

Meal Plan - 3300 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

3340 cals ● 210g protein (25%) ● 227g fat (61%) ● 84g carbs (10%) ● 31g fiber (4%)

Breakfast

515 cals, 35g protein, 10g net carbs, 35g fat



[Scrambled eggs with spinach, parmesan & tomato](#)
249 cals



[Simple sauteed spinach](#)
100 cals



[String cheese](#)
2 stick(s)- 165 cals

Snacks

370 cals, 24g protein, 23g net carbs, 20g fat



[Crackers](#)
6 cracker(s)- 101 cals



[Walnuts](#)
1/6 cup(s)- 131 cals



[Protein greek yogurt](#)
1 container- 139 cals

Protein Supplement(s)

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



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

Lunch

1125 cals, 40g protein, 23g net carbs, 94g fat



[Walnut crusted tofu](#)
989 cals



[Simple mixed greens salad](#)
136 cals

Dinner

1060 cals, 51g protein, 25g net carbs, 77g fat



[Low carb asian tofu bowl](#)
982 cals



[Simple mixed greens and tomato salad](#)
76 cals

Day 2

3337 cals ● 207g protein (25%) ● 215g fat (58%) ● 109g carbs (13%) ● 35g fiber (4%)

Breakfast

515 cals, 35g protein, 10g net carbs, 35g fat



[Scrambled eggs with spinach, parmesan & tomato](#)
249 cals



[Simple sauteed spinach](#)
100 cals



[String cheese](#)
2 stick(s)- 165 cals

Snacks

370 cals, 24g protein, 23g net carbs, 20g fat



[Crackers](#)
6 cracker(s)- 101 cals



[Walnuts](#)
1/6 cup(s)- 131 cals



[Protein greek yogurt](#)
1 container- 139 cals

Protein Supplement(s)

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



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

Lunch

1120 cals, 36g protein, 49g net carbs, 82g fat



[Simple mixed greens salad](#)
237 cals



[Pesto grilled cheese sandwich](#)
1 sandwich(es)- 557 cals



[Mixed nuts](#)
3/8 cup(s)- 327 cals

Dinner

1060 cals, 51g protein, 25g net carbs, 77g fat



[Low carb asian tofu bowl](#)
982 cals



[Simple mixed greens and tomato salad](#)
76 cals

Day 3

3292 cals ● 223g protein (27%) ● 192g fat (52%) ● 103g carbs (12%) ● 66g fiber (8%)

Breakfast

515 cals, 35g protein, 10g net carbs, 35g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



Simple sauteed spinach
100 cals



String cheese
2 stick(s)- 165 cals

Snacks

465 cals, 25g protein, 10g net carbs, 34g fat



Cucumber goat cheese bites
353 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

990 cals, 39g protein, 46g net carbs, 68g fat



Simple mixed greens salad
203 cals



Pecans
1/2 cup- 366 cals



Salmon alfredo pasta
418 cals

Dinner

1055 cals, 65g protein, 34g net carbs, 53g fat



Garlic collard greens
584 cals



Buffalo tempeh with tzatziki
471 cals

Day 4

3340 cals ● 239g protein (29%) ● 194g fat (52%) ● 122g carbs (15%) ● 39g fiber (5%)

Breakfast

525 cals, 25g protein, 20g net carbs, 35g fat



Eggs with tomato and avocado
326 cals



Milk
1 1/3 cup(s)- 199 cals

Snacks

465 cals, 25g protein, 10g net carbs, 34g fat



Cucumber goat cheese bites
353 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

990 cals, 39g protein, 46g net carbs, 68g fat



Simple mixed greens salad
203 cals



Pecans
1/2 cup- 366 cals



Salmon alfredo pasta
418 cals

Dinner

1090 cals, 90g protein, 43g net carbs, 55g fat



Vegan sausage
3 sausage(s)- 804 cals



Simple kale & avocado salad
288 cals

Day 5

3286 cals ● 238g protein (29%) ● 197g fat (54%) ● 97g carbs (12%) ● 43g fiber (5%)

