

Meal Plan - 3200 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

3175 cals ● 245g protein (31%) ● 139g fat (39%) ● 170g carbs (21%) ● 66g fiber (8%)

Breakfast

455 cals, 16g protein, 43g net carbs, 20g fat



[Egg & avocado salad](#)
266 cals



[Apple](#)
1 apple(s)- 105 cals



[Fruit juice](#)
3/4 cup(s)- 86 cals

Snacks

265 cals, 20g protein, 13g net carbs, 14g fat



[Grapefruit](#)
1/2 grapefruit- 59 cals



[Boiled eggs](#)
3 egg(s)- 208 cals

Protein Supplement(s)

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



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

975 cals, 81g protein, 29g net carbs, 53g fat



[Avocado tuna salad](#)
727 cals



[Milk](#)
1 2/3 cup(s)- 248 cals

Dinner

1095 cals, 43g protein, 83g net carbs, 50g fat



[Chickpea & chickpea pasta](#)
859 cals



[Tomato and avocado salad](#)
235 cals

Day 2

3179 cals ● 248g protein (31%) ● 155g fat (44%) ● 160g carbs (20%) ● 36g fiber (5%)

Breakfast

455 cals, 16g protein, 43g net carbs, 20g fat



Egg & avocado salad
266 cals



Apple
1 apple(s)- 105 cals



Fruit juice
3/4 cup(s)- 86 cals

Snacks

265 cals, 20g protein, 13g net carbs, 14g fat



Grapefruit
1/2 grapefruit- 59 cals



Boiled eggs
3 egg(s)- 208 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

975 cals, 81g protein, 29g net carbs, 53g fat



Avocado tuna salad
727 cals



Milk
1 2/3 cup(s)- 248 cals

Dinner

1100 cals, 46g protein, 72g net carbs, 66g fat



Shrimp scampi
871 cals



Simple mixed greens and tomato salad
227 cals

Day 3

3247 cals ● 230g protein (28%) ● 175g fat (48%) ● 138g carbs (17%) ● 51g fiber (6%)

Breakfast

485 cals, 28g protein, 26g net carbs, 28g fat



Grapefruit
1 grapefruit- 119 cals



Creamy scrambled eggs
364 cals

Snacks

305 cals, 18g protein, 8g net carbs, 19g fat



Protein shake (milk)
129 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

980 cals, 53g protein, 27g net carbs, 61g fat



Tomato and avocado salad
391 cals



Basic tempeh
8 oz- 590 cals

Dinner

1100 cals, 46g protein, 72g net carbs, 66g fat



Shrimp scampi
871 cals



Simple mixed greens and tomato salad
227 cals

Day 4

3168 cals ● 254g protein (32%) ● 149g fat (42%) ● 147g carbs (19%) ● 57g fiber (7%)

Breakfast

485 cals, 28g protein, 26g net carbs, 28g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Creamy scrambled eggs](#)

364 cals

Snacks

305 cals, 18g protein, 8g net carbs, 19g fat



[Protein shake \(milk\)](#)

129 cals



[Avocado](#)

176 cals

Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cals

Lunch

980 cals, 53g protein, 27g net carbs, 61g fat



[Tomato and avocado salad](#)

391 cals



[Basic tempeh](#)

8 oz- 590 cals

Dinner

1020 cals, 70g protein, 82g net carbs, 40g fat



[Kefir](#)

300 cals



[Seitan salad](#)

718 cals

Day 5

3216 cals ● 243g protein (30%) ● 144g fat (40%) ● 174g carbs (22%) ● 64g fiber (8%)

Breakfast

485 cals, 28g protein, 26g net carbs, 28g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Creamy scrambled eggs](#)

364 cals

Snacks

305 cals, 18g protein, 8g net carbs, 19g fat



[Protein shake \(milk\)](#)

129 cals



[Avocado](#)

176 cals

Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cals

Lunch

1030 cals, 42g protein, 54g net carbs, 55g fat



[Simple mixed greens salad](#)

68 cals



[Chickpea stuffed avocado](#)

1 avocado- 961 cals

Dinner

1020 cals, 70g protein, 82g net carbs, 40g fat



[Kefir](#)

