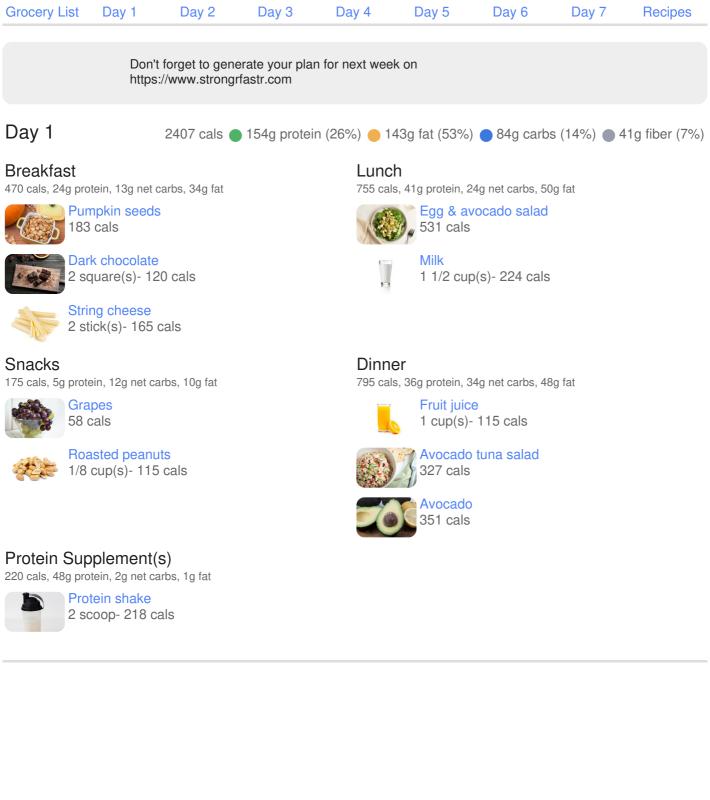
Meal Plan - 2400 calorie low carb pescetarian meal plan





Day 2

Breakfast

470 cals, 24g protein, 13g net carbs, 34g fat



Pumpkin seeds 183 cals

Dark chocolate 2 square(s)- 120 cals



String cheese 2 stick(s)- 165 cals

Snacks 175 cals, 5g protein, 12g net carbs, 10g fat



Grapes 58 cals

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

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals Lunch

725 cals, 38g protein, 15g net carbs, 54g fat



Sunflower seeds 361 cals



Simple mozzarella and tomato salad 363 cals

Dinner 780 cals, 48g protein, 26g net carbs, 43g fat



Crack slaw with tempeh 633 cals



Roasted almonds 1/6 cup(s)- 148 cals



2393 cals
181g protein (30%)
130g fat (49%)
86g carbs (14%)
38g fiber (6%)

Breakfast

380 cals, 18g protein, 18g net carbs, 21g fat



Easy mini quiche 2 quiche(s)- 192 cals



Basic vegan chia pudding 186 cals

Snacks 265 cals, 13g protein, 9g net carbs, 19g fat



Skillet cauliflower tots 267 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals Lunch 825 cals, 52g protein, 38g net carbs, 50g fat



Cottage cheese & fruit cup 2 container- 261 cals



Beet & mozzarella salad 563 cals

Dinner

705 cals, 50g protein, 20g net carbs, 39g fat



Basic tempeh 8 oz- 590 cals



Tomato and avocado salad 117 cals

Day 4

Breakfast

380 cals, 18g protein, 18g net carbs, 21g fat



Easy mini quiche 2 quiche(s)- 192 cals



Basic vegan chia pudding 186 cals

Snacks 265 cals, 13g protein, 9g net carbs, 19g fat



Skillet cauliflower tots 267 cals

Lunch

765 cals, 52g protein, 27g net carbs, 42g fat



Peanut tempeh 6 oz tempeh- 651 cals



Simple kale & avocado salad 115 cals

Dinner

705 cals, 50g protein, 20g net carbs, 39g fat



Basic tempeh 8 oz- 590 cals



Tomato and avocado salad 117 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

380 cals, 18g protein, 18g net carbs, 21g fat

2 quiche(s)- 192 cals

Basic vegan chia pudding

9 cherry tomatoes- 32 cals

Easy mini quiche

186 cals

Day 5

Breakfast

Snacks

2384 cals
158g protein (27%)
143g fat (54%)
71g carbs (12%)
44g fiber (7%)

