

# Meal Plan - 3300 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

3243 cals ● 239g protein (29%) ● 125g fat (35%) ● 234g carbs (29%) ● 55g fiber (7%)

### Breakfast

595 cals, 29g protein, 48g net carbs, 29g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Toast with butter**

4 slice(s)- 455 cals

### Snacks

355 cals, 7g protein, 32g net carbs, 16g fat



**Pepper strips and guacamole**

225 cals



**Peach**

2 peach(es)- 132 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

1170 cals, 77g protein, 98g net carbs, 49g fat



**Vegan bangers and cauliflower mash**

2 1/2 sausage link(s)- 902 cals



**Fruit juice**

2 1/3 cup(s)- 267 cals

### Dinner

850 cals, 66g protein, 54g net carbs, 31g fat



**Basic tempeh**

8 oz- 590 cals



**Lentils**

260 cals

## Day 2

3266 cals ● 231g protein (28%) ● 111g fat (31%) ● 250g carbs (31%) ● 86g fiber (11%)

### Breakfast

595 cals, 29g protein, 48g net carbs, 29g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Toast with butter**

4 slice(s)- 455 cals

### Snacks

355 cals, 7g protein, 32g net carbs, 16g fat



**Pepper strips and guacamole**

225 cals



**Peach**

2 peach(es)- 132 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

1040 cals, 68g protein, 67g net carbs, 40g fat



**Lentils**

260 cals



**Garlic collard greens**

438 cals



**Garlic pepper seitan**

342 cals

### Dinner

1005 cals, 67g protein, 101g net carbs, 25g fat



**Tempeh & mushroom stir fry**

885 cals



**Tomato and avocado salad**

117 cals

## Day 3

3258 cals ● 263g protein (32%) ● 94g fat (26%) ● 282g carbs (35%) ● 59g fiber (7%)

### Breakfast

465 cals, 22g protein, 52g net carbs, 16g fat



**Blackberry & granola parfait**  
229 cals



**Fruit juice**  
1/2 cup(s)- 57 cals



**Large granola bar**  
1 bar(s)- 176 cals

### Snacks

445 cals, 16g protein, 42g net carbs, 19g fat



**Avocado**  
176 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Banana**  
1 banana(s)- 117 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

1070 cals, 98g protein, 85g net carbs, 33g fat



**Teriyaki seitan wings**  
10 oz seitan- 743 cals



**Lentils**  
231 cals



**Buttered green beans**  
98 cals

### Dinner

1005 cals, 67g protein, 101g net carbs, 25g fat



**Tempeh & mushroom stir fry**  
885 cals



**Tomato and avocado salad**  
117 cals

## Day 4

3288 cals ● 232g protein (28%) ● 100g fat (27%) ● 312g carbs (38%) ● 52g fiber (6%)

### Breakfast

465 cals, 22g protein, 52g net carbs, 16g fat



**Blackberry & granola parfait**  
229 cals



**Fruit juice**  
1/2 cup(s)- 57 cals



**Large granola bar**  
1 bar(s)- 176 cals

### Snacks

445 cals, 16g protein, 42g net carbs, 19g fat



**Avocado**  
176 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Banana**  
1 banana(s)- 117 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

1070 cals, 98g protein, 85g net carbs, 33g fat



**Teriyaki seitan wings**  
10 oz seitan- 743 cals



**Lentils**  
231 cals



**Buttered green beans**  
98 cals

### Dinner

1035 cals, 36g protein, 131g net carbs, 31g fat



**Pan roasted zucchini**  
208 cals



**Veggie burger**  
3 burger- 825 cals

## Day 5

3251 cals ● 225g protein (28%) ● 105g fat (29%) ● 301g carbs (37%) ● 50g fiber (6%)

### Breakfast

465 cals, 22g protein, 52g net carbs, 16g fat



**Blackberry & granola parfait**

229 cals



**Fruit juice**

1/2 cup(s)- 57 cals



**Large granola bar**

1 bar(s)- 176 cals

### Snacks

445 cals, 16g protein, 42g net carbs, 19g fat



**Avocado**

176 cals



**Lowfat Greek yogurt**

1 container(s)- 155 cals



**Banana**

1 banana(s)- 117 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

1035 cals, 91g protein, 74g net carbs, 38g fat



**Corn**

231 cals



**Vegan sausage**

3 sausage(s)- 804 cals

### Dinner

1035 cals, 36g protein, 131g net carbs, 31g fat



**Pan roasted zucchini**

208 cals



**Veggie burger**

3 burger- 825 cals

## Day 6

3263 cals ● 216g protein (26%) ● 157g fat (43%) ● 186g carbs (23%) ● 63g fiber (8%)

