

# Meal Plan - 3400 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

3305 cals ● 280g protein (34%) ● 99g fat (27%) ● 265g carbs (32%) ● 55g fiber (7%)

### Breakfast

660 cals, 23g protein, 55g net carbs, 33g fat



[Milk](#)

1 1/4 cup(s)- 186 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals



[Blueberry almond overnight oats](#)

361 cals

### Snacks

180 cals, 14g protein, 6g net carbs, 10g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 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

1045 cals, 53g protein, 128g net carbs, 25g fat



[White rice](#)

2/3 cup rice, cooked- 147 cals



[Simple salad with tomatoes and carrots](#)

196 cals



[Vegan meatball sub](#)

1 1/2 sub(s)- 702 cals

### Dinner

1150 cals, 129g protein, 74g net carbs, 30g fat



[Parmesan crusted tilapia](#)

15 oz- 686 cals



[Lentils](#)

463 cals

## Day 2

3354 cals ● 232g protein (28%) ● 157g fat (42%) ● 196g carbs (23%) ● 56g fiber (7%)

### Breakfast

660 cals, 23g protein, 55g net carbs, 33g fat



Milk

1 1/4 cup(s)- 186 cals



Roasted almonds

1/8 cup(s)- 111 cals



Blueberry almond overnight oats

361 cals

### Snacks

180 cals, 14g protein, 6g net carbs, 10g fat



Cherry tomatoes

12 cherry tomatoes- 42 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

1130 cals, 68g protein, 77g net carbs, 52g fat



Almond crusted tilapia

7 1/2 oz- 529 cals



Garlic collard greens

279 cals



Buttery white rice

324 cals

### Dinner

1110 cals, 66g protein, 56g net carbs, 61g fat



Banana

1 banana(s)- 117 cals



Mediterranean chik'n salad with lemon yogurt dressing

993 cals

## Day 3

3380 cals ● 230g protein (27%) ● 151g fat (40%) ● 218g carbs (26%) ● 55g fiber (7%)

### Breakfast

510 cals, 18g protein, 65g net carbs, 17g fat



**Warm bananas & yogurt**  
2 banana(s)- 362 cals



**Milk**  
1 cup(s)- 149 cals

### Lunch

1130 cals, 68g protein, 77g net carbs, 52g fat



**Almond crusted tilapia**  
7 1/2 oz- 529 cals



**Garlic collard greens**  
279 cals



**Buttery white rice**  
324 cals

### Snacks

355 cals, 19g protein, 18g net carbs, 20g fat



**Carrot sticks**  
3 carrot(s)- 81 cals



**Mixed nuts**  
1/8 cup(s)- 109 cals



**String cheese**  
2 stick(s)- 165 cals

### Dinner

1110 cals, 66g protein, 56g net carbs, 61g fat



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



**Mediterranean chik'n salad with lemon yogurt dressing**  
993 cals

### Protein Supplement(s)

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



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



## Day 4

3268 cals ● 228g protein (28%) ● 148g fat (41%) ● 209g carbs (26%) ● 47g fiber (6%)

### Breakfast

510 cals, 18g protein, 65g net carbs, 17g fat



**Warm bananas & yogurt**  
2 banana(s)- 362 cals



**Milk**  
1 cup(s)- 149 cals

### Snacks

355 cals, 19g protein, 18g net carbs, 20g fat



**Carrot sticks**  
3 carrot(s)- 81 cals



**Mixed nuts**  
1/8 cup(s)- 109 cals



**String cheese**  
2 stick(s)- 165 cals

### Protein Supplement(s)

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



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

### Lunch

1090 cals, 70g protein, 78g net carbs, 46g fat



**White rice**  
1 cup rice, cooked- 220 cals



**Peanut tempeh**  
8 oz tempeh- 868 cals

### Dinner

1040 cals, 61g protein, 46g net carbs, 64g fat



**Garlic collard greens**  
159 cals



**Lemon pepper tofu**  
24 1/2 oz- 882 cals

## Day 5

3373 cals ● 235g protein (28%) ● 87g fat (23%) ● 361g carbs (43%) ● 50g fiber (6%)

