

# Meal Plan - 1500 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

1566 cals ● 138g protein (35%) ● 47g fat (27%) ● 120g carbs (31%) ● 26g fiber (7%)

### Breakfast

255 cals, 11g protein, 16g net carbs, 14g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Hummus toast

1 slice(s)- 146 cals

### Snacks

170 cals, 7g protein, 10g net carbs, 8g fat



#### Bell pepper strips and hummus

170 cals

### Lunch

445 cals, 18g protein, 58g net carbs, 14g fat



#### Spinach parmesan pasta

365 cals



#### Healthy coleslaw

80 cals

### Dinner

420 cals, 42g protein, 34g net carbs, 11g fat



#### Simple seared tuna steak

5 1/3 oz- 235 cals



#### Corn

185 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 2

1531 cals ● 134g protein (35%) ● 81g fat (48%) ● 45g carbs (12%) ● 21g fiber (5%)

### Breakfast

255 cals, 11g protein, 16g net carbs, 14g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Hummus toast

1 slice(s)- 146 cals

### Lunch

430 cals, 29g protein, 8g net carbs, 31g fat



#### Sautéed peppers and onions

63 cals



#### Cheesy garlicy salmon

367 cals

### Snacks

170 cals, 7g protein, 10g net carbs, 8g fat



#### Bell pepper strips and hummus

170 cals

### Dinner

400 cals, 27g protein, 8g net carbs, 28g fat



#### Buttered broccoli

1 cup(s)- 134 cals



#### Honey dijon salmon

4 oz- 268 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 3

1496 cals ● 135g protein (36%) ● 76g fat (46%) ● 52g carbs (14%) ● 16g fiber (4%)

### Breakfast

190 cals, 5g protein, 27g net carbs, 5g fat



#### Clementine

2 clementine(s)- 78 cals



#### Toast with butter

1 slice(s)- 114 cals

### Lunch

430 cals, 29g protein, 8g net carbs, 31g fat



#### Sautéed peppers and onions

63 cals



#### Cheesy garlicy salmon

367 cals

### Snacks

200 cals, 14g protein, 7g net carbs, 11g fat



#### Raspberries

1/2 cup(s)- 36 cals



#### String cheese

2 stick(s)- 165 cals

### Dinner

400 cals, 27g protein, 8g net carbs, 28g fat



#### Buttered broccoli

1 cup(s)- 134 cals



#### Honey dijon salmon

4 oz- 268 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 4

1466 cals ● 155g protein (42%) ● 48g fat (30%) ● 82g carbs (23%) ● 20g fiber (6%)

### Breakfast

190 cals, 5g protein, 27g net carbs, 5g fat



#### Clementine

2 clementine(s)- 78 cals



#### Toast with butter

1 slice(s)- 114 cals

### Snacks

200 cals, 14g protein, 7g net carbs, 11g fat



#### Raspberries

1/2 cup(s)- 36 cals



#### String cheese

2 stick(s)- 165 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

### Lunch

355 cals, 19g protein, 16g net carbs, 21g fat



#### Peanut tempeh

2 oz tempeh- 217 cals



#### Simple mixed greens salad

136 cals

### Dinner

445 cals, 56g protein, 31g net carbs, 10g fat



#### Couscous

151 cals



#### Cajun tilapia

9 oz- 297 cals

## Day 5

1534 cals ● 152g protein (40%) ● 44g fat (26%) ● 104g carbs (27%) ● 29g fiber (8%)

### Breakfast

210 cals, 19g protein, 1g net carbs, 14g fat



#### Boiled eggs

3 egg(s)- 208 cals

### Lunch

480 cals, 18g protein, 74g net carbs, 10g fat



#### Clementine

2 clementine(s)- 78 cals



#### Pasta with store-bought sauce

255 cals



#### Milk

1 cup(s)- 149 cals

### Snacks

185 cals, 18g protein, 9g net carbs, 5g fat



#### Tuna cucumber bites

115 cals



#### Raspberries

1 cup(s)- 72 cals

### Dinner

385 cals, 37g protein, 17g net carbs, 13g fat



#### Almond crusted tilapia

4 oz- 282 cals



#### Broccoli

3 1/2 cup(s)- 102 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 6

1534 cals ● 152g protein (40%) ● 44g fat (26%) ● 104g carbs (27%) ● 29g fiber (8%)