Lunch

765 cals, 52g protein, 27g net carbs, 42g fat



Peanut tempeh 6 oz tempeh- 651 cals



Simple kale & avocado salad 115 cals

Dinner

805 cals, 32g protein, 15g net carbs, 65g fat



Walnut crusted tofu 495 cals



Roasted almonds 1/6 cup(s)- 166 cals



Caprese salad 142 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

Pistachios 188 cals

220 cals, 8g protein, 10g net carbs, 14g fat

Cherry tomatoes

Day 6

Breakfast

455 cals, 21g protein, 21g net carbs, 28g fat



Egg & avocado salad on toast 1 toast(s)- 212 cals

Milk 1/2 cup(s)- 75 cals



Roasted almonds 1/6 cup(s)- 166 cals

Snacks

220 cals, 8g protein, 10g net carbs, 14g fat



Cherry tomatoes 9 cherry tomatoes- 32 cals



Pistachios 188 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals Lunch

785 cals, 50g protein, 37g net carbs, 47g fat



Slow-baked salmon with lemon and thyme 8 oz- 536 cals



Dinner 750 cals, 59g protein, 8g net carbs, 52g fat



Baked pesto salmon 8 oz- 538 cals



Day 7

2427 cals
187g protein (31%)
143g fat (53%)
78g carbs (13%)
21g fiber (3%)

Breakfast

455 cals, 21g protein, 21g net carbs, 28g fat



Egg & avocado salad on toast 1 toast(s)- 212 cals



Milk 1/2 cup(s)- 75 cals



Roasted almonds 1/6 cup(s)- 166 cals

Snacks 220 cals, 8g protein, 10g net carbs, 14g fat



Cherry tomatoes 9 cherry tomatoes- 32 cals



Pistachios 188 cals

Protein Supplement(s) 220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals Lunch

785 cals, 50g protein, 37g net carbs, 47g fat



Slow-baked salmon with lemon and thyme 8 oz- 536 cals



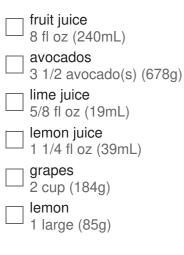
Dinner 750 cals, 59g protein, 8g net carbs, 52g fat



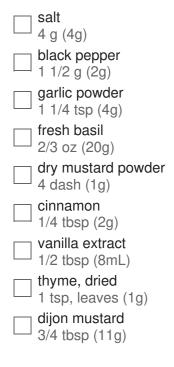




Fruits and Fruit Juices



Spices and Herbs



Other

mixed greens 2 package (5.5 oz) (279g)
coleslaw mix 3 cup (270g)
cottage cheese & fruit cup 2 container (340g)
nutritional yeast 1 1/2 tbsp (6g)

Vegetables and Vegetable Products

onion 3/4 medium (2-1/2" dia) (83g)

Nut and Seed Products

roasted pumpkin seeds, unsalted 1/2 cup (59g)
Sunflower kernels 2 1/2 oz (75g)
almonds 3/4 cup, whole (104g)
Chia seeds 1/4 cup (64g)
☐ walnuts 6 1/2 tbsp, chopped (48g)
pistachios, dry roasted, without shells or salt added 3/4 cup (92g)
Sweets
Chocolate, dark, 70-85% 4 square(s) (40g)
maple syrup 1 tbsp (15mL)
Dairy and Egg Products
string cheese 4 stick (112g)

