

# Meal Plan - 3500 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

3491 cals ● 252g protein (29%) ● 144g fat (37%) ● 214g 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

### Snacks

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



[Strawberries](#)  
1 cup(s)- 52 cals



[Breakfast cereal](#)  
97 cals

### Protein Supplement(s)

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



[Protein shake](#)  
3 scoop- 327 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

### 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

## 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

### Snacks

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



Strawberries  
1 cup(s)- 52 cals



Breakfast cereal  
97 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 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

### 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

## 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

### Snacks

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



Strawberries  
1 cup(s)- 52 cals



Breakfast cereal  
97 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 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

### 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 4

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

## Breakfast

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



**Toast with butter**

1 1/2 slice(s)- 171 cal



**Milk**

1 cup(s)- 149 cal



**Scrambled eggs with kale, tomatoes, rosemary**

219 cal

## Snacks

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



**Protein shake (milk)**

129 cal



**Raisins**

1/4 cup- 137 cal



**Roasted almonds**

1/6 cup(s)- 148 cal

## Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cal

## Lunch

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



**Buffalo tempeh with tzatziki**

942 cal



**Sweet potato wedges**

174 cal

## Dinner

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



**Almond crusted tilapia**

13 1/2 oz- 953 cal



**Garlic collard greens**

199 cal

# Day 5

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

## Breakfast

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



**Toast with butter**

1 1/2 slice(s)- 171 cal



**Milk**

1 cup(s)- 149 cal



**Scrambled eggs with kale, tomatoes, rosemary**

219 cal

## Snacks

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



**Protein shake (milk)**

129 cal



**Raisins**

1/4 cup- 137 cal



**Roasted almonds**

1/6 cup(s)- 148 cal

## Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cal

## Lunch

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



**Kefir**

300 cal



**Grilled cheese with sun dried tomatoes & spinach**

1 1/2 sandwich(es)- 820 cal

## Dinner

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



**Simple salad with celery, cucumber & tomato**

213 cal



**Lentil pasta**

842 cal

## Day 6

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

### Breakfast

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



**Cherry tomatoes**

6 cherry tomatoes- 21 cal



**Mixed nuts**

1/6 cup(s)- 145 cal



**Small granola bar**

3 bar(s)- 357 cal

### Snacks

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



**Cucumber slices**

3/4 cucumber- 45 cal



**Milk**

1 cup(s)- 149 cal



**Pistachios**

188 cal

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cal

### Lunch

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



**Kefir**

300 cal



**Grilled cheese with sun dried tomatoes & spinach**

1 1/2 sandwich(es)- 820 cal

### Dinner

1105 cal, 69g protein, 51g net carbs, 63g fat



**Broccoli caesar salad with hard boiled eggs**

649 cal



**Lowfat yogurt**

1 container(s)- 181 cal



**Roasted almonds**

1/3 cup(s)- 277 cal

## Day 7

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

### Breakfast

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



**Cherry tomatoes**

6 cherry tomatoes- 21 cal



**Mixed nuts**

1/6 cup(s)- 145 cal



**Small granola bar**

3 bar(s)- 357 cal

### Snacks

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



**Cucumber slices**

3/4 cucumber- 45 cal



**Milk**

1 cup(s)- 149 cal



**Pistachios**

188 cal

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cal

### Lunch

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



**Simple kale salad**

1/2 cup(s)- 28 cal



**Tuna salad wrap**

2 wrap(s)- 1103 cal

### Dinner

1105 cal, 69g protein, 51g net carbs, 63g fat



**Broccoli caesar salad with hard boiled eggs**

649 cal



**Lowfat yogurt**

1 container(s)- 181 cal



**Roasted almonds**

1/3 cup(s)- 277 cal

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
1/3 lbs (155g)
- almonds  
1/2 lbs (23 whole kernels) (259g)
- mixed nuts  
1/3 cup (45g)
- pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)

## Fats and Oils

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

## 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)
- kale leaves  
2 1/2 cup, chopped (100g)
- tomatoes  
4 medium whole (2-3/5" dia) (486g)
- 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)

## 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)

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

## 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)

## 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)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Breakfast cereal with protein milk

371 cal ● 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 cal ● 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

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### Toast with butter

1 1/2 slice(s) - 171 cal ● 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.

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### Milk

1 cup(s) - 149 cal ● 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 cal ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

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

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 cal ● 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 cal ● 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 cal ● 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.

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## Lunch 1 [↗](#)

Eat on day 1

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### Garlic collard greens

358 cal ● 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.

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### Sweet potato wedges

521 cal ● 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 cal ● 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.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Grapes

136 cal ● 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.

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## Rosemary mushroom cheese sandwich

2 1/2 sandwich(es) - 1019 cal ● 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.

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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### 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.
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### Grilled cheese with sun dried tomatoes & spinach

1 1/2 sandwich(es) - 820 cal ● 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.
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## Lunch 5 [↗](#)

Eat on day 7

### Simple kale salad

1/2 cup(s) - 28 cal ● 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 cal ● 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 cal ● 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 cal ● 3g protein ● 3g fat ● 14g carbs ● 1g fiber





For single meal:

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

For all 3 meals:

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

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 pretty much all breakfast cereals are going to have a very similar macronutrient breakdown.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Protein shake (milk)

129 cal ● 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 cal ● 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 cal ● 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

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### Cucumber slices

3/4 cucumber - 45 cal ● 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.

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### Milk

1 cup(s) - 149 cal ● 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 cal ● 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 cal ● 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 cal ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

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

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 cal ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

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

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Almond crusted tilapia

13 1/2 oz - 953 cal ● 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.

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### Garlic collard greens

199 cal ● 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.

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## Dinner 3 [↗](#)

Eat on day 5

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### 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.

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### 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.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Broccoli caesar salad with hard boiled eggs

649 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.

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### 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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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