

Meal Plan - 2600 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

2590 cals ● 165g protein (26%) ● 64g fat (22%) ● 289g carbs (45%) ● 48g fiber (7%)

Breakfast

555 cals, 34g protein, 39g net carbs, 24g fat



Grapes
87 cals



Flax jacks
3 flax jacks- 311 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

235 cals, 16g protein, 27g net carbs, 5g fat



Protein shake (milk)
129 cals



Apple
1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

935 cals, 43g protein, 147g net carbs, 12g fat



Kefir
300 cals



Spiced chickpea tabbouleh bowl
637 cals

Dinner

645 cals, 23g protein, 73g net carbs, 23g fat



Kiwi
2 kiwi- 94 cals



Hummus cheesesteak sub
1 sub(s)- 554 cals

Day 2

2564 cals ● 163g protein (25%) ● 98g fat (34%) ● 218g carbs (34%) ● 39g fiber (6%)

Breakfast

555 cals, 34g protein, 39g net carbs, 24g fat



Grapes
87 cals



Flax jacks
3 flax jacks- 311 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

235 cals, 16g protein, 27g net carbs, 5g fat



Protein shake (milk)
129 cals



Apple
1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

910 cals, 41g protein, 77g net carbs, 45g fat



Simple mozzarella and tomato salad
363 cals



Spinach parmesan pasta
548 cals

Dinner

645 cals, 23g protein, 73g net carbs, 23g fat



Kiwi
2 kiwi- 94 cals



Hummus cheesesteak sub
1 sub(s)- 554 cals

Day 3

2620 cals ● 183g protein (28%) ● 77g fat (27%) ● 227g carbs (35%) ● 71g fiber (11%)

Breakfast

420 cals, 15g protein, 58g net carbs, 11g fat



Simple cinnamon oatmeal with water
271 cals



Milk
1 cup(s)- 149 cals

Snacks

300 cals, 44g protein, 20g net carbs, 2g fat



Double chocolate protein shake
206 cals



Kiwi
2 kiwi- 94 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

910 cals, 41g protein, 77g net carbs, 45g fat



Simple mozzarella and tomato salad
363 cals



Spinach parmesan pasta
548 cals

Dinner

770 cals, 36g protein, 70g net carbs, 17g fat



Blackberries
1 2/3 cup(s)- 116 cals



Chipotle stewed beans & greens
655 cals

Day 4

2557 cals ● 174g protein (27%) ● 84g fat (30%) ● 199g carbs (31%) ● 78g fiber (12%)

Breakfast

420 cals, 15g protein, 58g net carbs, 11g fat



Simple cinnamon oatmeal with water
271 cals



Milk
1 cup(s)- 149 cals

Snacks

300 cals, 44g protein, 20g net carbs, 2g fat



Double chocolate protein shake
206 cals



Kiwi
2 kiwi- 94 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

850 cals, 31g protein, 49g net carbs, 52g fat



Roasted almonds
1/3 cup(s)- 277 cals



Lentil kale salad
389 cals



Clam chowder
1/2 can(s)- 182 cals

Dinner

770 cals, 36g protein, 70g net carbs, 17g fat



Blackberries
1 2/3 cup(s)- 116 cals



Chipotle stewed beans & greens
655 cals

Day 5

2588 cals ● 212g protein (33%) ● 124g fat (43%) ● 115g carbs (18%) ● 40g fiber (6%)

Breakfast

450 cals, 30g protein, 12g net carbs, 30g fat



Milk
1/2 cup(s)- 75 cals



Scrambled eggs with spinach, parmesan & tomato
373 cals

Snacks

300 cals, 44g protein, 20g net carbs, 2g fat



Double chocolate protein shake
206 cals



Kiwi
2 kiwi- 94 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

850 cals, 31g protein, 49g net carbs, 52g fat



Roasted almonds
1/3 cup(s)- 277 cals



Lentil kale salad
389 cals



Clam chowder
1/2 can(s)- 182 cals

Dinner

775 cals, 59g protein, 32g net carbs, 40g fat



Olive oil drizzled sugar snap peas
245 cals



Almond crusted tilapia
7 1/2 oz- 529 cals

Day 6

2631 cal ● 212g protein (32%) ● 115g fat (39%) ● 132g carbs (20%) ● 54g fiber (8%)

