

Meal Plan - 2100 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

2064 cals ● 137g protein (27%) ● 120g fat (52%) ● 69g carbs (13%) ● 39g fiber (8%)

Breakfast

400 cals, 22g protein, 19g net carbs, 24g fat



[Pistachios](#)
188 cals



[Dark chocolate](#)
2 square(s)- 120 cals



[Cottage cheese and pineapple](#)
93 cals

Snacks

280 cals, 15g protein, 9g net carbs, 19g fat



[Roasted pepper wedges with cheese & pesto](#)
4 wedge(s)- 280 cals

Protein Supplement(s)

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



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

Lunch

540 cals, 15g protein, 21g net carbs, 39g fat



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



[Tomato and avocado salad](#)
293 cals

Dinner

680 cals, 49g protein, 20g net carbs, 37g fat



[Roasted tomatoes](#)
1 1/2 tomato(es)- 89 cals



[Basic tempeh](#)
8 oz- 590 cals

Day 2

2112 cals ● 163g protein (31%) ● 112g fat (48%) ● 69g carbs (13%) ● 43g fiber (8%)

Breakfast

400 cals, 22g protein, 19g net carbs, 24g fat



Pistachios
188 cals



Dark chocolate
2 square(s)- 120 cals



Cottage cheese and pineapple
93 cals

Snacks

280 cals, 15g protein, 9g net carbs, 19g fat



Roasted pepper wedges with cheese & pesto
4 wedge(s)- 280 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

590 cals, 41g protein, 21g net carbs, 31g fat



Tomato and avocado salad
117 cals



Buffalo tempeh with tzatziki
471 cals

Dinner

680 cals, 49g protein, 20g net carbs, 37g fat



Roasted tomatoes
1 1/2 tomato(es)- 89 cals



Basic tempeh
8 oz- 590 cals

Day 3

2083 cals ● 141g protein (27%) ● 132g fat (57%) ● 63g carbs (12%) ● 19g fiber (4%)

Breakfast

325 cals, 38g protein, 13g net carbs, 13g fat



Protein shake (milk)
258 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

280 cals, 15g protein, 9g net carbs, 19g fat



Roasted pepper wedges with cheese & pesto
4 wedge(s)- 280 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

620 cals, 25g protein, 13g net carbs, 51g fat



Buffalo tofu
532 cals



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

Dinner

690 cals, 27g protein, 26g net carbs, 48g fat



Tomato and avocado salad
313 cals



Lemon pepper tofu
10 1/2 oz- 378 cals

Day 4

2086 cal ● 185g protein (35%) ● 101g fat (43%) ● 77g carbs (15%) ● 32g fiber (6%)

Breakfast

325 cal, 38g protein, 13g net carbs, 13g fat



Protein shake (milk)
258 cal



Boiled eggs
1 egg(s)- 69 cal

Snacks

255 cal, 6g protein, 11g net carbs, 18g fat



Dark chocolate & raspberries
138 cal



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

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

660 cal, 43g protein, 40g net carbs, 32g fat



Simple sauteed spinach
100 cal



Spinach cauliflower mince
1 1/2 cup(s)- 107 cal



Breaded seitan nuggets
453 cal

Dinner

685 cal, 61g protein, 13g net carbs, 36g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cal

Day 5

2093 cal ● 173g protein (33%) ● 116g fat (50%) ● 53g carbs (10%) ● 37g fiber (7%)

Breakfast

310 cal, 15g protein, 14g net carbs, 20g fat



Milk
1 cup(s)- 149 cal



Hardboiled egg and avocado bowl
160 cal

Snacks

255 cal, 6g protein, 11g net carbs, 18g fat



Dark chocolate & raspberries
138 cal



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

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

685 cal, 54g protein, 14g net carbs, 41g fat



Avocado tuna salad
545 cal



Roasted cashews
1/6 cup(s)- 139 cal

Dinner

685 cal, 61g protein, 13g net carbs, 36g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cal

