

# Meal Plan - 3400 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

3402 cals ● 265g protein (31%) ● 165g fat (44%) ● 178g carbs (21%) ● 35g fiber (4%)

### Lunch

1525 cals, 65g protein, 68g net carbs, 105g fat



[Grilled cheese sandwich](#)

2 1/2 sandwich(es)- 1238 cals



[Roasted peanuts](#)

1/3 cup(s)- 288 cals

### Dinner

1605 cals, 139g protein, 109g net carbs, 60g fat



[Sweet potato wedges](#)

782 cals



[Simple seared tuna steak](#)

18 2/3 oz- 823 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

## Day 2

3383 cals ● 259g protein (31%) ● 154g fat (41%) ● 198g carbs (23%) ● 43g fiber (5%)

### Lunch

1505 cals, 59g protein, 87g net carbs, 93g fat



[Simple kale & avocado salad](#)

460 cals



[Shrimp scampi](#)

1045 cals

### Dinner

1605 cals, 139g protein, 109g net carbs, 60g fat



[Sweet potato wedges](#)

782 cals



[Simple seared tuna steak](#)

18 2/3 oz- 823 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

## Day 3

3442 cals ● 227g protein (26%) ● 162g fat (42%) ● 232g carbs (27%) ● 36g fiber (4%)

### Lunch

1505 cals, 59g protein, 87g net carbs, 93g fat



**Simple kale & avocado salad**  
460 cals



**Shrimp scampi**  
1045 cals

### Dinner

1665 cals, 108g protein, 143g net carbs, 68g fat



**Fruit juice**  
3 1/2 cup(s)- 401 cals



**Vegan bangers and cauliflower mash**  
3 1/2 sausage link(s)- 1263 cals

### Protein Supplement(s)

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



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

## Day 4

3355 cals ● 234g protein (28%) ● 184g fat (49%) ● 131g carbs (16%) ● 59g fiber (7%)

### Lunch

1540 cals, 81g protein, 99g net carbs, 82g fat



**Rosemary mushroom cheese sandwich**  
3 1/2 sandwich(es)- 1427 cals



**Simple kale & avocado salad**  
115 cals

### Dinner

1540 cals, 92g protein, 30g net carbs, 101g fat



**Avocado tuna salad stuffed pepper**  
4 half pepper(s)- 911 cals



**Walnuts**  
1/3 cup(s)- 219 cals



**Tomato and avocado salad**  
411 cals

### Protein Supplement(s)

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



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

## Day 5

3407 cals ● 223g protein (26%) ● 208g fat (55%) ● 110g carbs (13%) ● 51g fiber (6%)

### Lunch

1595 cals, 71g protein, 77g net carbs, 106g fat



#### Egg salad sandwich

2 1/2 sandwich(es)- 1355 cals



#### Rice cakes with peanut butter

1 cake(s)- 240 cals

### Dinner

1540 cals, 92g protein, 30g net carbs, 101g fat



#### Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cals



#### Walnuts

1/3 cup(s)- 219 cals



#### Tomato and avocado salad

411 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 6

3403 cals ● 233g protein (27%) ● 172g fat (45%) ● 185g carbs (22%) ● 45g fiber (5%)

### Lunch

1595 cals, 71g protein, 77g net carbs, 106g fat



#### Egg salad sandwich

2 1/2 sandwich(es)- 1355 cals



#### Rice cakes with peanut butter

1 cake(s)- 240 cals

### Dinner

1535 cals, 101g protein, 106g net carbs, 65g fat



#### Lentils

521 cals



#### Honey dijon salmon

10 oz- 670 cals



#### Simple kale & avocado salad

345 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

# Day 7

3406 cals ● 213g protein (25%) ● 165g fat (44%) ● 199g carbs (23%) ● 68g fiber (8%)

## Lunch

1600 cals, 51g protein, 91g net carbs, 99g fat



### Roasted peanuts

1/8 cup(s)- 115 cals



### Strawberry avocado goat cheese panini

1219 cals



### Simple mixed greens and tomato salad

265 cals

## Dinner

1535 cals, 101g protein, 106g net carbs, 65g fat



### Lentils

521 cals



### Honey dijon salmon

10 oz- 670 cals



### Simple kale & avocado salad

345 cals

## Protein Supplement(s)

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



### Protein shake

2 1/2 scoop- 273 cals

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# Grocery List



## Fats and Oils

- oil  
6 1/4 tbsp (94mL)
- olive oil  
3 oz (100mL)
- mayonnaise  
10 tbsp (150mL)
- salad dressing  
1/3 cup (79mL)

