

# Meal Plan - 3500 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

3461 cals ● 221g protein (26%) ● 197g fat (51%) ● 147g carbs (17%) ● 56g fiber (6%)

### Lunch

1580 cals, 55g protein, 75g net carbs, 102g fat



[Rosemary mushroom cheese sandwich](#)  
2 sandwich(es)- 815 cals



[Tomato and avocado salad](#)  
762 cals

### Protein Supplement(s)

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



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

### Dinner

1610 cals, 106g protein, 69g net carbs, 93g fat



[Salmon & coconut ginger broccoli](#)  
12 oz salmon- 1264 cals



[Lentils](#)  
347 cals

## Day 2

3462 cals ● 255g protein (29%) ● 155g fat (40%) ● 225g carbs (26%) ● 38g fiber (4%)

### Lunch

1585 cals, 77g protein, 153g net carbs, 65g fat



[Simple mixed greens and tomato salad](#)  
302 cals



[Vegan guinness stew](#)  
1280 cals

### Protein Supplement(s)

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



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

### Dinner

1605 cals, 117g protein, 70g net carbs, 88g fat



[Garlic pepper seitan](#)  
1255 cals



[Tomato and avocado salad](#)  
352 cals

## Day 3

3449 cals ● 249g protein (29%) ● 190g fat (50%) ● 137g carbs (16%) ● 48g fiber (6%)

### Lunch

1570 cals, 72g protein, 65g net carbs, 101g fat



Milk

2 1/4 cup(s)- 335 cals



Salsa verde tofu salad

1234 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Dinner

1605 cals, 117g protein, 70g net carbs, 88g fat



Garlic pepper seitan

1255 cals



Tomato and avocado salad

352 cals

## Day 4

3481 cals ● 268g protein (31%) ● 159g fat (41%) ● 209g carbs (24%) ● 36g fiber (4%)

### Lunch

1570 cals, 72g protein, 65g net carbs, 101g fat



Milk

2 1/4 cup(s)- 335 cals



Salsa verde tofu salad

1234 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Dinner

1640 cals, 136g protein, 142g net carbs, 57g fat



Cajun cod

24 oz- 748 cals



Buttery white rice

891 cals

## Day 5

3444 cals ● 224g protein (26%) ● 143g fat (37%) ● 243g carbs (28%) ● 73g fiber (8%)

### Lunch

1570 cals, 73g protein, 99g net carbs, 79g fat



Vegan deli smashed avocado sandwich

3 sandwich(es)- 1160 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

### Dinner

1600 cals, 90g protein, 142g net carbs, 63g fat



Caribbean seafood skewers

7 skewers- 715 cals



Roasted carrots

4 carrots(s)- 211 cals



Baked fries

676 cals

## Day 6

3498 cals ● 242g protein (28%) ● 157g fat (40%) ● 217g carbs (25%) ● 63g fiber (7%)

### Lunch

1625 cals, 91g protein, 73g net carbs, 93g fat



**Simple kale & avocado salad**  
633 cals



**Tuna salad sandwich**  
2 sandwich(es)- 991 cals

### Protein Supplement(s)

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



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

### Dinner

1600 cals, 90g protein, 142g net carbs, 63g fat



**Caribbean seafood skewers**  
7 skewers- 715 cals



**Roasted carrots**  
4 carrots(s)- 211 cals



**Baked fries**  
676 cals

## Day 7

3461 cals ● 272g protein (31%) ● 184g fat (48%) ● 125g carbs (14%) ● 53g fiber (6%)

### Lunch

1625 cals, 91g protein, 73g net carbs, 93g fat



**Simple kale & avocado salad**  
633 cals



**Tuna salad sandwich**  
2 sandwich(es)- 991 cals

### Protein Supplement(s)

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



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

### Dinner

1565 cals, 121g protein, 50g net carbs, 90g fat



**Almond crusted tilapia**  
16 1/2 oz- 1165 cals



**Buttered broccoli**  
3 cup(s)- 401 cals

## Finfish and Shellfish Products

- ☐ salmon  
3/4 lbs (340g)
- ☐ cod, raw  
2 1/2 lbs (1077g)
- ☐ shrimp, raw  
14 oz (397g)
- ☐ canned tuna  
1 1/4 lbs (567g)
- ☐ tilapia, raw  
16 1/2 oz (462g)

