

Meal Plan - 3500 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

3507 cals ● 317g protein (36%) ● 175g fat (45%) ● 122g carbs (14%) ● 45g fiber (5%)

Breakfast

310 cals, 23g protein, 17g net carbs, 16g fat



[Scrambled egg whites](#)
182 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Buttered english muffin](#)
1/2 english muffin(s)- 106 cals

Snacks

500 cals, 21g protein, 14g net carbs, 33g fat



[Raspberries](#)
1 1/4 cup(s)- 90 cals



[Pumpkin seeds](#)
183 cals



[Sunflower seeds](#)
226 cals

Protein Supplement(s)

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



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

Lunch

1185 cals, 106g protein, 44g net carbs, 56g fat



[Avocado tuna salad](#)
873 cals



[Lowfat Greek yogurt](#)
2 container(s)- 310 cals

Dinner

1245 cals, 106g protein, 44g net carbs, 69g fat



[Pistachios](#)
188 cals



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Simple sardine salad](#)
796 cals

Day 2

3414 cals ● 272g protein (32%) ● 179g fat (47%) ● 115g carbs (14%) ● 64g fiber (7%)

Breakfast

310 cals, 23g protein, 17g net carbs, 16g fat



[Scrambled egg whites](#)
182 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Buttered english muffin](#)
1/2 english muffin(s)- 106 cals

Snacks

500 cals, 21g protein, 14g net carbs, 33g fat



[Raspberries](#)
1 1/4 cup(s)- 90 cals



[Pumpkin seeds](#)
183 cals



[Sunflower seeds](#)
226 cals

Protein Supplement(s)

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



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

Lunch

1185 cals, 106g protein, 44g net carbs, 56g fat



[Avocado tuna salad](#)
873 cals



[Lowfat Greek yogurt](#)
2 container(s)- 310 cals

Dinner

1150 cals, 62g protein, 38g net carbs, 73g fat



[Almond crusted tilapia](#)
8 oz- 565 cals



[Tomato and avocado salad](#)
587 cals



Day 3

3512 cals ● 304g protein (35%) ● 191g fat (49%) ● 100g carbs (11%) ● 44g fiber (5%)

Breakfast

560 cals, 77g protein, 11g net carbs, 20g fat



Double chocolate protein shake
343 cals



Mixed nuts
1/4 cup(s)- 218 cals

Snacks

420 cals, 13g protein, 20g net carbs, 28g fat



Raspberries
1/2 cup(s)- 36 cals



Ants on a log
275 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

1105 cals, 91g protein, 29g net carbs, 69g fat



Simple salmon
15 oz- 962 cals



Flavored rice mix
143 cals

Dinner

1150 cals, 62g protein, 38g net carbs, 73g fat



Almond crusted tilapia
8 oz- 565 cals



Tomato and avocado salad
587 cals

Day 4

3469 cals ● 296g protein (34%) ● 179g fat (46%) ● 123g carbs (14%) ● 46g fiber (5%)

Breakfast

560 cals, 77g protein, 11g net carbs, 20g fat



Double chocolate protein shake
343 cals



Mixed nuts
1/4 cup(s)- 218 cals

Snacks

420 cals, 13g protein, 20g net carbs, 28g fat



Raspberries
1/2 cup(s)- 36 cals



Ants on a log
275 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

1105 cals, 91g protein, 29g net carbs, 69g fat



Simple salmon
15 oz- 962 cals



Flavored rice mix
143 cals

Dinner

1105 cals, 54g protein, 60g net carbs, 61g fat



Sweet potato medallions
1 sweet potato- 309 cals



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



Basic tempeh
8 oz- 590 cals

Day 5

3464 cal ● 324g protein (37%) ● 158g fat (41%) ● 124g carbs (14%) ● 62g fiber (7%)

Breakfast

560 cal, 77g protein, 11g net carbs, 20g fat



Double chocolate protein shake
343 cal



Mixed nuts
1/4 cup(s)- 218 cal

Snacks

420 cal, 13g protein, 20g net carbs, 28g fat



Raspberries
1/2 cup(s)- 36 cal



Ants on a log
275 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

1095 cal, 90g protein, 48g net carbs, 55g fat



Vegan sausage
3 sausage(s)- 804 cal



Olive oil drizzled green beans
289 cal

Dinner

1115 cal, 83g protein, 43g net carbs, 54g fat



Roasted brussels sprouts
174 cal



Buffalo tempeh with tzatziki
942 cal

Day 6

3457 cal ● 259g protein (30%) ● 193g fat (50%) ● 111g carbs (13%) ● 60g fiber (7%)

