

# Meal Plan - 1100 calorie high protein 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

1095 cals ● 131g protein (48%) ● 43g fat (35%) ● 35g carbs (13%) ● 11g fiber (4%)

### Breakfast

160 cals, 7g protein, 2g net carbs, 12g fat



[Hardboiled egg and avocado bowl](#)

160 cals

### Lunch

390 cals, 47g protein, 18g net carbs, 13g fat



[Mashed sweet potatoes](#)

92 cals



[Pan fried tilapia](#)

8 oz- 298 cals

### Dinner

330 cals, 29g protein, 13g net carbs, 17g fat



[Vegan sausage](#)

1 sausage(s)- 268 cals



[Roasted tomatoes](#)

1 tomato(es)- 60 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

## Day 2

1095 cals ● 131g protein (48%) ● 43g fat (35%) ● 35g carbs (13%) ● 11g fiber (4%)

### Breakfast

160 cals, 7g protein, 2g net carbs, 12g fat



[Hardboiled egg and avocado bowl](#)

160 cals

### Lunch

390 cals, 47g protein, 18g net carbs, 13g fat



[Mashed sweet potatoes](#)

92 cals



[Pan fried tilapia](#)

8 oz- 298 cals

### Dinner

330 cals, 29g protein, 13g net carbs, 17g fat



[Vegan sausage](#)

1 sausage(s)- 268 cals



[Roasted tomatoes](#)

1 tomato(es)- 60 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

## Day 3

1088 cals ● 129g protein (47%) ● 38g fat (31%) ● 43g carbs (16%) ● 15g fiber (5%)

### Breakfast

185 cals, 21g protein, 16g net carbs, 3g fat



Kiwi

1 kiwi- 47 cals



Protein greek yogurt

1 container- 139 cals

### Dinner

300 cals, 27g protein, 5g net carbs, 18g fat



String cheese

1 stick(s)- 83 cals



Avocado tuna salad

218 cals

### Lunch

385 cals, 33g protein, 21g net carbs, 16g fat



Avocado tuna salad stuffed pepper

1 half pepper(s)- 228 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

## Day 4

1093 cals ● 104g protein (38%) ● 24g fat (20%) ● 94g carbs (34%) ● 22g fiber (8%)

### Breakfast

185 cals, 21g protein, 16g net carbs, 3g fat



Kiwi

1 kiwi- 47 cals



Protein greek yogurt

1 container- 139 cals

### Dinner

375 cals, 13g protein, 50g net carbs, 10g fat



Chickpea stuffed sweet potato

1/2 sweet potato(es)- 244 cals



Brown rice

1/4 cup brown rice, cooked- 57 cals



Milk

1/2 cup(s)- 75 cals

### Lunch

315 cals, 22g protein, 27g net carbs, 9g fat



Homemade mashed potatoes

60 cals



Sugar snap peas

82 cals



Garlic pepper seitan

171 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

## Day 5

1086 cals ● 111g protein (41%) ● 25g fat (21%) ● 89g carbs (33%) ● 15g fiber (6%)

### Breakfast

185 cals, 21g protein, 16g net carbs, 3g fat



**Kiwi**

1 kiwi- 47 cals



**Protein greek yogurt**

1 container- 139 cals

### Dinner

370 cals, 19g protein, 45g net carbs, 12g fat



**Tofu alfredo pasta with broccoli**

221 cals



**Milk**

1 cup(s)- 149 cals

### Lunch

315 cals, 22g protein, 27g net carbs, 9g fat



**Homemade mashed potatoes**

60 cals



**Sugar snap peas**

82 cals



**Garlic pepper seitan**

171 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

## Day 6

1083 cals ● 98g protein (36%) ● 25g fat (21%) ● 82g carbs (30%) ● 34g fiber (13%)

### Breakfast

285 cals, 8g protein, 32g net carbs, 5g fat



**Grapefruit**

1/2 grapefruit- 59 cals



**High fiber cereal**

227 cals

### Dinner

270 cals, 17g protein, 19g net carbs, 10g fat



**Grapes**

58 cals



**Salmon & artichoke salad**

210 cals

### Lunch

310 cals, 24g protein, 29g net carbs, 9g fat



**Naan bread**

1/2 piece(s)- 131 cals



**Edamame & beet salad**

86 cals



**Cajun cod**

3 oz- 94 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

Day 7

1083 cals ● 98g protein (36%) ● 25g fat (21%) ● 82g carbs (30%) ● 34g fiber (13%)