### Breakfast

470 cals, 25g protein, 53g net carbs, 14g fat



Fruit juice

1 3/4 cup(s)- 201 cals



High protein scrambled eggs

198 cals



Blackberries

1 cup(s)- 70 cals

### Snacks

400 cals, 16g protein, 13g net carbs, 31g fat



String cheese

1 stick(s)- 83 cals



Mixed nuts

1/6 cup(s)- 163 cals



Roasted cashews

1/6 cup(s)- 156 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

1110 cals, 49g protein, 63g net carbs, 61g fat



Veggie fried rice

369 cals



Garlic collard greens

398 cals



Basic tofu

8 oz- 342 cals

### Dinner

1010 cals, 66g protein, 55g net carbs, 49g fat



Tomato and avocado salad

469 cals



British kedgeree

541 cals

## Day 7

3263 cals ● 216g protein (26%) ● 157g fat (43%) ● 186g carbs (23%) ● 63g fiber (8%)

### Breakfast

470 cals, 25g protein, 53g net carbs, 14g fat



Fruit juice

1 3/4 cup(s)- 201 cals



High protein scrambled eggs

198 cals



Blackberries

1 cup(s)- 70 cals

### Snacks

400 cals, 16g protein, 13g net carbs, 31g fat



String cheese

1 stick(s)- 83 cals



Mixed nuts

1/6 cup(s)- 163 cals



Roasted cashews

1/6 cup(s)- 156 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

1110 cals, 49g protein, 63g net carbs, 61g fat



Veggie fried rice

369 cals



Garlic collard greens

398 cals



Basic tofu

8 oz- 342 cals

### Dinner

1010 cals, 66g protein, 55g net carbs, 49g fat



Tomato and avocado salad

469 cals



British kedgeree

541 cals

## Fats and Oils

- ☐ oil  
6 oz (177mL)
- ☐ olive oil  
2 3/4 oz (86mL)

## Legumes and Legume Products

- ☐ tempeh  
1 1/2 lbs (680g)
- ☐ lentils, raw  
1 1/2 cup (272g)
- ☐ soy sauce  
1/3 cup (83mL)
- ☐ firm tofu  
1 lbs (454g)

## Spices and Herbs

- ☐ salt  
1 oz (24g)
- ☐ ground ginger  
1 tsp (2g)
- ☐ garlic powder  
1 1/2 tbsp (14g)
- ☐ black pepper  
1/2 oz (12g)
- ☐ oregano, dried  
1 1/4 tsp, ground (2g)
- ☐ curry powder  
1 tsp (2g)

## Beverages

- ☐ water  
1 1/2 gallon (5798mL)
- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

## Dairy and Egg Products

- ☐ eggs  
13 1/2 large (675g)
- ☐ butter  
4 tbsp (54g)
- ☐ lowfat greek yogurt  
1 1/2 cup (420g)
- ☐ lowfat flavored greek yogurt  
3 (5.3 oz ea) container(s) (450g)
- ☐ low fat cottage cheese (1% milkfat)  
1/2 cup (113g)

## Other

- ☐ guacamole, store-bought  
3/4 cup (185g)
- ☐ vegan sausage  
5 1/2 sausage (550g)
- ☐ frozen cauliflower  
2 cup (213g)
- ☐ teriyaki sauce  
10 tbsp (150mL)
- ☐ veggie burger patty  
6 patty (426g)
- ☐ mixed greens  
6 oz (170g)

## Fruits and Fruit Juices

- ☐ peach  
4 medium (2-2/3" dia) (600g)
- ☐ fruit juice  
58 2/3 fl oz (1760mL)
- ☐ lime juice  
5 tbsp (75mL)
- ☐ avocados  
4 avocado(s) (804g)
- ☐ blackberries  
2 3/4 cup (396g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ banana  
3 medium (7" to 7-7/8" long) (354g)

