

Meal Plan - 3200 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

3198 cals ● 250g protein (31%) ● 107g fat (30%) ● 274g carbs (34%) ● 35g fiber (4%)

Breakfast

570 cals, 51g protein, 34g net carbs, 23g fat



[Protein shake \(milk\)](#)
258 cals



[Apple](#)
1 apples- 105 cals



[Boiled eggs](#)
3 eggs- 208 cals

Snacks

420 cals, 22g protein, 54g net carbs, 12g fat



[Raisins](#)
1/4 cup- 137 cals



[Tuna and crackers](#)
284 cals

Protein Supplement(s)

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



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

Lunch

810 cals, 32g protein, 128g net carbs, 11g fat



[Spiced chickpea tabbouleh bowl](#)
546 cals



[Naan bread](#)
1 pieces- 262 cals

Dinner

1125 cals, 84g protein, 56g net carbs, 59g fat



[Milk](#)
1 1/2 cups- 224 cals



[Vegan bangers and cauliflower mash](#)
2 1/2 sausage links- 902 cals

Day 2

3139 cals ● 226g protein (29%) ● 86g fat (25%) ● 307g carbs (39%) ● 59g fiber (8%)

Breakfast

570 cals, 51g protein, 34g net carbs, 23g fat



Protein shake (milk)
258 cals



Apple
1 apple(s)- 105 cals



Boiled eggs
3 egg(s)- 208 cals

Snacks

420 cals, 22g protein, 54g net carbs, 12g fat



Raisins
1/4 cup- 137 cals



Tuna and crackers
284 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

810 cals, 32g protein, 128g net carbs, 11g fat



Spiced chickpea tabbouleh bowl
546 cals



Naan bread
1 piece(s)- 262 cals

Dinner

1065 cals, 60g protein, 89g net carbs, 38g fat



Chickpea & kale soup
818 cals



String cheese
3 stick(s)- 248 cals

Day 3

3251 cals ● 240g protein (30%) ● 142g fat (39%) ● 190g carbs (23%) ● 65g fiber (8%)

Breakfast

570 cals, 51g protein, 34g net carbs, 23g fat



Protein shake (milk)
258 cals



Apple
1 apple(s)- 105 cals



Boiled eggs
3 egg(s)- 208 cals

Snacks

375 cals, 23g protein, 27g net carbs, 17g fat



Protein bar
1 bar- 245 cals



Walnuts
1/6 cup(s)- 131 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

965 cals, 45g protein, 37g net carbs, 62g fat



Tuna salad sandwich
1 sandwich(es)- 495 cals



Tomato and avocado salad
469 cals

Dinner

1065 cals, 60g protein, 89g net carbs, 38g fat



Chickpea & kale soup
818 cals



String cheese
3 stick(s)- 248 cals

Day 4

3154 cals ● 206g protein (26%) ● 133g fat (38%) ● 220g carbs (28%) ● 65g fiber (8%)

Breakfast

465 cals, 19g protein, 53g net carbs, 19g fat



Milk

1 1/2 cup(s)- 224 cals



Small toasted bagel with butter

1 bagel(s)- 241 cals

Snacks

375 cals, 23g protein, 27g net carbs, 17g fat



Protein bar

1 bar- 245 cals



Walnuts

1/6 cup(s)- 131 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

965 cals, 45g protein, 37g net carbs, 62g fat



Tuna salad sandwich

1 sandwich(es)- 495 cals



Tomato and avocado salad

469 cals

Dinner

1075 cals, 58g protein, 101g net carbs, 33g fat



Naan bread

1/2 piece(s)- 131 cals



Spinach soup with yogurt

945 cals

Day 5

3239 cals ● 217g protein (27%) ● 105g fat (29%) ● 307g carbs (38%) ● 48g fiber (6%)

Breakfast

465 cals, 19g protein, 53g net carbs, 19g fat



Milk

1 1/2 cup(s)- 224 cals



Small toasted bagel with butter

1 bagel(s)- 241 cals

Snacks

435 cals, 21g protein, 49g net carbs, 15g fat



Instant oatmeal with water

1 packet(s)- 165 cals



Cottage cheese & fruit cup

1 container- 131 cals



Roasted cashews

1/6 cup(s)- 139 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1045 cals, 53g protein, 111g net carbs, 37g fat



Grapefruit

1 grapefruit- 119 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals



Chik'n nuggets

16 nuggets- 882 cals

Dinner

1025 cals, 64g protein, 92g net carbs, 33g fat



Easy chickpea salad

467 cals



Salmon alfredo pasta

558 cals

Day 6

3213 cals ● 212g protein (26%) ● 128g fat (36%) ● 266g carbs (33%) ● 36g fiber (5%)

