

Meal Plan - 2300 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

2203 cals ● 151g protein (28%) ● 61g fat (25%) ● 225g carbs (41%) ● 34g fiber (6%)

Breakfast

350 cals, 17g protein, 33g net carbs, 13g fat



Blueberry vanilla oatmeal
209 cals



Basic scrambled eggs
2 egg(s)- 142 cals

Snacks

130 cals, 2g protein, 22g net carbs, 3g fat



Cherry tomatoes
3 cherry tomatoes- 11 cals



Baked chips
12 crisps- 122 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

755 cals, 41g protein, 85g net carbs, 26g fat



White rice
1/2 cup rice, cooked- 110 cals



Simple mixed greens and tomato salad
76 cals



Seitan Philly cheesesteak
1 sub(s)- 571 cals

Dinner

800 cals, 55g protein, 84g net carbs, 18g fat



Tortilla chips
247 cals



Southwest shrimp & black bean bowl
553 cals

Day 2

2212 cals ● 143g protein (26%) ● 57g fat (23%) ● 231g carbs (42%) ● 48g fiber (9%)

Breakfast

350 cals, 17g protein, 33g net carbs, 13g fat



Blueberry vanilla oatmeal
209 cals



Basic scrambled eggs
2 egg(s)- 142 cals

Snacks

130 cals, 2g protein, 22g net carbs, 3g fat



Cherry tomatoes
3 cherry tomatoes- 11 cals



Baked chips
12 crisps- 122 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

755 cals, 41g protein, 85g net carbs, 26g fat



White rice
1/2 cup rice, cooked- 110 cals



Simple mixed greens and tomato salad
76 cals



Seitan Philly cheesesteak
1 sub(s)- 571 cals

Dinner

810 cals, 46g protein, 90g net carbs, 15g fat



Simple mixed greens salad
136 cals



Lentil pasta
673 cals

Day 3

2244 cals ● 188g protein (33%) ● 91g fat (36%) ● 138g carbs (25%) ● 28g fiber (5%)

Breakfast

350 cals, 17g protein, 33g net carbs, 13g fat



Blueberry vanilla oatmeal
209 cals



Basic scrambled eggs
2 egg(s)- 142 cals

Snacks

290 cals, 29g protein, 10g net carbs, 14g fat



Protein shake (milk)
129 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

705 cals, 58g protein, 44g net carbs, 31g fat



Buttery brown rice
167 cals



Vegan sausage
2 sausage(s)- 536 cals

Dinner

740 cals, 47g protein, 50g net carbs, 32g fat



Veggie fried rice
295 cals



Basic tempeh
6 oz- 443 cals

Day 4

2260 cal ● 189g protein (33%) ● 91g fat (36%) ● 140g carbs (25%) ● 31g fiber (6%)

Breakfast

365 cal, 18g protein, 35g net carbs, 13g fat



Milk

1/2 cup(s)- 75 cal



Hummus toast

2 slice(s)- 293 cal

Snacks

290 cal, 29g protein, 10g net carbs, 14g fat



Protein shake (milk)

129 cal



Cherry tomatoes

6 cherry tomatoes- 21 cal



Boiled eggs

2 egg(s)- 139 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Lunch

705 cal, 58g protein, 44g net carbs, 31g fat



Buttery brown rice

167 cal



Vegan sausage

2 sausage(s)- 536 cal

Dinner

740 cal, 47g protein, 50g net carbs, 32g fat



Veggie fried rice

295 cal



Basic tempeh

6 oz- 443 cal

Day 5

2325 cal ● 155g protein (27%) ● 92g fat (36%) ● 183g carbs (32%) ● 36g fiber (6%)

