

Meal Plan - 3100 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

3022 cals ● 252g protein (33%) ● 175g fat (52%) ● 75g carbs (10%) ● 35g fiber (5%)

Breakfast

495 cals, 27g protein, 34g net carbs, 25g fat



Milk

3/4 cup(s)- 112 cals



Egg & guac sandwich

1 sandwich(es)- 381 cals

Snacks

335 cals, 37g protein, 15g net carbs, 9g fat



Blackberries

1 1/2 cup(s)- 105 cals



Tuna cucumber bites

230 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

770 cals, 38g protein, 14g net carbs, 58g fat



Sunflower seeds

180 cals



Low carb asian tofu bowl

589 cals

Dinner

1150 cals, 90g protein, 10g net carbs, 82g fat



Slow-baked salmon with lemon and thyme

15 oz- 1005 cals



Buttered green beans

147 cals

Day 2

3040 cal ● 248g protein (33%) ● 150g fat (44%) ● 111g carbs (15%) ● 63g fiber (8%)

Breakfast

495 cal, 27g protein, 34g net carbs, 25g fat



Milk

3/4 cup(s)- 112 cal



Egg & guac sandwich

1 sandwich(es)- 381 cal

Snacks

335 cal, 37g protein, 15g net carbs, 9g fat



Blackberries

1 1/2 cup(s)- 105 cal



Tuna cucumber bites

230 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Lunch

965 cal, 25g protein, 28g net carbs, 72g fat



Avocado

527 cal



Avocado egg salad sandwich

1/2 sandwich(es)- 281 cal



Roasted cashews

1/6 cup(s)- 156 cal

Dinner

975 cal, 99g protein, 32g net carbs, 43g fat



Olive oil drizzled sugar snap peas

245 cal



Tilapia with tomato caper sauce

15 oz tilapia- 731 cal

Day 3

3039 cal ● 302g protein (40%) ● 145g fat (43%) ● 97g carbs (13%) ● 34g fiber (4%)

Breakfast

500 cal, 39g protein, 15g net carbs, 30g fat



High protein scrambled eggs

297 cal



High-protein granola bar

1 bar(s)- 204 cal

Snacks

355 cal, 41g protein, 19g net carbs, 12g fat



Cottage cheese and pineapple

248 cal



Mixed nuts

1/8 cup(s)- 109 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Lunch

935 cal, 62g protein, 28g net carbs, 58g fat



Roasted cashews

3/8 cup(s)- 313 cal



Milk

1/2 cup(s)- 75 cal



Avocado tuna salad

545 cal

Dinner

975 cal, 99g protein, 32g net carbs, 43g fat



Olive oil drizzled sugar snap peas

245 cal



Tilapia with tomato caper sauce

15 oz tilapia- 731 cal

Day 4

3082 cals ● 271g protein (35%) ● 157g fat (46%) ● 104g carbs (14%) ● 41g fiber (5%)

Breakfast

500 cals, 39g protein, 15g net carbs, 30g fat



[High protein scrambled eggs](#)
297 cals



[High-protein granola bar](#)
1 bar(s)- 204 cals

Snacks

355 cals, 41g protein, 19g net carbs, 12g fat



[Cottage cheese and pineapple](#)
248 cals



[Mixed nuts](#)
1/8 cup(s)- 109 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

935 cals, 62g protein, 28g net carbs, 58g fat



[Roasted cashews](#)
3/8 cup(s)- 313 cals



[Milk](#)
1/2 cup(s)- 75 cals



[Avocado tuna salad](#)
545 cals

Dinner

1020 cals, 67g protein, 40g net carbs, 55g fat



[Buttered sugar snap peas](#)
429 cals



[Buttery spinach cauliflower mince](#)
3 1/2 cup(s)- 224 cals



[Simple seitan](#)
6 oz- 365 cals

Day 5

3075 cals ● 274g protein (36%) ● 168g fat (49%) ● 94g carbs (12%) ● 22g fiber (3%)

