

Meal Plan - 1500 calorie low carb 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

1472 cals ● 104g protein (28%) ● 87g fat (53%) ● 42g carbs (11%) ● 26g fiber (7%)

Breakfast

210 cals, 14g protein, 8g net carbs, 10g fat



[Veggie mason jar omelet](#)
1 jar(s)- 155 cals



[Raspberries](#)
3/4 cup(s)- 54 cals

Snacks

185 cals, 9g protein, 5g net carbs, 13g fat



[Carrot sticks](#)
1 carrot(s)- 27 cals



[Walnuts](#)
1/8 cup(s)- 87 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 scoop- 109 cals

Lunch

555 cals, 39g protein, 9g net carbs, 36g fat



[Avocado tuna salad](#)
327 cals



[Roasted peanuts](#)
1/4 cup(s)- 230 cals

Dinner

415 cals, 17g protein, 19g net carbs, 27g fat



[Crunchy Asian tofu salad](#)
196 cals



[Celery and peanut butter](#)
218 cals

Day 2

1505 cals ● 108g protein (29%) ● 86g fat (52%) ● 53g carbs (14%) ● 21g fiber (6%)

Breakfast

210 cals, 14g protein, 8g net carbs, 10g fat



[Veggie mason jar omelet](#)
1 jar(s)- 155 cals



[Raspberries](#)
3/4 cup(s)- 54 cals

Snacks

185 cals, 9g protein, 5g net carbs, 13g fat



[Carrot sticks](#)
1 carrot(s)- 27 cals



[Walnuts](#)
1/8 cup(s)- 87 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 scoop- 109 cals

Lunch

440 cals, 21g protein, 22g net carbs, 28g fat



[Bbq tofu & pineapple bowl](#)
130 cals



[String cheese](#)
1 stick(s)- 83 cals



[Roasted peanuts](#)
1/4 cup(s)- 230 cals

Dinner

560 cals, 39g protein, 17g net carbs, 34g fat



[Salmon & veggie one pot](#)
6 oz salmon- 561 cals

Day 3

1476 cals ● 112g protein (30%) ● 83g fat (51%) ● 52g carbs (14%) ● 17g fiber (5%)

Breakfast

265 cals, 15g protein, 3g net carbs, 19g fat



Egg & avocado salad
266 cals

Lunch

440 cals, 21g protein, 22g net carbs, 28g fat



Bbq tofu & pineapple bowl
130 cals



String cheese
1 stick(s)- 83 cals



Roasted peanuts
1/4 cup(s)- 230 cals

Snacks

205 cals, 7g protein, 7g net carbs, 15g fat



Ants on a log
92 cals



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

Dinner

455 cals, 46g protein, 19g net carbs, 20g fat



Zoodles with lemon garlic shrimp
6 oz shrimp- 307 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 4

1466 cals ● 105g protein (29%) ● 85g fat (52%) ● 46g carbs (13%) ● 22g fiber (6%)

Breakfast

265 cals, 15g protein, 3g net carbs, 19g fat



Egg & avocado salad
266 cals

Lunch

435 cals, 32g protein, 15g net carbs, 24g fat



Tomato and avocado salad
117 cals



Almond crusted tilapia
4 1/2 oz- 318 cals

Snacks

205 cals, 7g protein, 7g net carbs, 15g fat



Ants on a log
92 cals



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

Dinner

455 cals, 28g protein, 20g net carbs, 26g fat



Baked fries
97 cals



Pan roasted zucchini
208 cals



Pan fried tilapia
4 oz- 149 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 5

1489 cal ● 111g protein (30%) ● 83g fat (50%) ● 50g carbs (13%) ● 23g fiber (6%)

Breakfast

265 cal, 15g protein, 3g net carbs, 19g fat



Egg & avocado salad
266 cal

Snacks

225 cal, 13g protein, 10g net carbs, 13g fat



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



Blackberry & granola parfait
115 cal

Protein Supplement(s)