Breakfast

365 cal, 18g protein, 35g net carbs, 13g fat



Milk

1/2 cup(s)- 75 cal



Hummus toast

2 slice(s)- 293 cal

Snacks

250 cal, 15g protein, 35g net carbs, 3g fat



Cottage cheese & fruit cup

1 container- 131 cal



Celery sticks

1 celery stalk- 7 cal



Pear

1 pear(s)- 113 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Lunch

755 cal, 41g protein, 46g net carbs, 43g fat



Simple mixed greens salad

203 cal



Tuna salad wrap

1 wrap(s)- 552 cal

Dinner

790 cal, 45g protein, 66g net carbs, 32g fat



Buttery white rice

121 cal



Edamame & beet salad

257 cal



Shrimp & zucchini fajita tacos

1 taco(s)- 411 cal

Day 6

2336 cal ● 148g protein (25%) ● 99g fat (38%) ● 186g carbs (32%) ● 29g fiber (5%)

Breakfast

335 cal, 17g protein, 31g net carbs, 14g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
219 cal



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

Snacks

250 cal, 15g protein, 35g net carbs, 3g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cal



[Celery sticks](#)
1 celery stalk- 7 cal



[Pear](#)
1 pear(s)- 113 cal

Protein Supplement(s)

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



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

Lunch

860 cal, 42g protein, 45g net carbs, 54g fat



[Dried cranberries](#)
1/4 cup- 136 cal



[Roasted peanuts](#)
1/2 cup(s)- 460 cal



[Simple sardine salad](#)
265 cal

Dinner

725 cal, 38g protein, 74g net carbs, 28g fat



[Simple mixed greens salad](#)
136 cal



[Crispy chik'n tenders](#)
8 tender(s)- 457 cal



[Basic baked potato](#)
1/2 potato(es)- 132 cal

Day 7

2336 cal ● 148g protein (25%) ● 99g fat (38%) ● 186g carbs (32%) ● 29g fiber (5%)

Breakfast

335 cal, 17g protein, 31g net carbs, 14g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
219 cal



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

Snacks

250 cal, 15g protein, 35g net carbs, 3g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cal



[Celery sticks](#)
1 celery stalk- 7 cal



[Pear](#)
1 pear(s)- 113 cal

Protein Supplement(s)

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



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

Lunch

860 cal, 42g protein, 45g net carbs, 54g fat



[Dried cranberries](#)
1/4 cup- 136 cal



[Roasted peanuts](#)
1/2 cup(s)- 460 cal



[Simple sardine salad](#)
265 cal

Dinner

725 cal, 38g protein, 74g net carbs, 28g fat



[Simple mixed greens salad](#)
136 cal



[Crispy chik'n tenders](#)
8 tender(s)- 457 cal



[Basic baked potato](#)
1/2 potato(es)- 132 cal

Snacks

- tortilla chips
1 3/4 oz (50g)

Vegetables and Vegetable Products

- tomatoes
5 medium whole (2-3/5" dia) (601g)
- frozen corn kernels
2/3 cup (88g)
- bell pepper
2/3 large (115g)
- onion
3/4 medium (2-1/2" dia) (83g)
- frozen peas
9 1/2 tbsp (80g)
- garlic
5/6 clove(s) (2g)
- beets, precooked (canned or refrigerated)
3 beets (2" dia, sphere) (150g)
- edamame, frozen, shelled
3/4 cup (89g)
- zucchini
1/2 medium (98g)
- raw celery
1/4 bunch (129g)
- kale leaves
2 cup, chopped (80g)
- ketchup
4 tbsp (68g)
- potatoes
1 large (3" to 4-1/4" dia.) (369g)

Finfish and Shellfish Products

- shrimp, raw
10 oz (284g)
- canned tuna
5 oz (142g)
- sardines, canned in oil
2 can (184g)

Legumes and Legume Products

- black beans
1/2 can(s) (220g)
- soy sauce
1 1/3 tbsp (18mL)
- tempeh
3/4 lbs (340g)

Fruits and Fruit Juices

- lime juice
1/2 tbsp (8mL)
- blueberries
3/4 cup (111g)
- pears
3 medium (534g)
- banana
2 medium (7" to 7-7/8" long) (236g)
- dried cranberries
1/2 cup (80g)

Soups, Sauces, and Gravies

- apple cider vinegar
1 tbsp (1mL)
- pasta sauce
1/3 jar (24 oz) (224g)

