

Meal Plan - 2200 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

2182 cals ● 140g protein (26%) ● 135g fat (56%) ● 73g carbs (13%) ● 29g fiber (5%)

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 2

2182 cals ● 140g protein (26%) ● 135g fat (56%) ● 73g carbs (13%) ● 29g fiber (5%)

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

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 5

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

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 7

2192 cals ● 149g protein (27%) ● 127g fat (52%) ● 73g carbs (13%) ● 38g fiber (7%)

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

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

Fats and Oils

- ☐ salad dressing
12 3/4 tbsp (191mL)
- ☐ olive oil
2 tbsp (30mL)
- ☐ oil
1/4 cup (66mL)

Other

- ☐ mixed greens
14 cup (423g)
- ☐ nutritional yeast
1 tbsp (4g)
- ☐ vegan sausage
4 sausage (400g)

Vegetables and Vegetable Products

- ☐ tomatoes
5 1/4 medium whole (2-3/5" dia) (650g)
- ☐ raw celery
6 stalk, medium (7-1/2" - 8" long) (240g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ baby carrots
24 medium (240g)
- ☐ frozen sugar snap peas
6 2/3 cup (960g)
- ☐ bell pepper
1 large (164g)
- ☐ onion
1/4 small (18g)

Legumes and Legume Products

- ☐ soy sauce
2 tsp (10mL)
- ☐ 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

- ☐ 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)
- ☐ cinnamon
2 dash (1g)
- ☐ vanilla extract
1/2 tsp (3mL)

Snacks

- ☐ high-protein granola bar
2 bar (80g)

- ☐ lemon juice
2 tbsp (30mL)
- ☐ raisins
1 miniature box (.5 oz) (14g)
- ☐ strawberries
3 3/4 cup, whole (540g)
- ☐ avocados
1 1/6 avocado(s) (235g)
- ☐ lime juice
1 tsp (5mL)

- ☐ rice cakes, any flavor
3 cakes (27g)

Finfish and Shellfish Products

- ☐ salmon
18 oz (510g)
- ☐ canned tuna
1 can (172g)

Cereal Grains and Pasta

- ☐ brown rice
4 tbsp (48g)

Sweets

- ☐ maple syrup
1 tsp (5mL)
-

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.

Milk

1 cup(s) - 149 cals ● 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.

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 ● 8g protein ● 17g 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.

Vegan crumbles

2 cup(s) - 292 cals ● 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.

Lunch 4 [🔗](#)

Eat on day 7

Egg & avocado salad

531 cals ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



mixed greens

1 1/3 cup (40g)

avocados

2/3 avocado(s) (134g)

eggs, hard-boiled and chilled

4 large (200g)

garlic powder

1/4 tbsp (2g)

1. Use store-bought hard-boiled 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.

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)

1. 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

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.

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.

Strawberries

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.
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.

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 cal ● 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.
3. 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 cal ● 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.
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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.