Meal Plan - 3500 calorie high protein pescetarian meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

3491 cals 252g protein (29%) 144g fat (37%) 215g carbs (25%) 82g fiber (9%)

Breakfast

580 cals, 47g protein, 44g net carbs, 22g fat

Breakfast cereal with protein milk
371 cals

Boiled eggs
3 egg(s)- 208 cals

Lunch

1170 cals, 60g protein, 88g net carbs, 45g fat

Garlic collard greens
358 cals

Sweet potato wedges
521 cals

Vegan crumbles
2 cup(s)- 292 cals

Snacks

150 cals, 4g protein, 22g net carbs, 3g fat

Strawberries
1 cup(s)- 52 cals

Breakfast cereal
97 cals

Dinner

1265 cals, 69g protein, 57g net carbs, 73g fat

Pumpkin seeds
366 cals

Sweet potato medallions
1 sweet potato- 309 cals

Basic tempeh
8 oz- 590 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 2

3474 cals 250g protein (29%) 154g fat (40%) 215g carbs (25%) 58g fiber (7%)

Breakfast

580 cals, 47g protein, 44g net carbs, 22g fat

Breakfast cereal with protein milk
371 cals

Boiled eggs
3 egg(s)- 208 cals

Lunch

1155 cals, 58g protein, 88g net carbs, 54g fat

Grapes
136 cals

Rosemary mushroom cheese sandwich
2 1/2 sandwich(es)- 1019 cals

Snacks

150 cals, 4g protein, 22g net carbs, 3g fat

Strawberries
1 cup(s)- 52 cals

Breakfast cereal
97 cals

Dinner

1265 cals, 69g protein, 57g net carbs, 73g fat

Pumpkin seeds
366 cals

Sweet potato medallions
1 sweet potato- 309 cals

Basic tempeh
8 oz- 590 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 3

3362 cals 282g protein (34%) 137g fat (37%) 199g carbs (24%) 51g fiber (6%)

Breakfast

580 cals, 47g protein, 44g net carbs, 22g fat

Breakfast cereal with protein milk
371 cals

Boiled eggs
3 egg(s)- 208 cals

Lunch

1155 cals, 58g protein, 88g net carbs, 54g fat

Grapes
136 cals

Rosemary mushroom cheese sandwich
2 1/2 sandwich(es)- 1019 cals

Snacks

150 cals, 4g protein, 22g net carbs, 3g fat

Strawberries
1 cup(s)- 52 cals

Breakfast cereal
97 cals

Dinner

1150 cals, 101g protein, 42g net carbs, 56g fat

Almond crusted tilapia
13 1/2 oz- 953 cals

Garlic collard greens
199 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 4

3548 cals 306g protein (34%) 152g fat (38%) 179g carbs (20%) 60g fiber (7%)

Breakfast

540 cals, 30g protein, 36g net carbs, 29g fat

Toast with butter
1 1/2 slice(s)- 171 cals

Milk
1 cup(s)- 149 cals

Scrambled eggs with kale, tomatoes, rosemary
219 cals

Lunch

1115 cals, 81g protein, 59g net carbs, 49g fat

Buffalo tempeh with tzatziki
942 cals

Sweet potato wedges
174 cals

Snacks

415 cals, 22g protein, 40g net carbs, 16g fat

Protein shake (milk)
129 cals

Raisins
1/4 cup- 137 cals

Roasted almonds
1/6 cup(s)- 148 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Dinner

1150 cals, 101g protein, 42g net carbs, 56g fat

Almond crusted tilapia
13 1/2 oz- 953 cals

Garlic collard greens
199 cals

Day 5

3455 cals ● 243g protein (28%) ● 108g fat (28%) ● 307g carbs (36%) ● 71g fiber (8%)

