

Meal Plan - 2800 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

2715 cal ● 196g protein (29%) ● 161g fat (53%) ● 100g carbs (15%) ● 21g fiber (3%)

Breakfast

440 cal, 30g protein, 9g net carbs, 31g fat



Creamy scrambled eggs
364 cal



Milk
1/2 cup(s)- 75 cal

Snacks

375 cal, 29g protein, 12g net carbs, 22g fat



Cherry tomatoes
12 cherry tomatoes- 42 cal



String cheese
4 stick(s)- 331 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

915 cal, 49g protein, 44g net carbs, 57g fat



Roasted cashews
1/2 cup(s)- 417 cal



Tuna salad sandwich
1 sandwich(es)- 495 cal

Dinner

775 cal, 40g protein, 33g net carbs, 49g fat



Apple
1 apple(s)- 105 cal



Simple sardine salad
265 cal



Roasted peanuts
1/2 cup(s)- 403 cal

Day 2

2781 cal ● 215g protein (31%) ● 158g fat (51%) ● 87g carbs (13%) ● 36g fiber (5%)

Breakfast

440 cal, 30g protein, 9g net carbs, 31g fat



Creamy scrambled eggs
364 cal



Milk
1/2 cup(s)- 75 cal

Snacks

375 cal, 29g protein, 12g net carbs, 22g fat



Cherry tomatoes
12 cherry tomatoes- 42 cal



String cheese
4 stick(s)- 331 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

915 cal, 49g protein, 44g net carbs, 57g fat



Roasted cashews
1/2 cup(s)- 417 cal



Tuna salad sandwich
1 sandwich(es)- 495 cal

Dinner

840 cal, 59g protein, 20g net carbs, 46g fat



Spinach cauliflower mince
3 1/2 cup(s)- 249 cal



Basic tempeh
8 oz- 590 cal

Day 3

2837 cal ● 210g protein (30%) ● 167g fat (53%) ● 86g carbs (12%) ● 39g fiber (5%)

Breakfast

490 cal, 20g protein, 25g net carbs, 32g fat



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cal



Roasted cashews
1/4 cup(s)- 209 cal

Snacks

345 cal, 38g protein, 8g net carbs, 17g fat



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



Tuna cucumber bites
230 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

910 cal, 23g protein, 40g net carbs, 69g fat



Clam chowder
1 1/2 can(s)- 546 cal



Pecans
1/2 cup- 366 cal

Dinner

875 cal, 81g protein, 12g net carbs, 48g fat



Avocado tuna salad
873 cal

Day 4

2766 cal ● 244g protein (35%) ● 153g fat (50%) ● 69g carbs (10%) ● 33g fiber (5%)

Breakfast

490 cal, 20g protein, 25g net carbs, 32g fat



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cal



[Roasted cashews](#)
1/4 cup(s)- 209 cal

Snacks

345 cal, 38g protein, 8g net carbs, 17g fat



[Roasted peanuts](#)
1/8 cup(s)- 115 cal



[Tuna cucumber bites](#)
230 cal

Protein Supplement(s)

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



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

Lunch

840 cal, 56g protein, 24g net carbs, 55g fat



[Roasted tomatoes](#)
4 tomato(es)- 238 cal



[Honey dijon salmon](#)
9 oz- 603 cal

Dinner

875 cal, 81g protein, 12g net carbs, 48g fat



[Avocado tuna salad](#)
873 cal

Day 5

2798 cal ● 237g protein (34%) ● 139g fat (45%) ● 105g carbs (15%) ● 44g fiber (6%)

Breakfast

490 cal, 20g protein, 25g net carbs, 32g fat



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cal



[Roasted cashews](#)
1/4 cup(s)- 209 cal

Snacks

345 cal, 38g protein, 8g net carbs, 17g fat



[Roasted peanuts](#)
1/8 cup(s)- 115 cal



[Tuna cucumber bites](#)
230 cal

Protein Supplement(s)