### Breakfast

510 cals, 18g protein, 65g net carbs, 17g fat



**Warm bananas & yogurt**  
2 banana(s)- 362 cals



**Milk**  
1 cup(s)- 149 cals

### Snacks

370 cals, 36g protein, 14g net carbs, 17g fat



**Protein shake (milk)**  
258 cals



**Roasted almonds**  
1/8 cup(s)- 111 cals

### Protein Supplement(s)

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



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

### Lunch

1150 cals, 46g protein, 193g net carbs, 15g fat



**Spaghetti and meatless meatballs**  
885 cals



**Fruit juice**  
2 1/3 cup(s)- 267 cals

### Dinner

1070 cals, 76g protein, 87g net carbs, 36g fat



**Shrimp-broccoli-rice bowl**  
685 cals



**Simple kale & avocado salad**  
384 cals

## Day 6

3371 cals ● 256g protein (30%) ● 122g fat (33%) ● 249g carbs (30%) ● 62g fiber (7%)

### Breakfast

515 cals, 28g protein, 40g net carbs, 26g fat



Milk

1 1/4 cup(s)- 186 cals



Banana

1 banana(s)- 117 cals



Basic scrambled eggs

3 egg(s)- 213 cals

### Snacks

370 cals, 36g protein, 14g net carbs, 17g fat



Protein shake (milk)

258 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

1150 cals, 47g protein, 166g net carbs, 20g fat



Roasted carrots

2 carrots(s)- 106 cals



Buttery white rice

243 cals



Bbq cauliflower wings

803 cals

### Dinner

1060 cals, 85g protein, 27g net carbs, 58g fat



Simple mixed greens and tomato salad

151 cals



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cals

## Day 7

3371 cals ● 256g protein (30%) ● 122g fat (33%) ● 249g carbs (30%) ● 62g fiber (7%)

### Breakfast

515 cals, 28g protein, 40g net carbs, 26g fat



Milk

1 1/4 cup(s)- 186 cals



Banana

1 banana(s)- 117 cals



Basic scrambled eggs

3 egg(s)- 213 cals

### Snacks

370 cals, 36g protein, 14g net carbs, 17g fat



Protein shake (milk)

258 cals



Roasted almonds

1/8 cup(s)- 111 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

1150 cals, 47g protein, 166g net carbs, 20g fat



Roasted carrots

2 carrots(s)- 106 cals



Buttery white rice

243 cals



Bbq cauliflower wings

803 cals

### Dinner

1060 cals, 85g protein, 27g net carbs, 58g fat



Simple mixed greens and tomato salad

151 cals



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cals

## Vegetables and Vegetable Products

- ☐ tomatoes  
7 1/3 medium whole (2-3/5" dia) (904g)
- ☐ carrots  
11 1/4 medium (685g)
- ☐ romaine lettuce  
1 hearts (500g)
- ☐ onion  
2 small (140g)
- ☐ collard greens  
2 1/4 lbs (1021g)
- ☐ garlic  
6 3/4 clove(s) (20g)
- ☐ frozen broccoli  
5/8 package (166g)
- ☐ kale leaves  
5/6 bunch (142g)
- ☐ cauliflower  
6 head small (4" dia.) (1590g)
- ☐ bell pepper  
4 large (656g)

## Dairy and Egg Products

- ☐ eggs  
10 1/2 medium (464g)
- ☐ whole milk  
2/3 gallon (2640mL)
- ☐ parmesan cheese  
1/2 cup (47g)
- ☐ nonfat greek yogurt, plain  
1 1/3 cup (368g)
- ☐ butter  
3/4 stick (80g)
- ☐ string cheese  
4 stick (112g)

## Nut and Seed Products

- ☐ almonds  
6 1/2 oz (184g)
- ☐ chia seeds  
2 tsp (9g)
- ☐ mixed nuts  
4 tbsp (34g)

## Spices and Herbs

- ☐ vanilla extract  
2 tsp (10mL)

## Sweets

- ☐ maple syrup  
1 tbsp (15mL)

