

# Meal Plan - 3000 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

2961 cals ● 219g protein (30%) ● 169g fat (51%) ● 97g carbs (13%) ● 45g fiber (6%)

### Breakfast

505 cals, 33g protein, 10g net carbs, 34g fat



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals



[Avocado](#)

176 cals



[High protein scrambled eggs](#)

297 cals

### Snacks

180 cals, 21g protein, 16g net carbs, 3g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Clementine](#)

1 clementine(s)- 39 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Lunch

960 cals, 41g protein, 55g net carbs, 59g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Rosemary mushroom cheese sandwich](#)

1 1/2 sandwich(es)- 612 cals



[Walnuts](#)

3/8 cup(s)- 291 cals

### Dinner

1100 cals, 76g protein, 15g net carbs, 72g fat



[Avocado tuna salad](#)

654 cals



[Roasted almonds](#)

1/2 cup(s)- 443 cals

## Day 2

2986 cals ● 253g protein (34%) ● 163g fat (49%) ● 82g carbs (11%) ● 45g fiber (6%)

### Breakfast

505 cals, 33g protein, 10g net carbs, 34g fat



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals



[Avocado](#)

176 cals



[High protein scrambled eggs](#)

297 cals

### Snacks

180 cals, 21g protein, 16g net carbs, 3g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Clementine](#)

1 clementine(s)- 39 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Lunch

1010 cals, 57g protein, 35g net carbs, 66g fat



[Roasted almonds](#)

1/3 cup(s)- 296 cals



[Tuna salad sandwich](#)

1 sandwich(es)- 495 cals



[Celery and peanut butter](#)

218 cals

### Dinner

1075 cals, 95g protein, 20g net carbs, 60g fat



[Avocado tuna salad stuffed pepper](#)

4 half pepper(s)- 911 cals



[String cheese](#)

2 stick(s)- 165 cals

## Day 3

2910 cals ● 223g protein (31%) ● 156g fat (48%) ● 115g carbs (16%) ● 38g fiber (5%)

### Breakfast

480 cals, 32g protein, 24g net carbs, 26g fat



[Veggie mason jar omelet](#)

2 jar(s)- 310 cals



[Toast with butter](#)

1 1/2 slice(s)- 171 cals

### Snacks

180 cals, 21g protein, 16g net carbs, 3g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Clementine](#)

1 clementine(s)- 39 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Lunch

1010 cals, 57g protein, 35g net carbs, 66g fat



[Roasted almonds](#)

1/3 cup(s)- 296 cals



[Tuna salad sandwich](#)

1 sandwich(es)- 495 cals



[Celery and peanut butter](#)

218 cals

### Dinner

1025 cals, 66g protein, 39g net carbs, 60g fat



[Seitan salad](#)

718 cals



[Roasted peanuts](#)

1/3 cup(s)- 307 cals

## Day 4

3003 cals ● 209g protein (28%) ● 173g fat (52%) ● 109g carbs (15%) ● 43g fiber (6%)

### Breakfast

480 cals, 32g protein, 24g net carbs, 26g fat



[Veggie mason jar omelet](#)  
2 jar(s)- 310 cals



[Toast with butter](#)  
1 1/2 slice(s)- 171 cals

### Snacks

395 cals, 33g protein, 7g net carbs, 24g fat



[Tuna cucumber bites](#)  
173 cals



[Roasted almonds](#)  
1/4 cup(s)- 222 cals

### Protein Supplement(s)

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



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

### Lunch

885 cals, 30g protein, 38g net carbs, 62g fat



[Sunflower seeds](#)  
240 cals



[Pear, pomegranate salad](#)  
645 cals

### Dinner

1025 cals, 66g protein, 39g net carbs, 60g fat



[Seitan salad](#)  
718 cals



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

## Day 5

2994 cals ● 208g protein (28%) ● 169g fat (51%) ● 106g carbs (14%) ● 54g fiber (7%)

### Breakfast

480 cals, 32g protein, 24g net carbs, 26g fat



[Veggie mason jar omelet](#)  
2 jar(s)- 310 cals



[Toast with butter](#)  
1 1/2 slice(s)- 171 cals

### Snacks

395 cals, 33g protein, 7g net carbs, 24g fat



[Tuna cucumber bites](#)  
173 cals



[Roasted almonds](#)  
1/4 cup(s)- 222 cals

### Protein Supplement(s)

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



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

### Lunch

885 cals, 30g protein, 38g net carbs, 62g fat



[Sunflower seeds](#)  
240 cals



[Pear, pomegranate salad](#)  
645 cals

### Dinner

1015 cals, 64g protein, 36g net carbs, 56g fat



[Roasted peanuts](#)  
1/6 cup(s)- 173 cals



[Crack slaw with tempeh](#)  
843 cals

## Day 6

2956 cals ● 205g protein (28%) ● 172g fat (52%) ● 103g carbs (14%) ● 45g fiber (6%)

