

# Meal Plan - 1800 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

1794 cals ● 118g protein (26%) ● 87g fat (44%) ● 96g carbs (21%) ● 40g fiber (9%)

### Breakfast

350 cals, 11g protein, 18g net carbs, 20g fat



[Carrot sticks](#)

3 1/2 carrot(s)- 95 cals



[Eggs with avocado and salsa](#)

254 cals

### Snacks

155 cals, 4g protein, 9g net carbs, 11g fat



[Toast with butter and jelly](#)

1/2 slice(s)- 67 cals



[Walnuts](#)

1/8 cup(s)- 87 cals

### Lunch

525 cals, 27g protein, 29g net carbs, 30g fat



[Rosemary mushroom cheese sandwich](#)

1 sandwich(es)- 408 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

### Dinner

605 cals, 40g protein, 38g net carbs, 25g fat



[Lentils](#)

174 cals



[Pan roasted zucchini](#)

250 cals



[Vegan crumbles](#)

1 1/4 cup(s)- 183 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

## Day 2

1800 cal ● 113g protein (25%) ● 78g fat (39%) ● 132g carbs (29%) ● 29g fiber (6%)

### Breakfast

350 cal, 11g protein, 18g net carbs, 20g fat



#### Carrot sticks

3 1/2 carrot(s)- 95 cal



#### Eggs with avocado and salsa

254 cal

### Snacks

155 cal, 4g protein, 9g net carbs, 11g fat



#### Toast with butter and jelly

1/2 slice(s)- 67 cal



#### Walnuts

1/8 cup(s)- 87 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



#### Protein shake

1 1/2 scoop- 164 cal

### Lunch

565 cal, 25g protein, 49g net carbs, 26g fat



#### Pumpkin seeds

183 cal



#### Chik'n nuggets

5 nuggets- 276 cal



#### Apple

1 apple(s)- 105 cal

### Dinner

570 cal, 38g protein, 55g net carbs, 21g fat



#### Seitan Philly cheesesteak

1 sub(s)- 571 cal

## Day 3

1790 cal ● 124g protein (28%) ● 59g fat (29%) ● 170g carbs (38%) ● 21g fiber (5%)

### Breakfast

245 cal, 8g protein, 35g net carbs, 7g fat



#### Simple cinnamon oatmeal with milk

246 cal

### Snacks

245 cal, 17g protein, 30g net carbs, 5g fat



#### Protein shake (milk)

129 cal



#### Banana

1 banana(s)- 117 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



#### Protein shake

1 1/2 scoop- 164 cal

### Lunch

565 cal, 25g protein, 49g net carbs, 26g fat



#### Pumpkin seeds

183 cal



#### Chik'n nuggets

5 nuggets- 276 cal



#### Apple

1 apple(s)- 105 cal

### Dinner

570 cal, 38g protein, 55g net carbs, 21g fat



#### Seitan Philly cheesesteak

1 sub(s)- 571 cal

## Day 4

1785 cals ● 125g protein (28%) ● 65g fat (33%) ● 151g carbs (34%) ● 25g fiber (6%)

### Breakfast

245 cals, 8g protein, 35g net carbs, 7g fat



Simple cinnamon oatmeal with milk  
246 cals

### Snacks

245 cals, 17g protein, 30g net carbs, 5g fat



Protein shake (milk)  
129 cals



Banana  
1 banana(s)- 117 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals

### Lunch

555 cals, 33g protein, 47g net carbs, 22g fat



Lowfat Greek yogurt  
2 container(s)- 310 cals



Strawberry avocado goat cheese panini  
244 cals

### Dinner

575 cals, 30g protein, 38g net carbs, 31g fat



Avocado  
176 cals



Crispy chik'n tenders  
7 tender(s)- 400 cals

## Day 5

1829 cals ● 120g protein (26%) ● 74g fat (36%) ● 135g carbs (30%) ● 36g fiber (8%)

### Breakfast

280 cals, 14g protein, 13g net carbs, 14g fat



Mexican scrambled eggs  
282 cals

### Snacks

255 cals, 6g protein, 36g net carbs, 6g fat



Roasted chickpeas  
1/4 cup- 138 cals



Banana  
1 banana(s)- 117 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals

### Lunch

555 cals, 33g protein, 47g net carbs, 22g fat



Lowfat Greek yogurt  
2 container(s)- 310 cals



Strawberry avocado goat cheese panini  
244 cals

### Dinner

575 cals, 30g protein, 38g net carbs, 31g fat



Avocado  
176 cals



Crispy chik'n tenders  
7 tender(s)- 400 cals

## Day 6

1789 cal ● 135g protein (30%) ● 66g fat (33%) ● 127g carbs (28%) ● 37g fiber (8%)

