

# Meal Plan - 2500 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

2487 cals ● 220g protein (35%) ● 121g fat (44%) ● 85g carbs (14%) ● 45g fiber (7%)

### Breakfast

455 cals, 54g protein, 19g net carbs, 17g fat



[Protein shake \(milk\)](#)  
387 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Snacks

315 cals, 4g protein, 11g net carbs, 26g fat



[Pecans](#)  
1/4 cup- 183 cals



[Chips and guacamole](#)  
131 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Lunch

640 cals, 45g protein, 18g net carbs, 33g fat



[Garlic collard greens](#)  
199 cals



[Basic tempeh](#)  
6 oz- 443 cals

### Dinner

855 cals, 68g protein, 35g net carbs, 43g fat



[Green beans with almonds & lemon](#)  
222 cals



[Almond crusted tilapia](#)  
9 oz- 635 cals

## Day 2

2500 cals ● 178g protein (28%) ● 141g fat (51%) ● 85g carbs (14%) ● 45g fiber (7%)

### Breakfast

455 cals, 54g protein, 19g net carbs, 17g fat



Protein shake (milk)  
387 cals



Boiled eggs  
1 egg(s)- 69 cals

### Snacks

315 cals, 4g protein, 11g net carbs, 26g fat



Pecans  
1/4 cup- 183 cals



Chips and guacamole  
131 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

780 cals, 37g protein, 17g net carbs, 57g fat



Milk  
1/2 cup(s)- 75 cals



Egg & avocado salad  
399 cals



Roasted peanuts  
1/3 cup(s)- 307 cals

### Dinner

730 cals, 34g protein, 36g net carbs, 39g fat



Garlic collard greens  
425 cals



General tso's tofu  
307 cals

## Day 3

2467 cals ● 158g protein (26%) ● 144g fat (53%) ● 84g carbs (14%) ● 50g fiber (8%)

### Breakfast

480 cals, 30g protein, 20g net carbs, 27g fat



Cottage cheese & fruit cup  
1 container- 131 cals



Eggs with tomato and avocado  
326 cals



Cherry tomatoes  
6 cherry tomatoes- 21 cals

### Snacks

260 cals, 9g protein, 10g net carbs, 20g fat



Plain yogurt  
1/2 cup(s)- 77 cals



Pecans  
1/4 cup- 183 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

780 cals, 37g protein, 17g net carbs, 57g fat



Milk  
1/2 cup(s)- 75 cals



Egg & avocado salad  
399 cals



Roasted peanuts  
1/3 cup(s)- 307 cals

### Dinner

730 cals, 34g protein, 36g net carbs, 39g fat



Garlic collard greens  
425 cals



General tso's tofu  
307 cals

## Day 4

2529 cal ● 192g protein (30%) ● 137g fat (49%) ● 91g carbs (14%) ● 41g fiber (7%)

### Breakfast

480 cal, 30g protein, 20g net carbs, 27g fat



**Cottage cheese & fruit cup**  
1 container- 131 cal



**Eggs with tomato and avocado**  
326 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal

### Snacks

260 cal, 9g protein, 10g net carbs, 20g fat



**Plain yogurt**  
1/2 cup(s)- 77 cal



**Pecans**  
1/4 cup- 183 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Lunch

755 cal, 60g protein, 33g net carbs, 38g fat



**Olive oil drizzled green beans**  
217 cal



**Vegan sausage**  
2 sausage(s)- 536 cal

### Dinner

820 cal, 45g protein, 27g net carbs, 51g fat



**Tempeh power bowl**  
475 cal



**Roasted peanuts**  
3/8 cup(s)- 345 cal



## Day 5

2487 cals ● 164g protein (26%) ● 154g fat (56%) ● 64g carbs (10%) ● 47g fiber (8%)

