

Meal Plan - 2300 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

2261 cals ● 169g protein (30%) ● 119g fat (47%) ● 87g carbs (15%) ● 42g fiber (7%)

Breakfast

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



[Blackberry & granola parfait](#)
115 cals



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

Snacks

220 cals, 4g protein, 8g net carbs, 15g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Avocado](#)
176 cals

Protein Supplement(s)

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



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

Lunch

835 cals, 47g protein, 38g net carbs, 51g fat



[Cheese and guac tacos](#)
3 taco(s)- 525 cals



[Lowfat Greek yogurt](#)
2 container(s)- 310 cals

Dinner

815 cals, 68g protein, 29g net carbs, 39g fat



[Garlic collard greens](#)
279 cals



[Vegan sausage](#)
2 sausage(s)- 536 cals

Day 2

2230 cals ● 157g protein (28%) ● 128g fat (52%) ● 71g carbs (13%) ● 41g fiber (7%)

Breakfast

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



Blackberry & granola parfait
115 cals



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

Snacks

220 cals, 4g protein, 8g net carbs, 15g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

805 cals, 36g protein, 22g net carbs, 60g fat



Asparagus
292 cals



Spicy sriracha peanut tofu
512 cals

Dinner

815 cals, 68g protein, 29g net carbs, 39g fat



Garlic collard greens
279 cals



Vegan sausage
2 sausage(s)- 536 cals

Day 3

2329 cals ● 182g protein (31%) ● 135g fat (52%) ● 73g carbs (13%) ● 24g fiber (4%)

Breakfast

360 cals, 17g protein, 12g net carbs, 26g fat



Roasted peanuts
1/6 cup(s)- 173 cals



Vegan breakfast sausage links
2 links- 75 cals



Super simple green smoothie
115 cals

Snacks

220 cals, 4g protein, 8g net carbs, 15g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

805 cals, 36g protein, 22g net carbs, 60g fat



Asparagus
292 cals



Spicy sriracha peanut tofu
512 cals

Dinner

780 cals, 89g protein, 30g net carbs, 33g fat



Pan seared breaded tilapia
15 oz- 751 cals



Roasted tomatoes
1/2 tomato(es)- 30 cals

Day 4

2284 cals ● 208g protein (36%) ● 122g fat (48%) ● 73g carbs (13%) ● 17g fiber (3%)

Breakfast

360 cals, 17g protein, 12g net carbs, 26g fat



[Roasted peanuts](#)
1/6 cup(s)- 173 cals



[Vegan breakfast sausage links](#)
2 links- 75 cals



[Super simple green smoothie](#)
115 cals

Snacks

300 cals, 12g protein, 14g net carbs, 20g fat



[Pistachios](#)
188 cals



[Milk](#)
3/4 cup(s)- 112 cals

Protein Supplement(s)

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



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

Lunch

680 cals, 53g protein, 15g net carbs, 42g fat



[Simple salmon](#)
8 oz- 513 cals



[Buttered lima beans](#)
165 cals

Dinner

780 cals, 89g protein, 30g net carbs, 33g fat



[Pan seared breaded tilapia](#)
15 oz- 751 cals



[Roasted tomatoes](#)
1/2 tomato(es)- 30 cals

Day 5

2262 cals ● 145g protein (26%) ● 134g fat (53%) ● 78g carbs (14%) ● 41g fiber (7%)

Breakfast

360 cals, 17g protein, 12g net carbs, 26g fat



[Roasted peanuts](#)
1/6 cup(s)- 173 cals



[Vegan breakfast sausage links](#)
2 links- 75 cals



[Super simple green smoothie](#)
115 cals

Snacks

300 cals, 12g protein, 14g net carbs, 20g fat



[Pistachios](#)
188 cals



[Milk](#)
3/4 cup(s)- 112 cals

Protein Supplement(s)

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



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

Lunch

720 cals, 54g protein, 33g net carbs, 35g fat



[Seitan salad](#)
718 cals

Dinner

720 cals, 25g protein, 18g net carbs, 52g fat



[Zoodles with avocado sauce](#)
353 cals



[Pumpkin seeds](#)
366 cals

Day 6

2250 cals ● 170g protein (30%) ● 129g fat (52%) ● 75g carbs (13%) ● 28g fiber (5%)

