

# Meal Plan - 1700 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

1676 cals ● 116g protein (28%) ● 102g fat (55%) ● 55g carbs (13%) ● 19g fiber (4%)

### Breakfast

280 cals, 10g protein, 13g net carbs, 18g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Dark chocolate](#)

2 square(s)- 120 cals



[Egg in an eggplant](#)

120 cals

### Snacks

120 cals, 3g protein, 15g net carbs, 5g fat



[Small granola bar](#)

1 bar(s)- 119 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 scoop- 109 cals

### Lunch

550 cals, 25g protein, 16g net carbs, 40g fat



[Sunflower seeds](#)

301 cals



[Grilled cheese sandwich](#)

1/2 sandwich(es)- 248 cals

### Dinner

615 cals, 55g protein, 10g net carbs, 38g fat



[Olive oil drizzled green beans](#)

108 cals



[Spiced yogurt baked salmon](#)

8 oz- 508 cals

## Day 2

1641 cals ● 114g protein (28%) ● 93g fat (51%) ● 63g carbs (15%) ● 25g fiber (6%)

### Breakfast

280 cals, 10g protein, 13g net carbs, 18g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Dark chocolate

2 square(s)- 120 cals



Egg in an eggplant

120 cals

### Snacks

120 cals, 3g protein, 15g net carbs, 5g fat



Small granola bar

1 bar(s)- 119 cals

### Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

### Lunch

560 cals, 39g protein, 24g net carbs, 30g fat



Olive oil drizzled sugar snap peas

245 cals



Almond crusted tilapia

4 1/2 oz- 318 cals

### Dinner

570 cals, 38g protein, 10g net carbs, 40g fat



Tasty broiled salmon

6 oz- 372 cals



Buttered green beans

196 cals

## Day 3

1765 cals ● 134g protein (30%) ● 103g fat (53%) ● 52g carbs (12%) ● 23g fiber (5%)

### Breakfast

285 cals, 25g protein, 10g net carbs, 15g fat



Protein greek yogurt

1 container- 139 cals



Roasted almonds

1/6 cup(s)- 148 cals

### Snacks

240 cals, 8g protein, 8g net carbs, 18g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Mixed nuts

1/4 cup(s)- 218 cals

### Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

### Lunch

560 cals, 39g protein, 24g net carbs, 30g fat



Olive oil drizzled sugar snap peas

245 cals



Almond crusted tilapia

4 1/2 oz- 318 cals

### Dinner

570 cals, 38g protein, 10g net carbs, 40g fat



Tasty broiled salmon

6 oz- 372 cals



Buttered green beans

196 cals

## Day 4

1707 cal ● 129g protein (30%) ● 97g fat (51%) ● 59g carbs (14%) ● 20g fiber (5%)

### Breakfast

285 cal, 25g protein, 10g net carbs, 15g fat



[Protein greek yogurt](#)  
1 container- 139 cal



[Roasted almonds](#)  
1/6 cup(s)- 148 cal

### Snacks

240 cal, 8g protein, 8g net carbs, 18g fat



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



[Mixed nuts](#)  
1/4 cup(s)- 218 cal

### Protein Supplement(s)

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



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

### Lunch

505 cal, 30g protein, 25g net carbs, 28g fat



[Simple Greek cucumber salad](#)  
141 cal



[Avocado egg salad sandwich](#)  
1/2 sandwich(es)- 281 cal



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

### Dinner

570 cal, 41g protein, 16g net carbs, 35g fat



[Buttered broccoli](#)  
2 cup(s)- 267 cal



[Pan seared breaded tilapia](#)  
6 oz- 301 cal

## Day 5

1696 cal ● 115g protein (27%) ● 99g fat (53%) ● 63g carbs (15%) ● 23g fiber (5%)

### Breakfast

275 cal, 12g protein, 14g net carbs, 17g fat



[Toast with butter](#)  
1 slice(s)- 114 cal



[Eggs with tomato and avocado](#)  
163 cal

### Snacks

240 cal, 8g protein, 8g net carbs, 18g fat



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



[Mixed nuts](#)  
1/4 cup(s)- 218 cal

### Protein Supplement(s)

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



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

### Lunch

505 cal, 30g protein, 25g net carbs, 28g fat



[Simple Greek cucumber salad](#)  
141 cal



[Avocado egg salad sandwich](#)  
1/2 sandwich(es)- 281 cal



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

### Dinner

570 cal, 41g protein, 16g net carbs, 35g fat



[Buttered broccoli](#)  
2 cup(s)- 267 cal



[Pan seared breaded tilapia](#)  
6 oz- 301 cal

## Day 6

1666 cals ● 112g protein (27%) ● 99g fat (53%) ● 59g carbs (14%) ● 24g fiber (6%)

