

Meal Plan - 3300 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

3254 cals ● 227g protein (28%) ● 125g fat (35%) ● 246g carbs (30%) ● 57g fiber (7%)

Breakfast

530 cals, 28g protein, 30g net carbs, 28g fat



Basic fried eggs
2 egg(s)- 159 cals



Grapes
174 cals



Pesto scrambled eggs
2 eggs- 198 cals

Snacks

415 cals, 20g protein, 32g net carbs, 20g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Boiled eggs
2 egg(s)- 139 cals



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

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1210 cals, 81g protein, 94g net carbs, 48g fat



Salmon & coconut ginger broccoli
6 oz salmon- 632 cals



Lentils
578 cals

Dinner

770 cals, 26g protein, 89g net carbs, 27g fat



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



Southwest lentil & potato skillet
640 cals

Day 2

3260 cals ● 225g protein (28%) ● 139g fat (38%) ● 224g carbs (27%) ● 53g fiber (6%)

Breakfast

530 cals, 28g protein, 30g net carbs, 28g fat



Basic fried eggs
2 egg(s)- 159 cals



Grapes
174 cals



Pesto scrambled eggs
2 eggs- 198 cals

Snacks

415 cals, 20g protein, 32g net carbs, 20g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Boiled eggs
2 egg(s)- 139 cals



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

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1020 cals, 68g protein, 37g net carbs, 59g fat



Seitan salad
718 cals



Sunflower seeds
301 cals

Dinner

970 cals, 37g protein, 123g net carbs, 30g fat



Simple mixed greens and tomato salad
151 cals



Cheese ravioli
816 cals

Day 3

3312 cals ● 239g protein (29%) ● 136g fat (37%) ● 202g carbs (24%) ● 79g fiber (10%)

Breakfast

530 cals, 28g protein, 30g net carbs, 28g fat



Basic fried eggs
2 egg(s)- 159 cals



Grapes
174 cals



Pesto scrambled eggs
2 eggs- 198 cals

Snacks

415 cals, 7g protein, 8g net carbs, 33g fat



Walnuts
1/8 cup(s)- 87 cals



Pepper strips and guacamole
150 cals



Avocado
176 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1005 cals, 77g protein, 14g net carbs, 62g fat



Roasted almonds
1/3 cup(s)- 277 cals



Avocado tuna salad
727 cals

Dinner

1035 cals, 55g protein, 147g net carbs, 11g fat



Bbq cauliflower wings
803 cals



Roasted tomatoes
1 tomato(es)- 60 cals



Lentils
174 cals

Day 4

3275 cals ● 247g protein (30%) ● 173g fat (48%) ● 130g carbs (16%) ● 52g fiber (6%)

Breakfast

540 cals, 24g protein, 7g net carbs, 40g fat



Simple sauteed spinach
50 cals



Eggs with tomato and avocado
489 cals

Snacks

415 cals, 7g protein, 8g net carbs, 33g fat



Walnuts
1/8 cup(s)- 87 cals



Pepper strips and guacamole
150 cals



Avocado
176 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1005 cals, 77g protein, 14g net carbs, 62g fat



Roasted almonds
1/3 cup(s)- 277 cals



Avocado tuna salad
727 cals

Dinner

990 cals, 66g protein, 98g net carbs, 36g fat



Clementine
2 clementine(s)- 78 cals



Crispy chik'n tenders
16 tender(s)- 914 cals

Day 5

3302 cals ● 232g protein (28%) ● 183g fat (50%) ● 132g carbs (16%) ● 50g fiber (6%)

Breakfast

540 cals, 24g protein, 7g net carbs, 40g fat



Simple sauteed spinach
50 cals



Eggs with tomato and avocado
489 cals

Snacks

415 cals, 7g protein, 8g net carbs, 33g fat



Walnuts
1/8 cup(s)- 87 cals



Pepper strips and guacamole
150 cals



Avocado
176 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1050 cals, 54g protein, 79g net carbs, 55g fat



Lentils
116 cals



Lemon ginger tofu chik'n
17 1/2 oz tofu- 933 cals

Dinner

975 cals, 74g protein, 35g net carbs, 54g fat



Tomato and avocado salad
235 cals



Almond crusted tilapia
10 1/2 oz- 741 cals

Day 6

3325 cal ● 241g protein (29%) ● 124g fat (34%) ● 250g carbs (30%) ● 60g fiber (7%)

