

# Meal Plan - 2900 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

2855 cal ● 193g protein (27%) ● 158g fat (50%) ● 104g carbs (15%) ● 61g fiber (9%)

### Breakfast

540 cal, 33g protein, 6g net carbs, 40g fat



[Egg in an eggplant](#)  
361 cal



[Basic fried eggs](#)  
2 egg(s)- 159 cal



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

### Snacks

300 cal, 12g protein, 21g net carbs, 15g fat



[Strawberries](#)  
1 2/3 cup(s)- 87 cal



[Skillet cauliflower tots](#)  
213 cal

### Protein Supplement(s)

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



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

### Lunch

740 cal, 27g protein, 35g net carbs, 49g fat



[Chik'n nuggets](#)  
5 1/3 nuggets- 294 cal



[Avocado](#)  
176 cal



[Mixed nuts](#)  
1/3 cup(s)- 272 cal

### Dinner

1055 cal, 72g protein, 40g net carbs, 53g fat



[Crack slaw with tempeh](#)  
1054 cal

## Day 2

2839 cals ● 204g protein (29%) ● 162g fat (51%) ● 92g carbs (13%) ● 51g fiber (7%)

### Breakfast

540 cals, 33g protein, 6g net carbs, 40g fat



[Egg in an eggplant](#)  
361 cals



[Basic fried eggs](#)  
2 egg(s)- 159 cals



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

### Snacks

300 cals, 12g protein, 21g net carbs, 15g fat



[Strawberries](#)  
1 2/3 cup(s)- 87 cals



[Skillet cauliflower tots](#)  
213 cals

### Protein Supplement(s)

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



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

### Lunch

870 cals, 38g protein, 42g net carbs, 52g fat



[Tomato and avocado salad](#)  
391 cals



[Vegan sausage & veggie sheet pan](#)  
480 cals

### Dinner

910 cals, 72g protein, 22g net carbs, 53g fat



[Broccoli caesar salad with hard boiled eggs](#)  
909 cals

## Day 3

2909 cals ● 198g protein (27%) ● 171g fat (53%) ● 95g carbs (13%) ● 50g fiber (7%)

### Breakfast

540 cals, 33g protein, 6g net carbs, 40g fat



[Egg in an eggplant](#)  
361 cals



[Basic fried eggs](#)  
2 egg(s)- 159 cals



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

### Snacks

400 cals, 28g protein, 17g net carbs, 22g fat



[String cheese](#)  
4 stick(s)- 331 cals



[Carrot sticks](#)  
2 1/2 carrot(s)- 68 cals

### Protein Supplement(s)

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



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

### Lunch

870 cals, 38g protein, 42g net carbs, 52g fat



[Tomato and avocado salad](#)  
391 cals



[Vegan sausage & veggie sheet pan](#)  
480 cals

### Dinner

880 cals, 51g protein, 29g net carbs, 56g fat



[Salmon & artichoke salad](#)  
421 cals



[Roasted peanuts](#)  
1/2 cup(s)- 460 cals

## Day 4

2864 cals ● 231g protein (32%) ● 153g fat (48%) ● 90g carbs (13%) ● 48g fiber (7%)

### Breakfast

505 cals, 20g protein, 12g net carbs, 35g fat



[Hardboiled egg and avocado bowl](#)  
320 cals



[Basic vegan chia pudding](#)  
186 cals

### Snacks

400 cals, 28g protein, 17g net carbs, 22g fat



[String cheese](#)  
4 stick(s)- 331 cals



[Carrot sticks](#)  
2 1/2 carrot(s)- 68 cals

### Protein Supplement(s)

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



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

### Lunch

870 cals, 68g protein, 17g net carbs, 50g fat



[Buttery spinach cauliflower mince](#)  
3 cup(s)- 192 cals



[Tomato and avocado salad](#)  
352 cals



[Cajun cod](#)  
10 1/2 oz- 327 cals

### Dinner

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



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



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

## Day 5

2905 cals ● 244g protein (34%) ● 151g fat (47%) ● 99g carbs (14%) ● 42g fiber (6%)

