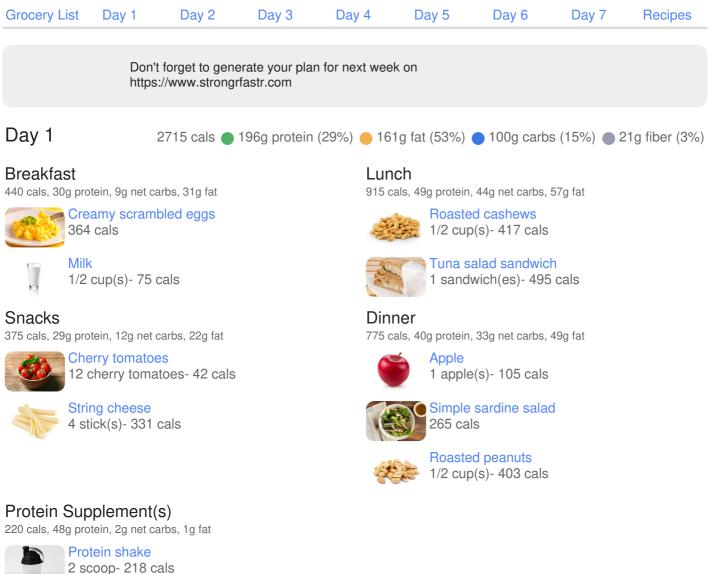
# Meal Plan - 2800 calorie low carb pescetarian meal plan





# Day 2

### Breakfast

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



Creamy scrambled eggs

Milk 1/2 cup(s)- 75 cals

### Snacks

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



Cherry tomatoes 12 cherry tomatoes- 42 cals



String cheese 4 stick(s)- 331 cals

# Protein Supplement(s)

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



Day 3

Protein shake 2 scoop- 218 cals

#### Lunch

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



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



Tuna salad sandwich 1 sandwich(es)- 495 cals

#### Dinner

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



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



Basic tempeh 8 oz- 590 cals



### Breakfast

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



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

#### Snacks

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



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



Tuna cucumber bites 230 cals

# Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals

# Lunch

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



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



Pecans 1/2 cup- 366 cals

#### Dinner

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



Avocado tuna salad 873 cals

# Day 4

### Breakfast

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



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



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

Snacks 345 cals, 38g protein, 8g net carbs, 17g fat



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



Tuna cucumber bites 230 cals

# Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals

### Lunch

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



A Roasted tomatoes 4 tomato(es)- 238 cals



Honey dijon salmon 9 oz- 603 cals

#### Dinner

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



Avocado tuna salad 873 cals



#### Breakfast

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



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

Snacks

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



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



Tuna cucumber bites 230 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 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



### 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 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, 62g protein, 38g net carbs, 49g fat



Caprese salad 426 cals



Carrot & grounds stir fry 498 cals

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



Milk 1 cup(s)- 149 cals

# Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals

nt(s)



### 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)

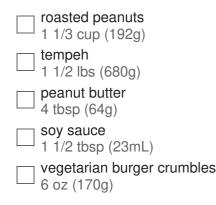
coleslaw mix 8 cup (720g)

# 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



### **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**



# Fats and Oils

mayonnaise 3 tbsp (45mL)

o tosp (⊣on ⊣ oil

<sup>1</sup> 5 oz (147mL)

<mark>\_ olive oil</mark> 1/2 tbsp (8mL)

ranch dressing 4 tbsp (60mL)

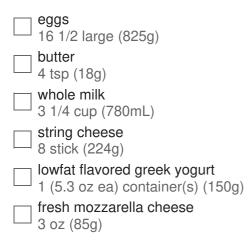
balsamic vinaigrette 2 tbsp (30mL)

### Soups, Sauces, and Gravies

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

hot sauce 4 tsp (20mL)

# **Dairy and Egg Products**



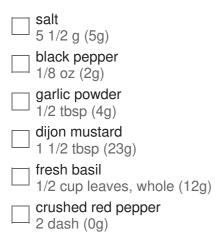
# Sweets

honey 3/4 tbsp (16g)

# Snacks

rice cakes, any flavor 2 cakes (18g)

# **Spices and Herbs**



# Recipes



## Breakfast 1 🗹

Eat on day 1, day 2

#### Creamy scrambled eggs

364 cals 
26g protein 
27g fat 
3g carbs 
0g fiber



For single meal: eggs 4 large (200g) salt

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 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)

# Breakfast 2 🗹

Eat on day 3, day 4, day 5

#### Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals 
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 cals 
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)



# Breakfast 3 🗹

Eat on day 6, day 7

#### Rice cakes with peanut butter

1 cake(s) - 240 cals 
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 cals 
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 sandwich(es) - 495 cals 39g protein 25g fat 24g carbs 4g fiber

