

# Meal Plan - 1900 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

1761 cals ● 127g protein (29%) ● 99g fat (51%) ● 66g carbs (15%) ● 24g fiber (6%)

### Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



[Basic scrambled eggs](#)  
2 egg(s)- 159 cals



[Avocado toast](#)  
1 slice(s)- 168 cals

### Snacks

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



[Pistachios](#)  
188 cals



[Cherry tomatoes](#)  
9 cherry tomatoes- 32 cals

### Protein Supplement(s)

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



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

### Lunch

600 cals, 38g protein, 20g net carbs, 40g fat



[Salmon with avocado sauce](#)  
6 oz- 479 cals



[Buttery white rice](#)  
121 cals

### Dinner

450 cals, 27g protein, 22g net carbs, 23g fat



[Lentils](#)  
87 cals



[Peanut tempeh](#)  
2 oz tempeh- 217 cals



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

## Day 2

1761 cals ● 127g protein (29%) ● 99g fat (51%) ● 66g carbs (15%) ● 24g fiber (6%)

### Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



**Basic scrambled eggs**  
2 egg(s)- 159 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

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



**Pistachios**  
188 cals



**Cherry tomatoes**  
9 cherry tomatoes- 32 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

600 cals, 38g protein, 20g net carbs, 40g fat



**Salmon with avocado sauce**  
6 oz- 479 cals



**Buttery white rice**  
121 cals

### Dinner

450 cals, 27g protein, 22g net carbs, 23g fat



**Lentils**  
87 cals



**Peanut tempeh**  
2 oz tempeh- 217 cals



**Roasted almonds**  
1/6 cup(s)- 148 cals

## Day 3

1912 cals ● 126g protein (26%) ● 117g fat (55%) ● 61g carbs (13%) ● 29g fiber (6%)

### Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



**Basic scrambled eggs**  
2 egg(s)- 159 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

205 cals, 11g protein, 13g net carbs, 11g fat



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



**Tropical greek yogurt parfait**  
96 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

575 cals, 22g protein, 9g net carbs, 47g fat



**Pecans**  
1/4 cup- 183 cals



**Low carb asian tofu bowl**  
393 cals

### Dinner

640 cals, 39g protein, 24g net carbs, 38g fat



**Buttered sugar snap peas**  
322 cals



**Almond crusted tilapia**  
4 1/2 oz- 318 cals

## Day 4

1868 cals ● 124g protein (26%) ● 106g fat (51%) ● 71g carbs (15%) ● 35g fiber (8%)

### Breakfast

255 cals, 10g protein, 12g net carbs, 12g fat



Sunflower seeds  
135 cals



Blackberries  
1 1/2 cup(s)- 105 cals



Celery sticks  
2 celery stalk- 13 cals

### Snacks

205 cals, 11g protein, 13g net carbs, 11g fat



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



Tropical greek yogurt parfait  
96 cals

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

### Lunch

605 cals, 27g protein, 20g net carbs, 44g fat



Simple mozzarella and tomato salad  
242 cals



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



Walnuts  
1/6 cup(s)- 117 cals

### Dinner

640 cals, 39g protein, 24g net carbs, 38g fat



Buttered sugar snap peas  
322 cals



Almond crusted tilapia  
4 1/2 oz- 318 cals

## Day 5

1894 cals ● 129g protein (27%) ● 111g fat (53%) ● 63g carbs (13%) ● 34g fiber (7%)

### Breakfast

255 cals, 10g protein, 12g net carbs, 12g fat



Sunflower seeds  
135 cals



Blackberries  
1 1/2 cup(s)- 105 cals



Celery sticks  
2 celery stalk- 13 cals

### Snacks

250 cals, 20g protein, 13g net carbs, 13g fat



Protein shake (milk)  
129 cals



Rice cakes with peanut butter  
1/2 cake(s)- 120 cals

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

### Lunch

615 cals, 23g protein, 9g net carbs, 49g fat



Smoked salmon stuffed avocado  
1/2 avocado(s)- 271 cals



Roasted peanuts  
3/8 cup(s)- 345 cals

### Dinner

615 cals, 40g protein, 28g net carbs, 36g fat



Alaskan salmon bowl  
447 cals



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

## Day 6

1962 cals ● 136g protein (28%) ● 122g fat (56%) ● 58g carbs (12%) ● 22g fiber (4%)

