

Meal Plan - 3100 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

3134 cals ● 227g protein (29%) ● 126g fat (36%) ● 225g carbs (29%) ● 47g fiber (6%)

Breakfast

575 cals, 36g protein, 20g net carbs, 39g fat



[Kale & eggs](#)
378 cals



[Milk](#)
1 1/3 cup(s)- 199 cals

Snacks

410 cals, 32g protein, 51g net carbs, 9g fat



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



[Small toasted bagel with butter and jelly](#)
1/2 bagel(s)- 150 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

1100 cals, 64g protein, 72g net carbs, 48g fat



[Basic tempeh](#)
6 oz- 443 cals



[Tomato and avocado salad](#)
313 cals



[Lentils](#)
347 cals

Dinner

770 cals, 34g protein, 81g net carbs, 30g fat



[Chik'n nuggets](#)
10 nuggets- 552 cals



[Grapefruit](#)
1 grapefruit- 119 cals



[Simple mixed greens salad](#)
102 cals

Day 2

3030 cals ● 206g protein (27%) ● 118g fat (35%) ● 251g carbs (33%) ● 34g fiber (5%)

Breakfast

575 cals, 36g protein, 20g net carbs, 39g fat



[Kale & eggs](#)
378 cals



[Milk](#)
1 1/3 cup(s)- 199 cals

Snacks

410 cals, 32g protein, 51g net carbs, 9g fat



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



[Small toasted bagel with butter and jelly](#)
1/2 bagel(s)- 150 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

1000 cals, 42g protein, 98g net carbs, 40g fat



[Simple mixed greens and tomato salad](#)
227 cals



[Curried lentils](#)
482 cals



[Lentils](#)
289 cals

Dinner

770 cals, 34g protein, 81g net carbs, 30g fat



[Chik'n nuggets](#)
10 nuggets- 552 cals



[Grapefruit](#)
1 grapefruit- 119 cals



[Simple mixed greens salad](#)
102 cals

Day 3

3148 cals ● 236g protein (30%) ● 146g fat (42%) ● 176g carbs (22%) ● 46g fiber (6%)

Breakfast

575 cals, 36g protein, 20g net carbs, 39g fat



Kale & eggs
378 cals



Milk
1 1/3 cup(s)- 199 cals

Snacks

330 cals, 25g protein, 38g net carbs, 7g fat



Breakfast cereal with protein milk
330 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

1000 cals, 42g protein, 98g net carbs, 40g fat



Simple mixed greens and tomato salad
227 cals



Curried lentils
482 cals



Lentils
289 cals

Dinner

970 cals, 72g protein, 18g net carbs, 59g fat



Roasted peanuts
1/3 cup(s)- 288 cals



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

Day 4

3103 cals ● 213g protein (27%) ● 98g fat (28%) ● 291g carbs (38%) ● 52g fiber (7%)

Breakfast

500 cals, 22g protein, 49g net carbs, 20g fat



Cottage cheese & fruit cup
1 container- 131 cals



Grapes
58 cals



Apple & peanut butter
1 apple(s)- 310 cals

Snacks

330 cals, 25g protein, 38g net carbs, 7g fat



Breakfast cereal with protein milk
330 cals

Lunch

1030 cals, 34g protein, 184g net carbs, 10g fat



Pasta with store-bought sauce
851 cals



Milk
1/2 cup(s)- 75 cals



Apple
1 apple(s)- 105 cals

Dinner

970 cals, 72g protein, 18g net carbs, 59g fat



Roasted peanuts
1/3 cup(s)- 288 cals



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

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 5

3085 cals ● 200g protein (26%) ● 56g fat (16%) ● 384g carbs (50%) ● 63g fiber (8%)

Breakfast

500 cals, 22g protein, 49g net carbs, 20g fat



Cottage cheese & fruit cup
1 container- 131 cals



Grapes
58 cals



Apple & peanut butter
1 apple(s)- 310 cals

Snacks

330 cals, 25g protein, 38g net carbs, 7g fat



Breakfast cereal with protein milk
330 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