300 cals



[Seitan salad](#)

718 cals

Day 6

3152 cals ● 239g protein (30%) ● 124g fat (35%) ● 192g carbs (24%) ● 78g fiber (10%)

Breakfast

415 cals, 56g protein, 19g net carbs, 12g fat



Egg white spinach scramble
358 cals



Fruit juice
1/2 cup(s)- 57 cals

Snacks

325 cals, 13g protein, 11g net carbs, 20g fat



Sunflower seeds
90 cals



Strawberry chia seed pudding
5 oz pudding- 234 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

1030 cals, 42g protein, 54g net carbs, 55g fat



Simple mixed greens salad
68 cals



Chickpea stuffed avocado
1 avocado- 961 cals

Dinner

1000 cals, 43g protein, 105g net carbs, 34g fat



Lentil Soup
812 cals



Simple mixed greens and tomato salad
189 cals

Day 7

3151 cals ● 247g protein (31%) ● 123g fat (35%) ● 189g carbs (24%) ● 74g fiber (9%)

Breakfast

415 cals, 56g protein, 19g net carbs, 12g fat



Egg white spinach scramble
358 cals



Fruit juice
1/2 cup(s)- 57 cals

Snacks

325 cals, 13g protein, 11g net carbs, 20g fat



Sunflower seeds
90 cals



Strawberry chia seed pudding
5 oz pudding- 234 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

1030 cals, 50g protein, 51g net carbs, 55g fat



Tomato and avocado salad
313 cals



Roasted almonds
1/4 cup(s)- 222 cals



Bbq tempeh lettuce wrap
6 lettuce wrap(s)- 494 cals

Dinner

1000 cals, 43g protein, 105g net carbs, 34g fat



Lentil Soup
812 cals



Simple mixed greens and tomato salad
189 cals

Other

- ☐ nutritional yeast
2 tbsp (7g)
- ☐ chickpea pasta
3 oz (85g)
- ☐ mixed greens
24 cup (725g)
- ☐ smoked paprika
1 tsp (2g)
- ☐ coleslaw mix
1 1/2 cup (135g)

Dairy and Egg Products

- ☐ butter
1 stick (109g)
- ☐ eggs
30 medium (1324g)
- ☐ whole milk
6 1/4 cup (1490mL)
- ☐ heavy cream
1/2 cup (113mL)
- ☐ parmesan cheese
1 1/4 tbsp (6g)
- ☐ kefir, flavored
4 cup (960mL)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)
- ☐ low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- ☐ egg whites
16 large (528g)

Fats and Oils

- ☐ oil
2 1/2 oz (73mL)
- ☐ olive oil
2 oz (66mL)
- ☐ salad dressing
1 1/2 cup (353mL)

Vegetables and Vegetable Products

- ☐ garlic
9 1/2 clove(s) (29g)
- ☐ onion
3 medium (2-1/2" dia) (308g)
- ☐ tomatoes
10 2/3 medium whole (2-3/5" dia) (1316g)

Legumes and Legume Products

- ☐ chickpeas, canned
2 3/4 can (1232g)
- ☐ tempeh
22 oz (624g)
- ☐ lentils, raw
1 1/2 cup (288g)

Fruits and Fruit Juices

- ☐ lime juice
3 1/3 fl oz (102mL)
- ☐ avocados
9 2/3 avocado(s) (1943g)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ fruit juice
20 fl oz (600mL)
- ☐ Grapefruit
4 large (approx 4-1/2" dia) (1328g)
- ☐ lemon juice
1 1/4 fl oz (38mL)
- ☐ strawberries
4 medium (1-1/4" dia) (48g)

Spices and Herbs

- ☐ garlic powder
2 tsp (6g)
- ☐ salt
3/4 oz (20g)
- ☐ black pepper
1/3 oz (8g)
- ☐ vanilla extract
1 tsp (5mL)
- ☐ oregano, dried
1/4 tbsp, leaves (1g)
- ☐ basil, dried
1/4 tbsp, leaves (1g)

Beverages

- ☐ water
31 cup(s) (7378mL)
- ☐ protein powder
26 scoop (1/3 cup ea) (806g)