Breakfast

545 cal, 17g protein, 44g net carbs, 26g fat



Avocado toast
3 slice(s)- 504 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal

Snacks

400 cal, 13g protein, 35g net carbs, 17g fat



Clementine
3 clementine(s)- 117 cal



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



Bell pepper strips and hummus
170 cal

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cal

Lunch

1050 cal, 54g protein, 79g net carbs, 55g fat



Lentils
116 cal



Lemon ginger tofu chik'n
17 1/2 oz tofu- 933 cal

Dinner

1005 cal, 85g protein, 91g net carbs, 25g fat



Tilapia with tomato caper sauce
12 1/2 oz tilapia- 609 cal



Basic baked potato
1 1/2 potato(es)- 396 cal

Day 7

3278 cal ● 236g protein (29%) ● 115g fat (31%) ● 260g carbs (32%) ● 65g fiber (8%)

Breakfast

545 cal, 17g protein, 44g net carbs, 26g fat



Avocado toast
3 slice(s)- 504 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal

Snacks

400 cal, 13g protein, 35g net carbs, 17g fat



Clementine
3 clementine(s)- 117 cal



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



Bell pepper strips and hummus
170 cal

Protein Supplement(s)

325 cal, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cal

Lunch

1000 cal, 49g protein, 88g net carbs, 45g fat



Grilled cheese with sun dried tomatoes & spinach
1 1/2 sandwich(es)- 820 cal



Lowfat yogurt
1 container(s)- 181 cal

Dinner

1005 cal, 85g protein, 91g net carbs, 25g fat



Tilapia with tomato caper sauce
12 1/2 oz tilapia- 609 cal



Basic baked potato
1 1/2 potato(es)- 396 cal

Baked Products

- naan bread
1/2 piece (45g)
- bread
9 slice (288g)

Fats and Oils

- oil
1/4 lbs (138mL)
- salad dressing
5 tbsp (75mL)
- olive oil
1 oz (32mL)

Vegetables and Vegetable Products

- jalapeno pepper
2 pepper (28g)
- bell pepper
4 1/2 large (759g)
- potatoes
3 lbs (1291g)
- fresh ginger
1 1/2 oz (39g)
- broccoli
1 stalk (151g)
- tomatoes
13 medium whole (2-3/5" dia) (1606g)
- fresh spinach
8 1/2 cup(s) (251g)
- cauliflower
3 head small (4" dia.) (795g)
- onion
2/3 medium (2-1/2" dia) (73g)
- ketchup
4 tbsp (68g)
- garlic
8 clove(s) (24g)
- shallots
1 1/4 shallot (142g)
- sun-dried tomatoes
1 1/2 oz (43g)

Dairy and Egg Products

- sour cream
4 tbsp (48g)
- eggs
22 large (1100g)

Fruits and Fruit Juices

- grapes
9 cup (828g)
- avocados
7 avocado(s) (1441g)
- lemon juice
2 2/3 fl oz (82mL)
- lime juice
1 fl oz (32mL)
- clementines
8 fruit (592g)

Soups, Sauces, and Gravies

- pesto sauce
1/4 cup (72g)
- pasta sauce
1/2 jar (24 oz) (336g)
- barbecue sauce
3/4 cup (215g)
- vegetable broth
1/3 cup(s) (mL)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Nut and Seed Products

- almonds
1/2 lbs (23 whole kernels) (208g)
- coconut milk, canned
1/4 can (113mL)
- sunflower kernels
1 2/3 oz (47g)
- walnuts
6 tbsp shelled (50 halves) (38g)
- sesame seeds
2 1/2 tbsp (23g)

Finfish and Shellfish Products

- salmon
6 oz (170g)
- canned tuna
3 1/3 can (573g)
- tilapia, raw
2 1/4 lbs (1003g)

Other

- provolone cheese
3 slice(s) (84g)
- lowfat flavored yogurt
1 container (6 oz) (170g)