### Breakfast

505 cals, 20g protein, 12g net carbs, 35g fat



[Hardboiled egg and avocado bowl](#)  
320 cals



[Basic vegan chia pudding](#)  
186 cals

### Snacks

400 cals, 16g protein, 15g net carbs, 26g fat



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



[Bell pepper strips and hummus](#)  
170 cals

### Protein Supplement(s)

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



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

### Lunch

910 cals, 93g protein, 28g net carbs, 43g fat



[Roasted tomatoes](#)  
3 tomato(es)- 179 cals



[Tilapia with tomato caper sauce](#)  
15 oz tilapia- 731 cals

### Dinner

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



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



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

## Day 6

2922 cal ● 204g protein (28%) ● 175g fat (54%) ● 94g carbs (13%) ● 39g fiber (5%)

### Breakfast

470 cal, 30g protein, 9g net carbs, 35g fat



Milk

1/2 cup(s)- 75 cal



Pesto scrambled eggs

4 eggs- 396 cal

### Snacks

400 cal, 16g protein, 15g net carbs, 26g fat



Roasted peanuts

1/4 cup(s)- 230 cal



Bell pepper strips and hummus

170 cal

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

### Lunch

920 cal, 43g protein, 43g net carbs, 60g fat



Grilled cheese sandwich

1 1/2 sandwich(es)- 743 cal



Caprese salad

178 cal

### Dinner

910 cal, 67g protein, 25g net carbs, 53g fat



Simple mozzarella and tomato salad

322 cal



Basic tempeh

8 oz- 590 cal

## Day 7

2922 cal ● 204g protein (28%) ● 175g fat (54%) ● 94g carbs (13%) ● 39g fiber (5%)

### Breakfast

470 cal, 30g protein, 9g net carbs, 35g fat



Milk

1/2 cup(s)- 75 cal



Pesto scrambled eggs

4 eggs- 396 cal

### Snacks

400 cal, 16g protein, 15g net carbs, 26g fat



Roasted peanuts

1/4 cup(s)- 230 cal



Bell pepper strips and hummus

170 cal

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

### Lunch

920 cal, 43g protein, 43g net carbs, 60g fat



Grilled cheese sandwich

1 1/2 sandwich(es)- 743 cal



Caprese salad

178 cal

### Dinner

910 cal, 67g protein, 25g net carbs, 53g fat



Simple mozzarella and tomato salad

322 cal



Basic tempeh

8 oz- 590 cal

## Fruits and Fruit Juices

- strawberries  
3 1/3 cup, whole (480g)
- avocados  
4 avocado(s) (787g)
- lemon juice  
1 fl oz (29mL)
- lime juice  
5 tbsp (72mL)

## Vegetables and Vegetable Products

- cauliflower  
2 cup(s), riced (256g)
- garlic  
9 clove(s) (27g)
- eggplant  
9 1 inch (2.5 cm) slice(s) (540g)
- tomatoes  
14 medium whole (2-3/5" dia) (1737g)
- ketchup  
4 tsp (23g)
- broccoli  
3 3/4 cup chopped (341g)
- romaine lettuce  
7 cup shredded (329g)
- onion  
2 medium (2-1/2" dia) (233g)
- carrots  
7 medium (427g)
- potatoes  
2 small (1-3/4" to 2-1/4" dia.) (184g)
- artichokes, canned  
2/3 cup hearts (112g)
- bell pepper  
2 1/4 large (376g)
- fresh spinach  
1 1/2 cup(s) (45g)
- shallots  
3/4 shallot (85g)

## Dairy and Egg Products

- eggs  
41 medium (1812g)
- parmesan cheese  
1/4 cup (18g)
- nonfat greek yogurt, plain  
1/4 cup (61g)
- string cheese  
8 stick (224g)

