

# Meal Plan - 3000 calorie intermittent fasting 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

2981 cals ● 210g protein (28%) ● 98g fat (30%) ● 236g carbs (32%) ● 79g fiber (11%)

### Lunch

1410 cals, 67g protein, 159g net carbs, 35g fat



[White bean cassoulet](#)

1155 cals



[Edamame & beet salad](#)

257 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Dinner

1350 cals, 95g protein, 75g net carbs, 62g fat



[Blueberries](#)

1 cup(s)- 95 cals



[Seitan salad](#)

1257 cals

## Day 2

3005 cals ● 194g protein (26%) ● 102g fat (30%) ● 282g carbs (38%) ● 46g fiber (6%)

### Lunch

1405 cals, 66g protein, 132g net carbs, 62g fat



[Sesame orange tofu](#)

21 oz tofu- 1132 cals



[Buttered lima beans](#)

276 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

### Dinner

1380 cals, 79g protein, 149g net carbs, 39g fat



[Orange](#)

2 orange(s)- 170 cals



[Easy chickpea salad](#)

467 cals



[Crispy chik'n tenders](#)

13 tender(s)- 743 cals

## Day 3

2991 cals ● 194g protein (26%) ● 122g fat (37%) ● 242g carbs (32%) ● 36g fiber (5%)

### Lunch

1395 cals, 66g protein, 91g net carbs, 83g fat



**Shrimp scampi**  
1393 cals

### Dinner

1380 cals, 79g protein, 149g net carbs, 39g fat



**Orange**  
2 orange(s)- 170 cals



**Easy chickpea salad**  
467 cals



**Crispy chik'n tenders**  
13 tender(s)- 743 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 4

2971 cals ● 235g protein (32%) ● 114g fat (35%) ● 206g carbs (28%) ● 46g fiber (6%)

### Lunch

1380 cals, 98g protein, 104g net carbs, 50g fat



**Orange**  
1 orange(s)- 85 cals



**Avocado tuna salad sandwich**  
3 1/2 sandwich(es)- 1295 cals

### Dinner

1375 cals, 89g protein, 100g net carbs, 63g fat



**Simple mixed greens and tomato salad**  
113 cals



**Garlic pepper seitan**  
913 cals



**Sweet potato wedges**  
347 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 5

3034 cals ● 205g protein (27%) ● 126g fat (37%) ● 225g carbs (30%) ● 46g fiber (6%)

### Lunch

1440 cals, 68g protein, 123g net carbs, 62g fat



**Buttery brown rice**  
583 cals



**Olive oil drizzled lima beans**  
269 cals



**Basic tempeh**  
8 oz- 590 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

1375 cals, 89g protein, 100g net carbs, 63g fat



**Simple mixed greens and tomato salad**  
113 cals



**Garlic pepper seitan**  
913 cals



**Sweet potato wedges**  
347 cals

## Day 6

3034 cals ● 196g protein (26%) ● 109g fat (32%) ● 252g carbs (33%) ● 66g fiber (9%)

### Lunch

1440 cals, 68g protein, 123g net carbs, 62g fat



**Buttery brown rice**  
583 cals



**Olive oil drizzled lima beans**  
269 cals



**Basic tempeh**  
8 oz- 590 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

1375 cals, 80g protein, 127g net carbs, 45g fat



**Simple Greek cucumber salad**  
281 cals



**Bean & tofu goulash**  
1093 cals

# Day 7

3005 cals ● 217g protein (29%) ● 108g fat (32%) ● 225g carbs (30%) ● 65g fiber (9%)

## Lunch

1415 cals, 89g protein, 96g net carbs, 62g fat



Tomato cucumber salad  
71 cals



Peanut tempeh  
10 oz tempeh- 1085 cals



Brown rice  
1 cup brown rice, cooked- 258 cals

## Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Dinner

1375 cals, 80g protein, 127g net carbs, 45g fat



Simple Greek cucumber salad  
281 cals



Bean & tofu goulash  
1093 cals

# Grocery List



## Beverages

- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ water  
17 3/4 cup (4262mL)