Finfish and Shellfish Products

- ☐ canned tuna
3 1/3 can (573g)

- ☐ shallots
2 1/2 tbsp chopped (25g)
- ☐ fresh spinach
11 1/2 cup(s) (341g)
- ☐ carrots
1 1/2 medium (92g)
- ☐ raw celery
1 1/2 stalk, medium (7-1 1/2" - 8" long) (60g)
- ☐ canned crushed tomatoes
3/4 can (304g)
- ☐ romaine lettuce
6 leaf inner (36g)
- ☐ bell pepper
3/4 small (56g)

- ☐ shrimp, raw
10 oz (284g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
5 oz (143g)
- ☐ seitan
3/4 lbs (340g)

Nut and Seed Products

- ☐ sunflower kernels
2 2/3 oz (76g)
- ☐ chia seeds
4 tbsp (57g)
- ☐ almonds
4 tbsp, whole (36g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
3 tbsp (51g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

mixed greens

2/3 cup (20g)

avocados

1/3 avocado(s) (67g)

eggs, hard-boiled and chilled

2 large (100g)

garlic powder

1/3 tsp (1g)

For all 2 meals:

mixed greens

1 1/3 cup (40g)

avocados

2/3 avocado(s) (134g)

eggs, hard-boiled and chilled

4 large (200g)

garlic powder

1/4 tbsp (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Apple

1 apple(s) - 105 cals ● 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.

Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

fruit juice

6 fl oz (180mL)

For all 2 meals:

fruit juice

12 fl oz (360mL)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

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

For all 3 meals:

Grapefruit

3 large (approx 4-1/2" dia) (996g)

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

364 cal ● 26g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

eggs

4 large (200g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

butter

2 tsp (9g)

whole milk

2 tbsp (30mL)

For all 3 meals:

eggs

12 large (600g)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

butter

2 tbsp (27g)

whole milk

6 tbsp (90mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
 2. Heat butter 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.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Egg white spinach scramble

358 cals ● 55g protein ● 12g fat ● 6g carbs ● 1g fiber



For single meal:

fresh spinach

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

low fat cottage cheese (1% milkfat)

6 tbsp (85g)

eggs

2 extra large (112g)

egg whites

8 large (264g)

black pepper

4 dash, ground (1g)

salt

2 dash (1g)

For all 2 meals:

fresh spinach

3 cup(s) (90g)

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

eggs

4 extra large (224g)

egg whites

16 large (528g)

black pepper

1 tsp, ground (2g)

salt

4 dash (2g)

1. Beat eggs, cottage cheese, and seasonings (include any others you prefer) together.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour in egg mixture and quickly add in the spinach.
4. Scramble the eggs and the spinach together, stirring frequently until the eggs are opaque and set.
5. Serve.

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice

4 fl oz (120mL)

For all 2 meals:

fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



For single meal:

avocados

5/6 avocado(s) (168g)

lime juice

1/2 tbsp (8mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp (0g)

mixed greens

1 2/3 cup (50g)

onion, minced

3/8 small (29g)

canned tuna

1 2/3 can (287g)

tomatoes

6 2/3 tbsp, chopped (75g)

For all 2 meals:

avocados

1 2/3 avocado(s) (335g)

lime juice

1 tbsp (17mL)

salt

1/2 tsp (1g)

black pepper

1/2 tsp (0g)

mixed greens

3 1/3 cup (100g)

onion, minced

5/6 small (58g)

canned tuna

3 1/3 can (573g)

tomatoes

13 1/3 tbsp, chopped (150g)

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 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk

1 2/3 cup (400mL)

For all 2 meals:

whole milk

1/4 gallon (800mL)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



For single meal:

onion
5 tsp minced (25g)
lime juice
5 tsp (25mL)
avocados, cubed
5/6 avocado(s) (168g)
tomatoes, diced
5/6 medium whole (2-3/5" dia)
(103g)
olive oil
1 1/4 tsp (6mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)

