

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

3337 cal ● 233g protein (28%) ● 229g fat (62%) ● 56g carbs (7%) ● 30g fiber (4%)

Breakfast

250 cal, 14g protein, 7g net carbs, 16g fat



[Raspberries](#)
3/4 cup(s)- 54 cal



[Pesto scrambled eggs](#)
2 eggs- 198 cal

Snacks

480 cal, 16g protein, 25g net carbs, 34g fat



[Rice cakes with peanut butter](#)
2 cake(s)- 479 cal

Protein Supplement(s)

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



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

Lunch

1160 cal, 48g protein, 17g net carbs, 94g fat



[Cheese and guac tacos](#)
4 taco(s)- 700 cal



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

Dinner

1175 cal, 95g protein, 6g net carbs, 84g fat



[Simple salmon](#)
16 oz- 1027 cal



[Buttered green beans](#)
147 cal

Day 2

3296 cals ● 236g protein (29%) ● 201g fat (55%) ● 96g carbs (12%) ● 39g fiber (5%)

Breakfast

250 cals, 14g protein, 7g net carbs, 16g fat



Raspberries
3/4 cup(s)- 54 cals



Pesto scrambled eggs
2 eggs- 198 cals

Snacks

480 cals, 16g protein, 25g net carbs, 34g fat



Rice cakes with peanut butter
2 cake(s)- 479 cals

Lunch

1160 cals, 48g protein, 17g net carbs, 94g fat



Cheese and guac tacos
4 taco(s)- 700 cals



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

Dinner

1135 cals, 98g protein, 45g net carbs, 57g fat



Olive oil drizzled green beans
145 cals



Almond crusted tilapia
14 oz- 988 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

3269 cals ● 250g protein (31%) ● 192g fat (53%) ● 96g carbs (12%) ● 38g fiber (5%)

Breakfast

250 cals, 14g protein, 7g net carbs, 16g fat



Raspberries
3/4 cup(s)- 54 cals



Pesto scrambled eggs
2 eggs- 198 cals

Snacks

440 cals, 15g protein, 12g net carbs, 34g fat



Celery and peanut butter
327 cals



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

Lunch

1175 cals, 62g protein, 30g net carbs, 85g fat



Simple mozzarella and tomato salad
887 cals



Roasted peanuts
1/3 cup(s)- 288 cals

Dinner

1135 cals, 98g protein, 45g net carbs, 57g fat



Olive oil drizzled green beans
145 cals



Almond crusted tilapia
14 oz- 988 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

3241 cal ● 245g protein (30%) ● 181g fat (50%) ● 109g carbs (13%) ● 49g fiber (6%)

Breakfast

535 cal, 57g protein, 14g net carbs, 27g fat



Protein shake (milk)
258 cal



Boiled eggs
4 egg(s)- 277 cal

Snacks

440 cal, 15g protein, 12g net carbs, 34g fat



Celery and peanut butter
327 cal



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

1015 cal, 73g protein, 33g net carbs, 62g fat



Slow-baked salmon with lemon and thyme
12 oz- 804 cal



Honey glazed carrots
213 cal

Dinner

980 cal, 40g protein, 48g net carbs, 57g fat



Simple kale & avocado salad
403 cal



Goat cheese and marinara stuffed zucchini
6 zucchini halve(s)- 576 cal

Day 5

3279 cal ● 246g protein (30%) ● 185g fat (51%) ● 113g carbs (14%) ● 45g fiber (6%)

Breakfast

535 cal, 57g protein, 14g net carbs, 27g fat



Protein shake (milk)
258 cal



Boiled eggs
4 egg(s)- 277 cal

Snacks

425 cal, 12g protein, 17g net carbs, 29g fat



Milk
1 cup(s)- 149 cal



Avocado
176 cal



Pepper strips and guacamole
100 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

1015 cal, 73g protein, 33g net carbs, 62g fat



Slow-baked salmon with lemon and thyme
12 oz- 804 cal



Honey glazed carrots
213 cal

Dinner

1030 cal, 44g protein, 46g net carbs, 65g fat



Sesame peanut zoodles
1029 cal

Day 6

3269 cals ● 237g protein (29%) ● 181g fat (50%) ● 118g carbs (14%) ● 56g fiber (7%)

Breakfast

510 cals, 51g protein, 23g net carbs, 22g fat



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



Cottage cheese and pineapple
280 cals

Snacks

425 cals, 12g protein, 17g net carbs, 29g fat



Milk
1 cup(s)- 149 cals



Avocado
176 cals



Pepper strips and guacamole
100 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1035 cals, 69g protein, 30g net carbs, 63g fat



