

Meal Plan - 3000 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

2955 cals ● 195g protein (26%) ● 72g fat (22%) ● 334g carbs (45%) ● 47g fiber (6%)

Breakfast

495 cals, 29g protein, 52g net carbs, 17g fat



Pumped up greek yogurt
1 container(s)- 206 cals



Lowfat yogurt
1 container(s)- 181 cals



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

Snacks

425 cals, 41g protein, 46g net carbs, 2g fat



Green protein shake
391 cals



Raspberries
1/2 cup(s)- 36 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

1030 cals, 43g protein, 136g net carbs, 29g fat



Dinner roll
4 roll- 308 cals



Veggie burger with cheese
2 burger- 722 cals

Dinner

785 cals, 33g protein, 99g net carbs, 23g fat



Chik'n nuggets
10 nuggets- 552 cals



Banana
2 banana(s)- 233 cals

Day 2

2877 cals ● 188g protein (26%) ● 59g fat (18%) ● 355g carbs (49%) ● 45g fiber (6%)

Breakfast

495 cals, 29g protein, 52g net carbs, 17g fat



Pumped up greek yogurt
1 container(s)- 206 cals



Lowfat yogurt
1 container(s)- 181 cals



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

Snacks

425 cals, 41g protein, 46g net carbs, 2g fat



Green protein shake
391 cals



Raspberries
1/2 cup(s)- 36 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

950 cals, 36g protein, 156g net carbs, 15g fat



Pasta with store-bought sauce
766 cals



Milk
1 1/4 cup(s)- 186 cals

Dinner

785 cals, 33g protein, 99g net carbs, 23g fat



Chik'n nuggets
10 nuggets- 552 cals



Banana
2 banana(s)- 233 cals

Day 3

3004 cals ● 201g protein (27%) ● 52g fat (16%) ● 389g carbs (52%) ● 44g fiber (6%)

Breakfast

495 cals, 29g protein, 52g net carbs, 17g fat



Pumped up greek yogurt
1 container(s)- 206 cals



Lowfat yogurt
1 container(s)- 181 cals



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

Snacks

425 cals, 41g protein, 46g net carbs, 2g fat



Green protein shake
391 cals



Raspberries
1/2 cup(s)- 36 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

950 cals, 36g protein, 156g net carbs, 15g fat



Pasta with store-bought sauce
766 cals



Milk
1 1/4 cup(s)- 186 cals

Dinner

910 cals, 46g protein, 134g net carbs, 16g fat



Tofu alfredo pasta with broccoli
883 cals



Simple kale salad
1/2 cup(s)- 28 cals

Day 4

2973 cal ● 214g protein (29%) ● 104g fat (31%) ● 252g carbs (34%) ● 44g fiber (6%)

Breakfast

420 cal, 9g protein, 42g net carbs, 16g fat



Pistachios
188 cal



Grapes
232 cal

Snacks

390 cal, 22g protein, 32g net carbs, 19g fat



Boiled eggs
3 egg(s)- 208 cal



Baked chips
18 crisps- 182 cal

Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cal

Lunch

1035 cal, 88g protein, 41g net carbs, 52g fat



Cottage cheese & fruit cup
1 container- 131 cal



Milk
1 2/3 cup(s)- 248 cal



Avocado tuna salad
654 cal

Dinner

910 cal, 46g protein, 134g net carbs, 16g fat



Tofu alfredo pasta with broccoli
883 cal



Simple kale salad
1/2 cup(s)- 28 cal

Day 5

2982 cals ● 209g protein (28%) ● 134g fat (41%) ● 178g carbs (24%) ● 55g fiber (7%)

Breakfast

420 cals, 9g protein, 42g net carbs, 16g fat



Pistachios
188 cals



Grapes
232 cals

Snacks

390 cals, 22g protein, 32g net carbs, 19g fat



Boiled eggs
3 egg(s)- 208 cals



Baked chips
18 crisps- 182 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

1035 cals, 88g protein, 41g net carbs, 52g fat



Cottage cheese & fruit cup
1 container- 131 cals



Milk
1 2/3 cup(s)- 248 cals



Avocado tuna salad
654 cals

Dinner

920 cals, 41g protein, 61g net carbs, 47g fat



Quinoa
1 1/2 cup quinoa, cooked- 313 cals



Garlic collard greens
266 cals



Basic tofu
8 oz- 342 cals

Day 6

2982 cal ● 186g protein (25%) ● 140g fat (42%) ● 199g carbs (27%) ● 45g fiber (6%)

