

# Meal Plan - 2700 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

2712 cals ● 195g protein (29%) ● 110g fat (36%) ● 198g carbs (29%) ● 38g fiber (6%)

### Breakfast

440 cals, 34g protein, 28g net carbs, 19g fat



**Protein bar**  
1 bar- 245 cals



**Broccoli & cheddar egg muffins**  
2 muffins- 193 cals

### Snacks

155 cals, 3g protein, 28g net carbs, 2g fat



**Cherry tomatoes**  
3 cherry tomatoes- 11 cals



**Orange**  
1 orange(s)- 85 cals



**Baked chips**  
6 crisps- 61 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

930 cals, 34g protein, 58g net carbs, 58g fat



**Pesto grilled cheese sandwich**  
1 1/2 sandwich(es)- 836 cals



**Blueberries**  
1 cup(s)- 95 cals

### Dinner

970 cals, 76g protein, 83g net carbs, 30g fat



**Shrimp-broccoli-rice bowl**  
735 cals



**Tomato and avocado salad**  
235 cals

## Day 2

2667 cal ● 194g protein (29%) ● 82g fat (28%) ● 243g carbs (36%) ● 46g fiber (7%)

### Breakfast

440 cal, 34g protein, 28g net carbs, 19g fat



**Protein bar**  
1 bar- 245 cal



**Broccoli & cheddar egg muffins**  
2 muffins- 193 cal

### Snacks

155 cal, 3g protein, 28g net carbs, 2g fat



**Cherry tomatoes**  
3 cherry tomatoes- 11 cal



**Orange**  
1 orange(s)- 85 cal



**Baked chips**  
6 crisps- 61 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Lunch

885 cal, 33g protein, 103g net carbs, 30g fat



**Roasted cashews**  
1/4 cup(s)- 209 cal



**Chickpea bowl with spicy yogurt sauce**  
677 cal

### Dinner

970 cal, 76g protein, 83g net carbs, 30g fat



**Shrimp-broccoli-rice bowl**  
735 cal



**Tomato and avocado salad**  
235 cal

## Day 3

2661 cal ● 170g protein (26%) ● 99g fat (33%) ● 227g carbs (34%) ● 45g fiber (7%)

### Breakfast

405 cal, 21g protein, 50g net carbs, 6g fat



**Orange**  
1 orange(s)- 85 cal



**Smashed chickpea toast**  
1 toast(s)- 318 cal

### Snacks

370 cal, 23g protein, 15g net carbs, 23g fat



**String cheese**  
2 stick(s)- 165 cal



**High-protein granola bar**  
1 bar(s)- 204 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Lunch

885 cal, 33g protein, 103g net carbs, 30g fat



**Roasted cashews**  
1/4 cup(s)- 209 cal



**Chickpea bowl with spicy yogurt sauce**  
677 cal

### Dinner

785 cal, 45g protein, 57g net carbs, 39g fat



**Crispy chik'n tenders**  
10 2/3 tender(s)- 609 cal



**Avocado**  
176 cal

## Day 4

2665 cals ● 180g protein (27%) ● 108g fat (36%) ● 195g carbs (29%) ● 49g fiber (7%)

### Breakfast

405 cals, 21g protein, 50g net carbs, 6g fat



**Orange**  
1 orange(s)- 85 cals



**Smashed chickpea toast**  
1 toast(s)- 318 cals

### Snacks

370 cals, 23g protein, 15g net carbs, 23g fat



**String cheese**  
2 stick(s)- 165 cals



**High-protein granola bar**  
1 bar(s)- 204 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

825 cals, 26g protein, 103g net carbs, 24g fat



**Buttered broccoli**  
1 1/4 cup(s)- 167 cals



**Black bean burger**  
2 burger(s)- 660 cals

### Dinner

850 cals, 61g protein, 25g net carbs, 54g fat



**Slow-baked salmon with lemon and thyme**  
10 oz- 670 cals



**Roast potatoes**  
178 cals

## Day 5

2637 cals ● 195g protein (30%) ● 105g fat (36%) ● 174g carbs (26%) ● 53g fiber (8%)