Beverages

- water
14 3/4 cup (3533mL)
- protein powder
11 1/2 scoop (1/3 cup ea) (357g)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats
1 1/2 cup(s) (122g)

Sweets

- maple syrup
1 tbsp (15mL)

Dairy and Egg Products

- eggs
17 medium (748g)
- cheese
2 slice (1 oz each) (56g)
- whole milk
2 cup (480mL)
- butter
4 tsp (20g)

Other

- baked chips, any flavor
24 crips (56g)

- hummus
10 tbsp (150g)
- roasted peanuts
1 cup (146g)

Cereal Grains and Pasta

- brown rice
1 cup (171g)
- long-grain white rice
1/2 cup (85g)
- seitan
6 oz (170g)

Spices and Herbs

- chili powder
5 dash (2g)
- vanilla extract
1 tbsp (15mL)
- salt
5 g (5g)
- black pepper
1 1/2 g (1g)
- balsamic vinegar
2 tsp (10mL)
- rosemary, dried
4 dash (1g)

Fats and Oils

- oil
2 1/3 oz (71mL)
- salad dressing
1 cup (248mL)
- olive oil
2 1/2 tsp (12mL)
- balsamic vinaigrette
1 1/2 tbsp (23mL)
- mayonnaise
1 1/2 tbsp (23mL)

- mixed greens
21 cup (630g)
- sub roll(s)
2 roll(s) (170g)
- lentil pasta
1/3 lbs (151g)
- vegan sausage
4 sausage (400g)
- guacamole, store-bought
2 tbsp (31g)
- cottage cheese & fruit cup
3 container (510g)
- vinaigrette, store-bought, any flavor
3 tbsp (45mL)
- meatless chik'n tenders
16 pieces (408g)

Baked Products

- bread
4 slice (128g)
- flour tortillas
2 1/2 tortilla (approx 7-8" dia) (121g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Blueberry vanilla oatmeal

209 cal ● 6g protein ● 3g fat ● 33g carbs ● 5g fiber



For single meal:

oatmeal, old-fashioned oats, rolled oats

1/2 cup(s) (41g)

blueberries

4 tbsp (37g)

vanilla extract

1 tsp (5mL)

maple syrup

1 tsp (5mL)

water

3/4 cup(s) (178mL)

For all 3 meals:

oatmeal, old-fashioned oats, rolled oats

1 1/2 cup(s) (122g)

blueberries

3/4 cup (111g)

vanilla extract

1 tbsp (15mL)

maple syrup

1 tbsp (15mL)

water

2 1/4 cup(s) (533mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/2 tsp (3mL)

eggs

2 medium (88g)

For all 3 meals:

oil

1/2 tbsp (8mL)

eggs

6 medium (264g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.
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Hummus toast

2 slice(s) - 293 cal ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

hummus
5 tbsp (75g)
bread
2 slice (64g)

For all 2 meals:

hummus
10 tbsp (150g)
bread
4 slice (128g)

1. (Optional) Toast bread.
 2. Spread hummus over bread and serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Scrambled eggs with kale, tomatoes, rosemary

219 cal ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 extra large (112g)
kale leaves
1 cup, chopped (40g)
oil
1/2 tsp (3mL)

For all 2 meals:

water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 extra large (224g)
kale leaves
2 cup, chopped (80g)
oil
1 tsp (5mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). 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.
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Lunch 1 [↗](#)

Eat on day 1, day 2

White rice

1/2 cup rice, cooked - 110 cals ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber



For single meal:

long-grain white rice

2 2/3 tbsp (31g)

water

1/3 cup(s) (79mL)

salt

1 1/3 dash (1g)

black pepper

1 dash, ground (0g)

For all 2 meals:

long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (158mL)

salt

1/3 tsp (2g)

black pepper

2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
 2. In a saucepan with a good fitting lid bring water and salt to a boil.
 3. Add rice and stir.
 4. 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.
 5. Cook for 20 minutes.
 6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
 7. Remove from heat and fluff with fork, season with pepper, and serve.
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Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Seitan Philly cheesesteak

1 sub(s) - 571 cals ● 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!