Breakfast

450 cal, 30g protein, 12g net carbs, 30g fat



Milk

1/2 cup(s)- 75 cal



Scrambled eggs with spinach, parmesan & tomato
373 cal

Snacks

400 cal, 15g protein, 23g net carbs, 22g fat



Bell pepper strips and hummus
170 cal



Carrots and hummus
123 cal



Mixed nuts
1/8 cup(s)- 109 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

790 cal, 60g protein, 63g net carbs, 24g fat



Lentils

347 cal



Basic tempeh
6 oz- 443 cal

Dinner

775 cal, 59g protein, 32g net carbs, 40g fat



Olive oil drizzled sugar snap peas
245 cal



Almond crusted tilapia
7 1/2 oz- 529 cal

Day 7

2552 cal ● 180g protein (28%) ● 89g fat (31%) ● 199g carbs (31%) ● 60g fiber (9%)

Breakfast

450 cal, 30g protein, 12g net carbs, 30g fat



Milk

1/2 cup(s)- 75 cal



Scrambled eggs with spinach, parmesan & tomato
373 cal

Snacks

400 cal, 15g protein, 23g net carbs, 22g fat



Bell pepper strips and hummus
170 cal



Carrots and hummus
123 cal



Mixed nuts
1/8 cup(s)- 109 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

790 cal, 60g protein, 63g net carbs, 24g fat



Lentils

347 cal



Basic tempeh
6 oz- 443 cal

Dinner

695 cal, 27g protein, 99g net carbs, 13g fat



Fruit juice

1 cup(s)- 115 cal



Lentil chili

580 cal

Fruits and Fruit Juices

- kiwi
10 fruit (690g)
- grapes
3 cup (276g)
- apples
2 medium (3" dia) (364g)
- lemon juice
2 1/4 tbsp (34mL)
- blackberries
3 1/3 cup (480g)
- fruit juice
8 fl oz (240mL)

Other

- sub roll(s)
2 roll(s) (170g)
- protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)

Dairy and Egg Products

- sliced cheese
2 slice (1 oz) (56g)
- lowfat flavored greek yogurt
3 (5.3 oz) container(s) (450g)
- eggs
13 large (650g)
- whole milk
1/4 gallon (1080mL)
- kefir, flavored
2 cup (480mL)
- fresh mozzarella cheese
6 oz (170g)
- butter
2 1/4 tbsp (32g)
- parmesan cheese
3 oz (83g)
- nonfat greek yogurt, plain
1/2 cup (158g)

Legumes and Legume Products

- hummus
13 1/4 oz (375g)
- chickpeas, canned
5/8 can (261g)
- black beans
2 can (878g)

Fats and Oils

- oil
4 oz (120mL)
- balsamic vinaigrette
3 tbsp (46mL)
- olive oil
2 1/4 oz (71mL)

Beverages

- water
27 cup(s) (6427mL)
- protein powder
15 scoop (1/3 cup ea) (465g)

Nut and Seed Products

- flax seeds
2 tbsp (20g)
- almonds
6 oz (23 whole kernels) (170g)
- mixed nuts
4 tbsp (34g)

Cereal Grains and Pasta

- instant couscous, flavored
5/8 box (5.8 oz) (96g)
- uncooked dry pasta
6 oz (171g)
- all-purpose flour
6 3/4 tbsp (52g)
- dry bulgur wheat
1/3 cup (47g)

Sweets

- sugar
2 1/2 tbsp (33g)
- cocoa powder
1 1/2 tbsp (8g)

Breakfast Cereals

- quick oats
1 1/4 cup (100g)

Soups, Sauces, and Gravies

- canned clam chowder
1 can (18.5 oz) (519g)

- lentils, raw
2 cup (352g)
- tempeh
3/4 lbs (340g)

- vegetable broth
1 cup(s) (mL)

Finfish and Shellfish Products

- tilapia, raw
1 lbs (420g)

Spices and Herbs

- crushed red pepper
2 tsp (4g)
- ground cumin
5 1/2 g (5g)
- fresh basil
3 tbsp, chopped (8g)
- salt
1/4 oz (7g)
- black pepper
4 g (4g)
- cinnamon
2 1/2 tsp (7g)
- chipotle seasoning
1 tsp (2g)
- chili powder
2 tsp (5g)

