

Meal Plan - 2700 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
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Day 1

2633 cals ● 219g protein (33%) ● 143g fat (49%) ● 68g carbs (10%) ● 50g fiber (8%)

Breakfast

415 cals, 31g protein, 8g net carbs, 28g fat



[String cheese](#)

2 stick(s)- 165 cals



[Scrambled eggs with spinach, parmesan & tomato](#)

249 cals

Snacks

315 cals, 32g protein, 26g net carbs, 6g fat



[Blackberries](#)

3/4 cup(s)- 52 cals



[Yogurt and cucumber](#)

264 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

960 cals, 48g protein, 23g net carbs, 63g fat



[Avocado tuna salad stuffed pepper](#)

2 half pepper(s)- 456 cals



[Simple mixed greens and tomato salad](#)

151 cals



[Avocado](#)

351 cals

Dinner

725 cals, 59g protein, 10g net carbs, 44g fat



[Avocado tuna salad](#)

545 cals



[Sunflower seeds](#)

180 cals

Day 2

2663 cals ● 185g protein (28%) ● 163g fat (55%) ● 80g carbs (12%) ● 35g fiber (5%)

Breakfast

415 cals, 31g protein, 8g net carbs, 28g fat



String cheese
2 stick(s)- 165 cals



Scrambled eggs with spinach, parmesan & tomato
249 cals

Snacks

315 cals, 32g protein, 26g net carbs, 6g fat



Blackberries
3/4 cup(s)- 52 cals



Yogurt and cucumber
264 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

810 cals, 35g protein, 15g net carbs, 66g fat



Buffalo tofu
709 cals



Simple sauteed spinach
100 cals

Dinner

905 cals, 38g protein, 29g net carbs, 62g fat



Pistachios
188 cals



Celery sticks
2 celery stalk- 13 cals



Salsa verde tofu salad
705 cals

Day 3

2673 cals ● 208g protein (31%) ● 141g fat (47%) ● 96g carbs (14%) ● 47g fiber (7%)

Breakfast

425 cals, 19g protein, 6g net carbs, 32g fat



Eggs with tomato and avocado
326 cals



Simple sauteed spinach
100 cals

Snacks

315 cals, 32g protein, 26g net carbs, 6g fat



Blackberries
3/4 cup(s)- 52 cals



Yogurt and cucumber
264 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

810 cals, 70g protein, 33g net carbs, 41g fat



Simple mixed greens salad
102 cals



Almond crusted tilapia
10 oz- 706 cals

Dinner

905 cals, 38g protein, 29g net carbs, 62g fat



Pistachios
188 cals



Celery sticks
2 celery stalk- 13 cals



Salsa verde tofu salad
705 cals

Day 4

2665 cals ● 229g protein (34%) ● 137g fat (46%) ● 93g carbs (14%) ● 36g fiber (5%)

Breakfast

425 cals, 19g protein, 6g net carbs, 32g fat



Eggs with tomato and avocado
326 cals



Simple sauteed spinach
100 cals

Snacks

340 cals, 37g protein, 7g net carbs, 17g fat



Tuna cucumber bites
230 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

810 cals, 70g protein, 33g net carbs, 41g fat



Simple mixed greens salad
102 cals



Almond crusted tilapia
10 oz- 706 cals

Dinner

875 cals, 54g protein, 45g net carbs, 47g fat



Buttery garlic green beans
360 cals



Garlic pepper seitan
513 cals

Day 5

2699 cals ● 226g protein (33%) ● 140g fat (47%) ● 90g carbs (13%) ● 43g fiber (6%)

Breakfast

425 cals, 19g protein, 6g net carbs, 32g fat



Eggs with tomato and avocado
326 cals



Simple sauteed spinach
100 cals

Snacks

340 cals, 37g protein, 7g net carbs, 17g fat



Tuna cucumber bites
230 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

890 cals, 59g protein, 42g net carbs, 48g fat



Salmon & chickpea salad
668 cals



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

Dinner

825 cals, 62g protein, 33g net carbs, 43g fat



Simple kale & avocado salad
288 cals



Vegan sausage
2 sausage(s)- 536 cals

Day 6

2655 cals ● 198g protein (30%) ● 148g fat (50%) ● 95g carbs (14%) ● 38g fiber (6%)

