

Meal Plan - 1700 calorie 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

1752 cals ● 109g protein (25%) ● 57g fat (29%) ● 169g carbs (39%) ● 32g fiber (7%)

Breakfast

170 cals, 13g protein, 13g net carbs, 6g fat



[Blackberry & granola parfait](#)

172 cals

Lunch

615 cals, 29g protein, 69g net carbs, 21g fat



[Chik'n nuggets](#)

9 nuggets- 496 cals



[Clementine](#)

3 clementine(s)- 117 cals

Snacks

285 cals, 9g protein, 41g net carbs, 8g fat



[Small toasted bagel with butter](#)

1 bagel(s)- 241 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals

Dinner

575 cals, 34g protein, 45g net carbs, 22g fat



[String cheese](#)

2 stick(s)- 165 cals



[Chickpea & kale soup](#)

409 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

Day 2

1754 cals ● 109g protein (25%) ● 64g fat (33%) ● 163g carbs (37%) ● 22g fiber (5%)

Breakfast

170 cals, 13g protein, 13g net carbs, 6g fat



[Blackberry & granola parfait](#)
172 cals

Lunch

615 cals, 29g protein, 69g net carbs, 21g fat



[Chik'n nuggets](#)
9 nuggets- 496 cals



[Clementine](#)
3 clementine(s)- 117 cals

Snacks

285 cals, 9g protein, 41g net carbs, 8g fat



[Small toasted bagel with butter](#)
1 bagel(s)- 241 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals

Dinner

575 cals, 34g protein, 40g net carbs, 29g fat



[Quick salmon casserole](#)
390 cals



[Milk](#)
1 1/4 cup(s)- 186 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 scoop- 109 cals

Day 3

1643 cals ● 110g protein (27%) ● 76g fat (42%) ● 108g carbs (26%) ● 22g fiber (5%)

Breakfast

170 cals, 13g protein, 13g net carbs, 6g fat



[Blackberry & granola parfait](#)
172 cals

Lunch

575 cals, 31g protein, 46g net carbs, 26g fat



[Sweet potato medallions](#)
1 sweet potato- 309 cals



[Vegan sausage](#)
1 sausage(s)- 268 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



[Pistachios](#)
188 cals



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

Dinner

575 cals, 34g protein, 40g net carbs, 29g fat



[Quick salmon casserole](#)
390 cals



[Milk](#)
1 1/4 cup(s)- 186 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)
1 scoop- 109 cals

Day 4

1752 cals ● 121g protein (28%) ● 86g fat (44%) ● 101g carbs (23%) ● 22g fiber (5%)

Breakfast

300 cals, 15g protein, 28g net carbs, 13g fat



Simple cinnamon oatmeal with water
108 cals



Milk
3/4 cup(s)- 112 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



Pistachios
188 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Lunch

575 cals, 31g protein, 46g net carbs, 26g fat



Sweet potato medallions
1 sweet potato- 309 cals



Vegan sausage
1 sausage(s)- 268 cals

Dinner

555 cals, 44g protein, 18g net carbs, 32g fat



Buttered broccoli
1 cup(s)- 134 cals



Almond crusted tilapia
6 oz- 424 cals

Day 5

1672 cals ● 119g protein (29%) ● 74g fat (40%) ● 111g carbs (27%) ● 20g fiber (5%)

Breakfast

300 cals, 15g protein, 28g net carbs, 13g fat



Simple cinnamon oatmeal with water
108 cals



Milk
3/4 cup(s)- 112 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

225 cals, 14g protein, 29g net carbs, 4g fat



Breakfast cereal with protein milk
186 cals



Clementine
1 clementine(s)- 39 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Lunch

480 cals, 22g protein, 36g net carbs, 25g fat



Sauteed Kale
121 cals



Roasted rosemary sweet potatoes
210 cals



Pan seared breaded tilapia
3 oz- 150 cals

Dinner

555 cals, 44g protein, 18g net carbs, 32g fat



Buttered broccoli
1 cup(s)- 134 cals



Almond crusted tilapia
6 oz- 424 cals

Day 6

1728 cals ● 106g protein (24%) ● 54g fat (28%) ● 167g carbs (39%) ● 37g fiber (9%)