### Breakfast

210 cals, 19g protein, 1g net carbs, 14g fat



**Boiled eggs**  
3 egg(s)- 208 cals

### Lunch

480 cals, 18g protein, 74g net carbs, 10g fat



**Clementine**  
2 clementine(s)- 78 cals



**Pasta with store-bought sauce**  
255 cals



**Milk**  
1 cup(s)- 149 cals

### Snacks

185 cals, 18g protein, 9g net carbs, 5g fat



**Tuna cucumber bites**  
115 cals



**Raspberries**  
1 cup(s)- 72 cals

### Dinner

385 cals, 37g protein, 17g net carbs, 13g fat



**Almond crusted tilapia**  
4 oz- 282 cals



**Broccoli**  
3 1/2 cup(s)- 102 cals

### Protein Supplement(s)

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



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

## Day 7

1519 cals ● 134g protein (35%) ● 48g fat (28%) ● 114g carbs (30%) ● 24g fiber (6%)

### Breakfast

210 cals, 19g protein, 1g net carbs, 14g fat



**Boiled eggs**  
3 egg(s)- 208 cals

### Lunch

370 cals, 13g protein, 40g net carbs, 14g fat



**Lentil kale salad**  
292 cals



**Clementine**  
2 clementine(s)- 78 cals

### Snacks

185 cals, 18g protein, 9g net carbs, 5g fat



**Tuna cucumber bites**  
115 cals



**Raspberries**  
1 cup(s)- 72 cals

### Dinner

480 cals, 23g protein, 62g net carbs, 13g fat



**Spaghetti and meatless meatballs**  
332 cals



**Milk**  
1 cup(s)- 149 cals

### Protein Supplement(s)

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



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

# Grocery List



## Cereal Grains and Pasta

- uncooked dry pasta  
1/2 lbs (228g)
- instant couscous, flavored  
1/4 box (5.8 oz) (41g)
- all-purpose flour  
1/4 cup(s) (28g)

## Dairy and Egg Products

- butter  
3/8 stick (48g)
- parmesan cheese  
1/2 cup (46g)
- nonfat greek yogurt, plain  
2 tbsp (35g)
- string cheese  
4 stick (112g)
- whole milk  
3 cup(s) (720mL)
- eggs  
9 large (450g)

## Vegetables and Vegetable Products

- fresh spinach  
1/4 10oz package (71g)
- garlic  
3 clove(s) (9g)
- bell pepper  
2 1/2 large (402g)
- frozen corn kernels  
1 1/3 cup (181g)
- onion  
1/2 medium (2-1/2" dia) (55g)
- frozen broccoli  
9 cup (819g)
- cucumber  
3/4 cucumber (8-1/4") (226g)
- kale leaves  
1 cup, chopped (45g)

## Spices and Herbs

- salt  
1/8 oz (2g)
- black pepper  
1 g (1g)
- fresh basil  
2 leaves (1g)

## Soups, Sauces, and Gravies

- apple cider vinegar  
3/4 tbsp (1mL)
- pasta sauce  
3/8 jar (24 oz) (252g)

## Other

- coleslaw mix  
1/4 package (14 oz) (99g)
- nutritional yeast  
1/4 tbsp (1g)
- mixed greens  
3 cup (90g)
- vegan meatballs, frozen  
1 1/2 meatball(s) (45g)

## Sweets

- honey  
3 1/2 tsp (25g)

## Legumes and Legume Products

- hummus  
1/2 lbs (237g)
- tempeh  
2 oz (57g)
- peanut butter  
1 tbsp (16g)
- soy sauce  
1/2 tsp (3mL)
- lentils, raw  
3 tbsp (36g)

## Nut and Seed Products

- almonds  
2 3/4 oz (77g)

## Baked Products

- bread  
4 slice (128g)

## Fats and Oils

- olive oil  
1 oz (27mL)
- oil  
2 1/2 tbsp (39mL)

- dijon mustard  
4 tsp (20g)
- cajun seasoning  
1 tsp (3g)
- crushed red pepper  
3 dash (1g)
- ground cumin  
3 dash (1g)

## Beverages

- water  
18 1/3 cup(s) (4344mL)
- protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

- salad dressing  
3 tbsp (45mL)

## Finfish and Shellfish Products

- yellowfin tuna steaks, raw  
1/3 lbs (151g)
- salmon  
1 lbs (454g)
- tilapia, raw  
1 lbs (476g)
- canned tuna  
3 packet (222g)

## Fruits and Fruit Juices

- lemon juice  
2 tbsp (30mL)
- clementines  
10 fruit (740g)
- raspberries  
4 cup (492g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**bread**  
1 slice (32g)  
**hummus**  
2 1/2 tbsp (38g)

For all 2 meals:

**bread**  
2 slice (64g)  
**hummus**  
5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. The recipe has no instructions.

### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

For all 2 meals:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)

For all 3 meals:

**eggs**  
9 large (450g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

## Lunch 1 ↗

Eat on day 1

### Spinach parmesan pasta

365 cals ● 13g protein ● 13g fat ● 44g carbs ● 4g fiber



**uncooked dry pasta**  
2 oz (57g)  
**butter**  
3/4 tbsp (11g)  
**fresh spinach**  
1/4 10oz package (71g)  
**parmesan cheese**  
2 tbsp (13g)  
**salt**  
1 dash (1g)  
**black pepper**  
4 dash, ground (1g)  
**water**  
1/8 cup(s) (20mL)  
**garlic, minced**  
1/2 clove(s) (2g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

### Healthy coleslaw

80 cals ● 4g protein ● 0g fat ● 13g carbs ● 2g fiber



**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**apple cider vinegar**  
3/4 tbsp (1mL)  
**coleslaw mix**  
1/4 package (14 oz) (99g)  
**honey**  
1/2 tbsp (11g)

1. In a small bowl mix together the Greek yogurt, vinegar, honey, and some salt/pepper until smooth.
2. Place coleslaw mix in a large bowl and pour dressing on top. Toss to coat. Serve.

## Lunch 2 ↗

Eat on day 2 and day 3

### Sauteed peppers and onions

63 cals ● 1g protein ● 4g fat ● 5g carbs ● 2g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, sliced into strips**  
1/2 large (82g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, sliced into strips**  
1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

### Cheesy garlicky salmon

367 cals ● 28g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

**parmesan cheese**  
2 1/2 tbsp (17g)  
**salmon**  
4 oz (113g)  
**lemon juice**  
1/2 tbsp (8mL)  
**oil**  
1/2 tbsp (8mL)  
**fresh basil, chopped**  
1 leaves (1g)  
**garlic, minced**  
1/2 clove(s) (2g)

For all 2 meals:

**parmesan cheese**  
1/3 cup (33g)  
**salmon**  
1/2 lbs (227g)  
**lemon juice**  
1 tbsp (15mL)  
**oil**  
1 tbsp (15mL)  
**fresh basil, chopped**  
2 leaves (1g)  
**garlic, minced**  
1 clove(s) (3g)

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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## Lunch 3

Eat on day 4

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### Peanut tempeh

2 oz tempeh - 217 cals  16g protein  11g fat  7g carbs  5g fiber



Makes 2 oz tempeh

**tempeh**

2 oz (57g)

**peanut butter**

1 tbsp (16g)

**lemon juice**

1/4 tbsp (4mL)

**soy sauce**

1/2 tsp (3mL)

**nutritional yeast**

1/4 tbsp (1g)

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.

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## Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

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

## Lunch 4 ↗

Eat on day 5 and day 6

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. The recipe has no instructions.

### Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**  
2 oz (57g)  
**pasta sauce**  
1/8 jar (24 oz) (84g)

For all 2 meals:

**uncooked dry pasta**  
4 oz (114g)  
**pasta sauce**  
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

### Milk

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



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no instructions.

## Lunch 5 ↗

Eat on day 7

### Lentil kale salad

292 cals ● 12g protein ● 14g fat ● 24g carbs ● 6g fiber



**lentils, raw**  
3 tbsp (36g)  
**lemon juice**  
3/4 tbsp (11mL)  
**almonds**  
3/4 tbsp, slivered (5g)  
**oil**  
3/4 tbsp (11mL)  
**kale leaves**  
1 cup, chopped (45g)  
**crushed red pepper**  
3 dash (1g)  
**water**  
3/4 cup(s) (178mL)  
**ground cumin**  
3 dash (1g)  
**garlic, diced**  
3/4 clove(s) (2g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber

Makes 2 clementine(s)

**clementines**  
2 fruit (148g)

1. The recipe has no instructions.



## Snacks 1 ↗

Eat on day 1 and day 2

### Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

**hummus**  
1/3 cup (81g)  
**bell pepper**  
1 medium (119g)

For all 2 meals:

**hummus**  
2/3 cup (162g)  
**bell pepper**  
2 medium (238g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

## Snacks 2 ↗

Eat on day 3 and day 4

### Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**raspberries**  
1/2 cup (62g)

