

Meal Plan - 2900 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

2919 cals ● 193g protein (26%) ● 98g fat (30%) ● 252g carbs (35%) ● 65g fiber (9%)

Breakfast

240 cals, 7g protein, 32g net carbs, 7g fat



[Medium toasted bagel with butter](#)

1/2 bagel(s)- 196 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals

Snacks

415 cals, 21g protein, 60g net carbs, 5g fat



[Protein bar](#)

1 bar- 245 cals



[Applesauce](#)

57 cals



[Pear](#)

1 pear(s)- 113 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

955 cals, 50g protein, 41g net carbs, 60g fat



[Cheese and guac tacos](#)

2 taco(s)- 350 cals



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals



[Roasted almonds](#)

1/3 cup(s)- 296 cals

Dinner

1095 cals, 66g protein, 118g net carbs, 24g fat



[Lentil pasta](#)

757 cals



[Milk](#)

2 1/4 cup(s)- 335 cals

Day 2

2862 cal ● 202g protein (28%) ● 124g fat (39%) ● 186g carbs (26%) ● 47g fiber (7%)

Breakfast

240 cal, 7g protein, 32g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal

Snacks

415 cal, 21g protein, 60g net carbs, 5g fat



Protein bar
1 bar- 245 cal



Applesauce
57 cal



Pear
1 pear(s)- 113 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

1015 cal, 43g protein, 9g net carbs, 80g fat



Roasted almonds
3/8 cup(s)- 333 cal



Boiled eggs
2 egg(s)- 139 cal



Smoked salmon stuffed avocado
1 avocado(s)- 541 cal

Dinner

980 cal, 82g protein, 83g net carbs, 31g fat



Shrimp-snap peas-quinoa bowl
653 cal



Milk
2 cup(s)- 298 cal



Simple kale salad
1/2 cup(s)- 28 cal

Day 3

2934 cal ● 182g protein (25%) ● 93g fat (29%) ● 259g carbs (35%) ● 83g fiber (11%)

Breakfast

460 cal, 16g protein, 33g net carbs, 24g fat



Avocado
176 cal



Vegan sausage & guac sandwich
1 sandwich(es)- 283 cal

Snacks

415 cal, 21g protein, 60g net carbs, 5g fat



Protein bar
1 bar- 245 cal



Applesauce
57 cal



Pear
1 pear(s)- 113 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

875 cal, 50g protein, 37g net carbs, 48g fat



Chips and guacamole
263 cal



Buttered sugar snap peas
322 cal



Vegan crumbles
2 cup(s)- 292 cal

Dinner

965 cal, 48g protein, 128g net carbs, 15g fat



Olive oil drizzled sugar snap peas
163 cal



Bbq cauliflower wings
803 cal

Day 4

2919 cals ● 182g protein (25%) ● 118g fat (36%) ● 213g carbs (29%) ● 70g fiber (10%)

Breakfast

460 cals, 16g protein, 33g net carbs, 24g fat



Avocado
176 cals



Vegan sausage & guac sandwich
1 sandwich(es)- 283 cals

Snacks

355 cals, 9g protein, 59g net carbs, 8g fat



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



Banana
1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

955 cals, 27g protein, 102g net carbs, 32g fat



Chunky canned soup (creamy)
1 1/2 can(s)- 530 cals



Simple salad with tomatoes and carrots
196 cals



Pear
2 pear(s)- 226 cals

Dinner

930 cals, 81g protein, 17g net carbs, 53g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals



String cheese
3 stick(s)- 248 cals

Day 5

2867 cals ● 194g protein (27%) ● 111g fat (35%) ● 228g carbs (32%) ● 46g fiber (6%)

Breakfast

465 cals, 22g protein, 16g net carbs, 33g fat



Milk
1 cup(s)- 149 cals



Kale & eggs
95 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

355 cals, 9g protein, 59g net carbs, 8g fat



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



Banana
1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

960 cals, 47g protein, 85g net carbs, 37g fat



Couscous
151 cals



Easy chickpea salad
467 cals



Basic tofu
8 oz- 342 cals

Dinner

865 cals, 68g protein, 66g net carbs, 32g fat



Almond crusted tilapia
9 oz- 635 cals



Corn
231 cals

Day 6

2923 cal ● 218g protein (30%) ● 140g fat (43%) ● 138g carbs (19%) ● 59g fiber (8%)

