

Meal Plan - 2400 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

2396 cals ● 160g protein (27%) ● 121g fat (45%) ● 119g carbs (20%) ● 48g fiber (8%)

Breakfast

440 cals, 25g protein, 32g net carbs, 20g fat



[Pear](#)

1 pear(s)- 113 cals



[Scrambled eggs with kale, tomatoes, rosemary](#)
329 cals

Snacks

270 cals, 12g protein, 23g net carbs, 12g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Peanut butter banana oat protein cookies](#)
1 cookie(s)- 249 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 scoop- 218 cals

Lunch

600 cals, 36g protein, 47g net carbs, 21g fat



[Sunflower seeds](#)

120 cals



[Caprese salad](#)

142 cals



[Lentil pasta](#)

337 cals

Dinner

865 cals, 39g protein, 16g net carbs, 66g fat



[Roasted almonds](#)

1/3 cup(s)- 277 cals



[Low carb asian tofu bowl](#)

589 cals

Day 2

2337 cals ● 180g protein (31%) ● 90g fat (35%) ● 154g carbs (26%) ● 47g fiber (8%)

Breakfast

440 cals, 25g protein, 32g net carbs, 20g fat



Pear

1 pear(s)- 113 cals



Scrambled eggs with kale, tomatoes, rosemary
329 cals

Snacks

270 cals, 12g protein, 23g net carbs, 12g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Peanut butter banana oat protein cookies

1 cookie(s)- 249 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

600 cals, 36g protein, 47g net carbs, 21g fat



Sunflower seeds

120 cals



Caprese salad

142 cals



Lentil pasta

337 cals

Dinner

805 cals, 59g protein, 51g net carbs, 35g fat



Avocado tuna salad

545 cals



Naan bread

1 piece(s)- 262 cals

Day 3

2498 cals ● 169g protein (27%) ● 115g fat (41%) ● 159g carbs (25%) ● 38g fiber (6%)

Breakfast

440 cals, 25g protein, 32g net carbs, 20g fat



Pear

1 pear(s)- 113 cals



Scrambled eggs with kale, tomatoes, rosemary
329 cals

Snacks

310 cals, 14g protein, 35g net carbs, 12g fat



Small toasted bagel with butter

1 bagel(s)- 241 cals



Boiled eggs

1 egg(s)- 69 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

720 cals, 23g protein, 39g net carbs, 47g fat



Green bean, beet, & pepita salad

720 cals

Dinner

805 cals, 59g protein, 51g net carbs, 35g fat



Avocado tuna salad

545 cals



Naan bread

1 piece(s)- 262 cals

Day 4

2422 cals ● 157g protein (26%) ● 84g fat (31%) ● 221g carbs (36%) ● 40g fiber (7%)

Breakfast

420 cals, 14g protein, 57g net carbs, 14g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Small toasted bagel with cream cheese

1 1/2 bagel(s)- 399 cals

Snacks

310 cals, 14g protein, 35g net carbs, 12g fat



Small toasted bagel with butter

1 bagel(s)- 241 cals



Boiled eggs

1 egg(s)- 69 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

730 cals, 35g protein, 65g net carbs, 33g fat



Cheese ravioli

408 cals



Simple mozzarella and tomato salad

322 cals

Dinner

745 cals, 45g protein, 61g net carbs, 24g fat



Garlic collard greens

239 cals



Cajun tofu

157 cals



Lentils

347 cals

Day 5

2401 cals ● 160g protein (27%) ● 81g fat (30%) ● 221g carbs (37%) ● 37g fiber (6%)

Breakfast

420 cals, 14g protein, 57g net carbs, 14g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Small toasted bagel with cream cheese

1 1/2 bagel(s)- 399 cals

Snacks

310 cals, 14g protein, 35g net carbs, 12g fat



Small toasted bagel with butter

1 bagel(s)- 241 cals



Boiled eggs

1 egg(s)- 69 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

700 cals, 46g protein, 58g net carbs, 26g fat



High-protein granola bar

1 bar(s)- 204 cals



Chunky canned soup (non-creamy)

2 can(s)- 494 cals

Dinner

755 cals, 39g protein, 69g net carbs, 29g fat



Caprese salad

213 cals



Lentil Soup

542 cals

Day 6

2403 cals ● 165g protein (27%) ● 86g fat (32%) ● 200g carbs (33%) ● 43g fiber (7%)

Breakfast

345 cals, 24g protein, 14g net carbs, 21g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Watermelon
6 oz- 61 cals