### Breakfast

315 cals, 21g protein, 7g net carbs, 20g fat



[Creamy scrambled eggs](#)  
182 cals



[Raspberries](#)  
3/4 cup(s)- 54 cals



[Basic fried eggs](#)  
1 egg(s)- 80 cals

### Snacks

320 cals, 10g protein, 14g net carbs, 21g fat



[Milk](#)  
1/2 cup(s)- 75 cals



[Blackberries](#)  
1 cup(s)- 70 cals



[Walnuts](#)  
1/4 cup(s)- 175 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Lunch

815 cals, 40g protein, 15g net carbs, 61g fat



[Sunflower seeds](#)  
226 cals



[Low carb asian tofu bowl](#)  
589 cals

### Dinner

820 cals, 45g protein, 27g net carbs, 51g fat



[Tempeh power bowl](#)  
475 cals



[Roasted peanuts](#)  
3/8 cup(s)- 345 cals

## Day 6

2463 cals ● 178g protein (29%) ● 144g fat (53%) ● 67g carbs (11%) ● 46g fiber (8%)

### Breakfast

315 cals, 21g protein, 7g net carbs, 20g fat



[Creamy scrambled eggs](#)  
182 cals



[Raspberries](#)  
3/4 cup(s)- 54 cals



[Basic fried eggs](#)  
1 egg(s)- 80 cals

### Snacks

320 cals, 10g protein, 14g net carbs, 21g fat



[Milk](#)  
1/2 cup(s)- 75 cals



[Blackberries](#)  
1 cup(s)- 70 cals



[Walnuts](#)  
1/4 cup(s)- 175 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Lunch

830 cals, 47g protein, 22g net carbs, 54g fat



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



[Simple mixed greens and tomato salad](#)  
189 cals



[Pecans](#)  
1/4 cup- 183 cals

### Dinner

785 cals, 52g protein, 22g net carbs, 48g fat



[Salmon & veggie one pot](#)  
7 oz salmon- 655 cals



[Buttery spinach cauliflower mince](#)  
2 cup(s)- 128 cals

## Day 7

2463 cals ● 178g protein (29%) ● 144g fat (53%) ● 67g carbs (11%) ● 46g fiber (8%)

### Breakfast

315 cals, 21g protein, 7g net carbs, 20g fat



[Creamy scrambled eggs](#)  
182 cals



[Raspberries](#)  
3/4 cup(s)- 54 cals



[Basic fried eggs](#)  
1 egg(s)- 80 cals

### Snacks

320 cals, 10g protein, 14g net carbs, 21g fat



[Milk](#)  
1/2 cup(s)- 75 cals



[Blackberries](#)  
1 cup(s)- 70 cals



[Walnuts](#)  
1/4 cup(s)- 175 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

### Lunch

830 cals, 47g protein, 22g net carbs, 54g fat



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



[Simple mixed greens and tomato salad](#)  
189 cals



[Pecans](#)  
1/4 cup- 183 cals

### Dinner

785 cals, 52g protein, 22g net carbs, 48g fat



[Salmon & veggie one pot](#)  
7 oz salmon- 655 cals



[Buttery spinach cauliflower mince](#)  
2 cup(s)- 128 cals

## Vegetables and Vegetable Products

- ☐ fresh green beans  
1/2 lbs (227g)
- ☐ collard greens  
3 1/4 lbs (1493g)
- ☐ garlic  
18 clove(s) (54g)
- ☐ fresh ginger  
3/4 oz (18g)
- ☐ tomatoes  
4 medium whole (2-3/5" dia) (498g)
- ☐ broccoli  
2 1/4 cup chopped (205g)
- ☐ beets, raw  
2 beet (2" dia) (164g)
- ☐ frozen green beans  
2 cup (242g)
- ☐ bell pepper  
3 1/4 large (536g)
- ☐ onion  
2 1/4 small (158g)
- ☐ canned crushed tomatoes  
1 3/4 cup (424g)
- ☐ fresh spinach  
2 cup(s) (60g)