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



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

Lunch

845 cal, 58g protein, 32g net carbs, 42g fat



[Crack slaw with tempeh](#)
843 cal

Dinner

900 cal, 73g protein, 39g net carbs, 48g fat



[Vegan bangers and cauliflower mash](#)
2 1/2 sausage link(s)- 902 cal

Day 6

2731 cals ● 205g protein (30%) ● 147g fat (48%) ● 105g carbs (15%) ● 42g fiber (6%)

Breakfast

470 cals, 17g protein, 17g net carbs, 35g fat



Rice cakes with peanut butter
1 cake(s)- 240 cals



Roasted peanuts
1/4 cup(s)- 230 cals

Snacks

295 cals, 9g protein, 15g net carbs, 22g fat



Celery and ranch
148 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

845 cals, 58g protein, 32g net carbs, 42g fat



Crack slaw with tempeh
843 cals

Dinner

900 cals, 73g protein, 39g net carbs, 48g fat



Vegan bangers and cauliflower mash
2 1/2 sausage link(s)- 902 cals

Day 7

2776 cals ● 185g protein (27%) ● 164g fat (53%) ● 97g carbs (14%) ● 44g fiber (6%)

Breakfast

470 cals, 17g protein, 17g net carbs, 35g fat



Rice cakes with peanut butter
1 cake(s)- 240 cals



Roasted peanuts
1/4 cup(s)- 230 cals

Snacks

295 cals, 9g protein, 15g net carbs, 22g fat



Celery and ranch
148 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

865 cals, 50g protein, 25g net carbs, 57g fat



Egg & avocado salad
531 cals



Sunflower seeds
180 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Dinner

925 cals, 61g protein, 38g net carbs, 49g fat



Caprese salad
426 cals



Carrot & grounds stir fry
498 cals

Fruits and Fruit Juices

- apples
1 medium (3" dia) (182g)
- avocados
3 1/2 avocado(s) (687g)
- lime juice
2 tbsp (28mL)

Other

- vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
- mixed greens
2 1/3 package (5.5 oz) (360g)
- frozen riced cauliflower
3 1/2 cup, frozen (371g)
- vegan sausage
5 sausage (500g)
- frozen cauliflower
3 3/4 cup (425g)
- coleslaw mix
8 cup (720g)

Finfish and Shellfish Products

- sardines, canned in oil
1 can (92g)
- canned tuna
8 1/4 can (1416g)
- salmon
1 1/2 fillet/s (6 oz each) (255g)

Legumes and Legume Products

- roasted peanuts
1 1/3 cup (192g)
- tempeh
1 1/2 lbs (680g)
- peanut butter
4 tbsp (64g)
- soy sauce
1 1/2 tbsp (23mL)
- vegetarian burger crumbles
6 oz (170g)

Beverages

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

Vegetables and Vegetable Products

- tomatoes
9 1/2 medium whole (2-3/5" dia) (1185g)
- raw celery
1/2 bunch (257g)
- fresh spinach
1 3/4 cup(s) (53g)
- garlic
9 1/4 clove(s) (28g)
- cucumber
1 1/2 cucumber (8-1/4") (452g)
- onion
3 medium (2-1/2" dia) (320g)
- fresh cilantro
1 1/2 tbsp, chopped (5g)
- carrots
2 large (144g)

Nut and Seed Products

- roasted cashews
1 3/4 cup, halves and whole (240g)
- pecans
1/2 cup, halves (50g)
- sunflower kernels
2 2/3 oz (76g)

Baked Products

- bread
7 slice (224g)

Fats and Oils

- mayonnaise
3 tbsp (45mL)
- oil
5 oz (147mL)
- olive oil
1/2 tbsp (8mL)
- ranch dressing
4 tbsp (60mL)
- balsamic vinaigrette
2 tbsp (30mL)

Soups, Sauces, and Gravies

- canned clam chowder
1 1/2 can (18.5 oz) (779g)
- hot sauce
4 tsp (20mL)

