

Meal Plan - 2500 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

2528 cals ● 191g protein (30%) ● 81g fat (29%) ● 208g carbs (33%) ● 50g fiber (8%)

Breakfast

490 cals, 23g protein, 6g net carbs, 37g fat



[Eggs with tomato and avocado](#)
489 cals

Lunch

625 cals, 24g protein, 88g net carbs, 11g fat



[Zoodles marinara](#)
394 cals



[Dinner roll](#)
3 roll- 231 cals

Snacks

280 cals, 33g protein, 15g net carbs, 9g fat



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



[Protein shake \(milk\)](#)
258 cals

Dinner

920 cals, 64g protein, 96g net carbs, 24g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Mediterranean lentil power salad](#)
657 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Day 2

2528 cals ● 191g protein (30%) ● 81g fat (29%) ● 208g carbs (33%) ● 50g fiber (8%)

Breakfast

490 cals, 23g protein, 6g net carbs, 37g fat



Eggs with tomato and avocado
489 cals

Snacks

280 cals, 33g protein, 15g net carbs, 9g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Protein shake (milk)
258 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

625 cals, 24g protein, 88g net carbs, 11g fat



Zoodles marinara
394 cals



Dinner roll
3 roll- 231 cals

Dinner

920 cals, 64g protein, 96g net carbs, 24g fat



Cottage cheese & fruit cup
2 container- 261 cals



Mediterranean lentil power salad
657 cals

Day 3

2451 cals ● 163g protein (27%) ● 44g fat (16%) ● 284g carbs (46%) ● 66g fiber (11%)

Breakfast

410 cals, 30g protein, 25g net carbs, 19g fat



High protein scrambled eggs
297 cals



Pear
1 pear(s)- 113 cals

Snacks

340 cals, 23g protein, 37g net carbs, 9g fat



Sweet potato chips
10 chips- 77 cals



Yogurt and cucumber
176 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

805 cals, 39g protein, 95g net carbs, 11g fat



Black bean & sweet potato stew
726 cals



Pita bread
1 pita bread(s)- 78 cals

Dinner

680 cals, 23g protein, 126g net carbs, 5g fat



Pasta with store-bought sauce
680 cals

Day 4

2506 cals ● 166g protein (26%) ● 64g fat (23%) ● 251g carbs (40%) ● 67g fiber (11%)

Breakfast

410 cals, 30g protein, 25g net carbs, 19g fat



High protein scrambled eggs
297 cals



Pear
1 pear(s)- 113 cals

Snacks

340 cals, 23g protein, 37g net carbs, 9g fat



Sweet potato chips
10 chips- 77 cals



Yogurt and cucumber
176 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

805 cals, 39g protein, 95g net carbs, 11g fat



Black bean & sweet potato stew
726 cals



Pita bread
1 pita bread(s)- 78 cals

Dinner

735 cals, 26g protein, 93g net carbs, 24g fat



Naan bread
1 1/2 piece(s)- 393 cals



Ginger coconut chickpea soup
343 cals

Day 5

2533 cals ● 159g protein (25%) ● 84g fat (30%) ● 232g carbs (37%) ● 52g fiber (8%)

Breakfast

405 cals, 16g protein, 35g net carbs, 20g fat



Lowfat yogurt
1 container(s)- 181 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

340 cals, 23g protein, 37g net carbs, 9g fat



Sweet potato chips
10 chips- 77 cals



Yogurt and cucumber
176 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

765 cals, 30g protein, 75g net carbs, 32g fat



Lentil kale salad
649 cals



Pita bread
1 1/2 pita bread(s)- 117 cals

Dinner

810 cals, 43g protein, 84g net carbs, 23g fat



Basic tempeh
6 oz- 443 cals



Mashed sweet potatoes
366 cals

Day 6

2489 cals ● 166g protein (27%) ● 73g fat (26%) ● 241g carbs (39%) ● 51g fiber (8%)