### Breakfast

415 cals, 15g protein, 22g net carbs, 28g fat



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



High-protein granola bar  
1 bar(s)- 204 cals

### Snacks

300 cals, 33g protein, 15g net carbs, 11g fat



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



Cottage cheese and pineapple  
186 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

1070 cals, 49g protein, 27g net carbs, 76g fat



Pumpkin seeds  
366 cals



Salsa verde tofu salad  
705 cals

### Dinner

955 cals, 60g protein, 37g net carbs, 55g fat



Greek cucumber & feta salad  
303 cals



Peanut tempeh  
6 oz tempeh- 651 cals

## Day 7

2956 cals ● 205g protein (28%) ● 172g fat (52%) ● 103g carbs (14%) ● 45g fiber (6%)

### Breakfast

415 cals, 15g protein, 22g net carbs, 28g fat



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



High-protein granola bar  
1 bar(s)- 204 cals

### Snacks

300 cals, 33g protein, 15g net carbs, 11g fat



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



Cottage cheese and pineapple  
186 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

1070 cals, 49g protein, 27g net carbs, 76g fat



Pumpkin seeds  
366 cals



Salsa verde tofu salad  
705 cals

### Dinner

955 cals, 60g protein, 37g net carbs, 55g fat



Greek cucumber & feta salad  
303 cals



Peanut tempeh  
6 oz tempeh- 651 cals

## Fruits and Fruit Juices

- ☐ avocados  
4 3/4 avocado(s) (954g)
- ☐ lime juice  
3 1/2 tsp (18mL)
- ☐ lemon juice  
1 fl oz (27mL)
- ☐ clementines  
3 fruit (222g)
- ☐ Grapefruit  
1/2 large (approx 4-1/2" dia) (166g)
- ☐ pears  
1 3/4 small (259g)
- ☐ pomegranate  
14 tbsp arils (seed/juice sacs) (152g)
- ☐ canned pineapple  
1/2 cup, chunks (91g)

## Spices and Herbs

- ☐ salt  
1 tsp (3g)
- ☐ black pepper  
1 tsp (1g)
- ☐ rosemary, dried  
3 dash (0g)
- ☐ ground cumin  
4 tsp (8g)
- ☐ dill weed, fresh  
2 1/2 tbsp, chopped (4g)
- ☐ red wine vinegar  
5 tbsp (75mL)

## Other

- ☐ mixed greens  
8 1/4 cup (248g)
- ☐ protein greek yogurt, flavored  
3 container (450g)
- ☐ nutritional yeast  
10 1/2 g (11g)
- ☐ coleslaw mix  
4 cup (360g)

## Vegetables and Vegetable Products

- ☐ onion  
2 1/2 small (166g)
- ☐ tomatoes  
7 2/3 medium whole (2-3/5" dia) (942g)

## Beverages

- ☐ water  
14 cup(s) (3318mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Fats and Oils

- ☐ oil  
1/4 cup (68mL)
- ☐ mayonnaise  
3 tbsp (45mL)
- ☐ salad dressing  
4 tbsp (60mL)
- ☐ balsamic vinaigrette  
1/3 cup (79mL)
- ☐ olive oil  
5 tsp (25mL)

## Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)  
2 3/4 cup (622g)
- ☐ eggs  
18 large (900g)
- ☐ cheese  
3/4 cup, shredded (85g)
- ☐ string cheese  
2 stick (56g)
- ☐ butter  
1 1/2 tbsp (20g)
- ☐ goat cheese  
1/4 lbs (99g)
- ☐ feta cheese  
10 tbsp, crumbled (94g)

## Baked Products

- ☐ bread  
13 oz (368g)

## Legumes and Legume Products

- ☐ peanut butter  
5 2/3 oz (161g)
- ☐ roasted peanuts  
1 cup (161g)
- ☐ tempeh  
1 1/4 lbs (567g)
- ☐ black beans  
1/2 cup (120g)

- ☐ mushrooms  
2 1/4 oz (64g)
- ☐ bell pepper  
3 1/3 large (550g)
- ☐ raw celery  
1/3 bunch (177g)
- ☐ fresh spinach  
13 1/4 cup(s) (398g)
- ☐ cucumber  
3 1/4 cucumber (8-1/4") (978g)
- ☐ garlic  
2 clove (6g)

### Finfish and Shellfish Products

- ☐ canned tuna  
6 1/2 can (1108g)