## Fruits and Fruit Juices

- ☐ blueberries  
1 cup (148g)
- ☐ avocados  
1 3/4 avocado(s) (352g)
- ☐ orange  
5 2/3 orange (875g)
- ☐ lime juice  
1 3/4 tsp (9mL)
- ☐ lemon juice  
2 1/4 tbsp (34mL)

## Fats and Oils

- ☐ oil  
1/3 lbs (145mL)
- ☐ salad dressing  
1/3 lbs (135mL)
- ☐ balsamic vinaigrette  
1 1/2 tbsp (23mL)
- ☐ olive oil  
4 oz (129mL)

## Other

- ☐ nutritional yeast  
1/3 oz (9g)
- ☐ mixed greens  
6 cup (180g)
- ☐ meatless chik'n tenders  
26 pieces (663g)
- ☐ sriracha chili sauce  
1 1/2 tbsp (23g)
- ☐ sesame oil  
1 1/2 tbsp (23mL)

## Vegetables and Vegetable Products

- ☐ fresh spinach  
7 cup(s) (210g)
- ☐ tomatoes  
6 3/4 medium whole (2-3/5" dia) (828g)
- ☐ raw celery  
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)

## Cereal Grains and Pasta

- ☐ seitan  
2 lbs (903g)
- ☐ cornstarch  
1/4 cup (36g)
- ☐ uncooked dry pasta  
4 oz (114g)
- ☐ brown rice  
1 1/2 cup (293g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
3/4 cup(s) (mL)
- ☐ apple cider vinegar  
2 tbsp (2mL)

## Legumes and Legume Products

- ☐ white beans, canned  
4 can(s) (1756g)
- ☐ chickpeas, canned  
2 can(s) (896g)
- ☐ soy sauce  
2 1/2 oz (57mL)
- ☐ firm tofu  
2 1/2 lbs (1091g)
- ☐ tempeh  
26 oz (737g)
- ☐ peanut butter  
5 tbsp (81g)

## Spices and Herbs

- ☐ balsamic vinegar  
2 tbsp (30mL)
- ☐ salt  
2/3 oz (23g)
- ☐ black pepper  
1/4 oz (7g)
- ☐ dried dill weed  
2 tsp (2g)
- ☐ red wine vinegar  
2 tsp (10mL)
- ☐ paprika  
2 1/2 tbsp (17g)
- ☐ fresh thyme  
1 1/4 tsp (1g)

## Sweets

- ☐ **carrots**  
3 large (216g)
- ☐ **onion**  
6 medium (2-1/2" dia) (647g)
- ☐ **garlic**  
19 clove(s) (58g)
- ☐ **edamame, frozen, shelled**  
3/4 cup (89g)
- ☐ **beets, precooked (canned or refrigerated)**  
3 beet(s) (150g)
- ☐ **fresh parsley**  
6 sprigs (6g)
- ☐ **ketchup**  
6 1/2 tbsp (111g)
- ☐ **lima beans, frozen**  
2 package (10 oz) (533g)
- ☐ **shallots**  
2 tbsp chopped (20g)
- ☐ **green pepper**  
1/3 cup, chopped (50g)
- ☐ **sweet potatoes**  
2 2/3 sweetpotato, 5" long (560g)
- ☐ **red onion**  
2/3 medium (2-1/2" dia) (73g)
- ☐ **cucumber**  
2 1/4 cucumber (8-1/4") (677g)

- ☐ **sugar**  
3 tbsp (39g)

### **Nut and Seed Products**

- ☐ **sesame seeds**  
1 tbsp (9g)

### **Dairy and Egg Products**

- ☐ **butter**  
1 stick (118g)
- ☐ **heavy cream**  
6 tbsp (90mL)
- ☐ **parmesan cheese**  
1 tbsp (5g)
- ☐ **nonfat greek yogurt, plain**  
1 cup (280g)

### **Finfish and Shellfish Products**

- ☐ **shrimp, raw**  
1/2 lbs (227g)
- ☐ **canned tuna**  
1 3/4 can (301g)