## Dairy and Egg Products

- ☐ butter  
1/3 stick (40g)
- ☐ whole milk  
5 2/3 cup (1366mL)
- ☐ eggs  
21 large (1050g)
- ☐ plain lowfat yogurt  
1 cup (245g)

## Fruits and Fruit Juices

- ☐ lemon juice  
1 tsp (5mL)
- ☐ avocados  
3 avocado(s) (603g)
- ☐ raspberries  
2 1/4 cup (277g)
- ☐ blackberries  
3 cup (432g)
- ☐ lime juice  
2 tsp (10mL)

## Nut and Seed Products

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1/2 lbs (252g)
- ☐ canned tuna  
2 can (344g)
- ☐ salmon  
14 oz (397g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
1/4 cup(s) (31g)
- ☐ cornstarch  
2 1/2 tbsp (20g)

## Fats and Oils

- ☐ olive oil  
2/3 oz (26mL)
- ☐ oil  
6 oz (176mL)
- ☐ salad dressing  
1/2 cup (113mL)

## Beverages

- ☐ water  
14 1/2 cup(s) (3422mL)
- ☐ protein powder  
17 scoop (1/3 cup ea) (527g)

## Snacks

- ☐ tortilla chips  
1 oz (28g)

## Other

- ☐ guacamole, store-bought  
4 tbsp (62g)
- ☐ mixed greens  
9 1/2 cup (285g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ frozen riced cauliflower  
21 2/3 oz (615g)

## Legumes and Legume Products

- ☐ almonds  
1/2 cup, slivered (54g)
- ☐ pecans  
1 1/2 cup, halves (149g)
- ☐ sunflower kernels  
1 1/4 oz (35g)
- ☐ sesame seeds  
1/2 tbsp (5g)
- ☐ walnuts  
3/4 cup, shelled (75g)

## Spices and Herbs

- ☐ salt  
1 3/4 g (12g)
  - ☐ apple cider vinegar  
1 1/4 tbsp (19g)
  - ☐ garlic powder  
1 tsp (3g)
  - ☐ black pepper  
1/8 oz (2g)
  - ☐ fresh basil  
4 leaves (2g)
  - ☐ rosemary, dried  
2 tsp (2g)
  - ☐ ground cumin  
1 3/4 tsp (4g)
  - ☐ dried dill weed  
1 3/4 tsp (2g)
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- ☐ tempeh  
14 oz (397g)
- ☐ firm tofu  
1 1/4 lbs (567g)
- ☐ soy sauce  
1/4 lbs (87mL)
- ☐ roasted peanuts  
1 1/2 cup (207g)
- ☐ hummus  
4 tbsp (60g)

## Sweets

- ☐ sugar  
1 1/4 tbsp (16g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Protein shake (milk)

387 cals ● 48g protein ● 13g fat ● 19g carbs ● 2g fiber



For single meal:

#### **whole milk**

1 1/2 cup (360mL)

#### **protein powder**

1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

#### **whole milk**

3 cup (720mL)

#### **protein powder**

3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

### Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

#### **eggs**

1 large (50g)

For all 2 meals:

#### **eggs**

2 large (100g)

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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

#### **cottage cheese & fruit cup**

1 container (170g)

For all 2 meals:

#### **cottage cheese & fruit cup**

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

### Eggs with tomato and avocado

326 cal ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

#### **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)

For all 2 meals:

#### **tomatoes**

4 slice(s), thick/large (1/2" thick)  
(108g)

#### **eggs**

4 large (200g)

#### **avocados, sliced**

1 avocado(s) (201g)

#### **salt**

4 dash (2g)

#### **black pepper**

4 dash (0g)

#### **fresh basil, chopped**

4 leaves (2g)

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.

