

Meal Plan - 3100 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

2989 cals ● 223g protein (30%) ● 114g fat (34%) ● 208g carbs (28%) ● 60g fiber (8%)

Breakfast

475 cals, 26g protein, 34g net carbs, 23g fat



Orange

2 orange(s)- 170 cals



Goat cheese & tomato mini egg muffin

5 mini muffin(s)- 306 cals

Snacks

415 cals, 42g protein, 45g net carbs, 2g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Green protein shake

391 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

1015 cals, 50g protein, 58g net carbs, 53g fat



Pumpkin seeds

548 cals



Easy chickpea salad

467 cals

Dinner

705 cals, 21g protein, 69g net carbs, 35g fat



Simple sauteed spinach

100 cals



Buttery white rice

243 cals



Curried lentils

362 cals

Day 2

3133 cals ● 235g protein (30%) ● 110g fat (31%) ● 227g carbs (29%) ● 76g fiber (10%)

Breakfast

475 cals, 26g protein, 34g net carbs, 23g fat



Orange

2 orange(s)- 170 cals



Goat cheese & tomato mini egg muffin

5 mini muffin(s)- 306 cals

Snacks

415 cals, 42g protein, 45g net carbs, 2g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Green protein shake

391 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

1015 cals, 50g protein, 58g net carbs, 53g fat



Pumpkin seeds

548 cals



Easy chickpea salad

467 cals

Dinner

850 cals, 32g protein, 87g net carbs, 31g fat



White bean cassoulet

577 cals



Simple mixed greens salad

271 cals

Day 3

3196 cals ● 257g protein (32%) ● 97g fat (27%) ● 261g carbs (33%) ● 62g fiber (8%)

Breakfast

525 cals, 29g protein, 37g net carbs, 23g fat



Southwest avocado toast

2 toast(s)- 386 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

330 cals, 21g protein, 42g net carbs, 5g fat



Protein bar

1 bar- 245 cals



Orange

1 orange(s)- 85 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

1030 cals, 52g protein, 114g net carbs, 36g fat



Cottage cheese & fruit cup

2 container- 261 cals



Cheese and guac tacos

2 taco(s)- 350 cals



Tomato soup

2 can(s)- 421 cals

Dinner

930 cals, 70g protein, 65g net carbs, 31g fat



Lentils

289 cals



Mixed vegetables

1/2 cup(s)- 49 cals



Basic tempeh

8 oz- 590 cals

Day 4

3102 cals ● 240g protein (31%) ● 75g fat (22%) ● 291g carbs (37%) ● 77g fiber (10%)

Breakfast

525 cals, 29g protein, 37g net carbs, 23g fat



Southwest avocado toast
2 toast(s)- 386 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

330 cals, 21g protein, 42g net carbs, 5g fat



Protein bar
1 bar- 245 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

940 cals, 34g protein, 144g net carbs, 14g fat



Bbq tempeh wrap
1 wrap(s)- 472 cals



Banana
4 banana(s)- 466 cals

Dinner

930 cals, 70g protein, 65g net carbs, 31g fat



Lentils
289 cals



Mixed vegetables
1/2 cup(s)- 49 cals



Basic tempeh
8 oz- 590 cals

Day 5

3162 cals ● 261g protein (33%) ● 109g fat (31%) ● 233g carbs (30%) ● 51g fiber (6%)

Breakfast

525 cals, 29g protein, 37g net carbs, 23g fat



Southwest avocado toast
2 toast(s)- 386 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

335 cals, 56g protein, 17g net carbs, 4g fat



Cottage cheese & fruit cup
1 container- 131 cals



Double chocolate protein shake
206 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

985 cals, 13g protein, 98g net carbs, 54g fat



Roasted cabbage steaks with dressing
641 cals



Fruit juice
3 cup(s)- 344 cals

Dinner

935 cals, 79g protein, 79g net carbs, 26g fat



Lentils
405 cals



Almond crusted tilapia
7 1/2 oz- 529 cals

Day 6

3125 cals ● 255g protein (33%) ● 112g fat (32%) ● 224g carbs (29%) ● 49g fiber (6%)

Breakfast

490 cals, 23g protein, 27g net carbs, 27g fat



Celery sticks

2 celery stalk- 13 cals



Avocado toast with egg

2 slice(s)- 475 cals

Snacks

335 cals, 56g protein, 17g net carbs, 4g fat



Cottage cheese & fruit cup

1 container- 131 cals



Double chocolate protein shake

206 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

985 cals, 13g protein, 98g net carbs, 54g fat



Roasted cabbage steaks with dressing

641 cals



Fruit juice

3 cup(s)- 344 cals

Dinner

935 cals, 79g protein, 79g net carbs, 26g fat



Lentils

405 cals



Almond crusted tilapia

7 1/2 oz- 529 cals

Day 7

3124 cals ● 237g protein (30%) ● 90g fat (26%) ● 283g carbs (36%) ● 58g fiber (7%)