Breakfast

510 cals, 26g protein, 29g net carbs, 30g fat



[Avocado toast](#)

1 slice(s)- 168 cals



[Basic scrambled eggs](#)

2 egg(s)- 142 cals



[Milk](#)

1 1/3 cup(s)- 199 cals

Snacks

435 cals, 21g protein, 49g net carbs, 15g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Roasted cashews](#)

1/6 cup(s)- 139 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

1045 cals, 53g protein, 111g net carbs, 37g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Chik'n nuggets](#)

16 nuggets- 882 cals

Dinner

955 cals, 51g protein, 75g net carbs, 46g fat



[Honey dijon salmon](#)

6 oz- 402 cals



[Asparagus](#)

251 cals



[Couscous](#)

301 cals

Day 7

3187 cals ● 246g protein (31%) ● 133g fat (38%) ● 217g carbs (27%) ● 35g fiber (4%)

Breakfast

510 cals, 26g protein, 29g net carbs, 30g fat



[Avocado toast](#)
1 slice(s)- 168 cals



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



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

Snacks

435 cals, 21g protein, 49g net carbs, 15g fat



[Instant oatmeal with water](#)
1 packet(s)- 165 cals



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Roasted cashews](#)
1/6 cup(s)- 139 cals

Protein Supplement(s)

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



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

Lunch

1015 cals, 87g protein, 62g net carbs, 41g fat



[Honey glazed carrots](#)
213 cals



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

Dinner

955 cals, 51g protein, 75g net carbs, 46g fat



[Honey dijon salmon](#)
6 oz- 402 cals



[Asparagus](#)
251 cals



[Couscous](#)
301 cals



Dairy and Egg Products

- ☐ whole milk
10 cup (2441mL)
- ☐ eggs
14 1/4 medium (626g)
- ☐ string cheese
6 stick (168g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)
- ☐ butter
1/6 stick (20g)

Vegetables and Vegetable Products

- ☐ onion
3 2/3 medium (2-1/2" dia) (403g)
- ☐ fresh parsley
7 sprigs (7g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (883g)
- ☐ cucumber
1/2 cucumber (8-1/4") (151g)
- ☐ garlic
7 clove(s) (21g)
- ☐ kale leaves
6 cup, chopped (240g)
- ☐ raw celery
1 stalk, small (5" long) (17g)
- ☐ fresh ginger
4 inch (2.5cm) cube (20g)
- ☐ fresh spinach
1 3/4 10oz package (494g)
- ☐ ketchup
1/2 cup (136g)
- ☐ asparagus
1 lbs (454g)
- ☐ carrots
10 oz (283g)

Other

- ☐ vegan sausage
5 1/2 sausage (550g)
- ☐ frozen cauliflower
2 cup (213g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ alfredo sauce
1/3 cup (80g)
- ☐ vegan chik'n nuggets
32 nuggets (688g)

Fruits and Fruit Juices

- ☐ apples
3 medium (3" dia) (546g)
- ☐ raisins
1/2 cup, packed (83g)
- ☐ lemon juice
4 tbsp (62mL)
- ☐ lime juice
4 tbsp (60mL)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ Grapefruit
2 large (approx 4-1/2" dia) (664g)

Finfish and Shellfish Products

- ☐ canned tuna
1 lbs (454g)
- ☐ salmon
17 1/3 oz (491g)

Baked Products

- ☐ crackers
20 crackers (70g)
- ☐ naan bread
2 1/2 piece (225g)
- ☐ bread
6 slice (192g)
- ☐ bagel
2 small bagel (3" dia) (138g)

Spices and Herbs

- ☐ ground cumin
1 tbsp (6g)
- ☐ black pepper
5 g (5g)
- ☐ salt
1/2 oz (14g)
- ☐ garlic powder
1 tsp (3g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ dijon mustard
2 tbsp (30g)

Legumes and Legume Products

- ☐ chickpeas, canned
6 can (2688g)

- ☐ cottage cheese & fruit cup
3 container (510g)

Fats and Oils

- ☐ oil
2 oz (60mL)
- ☐ mayonnaise
3 tbsp (45mL)
- ☐ olive oil
2 1/4 oz (70mL)

Beverages

- ☐ water
20 cup(s) (4731mL)
- ☐ protein powder
20 1/2 scoop (1/3 cup ea) (636g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
2 box (5.8 oz) (329g)
- ☐ uncooked dry pasta
2 oz (57g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
14 1/2 cup(s) (mL)
- ☐ apple cider vinegar
1 tbsp (1mL)

