

Meal Plan - 3200 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

3183 cals ● 237g protein (30%) ● 175g fat (49%) ● 113g carbs (14%) ● 53g fiber (7%)

Breakfast

515 cals, 36g protein, 19g net carbs, 30g fat



[Avocado & vegan sausage toast](#)

1 toast(s)- 302 cals



[Basic scrambled eggs](#)

3 egg(s)- 213 cals

Snacks

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



[Nectarine](#)

1 nectarine(s)- 70 cals



[Boiled eggs](#)

2 egg(s)- 139 cals



[Roasted almonds](#)

1/4 cup(s)- 222 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

860 cals, 33g protein, 38g net carbs, 60g fat



[Grilled cheese sandwich](#)

1 sandwich(es)- 495 cals



[Simple mixed greens salad](#)

136 cals



[Roasted peanuts](#)

1/4 cup(s)- 230 cals

Dinner

1105 cals, 86g protein, 38g net carbs, 55g fat



[Garlic collard greens](#)

398 cals



[Almond crusted tilapia](#)

10 oz- 706 cals

Day 2

3225 cals ● 230g protein (29%) ● 202g fat (56%) ● 91g carbs (11%) ● 31g fiber (4%)

Breakfast

515 cals, 36g protein, 19g net carbs, 30g fat



[Avocado & vegan sausage toast](#)
1 toast(s)- 302 cals



[Basic scrambled eggs](#)
3 egg(s)- 213 cals

Snacks

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



[Nectarine](#)
1 nectarine(s)- 70 cals



[Boiled eggs](#)
2 egg(s)- 139 cals



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1/4 cup(s)- 222 cals

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



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

Lunch

860 cals, 33g protein, 38g net carbs, 60g fat



[Grilled cheese sandwich](#)
1 sandwich(es)- 495 cals



[Simple mixed greens salad](#)
136 cals



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

Dinner

1145 cals, 79g protein, 16g net carbs, 82g fat



[Walnuts](#)
1/2 cup(s)- 350 cals



[Simple sardine salad](#)
796 cals

Day 3

3145 cals ● 324g protein (41%) ● 145g fat (42%) ● 88g carbs (11%) ● 47g fiber (6%)

Breakfast

510 cals, 24g protein, 19g net carbs, 34g fat



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



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

Snacks

355 cals, 34g protein, 6g net carbs, 21g fat



[Pumpkin seeds](#)
183 cals



[Tuna cucumber bites](#)
173 cals

Protein Supplement(s)

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



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

Lunch

1035 cals, 119g protein, 19g net carbs, 42g fat



[Cajun cod](#)
19 1/2 oz- 608 cals



[Garlic collard greens](#)
425 cals

Dinner

975 cals, 87g protein, 42g net carbs, 48g fat



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



[Simple mixed greens salad](#)
170 cals

Day 4

3145 cals ● 324g protein (41%) ● 145g fat (42%) ● 88g carbs (11%) ● 47g fiber (6%)

Breakfast

510 cals, 24g protein, 19g net carbs, 34g fat



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



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

Snacks

355 cals, 34g protein, 6g net carbs, 21g fat



[Pumpkin seeds](#)
183 cals



[Tuna cucumber bites](#)
173 cals

Protein Supplement(s)

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



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

Lunch

1035 cals, 119g protein, 19g net carbs, 42g fat



[Cajun cod](#)
19 1/2 oz- 608 cals



[Garlic collard greens](#)
425 cals

Dinner

975 cals, 87g protein, 42g net carbs, 48g fat



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



[Simple mixed greens salad](#)
170 cals

Day 5

3205 cals ● 215g protein (27%) ● 188g fat (53%) ● 112g carbs (14%) ● 52g fiber (6%)

Breakfast

510 cals, 24g protein, 19g net carbs, 34g fat



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



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

Snacks

355 cals, 34g protein, 6g net carbs, 21g fat



[Pumpkin seeds](#)
183 cals



[Tuna cucumber bites](#)
173 cals

Protein Supplement(s)

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



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

Lunch

995 cals, 52g protein, 40g net carbs, 65g fat



[Roasted almonds](#)
1/2 cup(s)- 443 cals



[Tuna salad wrap](#)
1 wrap(s)- 552 cals

Dinner

1070 cals, 45g protein, 45g net carbs, 68g fat



[Raspberries](#)
2 cup(s)- 144 cals



[Dark chocolate](#)
8 square(s)- 479 cals



[Smoked salmon & feta lettuce wraps](#)
8 lettuce wrap(s)- 449 cals

Day 6

3209 cal ● 214g protein (27%) ● 192g fat (54%) ● 103g carbs (13%) ● 54g fiber (7%)

