

# Meal Plan - 3300 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

3314 cals ● 245g protein (30%) ● 148g fat (40%) ● 204g carbs (25%) ● 45g fiber (5%)

### Lunch

1565 cals, 90g protein, 178g net carbs, 50g fat



[Simple mixed greens salad](#)  
68 cals



[Pad thai with shrimp & egg](#)  
1499 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 1/2 scoop- 273 cals

### Dinner

1475 cals, 95g protein, 24g net carbs, 96g fat



[Cheesy garlicky salmon](#)  
917 cals



[Garlic collard greens](#)  
558 cals

## Day 2

3260 cals ● 211g protein (26%) ● 142g fat (39%) ● 213g carbs (26%) ● 70g fiber (9%)

### Lunch

1515 cals, 56g protein, 187g net carbs, 45g fat



[Simple mixed greens salad](#)  
271 cals



[Chickpea bowl with spicy yogurt sauce](#)  
1241 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 1/2 scoop- 273 cals

### Dinner

1475 cals, 95g protein, 24g net carbs, 96g fat



[Cheesy garlicky salmon](#)  
917 cals



[Garlic collard greens](#)  
558 cals

## Day 3

3328 cals ● 213g protein (26%) ● 144g fat (39%) ● 251g carbs (30%) ● 43g fiber (5%)

### Lunch

1510 cals, 73g protein, 113g net carbs, 76g fat



**Shrimp scampi**  
1161 cals



**Easy chickpea salad**  
350 cals

### Dinner

1545 cals, 80g protein, 135g net carbs, 67g fat



**Lemon ginger tofu chik'n**  
17 1/2 oz tofu- 933 cals



**Lentils**  
463 cals



**Roasted tomatoes**  
2 1/2 tomato(es)- 149 cals

### Protein Supplement(s)

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



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

## Day 4

3341 cals ● 232g protein (28%) ● 138g fat (37%) ● 241g carbs (29%) ● 51g fiber (6%)

### Lunch

1525 cals, 92g protein, 104g net carbs, 70g fat



**Roasted peanuts**  
5/8 cup(s)- 537 cals



**Chunky canned soup (non-creamy)**  
4 can(s)- 988 cals

### Dinner

1545 cals, 80g protein, 135g net carbs, 67g fat



**Lemon ginger tofu chik'n**  
17 1/2 oz tofu- 933 cals



**Lentils**  
463 cals



**Roasted tomatoes**  
2 1/2 tomato(es)- 149 cals

### Protein Supplement(s)

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



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

## Day 5

3344 cals ● 263g protein (32%) ● 88g fat (24%) ● 291g carbs (35%) ● 83g fiber (10%)

### Lunch

1555 cals, 78g protein, 151g net carbs, 56g fat



**Simple kale & avocado salad**  
384 cals



**Vegan meatball sub**  
2 1/2 sub(s)- 1170 cals

### Dinner

1520 cals, 125g protein, 138g net carbs, 31g fat



**Southwest shrimp & black bean bowl**  
1291 cals



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

### Protein Supplement(s)

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



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

## Day 6

3284 cals ● 222g protein (27%) ● 145g fat (40%) ● 226g carbs (28%) ● 48g fiber (6%)

### Lunch

1480 cals, 93g protein, 120g net carbs, 61g fat



**Sweet potato wedges**  
608 cals



**Vegan sausage**  
3 sausage(s)- 804 cals



**Simple mixed greens salad**  
68 cals

### Dinner

1530 cals, 68g protein, 103g net carbs, 83g fat



**Lemon pepper tofu**  
21 oz- 756 cals



**Garlic collard greens**  
358 cals



**Buttery brown rice**  
417 cals

### Protein Supplement(s)

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



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

# Day 7

3284 cals ● 222g protein (27%) ● 145g fat (40%) ● 226g carbs (28%) ● 48g fiber (6%)