## Other

- vegan chik'n nuggets  
5 1/3 nuggets (115g)
- coleslaw mix  
5 cup (450g)
- italian seasoning  
1 tsp (4g)
- vegan sausage  
6 sausage (600g)
- mixed greens  
1 1/2 package (5.5 oz) (219g)
- frozen cauliflower  
3 cup (340g)
- frozen riced cauliflower  
3 cup, frozen (318g)

## Nut and Seed Products

- mixed nuts  
5 tbsp (42g)
- sunflower kernels  
2 1/2 tbsp (30g)
- roasted pumpkin seeds, unsalted  
1/4 cup (26g)
- chia seeds  
3 tbsp (43g)

## Beverages

- water  
14 cup(s) (3353mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)
- almond milk, unsweetened  
1 cup(s) (240mL)

## Legumes and Legume Products

- tempeh  
1 1/2 lbs (737g)
- roasted peanuts  
1 1/4 cup (183g)
- hummus  
1 cup (244g)

## Spices and Herbs

- dijon mustard  
3 1/2 tsp (18g)
- garlic powder  
1 1/4 tsp (4g)

- whole milk  
3 cup (720mL)
- butter  
4 tbsp (57g)
- sliced cheese  
6 slice (1 oz) (168g)
- fresh mozzarella cheese  
1/2 lbs (222g)

### **Fats and Oils**

- oil  
1/2 lbs (227mL)
- olive oil  
1 1/4 tbsp (18mL)
- balsamic vinaigrette  
1/4 lbs (125mL)

### **Soups, Sauces, and Gravies**

- hot sauce  
1 fl oz (27mL)
- vegetable broth  
1/6 cup(s) (mL)
- pesto sauce  
4 tbsp (64g)

- salt  
1/4 oz (8g)
- black pepper  
3 g (3g)
- cinnamon  
4 dash (1g)
- vanilla extract  
1 tsp (5mL)
- cajun seasoning  
3 1/2 tsp (8g)
- capers  
3/4 tbsp, drained (6g)
- fresh basil  
1/2 oz (17g)

### **Finfish and Shellfish Products**

- canned salmon  
6 oz (170g)
- cod, raw  
2/3 lbs (298g)
- tilapia, raw  
1 lbs (425g)

### **Sweets**

- maple syrup  
2 tsp (10mL)

### **Baked Products**

- bread  
6 slice (192g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Egg in an eggplant

361 cal ● 20g protein ● 28g fat ● 2g carbs ● 5g fiber



For single meal:

**eggs**  
3 large (150g)  
**eggplant**  
3 1 inch (2.5 cm) slice(s) (180g)  
**oil**  
1 tbsp (15mL)

For all 3 meals:

**eggs**  
9 large (450g)  
**eggplant**  
9 1 inch (2.5 cm) slice(s) (540g)  
**oil**  
3 tbsp (45mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Basic fried eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 large (300g)

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.

### 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 3 meals:

**tomatoes**

18 cherry tomatoes (306g)

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

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## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Hardboiled egg and avocado bowl

320 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

**eggs**

2 large (100g)

**avocados, chopped**

1/2 avocado(s) (101g)

**onion**

1 tbsp chopped (10g)

**bell pepper**

1 tbsp, diced (9g)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

For all 2 meals:

**eggs**

4 large (200g)

**avocados, chopped**

1 avocado(s) (201g)

**onion**

2 tbsp chopped (20g)

**bell pepper**

2 tbsp, diced (19g)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

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### Basic vegan chia pudding

186 cals ● 6g protein ● 10g fat ● 9g carbs ● 8g fiber





For single meal:

**maple syrup**  
1 tsp (5mL)  
**cinnamon**  
2 dash (1g)  
**vanilla extract**  
1/2 tsp (3mL)  
**almond milk, unsweetened**  
1/2 cup(s) (120mL)  
**chia seeds**  
1 1/2 tbsp (21g)

For all 2 meals:

**maple syrup**  
2 tsp (10mL)  
**cinnamon**  
4 dash (1g)  
**vanilla extract**  
1 tsp (5mL)  
**almond milk, unsweetened**  
1 cup(s) (240mL)  
**chia seeds**  
3 tbsp (43g)

1. Mix all ingredients together in a small container. Cover and refrigerate mixture 2 hours to overnight, until chia seeds plump up. Serve.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### 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.

