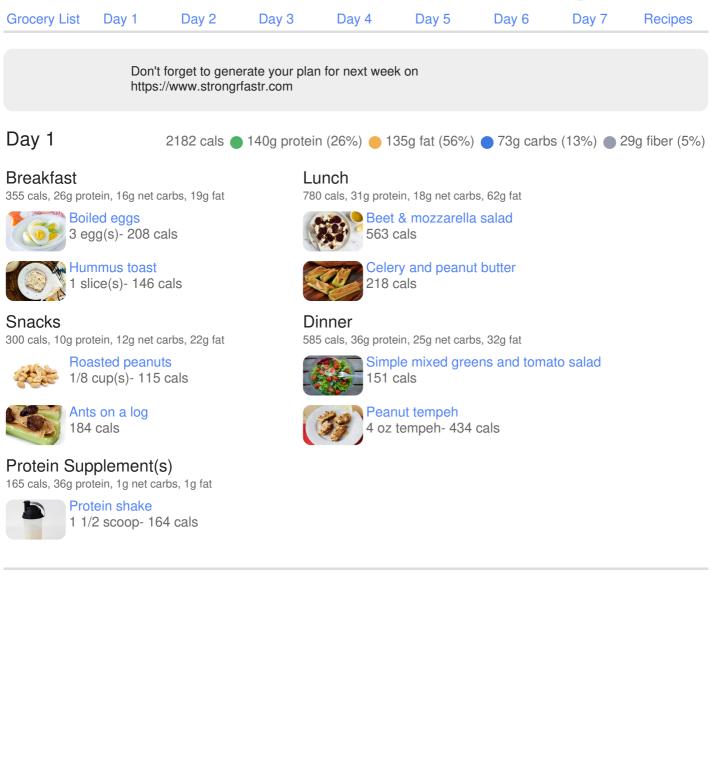
Meal Plan - 2200 calorie low carb pescetarian meal plan





Day 2

Breakfast

355 cals, 26g protein, 16g net carbs, 19g fat



Boiled eggs 3 egg(s)- 208 cals

Hummus toast 1 slice(s)- 146 cals

Snacks 300 cals, 10g protein, 12g net carbs, 22g fat



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



Ants on a log 184 cals

Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals Lunch

780 cals, 31g protein, 18g net carbs, 62g fat



Beet & mozzarella salad 563 cals



Celery and peanut butter 218 cals

Dinner 585 cals, 36g protein, 25g net carbs, 32g fat



Simple mixed greens and tomato salad 151 cals



Peanut tempeh 4 oz tempeh- 434 cals

Day 3

2163 cals
173g protein (32%)
119g fat (49%)
77g carbs (14%)
23g fiber (4%)

Breakfast

360 cals, 16g protein, 20g net carbs, 22g fat



Cherry tomatoes 12 cherry tomatoes- 42 cals



High-protein granola bar 1 bar(s)- 204 cals



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

Snacks 240 cals, 7g protein, 11g net carbs, 15g fat



Carrots and hummus 123 cals



Walnuts 1/6 cup(s)- 117 cals

Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals Lunch 695 cals, 60g protein, 27g net carbs, 35g fat



Buttered sugar snap peas 161 cals



Vegan sausage 2 sausage(s)- 536 cals

Dinner

700 cals, 54g protein, 17g net carbs, 46g fat



Simple salmon 9 oz- 577 cals



Buttery brown rice 125 cals Day 4

Breakfast

360 cals, 16g protein, 20g net carbs, 22g fat



Cherry tomatoes 12 cherry tomatoes- 42 cals



High-protein granola bar 1 bar(s)- 204 cals



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

Snacks

240 cals, 7g protein, 11g net carbs, 15g fat



Carrots and hummus 123 cals

Walnuts 1/6 cup(s)- 117 cals

Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals

Lunch

695 cals, 60g protein, 27g net carbs, 35g fat



Buttered sugar snap peas 161 cals



Vegan sausage 2 sausage(s)- 536 cals

Dinner

700 cals, 54g protein, 17g net carbs, 46g fat



Simple salmon 9 oz- 577 cals



Buttery brown rice



2156 cals
166g protein (31%)
112g fat (47%)
76g carbs (14%)
46g fiber (8%)

