

Meal Plan - 3400 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

3328 cal ● 293g protein (35%) ● 180g fat (49%) ● 107g carbs (13%) ● 27g fiber (3%)

Breakfast

545 cal, 31g protein, 35g net carbs, 30g fat



[Medium toasted bagel with butter and jelly](#)
1/2 bagel(s)- 225 cal



[Basic fried eggs](#)
4 egg(s)- 318 cal

Snacks

505 cal, 33g protein, 25g net carbs, 29g fat



[Toast with butter](#)
2 slice(s)- 227 cal



[Boiled eggs](#)
4 egg(s)- 277 cal

Protein Supplement(s)

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



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

Lunch

1120 cal, 133g protein, 18g net carbs, 55g fat



[Roasted tomatoes](#)
3 1/2 tomato(es)- 208 cal



[Parmesan crusted tilapia](#)
20 oz- 914 cal

Dinner

885 cal, 35g protein, 27g net carbs, 64g fat



[Grapes](#)
77 cal



[Low carb asian tofu bowl](#)
589 cal



[Walnuts](#)
1/3 cup(s)- 219 cal

Day 2

3328 cals ● 293g protein (35%) ● 180g fat (49%) ● 107g carbs (13%) ● 27g fiber (3%)

Breakfast

545 cals, 31g protein, 35g net carbs, 30g fat



Medium toasted bagel with butter and jelly
1/2 bagel(s)- 225 cals



Basic fried eggs
4 egg(s)- 318 cals

Snacks

505 cals, 33g protein, 25g net carbs, 29g fat



Toast with butter
2 slice(s)- 227 cals



Boiled eggs
4 egg(s)- 277 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1120 cals, 133g protein, 18g net carbs, 55g fat



Roasted tomatoes
3 1/2 tomato(es)- 208 cals



Parmesan crusted tilapia
20 oz- 914 cals

Dinner

885 cals, 35g protein, 27g net carbs, 64g fat



Grapes
77 cals



Low carb asian tofu bowl
589 cals



Walnuts
1/3 cup(s)- 219 cals

Day 3

3369 cals ● 246g protein (29%) ● 200g fat (54%) ● 118g carbs (14%) ● 28g fiber (3%)

Breakfast

545 cals, 31g protein, 35g net carbs, 30g fat



Medium toasted bagel with butter and jelly
1/2 bagel(s)- 225 cals



Basic fried eggs
4 egg(s)- 318 cals

Snacks

400 cals, 15g protein, 13g net carbs, 30g fat



Pistachios
188 cals



Sunflower seeds
90 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1145 cals, 72g protein, 30g net carbs, 80g fat



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



Salmon & coconut ginger broccoli
9 oz salmon- 948 cals

Dinner

1010 cals, 68g protein, 38g net carbs, 59g fat



Pan roasted zucchini
374 cals



Almond crusted tilapia
9 oz- 635 cals

Day 4

3420 cals ● 263g protein (31%) ● 217g fat (57%) ● 77g carbs (9%) ● 27g fiber (3%)

Breakfast

505 cals, 40g protein, 20g net carbs, 26g fat



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



[Carrot sticks](#)
1 carrot(s)- 27 cals



[Protein shake \(milk\)](#)
258 cals

Snacks

400 cals, 15g protein, 13g net carbs, 30g fat



[Pistachios](#)
188 cals



[Sunflower seeds](#)
90 cals



[Rice cakes with peanut butter](#)
1/2 cake(s)- 120 cals

Protein Supplement(s)

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



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

Lunch

1145 cals, 72g protein, 30g net carbs, 80g fat



[Milk](#)
1 1/3 cup(s)- 199 cals



[Salmon & coconut ginger broccoli](#)
9 oz salmon- 948 cals

Dinner

1095 cals, 76g protein, 13g net carbs, 80g fat



[Pan roasted zucchini](#)
166 cals



[Tilapia with almond gremolata](#)
2 tilapia fillet(s)- 931 cals



Day 5

3331 cals ● 318g protein (38%) ● 172g fat (46%) ● 81g carbs (10%) ● 46g fiber (6%)