## Lunch

1480 cals, 93g protein, 120g net carbs, 61g fat



Sweet potato wedges  
608 cals



Vegan sausage  
3 sausage(s)- 804 cals



Simple mixed greens salad  
68 cals

## Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

## Dinner

1530 cals, 68g protein, 103g net carbs, 83g fat



Lemon pepper tofu  
21 oz- 756 cals



Garlic collard greens  
358 cals



Buttery brown rice  
417 cals



## Dairy and Egg Products

- ☐ parmesan cheese  
3 oz (87g)
- ☐ eggs  
2 1/2 large (125g)
- ☐ nonfat greek yogurt, plain  
1/3 cup (96g)
- ☐ butter  
6 tbsp (83g)
- ☐ heavy cream  
5 tbsp (75mL)

## Finfish and Shellfish Products

- ☐ salmon  
1 1/4 lbs (567g)
- ☐ shrimp, raw  
2 lbs (870g)

## Fruits and Fruit Juices

- ☐ lemon juice  
1/2 cup (113mL)
- ☐ limes  
2 1/2 fruit (2" dia) (168g)
- ☐ avocados  
5/6 avocado(s) (168g)
- ☐ lemon  
4 small (222g)
- ☐ lime juice  
3 1/2 tsp (18mL)

## Fats and Oils

- ☐ oil  
3/4 lbs (345mL)
- ☐ salad dressing  
1 cup (225mL)

## Spices and Herbs

- ☐ fresh basil  
5 leaves (3g)
- ☐ salt  
1 1/2 tbsp (28g)
- ☐ balsamic vinegar  
3/4 tbsp (11mL)
- ☐ chili powder  
1 tsp (3g)
- ☐ black pepper  
1 3/4 tsp, ground (4g)

## Beverages

- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water  
25 cup(s) (5906mL)

## Other

- ☐ mixed greens  
15 cup (450g)
- ☐ Pad Thai stir fry sauce  
5 tbsp (71g)
- ☐ sriracha chili sauce  
1 tbsp (14g)
- ☐ sub roll(s)  
2 1/2 roll(s) (213g)
- ☐ nutritional yeast  
2 1/2 tsp (3g)
- ☐ vegan meatballs, frozen  
10 meatball(s) (300g)
- ☐ vegan sausage  
6 sausage (600g)

## Cereal Grains and Pasta

- ☐ rice noodles  
5 oz (143g)
- ☐ long-grain white rice  
2/3 cup (127g)
- ☐ cornstarch  
13 1/2 tbsp (108g)
- ☐ uncooked dry pasta  
3 1/3 oz (95g)
- ☐ brown rice  
1 1/4 cup (232g)

## Legumes and Legume Products

- ☐ roasted peanuts  
4 oz (110g)
- ☐ chickpeas, canned  
2 can(s) (952g)
- ☐ soy sauce  
5 tbsp (75mL)
- ☐ firm tofu  
5 lbs (2183g)
- ☐ lentils, raw  
1 1/3 cup (256g)
- ☐ black beans  
1 1/6 can(s) (512g)

- ☐ **lemon pepper**  
1/2 tbsp (3g)

## Vegetables and Vegetable Products

- ☐ **garlic**  
30 1/2 clove(s) (92g)
- ☐ **collard greens**  
5 3/4 lbs (2608g)
- ☐ **onion**  
1 3/4 small (123g)
- ☐ **fresh parsley**  
1 bunch (23g)
- ☐ **fresh ginger**  
7 1/2 inch (2.5cm) cube (38g)
- ☐ **tomatoes**  
6 1/4 medium whole (2-3/5" dia) (772g)
- ☐ **shallots**  
5 tsp chopped (17g)
- ☐ **kale leaves**  
5/6 bunch (142g)
- ☐ **frozen corn kernels**  
9 1/4 tbsp (79g)
- ☐ **sweet potatoes**  
4 2/3 sweetpotato, 5" long (980g)

## Nut and Seed Products

- ☐ **sesame seeds**  
2 1/2 tbsp (23g)

