

# Meal Plan - 3400 calorie high protein pescetarian meal plan



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<https://www.strongfastr.com>

## Day 1

3396 cals ● 258g protein (30%) ● 133g fat (35%) ● 236g carbs (28%) ● 55g fiber (6%)

### Breakfast

585 cals, 25g protein, 39g net carbs, 32g fat



[Apple, banana, almond butter bowl](#)

264 cals



[Pumpkin seeds](#)

183 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

### Snacks

165 cals, 4g protein, 29g net carbs, 2g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cals

### Lunch

1120 cals, 84g protein, 49g net carbs, 55g fat



[Garlic collard greens](#)

358 cals



[Milk](#)

1 1/2 cup(s)- 224 cals



[Vegan sausage](#)

2 sausage(s)- 536 cals

### Dinner

1200 cals, 73g protein, 116g net carbs, 43g fat



[Avocado tuna salad](#)

545 cals



[Naan bread](#)

2 1/2 piece(s)- 655 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

## Day 2

3407 cals ● 231g protein (27%) ● 91g fat (24%) ● 349g carbs (41%) ● 67g fiber (8%)

### Breakfast

585 cals, 25g protein, 39g net carbs, 32g fat



[Apple, banana, almond butter bowl](#)  
264 cals



[Pumpkin seeds](#)  
183 cals



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

### Snacks

165 cals, 4g protein, 29g net carbs, 2g fat



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

### Lunch

1130 cals, 57g protein, 162g net carbs, 12g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Bbq cauliflower wings](#)  
1070 cals

### Dinner

1200 cals, 73g protein, 116g net carbs, 43g fat



[Avocado tuna salad](#)  
545 cals



[Naan bread](#)  
2 1/2 piece(s)- 655 cals

### Protein Supplement(s)

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



[Protein shake](#)  
3 scoop- 327 cals

## Day 3

3271 cals ● 231g protein (28%) ● 94g fat (26%) ● 303g carbs (37%) ● 73g fiber (9%)

### Breakfast

495 cals, 24g protein, 29g net carbs, 27g fat



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



[Avocado toast with egg](#)  
2 slice(s)- 475 cals

### Snacks

415 cals, 16g protein, 41g net carbs, 18g fat



[Toast with butter](#)  
3 slice(s)- 341 cals



[Milk](#)  
1/2 cup(s)- 75 cals

### Lunch

1130 cals, 57g protein, 162g net carbs, 12g fat



[Roasted tomatoes](#)  
1 tomato(es)- 60 cals



[Bbq cauliflower wings](#)  
1070 cals

### Dinner

900 cals, 62g protein, 68g net carbs, 35g fat



[White rice](#)  
1 cup rice, cooked- 220 cals



[Caprese salad](#)  
426 cals



[Vegan crumbles](#)  
1 3/4 cup(s)- 256 cals

### Protein Supplement(s)

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



[Protein shake](#)  
3 scoop- 327 cals

## Day 4

3308 cals ● 235g protein (28%) ● 131g fat (36%) ● 245g carbs (30%) ● 53g fiber (6%)

### Breakfast

495 cals, 24g protein, 29g net carbs, 27g fat



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals



**Avocado toast with egg**  
2 slice(s)- 475 cals

### Snacks

415 cals, 16g protein, 41g net carbs, 18g fat



**Toast with butter**  
3 slice(s)- 341 cals



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

### Lunch

1165 cals, 61g protein, 104g net carbs, 49g fat



**Simple mozzarella and tomato salad**  
322 cals



**Tuna salad sandwich**  
1 sandwich(es)- 495 cals



**Banana**  
3 banana(s)- 350 cals

### Dinner

900 cals, 62g protein, 68g net carbs, 35g fat



**White rice**  
1 cup rice, cooked- 220 cals



**Caprese salad**  
426 cals



**Vegan crumbles**  
1 3/4 cup(s)- 256 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

# Day 5

3360 cals ● 233g protein (28%) ● 125g fat (34%) ● 272g carbs (32%) ● 52g fiber (6%)