Breakfast

545 cal, 23g protein, 11g net carbs, 41g fat



Eggs with tomato and avocado
326 cal



Celery and peanut butter
218 cal

Snacks

455 cal, 19g protein, 26g net carbs, 27g fat



Tuna and crackers
142 cal



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



Crackers
5 1/3 cracker(s)- 90 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

1095 cal, 90g protein, 48g net carbs, 55g fat



Vegan sausage
3 sausage(s)- 804 cal



Olive oil drizzled green beans
289 cal

Dinner

1095 cal, 66g protein, 24g net carbs, 68g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cal



Tomato and avocado salad
411 cal

Day 7

3463 cals ● 221g protein (26%) ● 209g fat (54%) ● 110g carbs (13%) ● 63g fiber (7%)

Breakfast

545 cals, 23g protein, 11g net carbs, 41g fat



Eggs with tomato and avocado
326 cals



Celery and peanut butter
218 cals

Snacks

455 cals, 19g protein, 26g net carbs, 27g fat



Tuna and crackers
142 cals



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



Crackers
5 1/3 cracker(s)- 90 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1100 cals, 52g protein, 47g net carbs, 71g fat



Simple mozzarella and tomato salad
363 cals



Pecans
1/2 cup- 366 cals



Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals

Dinner

1095 cals, 66g protein, 24g net carbs, 68g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals



Tomato and avocado salad
411 cals

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
4 tbsp (31g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
2 1/2 oz (71g)
- ☐ almonds
7 oz (197g)
- ☐ mixed nuts
3/4 cup (101g)
- ☐ pecans
1/2 cup, halves (50g)

Other

- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ vinaigrette, store-bought, any flavor
1/4 cup (68mL)
- ☐ mixed greens
8 1/2 cup (255g)
- ☐ protein powder, chocolate
7 1/2 scoop (1/3 cup ea) (233g)
- ☐ tzatziki
3/8 cup(s) (84g)
- ☐ vegan sausage
6 sausage (600g)

Finfish and Shellfish Products

- ☐ sardines, canned in oil
3 can (276g)
- ☐ canned tuna
7 1/2 can (1289g)
- ☐ tilapia, raw
1 lbs (448g)
- ☐ salmon
30 oz (851g)

Beverages

- ☐ water
25 cup(s) (5925mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Fats and Oils

- ☐ oil
4 oz (120mL)

Vegetables and Vegetable Products

- ☐ tomatoes
12 1/2 medium whole (2-3/5" dia) (1538g)
- ☐ onion
2 1/4 medium (2-1/2" dia) (250g)
- ☐ raw celery
8 1/2 stalk, medium (7-1/2" - 8" long) (340g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
- ☐ brussels sprouts
6 oz (170g)
- ☐ frozen green beans
5 1/3 cup (645g)
- ☐ bell pepper
3 large (492g)

Baked Products

- ☐ english muffins
1 muffin(s) (57g)
- ☐ crackers
20 2/3 crackers (72g)

Fruits and Fruit Juices

- ☐ raspberries
4 cup (492g)
- ☐ avocados
8 3/4 avocado(s) (1759g)
- ☐ lime juice
5 1/4 fl oz (163mL)
- ☐ raisins
2 1/4 miniature box (.5 oz) (32g)

Spices and Herbs

- ☐ salt
3/4 oz (21g)
- ☐ black pepper
1/4 oz (7g)
- ☐ garlic powder
2 tsp (7g)
- ☐ fresh basil
1/4 oz (6g)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/2 cup(s) (55g)

Sweets

- ☐ olive oil
3 1/4 oz (103mL)
- ☐ balsamic vinaigrette
1 1/2 tbsp (22mL)

Dairy and Egg Products

- ☐ egg whites
1 1/2 cup (365g)
- ☐ butter
2 pat (1" sq, 1/3" high) (10g)
- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ nonfat greek yogurt, plain
1 cup (263g)
- ☐ eggs
4 large (200g)
- ☐ fresh mozzarella cheese
3 oz (85g)

- ☐ cocoa powder
2 1/2 tbsp (14g)

Legumes and Legume Products

- ☐ peanut butter
2/3 cup (172g)
- ☐ tempeh
1 1/4 lbs (567g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1/2 pouch (~5.6 oz) (79g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
6 tbsp (91mL)
 - ☐ chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Scrambled egg whites

182 cals ● 20g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
3/4 tbsp (11mL)
egg whites
3/4 cup (182g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
egg whites
1 1/2 cup (365g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

Buttered english muffin

1/2 english muffin(s) - 106 cals ● 2g protein ● 5g fat ● 13g carbs ● 1g fiber



For single meal:

butter
1 pat (1" sq, 1/3" high) (5g)
english muffins
1/2 muffin(s) (29g)

For all 2 meals:

butter
2 pat (1" sq, 1/3" high) (10g)
english muffins
1 muffin(s) (57g)

1. Slice english muffin through the center.
2. Optional: toast in a toaster oven for a couple minutes.
3. Spread butter on each side.
4. Serve.