Spices and Herbs

- paprika
1 tsp (2g)
- salt
1/2 oz (15g)
- black pepper
1/8 oz (2g)
- fresh basil
6 leaves (3g)
- garlic powder
2 dash (1g)
- capers
1 1/4 tbsp, drained (11g)

Beverages

- water
28 2/3 cup(s) (6795mL)
- protein powder
21 scoop (1/3 cup ea) (651g)

Legumes and Legume Products

- lentils, raw
1 3/4 cup (336g)
- soy sauce
5 tbsp (75mL)
- firm tofu
2 lbs (992g)
- hummus
2/3 cup (162g)

- mixed greens
6 1/3 cup (190g)
- nutritional yeast
1 2/3 oz (48g)
- guacamole, store-bought
3/4 cup (185g)
- meatless chik'n tenders
16 pieces (408g)

Meals, Entrees, and Side Dishes

- frozen cheese ravioli
3/4 lbs (340g)

Cereal Grains and Pasta

- seitan
6 oz (170g)
- all-purpose flour
1/4 cup (36g)
- cornstarch
1/2 cup (60g)

Sweets

- agave
5 tsp (35g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Basic fried eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Grapes

174 cal ● 2g protein ● 1g fat ● 28g carbs ● 11g fiber



For single meal:

grapes
3 cup (276g)

For all 3 meals:

grapes
9 cup (828g)

1. This recipe has no instructions.

Pesto scrambled eggs

2 eggs - 198 cal ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce
1 tbsp (16g)
eggs
2 large (100g)

For all 3 meals:

pesto sauce
3 tbsp (48g)
eggs
6 large (300g)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Simple sauteed spinach

50 cal ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

garlic, diced
1/4 clove (1g)
black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)

For all 2 meals:

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.

Eggs with tomato and avocado

489 cal ● 23g protein ● 37g fat ● 6g carbs ● 11g fiber



For single meal:

tomatoes
3 slice(s), thick/large (1/2" thick)
(81g)
eggs
3 large (150g)
avocados, sliced
3/4 avocado(s) (151g)
salt
3 dash (1g)
black pepper
3 dash (0g)
fresh basil, chopped
3 leaves (2g)

For all 2 meals:

tomatoes
6 slice(s), thick/large (1/2" thick)
(162g)
eggs
6 large (300g)
avocados, sliced
1 1/2 avocado(s) (302g)
salt
1/4 tbsp (2g)
black pepper
1/4 tbsp (1g)
fresh basil, chopped
6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
 2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
 3. Serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Avocado toast

3 slice(s) - 504 cals ● 15g protein ● 26g fat ● 38g carbs ● 16g fiber



For single meal:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

For all 2 meals:

bread
6 slice (192g)
avocados, ripe, sliced
1 1/2 avocado(s) (302g)

1. Toast the bread.
 2. Top with ripe avocado and use a fork to smash.
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Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.
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Lunch 1 [↗](#)

Eat on day 1

Salmon & coconut ginger broccoli

6 oz salmon - 632 cals ● 41g protein ● 46g fat ● 9g carbs ● 4g fiber



Makes 6 oz salmon

fresh ginger, peeled and thinly sliced

1/2 slices (1" dia) (1g)

coconut milk, canned

1/4 can (113mL)

broccoli, cut into florets

1 stalk (151g)

salmon

6 oz (170g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.

Lentils

578 cals ● 39g protein ● 2g fat ● 84g carbs ● 17g fiber



salt

1 2/3 dash (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.
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Lunch 2 [↗](#)

Eat on day 2

Seitan salad

718 cals ● 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.

Sunflower seeds

301 cals ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



sunflower kernels
1 2/3 oz (47g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 3, day 4

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:
almonds
5 tbsp, whole (45g)

For all 2 meals:
almonds
10 tbsp, whole (89g)

1. This recipe has no instructions.

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.

Lunch 4 [↗](#)

Eat on day 5, day 6

Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

- salt**
1/3 dash (0g)
- water**
2/3 cup(s) (158mL)
- lentils, raw, rinsed**
2 2/3 tbsp (32g)

For all 2 meals:

- salt**
2/3 dash (1g)
- water**
1 1/3 cup(s) (316mL)
- lentils, raw, rinsed**
1/3 cup (64g)

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.

