

Meal Plan - 3500 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

3410 cals ● 273g protein (32%) ● 145g fat (38%) ● 196g carbs (23%) ● 57g fiber (7%)

Breakfast

335 cals, 16g protein, 22g net carbs, 17g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Avocado toast with egg](#)

1 slice(s)- 238 cals



[Milk](#)

1/2 cup(s)- 75 cals

Snacks

495 cals, 18g protein, 31g net carbs, 29g fat



[Roasted chickpeas](#)

1/2 cup- 276 cals



[Celery and peanut butter](#)

218 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

1230 cals, 119g protein, 47g net carbs, 56g fat



[Garlic collard greens](#)

159 cals



[Vegan sausage](#)

4 sausage(s)- 1072 cals

Dinner

1080 cals, 60g protein, 95g net carbs, 42g fat



[Brown rice](#)

1 1/4 cup brown rice, cooked- 287 cals



[Roasted tofu & veggies](#)

792 cals

Day 2

3503 cals ● 258g protein (29%) ● 166g fat (43%) ● 184g carbs (21%) ● 60g fiber (7%)

Breakfast

335 cals, 16g protein, 22g net carbs, 17g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Avocado toast with egg

1 slice(s)- 238 cals



Milk

1/2 cup(s)- 75 cals

Snacks

495 cals, 18g protein, 31g net carbs, 29g fat



Roasted chickpeas

1/2 cup- 276 cals



Celery and peanut butter

218 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1230 cals, 119g protein, 47g net carbs, 56g fat



Garlic collard greens

159 cals



Vegan sausage

4 sausage(s)- 1072 cals

Dinner

1170 cals, 44g protein, 83g net carbs, 63g fat



Patty melt

2 sandwich(es)- 999 cals



Simple kale & avocado salad

173 cals

Day 3

3468 cals ● 243g protein (28%) ● 184g fat (48%) ● 149g carbs (17%) ● 61g fiber (7%)

Breakfast

335 cals, 16g protein, 22g net carbs, 17g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Avocado toast with egg

1 slice(s)- 238 cals



Milk

1/2 cup(s)- 75 cals

Snacks

495 cals, 18g protein, 31g net carbs, 29g fat



Roasted chickpeas

1/2 cup- 276 cals



Celery and peanut butter

218 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1120 cals, 62g protein, 79g net carbs, 53g fat



Avocado tuna salad sandwich

2 sandwich(es)- 740 cals



Cranberry spinach salad

379 cals

Dinner

1250 cals, 87g protein, 16g net carbs, 84g fat



Garlic collard greens

319 cals



Tilapia with almond gremolata

2 tilapia fillet(s)- 931 cals

Day 4

3494 cals ● 236g protein (27%) ● 157g fat (40%) ● 229g carbs (26%) ● 56g fiber (6%)

Breakfast

540 cals, 28g protein, 5g net carbs, 42g fat



Creamy scrambled eggs
364 cals



Avocado
176 cals

Snacks

440 cals, 22g protein, 41g net carbs, 17g fat



Hummus toast
2 slice(s)- 293 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1120 cals, 62g protein, 79g net carbs, 53g fat



Avocado tuna salad sandwich
2 sandwich(es)- 740 cals



Cranberry spinach salad
379 cals

Dinner

1120 cals, 64g protein, 102g net carbs, 43g fat



Simple kale & avocado salad
115 cals



Baked fries
579 cals



Simple seitan
7 oz- 426 cals

Day 5

3458 cals ● 224g protein (26%) ● 169g fat (44%) ● 212g carbs (24%) ● 49g fiber (6%)

Breakfast

540 cals, 28g protein, 5g net carbs, 42g fat



Creamy scrambled eggs
364 cals



Avocado
176 cals

Snacks

440 cals, 22g protein, 41g net carbs, 17g fat



Hummus toast
2 slice(s)- 293 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1125 cals, 37g protein, 119g net carbs, 47g fat



Grilled peanut butter and banana sandwich
2 sandwich(es)- 970 cals



Apple & peanut butter
1/2 apple(s)- 155 cals

Dinner

1080 cals, 77g protein, 44g net carbs, 61g fat



Almond crusted tilapia
10 1/2 oz- 741 cals



Brussels sprout, apple & walnut side salad
338 cals

Day 6

3493 cals ● 244g protein (28%) ● 145g fat (37%) ● 248g carbs (28%) ● 55g fiber (6%)