Breakfast

560 cal, 24g protein, 18g net carbs, 37g fat



Eggs with tomato and avocado
489 cal



Grapes
73 cal

Snacks

400 cal, 22g protein, 5g net carbs, 29g fat



Celery sticks
2 celery stalk- 13 cal



Avocado deviled eggs
3 egg(s)- 386 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

995 cal, 52g protein, 40g net carbs, 65g fat



Roasted almonds
1/2 cup(s)- 443 cal



Tuna salad wrap
1 wrap(s)- 552 cal

Dinner

980 cal, 56g protein, 39g net carbs, 60g fat



Garlic pepper seitan
571 cal



Tomato and avocado salad
411 cal

Day 7

3195 cal ● 229g protein (29%) ● 186g fat (52%) ● 92g carbs (12%) ● 60g fiber (7%)

Breakfast

560 cal, 24g protein, 18g net carbs, 37g fat



Eggs with tomato and avocado
489 cal



Grapes
73 cal

Snacks

400 cal, 22g protein, 5g net carbs, 29g fat



Celery sticks
2 celery stalk- 13 cal



Avocado deviled eggs
3 egg(s)- 386 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

980 cal, 67g protein, 29g net carbs, 59g fat



Orange & rosemary salmon
9 oz- 696 cal



Spinach cauliflower mince
4 cup(s)- 285 cal

Dinner

980 cal, 56g protein, 39g net carbs, 60g fat



Garlic pepper seitan
571 cal



Tomato and avocado salad
411 cal

Vegetables and Vegetable Products

- ☐ collard greens
4 lbs (1777g)
- ☐ garlic
20 clove(s) (60g)
- ☐ tomatoes
3 3/4 medium whole (2-3/5" dia) (461g)
- ☐ cucumber
1 cucumber (8-1/4") (339g)
- ☐ romaine lettuce
8 leaf inner (48g)
- ☐ raw celery
1/3 bunch (177g)
- ☐ fresh cilantro
2 tbsp, chopped (6g)
- ☐ onion
1 medium (2-1/2" dia) (119g)
- ☐ green pepper
1/4 cup, chopped (31g)
- ☐ fresh spinach
2 cup(s) (60g)

Fats and Oils

- ☐ oil
4 oz (117mL)
- ☐ olive oil
2 1/2 oz (81mL)
- ☐ salad dressing
13 1/2 tbsp (203mL)
- ☐ mayonnaise
3 tbsp (45mL)

Spices and Herbs

- ☐ salt
2/3 oz (18g)
- ☐ garlic powder
1/2 tbsp (5g)
- ☐ cajun seasoning
1/4 cup (29g)
- ☐ black pepper
1/8 oz (4g)
- ☐ fresh basil
6 leaves (3g)
- ☐ rosemary, dried
1/4 tbsp (1g)

Finfish and Shellfish Products

Cereal Grains and Pasta

- ☐ all-purpose flour
1/4 cup(s) (35g)
- ☐ seitan
13 1/3 oz (378g)

Beverages

- ☐ water
17 1/2 cup (4224mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Other

- ☐ vegan sausage
7 sausage (700g)
- ☐ mixed greens
18 cup (540g)
- ☐ vinaigrette, store-bought, any flavor
1/4 cup (68mL)
- ☐ frozen riced cauliflower
4 cup, frozen (424g)

Fruits and Fruit Juices

- ☐ avocados
5 1/2 avocado(s) (1106g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ raspberries
2 cup (246g)
- ☐ grapes
2 1/2 cup (230g)
- ☐ lime juice
2 fl oz (63mL)
- ☐ orange
1 1/2 orange (231g)
- ☐ lemon juice
3/4 tbsp (11mL)

Baked Products

- ☐ bread
10 oz (288g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Dairy and Egg Products

- ☐ tilapia, raw
10 oz (280g)
- ☐ sardines, canned in oil
3 can (276g)
- ☐ canned tuna
3 1/2 can (617g)
- ☐ cod, raw
2 1/2 lbs (1105g)
- ☐ smoked salmon
4 oz (113g)
- ☐ salmon
1 1/2 fillet/s (6 oz each) (255g)

Nut and Seed Products

- ☐ almonds
9 oz (260g)
- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)

- ☐ eggs
29 1/3 medium (1289g)
- ☐ butter
2 tbsp (28g)
- ☐ sliced cheese
4 slice (1 oz ea) (112g)
- ☐ feta cheese
1/2 cup (75g)

Legumes and Legume Products

- ☐ roasted peanuts
1 1/4 cup (183g)

Sweets

- ☐ Chocolate, dark, 70-85%
8 square(s) (80g)



Breakfast 1 [↗](#)

Eat on day 1, day 2

Avocado & vegan sausage toast

1 toast(s) - 302 cals ● 19g protein ● 15g fat ● 18g carbs ● 6g fiber



For single meal:

vegan sausage

1/2 sausage (50g)

avocados

1/4 avocado(s) (50g)

bread

1 slice(s) (32g)

For all 2 meals:

vegan sausage

1 sausage (100g)

avocados

1/2 avocado(s) (101g)

bread

2 slice(s) (64g)

1. Cook sausage according to package instructions. When sausage is cool enough to handle, slice it in half lengthwise, and then, if needed, slice again so that it will fit on your slice of bread.
2. Toast bread, if desired.
3. Using a fork, mash the avocado onto the bread. Season with some salt and pepper and top with sausage slices. Serve.