Breakfast

405 cals, 15g protein, 14g net carbs, 29g fat



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



Eggs with tomato and avocado
163 cals

Snacks

270 cals, 8g protein, 15g net carbs, 18g fat



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



Apple & peanut butter
1/2 apple(s)- 155 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

720 cals, 54g protein, 33g net carbs, 35g fat



Seitan salad
718 cals

Dinner

695 cals, 56g protein, 11g net carbs, 47g fat



Baked pesto salmon
9 oz- 606 cals



Sautéed corn & lima beans w/ shallot
90 cals

Day 7

2335 cals ● 147g protein (25%) ● 148g fat (57%) ● 74g carbs (13%) ● 30g fiber (5%)

Breakfast

405 cals, 15g protein, 14g net carbs, 29g fat



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



Eggs with tomato and avocado
163 cals

Snacks

270 cals, 8g protein, 15g net carbs, 18g fat



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



Apple & peanut butter
1/2 apple(s)- 155 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

805 cals, 31g protein, 32g net carbs, 54g fat



Strawberry avocado goat cheese panini
487 cals



Sunflower seeds
316 cals

Dinner

695 cals, 56g protein, 11g net carbs, 47g fat



Baked pesto salmon
9 oz- 606 cals



Sautéed corn & lima beans w/ shallot
90 cals

Vegetables and Vegetable Products

- ☐ collard greens
1 3/4 lbs (794g)
- ☐ garlic
8 1/4 clove(s) (25g)
- ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1293g)
- ☐ asparagus
18 3/4 oz (529g)
- ☐ fresh spinach
8 3/4 cup(s) (263g)
- ☐ lima beans, frozen
5/8 package (10 oz) (167g)
- ☐ zucchini
3/4 large (242g)
- ☐ frozen corn kernels
6 tbsp (51g)
- ☐ shallots
1/4 tbsp chopped (3g)

Fats and Oils

- ☐ oil
2 1/2 oz (79mL)
- ☐ olive oil
1/3 cup (79mL)
- ☐ salad dressing
4 tbsp (60mL)

Spices and Herbs

- ☐ salt
2/3 oz (20g)
- ☐ black pepper
1/4 oz (6g)
- ☐ fresh basil
2/3 oz (19g)

Other

- ☐ vegan sausage
4 sausage (400g)
- ☐ guacamole, store-bought
6 tbsp (93g)
- ☐ sriracha chili sauce
2 1/4 tbsp (34g)
- ☐ vegan breakfast sausage links
6 links (135g)
- ☐ nutritional yeast
4 tsp (5g)

Dairy and Egg Products

- ☐ lowfat greek yogurt
1/2 cup (140g)
- ☐ cheddar cheese
3/4 cup, shredded (85g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ butter
3/8 stick (47g)
- ☐ whole milk
1 1/2 cup (360mL)
- ☐ eggs
2 large (100g)
- ☐ goat cheese
1 oz (28g)

Breakfast Cereals

- ☐ granola
4 tbsp (23g)

Legumes and Legume Products

- ☐ roasted peanuts
1 cup (155g)
- ☐ soy sauce
1 tbsp (15mL)
- ☐ peanut butter
1/2 cup (144g)
- ☐ firm tofu
1 1/3 lbs (595g)

Nut and Seed Products

- ☐ coconut milk, canned
1/2 cup (134mL)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
1 3/4 oz (50g)

Cereal Grains and Pasta

- ☐ all-purpose flour
5/8 cup(s) (78g)
- ☐ seitan
3/4 lbs (340g)

Finfish and Shellfish Products

Beverages

- ☐ water
11 1/4 cup(s) (2666mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Fruits and Fruit Juices

- ☐ blackberries
4 tbsp (36g)
- ☐ avocados
4 1/4 avocado(s) (854g)
- ☐ lemon juice
3 fl oz (94mL)
- ☐ pineapple, frozen
3/4 cup, chunks (124g)
- ☐ apples
1 medium (3" dia) (182g)
- ☐ strawberries
4 medium (1-1/4" dia) (48g)

- ☐ tilapia, raw
30 oz (840g)
- ☐ salmon
26 oz (737g)

Snacks

- ☐ rice cakes, any flavor
2 cakes (18g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
3 tbsp (48g)