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

#### **tomatoes**

6 cherry tomatoes (102g)

For all 2 meals:

#### **tomatoes**

12 cherry tomatoes (204g)

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

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Creamy scrambled eggs

182 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**whole milk**  
1 tbsp (15mL)

For all 3 meals:

**eggs**  
6 large (300g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**butter**  
1 tbsp (14g)  
**whole milk**  
3 tbsp (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

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### Raspberries

3/4 cup(s) - 54 cal ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**raspberries**  
3/4 cup (92g)

For all 3 meals:

**raspberries**  
2 1/4 cup (277g)

1. Rinse raspberries and serve.

### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**eggs**  
1 large (50g)

For all 3 meals:

**oil**  
1/4 tbsp (4mL)  
**eggs**  
3 large (150g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



**collard greens**  
10 oz (284g)  
**oil**  
2 tsp (9mL)  
**garlic, minced**  
2 clove(s) (6g)  
**salt**  
1 1/4 dash (1g)

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.

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### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

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.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### 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.

## Egg & avocado salad

399 cals ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



For single meal:

**mixed greens**  
1 cup (30g)  
**avocados**  
1/2 avocado(s) (101g)  
**eggs, hard-boiled and chilled**  
3 large (150g)  
**garlic powder**  
4 dash (2g)

For all 2 meals:

**mixed greens**  
2 cup (60g)  
**avocados**  
1 avocado(s) (201g)  
**eggs, hard-boiled and chilled**  
6 large (300g)  
**garlic powder**  
1 tsp (3g)

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.

## Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



For single meal:

**roasted peanuts**  
1/3 cup (49g)

For all 2 meals:

**roasted peanuts**  
2/3 cup (97g)

1. This recipe has no instructions.

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## Lunch 3 [🔗](#)

Eat on day 4

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### Olive oil drizzled green beans

217 cals ● 4g protein ● 14g fat ● 12g carbs ● 6g fiber



**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen green beans**  
2 cup (242g)  
**olive oil**  
1 tbsp (15mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

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### Vegan sausage

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



Makes 2 sausage(s)

**vegan sausage**  
2 sausage (200g)

1. Prepare according to package instructions.
  2. Serve.
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## Lunch 4 [🔗](#)

Eat on day 5

### Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



#### sunflower kernels

1 1/4 oz (35g)

1. This recipe has no instructions.

### Low carb asian tofu bowl

589 cals ● 30g protein ● 44g fat ● 12g carbs ● 8g fiber



#### garlic, minced

1 1/2 clove (5g)

#### sesame seeds

1/2 tbsp (5g)

#### oil

2 1/4 tbsp (34mL)

#### fresh ginger, minced

1/2 tbsp (3g)

#### soy sauce

3 tbsp (45mL)

#### frozen riced cauliflower

1 cup, prepared (191g)

#### broccoli

3/4 cup chopped (68g)

#### firm tofu, drained and patted dry

1/2 lbs (213g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

**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)

For all 2 meals:

**canned tuna, drained**

2 can (344g)

**avocados**

1 avocado(s) (201g)

**lime juice**

2 tsp (10mL)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**bell pepper**

2 large (328g)

**onion**

1/2 small (35g)

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 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**salad dressing**

1/4 cup (56mL)

**mixed greens**

3 3/4 cup (113g)

**tomatoes**

10 tbsp cherry tomatoes (93g)

For all 2 meals:

**salad dressing**

1/2 cup (113mL)

**mixed greens**

7 1/2 cup (225g)

**tomatoes**

1 1/4 cup cherry tomatoes (186g)

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

### Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:  
**pecans**  
4 tbsp, halves (25g)

For all 2 meals:  
**pecans**  
1/2 cup, halves (50g)

1. This recipe has no instructions.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

**Pecans**  
1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:  
**pecans**  
4 tbsp, halves (25g)

For all 2 meals:  
**pecans**  
1/2 cup, halves (50g)

1. This recipe has no instructions.

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**Chips and guacamole**  
131 cals ● 2g protein ● 8g fat ● 10g carbs ● 3g fiber



For single meal:  
**tortilla chips**  
1/2 oz (14g)  
**guacamole, store-bought**  
2 tbsp (31g)

For all 2 meals:  
**tortilla chips**  
1 oz (28g)  
**guacamole, store-bought**  
4 tbsp (62g)