For all 2 meals:

**raspberries**  
1 cup (123g)

1. Rinse raspberries and serve.

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**

2 stick (56g)

For all 2 meals:

**string cheese**

4 stick (112g)

1. The recipe has no instructions.

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## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**canned tuna**

1 packet (74g)

**cucumber, sliced**

1/4 cucumber (8-1/4") (75g)

For all 3 meals:

**canned tuna**

3 packet (222g)

**cucumber, sliced**

3/4 cucumber (8-1/4") (226g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

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### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**

1 cup (123g)

For all 3 meals:

**raspberries**

3 cup (369g)

1. Rinse raspberries and serve.

## Dinner 1 ↗

Eat on day 1

### Simple seared tuna steak

5 1/3 oz - 235 cals ● 37g protein ● 10g fat ● 0g carbs ● 0g fiber



Makes 5 1/3 oz

**olive oil**  
2 tsp (10mL)  
**yellowfin tuna steaks, raw**  
1/3 lbs (151g)

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.

### Corn

185 cals ● 5g protein ● 1g fat ● 34g carbs ● 4g fiber



**frozen corn kernels**  
1 1/3 cup (181g)

1. Prepare according to instructions on package.

## Dinner 2 ↗

Eat on day 2 and day 3

### Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**black pepper**  
1/2 dash (0g)  
**butter**  
1 tbsp (14g)

For all 2 meals:

**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**black pepper**  
1 dash (0g)  
**butter**  
2 tbsp (28g)

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

### Honey dijon salmon

4 oz - 268 cals ● 24g protein ● 16g fat ● 6g carbs ● 0g fiber



For single meal:

**salmon**  
2/3 fillet/s (6 oz each) (113g)  
**dijon mustard**  
2 tsp (10g)  
**honey**  
1 tsp (7g)  
**olive oil**  
1/4 tbsp (3mL)  
**garlic, minced**  
1/3 clove (1g)

For all 2 meals:

**salmon**  
1 1/3 fillet/s (6 oz each) (227g)  
**dijon mustard**  
4 tsp (20g)  
**honey**  
2 tsp (14g)  
**olive oil**  
1/2 tbsp (7mL)  
**garlic, minced**  
2/3 clove (2g)

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.

## Dinner 3 ↗

Eat on day 4

### Couscous

151 cals ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



**instant couscous, flavored**  
1/4 box (5.8 oz) (41g)

1. Follow instructions on package.

### Cajun tilapia

9 oz - 297 cals ● 51g protein ● 10g fat ● 1g carbs ● 0g fiber



Makes 9 oz

**cajun seasoning**  
1 tsp (3g)  
**oil**  
1 tsp (6mL)  
**tilapia, raw**  
1/2 lbs (252g)

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking dish.
2. Place the Tilapia fillets in the bottom of the baking dish and coat both sides with the oil and Cajun seasoning.
3. Cover the dish and bake for 15 to 20 minutes until fish is cooked and flakes easily with a fork.

## Dinner 4 ↗

Eat on day 5 and day 6

### Almond crusted tilapia

4 oz - 282 cals ● 27g protein ● 13g fat ● 11g carbs ● 2g fiber



For single meal:

**almonds**  
2 2/3 tbsp, slivered (18g)  
**tilapia, raw**  
4 oz (112g)  
**all-purpose flour**  
1/8 cup(s) (14g)  
**salt**  
2/3 dash (0g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**almonds**  
1/3 cup, slivered (36g)  
**tilapia, raw**  
1/2 lbs (224g)  
**all-purpose flour**  
1/4 cup(s) (28g)  
**salt**  
1 1/3 dash (1g)  
**olive oil**  
2 tsp (10mL)

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.

### Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

**frozen broccoli**  
3 1/2 cup (319g)

For all 2 meals:

**frozen broccoli**  
7 cup (637g)

1. Prepare according to instructions on package.

## Dinner 5 ↗

Eat on day 7

### Spaghetti and meatless meatballs

332 cals ● 16g protein ● 5g fat ● 50g carbs ● 5g fiber



**pasta sauce**  
1/8 jar (24 oz) (84g)  
**uncooked dry pasta**  
2 oz (57g)  
**vegan meatballs, frozen**  
1 1/2 meatball(s) (45g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

## Milk

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

Makes 1 cup(s)



**whole milk**  
1 cup(s) (240mL)

1. The recipe has no instructions.

## 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.