Basic scrambled eggs

3 egg(s) - 213 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (4mL)

eggs

3 medium (132g)

For all 2 meals:

oil

1/2 tbsp (8mL)

eggs

6 medium (264g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

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 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 3 meals:

roasted peanuts

3/4 cup (110g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Eggs with tomato and avocado

489 cals ● 23g protein ● 37g fat ● 6g carbs ● 11g fiber



For single meal:

tomatoes

3 slice(s), thick/large (1/2" thick)
(81g)

eggs

3 large (150g)

avocados, sliced

3/4 avocado(s) (151g)

salt

3 dash (1g)

black pepper

3 dash (0g)

fresh basil, chopped

3 leaves (2g)

For all 2 meals:

tomatoes

6 slice(s), thick/large (1/2" thick)
(162g)

eggs

6 large (300g)

avocados, sliced

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

salt

1/4 tbsp (2g)

black pepper

1/4 tbsp (1g)

fresh basil, chopped

6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Grapes

73 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

grapes

1 1/4 cup (115g)

For all 2 meals:

grapes

2 1/2 cup (230g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



For single meal:

bread

2 slice (64g)

butter

1 tbsp (14g)

sliced cheese

2 slice (1 oz ea) (56g)

For all 2 meals:

bread

4 slice (128g)

butter

2 tbsp (28g)

sliced cheese

4 slice (1 oz ea) (112g)

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.

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

salad dressing

6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.

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. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Cajun cod

19 1/2 oz - 608 cals ● 100g protein ● 20g fat ● 7g carbs ● 2g fiber



For single meal:

cod, raw
1 1/4 lbs (553g)
cajun seasoning
2 tbsp (15g)
oil
1 tbsp (16mL)

For all 2 meals:

cod, raw
2 1/2 lbs (1105g)
cajun seasoning
1/4 cup (29g)
oil
2 tbsp (33mL)

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.

Garlic collard greens

425 cals ● 19g protein ● 22g fat ● 12g carbs ● 25g fiber



For single meal:

collard greens
1 1/3 lbs (605g)
oil
4 tsp (20mL)
garlic, minced
4 clove(s) (12g)
salt
1/3 tsp (2g)

For all 2 meals:

collard greens
2 2/3 lbs (1210g)
oil
2 2/3 tbsp (40mL)
garlic, minced
8 clove(s) (24g)
salt
1/4 tbsp (4g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
 2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
 3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
 4. Season with salt and serve.
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Lunch 3 [↗](#)

Eat on day 5, day 6

Roasted almonds

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



For single meal:

almonds

1/2 cup, whole (72g)

For all 2 meals:

almonds

1 cup, whole (143g)

1. This recipe has no instructions.

Tuna salad wrap

1 wrap(s) - 552 cals ● 37g protein ● 29g fat ● 33g carbs ● 3g fiber



For single meal:

canned tuna

5 oz (142g)

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)

flour tortillas

1 tortilla (approx 10" dia) (72g)

For all 2 meals:

canned tuna

10 oz (284g)

mayonnaise

3 tbsp (45mL)

black pepper

2 dash (0g)

raw celery, chopped

1 stalk, small (5" long) (17g)

salt

2 dash (1g)

flour tortillas

2 tortilla (approx 10" dia) (144g)

1. Drain the tuna.
 2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
 3. Spread the mixture over the tortilla and wrap it.
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Lunch 4 [🔗](#)

Eat on day 7

Orange & rosemary salmon

9 oz - 696 cal ● 54g protein ● 40g fat ● 25g carbs ● 6g fiber



Makes 9 oz

salmon

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

rosemary, dried

1/4 tbsp (1g)

orange

1 1/2 orange (231g)

lemon juice

3/4 tbsp (11mL)

olive oil

1 tsp (6mL)

salt

3 dash (2g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

Spinach cauliflower mince

4 cup(s) - 285 cal ● 12g protein ● 19g fat ● 4g carbs ● 12g fiber



Makes 4 cup(s)

oil

4 tsp (20mL)

frozen riced cauliflower

4 cup, frozen (424g)

fresh spinach, chopped

2 cup(s) (60g)

garlic, diced

4 clove(s) (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, oil, garlic and some salt and pepper. Mix well.
4. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted

1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

For all 2 meals:

eggs

4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

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 2 [↗](#)

Eat on day 3, day 4, day 5

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. This recipe has no instructions.
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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 3 meals:

cucumber, sliced
1 cucumber (8-1/4") (339g)
canned tuna
4 1/2 packet (333g)

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

Eat on day 6, day 7

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Avocado deviled eggs

3 egg(s) - 386 cals ● 21g protein ● 29g fat ● 3g carbs ● 7g fiber



For single meal:

fresh cilantro, chopped

1 tbsp, chopped (3g)

lime juice

1 tsp (5mL)

avocados

1/2 avocado(s) (101g)

eggs

3 large (150g)

For all 2 meals:

fresh cilantro, chopped

2 tbsp, chopped (6g)

lime juice

2 tsp (10mL)

avocados

1 avocado(s) (201g)

eggs

6 large (300g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

Dinner 1 [🔗](#)

Eat on day 1

Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



collard greens

1 1/4 lbs (567g)

oil

1 1/4 tbsp (19mL)

garlic, minced

3 3/4 clove(s) (11g)

salt

1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Almond crusted tilapia

10 oz - 706 cals ● 68g protein ● 34g fat ● 27g carbs ● 6g fiber



Makes 10 oz

tilapia, raw

10 oz (280g)

almonds

6 2/3 tbsp, slivered (45g)

all-purpose flour

1/4 cup(s) (35g)

salt

1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
 2. Season fish with salt and dredge in flour mixture.
 3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
 4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
 5. Sprinkle almonds over fish.
 6. Serve.
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Dinner 2 [↗](#)

Eat on day 2

Walnuts

1/2 cup(s) - 350 cals ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber

Makes 1/2 cup(s)

walnuts

1/2 cup, shelled (50g)



1. This recipe has no instructions.

Simple sardine salad

796 cals ● 72g protein ● 50g fat ● 13g carbs ● 3g fiber



vinaigrette, store-bought, any flavor

1/4 cup (68mL)

sardines, canned in oil, drained

3 can (276g)

mixed greens

4 1/2 cup (135g)

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

Dinner 3 [↗](#)

Eat on day 3, day 4

Vegan sausage

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



For single meal:

vegan sausage

3 sausage (300g)

For all 2 meals:

vegan sausage

6 sausage (600g)

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

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

mixed greens
3 3/4 cup (113g)
salad dressing
1/4 cup (56mL)

For all 2 meals:

mixed greens
7 1/2 cup (225g)
salad dressing
1/2 cup (113mL)

1. Mix greens and dressing in a small bowl. Serve.

Dinner 4 [↗](#)

Eat on day 5

Raspberries

2 cup(s) - 144 cals ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



Makes 2 cup(s)

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Dark chocolate

8 square(s) - 479 cals ● 6g protein ● 34g fat ● 28g carbs ● 9g fiber



Makes 8 square(s)

Chocolate, dark, 70-85%
8 square(s) (80g)

1. This recipe has no instructions.

Smoked salmon & feta lettuce wraps

8 lettuce wrap(s) - 449 cals ● 35g protein ● 32g fat ● 4g carbs ● 1g fiber



Makes 8 lettuce wrap(s)

romaine lettuce
8 leaf inner (48g)
feta cheese
1/2 cup (75g)
smoked salmon
4 oz (113g)

1. On top each leaf of lettuce, place some smoked salmon and feta. Season with a dash of salt/pepper. Serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Garlic pepper seitan

571 cals ● 51g protein ● 28g fat ● 27g carbs ● 2g fiber



For single meal:

olive oil
5 tsp (25mL)
onion
1/4 cup, chopped (33g)
garlic, minced
2 clove(s) (6g)
green pepper
5 tsp, chopped (16g)
seitan, chicken style
6 2/3 oz (189g)
black pepper
1/4 tsp, ground (0g)
water
2 1/2 tsp (13mL)
salt
1 dash (1g)

For all 2 meals:

olive oil
1/4 cup (50mL)
onion
6 2/3 tbsp, chopped (67g)
garlic, minced
4 clove(s) (13g)
green pepper
1/4 cup, chopped (31g)
seitan, chicken style
13 1/3 oz (378g)
black pepper
1/2 tsp, ground (1g)
water
5 tsp (25mL)
salt
1/4 tsp (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

onion
1 3/4 tbsp minced (26g)
lime juice
1 3/4 tbsp (26mL)
avocados, cubed
7/8 avocado(s) (176g)
tomatoes, diced
7/8 medium whole (2-3/5" dia)
(108g)
olive oil
1/2 tbsp (7mL)
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 (53g)
lime juice
1/4 cup (53mL)
avocados, cubed
1 3/4 avocado(s) (352g)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia)
(215g)
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.

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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