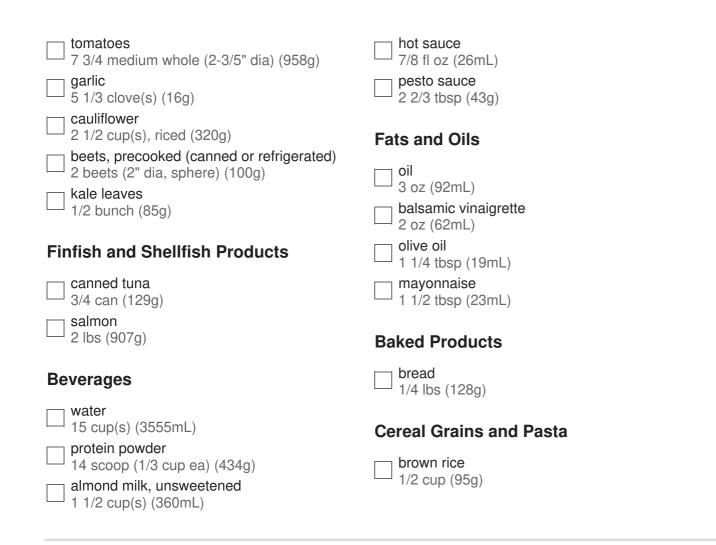
- ____ eggs ____ 12 1/4 medium (540g)
- whole milk 3 cup (720mL)
- fresh mozzarella cheese 10 oz (283g)
- swiss cheese 1/2 cup, shredded (54g)

☐ butter ☐ 1 1/2 tbsp (21g)

Legumes and Legume Products



Soups, Sauces, and Gravies



Recipes



Breakfast 1 1

Eat on day 1, day 2

Pumpkin seeds

183 cals
9g protein
15g fat
3g carbs
2g fiber



For single meal:

roasted pumpkin seeds, unsalted roasted pumpkin seeds, unsalted 4 tbsp (30g)

For all 2 meals:

1/2 cup (59g)

1. This recipe has no instructions.

Dark chocolate

2 square(s) - 120 cals
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.



string cheese 2 stick (56g)

For all 2 meals:

string cheese 4 stick (112g)



Breakfast 2 🗹

Eat on day 3, day 4, day 5

Easy mini quiche

2 quiche(s) - 192 cals
13g protein
11g fat
10g carbs
1g fiber



For single meal: eggs 2/3 large (33g) whole milk 2 2/3 tbsp (40mL) dry mustard powder 1 1/3 dash (0g) swiss cheese 2 2/3 tbsp, shredded (18g) bread 2/3 slice (21g) onion, minced 1/6 medium (2-1/2" dia) (18g) For all 3 meals:

eggs 2 large (100g) whole milk 1/2 cup (120mL) dry mustard powder 4 dash (1g) swiss cheese 1/2 cup, shredded (54g) bread 2 slice (64g) onion, minced 1/2 medium (2-1/2" dia) (55g)

- 1. Preheat oven to 375°F (190°C). Lightly grease the muffin tins (one for each serving).
- 2. Trim or cut bread into circles. Place circles in bottom of muffin tins. You can use various scraps of bread and press them together at the base of the tin in order to get the most use out of a slice. Distribute the onion and shredded cheese evenly between the muffin tins.
- 3. In a medium bowl, combine milk, eggs, mustard and some salt and pepper. Divide between the muffin tins. Quiches will puff up, so be sure to leave some space at the top.
- 4. Bake for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

Basic vegan chia pudding

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



For single meal:

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) For all 3 meals:

maple syrup 1 tbsp (15mL) cinnamon 1/4 tbsp (2g) vanilla extract 1/2 tbsp (8mL) almond milk, unsweetened 1 1/2 cup(s) (360mL) chia seeds 1/4 cup (64g)

1. Mix all ingredients together in a small container. Cover and refrigerate mixture 2 hours to overnight, until chia seeds plump up. Serve.

Breakfast 3 🗹

Eat on day 6, day 7

Egg & avocado salad on toast

1 toast(s) - 212 cals
11g protein
11g fat
13g carbs
4g fiber



For single meal: **bread** 1 slice(s) (32g) **garlic powder** 1 1/3 dash (1g) **eggs, hard-boiled and chilled** 1 large (50g) **avocados** 1/6 avocado(s) (34g) **mixed greens** 2 2/3 tbsp (5g) For all 2 meals:

bread 2 slice(s) (64g) garlic powder 1/3 tsp (1g) eggs, hard-boiled and chilled 2 large (100g) avocados 1/3 avocado(s) (67g) mixed greens 1/3 cup (10g)

- 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. Toast bread and top with greens and egg salad mixture. Serve.