Breakfast

525 cals, 25g protein, 20g net carbs, 35g fat



Eggs with tomato and avocado
326 cals



Milk
1 1/3 cup(s)- 199 cals

Snacks

395 cals, 25g protein, 24g net carbs, 21g fat



Tuna and crackers
284 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1035 cals, 64g protein, 25g net carbs, 69g fat



Pan fried salmon poke bowl
918 cals



Simple kale & avocado salad
115 cals

Dinner

1060 cals, 64g protein, 27g net carbs, 71g fat



Honey dijon salmon
10 oz- 670 cals



Tomato and avocado salad
391 cals

Day 6

3313 cals ● 243g protein (29%) ● 190g fat (52%) ● 105g carbs (13%) ● 53g fiber (6%)

Breakfast

585 cals, 31g protein, 20g net carbs, 40g fat



Milk
1 1/2 cup(s)- 224 cals



Egg in an eggplant
361 cals

Snacks

395 cals, 25g protein, 24g net carbs, 21g fat



Tuna and crackers
284 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1035 cals, 64g protein, 25g net carbs, 69g fat



Pan fried salmon poke bowl
918 cals



Simple kale & avocado salad
115 cals

Dinner

1030 cals, 62g protein, 34g net carbs, 60g fat



Sunflower seeds
316 cals



Tempeh power bowl
713 cals

Day 7

3258 cals ● 256g protein (31%) ● 181g fat (50%) ● 99g carbs (12%) ● 51g fiber (6%)

Breakfast

585 cals, 31g protein, 20g net carbs, 40g fat



Milk

1 1/2 cup(s)- 224 cals



Egg in an eggplant

361 cals

Snacks

395 cals, 25g protein, 24g net carbs, 21g fat



Tuna and crackers

284 cals



Roasted almonds

1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

980 cals, 77g protein, 19g net carbs, 60g fat



Pumpkin seeds

366 cals



Green beans with almonds & lemon

277 cals



Pan fried tilapia

9 oz- 335 cals

Dinner

1030 cals, 62g protein, 34g net carbs, 60g fat



Sunflower seeds

316 cals



Tempeh power bowl

713 cals

Vegetables and Vegetable Products

- ☐ garlic
17 1/4 clove(s) (52g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (427g)
- ☐ fresh spinach
20 cup(s) (600g)
- ☐ fresh ginger
5 tsp (10g)
- ☐ broccoli
4 3/4 cup chopped (432g)
- ☐ cucumber
2 2/3 cucumber (8-1/4") (803g)
- ☐ collard greens
29 1/4 oz (832g)
- ☐ kale leaves
1 bunch (191g)
- ☐ onion
5 tsp minced (25g)
- ☐ carrots
2 1/3 medium (142g)
- ☐ beets, raw
3 beet (2" dia) (246g)
- ☐ eggplant
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ fresh green beans
10 oz (283g)

Dairy and Egg Products

- ☐ parmesan cheese
6 tbsp (30g)
- ☐ eggs
16 large (800g)
- ☐ string cheese
6 stick (168g)
- ☐ butter
5 tsp (23g)
- ☐ cheese
2 slice (1 oz each) (56g)
- ☐ goat cheese
6 oz (170g)
- ☐ whole milk
5 2/3 cup(s) (1361mL)

Fats and Oils

- ☐ olive oil
2 oz (63mL)
- ☐ oil
1/2 lbs (243mL)

Nut and Seed Products

- ☐ sesame seeds
5 tsp (15g)
- ☐ walnuts
1/4 lbs (95g)
- ☐ mixed nuts
6 tbsp (50g)
- ☐ almonds
1/4 lbs (106g)
- ☐ pecans
1 cup, halves (99g)
- ☐ sunflower kernels
1/4 lbs (99g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)

Other

- ☐ frozen riced cauliflower
3 3/4 cup, prepared (638g)
- ☐ mixed greens
20 1/4 cup (608g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ alfredo sauce
1/2 cup (120g)
- ☐ tzatziki
1/6 cup(s) (42g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ teriyaki sauce
1/3 cup (70mL)