Lunch 2 [↗](#)

Eat on day 3, day 4

Buttery brown rice

167 cal ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



For single meal:

- butter**
1/2 tbsp (7g)
- brown rice**
2 2/3 tbsp (32g)
- salt**
1 dash (1g)
- water**
1/3 cup(s) (79mL)
- black pepper**
1 dash, ground (0g)

For all 2 meals:

- butter**
1 tbsp (14g)
- brown rice**
1/3 cup (63g)
- salt**
2 dash (2g)
- water**
2/3 cup(s) (158mL)
- black pepper**
2 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

vegan sausage
2 sausage (200g)

For all 2 meals:

vegan sausage
4 sausage (400g)

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

Lunch 3 [↗](#)

Eat on day 5

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

1. Mix greens and dressing in a small bowl. Serve.

Tuna salad wrap

1 wrap(s) - 552 cals ● 37g protein ● 29g fat ● 33g carbs ● 3g fiber



Makes 1 wrap(s)

canned tuna
5 oz (142g)
mayonnaise
1 1/2 tbsp (23mL)
black pepper
1 dash (0g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)
salt
1 dash (0g)
flour tortillas
1 tortilla (approx 10" dia) (72g)

1. Drain the tuna.
 2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
 3. Spread the mixture over the tortilla and wrap it.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Dried cranberries

1/4 cup - 136 cal ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

dried cranberries
4 tbsp (40g)

For all 2 meals:

dried cranberries
1/2 cup (80g)

1. This recipe has no instructions.

Roasted peanuts

1/2 cup(s) - 460 cal ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber



For single meal:

roasted peanuts
1/2 cup (73g)

For all 2 meals:

roasted peanuts
1 cup (146g)

1. This recipe has no instructions.

Simple sardine salad

265 cal ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



For single meal:

vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
sardines, canned in oil, drained
1 can (92g)
mixed greens
1 1/2 cup (45g)

For all 2 meals:

vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)
mixed greens
3 cup (90g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

3 cherry tomatoes - 11 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes

3 cherry tomatoes (51g)

For all 2 meals:

tomatoes

6 cherry tomatoes (102g)

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

Baked chips

12 crisps - 122 cals ● 2g protein ● 3g fat ● 21g carbs ● 1g fiber



For single meal:

baked chips, any flavor

12 crisps (28g)

For all 2 meals:

baked chips, any flavor

24 crisps (56g)

1. Enjoy.

Snacks 2 [↗](#)

Eat on day 3, day 4

Protein shake (milk)

129 cals ● 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.

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

1 celery stalk - 7 cal ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 3 meals:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

1. Slice celery into sticks and serve.

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears

1 medium (178g)

For all 3 meals:

pears

3 medium (534g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Tortilla chips

247 cal ● 3g protein ● 11g fat ● 31g carbs ● 2g fiber

tortilla chips

1 3/4 oz (50g)

1. This recipe has no instructions.



Southwest shrimp & black bean bowl

553 cal ● 51g protein ● 7g fat ● 53g carbs ● 18g fiber



tomatoes, chopped
1/2 roma tomato (40g)
shrimp, raw, peeled and deveined
6 oz (170g)
black beans, rinsed and drained
1/2 can(s) (220g)
frozen corn kernels
4 tbsp (34g)
brown rice
2 2/3 tbsp (32g)
chili powder
4 dash (1g)
oil
1 tsp (5mL)
lime juice
1/2 tbsp (8mL)
apple cider vinegar
1 tbsp (1mL)

1. Cook the rice according its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

Dinner 2 [↗](#)

Eat on day 2

Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Lentil pasta

673 cal ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



pasta sauce
1/3 jar (24 oz) (224g)
lentil pasta
1/3 lbs (151g)

1. Cook lentil pasta according to package.
 2. Top with sauce and serve.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Veggie fried rice

