Meal Plan - 1600 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

1578 cals 112g protein (28%) 93g fat (53%) 56g carbs (14%) 18g fiber (4%)

Breakfast

270 cals, 20g protein, 4g net carbs, 20g fat

String cheese
1 stick(s)- 83 cals

Kale & eggs
189 cals

Lunch

545 cals, 34g protein, 24g net carbs, 32g fat

Protein greek yogurt
1 container- 139 cals

Roasted almonds
1/4 cup(s)- 222 cals

Clam chowder
1/2 can(s)- 182 cals

Snacks

190 cals, 9g protein, 9g net carbs, 12g fat

Sunflower seeds
90 cals

Milk
2/3 cup(s)- 99 cals

Dinner

465 cals, 25g protein, 19g net carbs, 29g fat

Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals

Simple mixed greens salad
237 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Day 2

1553 cals 107g protein (28%) 92g fat (53%) 59g carbs (15%) 15g fiber (4%)

Breakfast

270 cals, 20g protein, 4g net carbs, 20g fat

String cheese
1 stick(s)- 83 cals

Kale & eggs
189 cals

Lunch

545 cals, 34g protein, 24g net carbs, 32g fat

Protein greek yogurt
1 container- 139 cals

Roasted almonds
1/4 cup(s)- 222 cals

Clam chowder
1/2 can(s)- 182 cals

Snacks

190 cals, 9g protein, 9g net carbs, 12g fat

Sunflower seeds
90 cals

Milk
2/3 cup(s)- 99 cals

Dinner

440 cals, 20g protein, 22g net carbs, 28g fat

Roasted rosemary sweet potatoes
158 cals

Cooked peppers
3/4 bell pepper(s)- 90 cals

Simple salmon
3 oz- 192 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Day 3

1630 cals 134g protein (33%) 98g fat (54%) 42g carbs (10%) 12g fiber (3%)

Breakfast

270 cals, 20g protein, 4g net carbs, 20g fat

String cheese
1 stick(s)- 83 cals

Kale & eggs
189 cals

Lunch

525 cals, 43g protein, 22g net carbs, 27g fat

Simple mixed greens salad
102 cals

Almond crusted tilapia
6 oz- 424 cals

Snacks

190 cals, 9g protein, 9g net carbs, 12g fat

Sunflower seeds
90 cals

Milk
2/3 cup(s)- 99 cals

Dinner

535 cals, 38g protein, 6g net carbs, 38g fat

Salmon with tomato and herbs
6 oz- 453 cals

Olive oil drizzled sugar snap peas
82 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Day 4

1546 cals 126g protein (33%) 84g fat (49%) 51g carbs (13%) 21g fiber (5%)

Breakfast

205 cals, 14g protein, 11g net carbs, 10g fat

Strawberries
1 cup(s)- 52 cals

Veggie mason jar omelet
1 jar(s)- 155 cals

Snacks

170 cals, 7g protein, 10g net carbs, 8g fat

Bell pepper strips and hummus
170 cals

Lunch

525 cals, 43g protein, 22g net carbs, 27g fat

Simple mixed greens salad
102 cals

Almond crusted tilapia
6 oz- 424 cals

Dinner

535 cals, 38g protein, 6g net carbs, 38g fat

Salmon with tomato and herbs
6 oz- 453 cals

Olive oil drizzled sugar snap peas
82 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Day 5

1614 cals 127g protein (32%) 89g fat (50%) 48g carbs (12%) 27g fiber (7%)

Breakfast

205 cals, 14g protein, 11g net carbs, 10g fat

Strawberries
1 cup(s)- 52 cals

Veggie mason jar omelet
1 jar(s)- 155 cals

Snacks

170 cals, 7g protein, 10g net carbs, 8g fat

Bell pepper strips and hummus
170 cals

Lunch

540 cals, 33g protein, 8g net carbs, 39g fat

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

Simple sardine salad
265 cals

Dinner

585 cals, 48g protein, 18g net carbs, 32g fat

Milk
1 cup(s)- 149 cals

Avocado tuna salad
436 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Day 6

1582 cals 127g protein (32%) 85g fat (49%) 47g carbs (12%) 29g fiber (7%)

