

Meal Plan - 2000 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

1952 cals ● 159g protein (33%) ● 103g fat (47%) ● 68g carbs (14%) ● 29g fiber (6%)

Breakfast

310 cals, 21g protein, 5g net carbs, 23g fat



[Cucumber slices](#)

1/4 cucumber- 15 cals



[Pesto scrambled eggs](#)

3 eggs- 297 cals

Snacks

245 cals, 11g protein, 16g net carbs, 12g fat



[Milk](#)

1/2 cup(s)- 75 cals



[Bell pepper strips and hummus](#)

170 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Lunch

565 cals, 45g protein, 28g net carbs, 27g fat



[Naan bread](#)

1/2 piece(s)- 131 cals



[Avocado tuna salad](#)

436 cals

Dinner

665 cals, 46g protein, 19g net carbs, 40g fat



[Avocado tuna salad stuffed pepper](#)

2 half pepper(s)- 456 cals



[Roasted cashews](#)

1/4 cup(s)- 209 cals

Day 2

1984 cals ● 174g protein (35%) ● 64g fat (29%) ● 155g carbs (31%) ● 22g fiber (4%)

Breakfast

310 cals, 21g protein, 5g net carbs, 23g fat



Cucumber slices

1/4 cucumber- 15 cals



Pesto scrambled eggs

3 eggs- 297 cals

Snacks

245 cals, 11g protein, 16g net carbs, 12g fat



Milk

1/2 cup(s)- 75 cals



Bell pepper strips and hummus

170 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

655 cals, 56g protein, 61g net carbs, 18g fat



Quinoa

1 cup quinoa, cooked- 208 cals



Teriyaki seitan wings

6 oz seitan- 446 cals

Dinner

610 cals, 50g protein, 72g net carbs, 10g fat



Shrimp-snap peas-quinoa bowl

466 cals



Fruit juice

1 1/4 cup(s)- 143 cals

Day 3

2033 cals ● 138g protein (27%) ● 87g fat (38%) ● 139g carbs (27%) ● 36g fiber (7%)

Breakfast

310 cals, 21g protein, 5g net carbs, 23g fat



Cucumber slices

1/4 cucumber- 15 cals



Pesto scrambled eggs

3 eggs- 297 cals

Snacks

245 cals, 11g protein, 16g net carbs, 12g fat



Milk

1/2 cup(s)- 75 cals



Bell pepper strips and hummus

170 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

650 cals, 35g protein, 41g net carbs, 34g fat



Simple kale & avocado salad

230 cals



Salmon alfredo pasta

418 cals

Dinner

665 cals, 35g protein, 76g net carbs, 18g fat



Corn

370 cals



Basic tempeh

4 oz- 295 cals

Day 4

2030 cals ● 138g protein (27%) ● 74g fat (33%) ● 170g carbs (34%) ● 32g fiber (6%)

Breakfast

345 cals, 16g protein, 41g net carbs, 12g fat



Tomato goat cheese & lox sandwich
1 sandwich(es)- 285 cals



Fruit juice
1/2 cup(s)- 57 cals

Snacks

210 cals, 17g protein, 12g net carbs, 11g fat



Boiled eggs
1 egg(s)- 69 cals



Tuna and crackers
142 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

650 cals, 35g protein, 41g net carbs, 34g fat



Simple kale & avocado salad
230 cals



Salmon alfredo pasta
418 cals

Dinner

665 cals, 35g protein, 76g net carbs, 18g fat



Corn
370 cals



Basic tempeh
4 oz- 295 cals

Day 5

1985 cals ● 129g protein (26%) ● 65g fat (30%) ● 196g carbs (40%) ● 25g fiber (5%)

Breakfast

345 cals, 16g protein, 41g net carbs, 12g fat



Tomato goat cheese & lox sandwich
1 sandwich(es)- 285 cals



Fruit juice
1/2 cup(s)- 57 cals

Snacks

210 cals, 17g protein, 12g net carbs, 11g fat



Boiled eggs
1 egg(s)- 69 cals



Tuna and crackers
142 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

590 cals, 31g protein, 78g net carbs, 15g fat



Milk
1 cup(s)- 149 cals



Tofu alfredo pasta with broccoli
442 cals

Dinner

675 cals, 29g protein, 65g net carbs, 27g fat



Sunflower seeds
226 cals



Chickpea bowl with spicy yogurt sauce
451 cals

Day 6

1979 cals ● 131g protein (27%) ● 68g fat (31%) ● 182g carbs (37%) ● 29g fiber (6%)

Breakfast

350 cals, 13g protein, 44g net carbs, 12g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Milk
1 1/4 cup(s)- 186 cals