Breakfast

505 cals, 40g protein, 20g net carbs, 26g fat



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



Carrot sticks
1 carrot(s)- 27 cals



Protein shake (milk)
258 cals

Snacks

395 cals, 19g protein, 27g net carbs, 22g fat



Milk
1/2 cup(s)- 75 cals



Peanut butter protein balls
2 ball(s)- 319 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1060 cals, 122g protein, 19g net carbs, 43g fat



Garlic collard greens
438 cals



Cajun cod
20 oz- 623 cals

Dinner

1095 cals, 76g protein, 13g net carbs, 80g fat



Pan roasted zucchini
166 cals



Tilapia with almond gremolata
2 tilapia fillet(s)- 931 cals

Day 6

3364 cals ● 315g protein (37%) ● 172g fat (46%) ● 93g carbs (11%) ● 44g fiber (5%)

Breakfast

565 cals, 32g protein, 28g net carbs, 35g fat



Creamy scrambled eggs
364 cals



Toast with butter and jelly
1 1/2 slice(s)- 200 cals

Snacks

395 cals, 19g protein, 27g net carbs, 22g fat



Milk
1/2 cup(s)- 75 cals



Peanut butter protein balls
2 ball(s)- 319 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1060 cals, 122g protein, 19g net carbs, 43g fat



Garlic collard greens
438 cals



Cajun cod
20 oz- 623 cals

Dinner

1075 cals, 81g protein, 17g net carbs, 72g fat



Roasted almonds
1/3 cup(s)- 277 cals



Simple sardine salad
796 cals

Day 7

3392 cals ● 242g protein (28%) ● 194g fat (52%) ● 118g carbs (14%) ● 50g fiber (6%)

Breakfast

565 cals, 32g protein, 28g net carbs, 35g fat



[Creamy scrambled eggs](#)
364 cals



[Toast with butter and jelly](#)
1 1/2 slice(s)- 200 cals

Snacks

395 cals, 19g protein, 27g net carbs, 22g fat



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



[Peanut butter protein balls](#)
2 ball(s)- 319 cals

Protein Supplement(s)

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



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

Lunch

1090 cals, 49g protein, 44g net carbs, 65g fat



[Avocado](#)
527 cals



[Chunky canned soup \(non-creamy\)](#)
1 can(s)- 247 cals



[Salmon & artichoke salad](#)
315 cals

Dinner

1075 cals, 81g protein, 17g net carbs, 72g fat



[Roasted almonds](#)
1/3 cup(s)- 277 cals



[Simple sardine salad](#)
796 cals

Fruits and Fruit Juices

- ☐ grapes
2 2/3 cup (245g)
- ☐ lemon juice
1 1/4 fl oz (38mL)
- ☐ avocados
1 1/2 avocado(s) (302g)

Vegetables and Vegetable Products

- ☐ garlic
15 1/4 clove(s) (46g)
- ☐ fresh ginger
1/3 oz (9g)
- ☐ broccoli
1 1/3 lbs (590g)
- ☐ tomatoes
5 3/4 medium whole (2-3/5" dia) (711g)
- ☐ zucchini
4 1/4 medium (833g)
- ☐ fresh parsley
1/2 cup chopped (30g)
- ☐ carrots
2 medium (122g)
- ☐ collard greens
2 3/4 lbs (1247g)
- ☐ artichokes, canned
1/2 cup hearts (84g)

Nut and Seed Products

- ☐ sesame seeds
1 tbsp (9g)
- ☐ walnuts
10 tbsp, shelled (63g)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ sunflower kernels
1 oz (28g)
- ☐ almonds
1/2 lbs (228g)
- ☐ coconut milk, canned
3/4 can (338mL)

Fats and Oils

- ☐ oil
6 1/4 oz (189mL)
- ☐ olive oil
1 cup (220mL)

Baked Products

- ☐ bagel
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)
- ☐ bread
7 slice (224g)

Dairy and Egg Products

- ☐ butter
5/8 stick (71g)
- ☐ eggs
28 large (1400g)
- ☐ parmesan cheese
1 1/4 cup (125g)
- ☐ whole milk
6 1/2 cup (1541mL)

Sweets

- ☐ jelly
2 oz (53g)
- ☐ maple syrup
1 1/2 tbsp (22mL)

