

# Meal Plan - 2800 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

2879 cals ● 187g protein (26%) ● 104g fat (33%) ● 263g carbs (37%) ● 35g fiber (5%)

### Breakfast

500 cals, 20g protein, 60g net carbs, 18g fat



[Small toasted bagel with butter](#)  
1 bagel(s)- 241 cals



[Basic scrambled eggs](#)  
2 egg(s)- 142 cals



[Banana](#)  
1 banana(s)- 117 cals

### Snacks

175 cals, 3g protein, 26g net carbs, 6g fat



[Crackers](#)  
8 cracker(s)- 135 cals



[Clementine](#)  
1 clementine(s)- 39 cals

### Protein Supplement(s)

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



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

### Lunch

985 cals, 65g protein, 99g net carbs, 29g fat



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



[Simple Greek cucumber salad](#)  
211 cals



[Vegetarian chickpea sandwiches](#)  
1 1/2 sandwich(es)- 514 cals

### Dinner

1000 cals, 51g protein, 77g net carbs, 51g fat



[Cheese tortellini](#)  
300 cals



[Simple mozzarella and tomato salad](#)  
403 cals



[Milk](#)  
2 cup(s)- 298 cals

## Day 2

2829 cals ● 186g protein (26%) ● 67g fat (21%) ● 317g carbs (45%) ● 53g fiber (8%)

### Breakfast

500 cals, 20g protein, 60g net carbs, 18g fat



[Small toasted bagel with butter](#)  
1 bagel(s)- 241 cals



[Basic scrambled eggs](#)  
2 egg(s)- 142 cals



[Banana](#)  
1 banana(s)- 117 cals

### Snacks

175 cals, 3g protein, 26g net carbs, 6g fat



[Crackers](#)  
8 cracker(s)- 135 cals



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1 clementine(s)- 39 cals

### Protein Supplement(s)

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



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

### Lunch

985 cals, 65g protein, 99g net carbs, 29g fat



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



[Simple Greek cucumber salad](#)  
211 cals



[Vegetarian chickpea sandwiches](#)  
1 1/2 sandwich(es)- 514 cals

### Dinner

950 cals, 50g protein, 131g net carbs, 14g fat



[Milk](#)  
1 cup(s)- 149 cals



[Bbq cauliflower wings](#)  
803 cals

## Day 3

2831 cals ● 189g protein (27%) ● 119g fat (38%) ● 204g carbs (29%) ● 47g fiber (7%)

### Breakfast

465 cals, 23g protein, 16g net carbs, 33g fat



Milk

1 cup(s)- 149 cals



Sunflower seeds

316 cals

### Snacks

380 cals, 14g protein, 18g net carbs, 27g fat



Small granola bar

1 bar(s)- 119 cals



Cheesy crisps and guac

6 crisps- 261 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

860 cals, 46g protein, 67g net carbs, 41g fat



Cucumber slices

3/4 cucumber- 45 cals



String cheese

4 stick(s)- 331 cals



Grilled peanut butter and banana sandwich

1 sandwich(es)- 485 cals

### Dinner

905 cals, 59g protein, 101g net carbs, 18g fat



Simple Greek cucumber salad

281 cals



Lentil pasta

337 cals



Lentils

289 cals

## Day 4

2831 cals ● 189g protein (27%) ● 119g fat (38%) ● 204g carbs (29%) ● 47g fiber (7%)

### Breakfast

465 cals, 23g protein, 16g net carbs, 33g fat



Milk

1 cup(s)- 149 cals



Sunflower seeds

316 cals

### Snacks

380 cals, 14g protein, 18g net carbs, 27g fat



Small granola bar

1 bar(s)- 119 cals



Cheesy crisps and guac

6 crisps- 261 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

860 cals, 46g protein, 67g net carbs, 41g fat



Cucumber slices

3/4 cucumber- 45 cals



String cheese

4 stick(s)- 331 cals



Grilled peanut butter and banana sandwich

1 sandwich(es)- 485 cals

### Dinner

905 cals, 59g protein, 101g net carbs, 18g fat



Simple Greek cucumber salad

281 cals



Lentil pasta

337 cals



Lentils

289 cals

## Day 5

2859 cals ● 195g protein (27%) ● 112g fat (35%) ● 192g carbs (27%) ● 76g fiber (11%)

