Meal Plan - 3400 calorie pescetarian meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

3306 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

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

Snacks

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

Cherry tomatoes
12 cherry tomatoes- 42 cals

Boiled eggs
2 egg(s)- 139 cals

Dinner

1150 cals, 129g protein, 75g net carbs, 30g fat

Parmesan crusted tilapia
15 oz- 686 cals

Lentils
463 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 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

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

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

Cherry tomatoes
12 cherry tomatoes- 42 cals

Boiled eggs
2 egg(s)- 139 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 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

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 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 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

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

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

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

Garlic collard greens
159 cals

Lemon pepper tofu
24 1/2 oz- 882 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 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

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

Snacks

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

Protein shake (milk)
258 cals

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

Dinner

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

Shrimp-broccoli-rice bowl
685 cals

Simple kale & avocado salad
384 cals

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 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

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

Snacks

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

Protein shake (milk)
258 cals

Roasted almonds
1/8 cup(s)- 111 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

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 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

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

Snacks

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

Protein shake (milk)
258 cals

Roasted almonds
1/8 cup(s)- 111 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

Protein Supplement(s)

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

Protein shake
2 1/2 scoop- 273 cals

Grocery List

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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
  6 3/4 tbsp (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

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

- [ ] salt
  1 oz (29g)
- [ ] black pepper
  1/8 oz (4g)
- [ ] 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
  2 lbs (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)

Recipes

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 cals 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 cals 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.

Breakfast 3

Eat on day 6, day 7

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.

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.

Lunch 1

Eat on day 1

White rice

2/3 cup rice, cooked - 147 cals 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.

Simple salad with tomatoes and carrots

196 cals 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)

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

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
3 1/3 tbsp (26g)
salt
1 1/4 dash (1g)
olive oil
2 tsp (9mL)

For all 2 meals:

tilapia, raw
1 lbs (420g)
almonds
10 tbsp, slivered (68g)
all-purpose flour
6 2/3 tbsp (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.

Lunch 3

Eat on day 4

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.

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.

Lunch 4

Eat on day 5

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.

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 cals 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 about 30 minutes until soft. Serve.

Buttery white rice

243 cals 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.

Snacks 1

Eat on day 1, day 2

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.

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.

Snacks 2

Eat on day 3, day 4

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.

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.

Snacks 3

Eat on day 5, day 6, day 7

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.

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.

Dinner 1

Eat on day 1

Parmesan crusted tilapia

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

Makes 15 oz

tilapia, raw
1 lbs (420g)
olive oil
2 tsp (9mL)
black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
parmesan cheese, grated
1/2 cup (47g)
paprika
1 1/4 tsp (3g)

1. Preheat oven to 400 degrees F (200 degrees C).
2. Line a baking sheet with aluminum foil.
3. Whisk Parmesan cheese, paprika, parsley (optional), salt, and pepper together in a shallow dish.
4. Coat tilapia fillets with olive oil and press into the Parmesan cheese mixture. Arrange coated fillets on the prepared baking sheet.
5. Bake in preheated oven until the fish flakes easily with a fork, 10 to 12 minutes.

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.

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
1 lbs (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.

Dinner 3

Eat on day 4

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.

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.

Dinner 4

Eat on day 5

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.

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.

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 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.