Breakfast

285 cals, 8g protein, 32g net carbs, 5g fat



Grapefruit  
1/2 grapefruit- 59 cals



High fiber cereal  
227 cals

Dinner

270 cals, 17g protein, 19g net carbs, 10g fat



Grapes  
58 cals



Salmon & artichoke salad  
210 cals

Lunch

310 cals, 24g protein, 29g net carbs, 9g fat



Naan bread  
1/2 piece(s)- 131 cals



Edamame & beet salad  
86 cals



Cajun cod  
3 oz- 94 cals

Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

## Vegetables and Vegetable Products

- ☐ onion  
3/8 medium (2-1/2" dia) (48g)
- ☐ bell pepper  
1/2 large (91g)
- ☐ sweet potatoes  
1 1/2 sweetpotato, 5" long (315g)
- ☐ tomatoes  
2 1/2 medium whole (2-3/5" dia) (304g)
- ☐ potatoes  
1/3 lbs (151g)
- ☐ frozen sugar snap peas  
2 2/3 cup (384g)
- ☐ green pepper  
1 tbsp, chopped (9g)
- ☐ garlic  
1 1/2 clove(s) (5g)
- ☐ shallots  
1/4 clove(s) (14g)
- ☐ frozen broccoli  
1/8 package (36g)
- ☐ edamame, frozen, shelled  
1/2 cup (59g)
- ☐ beets, precooked (canned or refrigerated)  
2 beet(s) (100g)
- ☐ artichokes, canned  
2/3 cup hearts (112g)

## Spices and Herbs

- ☐ black pepper  
2 1/4 g (2g)
- ☐ salt  
1/6 oz (6g)
- ☐ basil, dried  
2 dash, ground (0g)
- ☐ cajun seasoning  
2 tsp (5g)

## Dairy and Egg Products

- ☐ eggs  
2 large (100g)
- ☐ lowfat flavored greek yogurt  
1 (5.3 oz ea) container(s) (150g)
- ☐ string cheese  
1 stick (28g)
- ☐ whole milk  
2 1/2 cup(s) (619mL)

## Beverages

- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ water  
14 1/4 cup (3418mL)
- ☐ almond milk, unsweetened  
1 tbsp (14mL)

## Fats and Oils

- ☐ olive oil  
1 oz (35mL)
- ☐ oil  
1/2 oz (18mL)
- ☐ balsamic vinaigrette  
5 tbsp (75mL)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1 lbs (448g)
- ☐ canned tuna  
1 can (172g)
- ☐ cod, raw  
6 oz (170g)
- ☐ canned salmon  
6 oz (170g)

## Other

- ☐ vegan sausage  
2 sausage (200g)
- ☐ protein greek yogurt, flavored  
3 container (450g)
- ☐ mixed greens  
4 1/2 cup (135g)
- ☐ balsamic glaze  
1/4 tbsp (4mL)
- ☐ high fiber cereal  
1 1/3 cup (80g)

## Cereal Grains and Pasta

- ☐ seitan  
4 oz (113g)
- ☐ brown rice  
4 tsp (16g)
- ☐ uncooked dry pasta  
1 1/2 oz (43g)

## Legumes and Legume Products

## Fruits and Fruit Juices

- ☐ **avocados**  
1 avocado(s) (201g)
  - ☐ **lime juice**  
1 tsp (5mL)
  - ☐ **kiwi**  
3 fruit (207g)
  - ☐ **Grapefruit**  
1 large (approx 4-1/2" dia) (332g)
  - ☐ **grapes**  
2 cup (184g)
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- ☐ **chickpeas, canned**  
1/4 can(s) (112g)
- ☐ **firm tofu**  
1/8 package (16 oz) (57g)

## Baked Products

- ☐ **naan bread**  
1 piece(s) (90g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp chopped (5g)  
**bell pepper**  
1/2 tbsp, diced (5g)  
**black pepper**  
1/2 dash (0g)  
**eggs**  
1 large (50g)  
**salt**  
1/2 dash (0g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**onion**  
1 tbsp chopped (10g)  
**bell pepper**  
1 tbsp, diced (9g)  
**black pepper**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**salt**  
1 dash (0g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 3 meals:

**kiwi**  
3 fruit (207g)

1. Slice the kiwi and serve.

## Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 3 meals:

**protein greek yogurt, flavored**  
3 container (450g)

1. Enjoy.

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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**Grapefruit**  
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

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### High fiber cereal

227 cal ● 7g protein ● 5g fat ● 21g carbs ● 18g fiber



For single meal:

**high fiber cereal**  
2/3 cup (40g)  
**whole milk**  
1/2 cup(s) (120mL)

For all 2 meals:

**high fiber cereal**  
1 1/3 cup (80g)  
**whole milk**  
1 cup(s) (240mL)

1. Add cereal and milk to a bowl and serve.
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## Lunch 1 [🔗](#)

Eat on day 1 and day 2

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### Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
  2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
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### Pan fried tilapia