### Breakfast

465 cals, 23g protein, 16g net carbs, 33g fat



Milk

1 cup(s)- 149 cals



Sunflower seeds

316 cals

### Snacks

380 cals, 14g protein, 18g net carbs, 27g fat



Small granola bar

1 bar(s)- 119 cals



Cheesy crisps and guac

6 crisps- 261 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

915 cals, 41g protein, 103g net carbs, 21g fat



Chipotle stewed beans & greens

655 cals



Naan bread

1 piece(s)- 262 cals

### Dinner

880 cals, 69g protein, 54g net carbs, 31g fat



Basic tempeh

8 oz- 590 cals



Lentils

231 cals



Broccoli

2 cup(s)- 58 cals

## Day 6

2796 cals ● 183g protein (26%) ● 93g fat (30%) ● 246g carbs (35%) ● 62g fiber (9%)

### Breakfast

415 cals, 33g protein, 27g net carbs, 17g fat



Protein bar

1 bar- 245 cals



Egg & cheese mini muffin

3 mini muffin(s)- 168 cals

### Snacks

395 cals, 32g protein, 44g net carbs, 9g fat



Protein shake (milk)

258 cals



Dried cranberries

1/4 cup- 136 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

915 cals, 41g protein, 103g net carbs, 21g fat



Chipotle stewed beans & greens

655 cals



Naan bread

1 piece(s)- 262 cals

### Dinner

855 cals, 28g protein, 70g net carbs, 44g fat



Buttery white rice

162 cals



Olive oil drizzled broccoli

3 cup(s)- 209 cals



Curried lentils

482 cals

Day 7

2800 cals ● 191g protein (27%) ● 99g fat (32%) ● 228g carbs (33%) ● 59g fiber (8%)

Breakfast

415 cals, 33g protein, 27g net carbs, 17g fat



Protein bar  
1 bar- 245 cals



Egg & cheese mini muffin  
3 mini muffin(s)- 168 cals

Snacks

395 cals, 32g protein, 44g net carbs, 9g fat



Protein shake (milk)  
258 cals



Dried cranberries  
1/4 cup- 136 cals

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

Lunch

920 cals, 49g protein, 86g net carbs, 27g fat



Curried chickpea salad  
805 cals



Banana  
1 banana(s)- 117 cals

Dinner

855 cals, 28g protein, 70g net carbs, 44g fat



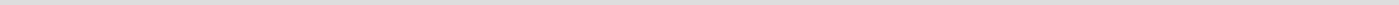
Buttery white rice  
162 cals



Olive oil drizzled broccoli  
3 cup(s)- 209 cals



Curried lentils  
482 cals



## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/2 jar (24 oz) (336g)
- ☐ barbecue sauce  
3/4 cup (215g)

## Meals, Entrees, and Side Dishes

- ☐ frozen cheese tortellini  
4 oz (113g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
1 1/4 large whole (3" dia) (228g)
- ☐ red onion  
3 medium (2-1/2" dia) (316g)
- ☐ cucumber  
5 cucumber (8-1/4") (1505g)
- ☐ raw celery  
1/6 bunch (83g)
- ☐ onion  
1/2 medium (2-1/2" dia) (55g)
- ☐ cauliflower  
3 head small (4" dia.) (795g)
- ☐ frozen broccoli  
8 cup (728g)
- ☐ fresh cilantro  
4 tbsp, chopped (12g)
- ☐ fresh spinach  
4 oz (113g)
- ☐ kale leaves  
6 oz (170g)
- ☐ garlic  
4 clove(s) (12g)

## Dairy and Egg Products

- ☐ fresh mozzarella cheese  
3 1/3 oz (95g)
- ☐ whole milk  
1/2 gallon (1920mL)
- ☐ butter  
2 tbsp (28g)
- ☐ eggs  
7 1/2 medium (326g)
- ☐ nonfat greek yogurt, plain  
3 1/2 container (578g)
- ☐ cheese  
1 cup, shredded (126g)

## Beverages

- ☐ water  
1 1/3 gallon (5069mL)
- ☐ protein powder  
16 scoop (1/3 cup ea) (496g)

## Baked Products

- ☐ bagel  
2 small bagel (3" dia) (138g)
- ☐ crackers  
16 crackers (56g)
- ☐ bread  
10 slice (320g)
- ☐ naan bread  
2 piece (180g)