Breakfast

500 cals, 39g protein, 15g net carbs, 30g fat



[High protein scrambled eggs](#)
297 cals



[High-protein granola bar](#)
1 bar(s)- 204 cals

Snacks

355 cals, 41g protein, 19g net carbs, 12g fat



[Cottage cheese and pineapple](#)
248 cals



[Mixed nuts](#)
1/8 cup(s)- 109 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

980 cals, 41g protein, 23g net carbs, 79g fat



[Sauteed peppers and onions](#)
94 cals



[Buffalo tofu](#)
886 cals

Dinner

965 cals, 92g protein, 34g net carbs, 46g fat



[Vegan sausage](#)
3 sausage(s)- 804 cals



[Buttery spinach cauliflower mince](#)
2 1/2 cup(s)- 160 cals

Day 6

3130 cals ● 206g protein (26%) ● 198g fat (57%) ● 107g carbs (14%) ● 23g fiber (3%)

Breakfast

445 cals, 28g protein, 22g net carbs, 25g fat



Toast with butter
1 slice(s)- 114 cals



Scrambled eggs with kale, tomatoes, rosemary
329 cals

Snacks

420 cals, 10g protein, 20g net carbs, 32g fat



Cucumbers and ranch
239 cals



Cheese & crackers
4 cracker(s)- 182 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

990 cals, 43g protein, 49g net carbs, 65g fat



Grilled cheese sandwich
2 sandwich(es)- 990 cals

Dinner

1005 cals, 63g protein, 13g net carbs, 75g fat



Salmon with tomato and herbs
10 oz- 755 cals



Pan roasted zucchini
250 cals

Day 7

3130 cals ● 206g protein (26%) ● 198g fat (57%) ● 107g carbs (14%) ● 23g fiber (3%)

Breakfast

445 cals, 28g protein, 22g net carbs, 25g fat



Toast with butter
1 slice(s)- 114 cals



Scrambled eggs with kale, tomatoes, rosemary
329 cals

Snacks

420 cals, 10g protein, 20g net carbs, 32g fat



Cucumbers and ranch
239 cals



Cheese & crackers
4 cracker(s)- 182 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

990 cals, 43g protein, 49g net carbs, 65g fat



Grilled cheese sandwich
2 sandwich(es)- 990 cals

Dinner

1005 cals, 63g protein, 13g net carbs, 75g fat



Salmon with tomato and herbs
10 oz- 755 cals



Pan roasted zucchini
250 cals

Finfish and Shellfish Products

- salmon
2 lbs (992g)
- canned tuna
4 1/4 can (726g)
- tilapia, raw
2 lbs (851g)

Fats and Oils

- oil
5 oz (147mL)
- olive oil
1/4 lbs (112mL)
- ranch dressing
2/3 cup (165mL)

Spices and Herbs

- thyme, dried
1/8 oz (2g)
- salt
1/2 oz (14g)
- black pepper
1/2 oz (12g)
- capers
1 1/2 tbsp, drained (13g)
- garlic powder
1 3/4 tsp (5g)
- rosemary
1/4 tbsp (1g)
- balsamic vinegar
1 tbsp (15mL)
- oregano, dried
3/4 tbsp, ground (4g)

Fruits and Fruit Juices

- lemon
5/8 large (53g)
- blackberries
3 cup (432g)
- avocados
3 avocado(s) (603g)
- lemon juice
1 fl oz (33mL)
- canned pineapple
1 cup, chunks (181g)
- lime juice
2 1/2 tsp (13mL)

Dairy and Egg Products

- butter
1 1/4 stick (144g)
- whole milk
2 1/2 cup (600mL)
- eggs
24 medium (1061g)
- low fat cottage cheese (1% milkfat)
5 cup (1158g)
- sliced cheese
8 slice (1 oz) (224g)
- cheese
2 oz (57g)

Beverages

- water
1 gallon (4339mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Other

- guacamole, store-bought
4 tbsp (62g)
- frozen riced cauliflower
2 lbs (827g)
- mixed greens
2 1/2 cup (75g)
- vegan sausage
3 sausage (300g)

Baked Products

- bread
1 lbs (480g)
- crackers
8 crackers (28g)