For all 2 meals:

onion
1/4 cup minced (50g)
lime juice
1/4 cup (50mL)
avocados, cubed
1 2/3 avocado(s) (335g)
tomatoes, diced
1 2/3 medium whole (2-3/5" dia)
(205g)
olive oil
2 1/2 tsp (13mL)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Simple mixed greens salad

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



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Chickpea stuffed avocado

1 avocado - 961 cals ● 41g protein ● 51g fat ● 50g carbs ● 36g fiber



For single meal:

avocados
1 avocado(s) (201g)
sunflower kernels
2 tbsp (24g)
smoked paprika
1/2 tsp (1g)
nonfat greek yogurt, plain
4 tbsp (70g)
lemon juice
1 tbsp (15mL)
chickpeas, canned, drained & rinsed
1 can (448g)

For all 2 meals:

avocados
2 avocado(s) (402g)
sunflower kernels
4 tbsp (48g)
smoked paprika
1 tsp (2g)
nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
2 tbsp (30mL)
chickpeas, canned, drained & rinsed
2 can (896g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
 2. Slice open the avocado and discard the pit.
 3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.
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Lunch 4 [🔗](#)

Eat on day 7

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion

4 tsp minced (20g)

lime juice

4 tsp (20mL)

avocados, cubed

2/3 avocado(s) (134g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Bbq tempeh lettuce wrap

6 lettuce wrap(s) - 494 cals ● 38g protein ● 13g fat ● 39g carbs ● 17g fiber



Makes 6 lettuce wrap(s)

romaine lettuce

6 leaf inner (36g)

tempeh, cubed

6 oz (170g)

barbecue sauce

3 tbsp (51g)

coleslaw mix

1 1/2 cup (135g)

oil

1/4 tbsp (4mL)

bell pepper, deseeded and sliced

3/4 small (56g)

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 lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Grapefruit

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



For single meal:

Grapefruit

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

For all 2 meals:

Grapefruit

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

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

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

3 large (150g)

For all 2 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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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

whole milk

1 1/2 cup (360mL)

protein powder

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

1. Mix until well-combined.
 2. Serve.
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Avocado

176 cals ● 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.
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Snacks 3 [🔗](#)

Eat on day 6, day 7

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels

1/2 oz (14g)

For all 2 meals:

sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

Strawberry chia seed pudding

5 oz pudding - 234 cals ● 9g protein ● 13g fat ● 10g carbs ● 10g fiber



For single meal:

whole milk

1/2 cup (120mL)

chia seeds

2 tbsp (28g)

strawberries, sliced

2 medium (1-1/4" dia) (24g)

vanilla extract

1/2 tsp (3mL)

For all 2 meals:

whole milk

1 cup (240mL)

chia seeds

4 tbsp (57g)

strawberries, sliced

4 medium (1-1/4" dia) (48g)

vanilla extract

1 tsp (5mL)

1. Add chia seeds, milk, and vanilla into a tupperware container. Mix well.
 2. Place in fridge for at least two hours, stirring once to make sure all chia seeds are in contact with the milk.
 3. Once pudding has solidified, transfer portion to bowl and top with strawberries.
 4. Leftover note: keep leftovers in airtight container in fridge.
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Dinner 1 [🔗](#)

Eat on day 1

Chickpea & chickpea pasta

859 cals ● 40g protein ● 31g fat ● 76g carbs ● 29g fiber



nutritional yeast

1/2 tbsp (2g)

butter

3/4 tbsp (11g)

oil

3/4 tbsp (11mL)

garlic, minced

3 clove(s) (9g)

chickpeas, canned, drained & rinsed

3/4 can (336g)

chickpea pasta

3 oz (85g)

onion, thinly sliced

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

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion

1 tbsp minced (15g)

lime juice

1 tbsp (15mL)

avocados, cubed

1/2 avocado(s) (101g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

olive oil

1/4 tbsp (4mL)

garlic powder

2 dash (1g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 2 [↗](#)

Eat on day 2, day 3

Shrimp scampi

871 cals ● 41g protein ● 52g fat ● 57g carbs ● 3g fiber



For single meal:

shrimp, raw, shelled and deveined

5 oz (142g)

garlic, minced

2 1/2 clove (8g)

butter

2 1/2 tbsp (36g)

heavy cream

1/4 cup (56mL)

uncooked dry pasta

2 1/2 oz (71g)

water

1/3 cup(s) (74mL)

parmesan cheese

2 tsp (3g)

shallots, minced

1 1/4 tbsp chopped (13g)