## Breakfast

570 cals, 27g protein, 58g net carbs, 23g fat



[Basic fried eggs](#)  
2 egg(s)- 159 cals



[Simple cinnamon oatmeal with milk](#)  
411 cals

## Snacks

415 cals, 16g protein, 41g net carbs, 18g fat



[Toast with butter](#)  
3 slice(s)- 341 cals



[Milk](#)  
1/2 cup(s)- 75 cals

## Lunch

1050 cals, 55g protein, 84g net carbs, 44g fat



[Bean & tofu goulash](#)  
656 cals



[String cheese](#)  
2 stick(s)- 165 cals



[Simple mixed greens and tomato salad](#)  
227 cals

## Dinner

1000 cals, 63g protein, 86g net carbs, 39g fat



[White rice](#)  
1/2 cup rice, cooked- 110 cals



[Shrimp & zucchini fajita tacos](#)  
2 taco(s)- 822 cals



[Simple mixed greens salad](#)  
68 cals

## Protein Supplement(s)

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



[Protein shake](#)  
3 scoop- 327 cals

# Day 6

3366 cals ● 256g protein (30%) ● 124g fat (33%) ● 260g carbs (31%) ● 46g fiber (5%)

## Breakfast

570 cals, 27g protein, 58g net carbs, 23g fat



[Basic fried eggs](#)  
2 egg(s)- 159 cals



[Simple cinnamon oatmeal with milk](#)  
411 cals

## Snacks

465 cals, 19g protein, 53g net carbs, 18g fat



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



[Milk](#)  
1 1/4 cup(s)- 186 cals

## Lunch

1050 cals, 55g protein, 84g net carbs, 44g fat



[Bean & tofu goulash](#)  
656 cals



[String cheese](#)  
2 stick(s)- 165 cals



[Simple mixed greens and tomato salad](#)  
227 cals

## Dinner

960 cals, 82g protein, 62g net carbs, 38g fat



[Simple mixed greens salad](#)  
203 cals



[White rice](#)  
2/3 cup rice, cooked- 147 cals



[Tilapia with tomato caper sauce](#)  
12 1/2 oz tilapia- 609 cals

## Protein Supplement(s)

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



[Protein shake](#)  
3 scoop- 327 cals

# Day 7

3314 cals ● 237g protein (29%) ● 139g fat (38%) ● 239g carbs (29%) ● 41g fiber (5%)

## Breakfast

570 cals, 27g protein, 58g net carbs, 23g fat



### Basic fried eggs

2 egg(s)- 159 cals



### Simple cinnamon oatmeal with milk

411 cals

## Snacks

465 cals, 19g protein, 53g net carbs, 18g fat



### Instant oatmeal with milk

1 packet(s)- 276 cals



### Milk

1 1/4 cup(s)- 186 cals

## Lunch

995 cals, 36g protein, 63g net carbs, 58g fat



### Spiced tofu & pesto sandwich

2 sandwich(es)- 760 cals



### Tomato and avocado salad

235 cals

## Dinner

960 cals, 82g protein, 62g net carbs, 38g fat



### Simple mixed greens salad

203 cals



### White rice

2/3 cup rice, cooked- 147 cals



### Tilapia with tomato caper sauce

12 1/2 oz tilapia- 609 cals

## Protein Supplement(s)

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



### Protein shake

3 scoop- 327 cals

# Grocery List



## Fruits and Fruit Juices

- avocados  
2 3/4 avocado(s) (553g)
- lime juice  
1 fl oz (27mL)
- banana  
4 1/2 medium (7" to 7-7/8" long) (531g)
- apples  
1 1/2 medium (3" dia) (273g)

## Spices and Herbs

- salt  
1 oz (24g)
- black pepper  
3 g (3g)
- fresh basil  
1 oz (28g)
- cinnamon  
1 1/4 tbsp (10g)
- chili powder  
1 1/4 tsp (3g)
- fresh thyme  
1/4 tbsp (1g)
- paprika  
1 1/2 tbsp (10g)
- capers  
1 1/4 tbsp, drained (11g)
- crushed red pepper  
4 dash (1g)
- ground cumin  
2 tsp (4g)
- garlic powder  
2 dash (1g)

## Other

- mixed greens  
6 1/2 package (5.5 oz) (1000g)
- vegan sausage  
2 sausage (200g)
- nutritional yeast  
2 cup (120g)
- guacamole, store-bought  
4 tbsp (62g)

## Vegetables and Vegetable Products

- onion  
2 1/2 medium (2-1/2" dia) (279g)

## Baked Products

- naan bread  
5 piece (450g)
- bread  
1 1/3 lbs (608g)
- flour tortillas  
2 tortilla (approx 7-8" dia) (98g)

## Beverages

- water  
25 cup(s) (6002mL)
- protein powder  
21 scoop (1/3 cup ea) (651g)

## Nut and Seed Products

- coconut flakes  
1 1/2 tbsp (8g)
- almond butter  
1 1/2 tbsp (24g)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Dairy and Egg Products

- eggs  
14 large (700g)
- whole milk  
10 cup (2354mL)
- butter  
3 tbsp (41g)
- fresh mozzarella cheese  
1/2 lbs (246g)
- string cheese  
4 stick (112g)