Breakfast

210 cals, 11g protein, 5g net carbs, 15g fat

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

Scrambled eggs with kale, tomatoes, rosemary
101 cals

Lunch

515 cals, 32g protein, 18g net carbs, 31g fat

Honey dijon salmon
4 oz- 268 cals

Olive oil drizzled sugar snap peas
245 cals

Snacks

175 cals, 25g protein, 4g net carbs, 6g fat

Tuna cucumber bites
173 cals

Dinner

575 cals, 35g protein, 19g net carbs, 33g fat

Crack slaw with tempeh
422 cals

Roasted peanuts
1/6 cup(s)- 153 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Day 7

1582 cals 127g protein (32%) 85g fat (49%) 47g carbs (12%) 29g fiber (7%)

Breakfast

210 cals, 11g protein, 5g net carbs, 15g fat

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

Scrambled eggs with kale, tomatoes, rosemary
101 cals

Lunch

515 cals, 32g protein, 18g net carbs, 31g fat

Honey dijon salmon
4 oz- 268 cals

Olive oil drizzled sugar snap peas
245 cals

Snacks

175 cals, 25g protein, 4g net carbs, 6g fat

Tuna cucumber bites
173 cals

Dinner

575 cals, 35g protein, 19g net carbs, 33g fat

Crack slaw with tempeh
422 cals

Roasted peanuts
1/6 cup(s)- 153 cals

Protein Supplement(s)

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

Protein shake
1 scoop- 109 cals

Grocery List

Fruits and Fruit Juices

- [ ] avocados
  3/4 avocado(s) (151g)
- [ ] lime juice
  1/2 tbsp (8mL)
- [ ] lemon juice
  1 tbsp (15mL)
- [ ] strawberries
  2 cup, whole (288g)

Spices and Herbs

- [ ] salt
  1/4 oz (7g)
- [ ] black pepper
  1 1/2 g (2g)
- [ ] rosemary, dried
  1 g (1g)
- [ ] oregano, dried
  4 dash, ground (1g)
- [ ] thyme, dried
  4 dash, ground (1g)
- [ ] balsamic vinegar
  1 tsp (5mL)
- [ ] dijon mustard
  4 tsp (20g)

Vegetables and Vegetable Products

- [ ] bell pepper
  3 large (517g)
- [ ] onion
  2/3 medium (2-1/2" dia) (71g)
- [ ] kale leaves
  2 1/2 cup, chopped (100g)
- [ ] sweet potatoes
  1/2 sweetpotato, 5" long (105g)
- [ ] tomatoes
  2 medium whole (2-3/5" dia) (228g)
- [ ] frozen sugar snap peas
  5 1/3 cup (768g)
- [ ] cucumber
  3/4 cucumber (8-1/4") (226g)
- [ ] garlic
  2 2/3 clove (8g)

Finfish and Shellfish Products

- [ ] canned tuna
  2 3/4 can(s) (480g)

Other

- [ ] mixed greens
  12 1/4 cup (368g)
- [ ] protein greek yogurt, flavored
  2 container (300g)
- [ ] vinaigrette, store-bought, any flavor
  1 1/2 tbsp (23mL)
- [ ] coleslaw mix
  4 cup (360g)

Fats and Oils

- [ ] salad dressing
  9 3/4 tbsp (146mL)
- [ ] oil
  3 tbsp (48mL)
- [ ] olive oil
  3 oz (92mL)

Dairy and Egg Products

- [ ] string cheese
  3 stick (84g)
- [ ] eggs
  12 large (600g)
- [ ] whole milk
  3 cup(s) (720mL)

Beverages

- [ ] protein powder
  7 scoop (1/3 cup ea) (217g)
- [ ] water
  1/2 gallon (1728mL)

Nut and Seed Products

- [ ] almonds
  1/2 lbs (206g)
- [ ] sunflower kernels
  2 1/3 oz (67g)

Soups, Sauces, and Gravies

- [ ] canned clam chowder
  1 can (18.5 oz) (519g)
- [ ] hot sauce
  2 tsp (10mL)

Cereal Grains and Pasta

- [ ] salmon
  1 1/2 lbs (652g)
- [ ] tilapia, raw
  3/4 lbs (336g)
- [ ] sardines, canned in oil
  1 can (92g)

- [ ] all-purpose flour
  1/3 cup(s) (42g)

Legumes and Legume Products

- [ ] hummus
  2/3 cup (162g)
- [ ] tempeh
  1/2 lbs (227g)
- [ ] roasted peanuts
  1/3 cup (49g)

Sweets

- [ ] honey
  2 tsp (14g)

Recipes

Breakfast 1

Eat on day 1, day 2, and day 3

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 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

Kale & eggs

189 cals 13g protein 14g fat 2g carbs 0g fiber

For single meal:

oil
1 tsp (5mL)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
salt
1 dash (0g)

For all 3 meals:

oil
1 tbsp (15mL)
eggs
6 large (300g)
kale leaves
1 1/2 cup, chopped (60g)
salt
3 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 2

Eat on day 4 and day 5

Strawberries

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

For single meal:

strawberries
1 cup, whole (144g)

For all 2 meals:

strawberries
2 cup, whole (288g)

1. The recipe has no instructions.

Veggie mason jar omelet

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

For single meal:

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

For all 2 meals:

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

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.