Salmon & veggie one pot
9 1/3 oz salmon- 873 cals



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

Dinner

1030 cals, 44g protein, 46g net carbs, 65g fat



Sesame peanut zoodles
1029 cals

Day 7

3258 cals ● 298g protein (37%) ● 167g fat (46%) ● 91g carbs (11%) ● 50g fiber (6%)

Breakfast

510 cals, 51g protein, 23g net carbs, 22g fat



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



Cottage cheese and pineapple
280 cals

Snacks

425 cals, 12g protein, 17g net carbs, 29g fat



Milk
1 cup(s)- 149 cals



Avocado
176 cals



Pepper strips and guacamole
100 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1035 cals, 69g protein, 30g net carbs, 63g fat



Salmon & veggie one pot
9 1/3 oz salmon- 873 cals



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

Dinner

1020 cals, 105g protein, 18g net carbs, 52g fat



Tomato and avocado salad
411 cals



Cajun cod
19 1/2 oz- 608 cals

Finfish and Shellfish Products

- salmon
3 2/3 lbs (1663g)
- tilapia, raw
1 3/4 lbs (784g)
- cod, raw
1 1/4 lbs (553g)

Fats and Oils

- oil
3 oz (86mL)
- olive oil
2 oz (61mL)
- balsamic vinaigrette
1/4 cup (55mL)

Vegetables and Vegetable Products

- frozen green beans
3 2/3 cup (444g)
- raw celery
6 stalk, medium (7-1/2" - 8" long) (240g)
- tomatoes
5 medium whole (2-3/5" dia) (608g)
- kale leaves
7/8 bunch (149g)
- zucchini
7 1/4 large (2341g)
- carrots
1 1/4 lbs (567g)
- green onions
1/2 cup, sliced (56g)
- bell pepper
4 1/3 medium (516g)
- canned crushed tomatoes
2 1/3 cup (565g)
- onion
1 3/4 medium (2-1/2" dia) (190g)
- garlic
5 clove (15g)
- fresh spinach
2 1/2 cup(s) (75g)

Spices and Herbs

- salt
1/4 oz (7g)
- black pepper
1 1/2 g (1g)

Beverages

- water
18 1/2 cup(s) (4385mL)
- protein powder
19 1/2 scoop (1/3 cup ea) (605g)

Fruits and Fruit Juices

- raspberries
2 1/4 cup (277g)
- lemon
1 1/2 large (135g)
- avocados
3 1/4 avocado(s) (653g)
- lemon juice
7/8 fl oz (26mL)
- lime juice
1/3 cup (79mL)
- canned pineapple
3/4 cup, chunks (136g)

Soups, Sauces, and Gravies

- pesto sauce
3 tbsp (48g)
- pasta sauce
3/4 cup (195g)

Legumes and Legume Products

- peanut butter
1 3/4 cup (448g)
- roasted peanuts
2 cup (265g)
- soy sauce
1/2 cup (105mL)

Snacks

- rice cakes, any flavor
4 cakes (36g)

Other

- guacamole, store-bought
13 oz (371g)
- coleslaw mix
3 1/2 cup (315g)
- frozen riced cauliflower
5 cup, frozen (530g)

- fresh basil
1/4 cup, chopped (10g)
- thyme, dried
1 tsp, leaves (1g)
- ground cumin
3/4 tbsp (5g)
- dried dill weed
3/4 tbsp (2g)
- garlic powder
1/2 tsp (1g)
- cajun seasoning
2 tbsp (15g)

Dairy and Egg Products

- butter
3/8 stick (48g)
 - eggs
14 large (700g)
 - cheddar cheese
2 cup, shredded (226g)
 - fresh mozzarella cheese
1/2 lbs (208g)
 - goat cheese
3 oz (85g)
 - whole milk
5 cup (1200mL)
 - low fat cottage cheese (1% milkfat)
3 cup (678g)
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Nut and Seed Products

- almonds
5 2/3 oz (23 whole kernels) (162g)
- chia seeds
3 1/2 tsp (17g)
- sesame seeds
3 1/2 tsp (11g)

Cereal Grains and Pasta

- all-purpose flour
3/4 cup (97g)

Sweets

- honey
1 1/4 tbsp (26g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Raspberries

3/4 cup(s) - 54 cal ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries
3/4 cup (92g)

For all 3 meals:

raspberries
2 1/4 cup (277g)

1. Rinse raspberries and serve.

Pesto scrambled eggs

2 eggs - 198 cal ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce
1 tbsp (16g)
eggs
2 large (100g)

For all 3 meals:

pesto sauce
3 tbsp (48g)
eggs
6 large (300g)

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

Protein shake (milk)

258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

whole milk
2 cup (480mL)
protein powder
2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
2. Serve.