Breakfast

485 cal, 23g protein, 21g net carbs, 31g fat



[Simple sauteed spinach](#)
199 cal



[Breakfast cereal](#)
97 cal



[Kale & eggs](#)
189 cal

Snacks

405 cal, 11g protein, 65g net carbs, 8g fat



[Instant oatmeal with water](#)
2 packet(s)- 329 cal



[Milk](#)
1/2 cup(s)- 75 cal

Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cal

Lunch

955 cal, 62g protein, 50g net carbs, 53g fat



[Lowfat Greek yogurt](#)
2 container(s)- 310 cal



[Simple mozzarella and tomato salad](#)
645 cal

Dinner

920 cal, 41g protein, 61g net carbs, 47g fat



[Quinoa](#)
1 1/2 cup quinoa, cooked- 313 cal



[Garlic collard greens](#)
266 cal



[Basic tofu](#)
8 oz- 342 cal

Day 7

3033 cal ● 203g protein (27%) ● 132g fat (39%) ● 225g carbs (30%) ● 34g fiber (4%)

Breakfast

485 cal, 23g protein, 21g net carbs, 31g fat



[Simple sauteed spinach](#)
199 cal



[Breakfast cereal](#)
97 cal



[Kale & eggs](#)
189 cal

Snacks

405 cal, 11g protein, 65g net carbs, 8g fat



[Instant oatmeal with water](#)
2 packet(s)- 329 cal



[Milk](#)
1/2 cup(s)- 75 cal

Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 scoop- 218 cal

Lunch

955 cal, 62g protein, 50g net carbs, 53g fat



[Lowfat Greek yogurt](#)
2 container(s)- 310 cal



[Simple mozzarella and tomato salad](#)
645 cal

Dinner

970 cal, 59g protein, 87g net carbs, 39g fat



[Seitan philly cheesesteak](#)
1 1/2 sub(s)- 856 cal



[Simple kale & avocado salad](#)
115 cal

Other

- vegan chik'n nuggets
20 nuggets (430g)
- cacao nibs
3 tsp (10g)
- mixed greens
1 package (5.5 oz) (147g)
- veggie burger patty
2 patty (142g)
- cottage cheese & fruit cup
2 container (340g)
- baked chips, any flavor
36 crips (84g)
- sub roll(s)
1 1/2 roll(s) (128g)

Vegetables and Vegetable Products

- ketchup
1/2 cup (119g)
- fresh spinach
20 1/2 cup(s) (615g)
- frozen broccoli
1 package (284g)
- garlic
9 clove(s) (27g)
- kale leaves
1/4 lbs (123g)
- onion
5/6 medium (2-1/2" dia) (94g)
- tomatoes
7 medium whole (2-3/5" dia) (863g)
- collard greens
1 2/3 lbs (756g)
- bell pepper
3/4 small (56g)

Fruits and Fruit Juices

- banana
6 1/4 medium (7" to 7-7/8" long) (738g)
- raspberries
1/2 lbs (230g)
- orange
4 1/2 orange (693g)
- grapes
8 cup (736g)
- avocados
1 3/4 avocado(s) (352g)
- lime juice
1 tbsp (15mL)

Nut and Seed Products

- mixed nuts
6 tbsp (50g)
- pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Baked Products

- Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- hamburger buns
2 bun(s) (102g)

Cereal Grains and Pasta

- uncooked dry pasta
1 1/2 lbs (684g)
- quinoa, uncooked
1 cup (170g)
- seitan
1/4 lbs (128g)

Soups, Sauces, and Gravies

- pasta sauce
3/4 jar (24 oz) (504g)

Legumes and Legume Products

- firm tofu
2 lbs (907g)

Spices and Herbs

- salt
1/4 oz (8g)
- basil, dried
2 tsp, ground (3g)
- black pepper
1 1/2 g (1g)
- fresh basil
1/3 cup, chopped (14g)

Fats and Oils

- salad dressing
1 tbsp (15mL)
- oil
2 3/4 oz (84mL)
- olive oil
2 tbsp (30mL)

- lemon
1/4 small (15g)

- balsamic vinaigrette
1/3 cup (79mL)

Beverages

- protein powder
16 oz (451g)
- water
20 cup(s) (4771mL)
- protein powder, vanilla
4 1/2 scoop (1/3 cup ea) (140g)
- almond milk, unsweetened
1/2 cup (120mL)

Dairy and Egg Products

- lowfat flavored greek yogurt
7 (5.3 oz ea) container(s) (1050g)
- lowfat flavored yogurt
3 container (6 oz) (510g)
- sliced cheese
2 slice (3/4 oz ea) (42g)
- whole milk
1/2 gallon (1759mL)
- eggs
10 large (500g)
- fresh mozzarella cheese
2/3 lbs (302g)
- cheese
1 1/2 slice (1 oz each) (42g)

