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, 40g 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



2 kiwi- 94 cals



Hummus cheesesteak sub 1 sub(s)- 554 cals

Breakfast

555 cals, 34g protein, 40g 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







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

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



1/2 cup(s)- 75 cals



Scrambled eggs with spinach, parmesan & tomato 373 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

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

Breakfast

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



1/2 cup(s)- 75 cals



Scrambled eggs with spinach, parmesan & tomato 373 cals

Snacks

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



Bell pepper strips and hummus 170 cals



Carrots and hummus 123 cals



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

Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals

Lunch

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



Lentils 347 cals



Basic tempeh 6 oz- 443 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 7

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

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

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



Bell pepper strips and hummus 170 cals



Carrots and hummus 123 cals



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

Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals

Lunch

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



Lentils 347 cals



Basic tempeh 6 oz- 443 cals

Dinner

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



Fruit juice 1 cup(s)- 115 cals



Lentil chili 580 cals

Grocery List



Fruits and Fruit Juices	Fats and Oils
kiwi 10 fruit (690g)	oil 4 oz (120mL)
grapes 3 cup (276g)	balsamic vinaigrette 3 tbsp (46mL)
apples 2 medium (3" dia) (364g)	olive oil 2 1/4 oz (71mL)
lemon juice 2 1/4 tbsp (34mL)	Beverages
blackberries 3 1/3 cup (480g)	mater water
fruit juice 8 fl oz (240mL)	☐ 27 cup(s) (6427mL) ☐ protein powder
	15 scoop (1/3 cup ea) (465g)
Other	Nut and Seed Products
sub roll(s) 2 roll(s) (170g)	flax seeds
protein powder, chocolate 4 1/2 scoop (1/3 cup ea) (140g)	2 tbsp (20g) almonds
Dairy and Egg Products	☐ 6 oz (170g) ☐ mixed nuts
sliced cheese	4 tbsp (34g)
2 slice (1 oz ea) (56g)	Cereal Grains and Pasta
lowfat flavored greek yogurt 3 (5.3 oz ea) container(s) (450g)	instant couscous, flavored 5/8 box (5.8 oz) (96g)
eggs 13 large (650g)	uncooked dry pasta
whole milk 1/4 gallon (1080mL)	6 oz (171g) all-purpose flour
kefir, flavored 2 cup (480mL)	☐ 3/8 cup(s) (52g) ☐ dry bulgur wheat
fresh mozzarella cheese 6 oz (170g)	1/3 cup (47g)
butter butter	Sweets
☐ 2 1/4 tbsp (32g) ☐ parmesan cheese	sugar 2 1/2 tbsp (33g)
☐ 3 oz (83g) ☐ nonfat greek yogurt, plain	cocoa powder
1/2 cup (158g)	1 1/2 tbsp (8g)
Legumes and Legume Products	Breakfast Cereals
hummus 13 1/4 oz (375g)	quick oats 1 1/4 cup (100g)
chickpeas, canned 5/8 can (261g)	Soups, Sauces, and Gravies
black beans 2 can(s) (878g)	canned clam chowder 1 can (18.5 oz) (519g)

lentils, raw 2 cup (352g)	vegetable broth 1 cup(s) (mL)
tempeh 3/4 lbs (340g)	Finfish and Shellfish Products
Spices and Herbs	tilapia, raw 15 oz (420g)
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)	
red onion 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)	



Breakfast 1 🗹

Eat on day 1, day 2

Grapes

87 cals

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 cals
21g protein
20g fat
9g carbs
4g fiber



For single meal:

oil
1 tsp (5mL)
lowfat flavored greek yogurt
1/2 (5.3 oz ea) 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 ea) 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 cals

12g protein

4g fat

16g carbs

2g fiber



For single meal:

lowfat flavored greek yogurt 1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt 2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Breakfast 2 🗹

Eat on day 3, day 4

Simple cinnamon oatmeal with water

271 cals
7g protein
4g fat
47g carbs
6g fiber



For single meal:

water1 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 cals

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)

Breakfast 3 🗹

Eat on day 5, day 6, day 7

Milk

1/2 cup(s) - 75 cals • 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.

Scrambled eggs with spinach, parmesan & tomato

373 cals • 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

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.

6 tbsp cherry tomatoes (56g)

- 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.

Lunch 1 4

Eat on day 1

Kefir

300 cals • 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 cals 27g protein 7g fat 98g carbs 18g fiber



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.
- 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.

Simple mozzarella and tomato salad

363 cals 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 cals
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**

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.

Lunch 3 Z

Eat on day 4, day 5

Roasted almonds

1/3 cup(s) - 277 cals • 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 cals

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 cals • 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 cals • 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 cals • 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.

Snacks 1 🗹

Eat on day 1, day 2

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.

Apple

1 apple(s) - 105 cals

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)

Snacks 2 2

Eat on day 3, day 4, day 5

Double chocolate protein shake

206 cals • 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 cals
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.

Snacks 3 2

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



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)

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)

- Single mean.

For all 2 meals:

kiwi

4 fruit (276g)

1. Slice the kiwi and serve.

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 ea) (28g)

hummus

4 tbsp (62g) crushed red per

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 ea) (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.

Dinner 2 🗹

Eat on day 3, day 4

Blackberries

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



For single meal: blackberries

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 cals 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(s) (439g)

kale leaves

3 oz (85g)

garlic, minced

2 clove(s) (6g)

red onion, 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(s) (878g)

kale leaves

6 oz (170g)

0 02 (1709)

garlic, minced

4 clove(s) (12g)

red onion, 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.

Olive oil drizzled sugar snap peas



For single meal:

black pepper 1 1/2 dash (0g) salt 1 1/2 dash (1g) frozen sugar spa

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
1/6 cup(s) (26g)
salt
1 1/4 dash (1g)
olive oil

For all 2 meals:

tilapia, raw
15 oz (420g)
almonds
10 tbsp, slivered (68g)
all-purpose flour
3/8 cup(s) (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 tsp (9mL)

- 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.

Dinner 4 🗹

Eat on day 7

Fruit juice

1 cup(s) - 115 cals • 2g protein • 1g fat • 25g carbs • 1g fiber



Makes 1 cup(s) fruit juice 8 fl oz (240mL)

oil

1. This recipe has no instructions.

Lentil chili

580 cals • 25g protein • 12g fat • 73g carbs • 19g fiber



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 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)