### **Baked Products**

- ☐ **bread**  
7 slice (224g)
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## Lunch 1 [↗](#)

Eat on day 1

### White bean cassoulet

1155 cals ● 53g protein ● 24g fat ● 140g carbs ● 42g fiber



**vegetable broth**  
3/4 cup(s) (mL)  
**oil**  
1 1/2 tbsp (23mL)  
**raw celery, thinly sliced**  
1 1/2 stalk, medium (7-1/2" - 8" long)  
(60g)  
**carrots, peeled & slices**  
3 large (216g)  
**onion, diced**  
1 1/2 medium (2-1/2" dia) (165g)  
**garlic, minced**  
3 clove(s) (9g)  
**white beans, canned, drained & rinsed**  
1 1/2 can(s) (659g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

### Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



**mixed greens**  
1 1/2 cup (45g)  
**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**beets, precooked (canned or refrigerated), chopped**  
3 beet(s) (150g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Lunch 2 [↗](#)

Eat on day 2

### Sesame orange tofu

21 oz tofu - 1132 cals ● 55g protein ● 52g fat ● 106g carbs ● 5g fiber



Makes 21 oz tofu

#### soy sauce

3 tbsp (45mL)

#### sugar

3 tbsp (39g)

#### sriracha chili sauce

1 1/2 tbsp (23g)

#### cornstarch

1/4 cup (36g)

#### sesame seeds

1 tbsp (9g)

#### sesame oil

1 1/2 tbsp (23mL)

#### garlic, minced

3 clove(s) (9g)

#### orange, juiced

3/4 fruit (2-7/8" dia) (105g)

#### firm tofu, patted dry & cubed

1 1/3 lbs (595g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

### Buttered lima beans

276 cals ● 12g protein ● 10g fat ● 26g carbs ● 10g fiber



#### salt

1/3 tsp (2g)

#### lima beans, frozen

5/8 package (10 oz) (178g)

#### butter

2 1/2 tsp (11g)

#### black pepper

1 1/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.



## Lunch 3 [↗](#)

Eat on day 3

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### Shrimp scampi

1393 cals ● 66g protein ● 83g fat ● 91g carbs ● 5g fiber



#### **butter**

4 tbsp (57g)

#### **heavy cream**

6 tbsp (90mL)

#### **uncooked dry pasta**

4 oz (114g)

#### **water**

1/2 cup(s) (119mL)

#### **parmesan cheese**

1 tbsp (5g)

#### **shallots, minced**

2 tbsp chopped (20g)

#### **garlic, minced**

4 clove (12g)

#### **shrimp, raw, shelled and deveined**

1/2 lbs (227g)

1. Clean the shrimp and start cooking the pasta according to the instructions on the box.
  2. While the pasta cooks, mince the shallot and the garlic.
  3. Once the pasta is done, transfer it to a separate bowl, and in the pot used to cook the pasta add the butter and melt over medium heat. Once melted and hot, add the shrimp. Let the shrimp cook 2-3 minutes per side until they firm and turn slightly pink.
  4. Add garlic and shallot to pan for about 30 seconds to soften. Work quickly to avoid over cooking the shrimp.
  5. Mix in the cream and heat through. If you wish, season with salt and pepper. If sauce is too thick at this point, add some water.
  6. Add pasta to pot and heat just enough to coat pasta with sauce and warm the noodles back up.
  7. Transfer to serving dish and top with parmesan cheese (optional).
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## Lunch 4 [↗](#)

Eat on day 4

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### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



Makes 1 orange(s)

#### orange

1 orange (154g)

1. The recipe has no instructions.

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### Avocado tuna salad sandwich

3 1/2 sandwich(es) - 1295 cals ● 97g protein ● 50g fat ● 89g carbs ● 26g fiber



Makes 3 1/2 sandwich(es)

#### black pepper

1/4 tsp (0g)

#### salt

1/4 tsp (1g)

#### lime juice

1 3/4 tsp (9mL)

#### avocados

7/8 avocado(s) (176g)

#### bread

7 slice (224g)

#### canned tuna, drained

1 3/4 can (301g)