### Breakfast

400 cals, 25g protein, 22g net carbs, 21g fat



**Basic scrambled eggs**  
4 egg(s)- 285 cals



**Orange**  
1 orange(s)- 85 cals



**Cucumber slices**  
1/2 cucumber- 30 cals

### Snacks

360 cals, 14g protein, 35g net carbs, 16g fat



**Toast with butter**  
2 1/2 slice(s)- 284 cals



**Milk**  
1/2 cup(s)- 75 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

850 cals, 58g protein, 32g net carbs, 46g fat



**Carrot sticks**  
3 1/2 carrot(s)- 95 cals



**Roasted cashews**  
1/4 cup(s)- 209 cals



**Avocado tuna salad**  
545 cals

### Dinner

810 cals, 50g protein, 83g net carbs, 20g fat



**Honey glazed carrots**  
170 cals



**Basic tempeh**  
4 oz- 295 cals



**Lentils**  
347 cals

## Day 6

2637 cal ● 195g protein (30%) ● 105g fat (36%) ● 174g carbs (26%) ● 53g fiber (8%)

### Breakfast

400 cal, 25g protein, 22g net carbs, 21g fat



**Basic scrambled eggs**

4 egg(s)- 285 cal



**Orange**

1 orange(s)- 85 cal



**Cucumber slices**

1/2 cucumber- 30 cal

### Snacks

360 cal, 14g protein, 35g net carbs, 16g fat



**Toast with butter**

2 1/2 slice(s)- 284 cal



**Milk**

1/2 cup(s)- 75 cal

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cal

### Lunch

850 cal, 58g protein, 32g net carbs, 46g fat



**Carrot sticks**

3 1/2 carrot(s)- 95 cal



**Roasted cashews**

1/4 cup(s)- 209 cal



**Avocado tuna salad**

545 cal

### Dinner

810 cal, 50g protein, 83g net carbs, 20g fat



**Honey glazed carrots**

170 cal



**Basic tempeh**

4 oz- 295 cal



**Lentils**

347 cal

# Day 7

2688 cal ● 190g protein (28%) ● 130g fat (44%) ● 157g carbs (23%) ● 32g fiber (5%)

## Breakfast

400 cal, 25g protein, 22g net carbs, 21g fat



**Basic scrambled eggs**  
4 egg(s)- 285 cal



**Orange**  
1 orange(s)- 85 cal



**Cucumber slices**  
1/2 cucumber- 30 cal

## Snacks

360 cal, 14g protein, 35g net carbs, 16g fat



**Toast with butter**  
2 1/2 slice(s)- 284 cal



**Milk**  
1/2 cup(s)- 75 cal

## Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

## Lunch

865 cal, 38g protein, 70g net carbs, 40g fat



**Quinoa**  
1 cup quinoa, cooked- 208 cal



**Tempah bacon & avocado bagel sandwich**  
1/2 bagel(s)- 349 cal



**Roasted peanuts**  
1/3 cup(s)- 307 cal

## Dinner

845 cal, 64g protein, 27g net carbs, 52g fat



**Simple salmon**  
10 oz- 642 cal



**Buttery white rice**  
162 cal



**Broccoli**  
1 1/2 cup(s)- 44 cal

## Spices and Herbs

- black pepper  
4 g (4g)
- salt  
1/2 oz (15g)
- garlic powder  
1/2 tsp (2g)
- mustard  
1 tbsp (15g)
- onion powder  
1 tsp (3g)
- thyme, dried  
1/2 tsp, leaves (0g)
- chili powder  
1/2 tbsp (4g)
- ground cumin  
3 g (3g)

## Finfish and Shellfish Products

- shrimp, raw  
1 1/4 lbs (568g)
- salmon  
1 1/4 lbs (567g)
- canned tuna  
2 1/2 can (430g)