## Beverages

- ☐ almond milk, unsweetened  
1 cup (240mL)
- ☐ water  
23 1/2 cup(s) (5596mL)
- ☐ protein powder  
20 1/2 scoop (1/3 cup ea) (636g)

## Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats  
2/3 cup(s) (54g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
1 3/4 cup (319g)
- ☐ all-purpose flour  
3/8 cup(s) (52g)
- ☐ cornstarch  
1/4 cup (28g)
- ☐ uncooked dry pasta  
1/3 lbs (152g)

## Fats and Oils

- ☐ salad dressing  
1/2 cup (113mL)
- ☐ olive oil  
2 1/2 tbsp (37mL)
- ☐ oil  
1/3 lbs (167mL)

## Other

- ☐ vegan meatballs, frozen  
10 meatball(s) (300g)
- ☐ nutritional yeast  
1/4 lbs (96g)
- ☐ sub roll(s)  
1 1/2 roll(s) (128g)
- ☐ vegan chik'n strips  
15 oz (425g)
- ☐ mixed greens  
10 1/2 cup (315g)

- ☐ salt  
1 oz (28g)
- ☐ black pepper  
3 1/2 g (3g)
- ☐ paprika  
1 tbsp (6g)
- ☐ thyme, dried  
1/2 tbsp, leaves (2g)
- ☐ lemon pepper  
1 tsp (2g)

## Fruits and Fruit Juices

- ☐ blueberries  
2/3 cup (99g)
- ☐ banana  
10 1/2 medium (7" to 7-7/8" long) (1239g)
- ☐ canned black olives  
18 large olives (79g)
- ☐ lemon juice  
4 tbsp (60mL)
- ☐ orange juice  
6 tbsp (90mL)
- ☐ lemon  
2 1/2 small (150g)
- ☐ fruit juice  
18 2/3 fl oz (560mL)
- ☐ avocados  
3 avocado(s) (570g)
- ☐ lime juice  
4 tsp (20mL)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/2 jar (24 oz) (321g)
- ☐ barbecue sauce  
1 1/2 cup (429g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
30 oz (840g)
- ☐ shrimp, raw  
9 1/4 oz (265g)
- ☐ canned tuna  
4 can (688g)

## Legumes and Legume Products

- ☐ lentils, raw  
2/3 cup (128g)
- ☐ chickpeas, canned  
1 cup(s) (240g)
- ☐ firm tofu  
1 1/2 lbs (695g)
- ☐ soy sauce  
2 tsp (10mL)
- ☐ peanut butter  
4 tbsp (65g)
- ☐ tempeh  
1/2 lbs (227g)

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
5/8 pouch (~5.6 oz) (92g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

#### **whole milk**

1 1/4 cup (300mL)

For all 2 meals:

#### **whole milk**

2 1/2 cup (600mL)

1. This recipe has no instructions.

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### **almonds**

2 tbsp, whole (18g)

For all 2 meals:

#### **almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

### Blueberry almond overnight oats

361 cals ● 10g protein ● 14g fat ● 38g carbs ● 8g fiber



For single meal:

**vanilla extract**  
1 tsp (5mL)  
**almonds**  
2 tbsp, slivered (14g)  
**blueberries**  
1/3 cup (49g)  
**banana**  
1/4 medium (7" to 7-7/8" long) (30g)  
**maple syrup**  
1/2 tbsp (8mL)  
**almond milk, unsweetened**  
1/2 cup (120mL)  
**oatmeal, old-fashioned oats, rolled oats**  
1/3 cup(s) (27g)  
**chia seeds**  
1 tsp (5g)

For all 2 meals:

**vanilla extract**  
2 tsp (10mL)  
**almonds**  
4 tbsp, slivered (27g)  
**blueberries**  
2/3 cup (99g)  
**banana**  
1/2 medium (7" to 7-7/8" long) (59g)  
**maple syrup**  
1 tbsp (15mL)  
**almond milk, unsweetened**  
1 cup (240mL)  
**oatmeal, old-fashioned oats, rolled oats**  
2/3 cup(s) (54g)  
**chia seeds**  
2 tsp (9g)