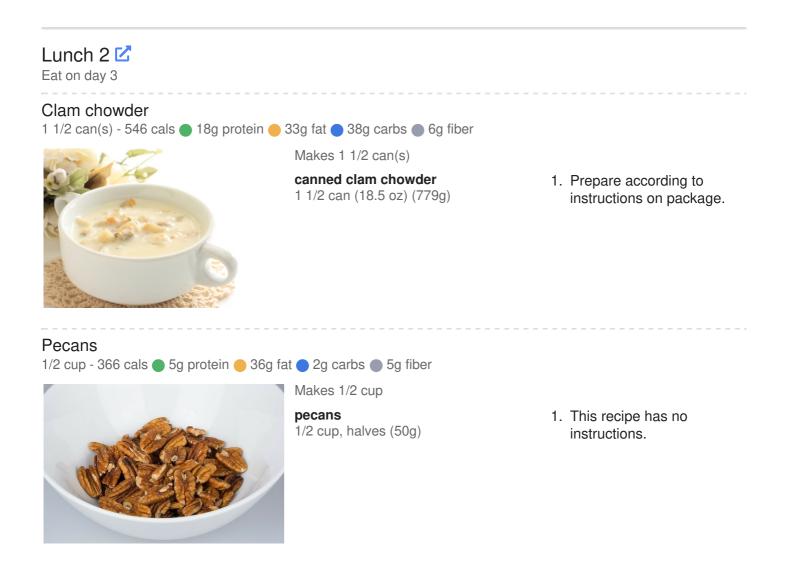


For single meal:

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 3 🗹

Eat on day 4

#### Roasted tomatoes

4 tomato(es) - 238 cals 
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).
- 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 cals 🔵 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.
- 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.

# Lunch 4 🗹

Eat on day 5, day 6

#### Crack slaw with tempeh

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



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 single meal:

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)

- Use store-bought hardboiled eggs or make your own and let cool in the refrigerator.
- 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 cals 
12g protein 
4g fat 
16g carbs 
2g fiber



Makes 1 container(s)

**lowfat flavored greek yogurt** 1 (5.3 oz ea) container(s) (150g) 1. This recipe has no instructions.

# Snacks 1 🗹

Eat on day 1, day 2

Cherry tomatoes

12 cherry tomatoes - 42 cals 
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.



For single meal:

string cheese 4 stick (112g) For all 2 meals:

string cheese 8 stick (224g)



 Snacks 2 Z

 Eat on day 3, day 4, day 5

 Roasted peanuts

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

 For single meal:

 For single meal:

 roasted peanuts

 2 tbsp (18g)
 6 tbsp (55g)

1. This recipe has no instructions.

# 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 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.



# Snacks 3 🗹

Eat on day 6, day 7

#### Celery and ranch

148 cals 
1g protein 
14g fat 
3g carbs 
2g fiber

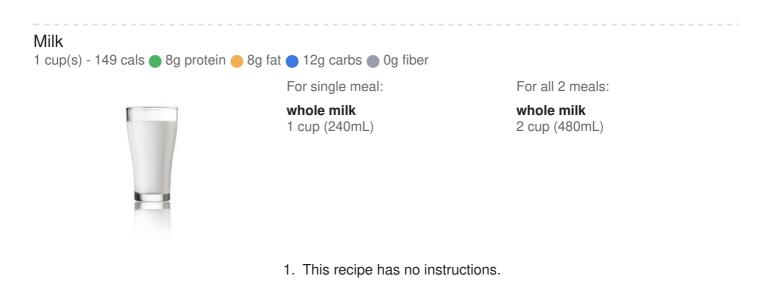


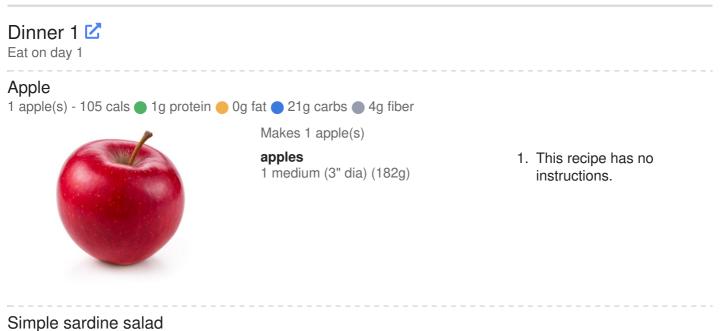
For single meal:

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.





265 cals 
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)  Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Roasted peanuts

1/2 cup(s) - 403 cals 
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 cals 
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 cals 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.
- 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  $2 \operatorname{dash}(1g)$ black pepper  $2 \operatorname{dash}(0g)$ 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.

Dinner 4 🗹

Eat on day 5, day 6

#### Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cals 
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 cals 
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 cals 
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)

- 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 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)