Breakfast

405 cals, 16g protein, 35g net carbs, 20g fat



Lowfat yogurt

1 container(s)- 181 cals



Roasted almonds

1/4 cup(s)- 222 cals

Snacks

330 cals, 32g protein, 32g net carbs, 7g fat



Cottage cheese & fruit cup

1 container- 131 cals



Orange

1 orange(s)- 85 cals



Tuna cucumber bites

115 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

850 cals, 43g protein, 92g net carbs, 20g fat



Spanish chickpeas

560 cals



Lentils

289 cals

Dinner

690 cals, 26g protein, 81g net carbs, 25g fat



Simple kale salad

2 cup(s)- 110 cals



Dinner roll

2 roll- 154 cals



Pesto tortellini

425 cals

Day 7

2489 cals ● 166g protein (27%) ● 73g fat (26%) ● 241g carbs (39%) ● 51g fiber (8%)

Breakfast

405 cals, 16g protein, 35g net carbs, 20g fat



Lowfat yogurt

1 container(s)- 181 cals



Roasted almonds

1/4 cup(s)- 222 cals

Snacks

330 cals, 32g protein, 32g net carbs, 7g fat



Cottage cheese & fruit cup

1 container- 131 cals



Orange

1 orange(s)- 85 cals



Tuna cucumber bites

115 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

850 cals, 43g protein, 92g net carbs, 20g fat



Spanish chickpeas

560 cals



Lentils

289 cals

Dinner

690 cals, 26g protein, 81g net carbs, 25g fat



Simple kale salad

2 cup(s)- 110 cals



Dinner roll

2 roll- 154 cals



Pesto tortellini

425 cals

Other

- ☐ cottage cheese & fruit cup
6 container (1020g)
- ☐ sweet potato chips
30 chips (43g)

Vegetables and Vegetable Products

- ☐ cucumber
3 cucumber (8-1/4") (883g)
- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (536g)
- ☐ zucchini
7 medium (1372g)
- ☐ tomato paste
1/3 cup (85g)
- ☐ kale leaves
8 1/4 cup, chopped (330g)
- ☐ garlic
4 1/2 clove(s) (14g)
- ☐ onion
3 medium (2-1/2" dia) (325g)
- ☐ sweet potatoes
3 sweetpotato, 5" long (665g)
- ☐ fresh ginger
1/8 slices (1" dia) (0g)
- ☐ fresh spinach
6 oz (170g)
- ☐ bell pepper
1 1/2 large (246g)
- ☐ frozen mixed veggies
2/3 10oz package (189g)

Beverages

- ☐ water
28 1/2 cup(s) (6726mL)
- ☐ protein powder
16 scoop (1/3 cup ea) (496g)

Legumes and Legume Products

- ☐ lentils, raw
2 2/3 cup (516g)
- ☐ black beans
2 1/3 can(s) (1024g)
- ☐ chickpeas, canned
1 1/2 can (728g)
- ☐ tempeh
6 oz (170g)

Fats and Oils

- ☐ oil
1/4 lbs (109mL)
- ☐ salad dressing
4 tbsp (60mL)

Spices and Herbs

- ☐ red wine vinegar
1 1/4 tbsp (19mL)
- ☐ dijon mustard
1 1/4 tsp (6g)
- ☐ salt
1/8 oz (4g)
- ☐ black pepper
1 tsp (1g)
- ☐ fresh basil
6 leaves (3g)
- ☐ ground cumin
1/2 oz (14g)
- ☐ turmeric, ground
1/2 dash (0g)
- ☐ curry powder
1/4 tbsp (2g)
- ☐ crushed red pepper
1/4 tbsp (2g)
- ☐ paprika
1 tbsp (7g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 2/3 jar (24 oz) (1134g)
- ☐ pesto sauce
2 3/4 tbsp (41g)