## Nut and Seed Products

- ☐ coconut milk, canned  
1/2 can (226mL)
- ☐ roasted pumpkin seeds, unsalted  
14 tbsp (103g)
- ☐ almonds  
2/3 cup, slivered (74g)

## Vegetables and Vegetable Products

- ☐ broccoli  
2 stalk (302g)
- ☐ fresh ginger  
1 slices (1" dia) (2g)
- ☐ mushrooms  
3 oz (85g)
- ☐ onion  
3 medium (2-1/2" dia) (331g)
- ☐ tomatoes  
7 1/2 medium whole (2-3/5" dia) (921g)
- ☐ garlic  
11 clove(s) (33g)
- ☐ potatoes  
3 1/2 lbs (1540g)
- ☐ raw celery  
1/6 bunch (104g)
- ☐ carrots  
10 1/2 medium (647g)
- ☐ green pepper  
1/2 cup, chopped (68g)
- ☐ kale leaves  
2 3/4 bunch (468g)
- ☐ frozen broccoli  
3 cup (273g)

## Beverages

## Legumes and Legume Products

- ☐ lentils, raw  
1/2 cup (96g)
- ☐ soy sauce  
3 1/2 tsp (18mL)
- ☐ firm tofu  
7 slice(s) (588g)
- ☐ black beans  
14 tbsp (210g)

## Baked Products

- ☐ bread  
1 1/4 lbs (576g)

## Dairy and Egg Products

- ☐ cheese  
1 cup, shredded (113g)
- ☐ whole milk  
4 1/2 cup(s) (1080mL)
- ☐ butter  
5 3/4 tbsp (82g)

## Other

- ☐ mixed greens  
19 cup (570g)
- ☐ dark beer (e.g. Guinness)  
1 1/6 bottle (12 oz) (mL)
- ☐ plant-based deli slices  
15 slices (156g)
- ☐ skewer(s)  
14 skewer(s) (14g)

## Fruits and Fruit Juices

- ☐ lime juice  
4 1/2 fl oz (137mL)
- ☐ avocados  
9 1/2 avocado(s) (1908g)
- ☐ canned pineapple  
2 1/2 cup, chunks (475g)
- ☐ lemon  
2 3/4 small (160g)

## Fats and Oils

- ☐ olive oil  
6 1/2 oz (204mL)

- ☐ **water**  
1 1/3 gallon (5184mL)
- ☐ **protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)

## Spices and Herbs

- ☐ **salt**  
1 oz (30g)
- ☐ **rosemary, dried**  
4 dash (1g)
- ☐ **garlic powder**  
1 tbsp (9g)
- ☐ **black pepper**  
1/3 oz (10g)
- ☐ **fresh thyme**  
1 3/4 tsp (1g)
- ☐ **ground cumin**  
2 1/3 tbsp (15g)
- ☐ **cajun seasoning**  
2 2/3 tbsp (18g)
- ☐ **paprika**  
1 3/4 tsp (4g)
- ☐ **ground ginger**  
1/2 tsp (1g)

- ☐ **salad dressing**  
6 tbsp (90mL)
- ☐ **oil**  
6 oz (178mL)
- ☐ **mayonnaise**  
6 tbsp (90mL)

## Cereal Grains and Pasta

- ☐ **all-purpose flour**  
2 1/2 oz (67g)
- ☐ **seitan**  
2 1/3 lbs (1063g)
- ☐ **long-grain white rice**  
1 cup (170g)

## Sweets

- ☐ **brown sugar**  
3 1/2 tsp (14g)

## Soups, Sauces, and Gravies

- ☐ **salsa verde**  
1/2 cup (112g)
  - ☐ **hot sauce**  
1 tbsp (15mL)
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## Lunch 1 [↗](#)

Eat on day 1

### Rosemary mushroom cheese sandwich

2 sandwich(es) - 815 cals ● 45g protein ● 43g fat ● 54g carbs ● 9g fiber



Makes 2 sandwich(es)

**bread**

4 slice(s) (128g)

**cheese**

1 cup, shredded (113g)

**mushrooms**

3 oz (85g)

**rosemary, dried**

4 dash (1g)

**mixed greens**

1 cup (30g)

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.