Breakfast

490 cals, 23g protein, 27g net carbs, 27g fat



Celery sticks

2 celery stalk- 13 cals



Avocado toast with egg

2 slice(s)- 475 cals

Snacks

335 cals, 56g protein, 17g net carbs, 4g fat



Cottage cheese & fruit cup

1 container- 131 cals



Double chocolate protein shake

206 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

950 cals, 28g protein, 130g net carbs, 28g fat



Pretzels

303 cals



Chunky canned soup (creamy)

1 1/2 can(s)- 530 cals



Fruit juice

1 cup(s)- 115 cals

Dinner

970 cals, 45g protein, 106g net carbs, 30g fat



Simple mixed greens salad

68 cals



Lentil Soup

903 cals

Vegetables and Vegetable Products

- ☐ garlic
3 clove(s) (9g)
- ☐ fresh spinach
8 cup(s) (239g)
- ☐ tomatoes
4 2/3 medium whole (2-3/5" dia) (577g)
- ☐ fresh parsley
6 sprigs (6g)
- ☐ onion
2 medium (2-1/2" dia) (198g)
- ☐ raw celery
5 1/2 stalk, medium (7-1/2" - 8" long) (223g)
- ☐ carrots
2 1/2 medium (159g)
- ☐ frozen mixed veggies
1 cup (135g)
- ☐ bell pepper
1/2 small (37g)
- ☐ cabbage
1 1/2 head, small (about 4-1/2" dia) (1071g)
- ☐ canned crushed tomatoes
3/8 can (169g)

Spices and Herbs

- ☐ black pepper
2 tsp, ground (5g)
- ☐ salt
3/4 oz (18g)
- ☐ balsamic vinegar
2 tbsp (30mL)
- ☐ oregano, dried
1/2 tsp, leaves (0g)
- ☐ basil, dried
1/2 tsp, leaves (0g)

Fats and Oils

- ☐ olive oil
1 1/2 oz (51mL)
- ☐ oil
4 oz (120mL)
- ☐ salad dressing
1/2 cup (113mL)
- ☐ ranch dressing
6 tbsp (90mL)

Dairy and Egg Products

Nut and Seed Products

- ☐ coconut milk, canned
6 tbsp (91mL)
- ☐ roasted pumpkin seeds, unsalted
1 1/2 cup (177g)
- ☐ almonds
10 tbsp, slivered (68g)

Other

- ☐ curry paste
1/2 tbsp (8g)
- ☐ mixed greens
7 1/2 cup (225g)
- ☐ guacamole, store-bought
1 cup (247g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ cottage cheese & fruit cup
5 container (850g)
- ☐ coleslaw mix
1 cup (90g)
- ☐ italian seasoning
1/2 tbsp (5g)
- ☐ protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)

Fruits and Fruit Juices

- ☐ orange
9 orange (1386g)
- ☐ banana
5 1/2 medium (7" to 7-7/8" long) (649g)
- ☐ fruit juice
56 fl oz (1680mL)
- ☐ avocados
1 avocado(s) (201g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
2 tbsp (2mL)
- ☐ vegetable broth
3/8 cup(s) (mL)
- ☐ condensed canned tomato soup
2 can (10.5 oz) (596g)
- ☐ barbecue sauce
2 tbsp (34g)
- ☐ chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)

- ☐ butter
3/4 tbsp (11g)
- ☐ goat cheese
5 tbsp (70g)
- ☐ eggs
15 large (750g)
- ☐ cheddar cheese
1/2 cup, shredded (57g)
- ☐ nonfat greek yogurt, plain
1/2 cup (158g)

Beverages

- ☐ water
2 1/2 gallon (10099mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- ☐ protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

Cereal Grains and Pasta

- ☐ long-grain white rice
4 tbsp (46g)
- ☐ all-purpose flour
3/8 cup(s) (52g)

Legumes and Legume Products

- ☐ lentils, raw
3 cup (592g)
- ☐ chickpeas, canned
2 can (896g)
- ☐ white beans, canned
3/4 can(s) (329g)
- ☐ refried beans
1 1/2 cup (363g)
- ☐ tempeh
1 1/4 lbs (567g)

Baked Products

- ☐ bread
2/3 lbs (320g)
- ☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)

Finfish and Shellfish Products

- ☐ tilapia, raw
15 oz (420g)

Sweets

- ☐ cocoa powder
1 1/2 tbsp (8g)

Snacks

- ☐ pretzels, hard, salted
2 3/4 oz (78g)



Breakfast 1 [↗](#)

Eat on day 1, day 2

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. This recipe has no instructions.

