatoes, halved**

2 cup cherry tomatoes (298g)

**onion, thinly sliced**

1 small (70g)

**chickpeas, canned, drained and rinsed**

2 can (896g)

1. Add all ingredients to a bowl and toss. Serve!

### 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.

## Lunch 3 [↗](#)

Eat on day 5, day 6

### Slow-baked salmon with lemon and thyme

10 oz - 670 cals ● 58g protein ● 47g fat ● 2g carbs ● 1g fiber



For single meal:

**salmon, skin on**

10 oz (284g)

**oil**

2 tsp (9mL)

**thyme, dried**

1/2 tsp, leaves (0g)

**lemon, cut into wedges**

3/8 large (35g)

For all 2 meals:

**salmon, skin on**

1 1/4 lbs (567g)

**oil**

1 1/4 tbsp (19mL)

**thyme, dried**

1 tsp, leaves (1g)

**lemon, cut into wedges**

5/6 large (70g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

For all 2 meals:

**sweet potatoes**

2 sweetpotato, 5" long (420g)

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.

## Lunch 4 [🔗](#)

Eat on day 7

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### Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber

Makes 1 1/3 cup(s)

#### **whole milk**

1 1/3 cup (320mL)



1. This recipe has no instructions.

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### Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



Makes 2 sausage link(s)

#### **onion, thinly sliced**

1 small (70g)

#### **vegan sausage**

2 sausage (200g)

#### **oil**

1 tbsp (15mL)

#### **frozen cauliflower**

1 1/2 cup (170g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
  2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
  3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
  4. When all elements are done, plate and serve.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

### Grapes

102 cal ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

**grapes**  
1 3/4 cup (161g)

For all 2 meals:

**grapes**  
3 1/2 cup (322g)

1. This recipe has no instructions.

### Instant oatmeal with water

2 packet(s) - 329 cal ● 7g protein ● 4g fat ● 59g carbs ● 7g fiber



For single meal:

**flavored instant oatmeal**  
2 packet (86g)  
**water**  
1 1/2 cup(s) (356mL)

For all 2 meals:

**flavored instant oatmeal**  
4 packet (172g)  
**water**  
3 cup(s) (711mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Milk

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



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 3 meals:

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

1. This recipe has no instructions.

## Instant oatmeal with milk

1 packet(s) - 276 cal● 10g protein ● 8g fat ● 38g carbs ● 4g fiber



For single meal:

### flavored instant oatmeal

1 packet (43g)

### whole milk

3/4 cup (180mL)

For all 3 meals:

### flavored instant oatmeal

3 packet (129g)

### whole milk

2 1/4 cup (540mL)

1. Put the oatmeal in a bowl and pour the milk over it.
2. Microwave for 90 seconds - 2 minutes.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Pretzels

165 cal● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



For single meal:

### pretzels, hard, salted

1 1/2 oz (43g)

For all 2 meals:

### pretzels, hard, salted

3 oz (85g)

1. This recipe has no instructions.

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### 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 2 meals:

### apples

2 medium (3" dia) (364g)

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

Eat on day 1, day 2

## Banana

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

## 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.

## Avocado tuna salad

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



For single meal:

**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)

For all 2 meals:

**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)

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 2 [↗](#)

Eat on day 3

### Seitan salad

718 cal ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (3g)  
**salad dressing**  
2 tbsp (30mL)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**fresh spinach**  
4 cup(s) (120g)  
**seitan, sliced**  
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

### Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber

Makes 1/4 cup(s)

**walnuts**  
4 tbsp, shelled (25g)



1. This recipe has no instructions.

## Dinner 3 [🔗](#)

Eat on day 4

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### Roasted tomatoes

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



Makes 2 tomato(es)

#### **tomatoes**

2 small whole (2-2/5" dia) (182g)

#### **oil**

2 tsp (10mL)

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.

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### Honey dijon salmon

12 oz - 803 cals ● 71g protein ● 49g fat ● 19g carbs ● 1g fiber



Makes 12 oz

#### **salmon**

2 fillet/s (6 oz each) (340g)

#### **dijon mustard**

2 tbsp (30g)

#### **honey**

1 tbsp (21g)

#### **garlic, minced**

1 clove (3g)

#### **olive oil**

2 tsp (10mL)

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.
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## Dinner 4 [🔗](#)

Eat on day 5

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### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber

**garlic, diced**

1/2 clove (2g)

**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**olive oil**

1/2 tbsp (8mL)

**fresh spinach**

4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

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### Buffalo tempeh with tzatziki

785 cals ● 65g protein ● 37g fat ● 29g carbs ● 20g fiber

**oil**

1 1/4 tbsp (19mL)

**tzatziki**

1/3 cup(s) (70g)

**Frank's Red Hot sauce**

5 tbsp (75mL)

**tempeh, roughly chopped**

10 oz (284g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
  2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
  3. Serve tofu with tzatziki.
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## Dinner 5 [🔗](#)

Eat on day 6, day 7

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### Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



For single meal:

**butter**

1 tbsp (14g)

**sweet potatoes**

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

For all 2 meals:

**butter**

2 tbsp (27g)

**sweet potatoes**

3 sweetpotato, 5" long (630g)

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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### Vegan sausage

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



For single meal:

**vegan sausage**

2 sausage (200g)

For all 2 meals:

**vegan sausage**

4 sausage (400g)

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