Snacks

280 cals, 28g protein, 31g net carbs, 1g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Green protein shake
261 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

800 cals, 26g protein, 84g net carbs, 34g fat



Quinoa
1 1/2 cup quinoa, cooked- 313 cals



Flatbread margherita pizza
317 cals



Simple kale & avocado salad
173 cals

Dinner

755 cals, 39g protein, 69g net carbs, 29g fat



Caprese salad
213 cals



Lentil Soup
542 cals

Day 7

2426 cals ● 178g protein (29%) ● 91g fat (34%) ● 185g carbs (31%) ● 39g fiber (6%)

Breakfast

345 cals, 24g protein, 14g net carbs, 21g fat



Basic scrambled eggs
4 egg(s)- 285 cals



Watermelon
6 oz- 61 cals

Snacks

280 cals, 28g protein, 31g net carbs, 1g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Green protein shake
261 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

800 cals, 26g protein, 84g net carbs, 34g fat



Quinoa
1 1/2 cup quinoa, cooked- 313 cals



Flatbread margherita pizza
317 cals



Simple kale & avocado salad
173 cals

Dinner

780 cals, 52g protein, 54g net carbs, 34g fat



Fish taco
2 tortilla(s)- 778 cals

Nut and Seed Products

- ☐ almonds
5 tbsp, whole (45g)
- ☐ sesame seeds
1/2 tbsp (5g)
- ☐ sunflower kernels
1 1/3 oz (38g)
- ☐ roasted pumpkin seeds, unsalted
6 tbsp (44g)

Vegetables and Vegetable Products

- ☐ garlic
7 3/4 clove(s) (23g)
- ☐ fresh ginger
1/2 tbsp (3g)
- ☐ broccoli
3/4 cup chopped (68g)
- ☐ tomatoes
13 2/3 medium whole (2-3/5" dia) (1683g)
- ☐ kale leaves
2/3 lbs (308g)
- ☐ onion
1 medium (2-1/2" dia) (99g)
- ☐ beets, precooked (canned or refrigerated)
3 beets (2" dia, sphere) (150g)
- ☐ fresh green beans
2 1/4 cup 1/2" pieces (225g)
- ☐ collard greens
3/4 lbs (340g)
- ☐ carrots
1 medium (61g)
- ☐ raw celery
1 stalk, medium (7-1/2" - 8" long) (40g)
- ☐ canned crushed tomatoes
1/2 can (203g)
- ☐ fresh spinach
2 1/4 cup(s) (68g)
- ☐ cabbage
4 tbsp, shredded (18g)

Fats and Oils

- ☐ oil
2 1/2 oz (80mL)
- ☐ balsamic vinaigrette
1/3 lbs (160mL)
- ☐ olive oil
1 2/3 oz (53mL)

Legumes and Legume Products

Spices and Herbs

- ☐ balsamic vinegar
1 1/2 fluid ounce (45mL)
- ☐ rosemary, dried
1 tsp (1g)
- ☐ vanilla extract
1/3 tsp (2mL)
- ☐ salt
1/4 oz (7g)
- ☐ cinnamon
3/4 dash (0g)
- ☐ fresh basil
1 oz (27g)
- ☐ black pepper
1/8 oz (1g)
- ☐ cajun seasoning
1 1/2 tbsp (10g)
- ☐ oregano, dried
4 dash, leaves (1g)
- ☐ basil, dried
4 dash, leaves (0g)

Dairy and Egg Products

- ☐ eggs
23 medium (1006g)
- ☐ fresh mozzarella cheese
1/2 lbs (217g)
- ☐ butter
1 1/2 tbsp (21g)
- ☐ cream cheese
1/4 cup (65g)
- ☐ mozzarella cheese, shredded
1/2 cup (43g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1/3 cup (27g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
5/8 jar (24 oz) (392g)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/2 can (430g)

- ☐ soy sauce
3 tbsp (45mL)
- ☐ firm tofu
3/4 lbs (354g)
- ☐ peanut butter
2 3/4 tbsp (43g)
- ☐ lentils, raw
1 1/2 cup (288g)

Other

- ☐ frozen riced cauliflower
1 cup, prepared (191g)
- ☐ mixed greens
2 3/4 package (5.5 oz) (423g)
- ☐ lentil pasta
1/3 lbs (151g)

