

Meal Plan - 2000 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

1969 cals ● 140g protein (28%) ● 110g fat (50%) ● 70g carbs (14%) ● 36g fiber (7%)

Breakfast

390 cals, 31g protein, 7g net carbs, 26g fat



[High protein scrambled eggs](#)
297 cals



[Sautéed Kale](#)
91 cals

Snacks

265 cals, 16g protein, 10g net carbs, 18g fat



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



[Watermelon](#)
4 oz- 41 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Protein Supplement(s)

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



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

Lunch

535 cals, 11g protein, 34g net carbs, 34g fat



[Simple kale & avocado salad](#)
173 cals



[Pecans](#)
1/4 cup- 183 cals



[Belizean rice & beans](#)
181 cals

Dinner

615 cals, 46g protein, 17g net carbs, 32g fat



[Buttered sugar snap peas](#)
322 cals



[Vegan crumbles](#)
2 cup(s)- 292 cals

Day 2

1969 cal ● 140g protein (28%) ● 110g fat (50%) ● 70g carbs (14%) ● 36g fiber (7%)

Breakfast

390 cal, 31g protein, 7g net carbs, 26g fat



High protein scrambled eggs
297 cal



Sauteed Kale
91 cal

Snacks

265 cal, 16g protein, 10g net carbs, 18g fat



Walnuts
1/8 cup(s)- 87 cal



Watermelon
4 oz- 41 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

535 cal, 11g protein, 34g net carbs, 34g fat



Simple kale & avocado salad
173 cal



Pecans
1/4 cup- 183 cal



Belizean rice & beans
181 cal

Dinner

615 cal, 46g protein, 17g net carbs, 32g fat



Buttered sugar snap peas
322 cal



Vegan crumbles
2 cup(s)- 292 cal

Day 3

1987 cal ● 151g protein (30%) ● 124g fat (56%) ● 52g carbs (10%) ● 14g fiber (3%)

Breakfast

295 cal, 15g protein, 18g net carbs, 18g fat



Freezer-friendly egg & cheese quesadilla
1/2 quesadilla(s)- 221 cal



Milk
1/2 cup(s)- 75 cal

Snacks

265 cal, 16g protein, 10g net carbs, 18g fat



Walnuts
1/8 cup(s)- 87 cal



Watermelon
4 oz- 41 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

620 cal, 33g protein, 12g net carbs, 46g fat



Simple mozzarella and tomato salad
161 cal



String cheese
2 stick(s)- 165 cal



Roasted almonds
1/3 cup(s)- 296 cal

Dinner

640 cal, 51g protein, 11g net carbs, 42g fat



Simple sardine salad
531 cal



Mixed nuts
1/8 cup(s)- 109 cal

Day 4

1986 cals ● 146g protein (29%) ● 121g fat (55%) ● 60g carbs (12%) ● 18g fiber (4%)

Breakfast

295 cals, 15g protein, 18g net carbs, 18g fat



Freezer-friendly egg & cheese quesadilla
1/2 quesadilla(s)- 221 cals



Milk
1/2 cup(s)- 75 cals

Snacks

265 cals, 10g protein, 18g net carbs, 14g fat



Sunflower seeds
180 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

620 cals, 33g protein, 12g net carbs, 46g fat



Simple mozzarella and tomato salad
161 cals



String cheese
2 stick(s)- 165 cals



Roasted almonds
1/3 cup(s)- 296 cals

Dinner

640 cals, 51g protein, 11g net carbs, 42g fat



Simple sardine salad
531 cals



Mixed nuts
1/8 cup(s)- 109 cals

Day 5

1975 cals ● 164g protein (33%) ● 105g fat (48%) ● 69g carbs (14%) ● 24g fiber (5%)

Breakfast

310 cals, 15g protein, 7g net carbs, 24g fat



Sautéed Kale
121 cals



Kale & eggs
189 cals

Snacks

265 cals, 10g protein, 18g net carbs, 14g fat



Sunflower seeds
180 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

695 cals, 58g protein, 19g net carbs, 38g fat



Avocado tuna salad
545 cals



Milk
1 cup(s)- 149 cals

Dinner

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



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

Day 6

1944 cals ● 168g protein (34%) ● 108g fat (50%) ● 57g carbs (12%) ● 19g fiber (4%)