Day 6

2085 cals ● 189g protein (36%) ● 108g fat (47%) ● 67g carbs (13%) ● 23g fiber (4%)

Breakfast

310 cals, 15g protein, 14g net carbs, 20g fat



Milk

1 cup(s)- 149 cals



Hardboiled egg and avocado bowl

160 cals

Snacks

245 cals, 27g protein, 11g net carbs, 7g fat



Raspberries

1 cup(s)- 72 cals



Tuna cucumber bites

173 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

720 cals, 58g protein, 31g net carbs, 38g fat



Vegan bangers and cauliflower mash

2 sausage link(s)- 722 cals

Dinner

645 cals, 52g protein, 11g net carbs, 42g fat



Simple sardine salad

531 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Day 7

2085 cals ● 189g protein (36%) ● 108g fat (47%) ● 67g carbs (13%) ● 23g fiber (4%)

Breakfast

310 cals, 15g protein, 14g net carbs, 20g fat



Milk

1 cup(s)- 149 cals



Hardboiled egg and avocado bowl

160 cals

Snacks

245 cals, 27g protein, 11g net carbs, 7g fat



Raspberries

1 cup(s)- 72 cals



Tuna cucumber bites

173 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

720 cals, 58g protein, 31g net carbs, 38g fat



Vegan bangers and cauliflower mash

2 sausage link(s)- 722 cals

Dinner

645 cals, 52g protein, 11g net carbs, 42g fat



Simple sardine salad

531 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Vegetables and Vegetable Products

- tomatoes
4 1/4 medium whole (2-3/5" dia) (519g)
- bell pepper
6 large (986g)
- onion
2 1/2 medium (2-1/2" dia) (276g)
- garlic
2 clove(s) (6g)
- fresh spinach
4 3/4 cup(s) (143g)
- ketchup
2 tbsp (34g)
- cucumber
3/4 cucumber (8-1/4") (226g)

Fats and Oils

- oil
5 oz (154mL)
- olive oil
4 tsp (19mL)
- ranch dressing
3 tbsp (45mL)

Legumes and Legume Products

- tempeh
22 oz (624g)
- firm tofu
1 1/3 lbs (595g)
- roasted peanuts
1/2 cup (73g)
- soy sauce
1 tbsp (15mL)

Beverages

- water
10 1/2 cup(s) (2489mL)
- protein powder
12 1/2 scoop (1/3 cup ea) (388g)

Nut and Seed Products

- pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- roasted cashews
2 3/4 tbsp, halves and whole (23g)

Sweets

Soups, Sauces, and Gravies

- pesto sauce
3 tbsp (48g)
- Frank's Red Hot sauce
1/2 cup (106mL)

Baked Products

- bread
1 slice (32g)
- bread crumbs
2 3/4 tbsp (18g)

Spices and Herbs

- garlic powder
1 1/4 tsp (4g)
- salt
1/4 oz (8g)
- black pepper
3 g (3g)
- lemon pepper
3 dash (1g)
- ground cumin
2 dash (1g)
- ground coriander
2 dash (0g)

Other

- tzatziki
1/6 cup(s) (42g)
- frozen riced cauliflower
1 1/2 cup, frozen (159g)
- mixed greens
7 1/4 cup (218g)
- vegan sausage
4 sausage (400g)
- frozen cauliflower
3 cup (340g)
- vinaigrette, store-bought, any flavor
6 tbsp (90mL)

Cereal Grains and Pasta

- cornstarch
1 1/2 tbsp (12g)
- seitan
4 oz (113g)

Finfish and Shellfish Products

- Chocolate, dark, 70-85%
8 square(s) (80g)

- canned tuna
5 1/2 can (953g)
- sardines, canned in oil
4 can (368g)

Dairy and Egg Products

- low fat cottage cheese (1% milkfat)
1 cup (226g)
- mozzarella cheese, shredded
6 oz (170g)
- butter
1/2 tbsp (7g)
- sliced cheese
1 slice (1 oz ea) (28g)
- whole milk
5 cup (1200mL)
- eggs
5 large (250g)

Fruits and Fruit Juices

- canned pineapple
4 tbsp, chunks (45g)
 - lime juice
2 fl oz (67mL)
 - avocados
4 1/2 avocado(s) (888g)
 - lemon
3/4 small (44g)
 - raspberries
2 1/2 cup (308g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Pistachios

188 cal ● 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.