Finfish and Shellfish Products

- ☐ tilapia, raw
4 1/2 lbs (2052g)
- ☐ salmon
18 oz (510g)
- ☐ cod, raw
2 1/2 lbs (1133g)
- ☐ sardines, canned in oil
6 can (552g)
- ☐ canned salmon
1/4 lbs (128g)

Spices and Herbs

- ☐ paprika
1 1/2 tbsp (10g)
- ☐ black pepper
1/2 oz (16g)
- ☐ oregano, dried
2 tsp, ground (4g)
- ☐ garlic powder
1 tbsp (10g)
- ☐ salt
3/4 oz (20g)
- ☐ onion powder
1 tsp (2g)

- ☐ balsamic vinaigrette
3 tbsp (45mL)

Legumes and Legume Products

- ☐ soy sauce
6 tbsp (90mL)
- ☐ firm tofu
15 oz (425g)
- ☐ peanut butter
1/4 lbs (129g)

Other

- ☐ frozen riced cauliflower
2 1/4 cup, prepared (383g)
- ☐ vinaigrette, store-bought, any flavor
1/2 cup (135mL)
- ☐ mixed greens
11 1/4 cup (338g)

Beverages

- ☐ water
17 1/2 cup(s) (4148mL)
- ☐ protein powder
20 1/4 scoop (1/3 cup ea) (628g)

- ☐ cajun seasoning
1/4 cup (30g)
- ☐ cinnamon
3/4 dash (0g)

Snacks

- ☐ rice cakes, any flavor
1 cakes (9g)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/4 cup(s) (31g)

Breakfast Cereals

- ☐ quick oats
1/2 cup (45g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Medium toasted bagel with butter and jelly

1/2 bagel(s) - 225 cal ● 6g protein ● 7g fat ● 34g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

butter

1/2 tbsp (7g)

jelly

1/2 serving 1 tbsp (11g)

For all 3 meals:

bagel

1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

butter

1 1/2 tbsp (21g)

jelly

1 1/2 serving 1 tbsp (32g)

1. Toast the bagel to desired toastiness.
2. Spread the butter and jelly.
3. Enjoy.

Basic fried eggs

4 egg(s) - 318 cal ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1 tsp (5mL)

eggs

4 large (200g)

For all 3 meals:

oil

1 tbsp (15mL)

eggs

12 large (600g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 2 meals:

carrots

2 medium (122g)

1. Cut carrots into strips and serve.

Protein shake (milk)

258 cals ● 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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Creamy scrambled eggs

364 cals ● 26g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
2 tbsp (30mL)

For all 2 meals:

eggs
8 large (400g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
butter
4 tsp (18g)
whole milk
4 tbsp (60mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

Toast with butter and jelly

1 1/2 slice(s) - 200 cals ● 6g protein ● 7g fat ● 25g carbs ● 3g fiber



For single meal:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)
jelly
1/2 tbsp (11g)

For all 2 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

tomatoes

3 1/2 small whole (2-2/5" dia) (319g)

oil

3 1/2 tsp (18mL)

For all 2 meals:

tomatoes

7 small whole (2-2/5" dia) (637g)

oil

2 1/3 tbsp (35mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Parmesan crusted tilapia

20 oz - 914 cals ● 131g protein ● 39g fat ● 9g carbs ● 1g fiber



For single meal:

parmesan cheese, grated

10 tbsp (62g)

olive oil

2 1/2 tsp (12mL)

tilapia, raw

1 1/4 lbs (560g)

paprika

1/2 tbsp (4g)

For all 2 meals:

parmesan cheese, grated

1 1/4 cup (125g)

olive oil

5 tsp (25mL)

tilapia, raw

2 1/2 lbs (1120g)

paprika

1 tbsp (8g)

1. Preheat the oven to 400°F (200°C).
2. Line a baking sheet with aluminum foil.
3. In a small bowl, mix together Parmesan cheese, paprika, and a pinch of salt and pepper.
4. Coat the tilapia fillets with olive oil, then place them on the prepared baking sheet. Press the Parmesan mixture onto the top of the tilapia.
5. Bake in the preheated oven for 10 to 12 minutes, or until the fish flakes easily with a fork.