## Spices and Herbs

- salt  
1 oz (29g)
- black pepper  
1/4 oz (6g)
- rosemary, dried  
1 tsp (1g)
- garlic powder  
1 tsp (3g)
- paprika  
5 dash (3g)
- yellow mustard  
1 1/4 tsp or 1 packet (6g)
- dijon mustard  
3 1/3 tbsp (50g)

## Vegetables and Vegetable Products

- sweet potatoes  
6 sweetpotato, 5" long (1260g)
- kale leaves  
3 3/4 bunch (638g)
- shallots  
3 tbsp chopped (30g)
- garlic  
7 2/3 clove (23g)
- onion  
3 medium (2-1/2" dia) (333g)
- mushrooms  
1/3 lbs (149g)
- bell pepper  
4 large (656g)
- tomatoes  
3 medium whole (2-3/5" dia) (346g)

## Finfish and Shellfish Products

- yellowfin tuna steaks, raw  
2 1/3 lbs (1058g)

## Baked Products

- bread  
2 lbs (864g)

## Dairy and Egg Products

- butter  
1 1/6 stick (132g)
- sliced cheese  
5 slice (1 oz ea) (140g)
- heavy cream  
1/2 cup (135mL)
- parmesan cheese  
1 1/2 tbsp (8g)
- cheese  
1 3/4 cup, shredded (198g)
- eggs  
15 medium (660g)
- goat cheese  
2 1/2 oz (71g)

## Legumes and Legume Products

- roasted peanuts  
1/2 cup (64g)
- peanut butter  
4 tbsp (64g)
- lentils, raw  
1 1/2 cup (288g)

## Fruits and Fruit Juices

- avocados  
8 3/4 avocado(s) (1759g)
- lemon  
3 3/4 small (218g)
- fruit juice  
28 fl oz (840mL)
- lime juice  
2 1/3 fl oz (72mL)
- strawberries  
10 medium (1-1/4" dia) (120g)

## Cereal Grains and Pasta

- uncooked dry pasta  
6 oz (171g)

## Other

**shrimp, raw**  
3/4 lbs (341g)

**canned tuna**  
4 can (688g)

**salmon**  
3 1/3 fillet/s (6 oz each) (567g)

**frozen cauliflower**  
2 1/2 cup (298g)

**vegan sausage**  
3 1/2 sausage (350g)

**mixed greens**  
7 cup (210g)

## Beverages

**protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)

**water**  
24 1/4 cup(s) (5747mL)

## Nut and Seed Products

**walnuts**  
10 tbsp, shelled (63g)

## Snacks

**rice cakes, any flavor**  
2 cakes (18g)

## Sweets

**honey**  
5 tsp (35g)

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## Lunch 1 ↗

Eat on day 1

### Grilled cheese sandwich

2 1/2 sandwich(es) - 1238 cals ● 54g protein ● 82g fat ● 62g carbs ● 10g fiber



Makes 2 1/2 sandwich(es)

**bread**

5 slice (160g)

**butter**

2 1/2 tbsp (36g)

**sliced cheese**

5 slice (1 oz ea) (140g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

### Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

**roasted peanuts**

5 tbsp (46g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 2 and day 3

### Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



For single meal:

**kale leaves, chopped**  
1 bunch (170g)  
**avocados, chopped**  
1 avocado(s) (201g)  
**lemon, juiced**  
1 small (58g)

For all 2 meals:

**kale leaves, chopped**  
2 bunch (340g)  
**avocados, chopped**  
2 avocado(s) (402g)  
**lemon, juiced**  
2 small (116g)

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.

### Shrimp scampi

1045 cals ● 50g protein ● 62g fat ● 68g carbs ● 3g fiber



For single meal:

**butter**  
3 tbsp (43g)  
**heavy cream**  
1/4 cup (68mL)  
**uncooked dry pasta**  
3 oz (86g)  
**water**  
3/8 cup(s) (89mL)  
**parmesan cheese**  
3/4 tbsp (4g)  
**shallots, minced**  
1 1/2 tbsp chopped (15g)  
**garlic, minced**  
3 clove (9g)  
**shrimp, raw, shelled and deveined**  
6 oz (170g)

For all 2 meals:

**butter**  
6 tbsp (85g)  
**heavy cream**  
1/2 cup (135mL)  
**uncooked dry pasta**  
6 oz (171g)  
**water**  
3/4 cup(s) (178mL)  
**parmesan cheese**  
1 1/2 tbsp (8g)  
**shallots, minced**  
3 tbsp chopped (30g)  
**garlic, minced**  
6 clove (18g)  
**shrimp, raw, shelled and deveined**  
3/4 lbs (341g)

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).