### Tomato and avocado salad

762 cals ● 10g protein ● 59g fat ● 21g carbs ● 26g fiber



**onion**

3 1/4 tbsp minced (49g)

**lime juice**

3 1/4 tbsp (49mL)

**olive oil**

2 1/2 tsp (12mL)

**garlic powder**

1/4 tbsp (3g)

**salt**

1/4 tbsp (5g)

**black pepper**

1/4 tbsp, ground (2g)

**avocados, cubed**

1 1/2 avocado(s) (327g)

**tomatoes, diced**

1 1/2 medium whole (2-3/5" dia) (200g)

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.

## Lunch 2 [↗](#)

Eat on day 2

### Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



#### mixed greens

6 cup (180g)

#### tomatoes

1 cup cherry tomatoes (149g)

#### salad dressing

6 tbsp (90mL)

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

### Vegan guinness stew

1280 cals ● 71g protein ● 46g fat ● 132g carbs ● 13g fiber



#### fresh thyme, chopped

1 3/4 tsp (1g)

#### all-purpose flour

3 1/2 tsp (9g)

#### dark beer (e.g. Guinness)

1 1/6 bottle (12 oz) (mL)

#### brown sugar

3 1/2 tsp (14g)

#### black pepper

1/2 tsp, ground (1g)

#### salt

1/2 tsp (3g)

#### soy sauce

3 1/2 tsp (17mL)

#### olive oil

3 tbsp (44mL)

#### garlic, minced

1 3/4 clove(s) (5g)

#### seitan, cut into bite-size pieces

1/2 lbs (231g)

#### potatoes, diced

1 1/6 medium (2+-1/4" to 3-1/4" dia.) (248g)

#### onion, diced

5/8 medium (2-1/2" dia) (64g)

#### raw celery, thinly sliced

1 3/4 stalk, medium (7-1/2" - 8" long) (70g)

#### carrots, halved lengthwise and thinly sliced

1 1/6 medium (71g)

1. Heat 2 tablespoons olive oil and soy sauce in a skillet over medium-high heat. Saute seitan in hot oil until browned on all sides, about 5 minutes.
2. Heat remaining olive oil in a large pot over medium-high heat. Saute onion, celery, carrots, potatoes, and garlic in hot oil until onions are soft, 3 to 5 minutes. Reduce heat to medium and slowly stir beer into vegetable mixture.
3. Stir brown sugar, flour, thyme, salt, and black pepper into beer mixture; add seitan. Bring mixture to a simmer, reduce heat to low, and cook until stew reduces and thickens, about 45 minutes.

## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Milk

2 1/4 cup(s) - 335 cal ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber



For single meal:

**whole milk**  
2 1/4 cup(s) (540mL)

For all 2 meals:

**whole milk**  
4 1/2 cup(s) (1080mL)

1. The recipe has no instructions.

### Salsa verde tofu salad

1234 cal ● 55g protein ● 83g fat ● 39g carbs ● 29g fiber



For single meal:

**firm tofu**  
3 1/2 slice(s) (294g)  
**oil**  
3 1/2 tsp (18mL)  
**mixed greens**  
5 1/4 cup (158g)  
**roasted pumpkin seeds, unsalted**  
1/2 cup (52g)  
**ground cumin**  
3 1/2 tsp (7g)  
**salsa verde**  
1/4 cup (56g)  
**avocados, sliced**  
7 slices (175g)  
**black beans, drained and rinsed**  
1/2 cup (105g)  
**tomatoes, chopped**  
1 3/4 roma tomato (140g)

For all 2 meals:

**firm tofu**  
7 slice(s) (588g)  
**oil**  
2 1/3 tbsp (35mL)  
**mixed greens**  
10 1/2 cup (315g)  
**roasted pumpkin seeds, unsalted**  
14 tbsp (103g)  
**ground cumin**  
2 1/3 tbsp (15g)  
**salsa verde**  
1/2 cup (112g)  
**avocados, sliced**  
14 slices (350g)  
**black beans, drained and rinsed**  
14 tbsp (210g)  
**tomatoes, chopped**  
3 1/2 roma tomato (280g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

## Lunch 4 [↗](#)

Eat on day 5

### Vegan deli smashed avocado sandwich

3 sandwich(es) - 1160 cals ● 68g protein ● 47g fat ● 88g carbs ● 29g fiber



Makes 3 sandwich(es)

**plant-based deli slices**

15 slices (156g)

**bread**

6 slice(s) (192g)

**hot sauce**

1 tbsp (15mL)

**mixed greens**

1 1/2 cup (45g)

**avocados, peeled & deseeded**

1 avocado(s) (201g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

### Tomato and avocado salad

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



**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)

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.

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Simple kale & avocado salad

633 cals ● 13g protein ● 42g fat ● 26g carbs ● 25g fiber



For single meal:

**kale leaves, chopped**  
1 1/2 bunch (234g)  
**avocados, chopped**  
1 1/2 avocado(s) (276g)  
**lemon, juiced**  
1 1/2 small (80g)

For all 2 meals:

**kale leaves, chopped**  
2 3/4 bunch (468g)  
**avocados, chopped**  
2 3/4 avocado(s) (553g)  
**lemon, juiced**  
2 3/4 small (160g)

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.

### Tuna salad sandwich

2 sandwich(es) - 991 cals ● 78g protein ● 51g fat ● 48g carbs ● 8g fiber



For single meal:

**bread**  
4 slice (128g)  
**mayonnaise**  
3 tbsp (45mL)  
**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**canned tuna**  
10 oz (284g)  
**raw celery, chopped**  
1 stalk, small (5" long) (17g)

For all 2 meals:

**bread**  
8 slice (256g)  
**mayonnaise**  
6 tbsp (90mL)  
**black pepper**  
4 dash (0g)  
**salt**  
4 dash (2g)  
**canned tuna**  
1 1/4 lbs (567g)  
**raw celery, chopped**  
2 stalk, small (5" long) (34g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

## Dinner 1 [↗](#)

Eat on day 1

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### Salmon & coconut ginger broccoli

12 oz salmon - 1264 cals ● 82g protein ● 92g fat ● 19g carbs ● 8g fiber



Makes 12 oz salmon

**salmon**

3/4 lbs (340g)

**coconut milk, canned**

1/2 can (226mL)

**broccoli, cut into florets**

2 stalk (302g)

**fresh ginger, peeled and thinly sliced**

1 slices (1" dia) (2g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.

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### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



**water**

2 cup(s) (474mL)

**salt**

1 dash (1g)

**lentils, raw, rinsed**

1/2 cup (96g)

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.
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## Dinner 2 [↗](#)

Eat on day 2 and day 3

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### Garlic pepper seitan

1255 cals ● 112g protein ● 61g fat ● 60g carbs ● 5g fiber



For single meal:

**olive oil**  
1/4 cup (55mL)  
**onion**  
1/2 cup, chopped (73g)  
**green pepper**  
1/4 cup, chopped (34g)  
**black pepper**  
1/2 tsp, ground (1g)  
**water**  
2 tbsp (28mL)  
**salt**  
2 dash (1g)  
**seitan, chicken style**  
14 2/3 oz (416g)  
**garlic, minced**  
4 1/2 clove(s) (14g)

For all 2 meals:

**olive oil**  
1/2 cup (110mL)  
**onion**  
1 cup, chopped (147g)  
**green pepper**  
1/2 cup, chopped (68g)  
**black pepper**  
1 tsp, ground (2g)  
**water**  
1/4 cup (55mL)  
**salt**  
1/2 tsp (3g)  
**seitan, chicken style**  
29 1/3 oz (832g)  
**garlic, minced**  
9 clove(s) (28g)

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.