Breakfast

465 cal, 22g protein, 16g net carbs, 33g fat



Milk

1 cup(s)- 149 cal



Kale & eggs

95 cal



Roasted almonds

1/4 cup(s)- 222 cal

Snacks

275 cal, 9g protein, 20g net carbs, 15g fat



Strawberries

2 cup(s)- 104 cal



Roasted peanuts

1/6 cup(s)- 173 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

960 cal, 47g protein, 85g net carbs, 37g fat



Couscous

151 cal



Easy chickpea salad

467 cal



Basic tofu

8 oz- 342 cal

Dinner

1005 cal, 92g protein, 16g net carbs, 54g fat



Cherry tomatoes

6 cherry tomatoes- 21 cal



Avocado tuna salad

982 cal

Day 7

2924 cal ● 209g protein (29%) ● 136g fat (42%) ● 165g carbs (23%) ● 51g fiber (7%)

Breakfast

465 cal, 22g protein, 16g net carbs, 33g fat



Milk

1 cup(s)- 149 cal



Kale & eggs

95 cal



Roasted almonds

1/4 cup(s)- 222 cal

Snacks

275 cal, 9g protein, 20g net carbs, 15g fat



Strawberries

2 cup(s)- 104 cal



Roasted peanuts

1/6 cup(s)- 173 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

960 cal, 38g protein, 112g net carbs, 33g fat



Banana

3 banana(s)- 350 cal



Rosemary mushroom cheese sandwich

1 1/2 sandwich(es)- 612 cal

Dinner

1005 cal, 92g protein, 16g net carbs, 54g fat



Cherry tomatoes

6 cherry tomatoes- 21 cal



Avocado tuna salad

982 cal

Soups, Sauces, and Gravies

- pasta sauce
3/8 jar (24 oz) (252g)
- barbecue sauce
3/4 cup (215g)
- chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)
- apple cider vinegar
2 tbsp (2mL)

Other

- lentil pasta
6 oz (170g)
- protein bar (20g protein)
3 bar (150g)
- guacamole, store-bought
6 1/2 oz (185g)
- flavored quinoa mix
5/8 package (4.9 oz) (81g)
- vegan breakfast sausage patties
2 patties (76g)
- nutritional yeast
3/4 cup (45g)
- mixed greens
5 1/4 cup (158g)

Dairy and Egg Products

- whole milk
1/2 gallon (1740mL)
- butter
1/2 stick (55g)
- cheddar cheese
1/2 cup, shredded (57g)
- lowfat flavored greek yogurt
2 (5.3 oz) container(s) (300g)
- eggs
5 large (250g)
- goat cheese
1 oz (28g)
- string cheese
3 stick (84g)
- cheese
3/4 cup, shredded (85g)

Beverages

- water
14 cup(s) (3318mL)

Fruits and Fruit Juices

- applesauce
3 to-go container (~4 oz) (366g)
- pears
5 medium (890g)
- lemon juice
1/2 tbsp (8mL)
- avocados
5 avocado(s) (1005g)
- lime juice
2 tbsp (30mL)
- banana
5 medium (7" to 7-7/8" long) (590g)
- strawberries
4 cup, whole (576g)

Nut and Seed Products

- almonds
1/2 lbs (23 whole kernels) (249g)

Spices and Herbs

- black pepper
1 1/2 g (2g)
- salt
11 g (11g)
- balsamic vinegar
2 tbsp (30mL)
- rosemary
3 dash (0g)

Finfish and Shellfish Products

- shrimp, raw
9 1/4 oz (265g)
- smoked salmon
1 1/2 oz (42g)
- canned tuna
6 can (1032g)
- tilapia, raw
1/2 lbs (252g)

Fats and Oils

- olive oil
1 oz (30mL)
- salad dressing
2 tbsp (30mL)
- oil
3 tbsp (48mL)

- protein powder
14 scoop (1/3 cup ea) (434g)

Baked Products

- bagel
2 1/3 medium bagel (3-1/2" to 4" dia) (243g)
- english muffins
2 muffin(s) (114g)
- bread
3 slice(s) (96g)

Vegetables and Vegetable Products

- tomatoes
10 medium whole (2-3/5" dia) (1236g)
 - frozen sugar snap peas
1 1/2 lbs (646g)
 - kale leaves
1 1/4 cup, chopped (50g)
 - cauliflower
3 head small (4" dia.) (795g)
 - bell pepper
1 1/2 large (246g)
 - onion
2 1/2 small (175g)
 - carrots
1/2 medium (31g)
 - romaine lettuce
1 hearts (500g)
 - frozen corn kernels
1 2/3 cup (227g)
 - fresh parsley
6 sprigs (6g)
 - mushrooms
2 1/4 oz (64g)
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Snacks

- tortilla chips
1 oz (28g)

Legumes and Legume Products

- vegetarian burger crumbles
2 cup (200g)
- chickpeas, canned
2 can (896g)
- firm tofu
1 lbs (454g)
- roasted peanuts
6 tbsp (55g)

Cereal Grains and Pasta

- all-purpose flour
4 tbsp (31g)
- instant couscous, flavored
1/2 box (5.8 oz) (82g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Medium toasted bagel with butter