Breakfast

360 cals, 24g protein, 13g net carbs, 24g fat



Basic scrambled eggs 3 egg(s)- 213 cals



Milk 1 cup(s)- 149 cals

Snacks

305 cals, 9g protein, 23g net carbs, 17g fat



Rice cakes with peanut butter 1 cake(s)- 240 cals



Strawberries 1 1/4 cup(s)- 65 cals

Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals Lunch

665 cals, 47g protein, 19g net carbs, 35g fat



Buttered sugar snap peas 375 cals



Vegan crumbles 2 cup(s)- 292 cals

Dinner

660 cals, 49g protein, 20g net carbs, 35g fat



Basic tempeh 8 oz- 590 cals



Simple mixed greens salad 68 cals

Day 6

Breakfast

360 cals, 24g protein, 13g net carbs, 24g fat



Basic scrambled eggs 3 egg(s)- 213 cals

> Milk 1 cup(s)- 149 cals

Snacks

305 cals, 9g protein, 23g net carbs, 17g fat



Rice cakes with peanut butter 1 cake(s)- 240 cals



Strawberries 1 1/4 cup(s)- 65 cals

Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals

Lunch

665 cals, 47g protein, 19g net carbs, 35g fat



Buttered sugar snap peas 375 cals



Vegan crumbles 2 cup(s)- 292 cals

Dinner

660 cals, 49g protein, 20g net carbs, 35g fat



Basic tempeh 8 oz- 590 cals



Simple mixed greens salad 68 cals



Lunch

715 cals, 35g protein, 15g net carbs, 49g fat



Egg & avocado salad 531 cals



Basic vegan chia pudding 186 cals

Dinner

645 cals, 45g protein, 21g net carbs, 36g fat



Avocado tuna salad stuffed pepper 2 half pepper(s)- 456 cals



Simple mixed greens and tomato salad 189 cals



Breakfast 360 cals, 24g protein, 13g net carbs, 24g fat



Basic scrambled eggs 3 egg(s)- 213 cals

Milk 1 cup(s)- 149 cals

Snacks

305 cals, 9g protein, 23g net carbs, 17g fat



Rice cakes with peanut butter 1 cake(s)- 240 cals



Strawberries 1 1/4 cup(s)- 65 cals

Protein Supplement(s) 165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals



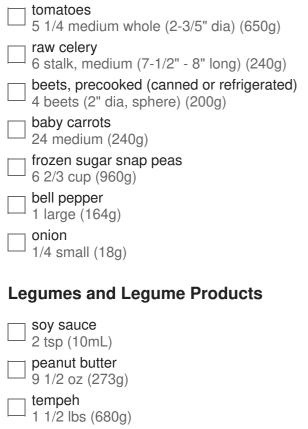
Fats and Oils



Other



Vegetables and Vegetable Products



peanut butter 9 1/2 oz (273g)
☐ tempeh 1 1/2 lbs (680g)
☐ hummus 2/3 cup (165g)
roasted peanuts 1/2 cup (73g)
vegetarian burger crumbles 4 cup (400g)

Fruits and Fruit Juices

Beverages

Doronagoo
water 11 cup(s) (2607mL) protein powder 10 1/2 scoop (1/3 cup ea) (326g) almond milk, unsweetened 1/2 cup(s) (120mL)
Dairy and Egg Products
 eggs 20 1/2 medium (896g) fresh mozzarella cheese 6 oz (170g) butter 1 stick (101g) whole milk 3 cup (720mL)
Baked Products

bread 2 slice (64g)

