

Meal Plan - 2600 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

2565 cals ● 207g protein (32%) ● 137g fat (48%) ● 91g carbs (14%) ● 35g fiber (6%)

Breakfast

235 cals, 18g protein, 4g net carbs, 16g fat



[Basic scrambled eggs](#)

2 egg(s)- 142 cals



[Boiled eggs](#)

1 egg(s)- 69 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Snacks

295 cals, 16g protein, 14g net carbs, 18g fat



[Tuna and crackers](#)

142 cals



[Roasted peanuts](#)

1/6 cup(s)- 153 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

870 cals, 66g protein, 43g net carbs, 46g fat



[Milk](#)

1 cup(s)- 149 cals



[Vegan bangers and cauliflower mash](#)

2 sausage link(s)- 722 cals

Dinner

950 cals, 58g protein, 28g net carbs, 56g fat



[Crack slaw with tempeh](#)

633 cals



[Sunflower seeds](#)

316 cals

Day 2

2497 cals ● 192g protein (31%) ● 144g fat (52%) ● 90g carbs (14%) ● 18g fiber (3%)

Breakfast

235 cals, 18g protein, 4g net carbs, 16g fat



[Basic scrambled eggs](#)
2 egg(s)- 142 cals



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



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Snacks

295 cals, 16g protein, 14g net carbs, 18g fat



[Tuna and crackers](#)
142 cals



[Roasted peanuts](#)
1/6 cup(s)- 153 cals

Protein Supplement(s)

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



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

Lunch

870 cals, 66g protein, 43g net carbs, 46g fat



[Milk](#)
1 cup(s)- 149 cals



[Vegan bangers and cauliflower mash](#)
2 sausage link(s)- 722 cals

Dinner

880 cals, 43g protein, 28g net carbs, 64g fat



[Buttery brown rice](#)
167 cals



[Buttered broccoli](#)
1 3/4 cup(s)- 234 cals



[Salmon with rosemary dill sauce](#)
6 oz salmon- 480 cals



Day 3

2575 cals ● 175g protein (27%) ● 157g fat (55%) ● 90g carbs (14%) ● 26g fiber (4%)

Breakfast

375 cals, 21g protein, 19g net carbs, 21g fat



Grapes
102 cals



Creamy scrambled eggs
273 cals

Snacks

260 cals, 10g protein, 11g net carbs, 18g fat



Milk
1/2 cup(s)- 75 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

840 cals, 52g protein, 31g net carbs, 53g fat



Tuna salad sandwich
1 sandwich(es)- 495 cals



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

Dinner

880 cals, 43g protein, 28g net carbs, 64g fat



Buttery brown rice
167 cals



Buttered broccoli
1 3/4 cup(s)- 234 cals



Salmon with rosemary dill sauce
6 oz salmon- 480 cals

Day 4

2566 cals ● 178g protein (28%) ● 148g fat (52%) ● 77g carbs (12%) ● 55g fiber (8%)

Breakfast

375 cals, 21g protein, 19g net carbs, 21g fat



Grapes
102 cals



Creamy scrambled eggs
273 cals

Snacks

260 cals, 10g protein, 11g net carbs, 18g fat



Milk
1/2 cup(s)- 75 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

870 cals, 44g protein, 22g net carbs, 64g fat



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



Simple mozzarella and tomato salad
564 cals

Dinner

840 cals, 54g protein, 24g net carbs, 44g fat



Garlic collard greens
398 cals



Basic tempeh
6 oz- 443 cals

Day 5

2565 cals ● 212g protein (33%) ● 142g fat (50%) ● 91g carbs (14%) ● 18g fiber (3%)

Breakfast

375 cals, 21g protein, 19g net carbs, 21g fat



[Grapes](#)
102 cals



[Creamy scrambled eggs](#)
273 cals

Snacks

260 cals, 27g protein, 5g net carbs, 14g fat



[Tuna cucumber bites](#)
173 cals



[Walnuts](#)
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



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

Lunch

820 cals, 51g protein, 24g net carbs, 56g fat



[Milk](#)
1 1/4 cup(s)- 186 cals



[Salmon & coconut ginger broccoli](#)
6 oz salmon- 632 cals

Dinner

895 cals, 65g protein, 43g net carbs, 50g fat



[Pumpkin seeds](#)
183 cals



[Lowfat yogurt](#)
1 container(s)- 181 cals



[Simple sardine salad](#)
531 cals

Day 6

2599 cals ● 223g protein (34%) ● 135g fat (47%) ● 92g carbs (14%) ● 30g fiber (5%)