Baked Products

- ☐ Roll
10 pan, dinner, or small roll (2" square, 2" high) (280g)
- ☐ pita bread
3 1/2 pita, small (4" dia) (98g)
- ☐ naan bread
1 1/2 piece (135g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/3 lbs (152g)

Nut and Seed Products

Fruits and Fruit Juices

- ☐ canned black olives
5 tbsp (42g)
- ☐ lemon juice
4 tbsp (61mL)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ pears
2 medium (356g)
- ☐ orange
5 orange (770g)

Dairy and Egg Products

- ☐ feta cheese
6 1/2 tbsp, crumbled (62g)
- ☐ eggs
12 large (600g)
- ☐ whole milk
2 cup (480mL)
- ☐ low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- ☐ lowfat greek yogurt
2 cup (560g)
- ☐ lowfat flavored yogurt
3 container (6 oz) (510g)
- ☐ mozzarella cheese, shredded
1/3 cup (29g)

- ☐ coconut milk, canned
1/8 can (59mL)
- ☐ almonds
4 oz (119g)

Finfish and Shellfish Products

- ☐ canned tuna
2 packet (148g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese tortellini
1/2 lbs (227g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Eggs with tomato and avocado

489 cals ● 23g protein ● 37g fat ● 6g carbs ● 11g fiber



For single meal:

tomatoes

3 slice(s), thick/large (1/2" thick)
(81g)

eggs

3 large (150g)

avocados, sliced

3/4 avocado(s) (151g)

salt

3 dash (1g)

black pepper

3 dash (0g)

fresh basil, chopped

3 leaves (2g)

For all 2 meals:

tomatoes

6 slice(s), thick/large (1/2" thick)
(162g)

eggs

6 large (300g)

avocados, sliced

1 1/2 avocado(s) (302g)

salt

1/4 tbsp (2g)

black pepper

1/4 tbsp (1g)

fresh basil, chopped

6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

High protein scrambled eggs

297 cals ● 29g protein ● 18g fat ● 3g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (4mL)

low fat cottage cheese (1% milkfat)

6 tbsp (85g)

eggs

3 large (150g)

For all 2 meals:

oil

1/2 tbsp (8mL)

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

eggs

6 large (300g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Pear

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



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 3 meals:

lowfat flavored yogurt
3 container (6 oz) (510g)

1. This recipe has no instructions.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 3 meals:

almonds
3/4 cup, whole (107g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Zoodles marinara

394 cals ● 15g protein ● 7g fat ● 49g carbs ● 18g fiber



For single meal:

pasta sauce

1 3/4 cup (455g)

zucchini

3 1/2 medium (686g)

For all 2 meals:

pasta sauce

3 1/2 cup (910g)

zucchini

7 medium (1372g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

Dinner roll

3 roll - 231 cals ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



For single meal:

Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

For all 2 meals:

Roll

6 pan, dinner, or small roll (2" square, 2" high) (168g)

1. Enjoy.

Lunch 2 [↗](#)

Eat on day 3, day 4

Black bean & sweet potato stew

726 cals ● 36g protein ● 11g fat ● 81g carbs ● 41g fiber



For single meal:

tomato paste

3 1/2 tsp (19g)

oil

1 3/4 tsp (9mL)

kale leaves

14 tbsp, chopped (35g)

lemon juice

1 3/4 tsp (9mL)

ground cumin

1 tsp (2g)

garlic, diced

1 1/6 clove(s) (3g)

onion, chopped

5/8 small (41g)

sweet potatoes, cubed

5/8 sweetpotato, 5" long (122g)

water

1 3/4 cup(s) (415mL)

black beans, drained

1 1/6 can(s) (512g)