## Cereal Grains and Pasta

- ☐ brown rice  
2 cup (380g)
- ☐ seitan  
1 1/2 lbs (680g)

## Breakfast Cereals

- ☐ granola  
3/4 cup (68g)

## Snacks

- ☐ large granola bar  
3 bar (111g)

## Nut and Seed Products



- ☐ string cheese  
2 stick (56g)

## Baked Products

- ☐ bread  
8 slice (256g)
- ☐ hamburger buns  
6 bun(s) (306g)

## Vegetables and Vegetable Products

- ☐ bell pepper  
4 large (685g)
- ☐ onion  
1 2/3 medium (2-1/2" dia) (183g)
- ☐ mushrooms  
4 cup, chopped (280g)
- ☐ tomatoes  
2 1/2 medium whole (2-3/5" dia) (308g)
- ☐ collard greens  
4 lbs (1758g)
- ☐ garlic  
14 clove(s) (42g)
- ☐ green pepper  
1 tbsp, chopped (9g)
- ☐ frozen green beans  
1 1/3 cup (161g)
- ☐ zucchini  
2 1/2 medium (490g)
- ☐ ketchup  
6 tbsp (102g)
- ☐ frozen corn kernels  
2 cup (295g)
- ☐ frozen peas  
1 3/4 cup (235g)

- ☐ mixed nuts  
6 tbsp (50g)
- ☐ roasted cashews  
6 tbsp, halves and whole (51g)

## Finfish and Shellfish Products

- ☐ cod, raw  
1 lbs (453g)



## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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.

### Toast with butter

4 slice(s) - 455 cals ● 16g protein ● 19g fat ● 47g carbs ● 8g fiber



For single meal:

**bread**  
4 slice (128g)  
**butter**  
4 tsp (18g)

For all 2 meals:

**bread**  
8 slice (256g)  
**butter**  
2 2/3 tbsp (36g)

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

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Blackberry & granola parfait

229 cals ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

**blackberries, roughly chopped**

4 tbsp (36g)

**lowfat greek yogurt**

1/2 cup (140g)

**granola**

4 tbsp (23g)

For all 3 meals:

**blackberries, roughly chopped**

3/4 cup (108g)

**lowfat greek yogurt**

1 1/2 cup (420g)

**granola**

3/4 cup (68g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

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### Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**

4 fl oz (120mL)

For all 3 meals:

**fruit juice**

12 fl oz (360mL)

1. This recipe has no instructions.

### Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**

1 bar (37g)

For all 3 meals:

**large granola bar**

3 bar (111g)

1. This recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Fruit juice

1 3/4 cup(s) - 201 cal ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

#### fruit juice

14 fl oz (420mL)

For all 2 meals:

#### fruit juice

28 fl oz (840mL)

1. This recipe has no instructions.

### High protein scrambled eggs

198 cal ● 20g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

#### oil

1/2 tsp (3mL)

#### low fat cottage cheese (1% milkfat)

4 tbsp (57g)

#### eggs

2 large (100g)

For all 2 meals:

#### oil

1 tsp (5mL)

#### low fat cottage cheese (1% milkfat)

1/2 cup (113g)

#### eggs

4 large (200g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

### Blackberries

1 cup(s) - 70 cal ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

#### blackberries

1 cup (144g)

For all 2 meals:

#### blackberries

2 cup (288g)

1. Rinse blackberries and serve.

## Lunch 1 [🔗](#)

Eat on day 1

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### 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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### Fruit juice

2 1/3 cup(s) - 267 cals ● 4g protein ● 1g fat ● 59g carbs ● 1g fiber



Makes 2 1/3 cup(s)

**fruit juice**

18 2/3 fl oz (560mL)

1. This recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 2

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### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



#### salt

3/4 dash (1g)

#### water

1 1/2 cup(s) (356mL)

#### lentils, raw, rinsed

6 tbsp (72g)

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.