### Breakfast

275 cals, 12g protein, 14g net carbs, 17g fat



[Toast with butter](#)  
1 slice(s)- 114 cals



[Eggs with tomato and avocado](#)  
163 cals

### Snacks

220 cals, 6g protein, 14g net carbs, 14g fat



[Cucumber slices](#)  
1/4 cucumber- 15 cals



[Kale chips](#)  
206 cals

### Protein Supplement(s)

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



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

### Lunch

500 cals, 31g protein, 21g net carbs, 30g fat



[Alaskan salmon bowl](#)  
335 cals



[Roasted almonds](#)  
1/6 cup(s)- 166 cals

### Dinner

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



[Avocado tuna salad](#)  
327 cals



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

## Day 7

1666 cals ● 112g protein (27%) ● 99g fat (53%) ● 59g carbs (14%) ● 24g fiber (6%)

### Breakfast

275 cals, 12g protein, 14g net carbs, 17g fat



[Toast with butter](#)  
1 slice(s)- 114 cals



[Eggs with tomato and avocado](#)  
163 cals

### Snacks

220 cals, 6g protein, 14g net carbs, 14g fat



[Cucumber slices](#)  
1/4 cucumber- 15 cals



[Kale chips](#)  
206 cals

### Protein Supplement(s)

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



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

### Lunch

500 cals, 31g protein, 21g net carbs, 30g fat



[Alaskan salmon bowl](#)  
335 cals



[Roasted almonds](#)  
1/6 cup(s)- 166 cals

### Dinner

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



[Avocado tuna salad](#)  
327 cals



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

## Spices and Herbs

- ☐ black pepper  
2 1/4 g (2g)
- ☐ salt  
3/4 oz (21g)
- ☐ dill weed, fresh  
1/2 cup sprigs (4g)
- ☐ paprika  
1/4 tbsp (2g)
- ☐ ground cumin  
1/4 tbsp (2g)
- ☐ lemon pepper  
1/2 tbsp (3g)
- ☐ red wine vinegar  
1 tsp (5mL)
- ☐ dried dill weed  
1 tsp (1g)
- ☐ garlic powder  
4 dash (2g)
- ☐ fresh basil  
3 leaves (2g)
- ☐ dijon mustard  
4 dash (3g)

## Vegetables and Vegetable Products

- ☐ frozen green beans  
3 2/3 cup (444g)
- ☐ tomatoes  
7 1/2 medium whole (2-3/5" dia) (918g)
- ☐ eggplant  
2 1 inch (2.5 cm) slice(s) (120g)
- ☐ garlic  
2 clove(s) (6g)
- ☐ frozen sugar snap peas  
4 cup (576g)
- ☐ frozen broccoli  
4 cup (364g)
- ☐ red onion  
1/4 medium (2-1/2" dia) (28g)
- ☐ cucumber  
1 3/4 cucumber (8-1/4") (527g)
- ☐ kale leaves  
2 bunch (340g)
- ☐ onion  
3/8 small (26g)

## Fats and Oils

- ☐ olive oil  
3 1/4 oz (101mL)

## Dairy and Egg Products

- ☐ nonfat greek yogurt, plain  
1 container (193g)
- ☐ eggs  
8 large (400g)
- ☐ butter  
1 stick (128g)
- ☐ sliced cheese  
1 slice (1 oz ea) (28g)
- ☐ string cheese  
2 stick (56g)

## Finfish and Shellfish Products

- ☐ salmon  
1 3/4 lbs (794g)
- ☐ tilapia, raw  
1 1/3 lbs (588g)
- ☐ canned tuna  
1 1/2 can (258g)

## Beverages

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

## Sweets

- ☐ Chocolate, dark, 70-85%  
4 square(s) (40g)
- ☐ brown sugar  
3 tbsp unpacked (27g)

## Snacks

- ☐ small granola bar  
2 bar (50g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 2/3 oz (47g)
- ☐ almonds  
5 oz (142g)
- ☐ mixed nuts  
3/4 cup (101g)

## Baked Products

☐ oil  
2 oz (56mL)

## Fruits and Fruit Juices

☐ lemon juice  
1 1/4 tbsp (19mL)

☐ avocados  
2 avocado(s) (402g)

☐ lime juice  
1/2 tbsp (8mL)

