

Meal Plan - 2400 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

2407 cals ● 154g protein (26%) ● 143g fat (53%) ● 84g carbs (14%) ● 41g fiber (7%)

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

755 cals, 41g protein, 24g net carbs, 50g fat



Egg & avocado salad
531 cals



Milk
1 1/2 cup(s)- 224 cals

Dinner

795 cals, 36g protein, 34g net carbs, 48g fat



Fruit juice
1 cup(s)- 115 cals



Avocado tuna salad
327 cals



Avocado
351 cals

Day 2

2363 cals ● 164g protein (28%) ● 142g fat (54%) ● 67g carbs (11%) ● 41g fiber (7%)

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

Day 3

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

2335 cals ● 181g protein (31%) ● 121g fat (47%) ● 75g carbs (13%) ● 54g fiber (9%)

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

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

Day 5

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

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

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

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

Day 6

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



Buttery brown rice
250 cals

Dinner

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



Baked pesto salmon
8 oz- 538 cals



Caprese salad
213 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



Buttery brown rice
250 cals

Dinner

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



Baked pesto salmon
8 oz- 538 cals



Caprese salad
213 cals

Fruits and Fruit Juices

- ☐ fruit juice
8 fl oz (240mL)
- ☐ avocados
3 1/2 avocado(s) (678g)
- ☐ lime juice
5/8 fl oz (19mL)
- ☐ lemon juice
1 1/4 fl oz (39mL)
- ☐ grapes
2 cup (184g)
- ☐ lemon
1 large (85g)

Spices and Herbs

- ☐ salt
4 g (4g)
- ☐ black pepper
1 1/2 g (2g)
- ☐ garlic powder
1 1/4 tsp (4g)
- ☐ fresh basil
2/3 oz (20g)
- ☐ dry mustard powder
4 dash (1g)
- ☐ cinnamon
1/4 tbsp (2g)
- ☐ vanilla extract
1/2 tbsp (8mL)
- ☐ thyme, dried
1 tsp, leaves (1g)
- ☐ dijon mustard
3/4 tbsp (11g)

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

- ☐ roasted peanuts
4 tbsp (37g)
- ☐ tempeh
2 lbs (964g)
- ☐ soy sauce
1 tbsp (15mL)
- ☐ peanut butter
6 tbsp (97g)
- ☐ firm tofu
6 oz (170g)

Soups, Sauces, and Gravies

☐ tomatoes
7 3/4 medium whole (2-3/5" dia) (958g)

☐ garlic
5 1/3 clove(s) (16g)

☐ cauliflower
2 1/2 cup(s), riced (320g)

☐ beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)

☐ kale leaves
1/2 bunch (85g)

Finfish and Shellfish Products

☐ canned tuna
3/4 can (129g)

☐ salmon
2 lbs (907g)

Beverages

☐ water
15 cup(s) (3555mL)

☐ protein powder
14 scoop (1/3 cup ea) (434g)

☐ almond milk, unsweetened
1 1/2 cup(s) (360mL)

☐ hot sauce
7/8 fl oz (26mL)

☐ pesto sauce
2 2/3 tbsp (43g)

Fats and Oils

☐ oil
3 oz (92mL)

☐ balsamic vinaigrette
2 oz (62mL)

☐ olive oil
1 1/4 tbsp (19mL)

☐ mayonnaise
1 1/2 tbsp (23mL)

Baked Products

☐ bread
1/4 lbs (128g)

Cereal Grains and Pasta

☐ brown rice
1/2 cup (95g)

Breakfast 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
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
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(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Easy mini quiche

2 quiche(s) - 192 cal ● 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 cal ● 6g protein ● 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.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup (120mL)

For all 2 meals:

whole milk

1 cup (240mL)

1. This recipe has no instructions.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

3 tbsp, whole (27g)

For all 2 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

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.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber

Makes 1 1/2 cup(s)

whole milk

1 1/2 cup (360mL)



1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



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 cal ● 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 cal ● 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.
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Lunch 4 [🔗](#)

Eat on day 4, day 5

Peanut tempeh

6 oz tempeh - 651 cal ● 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 cal ● 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 cal ● 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 tsp, 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 cal ● 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)

- 1. This recipe has no instructions.

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.

Dinner 1 [↗](#)

Eat on day 1

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Makes 1 cup(s)

fruit juice
8 fl oz (240mL)

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)

1. 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.
3. 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)

1. This recipe has no instructions.
-

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
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)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 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 cal ● 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

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds

3 tbsp, whole (27g)

1. This recipe has no instructions.

Caprese salad

142 cal ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber

**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)

1. This recipe has no instructions.