

Meal Plan - 1800 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

1784 cal ● 116g protein (26%) ● 106g fat (54%) ● 48g carbs (11%) ● 43g fiber (10%)

Breakfast

340 cal, 10g protein, 4g net carbs, 27g fat



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



[Avocado](#)
176 cal

Snacks

185 cal, 9g protein, 2g net carbs, 15g fat



[Pumpkin seeds](#)
183 cal

Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 1/2 scoop- 164 cal

Lunch

425 cal, 5g protein, 14g net carbs, 35g fat



[Roasted cabbage steaks with dressing](#)
427 cal

Dinner

670 cal, 56g protein, 26g net carbs, 29g fat



[Broccoli](#)
1 1/2 cup(s)- 44 cal



[Buffalo tempeh with tzatziki](#)
628 cal

Day 2

1839 cal ● 120g protein (26%) ● 115g fat (56%) ● 44g carbs (9%) ● 38g fiber (8%)

Breakfast

340 cal, 10g protein, 4g net carbs, 27g fat



Eggs with tomato and avocado

163 cal



Avocado

176 cal

Snacks

185 cal, 9g protein, 2g net carbs, 15g fat



Pumpkin seeds

183 cal

Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cal

Lunch

540 cal, 38g protein, 24g net carbs, 26g fat



Basic tempeh

6 oz- 443 cal



Baked fries

97 cal

Dinner

615 cal, 27g protein, 11g net carbs, 47g fat



Roasted almonds

1/4 cup(s)- 222 cal



Low carb asian tofu bowl

393 cal

Day 3

1765 cal ● 135g protein (30%) ● 103g fat (53%) ● 57g carbs (13%) ● 17g fiber (4%)

Breakfast

215 cal, 14g protein, 6g net carbs, 14g fat



Creamy scrambled eggs

182 cal



Cherry tomatoes

9 cherry tomatoes- 32 cal

Snacks

270 cal, 29g protein, 7g net carbs, 14g fat



Protein shake (milk)

129 cal



Boiled eggs

2 egg(s)- 139 cal

Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cal

Lunch

505 cal, 28g protein, 32g net carbs, 28g fat



Buttered corn

238 cal



Honey dijon salmon

4 oz- 268 cal

Dinner

615 cal, 27g protein, 11g net carbs, 47g fat



Roasted almonds

1/4 cup(s)- 222 cal



Low carb asian tofu bowl

393 cal

Day 4

1725 cal ● 133g protein (31%) ● 93g fat (49%) ● 68g carbs (16%) ● 21g fiber (5%)

Breakfast

215 cal, 14g protein, 6g net carbs, 14g fat



Creamy scrambled eggs
182 cal



Cherry tomatoes
9 cherry tomatoes- 32 cal

Snacks

270 cal, 29g protein, 7g net carbs, 14g fat



Protein shake (milk)
129 cal



Boiled eggs
2 egg(s)- 139 cal

Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cal

Lunch

505 cal, 28g protein, 32g net carbs, 28g fat



Buttered corn
238 cal



Honey dijon salmon
4 oz- 268 cal

Dinner

575 cal, 26g protein, 22g net carbs, 37g fat



Garlic pepper seitan
171 cal



Simple kale & avocado salad
288 cal



Roasted peanuts
1/8 cup(s)- 115 cal

Day 5

1812 cal ● 176g protein (39%) ● 87g fat (43%) ● 52g carbs (12%) ● 28g fiber (6%)

Breakfast

305 cal, 26g protein, 10g net carbs, 16g fat



Roasted almonds
1/6 cup(s)- 166 cal



Protein greek yogurt
1 container- 139 cal

Snacks

210 cal, 14g protein, 10g net carbs, 11g fat



String cheese
2 stick(s)- 165 cal



Grapes
44 cal

Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cal

Lunch

560 cal, 75g protein, 8g net carbs, 23g fat



Olive oil drizzled broccoli
2 cup(s)- 140 cal



Cajun cod
13 1/2 oz- 421 cal

Dinner

575 cal, 26g protein, 22g net carbs, 37g fat



Garlic pepper seitan
171 cal



Simple kale & avocado salad
288 cal



Roasted peanuts
1/8 cup(s)- 115 cal

Day 6

1780 cals ● 124g protein (28%) ● 103g fat (52%) ● 59g carbs (13%) ● 29g fiber (7%)