Snacks

175 cals, 15g protein, 20g net carbs, 1g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Green protein shake
130 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

575 cals, 29g protein, 44g net carbs, 27g fat



Buttery white rice
162 cals



Simple kale & avocado salad
230 cals



Simple seitan
3 oz- 183 cals

Dinner

715 cals, 37g protein, 73g net carbs, 27g fat



Tomato and avocado salad
117 cals



Pad thai with shrimp & egg
600 cals

Day 7

1979 cals ● 131g protein (27%) ● 68g fat (31%) ● 182g carbs (37%) ● 29g fiber (6%)

Breakfast

350 cals, 13g protein, 44g net carbs, 12g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Milk
1 1/4 cup(s)- 186 cals

Snacks

175 cals, 15g protein, 20g net carbs, 1g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Green protein shake
130 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

575 cals, 29g protein, 44g net carbs, 27g fat



Buttery white rice
162 cals



Simple kale & avocado salad
230 cals



Simple seitan
3 oz- 183 cals

Dinner

715 cals, 37g protein, 73g net carbs, 27g fat



Tomato and avocado salad
117 cals



Pad thai with shrimp & egg
600 cals

Finfish and Shellfish Products

- ☐ canned tuna
2 1/2 can (429g)
- ☐ shrimp, raw
14 3/4 oz (416g)
- ☐ salmon
1/2 lbs (227g)
- ☐ smoked salmon
2 oz, boneless (57g)

Fruits and Fruit Juices

- ☐ avocados
3 1/2 avocado(s) (704g)
- ☐ lime juice
5/6 fl oz (25mL)
- ☐ fruit juice
18 fl oz (540mL)
- ☐ lemon
2 small (116g)
- ☐ orange
1 orange (154g)
- ☐ banana
1/2 medium (7" to 7-7/8" long) (59g)
- ☐ limes
2 fruit (2" dia) (134g)

Spices and Herbs

- ☐ salt
1/6 oz (6g)
- ☐ black pepper
1/8 oz (2g)
- ☐ basil, dried
4 dash, ground (1g)
- ☐ garlic powder
2 dash (1g)

Vegetables and Vegetable Products

- ☐ bell pepper
3 large (521g)
- ☐ onion
3/4 medium (2-1/2" dia) (85g)
- ☐ cucumber
3/4 cucumber (8-1/4") (226g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (623g)
- ☐ frozen sugar snap peas
3/8 package (10 oz) (118g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1/4 cup (72g)

Dairy and Egg Products

- ☐ eggs
13 large (650g)
- ☐ whole milk
5 cup (1200mL)
- ☐ goat cheese
3 tbsp (42g)
- ☐ nonfat greek yogurt, plain
2 tbsp (35g)
- ☐ butter
1 tbsp (14g)

Legumes and Legume Products

- ☐ hummus
1 cup (244g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ chickpeas, canned
1/2 can (224g)
- ☐ firm tofu
1/4 package (16 oz) (113g)
- ☐ roasted peanuts
20 peanut(s) (20g)

Baked Products

- ☐ naan bread
1/2 piece (45g)
- ☐ crackers
10 crackers (35g)
- ☐ english muffins
2 muffin (114g)

Other

- ☐ mixed greens
1 cup (30g)
- ☐ flavored quinoa mix
3/8 package (4.9 oz) (58g)
- ☐ teriyaki sauce
3 tbsp (45mL)
- ☐ alfredo sauce
1/2 cup (120g)
- ☐ sriracha chili sauce
1 tsp (5g)

- ☐ frozen corn kernels
5 1/3 cup (725g)
- ☐ kale leaves
2 bunch (340g)
- ☐ fresh spinach
3 cup(s) (90g)
- ☐ fresh parsley
2 tbsp chopped (8g)
- ☐ frozen broccoli
1/4 package (71g)
- ☐ garlic
2 1/2 clove(s) (8g)

Nut and Seed Products

- ☐ roasted cashews
4 tbsp, halves and whole (34g)
- ☐ sunflower kernels
1 1/4 oz (35g)

Beverages

- ☐ water
13 1/2 cup(s) (3218mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ almond milk, unsweetened
2 tbsp (31mL)
- ☐ protein powder, vanilla
1 scoop (1/3 cup ea) (31g)

- ☐ Pad Thai stir fry sauce
4 tbsp (57g)

Fats and Oils

- ☐ olive oil
2 tsp (10mL)
- ☐ oil
2 oz (58mL)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/3 cup (57g)
- ☐ seitan
3/4 lbs (340g)
- ☐ uncooked dry pasta
6 oz (171g)
- ☐ long-grain white rice
9 1/4 tbsp (108g)
- ☐ rice noodles
4 oz (114g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)



Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber

1/4 cucumber (8-1/4") (75g)

For all 3 meals:

cucumber

3/4 cucumber (8-1/4") (226g)

1. Slice cucumber into rounds and serve.

Pesto scrambled eggs

3 eggs - 297 cal ● 20g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce

1 1/2 tbsp (24g)

eggs

3 large (150g)

For all 3 meals:

pesto sauce

1/4 cup (72g)

eggs

9 large (450g)

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

Tomato goat cheese & lox sandwich

1 sandwich(es) - 285 cal ● 15g protein ● 11g fat ● 28g carbs ● 3g fiber



For single meal:

smoked salmon

1 oz, boneless (28g)

english muffins

1 muffin (57g)

goat cheese

1 1/2 tbsp (21g)

tomatoes

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

For all 2 meals:

smoked salmon

2 oz, boneless (57g)

english muffins

2 muffin (114g)

goat cheese

3 tbsp (42g)

tomatoes

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

1. Split the english muffin in half and toast, if desired.
2. Spread goat cheese on the bottom of the english muffin and top with tomato, smoked salmon, and some salt and pepper. Place the english muffin top on top and serve.

Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice

4 fl oz (120mL)

For all 2 meals:

fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

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

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Milk

1 1/4 cup(s) - 186 cal ● 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.

Lunch 1 [↗](#)

Eat on day 1

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



Makes 1/2 piece(s)

naan bread

1/2 piece (45g)

1. This recipe has no instructions.

Avocado tuna salad

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



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)

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.

Lunch 2 [↗](#)

Eat on day 2

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



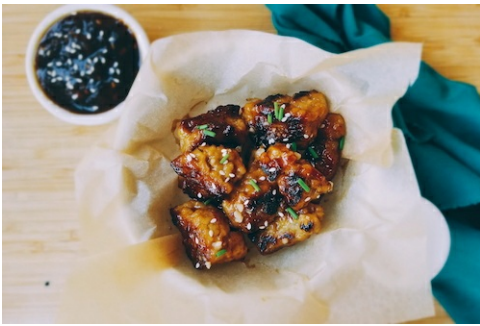
Makes 1 cup quinoa, cooked

quinoa, uncooked
1/3 cup (57g)
water
2/3 cup(s) (158mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Teriyaki seitan wings

6 oz seitan - 446 cal ● 48g protein ● 15g fat ● 28g carbs ● 1g fiber



Makes 6 oz seitan

teriyaki sauce

3 tbsp (45mL)

oil

3/4 tbsp (11mL)

seitan

6 oz (170g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped

1/2 bunch (85g)

lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

For all 2 meals:

kale leaves, chopped

1 bunch (170g)

lemon, juiced

1 small (58g)

avocados, chopped

1 avocado(s) (201g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Salmon alfredo pasta

418 cals ● 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.

Lunch 4 [🔗](#)

Eat on day 5

Milk

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

Makes 1 cup(s)

whole milk
1 cup (240mL)



1. This recipe has no instructions.

Tofu alfredo pasta with broccoli

442 cal ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



uncooked dry pasta

3 oz (86g)

firm tofu

1/4 package (16 oz) (113g)

frozen broccoli

1/4 package (71g)

garlic

1/2 clove(s) (2g)

salt

1/8 dash (0g)

almond milk, unsweetened

2 tbsp (30mL)

basil, dried

4 dash, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Buttery white rice

162 cal ● 2g protein ● 6g fat ● 24g carbs ● 0g fiber



For single meal:

black pepper

2/3 dash, ground (0g)

butter

1/2 tbsp (7g)

salt

1 1/3 dash (1g)

water

1/3 cup(s) (79mL)

long-grain white rice

2 2/3 tbsp (31g)

For all 2 meals:

black pepper

1 1/3 dash, ground (0g)

butter

1 tbsp (14g)

salt

1/3 tsp (2g)

water

2/3 cup(s) (158mL)

long-grain white rice

1/3 cup (62g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
lemon, juiced
1 small (58g)
avocados, chopped
1 avocado(s) (201g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Simple seitan

3 oz - 183 cal● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

For all 2 meals:

oil
1/2 tbsp (8mL)
seitan
6 oz (170g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Milk

1/2 cup(s) - 75 cal● 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.

Bell pepper strips and hummus

170 cal● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

For all 3 meals:

hummus
1 cup (244g)
bell pepper
3 medium (357g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Snacks 2 [↗](#)

Eat on day 4, day 5

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Tuna and crackers

142 cal ● 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.

Snacks 3 [🔗](#)

Eat on day 6, day 7

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.