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## Pesto scrambled eggs

4 eggs - 396 cal ● 26g protein ● 31g fat ● 3g carbs ● 1g fiber



For single meal:

**pesto sauce**  
2 tbsp (32g)  
**eggs**  
4 large (200g)

For all 2 meals:

**pesto sauce**  
4 tbsp (64g)  
**eggs**  
8 large (400g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
  2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.
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## Lunch 1 [↗](#)

Eat on day 1

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### Chik'n nuggets

5 1/3 nuggets - 294 cal ● 16g protein ● 12g fat ● 27g carbs ● 3g fiber



Makes 5 1/3 nuggets

#### **vegan chik'n nuggets**

5 1/3 nuggets (115g)

#### **ketchup**

4 tsp (23g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

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### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



#### **avocados**

1/2 avocado(s) (101g)

#### **lemon juice**

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

### Mixed nuts

1/3 cup(s) - 272 cal ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



Makes 1/3 cup(s)

#### **mixed nuts**

5 tbsp (42g)

1. This recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



For single meal:

**onion**  
5 tsp minced (25g)  
**lime juice**  
5 tsp (25mL)  
**avocados, cubed**  
5/6 avocado(s) (168g)  
**tomatoes, diced**  
5/6 medium whole (2-3/5" dia)  
(103g)  
**olive oil**  
1 1/4 tsp (6mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)

For all 2 meals:

**onion**  
1/4 cup minced (50g)  
**lime juice**  
1/4 cup (50mL)  
**avocados, cubed**  
1 2/3 avocado(s) (335g)  
**tomatoes, diced**  
1 2/3 medium whole (2-3/5" dia)  
(205g)  
**olive oil**  
2 1/2 tsp (13mL)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (5g)  
**black pepper**  
1 tsp, ground (2g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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### Vegan sausage & veggie sheet pan

480 cals ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



For single meal:

**italian seasoning**  
4 dash (2g)  
**oil**  
2 tsp (10mL)  
**broccoli, chopped**  
1 cup chopped (91g)  
**carrots, sliced**  
1 medium (61g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)

For all 2 meals:

**italian seasoning**  
1 tsp (4g)  
**oil**  
4 tsp (20mL)  
**broccoli, chopped**  
2 cup chopped (182g)  
**carrots, sliced**  
2 medium (122g)  
**potatoes, cut into wedges**  
2 small (1-3/4" to 2-1/4" dia.) (184g)  
**vegan sausage, cut into bite sized pieces**  
2 sausage (200g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
  2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
  3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.
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## Lunch 3 [↗](#)

Eat on day 4

### Buttery spinach cauliflower mince

3 cup(s) - 192 cal ● 10g protein ● 12g fat ● 3g carbs ● 9g fiber



Makes 3 cup(s)

**garlic, minced**

3 clove (9g)

**fresh spinach, chopped**

1 1/2 cup(s) (45g)

**frozen riced cauliflower**

3 cup, frozen (318g)

**butter**

1 tbsp (14g)

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.

### Tomato and avocado salad

352 cal ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



**onion**

1 1/2 tbsp minced (23g)

**lime juice**

1 1/2 tbsp (23mL)

**avocados, cubed**

3/4 avocado(s) (151g)

**tomatoes, diced**

3/4 medium whole (2-3/5" dia) (92g)

**olive oil**

1 tsp (6mL)

**garlic powder**

3 dash (1g)

**salt**

3 dash (2g)

**black pepper**

3 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Cajun cod

10 1/2 oz - 327 cal ● 54g protein ● 11g fat ● 4g carbs ● 1g fiber



Makes 10 1/2 oz

**cod, raw**

2/3 lbs (298g)

**cajun seasoning**

3 1/2 tsp (8g)

**oil**

1 3/4 tsp (9mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

## Lunch 4 [↗](#)

Eat on day 5

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### Roasted tomatoes

3 tomato(es) - 179 cal ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



Makes 3 tomato(es)

**tomatoes**

3 small whole (2-2/5" dia) (273g)

**oil**

1 tbsp (15mL)

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.