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### Garlic collard greens

438 cals ● 20g protein ● 23g fat ● 13g carbs ● 25g fiber



#### collard greens

22 oz (624g)

#### oil

4 tsp (21mL)

#### garlic, minced

4 clove(s) (12g)

#### salt

1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber





**olive oil**  
1 tbsp (15mL)  
**onion**  
2 tbsp, chopped (20g)  
**garlic, minced**  
1 1/4 clove(s) (4g)  
**green pepper**  
1 tbsp, chopped (9g)  
**seitan, chicken style**  
4 oz (113g)  
**black pepper**  
1 dash, ground (0g)  
**water**  
1/2 tbsp (8mL)  
**salt**  
1/2 dash (0g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

### Lunch 3 [🔗](#)

Eat on day 3, day 4

#### Teriyaki seitan wings

10 oz seitan - 743 cals ● 81g protein ● 25g fat ● 47g carbs ● 2g fiber



For single meal:

**teriyaki sauce**  
5 tbsp (75mL)  
**oil**  
1 1/4 tbsp (19mL)  
**seitan**  
10 oz (284g)

For all 2 meals:

**teriyaki sauce**  
10 tbsp (150mL)  
**oil**  
2 1/2 tbsp (38mL)  
**seitan**  
1 1/4 lbs (567g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

### Lentils

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



For single meal:

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

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**water**  
2 2/3 cup(s) (632mL)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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.

Buttered green beans

98 cals ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber



For single meal:

**frozen green beans**  
2/3 cup (81g)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**butter**  
2 tsp (9g)

For all 2 meals:

**frozen green beans**  
1 1/3 cup (161g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**butter**  
4 tsp (18g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Lunch 4 [🔗](#)

Eat on day 5

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.

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.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Veggie fried rice

369 cals ● 14g protein ● 12g fat ● 47g carbs ● 5g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**eggs**  
3/4 large (38g)  
**brown rice, uncooked**  
4 tbsp (48g)  
**frozen corn kernels**  
4 tbsp (34g)  
**frozen peas**  
6 tbsp (50g)  
**soy sauce**  
3/4 tbsp (11mL)  
**garlic, minced**  
1/2 clove(s) (2g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**eggs**  
1 1/2 large (75g)  
**brown rice, uncooked**  
1/2 cup (95g)  
**frozen corn kernels**  
1/2 cup (68g)  
**frozen peas**  
3/4 cup (101g)  
**soy sauce**  
1 1/2 tbsp (23mL)  
**garlic, minced**  
1 clove(s) (3g)

1. Follow instructions on package for cooking rice. Should yield about 3 or 4 cups once cooked. Let cool.
2. Heat half of the oil in a large pan over medium heat. Add the garlic and cook for about a minute.
3. Crack the eggs in the pan and gently push them around the pan for 1 or 2 minutes until barely cooked.
4. Add the other half of the oil and the rice and let cook another few minutes. Stir frequently.
5. Add the corn, peas, and soy sauce and stir for another 1-2 minutes.
6. Remove from heat and serve.

Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber



For single meal:

**collard greens**  
1 1/4 lbs (567g)  
**oil**  
1 1/4 tbsp (19mL)  
**garlic, minced**  
3 3/4 clove(s) (11g)  
**salt**  
1/3 tsp (2g)

For all 2 meals:

**collard greens**  
2 1/2 lbs (1134g)  
**oil**  
2 1/2 tbsp (38mL)  
**garlic, minced**  
7 1/2 clove(s) (23g)  
**salt**  
5 dash (4g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and 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.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

### Pepper strips and guacamole

225 cals ● 5g protein ● 15g fat ● 8g carbs ● 9g fiber



For single meal:

**bell pepper, sliced**  
1 1/2 medium (179g)  
**guacamole, store-bought**  
6 tbsp (93g)

For all 2 meals:

**bell pepper, sliced**  
3 medium (357g)  
**guacamole, store-bought**  
3/4 cup (185g)

1. Slice the peppers into strips and remove the seeds.
2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.

### Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

**peach**  
2 medium (2-2/3" dia) (300g)

For all 2 meals:

**peach**  
4 medium (2-2/3" dia) (600g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### 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 3 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lemon juice**  
1/2 tbsp (8mL)

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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### Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

**lowfat flavored greek yogurt**  
3 (5.3 oz ea) container(s) (450g)

1. This recipe has no instructions.

### 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 3 meals:

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

1. This recipe has no instructions.
-

## Snacks 3 [🔗](#)

Eat on day 6, day 7

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

#### **string cheese**

1 stick (28g)

For all 2 meals:

#### **string cheese**

2 stick (56g)

1. This recipe has no instructions.

### Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

#### **mixed nuts**

3 tbsp (25g)

For all 2 meals:

#### **mixed nuts**

6 tbsp (50g)

1. This recipe has no instructions.

### Roasted cashews

1/6 cup(s) - 156 cals ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

#### **roasted cashews**

3 tbsp, halves and whole (26g)

For all 2 meals:

#### **roasted cashews**

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

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### 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.