1. This recipe has no instructions.

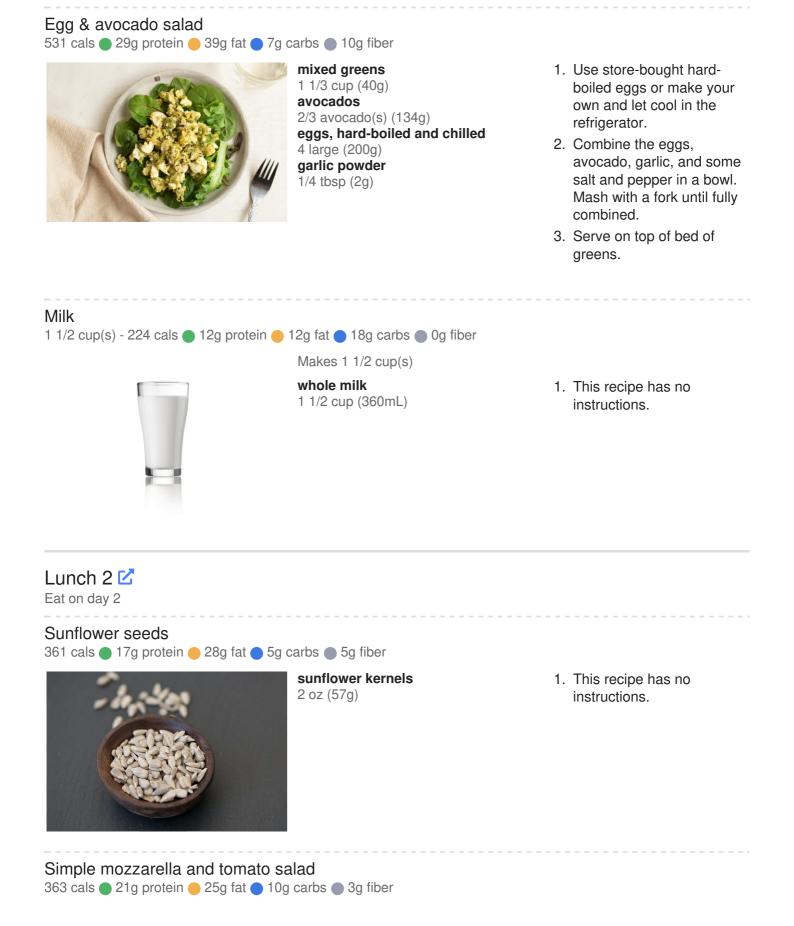


For all 2 meals:

almonds 6 tbsp, whole (54g)

Lunch 1

Eat on day 1





tomatoes, sliced 1 large whole (3" dia) (205g) fresh mozzarella cheese, sliced 3 oz (85g) balsamic vinaigrette 1 1/2 tbsp (23mL) fresh basil 1 1/2 tbsp, chopped (4g)

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

Lunch 3 🗹

Eat on day 3

Cottage cheese & fruit cup 2 container - 261 cals • 28g protein • 5g fat • 26g carbs • 0g fiber



Makes 2 container

cottage cheese & fruit cup 2 container (340g) 1. Mix cottage cheese and fruit portions of the container together and serve.

Beet & mozzarella salad 563 cals • 24g protein • 45g fat • 12g carbs • 4g fiber



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)

- 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.

Lunch 4 🗹

Eat on day 4, day 5

Peanut tempeh 6 oz tempeh - 651 cals • 49g protein • 34g fat • 22g carbs • 15g fiber For single meal: nutritional yeast 3/4 tbsp (3g) soy sauce 1/2 tbsp (8mL) lemon juice 3/4 tbsp (11mL) peanut butter 3 tbsp (48g) tempeh 6 oz (170g)

For all 2 meals:

nutritional yeast 1 1/2 tbsp (6g) soy sauce 1 tbsp (15mL) lemon juice 1 1/2 tbsp (23mL) peanut butter 6 tbsp (97g) tempeh 3/4 lbs (340g)

- 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.

Simple kale & avocado salad

115 cals
2g protein
8g fat
5g carbs
5g fiber



For single meal:

kale leaves, chopped 1/4 bunch (43g) lemon, juiced 1/4 small (15g) avocados, chopped 1/4 avocado(s) (50g) For all 2 meals:

kale leaves, chopped 1/2 bunch (85g) lemon, juiced 1/2 small (29g) avocados, chopped 1/2 avocado(s) (101g)

- 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.