1030 cals, 34g protein, 184g net carbs, 10g fat



Pasta with store-bought sauce
851 cals



Milk
1/2 cup(s)- 75 cals



Apple
1 apple(s)- 105 cals

Dinner

955 cals, 59g protein, 111g net carbs, 17g fat



Caprese salad
213 cals



Lentil and veggie soup
740 cals

Day 6

3094 cals ● 249g protein (32%) ● 123g fat (36%) ● 200g carbs (26%) ● 49g fiber (6%)

Breakfast

455 cals, 21g protein, 18g net carbs, 29g fat



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals



Roasted peanuts
1/6 cup(s)- 173 cals

Snacks

405 cals, 21g protein, 34g net carbs, 19g fat



Toast with butter and jelly
2 slice(s)- 267 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

1005 cals, 58g protein, 84g net carbs, 37g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Goat cheese and marinara stuffed zucchini
7 zucchini halve(s)- 672 cals



Lentils
289 cals

Dinner

960 cals, 89g protein, 62g net carbs, 36g fat



Instant mashed potatoes
155 cals



Vegan sausage
3 sausage(s)- 804 cals

Day 7

3094 cals ● 249g protein (32%) ● 123g fat (36%) ● 200g carbs (26%) ● 49g fiber (6%)

Breakfast

455 cals, 21g protein, 18g net carbs, 29g fat



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cals



[Roasted peanuts](#)
1/6 cup(s)- 173 cals

Snacks

405 cals, 21g protein, 34g net carbs, 19g fat



[Toast with butter and jelly](#)
2 slice(s)- 267 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

1005 cals, 58g protein, 84g net carbs, 37g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Goat cheese and marinara stuffed zucchini](#)
7 zucchini halve(s)- 672 cals



[Lentils](#)
289 cals

Dinner

960 cals, 89g protein, 62g net carbs, 36g fat



[Instant mashed potatoes](#)
155 cals



[Vegan sausage](#)
3 sausage(s)- 804 cals

Other

- ☐ vegan chik'n nuggets
20 nuggets (430g)
- ☐ mixed greens
3 package (5.5 oz) (483g)
- ☐ cottage cheese & fruit cup
6 container (1020g)
- ☐ curry paste
4 tsp (20g)
- ☐ nutritional yeast
4 tsp (5g)
- ☐ vegan sausage
6 sausage (600g)

Vegetables and Vegetable Products

- ☐ ketchup
5 tbsp (85g)
- ☐ kale leaves
4 1/3 cup, chopped (173g)
- ☐ onion
2/3 medium (2-1/2" dia) (72g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (844g)
- ☐ bell pepper
3 large (492g)
- ☐ garlic
1 1/3 clove(s) (4g)
- ☐ frozen mixed veggies
2 cup (270g)
- ☐ zucchini
7 large (2261g)
- ☐ mashed potato mix
3 oz (85g)

Fruits and Fruit Juices

- ☐ Grapefruit
2 large (approx 4-1/2" dia) (664g)
- ☐ lime juice
1 fl oz (35mL)
- ☐ avocados
2 2/3 avocado(s) (536g)
- ☐ apples
4 medium (3" dia) (728g)
- ☐ grapes
2 cup (184g)

Fats and Oils

Spices and Herbs

- ☐ salt
1/3 oz (10g)
- ☐ garlic powder
1/4 tbsp (3g)
- ☐ black pepper
1 g (1g)
- ☐ fresh basil
4 tbsp leaves, whole (6g)

Dairy and Egg Products

- ☐ eggs
19 large (950g)
- ☐ whole milk
1/2 gallon (1680mL)
- ☐ butter
1/4 stick (25g)
- ☐ fresh mozzarella cheese
1 1/2 oz (43g)
- ☐ goat cheese
1/2 lbs (198g)