1. In an airtight container, mix oats, chia seeds, almond milk, maple syrup and vanilla. Seal and place in fridge overnight or for at least 4 hours.
2. In the morning, stir the oats. Slice up banana, and top the oats with the banana, blueberries, and almonds.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Warm bananas & yogurt

2 banana(s) - 362 cal ● 10g protein ● 9g fat ● 53g carbs ● 6g fiber



For single meal:

**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**orange juice**  
2 tbsp (30mL)  
**banana, sliced**  
2 medium (7" to 7-7/8" long) (236g)  
**butter**  
2 pat (1" sq, 1/3" high) (10g)

For all 3 meals:

**nonfat greek yogurt, plain**  
3/4 cup (210g)  
**orange juice**  
6 tbsp (90mL)  
**banana, sliced**  
6 medium (7" to 7-7/8" long) (708g)  
**butter**  
6 pat (1" sq, 1/3" high) (30g)

1. Heat a small skillet over medium-low heat and melt butter.
2. Add banana slices and fry gently for 2 minutes. Be careful not to overcook or else bananas will become very mushy.
3. Add orange juice and cook for about 45 seconds.
4. Transfer bananas to a small bowl and serve with a dollop of Greek yogurt.

### 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.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/4 cup (300mL)

For all 2 meals:

**whole milk**  
2 1/2 cup (600mL)

1. This recipe has no instructions.

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### Banana

1 banana(s) - 117 cals ● 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.

## Basic scrambled eggs

3 egg(s) - 213 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**eggs**  
3 medium (132g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 medium (264g)

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.

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## Lunch 1 [↗](#)

Eat on day 1

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### White rice

2/3 cup rice, cooked - 147 cal ● 3g protein ● 0g fat ● 32g carbs ● 1g fiber

Makes 2/3 cup rice, cooked



#### long-grain white rice

1/4 cup (41g)  
**water**  
1/2 cup(s) (105mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1 1/3 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

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## 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.

### Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



Makes 1 1/2 sub(s)  
**vegan meatballs, frozen**  
6 meatball(s) (180g)  
**pasta sauce**  
6 tbsp (98g)  
**nutritional yeast**  
1/2 tbsp (2g)  
**sub roll(s)**  
1 1/2 roll(s) (128g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



For single meal:  
**tilapia, raw**  
1/2 lbs (210g)  
**almonds**  
5 tbsp, slivered (34g)  
**all-purpose flour**  
1/6 cup(s) (26g)  
**salt**  
1 1/4 dash (1g)  
**olive oil**  
2 tsp (9mL)

For all 2 meals:  
**tilapia, raw**  
15 oz (420g)  
**almonds**  
10 tbsp, slivered (68g)  
**all-purpose flour**  
3/8 cup(s) (52g)  
**salt**  
1/3 tsp (1g)  
**olive oil**  
1 1/4 tbsp (19mL)

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.

### Garlic collard greens

279 cals ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



For single meal:

**collard greens**  
14 oz (397g)  
**oil**  
2 1/2 tsp (13mL)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**salt**  
1/4 tsp (1g)

For all 2 meals:

**collard greens**  
1 3/4 lbs (794g)  
**oil**  
1 3/4 tbsp (26mL)  
**garlic, minced**  
5 1/4 clove(s) (16g)  
**salt**  
1/2 tsp (3g)

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.

## Buttery white rice

324 cals ● 5g protein ● 12g fat ● 49g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**black pepper**  
1/3 tsp, ground (1g)  
**butter**  
2 tbsp (28g)  
**salt**  
1/4 tbsp (4g)  
**water**  
1 1/3 cup(s) (316mL)  
**long-grain white rice**  
2/3 cup (123g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
  2. Add rice and stir.
  3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
  4. Cook for 20 minutes.
  5. DO NOT LIFT LID!
  6. The steam that is trapped inside the pan is what allows the rice to cook properly.
  7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.
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## Lunch 3 [↗](#)