Nut and Seed Products

- ☐ walnuts
6 tbsp, shelled (38g)
- ☐ roasted cashews
1/2 cup, halves and whole (69g)

Breakfast Cereals

- ☐ flavored instant oatmeal
3 packet (129g)

Sweets

- ☐ honey
5 tsp (34g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Protein shake (milk)

258 cal ● 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 3 meals:

whole milk

3 cup (720mL)

protein powder

3 scoop (1/3 cup ea) (93g)

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

Apple

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



For single meal:

apples

1 medium (3" dia) (182g)

For all 3 meals:

apples

3 medium (3" dia) (546g)

1. This recipe has no instructions.

Boiled eggs

3 egg(s) - 208 cal ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 3 meals:

eggs
9 large (450g)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

whole milk
1 1/2 cup (360mL)

For all 2 meals:

whole milk
3 cup (720mL)

1. This recipe has no instructions.

Small toasted bagel with butter

1 bagel(s) - 241 cals ● 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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Basic scrambled eggs

2 egg(s) - 142 cals ● 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.

Milk

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



For single meal:

whole milk

1 1/3 cup (320mL)

For all 2 meals:

whole milk

2 2/3 cup (640mL)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Spiced chickpea tabbouleh bowl

546 cal ● 23g protein ● 6g fat ● 84g carbs ● 15g fiber



For single meal:

lemon juice

1/4 tbsp (4mL)

fresh parsley, chopped

2 sprigs (2g)

tomatoes, chopped

1/2 roma tomato (40g)

cucumber, chopped

1/4 cucumber (8-1 1/4") (75g)

ground cumin

4 dash (1g)

oil

1/4 tsp (1mL)

chickpeas, canned, drained & rinsed

1/2 can (224g)

instant couscous, flavored

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

For all 2 meals:

lemon juice

1/2 tbsp (8mL)

fresh parsley, chopped

4 sprigs (4g)

tomatoes, chopped

1 roma tomato (80g)

cucumber, chopped

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

ground cumin

1 tsp (2g)

oil

1/2 tsp (3mL)

chickpeas, canned, drained & rinsed

1 can (448g)

instant couscous, flavored

1 box (5.8 oz) (164g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Naan bread

1 piece(s) - 262 cal ● 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 2 [↗](#)

Eat on day 3, day 4

Tuna salad sandwich

1 sandwich(es) - 495 cal ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



For single meal:

bread

2 slice (64g)

mayonnaise

1 1/2 tbsp (23mL)

black pepper

1 dash (0g)

raw celery, chopped

1/2 stalk, small (5" long) (9g)

salt

1 dash (0g)

canned tuna

5 oz (142g)

For all 2 meals:

bread

4 slice (128g)

mayonnaise

3 tbsp (45mL)

black pepper

2 dash (0g)

raw celery, chopped

1 stalk, small (5" long) (17g)

salt

2 dash (1g)

canned tuna

10 oz (284g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Tomato and avocado salad

469 cal ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



For single meal:

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)

For all 2 meals:

onion
4 tbsp minced (60g)
lime juice
4 tbsp (60mL)
avocados, cubed
2 avocado(s) (402g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)
olive oil
1 tbsp (15mL)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)

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.

Lunch 3 [🔗](#)

Eat on day 5, day 6

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)

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.

Chik'n nuggets

16 nuggets - 882 cals ● 49g protein ● 36g fat ● 82g carbs ● 8g fiber



For single meal:

vegan chik'n nuggets
16 nuggets (344g)
ketchup
4 tbsp (68g)

For all 2 meals:

vegan chik'n nuggets
32 nuggets (688g)
ketchup
1/2 cup (136g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 4 [🔗](#)

Eat on day 7

Honey glazed carrots

213 cals ● 3g protein ● 5g fat ● 31g carbs ● 8g fiber



butter

1 1/4 tsp (6g)

carrots

10 oz (283g)

water

1/6 cup(s) (49mL)

honey

2 tsp (13g)

salt

1 1/4 dash (1g)

lemon juice

2 tsp (9mL)

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.