Baked Products

- ☐ bread
2 slice (64g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Blackberry & granola parfait

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



For single meal:

blackberries, roughly chopped

2 tbsp (18g)

lowfat greek yogurt

4 tbsp (70g)

granola

2 tbsp (11g)

For all 2 meals:

blackberries, roughly chopped

4 tbsp (36g)

lowfat greek yogurt

1/2 cup (140g)

granola

4 tbsp (23g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Roasted peanuts

1/6 cup(s) - 173 cal● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 3 meals:

roasted peanuts
1/2 cup (82g)

1. This recipe has no instructions.

Vegan breakfast sausage links

2 links - 75 cal● 9g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links
2 links (45g)

For all 3 meals:

vegan breakfast sausage links
6 links (135g)

1. Cook links according to package instructions. Serve.

Super simple green smoothie

115 cal● 1g protein ● 9g fat ● 6g carbs ● 1g fiber



For single meal:

fresh spinach
1/4 cup(s) (8g)
coconut milk, canned
3 tbsp (45mL)
pineapple, frozen
4 tbsp, chunks (41g)

For all 3 meals:

fresh spinach
3/4 cup(s) (23g)
coconut milk, canned
1/2 cup (135mL)
pineapple, frozen
3/4 cup, chunks (124g)

1. Blend coconut milk and spinach in a blender until completely smooth.
2. Add frozen pineapple chunks and blend again, until smooth.
3. Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Rice cakes with peanut butter

1 cake(s) - 240 cal ● 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 2 meals:

peanut butter
4 tbsp (64g)
rice cakes, any flavor
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

Eggs with tomato and avocado

163 cal ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

tomatoes
1 slice(s), thick/large (1/2" thick)
(27g)
eggs
1 large (50g)
avocados, sliced
1/4 avocado(s) (50g)
salt
1 dash (0g)
black pepper
1 dash (0g)
fresh basil, chopped
1 leaves (1g)

For all 2 meals:

tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
eggs
2 large (100g)
avocados, sliced
1/2 avocado(s) (101g)
salt
2 dash (1g)
black pepper
2 dash (0g)
fresh basil, chopped
2 leaves (1g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Lunch 1 [🔗](#)

Eat on day 1

Cheese and guac tacos

3 taco(s) - 525 cals ● 23g protein ● 43g fat ● 6g carbs ● 6g fiber



Makes 3 taco(s)

cheddar cheese

3/4 cup, shredded (85g)

guacamole, store-bought

6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.
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Lunch 2 [🔗](#)

Eat on day 2, day 3

Asparagus

292 cals ● 6g protein ● 24g fat ● 7g carbs ● 6g fiber



For single meal:

asparagus
9 1/3 oz (265g)
lemon juice
1 3/4 tbsp (26mL)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
olive oil
1 3/4 tbsp (26mL)

For all 2 meals:

asparagus
18 2/3 oz (529g)
lemon juice
1/4 cup (52mL)
salt
1 tsp (7g)
black pepper
1 tsp, ground (3g)
olive oil
1/4 cup (52mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Spicy sriracha peanut tofu

512 cals ● 30g protein ● 36g fat ● 16g carbs ● 2g fiber



For single meal:

oil
3/4 tbsp (11mL)
water
1/4 cup(s) (59mL)
soy sauce
1/2 tbsp (8mL)
peanut butter
1 1/2 tbsp (24g)
sriracha chili sauce
1 tbsp (17g)
garlic, minced
1 1/2 clove (5g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
water
1/2 cup(s) (118mL)
soy sauce
1 tbsp (15mL)
peanut butter
3 tbsp (48g)
sriracha chili sauce
2 1/4 tbsp (34g)
garlic, minced
3 clove (9g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Lunch 3 [↗](#)

Eat on day 4

Simple salmon

8 oz - 513 cals ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 8 oz

salmon

1/2 lbs (227g)

oil

1/2 tbsp (7mL)

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.