## Vegetables and Vegetable Products

- frozen broccoli  
1 1/2 lbs (666g)
- onion  
2 medium (2-1/2" dia) (206g)
- tomatoes  
3 1/2 medium whole (2-3/5" dia) (444g)
- fresh parsley  
6 tbsp chopped (23g)
- raw celery  
2 stalk, small (5" long) (34g)
- ketchup  
1/4 cup (62g)
- red potatoes  
3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)
- garlic  
1 1/2 clove (5g)
- romaine lettuce  
2 leaf inner (12g)
- cucumber  
1 1/2 cucumber (8-1/4") (452g)
- carrots  
14 1/2 medium (881g)

## Beverages

- water  
19 1/3 cup(s) (4581mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)

## Other

- protein bar (20g protein)  
2 bar (100g)
- baked chips, any flavor  
12 crips (28g)
- sriracha chili sauce  
1 tbsp (15g)
- meatless chik'n tenders  
10 2/3 pieces (272g)
- mixed greens  
2 1/2 cup (75g)

## Dairy and Egg Products

- eggs  
15 1/2 medium (683g)
- cheddar cheese  
1/3 cup, shredded (38g)
- butter  
3/4 stick (89g)
- cheese  
3 slice (1 oz each) (84g)
- nonfat greek yogurt, plain  
10 tbsp (175g)
- string cheese  
4 stick (112g)
- whole milk  
1 1/2 cup (360mL)

## Baked Products

- bread  
14 oz (400g)
- bread crumbs  
4 tbsp (27g)
- hamburger buns  
2 bun (102g)
- bagel  
1/2 medium bagel (3-1/2" to 4" dia) (53g)

## Soups, Sauces, and Gravies

- pesto sauce  
1 1/2 tbsp (24g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
1 1/4 pouch (~5.6 oz) (198g)

## Fats and Oils

- olive oil  
1 oz (30mL)
- oil  
2 1/2 oz (74mL)

## Fruits and Fruit Juices

- lime juice  
1 1/2 fl oz (43mL)
- avocados  
3 avocado(s) (603g)
- orange  
7 orange (1078g)
- blueberries  
1 cup (148g)
- lemon juice  
1/2 fl oz (17mL)
- lemon  
3/8 large (35g)

## Nut and Seed Products

- roasted cashews  
1 cup, halves and whole (137g)

## Legumes and Legume Products

- chickpeas, canned  
2 1/2 can (1120g)
- black beans  
1/2 can (220g)
- tempeh  
10 oz (284g)
- lentils, raw  
1 cup (192g)
- roasted peanuts  
1/3 cup (49g)

## Cereal Grains and Pasta

- long-grain white rice  
1 cup (170g)
- quinoa, uncooked  
1/3 cup (57g)

## Snacks

- high-protein granola bar  
2 bar (80g)

## Sweets

- honey  
1 tbsp (21g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:

**protein bar (20g protein)**  
2 bar (100g)

1. This recipe has no instructions.

### Broccoli & cheddar egg muffins

2 muffins - 193 cal ● 14g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

**eggs**  
1 1/3 large (67g)  
**cheddar cheese**  
2 2/3 tbsp, shredded (19g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**olive oil**  
1/3 tsp (2mL)  
**frozen broccoli, steamed**  
1/3 cup (30g)

For all 2 meals:

**eggs**  
2 2/3 large (133g)  
**cheddar cheese**  
1/3 cup, shredded (38g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**olive oil**  
1/4 tbsp (3mL)  
**frozen broccoli, steamed**  
2/3 cup (61g)

1. Preheat oven to 375 F (190 C).
2. Coat muffin tins with the olive oil, or use liners.
3. Steam the chopped broccoli by placing it mostly covered in a container in the microwave with a few teaspoons of water for a couple minutes.
4. In a bowl, whisk together the eggs, salt, pepper, and broccoli.
5. Pour mixture into muffin tins and top evenly with the cheese.
6. Bake for about 12-15 minutes until done.



## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Orange

1 orange(s) - 85 cal ● 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.

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### Smashed chickpea toast

1 toast(s) - 318 cal ● 19g protein ● 6g fat ● 35g carbs ● 13g fiber



For single meal:

**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**mustard**  
1/2 tbsp (8g)  
**onion powder**  
4 dash (1g)  
**raw celery, diced**  
1 stalk, small (5" long) (17g)  
**chickpeas, canned, drained & rinsed**  
1/2 can (224g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**mustard**  
1 tbsp (15g)  
**onion powder**  
1 tsp (2g)  
**raw celery, diced**  
2 stalk, small (5" long) (34g)  
**chickpeas, canned, drained & rinsed**  
1 can (448g)  
**bread**  
2 slice(s) (64g)

1. Toast bread (optional).
  2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
  3. Mix in the remaining whole chickpeas.
  4. Top the toast with the chickpea mixture and serve.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Basic scrambled eggs

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



For single meal:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**eggs**  
12 medium (528g)

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.
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### Orange

1 orange(s) - 85 cal ● 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.

### Cucumber slices

1/2 cucumber - 30 cal ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

For all 3 meals:

**cucumber**  
1 1/2 cucumber (8-1/4") (452g)

1. Slice cucumber into rounds and serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Pesto grilled cheese sandwich

1 1/2 sandwich(es) - 836 cals ● 33g protein ● 57g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

**bread**

3 slice (96g)

**butter, softened**

1 1/2 tbsp (21g)

**pesto sauce**

1 1/2 tbsp (24g)

**cheese**

3 slice (1 oz each) (84g)

**tomatoes**

3 slice(s), thin/small (45g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

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### Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

**blueberries**

1 cup (148g)

1. Rinse off blueberries and serve.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

**roasted cashews**

4 tbsp, halves and whole (34g)

For all 2 meals:

**roasted cashews**

1/2 cup, halves and whole (69g)

1. This recipe has no instructions.

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### Chickpea bowl with spicy yogurt sauce

677 cal ● 28g protein ● 14g fat ● 93g carbs ● 17g fiber



For single meal:

**onion, diced**

3/4 small (53g)

**sriracha chili sauce**

1/2 tbsp (8g)

**nonfat greek yogurt, plain**

3 tbsp (53g)

**chickpeas, canned, rinsed & drained**

3/4 can (336g)

**long-grain white rice**

6 tbsp (69g)

**fresh parsley, chopped**

3 tbsp chopped (11g)

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**onion, diced**

1 1/2 small (105g)

**sriracha chili sauce**

1 tbsp (15g)

**nonfat greek yogurt, plain**

6 tbsp (105g)

**chickpeas, canned, rinsed & drained**

1 1/2 can (672g)

**long-grain white rice**

3/4 cup (139g)

**fresh parsley, chopped**

6 tbsp chopped (23g)

**oil**

1 tbsp (15mL)

1. Cook rice according to package and set aside.
  2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
  3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
  4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
  5. Turn off heat and stir in parsley.
  6. Serve chickpea mixture over rice and drizzle spicy sauce on top.
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## Lunch 3 [↗](#)

Eat on day 4

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### Buttered broccoli

1 1/4 cup(s) - 167 cal ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



Makes 1 1/4 cup(s)

**black pepper**

5/8 dash (0g)

**salt**

5/8 dash (0g)

**frozen broccoli**

1 1/4 cup (114g)

**butter**

1 1/4 tbsp (18g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### Black bean burger

2 burger(s) - 660 cal ● 22g protein ● 9g fat ● 100g carbs ● 22g fiber



Makes 2 burger(s)

**black beans**

1/2 can (220g)

**onion**

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

**eggs**

1/2 medium (22g)

**garlic, peeled**

1 1/2 clove (5g)

**bread crumbs**

4 tbsp (27g)

**ketchup**

1 tbsp (17g)

**chili powder**

1/2 tbsp (4g)

**ground cumin**

1/2 tbsp (3g)

**tomatoes, sliced**

1/2 medium whole (2-3/5" dia) (62g)

**hamburger buns**

2 bun (102g)

**romaine lettuce**

2 leaf inner (12g)

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375 degrees F (190 degrees C), and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. In a food processor, finely chop the onion and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, and cumin.
5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.
7. Serve on buns and top with lettuce, tomatoes, and ketchup or as desired.



