Meal Plan - 2700 calorie pescetarian meal plan

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

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

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

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

Chickpea bowl with spicy yogurt sauce
677 cals

Dinner

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

Shrimp-broccoli-rice bowl
735 cals

Tomato and avocado salad
235 cals

Day 3

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

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

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

Chickpea bowl with spicy yogurt sauce
677 cals

Dinner

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

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

Avocado
176 cals

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

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

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

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

Protein Supplement(s)

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

Protein shake
2 scoop- 218 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

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

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

Dinner

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

Honey glazed carrots
170 cals

Basic tempeh
4 oz- 295 cals

Lentils
347 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Day 6

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 7

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

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

Lunch

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

Quinoa
1 cup quinoa, cooked- 208 cals

Tempeh bacon & avocado bagel sandwich
1/2 bagel(s)- 349 cals

Roasted peanuts
1/3 cup(s)- 307 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

Dinner

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

Simple salmon
10 oz- 642 cals

Buttery white rice
162 cals

Broccoli
1 1/2 cup(s)- 44 cals

Protein Supplement(s)

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

Protein shake
2 scoop- 218 cals

Grocery List

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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(s) (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(s) (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)

Recipes

Breakfast 1

Eat on day 1, day 2

Protein bar

1 bar - 245 cals 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 cals 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

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.

Smashed chickpea toast

1 toast(s) - 318 cals 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.

Breakfast 3

Eat on day 5, day 6, day 7

Basic scrambled eggs

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

For single meal:

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

For all 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.

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.

Cucumber slices

1/2 cucumber - 30 cals 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.

Lunch 1

Eat on day 1

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.

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.

Lunch 2

Eat on day 2, day 3

Roasted cashews

1/4 cup(s) - 209 cals 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.

Chickpea bowl with spicy yogurt sauce

677 cals 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.

Lunch 3

Eat on day 4

Buttered broccoli

1 1/4 cup(s) - 167 cals 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.

Black bean burger

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

Makes 2 burger(s)

black beans
1/2 can(s) (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(s) (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.

Lunch 4

Eat on day 5, day 6

Carrot sticks

3 1/2 carrot(s) - 95 cals 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.

Roasted cashews

1/4 cup(s) - 209 cals 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 cals 51g protein 30g fat 7g carbs 10g fiber

For single meal:

avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
onion, minced
1/3 small (22g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)

For all 2 meals:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
onion, minced
5/8 small (44g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Lunch 5

Eat on day 7

Quinoa

1 cup quinoa, cooked - 208 cals 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 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.

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals 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 cals 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 cals 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 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.

Baked chips

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

For single meal:

baked chips, any flavor
6 crips (14g)

For all 2 meals:

baked chips, any flavor
12 crips (28g)

1. Enjoy.

Snacks 2

Eat on day 3, day 4

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.

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.

Snacks 3

Eat on day 5, day 6, day 7

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.

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.

Dinner 1

Eat on day 1, day 2

Shrimp-broccoli-rice bowl

735 cals 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.

Tomato and avocado salad

235 cals 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.

Dinner 2

Eat on day 3

Crispy chik'n tenders

10 2/3 tender(s) - 609 cals 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.

Avocado

176 cals 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.

Dinner 3

Eat on day 4

Slow-baked salmon with lemon and thyme

10 oz - 670 cals 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.

Roast potatoes

178 cals 3g protein 7g fat 23g carbs 3g fiber

onion powder
1/4 dash (0g)
black pepper
1/4 dash, ground (0g)
garlic powder
1/2 dash (0g)
salt
1 1/2 dash (1g)
red potatoes, cubed
3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)
oil
1/2 tbsp (8mL)

1. Preheat the oven to 450°F (230°C).
2. In a large bowl, toss the potatoes with the oil and spices. Spread the potatoes in the bottom of the prepared baking pan.
3. Bake 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.
4. Serve warm.

Dinner 4

Eat on day 5, day 6

Honey glazed carrots

170 cals 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.

Basic tempeh

4 oz - 295 cals 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 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.

Dinner 5

Eat on day 7

Simple salmon

10 oz - 642 cals 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 cals 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 cals 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

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.