Breakfast

395 cals, 17g protein, 11g net carbs, 30g fat



[Creamy scrambled eggs](#)
182 cals



[Sautéed Kale](#)
212 cals

Snacks

330 cals, 12g protein, 8g net carbs, 26g fat



[Roasted almonds](#)
1/8 cup(s)- 111 cals



[Celery and peanut butter](#)
218 cals

Protein Supplement(s)

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



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

Lunch

890 cals, 59g protein, 42g net carbs, 48g fat



[Salmon & chickpea salad](#)
668 cals



[Milk](#)
1 1/2 cup(s)- 224 cals

Dinner

825 cals, 62g protein, 33g net carbs, 43g fat



[Simple kale & avocado salad](#)
288 cals



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

Day 7

2674 cals ● 169g protein (25%) ● 166g fat (56%) ● 88g carbs (13%) ● 37g fiber (5%)

Breakfast

395 cals, 17g protein, 11g net carbs, 30g fat



[Creamy scrambled eggs](#)
182 cals



[Sautéed Kale](#)
212 cals

Snacks

330 cals, 12g protein, 8g net carbs, 26g fat



[Roasted almonds](#)
1/8 cup(s)- 111 cals



[Celery and peanut butter](#)
218 cals

Protein Supplement(s)

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



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

Lunch

840 cals, 46g protein, 41g net carbs, 50g fat



[Salmon patty salad](#)
1 patty (~3oz each)- 299 cals



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



[Walnuts](#)
1/3 cup(s)- 233 cals

Dinner

890 cals, 46g protein, 27g net carbs, 59g fat



[Pecans](#)
1/2 cup- 366 cals



[Salmon & artichoke salad](#)
526 cals

Fruits and Fruit Juices

- ☐ avocados
6 1/2 avocado(s) (1331g)
- ☐ lime juice
3/4 tbsp (11mL)
- ☐ blackberries
2 1/4 cup (324g)
- ☐ lemon juice
1 fl oz (27mL)
- ☐ lemon
1 1/4 small (73g)

Spices and Herbs

- ☐ salt
1/2 oz (12g)
- ☐ black pepper
3 g (3g)
- ☐ ground cumin
1 1/2 tbsp (9g)
- ☐ fresh basil
6 leaves (3g)
- ☐ lemon pepper
1/3 tsp (0g)
- ☐ dijon mustard
2 tsp (10g)

Other

- ☐ mixed greens
24 cup (720g)
- ☐ vegan sausage
4 sausage (400g)

Vegetables and Vegetable Products

- ☐ onion
5/8 medium (2-1/2" dia) (69g)
- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (691g)
- ☐ fresh spinach
20 cup(s) (600g)
- ☐ garlic
7 1/2 clove(s) (23g)
- ☐ cucumber
4 cucumber (8-1/4") (1204g)
- ☐ bell pepper
1 large (164g)
- ☐ raw celery
8 stalk, medium (7-1/2" - 8" long) (320g)

Beverages

- ☐ water
14 cup (3379mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Dairy and Egg Products

- ☐ string cheese
4 stick (112g)
- ☐ eggs
14 1/2 large (725g)
- ☐ parmesan cheese
4 tbsp (20g)
- ☐ lowfat greek yogurt
3 cup (840g)
- ☐ butter
1/3 stick (35g)
- ☐ whole milk
3 cup (751mL)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

Fats and Oils

- ☐ olive oil
2 3/4 oz (88mL)
- ☐ salad dressing
1/2 cup (128mL)
- ☐ oil
2 1/2 oz (77mL)
- ☐ ranch dressing
4 tbsp (60mL)
- ☐ balsamic vinaigrette
5 tbsp (75mL)