## Sweets

- ☐ **agave**  
5 tsp (35g)

## Soups, Sauces, and Gravies

- ☐ **apple cider vinegar**  
3 tbsp (2mL)
  - ☐ **chunky canned soup (non-creamy varieties)**  
4 can (~19 oz) (2104g)
  - ☐ **pasta sauce**  
10 tbsp (163g)
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## Lunch 1 [↗](#)

Eat on day 1

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



#### **mixed greens**

1 1/2 cup (45g)

#### **salad dressing**

1 1/2 tbsp (23mL)

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

### Pad thai with shrimp & egg

1499 cals ● 89g protein ● 46g fat ● 174g carbs ● 9g fiber



#### **oil**

1 1/4 tbsp (19mL)

#### **eggs**

2 1/2 large (125g)

#### **rice noodles**

5 oz (143g)

#### **Pad Thai stir fry sauce**

5 tbsp (71g)

#### **limes**

2 1/2 fruit (2" dia) (168g)

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

10 oz (284g)

#### **roasted peanuts, crushed**

25 peanut(s) (25g)

#### **garlic, diced**

2 1/2 clove (8g)

1. Cook rice noodles according to package. Drain and set aside.
2. Heat the oil in a skillet over medium heat. Add the garlic and saute until fragrant, about a minute.
3. Add the egg and scramble it until lightly set- about 30 seconds.
4. Add the shrimp and cook until the shrimp and egg are mostly done- about 3 minutes.
5. Add in the rice noodles and the Pad Thai sauce and cook for a few more minutes until heated through.
6. Transfer to a serving plate and top with crushed peanuts and lime wedges (optional).

## Lunch 2 [↗](#)

Eat on day 2

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### Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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

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### Chickpea bowl with spicy yogurt sauce

1241 cals ● 51g protein ● 26g fat ● 170g carbs ● 31g fiber



**oil**  
1 tbsp (14mL)  
**long-grain white rice**  
2/3 cup (127g)  
**nonfat greek yogurt, plain**  
1/3 cup (96g)  
**sriracha chili sauce**  
1 tbsp (14g)  
**onion, diced**  
1 1/2 small (96g)  
**chickpeas, canned, rinsed & drained**  
1 1/2 can(s) (616g)  
**fresh parsley, chopped**  
1/3 cup chopped (21g)

1. Cook rice according to package and set aside.
  2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
  3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
  4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
  5. Turn off heat and stir in parsley.
  6. Serve chickpea mixture over rice and drizzle spicy sauce on top.
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## Lunch 3 [🔗](#)

Eat on day 3

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### Shrimp scampi

1161 cals ● 55g protein ● 69g fat ● 76g carbs ● 4g fiber



**butter**

1/4 cup (47g)

**heavy cream**

5 tbsp (75mL)

**uncooked dry pasta**

1/4 lbs (95g)

**water**

3/8 cup(s) (99mL)

**parmesan cheese**

2 1/2 tsp (4g)

**shallots, minced**

5 tsp chopped (17g)

**garlic, minced**

3 1/3 clove (10g)

**shrimp, raw, shelled and deveined**

6 2/3 oz (189g)

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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### Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



**balsamic vinegar**  
3/4 tbsp (11mL)  
**apple cider vinegar**  
3/4 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
3/4 can(s) (336g)  
**onion, thinly sliced**  
3/8 small (26g)  
**tomatoes, halved**  
3/4 cup cherry tomatoes (112g)  
**fresh parsley, chopped**  
2 1/4 sprigs (2g)

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

Lunch 4 [↗](#)

Eat on day 4

Roasted peanuts

5/8 cup(s) - 537 cals ● 21g protein ● 43g fat ● 11g carbs ● 7g fiber

Makes 5/8 cup(s)

**roasted peanuts**  
9 1/3 tbsp (85g)

1. The recipe has no instructions.



Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber

Makes 4 can(s)