Breakfast

315 cals, 14g protein, 14g net carbs, 21g fat



High-protein granola bar
1 bar(s)- 204 cals



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

Snacks

225 cals, 14g protein, 29g net carbs, 4g fat



Breakfast cereal with protein milk
186 cals



Clementine
1 clementine(s)- 39 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Lunch

480 cals, 22g protein, 36g net carbs, 25g fat



Sauteed Kale
121 cals



Roasted rosemary sweet potatoes
210 cals



Pan seared breaded tilapia
3 oz- 150 cals

Dinner

600 cals, 31g protein, 88g net carbs, 4g fat



Green beans
63 cals



Bbq cauliflower wings
535 cals

Day 7

1672 cals ● 107g protein (26%) ● 42g fat (23%) ● 182g carbs (44%) ● 35g fiber (8%)

Breakfast

315 cals, 14g protein, 14g net carbs, 21g fat



High-protein granola bar
1 bar(s)- 204 cals



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

Snacks

225 cals, 14g protein, 29g net carbs, 4g fat



Breakfast cereal with protein milk
186 cals



Clementine
1 clementine(s)- 39 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Lunch

425 cals, 23g protein, 51g net carbs, 12g fat



Nectarine
2 nectarine(s)- 140 cals



Crispy chik'n tenders
5 tender(s)- 286 cals

Dinner

600 cals, 31g protein, 88g net carbs, 4g fat



Green beans
63 cals



Bbq cauliflower wings
535 cals

Dairy and Egg Products

- ☐ string cheese
2 stick (56g)
- ☐ lowfat greek yogurt
1 cup (315g)
- ☐ butter
1/3 cup (78g)
- ☐ whole milk
1/3 gallon (1260mL)
- ☐ eggs
2 large (100g)

Fats and Oils

- ☐ oil
2 oz (55mL)
- ☐ olive oil
2 1/2 tbsp (39mL)

Vegetables and Vegetable Products

- ☐ garlic
1 1/2 clove(s) (5g)
- ☐ kale leaves
5 1/2 cup, chopped (220g)
- ☐ tomatoes
36 cherry tomatoes (612g)
- ☐ ketchup
5 3/4 tbsp (98g)
- ☐ canned peas
1/2 can (~15 oz) (241g)
- ☐ sweet potatoes
3 1/3 sweetpotato, 5" long (700g)
- ☐ frozen broccoli
2 cup (182g)
- ☐ frozen green beans
2 2/3 cup (323g)
- ☐ cauliflower
4 head small (4" dia.) (1060g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
3 cup(s) (mL)
- ☐ condensed cream of mushroom soup
1/2 11oz can (155g)
- ☐ barbecue sauce
1 cup (286g)

Legumes and Legume Products

Breakfast Cereals

- ☐ granola
1/2 cup (51g)
- ☐ quick oats
1/2 cup (40g)
- ☐ breakfast cereal
2 1/4 serving (68g)

Baked Products

- ☐ bagel
2 small bagel (3" dia) (138g)

Other

- ☐ vegan chik'n nuggets
18 nuggets (387g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ nutritional yeast
1 cup (60g)
- ☐ meatless chik'n tenders
5 pieces (128g)

Meals, Entrees, and Side Dishes

- ☐ macaroni and cheese mix
1/2 package (~7.25 oz) (105g)

Finfish and Shellfish Products

- ☐ canned salmon
1 1/2 5oz can(s) (undrained) (213g)
- ☐ tilapia, raw
18 oz (504g)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ almonds
3 oz (90g)

Spices and Herbs

- ☐ black pepper
2 1/4 g (2g)
- ☐ salt
1/2 oz (13g)
- ☐ cinnamon
1 tsp (3g)

☐ chickpeas, canned
3/4 can (336g)