Green protein shake

130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

fresh spinach

1/2 cup(s) (15g)

water

1/8 cup(s) (30mL)

orange, peeled, sliced, and deseeded

1/2 orange (77g)

protein powder, vanilla

1/2 scoop (1/3 cup ea) (16g)

banana, frozen

1/4 medium (7" to 7-7/8" long) (30g)

For all 2 meals:

fresh spinach

1 cup(s) (30g)

water

1/4 cup(s) (59mL)

orange, peeled, sliced, and deseeded

1 orange (154g)

protein powder, vanilla

1 scoop (1/3 cup ea) (31g)

banana, frozen

1/2 medium (7" to 7-7/8" long) (59g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
 2. Blend thoroughly. Add more water, if needed.
 3. Serve promptly.
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Dinner 1 [🔗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

canned tuna, drained

1 can (172g)

avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

bell pepper

1 large (164g)

onion

1/4 small (18g)

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.

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



Makes 1/4 cup(s)

roasted cashews

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Shrimp-snap peas-quinoa bowl

466 cals ● 48g protein ● 10g fat ● 41g carbs ● 7g fiber



black pepper

1/4 tsp, ground (0g)

salt

1/4 tsp (1g)

shrimp, raw, peeled and deveined

6 2/3 oz (189g)

olive oil

1 1/4 tsp (6mL)

flavored quinoa mix

3/8 package (4.9 oz) (58g)

frozen sugar snap peas

3/8 package (10 oz) (118g)

1. Prepare the quinoa mix and snap peas according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together (or keep it separate) and serve.

Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



Makes 1 1/4 cup(s)

fruit juice

10 fl oz (300mL)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3, day 4

Corn

370 cals ● 11g protein ● 3g fat ● 68g carbs ● 8g fiber



For single meal:

frozen corn kernels
2 2/3 cup (363g)

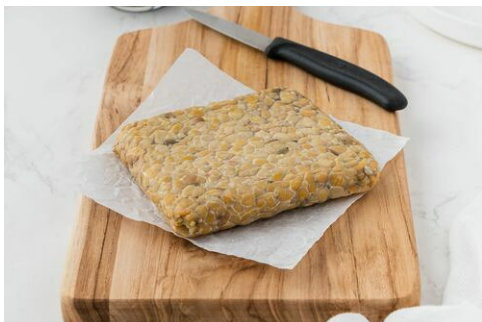
For all 2 meals:

frozen corn kernels
5 1/3 cup (725g)

1. Prepare according to instructions on package.

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
tempeh
4 oz (113g)

For all 2 meals:

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

Sunflower seeds

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



sunflower kernels
1 1/4 oz (35g)

1. This recipe has no instructions.

Chickpea bowl with spicy yogurt sauce

451 cals ● 19g protein ● 9g fat ● 62g carbs ● 11g fiber



onion, diced
1/2 small (35g)
sriracha chili sauce
1 tsp (5g)
nonfat greek yogurt, plain
2 tbsp (35g)
chickpeas, canned, rinsed & drained
1/2 can (224g)
long-grain white rice
4 tbsp (46g)
fresh parsley, chopped
2 tbsp chopped (8g)
oil
1 tsp (5mL)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

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

Pad thai with shrimp & egg

600 cals ● 36g protein ● 18g fat ● 70g carbs ● 4g fiber



For single meal:

limes
1 fruit (2" dia) (67g)
roasted peanuts, crushed
10 peanut(s) (10g)
shrimp, raw, peeled and deveined
4 oz (113g)
Pad Thai stir fry sauce
2 tbsp (28g)
rice noodles
2 oz (57g)
garlic, diced
1 clove (3g)
oil
1/2 tbsp (8mL)
eggs
1 large (50g)

For all 2 meals:

limes
2 fruit (2" dia) (134g)
roasted peanuts, crushed
20 peanut(s) (20g)
shrimp, raw, peeled and deveined
1/2 lbs (227g)
Pad Thai stir fry sauce
4 tbsp (57g)
rice noodles
4 oz (114g)
garlic, diced
2 clove (6g)
oil
1 tbsp (15mL)
eggs
2 large (100g)

1. Cook rice noodles according to package. Drain and set aside.
2. Heat the oil in a skillet over medium heat. Add the garlic and saute until fragrant, about a minute.
3. Add the egg and scramble it until lightly set- about 30 seconds.
4. Add the shrimp and cook until the shrimp and egg are mostly done- about 3 minutes.
5. Add in the rice noodles and the Pad Thai sauce and cook for a few more minutes until heated through.
6. Transfer to a serving plate and top with crushed peanuts and lime wedges (optional).

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cals ● 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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