Breakfast

310 cals, 15g protein, 7g net carbs, 24g fat



Sauteed Kale

121 cals



Kale & eggs

189 cals

Snacks

235 cals, 14g protein, 6g net carbs, 17g fat



Cucumber goat cheese bites

235 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

695 cals, 58g protein, 19g net carbs, 38g fat



Avocado tuna salad

545 cals



Milk

1 cup(s)- 149 cals

Dinner

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



Vegan bangers and cauliflower mash

1 1/2 sausage link(s)- 541 cals

Day 7

1952 cals ● 130g protein (27%) ● 122g fat (56%) ● 69g carbs (14%) ● 14g fiber (3%)

Breakfast

310 cals, 15g protein, 7g net carbs, 24g fat



Sauteed Kale

121 cals



Kale & eggs

189 cals

Snacks

235 cals, 14g protein, 6g net carbs, 17g fat



Cucumber goat cheese bites

235 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

575 cals, 23g protein, 26g net carbs, 40g fat



Roasted broccoli with nutritional yeast

1 cup(s)- 108 cals



Buttery brown rice

125 cals



Basic tofu

8 oz- 342 cals

Dinner

670 cals, 41g protein, 29g net carbs, 41g fat



Alaskan salmon bowl

447 cals



Roasted almonds

1/4 cup(s)- 222 cals

Spices and Herbs

- black pepper
1/8 oz (1g)
- salt
4 g (4g)
- fresh basil
4 tsp, chopped (4g)
- dried dill weed
2 tsp (2g)
- dijon mustard
1/3 tsp (2g)

Dairy and Egg Products

- butter
1/2 stick (59g)
- low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- eggs
20 large (1000g)
- cheddar cheese
4 tbsp, shredded (28g)
- whole milk
3 cup (720mL)
- fresh mozzarella cheese
2 2/3 oz (76g)
- string cheese
4 stick (112g)
- goat cheese
4 oz (113g)

Vegetables and Vegetable Products

- frozen sugar snap peas
4 cup (576g)
- kale leaves
1 1/3 lbs (548g)
- garlic
1 clove(s) (3g)
- onion
1 1/2 medium (2-1/2" dia) (163g)
- red bell pepper
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
- tomatoes
2 1/2 medium whole (2-3/5" dia) (295g)
- cucumber
1 1/6 cucumber (8-1/4") (351g)
- broccoli
1 cup chopped (91g)

Legumes and Legume Products

Fats and Oils

- oil
4 oz (121mL)
- balsamic vinaigrette
4 tsp (19mL)

Nut and Seed Products

- walnuts
6 tbsp shelled (50 halves) (38g)
- pecans
1/2 cup, halves (50g)
- coconut milk, canned
3 tbsp (46mL)
- mixed nuts
4 tbsp (34g)
- almonds
1 cup, whole (131g)
- sunflower kernels
2 oz (57g)

Fruits and Fruit Juices

- Watermelon
12 oz (340g)
- lemon
3/4 small (44g)
- avocados
2 avocado(s) (402g)
- orange
2 orange (308g)
- lime juice
2 1/2 tsp (13mL)
- lemon juice
1/2 tsp (3mL)

Cereal Grains and Pasta

- long-grain white rice
4 tbsp (46g)
- brown rice
1/4 cup (55g)

Baked Products

- flour tortillas
1 tortilla (approx 7-8" dia) (49g)

Other

- vegetarian burger crumbles
4 cup (400g)
- kidney beans
1/4 can (112g)
- firm tofu
1/2 lbs (227g)

Beverages

- water
11 cup(s) (2593mL)
- protein powder
10 1/2 scoop (1/3 cup ea) (326g)