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## Lunch 4 [🔗](#)

Eat on day 5, day 6

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### Carrot sticks

3 1/2 carrot(s) - 95 cal ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



For single meal:

**carrots**  
3 1/2 medium (214g)

For all 2 meals:

**carrots**  
7 medium (427g)

1. Cut carrots into strips and serve.

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### Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

**roasted cashews**  
4 tbsp, halves and whole (34g)

For all 2 meals:

**roasted cashews**  
1/2 cup, halves and whole (69g)

1. This recipe has no instructions.

### Avocado tuna salad

545 cal ● 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.

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## Lunch 5 [↗](#)

Eat on day 7

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### Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

**quinoa, uncooked**  
1/3 cup (57g)  
**water**  
2/3 cup(s) (158mL)

1. (Note: Follow quinoa package's 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.

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### Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cal ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



Makes 1/2 bagel(s)

**onion powder**

1/2 dash (0g)

**oil**

1/4 tsp (1mL)

**ground cumin**

1/2 dash (0g)

**tempeh, cut into strips**

2 oz (57g)

**avocados, sliced**

1/4 avocado(s) (50g)

**bagel**

1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

### Roasted peanuts

1/3 cup(s) - 307 cal● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

**roasted peanuts**

1/3 cup (49g)

1. This recipe has no instructions.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Cherry tomatoes

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



For single meal:

**tomatoes**

3 cherry tomatoes (51g)

For all 2 meals:

**tomatoes**

6 cherry tomatoes (102g)

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

### Orange

1 orange(s) - 85 cal● 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.

### Baked chips

6 crisps - 61 cals ● 1g protein ● 2g fat ● 10g carbs ● 1g fiber



For single meal:

**baked chips, any flavor**  
6 crisps (14g)

For all 2 meals:

**baked chips, any flavor**  
12 crisps (28g)

1. Enjoy.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 2 meals:

**string cheese**  
4 stick (112g)

1. This recipe has no instructions.

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### High-protein granola bar

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



For single meal:

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

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Toast with butter

2 1/2 slice(s) - 284 cals ● 10g protein ● 12g fat ● 30g carbs ● 5g fiber



For single meal:

**bread**  
2 1/2 slice (80g)  
**butter**  
2 1/2 tsp (11g)

For all 3 meals:

**bread**  
7 1/2 slice (240g)  
**butter**  
2 1/2 tbsp (34g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

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### 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.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Shrimp-broccoli-rice bowl

735 cal ● 73g protein ● 12g fat ● 76g carbs ● 9g fiber



For single meal:

**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
1/3 tsp (2g)  
**shrimp, raw, peeled and deveined**  
10 oz (284g)  
**frozen broccoli**  
5/8 package (178g)  
**flavored rice mix**  
5/8 pouch (~5.6 oz) (99g)  
**olive oil**  
2 tsp (9mL)

For all 2 meals:

**black pepper**  
5 dash, ground (1g)  
**salt**  
5 dash (4g)  
**shrimp, raw, peeled and deveined**  
1 1/4 lbs (568g)  
**frozen broccoli**  
1 1/4 package (355g)  
**flavored rice mix**  
1 1/4 pouch (~5.6 oz) (198g)  
**olive oil**  
1 1/4 tbsp (19mL)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

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### Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

For all 2 meals:

**onion**  
2 tbsp minced (30g)  
**lime juice**  
2 tbsp (30mL)  
**avocados, cubed**  
1 avocado(s) (201g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
  2. Meanwhile, prepare the avocado and tomato.
  3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
  4. Serve chilled.
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## Dinner 2 [↗](#)