8 oz - 298 cals ● 45g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**

2 tsp (10mL)

**black pepper**

1/3 tsp, ground (1g)

**salt**

1/3 tsp (2g)

**tilapia, raw**

1/2 lbs (224g)

For all 2 meals:

**olive oil**

4 tsp (20mL)

**black pepper**

1/4 tbsp, ground (2g)

**salt**

1/4 tbsp (4g)

**tilapia, raw**

16 oz (448g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
  2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.
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## Lunch 2 [↗](#)

Eat on day 3

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### Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cal ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



Makes 1 half pepper(s)

**avocados**

1/4 avocado(s) (50g)

**lime juice**

1/2 tsp (3mL)

**salt**

1/2 dash (0g)

**black pepper**

1/2 dash (0g)

**bell pepper**

1/2 large (82g)

**onion**

1/8 small (9g)

**canned tuna, drained**

1/2 can (86g)

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.

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### Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



Makes 1 container(s)

**lowfat flavored greek yogurt**

1 (5.3 oz ea) container(s) (150g)

1. The recipe has no instructions.
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## Lunch 3 [↗](#)

Eat on day 4 and day 5

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### Homemade mashed potatoes

60 cals ● 2g protein ● 0g fat ● 11g carbs ● 2g fiber



For single meal:

**whole milk**

1/8 cup(s) (10mL)

**potatoes, peeled & cut into chunks**

2 2/3 oz (76g)

For all 2 meals:

**whole milk**

1/8 cup(s) (20mL)

**potatoes, peeled & cut into chunks**

1/3 lbs (151g)

1. Place the potatoes chunks in a large pot and cover with cold water.
2. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are tender, about 15-20 minutes.
3. Drain the potatoes and return them to the pot.
4. Add the milk to the pot. Mash the potatoes with a potato masher, fork, or electric mixer until smooth and creamy.
5. Season with salt and pepper to taste. Serve.

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### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**

1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**

2 2/3 cup (384g)

1. Prepare according to instructions on package.

### Garlic pepper seitan

171 cals ● 15g protein ● 8g fat ● 8g carbs ● 1g fiber



For single meal:

- olive oil**  
1/2 tbsp (8mL)
- onion**  
1 tbsp, chopped (10g)
- green pepper**  
1/2 tbsp, chopped (5g)
- black pepper**  
1/2 dash, ground (0g)
- water**  
1/4 tbsp (4mL)
- salt**  
1/4 dash (0g)
- seitan, chicken style**  
2 oz (57g)
- garlic, minced**  
5/8 clove(s) (2g)

For all 2 meals:

- olive oil**  
1 tbsp (15mL)
- onion**  
2 tbsp, chopped (20g)
- green pepper**  
1 tbsp, chopped (9g)
- black pepper**  
1 dash, ground (0g)
- water**  
1/2 tbsp (8mL)
- salt**  
1/2 dash (0g)
- seitan, chicken style**  
4 oz (113g)
- garlic, minced**  
1 1/4 clove(s) (4g)

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.

## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

- naan bread**  
1/2 piece(s) (45g)

For all 2 meals:

- naan bread**  
1 piece(s) (90g)

1. The recipe has no instructions.

### Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



For single meal:

**mixed greens**  
1/2 cup (15g)  
**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**edamame, frozen, shelled**  
4 tbsp (30g)  
**beets, precooked (canned or refrigerated), chopped**  
1 beet(s) (50g)

For all 2 meals:

**mixed greens**  
1 cup (30g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**edamame, frozen, shelled**  
1/2 cup (59g)  
**beets, precooked (canned or refrigerated), chopped**  
2 beet(s) (100g)

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

## Cajun cod

3 oz - 94 cals ● 15g protein ● 3g fat ● 1g carbs ● 0g fiber



For single meal:

**cod, raw**  
3 oz (85g)  
**cajun seasoning**  
1 tsp (2g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**cod, raw**  
6 oz (170g)  
**cajun seasoning**  
2 tsp (5g)  
**oil**  
1 tsp (5mL)

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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## Dinner 1 [🔗](#)

Eat on day 1 and day 2

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### Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

**vegan sausage**  
1 sausage (100g)

For all 2 meals:

**vegan sausage**  
2 sausage (200g)

1. Prepare according to package instructions.
  2. Serve.
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### Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**tomatoes**  
1 small whole (2-2/5" dia) (91g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**tomatoes**  
2 small whole (2-2/5" dia) (182g)

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 2 [↗](#)

Eat on day 3

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### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



Makes 1 stick(s)