Dairy and Egg Products

- eggs
16 1/2 large (825g)
- butter
4 tsp (18g)
- whole milk
3 1/4 cup (780mL)
- string cheese
8 stick (224g)
- lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)
- fresh mozzarella cheese
3 oz (85g)

Spices and Herbs

- salt
5 1/2 g (5g)
 - black pepper
1/8 oz (2g)
 - garlic powder
1/2 tbsp (4g)
 - dijon mustard
1 1/2 tbsp (23g)
 - fresh basil
1/2 cup leaves, whole (12g)
 - crushed red pepper
2 dash (0g)
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Sweets

- honey
3/4 tbsp (16g)

Snacks

- rice cakes, any flavor
2 cakes (18g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Creamy scrambled eggs

364 cal ● 26g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

eggs
8 large (400g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
butter
4 tsp (18g)
whole milk
4 tbsp (60mL)

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.

Milk

1/2 cup(s) - 75 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cal ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

tomatoes, halved

3 tbsp cherry tomatoes (28g)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

eggs, hard-boiled and chilled

1 1/2 large (75g)

For all 3 meals:

tomatoes, halved

1/2 cup cherry tomatoes (84g)

garlic powder

1/4 tbsp (2g)

avocados

3/4 avocado(s) (151g)

bread

3 slice (96g)

eggs, hard-boiled and chilled

4 1/2 large (225g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews

4 tbsp, halves and whole (34g)

For all 3 meals:

roasted cashews

3/4 cup, halves and whole (103g)

1. This recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Rice cakes with peanut butter

1 cake(s) - 240 cal ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

For all 2 meals:

peanut butter
4 tbsp (64g)
rice cakes, any flavor
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Roasted cashews

1/2 cup(s) - 417 cal ● 10g protein ● 32g fat ● 20g carbs ● 2g fiber



For single meal:

roasted cashews
1/2 cup, halves and whole (69g)

For all 2 meals:

roasted cashews
1 cup, halves and whole (137g)

1. This recipe has no instructions.

Tuna salad sandwich

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



For single meal:

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)

For all 2 meals:

bread
4 slice (128g)
mayonnaise
3 tbsp (45mL)
black pepper
2 dash (0g)
raw celery, chopped
1 stalk, small (5" long) (17g)
salt
2 dash (1g)
canned tuna
10 oz (284g)

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.

Lunch 2 [↗](#)

Eat on day 3

Clam chowder

1 1/2 can(s) - 546 cals ● 18g protein ● 33g fat ● 38g carbs ● 6g fiber



Makes 1 1/2 can(s)

canned clam chowder
1 1/2 can (18.5 oz) (779g)

1. Prepare according to instructions on package.

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.
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Lunch 3 [↗](#)

Eat on day 4

Roasted tomatoes

4 tomato(es) - 238 cal ● 3g protein ● 19g fat ● 10g carbs ● 4g fiber



Makes 4 tomato(es)

tomatoes

4 small whole (2-2/5" dia) (364g)

oil

4 tsp (20mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Honey dijon salmon

9 oz - 603 cal ● 53g protein ● 37g fat ● 14g carbs ● 1g fiber



Makes 9 oz

salmon

1 1/2 fillet/s (6 oz each) (255g)

dijon mustard

1 1/2 tbsp (23g)

honey

3/4 tbsp (16g)

garlic, minced

3/4 clove (2g)

olive oil

1/2 tbsp (8mL)

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.
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Lunch 4 [↗](#)

Eat on day 5, day 6

Crack slaw with tempeh

843 cals ● 58g protein ● 42g fat ● 32g carbs ● 26g fiber



For single meal:

tempeh, cubed
1/2 lbs (227g)
coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)

For all 2 meals:

tempeh, cubed
1 lbs (454g)
coleslaw mix
8 cup (720g)
hot sauce
4 tsp (20mL)
sunflower kernels
4 tbsp (48g)
oil
2 2/3 tbsp (40mL)
garlic, minced
4 clove (12g)

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.