Eat on day 4

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### White rice

1 cup rice, cooked - 220 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



Makes 1 cup rice, cooked

#### long-grain white rice

1/3 cup (62g)

#### water

2/3 cup(s) (158mL)

#### salt

1/3 tsp (2g)

#### black pepper

2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

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### Peanut tempeh

8 oz tempeh - 868 cals ● 66g protein ● 45g fat ● 29g carbs ● 20g fiber



Makes 8 oz tempeh

**nutritional yeast**

1 tbsp (4g)

**soy sauce**

2 tsp (10mL)

**lemon juice**

1 tbsp (15mL)

**peanut butter**

4 tbsp (65g)

**tempeh**

1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

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## Lunch 4 [🔗](#)

Eat on day 5

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### Spaghetti and meatless meatballs

885 cals ● 42g protein ● 14g fat ● 134g carbs ● 14g fiber



**vegan meatballs, frozen**

4 meatball(s) (120g)

**uncooked dry pasta**

1/3 lbs (152g)

**pasta sauce**

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

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

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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.

## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Roasted carrots

2 carrots(s) - 106 cal ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

**oil**

1 tsp (5mL)

**carrots, sliced**

2 large (144g)

For all 2 meals:

**oil**

2 tsp (10mL)

**carrots, sliced**

4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

### Buttery white rice

243 cal ● 3g protein ● 9g fat ● 37g carbs ● 1g fiber



For single meal:

**black pepper**

1 dash, ground (0g)

**butter**

3/4 tbsp (11g)

**salt**

2 dash (2g)

**water**

1/2 cup(s) (119mL)

**long-grain white rice**

4 tbsp (46g)

For all 2 meals:

**black pepper**

2 dash, ground (1g)

**butter**

1 1/2 tbsp (21g)

**salt**

4 dash (3g)

**water**

1 cup(s) (237mL)

**long-grain white rice**

1/2 cup (93g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

## Bbq cauliflower wings

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



For single meal:

### barbecue sauce

3/4 cup (215g)

### salt

1/4 tbsp (5g)

### nutritional yeast

3/4 cup (45g)

### cauliflower

3 head small (4" dia.) (795g)

For all 2 meals:

### barbecue sauce

1 1/2 cup (429g)

### salt

1/2 tbsp (9g)

### nutritional yeast

1 1/2 cup (90g)

### cauliflower

6 head small (4" dia.) (1590g)

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.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### 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.

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### 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.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

**carrots**  
3 medium (183g)

For all 2 meals:

**carrots**  
6 medium (366g)

1. Cut carrots into strips and serve.

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### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 2 meals:

**mixed nuts**  
4 tbsp (34g)

1. This recipe has no instructions.

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 2 meals:

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

1. This recipe has no instructions.

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## Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

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### Protein shake (milk)

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



For single meal:

**whole milk**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

**whole milk**  
3 cup (720mL)  
**protein powder**  
3 scoop (1/3 cup ea) (93g)

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

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### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 3 meals:

**almonds**  
6 tbsp, whole (54g)

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

Eat on day 1

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### Parmesan crusted tilapia

15 oz - 686 cals ● 98g protein ● 29g fat ● 7g carbs ● 1g fiber



Makes 15 oz

**parmesan cheese, grated**

1/2 cup (47g)

**olive oil**

2 tsp (9mL)

**tilapia, raw**

15 oz (420g)

**paprika**

1 1/4 tsp (3g)

1. Preheat the oven to 400°F (200°C).
2. Line a baking sheet with aluminum foil.
3. In a small bowl, mix together Parmesan cheese, paprika, and a pinch of salt and pepper.
4. Coat the tilapia fillets with olive oil, then place them on the prepared baking sheet. Press the Parmesan mixture onto the top of the tilapia.
5. Bake in the preheated oven for 10 to 12 minutes, or until the fish flakes easily with a fork.

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### Lentils

463 cals ● 31g protein ● 1g fat ● 67g carbs ● 14g fiber



**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.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Banana

1 banana(s) - 117 cals ● 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.