**chunky canned soup (non-creamy varieties)**  
4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.



## Lunch 5 [↗](#)

Eat on day 5

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### Simple kale & avocado salad

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



**kale leaves, chopped**  
5/6 bunch (142g)  
**avocados, chopped**  
5/6 avocado(s) (168g)  
**lemon, juiced**  
5/6 small (48g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Vegan meatball sub

2 1/2 sub(s) - 1170 cals ● 70g protein ● 30g fat ● 135g carbs ● 20g fiber



Makes 2 1/2 sub(s)

**sub roll(s)**  
2 1/2 roll(s) (213g)  
**nutritional yeast**  
2 1/2 tsp (3g)  
**pasta sauce**  
10 tbsp (163g)  
**vegan meatballs, frozen**  
10 meatball(s) (300g)

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.
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## Lunch 6 [↗](#)

Eat on day 6 and day 7

### Sweet potato wedges

608 cals ● 8g protein ● 20g fat ● 84g carbs ● 15g fiber



For single meal:

**oil**  
1 3/4 tbsp (26mL)  
**salt**  
1 tsp (7g)  
**black pepper**  
1/2 tsp, ground (1g)  
**sweet potatoes, cut into wedges**  
2 1/3 sweetpotato, 5" long (490g)

For all 2 meals:

**oil**  
1/4 cup (52mL)  
**salt**  
3/4 tbsp (14g)  
**black pepper**  
1 tsp, ground (3g)  
**sweet potatoes, cut into wedges**  
4 2/3 sweetpotato, 5" long (980g)

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.

### Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

**vegan sausage**  
3 sausage (300g)

For all 2 meals:

**vegan sausage**  
6 sausage (600g)

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

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

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## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Cheesy garlicky salmon

917 cals ● 70g protein ● 67g fat ● 8g carbs ● 0g fiber



For single meal:

**parmesan cheese**  
6 1/2 tbsp (41g)  
**salmon**  
10 oz (284g)  
**lemon juice**  
1 1/4 tbsp (19mL)  
**oil**  
1 1/4 tbsp (19mL)  
**fresh basil, chopped**  
2 1/2 leaves (1g)  
**garlic, minced**  
1 1/4 clove(s) (4g)

For all 2 meals:

**parmesan cheese**  
13 tbsp (83g)  
**salmon**  
1 1/4 lbs (567g)  
**lemon juice**  
2 1/2 tbsp (38mL)  
**oil**  
2 1/2 tbsp (38mL)  
**fresh basil, chopped**  
5 leaves (3g)  
**garlic, minced**  
2 1/2 clove(s) (8g)

1. Preheat oven to 350°F (180°C).
2. Line a baking tray with parchment paper and spray. Place salmon fillets, skin side down, on the baking tray. Set aside.
3. In a small bowl combine the cheese, garlic, lemon, basil, oil, and some salt and pepper. Mix until well combined.
4. Spread cheese mixture evenly over each fillet.
5. Bake in oven for 13 minutes or until internal temperature reaches 145°F (63°C). Serve.

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### Garlic collard greens

558 cals ● 25g protein ● 29g fat ● 16g carbs ● 32g fiber





For single meal:

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

For all 2 meals:

**collard greens**  
3 1/2 lbs (1588g)  
**oil**  
1/4 cup (53mL)  
**salt**  
1 tsp (5g)  
**garlic, minced**  
10 1/2 clove(s) (32g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Lemon ginger tofu chik'n

17 1/2 oz tofu - 933 cals ● 46g protein ● 54g fat ● 62g carbs ● 3g fiber



For single meal:

**cornstarch**  
1/4 cup (30g)  
**lemon juice**  
2 1/2 tbsp (38mL)  
**oil**  
2 tbsp (28mL)  
**sesame seeds**  
1 1/4 tbsp (11g)  
**agave**  
2 1/2 tsp (17g)  
**soy sauce, divided**  
2 1/2 tbsp (38mL)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**fresh ginger, peeled & minced**  
3 3/4 inch (2.5cm) cube (19g)  
**firm tofu, patted dry**  
17 1/2 oz (496g)