☐ bread  
6 slice (192g)

## Legumes and Legume Products

☐ soy sauce  
4 tbsp (60mL)

☐ roasted peanuts  
1/2 cup (73g)

## Cereal Grains and Pasta

☐ all-purpose flour  
1/2 cup(s) (62g)

☐ brown rice  
4 tbsp (48g)

## Other

☐ protein greek yogurt, flavored  
2 container (300g)

☐ mixed greens  
1 1/2 cup (45g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

#### tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

#### tomatoes

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

### Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

#### Chocolate, dark, 70-85%

2 square(s) (20g)

For all 2 meals:

#### Chocolate, dark, 70-85%

4 square(s) (40g)

1. This recipe has no instructions.

### Egg in an eggplant

120 cals ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber





For single meal:

**eggs**  
1 large (50g)  
**eggplant**  
1 1 inch (2.5 cm) slice(s) (60g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**eggs**  
2 large (100g)  
**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### 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

1/6 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.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**

1 slice (32g)

**butter**

1 tsp (5g)

For all 3 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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### Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**tomatoes**

1 slice(s), thick/large (1/2" thick)  
(27g)

**eggs**

1 large (50g)

**avocados, sliced**

1/4 avocado(s) (50g)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**fresh basil, chopped**

1 leaves (1g)

For all 3 meals:

**tomatoes**

3 slice(s), thick/large (1/2" thick)  
(81g)

**eggs**

3 large (150g)

**avocados, sliced**

3/4 avocado(s) (151g)

**salt**

3 dash (1g)

**black pepper**

3 dash (0g)

**fresh basil, chopped**

3 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
  2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
  3. Serve.
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## Lunch 1 [↗](#)

Eat on day 1

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### Sunflower seeds

301 cals ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



#### sunflower kernels

1 2/3 oz (47g)

1. This recipe has no instructions.

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### Grilled cheese sandwich

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

Makes 1/2 sandwich(es)



#### bread

1 slice (32g)

#### butter

1/2 tbsp (7g)

#### sliced cheese

1 slice (1 oz ea) (28g)

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.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

### 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.

### 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 3 [🔗](#)

Eat on day 4, day 5

### Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**red wine vinegar**  
1/2 tsp (3mL)  
**dried dill weed**  
4 dash (1g)  
**lemon juice**  
1/4 tbsp (4mL)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced into half moons**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**red wine vinegar**  
1 tsp (5mL)  
**dried dill weed**  
1 tsp (1g)  
**lemon juice**  
1/2 tbsp (8mL)  
**nonfat greek yogurt, plain**  
1/2 cup (140g)  
**red onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced into half moons**  
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

### Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

**tomatoes, halved**  
3 tbsp cherry tomatoes (28g)  
**garlic powder**  
2 dash (1g)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
1 slice (32g)  
**eggs, hard-boiled and chilled**  
1 1/2 large (75g)

For all 2 meals:

**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)  
**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
2 slice (64g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

### 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.

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## Lunch 4 [🔗](#)

Eat on day 6, day 7

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### Alaskan salmon bowl

335 cals ● 25g protein ● 17g fat ● 19g carbs ● 1g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**lemon juice**  
3/8 tsp (2mL)  
**garlic, minced**  
1/4 clove(s) (1g)  
**dijon mustard**  
2 dash (1g)  
**cucumber, chopped**  
1/8 cucumber (8-1/4") (38g)  
**salmon**  
4 oz (113g)  
**brown rice**  
2 tbsp (24g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**lemon juice**  
1/4 tbsp (4mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**dijon mustard**  
4 dash (3g)  
**cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)  
**salmon**  
1/2 lbs (227g)  
**brown rice**  
4 tbsp (48g)

1. Cook rice according to package instructions. Set aside.
2. Preheat oven to 350°F (180°C). Place salmon skin side down on a baking sheet and bake salmon for 14-16 or until salmon is fully cooked.
3. Mix the dijon, oil, garlic, lemon juice, and some salt into the rice.
4. Top the rice with salmon and cucumber and serve.