Baked Products

- ☐ bagel
1 small bagel (3" dia) (69g)
- ☐ bread
6 slice (192g)

Sweets

- ☐ jelly
1 3/4 oz (49g)

Legumes and Legume Products

- ☐ tempeh
6 oz (170g)
- ☐ lentils, raw
3 1/2 cup (672g)
- ☐ roasted peanuts
1 cup (146g)
- ☐ peanut butter
4 tbsp (64g)

Nut and Seed Products

- ☐ coconut milk, canned
1 cup (240mL)

- ☐ salad dressing
13 1/2 tbsp (203mL)
- ☐ oil
3 tbsp (45mL)
- ☐ olive oil
1 tsp (5mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)

Beverages

- ☐ water
27 1/2 cup(s) (6518mL)
- ☐ protein powder
19 1/2 scoop (1/3 cup ea) (604g)

Breakfast Cereals

- ☐ breakfast cereal
4 serving (120g)

Finfish and Shellfish Products

- ☐ canned tuna
3 can (516g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
13 1/3 oz (380g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 1/2 jar (24 oz) (1015g)
 - ☐ vegetable broth
2 2/3 cup(s) (mL)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Kale & eggs

378 cal ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

salt

2 dash (1g)

eggs

4 large (200g)

kale leaves

1 cup, chopped (40g)

oil

2 tsp (10mL)

For all 3 meals:

salt

1/4 tbsp (2g)

eggs

12 large (600g)

kale leaves

3 cup, chopped (120g)

oil

2 tbsp (30mL)

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.

Milk

1 1/3 cup(s) - 199 cal ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

whole milk

1 1/3 cup (320mL)

For all 3 meals:

whole milk

4 cup (960mL)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

cottage cheese & fruit cup

2 container (340g)

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

Grapes

58 cal ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes

1 cup (92g)

For all 2 meals:

grapes

2 cup (184g)

1. This recipe has no instructions.

Apple & peanut butter

1 apple(s) - 310 cal ● 8g protein ● 17g fat ● 26g carbs ● 6g fiber



For single meal:

apples

1 medium (3" dia) (182g)

peanut butter

2 tbsp (32g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

peanut butter

4 tbsp (64g)

1. Slice an apple and spread peanut butter evenly over each slice.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

tomatoes, halved

3 tbsp cherry tomatoes (28g)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

eggs, hard-boiled and chilled

1 1/2 large (75g)

For all 2 meals:

tomatoes, halved

6 tbsp cherry tomatoes (56g)

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

eggs, hard-boiled and chilled

3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Roasted peanuts

1/6 cup(s) - 173 cals ● 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.

Lunch 1 [↗](#)

Eat on day 1

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

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.

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion

4 tsp minced (20g)

lime juice

4 tsp (20mL)

avocados, cubed

2/3 avocado(s) (134g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, 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.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

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.

Lunch 2 [↗](#)

Eat on day 2, day 3

Simple mixed greens and tomato salad

227 cal ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

salad dressing

1/4 cup (68mL)

mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

For all 2 meals:

salad dressing

1/2 cup (135mL)

mixed greens

9 cup (270g)

tomatoes

1 1/2 cup cherry tomatoes (224g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

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.

Lentils

289 cal ● 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.

Lunch 3 [↗](#)

Eat on day 4, day 5

Pasta with store-bought sauce

851 cals ● 29g protein ● 6g fat ● 157g carbs ● 13g fiber



For single meal:

uncooked dry pasta

6 2/3 oz (190g)

pasta sauce

3/8 jar (24 oz) (280g)

For all 2 meals:

uncooked dry pasta

13 1/3 oz (380g)

pasta sauce

5/6 jar (24 oz) (560g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

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 2 meals:

whole milk

1 cup (240mL)

1. This recipe has no instructions.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 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.