Nut and Seed Products

- sunflower kernels
1 oz (28g)
- sesame seeds
1/2 tbsp (5g)
- roasted cashews
1 cup, halves and whole (128g)
- mixed nuts
6 tbsp (50g)

Legumes and Legume Products

Vegetables and Vegetable Products

- frozen green beans
1 cup (121g)
- cucumber
2 1/2 cucumber (8-1/4") (753g)
- garlic
10 1/2 clove(s) (32g)
- fresh ginger
1/2 tbsp (3g)
- broccoli
3/4 cup chopped (68g)
- frozen sugar snap peas
6 2/3 cup (960g)
- shallots
1 1/2 shallot (170g)
- tomatoes
9 medium whole (2-3/5" dia) (1111g)
- onion
1 medium (2-1/2" dia) (102g)
- fresh spinach
3 cup(s) (90g)
- bell pepper
3/4 large (123g)
- kale leaves
3 cup, chopped (120g)
- zucchini
3 medium (588g)

- soy sauce
3 tbsp (45mL)
- firm tofu
1 1/2 lbs (709g)

Soups, Sauces, and Gravies

- vegetable broth
3/8 cup(s) (mL)
- Frank's Red Hot sauce
6 1/2 tbsp (98mL)

Snacks

- high-protein granola bar
3 bar (120g)

Cereal Grains and Pasta

- seitan
6 oz (170g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup (180mL)

For all 2 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Egg & guac sandwich

1 sandwich(es) - 381 cal ● 22g protein ● 19g fat ● 25g carbs ● 6g fiber



For single meal:

oil
1/2 tsp (3mL)
guacamole, store-bought
2 tbsp (31g)
eggs
2 large (100g)
bread
2 slice(s) (64g)

For all 2 meals:

oil
1 tsp (5mL)
guacamole, store-bought
4 tbsp (62g)
eggs
4 large (200g)
bread
4 slice(s) (128g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

oil
3/4 tbsp (11mL)
low fat cottage cheese (1% milkfat)
1 cup (254g)
eggs
9 large (450g)

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.

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 3 meals:

high-protein granola bar
3 bar (120g)

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

Eat on day 6, day 7

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

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

Scrambled eggs with kale, tomatoes, rosemary

329 cals ● 24g protein ● 20g fat ● 10g carbs ● 3g fiber



For single meal:

eggs
3 extra large (168g)
kale leaves
1 1/2 cup, chopped (60g)
tomatoes
3/4 cup, chopped (135g)
rosemary
3 dash (0g)
oil
1/4 tbsp (4mL)
balsamic vinegar
1/2 tbsp (8mL)
water
1/4 cup (68mL)

For all 2 meals:

eggs
6 extra large (336g)
kale leaves
3 cup, chopped (120g)
tomatoes
1 1/2 cup, chopped (270g)
rosemary
1/4 tbsp (1g)
oil
1/2 tbsp (8mL)
balsamic vinegar
1 tbsp (15mL)
water
1/2 cup (135mL)

1. In a small skillet, add your oil of choice over medium-high heat.
 2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
 3. Add eggs, and stir to scramble them with the veggies.
 4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.
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Lunch 1 [↗](#)

Eat on day 1

Sunflower seeds

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



sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

Low carb asian tofu bowl

589 cal ● 30g protein ● 44g fat ● 12g carbs ● 8g fiber



garlic, minced

1 1/2 clove (5g)

sesame seeds

1/2 tbsp (5g)

oil

2 1/4 tbsp (34mL)

fresh ginger, minced

1/2 tbsp (3g)

soy sauce

3 tbsp (45mL)

frozen riced cauliflower

1 cup, prepared (191g)

broccoli

3/4 cup chopped (68g)

firm tofu, drained and patted dry

1/2 lbs (213g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Lunch 2 [↗](#)

Eat on day 2

Avocado

527 cal ● 6g protein ● 44g fat ● 6g carbs ● 20g fiber



avocados

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

lemon juice

1/2 tbsp (8mL)

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

Avocado egg salad sandwich

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



Makes 1/2 sandwich(es)

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)

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

1/6 cup(s) - 156 cal ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



Makes 1/6 cup(s)

roasted cashews

3 tbsp, halves and whole (26g)

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

Eat on day 3, day 4

Roasted cashews

3/8 cup(s) - 313 cal ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



For single meal:

roasted cashews
6 tbsp, halves and whole (51g)

For all 2 meals:

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

1. This recipe has no instructions.

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.