Breakfast

305 cals, 26g protein, 10g net carbs, 16g fat



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



Protein greek yogurt
1 container- 139 cals

Snacks

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



String cheese
2 stick(s)- 165 cals



Grapes
44 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

515 cals, 23g protein, 11g net carbs, 38g fat



Buffalo tofu
355 cals



Garlic collard greens
159 cals

Dinner

590 cals, 25g protein, 26g net carbs, 37g fat



Sesame peanut zoodles
588 cals

Day 7

1780 cals ● 124g protein (28%) ● 103g fat (52%) ● 59g carbs (13%) ● 29g fiber (7%)

Breakfast

305 cals, 26g protein, 10g net carbs, 16g fat



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



Protein greek yogurt
1 container- 139 cals

Snacks

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



String cheese
2 stick(s)- 165 cals



Grapes
44 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

515 cals, 23g protein, 11g net carbs, 38g fat



Buffalo tofu
355 cals



Garlic collard greens
159 cals

Dinner

590 cals, 25g protein, 26g net carbs, 37g fat



Sesame peanut zoodles
588 cals

Vegetables and Vegetable Products

- frozen broccoli
3 1/2 cup (319g)
- tomatoes
3 medium whole (2-3/5" dia) (360g)
- cabbage
1/2 head, small (about 4-1/2" dia) (357g)
- garlic
7 clove(s) (21g)
- fresh ginger
2 tsp (4g)
- broccoli
1 cup chopped (91g)
- potatoes
1/4 large (3" to 4-1/4" dia.) (92g)
- frozen corn kernels
2 cup (272g)
- onion
2 tbsp, chopped (20g)
- green pepper
1 tbsp, chopped (9g)
- kale leaves
1 1/4 bunch (213g)
- collard greens
1 lbs (454g)
- green onions
4 tbsp, sliced (32g)
- zucchini
4 medium (784g)

Fats and Oils

- oil
1/4 lbs (142mL)
- ranch dressing
6 tbsp (90mL)
- olive oil
1 oz (32mL)

Other

- tzatziki
1/4 cup(s) (56g)
- italian seasoning
4 dash (2g)
- frozen riced cauliflower
1 1/2 cup, prepared (255g)
- protein greek yogurt, flavored
3 container (450g)
- coleslaw mix
2 cup (180g)

Beverages

- water
2/3 gallon (2534mL)
- protein powder
11 1/2 scoop (1/3 cup ea) (357g)

Dairy and Egg Products

- eggs
10 large (500g)
- butter
2 2/3 tbsp (36g)
- whole milk
1 cup (271mL)
- string cheese
6 stick (168g)

Fruits and Fruit Juices

- avocados
2 3/4 avocado(s) (553g)
- lemon juice
1 tsp (5mL)
- lemon
1 1/4 small (73g)
- grapes
2 1/4 cup (207g)
- lime juice
2 tbsp (30mL)

Spices and Herbs

- salt
1/4 oz (8g)
- black pepper
2 1/2 g (2g)
- fresh basil
2 leaves (1g)
- dijon mustard
4 tsp (20g)
- cajun seasoning
1 1/2 tbsp (10g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- almonds
1 cup, whole (152g)
- sesame seeds
4 tsp (12g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
9 1/4 tbsp (139mL)

Legumes and Legume Products

- tempeh
14 oz (397g)
- soy sauce
1/2 cup (120mL)
- firm tofu
1 1/2 lbs (680g)
- roasted peanuts
4 tbsp (37g)
- peanut butter
1/2 cup (128g)

- chia seeds
2 tsp (9g)

Finfish and Shellfish Products

- salmon
1 1/3 fillet/s (6 oz each) (227g)
- cod, raw
13 1/2 oz (383g)

Sweets

- honey
2 tsp (14g)