Finfish and Shellfish Products

- canned tuna
3 can (516g)

Breakfast Cereals

- breakfast cereal
1 serving (30g)
 - flavored instant oatmeal
4 packet (172g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Pumped up greek yogurt

1 container(s) - 206 cal ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

cacao nibs
1 tsp (3g)
raspberries
8 raspberries (15g)
protein powder
1 tbsp (6g)
lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

cacao nibs
3 tsp (10g)
raspberries
24 raspberries (46g)
protein powder
3 tbsp (17g)
lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

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

Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 3 meals:

lowfat flavored yogurt
3 container (6 oz) (510g)

1. This recipe has no instructions.

Mixed nuts

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



For single meal:

mixed nuts
2 tbsp (17g)

For all 3 meals:

mixed nuts
6 tbsp (50g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

1. This recipe has no instructions.

Grapes

232 cals ● 3g protein ● 2g fat ● 37g carbs ● 14g fiber



For single meal:

grapes
4 cup (368g)

For all 2 meals:

grapes
8 cup (736g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Simple sauteed spinach

199 cal ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



For single meal:

garlic, diced
1 clove (3g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)

For all 2 meals:

garlic, diced
2 clove (6g)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)
olive oil
2 tbsp (30mL)
fresh spinach
16 cup(s) (480g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Breakfast cereal

97 cal ● 3g protein ● 3g fat ● 14g carbs ● 1g fiber



For single meal:

breakfast cereal
1/2 serving (15g)
whole milk
4 tbsp (60mL)

For all 2 meals:

breakfast cereal
1 serving (30g)
whole milk
1/2 cup (120mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Kale & eggs

189 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

For all 2 meals:

salt
2 dash (1g)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
oil
2 tsp (10mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Lunch 1 [↗](#)

Eat on day 1

Dinner roll

4 roll - 308 cal ● 11g protein ● 5g fat ● 53g carbs ● 2g fiber



Makes 4 roll

Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

Veggie burger with cheese

2 burger - 722 cal ● 32g protein ● 24g fat ● 83g carbs ● 11g fiber



Makes 2 burger

hamburger buns

2 bun(s) (102g)

ketchup

2 tbsp (34g)

mixed greens

2 oz (57g)

veggie burger patty

2 patty (142g)

sliced cheese

2 slice (3/4 oz ea) (42g)

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

Eat on day 2, day 3

Pasta with store-bought sauce

766 cal ● 26g protein ● 6g fat ● 142g carbs ● 11g fiber



For single meal:

uncooked dry pasta

6 oz (171g)

pasta sauce

3/8 jar (24 oz) (252g)

For all 2 meals:

uncooked dry pasta

3/4 lbs (342g)

pasta sauce

3/4 jar (24 oz) (504g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Milk

1 1/4 cup(s) - 186 cal ● 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.

Lunch 3 [↗](#)

Eat on day 4, day 5

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

cottage cheese & fruit cup

2 container (340g)

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

Milk

1 2/3 cup(s) - 248 cal ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 2/3 cup (400mL)

For all 2 meals:

whole milk
1/4 gallon (800mL)

1. This recipe has no instructions.

Avocado tuna salad

654 cal ● 61g protein ● 36g fat ● 9g carbs ● 12g fiber



For single meal:

avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
mixed greens
1 1/2 cup (45g)
onion, minced
3/8 small (26g)
canned tuna
1 1/2 can (258g)
tomatoes
6 tbsp, chopped (68g)

For all 2 meals:

avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
mixed greens
3 cup (90g)
onion, minced
3/4 small (53g)
canned tuna
3 can (516g)
tomatoes
3/4 cup, chopped (135g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
 2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
 3. Serve.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Lowfat Greek yogurt

2 container(s) - 310 cal ● 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.

Simple mozzarella and tomato salad

645 cal ● 37g protein ● 45g fat ● 18g carbs ● 5g fiber



For single meal:

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)

For all 2 meals:

tomatoes, sliced
4 large whole (3" dia) (728g)
fresh mozzarella cheese, sliced
2/3 lbs (302g)
balsamic vinaigrette
1/3 cup (80mL)
fresh basil
1/3 cup, chopped (14g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
 2. Sprinkle the basil over the slices and drizzle with dressing.
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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Green protein shake

391 cal ● 41g protein ● 2g fat ● 42g carbs ● 12g fiber



For single meal:

fresh spinach

1 1/2 cup(s) (45g)

water

3/8 cup(s) (89mL)

orange, peeled, sliced, and deseeded

1 1/2 orange (231g)

protein powder, vanilla

1 1/2 scoop (1/3 cup ea) (47g)

banana, frozen

3/4 medium (7" to 7-7/8" long) (89g)