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### Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia)  
(92g)

For all 2 meals:

**onion**  
3 tbsp minced (45g)  
**lime juice**  
3 tbsp (45mL)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**avocados, cubed**  
1 1/2 avocado(s) (302g)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia)  
(185g)

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.

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## Dinner 3 [🔗](#)

Eat on day 4

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### Cajun cod

24 oz - 748 cals ● 123g protein ● 24g fat ● 8g carbs ● 2g fiber



Makes 24 oz

**cod, raw**  
1 1/2 lbs (680g)  
**cajun seasoning**  
2 2/3 tbsp (18g)  
**oil**  
4 tsp (20mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

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### Buttery white rice

891 cals ● 12g protein ● 33g fat ● 134g carbs ● 3g fiber

**black pepper**

1/2 tsp, ground (1g)

**butter**

2 3/4 tbsp (39g)

**salt**

1 tsp (6g)

**water**

2 cup(s) (435mL)

**long-grain white rice**

1 cup (170g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

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## Dinner 4 [↗](#)

Eat on day 5 and day 6

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### Caribbean seafood skewers

7 skewers - 715 cals ● 77g protein ● 27g fat ● 36g carbs ● 4g fiber



For single meal:

**skewer(s)**  
7 skewer(s) (7g)  
**canned pineapple**  
1 1/3 cup, chunks (238g)  
**lime juice**  
1 3/4 tsp (9mL)  
**paprika**  
1 tsp (2g)  
**ground ginger**  
1/4 tsp (0g)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/4 tsp (1g)  
**oil**  
1 3/4 tbsp (26mL)  
**cod, raw, cubed**  
1/2 lbs (198g)  
**shrimp, raw, peeled and deveined**  
1/2 lbs (198g)

For all 2 meals:

**skewer(s)**  
14 skewer(s) (14g)  
**canned pineapple**  
2 1/2 cup, chunks (475g)  
**lime juice**  
3 1/2 tsp (18mL)  
**paprika**  
1 3/4 tsp (4g)  
**ground ginger**  
1/2 tsp (1g)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1/2 tsp (3g)  
**oil**  
1/4 cup (53mL)  
**cod, raw, cubed**  
14 oz (397g)  
**shrimp, raw, peeled and deveined**  
14 oz (397g)

1. Skewer the shrimp, cod, and pineapple in an alternating pattern.
2. Mix the dry spices in a small bowl. Rub the skewers with half of the oil and pat the spices evenly over them.
3. Heat the remaining half of oil in a large skillet over medium heat. Add the skewers and cook for about 5 minutes, flip it gently to the other side, and cook for another 5 minutes or until the shrimp is pink and the cod is fully cooked.
4. Serve with a sprinkle of lime juice.

## Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**carrots, sliced**  
4 large (288g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**carrots, sliced**  
8 large (576g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

## Baked fries

676 cals ● 11g protein ● 25g fat ● 86g carbs ● 15g fiber



For single meal:

**potatoes**

1 3/4 large (3" to 4-1/4" dia.) (646g)

**oil**

1 3/4 tbsp (26mL)

For all 2 meals:

**potatoes**

3 1/2 large (3" to 4-1/4" dia.) (1292g)

**oil**

1/4 cup (53mL)

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.

## Dinner 5 [↗](#)

Eat on day 7

### Almond crusted tilapia

16 1/2 oz - 1165 cal ● 112g protein ● 56g fat ● 44g carbs ● 10g fiber



Makes 16 1/2 oz

**almonds**

2/3 cup, slivered (74g)

**tilapia, raw**

16 1/2 oz (462g)

**all-purpose flour**

1/2 cup(s) (57g)

**salt**

1/3 tsp (1g)

**olive oil**

4 tsp (21mL)

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.

### Buttered broccoli

3 cup(s) - 401 cal ● 9g protein ● 35g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

- salt**  
1 1/2 dash (1g)
- frozen broccoli**  
3 cup (273g)
- black pepper**  
1 1/2 dash (0g)
- butter**  
3 tbsp (43g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

## 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:

- 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.