Nut and Seed Products

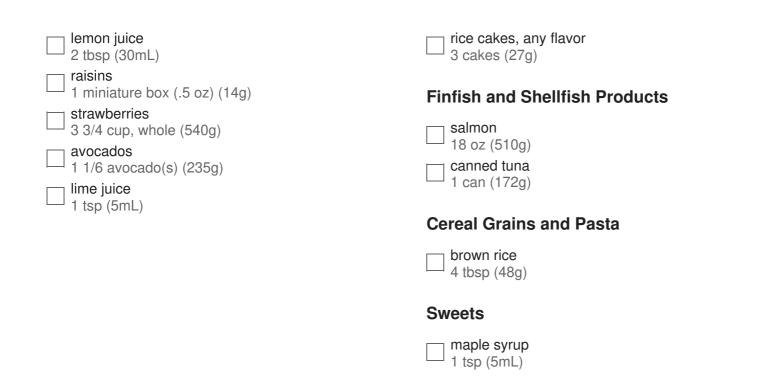
walnuts 2 1/2 oz (72g)
chia seeds 1 1/2 tbsp (21g)

Spices and Herbs

- thyme, dried 1 tsp, leaves (1g) salt 3 1/2 g (4g) black pepper 1 g (1g)
- garlic powder 1/4 tbsp (2g)
- innamon
- 2 dash (1g)
- vanilla extract
- 1/2 tsp (3mL)

Snacks

high-protein granola bar 2 bar (80g)



Recipes



Breakfast 1 🗹

Eat on day 1, day 2

Boiled eggs

3 egg(s) - 208 cals
19g protein
14g fat
1g carbs
0g fiber



For single meal:

eggs 3 large (150g) For all 2 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.

Hummus toast

1 slice(s) - 146 cals
7g protein
5g fat
15g carbs
4g fiber



For single meal:

hummus 2 1/2 tbsp (38g) bread 1 slice (32g) For all 2 meals:

hummus 5 tbsp (75g) bread 2 slice (64g)

- 1. (Optional) Toast bread.
- 2. Spread hummus over bread and serve.

Breakfast 2 🗹

Eat on day 3, day 4

Cherry tomatoes

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



For single meal:

tomatoes 12 cherry tomatoes (204g) For all 2 meals:

tomatoes 24 cherry tomatoes (408g)

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

High-protein granola bar

1 bar(s) - 204 cals
10g protein
12g fat
12g carbs
2g fiber



For single meal:

high-protein granola bar 1 bar (40g) For all 2 meals:

high-protein granola bar 2 bar (80g)

1. This recipe has no instructions.

Roasted peanuts

1/8 cup(s) - 115 cals
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.

Breakfast 3 🗹

Eat on day 5, day 6, day 7

Basic scrambled eggs

3 egg(s) - 213 cals
17g protein
16g fat
1g carbs
0g fiber



For single meal: **oil** 1/4 tbsp (4mL) **eggs** 3 medium (132g) For all 3 meals:

oil 3/4 tbsp (11mL) eggs 9 medium (396g)

- 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.



1. This recipe has no instructions.

Lunch 1 🗹

Eat on day 1, day 2

Beet & mozzarella salad

563 cals
24g protein
45g fat
12g carbs
4g fiber



For single meal:

beets, precooked (canned or refrigerated), sliced 2 beets (2" dia, sphere) (100g) fresh mozzarella cheese, cut into chunks 3 oz (85g) walnuts 2 1/2 tbsp, chopped (19g) olive oil 1 tbsp (15mL) lemon juice 1/2 tbsp (8mL) thyme, dried 4 dash, leaves (1g) For all 2 meals:

beets, precooked (canned or refrigerated), sliced 4 beets (2" dia, sphere) (200g) fresh mozzarella cheese, cut into chunks 6 oz (170g) walnuts 1/3 cup, chopped (39g) olive oil 2 tbsp (30mL) lemon juice 1 tbsp (15mL) thyme, dried 1 tsp, leaves (1g)

1. In a small bowl, mix together the olive oil, lemon juice, thyme and salt/pepper to taste. Set aside.

2. In a larger bowl, toss the beets, mozzarella, and walnuts together. Top with dressing and serve.

Celery and peanut butter

218 cals Sg protein Sg fat 7g carbs 3g fiber



For single meal:

raw celery 2 stalk, medium (7-1/2" - 8" long) (80g) peanut butter 2 tbsp (32g) For all 2 meals:

raw celery 4 stalk, medium (7-1/2" - 8" long) (160g) peanut butter 4 tbsp (64g)