Cereal Grains and Pasta

- seitan
4 oz (113g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Eggs with tomato and avocado

163 cal ● 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 2 meals:

tomatoes

2 slice(s), thick/large (1/2" thick)
(54g)

eggs

2 large (100g)

avocados, sliced

1/2 avocado(s) (101g)

salt

2 dash (1g)

black pepper

2 dash (0g)

fresh basil, chopped

2 leaves (1g)

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.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 2 meals:

avocados

1 avocado(s) (201g)

lemon juice

1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1 tbsp (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
2 tbsp (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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 3 meals:

almonds
1/2 cup, whole (80g)

1. This recipe has no instructions.
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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 3 meals:

protein greek yogurt, flavored
3 container (450g)

1. Enjoy.
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Lunch 1 [↗](#)

Eat on day 1

Roasted cabbage steaks with dressing

427 cal ● 5g protein ● 35g fat ● 14g carbs ● 9g fiber



ranch dressing

2 tbsp (30mL)

italian seasoning

4 dash (2g)

black pepper

4 dash, ground (1g)

salt

4 dash (3g)

oil

1 1/2 tbsp (23mL)

cabbage

1/2 head, small (about 4-1/2" dia)
(357g)

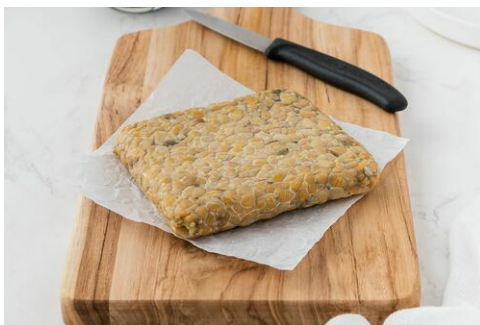
1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

Lunch 2 [↗](#)

Eat on day 2

Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

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.

Baked fries

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



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

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.

Lunch 3 [↗](#)

Eat on day 3, day 4

Buttered corn

238 cal ● 4g protein ● 12g fat ● 25g carbs ● 3g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
butter
1 tbsp (14g)
frozen corn kernels
1 cup (136g)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
butter
2 tbsp (27g)
frozen corn kernels
2 cup (272g)

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

Honey dijon salmon

4 oz - 268 cal ● 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)
garlic, minced
1/3 clove (1g)
olive oil
1/4 tbsp (3mL)

For all 2 meals:

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

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.

Lunch 4 [🔗](#)

Eat on day 5

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Cajun cod

13 1/2 oz - 421 cals ● 69g protein ● 14g fat ● 5g carbs ● 1g fiber



Makes 13 1/2 oz

cod, raw
13 1/2 oz (383g)
cajun seasoning
1 1/2 tbsp (10g)
oil
3/4 tbsp (11mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Lunch 5 [↗](#)

Eat on day 6, day 7

Buffalo tofu

355 cal ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



For single meal:

ranch dressing
2 tbsp (30mL)
oil
1/2 tbsp (8mL)
Frank's Red Hot sauce
2 1/2 tbsp (40mL)
firm tofu, patted dry & cubed
1/2 lbs (198g)

For all 2 meals:

ranch dressing
4 tbsp (60mL)
oil
1 tbsp (15mL)
Frank's Red Hot sauce
1/3 cup (79mL)
firm tofu, patted dry & cubed
14 oz (397g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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 ranch.

Garlic collard greens

159 cal ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



For single meal:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

For all 2 meals:

collard greens
1 lbs (454g)
oil
1 tbsp (15mL)
garlic, minced
3 clove(s) (9g)
salt
2 dash (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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Snacks 1 [↗](#)

Eat on day 1, day 2

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

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

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

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.