110 cal, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cal

Lunch

435 cal, 32g protein, 15g net carbs, 24g fat



Tomato and avocado salad
117 cal



Almond crusted tilapia
4 1/2 oz- 318 cal

Dinner

455 cal, 28g protein, 20g net carbs, 26g fat



Baked fries
97 cal



Pan roasted zucchini
208 cal



Pan fried tilapia
4 oz- 149 cal

Day 6

1454 cal ● 105g protein (29%) ● 77g fat (48%) ● 51g carbs (14%) ● 35g fiber (10%)

Breakfast

290 cal, 10g protein, 7g net carbs, 20g fat



Blackberries
1/2 cup(s)- 35 cal



Eggs with avocado and salsa
254 cal

Snacks

225 cal, 13g protein, 10g net carbs, 13g fat



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



Blackberry & granola parfait
115 cal

Protein Supplement(s)

110 cal, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cal

Lunch

420 cal, 17g protein, 16g net carbs, 30g fat



Roasted peanuts
1/6 cup(s)- 173 cal



Grilled cheese sandwich
1/2 sandwich(es)- 248 cal

Dinner

410 cal, 41g protein, 18g net carbs, 14g fat



Sauteed corn & lima beans
119 cal



Vegan crumbles
2 cup(s)- 292 cal

Day 7

1454 cals ● 105g protein (29%) ● 77g fat (48%) ● 51g carbs (14%) ● 35g fiber (10%)

Breakfast

290 cals, 10g protein, 7g net carbs, 20g fat



[Blackberries](#)

1/2 cup(s)- 35 cals



[Eggs with avocado and salsa](#)

254 cals

Snacks

225 cals, 13g protein, 10g net carbs, 13g fat



[Roasted almonds](#)

1/8 cup(s)- 111 cals



[Blackberry & granola parfait](#)

115 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

Lunch

420 cals, 17g protein, 16g net carbs, 30g fat



[Roasted peanuts](#)

1/6 cup(s)- 173 cals



[Grilled cheese sandwich](#)

1/2 sandwich(es)- 248 cals

Dinner

410 cals, 41g protein, 18g net carbs, 14g fat



[Sauteed corn & lima beans](#)

119 cals



[Vegan crumbles](#)

2 cup(s)- 292 cals

Vegetables and Vegetable Products

- ☐ carrots
2 1/4 medium (137g)
- ☐ onion
1 medium (2-1/2" dia) (116g)
- ☐ bell pepper
1 large (163g)
- ☐ tomatoes
3/4 medium whole (2-3/5" dia) (95g)
- ☐ cabbage
3/4 cup, shredded (53g)
- ☐ raw celery
3 stalk, medium (7-1/2" - 8" long) (120g)
- ☐ canned crushed tomatoes
3/4 cup (182g)
- ☐ broccoli
1/2 cup chopped (46g)
- ☐ garlic
3/4 clove (2g)
- ☐ zucchini
4 medium (784g)
- ☐ potatoes
1/2 large (3" to 4-1/4" dia.) (185g)
- ☐ lima beans, frozen
1/2 cup (80g)
- ☐ frozen corn kernels
1/2 cup (68g)

Nut and Seed Products

- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ almonds
1/4 lbs (130g)

Dairy and Egg Products

- ☐ eggs
14 large (700g)
- ☐ string cheese
2 stick (56g)
- ☐ whole milk
1 cup (240mL)
- ☐ lowfat greek yogurt
3/4 cup (210g)
- ☐ butter
1 tbsp (14g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)

Fruits and Fruit Juices

Other

- ☐ mixed greens
2 3/4 cup (83g)
- ☐ sesame oil
1/2 tsp (3mL)

Finfish and Shellfish Products

- ☐ canned tuna
3/4 can (129g)
- ☐ salmon
6 oz (170g)
- ☐ shrimp, raw
6 oz (170g)
- ☐ tilapia, raw
1 lbs (476g)