### Breakfast

320 cals, 18g protein, 8g net carbs, 23g fat



[Tofu spinach scramble](#)  
321 cals

### Lunch

615 cals, 23g protein, 9g net carbs, 49g fat



[Smoked salmon stuffed avocado](#)  
1/2 avocado(s)- 271 cals



[Roasted peanuts](#)  
3/8 cup(s)- 345 cals

### Snacks

250 cals, 20g protein, 13g net carbs, 13g fat



[Protein shake \(milk\)](#)  
129 cals



[Rice cakes with peanut butter](#)  
1/2 cake(s)- 120 cals

### Dinner

615 cals, 40g protein, 28g net carbs, 36g fat



[Alaskan salmon bowl](#)  
447 cals



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

### Protein Supplement(s)

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



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

## Day 7

1855 cals ● 129g protein (28%) ● 112g fat (54%) ● 62g carbs (13%) ● 21g fiber (5%)

### Breakfast

320 cals, 18g protein, 8g net carbs, 23g fat



[Tofu spinach scramble](#)  
321 cals

### Lunch

540 cals, 44g protein, 23g net carbs, 29g fat



[Vegan bangers and cauliflower mash](#)  
1 1/2 sausage link(s)- 541 cals

### Snacks

250 cals, 20g protein, 13g net carbs, 13g fat



[Protein shake \(milk\)](#)  
129 cals



[Rice cakes with peanut butter](#)  
1/2 cake(s)- 120 cals

### Dinner

580 cals, 11g protein, 17g net carbs, 47g fat



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



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

### Protein Supplement(s)

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



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

## Spices and Herbs

- ☐ salt  
1/4 oz (8g)
- ☐ fresh basil  
1/6 oz (6g)
- ☐ black pepper  
3 g (3g)
- ☐ dijon mustard  
1/4 tbsp (3g)

## Beverages

- ☐ water  
12 cup(s) (2844mL)
- ☐ protein powder  
12 scoop (1/3 cup ea) (372g)

## Legumes and Legume Products

- ☐ lentils, raw  
4 tbsp (48g)
- ☐ soy sauce  
1 1/2 oz (35mL)
- ☐ peanut butter  
3 oz (80g)
- ☐ tempeh  
4 oz (113g)
- ☐ firm tofu  
19 oz (539g)
- ☐ roasted peanuts  
1 cup (134g)

## Other

- ☐ nutritional yeast  
1/2 tbsp (2g)
- ☐ frozen riced cauliflower  
3/4 cup, prepared (128g)
- ☐ vegan sausage  
1 1/2 sausage (150g)
- ☐ frozen cauliflower  
1 cup (128g)
- ☐ italian seasoning  
4 dash (2g)

## Fruits and Fruit Juices

- ☐ lemon juice  
1 fl oz (33mL)
- ☐ avocados  
2 avocado(s) (402g)

## Fats and Oils

- ☐ oil  
1/4 lbs (104mL)
- ☐ olive oil  
3/4 tbsp (11mL)
- ☐ balsamic vinaigrette  
1 tbsp (14mL)
- ☐ ranch dressing  
2 tbsp (30mL)

## Baked Products

- ☐ bread  
4 slice (128g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
5 medium whole (2-3/5" dia) (592g)
- ☐ garlic  
2 clove(s) (7g)
- ☐ frozen sugar snap peas  
4 cup (576g)
- ☐ fresh ginger  
1 tsp (2g)
- ☐ broccoli  
1/2 cup chopped (46g)
- ☐ raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ cucumber  
1/3 cucumber (8-1/4") (100g)
- ☐ fresh spinach  
4 cup(s) (120g)
- ☐ onion  
3/4 small (53g)
- ☐ cabbage  
1/2 head, small (about 4-1/2" dia) (357g)