Baked Products

- ☐ crackers
42 crackers (147g)
- ☐ bread
2 slice (64g)

Fruits and Fruit Juices

- ☐ lemon juice
1 tbsp (14mL)
- ☐ avocados
4 avocado(s) (829g)
- ☐ lemon
1 small (65g)
- ☐ lime juice
1 1/3 fl oz (37mL)

- ☐ salad dressing
1 1/4 cup (304mL)
- ☐ mayonnaise
3 tbsp (45mL)

Spices and Herbs

- ☐ salt
1/2 oz (12g)
- ☐ black pepper
3 g (3g)
- ☐ dijon mustard
3 tbsp (48g)
- ☐ dried dill weed
1 tbsp (3g)
- ☐ fresh basil
4 leaves (2g)
- ☐ garlic powder
1/2 tsp (1g)
- ☐ rosemary, dried
1 tbsp (4g)

Legumes and Legume Products

- ☐ firm tofu
2 1/3 lbs (1049g)
- ☐ soy sauce
13 tbsp (195mL)
- ☐ tempeh
18 oz (510g)
- ☐ hummus
6 tbsp (90g)

Beverages

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

Soups, Sauces, and Gravies

- ☐ pesto sauce
1 tbsp (16g)
- ☐ Frank's Red Hot sauce
3 tbsp (46mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
3 oz (86g)

Finfish and Shellfish Products

- ☐ salmon
2 1/4 lbs (1039g)
- ☐ canned tuna
1/2 lbs (255g)
- ☐ tilapia, raw
1/2 lbs (252g)

Sweets

- ☐ honey
2 1/2 tsp (18g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Scrambled eggs with spinach, parmesan & tomato

249 cals ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



Translation missing:
en.for_single_meal

garlic, minced
4 dash (1g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
parmesan cheese
2 tbsp (10g)
fresh spinach
2 cup(s) (60g)
olive oil
1 tsp (5mL)
eggs
2 large (100g)

For all 3 meals:

garlic, minced
1/2 tbsp (4g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
parmesan cheese
6 tbsp (30g)
fresh spinach
6 cup(s) (180g)
olive oil
1 tbsp (15mL)
eggs
6 large (300g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



Translation missing:
en.for_single_meal

garlic, diced
1/2 clove (2g)
fresh spinach
4 cup(s) (120g)
olive oil
1/2 tbsp (8mL)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

For all 3 meals:

garlic, diced
1 1/2 clove (5g)
fresh spinach
12 cup(s) (360g)
olive oil
1 1/2 tbsp (23mL)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

String cheese

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



Translation missing:
en.for_single_meal

string cheese
2 stick (56g)

For all 3 meals:

string cheese
6 stick (168g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Eggs with tomato and avocado

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



Translation missing:
en.for_single_meal

fresh basil, chopped
2 leaves (1g)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
black pepper
2 dash (0g)
eggs
2 large (100g)
salt
2 dash (1g)

For all 2 meals:

fresh basil, chopped
4 leaves (2g)
avocados, sliced
1 avocado(s) (201g)
tomatoes
4 slice(s), thick/large (1/2" thick)
(108g)
black pepper
4 dash (0g)
eggs
4 large (200g)
salt
4 dash (2g)

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.

Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



Translation missing:
en.for_single_meal

whole milk
1 1/3 cup(s) (320mL)

For all 2 meals:

whole milk
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Translation missing:
en.for_single_meal

whole milk

1 1/2 cup(s) (360mL)

For all 2 meals:

whole milk

3 cup(s) (720mL)

1. The recipe has no instructions.
-

Egg in an eggplant

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



Translation missing:
en.for_single_meal

eggs

3 large (150g)

oil

1 tbsp (15mL)

eggplant

3 1 inch (2.5 cm) slice(s) (180g)

For all 2 meals:

eggs

6 large (300g)

oil

2 tbsp (30mL)

eggplant

6 1 inch (2.5 cm) slice(s) (360g)

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.
-

Lunch 1 [🔗](#)