Dark chocolate

2 square(s) - 120 cal ● 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.

Cottage cheese and pineapple

93 cal ● 14g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

canned pineapple, drained

2 tbsp, chunks (23g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

1 cup (226g)

canned pineapple, drained

4 tbsp, chunks (45g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Protein shake (milk)

258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

whole milk
2 cup (480mL)
protein powder
2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
 2. Serve.
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Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Milk

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



For single meal:

whole milk
1 cup (240mL)

For all 3 meals:

whole milk
3 cup (720mL)

1. This recipe has no instructions.
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Hardboiled egg and avocado bowl

160 cal ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

eggs
1 large (50g)
avocados, chopped
1/4 avocado(s) (50g)
onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)

For all 3 meals:

eggs
3 large (150g)
avocados, chopped
3/4 avocado(s) (151g)
onion
1 1/2 tbsp chopped (15g)
bell pepper
1 1/2 tbsp, diced (14g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)

1. Place the eggs in a small sauce pan and cover with water.
 2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
 3. While the eggs cook, chop the pepper, onion, and avocado.
 4. Transfer eggs to an ice bath for a couple of minutes.
 5. Peel the eggs and chop them into bite-sized pieces.
 6. Combine the eggs with all of the other ingredients and stir.
 7. Serve.
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Lunch 1 [↗](#)

Eat on day 1

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.

Tomato and avocado salad

293 cal ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion

1 1/4 tbsp minced (19g)

lime juice

1 1/4 tbsp (19mL)

avocados, cubed

5/8 avocado(s) (126g)

tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
 2. Meanwhile, prepare the avocado and tomato.
 3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
 4. Serve chilled.
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Lunch 2 [↗](#)

Eat on day 2

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Buffalo tempeh with tzatziki

471 cal ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



oil
3/4 tbsp (11mL)
tzatziki
1/6 cup(s) (42g)
Frank's Red Hot sauce
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)

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.

Lunch 3 [↗](#)

Eat on day 3

Buffalo tofu

532 cal ● 24g protein ● 44g fat ● 10g carbs ● 0g fiber



ranch dressing
3 tbsp (45mL)
oil
3/4 tbsp (11mL)
Frank's Red Hot sauce
4 tbsp (59mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)

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.

Cooked peppers

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



Makes 3/4 bell pepper(s)

oil

1/2 tbsp (8mL)

bell pepper, seeded & cut into strips

3/4 large (123g)

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

Lunch 4 [↗](#)

Eat on day 4

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Spinach cauliflower mince

1 1/2 cup(s) - 107 cal ● 5g protein ● 7g fat ● 2g carbs ● 4g fiber



Makes 1 1/2 cup(s)

oil

1/2 tbsp (8mL)

frozen riced cauliflower

1 1/2 cup, frozen (159g)

fresh spinach, chopped

3/4 cup(s) (23g)

garlic, diced

1 1/2 clove(s) (5g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Breaded seitan nuggets

453 cal ● 35g protein ● 18g fat ● 36g carbs ● 2g fiber



ketchup
2 tbsp (34g)
seitan, broken into bite-sized pieces
4 oz (113g)
bread crumbs
2 2/3 tbsp (18g)
oil
1 tbsp (15mL)
soy sauce
1 tbsp (15mL)
black pepper
1/2 dash, ground (0g)
ground cumin
2 dash (1g)
ground coriander
2 dash (0g)
garlic powder
4 dash (2g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
4. Serve with ketchup.