#### onion, minced

1/2 small (31g)

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.
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## Lunch 5 [↗](#)

Eat on day 5 and day 6

### Buttery brown rice

583 cals ● 9g protein ● 23g fat ● 81g carbs ● 4g fiber



For single meal:

**butter**  
1 3/4 tbsp (25g)  
**brown rice**  
9 1/3 tbsp (111g)  
**salt**  
1/2 tsp (3g)  
**water**  
1 1/6 cup(s) (276mL)  
**black pepper**  
1/2 tsp, ground (1g)

For all 2 meals:

**butter**  
1/4 cup (50g)  
**brown rice**  
56 tsp (222g)  
**salt**  
1 tsp (5g)  
**water**  
2 1/3 cup(s) (553mL)  
**black pepper**  
1 tsp, ground (2g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

### Olive oil drizzled lima beans

269 cals ● 12g protein ● 9g fat ● 26g carbs ● 10g fiber



For single meal:

**black pepper**  
1 1/4 dash, ground (0g)  
**salt**  
1/3 tsp (2g)  
**lima beans, frozen**  
5/8 package (10 oz) (178g)  
**olive oil**  
2 tsp (9mL)

For all 2 meals:

**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
5 dash (4g)  
**lima beans, frozen**  
1 1/4 package (10 oz) (355g)  
**olive oil**  
1 1/4 tbsp (19mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

For all 2 meals:

**tempeh**  
1 lbs (454g)  
**oil**  
2 2/3 tbsp (40mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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## Lunch 6 [↗](#)

Eat on day 7

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### Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



**salad dressing**  
1 tbsp (15mL)  
**red onion, thinly sliced**  
1/4 small (18g)  
**cucumber, thinly sliced**  
1/4 cucumber (8-1 1/4") (75g)  
**tomatoes, thinly sliced**  
1/2 medium whole (2-3 1/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

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### Peanut tempeh

10 oz tempeh - 1085 cals ● 82g protein ● 57g fat ● 37g carbs ● 25g fiber



Makes 10 oz tempeh

**tempeh**

10 oz (284g)

**peanut butter**

5 tbsp (81g)

**lemon juice**

1 1/4 tbsp (19mL)

**soy sauce**

2 1/2 tsp (13mL)

**nutritional yeast**

1 1/4 tbsp (5g)

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.

## Brown rice

1 cup brown rice, cooked - 258 cals ● 5g protein ● 2g fat ● 52g carbs ● 2g fiber



Makes 1 cup brown rice, cooked

**salt**

1/4 tsp (2g)

**water**

3/4 cup(s) (178mL)

**black pepper**

1/4 tsp, ground (1g)

**brown rice**

6 tbsp (71g)

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.



## Dinner 1 [↗](#)

Eat on day 1

### Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

### Seitan salad

1257 cal ● 94g protein ● 62g fat ● 57g carbs ● 23g fiber



**oil**  
3 1/2 tsp (18mL)  
**nutritional yeast**  
3 1/2 tsp (4g)  
**salad dressing**  
1/4 cup (53mL)  
**fresh spinach**  
7 cup(s) (210g)  
**seitan, crumbled or sliced**  
2/3 lbs (298g)  
**tomatoes, halved**  
21 cherry tomatoes (357g)  
**avocados, chopped**  
7/8 avocado(s) (176g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Orange

2 orange(s) - 170 cal ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. The recipe has no instructions.

### Easy chickpea salad

467 cal ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

**balsamic vinegar**  
1 tbsp (15mL)  
**apple cider vinegar**  
1 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 can(s) (448g)  
**onion, thinly sliced**  
1/2 small (35g)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**fresh parsley, chopped**  
3 sprigs (3g)

For all 2 meals:

**balsamic vinegar**  
2 tbsp (30mL)  
**apple cider vinegar**  
2 tbsp (2mL)  
**chickpeas, canned, drained and rinsed**  
2 can(s) (896g)  
**onion, thinly sliced**  
1 small (70g)  
**tomatoes, halved**  
2 cup cherry tomatoes (298g)  
**fresh parsley, chopped**  
6 sprigs (6g)