Breakfast

385 cals, 24g protein, 17g net carbs, 19g fat



Raspberries

1 1/4 cup(s)- 90 cals



Protein shake (milk)

129 cals



Roasted almonds

1/6 cup(s)- 166 cals

Snacks

260 cals, 27g protein, 5g net carbs, 14g fat



Tuna cucumber bites

173 cals



Walnuts

1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

840 cals, 59g protein, 26g net carbs, 52g fat



Salmon & veggie one pot

9 oz salmon- 842 cals

Dinner

895 cals, 65g protein, 43g net carbs, 50g fat



Pumpkin seeds

183 cals



Lowfat yogurt

1 container(s)- 181 cals



Simple sardine salad

531 cals

Day 7

2574 cals ● 210g protein (33%) ● 147g fat (52%) ● 66g carbs (10%) ● 35g fiber (5%)

Breakfast

385 cals, 24g protein, 17g net carbs, 19g fat



Raspberries
1 1/4 cup(s)- 90 cals



Protein shake (milk)
129 cals



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

Snacks

260 cals, 27g protein, 5g net carbs, 14g fat



Tuna cucumber bites
173 cals



Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

840 cals, 59g protein, 26g net carbs, 52g fat



Salmon & veggie one pot
9 oz salmon- 842 cals

Dinner

870 cals, 52g protein, 17g net carbs, 62g fat



Buttered broccoli
2 3/4 cup(s)- 367 cals



Honey dijon salmon
7 1/2 oz- 502 cals

Legumes and Legume Products

- ☐ tempeh
3/4 lbs (340g)
- ☐ roasted peanuts
1 cup (152g)

Other

- ☐ coleslaw mix
3 cup (270g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ frozen cauliflower
3 cup (340g)
- ☐ vinaigrette, store-bought, any flavor
6 tbsp (90mL)
- ☐ mixed greens
6 cup (180g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1/2 tbsp (8mL)

Nut and Seed Products

- ☐ sunflower kernels
2 1/2 oz (68g)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ coconut milk, canned
1/4 can (113mL)
- ☐ walnuts
6 tbsp, shelled (38g)
- ☐ almonds
6 tbsp, whole (54g)

Fats and Oils

- ☐ oil
4 oz (116mL)
- ☐ mayonnaise
1 2/3 oz (52mL)
- ☐ balsamic vinaigrette
2 1/2 tbsp (36mL)
- ☐ olive oil
1 1/4 tsp (6mL)

Vegetables and Vegetable Products

Beverages

- ☐ water
15 1/4 cup(s) (3610mL)
- ☐ protein powder
15 scoop (1/3 cup ea) (465g)

Dairy and Egg Products

- ☐ eggs
16 1/2 medium (726g)
- ☐ whole milk
1/3 gallon (1327mL)
- ☐ butter
1 stick (123g)
- ☐ sour cream
2 3/4 tbsp (38g)
- ☐ fresh mozzarella cheese
1/3 lbs (132g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)

Finfish and Shellfish Products

- ☐ canned tuna
3 1/4 can (560g)
- ☐ salmon
2 3/4 lbs (1233g)
- ☐ sardines, canned in oil
4 can (368g)

Baked Products

- ☐ crackers
10 crackers (35g)
- ☐ bread
2 slice (64g)

Cereal Grains and Pasta

- ☐ brown rice
1/3 cup (63g)

Spices and Herbs

- ☐ salt
1/3 oz (8g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ dried dill weed
1 tbsp (3g)