Breakfast 2 [🔗](#)

Eat on day 3, day 4, day 5

Double chocolate protein shake

343 cals ● 70g protein ● 2g fat ● 6g carbs ● 4g fiber



For single meal:

water
2 1/2 cup(s) (593mL)
cocoa powder
2 1/2 tsp (5g)
nonfat greek yogurt, plain
5 tbsp (88g)
protein powder, chocolate
2 1/2 scoop (1/3 cup ea) (78g)

For all 3 meals:

water
7 1/2 cup(s) (1778mL)
cocoa powder
2 1/2 tbsp (14g)
nonfat greek yogurt, plain
1 cup (263g)
protein powder, chocolate
7 1/2 scoop (1/3 cup ea) (233g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

mixed nuts
4 tbsp (34g)

For all 3 meals:

mixed nuts
3/4 cup (101g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Eggs with tomato and avocado

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



For single meal:

tomatoes

2 slice(s), thick/large (1/2" thick)
(54g)

eggs

2 large (100g)

avocados, sliced

1/2 avocado(s) (101g)

salt

2 dash (1g)

black pepper

2 dash (0g)

fresh basil, chopped

2 leaves (1g)

For all 2 meals:

tomatoes

4 slice(s), thick/large (1/2" thick)
(108g)

eggs

4 large (200g)

avocados, sliced

1 avocado(s) (201g)

salt

4 dash (2g)

black pepper

4 dash (0g)

fresh basil, chopped

4 leaves (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.

Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

raw celery

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

peanut butter

2 tbsp (32g)

For all 2 meals:

raw celery

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

peanut butter

4 tbsp (64g)

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



For single meal:

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

mixed greens

2 cup (60g)

onion, minced

1/2 small (35g)

canned tuna

2 can (344g)

tomatoes

1/2 cup, chopped (90g)

For all 2 meals:

avocados

2 avocado(s) (402g)

lime juice

4 tsp (20mL)

salt

4 dash (2g)

black pepper

4 dash (0g)

mixed greens

4 cup (120g)

onion, minced

1 small (70g)

canned tuna

4 can (688g)

tomatoes

1 cup, chopped (180g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt

4 (5.3 oz ea) container(s) (600g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Simple salmon

15 oz - 962 cals ● 87g protein ● 68g fat ● 0g carbs ● 0g fiber



For single meal:

salmon

15 oz (425g)

oil

2 1/2 tsp (13mL)

For all 2 meals:

salmon

30 oz (851g)

oil

5 tsp (25mL)

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.

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



For single meal:

flavored rice mix

1/4 pouch (~5.6 oz) (40g)

For all 2 meals:

flavored rice mix

1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.
-

Lunch 3 [🔗](#)

Eat on day 5, day 6

Vegan sausage

3 sausage(s) - 804 cal ● 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.

Olive oil drizzled green beans

289 cal ● 6g protein ● 19g fat ● 16g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

black pepper
4 dash (0g)
salt
4 dash (2g)
frozen green beans
5 1/3 cup (645g)
olive oil
2 2/3 tbsp (40mL)

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

Lunch 4 [🔗](#)

Eat on day 7

Simple mozzarella and tomato salad

363 cal ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



tomatoes, sliced
1 large whole (3" dia) (205g)
fresh mozzarella cheese, sliced
3 oz (85g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
fresh basil
1 1/2 tbsp, chopped (4g)

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

Pecans

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



Makes 1/2 cup

pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

Snacks 1 [↗](#)

Eat on day 1, day 2

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

raspberries

1 1/4 cup (154g)

For all 2 meals:

raspberries

2 1/2 cup (308g)

1. Rinse raspberries and serve.

Pumpkin seeds

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



For single meal:
roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:
roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Sunflower seeds
226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:
sunflower kernels
1 1/4 oz (35g)