Avocado tuna salad

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



For single meal:

avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
onion, minced
1/3 small (22g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)

For all 2 meals:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
onion, minced
5/8 small (44g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)

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.

Lunch 4 [↗](#)

Eat on day 5

Sauteed peppers and onions

94 cal ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



oil
1 tsp (6mL)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced into strips
3/4 large (123g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Buffalo tofu

886 cal ● 40g protein ● 73g fat ● 16g carbs ● 1g fiber



ranch dressing
5 tbsp (75mL)
oil
1 1/4 tbsp (19mL)
Frank's Red Hot sauce
6 1/2 tbsp (99mL)
firm tofu, patted dry & cubed
1 lbs (496g)

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

Lunch 5 [↗](#)

Eat on day 6, day 7

Grilled cheese sandwich

2 sandwich(es) - 990 cal ● 43g protein ● 65g fat ● 49g carbs ● 8g fiber



For single meal:

bread
4 slice (128g)
butter
2 tbsp (28g)
sliced cheese
4 slice (1 oz) (112g)

For all 2 meals:

bread
8 slice (256g)
butter
4 tbsp (57g)
sliced cheese
8 slice (1 oz) (224g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Blackberries

1 1/2 cup(s) - 105 cal ● 3g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

blackberries
1 1/2 cup (216g)

For all 2 meals:

blackberries
3 cup (432g)

1. Rinse blackberries and serve.

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 2 meals:

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

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

Snacks 2 [🔗](#)

Eat on day 3, day 4, day 5

Cottage cheese and pineapple

248 cal ● 38g protein ● 3g fat ● 17g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1 1/3 cup (301g)
canned pineapple, drained
1/3 cup, chunks (60g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
4 cup (904g)
canned pineapple, drained
1 cup, chunks (181g)

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.

Mixed nuts

1/8 cup(s) - 109 cal ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 3 meals:

mixed nuts
6 tbsp (50g)

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

Eat on day 6, day 7

Cucumbers and ranch

239 cal ● 3g protein ● 20g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber, sliced
3/4 cucumber (8-1/4") (226g)
ranch dressing
3 tbsp (45mL)

For all 2 meals:

cucumber, sliced
1 1/2 cucumber (8-1/4") (452g)
ranch dressing
6 tbsp (90mL)

1. Slice the cucumber and serve with ranch to dip into.
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Cheese & crackers

4 cracker(s) - 182 cal ● 8g protein ● 12g fat ● 10g carbs ● 1g fiber



For single meal:

crackers
4 crackers (14g)
cheese
1 oz (28g)

For all 2 meals:

crackers
8 crackers (28g)
cheese
2 oz (57g)

1. Slice cheese and put on top of crackers. Serve.
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Dinner 1 [↗](#)

Eat on day 1

Slow-baked salmon with lemon and thyme

15 oz - 1005 cal ● 88g protein ● 71g fat ● 4g carbs ● 2g fiber



Makes 15 oz

salmon, skin on

1 lbs (425g)

oil

1 tbsp (14mL)

thyme, dried

5 dash, leaves (1g)

lemon, cut into wedges

5/8 large (53g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



frozen green beans

1 cup (121g)

salt

3/4 dash (0g)

black pepper

3/4 dash (0g)

butter

1 tbsp (14g)

1. Prepare green beans according to instructions on package.
 2. Top with butter and season with salt and pepper.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Olive oil drizzled sugar snap peas

245 cal ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen sugar snap peas
4 cup (576g)
olive oil
2 tbsp (30mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Tilapia with tomato caper sauce

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



For single meal:

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)