Vegan sausage

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



Makes 3 sausage(s)

vegan sausage

3 sausage (300g)

1. Prepare according to package instructions.
 2. Serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

raisins
4 tbsp, packed (41g)

For all 2 meals:

raisins
1/2 cup, packed (83g)

1. This recipe has no instructions.

Tuna and crackers

284 cals ● 21g protein ● 12g fat ● 23g carbs ● 1g fiber



For single meal:

canned tuna
3 oz (85g)
crackers
10 crackers (35g)

For all 2 meals:

canned tuna
6 oz (170g)
crackers
20 crackers (70g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

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.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
3 tbsp, shelled (19g)

For all 2 meals:

walnuts
6 tbsp, shelled (38g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 3 meals:

flavored instant oatmeal
3 packet (129g)
water
2 1/4 cup(s) (533mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

roasted cashews

2 2/3 tbsp, halves and whole (23g)

For all 3 meals:

roasted cashews

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

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber

Makes 1 1/2 cup(s)

whole milk

1 1/2 cup (360mL)



1. This recipe has no instructions.

Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cals ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



Makes 2 1/2 sausage link(s)

onion, thinly sliced

1 1/4 small (88g)

vegan sausage

2 1/2 sausage (250g)

oil

1 1/4 tbsp (19mL)

frozen cauliflower

2 cup (213g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
 2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
 3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
 4. When all elements are done, plate and serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Chickpea & kale soup

818 cals ● 40g protein ● 22g fat ● 84g carbs ● 32g fiber



For single meal:

oil

1/2 tbsp (8mL)

garlic, minced

3 clove(s) (9g)

vegetable broth

6 cup(s) (mL)

kale leaves, chopped

3 cup, chopped (120g)

chickpeas, canned, drained

1 1/2 can (672g)

For all 2 meals:

oil

1 tbsp (15mL)

garlic, minced

6 clove(s) (18g)

vegetable broth

12 cup(s) (mL)

kale leaves, chopped

6 cup, chopped (240g)

chickpeas, canned, drained

3 can (1344g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

String cheese

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



For single meal:

string cheese

3 stick (84g)

For all 2 meals:

string cheese

6 stick (168g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

naan bread

1/2 piece (45g)



1. This recipe has no instructions.

Spinach soup with yogurt

945 cal ● 54g protein ● 31g fat ● 79g carbs ● 34g fiber



nonfat greek yogurt, plain

1/2 cup (140g)

chickpeas, canned, drained & rinsed

1 can (448g)

oil

4 tsp (20mL)

onion, chopped

2 medium (2-1/2" dia) (220g)

fresh ginger, minced

4 inch (2.5cm) cube (20g)

fresh spinach

1 lbs (454g)

vegetable broth

2 1/2 cup(s) (mL)

ground cumin

2 tsp (4g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Stir in greek yogurt and serve.

Dinner 4 [↗](#)

Eat on day 5

Easy chickpea salad

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



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)

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

Salmon alfredo pasta

558 cals ● 40g protein ● 24g fat ● 42g carbs ● 3g fiber



alfredo sauce

1/3 cup (80g)

fresh spinach

1 1/3 cup(s) (40g)

uncooked dry pasta

2 oz (57g)

salmon

1/3 lbs (151g)

1. Preheat oven to 350°F (180°C).
 2. Cook pasta according to package instructions. Set aside.
 3. Place salmon skin side down on a baking sheet and season with some salt and pepper. Bake 14-16 minutes until the salmon flesh flakes.
 4. Meanwhile, heat alfredo sauce in a saucepan over medium heat until it starts to bubble. Add in spinach and stir. Cook for 1-2 minutes until spinach has wilted.
 5. Remove salmon from the oven and when it is cool enough to handle, cut it into large chunks.
 6. Add pasta to a plate and pour the alfredo sauce over the pasta. Top with salmon and some pepper. Serve.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Honey dijon salmon

6 oz - 402 cals ● 35g protein ● 24g fat ● 9g carbs ● 1g fiber



For single meal:

salmon
1 fillet/s (6 oz each) (170g)
dijon mustard
1 tbsp (15g)
honey
1/2 tbsp (11g)
garlic, minced
1/2 clove (2g)
olive oil
1 tsp (5mL)

For all 2 meals:

salmon
2 fillet/s (6 oz each) (340g)
dijon mustard
2 tbsp (30g)
honey
1 tbsp (21g)
garlic, minced
1 clove (3g)
olive oil
2 tsp (10mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Asparagus

251 cals ● 5g protein ● 21g fat ● 6g carbs ● 5g fiber



For single meal:

asparagus
1/2 lbs (227g)
lemon juice
1 1/2 tbsp (23mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
olive oil
1 1/2 tbsp (23mL)

For all 2 meals:

asparagus
1 lbs (454g)
lemon juice
3 tbsp (45mL)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
olive oil
3 tbsp (45mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Couscous

301 cals ● 11g protein ● 1g fat ● 60g carbs ● 4g fiber



For single meal:
instant couscous, flavored
1/2 box (5.8 oz) (82g)

For all 2 meals:
instant couscous, flavored
1 box (5.8 oz) (164g)

1. Follow instructions on package.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake
2 1/2 scoop - 273 cals ● 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.
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