Eat on day 3

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### Crispy chik'n tenders

10 2/3 tender(s) - 609 cal ● 43g protein ● 24g fat ● 55g carbs ● 0g fiber



Makes 10 2/3 tender(s)

#### **ketchup**

2 2/3 tbsp (45g)

#### **meatless chik'n tenders**

10 2/3 pieces (272g)

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

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### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



#### **avocados**

1/2 avocado(s) (101g)

#### **lemon juice**

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
  2. Sprinkle with lemon or lime juice as desired.
  3. Serve and eat.
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## Dinner 3 [↗](#)

Eat on day 4

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### Slow-baked salmon with lemon and thyme

10 oz - 670 cal ● 58g protein ● 47g fat ● 2g carbs ● 1g fiber



Makes 10 oz

**salmon, skin on**

10 oz (284g)

**oil**

2 tsp (9mL)

**thyme, dried**

1/2 tsp, leaves (0g)

**lemon, cut into wedges**

3/8 large (35g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

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### Roast potatoes

178 cal ● 3g protein ● 7g fat ● 23g carbs ● 3g fiber



**oil**

1/2 tbsp (8mL)

**red potatoes**

3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)

**salt**

1 1/2 dash (1g)

**garlic powder**

1/2 dash (0g)

**black pepper**

1/4 dash, ground (0g)

**onion powder**

1/4 dash (0g)

1. Preheat the oven to 450 F (230 C).
  2. Clean and cut the potatoes into 1/2"-1" cubes.
  3. In a large bowl, toss the potatoes with the oil and spices. Spread the potatoes in the bottom of the prepared baking pan.
  4. Bake at 450 degrees for 25-30 minutes, or until potatoes are tender. Stir the potatoes once after about 15 minutes of baking so they brown on all sides.
  5. Serve warm.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Honey glazed carrots

170 cal ● 2g protein ● 4g fat ● 24g carbs ● 6g fiber



For single meal:

**butter**  
1 tsp (5g)  
**carrots**  
1/2 lbs (227g)  
**water**  
1/6 cup(s) (39mL)  
**honey**  
1/2 tbsp (11g)  
**salt**  
1 dash (1g)  
**lemon juice**  
1/2 tbsp (8mL)

For all 2 meals:

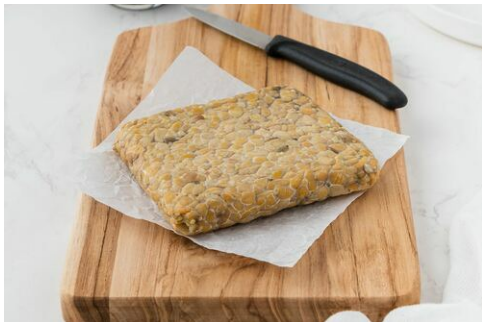
**butter**  
2 tsp (9g)  
**carrots**  
1 lbs (454g)  
**water**  
1/3 cup(s) (79mL)  
**honey**  
1 tbsp (21g)  
**salt**  
2 dash (2g)  
**lemon juice**  
1 tbsp (15mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

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### Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

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.

### 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.

## Dinner 5 [↗](#)

Eat on day 7

### Simple salmon

10 oz - 642 cal ● 58g protein ● 46g fat ● 0g carbs ● 0g fiber



Makes 10 oz

**salmon**  
10 oz (284g)  
**oil**  
1/2 tbsp (8mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

### Buttery white rice

162 cal ● 2g protein ● 6g fat ● 24g carbs ● 0g fiber



**black pepper**  
2/3 dash, ground (0g)  
**butter**  
1/2 tbsp (7g)  
**salt**  
1 1/3 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

## Broccoli

1 1/2 cup(s) - 44 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**frozen broccoli**  
1 1/2 cup (137g)

1. Prepare according to instructions on package.

## Protein Supplement(s) [↗](#)

Eat every day

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### 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.