Boiled eggs

4 egg(s) - 277 cal ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)

For all 2 meals:

eggs
8 large (400g)

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.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts

4 tbsp (37g)

For all 2 meals:

roasted peanuts

1/2 cup (73g)

1. This recipe has no instructions.
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Cottage cheese and pineapple

280 cal ● 42g protein ● 3g fat ● 19g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1 1/2 cup (339g)

canned pineapple, drained

6 tbsp, chunks (68g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

3 cup (678g)

canned pineapple, drained

3/4 cup, chunks (136g)

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.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Cheese and guac tacos

4 taco(s) - 700 cals ● 30g protein ● 58g fat ● 8g carbs ● 8g fiber



For single meal:

cheddar cheese
1 cup, shredded (113g)
guacamole, store-bought
1/2 cup (124g)

For all 2 meals:

cheddar cheese
2 cup, shredded (226g)
guacamole, store-bought
1 cup (247g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Roasted peanuts

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



For single meal:

roasted peanuts
1/2 cup (73g)

For all 2 meals:

roasted peanuts
1 cup (146g)

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

Eat on day 3

Simple mozzarella and tomato salad

887 cal ● 51g protein ● 62g fat ● 25g carbs ● 6g fiber



tomatoes, sliced

2 3/4 large whole (3" dia) (501g)

fresh mozzarella cheese, sliced

1/2 lbs (208g)

balsamic vinaigrette

1/4 cup (55mL)

fresh basil

1/4 cup, chopped (10g)

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

Roasted peanuts

1/3 cup(s) - 288 cal ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber

Makes 1/3 cup(s)

roasted peanuts

5 tbsp (46g)



1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4, day 5

Slow-baked salmon with lemon and thyme

12 oz - 804 cal ● 70g protein ● 56g fat ● 3g carbs ● 1g fiber



For single meal:

salmon, skin on

3/4 lbs (340g)

oil

3/4 tbsp (11mL)

thyme, dried

4 dash, leaves (1g)

lemon, cut into wedges

1/2 large (42g)

For all 2 meals:

salmon, skin on

1 1/2 lbs (680g)

oil

1 1/2 tbsp (23mL)

thyme, dried

1 tsp, leaves (1g)

lemon, cut into wedges

1 large (84g)

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.

Honey glazed carrots

213 cal ● 3g protein ● 5g fat ● 31g carbs ● 8g fiber



For single meal:

butter
1 1/4 tsp (6g)
carrots
10 oz (283g)
water
1/6 cup(s) (49mL)
honey
2 tsp (13g)
salt
1 1/4 dash (1g)
lemon juice
2 tsp (9mL)

For all 2 meals:

butter
2 1/2 tsp (11g)
carrots
1 1/4 lbs (567g)
water
3/8 cup(s) (99mL)
honey
1 1/4 tbsp (26g)
salt
1/3 tsp (2g)
lemon juice
1 1/4 tbsp (19mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Lunch 4 [↗](#)

Eat on day 6, day 7

Salmon & veggie one pot

9 1/3 oz salmon - 873 cal ● 61g protein ● 53g fat ● 27g carbs ● 10g fiber



For single meal:

ground cumin
1 tsp (2g)
water
1/4 cup(s) (69mL)
oil
3 1/2 tsp (17mL)
dried dill weed
1 tsp (1g)
canned crushed tomatoes
56 tsp (282g)
onion, sliced
1 1/6 small (82g)
bell pepper, sliced into strips
1 1/6 medium (139g)
salmon
9 1/3 oz (265g)

For all 2 meals:

ground cumin
3/4 tbsp (5g)
water
5/8 cup(s) (138mL)
oil
2 1/3 tbsp (35mL)
dried dill weed
3/4 tbsp (2g)
canned crushed tomatoes
2 1/3 cup (565g)
onion, sliced
2 1/3 small (163g)
bell pepper, sliced into strips
2 1/3 medium (278g)
salmon
18 2/3 oz (529g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Buttery spinach cauliflower mince

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



For single meal:

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)

For all 2 meals:

garlic, minced
5 clove (15g)
fresh spinach, chopped
2 1/2 cup(s) (75g)
frozen riced cauliflower
5 cup, frozen (530g)
butter
5 tsp (24g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Rice cakes with peanut butter