Soups, Sauces, and Gravies

- ☐ salsa verde
4 tbsp (64g)
- ☐ Frank's Red Hot sauce
1/3 cup (79mL)

Legumes and Legume Products

- ☐ black beans
1/2 cup (120g)
- ☐ firm tofu
26 oz (733g)
- ☐ hummus
3 tbsp (45g)

- ☐ fresh green beans
14 3/4 oz (416g)
- ☐ green pepper
1 1/2 tbsp, chopped (14g)
- ☐ kale leaves
17 1/2 oz (493g)
- ☐ sun-dried tomatoes
4 piece(s) (40g)
- ☐ artichokes, canned
13 1/4 tbsp hearts (140g)

Finfish and Shellfish Products

- ☐ canned tuna
4 can (683g)
- ☐ tilapia, raw
1 1/4 lbs (560g)
- ☐ salmon
3/4 lbs (340g)
- ☐ canned salmon
10 oz (283g)

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
 - ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
 - ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
 - ☐ almonds
5 2/3 oz (162g)
 - ☐ walnuts
1/3 cup, shelled (33g)
 - ☐ pecans
1/2 cup, halves (50g)
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- ☐ chickpeas, canned
1/2 can (224g)
- ☐ peanut butter
4 tbsp (64g)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/2 cup(s) (69g)
- ☐ seitan
6 oz (170g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

String cheese

2 stick(s) - 165 cal ● 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.

Scrambled eggs with spinach, parmesan & tomato

249 cal ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

eggs
2 large (100g)
olive oil
1 tsp (5mL)
fresh spinach
2 cup(s) (60g)
parmesan cheese
2 tbsp (10g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
garlic, minced
4 dash (1g)

For all 2 meals:

eggs
4 large (200g)
olive oil
2 tsp (10mL)
fresh spinach
4 cup(s) (120g)
parmesan cheese
4 tbsp (20g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
garlic, minced
1 tsp (3g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Eggs with tomato and avocado

326 cals ● 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 3 meals:

tomatoes

6 slice(s), thick/large (1/2" thick)
(162g)

eggs

6 large (300g)

avocados, sliced

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

salt

1/4 tbsp (2g)

black pepper

1/4 tbsp (1g)

fresh basil, chopped

6 leaves (3g)

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.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

For all 3 meals:

garlic, diced

1 1/2 clove (5g)

black pepper

3 dash, ground (1g)

salt

3 dash (2g)

olive oil

1 1/2 tbsp (23mL)

fresh spinach

12 cup(s) (360g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Creamy scrambled eggs

182 cals ● 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 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
2 tbsp (30mL)

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.

Sauteed Kale

212 cals ● 4g protein ● 16g fat ● 9g carbs ● 2g fiber



For single meal:

oil
3 1/2 tsp (18mL)
kale leaves
3 1/2 cup, chopped (140g)

For all 2 meals:

oil
2 1/3 tbsp (35mL)
kale leaves
7 cup, chopped (280g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Lunch 1 [🔗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

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



Makes 2 half pepper(s)

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)

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

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Lunch 2 [↗](#)

Eat on day 2

Buffalo tofu

709 cals ● 32g protein ● 59g fat ● 13g carbs ● 1g fiber



ranch dressing

4 tbsp (60mL)

oil

1 tbsp (15mL)

Frank's Red Hot sauce

1/3 cup (79mL)

firm tofu, patted dry & cubed

14 oz (397g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Lunch 3 [↗](#)

Eat on day 3, day 4

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

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

Almond crusted tilapia

10 oz - 706 cals ● 68g protein ● 34g fat ● 27g carbs ● 6g fiber



For single meal:

tilapia, raw
10 oz (280g)
almonds
6 2/3 tbsp, slivered (45g)
all-purpose flour
1/4 cup(s) (35g)
salt
1/4 tsp (1g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

tilapia, raw
1 1/4 lbs (560g)
almonds
13 1/3 tbsp, slivered (90g)
all-purpose flour
1/2 cup(s) (69g)
salt
1/2 tsp (1g)
olive oil
5 tsp (25mL)

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.