## Finfish and Shellfish Products

- ☐ salmon  
1 1/2 lbs (643g)
- ☐ tilapia, raw  
1/2 lbs (252g)
- ☐ smoked salmon  
1 1/2 oz (42g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
4 tbsp (46g)

- ☐ canned pineapple  
4 tbsp, chunks (45g)
- ☐ blackberries  
3 cup (432g)

## Nut and Seed Products

- ☐ almonds  
6 1/4 oz (178g)
- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)
- ☐ coconut milk, canned  
1/8 can (59mL)
- ☐ coconut flakes  
1 tbsp (5g)
- ☐ pecans  
4 tbsp, halves (25g)
- ☐ sesame seeds  
1 tsp (3g)
- ☐ walnuts  
2 3/4 tbsp, shelled (17g)
- ☐ sunflower kernels  
1 1/2 oz (43g)

## Dairy and Egg Products

- ☐ eggs  
6 large (300g)
- ☐ butter  
5/8 stick (72g)
- ☐ lowfat greek yogurt  
1/2 cup (140g)
- ☐ fresh mozzarella cheese  
2 oz (57g)
- ☐ sliced cheese  
1 slice (1 oz ea) (28g)
- ☐ goat cheese  
1 oz (28g)
- ☐ whole milk  
1 1/2 cup (360mL)

- ☐ all-purpose flour  
1/4 cup(s) (31g)
- ☐ brown rice  
1/3 cup (63g)

## Sweets

- ☐ honey  
1/2 tbsp (11g)

## Snacks

- ☐ rice cakes, any flavor  
1 1/2 cakes (14g)



## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**

2 large (100g)

**oil**

1/2 tsp (3mL)

For all 3 meals:

**eggs**

6 large (300g)

**oil**

1/2 tbsp (8mL)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

### Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**

1 slice (32g)

**avocados, ripe, sliced**

1/4 avocado(s) (50g)

For all 3 meals:

**bread**

3 slice (96g)

**avocados, ripe, sliced**

3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.



## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

3/4 oz (21g)

For all 2 meals:

**sunflower kernels**

1 1/2 oz (43g)

1. This recipe has no instructions.

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### Blackberries

1 1/2 cup(s) - 105 cals ● 3g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

**blackberries**

1 1/2 cup (216g)

For all 2 meals:

**blackberries**

3 cup (432g)

1. Rinse blackberries and serve.

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**

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

For all 2 meals:

**raw celery**

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Tofu spinach scramble

321 cals ● 18g protein ● 23g fat ● 8g carbs ● 3g fiber



For single meal:

**firm tofu, drained, cut into 1/2 inch cubes**

1/2 lbs (198g)

**fresh spinach, chopped**

2 cup(s) (60g)

**tomatoes, halved**

1/2 cup cherry tomatoes (75g)

**oil**

1 tbsp (15mL)

**black pepper**

2 dash, ground (1g)

**salt**

1 dash (1g)

**lemon juice**

1 tsp (5mL)

For all 2 meals:

**firm tofu, drained, cut into 1/2 inch cubes**

14 oz (397g)

**fresh spinach, chopped**

4 cup(s) (120g)

**tomatoes, halved**

1 cup cherry tomatoes (149g)

**oil**

2 tbsp (30mL)

**black pepper**

4 dash, ground (1g)

**salt**

2 dash (2g)

**lemon juice**

2 tsp (10mL)

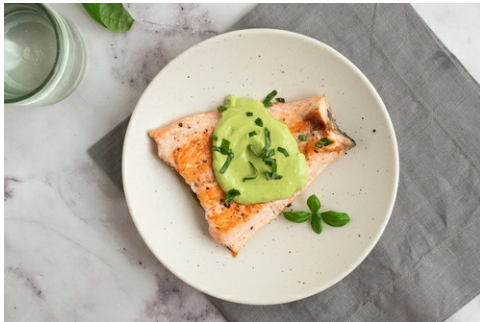
1. In a medium bowl, mix together the tofu, salt, and pepper (feel free to season as you like). Set aside.
  2. Heat the oil in a skillet over medium-high heat. Add the tofu and cook, stirring occasionally, for about 5 minutes until it is lightly browned.
  3. Add the spinach, tomatoes, and lemon juice and stir until the spinach has wilted and the tomatoes are warmed through, about a minute or two.
  4. Serve.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Salmon with avocado sauce