1. Serve guacamole with the tortilla chips.
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## Snacks 2 [↗](#)

Eat on day 3, day 4

### Plain yogurt

1/2 cup(s) - 77 cals ● 6g protein ● 2g fat ● 9g carbs ● 0g fiber



For single meal:

#### **plain lowfat yogurt**

1/2 cup (123g)

For all 2 meals:

#### **plain lowfat yogurt**

1 cup (245g)

1. This recipe has no instructions.

### Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

#### **pecans**

4 tbsp, halves (25g)

For all 2 meals:

#### **pecans**

1/2 cup, halves (50g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### 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 3 meals:

#### **whole milk**

1 1/2 cup (360mL)

1. This recipe has no instructions.

### Blackberries

1 cup(s) - 70 cals ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

**blackberries**

1 cup (144g)

For all 3 meals:

**blackberries**

3 cup (432g)

1. Rinse blackberries and serve.

## Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**

4 tbsp, shelled (25g)

For all 3 meals:

**walnuts**

3/4 cup, shelled (75g)

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

Eat on day 1

### Green beans with almonds & lemon

222 cals ● 7g protein ● 13g fat ● 11g carbs ● 8g fiber



**fresh green beans, trimmed**

1/2 lbs (227g)

**butter**

1/2 tbsp (7g)

**lemon juice**

1 tsp (5mL)

**almonds**

2 tbsp, slivered (14g)

**salt**

1 dash (1g)

1. Bring a large pot of water to a boil and add the green beans. Cook for about 4-6 minutes, until tender. Drain and transfer to a bowl.
2. Meanwhile, add the butter to a small skillet over medium heat and melt.
3. When sizzling, add almonds and cook for about a minute until almonds are lightly toasted.
4. Add the lemon juice and salt and stir, continuing to cook for about 30 more seconds.
5. Drizzle butter and almond mixture over green beans.
6. Serve.

### Almond crusted tilapia

9 oz - 635 cals ● 61g protein ● 30g fat ● 24g carbs ● 5g fiber



Makes 9 oz

**tilapia, raw**

1/2 lbs (252g)

**almonds**

6 tbsp, slivered (41g)

**all-purpose flour**

1/4 cup(s) (31g)

**salt**

1 1/2 dash (1g)

**olive oil**

3/4 tbsp (11mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

## Dinner 2 [🔗](#)

Eat on day 2, day 3

### Garlic collard greens

425 cals ● 19g protein ● 22g fat ● 12g carbs ● 25g fiber



For single meal:

**collard greens**

1 1/3 lbs (605g)

**oil**

4 tsp (20mL)

**garlic, minced**

4 clove(s) (12g)

**salt**

1/3 tsp (2g)

For all 2 meals:

**collard greens**

2 2/3 lbs (1210g)

**oil**

2 2/3 tbsp (40mL)

**garlic, minced**

8 clove(s) (24g)

**salt**

1/4 tbsp (4g)

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.

### General tso's tofu

307 cals ● 15g protein ● 17g fat ● 24g carbs ● 1g fiber



For single meal:

**oil**

2 tsp (9mL)

**cornstarch**

1 1/4 tbsp (10g)

**firm tofu, patted dry & cubed**

6 1/4 oz (177g)

**apple cider vinegar**

2 tsp (9g)

**sugar**

2 tsp (8g)

**garlic, minced**

1 1/4 clove(s) (4g)

**soy sauce**

1 1/4 tsp (6mL)

**fresh ginger, minced**

1 1/4 tbsp (8g)

For all 2 meals:

**oil**

1 1/4 tbsp (19mL)

**cornstarch**

2 1/2 tbsp (20g)

**firm tofu, patted dry & cubed**

3/4 lbs (354g)

**apple cider vinegar**

1 1/4 tbsp (19g)

**sugar**

1 1/4 tbsp (16g)

**garlic, minced**

2 1/2 clove(s) (8g)