For all 2 meals:

shrimp, raw, shelled and deveined

10 oz (284g)

garlic, minced

5 clove (15g)

butter

5 tbsp (71g)

heavy cream

1/2 cup (113mL)

uncooked dry pasta

5 oz (143g)

water

5/8 cup(s) (148mL)

parmesan cheese

1 1/4 tbsp (6g)

shallots, minced

2 1/2 tbsp chopped (25g)

1. Clean the shrimp and start cooking the pasta according to the instructions on the box.
2. While the pasta cooks, mince the shallot and the garlic.
3. Once the pasta is done, transfer it to a separate bowl, and in the pot used to cook the pasta add the butter and melt over medium heat. Once melted and hot, add the shrimp. Let the shrimp cook 2-3 minutes per side until they firm and turn slightly pink.
4. Add garlic and shallot to pan for about 30 seconds to soften. Work quickly to avoid over cooking the shrimp.
5. Mix in the cream and heat through. If you wish, season with salt and pepper. If sauce is too thick at this point, add some water.
6. Add pasta to pot and heat just enough to coat pasta with sauce and warm the noodles back up.
7. Transfer to serving dish and top with parmesan cheese (optional).

Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

salad dressing

1/4 cup (68mL)

mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

For all 2 meals:

salad dressing

1/2 cup (135mL)

mixed greens

9 cup (270g)

tomatoes

1 1/2 cup cherry tomatoes (224g)

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

Dinner 3 [↗](#)

Eat on day 4, day 5

Kefir

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



For single meal:

kefir, flavored
2 cup (480mL)

For all 2 meals:

kefir, flavored
4 cup (960mL)

1. Pour into a glass and drink.

Seitan salad

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



For single meal:

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)

For all 2 meals:

oil
4 tsp (20mL)
nutritional yeast
4 tsp (5g)
salad dressing
4 tbsp (60mL)
avocados, sliced
1 avocado(s) (201g)
tomatoes, halved
24 cherry tomatoes (408g)
fresh spinach
8 cup(s) (240g)
seitan, sliced
3/4 lbs (340g)

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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Lentil Soup

812 cals ● 39g protein ● 23g fat ● 92g carbs ● 21g fiber



For single meal:

onion, chopped
3/8 medium (2-1/2" dia) (41g)
carrots, diced
3/4 medium (46g)
raw celery, chopped
3/4 stalk, medium (7-1/2" - 8" long) (30g)
garlic, minced
3/4 clove(s) (2g)
oregano, dried
3 dash, leaves (0g)
canned crushed tomatoes
3/8 can (152g)
lentils, raw
3/4 cup (144g)
water
3 cup(s) (711mL)
fresh spinach, thinly sliced
1/6 cup(s) (6g)
salt
3 dash (2g)
black pepper
1 1/2 dash, ground (0g)
olive oil
1 1/2 tbsp (23mL)
basil, dried
3 dash, leaves (0g)

For all 2 meals:

onion, chopped
3/4 medium (2-1/2" dia) (83g)
carrots, diced
1 1/2 medium (92g)
raw celery, chopped
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
garlic, minced
1 1/2 clove(s) (5g)
oregano, dried
1/4 tbsp, leaves (1g)
canned crushed tomatoes
3/4 can (304g)
lentils, raw
1 1/2 cup (288g)
water
6 cup(s) (1422mL)
fresh spinach, thinly sliced
3/8 cup(s) (11g)
salt
1/4 tbsp (5g)
black pepper
3 dash, ground (1g)
olive oil
3 tbsp (45mL)
basil, dried
1/4 tbsp, leaves (1g)

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.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

salad dressing
1/4 cup (56mL)
mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)

For all 2 meals:

salad dressing
1/2 cup (113mL)
mixed greens
7 1/2 cup (225g)
tomatoes
1 1/4 cup cherry tomatoes (186g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cal● 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.