Goat cheese & tomato mini egg muffin

5 mini muffin(s) - 306 cals ● 24g protein ● 23g fat ● 2g carbs ● 1g fiber



For single meal:

tomatoes, chopped
2 1/2 slice(s), thin/small (37g)
goat cheese
2 1/2 tbsp (35g)
eggs
2 1/2 large (125g)
water
2 1/2 tsp (12mL)

For all 2 meals:

tomatoes, chopped
5 slice(s), thin/small (75g)
goat cheese
5 tbsp (70g)
eggs
5 large (250g)
water
5 tsp (25mL)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Southwest avocado toast

2 toast(s) - 386 cals ● 17g protein ● 13g fat ● 36g carbs ● 14g fiber



For single meal:

fresh spinach

1/4 cup(s) (8g)

refried beans

1/2 cup (121g)

guacamole, store-bought

4 tbsp (62g)

bread

2 slice(s) (64g)

For all 3 meals:

fresh spinach

3/4 cup(s) (23g)

refried beans

1 1/2 cup (363g)

guacamole, store-bought

3/4 cup (185g)

bread

6 slice(s) (192g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Boiled eggs

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



For single meal:

eggs

2 large (100g)

For all 3 meals:

eggs

6 large (300g)

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 3 [↗](#)

Eat on day 6, day 7

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.
-

Avocado toast with egg

2 slice(s) - 475 cals ● 23g protein ● 26g fat ● 26g carbs ● 11g fiber



For single meal:

avocados, ripe, sliced

1/2 avocado(s) (101g)

eggs

2 large (100g)

bread

2 slice (64g)

For all 2 meals:

avocados, ripe, sliced

1 avocado(s) (201g)

eggs

4 large (200g)

bread

4 slice (128g)

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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Lunch 1 [↗](#)

Eat on day 1, day 2

Pumpkin seeds

548 cal ● 26g protein ● 44g fat ● 8g carbs ● 6g fiber



For single meal:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 1/2 cup (177g)

1. This recipe has no instructions.

Easy chickpea salad

467 cal ● 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!

Lunch 2 [↗](#)

Eat on day 3

Cottage cheese & fruit cup

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



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

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

Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



Makes 2 taco(s)

cheddar cheese

1/2 cup, shredded (57g)

guacamole, store-bought

4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Tomato soup

2 can(s) - 421 cals ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



Makes 2 can(s)

condensed canned tomato soup

2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.
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Lunch 3 [🔗](#)

Eat on day 4

Bbq tempeh wrap

1 wrap(s) - 472 cals ● 29g protein ● 12g fat ● 48g carbs ● 13g fiber



Makes 1 wrap(s)

bell pepper, deseeded and sliced

1/2 small (37g)

oil

1/2 tsp (3mL)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

coleslaw mix

1 cup (90g)

barbecue sauce

2 tbsp (34g)

tempeh, cut into strips

4 oz (113g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.

Banana

4 banana(s) - 466 cals ● 5g protein ● 2g fat ● 96g carbs ● 12g fiber



Makes 4 banana(s)

banana

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

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Roasted cabbage steaks with dressing

641 cals ● 8g protein ● 52g fat ● 22g carbs ● 14g fiber



For single meal:

ranch dressing

3 tbsp (45mL)

italian seasoning

1/4 tbsp (3g)

black pepper

1/4 tbsp, ground (2g)

salt

1/4 tbsp (5g)

oil

2 1/4 tbsp (34mL)

cabbage

3/4 head, small (about 4-1/2" dia)
(536g)

For all 2 meals:

ranch dressing

6 tbsp (90mL)

italian seasoning

1/2 tbsp (5g)

black pepper

1/2 tbsp, ground (3g)

salt

1/2 tbsp (9g)

oil

1/4 cup (68mL)

cabbage

1 1/2 head, small (about 4-1/2" dia)
(1071g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

Fruit juice

3 cup(s) - 344 cals ● 5g protein ● 2g fat ● 76g carbs ● 2g fiber



For single meal:

fruit juice

24 fl oz (720mL)

For all 2 meals:

fruit juice

48 fl oz (1440mL)

1. This recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 7

Pretzels

303 cals ● 8g protein ● 2g fat ● 60g carbs ● 3g fiber



pretzels, hard, salted
2 3/4 oz (78g)

1. This recipe has no instructions.

Chunky canned soup (creamy)

1 1/2 can(s) - 530 cals ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



Makes 1 1/2 can(s)

chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)

1. Prepare according to instructions on package.

Fruit juice

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



Makes 1 cup(s)

fruit juice
8 fl oz (240mL)