## Breakfast Cereals

- flavored instant oatmeal  
4 packet (172g)
- quick oats  
2 cup (150g)

## Fats and Oils

- oil  
4 oz (118mL)
- balsamic vinaigrette  
2 3/4 oz (80mL)

- tomatoes  
14 medium whole (2-3/5" dia) (1718g)
- collard greens  
18 oz (510g)
- garlic  
7 1/2 clove(s) (22g)
- cauliflower  
8 head small (4" dia.) (2120g)
- raw celery  
1/2 stalk, small (5" long) (9g)
- zucchini  
1 medium (196g)
- bell pepper  
1/2 large (82g)
- shallots  
1 1/4 shallot (142g)

### **Finfish and Shellfish Products**

- canned tuna  
3 1/3 can (572g)
- shrimp, raw  
1/2 lbs (227g)
- tilapia, raw  
1 1/2 lbs (709g)

- mayonnaise  
1 1/2 tbsp (23mL)
- salad dressing  
1 1/4 cup (293mL)
- olive oil  
1/4 tbsp (4mL)

### **Soups, Sauces, and Gravies**

- barbecue sauce  
2 cup (572g)
- vegetable broth  
1/3 cup(s) (mL)
- pesto sauce  
3 tbsp (48g)

### **Cereal Grains and Pasta**

- long-grain white rice  
1 1/4 cup (236g)

### **Legumes and Legume Products**

- vegetarian burger crumbles  
3 1/2 cup (350g)
- firm tofu  
16 1/2 oz (468g)
- white beans, canned  
1 1/2 can(s) (659g)

### **Sweets**

- sugar  
1/4 cup (49g)
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## Breakfast 1 ↗

Eat on day 1, day 2

### Apple, banana, almond butter bowl

264 cals ● 4g protein ● 8g fat ● 36g carbs ● 7g fiber



For single meal:

**banana, sliced**

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

**apples, chopped**

3/4 medium (3" dia) (137g)

**coconut flakes**

3/4 tbsp (4g)

**almond butter**

3/4 tbsp (12g)

For all 2 meals:

**banana, sliced**

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

**apples, chopped**

1 1/2 medium (3" dia) (273g)

**coconut flakes**

1 1/2 tbsp (8g)

**almond butter**

1 1/2 tbsp (24g)

1. Put banana and apple chunks in a bowl. Mix together.
2. Top with coconut flakes and drizzle with almond butter.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**

4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**

1/2 cup (59g)

1. This recipe has no instructions.

### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

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## Breakfast 2 ↗

Eat on day 3, day 4

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### 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.

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### 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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## Breakfast 3 ↗

Eat on day 5, day 6, day 7

### Basic fried eggs

2 egg(s) - 159 cals ● 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.

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### Simple cinnamon oatmeal with milk

411 cals ● 14g protein ○ 11g fat ● 58g carbs ● 6g fiber



For single meal:

**sugar**  
1 1/4 tbsp (16g)  
**cinnamon**  
1 1/4 tsp (3g)  
**whole milk**  
1 cup (225mL)  
**quick oats**  
10 tbsp (50g)

For all 3 meals:

**sugar**  
1/4 cup (49g)  
**cinnamon**  
1 1/4 tbsp (10g)  
**whole milk**  
3 cup (675mL)  
**quick oats**  
2 cup (150g)

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

## Lunch 1 ↗

Eat on day 1

### Garlic collard greens

358 cals ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



#### collard greens

18 oz (510g)

#### oil

1 tbsp (17mL)

#### garlic, minced

3 1/2 clove(s) (10g)

#### salt

1/4 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and sauté until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber

Makes 1 1/2 cup(s)



#### whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.

### Vegan sausage

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

Makes 2 sausage(s)

#### vegan sausage

2 sausage (200g)



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

## Lunch 2 ↗

Eat on day 2, day 3

### Roasted tomatoes

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



For single meal:

**tomatoes**

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

**oil**

1 tsp (5mL)

For all 2 meals:

**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.

### Bbq cauliflower wings

1070 cals ● 56g protein ● 8g fat ● 160g carbs ● 35g fiber



For single meal:

**barbecue sauce**

1 cup (286g)

**salt**

1 tsp (6g)

**nutritional yeast**

1 cup (60g)

**cauliflower**

4 head small (4" dia.) (1060g)

For all 2 meals:

**barbecue sauce**

2 cup (572g)

**salt**

2 tsp (12g)

**nutritional yeast**

2 cup (120g)

**cauliflower**

8 head small (4" dia.) (2120g)

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 barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