- vinaigrette, store-bought, any flavor
6 tbsp (90mL)
- mixed greens
8 1/2 cup (255g)
- vegan sausage
3 sausage (300g)
- frozen cauliflower
2 1/4 cup (255g)
- nutritional yeast
1/2 tbsp (2g)

Finfish and Shellfish Products

- sardines, canned in oil
4 can (368g)
 - canned tuna
2 1/2 can (430g)
 - salmon
1/3 lbs (151g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

High protein scrambled eggs

297 cals ● 29g protein ● 18g fat ● 3g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
low fat cottage cheese (1% milkfat)
6 tbsp (85g)
eggs
3 large (150g)

For all 2 meals:

oil
1/2 tbsp (8mL)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)
eggs
6 large (300g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
kale leaves
1 1/2 cup, chopped (60g)

For all 2 meals:

oil
1 tbsp (15mL)
kale leaves
3 cup, chopped (120g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Freezer-friendly egg & cheese quesadilla

1/2 quesadilla(s) - 221 cal ● 12g protein ● 14g fat ● 12g carbs ● 1g fiber



For single meal:

oil
1/2 tsp (3mL)
cheddar cheese
2 tbsp, shredded (14g)
eggs
1 large (50g)
flour tortillas
1/2 tortilla (approx 7-8" dia) (25g)

For all 2 meals:

oil
1 tsp (5mL)
cheddar cheese
4 tbsp, shredded (28g)
eggs
2 large (100g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)

1. Heat half of the oil in a skillet over medium-low heat.
2. Beat eggs bowl with a dash of salt/pepper until blended.
3. Pour eggs into pan. As eggs begin to set, scramble them. Remove eggs from skillet and set aside. Wipe the skillet clean.
4. Add remaining oil to skillet and place a tortilla at the bottom of the skillet. Working quickly, add the eggs and cheese to one side of the tortilla and fold the other half of the tortilla over top. Fry for a couple minutes on either side until tortilla is toasted and cheese is melty. Serve.
5. Meal Prep Tip: If making in bulk, once all tortillas are cooked, place them on a dish or plate lined with parchment paper. Flash freeze them in the freezer for 1-2 hours, and once frozen, transfer them to a freezer safe bag and store in the freezer. To reheat, remove from bag and microwave for 45 seconds-1 minute. Serve.

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Sauteed Kale

121 cals ● 2g protein ● 9g fat ● 5g carbs ● 1g fiber



For single meal:

oil
2 tsp (10mL)
kale leaves
2 cup, chopped (80g)

For all 3 meals:

oil
2 tbsp (30mL)
kale leaves
6 cup, chopped (240g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.
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Kale & eggs

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



For single meal:

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

For all 3 meals:

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

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.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

kale leaves, chopped
3/8 bunch (64g)
lemon, juiced
3/8 small (22g)
avocados, chopped
3/8 avocado(s) (75g)

For all 2 meals:

kale leaves, chopped
3/4 bunch (128g)
lemon, juiced
3/4 small (44g)
avocados, chopped
3/4 avocado(s) (151g)

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.

Pecans

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



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.

Belizean rice & beans

181 cals ● 5g protein ● 5g fat ● 26g carbs ● 3g fiber



For single meal:

garlic, minced
3/8 clove(s) (1g)
onion, chopped
1/8 medium (2-1/2" dia) (7g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (7g)
long-grain white rice
2 tbsp (23g)
water
1/8 cup(s) (22mL)
kidney beans, drained
1/8 can (56g)
coconut milk, canned
1 1/2 tbsp (23mL)

For all 2 meals:

garlic, minced
3/4 clove(s) (2g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
long-grain white rice
4 tbsp (46g)
water
1/6 cup(s) (44mL)
kidney beans, drained
1/4 can (112g)
coconut milk, canned
3 tbsp (45mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple mozzarella and tomato salad

161 cal ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

tomatoes, sliced
1/2 large whole (3" dia) (91g)
fresh mozzarella cheese, sliced
1 1/3 oz (38g)
balsamic vinaigrette
2 tsp (10mL)
fresh basil
2 tsp, chopped (2g)

For all 2 meals:

tomatoes, sliced
1 large whole (3" dia) (182g)
fresh mozzarella cheese, sliced
2 2/3 oz (76g)
balsamic vinaigrette
4 tsp (20mL)
fresh basil
4 tsp, chopped (4g)

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

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 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Roasted almonds

1/3 cup(s) - 296 cal● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
1/3 cup, whole (48g)

For all 2 meals:

almonds
2/3 cup, whole (95g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5, day 6

Avocado tuna salad

545 cal ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
onion, minced
1/3 small (22g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)

For all 2 meals:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
onion, minced
5/8 small (44g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)

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.