☐ rosemary, dried
2 tsp (2g)

Beverages

☐ water
7 3/4 cup(s) (1837mL)

☐ protein powder
8 scoop (1/3 cup ea) (252g)

Fruits and Fruit Juices

☐ blackberries
1/2 cup (81g)

☐ clementines
9 fruit (666g)

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

Cereal Grains and Pasta

☐ all-purpose flour
1/2 cup(s) (57g)

Sweets

☐ sugar
1 tbsp (13g)

Snacks

☐ high-protein granola bar
2 bar (80g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Blackberry & granola parfait

172 cals ● 13g protein ● 6g fat ● 13g carbs ● 3g fiber



For single meal:

blackberries, roughly chopped

3 tbsp (27g)

lowfat greek yogurt

6 tbsp (105g)

granola

3 tbsp (17g)

For all 3 meals:

blackberries, roughly chopped

1/2 cup (81g)

lowfat greek yogurt

1 cup (315g)

granola

1/2 cup (51g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Simple cinnamon oatmeal with water

108 cals ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

water

3/8 cup(s) (89mL)

cinnamon

4 dash (1g)

sugar

1/2 tbsp (7g)

quick oats

4 tbsp (20g)

For all 2 meals:

water

3/4 cup(s) (178mL)

cinnamon

1 tsp (3g)

sugar

1 tbsp (13g)

quick oats

1/2 cup (40g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup (180mL)

For all 2 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 2 meals:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

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 3 [🔗](#)

Eat on day 6, day 7

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. This recipe has no instructions.

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.

Lunch 1 [↗](#)

Eat on day 1, day 2

Chik'n nuggets

9 nuggets - 496 cals ● 27g protein ● 20g fat ● 46g carbs ● 5g fiber



For single meal:

vegan chik'n nuggets
9 nuggets (194g)
ketchup
2 1/4 tbsp (38g)

For all 2 meals:

vegan chik'n nuggets
18 nuggets (387g)
ketchup
1/4 cup (77g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

clementines
3 fruit (222g)

For all 2 meals:

clementines
6 fruit (444g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Sweet potato medallions

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



For single meal:

sweet potatoes, sliced

1 sweetpotato, 5" long (210g)

oil

1 tbsp (15mL)

For all 2 meals:

sweet potatoes, sliced

2 sweetpotato, 5" long (420g)

oil

2 tbsp (30mL)

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.

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

vegan sausage

1 sausage (100g)

For all 2 meals:

vegan sausage

2 sausage (200g)

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

Lunch 3 [↗](#)

Eat on day 5, day 6

Sauteed Kale

121 cals ● 2g protein ● 9g fat ● 5g carbs ● 1g fiber



For single meal:

oil
2 tsp (10mL)
kale leaves
2 cup, chopped (80g)

For all 2 meals:

oil
4 tsp (20mL)
kale leaves
4 cup, chopped (160g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Roasted rosemary sweet potatoes

210 cals ● 2g protein ● 9g fat ● 25g carbs ● 5g fiber



For single meal:

sweet potatoes, cut into 1" cubes
2/3 sweetpotato, 5" long (140g)
rosemary, dried
1 tsp (1g)
olive oil
2 tsp (10mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

sweet potatoes, cut into 1" cubes
1 1/3 sweetpotato, 5" long (280g)
rosemary, dried
2 tsp (2g)
olive oil
4 tsp (20mL)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Pan seared breaded tilapia

3 oz - 150 cals ● 18g protein ● 6g fat ● 6g carbs ● 0g fiber



For single meal:

butter, melted
1/4 tbsp (4g)
all-purpose flour
1/8 cup(s) (8g)
tilapia, raw
3 oz (84g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
olive oil
3/8 tsp (2mL)

For all 2 meals:

butter, melted
1/2 tbsp (7g)
all-purpose flour
1/8 cup(s) (16g)
tilapia, raw
6 oz (168g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
olive oil
1/4 tbsp (4mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
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. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

Lunch 4 [↗](#)

Eat on day 7

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Crispy chik'n tenders

5 tender(s) - 286 cals ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

ketchup
1 1/4 tbsp (21g)
meatless chik'n tenders
5 pieces (128g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Snacks 1 [🔗](#)

Eat on day 1, day 2

Small toasted bagel with butter

1 bagel(s) - 241 cals ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

butter

1/2 tbsp (7g)

bagel

1 small bagel (3" dia) (69g)

For all 2 meals:

butter

1 tbsp (14g)

bagel

2 small bagel (3" dia) (138g)

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

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

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

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.