## Lunch 3 ↗

Eat on day 4

### Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



**tomatoes, sliced**  
1 large whole (3" dia) (182g)  
**fresh mozzarella cheese, sliced**  
2 2/3 oz (76g)  
**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
4 tsp, chopped (4g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

### Tuna salad sandwich

1 sandwich(es) - 495 cals ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



Makes 1 sandwich(es)

**bread**  
2 slice (64g)  
**mayonnaise**  
1 1/2 tbsp (23mL)  
**black pepper**  
1 dash (0g)  
**raw celery, chopped**  
1/2 stalk, small (5" long) (9g)  
**salt**  
1 dash (0g)  
**canned tuna**  
5 oz (142g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

### Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber



Makes 3 banana(s)

**banana**  
3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

## Lunch 4 ↗

Eat on day 5, day 6

### Bean & tofu goulash

656 cals ● 37g protein ● 19g fat ● 65g carbs ● 19g fiber



For single meal:

**fresh thyme**  
3 dash (0g)  
**paprika**  
3/4 tbsp (5g)  
**oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
3/4 clove (2g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**firm tofu, drained and diced**  
1/3 lbs (149g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)

For all 2 meals:

**fresh thyme**  
1/4 tbsp (1g)  
**paprika**  
1 1/2 tbsp (10g)  
**oil**  
1 1/2 tbsp (23mL)  
**garlic, minced**  
1 1/2 clove (5g)  
**onion, diced**  
1 1/2 medium (2-1/2" dia) (165g)  
**firm tofu, drained and diced**  
2/3 lbs (298g)  
**white beans, canned, drained & rinsed**  
1 1/2 can(s) (659g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 2 meals:

**string cheese**  
4 stick (112g)

1. This recipe has no instructions.

### 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.

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## Lunch 5 ↗

Eat on day 7

### Spiced tofu & pesto sandwich

2 sandwich(es) - 760 cals ● 33g protein ● 40g fat ● 56g carbs ● 11g fiber



Makes 2 sandwich(es)

**firm tofu**

6 oz (170g)

**crushed red pepper**

4 dash (1g)

**mixed greens**

1 cup (30g)

**chili powder**

1 tsp (3g)

**ground cumin**

2 tsp (4g)

**oil**

2 tsp (10mL)

**pesto sauce**

3 tbsp (48g)

**bread**

4 slice(s) (128g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

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### 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.

## Snacks 1 ↗

Eat on day 1, day 2

### Instant oatmeal with water

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



For single meal:

**flavored instant oatmeal**

1 packet (43g)

**water**

3/4 cup(s) (180mL)

For all 2 meals:

**flavored instant oatmeal**

2 packet (86g)

**water**

1 1/2 cup(s) (359mL)

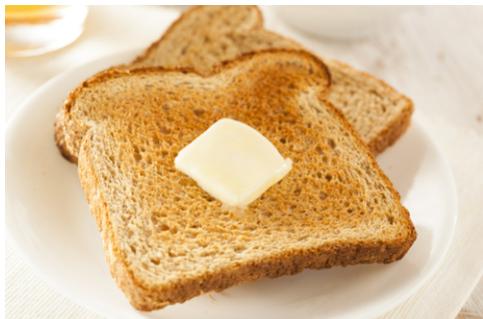
1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

## Snacks 2 ↗

Eat on day 3, day 4, day 5

### Toast with butter

3 slice(s) - 341 cals ● 12g protein ● 14g fat ● 35g carbs ● 6g fiber



For single meal:

**bread**

3 slice (96g)

**butter**

1 tbsp (14g)

For all 3 meals:

**bread**

9 slice (288g)

**butter**

3 tbsp (41g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

## Milk

1/2 cup(s) - 75 cals ● 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.

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## Snacks 3 ↗

Eat on day 6, day 7

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### Instant oatmeal with milk

1 packet(s) - 276 cals ● 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 2 meals:

**flavored instant oatmeal**

2 packet (86g)

**whole milk**

1 1/2 cup (360mL)

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

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## Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

**whole milk**

1 1/4 cup (300mL)

For all 2 meals:

**whole milk**

2 1/2 cup (600mL)

1. This recipe has no instructions.

## Dinner 1

Eat on day 1, day 2

### Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

**avocados**  
5/8 avocado(s) (126g)  
**lime juice**  
1 1/4 tsp (6mL)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash (0g)  
**mixed greens**  
1 1/4 cup (38g)  
**onion, minced**  
1/3 small (22g)  
**canned tuna**  
1 1/4 can (215g)  
**tomatoes**  
5 tbsp, chopped (56g)

For all 2 meals:

**avocados**  
1 1/4 avocado(s) (251g)  
**lime juice**  
2 1/2 tsp (13mL)  
**salt**  
1/3 tsp (1g)  
**black pepper**  
1/3 tsp (0g)  
**mixed greens**  
2 1/2 cup (75g)  
**onion, minced**  
5/8 small (44g)  
**canned tuna**  
2 1/2 can (430g)  
**tomatoes**  
10 tbsp, chopped (113g)

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.