Breakfast

560 cals, 43g protein, 47g net carbs, 19g fat



Milk

1 cup(s)- 149 cals



Pumped up greek yogurt

2 container(s)- 411 cals

Snacks

420 cals, 28g protein, 34g net carbs, 17g fat



Lowfat Greek yogurt

2 container(s)- 310 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

1135 cals, 46g protein, 105g net carbs, 48g fat



Vegetarian chickpea sandwiches

2 sandwich(es)- 685 cals



Walnuts

1/8 cup(s)- 87 cals



Clam chowder

1 can(s)- 364 cals

Dinner

1100 cals, 67g protein, 60g net carbs, 61g fat



Quick salmon casserole

780 cals



Simple mozzarella and tomato salad

322 cals

Day 7

3493 cals ● 244g protein (28%) ● 145g fat (37%) ● 248g carbs (28%) ● 55g fiber (6%)

Breakfast

560 cals, 43g protein, 47g net carbs, 19g fat



Milk

1 cup(s)- 149 cals



Pumped up greek yogurt

2 container(s)- 411 cals

Snacks

420 cals, 28g protein, 34g net carbs, 17g fat



Lowfat Greek yogurt

2 container(s)- 310 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

1135 cals, 46g protein, 105g net carbs, 48g fat



Vegetarian chickpea sandwiches

2 sandwich(es)- 685 cals



Walnuts

1/8 cup(s)- 87 cals



Clam chowder

1 can(s)- 364 cals

Dinner

1100 cals, 67g protein, 60g net carbs, 61g fat



Quick salmon casserole

780 cals



Simple mozzarella and tomato salad

322 cals

Cereal Grains and Pasta

- ☐ brown rice
6 3/4 tbsp (79g)
- ☐ seitan
1/2 lbs (198g)
- ☐ all-purpose flour
1/4 cup(s) (36g)

Spices and Herbs

- ☐ salt
3/4 oz (18g)
- ☐ black pepper
5 1/2 g (5g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ paprika
4 dash (1g)
- ☐ onion powder
4 dash (1g)
- ☐ garlic powder
4 dash (2g)
- ☐ apple cider vinegar
1 tsp (5g)
- ☐ dried dill weed
1/2 tbsp (1g)
- ☐ fresh basil
2 2/3 tbsp, chopped (7g)

Beverages

- ☐ water
18 1/3 cup(s) (4344mL)
- ☐ protein powder
1 1/4 lbs (566g)

Legumes and Legume Products

- ☐ extra firm tofu
1 1/2 block (486g)
- ☐ peanut butter
2/3 cup (176g)
- ☐ hummus
10 tbsp (150g)
- ☐ chickpeas, canned
1 1/3 can (597g)

Vegetables and Vegetable Products

- ☐ brussels sprouts
9 oz (258g)

Fruits and Fruit Juices

- ☐ avocados
3 1/2 avocado(s) (678g)
- ☐ lemon
5/8 small (36g)
- ☐ lemon juice
1 1/3 fl oz (40mL)
- ☐ lime juice
2 tsp (10mL)
- ☐ dried cranberries
1/3 cup (53g)
- ☐ apples
2/3 medium (3" dia) (124g)
- ☐ banana
2 medium (7" to 7-7/8" long) (236g)
- ☐ raspberries
32 raspberries (61g)

Dairy and Egg Products

- ☐ eggs
11 large (550g)
- ☐ whole milk
6 cup (1440mL)
- ☐ romano cheese
1 tbsp (6g)
- ☐ butter
2/3 stick (75g)
- ☐ lowfat flavored greek yogurt
8 (5.3 oz ea) container(s) (1200g)
- ☐ fresh mozzarella cheese
1/3 lbs (151g)

Baked Products

- ☐ bread
35 oz (992g)

Other

- ☐ Roasted chickpeas
1 1/2 cup (170g)
- ☐ vegan sausage
8 sausage (800g)
- ☐ veggie burger patty
2 patty (142g)
- ☐ cacao nibs
4 tsp (13g)

Nut and Seed Products

- ☐ carrots
2 1/4 medium (137g)
- ☐ broccoli
3/4 cup chopped (68g)
- ☐ bell pepper
3/4 medium (89g)
- ☐ onion
2 medium (2-1/2" dia) (220g)
- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (670g)
- ☐ raw celery
7 1/3 stalk, medium (7-1/2" - 8" long) (293g)
- ☐ collard greens
2 lbs (907g)
- ☐ garlic
8 clove(s) (24g)
- ☐ kale leaves
5/8 bunch (106g)
- ☐ fresh parsley
4 tbsp chopped (15g)
- ☐ fresh spinach
1 6oz package (170g)
- ☐ potatoes
1 1/2 large (3" to 4-1/4" dia.) (554g)
- ☐ canned peas
1 can (~15 oz) (482g)