1/2 bagel(s) - 196 cal ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

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

butter

1/2 tbsp (7g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

butter

1 tbsp (14g)

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

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.
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Breakfast 2 [↗](#)

Eat on day 3, day 4

Avocado

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



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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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Vegan sausage & guac sandwich

1 sandwich(es) - 283 cal ● 14g protein ● 9g fat ● 31g carbs ● 6g fiber



For single meal:

english muffins, toasted
1 muffin(s) (57g)
guacamole, store-bought
2 tbsp (31g)
vegan breakfast sausage patties
1 patties (38g)

For all 2 meals:

english muffins, toasted
2 muffin(s) (114g)
guacamole, store-bought
4 tbsp (62g)
vegan breakfast sausage patties
2 patties (76g)

1. Cook vegan sausage patty according to package instructions.
 2. Spread guac inside of the english muffin. Top with cooked sausage and english muffin top. Serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Milk

1 cup(s) - 149 cal ● 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.

Kale & eggs

95 cal ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

salt
1/2 dash (0g)
eggs
1 large (50g)
kale leaves
4 tbsp, chopped (10g)
oil
1/2 tsp (3mL)

For all 3 meals:

salt
1 1/2 dash (1g)
eggs
3 large (150g)
kale leaves
3/4 cup, chopped (30g)
oil
1/2 tbsp (8mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 3 meals:

almonds
3/4 cup, whole (107g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Cheese and guac tacos

2 taco(s) - 350 cal ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



Makes 2 taco(s)

cheddar cheese

1/2 cup, shredded (57g)

guacamole, store-bought

4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lowfat Greek yogurt

2 container(s) - 310 cal ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

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

1. This recipe has no instructions.

Roasted almonds

1/3 cup(s) - 296 cal ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

1/3 cup, whole (48g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Roasted almonds

3/8 cup(s) - 333 cal ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



Makes 3/8 cup(s)

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



Makes 2 egg(s)

eggs

2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Smoked salmon stuffed avocado

1 avocado(s) - 541 cal ● 19g protein ● 44g fat ● 4g carbs ● 14g fiber



Makes 1 avocado(s)

lemon juice

1/2 tsp (3mL)

goat cheese

1 oz (28g)

smoked salmon

1 1/2 oz (42g)

avocados, halved, de-seeded, and de-skinned

1 avocado(s) (201g)

1. Chop the smoked salmon into pieces.
2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
3. Stuff the holes of the avocado with the smoked salmon mixture.
4. Top with a drizzle of lemon juice and add pepper to taste.
5. Serve immediately.

Lunch 3 [↗](#)

Eat on day 3

Chips and guacamole

263 cal ● 4g protein ● 16g fat ● 20g carbs ● 5g fiber



tortilla chips

1 oz (28g)

guacamole, store-bought

4 tbsp (62g)

1. Serve guacamole with the tortilla chips.

Buttered sugar snap peas

322 cal ● 8g protein ● 23g fat ● 12g carbs ● 9g fiber



black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

butter

2 tbsp (27g)

frozen sugar snap peas

2 cup (288g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Vegan crumbles

2 cup(s) - 292 cal ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



Makes 2 cup(s)

vegetarian burger crumbles

2 cup (200g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lunch 4 [↗](#)

Eat on day 4

Chunky canned soup (creamy)

1 1/2 can(s) - 530 cal ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



Makes 1 1/2 can(s)

chunky canned soup (creamy varieties)

1 1/2 can (~19 oz) (800g)

1. Prepare according to instructions on package.

Simple salad with tomatoes and carrots

196 cal ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



salad dressing

1 1/2 tbsp (23mL)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

carrots, sliced

1/2 medium (31g)

romaine lettuce, roughly chopped

1 hearts (500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Pear

2 pear(s) - 226 cal ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



Makes 2 pear(s)

pears

2 medium (356g)

1. This recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 5, day 6

Couscous

151 cal ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



For single meal:

instant couscous, flavored

1/4 box (5.8 oz) (41g)

For all 2 meals:

instant couscous, flavored

1/2 box (5.8 oz) (82g)

1. Follow instructions on package.

Easy chickpea salad

467 cal ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

fresh parsley, chopped

3 sprigs (3g)

apple cider vinegar

1 tbsp (1mL)

balsamic vinegar

1 tbsp (15mL)

tomatoes, halved

1 cup cherry tomatoes (149g)

onion, thinly sliced

1/2 small (35g)

chickpeas, canned, drained and rinsed

1 can (448g)

For all 2 meals:

fresh parsley, chopped

6 sprigs (6g)

apple cider vinegar

2 tbsp (2mL)

balsamic vinegar

2 tbsp (30mL)

tomatoes, halved

2 cup cherry tomatoes (298g)

onion, thinly sliced

1 small (70g)

chickpeas, canned, drained and rinsed

2 can (896g)