For all 2 meals:

oil
3 tbsp (45mL)
vegetable broth
3/8 cup(s) (mL)
garlic, minced
3 clove(s) (9g)
shallots, finely chopped
1 1/2 shallot (170g)
capers
1 1/2 tbsp, drained (13g)
tomatoes, chopped
3 large whole (3" dia) (546g)
tilapia, raw
2 lbs (851g)

1. Sauce: Add half of the oil (reserving the rest for later), garlic and shallot to a skillet over medium heat. Sautee 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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Dinner 3 [↗](#)

Eat on day 4

Buttered sugar snap peas

429 cal ● 11g protein ● 30g fat ● 16g carbs ● 12g fiber



black pepper

2 dash (0g)

salt

2 dash (1g)

butter

2 2/3 tbsp (36g)

frozen sugar snap peas

2 2/3 cup (384g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Buttery spinach cauliflower mince

3 1/2 cup(s) - 224 cal ● 11g protein ● 14g fat ● 4g carbs ● 10g fiber



Makes 3 1/2 cup(s)

garlic, minced

3 1/2 clove (11g)

fresh spinach, chopped

1 3/4 cup(s) (53g)

frozen riced cauliflower

3 1/2 cup, frozen (371g)

butter

3 1/2 tsp (17g)

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.

Simple seitan

6 oz - 365 cal ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



Makes 6 oz

oil

1/2 tbsp (8mL)

seitan

6 oz (170g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
 2. Season with salt, pepper, or seasonings of choice. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Vegan sausage

3 sausage(s) - 804 cal ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

vegan sausage

3 sausage (300g)

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

Buttery spinach cauliflower mince

2 1/2 cup(s) - 160 cal ● 8g protein ● 10g fat ● 3g carbs ● 7g fiber



Makes 2 1/2 cup(s)

garlic, minced

2 1/2 clove (7g)

fresh spinach, chopped

1 1/4 cup(s) (37g)

frozen riced cauliflower

2 1/2 cup, frozen (265g)

butter

2 1/2 tsp (12g)

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.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Salmon with tomato and herbs

10 oz - 755 cal ● 59g protein ● 55g fat ● 4g carbs ● 2g fiber



For single meal:

olive oil
1 1/4 tbsp (19mL)
salt
1/4 tsp (1g)
black pepper
1/2 tsp (0g)
tomatoes, chopped
1 1/4 plum tomato (78g)
lemon juice
2 1/2 tsp (13mL)
oregano, dried
1/2 tsp, ground (1g)
thyme, dried
1/2 tsp, ground (1g)
salmon
1 2/3 fillet/s (6 oz each) (283g)
onion
2 1/2 tsp chopped (8g)

For all 2 meals:

olive oil
2 1/2 tbsp (38mL)
salt
1/2 tsp (1g)
black pepper
1 tsp (1g)
tomatoes, chopped
2 1/2 plum tomato (155g)
lemon juice
5 tsp (25mL)
oregano, dried
1 tsp, ground (2g)
thyme, dried
1 tsp, ground (1g)
salmon
3 1/3 fillet/s (6 oz each) (567g)
onion
5 tsp chopped (17g)

1. Preheat the oven to 400 F (200 C).
2. Sprinkle salmon with 1/3 of the olive oil, salt, and pepper.
3. Stir the tomatoes, shallots, remaining olive oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.
4. Place each salmon fillet, oiled side down, atop its own individual sheet of foil.
5. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed.
6. Place the foil packets on a heavy large baking sheet.
7. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Pan roasted zucchini

250 cal ● 5g protein ● 19g fat ● 9g carbs ● 5g fiber



For single meal:

zucchini
1 1/2 medium (294g)
black pepper
3/4 tbsp, ground (5g)
oregano, dried
1/4 tbsp, ground (1g)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (5g)
olive oil
1 1/2 tbsp (23mL)

For all 2 meals:

zucchini
3 medium (588g)
black pepper
1 1/2 tbsp, ground (10g)
oregano, dried
1/2 tbsp, ground (3g)
garlic powder
1/2 tbsp (5g)
salt
1/2 tbsp (9g)
olive oil
3 tbsp (45mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water
2 1/2 cup(s) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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