Lunch 4 [↗](#)

Eat on day 5, day 6

Salmon & chickpea salad

668 cal ● 48g protein ● 36g fat ● 24g carbs ● 14g fiber



For single meal:

oil
1/8 tsp (1mL)
ground cumin
2 dash (1g)
salmon
6 oz (170g)
lemon juice
1/2 tbsp (8mL)
dijon mustard
1 tsp (5g)
hummus
1 1/2 tbsp (23g)
sun-dried tomatoes, thinly sliced
2 piece(s) (20g)
avocados, chopped
1/4 avocado(s) (50g)
mixed greens
2 cup (60g)
chickpeas, canned, rinsed and drained
1/4 can (112g)

For all 2 meals:

oil
1/4 tsp (1mL)
ground cumin
4 dash (1g)
salmon
3/4 lbs (340g)
lemon juice
1 tbsp (15mL)
dijon mustard
2 tsp (10g)
hummus
3 tbsp (45g)
sun-dried tomatoes, thinly sliced
4 piece(s) (40g)
avocados, chopped
1/2 avocado(s) (101g)
mixed greens
4 cup (120g)
chickpeas, canned, rinsed and drained
1/2 can (224g)

1. Preheat oven to 350°F (180°C).
2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated.
3. Move the chickpeas away from the center of the sheet and place the salmon skin side down in the middle. Season salmon with some salt and pepper and bake 14-16 minutes until salmon is fully cooked and chickpeas are golden.
4. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
5. When salmon is done and cool enough to handle, cut it into chunks.
6. Serve greens with sun dried tomatoes, avocado, chickpeas, salmon and dressing.

Milk

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



For single meal:

whole milk
1 1/2 cup (360mL)

For all 2 meals:

whole milk
3 cup (720mL)

1. This recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 7

Salmon patty salad

1 patty (~3oz each) - 299 cal ● 17g protein ● 21g fat ● 6g carbs ● 5g fiber



Makes 1 patty (~3oz each)

oil

1/2 tbsp (8mL)

lemon juice

1/2 tbsp (8mL)

salad dressing

1 tbsp (15mL)

tomatoes, chopped

1/2 roma tomato (40g)

avocados, sliced

1/4 avocado(s) (50g)

mixed greens

1 1/2 cup (45g)

eggs

1/2 large (25g)

canned salmon

2 1/2 oz (71g)

1. In a small bowl, mix salmon, egg, lemon, and salt/pepper (to taste) until well incorporated. Form into patties (approximately 3oz per patty).
2. Heat oil in a skillet over medium heat and add salmon patties and cook for a few minutes on each side until crispy on the outside and done on the inside.
3. Toss mixed greens with avocado, tomato, and dressing and top with salmon patty. Serve.

Lowfat Greek yogurt

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



Makes 2 container(s)

lowfat flavored greek yogurt

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

1. This recipe has no instructions.

Walnuts

1/3 cup(s) - 233 cal ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber



Makes 1/3 cup(s)

walnuts

1/3 cup, shelled (33g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Blackberries

3/4 cup(s) - 52 cals ● 2g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

blackberries
3/4 cup (108g)

For all 3 meals:

blackberries
2 1/4 cup (324g)

1. Rinse blackberries and serve.

Yogurt and cucumber

264 cals ● 31g protein ● 5g fat ● 22g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)
lowfat greek yogurt
1 cup (280g)

For all 3 meals:

cucumber
3 cucumber (8-1/4") (903g)
lowfat greek yogurt
3 cup (840g)

1. Slice cucumber and dip in yogurt.
-

Snacks 2 [↗](#)