2 cake(s) - 479 cal ● 16g protein ● 34g fat ● 25g carbs ● 4g fiber



For single meal:

peanut butter
4 tbsp (64g)
rice cakes, any flavor
2 cakes (18g)

For all 2 meals:

peanut butter
1/2 cup (128g)
rice cakes, any flavor
4 cakes (36g)

1. Spread peanut butter over top of rice cake.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Celery and peanut butter

327 cals ● 12g protein ● 25g fat ● 10g carbs ● 4g fiber



For single meal:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

peanut butter

3 tbsp (48g)

For all 2 meals:

raw celery

6 stalk, medium (7-1/2" - 8" long)
(240g)

peanut butter

6 tbsp (96g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Roasted almonds

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



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk

1 cup (240mL)

For all 3 meals:

whole milk

3 cup (720mL)

1. This recipe has no instructions.

Avocado

176 cal ● 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 3 meals:

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.

Pepper strips and guacamole

100 cal ● 2g protein ● 7g fat ● 4g carbs ● 4g fiber



For single meal:

bell pepper, sliced
2/3 medium (79g)
guacamole, store-bought
2 2/3 tbsp (41g)

For all 3 meals:

bell pepper, sliced
2 medium (238g)
guacamole, store-bought
1/2 cup (124g)

1. Slice the peppers into strips and remove the seeds.
 2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.
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Dinner 1 [↗](#)

Eat on day 1

Simple salmon

16 oz - 1027 cals ● 93g protein ● 73g fat ● 0g carbs ● 0g fiber



Makes 16 oz

salmon

1 lbs (454g)

oil

1 tbsp (13mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Buttered green beans

147 cals ● 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 green beans

145 cals ● 3g protein ● 9g fat ● 8g carbs ● 4g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen green beans
2 2/3 cup (323g)
olive oil
4 tsp (20mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Almond crusted tilapia

14 oz - 988 cals ● 95g protein ● 47g fat ● 37g carbs ● 8g fiber



For single meal:

tilapia, raw
14 oz (392g)
almonds
9 1/3 tbsp, slivered (63g)
all-purpose flour
6 1/4 tbsp (49g)
salt
1/4 tsp (1g)
olive oil
3 1/2 tsp (17mL)

For all 2 meals:

tilapia, raw
1 3/4 lbs (784g)
almonds
56 tsp, slivered (126g)
all-purpose flour
3/4 cup (97g)
salt
1/2 tsp (2g)
olive oil
2 1/3 tbsp (35mL)

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 3 [↗](#)

Eat on day 4

Simple kale & avocado salad

403 cals ● 8g protein ● 27g fat ● 16g carbs ● 16g fiber



kale leaves, chopped

7/8 bunch (149g)

lemon, juiced

7/8 small (51g)

avocados, chopped

7/8 avocado(s) (176g)

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.

Goat cheese and marinara stuffed zucchini

6 zucchini halve(s) - 576 cals ● 32g protein ● 30g fat ● 31g carbs ● 14g fiber



Makes 6 zucchini halve(s)

zucchini

3 large (969g)

pasta sauce

3/4 cup (195g)

goat cheese

3 oz (85g)

1. Preheat oven to 400°F (200°C).
 2. Cut a zucchini in half from stem to base.
 3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
 4. Add the pasta sauce to the cavity and top with the goat cheese.
 5. Place on a baking sheet and cook for about 15-20 minutes. Serve.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Sesame peanut zoodles

1029 cal ● 44g protein ● 65g fat ● 46g carbs ● 22g fiber



For single meal:

chia seeds
1 3/4 tsp (8g)
lime juice
1 3/4 tbsp (26mL)
green onions
1/4 cup, sliced (28g)
sesame seeds
1 3/4 tsp (5g)
soy sauce
1/4 cup (53mL)
peanut butter
1/2 cup (112g)
coleslaw mix
1 3/4 cup (158g)
zucchini, spiralized
3 1/2 medium (686g)

For all 2 meals:

chia seeds
3 1/2 tsp (17g)
lime juice
1/4 cup (53mL)
green onions
1/2 cup, sliced (56g)
sesame seeds
3 1/2 tsp (11g)
soy sauce
1/2 cup (105mL)
peanut butter
14 tbsp (224g)
coleslaw mix
3 1/2 cup (315g)
zucchini, spiralized
7 medium (1372g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Dinner 5 [↗](#)

Eat on day 7

Tomato and avocado salad

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



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)

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

Cajun cod

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



Makes 19 1/2 oz

cod, raw

1 1/4 lbs (553g)

cajun seasoning

2 tbsp (15g)

oil

1 tbsp (16mL)

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.

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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