### Nut and Seed Products

- ☐ almonds  
1 2/3 cup, whole (238g)
- ☐ walnuts  
3 1/4 oz (93g)
- ☐ sunflower kernels  
1/4 lbs (100g)
- ☐ roasted cashews  
1/2 cup, halves and whole (69g)
- ☐ roasted pumpkin seeds, unsalted  
6 1/4 oz (177g)

- ☐ firm tofu  
4 slice(s) (336g)
- ☐ soy sauce  
1 tbsp (15mL)

### Cereal Grains and Pasta

- ☐ seitan  
3/4 lbs (340g)

### Soups, Sauces, and Gravies

- ☐ hot sauce  
2 tsp (10mL)
- ☐ salsa verde  
4 tbsp (64g)

### Snacks

- ☐ high-protein granola bar  
2 bar (80g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

#### **tomatoes**

9 cherry tomatoes (153g)

For all 2 meals:

#### **tomatoes**

18 cherry tomatoes (306g)

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

### Avocado

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



For single meal:

#### **avocados**

1/2 avocado(s) (101g)

#### **lemon juice**

1/2 tsp (3mL)

For all 2 meals:

#### **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.

### High protein scrambled eggs

297 cals ● 29g protein ● 18g fat ● 3g carbs ● 0g fiber





For single meal:

**oil**  
1/4 tbsp (4mL)  
**low fat cottage cheese (1% milkfat)**  
6 tbsp (85g)  
**eggs**  
3 large (150g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**low fat cottage cheese (1% milkfat)**  
3/4 cup (170g)  
**eggs**  
6 large (300g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

---

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

---

### Veggie mason jar omelet

2 jar(s) - 310 cals ● 26g protein ● 19g fat ● 6g carbs ● 2g fiber



For single meal:

**onion, diced**  
1/2 small (35g)  
**bell pepper, chopped**  
1 small (74g)  
**eggs**  
4 large (200g)

For all 3 meals:

**onion, diced**  
1 1/2 small (105g)  
**bell pepper, chopped**  
3 small (222g)  
**eggs**  
12 large (600g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

---

### Toast with butter

1 1/2 slice(s) - 171 cals ● 6g protein ● 7g fat ● 18g carbs ● 3g fiber





For single meal:

**bread**  
1 1/2 slice (48g)  
**butter**  
1/2 tbsp (7g)

For all 3 meals:

**bread**  
4 1/2 slice (144g)  
**butter**  
1 1/2 tbsp (20g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

### Breakfast 3 [🔗](#)

Eat on day 6, day 7

#### 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 2 meals:

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

1. This recipe has no instructions.

#### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

---

### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1/2 grapefruit

#### **Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

---

### Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cals ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

#### **rosemary, dried**

3 dash (0g)

#### **mixed greens**

3/4 cup (23g)

#### **mushrooms**

2 1/4 oz (64g)

#### **cheese**

3/4 cup, shredded (85g)

#### **bread**

3 slice(s) (96g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

### Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



Makes 3/8 cup(s)

#### **walnuts**

6 2/3 tbsp, shelled (42g)

1. This recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Roasted almonds

1/3 cup(s) - 296 cal ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



For single meal:

#### **almonds**

1/3 cup, whole (48g)

For all 2 meals:

#### **almonds**

2/3 cup, whole (95g)

1. This recipe has no instructions.

### Tuna salad sandwich

1 sandwich(es) - 495 cal ● 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.

### 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

---

## Lunch 3 [↗](#)

Eat on day 4, day 5

---

### Sunflower seeds

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**

1 1/3 oz (38g)

For all 2 meals:

**sunflower kernels**

2 2/3 oz (76g)

1. This recipe has no instructions.
- 

### Pear, pomegranate salad

645 cal ● 19g protein ● 43g fat ● 34g carbs ● 11g fiber



For single meal:

**pears, cored and thinly sliced**

7/8 small (130g)

**fresh spinach**

2 1/2 cup(s) (79g)

**pomegranate**

1/2 cup arils (seed/juice sacs) (76g)

**goat cheese**

1 3/4 oz (50g)

**balsamic vinaigrette**

2 1/2 tbsp (39mL)

**walnuts**

1/4 cup, chopped (26g)

For all 2 meals:

**pears, cored and thinly sliced**

1 3/4 small (259g)

**fresh spinach**

5 1/4 cup(s) (158g)

**pomegranate**

14 tbsp arils (seed/juice sacs) (152g)

**goat cheese**

1/4 lbs (99g)

**balsamic vinaigrette**

1/3 cup (79mL)

**walnuts**

1/2 cup, chopped (51g)

1. Mix all ingredients together, except the vinaigrette.
  2. Drizzle vinaigrette on salad when serving.
-



## Lunch 4 [🔗](#)

Eat on day 6, day 7

### Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. This recipe has no instructions.