Lunch 2 [↗](#)

Eat on day 3, day 4

Milk

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



For single meal:

whole milk

1 1/3 cup (320mL)

For all 2 meals:

whole milk

2 2/3 cup (640mL)

1. This recipe has no instructions.

Salmon & coconut ginger broccoli

9 oz salmon - 948 cals ● 62g protein ● 69g fat ● 14g carbs ● 6g fiber



For single meal:

fresh ginger, peeled and thinly sliced

3/4 slices (1" dia) (2g)

coconut milk, canned

3/8 can (169mL)

broccoli, cut into florets

1 1/2 stalk (227g)

salmon

1/2 lbs (255g)

For all 2 meals:

fresh ginger, peeled and thinly sliced

1 1/2 slices (1" dia) (3g)

coconut milk, canned

3/4 can (338mL)

broccoli, cut into florets

3 stalk (453g)

salmon

18 oz (510g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Garlic collard greens

438 cals ● 20g protein ● 23g fat ● 13g carbs ● 25g fiber



For single meal:

collard greens

22 oz (624g)

oil

4 tsp (21mL)

garlic, minced

4 clove(s) (12g)

salt

1/3 tsp (2g)

For all 2 meals:

collard greens

2 3/4 lbs (1247g)

oil

2 3/4 tbsp (41mL)

garlic, minced

8 1/4 clove(s) (25g)

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.

Cajun cod

20 oz - 623 cals ● 103g protein ● 20g fat ● 7g carbs ● 2g fiber



For single meal:

cod, raw

1 1/4 lbs (567g)

cajun seasoning

2 1/4 tbsp (15g)

oil

1 tbsp (17mL)

For all 2 meals:

cod, raw

2 1/2 lbs (1133g)

cajun seasoning

1/4 cup (30g)

oil

2 1/4 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.

Lunch 4 [🔗](#)

Eat on day 7

Avocado

527 cals ● 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.

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Salmon & artichoke salad

315 cals ● 25g protein ● 14g fat ● 15g carbs ● 7g fiber



balsamic vinaigrette

3 tbsp (45mL)

tomatoes, halved

1/2 cup cherry tomatoes (74g)

mixed greens

2 1/4 cup (68g)

artichokes, canned

1/2 cup hearts (84g)

canned salmon

1/4 lbs (128g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Toast with butter

2 slice(s) - 227 cal● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

butter

2 tsp (9g)

bread

2 slice (64g)

For all 2 meals:

butter

4 tsp (18g)

bread

4 slice (128g)

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

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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Snacks 2 [↗](#)

Eat on day 3, day 4

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels

1/2 oz (14g)

For all 2 meals:

sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter

1 tbsp (16g)

rice cakes, any flavor

1/2 cakes (5g)

For all 2 meals:

peanut butter

2 tbsp (32g)

rice cakes, any flavor

1 cakes (9g)

1. Spread peanut butter over top of rice cake.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 3 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Peanut butter protein balls

2 ball(s) - 319 cals ● 15g protein ● 18g fat ● 21g carbs ● 3g fiber



For single meal:

cinnamon
1/4 dash (0g)
quick oats
3 tbsp (15g)
maple syrup
1/2 tbsp (8mL)
protein powder
1/4 scoop (1/3 cup ea) (8g)
peanut butter
2 tbsp (32g)

For all 3 meals:

cinnamon
3/4 dash (0g)
quick oats
1/2 cup (45g)
maple syrup
1 1/2 tbsp (23mL)
protein powder
3/4 scoop (1/3 cup ea) (23g)
peanut butter
6 tbsp (97g)

1. Mix together all ingredients in a large bowl until well-combined.
2. Form into balls with hands. (Meal prep note: form into the number of balls listed in the recipe details for easy portioning)
3. Store in airtight container in fridge or freezer until ready to serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Grapes

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



For single meal:

grapes
1 1/3 cup (123g)

For all 2 meals:

grapes
2 2/3 cup (245g)

1. This recipe has no instructions.

Low carb asian tofu bowl

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



For single meal:

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)

For all 2 meals:

garlic, minced
3 clove (9g)
sesame seeds
1 tbsp (9g)
oil
1/4 cup (68mL)
fresh ginger, minced
1 tbsp (6g)
soy sauce
6 tbsp (90mL)
frozen riced cauliflower
2 1/4 cup, prepared (383g)
broccoli
1 1/2 cup chopped (137g)
firm tofu, drained and patted dry
15 oz (425g)

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.