- 1. Clean celery and slice to desired lengths
- 2. spread peanut butter along center

Lunch 2 🗹

Eat on day 3, day 4

Buttered sugar snap peas

161 cals • 4g protein • 11g fat • 6g carbs • 5g fiber



For single meal:

black pepper 3/4 dash (0g) salt 3/4 dash (0g) butter 1 tbsp (14g) frozen sugar snap peas 1 cup (144g) For all 2 meals:

black pepper 1 1/2 dash (0g) salt 1 1/2 dash (1g) butter 2 tbsp (27g) frozen sugar snap peas 2 cup (288g)

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

Vegan sausage

2 sausage(s) - 536 cals
56g protein
24g fat
21g carbs
3g fiber

For single meal:

vegan sausage 2 sausage (200g) For all 2 meals:

vegan sausage 4 sausage (400g)



1. Prepare according to package instructions.

2. Serve.

Lunch 3 🗹

Eat on day 5, day 6

Buttered sugar snap peas

375 cals
10g protein
27g fat
14g carbs
11g fiber



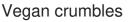
For single meal:

black pepper 1/4 tsp (0g) salt 1/4 tsp (1g) butter 2 1/3 tbsp (32g) frozen sugar snap peas 2 1/3 cup (336g)

For all 2 meals:

black pepper 1/2 tsp (0g) salt 1/2 tsp (1g)butter 1/3 cup (63g) frozen sugar snap peas 4 2/3 cup (672g)

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



Lunch 4 🗹 Eat on day 7

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

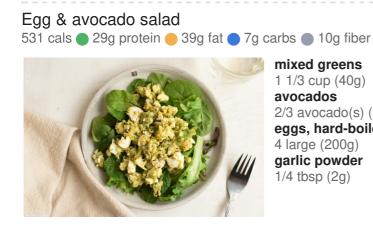


vegetarian burger crumbles

For all 2 meals:

vegetarian burger crumbles 4 cup (400g)

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



mixed greens $1 \frac{1}{3} \text{ cup } (40\text{g})$ avocados 2/3 avocado(s) (134g) eggs, hard-boiled and chilled 4 large (200g) garlic powder 1/4 tbsp (2g)

- 1. Use store-bought hardboiled eggs or make your own and let cool in the refrigerator.
- 2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
- 3. Serve on top of bed of greens.

2 cup (200g)

Basic vegan chia pudding

186 cals
6g protein
10g fat
9g carbs
8g fiber



maple syrup 1 tsp (5mL) cinnamon 2 dash (1g) vanilla extract 1/2 tsp (3mL) almond milk, unsweetened 1/2 cup(s) (120mL) chia seeds 1 1/2 tbsp (21g) Mix all ingredients together in a small container. Cover and refrigerate mixture 2 hours to overnight, until chia seeds plump up. Serve.

Snacks 1 🗹 Eat on day 1, day 2



For single meal:

roasted peanuts 2 tbsp (18g) For all 2 meals:

roasted peanuts 4 tbsp (37g)

1. This recipe has no instructions.

Ants on a log 184 cals

6g protein
12g fat
10g carbs
2g fiber



For single meal:

raisins 1/2 miniature box (.5 oz) (7g) raw celery, trimmed 1 stalk, medium (7-1/2" - 8" long) (40g) peanut butter 1 1/2 tbsp (24g) For all 2 meals:

raisins 1 miniature box (.5 oz) (14g) raw celery, trimmed 2 stalk, medium (7-1/2" - 8" long) (80g) peanut butter 3 tbsp (48g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Snacks 2 🗹

Eat on day 3, day 4

Carrots and hummus

123 cals • 4g protein • 5g fat • 10g carbs • 6g fiber



For single meal:

hummus 3 tbsp (45g) baby carrots 12 medium (120g) For all 2 meals:

hummus 6 tbsp (90g) baby carrots 24 medium (240g)