Eat on day 4, day 5

Tuna cucumber bites

230 cals ● 34g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
canned tuna
2 packet (148g)

For all 2 meals:

cucumber, sliced
1 cucumber (8-1/4") (301g)
canned tuna
4 packet (296g)

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

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Roasted almonds

1/8 cup(s) - 111 cal● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Celery and peanut butter

218 cal● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

peanut butter

2 tbsp (32g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

peanut butter

4 tbsp (64g)

1. Clean celery and slice to desired lengths
 2. spread peanut butter along center
-

Dinner 1 [↗](#)

Eat on day 1

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



avocados

5/8 avocado(s) (126g)

lime juice

1 1/4 tsp (6mL)

salt

1 1/4 dash (1g)

black pepper

1 1/4 dash (0g)

mixed greens

1 1/4 cup (38g)

onion, minced

1/3 small (22g)

canned tuna

1 1/4 can (215g)

tomatoes

5 tbsp, chopped (56g)

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.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2, day 3

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.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Salsa verde tofu salad

705 cals ● 31g protein ● 47g fat ● 22g carbs ● 16g fiber



For single meal:

tomatoes, chopped

1 roma tomato (80g)

salsa verde

2 tbsp (32g)

ground cumin

2 tsp (4g)

black beans, drained and rinsed

4 tbsp (60g)

roasted pumpkin seeds, unsalted

4 tbsp (30g)

avocados, sliced

4 slices (100g)

mixed greens

3 cup (90g)

oil

2 tsp (10mL)

firm tofu

2 slice(s) (168g)

For all 2 meals:

tomatoes, chopped

2 roma tomato (160g)

salsa verde

4 tbsp (64g)

ground cumin

4 tsp (8g)

black beans, drained and rinsed

1/2 cup (120g)

roasted pumpkin seeds, unsalted

1/2 cup (59g)

avocados, sliced

8 slices (200g)

mixed greens

6 cup (180g)

oil

4 tsp (20mL)

firm tofu

4 slice(s) (336g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
 2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
 3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
 4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
 5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.
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Dinner 3 [↗](#)

Eat on day 4

Buttery garlic green beans

360 cal ● 8g protein ● 22g fat ● 21g carbs ● 11g fiber



butter

2 tbsp (26g)

garlic, minced

2 3/4 clove(s) (8g)

salt

1/2 tsp (3g)

fresh green beans, trimmed, snapped in half

14 2/3 oz (416g)

lemon pepper

1/3 tsp (0g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

Garlic pepper seitan

513 cal ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



olive oil

1 1/2 tbsp (23mL)

onion

3 tbsp, chopped (30g)

garlic, minced

2 clove(s) (6g)

green pepper

1 1/2 tbsp, chopped (14g)

seitan, chicken style

6 oz (170g)

black pepper

1 1/2 dash, ground (0g)

water

3/4 tbsp (11mL)

salt

3/4 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

kale leaves, chopped
5/8 bunch (106g)
lemon, juiced
5/8 small (36g)
avocados, chopped
5/8 avocado(s) (126g)

For all 2 meals:

kale leaves, chopped
1 1/4 bunch (213g)
lemon, juiced
1 1/4 small (73g)
avocados, chopped
1 1/4 avocado(s) (251g)

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.

Vegan sausage

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



For single meal:

vegan sausage
2 sausage (200g)

For all 2 meals:

vegan sausage
4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

Dinner 5 [🔗](#)

Eat on day 7

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

pecans
1/2 cup, halves (50g)

1. This recipe has no instructions.

Salmon & artichoke salad

526 cals ● 41g protein ● 24g fat ● 25g carbs ● 12g fiber



- balsamic vinaigrette**
5 tbsp (75mL)
- tomatoes, halved**
13 1/3 tbsp cherry tomatoes (124g)
- mixed greens**
3 3/4 cup (113g)
- artichokes, canned**
13 1/3 tbsp hearts (140g)
- canned salmon**
1/2 lbs (213g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and 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.