- ☐ garlic
6 1/2 clove(s) (19g)
- ☐ tomatoes
4 1/4 medium whole (2-3/5" dia) (522g)
- ☐ onion
4 1/4 small (298g)
- ☐ frozen broccoli
6 1/4 cup (569g)
- ☐ raw celery
1/2 stalk, small (5" long) (9g)
- ☐ collard greens
1 1/4 lbs (567g)
- ☐ fresh ginger
1/2 slices (1" dia) (1g)
- ☐ broccoli
1 stalk (151g)
- ☐ cucumber
1 cucumber (8-1/4") (339g)
- ☐ canned crushed tomatoes
2 1/4 cup (545g)
- ☐ bell pepper
2 1/4 medium (268g)

- ☐ rosemary, dried
4 dash (1g)
- ☐ fresh basil
2 1/3 tbsp, chopped (6g)
- ☐ ground cumin
3/4 tbsp (5g)
- ☐ dijon mustard
1 1/4 tbsp (19g)

Fruits and Fruit Juices

- ☐ grapes
5 1/4 cup (483g)
- ☐ raspberries
2 1/2 cup (308g)

Sweets

- ☐ honey
2 tsp (13g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Boiled eggs

1 egg(s) - 69 cal ● 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.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Grapes

102 cal● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:
grapes
1 3/4 cup (161g)

For all 3 meals:
grapes
5 1/4 cup (483g)

1. This recipe has no instructions.

Creamy scrambled eggs

273 cal● 20g protein ● 20g fat ● 2g carbs ● 0g fiber



For single meal:
eggs
3 large (150g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
butter
1/2 tbsp (7g)
whole milk
1 1/2 tbsp (23mL)

For all 3 meals:
eggs
9 large (450g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
butter
1 1/2 tbsp (20g)
whole milk
1/4 cup (68mL)

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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Breakfast 3 [↗](#)

Eat on day 6, day 7

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

raspberries

1 1/4 cup (154g)

For all 2 meals:

raspberries

2 1/2 cup (308g)

1. Rinse raspberries and serve.

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk

1 cup (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

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

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.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:

onion, thinly sliced
1 small (70g)
vegan sausage
2 sausage (200g)
oil
1 tbsp (15mL)
frozen cauliflower
1 1/2 cup (170g)

For all 2 meals:

onion, thinly sliced
2 small (140g)
vegan sausage
4 sausage (400g)
oil
2 tbsp (30mL)
frozen cauliflower
3 cup (340g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Lunch 2 [↗](#)

Eat on day 3

Tuna salad sandwich

1 sandwich(es) - 495 cals ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

mayonnaise

1 1/2 tbsp (23mL)

black pepper

1 dash (0g)

raw celery, chopped

1/2 stalk, small (5" long) (9g)

salt

1 dash (0g)

canned tuna

5 oz (142g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Roasted peanuts

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



Makes 3/8 cup(s)

roasted peanuts

6 tbsp (55g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4

Roasted peanuts

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



Makes 1/3 cup(s)

roasted peanuts

1/3 cup (49g)

1. This recipe has no instructions.

Simple mozzarella and tomato salad

564 cals ● 32g protein ● 39g fat ● 16g carbs ● 4g fiber



tomatoes, sliced
1 3/4 large whole (3" dia) (318g)
fresh mozzarella cheese, sliced
1/4 lbs (132g)
balsamic vinaigrette
2 1/3 tbsp (35mL)
fresh basil
2 1/3 tbsp, chopped (6g)

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

Lunch 4 [🔗](#)

Eat on day 5

Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber

Makes 1 1/4 cup(s)

whole milk
1 1/4 cup (300mL)



1. This recipe has no instructions.

Salmon & coconut ginger broccoli

6 oz salmon - 632 cals ● 41g protein ● 46g fat ● 9g carbs ● 4g fiber



Makes 6 oz salmon

fresh ginger, peeled and thinly sliced
1/2 slices (1" dia) (1g)
coconut milk, canned
1/4 can (113mL)
broccoli, cut into florets
1 stalk (151g)
salmon
6 oz (170g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
 2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
 3. Plate salmon and broccoli. Serve.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Salmon & veggie one pot

9 oz salmon - 842 cals ● 59g protein ● 52g fat ● 26g carbs ● 9g fiber



For single meal:

ground cumin

1 tsp (2g)

water

1/4 cup(s) (67mL)

oil

1 tbsp (17mL)

dried dill weed

1 tsp (1g)

canned crushed tomatoes

1 cup (272g)

onion, sliced

1 small (79g)

bell pepper, sliced into strips

1 medium (134g)

salmon

1/2 lbs (255g)