### Breakfast

280 cal, 14g protein, 13g net carbs, 14g fat



[Mexican scrambled eggs](#)  
282 cal

### Snacks

255 cal, 6g protein, 36g net carbs, 6g fat



[Roasted chickpeas](#)  
1/4 cup- 138 cal



[Banana](#)  
1 banana(s)- 117 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cal

### Lunch

570 cal, 35g protein, 58g net carbs, 21g fat



[Dinner roll](#)  
2 roll- 154 cal



[Salmon alfredo pasta](#)  
418 cal

### Dinner

515 cal, 42g protein, 18g net carbs, 24g fat



[Carrot sticks](#)  
3 carrot(s)- 81 cal



[Avocado tuna salad](#)  
436 cal

## Day 7

1789 cal ● 135g protein (30%) ● 66g fat (33%) ● 127g carbs (28%) ● 37g fiber (8%)

### Breakfast

280 cal, 14g protein, 13g net carbs, 14g fat



[Mexican scrambled eggs](#)  
282 cal

### Snacks

255 cal, 6g protein, 36g net carbs, 6g fat



[Roasted chickpeas](#)  
1/4 cup- 138 cal



[Banana](#)  
1 banana(s)- 117 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cal

### Lunch

570 cal, 35g protein, 58g net carbs, 21g fat



[Dinner roll](#)  
2 roll- 154 cal



[Salmon alfredo pasta](#)  
418 cal

### Dinner

515 cal, 42g protein, 18g net carbs, 24g fat



[Carrot sticks](#)  
3 carrot(s)- 81 cal



[Avocado tuna salad](#)  
436 cal

## Spices and Herbs

- salt  
1/6 oz (6g)
- black pepper  
5 1/2 g (5g)
- oregano, dried  
1/4 tbsp, ground (1g)
- garlic powder  
1/4 tbsp (2g)
- rosemary  
2 dash (0g)
- cinnamon  
1/2 tbsp (4g)
- ground cumin  
3 dash (1g)
- chili powder  
1/4 tbsp (2g)

## Beverages

- water  
11 1/2 cup(s) (2726mL)
- protein powder  
11 1/2 scoop (1/3 cup ea) (357g)

## Legumes and Legume Products

- lentils, raw  
4 tbsp (48g)
- vegetarian burger crumbles  
1 1/4 cup (125g)
- roasted peanuts  
2 tbsp (18g)
- black beans  
3/4 can (329g)

## Vegetables and Vegetable Products

- zucchini  
1 1/2 medium (294g)
- carrots  
13 medium (793g)
- mushrooms  
1 1/2 oz (43g)
- bell pepper  
1 small (74g)
- onion  
5/6 medium (2-1/2" dia) (90g)
- ketchup  
6 tbsp (102g)

## Fruits and Fruit Juices

- avocados  
4 1/4 avocado(s) (854g)
- apples  
2 medium (3" dia) (364g)
- banana  
5 medium (7" to 7-7/8" long) (590g)
- lemon juice  
1 tsp (5mL)
- strawberries  
4 medium (1-1/4" dia) (48g)
- lime juice  
2 tsp (10mL)

## Soups, Sauces, and Gravies

- salsa  
1/2 cup (135g)

## Baked Products

- bread  
1/3 lbs (160g)
- Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)

## Sweets

- jelly  
1 tsp (7g)
- sugar  
1 1/2 tbsp (20g)

## Nut and Seed Products

- walnuts  
4 tbsp shelled (50 halves) (25g)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Other

- mixed greens  
2 1/2 cup (75g)
- sub roll(s)  
2 roll(s) (170g)
- vegan chik'n nuggets  
10 nuggets (215g)
- meatless chik'n tenders  
14 pieces (357g)

- fresh spinach  
2 cup(s) (60g)
- tomatoes  
1/2 cup, chopped (90g)

### **Fats and Oils**

- olive oil  
1 1/2 tbsp (23mL)
- oil  
1/2 oz (19mL)

### **Dairy and Egg Products**

- eggs  
5 large (250g)
- butter  
2 tsp (9g)
- cheese  
4 oz (113g)
- whole milk  
2 cup (511mL)
- lowfat flavored greek yogurt  
4 (5.3 oz) container(s) (600g)
- goat cheese  
1 oz (28g)