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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 3 [↗](#)

Eat on day 5, day 6, day 7

String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 3 meals:

string cheese
6 stick (168g)

1. This recipe has no instructions.

Grapes

44 cal ● 1g protein ● 0g fat ● 7g carbs ● 3g fiber



For single meal:

grapes
3/4 cup (69g)

For all 3 meals:

grapes
2 1/4 cup (207g)

1. This recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1

Broccoli

1 1/2 cup(s) - 44 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

frozen broccoli
1 1/2 cup (137g)

1. Prepare according to instructions on package.

Buffalo tempeh with tzatziki

628 cal ● 52g protein ● 29g fat ● 23g carbs ● 16g fiber



oil
1 tbsp (15mL)
tzatziki
1/4 cup(s) (56g)
Frank's Red Hot sauce
4 tbsp (60mL)
tempeh, roughly chopped
1/2 lbs (227g)

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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Roasted almonds

1/4 cup(s) - 222 cal ● 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. This recipe has no instructions.

Low carb asian tofu bowl

393 cal ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber



For single meal:

garlic, minced

1 clove (3g)

sesame seeds

1 tsp (3g)

oil

1 1/2 tbsp (23mL)

fresh ginger, minced

1 tsp (2g)

soy sauce

2 tbsp (30mL)

frozen riced cauliflower

3/4 cup, prepared (128g)

broccoli

1/2 cup chopped (46g)

firm tofu, drained and patted dry

5 oz (142g)

For all 2 meals:

garlic, minced

2 clove (6g)

sesame seeds

2 tsp (6g)

oil

3 tbsp (45mL)

fresh ginger, minced

2 tsp (4g)

soy sauce

4 tbsp (60mL)

frozen riced cauliflower

1 1/2 cup, prepared (255g)

broccoli

1 cup chopped (91g)

firm tofu, drained and patted dry

10 oz (284g)

1. Cut tofu into bite-sized pieces.
 2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
 3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
 4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
 5. In a bowl, add the riced cauliflower and tofu, set aside.
 6. Add the broccoli to the skillet and cook for a few minutes until softened.
 7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.
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Dinner 3 [↗](#)

Eat on day 4, day 5

Garlic pepper seitan

171 cal ● 15g protein ● 8g fat ● 8g carbs ● 1g fiber



For single meal:

olive oil
1/2 tbsp (8mL)
onion
1 tbsp, chopped (10g)
garlic, minced
5/8 clove(s) (2g)
green pepper
1/2 tbsp, chopped (5g)
seitan, chicken style
2 oz (57g)
black pepper
1/2 dash, ground (0g)
water
1/4 tbsp (4mL)
salt
1/4 dash (0g)

For all 2 meals:

olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
garlic, minced
1 1/4 clove(s) (4g)
green pepper
1 tbsp, chopped (9g)
seitan, chicken style
4 oz (113g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Simple kale & avocado salad

288 cal ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

kale leaves, chopped
5/8 bunch (106g)
lemon, juiced
5/8 small (36g)
avocados, chopped
5/8 avocado(s) (126g)

For all 2 meals:

kale leaves, chopped
1 1/4 bunch (213g)
lemon, juiced
1 1/4 small (73g)
avocados, chopped
1 1/4 avocado(s) (251g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6, day 7

Sesame peanut zoodles

588 cal ● 25g protein ● 37g fat ● 26g carbs ● 12g fiber



For single meal:

chia seeds
1 tsp (5g)
lime juice
1 tbsp (15mL)
green onions
2 tbsp, sliced (16g)
sesame seeds
1 tsp (3g)
soy sauce
2 tbsp (30mL)
peanut butter
4 tbsp (64g)
coleslaw mix
1 cup (90g)
zucchini, spiralized
2 medium (392g)

For all 2 meals:

chia seeds
2 tsp (9g)
lime juice
2 tbsp (30mL)
green onions
4 tbsp, sliced (32g)
sesame seeds
2 tsp (6g)
soy sauce
4 tbsp (60mL)
peanut butter
1/2 cup (128g)
coleslaw mix
2 cup (180g)
zucchini, spiralized
4 medium (784g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
 2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
 3. Pour peanut butter mixture over zoodles and mix well.
 4. Top with green onions, sesame seeds, and chia seeds (optional).
 5. Serve.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

water

1 1/2 cup(s) (356mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

water

10 1/2 cup(s) (2489mL)

protein powder

10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
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