For all 2 meals:

ground cumin

3/4 tbsp (5g)

water

1/2 cup(s) (133mL)

oil

2 1/4 tbsp (34mL)

dried dill weed

3/4 tbsp (2g)

canned crushed tomatoes

2 1/4 cup (545g)

onion, sliced

2 1/4 small (158g)

bell pepper, sliced into strips

2 1/4 medium (268g)

salmon

18 oz (510g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Tuna and crackers

142 cals ● 10g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

canned tuna

1 1/2 oz (43g)

crackers

5 crackers (18g)

For all 2 meals:

canned tuna

3 oz (85g)

crackers

10 crackers (35g)

1. This recipe has no instructions.

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:
roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:
roasted peanuts
1/3 cup (49g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

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.

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.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Tuna cucumber bites

173 cals ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

cucumber, sliced
3/8 cucumber (8-1/4") (113g)

canned tuna
1 1/2 packet (111g)

For all 3 meals:

cucumber, sliced
1 cucumber (8-1/4") (339g)

canned tuna
4 1/2 packet (333g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 3 meals:

walnuts
6 tbsp, shelled (38g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

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.

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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Dinner 2 [🔗](#)

Eat on day 2, day 3

Buttery brown rice

167 cals ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



For single meal:

butter
1/2 tbsp (7g)
brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)

For all 2 meals:

butter
1 tbsp (14g)
brown rice
1/3 cup (63g)
salt
2 dash (2g)
water
2/3 cup(s) (158mL)
black pepper
2 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.

Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
1 3/4 cup (159g)
butter
1 3/4 tbsp (25g)

For all 2 meals:

black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
frozen broccoli
3 1/2 cup (319g)
butter
1/4 cup (50g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Salmon with rosemary dill sauce

6 oz salmon - 480 cals ● 35g protein ● 37g fat ● 1g carbs ● 0g fiber



For single meal:

mayonnaise
1 tbsp (15mL)
garlic, diced
1/4 clove (1g)
dried dill weed
2 dash (0g)
sour cream
4 tsp (19g)
rosemary, dried
2 dash (0g)
salmon
6 oz (170g)

For all 2 meals:

mayonnaise
2 tbsp (30mL)
garlic, diced
1/2 clove (2g)
dried dill weed
4 dash (1g)
sour cream
2 1/2 tbsp (38g)
rosemary, dried
4 dash (1g)
salmon
3/4 lbs (340g)

1. Preheat oven to 350 F (180 C).
2. Line a baking sheet with parchment paper and place the salmon on top. Season with salt/pepper.
3. Bake for 20 minutes or until done.
4. Meanwhile, in a small bowl, combine the remaining ingredients and stir until well-mixed.
5. When salmon is done, plate it and top with rosemary dill sauce.

Dinner 3 [🔗](#)

Eat on day 4

Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
garlic, minced
3 3/4 clove(s) (11g)
salt
1/3 tsp (2g)

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.

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.

Dinner 4 [↗](#)

Eat on day 5, day 6

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.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:
lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:
lowfat flavored yogurt
2 container (6 oz) (340g)

1. This recipe has no instructions.

Simple sardine salad

531 cals ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



For single meal:

vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)
mixed greens
3 cup (90g)

For all 2 meals:

vinaigrette, store-bought, any flavor
6 tbsp (90mL)
sardines, canned in oil, drained
4 can (368g)
mixed greens
6 cup (180g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Dinner 5 [🔗](#)

Eat on day 7

Buttered broccoli

2 3/4 cup(s) - 367 cal ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



Makes 2 3/4 cup(s)

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
2 3/4 cup (250g)
butter
2 3/4 tbsp (39g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Honey dijon salmon

7 1/2 oz - 502 cal ● 44g protein ● 31g fat ● 12g carbs ● 1g fiber



Makes 7 1/2 oz

salmon
1 1/4 fillet/s (6 oz each) (213g)
dijon mustard
1 1/4 tbsp (19g)
honey
2 tsp (13g)
garlic, minced
5/8 clove (2g)
olive oil
1 1/4 tsp (6mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. 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.
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