For all 3 meals:

fresh spinach

4 1/2 cup(s) (135g)

water

1 cup(s) (267mL)

orange, peeled, sliced, and deseeded

4 1/2 orange (693g)

protein powder, vanilla

4 1/2 scoop (1/3 cup ea) (140g)

banana, frozen

2 1/4 medium (7" to 7-7/8" long) (266g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
 2. Blend thoroughly. Add more water, if needed.
 3. Serve promptly.
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Raspberries

1/2 cup(s) - 36 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries

1/2 cup (62g)

For all 3 meals:

raspberries

1 1/2 cup (185g)

1. Rinse raspberries and serve.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Boiled eggs

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



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

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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Baked chips

18 crisps - 182 cal ● 3g protein ● 5g fat ● 31g carbs ● 2g fiber



For single meal:

baked chips, any flavor
18 crisps (42g)

For all 2 meals:

baked chips, any flavor
36 crisps (84g)

1. Enjoy.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Instant oatmeal with water

2 packet(s) - 329 cal ● 7g protein ● 4g fat ● 59g carbs ● 7g fiber



For single meal:

flavored instant oatmeal

2 packet (86g)

water

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

For all 2 meals:

flavored instant oatmeal

4 packet (172g)

water

3 cup(s) (711mL)

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

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



For single meal:

whole milk

1/2 cup (120mL)

For all 2 meals:

whole milk

1 cup (240mL)

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

Eat on day 1, day 2

Chik'n nuggets

10 nuggets - 552 cal ● 31g protein ● 23g fat ● 52g carbs ● 5g fiber



For single meal:

vegan chik'n nuggets

10 nuggets (215g)

ketchup

2 1/2 tbsp (43g)

For all 2 meals:

vegan chik'n nuggets

20 nuggets (430g)

ketchup

5 tbsp (85g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Banana

2 banana(s) - 233 cal ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana

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

For all 2 meals:

banana

4 medium (7" to 7-7/8" long) (472g)

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

Eat on day 3, day 4

Tofu alfredo pasta with broccoli

883 cals ● 46g protein ● 15g fat ● 132g carbs ● 11g fiber



For single meal:

uncooked dry pasta
6 oz (171g)
firm tofu
1/2 package (16 oz) (227g)
frozen broccoli
1/2 package (142g)
garlic
1 clove(s) (3g)
salt
1/4 dash (0g)
almond milk, unsweetened
4 tbsp (60mL)
basil, dried
1 tsp, ground (1g)

For all 2 meals:

uncooked dry pasta
3/4 lbs (342g)
firm tofu
1 package (16 oz) (453g)
frozen broccoli
1 package (284g)
garlic
2 clove(s) (6g)
salt
1/2 dash (0g)
almond milk, unsweetened
1/2 cup (120mL)
basil, dried
2 tsp, ground (3g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

salad dressing
1/2 tbsp (8mL)
kale leaves
1/2 cup, chopped (20g)

For all 2 meals:

salad dressing
1 tbsp (15mL)
kale leaves
1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.
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Dinner 3 [↗](#)

Eat on day 5, day 6

Quinoa

1 1/2 cup quinoa, cooked - 313 cal ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



For single meal:

quinoa, uncooked

1/2 cup (85g)

water

1 cup(s) (237mL)

For all 2 meals:

quinoa, uncooked

1 cup (170g)

water

2 cup(s) (474mL)

1. (Note: Follow quinoa package instructions if they differ from below)
 2. Rinse quinoa in a fine mesh colander.
 3. Add quinoa and water to a pot and heat over high heat until boiling.
 4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
 5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
 6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.
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Garlic collard greens

266 cal ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



For single meal:

collard greens

13 1/3 oz (378g)

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 2/3 lbs (756g)

oil

5 tsp (25mL)

garlic, minced

5 clove(s) (15g)

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.

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.

Dinner 4 [↗](#)

Eat on day 7

Seitan Philly cheesesteak

1 1/2 sub(s) - 856 cal ● 56g protein ● 31g fat ● 83g carbs ● 5g fiber



Makes 1 1/2 sub(s)

cheese
1 1/2 slice (1 oz each) (42g)
seitan, cut into strips
1/4 lbs (128g)
bell pepper, sliced
3/4 small (56g)
onion, chopped
3/8 medium (2-1/2" dia) (41g)
oil
3/4 tbsp (11mL)
sub roll(s)
1 1/2 roll(s) (128g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Simple kale & avocado salad

115 cal ● 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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

water
2 cup(s) (474mL)
protein powder
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water
14 cup(s) (3318mL)
protein powder
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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