295 cal ● 11g protein ● 10g fat ● 38g carbs ● 4g fiber



For single meal:

olive oil
1 tsp (6mL)
eggs
5/8 large (30g)
brown rice, uncooked
3 tbsp (38g)
frozen corn kernels
3 tbsp (27g)
frozen peas
5 tbsp (40g)
soy sauce
2 tsp (9mL)
garlic, minced
3/8 clove(s) (1g)

For all 2 meals:

olive oil
2 1/2 tsp (12mL)
eggs
1 1/3 large (60g)
brown rice, uncooked
6 1/2 tbsp (76g)
frozen corn kernels
6 1/2 tbsp (54g)
frozen peas
9 1/2 tbsp (80g)
soy sauce
1 1/3 tbsp (18mL)
garlic, minced
5/6 clove(s) (2g)

1. Follow instructions on package for cooking rice. Should yield about 3 or 4 cups once cooked. Let cool.
2. Heat half of the oil in a large pan over medium heat. Add the garlic and cook for about a minute.
3. Crack the eggs in the pan and gently push them around the pan for 1 or 2 minutes until barely cooked.
4. Add the other half of the oil and the rice and let cook another few minutes. Stir frequently.
5. Add the corn, peas, and soy sauce and stir for another 1-2 minutes.
6. Remove from heat and serve.

Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.
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Dinner 4 [↗](#)

Eat on day 5

Buttery white rice

121 cal ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



black pepper

1/2 dash, ground (0g)

butter

1 tsp (5g)

salt

1 dash (1g)

water

1/4 cup(s) (59mL)

long-grain white rice

2 tbsp (23g)

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.

Edamame & beet salad

257 cal ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



balsamic vinaigrette

1 1/2 tbsp (23mL)

beets, precooked (canned or refrigerated), chopped

3 beets (2" dia, sphere) (150g)

edamame, frozen, shelled

3/4 cup (89g)

mixed greens

1 1/2 cup (45g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Shrimp & zucchini fajita tacos

1 taco(s) - 411 cal ● 30g protein ● 17g fat ● 29g carbs ● 6g fiber



Makes 1 taco(s)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

shrimp, raw, peeled and deveined

4 oz (114g)

zucchini, sliced into thin rounds

1/2 medium (98g)

bell pepper, sliced into strips

1/4 large (41g)

onion, sliced

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

chili powder

1 dash (0g)

guacamole, store-bought

2 tbsp (31g)

oil

1/2 tbsp (8mL)

1. Prep veggies then heat a large skillet over medium heat. Add half of the oil along with the zucchini, onion, bell pepper, and a dash of salt/pepper. Saute the vegetables until somewhat softened, about 5-10 minutes.
2. Meanwhile, in a separate skillet, add the rest of the oil, along with the shrimp, chili powder, and a dash of salt/pepper. Stir until shrimp are well coated and saute until they are bright pink on the outside and the inside is no longer transparent, about 2-3 minutes per side.
3. Evenly distribute the fajitas and shrimp across the tortillas. Top with guacamole and serve.

Dinner 5 [↗](#)

Eat on day 6, day 7

Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

salad dressing

6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.

Crispy chik'n tenders

8 tender(s) - 457 cal ● 32g protein ● 18g fat ● 41g carbs ● 0g fiber



For single meal:

ketchup
2 tbsp (34g)
meatless chik'n tenders
8 pieces (204g)

For all 2 meals:

ketchup
4 tbsp (68g)
meatless chik'n tenders
16 pieces (408g)

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

Basic baked potato

1/2 potato(es) - 132 cal ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

potatoes
1/2 large (3" to 4-1/4" dia.) (185g)
salt
1/2 dash (0g)
oil
1/4 tsp (1mL)

For all 2 meals:

potatoes
1 large (3" to 4-1/4" dia.) (369g)
salt
1 dash (0g)
oil
1/2 tsp (3mL)

1. OVEN:
 2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
 3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
 4. MICROWAVE:
 5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
 6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
 7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.
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Protein Supplement(s) [↗](#)

Eat every day

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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