- Roasted chickpeas  
3/4 cup (85g)
- alfredo sauce  
1/2 cup (120g)

### **Cereal Grains and Pasta**

- seitan  
6 oz (170g)
- uncooked dry pasta  
3 oz (86g)

### **Breakfast Cereals**

- quick oats  
3/4 cup (60g)

### **Finfish and Shellfish Products**

- salmon  
1/2 lbs (227g)
  - canned tuna  
2 can (344g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Carrot sticks

3 1/2 carrot(s) - 95 cal ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



For single meal:

**carrots**  
3 1/2 medium (214g)

For all 2 meals:

**carrots**  
7 medium (427g)

1. Cut carrots into strips and serve.

### Eggs with avocado and salsa

254 cal ● 9g protein ● 20g fat ● 4g carbs ● 7g fiber



For single meal:

**eggs**  
1 large (50g)  
**avocados, diced**  
1/2 avocado(s) (101g)  
**salsa**  
1 1/2 tbsp (27g)

For all 2 meals:

**eggs**  
2 large (100g)  
**avocados, diced**  
1 avocado(s) (201g)  
**salsa**  
3 tbsp (54g)

1. Cook eggs according to your preference (scrambled, sunny side up, etc.)
2. Season with some salt and pepper and top with the diced avocado and salsa.
3. Serve.



## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Simple cinnamon oatmeal with milk

246 cal ● 8g protein ● 7g fat ● 35g carbs ● 4g fiber



For single meal:

**sugar**  
3/4 tbsp (10g)  
**cinnamon**  
1/4 tbsp (2g)  
**whole milk**  
1/2 cup (135mL)  
**quick oats**  
6 tbsp (30g)

For all 2 meals:

**sugar**  
1 1/2 tbsp (20g)  
**cinnamon**  
1/2 tbsp (4g)  
**whole milk**  
1 cup (270mL)  
**quick oats**  
3/4 cup (60g)

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

## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Mexican scrambled eggs

282 cal ● 14g protein ● 14g fat ● 13g carbs ● 12g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**salsa**  
1 1/2 tbsp (27g)  
**avocados, pitted and peeled**  
1/4 avocado(s) (50g)  
**ground cumin**  
1 dash (0g)  
**chili powder**  
2 dash (1g)  
**black beans, drained**  
1/4 can (110g)  
**eggs**  
1 large (50g)

For all 3 meals:

**oil**  
1/4 tbsp (4mL)  
**salsa**  
1/4 cup (81g)  
**avocados, pitted and peeled**  
3/4 avocado(s) (151g)  
**ground cumin**  
3 dash (1g)  
**chili powder**  
1/4 tbsp (2g)  
**black beans, drained**  
3/4 can (329g)  
**eggs**  
3 large (150g)

1. Add beans and spices to a small saucepan or skillet and cook over low heat, until heated through. Set aside.
2. Meanwhile, scramble eggs with a fork in a small bowl. Heat oil in a small skillet over low heat. Pour in eggs and once they start to set, scramble. Cook until firm.
3. Arrange spiced beans, egg, avocado, and salsa on a plate. Season with a pinch of salt/pepper. Serve.



## Lunch 1 [↗](#)

Eat on day 1

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### Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cal ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

**rosemary**

2 dash (0g)

**mixed greens**

1/2 cup (15g)

**mushrooms**

1 1/2 oz (43g)

**cheese**

1/2 cup, shredded (57g)

**bread**

2 slice(s) (64g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

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### Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

**roasted peanuts**

2 tbsp (18g)

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

Eat on day 2, day 3

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### Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g 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.

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### Chik'n nuggets

5 nuggets - 276 cal ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



For single meal:

**vegan chik'n nuggets**  
5 nuggets (108g)  
**ketchup**  
1 1/4 tbsp (21g)

For all 2 meals:

**vegan chik'n nuggets**  
10 nuggets (215g)  
**ketchup**  
2 1/2 tbsp (43g)

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

### Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)

1. This recipe has no instructions.
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## Lunch 3 [↗](#)

Eat on day 4, day 5

### Lowfat Greek yogurt

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



For single meal:

**lowfat flavored greek yogurt**  
2 (5.3 oz) container(s) (300g)

For all 2 meals:

**lowfat flavored greek yogurt**  
4 (5.3 oz) container(s) (600g)

1. This recipe has no instructions.

### Strawberry avocado goat cheese panini

244 cal ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



For single meal:

**bread**  
1 slice (32g)  
**strawberries, hulled and thinly sliced**  
2 medium (1-1/4" dia) (24g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**goat cheese**  
1/2 oz (14g)  
**butter**  
4 dash (2g)

For all 2 meals:

**bread**  
2 slice (64g)  
**strawberries, hulled and thinly sliced**  
4 medium (1-1/4" dia) (48g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**goat cheese**  
1 oz (28g)  
**butter**  
1 tsp (5g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Dinner roll

2 roll - 154 cal ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

#### Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

#### Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.
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### Salmon alfredo pasta

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



For single meal:

#### alfredo sauce

4 tbsp (60g)

#### fresh spinach

1 cup(s) (30g)

#### uncooked dry pasta

1 1/2 oz (43g)

#### salmon

4 oz (113g)

For all 2 meals:

#### alfredo sauce

1/2 cup (120g)

#### fresh spinach

2 cup(s) (60g)

#### uncooked dry pasta

3 oz (86g)

#### salmon

1/2 lbs (227g)

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

Eat on day 1, day 2

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### Toast with butter and jelly

1/2 slice(s) - 67 cals ● 2g protein ● 2g fat ● 8g carbs ● 1g fiber



For single meal:

**bread**  
1/2 slice (16g)  
**butter**  
4 dash (2g)  
**jelly**  
4 dash (4g)

For all 2 meals:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)  
**jelly**  
1 tsp (7g)

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

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp shelled (50 halves) (13g)

For all 2 meals:

**walnuts**  
4 tbsp shelled (50 halves) (25g)

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

Eat on day 3, day 4

### Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

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

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

### Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

**banana**  
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

**banana**  
2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Roasted chickpeas

1/4 cup - 138 cal ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

**Roasted chickpeas**  
4 tbsp (28g)

For all 3 meals:

**Roasted chickpeas**  
3/4 cup (85g)

1. This recipe has no instructions.

## Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

### banana

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

### banana

3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1

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### Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



#### salt

1/2 dash (0g)

#### water

1 cup(s) (237mL)

#### lentils, raw, rinsed

4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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### Pan roasted zucchini

250 cal ● 5g protein ● 19g fat ● 9g carbs ● 5g fiber



#### zucchini

1 1/2 medium (294g)

#### black pepper

3/4 tbsp, ground (5g)

#### oregano, dried

1/4 tbsp, ground (1g)

#### garlic powder

1/4 tbsp (2g)

#### salt

1/4 tbsp (5g)

#### olive oil

1 1/2 tbsp (23mL)

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.



## Vegan crumbles

1 1/4 cup(s) - 183 cal ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

### vegetarian burger crumbles

1 1/4 cup (125g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Seitan Philly cheesesteak

1 sub(s) - 571 cal ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



For single meal:

**cheese**

1 slice (1 oz each) (28g)

**seitan, cut into strips**

3 oz (85g)

**bell pepper, sliced**

1/2 small (37g)

**onion, chopped**

1/4 medium (2-1/2" dia) (28g)

**oil**

1/2 tbsp (8mL)

**sub roll(s)**

1 roll(s) (85g)

For all 2 meals:

**cheese**

2 slice (1 oz each) (56g)

**seitan, cut into strips**

6 oz (170g)

**bell pepper, sliced**

1 small (74g)

**onion, chopped**

1/2 medium (2-1/2" dia) (55g)

**oil**

1 tbsp (15mL)

**sub roll(s)**

2 roll(s) (170g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
  2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
  3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
  4. When the seitan is done, add the veggies back in and mix until well-combined.
  5. Add the filling to the bun and serve!
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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### 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 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
  2. Sprinkle with lemon or lime juice as desired.
  3. Serve and eat.
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### Crispy chik'n tenders

7 tender(s) - 400 cal ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



For single meal:

**ketchup**  
1 3/4 tbsp (30g)  
**meatless chik'n tenders**  
7 pieces (179g)

For all 2 meals:

**ketchup**  
1/4 cup (60g)  
**meatless chik'n tenders**  
14 pieces (357g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

**carrots**  
3 medium (183g)

For all 2 meals:

**carrots**  
6 medium (366g)

1. Cut carrots into strips and serve.
- 

### Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lime juice**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**mixed greens**  
1 cup (30g)  
**onion, minced**  
1/4 small (18g)  
**canned tuna**  
1 can (172g)  
**tomatoes**  
4 tbsp, chopped (45g)

For all 2 meals:

**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)

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.
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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**water**

1 1/2 cup(s) (356mL)

**protein powder**

1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

**water**

10 1/2 cup(s) (2489mL)

**protein powder**

10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
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