### Naan bread

2 1/2 piece(s) - 655 cals ● 22g protein ● 13g fat ● 109g carbs ● 5g fiber



For single meal:

**naan bread**  
2 1/2 piece (225g)

For all 2 meals:

**naan bread**  
5 piece (450g)

1. This recipe has no instructions.

## Dinner 2 ↗

Eat on day 3, day 4

### White rice

1 cup rice, cooked - 220 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

**long-grain white rice**

1/3 cup (62g)

**water**

2/3 cup(s) (160mL)

**salt**

1/3 tsp (2g)

**black pepper**

2 dash, ground (1g)

For all 2 meals:

**long-grain white rice**

2/3 cup (123g)

**water**

1 1/3 cup(s) (319mL)

**salt**

1/4 tbsp (4g)

**black pepper**

4 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. 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.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

### Caprese salad

426 cals ● 25g protein ● 27g fat ● 15g carbs ● 6g fiber



For single meal:

**balsamic vinaigrette**

2 tbsp (30mL)

**fresh basil**

1/2 cup leaves, whole (12g)

**tomatoes, halved**

1 cup cherry tomatoes (149g)

**mixed greens**

1 package (5.5 oz) (155g)

**fresh mozzarella cheese**

3 oz (85g)

For all 2 meals:

**balsamic vinaigrette**

4 tbsp (60mL)

**fresh basil**

1 cup leaves, whole (24g)

**tomatoes, halved**

2 cup cherry tomatoes (298g)

**mixed greens**

2 package (5.5 oz) (310g)

**fresh mozzarella cheese**

6 oz (170g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

### Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

**vegetarian burger crumbles**  
1 3/4 cup (175g)

For all 2 meals:

**vegetarian burger crumbles**  
3 1/2 cup (350g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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## Dinner 3 ↗

Eat on day 5

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### White rice

1/2 cup rice, cooked - 110 cals ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber



Makes 1/2 cup rice, cooked

**long-grain white rice**  
2 2/3 tbsp (31g)  
**water**  
1/3 cup(s) (80mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. 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.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

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### Shrimp & zucchini fajita tacos

2 taco(s) - 822 cals ● 59g protein ● 34g fat ● 57g carbs ● 12g fiber



Makes 2 taco(s)

**flour tortillas**

2 tortilla (approx 7-8" dia) (98g)  
**shrimp, raw, peeled and deveined**

1/2 lbs (227g)

**zucchini, sliced into thin rounds**

1 medium (196g)

**bell pepper, sliced into strips**

1/2 large (82g)

**onion, sliced**

1/2 medium (2-1/2" dia) (55g)

**chili powder**

2 dash (1g)

**guacamole, store-bought**

4 tbsp (62g)

**oil**

1 tbsp (15mL)

1. Prep veggies then heat a large skillet over medium heat. Add half of the oil along with the zucchini, onion, bell pepper, and a dash of salt/pepper. Sauté the vegetables until somewhat softened, about 5-10 minutes.

2. Meanwhile, in a separate skillet, add the rest of the oil, along with the shrimp, chili powder, and a dash of salt/pepper. Stir until shrimp are well coated and sauté until they are bright pink on the outside and the inside is no longer transparent, about 2-3 minutes per side.

3. Evenly distribute the fajitas and shrimp across the tortillas. Top with guacamole and serve.

## 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.

## Dinner 4 ↗

Eat on day 6, day 7

### Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**salad dressing**  
1/2 cup (135mL)

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

### White rice

2/3 cup rice, cooked - 147 cals ● 3g protein ● 0g fat ● 32g carbs ● 1g fiber



For single meal:

**long-grain white rice**  
1/4 cup (41g)  
**water**  
1/2 cup(s) (106mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1 1/3 dash, ground (0g)

For all 2 meals:

**long-grain white rice**  
1/2 cup (82g)  
**water**  
7/8 cup(s) (213mL)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/3 tsp, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. 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.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

### Tilapia with tomato caper sauce

12 1/2 oz tilapia - 609 cals ● 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.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

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



For single meal:

**water**  
3 cup(s) (718mL)  
**protein powder**  
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

**water**  
21 cup(s) (5029mL)  
**protein powder**  
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.