Milk

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



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Roasted broccoli with nutritional yeast

1 cup(s) - 108 cal ● 4g protein ● 7g fat ● 4g carbs ● 3g fiber



Makes 1 cup(s)

nutritional yeast

1/2 tbsp (2g)

oil

1/2 tbsp (8mL)

broccoli

1 cup chopped (91g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

Buttery brown rice

125 cal ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



butter

1 tsp (5g)

brown rice

2 tbsp (24g)

salt

3/4 dash (1g)

water

1/4 cup(s) (59mL)

black pepper

3/4 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

1. Slice tofu 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.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Walnuts

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



For single meal:

walnuts

2 tbsp shelled (50 halves) (13g)

For all 3 meals:

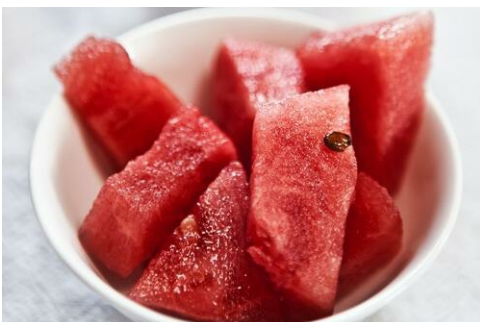
walnuts

6 tbsp shelled (50 halves) (38g)

1. This recipe has no instructions.

Watermelon

4 oz - 41 cal ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

Watermelon

4 oz (113g)

For all 3 meals:

Watermelon

12 oz (340g)

1. Slice watermelon and 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 3 meals:

eggs
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Snacks 2 [↗](#)

Eat on day 4, day 5

Sunflower seeds

180 cal ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. This recipe has no instructions.

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Cucumber goat cheese bites

235 cal ● 14g protein ● 17g fat ● 6g carbs ● 1g fiber



For single meal:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
goat cheese
2 oz (57g)
dried dill weed
1 tsp (1g)

For all 2 meals:

cucumber, sliced
1 cucumber (8-1/4") (301g)
goat cheese
4 oz (113g)
dried dill weed
2 tsp (2g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Buttered sugar snap peas

322 cal ● 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.

Vegan crumbles

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



For single meal:

vegetarian burger crumbles
2 cup (200g)

For all 2 meals:

vegetarian burger crumbles
4 cup (400g)

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

Dinner 2 [↗](#)

Eat on day 3, day 4

Simple sardine salad

531 cal ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



For single meal:

vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)
mixed greens
3 cup (90g)

For all 2 meals:

vinaigrette, store-bought, any flavor
6 tbsp (90mL)
sardines, canned in oil, drained
4 can (368g)
mixed greens
6 cup (180g)

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

1/8 cup(s) - 109 cal ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. This recipe has no instructions.
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Dinner 3 [↗](#)

Eat on day 5, day 6

Vegan bangers and cauliflower mash

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



For single meal:

onion, thinly sliced
3/4 small (53g)
vegan sausage
1 1/2 sausage (150g)
oil
3/4 tbsp (11mL)
frozen cauliflower
1 cup (128g)

For all 2 meals:

onion, thinly sliced
1 1/2 small (105g)
vegan sausage
3 sausage (300g)
oil
1 1/2 tbsp (23mL)
frozen cauliflower
2 1/4 cup (255g)

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.

Dinner 4 [↗](#)

Eat on day 7

Alaskan salmon bowl

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



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)

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.

Roasted almonds

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



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

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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