

# Meal Plan - 1600 calorie high protein pescetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1604 cals ● 144g protein (36%) ● 58g fat (32%) ● 99g carbs (25%) ● 28g fiber (7%)

### Breakfast

210 cals, 8g protein, 22g net carbs, 9g fat



[Milk](#)

1/2 cup(s)- 75 cals



[Toast with butter and jelly](#)

1 slice(s)- 133 cals

### Snacks

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



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals



[Mixed nuts](#)

1/8 cup(s)- 109 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

### Lunch

475 cals, 24g protein, 48g net carbs, 17g fat



[Sweet potato fries](#)

265 cals



[Almond crusted tilapia](#)

3 oz- 212 cals

### Dinner

420 cals, 29g protein, 16g net carbs, 21g fat



[Crack slaw with tempeh](#)

422 cals

## Day 2

1578 cals ● 154g protein (39%) ● 44g fat (25%) ● 126g carbs (32%) ● 17g fiber (4%)

### Breakfast

210 cals, 8g protein, 22g net carbs, 9g fat



#### Milk

1/2 cup(s)- 75 cals



#### Toast with butter and jelly

1 slice(s)- 133 cals

### Snacks

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



#### Cottage cheese & honey

1/4 cup(s)- 62 cals



#### Mixed nuts

1/8 cup(s)- 109 cals

### Lunch

475 cals, 24g protein, 48g net carbs, 17g fat



#### Sweet potato fries

265 cals



#### Almond crusted tilapia

3 oz- 212 cals

### Dinner

395 cals, 39g protein, 43g net carbs, 7g fat



#### Fruit juice

1 cup(s)- 115 cals



#### Honey garlic shrimp & broccoli

281 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



#### Protein shake

3 scoop- 327 cals

## Day 3

1640 cals ● 148g protein (36%) ● 51g fat (28%) ● 116g carbs (28%) ● 32g fiber (8%)

### Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



#### Boiled eggs

1 egg(s)- 69 cals



#### Avocado toast

1 slice(s)- 168 cals

### Lunch

455 cals, 29g protein, 41g net carbs, 15g fat



#### Avocado tuna salad sandwich

1 sandwich(es)- 370 cals



#### Orange

1 orange(s)- 85 cals

### Snacks

200 cals, 6g protein, 32g net carbs, 5g fat



#### Rice cake

2 cake(s)- 69 cals



#### Milk

1/2 cup(s)- 75 cals



#### Applesauce

57 cals

### Dinner

420 cals, 29g protein, 27g net carbs, 17g fat



#### Buffalo tempeh with tzatziki

314 cals



#### Parmesan & pesto roasted potatoes

106 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



#### Protein shake

3 scoop- 327 cals

## Day 4

1604 cals ● 144g protein (36%) ● 56g fat (31%) ● 101g carbs (25%) ● 31g fiber (8%)

### Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



**Boiled eggs**  
1 egg(s)- 69 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

200 cals, 6g protein, 32g net carbs, 5g fat



**Rice cake**  
2 cake(s)- 69 cals



**Milk**  
1/2 cup(s)- 75 cals



**Applesauce**  
57 cals

### Lunch

455 cals, 29g protein, 41g net carbs, 15g fat



**Avocado tuna salad sandwich**  
1 sandwich(es)- 370 cals



**Orange**  
1 orange(s)- 85 cals

### Dinner

385 cals, 25g protein, 12g net carbs, 22g fat



**Basic tempeh**  
4 oz- 295 cals



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

## Day 5

1643 cals ● 178g protein (43%) ● 71g fat (39%) ● 51g carbs (12%) ● 24g fiber (6%)

### Breakfast

205 cals, 42g protein, 4g net carbs, 1g fat



**Double chocolate protein shake**  
206 cals

### Lunch

500 cals, 27g protein, 28g net carbs, 28g fat



**Rosemary mushroom cheese sandwich**  
1 sandwich(es)- 408 cals



**Sunflower seeds**  
90 cals

### Snacks

230 cals, 11g protein, 5g net carbs, 17g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Cucumber goat cheese bites**  
118 cals

### Dinner

385 cals, 25g protein, 12g net carbs, 22g fat



**Basic tempeh**  
4 oz- 295 cals



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

## Day 6

1603 cals ● 149g protein (37%) ● 66g fat (37%) ● 86g carbs (21%) ● 17g fiber (4%)