For all 2 meals:

tomato paste

2 1/3 tbsp (37g)

oil

3 1/2 tsp (18mL)

kale leaves

1 3/4 cup, chopped (70g)

lemon juice

3 1/2 tsp (18mL)

ground cumin

1 3/4 tsp (4g)

garlic, diced

2 1/3 clove(s) (7g)

onion, chopped

1 1/6 small (82g)

sweet potatoes, cubed

1 1/6 sweetpotato, 5" long (245g)

water

3 1/2 cup(s) (830mL)

black beans, drained

2 1/3 can(s) (1024g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

pita bread

1 pita, small (4" dia) (28g)

For all 2 meals:

pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Lunch 3 [🔗](#)

Eat on day 5

Lentil kale salad

649 cals ● 26g protein ● 31g fat ● 54g carbs ● 13g fiber



ground cumin

1 tsp (2g)

water

1 2/3 cup(s) (395mL)

crushed red pepper

1 tsp (2g)

garlic, diced

1 2/3 clove(s) (5g)

lemon juice

5 tsp (25mL)

almonds

5 tsp, slivered (11g)

oil

5 tsp (25mL)

kale leaves

2 1/2 cup, chopped (100g)

lentils, raw

6 2/3 tbsp (80g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Pita bread

1 1/2 pita bread(s) - 117 cals ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



Makes 1 1/2 pita bread(s)

pita bread

1 1/2 pita, small (4" dia) (42g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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Lunch 4 [🔗](#)

Eat on day 6, day 7

Spanish chickpeas

560 cals ● 24g protein ● 19g fat ● 50g carbs ● 23g fiber



For single meal:

ground cumin

3/4 tbsp (5g)

paprika

1/2 tbsp (3g)

oil

3/4 tbsp (11mL)

water

3/4 cup(s) (178mL)

fresh spinach

3 oz (85g)

chickpeas, canned, drained & rinsed

3/4 can (336g)

tomato paste

1 1/2 tbsp (24g)

bell pepper, deseeded & sliced

3/4 large (123g)

onion, sliced

3/4 large (113g)

For all 2 meals:

ground cumin

1 1/2 tbsp (9g)

paprika

1 tbsp (7g)

oil

1 1/2 tbsp (23mL)

water

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

fresh spinach

6 oz (170g)

chickpeas, canned, drained & rinsed

1 1/2 can (672g)

tomato paste

3 tbsp (48g)

bell pepper, deseeded & sliced

1 1/2 large (246g)

onion, sliced

1 1/2 large (225g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

salt

1 dash (1g)

water

1 2/3 cup(s) (395mL)

lentils, raw, rinsed

6 2/3 tbsp (80g)

For all 2 meals:

salt

1/4 tsp (1g)

water

3 1/3 cup(s) (790mL)

lentils, raw, rinsed

13 1/3 tbsp (160g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Protein shake (milk)

258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk

1 cup (240mL)

protein powder

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

For all 2 meals:

whole milk

2 cup (480mL)

protein powder

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

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

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Sweet potato chips

10 chips - 77 cal ● 1g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

sweet potato chips

10 chips (14g)

For all 3 meals:

sweet potato chips

30 chips (43g)

1. Serve chips in a bowl and enjoy.

Yogurt and cucumber

176 cals ● 21g protein ● 4g fat ● 14g carbs ● 1g fiber



For single meal:

cucumber

2/3 cucumber (8-1/4") (201g)

lowfat greek yogurt

2/3 cup (187g)

For all 3 meals:

cucumber

2 cucumber (8-1/4") (602g)

lowfat greek yogurt

2 cup (560g)

1. Slice cucumber and dip in yogurt.

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 3 meals:

orange

3 orange (462g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

cottage cheese & fruit cup

2 container (340g)

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

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber, sliced
1/4 cucumber (8-1/4") (75g)
canned tuna
1 packet (74g)

For all 2 meals:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
canned tuna
2 packet (148g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