Lunch 5 [↗](#)

Eat on day 5

Avocado tuna salad

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



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)

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 cashews

1/6 cup(s) - 139 cal ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber

Makes 1/6 cup(s)

roasted cashews
2 2/3 tbsp, halves and whole (23g)



1. This recipe has no instructions.
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Lunch 6 [↗](#)

Eat on day 6, day 7

Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:

onion, thinly sliced

1 small (70g)

vegan sausage

2 sausage (200g)

oil

1 tbsp (15mL)

frozen cauliflower

1 1/2 cup (170g)

For all 2 meals:

onion, thinly sliced

2 small (140g)

vegan sausage

4 sausage (400g)

oil

2 tbsp (30mL)

frozen cauliflower

3 cup (340g)

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, day 3

Roasted pepper wedges with cheese & pesto

4 wedge(s) - 280 cals ● 15g protein ● 19g fat ● 9g carbs ● 2g fiber



For single meal:

pesto sauce

1 tbsp (16g)

oil

1/2 tsp (3mL)

mozzarella cheese, shredded

2 oz (57g)

bell pepper

1 medium (119g)

For all 3 meals:

pesto sauce

3 tbsp (48g)

oil

1/2 tbsp (8mL)

mozzarella cheese, shredded

6 oz (170g)

bell pepper

3 medium (357g)

1. Preheat oven or toaster oven to 400°F (200°C).
2. Slice the sides off the bell pepper to make wedges, 4 per pepper.
3. Rub wedges with oil and season with a sprinkle of salt and pepper. Place pepper wedges on a lined baking sheet and bake for 15 minutes.
4. Remove sheet from oven and add the cheese into the wedges. Bake another 7 minutes until cheese is bubbly.
5. Serve with pesto and enjoy.

Snacks 2 [↗](#)

Eat on day 4, day 5

Dark chocolate & raspberries

138 cal ● 2g protein ● 9g fat ● 9g carbs ● 4g fiber



For single meal:

raspberries
4 tbsp (31g)
Chocolate, dark, 70-85%
2 square(s) (20g)

For all 2 meals:

raspberries
1/2 cup (62g)
Chocolate, dark, 70-85%
4 square(s) (40g)

1. This recipe has no instructions.

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Tuna cucumber bites

173 cal ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

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

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

Dinner 1 [↗](#)

Eat on day 1, day 2

Roasted tomatoes

1 1/2 tomato(es) - 89 cal ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
1 1/2 small whole (2-2/5" dia) (137g)
oil
1/2 tbsp (8mL)

For all 2 meals:

tomatoes
3 small whole (2-2/5" dia) (273g)
oil
1 tbsp (15mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Basic tempeh

8 oz - 590 cal ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tempeh
1 lbs (454g)

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.

Dinner 2 [↗](#)

Eat on day 3

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion
4 tsp minced (20g)
lime juice
4 tsp (20mL)
avocados, cubed
2/3 avocado(s) (134g)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lemon pepper tofu

10 1/2 oz - 378 cals ● 23g protein ● 24g fat ● 18g carbs ● 1g fiber



Makes 10 1/2 oz
lemon pepper
3 dash (1g)
oil
3/4 tbsp (11mL)
cornstarch
1 1/2 tbsp (12g)
lemon, zested
3/4 small (44g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Dinner 3 [↗](#)

Eat on day 4, day 5

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cal ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

canned tuna, drained

1 1/2 can (258g)

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)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

For all 2 meals:

canned tuna, drained

3 can (516g)

avocados

1 1/2 avocado(s) (302g)

lime juice

1 tbsp (15mL)

salt

3 dash (1g)

black pepper

3 dash (0g)

bell pepper

3 large (492g)

onion

3/4 small (53g)

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

Dinner 4 [↗](#)

Eat on day 6, day 7

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.

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.

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.