**soy sauce**

2 1/2 tsp (13mL)

**fresh ginger, minced**

2 1/2 tbsp (15g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

## Dinner 3 [↗](#)

Eat on day 4, day 5

### Tempeh power bowl

475 cals ● 32g protein ● 24g fat ● 20g carbs ● 15g fiber



For single meal:

**rosemary, dried**  
1 tsp (1g)  
**oil, separated**  
1 tbsp (15mL)  
**soy sauce**  
1 tbsp (15mL)  
**hummus**  
2 tbsp (30g)  
**broccoli**  
3/4 cup chopped (68g)  
**beets, raw, peeled and chopped into bite-size pieces**  
1 beet (2" dia) (82g)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**rosemary, dried**  
2 tsp (2g)  
**oil, separated**  
2 tbsp (30mL)  
**soy sauce**  
2 tbsp (30mL)  
**hummus**  
4 tbsp (60g)  
**broccoli**  
1 1/2 cup chopped (137g)  
**beets, raw, peeled and chopped into bite-size pieces**  
2 beet (2" dia) (164g)  
**tempeh**  
1/2 lbs (227g)

1. Preheat oven to 400 F (200 C).
2. Put foil on a baking sheet and add the chopped beets and broccoli.
3. Pour half of the oil on the veggies along with the rosemary and salt/pepper to taste. Mix around the veggies until they're fully coated.
4. Roast veggies in the oven for about 25 minutes, stirring once.
5. [Optional] Boil tempeh in water for 10 minutes to remove any bitterness in the tempeh. Drain when done.
6. Cut tempeh into bite-sized cubes.
7. Heat a skillet over medium heat and add the remaining oil. Add in the tempeh and cook until lightly browned, stirring occasionally, about 5 minutes.
8. Mix together the hummus and soy sauce.
9. When all elements are done, plate the veggies, add the tempeh and top with hummus sauce.
10. Serve.

### Roasted peanuts

3/8 cup(s) - 345 cals ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber



For single meal:

**roasted peanuts**  
6 tbsp (55g)

For all 2 meals:

**roasted peanuts**  
3/4 cup (110g)

1. This recipe has no instructions.

## Dinner 4 [↗](#)

Eat on day 6, day 7

### Salmon & veggie one pot

7 oz salmon - 655 cals ● 46g protein ● 40g fat ● 20g carbs ● 7g fiber



For single meal:

**ground cumin**

1 tsp (2g)

**water**

1/4 cup(s) (52mL)

**oil**

2 1/2 tsp (13mL)

**dried dill weed**

1 tsp (1g)

**canned crushed tomatoes**

14 tbs (212g)

**onion, sliced**

7/8 small (61g)

**bell pepper, sliced into strips**

7/8 medium (104g)

**salmon**

1/2 lbs (198g)

For all 2 meals:

**ground cumin**

1 3/4 tsp (4g)

**water**

1/2 cup(s) (104mL)

**oil**

1 3/4 tbs (26mL)

**dried dill weed**

1 3/4 tsp (2g)

**canned crushed tomatoes**

1 3/4 cup (424g)

**onion, sliced**

1 3/4 small (123g)

**bell pepper, sliced into strips**

1 3/4 medium (208g)

**salmon**

14 oz (397g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

### Buttery spinach cauliflower mince

2 cup(s) - 128 cals ● 6g protein ● 8g fat ● 2g carbs ● 6g fiber



For single meal:

**garlic, minced**

2 clove (6g)

**fresh spinach, chopped**

1 cup(s) (30g)

**frozen riced cauliflower**

2 cup, frozen (212g)

**butter**

2 tsp (9g)

For all 2 meals:

**garlic, minced**

4 clove (12g)

**fresh spinach, chopped**

2 cup(s) (60g)

**frozen riced cauliflower**

4 cup, frozen (424g)

**butter**

4 tsp (19g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, garlic, butter, and some salt and pepper. Mix well until butter has melted.
4. Serve.

# 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.