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### Tilapia with tomato caper sauce

15 oz tilapia - 731 cal ● 91g protein ● 29g fat ● 21g carbs ● 6g fiber



Makes 15 oz tilapia

**oil**

1 1/2 tbsp (23mL)

**vegetable broth**

1/6 cup(s) (mL)

**garlic, minced**

1 1/2 clove(s) (5g)

**shallots, finely chopped**

3/4 shallot (85g)

**capers**

3/4 tbsp, drained (6g)

**tomatoes, chopped**

1 1/2 large whole (3" dia) (273g)

**tilapia, raw**

1 lbs (425g)

1. Sauce: Add half of the oil (reserving the rest for later), garlic and shallot to a skillet over medium heat. Sauté for about 5 minutes. Stir in tomatoes and cook for another 3-5 minutes. Add in broth and simmer for about 5 minutes until it has reduced. Add capers, cook for 1 more minute and turn off heat.
2. Fish: Line a baking sheet with foil and preheat your oven's broiler. Prep the fish by rubbing all sides with the remaining oil, and a pinch of salt/pepper. Place the fish on the baking sheet and bake in the broiler on the lowest rack for 6-8 minutes. Check fish every few minutes to make sure it doesn't overcook or get scorched. Tilapia will be done when flesh is opaque and flakes with a fork.
3. When both elements are done, pour the tomato caper sauce on top of the tilapia and serve.

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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Grilled cheese sandwich

1 1/2 sandwich(es) - 743 cal ● 33g protein ● 49g fat ● 37g carbs ● 6g fiber



For single meal:

**bread**  
3 slice (96g)  
**butter**  
1 1/2 tbsp (21g)  
**sliced cheese**  
3 slice (1 oz) (84g)

For all 2 meals:

**bread**  
6 slice (192g)  
**butter**  
3 tbsp (43g)  
**sliced cheese**  
6 slice (1 oz) (168g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

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### Caprese salad

178 cal ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

**balsamic vinaigrette**  
2 1/2 tsp (13mL)  
**fresh basil**  
1/4 cup leaves, whole (5g)  
**tomatoes, halved**  
6 2/3 tbsp cherry tomatoes (62g)  
**mixed greens**  
3/8 package (5.5 oz) (65g)  
**fresh mozzarella cheese**  
1 1/4 oz (35g)

For all 2 meals:

**balsamic vinaigrette**  
5 tsp (25mL)  
**fresh basil**  
6 2/3 tbsp leaves, whole (10g)  
**tomatoes, halved**  
13 1/3 tbsp cherry tomatoes (124g)  
**mixed greens**  
5/6 package (5.5 oz) (129g)  
**fresh mozzarella cheese**  
2 1/2 oz (71g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
  2. When serving, top with mozzarella and balsamic vinaigrette.
-

## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Strawberries

1 2/3 cup(s) - 87 cal ● 2g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

**strawberries**  
1 2/3 cup, whole (240g)

For all 2 meals:

**strawberries**  
3 1/3 cup, whole (480g)

1. This recipe has no instructions.
- 

### Skillet cauliflower tots

213 cal ● 10g protein ● 15g fat ● 7g carbs ● 3g fiber



For single meal:

**cauliflower**  
1 cup(s), riced (128g)  
**eggs**  
1 extra large (56g)  
**garlic, diced**  
1 tsp (3g)  
**oil**  
2 tsp (10mL)  
**hot sauce**  
1/2 tbsp (8mL)