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

Eat on day 1, day 2

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 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Green protein shake

391 cals ● 41g protein ● 2g fat ● 42g carbs ● 12g fiber



For single meal:

fresh spinach

1 1/2 cup(s) (45g)

water

3/8 cup(s) (89mL)

**orange, peeled, sliced, and
deseeded**

1 1/2 orange (231g)

protein powder, vanilla

1 1/2 scoop (1/3 cup ea) (47g)

banana, frozen

3/4 medium (7" to 7-7/8" long) (89g)

For all 2 meals:

fresh spinach

3 cup(s) (90g)

water

3/4 cup(s) (178mL)

**orange, peeled, sliced, and
deseeded**

3 orange (462g)

protein powder, vanilla

3 scoop (1/3 cup ea) (93g)

banana, frozen

1 1/2 medium (7" to 7-7/8" long)
(177g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
 2. Blend thoroughly. Add more water, if needed.
 3. Serve promptly.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Protein bar

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



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. This recipe has no instructions.

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Double chocolate protein shake

206 cal ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
cocoa powder
1/2 tbsp (3g)
nonfat greek yogurt, plain
3 tbsp (53g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

water
4 1/2 cup(s) (1067mL)
cocoa powder
1 1/2 tbsp (8g)
nonfat greek yogurt, plain
1/2 cup (158g)
protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Dinner 1 [🔗](#)

Eat on day 1

Simple sauteed spinach

100 cal ● 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.

Buttery white rice

243 cal ● 3g protein ● 9g fat ● 37g carbs ● 1g fiber



black pepper
1 dash, ground (0g)
butter
3/4 tbsp (11g)
salt
2 dash (2g)
water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Dinner 2 [↗](#)

Eat on day 2

White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



garlic, minced

1 1/2 clove(s) (5g)

oil

3/4 tbsp (11mL)

vegetable broth

3/8 cup(s) (mL)

white beans, canned, drained & rinsed

3/4 can(s) (329g)

onion, diced

3/4 medium (2-1/2" dia) (83g)

raw celery, thinly sliced

3/4 stalk, medium (7-1/2" - 8" long) (30g)

carrots, peeled & slices

1 1/2 large (108g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



mixed greens

6 cup (180g)

salad dressing

6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

salt
1 dash (1g)
water
1 2/3 cup(s) (395mL)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

salt
1/4 tsp (1g)
water
3 1/3 cup(s) (790mL)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

frozen mixed veggies
1/2 cup (68g)

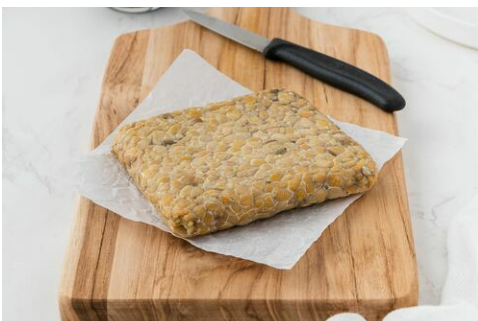
For all 2 meals:

frozen mixed veggies
1 cup (135g)

1. Prepare according to instructions on package.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tempeh
1 lbs (454g)

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.
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Dinner 4 [↗](#)

Eat on day 5, day 6

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.

Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



For single meal:

tilapia, raw
1/2 lbs (210g)
almonds
5 tbsp, slivered (34g)
all-purpose flour
1/6 cup(s) (26g)
salt
1 1/4 dash (1g)
olive oil
2 tsp (9mL)

For all 2 meals:

tilapia, raw
15 oz (420g)
almonds
10 tbsp, slivered (68g)
all-purpose flour
3/8 cup(s) (52g)
salt
1/3 tsp (1g)
olive oil
1 1/4 tbsp (19mL)

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 5 [🔗](#)

Eat on day 7

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

Lentil Soup

903 cals ● 44g protein ● 25g fat ● 102g carbs ● 24g fiber



onion, chopped

3/8 medium (2-1/2" dia) (46g)

carrots, diced

5/6 medium (51g)

raw celery, chopped

5/6 stalk, medium (7-1/2" - 8" long) (33g)

garlic, minced

5/6 clove(s) (3g)

oregano, dried

1/2 tsp, leaves (0g)

canned crushed tomatoes

3/8 can (169g)

lentils, raw

13 1/3 tbsp (160g)

water

3 1/3 cup(s) (790mL)

fresh spinach, thinly sliced

1/4 cup(s) (6g)

salt

1/2 tsp (3g)

black pepper

1/4 tsp, ground (0g)

olive oil

5 tsp (25mL)

basil, dried

1/2 tsp, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
 2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

water

3 1/2 cup(s) (830mL)

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

water

24 1/2 cup(s) (5807mL)

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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