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

Mediterranean lentil power salad

657 cals ● 36g protein ● 19g fat ● 70g carbs ● 15g fiber



For single meal:

cucumber, chopped

10 tbsp slices (65g)

water

2 cup(s) (444mL)

lentils, raw

10 tbsp (120g)

canned black olives, chopped

2 1/2 tbsp (21g)

feta cheese

3 1/3 tbsp, crumbled (31g)

tomatoes, chopped

5 cherry tomatoes (85g)

oil

2 tsp (9mL)

red wine vinegar

2 tsp (9mL)

lemon juice

2 tsp (9mL)

dijon mustard

5 dash (3g)

For all 2 meals:

cucumber, chopped

1 1/4 cup slices (130g)

water

3 3/4 cup(s) (889mL)

lentils, raw

1 1/4 cup (240g)

canned black olives, chopped

5 tbsp (42g)

feta cheese

6 1/2 tbsp, crumbled (62g)

tomatoes, chopped

10 cherry tomatoes (170g)

oil

1 1/4 tbsp (19mL)

red wine vinegar

1 1/4 tbsp (19mL)

lemon juice

1 1/4 tbsp (19mL)

dijon mustard

1 1/4 tsp (6g)

1. In a pot, cover lentils with water. Bring to a boil. Reduce heat and simmer covered for 20-30 minutes or according to package instructions. Drain and set aside to cool.
2. Combine lentils with all remaining ingredients in a large bowl. Toss until well-mixed. Season with salt/pepper to taste.
3. Serve.

Dinner 2 [↗](#)

Eat on day 3

Pasta with store-bought sauce

680 cals ● 23g protein ● 5g fat ● 126g carbs ● 10g fiber



uncooked dry pasta

1/3 lbs (152g)

pasta sauce

1/3 jar (24 oz) (224g)

1. Cook the pasta as directed on the package.
 2. Top with sauce and enjoy.
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Dinner 3 [↗](#)

Eat on day 4

Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

naan bread

1 1/2 piece (135g)



1. This recipe has no instructions.

Ginger coconut chickpea soup

343 cal ● 13g protein ● 17g fat ● 28g carbs ● 8g fiber



turmeric, ground

1/2 dash (0g)

water

5/8 cup(s) (148mL)

lentils, raw, rinsed

3 tbsp (36g)

coconut milk, canned

1/8 can (56mL)

chickpeas, canned, drained

1/8 can (56g)

curry powder

1/4 tbsp (2g)

fresh ginger, diced

1/8 slices (1" dia) (0g)

garlic, diced

1/2 clove(s) (2g)

onion, diced

1/8 large (19g)

oil

1/4 tbsp (4mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
 2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
 3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.
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Dinner 4 [↗](#)

Eat on day 5

Basic tempeh

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



Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

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.

Mashed sweet potatoes

366 cal ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
 2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Simple kale salad

2 cup(s) - 110 cal ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

salad dressing

2 tbsp (30mL)

kale leaves

2 cup, chopped (80g)

For all 2 meals:

salad dressing

4 tbsp (60mL)

kale leaves

4 cup, chopped (160g)

1. Toss kale in dressing of your choice and serve.

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.

Pesto tortellini

425 cal ● 18g protein ● 16g fat ● 45g carbs ● 6g fiber



For single meal:

frozen cheese tortellini

4 oz (113g)

black pepper

1/3 dash (0g)

mozzarella cheese, shredded

2 2/3 tbsp (14g)

pesto sauce

4 tsp (21g)

frozen mixed veggies

1/3 10oz package (95g)

For all 2 meals:

frozen cheese tortellini

1/2 lbs (227g)

black pepper

2/3 dash (0g)

mozzarella cheese, shredded

1/3 cup (29g)

pesto sauce

2 2/3 tbsp (41g)

frozen mixed veggies

2/3 10oz package (189g)

1. Cook tortellini and vegetables according to packages.
2. Mix tortellini, vegetables, pepper, and pesto together in a pan over medium heat. Stir together and cook for a couple minutes until everything is heated through.
3. Top with cheese when serving.

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.