**string cheese**

1 stick (28g)

1. The recipe has no instructions.

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### Avocado tuna salad

218 cals ● 20g protein ● 12g fat ● 3g carbs ● 4g fiber



**avocados**

1/4 avocado(s) (50g)

**lime juice**

1/2 tsp (3mL)

**salt**

1/2 dash (0g)

**black pepper**

1/2 dash (0g)

**mixed greens**

1/2 cup (15g)

**canned tuna**

1/2 can (86g)

**tomatoes**

2 tbsp, chopped (23g)

**onion, minced**

1/8 small (9g)

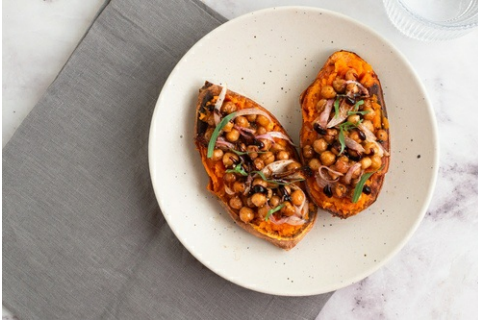
1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
  2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
  3. Serve.
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## Dinner 3 [🔗](#)

Eat on day 4

### Chickpea stuffed sweet potato

1/2 sweet potato(es) - 244 cals ● 8g protein ● 6g fat ● 32g carbs ● 9g fiber



Makes 1/2 sweet potato(es)

#### oil

1/4 tbsp (4mL)

#### balsamic glaze

1/4 tbsp (4mL)

#### shallots, chopped

1/4 clove(s) (14g)

#### sweet potatoes, halved lengthwise

1/2 sweetpotato, 5" long (105g)

#### chickpeas, canned, drained & rinsed

1/4 can(s) (112g)

1. Preheat the oven to 425°F (220°C).
2. Rub a few drops of the oil on the sweet potato halves and season with salt and pepper. Place the sweet potato cut-side down on one half of a baking sheet. Roast in the oven for 20 minutes.
3. In a small bowl, mix the chickpeas and shallot with the remaining oil and season with some salt and pepper.
4. Remove the baking sheet from the oven and add the chickpea mixture to the other half of the pan. Roast for an additional 18-20 minutes, or until sweet potato is tender and the shallots are beginning to char.
5. Transfer the sweet potato to a plate and gently mash the flesh inside the skin. Make a divot in the mashed sweet potato and stuff it with the chickpea mixture.
6. Drizzle with balsamic glaze and serve.

### Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber





Makes 1/4 cup brown rice, cooked

- salt**  
1/2 dash (0g)
- water**  
1/6 cup(s) (39mL)
- black pepper**  
1/2 dash, ground (0g)
- brown rice**  
4 tsp (16g)

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.

**Milk**

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



- Makes 1/2 cup(s)
- whole milk**  
1/2 cup(s) (120mL)

1. The recipe has no instructions.
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## Dinner 4 [↗](#)

Eat on day 5

### Tofu alfredo pasta with broccoli

221 cal ● 11g protein ● 4g fat ● 33g carbs ● 3g fiber



**uncooked dry pasta**

1 1/2 oz (43g)

**firm tofu**

1/8 package (16 oz) (57g)

**frozen broccoli**

1/8 package (36g)

**garlic**

1/4 clove(s) (1g)

**salt**

1/8 dash (0g)

**almond milk, unsweetened**

1 tbsp (15mL)

**basil, dried**

2 dash, ground (0g)

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.

### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



Makes 1 cup(s)

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.

Dinner 5

Eat on day 6 and day 7

Grapes

58 calsgreen1g proteinorange0g fatblue9g carbsgrey4g fiber



For single meal:

grapes  
1 cup (92g)

For all 2 meals:

grapes  
2 cup (184g)

- 1. The recipe has no instructions.

Salmon & artichoke salad

210 calsgreen17g proteinorange10g fatblue10g carbsgrey5g fiber



For single meal:

canned salmon  
3 oz (85g)  
artichokes, canned  
1/3 cup hearts (56g)  
mixed greens  
1 1/2 cup (45g)  
balsamic vinaigrette  
2 tbsp (30mL)  
tomatoes, halved  
1/3 cup cherry tomatoes (50g)

For all 2 meals:

canned salmon  
6 oz (170g)  
artichokes, canned  
2/3 cup hearts (112g)  
mixed greens  
3 cup (90g)  
balsamic vinaigrette  
4 tbsp (60mL)  
tomatoes, halved  
2/3 cup cherry tomatoes (99g)

- 1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

# Protein Supplement(s)

Eat every day

## Protein shake

2 scoop - 218 cals  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.