Lemon ginger tofu chik'n

17 1/2 oz tofu - 933 cal ● 46g protein ● 54g fat ● 62g carbs ● 3g fiber



For single meal:

agave

2 1/2 tsp (17g)

sesame seeds

1 1/4 tbsp (11g)

garlic, minced

2 1/2 clove(s) (8g)

fresh ginger, peeled & minced

3 3/4 1 inch cube (19g)

oil

2 tbsp (28mL)

lemon juice

2 1/2 tbsp (38mL)

cornstarch

1/4 cup (30g)

soy sauce, divided

2 1/2 tbsp (38mL)

firm tofu, patted dry

1 lbs (496g)

For all 2 meals:

agave

5 tsp (35g)

sesame seeds

2 1/2 tbsp (23g)

garlic, minced

5 clove(s) (15g)

fresh ginger, peeled & minced

7 1/2 1 inch cube (38g)

oil

1/4 cup (56mL)

lemon juice

5 tbsp (75mL)

cornstarch

1/2 cup (60g)

soy sauce, divided

5 tbsp (75mL)

firm tofu, patted dry

2 lbs (992g)

1. Preheat oven to 425°F (220°C).
 2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
 3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
 4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
 5. both bowls aside.
 6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
 7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
 8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.
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Lunch 5 [↗](#)

Eat on day 7

Grilled cheese with sun dried tomatoes & spinach

1 1/2 sandwich(es) - 820 cal ● 41g protein ● 42g fat ● 57g carbs ● 12g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

pesto sauce

1 1/2 tbsp (24g)

sun-dried tomatoes

1 1/2 oz (43g)

fresh spinach

3/8 cup(s) (11g)

olive oil

1/2 tbsp (8mL)

provolone cheese

3 slice(s) (84g)

1. Divide the olive oil over the outside of each slice of bread.
2. On one slice, spread the pesto, then layer a slice of cheese, topped with the tomatoes and spinach. Place the second slice of the cheese on top and close the sandwich.
3. Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.

Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



Makes 1 container(s)

lowfat flavored yogurt

1 container (6 oz) (170g)

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

Eat on day 1, day 2

Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

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

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.

Roasted almonds

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



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp shelled (50 halves) (13g)

For all 3 meals:

walnuts

6 tbsp shelled (50 halves) (38g)

1. This recipe has no instructions.

Pepper strips and guacamole

150 cals ● 3g protein ● 10g fat ● 6g carbs ● 6g fiber



For single meal:

bell pepper, sliced

1 medium (119g)

guacamole, store-bought

4 tbsp (62g)

For all 3 meals:

bell pepper, sliced

3 medium (357g)

guacamole, store-bought

3/4 cup (185g)

1. Slice the peppers into strips and remove the seeds.
2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.

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

Clementine

3 clementine(s) - 117 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

clementines
3 fruit (222g)

For all 2 meals:

clementines
6 fruit (444g)

1. This recipe has no instructions.

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

Bell pepper strips and hummus

170 cal ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

For all 2 meals:

hummus
2/3 cup (162g)
bell pepper
2 medium (238g)

1. Cut bell pepper into strips.
 2. Serve with hummus to dip in.
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Dinner 1 [↗](#)

Eat on day 1

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

naan bread

1/2 piece (45g)



1. This recipe has no instructions.

Southwest lentil & potato skillet

640 cal ● 22g protein ● 25g fat ● 67g carbs ● 16g fiber



oil

1 tbsp (15mL)

jalapeno pepper, sliced

2 pepper (28g)

sour cream

4 tbsp (48g)

paprika

1 tsp (2g)

bell pepper, deseeded & sliced

1 large (164g)

water

1/2 cup(s) (119mL)

potatoes, thinly sliced

2 small (1-3/4" to 2-1/4" dia.) (184g)

lentils, raw

1/3 cup (64g)

1. Preheat oven to 400°F (200°C).
 2. Combine lentils and water in a small saucepan. Cook according to package instructions. Drain any remaining water. Set aside.
 3. Coat the potatoes and peppers separately with the oil and season them with paprika and some salt and pepper. Place the potato slices on one side of a baking sheet and bake for 10 minutes. After the initial 10 minutes, add the peppers to the other side of the same baking sheet. Continue baking both the potatoes and peppers for an additional 20 minutes until they are soft.
 4. Mix the cooked peppers with the lentils and season with some salt and pepper. Top the lentil and pepper mixture with the potatoes, sour cream, and jalapeno. Serve.
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Dinner 2 [↗](#)