For all 2 meals:

**cauliflower**  
2 cup(s), riced (256g)  
**eggs**  
2 extra large (112g)  
**garlic, diced**  
2 tsp (6g)  
**oil**  
4 tsp (20mL)  
**hot sauce**  
1 tbsp (15mL)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
  2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
  3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
  4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
  5. Serve with some hot sauce.
  6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.
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## Snacks 2 [↗](#)

Eat on day 3, day 4

### 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.

### Carrot sticks

2 1/2 carrot(s) - 68 cal ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**  
2 1/2 medium (153g)

For all 2 meals:

**carrots**  
5 medium (305g)

1. Cut carrots into strips and serve.

## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### 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 3 meals:

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

1. This recipe has no instructions.

### Bell pepper strips and hummus



170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

**hummus**  
1/3 cup (81g)  
**bell pepper**  
1 medium (119g)

For all 3 meals:

**hummus**  
1 cup (244g)  
**bell pepper**  
3 medium (357g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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## Dinner 1 [↗](#)

Eat on day 1

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### Crack slaw with tempeh

1054 cals ● 72g protein ● 53g fat ● 40g carbs ● 33g fiber



**tempeh, cubed**  
10 oz (284g)  
**coleslaw mix**  
5 cup (450g)  
**hot sauce**  
2 1/2 tsp (13mL)  
**sunflower kernels**  
2 1/2 tbsp (30g)  
**oil**  
5 tsp (25mL)  
**garlic, minced**  
2 1/2 clove (8g)

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.
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## Dinner 2 [↗](#)

Eat on day 2

### Broccoli caesar salad with hard boiled eggs

909 cal ● 72g protein ● 53g fat ● 22g carbs ● 14g fiber



#### lemon juice

1 3/4 tbsp (26mL)

#### roasted pumpkin seeds, unsalted

1/4 cup (26g)

#### parmesan cheese

1/4 cup (18g)

#### dijon mustard

3 1/2 tsp (18g)

#### nonfat greek yogurt, plain

1/4 cup (61g)

#### broccoli

1 3/4 cup chopped (159g)

#### eggs

7 large (350g)

#### romaine lettuce

7 cup shredded (329g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

## Dinner 3 [↗](#)

Eat on day 3

### Salmon & artichoke salad

421 cal ● 33g protein ● 19g fat ● 20g carbs ● 10g fiber



#### balsamic vinaigrette

4 tbsp (60mL)

#### tomatoes, halved

2/3 cup cherry tomatoes (99g)

#### mixed greens

3 cup (90g)

#### artichokes, canned

2/3 cup hearts (112g)

#### canned salmon

6 oz (170g)

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

### Roasted peanuts

1/2 cup(s) - 460 cal ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber



Makes 1/2 cup(s)

**roasted peanuts**

1/2 cup (73g)

1. This recipe has no instructions.

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## Dinner 4 [↗](#)

Eat on day 4, day 5

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### Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cal ● 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.

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### 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.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Simple mozzarella and tomato salad

322 cal ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



For single meal:

**tomatoes, sliced**  
1 large whole (3" dia) (182g)  
**fresh mozzarella cheese, sliced**  
2 2/3 oz (76g)  
**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
4 tsp, chopped (4g)

For all 2 meals:

**tomatoes, sliced**  
2 large whole (3" dia) (364g)  
**fresh mozzarella cheese, sliced**  
1/3 lbs (151g)  
**balsamic vinaigrette**  
2 2/3 tbsp (40mL)  
**fresh basil**  
2 2/3 tbsp, chopped (7g)

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

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### Basic tempeh

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



For single meal:

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

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**tempeh**  
1 lbs (454g)

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.
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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cal ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**water**

2 cup(s) (479mL)

**protein powder**

2 scoop (1/3 cup ea) (62g)

For all 7 meals:

**water**

14 cup(s) (3353mL)

**protein powder**

14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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