Lunch 5 🗹

Eat on day 6, day 7

Slow-baked salmon with lemon and thyme

8 oz - 536 cals 🔵 47g protein 😑 38g fat 🔵 2g carbs 🌑 1g fiber



For single meal:

salmon, skin on 1/2 lbs (227g) oil 1/2 tbsp (7mL) thyme, dried 1/3 tsp, leaves (0g) lemon, cut into wedges 1/3 large (28g) For all 2 meals:

salmon, skin on 16 oz (453g) oil 1 tbsp (15mL) thyme, dried 1/4 tbsp, leaves (1g) lemon, cut into wedges 2/3 large (56g)

- 1. Preheat oven to 275 F (135 C).
- 2. Line a rimmed baking sheet with greased aluminum foil.
- 3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
- 4. Place salmon fillets, skin side down, on the baking sheet.
- 5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Buttery brown rice

250 cals
4g protein
10g fat
35g carbs
2g fiber



For single meal:

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) For all 2 meals:

butter 1 1/2 tbsp (21g) brown rice 1/2 cup (95g) salt 3 dash (2g) water 1 cup(s) (237mL) black pepper 3 dash, ground (1g)

- 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.

Snacks 1 🗹

Eat on day 1, day 2

Grapes

58 cals
1g protein
0g fat
9g carbs
4g fiber



For single meal:

grapes 1 cup (92g) For all 2 meals:

grapes 2 cup (184g)

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)



Snacks 2 🗹

Eat on day 3, day 4

Skillet cauliflower tots

267 cals
13g protein
19g fat
9g carbs
3g fiber



For single meal: **hot sauce** 2 tsp (9mL) **oil** 2 1/2 tsp (13mL) **garlic, diced** 1 1/4 tsp (4g) **eggs** 1 1/4 extra large (70g) **cauliflower** 1 1/4 cup(s), riced (160g) For all 2 meals:

hot sauce 1 1/4 tbsp (19mL) oil 5 tsp (25mL) garlic, diced 2 1/2 tsp (7g) eggs 2 1/2 extra large (140g) cauliflower 2 1/2 cup(s), riced (320g)

- 1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
- 2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
- 3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
- 4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
- 5. Serve with some hot sauce.
- 6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

Snacks 3 🗹

Eat on day 5, day 6, day 7

Cherry tomatoes

9 cherry tomatoes - 32 cals • 1g protein • 0g fat • 4g carbs • 2g fiber



For single meal:

tomatoes 9 cherry tomatoes (153g) For all 3 meals:

tomatoes 27 cherry tomatoes (459g)

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

Pistachios 188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber

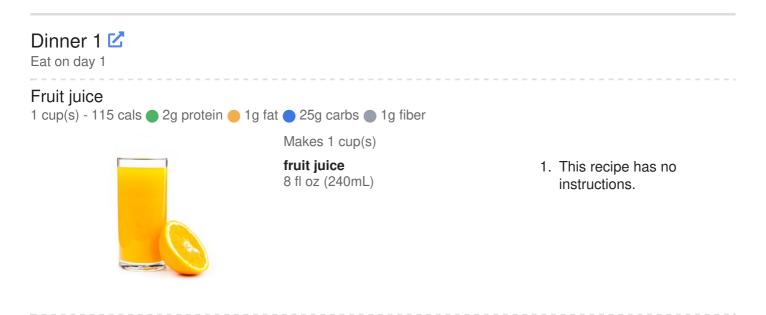


For single meal:

pistachios, dry roasted, without shells or salt added 4 tbsp (31g) For all 3 meals:

pistachios, dry roasted, without shells or salt added 3/4 cup (92g)

1. This recipe has no instructions.



Avocado tuna salad

327 cals
30g protein
18g fat
4g carbs
6g fiber



avocados

3/8 avocado(s) (75g) **lime juice** 1/4 tbsp (4mL) **salt** 3/4 dash (0g) **black pepper** 3/4 dash (0g) **mixed greens** 3/4 cup (23g) **onion, minced** 1/6 small (13g) **canned tuna** 3/4 can (129g) **tomatoes** 3 tbsp, chopped (34g)

- 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.

Avocado 351 cals • 4g protein • 30g fat • 4g carbs • 14g fiber



avocados 1 avocado(s) (201g) lemon juice 1 tsp (5mL)

- 1. Open the avocado and scoop out the flesh.
- 2. Sprinkle with lemon or lime juice as desired.
- 3. Serve and eat.