Legumes and Legume Products

- ☐ roasted peanuts
6 oz (169g)
- ☐ soy sauce
1 tsp (5mL)
- ☐ peanut butter
2 oz (61g)
- ☐ firm tofu
6 oz (170g)
- ☐ vegetarian burger crumbles
4 cup (400g)

Beverages

- ☐ water
7 cup(s) (1704mL)
- ☐ protein powder
7 scoop (1/3 cup ea) (217g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1 tbsp (11g)
- ☐ all-purpose flour
1/4 cup(s) (31g)

Fats and Oils

- ☐ oil
2 1/4 tbsp (34mL)
- ☐ olive oil
5 tbsp (72mL)

- ☐ raspberries
1 1/2 cup (185g)
- ☐ avocados
3 avocado(s) (578g)
- ☐ lime juice
3/4 fl oz (24mL)
- ☐ canned pineapple
1/2 cup, chunks (91g)
- ☐ raisins
1/2 miniature box (.5 oz) (7g)
- ☐ lemon juice
3/4 tbsp (11mL)
- ☐ blackberries
1 1/2 cup (198g)

Spices and Herbs

- ☐ salt
1/2 oz (13g)
 - ☐ black pepper
10 1/2 g (10g)
 - ☐ ground cumin
1/4 tbsp (2g)
 - ☐ dried dill weed
1/4 tbsp (1g)
 - ☐ garlic powder
2 1/2 tsp (8g)
 - ☐ oregano, dried
1 1/4 tsp, ground (2g)
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Soups, Sauces, and Gravies

- ☐ barbecue sauce
2 tbsp (35g)
- ☐ vegetable broth
1/6 cup(s) (mL)
- ☐ salsa
3 tbsp (54g)

Breakfast Cereals

- ☐ granola
6 tbsp (34g)

Baked Products

- ☐ bread
2 slice (64g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

onion, diced
1/4 small (18g)
bell pepper, chopped
1/2 small (37g)
eggs
2 large (100g)

For all 2 meals:

onion, diced
1/2 small (35g)
bell pepper, chopped
1 small (74g)
eggs
4 large (200g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries
3/4 cup (92g)

For all 2 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Egg & avocado salad

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



For single meal:

mixed greens

2/3 cup (20g)

avocados

1/3 avocado(s) (67g)

eggs, hard-boiled and chilled

2 large (100g)

garlic powder

1/3 tsp (1g)

For all 3 meals:

mixed greens

2 cup (60g)

avocados

1 avocado(s) (201g)

eggs, hard-boiled and chilled

6 large (300g)

garlic powder

1 tsp (3g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

blackberries

1/2 cup (72g)

For all 2 meals:

blackberries

1 cup (144g)

1. Rinse blackberries and serve.

Eggs with avocado and salsa

254 cals ● 9g protein ● 20g fat ● 4g carbs ● 7g fiber



For single meal:

eggs
1 large (50g)
avocados, diced
1/2 avocado(s) (101g)
salsa
1 1/2 tbsp (27g)

For all 2 meals:

eggs
2 large (100g)
avocados, diced
1 avocado(s) (201g)
salsa
3 tbsp (54g)

1. Cook eggs according to your preference (scrambled, sunny side up, etc.)
2. Season with some salt and pepper and top with the diced avocado and salsa.
3. Serve.