Vegetables and Vegetable Products

- garlic
13 clove(s) (39g)
 - bell pepper
4 medium (476g)
 - onion
1 2/3 medium (2-1/2" dia) (187g)
 - fresh parsley
2 1/3 sprigs (2g)
 - tomatoes
5 medium whole (2-3/5" dia) (624g)
 - cucumber
1/4 cucumber (8-1/4") (88g)
 - fresh spinach
2 10oz package (596g)
 - fresh cilantro
4 tbsp, chopped (12g)
 - kale leaves
10 1/4 oz (290g)
 - purple onions
2 medium (2-1/2" dia) (220g)
 - frozen sugar snap peas
4 cup (576g)
 - baby carrots
24 medium (240g)
 - canned whole tomatoes
2/3 cup (160g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Grapes

87 cal ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

grapes
1 1/2 cup (138g)

For all 2 meals:

grapes
3 cup (276g)

1. This recipe has no instructions.

Flax jacks

3 flax jacks - 311 cal ● 21g protein ● 20g fat ● 9g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
lowfat flavored greek yogurt
1/2 (5.3 oz) container(s) (75g)
eggs
2 large (100g)
flax seeds
1 tbsp (10g)

For all 2 meals:

oil
2 tsp (10mL)
lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)
eggs
4 large (200g)
flax seeds
2 tbsp (20g)

1. Add flaxseed to a food processor or blender and grind until it forms a flour-like consistency.
2. Then, in a small bowl, scramble the eggs and ground flax together with a fork. Add some salt.
3. Heat oil in a skillet over medium-low heat. Pour in some of the batter and cook for a couple minutes until bottom has browned and the center is starting to solidify. Flip and cook another couple minutes to brown and cook the other side. Remove the flax jack from the skillet and repeat with the remaining batter (if making in bulk, make the number of flax jacks listed in the recipes serving details for serving size accuracy).
4. Top with flavored greek yogurt and serve.
5. Meal prep note: flax jacks can be stored in a ziplock bag in the fridge and reheated in the microwave.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt

1 (5.3 oz) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt

2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Simple cinnamon oatmeal with water

271 cal ● 7g protein ● 4g fat ● 47g carbs ● 6g fiber



For single meal:

water

1 cup(s) (222mL)

cinnamon

1 1/4 tsp (3g)

sugar

1 1/4 tbsp (16g)

quick oats

10 tbsp (50g)

For all 2 meals:

water

2 cup(s) (444mL)

cinnamon

2 1/2 tsp (7g)

sugar

2 1/2 tbsp (33g)

quick oats

1 1/4 cup (100g)

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

Milk

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



For single meal:

whole milk

1 cup (240mL)

For all 2 meals:

whole milk

2 cup (480mL)

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

Eat on day 5, day 6, day 7

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.
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Scrambled eggs with spinach, parmesan & tomato

373 cal ● 26g protein ● 26g fat ● 7g carbs ● 3g fiber



For single meal:

eggs
3 large (150g)
olive oil
1/2 tbsp (8mL)
fresh spinach
3 cup(s) (90g)
parmesan cheese
3 tbsp (15g)
tomatoes, halved
6 tbsp cherry tomatoes (56g)
garlic, minced
1/4 tbsp (2g)

For all 3 meals:

eggs
9 large (450g)
olive oil
1 1/2 tbsp (23mL)
fresh spinach
9 cup(s) (270g)
parmesan cheese
1/2 cup (45g)
tomatoes, halved
1 cup cherry tomatoes (168g)
garlic, minced
3/4 tbsp (6g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
 2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
 3. Add the spinach and cook, tossing, until wilted, about a minute.
 4. Add the eggs, and cook stirring occasionally- another minute or two.
 5. Sprinkle in the parmesan and tomatoes and stir.
 6. Serve.
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Lunch 1 [↗](#)

Eat on day 1

Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



kefir, flavored
2 cup (480mL)

1. Pour into a glass and drink.

Spiced chickpea tabbouleh bowl

637 cal ● 27g protein ● 7g fat ● 98g carbs ● 18g fiber



lemon juice
1 tsp (4mL)
fresh parsley, chopped
2 1/3 sprigs (2g)
tomatoes, chopped
5/8 roma tomato (47g)
cucumber, chopped
1/4 cucumber (8-1/4") (88g)
ground cumin
1/2 tsp (1g)
oil
1/4 tsp (1mL)
chickpeas, canned, drained & rinsed
5/8 can (261g)
instant couscous, flavored
5/8 box (5.8 oz) (96g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
 2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
 3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Simple mozzarella and tomato salad