Breakfast 3

Eat on day 6 and 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 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Scrambled eggs with kale, tomatoes, rosemary

101 cals 7g protein 6g fat 3g carbs 1g fiber

For single meal:

oil
1/4 tsp (1mL)
water
1 1/2 tbsp (23mL)
balsamic vinegar
1/2 tsp (3mL)
rosemary, dried
1 dash (0g)
tomatoes
4 tbsp, chopped (45g)
eggs
1 large (50g)
kale leaves
1/2 cup, chopped (20g)

For all 2 meals:

oil
1/2 tsp (3mL)
water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 large (100g)
kale leaves
1 cup, chopped (40g)

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.

Lunch 1

Eat on day 1 and day 2

Protein greek yogurt

1 container - 139 cals 20g protein 3g fat 8g carbs 0g fiber

For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Roasted almonds

1/4 cup(s) - 222 cals 8g protein 18g fat 3g carbs 5g fiber

For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Clam chowder

1/2 can(s) - 182 cals 6g protein 11g fat 13g carbs 2g fiber

For single meal:

canned clam chowder
1/2 can (18.5 oz) (260g)

For all 2 meals:

canned clam chowder
1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

Lunch 2

Eat on day 3 and day 4

Simple mixed greens salad

102 cals 2g protein 7g fat 6g carbs 2g fiber

For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

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

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

Almond crusted tilapia

6 oz - 424 cals 41g protein 20g fat 16g carbs 4g fiber

For single meal:

almonds
4 tbsp, slivered (27g)
tilapia, raw
6 oz (168g)
all-purpose flour
1/6 cup(s) (21g)
salt
1 dash (0g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

almonds
1/2 cup, slivered (54g)
tilapia, raw
3/4 lbs (336g)
all-purpose flour
1/3 cup(s) (42g)
salt
2 dash (1g)
olive oil
1 tbsp (15mL)

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 3

Eat on day 5

Roasted almonds

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

Makes 1/3 cup(s)

almonds
5 tbsp, whole (45g)

1. The recipe has no instructions.

Simple sardine salad

265 cals 24g protein 17g fat 4g carbs 1g fiber

mixed greens
1 1/2 cup (45g)
vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
sardines, canned in oil, drained
1 can (92g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Lunch 4

Eat on day 6 and day 7

Honey dijon salmon

4 oz - 268 cals 24g protein 16g fat 6g carbs 0g fiber

For single meal:

salmon
2/3 fillet/s (6 oz each) (113g)
dijon mustard
2 tsp (10g)
honey
1 tsp (7g)
olive oil
1/4 tbsp (3mL)
garlic, minced
1/3 clove (1g)

For all 2 meals:

salmon
1 1/3 fillet/s (6 oz each) (227g)
dijon mustard
4 tsp (20g)
honey
2 tsp (14g)
olive oil
1/2 tbsp (7mL)
garlic, minced
2/3 clove (2g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Olive oil drizzled sugar snap peas

245 cals 8g protein 14g fat 12g carbs 9g fiber

For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen sugar snap peas
4 cup (576g)
olive oil
2 tbsp (30mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Snacks 1

Eat on day 1, day 2, and day 3

Sunflower seeds

90 cals 4g protein 7g fat 1g carbs 1g fiber

For single meal:

sunflower kernels
1/2 oz (14g)

For all 3 meals:

sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.