Fats and Oils

- ☐ olive oil
1/2 cup (111mL)
- ☐ oil
2 3/4 oz (84mL)
- ☐ vegan mayonnaise
4 tbsp (60g)
- ☐ raspberry walnut vinaigrette
1/3 cup (79mL)
- ☐ cooking spray
2 spray(s) , about 1/3 second each (1g)
- ☐ mayonnaise
4 tsp (20mL)
- ☐ balsamic vinaigrette
2 3/4 tbsp (41mL)

- ☐ almonds
1/4 lbs (97g)
- ☐ walnuts
3 oz (83g)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 1/2 lbs (634g)
- ☐ canned tuna
2 can (344g)
- ☐ canned salmon
3 5oz can(s) (undrained) (426g)

Sweets

- ☐ maple syrup
1/2 tbsp (7mL)

Soups, Sauces, and Gravies

- ☐ canned clam chowder
2 can (18.5 oz) (1038g)
- ☐ condensed cream of mushroom soup
1 11oz can (310g)

Meals, Entrees, and Side Dishes

- ☐ macaroni and cheese mix
1 package (~7.25 oz) (210g)



Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 3 meals:

tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

avocados, ripe, sliced

1/4 avocado(s) (50g)

eggs

1 large (50g)

bread

1 slice (32g)

For all 3 meals:

avocados, ripe, sliced

3/4 avocado(s) (151g)

eggs

3 large (150g)

bread

3 slice (96g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup (120mL)

For all 3 meals:

whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Creamy scrambled eggs

364 cals ● 26g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
2 tbsp (30mL)

For all 2 meals:

eggs
8 large (400g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
butter
4 tsp (18g)
whole milk
4 tbsp (60mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

Avocado

176 cals ● 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 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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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Breakfast 3 [↗](#)

Eat on day 6, day 7

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Pumped up greek yogurt

2 container(s) - 411 cals ● 35g protein ● 11g fat ● 36g carbs ● 7g fiber



For single meal:

cacao nibs
2 tsp (7g)
raspberries
16 raspberries (30g)
protein powder
2 tbsp (12g)
lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

cacao nibs
4 tsp (13g)
raspberries
32 raspberries (61g)
protein powder
4 tbsp (23g)
lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Lunch 1 [↗](#)

Eat on day 1, day 2

Garlic collard greens

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



For single meal:

collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

garlic, minced

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

salt

1 dash (1g)

For all 2 meals:

collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (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.

Vegan sausage

4 sausage(s) - 1072 cals ● 112g protein ● 48g fat ● 42g carbs ● 6g fiber



For single meal:

vegan sausage

4 sausage (400g)

For all 2 meals:

vegan sausage

8 sausage (800g)

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

Lunch 2 [🔗](#)

Eat on day 3, day 4

Avocado tuna salad sandwich

2 sandwich(es) - 740 cals ● 55g protein ● 29g fat ● 51g carbs ● 15g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
lime juice
1 tsp (5mL)
avocados
1/2 avocado(s) (101g)
canned tuna, drained
1 can (172g)
bread
4 slice (128g)
onion, minced
1/4 small (18g)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
lime juice
2 tsp (10mL)
avocados
1 avocado(s) (201g)
canned tuna, drained
2 can (344g)
bread
8 slice (256g)
onion, minced
1/2 small (35g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Cranberry spinach salad

379 cals ● 7g protein ● 25g fat ● 28g carbs ● 5g fiber



For single meal:

dried cranberries
2 2/3 tbsp (27g)
walnuts
2 2/3 tbsp, chopped (19g)
fresh spinach
1/2 6oz package (85g)
raspberry walnut vinaigrette
2 2/3 tbsp (40mL)
romano cheese, finely shredded
1/2 tbsp (3g)

For all 2 meals:

dried cranberries
1/3 cup (53g)
walnuts
1/3 cup, chopped (39g)
fresh spinach
1 6oz package (170g)
raspberry walnut vinaigrette
1/3 cup (80mL)
romano cheese, finely shredded
1 tbsp (6g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Lunch 3 [🔗](#)

Eat on day 5

Grilled peanut butter and banana sandwich

2 sandwich(es) - 970 cals ● 33g protein ● 39g fat ● 106g carbs ● 17g fiber



Makes 2 sandwich(es)

bread

4 slice (128g)

banana, sliced

2 medium (7" to 7-7/8" long) (236g)

peanut butter

4 tbsp (64g)

cooking spray

2 spray(s) , about 1/3 second each (1g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