For all 2 meals:
sunflower kernels
2 1/2 oz (71g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Raspberries
1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:
raspberries
1/2 cup (62g)

For all 3 meals:
raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Ants on a log
275 cals ● 9g protein ● 19g fat ● 15g carbs ● 3g fiber



For single meal:

raisins
3/4 miniature box (.5 oz) (11g)
raw celery, trimmed
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
peanut butter
2 1/4 tbsp (36g)

For all 3 meals:

raisins
2 1/4 miniature box (.5 oz) (32g)
raw celery, trimmed
4 1/2 stalk, medium (7-1/2" - 8" long) (180g)
peanut butter
6 3/4 tbsp (108g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

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 3 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Tuna and crackers

142 cals ● 10g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

canned tuna
1 1/2 oz (43g)
crackers
5 crackers (18g)

For all 2 meals:

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

1. This recipe has no instructions.

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.

Crackers

5 1/3 cracker(s) - 90 cal● 1g protein ● 4g fat ● 12g carbs ● 1g fiber



For single meal:
crackers
5 1/3 crackers (19g)

For all 2 meals:
crackers
10 2/3 crackers (37g)

- 1. Enjoy.

Dinner 1 [↗](#)
Eat on day 1

Pistachios

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



pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

- 1. This recipe has no instructions.

Cottage cheese & fruit cup

2 container - 261 cal● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

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 2 [↗](#)

Eat on day 2, day 3

Almond crusted tilapia

8 oz - 565 cals ● 54g protein ● 27g fat ● 21g carbs ● 5g fiber



For single meal:

tilapia, raw
1/2 lbs (224g)
almonds
1/3 cup, slivered (36g)
all-purpose flour
1/4 cup(s) (28g)
salt
1 1/3 dash (1g)
olive oil
2 tsp (10mL)

For all 2 meals:

tilapia, raw
16 oz (448g)
almonds
2/3 cup, slivered (72g)
all-purpose flour
1/2 cup(s) (55g)
salt
1/3 tsp (1g)
olive oil
4 tsp (20mL)

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.

Tomato and avocado salad

587 cals ● 8g protein ● 46g fat ● 17g carbs ● 20g fiber



For single meal:

- onion**
2 1/2 tbsp minced (38g)
- lime juice**
2 1/2 tbsp (38mL)
- avocados, cubed**
1 1/4 avocado(s) (251g)
- tomatoes, diced**
1 1/4 medium whole (2-3/5" dia) (154g)
- olive oil**
2 tsp (9mL)
- garlic powder**
5 dash (2g)
- salt**
5 dash (4g)
- black pepper**
5 dash, ground (1g)

For all 2 meals:

- onion**
5 tbsp minced (75g)
- lime juice**
5 tbsp (75mL)
- avocados, cubed**
2 1/2 avocado(s) (503g)
- tomatoes, diced**
2 1/2 medium whole (2-3/5" dia) (308g)
- olive oil**
1 1/4 tbsp (19mL)
- garlic powder**
1 1/4 tsp (4g)
- salt**
1 1/4 tsp (8g)
- black pepper**
1 1/4 tsp, ground (3g)

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 3 [🔗](#)

Eat on day 4

Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

- sweet potatoes, sliced**
1 sweetpotato, 5" long (210g)
- oil**
1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Roasted tomatoes

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



Makes 3 1/2 tomato(es)

tomatoes

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

oil

3 1/2 tsp (18mL)

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.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

oil

4 tsp (20mL)

tempeh

1/2 lbs (227g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
 2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.
-

Dinner 4 [↗](#)

Eat on day 5

Roasted brussels sprouts

174 cals ● 5g protein ● 10g fat ● 9g carbs ● 7g fiber



brussels sprouts

6 oz (170g)

olive oil

3/4 tbsp (11mL)

salt

1 1/2 dash (1g)

black pepper

1 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Buffalo tempeh with tzatziki

942 cals ● 78g protein ● 44g fat ● 35g carbs ● 24g fiber



oil

1 1/2 tbsp (23mL)

tzatziki

3/8 cup(s) (84g)

Frank's Red Hot sauce

6 tbsp (90mL)

tempeh, roughly chopped

3/4 lbs (340g)

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.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

canned tuna, drained

1 1/2 can (258g)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

For all 2 meals:

canned tuna, drained

3 can (516g)

avocados

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

lime juice

1 tbsp (15mL)

salt

3 dash (1g)

black pepper

3 dash (0g)

bell pepper

3 large (492g)

onion

3/4 small (53g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

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.