Beverages

- ☐ water
1 1/2 gallon (5606mL)
- ☐ protein powder
14 1/3 scoop (1/3 cup ea) (444g)
- ☐ protein powder, vanilla
2 scoop (1/3 cup ea) (62g)

Fruits and Fruit Juices

- ☐ pears
3 medium (534g)
- ☐ banana
1 2/3 medium (7" to 7-7/8" long) (197g)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ lime juice
2 1/2 tsp (13mL)
- ☐ Watermelon
12 oz (340g)
- ☐ lemon
3/4 small (44g)
- ☐ orange
2 orange (308g)
- ☐ limes
1/2 fruit (2" dia) (34g)

- ☐ cod, raw
2 4oz fillet(s) (227g)

Baked Products

- ☐ naan bread
3 piece (270g)
- ☐ bagel
6 small bagel (3" dia) (414g)
- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
6 oz (170g)

Snacks

- ☐ high-protein granola bar
1 bar (40g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1 cup (170g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Pear

1 pear(s) - 113 cals ● 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.

Scrambled eggs with kale, tomatoes, rosemary

329 cals ● 24g protein ● 20g fat ● 10g carbs ● 3g fiber



For single meal:

water

1/4 cup (68mL)

balsamic vinegar

1/2 tbsp (8mL)

rosemary, dried

3 dash (0g)

tomatoes

3/4 cup, chopped (135g)

eggs

3 extra large (168g)

kale leaves

1 1/2 cup, chopped (60g)

oil

1/4 tbsp (4mL)

For all 3 meals:

water

13 1/2 tbsp (203mL)

balsamic vinegar

1 1/2 tbsp (23mL)

rosemary, dried

1 tsp (1g)

tomatoes

2 1/4 cup, chopped (405g)

eggs

9 extra large (504g)

kale leaves

4 1/2 cup, chopped (180g)

oil

3/4 tbsp (11mL)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

Small toasted bagel with cream cheese

1 1/2 bagel(s) - 399 cals ● 13g protein ● 13g fat ● 54g carbs ● 2g fiber



For single meal:

bagel

1 1/2 small bagel (3" dia) (104g)

cream cheese

2 1/4 tbsp (33g)

For all 2 meals:

bagel

3 small bagel (3" dia) (207g)

cream cheese

1/4 cup (65g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Basic scrambled eggs

4 egg(s) - 285 cals ● 22g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1 tsp (5mL)

eggs

4 medium (176g)

For all 2 meals:

oil

2 tsp (10mL)

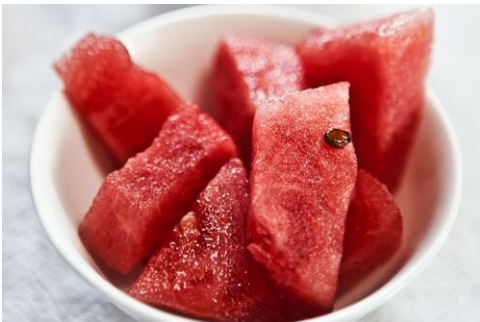
eggs

8 medium (352g)

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.

Watermelon

6 oz - 61 cals ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

Watermelon

6 oz (170g)

For all 2 meals:

Watermelon

12 oz (340g)

1. Slice watermelon and serve.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

2/3 oz (19g)

For all 2 meals:

sunflower kernels

1 1/3 oz (38g)

1. This recipe has no instructions.

Caprese salad

142 cals ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

balsamic vinaigrette

2 tsp (10mL)

fresh basil

2 2/3 tbsp leaves, whole (4g)

tomatoes, halved

1/3 cup cherry tomatoes (50g)

mixed greens

1/3 package (5.5 oz) (52g)

fresh mozzarella cheese

1 oz (28g)

For all 2 meals:

balsamic vinaigrette

4 tsp (20mL)

fresh basil

1/3 cup leaves, whole (8g)

tomatoes, halved

2/3 cup cherry tomatoes (99g)

mixed greens

2/3 package (5.5 oz) (103g)

fresh mozzarella cheese

2 oz (57g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Lentil pasta

337 cals ● 22g protein ● 3g fat ● 41g carbs ● 16g fiber



For single meal:

pasta sauce

1/6 jar (24 oz) (112g)

lentil pasta

2 2/3 oz (76g)

For all 2 meals:

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.