## Fruits and Fruit Juices

- ☐ banana  
5 medium (7" to 7-7/8" long) (590g)
- ☐ clementines  
2 fruit (148g)
- ☐ lemon juice  
1/3 cup (79mL)
- ☐ dried cranberries  
1/2 cup (80g)

## Other

- ☐ cottage cheese & fruit cup  
4 container (680g)
- ☐ nutritional yeast  
3/4 cup (45g)
- ☐ guacamole, store-bought  
1/2 cup (139g)
- ☐ lentil pasta  
1/3 lbs (151g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ curry paste  
4 tsp (20g)
- ☐ mixed greens  
2 1/2 oz (71g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
2 1/4 can (1008g)
- ☐ lentils, raw  
2 cup (352g)

- ☐ string cheese  
8 stick (224g)
- ☐ cheddar cheese  
1/4 cup, shredded (32g)

## Fats and Oils

- ☐ balsamic vinaigrette  
5 tsp (24mL)
- ☐ oil  
1 3/4 oz (54mL)
- ☐ olive oil  
2 1/2 oz (83mL)
- ☐ mayonnaise  
1 tbsp (15mL)
- ☐ cooking spray  
2 spray(s) , about 1/3 second each (1g)

## Spices and Herbs

- ☐ fresh basil  
5 tsp, chopped (4g)
- ☐ red wine vinegar  
3 1/2 tsp (18mL)
- ☐ dried dill weed  
1 1/2 tbsp (5g)
- ☐ salt  
1/2 oz (13g)
- ☐ black pepper  
1/8 oz (2g)
- ☐ chipotle seasoning  
1 tsp (2g)
- ☐ curry powder  
1 1/4 tsp (3g)

- ☐ peanut butter  
4 tbsp (64g)
- ☐ tempeh  
1/2 lbs (227g)
- ☐ black beans  
2 can(s) (878g)

## Nut and Seed Products

- ☐ sunflower kernels  
6 1/3 oz (179g)
- ☐ coconut milk, canned  
1 cup (240mL)

## Snacks

- ☐ small granola bar  
3 bar (75g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
1/3 cup (62g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Small toasted bagel with butter

1 bagel(s) - 241 cal ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

**butter**

1/2 tbsp (7g)

**bagel**

1 small bagel (3" dia) (69g)

For all 2 meals:

**butter**

1 tbsp (14g)

**bagel**

2 small bagel (3" dia) (138g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

### Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**

1/2 tsp (3mL)

**eggs**

2 medium (88g)

For all 2 meals:

**oil**

1 tsp (5mL)

**eggs**

4 medium (176g)

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.

### Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

**banana**

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

**banana**

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Milk

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



For single meal:

**whole milk**

1 cup (240mL)

For all 3 meals:

**whole milk**

3 cup (720mL)

1. This recipe has no instructions.

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

**sunflower kernels**

1 3/4 oz (50g)

For all 3 meals:

**sunflower kernels**

1/3 lbs (149g)

1. This recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### 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.

### Egg & cheese mini muffin

3 mini muffin(s) - 168 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**cheddar cheese**

2 1/4 tbsp, shredded (16g)

**water**

1/2 tbsp (8mL)

**eggs**

1 1/2 large (75g)

For all 2 meals:

**cheddar cheese**

1/4 cup, shredded (32g)

**water**

1 tbsp (15mL)

**eggs**

3 large (150g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

## Lunch 1 [🔗](#)

Eat on day 1, day 2

### Cottage cheese & fruit cup

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



For single meal:

#### **cottage cheese & fruit cup**

2 container (340g)

For all 2 meals:

#### **cottage cheese & fruit cup**

4 container (680g)

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

### Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

#### **olive oil**

3/4 tbsp (11mL)

#### **red wine vinegar**

1/4 tbsp (4mL)

#### **dried dill weed**

1/4 tbsp (1g)

#### **lemon juice**

1 tsp (6mL)

#### **nonfat greek yogurt, plain**

6 tbsp (105g)

#### **red onion, thinly sliced**

1/6 medium (2-1/2" dia) (21g)

#### **cucumber, sliced into half moons**

3/4 cucumber (8-1/4") (226g)

For all 2 meals:

#### **olive oil**

1 1/2 tbsp (23mL)

#### **red wine vinegar**

1/2 tbsp (8mL)

#### **dried dill weed**

1/2 tbsp (2g)

#### **lemon juice**

3/4 tbsp (11mL)

#### **nonfat greek yogurt, plain**

3/4 cup (210g)

#### **red onion, thinly sliced**

3/8 medium (2-1/2" dia) (41g)

#### **cucumber, sliced into half moons**

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

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

### Vegetarian chickpea sandwiches

1 1/2 sandwich(es) - 514 cals ● 24g protein ● 13g fat ● 59g carbs ● 17g fiber



For single meal:

**raw celery, chopped**

1/2 stalk, medium (7-1/2" - 8" long)  
(20g)

**onion, chopped**

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

**mayonnaise**

1/2 tbsp (8mL)

**lemon juice**

1/2 tbsp (8mL)

**dried dill weed**

4 dash (1g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**bread**

3 slice (96g)

**chickpeas, canned**

1/2 can (224g)

For all 2 meals:

**raw celery, chopped**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

**onion, chopped**

1/2 medium (2-1/2" dia) (55g)

**mayonnaise**

1 tbsp (15mL)

**lemon juice**

1 tbsp (15mL)

**dried dill weed**

1 tsp (1g)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

**bread**

6 slice (192g)

**chickpeas, canned**

1 can (448g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Cucumber slices

3/4 cucumber - 45 cals ● 2g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**cucumber**

3/4 cucumber (8-1/4") (226g)

For all 2 meals:

**cucumber**

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

1. Slice cucumber into rounds and serve.

### String cheese

4 stick(s) - 331 cals ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**string cheese**  
8 stick (224g)

1. This recipe has no instructions.

## Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cal● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



For single meal:

**bread**  
2 slice (64g)  
**banana, sliced**  
1 medium (7" to 7-7/8" long) (118g)  
**peanut butter**  
2 tbsp (32g)  
**cooking spray**  
1 spray(s) , about 1/3 second each (0g)

For all 2 meals:

**bread**  
4 slice (128g)  
**banana, sliced**  
2 medium (7" to 7-7/8" long) (236g)  
**peanut butter**  
4 tbsp (64g)  
**cooking spray**  
2 spray(s) , about 1/3 second each (1g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.
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## Lunch 3 [🔗](#)

Eat on day 5, day 6

### 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)  
**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.

### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

**naan bread**  
1 piece (90g)

For all 2 meals:

**naan bread**  
2 piece (180g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Curried chickpea salad

805 cals ● 48g protein ● 27g fat ● 62g carbs ● 31g fiber



- mixed greens**  
2 1/2 oz (71g)
- sunflower kernels**  
2 1/2 tbsp (30g)
- raw celery, sliced**  
2 1/2 stalk, small (5" long) (43g)
- curry powder**  
1 1/4 tsp (3g)
- nonfat greek yogurt, plain**  
5 tbsp (88g)
- lemon juice, divided**  
2 1/2 tbsp (38mL)
- chickpeas, canned, drained & rinsed**  
1 1/4 can (560g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber

Makes 1 banana(s)

- banana**  
1 medium (7" to 7-7/8" long) (118g)

1. This recipe has no instructions.



Snacks 1 [↗](#)

Eat on day 1, day 2

Crackers

8 cracker(s) - 135 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

- crackers**  
8 crackers (28g)

For all 2 meals:

- crackers**  
16 crackers (56g)

1. Enjoy.

Clementine



1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 3 meals:

**small granola bar**  
3 bar (75g)

1. This recipe has no instructions.

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### Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

**cheese**  
6 tbsp, shredded (42g)  
**guacamole, store-bought**  
3 tbsp (46g)

For all 3 meals:

**cheese**  
1 cup, shredded (126g)  
**guacamole, store-bought**  
1/2 cup (139g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
  2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
  3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
  4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
  5. Serve with guacamole.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

### Protein shake (milk)

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



For single meal:

#### **whole milk**

1 cup (240mL)

#### **protein powder**

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

For all 2 meals:

#### **whole milk**

2 cup (480mL)

#### **protein powder**

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

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

### Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

#### **dried cranberries**

4 tbsp (40g)

For all 2 meals:

#### **dried cranberries**

1/2 cup (80g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Cheese tortellini