6 oz - 479 cals ● 36g protein ● 36g fat ● 2g carbs ● 2g fiber



For single meal:

#### fresh basil

1 tbsp leaves, whole (2g)

#### lemon juice

1/4 tbsp (4mL)

#### salmon

6 oz (170g)

#### oil

1/4 tbsp (4mL)

#### avocados

1/8 avocado(s) (25g)

#### coconut milk, canned

1/8 can (28mL)

#### garlic

1/4 clove(s) (1g)

For all 2 meals:

#### fresh basil

2 tbsp leaves, whole (3g)

#### lemon juice

1/2 tbsp (8mL)

#### salmon

3/4 lbs (340g)

#### oil

1/2 tbsp (8mL)

#### avocados

1/4 avocado(s) (50g)

#### coconut milk, canned

1/8 can (56mL)

#### garlic

1/2 clove(s) (2g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

### Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



For single meal:

#### black pepper

1/2 dash, ground (0g)

#### butter

1 tsp (5g)

#### salt

1 dash (1g)

#### water

1/4 cup(s) (59mL)

#### long-grain white rice

2 tbsp (23g)

For all 2 meals:

#### black pepper

1 dash, ground (0g)

#### butter

3/4 tbsp (11g)

#### salt

2 dash (2g)

#### water

1/2 cup(s) (119mL)

#### long-grain white rice

4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

## Lunch 2 [↗](#)

Eat on day 3

### Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

#### pecans

4 tbsp, halves (25g)

1. This recipe has no instructions.

### Low carb asian tofu bowl

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



#### 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)

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.

## Lunch 3 [↗](#)

Eat on day 4

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### Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



#### tomatoes, sliced

3/4 large whole (3" dia) (137g)

#### fresh mozzarella cheese, sliced

2 oz (57g)

#### balsamic vinaigrette

1 tbsp (15mL)

#### fresh basil

1 tbsp, chopped (3g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

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### Grilled cheese sandwich

1/2 sandwich(es) - 248 cal ● 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.

### Walnuts

1/6 cup(s) - 117 cal ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber

Makes 1/6 cup(s)



#### walnuts

2 2/3 tbsp, shelled (17g)

1. This recipe has no instructions.
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## Lunch 4 [🔗](#)

Eat on day 5, day 6

### Smoked salmon stuffed avocado

1/2 avocado(s) - 271 cal ● 10g protein ● 22g fat ● 2g carbs ● 7g fiber



For single meal:

**lemon juice**

1/4 tsp (1mL)

**goat cheese**

1/2 oz (14g)

**smoked salmon**

3/4 oz (21g)

**avocados, halved, de-seeded, and de-skinned**

1/2 avocado(s) (101g)

For all 2 meals:

**lemon juice**

1/2 tsp (3mL)

**goat cheese**

1 oz (28g)

**smoked salmon**

1 1/2 oz (42g)

**avocados, halved, de-seeded, and de-skinned**

1 avocado(s) (201g)

1. Chop the smoked salmon into pieces.
2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
3. Stuff the holes of the avocado with the smoked salmon mixture.
4. Top with a drizzle of lemon juice and add pepper to taste.
5. Serve immediately.

### Roasted peanuts

3/8 cup(s) - 345 cal ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber



For single meal:

**roasted peanuts**

6 tbsp (55g)

For all 2 meals:

**roasted peanuts**

3/4 cup (110g)

1. This recipe has no instructions.



## Lunch 5 [🔗](#)

Eat on day 7

### Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cals ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



Makes 1 1/2 sausage link(s)

**onion, thinly sliced**

3/4 small (53g)

**vegan sausage**

1 1/2 sausage (150g)

**oil**

3/4 tbsp (11mL)

**frozen cauliflower**

1 cup (128g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

## Snacks 1 [🔗](#)

Eat on day 1, day 2

### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, dry roasted, without shells or salt added**