Dinner 2 🗹

Eat on day 2

Crack slaw with tempeh

633 cals
43g protein
32g fat
24g carbs
20g fiber



tempeh, cubed 6 oz (170g) coleslaw mix 3 cup (270g) hot sauce 1/2 tbsp (8mL) sunflower kernels 1 1/2 tbsp (18g) oil 1 tbsp (15mL) garlic, minced 1 1/2 clove (5g)

- Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
- 2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
- Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
- 4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
- 5. Season with salt and pepper to taste. Serve hot or cold.

Roasted almonds

1/6 cup(s) - 148 cals
5g protein
12g fat
2g carbs
3g fiber

Makes 1/6 cup(s)



almonds 2 2/3 tbsp, whole (24g)

Dinner 3 🗹

Eat on day 3, day 4

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.

Tomato and avocado salad

117 cals
2g protein
9g fat
3g carbs
4g fiber



For single meal:

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

For all 2 meals:

onion 1 tbsp minced (15g) lime juice 1 tbsp (15mL) avocados, cubed 1/2 avocado(s) (101g) tomatoes, diced 1/4 medium whole (2-3/5" dia) (31g) 1/2 medium whole (2-3/5" dia) (62g) olive oil 1/4 tbsp (4mL) garlic powder $2 \operatorname{dash}(1 \operatorname{a})$ salt $2 \operatorname{dash}(2g)$ black pepper 2 dash, 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.

Dinner 4 🗹

Eat on day 5

Walnut crusted tofu

495 cals 18g protein 42g fat 8g carbs 3g fiber



mayonnaise 1 1/2 tbsp (23mL) firm tofu, drained 6 oz (170g) walnuts 4 tbsp, chopped (29g) dijon mustard 3/4 tbsp (11g) garlic, diced 1 1/2 clove(s) (5g) lemon juice 1/4 tbsp (4mL)

- 1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
- 2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
- 3. Season tofu with salt/pepper to taste. Set aside.
- 4. In a small bowl, mix together the mayo, dijon mustard, garlic, and lemon juice.
- 5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
- 6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
- 7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
- 8. Serve with remaining half of mayo mixture.

Roasted almonds

Makes 1/6 cup(s)

almonds 3 tbsp, whole (27g)





balsamic vinaigrette 2 tsp (10mL) fresh basil 2 2/3 tbsp leaves, whole (4g) tomatoes, halved 1/3 cup cherry tomatoes (50g) mixed greens 1/3 package (5.5 oz) (52g) fresh mozzarella cheese 1 oz (28g)

- 1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
- 2. When serving, top with mozzarella and balsamic vinaigrette.

Dinner 5 🗹

Eat on day 6, day 7

Baked pesto salmon

8 oz - 538 cals 🔵 47g protein 🛑 38g fat 🔵 1g carbs 🔵 0g fiber



For single meal: **salmon** 1 1/3 fillet/s (6 oz each) (227g) **pesto sauce** 4 tsp (21g) For all 2 meals:

salmon 2 2/3 fillet/s (6 oz each) (453g) pesto sauce 2 2/3 tbsp (43g)

- 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)).

Caprese salad

213 cals
12g protein
14g fat
7g carbs
3g fiber



For single meal:

balsamic vinaigrette 1 tbsp (15mL)

fresh basil 4 tbsp leaves, whole (6g) tomatoes, halved 1/2 cup cherry tomatoes (75g) mixed greens 1/2 package (5.5 oz) (78g) fresh mozzarella cheese 1 1/2 oz (43g) For all 2 meals:

balsamic vinaigrette 2 tbsp (30mL) fresh basil 1/2 cup leaves, whole (12g) tomatoes, halved 1 cup cherry tomatoes (149g) mixed greens 1 package (5.5 oz) (155g) fresh mozzarella cheese 3 oz (85g)

- 1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
- 2. When serving, top with mozzarella and balsamic vinaigrette.

Protein Supplement(s)

Eat every day

Protein shake

2 scoop - 218 cals
48g protein
1g fat
2g carbs
2g fiber



For single meal: water 2 cup(s) (474mL) protein powder 2 scoop (1/3 cup ea) (62g) For all 7 meals:

water 14 cup(s) (3318mL) **protein powder** 14 scoop (1/3 cup ea) (434g)