Lunch 2 [↗](#)

Eat on day 3

Green bean, beet, & pepita salad

720 cals ● 23g protein ● 47g fat ● 39g carbs ● 14g fiber



balsamic vinaigrette

6 tbsp (90mL)

roasted pumpkin seeds, unsalted

6 tbsp (44g)

beets, precooked (canned or refrigerated), chopped

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

fresh green beans, ends trimmed and discarded

2 1/4 cup 1/2" pieces (225g)

mixed greens

3 cup (90g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Lunch 3 [↗](#)

Eat on day 4

Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



pasta sauce

1/4 jar (24 oz) (168g)

frozen cheese ravioli

6 oz (170g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



tomatoes, sliced

1 large whole (3" dia) (182g)

fresh mozzarella cheese, sliced

2 2/3 oz (76g)

balsamic vinaigrette

4 tsp (20mL)

fresh basil

4 tsp, chopped (4g)

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

Lunch 4 [↗](#)

Eat on day 5

High-protein granola bar

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



Makes 1 bar(s)

high-protein granola bar
1 bar (40g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 5 [↗](#)

Eat on day 6, day 7

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



For single meal:

quinoa, uncooked
1/2 cup (85g)
water
1 cup(s) (237mL)

For all 2 meals:

quinoa, uncooked
1 cup (170g)
water
2 cup(s) (474mL)

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.

Flatbread margherita pizza

317 cals ● 10g protein ● 17g fat ● 29g carbs ● 2g fiber



For single meal:

naan bread
1/2 piece (45g)
mozzarella cheese, shredded
4 tbsp (22g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)
fresh basil
3 leaves (2g)
olive oil
3/4 tbsp (11mL)
balsamic vinegar
3/4 tbsp (11mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
garlic, finely diced
1 1/2 clove(s) (5g)

For all 2 meals:

naan bread
1 piece (90g)
mozzarella cheese, shredded
1/2 cup (43g)
tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)
fresh basil
6 leaves (3g)
olive oil
1 1/2 tbsp (23mL)
balsamic vinegar
1 1/2 tbsp (23mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
garlic, finely diced
3 clove(s) (9g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

kale leaves, chopped
3/8 bunch (64g)
lemon, juiced
3/8 small (22g)
avocados, chopped
3/8 avocado(s) (75g)

For all 2 meals:

kale leaves, chopped
3/4 bunch (128g)
lemon, juiced
3/4 small (44g)
avocados, chopped
3/4 avocado(s) (151g)

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.
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Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Peanut butter banana oat protein cookies

1 cookie(s) - 249 cals ● 11g protein ● 12g fat ● 20g carbs ● 4g fiber



For single meal:

protein powder

1/6 scoop (1/3 cup ea) (5g)

vanilla extract

1/6 tsp (1mL)

salt

1/3 dash (0g)

cinnamon

1/3 dash (0g)

oatmeal, old-fashioned oats, rolled oats

2 2/3 tbsp (14g)

peanut butter

4 tsp (22g)

banana

1/3 medium (7" to 7-7/8" long) (39g)

For all 2 meals:

protein powder

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

vanilla extract

1/3 tsp (2mL)

salt

2/3 dash (0g)

cinnamon

2/3 dash (0g)

oatmeal, old-fashioned oats, rolled oats

1/3 cup (27g)

peanut butter

2 2/3 tbsp (43g)

banana

2/3 medium (7" to 7-7/8" long) (79g)

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. Add bananas to a large bowl and mash them with the back of a fork. Add in all remaining ingredients and mix until incorporated (optional: for extra sweetness, feel free to mix in some of your favorite zero calorie sweetener).
3. Scoop about 2 tbsp of dough for each cookie and place it on the parchment paper, gently shaping it with your fingers into a round cookie shape (for serving size accuracy, form the number of cookies listed in the recipes serving details).
4. Bake 15-20 minutes. Let cool and serve.
5. Meal prep tip: store extras in an airtight container at room temperature, in the refrigerator, or in the freezer.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

butter

1 1/2 tbsp (21g)

bagel

3 small bagel (3" dia) (207g)

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

Boiled eggs

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



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

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.

Green protein shake

261 cals ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

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)

For all 2 meals:

fresh spinach

2 cup(s) (60g)

water

1/2 cup(s) (119mL)

orange, peeled, sliced, and deseeded

2 orange (308g)

protein powder, vanilla

2 scoop (1/3 cup ea) (62g)

banana, frozen

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

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.