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### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber





For single meal:

**almonds**

3 tbsp, whole (27g)

For all 2 meals:

**almonds**

6 tbsp, whole (54g)

1. This recipe has no instructions.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**

1 bar (25g)

For all 2 meals:

**small granola bar**

2 bar (50g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

**tomatoes**

6 cherry tomatoes (102g)

For all 3 meals:

**tomatoes**

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

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### Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed nuts**  
4 tbsp (34g)

For all 3 meals:

**mixed nuts**  
3/4 cup (101g)

1. This recipe has no instructions.

### Snacks 3 [↗](#)

Eat on day 6, day 7

#### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

#### Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

**olive oil**  
1 tbsp (15mL)  
**kale leaves**  
1 bunch (170g)  
**salt**  
1 tsp (6g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**kale leaves**  
2 bunch (340g)  
**salt**  
2 tsp (12g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve



## Dinner 1 [🔗](#)

Eat on day 1

### Olive oil drizzled green beans

108 cals ● 2g protein ● 7g fat ● 6g carbs ● 3g fiber



#### **black pepper**

3/4 dash (0g)

#### **salt**

3/4 dash (0g)

#### **frozen green beans**

1 cup (121g)

#### **olive oil**

1/2 tbsp (8mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

### Spiced yogurt baked salmon

8 oz - 508 cals ● 52g protein ● 31g fat ● 4g carbs ● 1g fiber



Makes 8 oz

#### **lemon juice**

1/2 tbsp (8mL)

#### **dill weed, fresh, chopped**

1/2 cup sprigs (4g)

#### **paprika**

1/4 tbsp (2g)

#### **ground cumin**

1/4 tbsp (2g)

#### **nonfat greek yogurt, plain**

3 tbsp (53g)

#### **salmon**

1/2 lbs (227g)

1. Preheat oven to 400°F (200°C).
2. Place salmon on a parchment lined baking sheet. Set aside.
3. In a small bowl, mix together the Greek yogurt, cumin, paprika, dill, lemon juice and a pinch of salt. Mix well.
4. Spoon mixture over the salmon and bake for 15-18 minutes, until salmon is fully cooked. Serve with extra lemon juice.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Tasty broiled salmon

6 oz - 372 cal ● 35g protein ● 25g fat ● 2g carbs ● 0g fiber



For single meal:

**oil**  
1 1/2 tbsp (23mL)  
**soy sauce**  
2 tbsp (30mL)  
**lemon pepper**  
1/4 tbsp (2g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**brown sugar**  
1 1/2 tbsp unpacked (14g)  
**salmon, skin-on**  
6 oz (170g)

For all 2 meals:

**oil**  
3 tbsp (45mL)  
**soy sauce**  
4 tbsp (60mL)  
**lemon pepper**  
1/2 tbsp (3g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**brown sugar**  
3 tbsp unpacked (27g)  
**salmon, skin-on**  
3/4 lbs (340g)

1. Whisk together the soy sauce, oil, brown sugar, lemon pepper, and garlic in a shallow dish; lay the salmon fillets into the mixture with the skin side facing up. Allow to marinate covered in the refrigerator 4 to 8 hours or overnight.
2. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
3. Remove salmon from the marinade and arrange on a baking sheet. Discard the marinade.
4. Cook the salmon under the broiler until lightly browned and the flesh flakes easily with a fork, about 7 to 10 minutes. Allow the salmon to rest 5 minutes before slicing and serving.

### Buttered green beans

196 cal ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



For single meal:

**frozen green beans**  
1 1/3 cup (161g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**butter**  
4 tsp (18g)

For all 2 meals:

**frozen green beans**  
2 2/3 cup (323g)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**butter**  
2 2/3 tbsp (36g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Buttered broccoli

2 cup(s) - 267 cals ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



For single meal:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**butter**

2 tbsp (28g)

For all 2 meals:

**black pepper**

2 dash (0g)

**salt**

2 dash (1g)

**frozen broccoli**

4 cup (364g)

**butter**

4 tbsp (57g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### Pan seared breaded tilapia

6 oz - 301 cals ● 36g protein ● 12g fat ● 12g carbs ● 1g fiber



For single meal:

**butter, melted**

1/2 tbsp (7g)

**all-purpose flour**

1/8 cup(s) (16g)

**tilapia, raw**

6 oz (168g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**olive oil**

1/4 tbsp (4mL)

For all 2 meals:

**butter, melted**

1 tbsp (14g)

**all-purpose flour**

1/4 cup(s) (31g)

**tilapia, raw**

3/4 lbs (336g)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

**olive oil**

1/2 tbsp (8mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
  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. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.
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## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Avocado tuna salad

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



For single meal:

**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)

For all 2 meals:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**mixed greens**  
1 1/2 cup (45g)  
**onion, minced**  
3/8 small (26g)  
**canned tuna**  
1 1/2 can (258g)  
**tomatoes**  
6 tbsp, chopped (68g)

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



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

1. This 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:

- 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.