## Lunch 3 ↗

Eat on day 4

### Rosemary mushroom cheese sandwich

3 1/2 sandwich(es) - 1427 cals ● 79g protein ● 75g fat ● 94g carbs ● 16g fiber



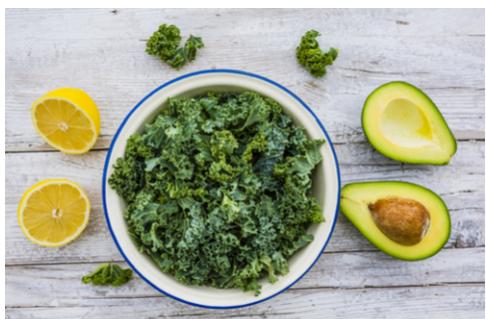
Makes 3 1/2 sandwich(es)

**bread**  
7 slice(s) (224g)  
**cheese**  
1 3/4 cup, shredded (198g)  
**mushrooms**  
1/3 lbs (149g)  
**rosemary, dried**  
1 tsp (1g)  
**mixed greens**  
1 3/4 cup (53g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

### Simple kale & avocado salad

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



**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

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.

## Lunch 4 ↗

Eat on day 5 and day 6

### Egg salad sandwich

2 1/2 sandwich(es) - 1355 cals ● 63g protein ● 89g fat ● 65g carbs ● 11g fiber



For single meal:

**eggs**  
7 1/2 medium (330g)  
**mayonnaise**  
5 tbsp (75mL)  
**salt**  
1/3 tsp (1g)  
**black pepper**  
1/3 tsp (0g)  
**bread**  
5 slice (160g)  
**paprika**  
1/3 tsp (1g)  
**onion, chopped**  
5/8 small (44g)  
**yellow mustard**  
5 dash or 1 packet (3g)

For all 2 meals:

**eggs**  
15 medium (660g)  
**mayonnaise**  
10 tbsp (150mL)  
**salt**  
5 dash (2g)  
**black pepper**  
5 dash (1g)  
**bread**  
10 slice (320g)  
**paprika**  
5 dash (3g)  
**onion, chopped**  
1 1/4 small (88g)  
**yellow mustard**  
1 1/4 tsp or 1 packet (6g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

### Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

For all 2 meals:

**peanut butter**  
4 tbsp (64g)  
**rice cakes, any flavor**  
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

## Lunch 5 ↗

Eat on day 7

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber

Makes 1/8 cup(s)

**roasted peanuts**  
2 tbsp (18g)



1. The recipe has no instructions.

### Strawberry avocado goat cheese panini

1219 cals ● 41g protein ● 73g fat ● 70g carbs ● 29g fiber



**bread**  
5 slice (160g)  
**goat cheese**  
2 1/2 oz (71g)  
**butter**  
2 1/2 tsp (11g)  
**strawberries, hulled and thinly sliced**  
10 medium (1-1/4" dia) (120g)  
**avocados, sliced**  
1 1/4 avocado(s) (251g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

### Simple mixed greens and tomato salad

265 cals ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



**mixed greens**  
5 1/4 cup (158g)  
**tomatoes**  
14 tbsp cherry tomatoes (130g)  
**salad dressing**  
1/3 cup (79mL)

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

## Dinner 1 ↗

Eat on day 1 and day 2

### Sweet potato wedges

782 cals ● 10g protein ● 26g fat ● 109g carbs ● 19g fiber



For single meal:  
**oil**  
2 1/4 tbsp (34mL)  
**salt**  
1/2 tbsp (9g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**sweet potatoes, cut into wedges**  
3 sweetpotato, 5" long (630g)

For all 2 meals:  
**oil**  
1/4 cup (68mL)  
**salt**  
1 tbsp (18g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**sweet potatoes, cut into wedges**  
6 sweetpotato, 5" long (1260g)

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.

### Simple seared tuna steak

18 2/3 oz - 823 cals ● 129g protein ● 34g fat ● 0g carbs ● 0g fiber



For single meal:  
**olive oil**  
2 1/3 tbsp (35mL)  
**yellowfin tuna steaks, raw**  
18 2/3 oz (529g)

For all 2 meals:  
**olive oil**  
1/4 cup (70mL)  
**yellowfin tuna steaks, raw**  
2 1/3 lbs (1058g)

1. Rub both sides of the steaks with olive oil.
2. Season both sides generously with salt, pepper, and any other preferred seasonings.
3. Place a skillet over high heat. Once the pan is hot, add the tuna steaks. Sear for about 1-2 minutes on each side for rare to medium-rare doneness. If you prefer your tuna more well-done, cook for an additional 1-2 minutes per side. Be careful not to overcook, as tuna can become dry.
4. Remove the tuna from the pan and let it rest for a minute or two.
5. Slice the tuna against the grain for serving.