Mediterranean chik'n salad with lemon yogurt dressing

993 cals ● 64g protein ● 60g fat ● 32g carbs ● 16g fiber



For single meal:

**vegan chik'n strips**

1/2 lbs (213g)

**mixed greens**

2 1/4 cup (68g)

**chickpeas, canned, drained and rinsed**

1/2 cup(s) (120g)

**canned black olives, pitted**

9 large olives (40g)

**nonfat greek yogurt, plain**

1/4 cup (79g)

**tomatoes, chopped**

3/4 cup cherry tomatoes (112g)

**onion, thinly sliced**

1/2 small (35g)

**lemon juice**

1 1/2 tbsp (23mL)

**oil**

3 tbsp (45mL)

**paprika**

1/4 tbsp (2g)

**thyme, dried**

1/4 tbsp, leaves (1g)

For all 2 meals:

**vegan chik'n strips**

15 oz (425g)

**mixed greens**

4 1/2 cup (135g)

**chickpeas, canned, drained and rinsed**

1 cup(s) (240g)

**canned black olives, pitted**

18 large olives (79g)

**nonfat greek yogurt, plain**

1/2 cup (158g)

**tomatoes, chopped**

1 1/2 cup cherry tomatoes (224g)

**onion, thinly sliced**

1 small (70g)

**lemon juice**

3 tbsp (45mL)

**oil**

6 tbsp (90mL)

**paprika**

1/2 tbsp (3g)

**thyme, dried**

1/2 tbsp, leaves (2g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
  2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
  3. Add the remaining oil to the skillet and cook the chik'n for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.
  4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
  5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.
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## Dinner 3 [↗](#)

Eat on day 4

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### Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



#### **collard greens**

1/2 lbs (227g)

#### **oil**

1/2 tbsp (8mL)

#### **garlic, minced**

1 1/2 clove(s) (5g)

#### **salt**

1 dash (1g)

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.

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### Lemon pepper tofu

24 1/2 oz - 882 cals ● 54g protein ● 55g fat ● 41g carbs ● 1g fiber



Makes 24 1/2 oz

#### **lemon pepper**

1 tsp (2g)

#### **oil**

1 3/4 tbsp (26mL)

#### **cornstarch**

1/4 cup (28g)

#### **lemon, zested**

1 3/4 small (102g)

#### **firm tofu, patted dry & cubed**

1 1/2 lbs (695g)

1. Preheat oven to 450°F (220°C).
  2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
  3. Bake 20-25 minutes until tofu is golden and crispy. Serve.
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## Dinner 4 [↗](#)

Eat on day 5

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### Shrimp-broccoli-rice bowl

685 cals ● 68g protein ● 11g fat ● 71g carbs ● 8g fiber



#### **black pepper**

1/4 tsp, ground (1g)

#### **salt**

1/4 tsp (2g)

#### **shrimp, raw, peeled and deveined**

9 1/3 oz (265g)

#### **frozen broccoli**

5/8 package (166g)

#### **flavored rice mix**

5/8 pouch (~5.6 oz) (92g)

#### **olive oil**

1 3/4 tsp (9mL)

1. Prepare the rice mix and broccoli 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 and serve.

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### Simple kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



#### **kale leaves, chopped**

5/6 bunch (142g)

#### **lemon, juiced**

5/6 small (48g)

#### **avocados, chopped**

5/6 avocado(s) (168g)

1. Add all ingredients into a bowl.
  2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
  3. Season with salt and pepper if desired. Serve.
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## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**salad dressing**

3 tbsp (45mL)

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

For all 2 meals:

**salad dressing**

6 tbsp (90mL)

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

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

### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

**canned tuna, drained**

2 can (344g)

**avocados**

1 avocado(s) (201g)

**lime juice**

2 tsp (10mL)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**bell pepper**

2 large (328g)

**onion**

1/2 small (35g)

For all 2 meals:

**canned tuna, drained**

4 can (688g)

**avocados**

2 avocado(s) (402g)

**lime juice**

4 tsp (20mL)

**salt**

4 dash (2g)

**black pepper**

4 dash (0g)

**bell pepper**

4 large (656g)

**onion**

1 small (70g)

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.

# 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.