Breakfast

540 cals, 30g protein, 36g net carbs, 29g fat

Toast with butter
1 1/2 slice(s)- 171 cals

Milk
1 cup(s)- 149 cals

Scrambled eggs with kale, tomatoes, rosemary
219 cals

Lunch

1120 cals, 57g protein, 106g net carbs, 47g fat

Kefir
300 cals

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

Snacks

415 cals, 22g protein, 40g net carbs, 16g fat

Protein shake (milk)
129 cals

Raisins
1/4 cup- 137 cals

Roasted almonds
1/6 cup(s)- 148 cals

Dinner

1055 cals, 62g protein, 123g net carbs, 15g fat

Simple salad with celery, cucumber & tomato
213 cals

Lentil pasta
842 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 6

3460 cals ● 228g protein (26%) ● 160g fat (42%) ● 235g carbs (27%) ● 41g fiber (5%)

Breakfast

525 cals, 13g protein, 50g net carbs, 27g fat

Cherry tomatoes
6 cherry tomatoes- 21 cals

Mixed nuts
1/6 cup(s)- 145 cals

Small granola bar
3 bar(s)- 357 cals

Lunch

1120 cals, 57g protein, 106g net carbs, 47g fat

Kefir
300 cals

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

Snacks

380 cals, 17g protein, 25g net carbs, 22g fat

Cucumber slices
3/4 cucumber- 45 cals

Milk
1 cup(s)- 149 cals

Pistachios
188 cals

Dinner

1110 cals, 69g protein, 51g net carbs, 63g fat

Broccoli caesar salad with hard boiled eggs
650 cals

Lowfat yogurt
1 container(s)- 181 cals

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

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 7

3471 cals ● 246g protein (28%) ● 173g fat (45%) ● 198g carbs (23%) ● 35g fiber (4%)

Breakfast

525 cals, 13g protein, 50g net carbs, 27g fat

Cherry tomatoes
6 cherry tomatoes- 21 cals

Mixed nuts
1/6 cup(s)- 145 cals

Small granola bar
3 bar(s)- 357 cals

Lunch

1130 cals, 74g protein, 69g net carbs, 60g fat

Simple kale salad
1/2 cup(s)- 28 cals

Tuna salad wrap
2 wrap(s)- 1103 cals

Snacks

380 cals, 17g protein, 25g net carbs, 22g fat

Cucumber slices
3/4 cucumber- 45 cals

Milk
1 cup(s)- 149 cals

Pistachios
188 cals

Dinner

1110 cals, 69g protein, 51g net carbs, 63g fat

Broccoli caesar salad with hard boiled eggs
650 cals

Lowfat yogurt
1 container(s)- 181 cals

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

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Grocery List

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Nut and Seed Products

- [ ] roasted pumpkin seeds, unsalted
  1/3 lbs (155g)
- [ ] almonds
  1/2 lbs (259g)
- [ ] mixed nuts
  1/3 cup (45g)
- [ ] pistachios, dry roasted, without shells or salt added
  1/2 cup (62g)

Vegetables and Vegetable Products

- [ ] sweet potatoes
  4 2/3 sweetpotato, 5" long (980g)
- [ ] collard greens
  2 1/2 lbs (1077g)
- [ ] garlic
  7 clove(s) (21g)
- [ ] mushrooms
  1/2 lbs (213g)
- [ ] tomatoes
  4 medium whole (2-3/5" dia) (486g)
- [ ] kale leaves
  2 1/2 cup, chopped (100g)
- [ ] cucumber
  2 1/3 cucumber (8-1/4") (702g)
- [ ] raw celery
  1/6 bunch (84g)
- [ ] sun-dried tomatoes
  3 oz (85g)
- [ ] fresh spinach
  3/4 cup(s) (23g)
- [ ] broccoli
  2 1/2 cup chopped (228g)
- [ ] romaine lettuce
  10 cup shredded (470g)

Fats and Oils

- [ ] oil
  1/3 lbs (162mL)
- [ ] olive oil
  1 1/2 oz (49mL)
- [ ] salad dressing
  3 tbsp (45mL)
- [ ] mayonnaise
  3 tbsp (45mL)

Legumes and Legume Products

- [ ] tempeh
  1 3/4 lbs (794g)

Breakfast Cereals

- [ ] breakfast cereal
  6 serving (180g)

Fruits and Fruit Juices

- [ ] strawberries
  3 cup, whole (432g)
- [ ] grapes
  4 2/3 cup (429g)
- [ ] raisins
  1/2 cup, packed (83g)
- [ ] lemon juice
  2 1/2 tbsp (38mL)