Makes 1/2 apple(s)

apples

1/2 medium (3" dia) (91g)

peanut butter

1 tbsp (16g)

1. Slice an apple and spread peanut butter evenly over each slice.
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Lunch 4 [🔗](#)

Eat on day 6, day 7

Vegetarian chickpea sandwiches

2 sandwich(es) - 685 cals ● 32g protein ● 17g fat ● 79g carbs ● 22g fiber



For single meal:

raw celery, chopped

2/3 stalk, medium (7-1/2" - 8" long) (27g)

onion, chopped

1/3 medium (2-1/2" dia) (37g)

mayonnaise

2 tsp (10mL)

lemon juice

2 tsp (10mL)

dried dill weed

1/4 tbsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

bread

4 slice (128g)

chickpeas, canned

2/3 can (299g)

For all 2 meals:

raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

onion, chopped

2/3 medium (2-1/2" dia) (73g)

mayonnaise

4 tsp (20mL)

lemon juice

4 tsp (20mL)

dried dill weed

1/2 tbsp (1g)

salt

1/4 tbsp (4g)

black pepper

1/4 tbsp, ground (2g)

bread

8 slice (256g)

chickpeas, canned

1 1/3 can (597g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 2 meals:

walnuts

4 tbsp, shelled (25g)

1. This recipe has no instructions.

Clam chowder

1 can(s) - 364 cals ● 12g protein ● 22g fat ● 25g carbs ● 4g fiber



For single meal:
canned clam chowder
1 can (18.5 oz) (519g)

For all 2 meals:
canned clam chowder
2 can (18.5 oz) (1038g)

- 1. Prepare according to instructions on package.

Snacks 1 [↗](#)
Eat on day 1, day 2, day 3

Roasted chickpeas
1/2 cup - 276 cal ● 10g protein ● 12g fat ● 24g carbs ● 8g fiber



For single meal:
Roasted chickpeas
1/2 cup (57g)

For all 3 meals:
Roasted chickpeas
1 1/2 cup (170g)

- 1. This recipe has no instructions.

Celery and peanut butter
218 cal ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:
raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)
peanut butter
2 tbsp (32g)

For all 3 meals:
raw celery
6 stalk, medium (7-1/2" - 8" long)
(240g)
peanut butter
6 tbsp (96g)

- 1. Clean celery and slice to desired lengths
- 2. spread peanut butter along center

Snacks 2 [↗](#)

Eat on day 4, day 5

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

hummus
5 tbsp (75g)
bread
2 slice (64g)

For all 2 meals:

hummus
10 tbsp (150g)
bread
4 slice (128g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)

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.

Dinner 1 [↗](#)

Eat on day 1

Brown rice

1 1/4 cup brown rice, cooked - 287 cals ● 6g protein ● 2g fat ● 58g carbs ● 3g fiber



Makes 1 1/4 cup brown rice, cooked

brown rice

6 2/3 tbsp (79g)

salt

1/3 tsp (2g)

water

5/6 cup(s) (198mL)

black pepper

1/3 tsp, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Roasted tofu & veggies

792 cals ● 54g protein ● 39g fat ● 37g carbs ● 19g fiber



extra firm tofu

1 1/2 block (486g)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

brussels sprouts, cut in half

6 oz (170g)

carrots, cut as desired

2 1/4 medium (137g)

broccoli, cut as desired

3/4 cup chopped (68g)

bell pepper, sliced

3/4 medium (89g)

onion, thickly sliced

3/8 medium (2-1/2" dia) (41g)

olive oil

1 1/2 tbsp (23mL)

1. Preheat oven to 400 F (200 C).
 2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
 3. Cut tofu in one inch cubes.
 4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
 5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
 6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
 7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
 8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
 9. Remove all from oven and combine. Season with salt and pepper. Serve.
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Dinner 2 [↗](#)

Eat on day 2

Patty melt

2 sandwich(es) - 999 cals ● 41g protein ● 51g fat ● 76g carbs ● 18g fiber



Makes 2 sandwich(es)

oil

1 1/2 tbsp (23mL)

vegan mayonnaise

4 tbsp (60g)

dijon mustard

1 tbsp (15g)

onion, thinly sliced

1 small (70g)

veggie burger patty

2 patty (142g)

bread

4 slice(s) (128g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped

3/8 bunch (64g)

lemon, juiced

3/8 small (22g)

avocados, chopped

3/8 avocado(s) (75g)

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 3 [↗](#)

Eat on day 3

Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (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.