Dinner 1 [↗](#)

Eat on day 1

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

5 tbsp, whole (45g)

1. This recipe has no instructions.

Low carb asian tofu bowl

589 cal ● 30g protein ● 44g fat ● 12g carbs ● 8g fiber



garlic, minced

1 1/2 clove (5g)

sesame seeds

1/2 tbsp (5g)

oil

2 1/4 tbsp (34mL)

fresh ginger, minced

1/2 tbsp (3g)

soy sauce

3 tbsp (45mL)

frozen riced cauliflower

1 cup, prepared (191g)

broccoli

3/4 cup chopped (68g)

firm tofu, drained and patted dry

1/2 lbs (213g)

1. Cut tofu into bite-sized pieces.
 2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
 3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
 4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
 5. In a bowl, add the riced cauliflower and tofu, set aside.
 6. Add the broccoli to the skillet and cook for a few minutes until softened.
 7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

avocados

5/8 avocado(s) (126g)

lime juice

1 1/4 tsp (6mL)

salt

1 1/4 dash (1g)

black pepper

1 1/4 dash (0g)

mixed greens

1 1/4 cup (38g)

onion, minced

1/3 small (22g)

canned tuna

1 1/4 can (215g)

tomatoes

5 tbsp, chopped (56g)

For all 2 meals:

avocados

1 1/4 avocado(s) (251g)

lime juice

2 1/2 tsp (13mL)

salt

1/3 tsp (1g)

black pepper

1/3 tsp (0g)

mixed greens

2 1/2 cup (75g)

onion, minced

5/8 small (44g)

canned tuna

2 1/2 can (430g)

tomatoes

10 tbsp, chopped (113g)

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.

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread

1 piece (90g)

For all 2 meals:

naan bread

2 piece (180g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



collard greens

3/4 lbs (340g)

oil

3/4 tbsp (11mL)

garlic, minced

2 1/4 clove(s) (7g)

salt

1 1/2 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Cajun tofu

157 cals ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



oil

1 tsp (5mL)

cajun seasoning

4 dash (1g)

firm tofu, patted dry & cubed

5 oz (142g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

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.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Caprese salad

213 cals ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

4 tbsp leaves, whole (6g)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

mixed greens

1/2 package (5.5 oz) (78g)

fresh mozzarella cheese

1 1/2 oz (43g)

For all 2 meals:

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

1/2 cup leaves, whole (12g)

tomatoes, halved

1 cup cherry tomatoes (149g)

mixed greens

1 package (5.5 oz) (155g)

fresh mozzarella cheese

3 oz (85g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Lentil Soup

542 cals ● 26g protein ● 15g fat ● 61g carbs ● 14g fiber



For single meal:

onion, chopped

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

carrots, diced

1/2 medium (31g)

raw celery, chopped

1/2 stalk, medium (7-1/2" - 8" long) (20g)

garlic, minced

1/2 clove(s) (2g)

oregano, dried

2 dash, leaves (0g)

canned crushed tomatoes

1/4 can (101g)

lentils, raw

1/2 cup (96g)

water

2 cup(s) (474mL)

fresh spinach, thinly sliced

1/8 cup(s) (4g)

salt

2 dash (2g)

black pepper

1 dash, ground (0g)

olive oil

1 tbsp (15mL)

basil, dried

2 dash, leaves (0g)

For all 2 meals:

onion, chopped

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

carrots, diced

1 medium (61g)

raw celery, chopped

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

garlic, minced

1 clove(s) (3g)

oregano, dried

4 dash, leaves (1g)

canned crushed tomatoes

1/2 can (203g)

lentils, raw

1 cup (192g)

water

4 cup(s) (948mL)

fresh spinach, thinly sliced

1/4 cup(s) (8g)

salt

4 dash (3g)

black pepper

2 dash, ground (1g)

olive oil

2 tbsp (30mL)

basil, dried

4 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Dinner 5 [↗](#)

Eat on day 7

Fish taco

2 tortilla(s) - 778 cals ● 52g protein ● 34g fat ● 54g carbs ● 13g fiber



Makes 2 tortilla(s)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

cod, raw

2 4oz fillet(s) (227g)

avocados, mashed

1/2 avocado(s) (101g)

cabbage

4 tbsp, shredded (18g)

cajun seasoning

4 tsp (9g)

limes

1/2 fruit (2" dia) (34g)

oil

2 tsp (10mL)

1. Preheat oven to 400 F (200 C).
2. Spray an sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

water

2 cup(s) (474mL)

protein powder

2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water

14 cup(s) (3318mL)

protein powder

14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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