1. Add all ingredients to a bowl and toss. Serve!

Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

firm tofu
1/2 lbs (227g)
oil
4 tsp (20mL)

For all 2 meals:

firm tofu
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

1. Slice tofu 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.

Lunch 6 [↗](#)

Eat on day 7

Banana

3 banana(s) - 350 cal ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber

Makes 3 banana(s)

banana
3 medium (7" to 7-7/8" long) (354g)



1. This recipe has no instructions.

Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cal ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber

Makes 1 1/2 sandwich(es)



rosemary
3 dash (0g)
mixed greens
3/4 cup (23g)
mushrooms
2 1/4 oz (64g)
cheese
3/4 cup, shredded (85g)
bread
3 slice(s) (96g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

protein bar (20g protein)
3 bar (150g)

1. This recipe has no instructions.

Applesauce

57 cal ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce
1 to-go container (~4 oz) (122g)

For all 3 meals:

applesauce
3 to-go container (~4 oz) (366g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

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.

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.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Strawberries

2 cup(s) - 104 cal ● 2g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

strawberries
2 cup, whole (288g)

For all 2 meals:

strawberries
4 cup, whole (576g)

1. This recipe has no instructions.

Roasted peanuts

1/6 cup(s) - 173 cal ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 2 meals:

roasted peanuts
6 tbsp (55g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Lentil pasta

757 cal ● 49g protein ● 6g fat ● 91g carbs ● 36g fiber



pasta sauce
3/8 jar (24 oz) (252g)
lentil pasta
6 oz (170g)

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

Milk

2 1/4 cup(s) - 335 cal ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber



Makes 2 1/4 cup(s)

whole milk

2 1/4 cup (540mL)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Shrimp-snap peas-quinoa bowl

653 cal ● 66g protein ● 13g fat ● 57g carbs ● 10g fiber



black pepper

1/4 tsp, ground (1g)

salt

1/4 tsp (2g)

shrimp, raw, peeled and deveined

9 1/3 oz (265g)

olive oil

1 3/4 tsp (9mL)

flavored quinoa mix

5/8 package (4.9 oz) (81g)

frozen sugar snap peas

5/8 package (10 oz) (166g)

1. Prepare the quinoa mix and snap peas 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 (or keep it separate) and serve.

Milk

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



Makes 2 cup(s)

whole milk

2 cup (480mL)

1. This recipe has no instructions.

Simple kale salad

1/2 cup(s) - 28 cal ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Dinner 3 [↗](#)

Eat on day 3

Olive oil drizzled sugar snap peas

163 cal ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



black pepper

1 dash (0g)

salt

1 dash (0g)

frozen sugar snap peas

1 1/3 cup (192g)

olive oil

2 tsp (10mL)

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

Bbq cauliflower wings

803 cal ● 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 4 [↗](#)

Eat on day 4

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cal ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

canned tuna, drained

1 1/2 can (258g)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

String cheese

3 stick(s) - 248 cal ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



Makes 3 stick(s)

string cheese

3 stick (84g)

1. This recipe has no instructions.
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Dinner 5 [↗](#)

Eat on day 5

Almond crusted tilapia

9 oz - 635 cals ● 61g protein ● 30g fat ● 24g carbs ● 5g fiber



Makes 9 oz

tilapia, raw

1/2 lbs (252g)

almonds

6 tbsp, slivered (41g)

all-purpose flour

4 tbsp (31g)

salt

1 1/2 dash (1g)

olive oil

3/4 tbsp (11mL)

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

Corn

231 cals ● 7g protein ● 2g fat ● 42g carbs ● 5g fiber



frozen corn kernels

1 2/3 cup (227g)

1. Prepare according to instructions on package.
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Dinner 6 [↗](#)

Eat on day 6, day 7

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Avocado tuna salad

982 cal ● 91g protein ● 54g fat ● 13g carbs ● 19g fiber



For single meal:

avocados

1 avocado(s) (226g)

lime juice

3/4 tbsp (11mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp (0g)

mixed greens

2 1/4 cup (68g)

onion, minced

1/2 small (39g)

canned tuna

2 1/4 can (387g)

tomatoes

1/2 cup, chopped (101g)

For all 2 meals:

avocados

2 1/4 avocado(s) (452g)

lime juice

1 1/2 tbsp (23mL)

salt

1/2 tsp (2g)

black pepper

1/2 tsp (0g)

mixed greens

4 1/2 cup (135g)

onion, minced

1 small (79g)

canned tuna

4 1/2 can (774g)

tomatoes

1 cup, chopped (203g)

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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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

water

2 cup(s) (474mL)

protein powder

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

For all 7 meals:

water

14 cup(s) (3318mL)

protein powder

14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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