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

5 tbsp, shelled (31g)

For all 2 meals:

walnuts

10 tbsp, shelled (63g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3

Pan roasted zucchini

374 cals ● 7g protein ● 29g fat ● 14g carbs ● 8g fiber



zucchini

2 1/4 medium (441g)

black pepper

1 tbsp, ground (8g)

oregano, dried

1 tsp, ground (2g)

garlic powder

1 tsp (3g)

salt

1 tsp (7g)

olive oil

2 1/4 tbsp (34mL)

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.

Almond crusted tilapia

9 oz - 635 cals ● 61g protein ● 30g fat ● 24g carbs ● 5g fiber



Makes 9 oz

tilapia, raw

1/2 lbs (252g)

almonds

6 tbsp, slivered (41g)

all-purpose flour

1/4 cup(s) (31g)

salt

1 1/2 dash (1g)

olive oil

3/4 tbsp (11mL)

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.

Dinner 3 [↗](#)

Eat on day 4, day 5

Pan roasted zucchini

166 cal ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

zucchini

1 medium (196g)

black pepper

1/2 tbsp, ground (3g)

oregano, dried

4 dash, ground (1g)

garlic powder

4 dash (2g)

salt

4 dash (3g)

olive oil

1 tbsp (15mL)

For all 2 meals:

zucchini

2 medium (392g)

black pepper

1 tbsp, ground (7g)

oregano, dried

1 tsp, ground (2g)

garlic powder

1 tsp (3g)

salt

1 tsp (6g)

olive oil

2 tbsp (30mL)

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.

Tilapia with almond gremolata

2 tilapia fillet(s) - 931 cal ● 73g protein ● 67g fat ● 7g carbs ● 3g fiber



For single meal:

fresh parsley
4 tbsp chopped (15g)
paprika
4 dash (1g)
onion powder
4 dash (1g)
garlic powder
4 dash (2g)
garlic, minced
2 clove(s) (6g)
olive oil
4 tbsp (60mL)
lemon juice
1 tbsp (15mL)
almonds
2 tbsp, slivered (14g)
tilapia, raw
3/4 lbs (340g)

For all 2 meals:

fresh parsley
1/2 cup chopped (30g)
paprika
1 tsp (2g)
onion powder
1 tsp (2g)
garlic powder
1 tsp (3g)
garlic, minced
4 clove(s) (12g)
olive oil
1/2 cup (120mL)
lemon juice
2 tbsp (30mL)
almonds
4 tbsp, slivered (27g)
tilapia, raw
1 1/2 lbs (680g)

1. Preheat oven to 425°F (220°C).
2. In a small bowl start the gremolata by mixing together about 3/4ths of the olive oil (reserving the rest for later), parsley, lemon juice, minced garlic, and pinch of salt and pepper. Set aside.
3. Pat tilapia dry and coat with the remaining olive oil. Season the tilapia with garlic powder, onion powder, and paprika. Roast on a baking sheet until fish is cooked through, about 12-15 minutes.
4. Meanwhile, in a dry skillet over medium heat, toast the almonds until golden, about 3 minutes. When done, transfer to a cutting board and chop. Add to the gremolata and stir.
5. Plate fish and spoon the gremolata over the top. Serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Roasted almonds

1/3 cup(s) - 277 cal ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
5 tbsp, whole (45g)

For all 2 meals:

almonds
10 tbsp, whole (89g)

1. This recipe has no instructions.

Simple sardine salad

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



For single meal:

vinaigrette, store-bought, any flavor
1/4 cup (68mL)
sardines, canned in oil, drained
3 can (276g)
mixed greens
4 1/2 cup (135g)

For all 2 meals:

vinaigrette, store-bought, any flavor
1/2 cup (135mL)
sardines, canned in oil, drained
6 can (552g)
mixed greens
9 cup (270g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 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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