Goat cheese and marinara stuffed zucchini

7 zucchini halve(s) - 672 cals ● 37g protein ● 35g fat ● 36g carbs ● 16g fiber



For single meal:

zucchini

3 1/2 large (1131g)

pasta sauce

14 tbsp (228g)

goat cheese

1/4 lbs (99g)

For all 2 meals:

zucchini

7 large (2261g)

pasta sauce

1 3/4 cup (455g)

goat cheese

1/2 lbs (198g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. 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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cottage cheese & fruit cup

2 container - 261 cal ● 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.

Small toasted bagel with butter and jelly

1/2 bagel(s) - 150 cal ● 4g protein ● 4g fat ● 25g carbs ● 1g fiber



For single meal:

bagel
1/2 small bagel (3" dia) (35g)
butter
1/4 tbsp (4g)
jelly
1/2 serving 1 tbsp (11g)

For all 2 meals:

bagel
1 small bagel (3" dia) (69g)
butter
1/2 tbsp (7g)
jelly
1 serving 1 tbsp (21g)

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

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Breakfast cereal with protein milk

330 cals ● 25g protein ● 7g fat ● 38g carbs ● 4g fiber



For single meal:

whole milk
2/3 cup (160mL)
breakfast cereal
1 1/3 serving (40g)
protein powder
2/3 scoop (1/3 cup ea) (21g)

For all 3 meals:

whole milk
2 cup (480mL)
breakfast cereal
4 serving (120g)
protein powder
2 scoop (1/3 cup ea) (62g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Snacks 3 [↗](#)

Eat on day 6, day 7

Toast with butter and jelly

2 slice(s) - 267 cals ● 8g protein ● 10g fat ● 33g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
2 tsp (9g)
jelly
2 tsp (14g)

For all 2 meals:

bread
4 slice (128g)
butter
4 tsp (18g)
jelly
4 tsp (28g)

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

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Chik'n nuggets

10 nuggets - 552 cal ● 31g protein ● 23g fat ● 52g carbs ● 5g fiber



For single meal:

vegan chik'n nuggets
10 nuggets (215g)
ketchup
2 1/2 tbsp (43g)

For all 2 meals:

vegan chik'n nuggets
20 nuggets (430g)
ketchup
5 tbsp (85g)

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

Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit
2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

1. Mix greens and dressing in a small bowl. Serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts
5 tbsp (46g)

For all 2 meals:

roasted peanuts
10 tbsp (91g)

1. This recipe has no instructions.

Avocado tuna salad stuffed pepper

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



For single meal:

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)

For all 2 meals:

canned tuna, drained
3 can (516g)
avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bell pepper
3 large (492g)
onion
3/4 small (53g)

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.

Dinner 3 [🔗](#)

Eat on day 5

Caprese salad

213 cals ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



balsamic vinaigrette
1 tbsp (15mL)
fresh basil
4 tbsp leaves, whole (6g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
mixed greens
1/2 package (5.5 oz) (78g)
fresh mozzarella cheese
1 1/2 oz (43g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Lentil and veggie soup

740 cals ● 46g protein ● 4g fat ● 104g carbs ● 27g fiber



lentils, raw
2/3 cup (128g)
vegetable broth
2 2/3 cup(s) (mL)
kale leaves
1 1/3 cup, chopped (53g)
nutritional yeast
4 tsp (5g)
garlic
1 1/3 clove(s) (4g)
frozen mixed veggies
2 cup (270g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Instant mashed potatoes

155 cals ● 5g protein ● 0g fat ● 30g carbs ● 3g fiber



For single meal:

mashed potato mix

1 1/2 oz (43g)

For all 2 meals:

mashed potato mix

3 oz (85g)

1. Prepare potatoes according to instructions on package.
 2. Also, try different brands if you don't like what you get, some are much better than others.
-

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage

3 sausage (300g)

For all 2 meals:

vegan sausage

6 sausage (600g)

1. Prepare according to package instructions.
 2. Serve.
-

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

- water**
2 1/2 cup(s) (593mL)
- protein powder**
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

- water**
17 1/2 cup(s) (4148mL)
- protein powder**
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.