363 cal ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

tomatoes, sliced
1 large whole (3" dia) (205g)
fresh mozzarella cheese, sliced
3 oz (85g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
fresh basil
1 1/2 tbsp, chopped (4g)

For all 2 meals:

tomatoes, sliced
2 1/4 large whole (3" dia) (410g)
fresh mozzarella cheese, sliced
6 oz (170g)
balsamic vinaigrette
3 tbsp (45mL)
fresh basil
3 tbsp, chopped (8g)

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

Spinach parmesan pasta

548 cal ● 20g protein ● 20g fat ● 67g carbs ● 6g fiber



For single meal:

uncooked dry pasta
3 oz (86g)
butter
1 tbsp (16g)
garlic, minced
3/4 clove(s) (2g)
fresh spinach
3/8 10oz package (107g)
parmesan cheese
3 tbsp (19g)
salt
1 1/2 dash (1g)
black pepper
1/4 tbsp, ground (2g)
water
1/8 cup(s) (30mL)

For all 2 meals:

uncooked dry pasta
6 oz (171g)
butter
2 1/4 tbsp (32g)
garlic, minced
1 1/2 clove(s) (5g)
fresh spinach
3/4 10oz package (213g)
parmesan cheese
6 tbsp (38g)
salt
3 dash (2g)
black pepper
1/2 tbsp, ground (3g)
water
1/4 cup(s) (59mL)

1. Cook pasta according to its package. Set pasta aside when finished.
 2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
 3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
 4. Stir in parmesan and season with salt and pepper.
 5. Serve.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Roasted almonds

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



For single meal:

almonds
5 tbsp, whole (45g)

For all 2 meals:

almonds
10 tbsp, whole (89g)

1. This recipe has no instructions.

Lentil kale salad

389 cal ● 16g protein ● 19g fat ● 32g carbs ● 8g fiber



For single meal:

ground cumin
4 dash (1g)
water
1 cup(s) (237mL)
crushed red pepper
4 dash (1g)
garlic, diced
1 clove(s) (3g)
lemon juice
1 tbsp (15mL)
almonds
1 tbsp, slivered (7g)
oil
1 tbsp (15mL)
kale leaves
1 1/2 cup, chopped (60g)
lentils, raw
4 tbsp (48g)

For all 2 meals:

ground cumin
1 tsp (2g)
water
2 cup(s) (474mL)
crushed red pepper
1 tsp (2g)
garlic, diced
2 clove(s) (6g)
lemon juice
2 tbsp (30mL)
almonds
2 tbsp, slivered (14g)
oil
2 tbsp (30mL)
kale leaves
3 cup, chopped (120g)
lentils, raw
1/2 cup (96g)

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.

Clam chowder

1/2 can(s) - 182 cal ● 6g protein ● 11g fat ● 13g carbs ● 2g fiber



For single meal:
canned clam chowder
1/2 can (18.5 oz) (260g)

For all 2 meals:
canned clam chowder
1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 6, day 7

Lentils

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



For single meal:
salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:
salt
2 dash (2g)
water
4 cup(s) (948mL)
lentils, raw, rinsed
1 cup (192g)

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.

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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Snacks 1 [↗](#)

Eat on day 1, day 2

Protein shake (milk)

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



For single meal:

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

For all 2 meals:

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

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

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



For single meal:

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

For all 2 meals:

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

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

Eat on day 3, day 4, day 5

Double chocolate protein shake

206 cal ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
cocoa powder
1/2 tbsp (3g)
nonfat greek yogurt, plain
3 tbsp (53g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

water
4 1/2 cup(s) (1067mL)
cocoa powder
1 1/2 tbsp (8g)
nonfat greek yogurt, plain
1/2 cup (158g)
protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Kiwi

2 kiwi - 94 cal ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi
2 fruit (138g)

For all 3 meals:

kiwi
6 fruit (414g)

1. Slice the kiwi and serve.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Bell pepper strips and hummus

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



For single meal:

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

For all 2 meals:

hummus
2/3 cup (162g)
bell pepper
2 medium (238g)

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

Carrots and hummus

123 cals ● 4g protein ● 5g fat ● 10g carbs ● 6g fiber



For single meal:

hummus
3 tbsp (45g)
baby carrots
12 medium (120g)

For all 2 meals:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

1. Serve carrots with hummus.

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

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

Eat on day 1, day 2

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi
2 fruit (138g)

For all 2 meals:

kiwi
4 fruit (276g)