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### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



#### salt

3/4 dash (1g)

#### water

1 1/2 cup(s) (356mL)

#### lentils, raw, rinsed

6 tbsp (72g)

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.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

### Tempeh & mushroom stir fry

885 cals ● 65g protein ● 15g fat ● 97g carbs ● 24g fiber



For single meal:

**soy sauce**  
2 tbsp (30mL)  
**bell pepper, sliced**  
1 large (164g)  
**mushrooms, chopped**  
2 cup, chopped (140g)  
**brown rice**  
1/2 cup (95g)  
**ground ginger**  
4 dash (1g)  
**garlic powder**  
1 tsp (3g)  
**tempeh, sliced**  
1/2 lbs (227g)

For all 2 meals:

**soy sauce**  
4 tbsp (60mL)  
**bell pepper, sliced**  
2 large (328g)  
**mushrooms, chopped**  
4 cup, chopped (280g)  
**brown rice**  
1 cup (190g)  
**ground ginger**  
1 tsp (2g)  
**garlic powder**  
2 tsp (6g)  
**tempeh, sliced**  
1 lbs (454g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

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.

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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Pan roasted zucchini

208 cal ● 4g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

**zucchini**  
1 1/4 medium (245g)  
**black pepper**  
2 tsp, ground (4g)  
**oregano, dried**  
5 dash, ground (1g)  
**garlic powder**  
5 dash (2g)  
**salt**  
5 dash (4g)  
**olive oil**  
1 1/4 tbsp (19mL)

For all 2 meals:

**zucchini**  
2 1/2 medium (490g)  
**black pepper**  
1 1/4 tbsp, ground (9g)  
**oregano, dried**  
1 1/4 tsp, ground (2g)  
**garlic powder**  
1 1/4 tsp (4g)  
**salt**  
1 1/4 tsp (8g)  
**olive oil**  
2 1/2 tbsp (38mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

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### Veggie burger

3 burger - 825 cal ● 33g protein ● 15g fat ● 124g carbs ● 17g fiber



For single meal:

**veggie burger patty**  
3 patty (213g)  
**hamburger buns**  
3 bun(s) (153g)  
**ketchup**  
3 tbsp (51g)  
**mixed greens**  
3 oz (85g)

For all 2 meals:

**veggie burger patty**  
6 patty (426g)  
**hamburger buns**  
6 bun(s) (306g)  
**ketchup**  
6 tbsp (102g)  
**mixed greens**  
6 oz (170g)

1. Cook patty according to instructions on package.
  2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

### Tomato and avocado salad

469 cals ● 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.

### British kedgerree

541 cals ● 60g protein ● 13g fat ● 41g carbs ● 5g fiber



For single meal:

**frozen peas**  
1/2 cup (67g)  
**curry powder**  
4 dash (1g)  
**cod, raw, cut into small chunks**  
1/2 lbs (227g)  
**eggs**  
2 large (100g)  
**water**  
1/2 cup(s) (119mL)  
**brown rice**  
4 tbsp (48g)

For all 2 meals:

**frozen peas**  
1 cup (134g)  
**curry powder**  
1 tsp (2g)  
**cod, raw, cut into small chunks**  
1 lbs (453g)  
**eggs**  
4 large (200g)  
**water**  
1 cup(s) (237mL)  
**brown rice**  
1/2 cup (95g)

1. Cook rice and water according to package instructions. Set aside.
2. Hard boil the eggs: Add eggs to a saucepan and cover with cold water. Bring to a boil. Boil for 8-10 minutes then transfer to a bowl of cold water. Once cool enough to handle, peel eggs and slice into quarters. Set aside.
3. Put chunks of fish into a large frying pan and add a small splash of water. Simmer for 3-4 minutes until fish is opaque. Drain any excess liquid.
4. Add cooked rice, peas, curry powder, and some salt and pepper to the skillet with the fish. Heat, stirring gently, for 2-3 minutes until everything is heated through.
5. Season to taste with salt and pepper and top with eggs. Serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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