## Dinner 2 ↗

Eat on day 3

### Fruit juice

3 1/2 cup(s) - 401 cals ● 6g protein ● 2g fat ● 89g carbs ● 2g fiber



Makes 3 1/2 cup(s)

**fruit juice**  
28 fl oz (840mL)

1. The recipe has no instructions.

### Vegan bangers and cauliflower mash

3 1/2 sausage link(s) - 1263 cals ● 102g protein ● 67g fat ● 54g carbs ● 10g fiber



Makes 3 1/2 sausage link(s)

**frozen cauliflower**  
2 1/2 cup (298g)  
**oil**  
1 3/4 tbsp (26mL)  
**vegan sausage**  
3 1/2 sausage (350g)  
**onion, thinly sliced**  
1 3/4 small (123g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

## Dinner 3 ↗

Eat on day 4 and day 5

### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bell pepper**  
2 large (328g)  
**onion**  
1/2 small (35g)  
**canned tuna, drained**  
2 can (344g)

For all 2 meals:

**avocados**  
2 avocado(s) (402g)  
**lime juice**  
4 tsp (20mL)  
**salt**  
4 dash (2g)  
**black pepper**  
4 dash (0g)  
**bell pepper**  
4 large (656g)  
**onion**  
1 small (70g)  
**canned tuna, drained**  
4 can (688g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

### Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
5 tbsp, shelled (31g)

For all 2 meals:

**walnuts**  
10 tbsp, shelled (63g)

1. The recipe has no instructions.

### Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

**onion**  
1 3/4 tbsp minced (26g)  
**lime juice**  
1 3/4 tbsp (26mL)  
**olive oil**  
1/2 tbsp (7mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**avocados, cubed**  
7/8 avocado(s) (176g)  
**tomatoes, diced**  
7/8 medium whole (2-3/5" dia)  
(108g)

For all 2 meals:

**onion**  
1/4 cup minced (53g)  
**lime juice**  
1/4 cup (53mL)  
**olive oil**  
2 1/2 tsp (13mL)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (5g)  
**black pepper**  
1 tsp, ground (2g)  
**avocados, cubed**  
1 3/4 avocado(s) (352g)  
**tomatoes, diced**  
1 3/4 medium whole (2-3/5" dia)  
(215g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Dinner 4

Eat on day 6 and day 7

### Lentils

521 cals ● 35g protein ● 2g fat ● 76g carbs ● 15g fiber



For single meal:

**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

For all 2 meals:

**water**  
6 cup(s) (1422mL)  
**salt**  
3 dash (2g)  
**lentils, raw, rinsed**  
1 1/2 cup (288g)

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.

### Honey dijon salmon

10 oz - 670 cals ● 59g protein ● 41g fat ● 16g carbs ● 1g fiber



For single meal:

**salmon**  
1 2/3 fillet/s (6 oz each) (283g)  
**dijon mustard**  
5 tsp (25g)  
**honey**  
2 1/2 tsp (18g)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
5/6 clove (3g)

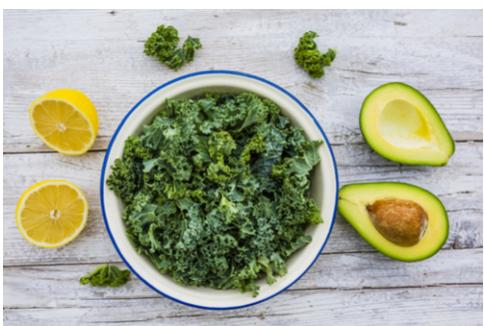
For all 2 meals:

**salmon**  
3 1/3 fillet/s (6 oz each) (567g)  
**dijon mustard**  
1/4 cup (50g)  
**honey**  
5 tsp (35g)  
**olive oil**  
1 tbsp (17mL)  
**garlic, minced**  
1 2/3 clove (5g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

## Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

**kale leaves, chopped**  
3/4 bunch (128g)  
**avocados, chopped**  
3/4 avocado(s) (151g)  
**lemon, juiced**  
3/4 small (44g)

For all 2 meals:

**kale leaves, chopped**  
1 1/2 bunch (255g)  
**avocados, chopped**  
1 1/2 avocado(s) (302g)  
**lemon, juiced**  
1 1/2 small (87g)

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 1/2 scoop - 273 cals ● 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.