Lunch 5 [↗](#)

Eat on day 7

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.

Sunflower seeds

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



sunflower kernels
1 oz (28g)

1. This recipe has no instructions.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber

Makes 1 container(s)



lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

String cheese

4 stick(s) - 331 cal ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



For single meal:

string cheese
4 stick (112g)

For all 2 meals:

string cheese
8 stick (224g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. This recipe has no instructions.

Tuna cucumber bites

230 cal ● 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 3 meals:

cucumber, sliced
1 1/2 cucumber (8-1/4") (452g)
canned tuna
6 packet (444g)

1. Slice the cucumber and top slices with tuna.
 2. Season to taste with salt and pepper.
 3. Serve.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Celery and ranch

148 cal ● 1g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

raw celery, sliced into strips
3 stalk, medium (7-1/2" - 8" long)
(120g)
ranch dressing
2 tbsp (30mL)

For all 2 meals:

raw celery, sliced into strips
6 stalk, medium (7-1/2" - 8" long)
(240g)
ranch dressing
4 tbsp (60mL)

1. Slice celery into strips. Serve with ranch to dip into.

Milk

1 cup(s) - 149 cal ● 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.

Dinner 1 [↗](#)

Eat on day 1

Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



Makes 1 apple(s)

apples
1 medium (3" dia) (182g)

1. This recipe has no instructions.

Simple sardine salad

265 cal ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



vinaigrette, store-bought, any flavor
 1 1/2 tbsp (23mL)
sardines, canned in oil, drained
 1 can (92g)
mixed greens
 1 1/2 cup (45g)

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

Roasted peanuts

1/2 cup(s) - 403 cal ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber

Makes 1/2 cup(s)

roasted peanuts
 1/2 cup (64g)



1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Spinach cauliflower mince

3 1/2 cup(s) - 249 cal ● 11g protein ● 16g fat ● 4g carbs ● 10g fiber



Makes 3 1/2 cup(s)

oil
 3 1/2 tsp (18mL)
frozen riced cauliflower
 3 1/2 cup, frozen (371g)
fresh spinach, chopped
 1 3/4 cup(s) (53g)
garlic, diced
 3 1/2 clove(s) (11g)

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, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Basic tempeh

8 oz - 590 cal ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

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 3 [↗](#)

Eat on day 3, day 4

Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



For single meal:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
onion, minced
1/2 small (35g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)

For all 2 meals:

avocados
2 avocado(s) (402g)
lime juice
4 tsp (20mL)
salt
4 dash (2g)
black pepper
4 dash (0g)
mixed greens
4 cup (120g)
onion, minced
1 small (70g)
canned tuna
4 can (688g)
tomatoes
1 cup, chopped (180g)

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.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cal ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



For single meal:

onion, thinly sliced
1 1/4 small (88g)
vegan sausage
2 1/2 sausage (250g)
oil
1 1/4 tbsp (19mL)
frozen cauliflower
2 cup (213g)

For all 2 meals:

onion, thinly sliced
2 1/2 small (175g)
vegan sausage
5 sausage (500g)
oil
2 1/2 tbsp (38mL)
frozen cauliflower
3 3/4 cup (425g)

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.

Dinner 5 [↗](#)

Eat on day 7

Caprese salad

426 cal ● 25g protein ● 27g fat ● 15g carbs ● 6g fiber



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.

Carrot & grounds stir fry

498 cal ● 37g protein ● 22g fat ● 23g carbs ● 15g fiber



fresh cilantro, chopped

1 1/2 tbsp, chopped (5g)

oil

1 tbsp (15mL)

lime juice

1/2 tbsp (8mL)

crushed red pepper

2 dash (0g)

water

1 tbsp (15mL)

soy sauce

1 1/2 tbsp (23mL)

onion, chopped

1/2 large (75g)

garlic, minced

1 clove(s) (3g)

vegetarian burger crumbles

6 oz (170g)

carrots

2 large (144g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 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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