Milk

2/3 cup(s) - 99 cals 5g protein 5g fat 8g carbs 0g fiber

For single meal:

whole milk
2/3 cup(s) (160mL)

For all 3 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Snacks 2

Eat on day 4 and day 5

Bell pepper strips and hummus

170 cals 7g protein 8g fat 10g carbs 7g fiber

For single meal:

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

For all 2 meals:

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

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Snacks 3

Eat on day 6 and day 7

Tuna cucumber bites

173 cals 25g protein 6g fat 4g carbs 1g fiber

For single meal:

canned tuna
1 1/2 packet (111g)
cucumber, sliced
3/8 cucumber (8-1/4") (113g)

For all 2 meals:

canned tuna
3 packet (222g)
cucumber, sliced
3/4 cucumber (8-1/4") (226g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Dinner 1

Eat on day 1

Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cals 20g protein 12g fat 4g carbs 5g fiber

Makes 1 half pepper(s)

avocados
1/4 avocado(s) (50g)
lime juice
1/2 tsp (3mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
bell pepper
1/2 large (82g)
onion
1/8 small (9g)
canned tuna, drained
1/2 can(s) (86g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Simple mixed greens salad

237 cals 5g protein 16g fat 15g carbs 4g fiber

mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

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

Dinner 2

Eat on day 2

Roasted rosemary sweet potatoes

158 cals 2g protein 7g fat 18g carbs 4g fiber

olive oil
1/2 tbsp (8mL)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
rosemary, dried
1/4 tbsp (1g)
sweet potatoes, cut into 1" cubes
1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Cooked peppers

3/4 bell pepper(s) - 90 cals 1g protein 7g fat 4g carbs 2g fiber

Makes 3/4 bell pepper(s)

oil
1/2 tbsp (8mL)
bell pepper, seeded & cut into strips
3/4 large (123g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Simple salmon

3 oz - 192 cals 17g protein 14g fat 0g carbs 0g fiber

Makes 3 oz

salmon
3 oz (85g)
oil
1/2 tsp (3mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Dinner 3

Eat on day 3 and day 4

Salmon with tomato and herbs

6 oz - 453 cals 35g protein 33g fat 3g carbs 1g fiber

For single meal:

olive oil
3/4 tbsp (11mL)
salt
1 dash (0g)
black pepper
2 dash (0g)
lemon juice
1/2 tbsp (8mL)
oregano, dried
2 dash, ground (0g)
thyme, dried
2 dash, ground (0g)
salmon
1 fillet/s (6 oz each) (170g)
onion
1/2 tbsp chopped (5g)
tomatoes, chopped
3/4 plum tomato (47g)

For all 2 meals:

olive oil
1 1/2 tbsp (23mL)
salt
2 dash (1g)
black pepper
4 dash (0g)
lemon juice
1 tbsp (15mL)
oregano, dried
4 dash, ground (1g)
thyme, dried
4 dash, ground (1g)
salmon
2 fillet/s (6 oz each) (340g)
onion
1 tbsp chopped (10g)
tomatoes, chopped
1 1/2 plum tomato (93g)

1. Preheat the oven to 400 F (200 C).
2. Sprinkle salmon with 1/3 of the olive oil, salt, and pepper.
3. Stir the tomatoes, shallots, remaining olive oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.
4. Place each salmon fillet, oiled side down, atop its own individual sheet of foil.
5. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed.
6. Place the foil packets on a heavy large baking sheet.
7. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Olive oil drizzled sugar snap peas

82 cals 3g protein 5g fat 4g carbs 3g fiber

For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen sugar snap peas
2/3 cup (96g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen sugar snap peas
1 1/3 cup (192g)
olive oil
2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Dinner 4

Eat on day 5

Milk

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

Makes 1 cup(s)

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Avocado tuna salad

436 cals 41g protein 24g fat 6g carbs 8g fiber

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
mixed greens
1 cup (30g)
canned tuna
1 can(s) (172g)
tomatoes
4 tbsp, chopped (45g)
onion, minced
1/4 small (18g)

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.

Dinner 5

Eat on day 6 and day 7

Crack slaw with tempeh

422 cals 29g protein 21g fat 16g carbs 13g fiber

For single meal:

coleslaw mix
2 cup (180g)
hot sauce
1 tsp (5mL)
sunflower kernels
1 tbsp (12g)
oil
2 tsp (10mL)
tempeh, cubed
4 oz (113g)
garlic, minced
1 clove (3g)

For all 2 meals:

coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
tempeh, cubed
1/2 lbs (227g)
garlic, minced
2 clove (6g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Roasted peanuts

1/6 cup(s) - 153 cals 6g protein 12g fat 3g carbs 2g fiber

For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Protein Supplement(s)

Eat every day

Protein shake

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

For single meal:

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

For all 7 meals:

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

1. The recipe has no instructions.