For all 2 meals:

**cornstarch**  
1/2 cup (60g)  
**lemon juice**  
5 tbsp (75mL)  
**oil**  
1/4 cup (56mL)  
**sesame seeds**  
2 1/2 tbsp (23g)  
**agave**  
5 tsp (35g)  
**soy sauce, divided**  
5 tbsp (75mL)  
**garlic, minced**  
5 clove(s) (15g)  
**fresh ginger, peeled & minced**  
7 1/2 inch (2.5cm) cube (38g)  
**firm tofu, patted dry**  
35 oz (992g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
5. both bowls aside.
6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

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## Lentils

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



For single meal:

**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

For all 2 meals:

**water**  
5 1/3 cup(s) (1264mL)  
**salt**  
1/3 tsp (2g)  
**lentils, raw, rinsed**  
1 1/3 cup (256g)

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.

## Roasted tomatoes

2 1/2 tomato(es) - 149 cal ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



For single meal:

**oil**

2 1/2 tsp (13mL)

**tomatoes**

2 1/2 small whole (2-2/5" dia)  
(228g)

For all 2 meals:

**oil**

5 tsp (25mL)

**tomatoes**

5 small whole (2-2/5" dia) (455g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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## Dinner 3 [↗](#)

Eat on day 5

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### Southwest shrimp & black bean bowl

1291 cals ● 120g protein ● 17g fat ● 123g carbs ● 42g fiber



**apple cider vinegar**

2 1/3 tbsp (2mL)

**lime juice**

3 1/2 tsp (18mL)

**oil**

3/4 tbsp (12mL)

**chili powder**

1 tsp (3g)

**brown rice**

6 1/4 tbsp (74g)

**frozen corn kernels**

9 1/3 tbsp (79g)

**tomatoes, chopped**

1 1/6 roma tomato (93g)

**black beans, rinsed and drained**

1 1/6 can(s) (512g)

**shrimp, raw, peeled and deveined**

14 oz (397g)

1. Cook the rice according to its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

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### Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber





**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.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Lemon pepper tofu

21 oz - 756 cal ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



For single meal:

**cornstarch**  
3 tbsp (24g)  
**oil**  
1 1/2 tbsp (23mL)  
**lemon pepper**  
1/4 tbsp (2g)  
**lemon, zested**  
1 1/2 small (87g)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)

For all 2 meals:

**cornstarch**  
6 tbsp (48g)  
**oil**  
3 tbsp (45mL)  
**lemon pepper**  
1/2 tbsp (3g)  
**lemon, zested**  
3 small (174g)  
**firm tofu, patted dry & cubed**  
2 1/2 lbs (1191g)

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.

### Garlic collard greens

358 cal ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



For single meal:

**collard greens**  
18 oz (510g)  
**oil**  
1 tbsp (17mL)  
**salt**  
1/4 tsp (2g)  
**garlic, minced**  
3 1/2 clove(s) (10g)

For all 2 meals:

**collard greens**  
2 1/4 lbs (1021g)  
**oil**  
2 1/4 tbsp (34mL)  
**salt**  
1/2 tsp (3g)  
**garlic, minced**  
6 3/4 clove(s) (20g)

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 brown rice

417 cal ● 6g protein ● 17g fat ● 58g carbs ● 3g fiber



For single meal:

**butter**  
1 1/4 tbsp (18g)  
**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)

For all 2 meals:

**butter**  
2 1/2 tbsp (36g)  
**brown rice**  
13 1/3 tbsp (158g)  
**salt**  
5 dash (4g)  
**water**  
1 2/3 cup(s) (395mL)  
**black pepper**  
5 dash, ground (1g)

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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

**protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)  
**water**  
2 1/2 cup(s) (593mL)

For all 7 meals:

**protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)  
**water**  
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
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