Eat on day 1

Walnut crusted tofu

989 cals ● 37g protein ● 85g fat ● 15g carbs ● 5g fiber



firm tofu, drained

3/4 lbs (340g)

mayonnaise

3 tbsp (45mL)

walnuts

1/2 cup, chopped (58g)

dijon mustard

1 1/2 tbsp (23g)

garlic, diced

3 clove(s) (9g)

lemon juice

1/2 tbsp (8mL)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Simple mixed greens salad

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



salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

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

Lunch 2 [↗](#)

Eat on day 2

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



salad dressing

1/3 cup (79mL)

mixed greens

5 1/4 cup (158g)

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

Pesto grilled cheese sandwich

1 sandwich(es) - 557 cals ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

butter, softened

1 tbsp (14g)

tomatoes

2 slice(s), thin/small (30g)

cheese

2 slice (1 oz each) (56g)

pesto sauce

1 tbsp (16g)

bread

2 slice (64g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



Makes 3/8 cup(s)

mixed nuts
6 tbsp (50g)

1. The recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 3 and day 4

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



Translation missing:
en.for_single_meal

salad dressing
1/4 cup (68mL)
mixed greens
4 1/2 cup (135g)

For all 2 meals:

salad dressing
1/2 cup (135mL)
mixed greens
9 cup (270g)

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

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Translation missing:
en.for_single_meal

pecans
1/2 cup, halves (50g)

For all 2 meals:

pecans
1 cup, halves (99g)

1. The recipe has no instructions.

Salmon alfredo pasta

418 cals ● 30g protein ● 18g fat ● 31g carbs ● 2g fiber



Translation missing:
en.for_single_meal

uncooked dry pasta
1 1/2 oz (43g)
alfredo sauce
4 tbsp (60g)
fresh spinach
1 cup(s) (30g)
salmon
4 oz (113g)

For all 2 meals:

uncooked dry pasta
3 oz (86g)
alfredo sauce
1/2 cup (120g)
fresh spinach
2 cup(s) (60g)
salmon
1/2 lbs (227g)

1. Preheat oven to 350°F (180°C).
2. Cook pasta according to package instructions. Set aside.
3. Place salmon skin side down on a baking sheet and season with some salt and pepper. Bake 14-16 minutes until the salmon flesh flakes.
4. Meanwhile, heat alfredo sauce in a saucepan over medium heat until it starts to bubble. Add in spinach and stir. Cook for 1-2 minutes until spinach has wilted.
5. Remove salmon from the oven and when it is cool enough to handle, cut it into large chunks.
6. Add pasta to a plate and pour the alfredo sauce over the pasta. Top with salmon and some pepper. Serve.

Lunch 4 [🔗](#)

Eat on day 5 and day 6

Pan fried salmon poke bowl

918 cals ● 61g protein ● 61g fat ● 20g carbs ● 11g fiber



Translation missing:
en.for_single_meal

cucumber, cubed
5/8 cucumber (8-1/4") (176g)
carrots, thinly sliced
1 1/6 medium (71g)
lime juice
1 tsp (6mL)
avocados, cubed
5/8 avocado(s) (117g)
teriyaki sauce
2 1/3 tbsp (35mL)
salmon
9 1/3 oz (265g)
oil
1 3/4 tsp (9mL)

For all 2 meals:

cucumber, cubed
1 1/6 cucumber (8-1/4") (351g)
carrots, thinly sliced
2 1/3 medium (142g)
lime juice
3/4 tbsp (12mL)
avocados, cubed
1 1/6 avocado(s) (234g)
teriyaki sauce
1/4 cup (70mL)
salmon
18 2/3 oz (529g)
oil
3 1/2 tsp (17mL)

1. Heat oil in skillet over medium heat.
2. Season salmon with salt and pepper to taste.
3. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the salmon over with a spatula, and cook until it feels firm to the touch and the skin is crisp if desired, about 3 minutes more. Remove from heat and cut into bite-sized pieces. Set aside.
4. Assemble bowl by arranging avocado, cucumber, carrots, and salmon and drizzling lime juice and teriyaki sauce on top. Serve.