Spices and Herbs

- [ ] salt
  1/2 oz (14g)
- [ ] black pepper
  1/8 oz (2g)
- [ ] rosemary
  1 3/4 tsp (2g)
- [ ] balsamic vinegar
  2 tsp (10mL)
- [ ] dijon mustard
  5 tsp (25g)

Other

- [ ] mixed greens
  1 1/3 package (5.5 oz) (204g)
- [ ] tzatziki
  3/8 cup(s) (84g)
- [ ] lentil pasta
  6 2/3 oz (189g)

Baked Products

- [ ] bread
  1 1/3 lbs (608g)
- [ ] flour tortillas
  2 tortilla (approx 10" dia) (144g)

Finfish and Shellfish Products

- [ ] tilapia, raw
  1 2/3 lbs (756g)
- [ ] canned tuna
  10 oz (284g)

Cereal Grains and Pasta

- [ ] vegetarian burger crumbles
  2 cup (200g)

Beverages

- [ ] water
  1 1/3 gallon (5107mL)
- [ ] protein powder
  24 1/4 scoop (1/3 cup ea) (752g)

Dairy and Egg Products

- [ ] whole milk
  1/2 gallon (1920mL)
- [ ] eggs
  26 2/3 medium (1174g)
- [ ] cheese
  2 1/2 cup, shredded (283g)
- [ ] butter
  1 tbsp (14g)
- [ ] kefir, flavored
  4 cup (960mL)
- [ ] provolone cheese
  6 slice(s) (168g)
- [ ] parmesan cheese
  5 tbsp (25g)
- [ ] nonfat greek yogurt, plain
  5 tbsp (88g)
- [ ] lowfat flavored yogurt
  2 container (6 oz) (340g)

- [ ] all-purpose flour
  3/4 cup (94g)

Soups, Sauces, and Gravies

- [ ] Frank's Red Hot sauce
  6 tbsp (91mL)
- [ ] pasta sauce
  3/8 jar (24 oz) (280g)
- [ ] pesto sauce
  3 tbsp (48g)

Snacks

- [ ] small granola bar
  6 bar (150g)

Recipes

Breakfast 1

Eat on day 1, day 2, day 3

Breakfast cereal with protein milk

371 cals 28g protein 8g fat 43g carbs 5g fiber

For single meal:

whole milk
3/4 cup (180mL)
breakfast cereal
1 1/2 serving (45g)
protein powder
3/4 scoop (1/3 cup ea) (23g)

For all 3 meals:

whole milk
2 1/4 cup (540mL)
breakfast cereal
4 1/2 serving (135g)
protein powder
2 1/4 scoop (1/3 cup ea) (70g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Boiled eggs

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

For single meal:

eggs
3 large (150g)

For all 3 meals:

eggs
9 large (450g)

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.

Breakfast 2

Eat on day 4, day 5

Toast with butter

1 1/2 slice(s) - 171 cals 6g protein 7g fat 18g carbs 3g fiber

For single meal:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)

For all 2 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

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

Milk

1 cup(s) - 149 cals 8g protein 8g fat 12g carbs 0g fiber

For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Scrambled eggs with kale, tomatoes, rosemary

219 cals 16g protein 13g fat 7g carbs 2g fiber

For single meal:

water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
oil
1/2 tsp (3mL)

For all 2 meals:

water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 extra large (224g)
kale leaves
2 cup, chopped (80g)
oil
1 tsp (5mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 3

Eat on day 6, day 7

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.

Mixed nuts

1/6 cup(s) - 145 cals 4g protein 12g fat 3g carbs 2g fiber

For single meal:

mixed nuts
2 2/3 tbsp (22g)

For all 2 meals:

mixed nuts
1/3 cup (45g)

1. This recipe has no instructions.

Small granola bar

3 bar(s) - 357 cals 8g protein 15g fat 44g carbs 4g fiber

For single meal:

small granola bar
3 bar (75g)

For all 2 meals:

small granola bar
6 bar (150g)

1. This recipe has no instructions.

Lunch 1

Eat on day 1

Garlic collard greens

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

collard greens
1 lbs (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 saute 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.