1. Add all ingredients to a bowl and toss.  
Serve!

## Crispy chik'n tenders

13 tender(s) - 743 cal ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



For single meal:

**meatless chik'n tenders**  
13 pieces (332g)  
**ketchup**  
3 1/4 tbsp (55g)

For all 2 meals:

**meatless chik'n tenders**  
26 pieces (663g)  
**ketchup**  
6 1/2 tbsp (111g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Dinner 3 [↗](#)

Eat on day 4 and day 5

### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

**mixed greens**

2 1/4 cup (68g)

**tomatoes**

6 tbsp cherry tomatoes (56g)

**salad dressing**

2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**

4 1/2 cup (135g)

**tomatoes**

3/4 cup cherry tomatoes (112g)

**salad dressing**

1/4 cup (68mL)

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

### Garlic pepper seitan

913 cals ● 82g protein ● 44g fat ● 44g carbs ● 3g fiber



For single meal:

**olive oil**

2 2/3 tbsp (40mL)

**onion**

1/3 cup, chopped (53g)

**green pepper**

2 2/3 tbsp, chopped (25g)

**black pepper**

1/3 tsp, ground (1g)

**water**

4 tsp (20mL)

**salt**

1 1/3 dash (1g)

**seitan, chicken style**

2/3 lbs (302g)

**garlic, minced**

3 1/3 clove(s) (10g)

For all 2 meals:

**olive oil**

1/3 cup (80mL)

**onion**

2/3 cup, chopped (107g)

**green pepper**

1/3 cup, chopped (50g)

**black pepper**

1/4 tbsp, ground (2g)

**water**

2 2/3 tbsp (40mL)

**salt**

1/3 tsp (2g)

**seitan, chicken style**

1 1/3 lbs (605g)

**garlic, minced**

6 2/3 clove(s) (20g)

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

### Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber





For single meal:

**oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**sweet potatoes, cut into wedges**  
1 1/3 sweetpotato, 5" long (280g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**salt**  
1/2 tbsp (8g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**sweet potatoes, cut into wedges**  
2 2/3 sweetpotato, 5" long (560g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

**nonfat greek yogurt, plain**  
1/2 cup (140g)  
**lemon juice**  
1/2 tbsp (8mL)  
**dried dill weed**  
1 tsp (1g)  
**red wine vinegar**  
1 tsp (5mL)  
**olive oil**  
1 tbsp (15mL)  
**red onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced into half moons**  
1 cucumber (8-1/4") (301g)

For all 2 meals:

**nonfat greek yogurt, plain**  
1 cup (280g)  
**lemon juice**  
1 tbsp (15mL)  
**dried dill weed**  
2 tsp (2g)  
**red wine vinegar**  
2 tsp (10mL)  
**olive oil**  
2 tbsp (30mL)  
**red onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)  
**cucumber, sliced into half moons**  
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

### Bean & tofu goulash

1093 cals ● 62g protein ● 31g fat ● 109g carbs ● 32g fiber



For single meal:

**oil**  
1 1/4 tbsp (19mL)  
**paprika**  
1 1/4 tbsp (9g)  
**fresh thyme**  
5 dash (1g)  
**white beans, canned, drained & rinsed**  
1 1/4 can(s) (549g)  
**onion, diced**  
1 1/4 medium (2-1/2" dia) (138g)  
**garlic, minced**  
1 1/4 clove (4g)  
**firm tofu, drained and diced**  
1/2 lbs (248g)

For all 2 meals:

**oil**  
2 1/2 tbsp (38mL)  
**paprika**  
2 1/2 tbsp (17g)  
**fresh thyme**  
1 1/4 tsp (1g)  
**white beans, canned, drained & rinsed**  
2 1/2 can(s) (1098g)  
**onion, diced**  
2 1/2 medium (2-1/2" dia) (275g)  
**garlic, minced**  
2 1/2 clove (8g)  
**firm tofu, drained and diced**  
17 1/2 oz (496g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

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



For single meal:

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

For all 7 meals:

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

1. The recipe has no instructions.
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