1. Slice the kiwi and serve.
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Hummus cheesesteak sub

1 sub(s) - 554 cals ● 22g protein ● 22g fat ● 57g carbs ● 9g fiber



For single meal:

sub roll(s), split
1 roll(s) (85g)
sliced cheese
1 slice (1 oz) (28g)
hummus
4 tbsp (62g)
crushed red pepper
4 dash (1g)
garlic, minced
1 clove (3g)
bell pepper, deseeded and sliced into thin strips
1 medium (119g)
onion, sliced into thin strips
1/2 large (75g)
oil
1 tsp (5mL)

For all 2 meals:

sub roll(s), split
2 roll(s) (170g)
sliced cheese
2 slice (1 oz) (56g)
hummus
1/2 cup (123g)
crushed red pepper
1 tsp (2g)
garlic, minced
2 clove (6g)
bell pepper, deseeded and sliced into thin strips
2 medium (238g)
onion, sliced into thin strips
1 large (150g)
oil
2 tsp (10mL)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
 2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
 3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
 4. Serve.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Blackberries

1 2/3 cup(s) - 116 cal ● 3g protein ● 1g fat ● 10g carbs ● 13g fiber



For single meal:

blackberries
1 2/3 cup (240g)

For all 2 meals:

blackberries
3 1/3 cup (480g)

1. Rinse blackberries and serve.

Chipotle stewed beans & greens

655 cal ● 32g protein ● 16g fat ● 60g carbs ● 35g fiber



For single meal:

oil
1 tbsp (15mL)
water
1/4 cup(s) (59mL)
fresh cilantro
2 tbsp, chopped (6g)
fresh spinach, chopped
2 oz (57g)
chipotle seasoning
4 dash (1g)
black beans, drained & rinsed
1 can (439g)
kale leaves
3 oz (85g)
garlic, minced
2 clove(s) (6g)
purple onions, diced
1 medium (2-1/2" dia) (110g)

For all 2 meals:

oil
2 tbsp (30mL)
water
1/2 cup(s) (119mL)
fresh cilantro
4 tbsp, chopped (12g)
fresh spinach, chopped
4 oz (113g)
chipotle seasoning
1 tsp (2g)
black beans, drained & rinsed
2 can (878g)
kale leaves
6 oz (170g)
garlic, minced
4 clove(s) (12g)
purple onions, diced
2 medium (2-1/2" dia) (220g)

1. Heat oil in a saucepan over medium heat. Add only half of the onion and only half of the garlic. Cook 3-5 minutes til softened.
 2. Add kale and cook 1-2 minutes until wilted.
 3. Add beans, water, only half of the chipotle seasoning, and some salt and pepper. Bring to a simmer and cook until liquid reduces, 5-7 minutes.
 4. In a medium bowl, add the spinach, cilantro, remaining garlic, remaining onion, and some salt and pepper. Toss.
 5. Plate stewed beans next to the spinach mixture. Serve.
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Dinner 3 [↗](#)

Eat on day 5, day 6

Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen sugar snap peas
4 cup (576g)
olive oil
2 tbsp (30mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



For single meal:

tilapia, raw
1/2 lbs (210g)
almonds
5 tbsp, slivered (34g)
all-purpose flour
3 1/3 tbsp (26g)
salt
1 1/4 dash (1g)
olive oil
2 tsp (9mL)

For all 2 meals:

tilapia, raw
1 lbs (420g)
almonds
10 tbsp, slivered (68g)
all-purpose flour
6 2/3 tbsp (52g)
salt
1/3 tsp (1g)
olive oil
1 1/4 tbsp (19mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
 2. Season fish with salt and dredge in flour mixture.
 3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
 4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
 5. Sprinkle almonds over fish.
 6. Serve.
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Dinner 4 [↗](#)

Eat on day 7

Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Makes 1 cup(s)

fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.

Lentil chili

580 cal ● 25g protein ● 12g fat ● 73g carbs ● 19g fiber



oil

2 tsp (10mL)

onion, chopped

1/3 medium (2-1/2" dia) (37g)

garlic, minced

1 1/3 clove(s) (4g)

lentils, raw

1/3 cup (64g)

chili powder

2 tsp (5g)

ground cumin

1 tsp (2g)

salt

1 1/3 dash (1g)

black pepper

2/3 dash, ground (0g)

canned whole tomatoes, chopped

2/3 cup (160g)

dry bulgur wheat

1/3 cup (47g)

vegetable broth

1 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal● 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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