Sweet potato wedges

521 cals 7g protein 17g fat 72g carbs 13g fiber

oil
1 1/2 tbsp (23mL)
sweet potatoes, cut into wedges
2 sweetpotato, 5" long (420g)
salt
1 tsp (6g)
black pepper
4 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Vegan crumbles

2 cup(s) - 292 cals 37g protein 9g fat 6g carbs 11g fiber

Makes 2 cup(s)

vegetarian burger crumbles
2 cup (200g)

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

Lunch 2

Eat on day 2, day 3

Grapes

136 cals 2g protein 1g fat 21g carbs 8g fiber

For single meal:

grapes
2 1/3 cup (215g)

For all 2 meals:

grapes
4 2/3 cup (429g)

1. This recipe has no instructions.

Rosemary mushroom cheese sandwich

2 1/2 sandwich(es) - 1019 cals 57g protein 53g fat 67g carbs 12g fiber

For single meal:

rosemary
5 dash (1g)
mixed greens
1 1/4 cup (38g)
mushrooms
1/4 lbs (106g)
cheese
1 1/4 cup, shredded (141g)
bread
5 slice(s) (160g)

For all 2 meals:

rosemary
1 1/4 tsp (2g)
mixed greens
2 1/2 cup (75g)
mushrooms
1/2 lbs (213g)
cheese
2 1/2 cup, shredded (283g)
bread
10 slice(s) (320g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Lunch 3

Eat on day 4

Buffalo tempeh with tzatziki

942 cals 78g protein 44g fat 35g carbs 24g fiber

oil
1 1/2 tbsp (23mL)
tzatziki
3/8 cup(s) (84g)
Frank's Red Hot sauce
6 tbsp (90mL)
tempeh, roughly chopped
3/4 lbs (340g)

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

Sweet potato wedges

174 cals 2g protein 6g fat 24g carbs 4g fiber

oil
1/2 tbsp (8mL)
sweet potatoes, cut into wedges
2/3 sweetpotato, 5" long (140g)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Lunch 4

Eat on day 5, day 6

Kefir

300 cals 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.

Grilled cheese with sun dried tomatoes & spinach

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

For single meal:

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)

For all 2 meals:

bread
6 slice (192g)
pesto sauce
3 tbsp (48g)
sun-dried tomatoes
3 oz (85g)
fresh spinach
3/4 cup(s) (23g)
olive oil
1 tbsp (15mL)
provolone cheese
6 slice(s) (168g)

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.

Lunch 5

Eat on day 7

Simple kale salad

1/2 cup(s) - 28 cals 1g protein 2g fat 2g carbs 0g fiber

Makes 1/2 cup(s)

salad dressing
1/2 tbsp (8mL)
kale leaves
1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Tuna salad wrap

2 wrap(s) - 1103 cals 74g protein 58g fat 67g carbs 5g fiber

Makes 2 wrap(s)

canned tuna
10 oz (284g)
mayonnaise
3 tbsp (45mL)
black pepper
2 dash (0g)
raw celery, chopped
1 stalk, small (5" long) (17g)
salt
2 dash (1g)
flour tortillas
2 tortilla (approx 10" dia) (144g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over the tortilla and wrap it.

Snacks 1

Eat on day 1, day 2, day 3

Strawberries

1 cup(s) - 52 cals 1g protein 0g fat 8g carbs 3g fiber

For single meal:

strawberries
1 cup, whole (144g)

For all 3 meals:

strawberries
3 cup, whole (432g)

1. This recipe has no instructions.

Breakfast cereal

97 cals 3g protein 3g fat 14g carbs 1g fiber

For single meal:

breakfast cereal
1/2 serving (15g)
whole milk
4 tbsp (60mL)

For all 3 meals:

breakfast cereal
1 1/2 serving (45g)
whole milk
3/4 cup (180mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Snacks 2

Eat on 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 2 meals:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

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

Raisins

1/4 cup - 137 cals 1g protein 0g fat 31g carbs 2g fiber

For single meal:

raisins
4 tbsp, packed (41g)

For all 2 meals:

raisins
1/2 cup, packed (83g)

1. This recipe has no instructions.

Roasted almonds

1/6 cup(s) - 148 cals 5g protein 12g fat 2g carbs 3g fiber

For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. This recipe has no instructions.