Lunch 1 [↗](#)

Eat on day 1

Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



avocados
3/8 avocado(s) (75g)
lime juice
1/4 tbsp (4mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
mixed greens
3/4 cup (23g)
onion, minced
1/6 small (13g)
canned tuna
3/4 can (129g)
tomatoes
3 tbsp, chopped (34g)

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.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber

Makes 1/4 cup(s)

roasted peanuts
4 tbsp (37g)



1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Bbq tofu & pineapple bowl

130 cals ● 5g protein ● 5g fat ● 16g carbs ● 1g fiber



For single meal:

oil
3/8 tsp (2mL)
barbecue sauce
1 tbsp (17g)
canned pineapple
4 tbsp, chunks (45g)
firm tofu
2 oz (57g)
broccoli
4 tbsp chopped (23g)

For all 2 meals:

oil
1/4 tbsp (4mL)
barbecue sauce
2 tbsp (35g)
canned pineapple
1/2 cup, chunks (91g)
firm tofu
4 oz (113g)
broccoli
1/2 cup chopped (46g)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. This recipe has no instructions.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

For all 2 meals:

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

4 1/2 oz - 318 cals ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

tilapia, raw
1/4 lbs (126g)
almonds
3 tbsp, slivered (20g)
all-purpose flour
1/8 cup(s) (16g)
salt
3/4 dash (0g)
olive oil
1 tsp (6mL)

For all 2 meals:

tilapia, raw
1/2 lbs (252g)
almonds
6 tbsp, slivered (41g)
all-purpose flour
1/4 cup(s) (31g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)

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.

Lunch 4 [↗](#)

Eat on day 6, day 7

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 2 meals:

roasted peanuts
6 tbsp (55g)

1. This recipe has no instructions.

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1/2 tbsp (7g)
sliced cheese
1 slice (1 oz ea) (28g)

For all 2 meals:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Snacks 1 [↗](#)

Eat on day 1, day 2

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Walnuts

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



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. This recipe has no instructions.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 2 meals:

eggs

2 large (100g)

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.

Snacks 2 [↗](#)

Eat on day 3, day 4

Ants on a log

92 cals ● 3g protein ● 6g fat ● 5g carbs ● 1g fiber



For single meal:

raisins

1/4 miniature box (.5 oz) (4g)

raw celery, trimmed

1/2 stalk, medium (7-1/2" - 8" long)
(20g)

peanut butter

3/4 tbsp (12g)

For all 2 meals:

raisins

1/2 miniature box (.5 oz) (7g)

raw celery, trimmed

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 1/2 tbsp (24g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Roasted almonds

1/8 cup(s) - 111 cals ● 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.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Roasted almonds

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



For single meal:

almonds

2 tbsp, whole (18g)

For all 3 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Blackberry & granola parfait

115 cals ● 9g protein ● 4g fat ● 9g carbs ● 2g fiber



For single meal:

blackberries, roughly chopped

2 tbsp (18g)

lowfat greek yogurt

4 tbsp (70g)

granola

2 tbsp (11g)

For all 3 meals:

blackberries, roughly chopped

6 tbsp (54g)

lowfat greek yogurt

3/4 cup (210g)

granola

6 tbsp (34g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Dinner 1 [🔗](#)

Eat on day 1

Crunchy Asian tofu salad

196 cals ● 10g protein ● 11g fat ● 12g carbs ● 3g fiber



cabbage, shredded

3/4 cup, shredded (53g)

lime juice

1 tsp (5mL)

soy sauce

1 tsp (5mL)

roasted peanuts

1/2 tbsp (5g)

peanut butter

1 tsp (5g)

carrots, cut into matchsticks

1/4 medium (15g)

quinoa, uncooked

1 tbsp (11g)

sesame oil

1/2 tsp (3mL)

firm tofu, drained

2 oz (57g)

1. Cook quinoa according to its package instructions. Set aside.
2. In a small bowl, make the sauce by whisking together the peanut butter, soy sauce, lime juice, and some salt to taste. Add a splash of water if necessary to make it less thick. Set aside.
3. Wrap tofu in some paper towels and press gently to remove any extra water. Cube the tofu.
4. Heat sesame oil to a skillet over medium-low heat and add the tofu cubes. Fry for about 5-7 minutes, flipping occasionally, until the tofu is golden and crisp on the outside. Remove from heat and set aside.
5. Toss the cabbage, quinoa, carrots, peanuts and tofu in a bowl. Drizzle with the peanut dressing. Serve.

Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



raw celery

2 stalk, medium (7-1/2" - 8" long) (80g)

peanut butter

2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Dinner 2 [↗](#)

Eat on day 2

Salmon & veggie one pot

6 oz salmon - 561 cals ● 39g protein ● 34g fat ● 17g carbs ● 6g fiber



Makes 6 oz salmon

ground cumin

1/4 tbsp (2g)

water

1/6 cup(s) (44mL)

oil

3/4 tbsp (11mL)

dried dill weed

1/4 tbsp (1g)

canned crushed tomatoes

3/4 cup (182g)

onion, sliced

3/4 small (53g)

bell pepper, sliced into strips

3/4 medium (89g)

salmon

6 oz (170g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Dinner 3 [↗](#)

Eat on day 3

Zoodles with lemon garlic shrimp

6 oz shrimp - 307 cals ● 38g protein ● 12g fat ● 8g carbs ● 3g fiber



Makes 6 oz shrimp

vegetable broth

1/6 cup(s) (mL)

lemon juice

3/4 tbsp (11mL)

garlic, diced

3/4 clove (2g)

oil

3/4 tbsp (11mL)

shrimp, raw, peeled and deveined

6 oz (170g)

zucchini, spiralized

1 1/2 medium (294g)

1. Heat oil in a large pan over medium heat. Add garlic and shrimp in even layer and season with salt/pepper to taste. Cook for 1-2 minutes on each side until shrimp is fully cooked and pink. Remove shrimp and set aside.
2. Add broth and lemon juice to the pan and simmer for 2-3 minutes. Add in spiralized zucchini and toss in broth. Cook for about 1 minute until warmed through.
3. Add shrimp back in and serve.

Milk

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



Makes 1 cup(s)

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 4, day 5

Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



For single meal:

oil
1/4 tbsp (4mL)
potatoes
1/4 large (3" to 4-1/4" dia.) (92g)

For all 2 meals:

oil
1/2 tbsp (8mL)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Pan roasted zucchini

208 cals ● 4g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

zucchini
1 1/4 medium (245g)
black pepper
2 tsp, ground (4g)
oregano, dried
5 dash, ground (1g)
garlic powder
5 dash (2g)
salt
5 dash (4g)
olive oil
1 1/4 tbsp (19mL)

For all 2 meals:

zucchini
2 1/2 medium (490g)
black pepper
1 1/4 tbsp, ground (9g)
oregano, dried
1 1/4 tsp, ground (2g)
garlic powder
1 1/4 tsp (4g)
salt
1 1/4 tsp (8g)
olive oil
2 1/2 tbsp (38mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Pan fried tilapia

4 oz - 149 cal ● 23g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

tilapia, raw
4 oz (112g)
olive oil
1 tsp (5mL)
black pepper
1 1/3 dash, ground (0g)
salt
1 1/3 dash (1g)

For all 2 meals:

tilapia, raw
1/2 lbs (224g)
olive oil
2 tsp (10mL)
black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
 2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

Sauteed corn & lima beans

119 cals ● 4g protein ● 5g fat ● 12g carbs ● 3g fiber



For single meal:

black pepper
2/3 dash, ground (0g)
salt
2/3 dash (1g)
lima beans, frozen
4 tbsp (40g)
frozen corn kernels
4 tbsp (34g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 1/3 dash, ground (0g)
salt
1 1/3 dash (1g)
lima beans, frozen
1/2 cup (80g)
frozen corn kernels
1/2 cup (68g)
olive oil
2 tsp (10mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Vegan crumbles

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



For single meal:

vegetarian burger crumbles
2 cup (200g)

For all 2 meals:

vegetarian burger crumbles
4 cup (400g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

- water**
1 cup(s) (237mL)
- protein powder**
1 scoop (1/3 cup ea) (31g)

For all 7 meals:

- water**
7 cup(s) (1659mL)
- protein powder**
7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.