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



Translation missing:
en.for_single_meal

lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)
kale leaves, chopped
1/4 bunch (43g)

For all 2 meals:

lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)
kale leaves, chopped
1/2 bunch (85g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Lunch 5 [↗](#)

Eat on day 7

Pumpkin seeds

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



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

1. The recipe has no instructions.

Green beans with almonds & lemon

277 cals ● 9g protein ● 16g fat ● 14g carbs ● 10g fiber



fresh green beans, trimmed
10 oz (283g)
salt
1 1/4 dash (1g)
almonds
2 1/2 tbsp, slivered (17g)
lemon juice
1 1/4 tsp (6mL)
butter
2 tsp (9g)

1. Bring a large pot of water to a boil and add the green beans. Cook for about 4-6 minutes, until tender. Drain and transfer to a bowl.
2. Meanwhile, add the butter to a small skillet over medium heat and melt.
3. When sizzling, add almonds and cook for about a minute until almonds are lightly toasted.
4. Add the lemon juice and salt and stir, continuing to cook for about 30 more seconds.
5. Drizzle butter and almond mixture over green beans.
6. Serve.

Pan fried tilapia

9 oz - 335 cal ● 51g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 9 oz

tilapia, raw
1/2 lbs (252g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
olive oil
3/4 tbsp (11mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
 2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.
-

Snacks 1 [↗](#)

Eat on day 1 and day 2

Crackers

6 cracker(s) - 101 cals ● 2g protein ● 4g fat ● 13g carbs ● 1g fiber



Translation missing:
en.for_single_meal

crackers
6 crackers (21g)

For all 2 meals:

crackers
12 crackers (42g)

1. Enjoy.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



Translation missing:
en.for_single_meal

walnuts
3 tbsp, shelled (19g)

For all 2 meals:

walnuts
6 tbsp, shelled (38g)

1. The recipe has no instructions.

Protein greek yogurt

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



Translation missing:
en.for_single_meal

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Cucumber goat cheese bites

353 cals ● 21g protein ● 26g fat ● 9g carbs ● 1g fiber



Translation missing:
en.for_single_meal

cucumber, sliced
3/4 cucumber (8-1/4") (226g)
goat cheese
3 oz (85g)
dried dill weed
1/2 tbsp (2g)

For all 2 meals:

cucumber, sliced
1 1/2 cucumber (8-1/4") (452g)
goat cheese
6 oz (170g)
dried dill weed
1 tbsp (3g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Translation missing:
en.for_single_meal

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Tuna and crackers

284 cals ● 21g protein ● 12g fat ● 23g carbs ● 1g fiber



Translation missing:
en.for_single_meal

crackers
10 crackers (35g)
canned tuna
3 oz (85g)

For all 3 meals:

crackers
30 crackers (105g)
canned tuna
1/2 lbs (255g)

1. The recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Translation missing:
en.for_single_meal

almonds

2 tbsp, whole (18g)

For all 3 meals:

almonds

6 tbsp, whole (54g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Low carb asian tofu bowl

982 cals ● 50g protein ● 73g fat ● 20g carbs ● 13g fiber



Translation missing:
en.for_single_meal

fresh ginger, minced

2 1/2 tsp (5g)

garlic, minced

2 1/2 clove (8g)

firm tofu, drained and patted dry

3/4 lbs (354g)

sesame seeds

2 1/2 tsp (8g)

oil

1/4 cup (56mL)

soy sauce

5 tbsp (75mL)

frozen riced cauliflower

2 cup, prepared (319g)

broccoli

1 1/4 cup chopped (114g)

For all 2 meals:

fresh ginger, minced

5 tsp (10g)

garlic, minced

5 clove (15g)

firm tofu, drained and patted dry

1 1/2 lbs (709g)

sesame seeds

5 tsp (15g)

oil

1/2 cup (113mL)

soy sauce

10 tbsp (150mL)

frozen riced cauliflower

3 3/4 cup, prepared (638g)

broccoli

2 1/2 cup chopped (228g)

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.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



Translation missing:
en.for_single_meal

salad dressing

1 1/2 tbsp (23mL)

tomatoes

4 tbsp cherry tomatoes (37g)

mixed greens

1 1/2 cup (45g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

tomatoes

1/2 cup cherry tomatoes (75g)

mixed greens

3 cup (90g)

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

Dinner 2 [↗](#)

Eat on day 3

Garlic collard greens

584 cals ● 26g protein ● 31g fat ● 17g carbs ● 34g fiber



garlic, minced

5 1/2 clove(s) (17g)

salt

1/2 tsp (3g)

oil

2 tbsp (28mL)

collard greens

29 1/3 oz (832g)

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.