Buttered lima beans

165 cals ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



lima beans, frozen

3/8 package (10 oz) (107g)

salt

1 1/2 dash (1g)

butter

1/2 tbsp (7g)

black pepper

3/4 dash, ground (0g)

1. Cook lima beans according to package.
 2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
 3. Serve.
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Lunch 4 [🔗](#)

Eat on day 5, day 6

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

For all 2 meals:

oil
4 tsp (20mL)
nutritional yeast
4 tsp (5g)
salad dressing
4 tbsp (60mL)
avocados, sliced
1 avocado(s) (201g)
tomatoes, halved
24 cherry tomatoes (408g)
fresh spinach
8 cup(s) (240g)
seitan, sliced
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Lunch 5 [🔗](#)

Eat on day 7

Strawberry avocado goat cheese panini

487 cals ● 17g protein ● 29g fat ● 28g carbs ● 12g fiber

**bread**

2 slice (64g)

strawberries, hulled and thinly sliced

4 medium (1-1/4" dia) (48g)

avocados, sliced

1/2 avocado(s) (101g)

goat cheese

1 oz (28g)

butter

1 tsp (5g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber

**sunflower kernels**

1 3/4 oz (50g)

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

Eat on day 1, day 2, day 3

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 3 meals:

tomatoes

36 cherry tomatoes (612g)

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

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 3 meals:

avocados

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

lemon juice

1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
 2. Sprinkle with lemon or lime juice as desired.
 3. Serve and eat.
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Snacks 2 [↗](#)

Eat on day 4, day 5

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.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup (180mL)

For all 2 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

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.

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 2 meals:

apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Dinner 1 [↗](#)

Eat on day 1, day 2

Garlic collard greens

279 cals ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



For single meal:

collard greens
14 oz (397g)
oil
2 1/2 tsp (13mL)
garlic, minced
2 1/2 clove(s) (8g)
salt
1/4 tsp (1g)

For all 2 meals:

collard greens
1 3/4 lbs (794g)
oil
1 3/4 tbsp (26mL)
garlic, minced
5 1/4 clove(s) (16g)
salt
1/2 tsp (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Pan seared breaded tilapia

15 oz - 751 cals ● 89g protein ● 31g fat ● 29g carbs ● 2g fiber



For single meal:

butter, melted
1 1/4 tbsp (18g)
all-purpose flour
1/3 cup(s) (39g)
tilapia, raw
15 oz (420g)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)
olive oil
2 tsp (9mL)

For all 2 meals:

butter, melted
2 1/2 tbsp (36g)
all-purpose flour
5/8 cup(s) (78g)
tilapia, raw
30 oz (840g)
salt
1 1/4 tsp (8g)
black pepper
1 1/4 tsp, ground (3g)
olive oil
1 1/4 tbsp (19mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes
1/2 small whole (2-2/5" dia) (46g)
oil
1/2 tsp (3mL)

For all 2 meals:

tomatoes
1 small whole (2-2/5" dia) (91g)
oil
1 tsp (5mL)

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.
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Dinner 3 [↗](#)

Eat on day 5

Zoodles with avocado sauce

353 cals ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber

**water**

1/4 cup(s) (59mL)

lemon juice

2 1/4 tbsp (34mL)

tomatoes, halved

7 1/2 cherry tomatoes (128g)

fresh basil

3/4 cup leaves, whole (18g)

zucchini

3/4 large (242g)

avocados, peeled and seed removed

3/4 avocado(s) (151g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber

**roasted pumpkin seeds, unsalted**

1/2 cup (59g)

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

Eat on day 6, day 7

Baked pesto salmon

9 oz - 606 cals ● 53g protein ● 43g fat ● 1g carbs ● 0g fiber



For single meal:

salmon

1 1/2 fillet/s (6 oz each) (255g)

pesto sauce

1 1/2 tbsp (24g)

For all 2 meals:

salmon

3 fillet/s (6 oz each) (510g)

pesto sauce

3 tbsp (48g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Sauteed corn & lima beans w/ shallot

90 cals ● 3g protein ● 4g fat ● 9g carbs ● 2g fiber



For single meal:

olive oil

1/4 tbsp (4mL)

frozen corn kernels

3 tbsp (26g)

lima beans, frozen

3 tbsp (30g)

salt

1/2 dash (0g)

black pepper

1/2 dash, ground (0g)

shallots

3 dash chopped (1g)

For all 2 meals:

olive oil

1/2 tbsp (8mL)

frozen corn kernels

6 tbsp (51g)

lima beans, frozen

6 tbsp (60g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

shallots

1/4 tbsp chopped (3g)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

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.