1. Serve carrots with hummus.

Walnuts

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

For single meal:

walnuts 2 2/3 tbsp, shelled (17g) For all 2 meals:

walnuts 1/3 cup, shelled (33g)



1. This recipe has no instructions.

Snacks 3 🗹

Eat on day 5, day 6, day 7

Rice cakes with peanut butter

1 cake(s) - 240 cals
8g protein
17g fat
12g carbs
2g fiber



For single meal:

peanut butter 2 tbsp (32g) rice cakes, any flavor 1 cakes (9g) For all 3 meals:

peanut butter 6 tbsp (96g) rice cakes, any flavor 3 cakes (27g)

1. Spread peanut butter over top of rice cake.

1 1/4 cup(s) - 65 cals
1g protein
1g fat
10g carbs
4g fiber



For single meal:

strawberries 1 1/4 cup, whole (180g) For all 3 meals:

strawberries 3 3/4 cup, whole (540g)

1. This recipe has no instructions.

Dinner 1 🗹

Eat on day 1, day 2

Simple mixed greens and tomato salad 151 cals • 3g protein • 9g fat • 10g carbs • 3g fiber



For single meal:

salad dressing 3 tbsp (45mL) mixed greens 3 cup (90g) tomatoes 1/2 cup cherry tomatoes (75g) For all 2 meals:

salad dressing 6 tbsp (90mL) mixed greens 6 cup (180g) tomatoes 1 cup cherry tomatoes (149g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Peanut tempeh 4 oz tempeh - 434 cals
33g protein
23g fat
15g carbs
10g fiber



For single meal:

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) For all 2 meals:

nutritional yeast 1 tbsp (4g) soy sauce 2 tsp (10mL) lemon juice 1 tbsp (15mL) peanut butter 4 tbsp (65g) tempeh 1/2 lbs (227g)

- 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.

Dinner 2 🗹

Eat on day 3, day 4

Simple salmon

9 oz - 577 cals
52g protein
41g fat
0g carbs
0g fiber



For single meal:

salmon 1/2 lbs (255g) **oil** 1/2 tbsp (8mL) For all 2 meals:

salmon 18 oz (510g) **oil** 1 tbsp (15mL)

- 1. Rub salmon in oil and season with some salt and pepper.
- 2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
- 3. Serve.

Buttery brown rice 125 cals
2g protein
5g fat
17g carbs
1g fiber



For single meal: **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) For all 2 meals:

butter 3/4 tbsp (11g) brown rice 4 tbsp (48g) salt 1 1/2 dash (1g) water 1/2 cup(s) (119mL) black pepper 1 1/2 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.

Dinner 3 🗹

Eat on day 5, day 6

Basic tempeh

8 oz - 590 cals
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.
- 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.

Simple mixed greens salad 68 cals • 1g protein • 5g fat • 4g carbs • 1g fiber



For single meal:

mixed greens 1 1/2 cup (45g) salad dressing 1 1/2 tbsp (23mL) For all 2 meals:

mixed greens 3 cup (90g) salad dressing 3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Dinner 4 🗹

Eat on day 7

Avocado tuna salad stuffed pepper 2 half pepper(s) - 456 cals 41g protein 24g fat 8g carbs 10g fiber



Makes 2 half pepper(s)

canned tuna, drained 1 can (172g) avocados 1/2 avocado(s) (101g) lime juice 1 tsp (5mL) salt 1 dash (0g) black pepper 1 dash (0g) bell pepper 1 large (164g) onion 1/4 small (18g)

- 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.
- You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Simple mixed greens and tomato salad 189 cals • 4g protein • 12g fat • 13g carbs • 4g fiber



salad dressing 1/4 cup (56mL) mixed greens 3 3/4 cup (113g) tomatoes 10 tbsp cherry tomatoes (93g) 1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Protein Supplement(s)

Eat every day

Protein shake

1 1/2 scoop - 164 cals
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.