Tilapia with almond gremolata

2 tilapia fillet(s) - 931 cals ● 73g protein ● 67g fat ● 7g carbs ● 3g fiber



Makes 2 tilapia fillet(s)

fresh parsley

4 tbsp chopped (15g)

paprika

4 dash (1g)

onion powder

4 dash (1g)

garlic powder

4 dash (2g)

garlic, minced

2 clove(s) (6g)

olive oil

4 tbsp (60mL)

lemon juice

1 tbsp (15mL)

almonds

2 tbsp, slivered (14g)

tilapia, raw

3/4 lbs (340g)

1. Preheat oven to 425°F (220°C).
2. In a small bowl start the gremolata by mixing together about 3/4ths of the olive oil (reserving the rest for later), parsley, lemon juice, minced garlic, and pinch of salt and pepper. Set aside.
3. Pat tilapia dry and coat with the remaining olive oil. Season the tilapia with garlic powder, onion powder, and paprika. Roast on a baking sheet until fish is cooked through, about 12-15 minutes.
4. Meanwhile, in a dry skillet over medium heat, toast the almonds until golden, about 3 minutes. When done, transfer to a cutting board and chop. Add to the gremolata and stir.
5. Plate fish and spoon the gremolata over the top. Serve.

Dinner 4 [↗](#)

Eat on day 4

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped

1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

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.

Baked fries

579 cals ● 9g protein ● 22g fat ● 74g carbs ● 13g fiber

**oil**

1 1/2 tbsp (23mL)

potatoes

1 1/2 large (3" to 4-1/4" dia.) (554g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Simple seitan

7 oz - 426 cal ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



Makes 7 oz

oil

1 3/4 tsp (9mL)

seitan

1/2 lbs (198g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
 2. Season with salt, pepper, or seasonings of choice. Serve.
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Dinner 5 [🔗](#)

Eat on day 5

Almond crusted tilapia

10 1/2 oz - 741 cals ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



Makes 10 1/2 oz

tilapia, raw

2/3 lbs (294g)

almonds

1/2 cup, slivered (47g)

all-purpose flour

1/4 cup(s) (36g)

salt

1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

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.

Brussels sprout, apple & walnut side salad

338 cals ● 6g protein ● 26g fat ● 16g carbs ● 5g fiber



brussels sprouts, ends trimmed and discarded

1 cup (88g)

apples, chopped

1/4 small (2-3/4" dia) (33g)

walnuts

2 2/3 tbsp, chopped (19g)

apple cider vinegar

1 tsp (5g)

maple syrup

1/2 tbsp (7mL)

olive oil

1 tbsp (15mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Dinner 6 [🔗](#)

Eat on day 6, day 7

Quick salmon casserole

780 cals ● 48g protein ● 38g fat ● 51g carbs ● 11g fiber



For single meal:

condensed cream of mushroom soup

1/2 11oz can (155g)

butter

2 tbsp (28g)

canned peas, drained

1/2 can (~15 oz) (241g)

macaroni and cheese mix

1/2 package (~7.25 oz) (105g)

canned salmon

1 1/2 5oz can(s) (undrained) (213g)

whole milk

2 tbsp (30mL)

For all 2 meals:

condensed cream of mushroom soup

1 11oz can (310g)

butter

4 tbsp (57g)

canned peas, drained

1 can (~15 oz) (482g)

macaroni and cheese mix

1 package (~7.25 oz) (210g)

canned salmon

3 5oz can(s) (undrained) (426g)

whole milk

4 tbsp (60mL)

1. Preheat oven to 350°F (175°C).
2. Use the butter and milk to prepare macaroni and cheese mix according to package directions. Set aside in a large bowl.
3. Drain the salmon and discard any liquid.
4. Stir in the cream of mushroom soup, salmon and peas in with the macaroni. Mix well, transfer to a baking dish and heat until bubbly, about 20-25 minutes.

Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



For single meal:

tomatoes, sliced

1 large whole (3" dia) (182g)

fresh mozzarella cheese, sliced

2 2/3 oz (76g)

balsamic vinaigrette

4 tsp (20mL)

fresh basil

4 tsp, chopped (4g)

For all 2 meals:

tomatoes, sliced

2 large whole (3" dia) (364g)

fresh mozzarella cheese, sliced

1/3 lbs (151g)

balsamic vinaigrette

2 2/3 tbsp (40mL)

fresh basil

2 2/3 tbsp, chopped (7g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

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.