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.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Breakfast cereal with protein milk

186 cals ● 14g protein ● 4g fat ● 22g carbs ● 2g fiber



For single meal:

whole milk

6 tbsp (90mL)

breakfast cereal

3/4 serving (23g)

protein powder

3/8 scoop (1/3 cup ea) (12g)

For all 3 meals:

whole milk

1 cup (270mL)

breakfast cereal

2 1/4 serving (68g)

protein powder

1 scoop (1/3 cup ea) (35g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 3 meals:

clementines

3 fruit (222g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

String cheese

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



Makes 2 stick(s)

string cheese

2 stick (56g)

1. This recipe has no instructions.

Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



oil

1/4 tbsp (4mL)

garlic, minced

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

vegetable broth

3 cup(s) (mL)

kale leaves, chopped

1 1/2 cup, chopped (60g)

chickpeas, canned, drained

3/4 can (336g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
 2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
 3. Crack a hefty amount of pepper on top and serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Quick salmon casserole

390 cals ● 24g protein ● 19g fat ● 25g carbs ● 6g fiber



For single meal:

condensed cream of mushroom soup

1/4 11oz can (78g)

butter

1 tbsp (14g)

canned peas, drained

1/4 can (~15 oz) (121g)

macaroni and cheese mix

1/4 package (~7.25 oz) (53g)

canned salmon

3/4 5oz can(s) (undrained) (107g)

whole milk

1 tbsp (15mL)

For all 2 meals:

condensed cream of mushroom soup

1/2 11oz can (155g)

butter

2 tbsp (28g)

canned peas, drained

1/2 can (~15 oz) (241g)

macaroni and cheese mix

1/2 package (~7.25 oz) (105g)

canned salmon

1 1/2 5oz can(s) (undrained) (213g)

whole milk

2 tbsp (30mL)

1. Preheat oven to 350°F (175°C).
2. Use the butter and milk to prepare macaroni and cheese mix according to package directions. Set aside in a large bowl.
3. Drain the salmon and discard any liquid.
4. Stir in the cream of mushroom soup, salmon and peas in with the macaroni. Mix well, transfer to a baking dish and heat until bubbly, about 20-25 minutes.

Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

whole milk

1 1/4 cup (300mL)

For all 2 meals:

whole milk

2 1/2 cup (600mL)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4, day 5

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

For all 2 meals:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

butter

2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Almond crusted tilapia

6 oz - 424 cals ● 41g protein ● 20g fat ● 16g carbs ● 4g fiber



For single meal:

tilapia, raw

6 oz (168g)

almonds

4 tbsp, slivered (27g)

all-purpose flour

1/6 cup(s) (21g)

salt

1 dash (0g)

olive oil

1/2 tbsp (8mL)

For all 2 meals:

tilapia, raw

3/4 lbs (336g)

almonds

1/2 cup, slivered (54g)

all-purpose flour

1/3 cup(s) (42g)

salt

2 dash (1g)

olive oil

1 tbsp (15mL)

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 4 [↗](#)

Eat on day 6, day 7

Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:

frozen green beans
1 1/3 cup (161g)

For all 2 meals:

frozen green beans
2 2/3 cup (323g)

1. Prepare according to instructions on package.

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

- water**
1 cup(s) (237mL)
- protein powder**
1 scoop (1/3 cup ea) (31g)

For all 7 meals:

- water**
7 cup(s) (1659mL)
- protein powder**
7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.