### Salsa verde tofu salad

705 cal ● 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.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 3 meals:

**protein greek yogurt, flavored**  
3 container (450g)

- 1. Enjoy.

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 3 meals:

**clementines**  
3 fruit (222g)

- 1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Tuna cucumber bites

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



For single meal:

**cucumber, sliced**  
3/8 cucumber (8-1/4") (113g)  
**canned tuna**  
1 1/2 packet (111g)

For all 2 meals:

**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)  
**canned tuna**  
3 packet (222g)

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

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. This recipe has no instructions.



## Snacks 3 [↗](#)

Eat on day 6, day 7

### 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 2 meals:

**roasted peanuts**

4 tbsp (37g)

1. This recipe has no instructions.

### Cottage cheese and pineapple

186 cal ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**

1 cup (226g)

**canned pineapple, drained**

4 tbsp, chunks (45g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**

2 cup (452g)

**canned pineapple, drained**

1/2 cup, chunks (91g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

## Dinner 1 [↗](#)

Eat on day 1

### Avocado tuna salad

654 cals ● 61g protein ● 36g fat ● 9g carbs ● 12g fiber



#### avocados

3/4 avocado(s) (151g)

#### lime juice

1/2 tbsp (8mL)

#### salt

1 1/2 dash (1g)

#### black pepper

1 1/2 dash (0g)

#### mixed greens

1 1/2 cup (45g)

#### onion, minced

3/8 small (26g)

#### canned tuna

1 1/2 can (258g)

#### tomatoes

6 tbsp, chopped (68g)

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.

### Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



Makes 1/2 cup(s)

#### almonds

1/2 cup, whole (72g)

1. This recipe has no instructions.

## Dinner 2 [↗](#)

Eat on day 2

---

### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



Makes 4 half pepper(s)

**canned tuna, drained**

2 can (344g)

**avocados**

1 avocado(s) (201g)

**lime juice**

2 tsp (10mL)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**bell pepper**

2 large (328g)

**onion**

1/2 small (35g)

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.

---

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

**string cheese**

2 stick (56g)

1. This recipe has no instructions.
-

## Dinner 3 [🔗](#)

Eat on day 3, day 4

### Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (3g)  
**salad dressing**  
2 tbsp (30mL)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**fresh spinach**  
4 cup(s) (120g)  
**seitan, sliced**  
6 oz (170g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**nutritional yeast**  
4 tsp (5g)  
**salad dressing**  
4 tbsp (60mL)  
**avocados, sliced**  
1 avocado(s) (201g)  
**tomatoes, halved**  
24 cherry tomatoes (408g)  
**fresh spinach**  
8 cup(s) (240g)  
**seitan, sliced**  
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

### Roasted peanuts

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



For single meal:

**roasted peanuts**  
1/3 cup (49g)

For all 2 meals:

**roasted peanuts**  
2/3 cup (97g)

1. This recipe has no instructions.

## Dinner 4 [🔗](#)

Eat on day 5

---

### Roasted peanuts

1/6 cup(s) - 173 cal ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

#### roasted peanuts

3 tbsp (27g)



1. This recipe has no instructions.

---

### Crack slaw with tempeh

843 cal ● 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)

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.
-

## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Greek cucumber & feta salad

303 cal ● 11g protein ● 21g fat ● 15g carbs ● 2g fiber



For single meal:

**cucumber**

1 1/4 cucumber (8-1/4") (376g)

**dill weed, fresh**

1 1/4 tbsp, chopped (2g)

**black pepper**

1 1/4 dash (0g)

**feta cheese**

5 tbsp, crumbled (47g)

**red wine vinegar**

2 1/2 tbsp (38mL)

**olive oil**

2 1/2 tsp (13mL)

**salt**

1 1/4 dash (1g)

For all 2 meals:

**cucumber**

2 1/2 cucumber (8-1/4") (753g)

**dill weed, fresh**

2 1/2 tbsp, chopped (4g)

**black pepper**

1/3 tsp (0g)

**feta cheese**

10 tbsp, crumbled (94g)

**red wine vinegar**

5 tbsp (75mL)

**olive oil**

5 tsp (25mL)

**salt**

1/3 tsp (1g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

### Peanut tempeh

6 oz tempeh - 651 cal ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

**nutritional yeast**

3/4 tbsp (3g)

**soy sauce**

1/2 tbsp (8mL)

**lemon juice**

3/4 tbsp (11mL)

**peanut butter**

3 tbsp (48g)

**tempeh**

6 oz (170g)

For all 2 meals:

**nutritional yeast**

1 1/2 tbsp (6g)

**soy sauce**

1 tbsp (15mL)

**lemon juice**

1 1/2 tbsp (23mL)

**peanut butter**

6 tbsp (97g)

**tempeh**

3/4 lbs (340g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce 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.
-