Buffalo tempeh with tzatziki

471 cals ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



tempeh, roughly chopped

6 oz (170g)

oil

3/4 tbsp (11mL)

tzatziki

1/6 cup(s) (42g)

Frank's Red Hot sauce

3 tbsp (45mL)

1. Heat oil in a skillet over medium heat. Add tempeh 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 tzatziki.

Dinner 3 [🔗](#)

Eat on day 4

Vegan sausage

3 sausage(s) - 804 cals ● 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.

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



lemon, juiced
5/8 small (36g)
avocados, chopped
5/8 avocado(s) (126g)
kale leaves, chopped
5/8 bunch (106g)

1. Add all ingredients into a bowl.
 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
 3. Season with salt and pepper if desired. Serve.
-

Dinner 4 [🔗](#)

Eat on day 5

Honey dijon salmon

10 oz - 670 cals ● 59g protein ● 41g fat ● 16g carbs ● 1g fiber



Makes 10 oz

garlic, minced

5/6 clove (3g)

olive oil

1/2 tbsp (8mL)

honey

2 1/2 tsp (18g)

dijon mustard

5 tsp (25g)

salmon

1 2/3 fillet/s (6 oz each) (283g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Tomato and avocado salad

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



tomatoes, diced

5/6 medium whole (2-3/5" dia) (103g)

black pepper

1/2 tsp, ground (1g)

salt

1/2 tsp (3g)

garlic powder

1/2 tsp (1g)

olive oil

1 1/4 tsp (6mL)

avocados, cubed

5/6 avocado(s) (168g)

lime juice

5 tsp (25mL)

onion

5 tsp minced (25g)

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.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



Translation missing:
en.for_single_meal

sunflower kernels
1 3/4 oz (50g)

For all 2 meals:

sunflower kernels
1/4 lbs (99g)

1. The recipe has no instructions.

Tempeh power bowl

713 cals ● 47g protein ● 35g fat ● 30g carbs ● 22g fiber



Translation missing:
en.for_single_meal

beets, raw, peeled and chopped into bite-size pieces

1 1/2 beet (2" dia) (123g)

oil, separated

1 1/2 tbsp (23mL)

rosemary, dried

1/2 tbsp (2g)

soy sauce

1 1/2 tbsp (23mL)

hummus

3 tbsp (45g)

broccoli

1 cup chopped (102g)

tempeh

6 oz (170g)

For all 2 meals:

beets, raw, peeled and chopped into bite-size pieces

3 beet (2" dia) (246g)

oil, separated

3 tbsp (45mL)

rosemary, dried

1 tbsp (4g)

soy sauce

3 tbsp (45mL)

hummus

6 tbsp (90g)

broccoli

2 1/4 cup chopped (205g)

tempeh

3/4 lbs (340g)

1. Preheat oven to 400 F (200 C).
2. Put foil on a baking sheet and add the chopped beets and broccoli.
3. Pour half of the oil on the veggies along with the rosemary and salt/pepper to taste. Mix around the veggies until they're fully coated.
4. Roast veggies in the oven for about 25 minutes, stirring once.
5. [Optional] Boil tempeh in water for 10 minutes to remove any bitterness in the tempeh. Drain when done.
6. Cut tempeh into bite-sized cubes.
7. Heat a skillet over medium heat and add the remaining oil. Add in the tempeh and cook until lightly browned, stirring occasionally, about 5 minutes.
8. Mix together the hummus and soy sauce.
9. When all elements are done, plate the veggies, add the tempeh and top with hummus sauce.
10. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



Translation missing:
en.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. The recipe has no instructions.