4 tbsp (31g)

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**

1/2 cup (62g)

1. This recipe has no instructions.

### 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.

## Snacks 2 [↗](#)

Eat on day 3, day 4

### 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.

### Tropical greek yogurt parfait

96 cals ● 7g protein ● 2g fat ● 11g carbs ● 1g fiber



For single meal:  
**lowfat greek yogurt**  
4 tbsp (70g)  
**canned pineapple, drained**  
2 tbsp, chunks (23g)  
**coconut flakes**  
1/2 tbsp (3g)  
**honey**  
1/4 tbsp (5g)

For all 2 meals:  
**lowfat greek yogurt**  
1/2 cup (140g)  
**canned pineapple, drained**  
4 tbsp, chunks (45g)  
**coconut flakes**  
1 tbsp (5g)  
**honey**  
1/2 tbsp (11g)

1. Mix yogurt and honey.
2. You can layer the pineapple and coconut with the yogurt, or mix all together.



## Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

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### Protein shake (milk)

129 cals ● 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 3 meals:

**whole milk**

1 1/2 cup (360mL)

**protein powder**

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

1. Mix until well-combined.
  2. Serve.
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### Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

**peanut butter**

1 tbsp (16g)

**rice cakes, any flavor**

1/2 cakes (5g)

For all 3 meals:

**peanut butter**

3 tbsp (48g)

**rice cakes, any flavor**

1 1/2 cakes (14g)

1. Spread peanut butter over top of rice cake.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

**salt**  
1/4 dash (0g)  
**water**  
1/2 cup(s) (119mL)  
**lentils, raw, rinsed**  
2 tbsp (24g)

For all 2 meals:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Peanut tempeh

2 oz tempeh - 217 cals ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



For single meal:

**nutritional yeast**  
1/4 tbsp (1g)  
**soy sauce**  
1/2 tsp (3mL)  
**lemon juice**  
1/4 tbsp (4mL)  
**peanut butter**  
1 tbsp (16g)  
**tempeh**  
2 oz (57g)

For all 2 meals:

**nutritional yeast**  
1/2 tbsp (2g)  
**soy sauce**  
1 tsp (5mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**peanut butter**  
2 tbsp (32g)  
**tempeh**  
4 oz (113g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

### 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.

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Buttered sugar snap peas

322 cals ● 8g protein ● 23g fat ● 12g carbs ● 9g fiber



For single meal:

**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**butter**

2 tbsp (27g)

**frozen sugar snap peas**

2 cup (288g)

For all 2 meals:

**black pepper**

3 dash (0g)

**salt**

3 dash (1g)

**butter**

4 tbsp (54g)

**frozen sugar snap peas**

4 cup (576g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

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### 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.

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## Dinner 3 [🔗](#)

Eat on day 5, day 6

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### Alaskan salmon bowl

447 cals ● 34g protein ● 23g fat ● 25g carbs ● 1g fiber



For single meal:

**oil**  
1/3 tsp (2mL)  
**lemon juice**  
1/2 tsp (3mL)  
**garlic, minced**  
1/3 clove(s) (1g)  
**dijon mustard**  
1/3 tsp (2g)  
**cucumber, chopped**  
1/6 cucumber (8-1/4") (50g)  
**salmon**  
1/3 lbs (151g)  
**brown rice**  
2 2/3 tbsp (32g)

For all 2 meals:

**oil**  
1/4 tbsp (3mL)  
**lemon juice**  
1 tsp (5mL)  
**garlic, minced**  
2/3 clove(s) (2g)  
**dijon mustard**  
1/4 tbsp (3g)  
**cucumber, chopped**  
1/3 cucumber (8-1/4") (100g)  
**salmon**  
2/3 lbs (303g)  
**brown rice**  
1/3 cup (63g)

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.

## Dinner 4 [↗](#)

Eat on day 7

### Roasted cabbage steaks with dressing

427 cals ● 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.

### Roasted peanuts

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

Makes 1/6 cup(s)

**roasted peanuts**

2 2/3 tbsp (24g)



1. This recipe has no instructions.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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