Eat on day 2

Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Cheese ravioli

816 cal ● 33g protein ● 20g fat ● 113g carbs ● 12g fiber



pasta sauce

1/2 jar (24 oz) (336g)

frozen cheese ravioli

3/4 lbs (340g)

1. Prepare the ravioli as instructed on the package.
 2. Top with pasta sauce and enjoy.
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Dinner 3 [↗](#)

Eat on day 3

Bbq cauliflower wings

803 cal ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



barbecue sauce

3/4 cup (215g)

salt

1/4 tbsp (5g)

nutritional yeast

3/4 cup (45g)

cauliflower

3 head small (4" dia.) (795g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Roasted tomatoes

1 tomato(es) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

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.

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

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

Dinner 4 [↗](#)

Eat on day 4

Clementine

2 clementine(s) - 78 cal ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



Makes 2 clementine(s)

clementines
2 fruit (148g)

1. This recipe has no instructions.

Crispy chik'n tenders

16 tender(s) - 914 cal ● 65g protein ● 36g fat ● 82g carbs ● 0g fiber



Makes 16 tender(s)

ketchup
4 tbsp (68g)
meatless chik'n tenders
16 pieces (408g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 5 [↗](#)

Eat on day 5

Tomato and avocado salad

235 cal ● 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.

Almond crusted tilapia

10 1/2 oz - 741 cal ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



Makes 10 1/2 oz

tilapia, raw

2/3 lbs (294g)

almonds

1/2 cup, slivered (47g)

all-purpose flour

1/4 cup (36g)

salt

1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

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.
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Dinner 6 [↗](#)

Eat on day 6, day 7

Tilapia with tomato caper sauce

12 1/2 oz tilapia - 609 cal ● 76g protein ● 24g fat ● 17g carbs ● 5g fiber



For single meal:

oil
1 1/4 tbsp (19mL)
vegetable broth
1/6 cup(s) (mL)
garlic, minced
1 1/4 clove(s) (4g)
shallots, finely chopped
5/8 shallot (71g)
capers
2 tsp, drained (5g)
tomatoes, chopped
1 1/4 large whole (3" dia) (228g)
tilapia, raw
3/4 lbs (354g)

For all 2 meals:

oil
2 1/2 tbsp (38mL)
vegetable broth
1/3 cup(s) (mL)
garlic, minced
2 1/2 clove(s) (8g)
shallots, finely chopped
1 1/4 shallot (142g)
capers
1 1/4 tbsp, drained (11g)
tomatoes, chopped
2 1/2 large whole (3" dia) (455g)
tilapia, raw
1 1/2 lbs (709g)

1. Sauce: Add half of the oil (reserving the rest for later), garlic and shallot to a skillet over medium heat. Sautee for about 5 minutes. Stir in tomatoes and cook for another 3-5 minutes. Add in broth and simmer for about 5 minutes until it has reduced. Add capers, cook for 1 more minute and turn off heat.
2. Fish: Line a baking sheet with foil and preheat your oven's broiler. Prep the fish by rubbing all sides with the remaining oil, and a pinch of salt/pepper. Place the fish on the baking sheet and bake in the broiler on the lowest rack for 6-8 minutes. Check fish every few minutes to make sure it doesn't overcook or get scorched. Tilapia will be done when flesh is opaque and flakes with a fork.
3. When both elements are done, pour the tomato caper sauce on top of the tilapia and serve.

Basic baked potato

1 1/2 potato(es) - 396 cal ● 9g protein ● 1g fat ● 74g carbs ● 13g fiber



For single meal:

oil
1/4 tbsp (4mL)
salt
1 1/2 dash (1g)
potatoes
1 1/2 large (3" to 4-1/4" dia.) (554g)

For all 2 meals:

oil
1/2 tbsp (8mL)
salt
3 dash (1g)
potatoes
3 large (3" to 4-1/4" dia.) (1107g)

1. OVEN:
2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

water
3 cup(s) (711mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

water
21 cup(s) (4977mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.
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