300 cals ● 12g protein ● 7g fat ● 43g carbs ● 5g fiber



#### **pasta sauce**

1/6 jar (24 oz) (112g)

#### **frozen cheese tortellini**

4 oz (113g)

1. Prepare tortellini according to instructions on package.
2. Top with sauce and enjoy.

### Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



**tomatoes, sliced**  
1 1/4 large whole (3" dia) (228g)  
**fresh mozzarella cheese, sliced**  
1/4 lbs (95g)  
**balsamic vinaigrette**  
5 tsp (25mL)  
**fresh basil**  
5 tsp, chopped (4g)

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

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



Makes 2 cup(s)  
**whole milk**  
2 cup (480mL)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Milk

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



Makes 1 cup(s)  
**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



**barbecue sauce**  
3/4 cup (215g)  
**salt**  
1/4 tbsp (5g)  
**nutritional yeast**  
3/4 cup (45g)  
**cauliflower**  
3 head small (4" dia.) (795g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

## Dinner 3 [🔗](#)

Eat on day 3, day 4

### Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

**olive oil**  
1 tbsp (15mL)  
**red wine vinegar**  
1 tsp (5mL)  
**dried dill weed**  
1 tsp (1g)  
**lemon juice**  
1/2 tbsp (8mL)  
**nonfat greek yogurt, plain**  
1/2 cup (140g)  
**red onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced into half moons**  
1 cucumber (8-1/4") (301g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**red wine vinegar**  
2 tsp (10mL)  
**dried dill weed**  
2 tsp (2g)  
**lemon juice**  
1 tbsp (15mL)  
**nonfat greek yogurt, plain**  
1 cup (280g)  
**red onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)  
**cucumber, sliced into half moons**  
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

## Lentil pasta

337 cals ● 22g protein ● 3g fat ● 41g carbs ● 16g fiber



For single meal:

**pasta sauce**

1/6 jar (24 oz) (112g)

**lentil pasta**

2 2/3 oz (76g)

For all 2 meals:

**pasta sauce**

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

**lentil pasta**

1/3 lbs (151g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

## Lentils

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



For single meal:

**salt**

1 dash (1g)

**water**

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

**lentils, raw, rinsed**

6 2/3 tbsp (80g)

For all 2 meals:

**salt**

1/4 tsp (1g)

**water**

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

**lentils, raw, rinsed**

13 1/3 tbsp (160g)

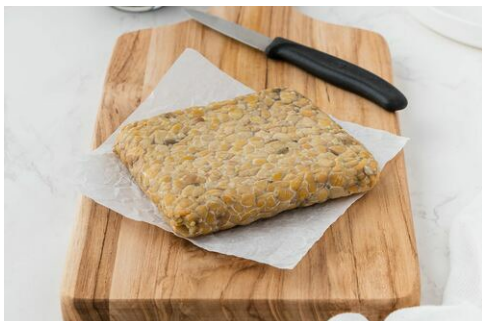
1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Dinner 4 [↗](#)

Eat on day 5

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

**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

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber





**salt**  
2/3 dash (0g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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.

## Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**frozen broccoli**  
2 cup (182g)

1. Prepare according to instructions on package.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Buttery white rice

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



For single meal:

**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)

For all 2 meals:

**black pepper**  
1 1/3 dash, ground (0g)  
**butter**  
1 tbsp (14g)  
**salt**  
1/3 tsp (2g)  
**water**  
2/3 cup(s) (158mL)  
**long-grain white rice**  
1/3 cup (62g)

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.

Olive oil drizzled broccoli

3 cup(s) - 209 cal ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen broccoli**  
6 cup (546g)  
**olive oil**  
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

## Curried lentils

482 cal ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



For single meal:

**lentils, raw**  
1/3 cup (64g)  
**water**  
2/3 cup(s) (158mL)  
**salt**  
2/3 dash (1g)  
**coconut milk, canned**  
1/2 cup (120mL)  
**curry paste**  
2 tsp (10g)

For all 2 meals:

**lentils, raw**  
2/3 cup (128g)  
**water**  
1 1/3 cup(s) (316mL)  
**salt**  
1 1/3 dash (1g)  
**coconut milk, canned**  
16 tbsp (240mL)  
**curry paste**  
4 tsp (20g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

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## 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.
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