Snacks 3

Eat on day 6, day 7

Cucumber slices

3/4 cucumber - 45 cals 2g protein 0g fat 8g carbs 1g fiber

For single meal:

cucumber
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

cucumber
1 1/2 cucumber (8-1/4") (452g)

1. Slice cucumber into rounds and serve.

Milk

1 cup(s) - 149 cals 8g protein 8g fat 12g carbs 0g fiber

For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Pistachios

188 cals 7g protein 14g fat 6g carbs 3g fiber

For single meal:

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

1. This recipe has no instructions.

Dinner 1

Eat on day 1, day 2

Pumpkin seeds

366 cals 18g protein 29g fat 5g carbs 4g fiber

For single meal:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. This recipe has no instructions.

Sweet potato medallions

1 sweet potato - 309 cals 3g protein 14g fat 36g carbs 6g fiber

For single meal:

sweet potatoes, sliced
1 sweetpotato, 5" long (210g)
oil
1 tbsp (15mL)

For all 2 meals:

sweet potatoes, sliced
2 sweetpotato, 5" long (420g)
oil
2 tbsp (30mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

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.

Dinner 2

Eat on day 3, day 4

Almond crusted tilapia

13 1/2 oz - 953 cals 92g protein 45g fat 36g carbs 8g fiber

For single meal:

tilapia, raw
13 1/2 oz (378g)
almonds
1/2 cup, slivered (61g)
all-purpose flour
6 tbsp (47g)
salt
1/4 tsp (1g)
olive oil
1 tbsp (17mL)

For all 2 meals:

tilapia, raw
1 2/3 lbs (756g)
almonds
1 cup, slivered (122g)
all-purpose flour
3/4 cup (94g)
salt
1/2 tsp (2g)
olive oil
2 1/4 tbsp (34mL)

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.

Garlic collard greens

199 cals 9g protein 11g fat 6g carbs 11g fiber

For single meal:

collard greens
10 oz (284g)
oil
2 tsp (9mL)
garlic, minced
2 clove(s) (6g)
salt
1 1/4 dash (1g)

For all 2 meals:

collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
garlic, minced
3 3/4 clove(s) (11g)
salt
1/3 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 saute 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.

Dinner 3

Eat on day 5

Simple salad with celery, cucumber & tomato

213 cals 7g protein 8g fat 21g carbs 7g fiber

mixed greens
5/6 package (5.5 oz) (129g)
salad dressing
2 1/2 tbsp (37mL)
tomatoes, diced
5/6 medium whole (2-3/5" dia) (102g)
cucumber, sliced
5/6 cucumber (8-1/4") (251g)
raw celery, chopped
1 2/3 stalk, medium (7-1/2" - 8" long) (67g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Lentil pasta

842 cals 54g protein 7g fat 102g carbs 40g fiber

pasta sauce
3/8 jar (24 oz) (280g)
lentil pasta
6 2/3 oz (189g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Dinner 4

Eat on day 6, day 7

Broccoli caesar salad with hard boiled eggs

650 cals 52g protein 38g fat 16g carbs 10g fiber

For single meal:

lemon juice
1 1/4 tbsp (19mL)
roasted pumpkin seeds, unsalted
2 1/2 tbsp (18g)
parmesan cheese
2 1/2 tbsp (13g)
dijon mustard
2 1/2 tsp (13g)
nonfat greek yogurt, plain
2 1/2 tbsp (44g)
broccoli
1 1/4 cup chopped (114g)
eggs
5 large (250g)
romaine lettuce
5 cup shredded (235g)

For all 2 meals:

lemon juice
2 1/2 tbsp (38mL)
roasted pumpkin seeds, unsalted
5 tbsp (37g)
parmesan cheese
5 tbsp (25g)
dijon mustard
5 tsp (25g)
nonfat greek yogurt, plain
5 tbsp (88g)
broccoli
2 1/2 cup chopped (228g)
eggs
10 large (500g)
romaine lettuce
10 cup shredded (470g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Lowfat yogurt

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

For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. This recipe has no instructions.

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.

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) (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.