### Breakfast

205 cals, 42g protein, 4g net carbs, 1g fat



**Double chocolate protein shake**  
206 cals

### Lunch

395 cals, 12g protein, 45g net carbs, 17g fat



**Fruit juice**  
2/3 cup(s)- 76 cals



**Flatbread margherita pizza**  
317 cals

### Snacks

230 cals, 11g protein, 5g net carbs, 17g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Cucumber goat cheese bites**  
118 cals

### Dinner

450 cals, 12g protein, 29g net carbs, 29g fat



**Flatbread broccoli pizza**  
156 cals



**Brussels sprouts & broccoli salad**  
292 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

## Day 7

1603 cals ● 149g protein (37%) ● 66g fat (37%) ● 86g carbs (21%) ● 17g fiber (4%)

### Breakfast

205 cals, 42g protein, 4g net carbs, 1g fat



**Double chocolate protein shake**  
206 cals

### Lunch

395 cals, 12g protein, 45g net carbs, 17g fat



**Fruit juice**  
2/3 cup(s)- 76 cals



**Flatbread margherita pizza**  
317 cals

### Snacks

230 cals, 11g protein, 5g net carbs, 17g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Cucumber goat cheese bites**  
118 cals

### Dinner

450 cals, 12g protein, 29g net carbs, 29g fat



**Flatbread broccoli pizza**  
156 cals



**Brussels sprouts & broccoli salad**  
292 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

# Grocery List



## Fats and Oils

- olive oil  
5 3/4 tbsp (86mL)
- oil  
2 oz (56mL)

## Spices and Herbs

- garlic powder  
4 dash (2g)
- paprika  
4 dash (1g)
- salt  
5 g (5g)
- black pepper  
1 g (1g)
- dried dill weed  
1/2 tbsp (2g)
- rosemary, dried  
2 dash (0g)
- dijon mustard  
1 tbsp (15g)
- fresh basil  
6 leaves (3g)
- balsamic vinegar  
1 1/2 tbsp (23mL)

## Vegetables and Vegetable Products

- sweet potatoes  
1 lbs (454g)
- garlic  
6 clove(s) (18g)
- broccoli  
2 1/2 cup chopped (239g)
- fresh ginger  
3 dash (1g)
- onion  
1/4 small (18g)
- potatoes  
4 oz (114g)
- tomatoes  
3 1/4 medium whole (2-3/5" dia) (396g)
- cucumber  
3/4 cucumber (8-1/4") (226g)
- mushrooms  
1 1/2 oz (43g)
- brussels sprouts  
2 cup, shredded (100g)

## Sweets

- honey  
2 1/3 oz (67g)
- jelly  
2 tsp (14g)
- cocoa powder  
1 1/2 tbsp (8g)

## Beverages

- protein powder  
21 scoop (1/3 cup ea) (651g)
- water  
25 1/2 cup(s) (6044mL)

## Baked Products

- bread  
2/3 lbs (320g)
- naan bread  
1 1/2 piece(s) (135g)

## Other

- coleslaw mix  
2 cup (180g)
- tzatziki  
1/8 cup(s) (28g)
- mixed greens  
1/2 cup (15g)
- protein powder, chocolate  
4 1/2 scoop (1/3 cup ea) (140g)

## Soups, Sauces, and Gravies

- hot sauce  
1 tsp (5mL)
- Frank's Red Hot sauce  
2 tbsp (31mL)
- pesto sauce  
1/4 tbsp (4g)
- pizza sauce  
2 tbsp (32g)
- apple cider vinegar  
1 tbsp (1mL)

## Legumes and Legume Products

- tempeh  
1 lbs (454g)

## Nut and Seed Products

- almonds**  
1/4 lbs (101g)
- mixed nuts**  
4 tbsp (34g)
- sunflower kernels**  
1 oz (26g)

## Finfish and Shellfish Products

- tilapia, raw**  
6 oz (168g)
- shrimp, raw**  
6 oz (170g)
- canned tuna**  
1 can (172g)

## Cereal Grains and Pasta

- all-purpose flour**  
1/6 cup(s) (21g)

## Dairy and Egg Products

- low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)
- whole milk**  
2 cup(s) (480mL)
- butter**  
2 tsp (9g)
- eggs**  
2 large (100g)
- parmesan cheese**  
1/6 oz (6g)
- goat cheese**  
3 oz (85g)
- cheese**  
10 tbsp, shredded (71g)
- nonfat greek yogurt, plain**  
1/2 cup (158g)
- mozzarella cheese, shredded**  
1/2 cup (43g)

- soy sauce**  
1 1/2 tbsp (23mL)

## Fruits and Fruit Juices

- fruit juice**  
18 2/3 fl oz (560mL)
- avocados**  
1 avocado(s) (201g)
- applesauce**  
2 to-go container (~4 oz) (244g)
- lime juice**  
1 tsp (5mL)
- orange**  
2 orange (308g)

## Snacks

- rice cakes, any flavor**  
4 cake (36g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Milk

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



For single meal:

**whole milk**

1/2 cup(s) (120mL)

For all 2 meals:

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.

### Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

**bread**

1 slice (32g)

**butter**

1 tsp (5g)

**jelly**

1 tsp (7g)

For all 2 meals:

**bread**

2 slice (64g)

**butter**

2 tsp (9g)

**jelly**

2 tsp (14g)

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

## Breakfast 2 ↗

Eat on day 3 and day 4

### Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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.

### Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 2 meals:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Double chocolate protein shake

206 cals ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**cocoa powder**  
1/2 tbsp (3g)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**protein powder, chocolate**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

**water**  
4 1/2 cup(s) (1067mL)  
**cocoa powder**  
1 1/2 tbsp (8g)  
**nonfat greek yogurt, plain**  
1/2 cup (158g)  
**protein powder, chocolate**  
4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

## Lunch 1 ↗

Eat on day 1 and day 2

### Sweet potato fries

265 cals ● 4g protein ● 7g fat ● 40g carbs ● 7g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
2 dash (1g)  
**paprika**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**sweet potatoes, peeled**  
1/2 lbs (227g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**garlic powder**  
4 dash (2g)  
**paprika**  
4 dash (1g)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, peeled**  
1 lbs (454g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

### Almond crusted tilapia

3 oz - 212 cals ● 20g protein ● 10g fat ● 8g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, slivered (14g)  
**tilapia, raw**  
3 oz (84g)  
**all-purpose flour**  
1/8 cup(s) (10g)  
**salt**  
1/2 dash (0g)  
**olive oil**  
1/4 tbsp (4mL)

For all 2 meals:

**almonds**  
4 tbsp, slivered (27g)  
**tilapia, raw**  
6 oz (168g)  
**all-purpose flour**  
1/6 cup(s) (21g)  
**salt**  
1 dash (0g)  
**olive oil**  
1/2 tbsp (8mL)

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.

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## Lunch 2 ↗

Eat on day 3 and day 4

### Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**lime juice**  
1/2 tsp (3mL)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
2 slice (64g)  
**canned tuna, drained**  
1/2 can (86g)  
**onion, minced**  
1/8 small (9g)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**lime juice**  
1 tsp (5mL)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
4 slice (128g)  
**canned tuna, drained**  
1 can (172g)  
**onion, minced**  
1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

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## Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**

1 orange (154g)

For all 2 meals:

**orange**

2 orange (308g)

1. The recipe has no instructions.

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## Lunch 3

Eat on day 5

### Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

**bread**

2 slice(s) (64g)

**cheese**

1/2 cup, shredded (57g)

**mushrooms**

1 1/2 oz (43g)

**rosemary, dried**

2 dash (0g)

**mixed greens**

1/2 cup (15g)

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.

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### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



**sunflower kernels**

1/2 oz (14g)

1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 6 and day 7

### Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

**fruit juice**  
5 1/3 fl oz (160mL)

For all 2 meals:

**fruit juice**  
10 2/3 fl oz (320mL)

1. The recipe has no instructions.

### Flatbread margherita pizza

317 cals ● 10g protein ● 17g fat ● 29g carbs ● 2g fiber



For single meal:

**naan bread**  
1/2 piece(s) (45g)  
**mozzarella cheese, shredded**  
4 tbsp (22g)  
**fresh basil**  
3 leaves (2g)  
**olive oil**  
3/4 tbsp (11mL)  
**balsamic vinegar**  
3/4 tbsp (11mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**tomatoes, thinly sliced**  
1/2 medium whole (2-3/5" dia)  
(62g)  
**garlic, finely diced**  
1 1/2 clove(s) (5g)

For all 2 meals:

**naan bread**  
1 piece(s) (90g)  
**mozzarella cheese, shredded**  
1/2 cup (43g)  
**fresh basil**  
6 leaves (3g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**balsamic vinegar**  
1 1/2 tbsp (23mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**tomatoes, thinly sliced**  
1 medium whole (2-3/5" dia) (123g)  
**garlic, finely diced**  
3 clove(s) (9g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

## Snacks 1

Eat on day 1 and day 2

### Cottage cheese & honey

1/4 cup(s) - 62 cals  7g protein  1g fat  7g carbs  0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**honey**  
1 tsp (7g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**honey**  
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

### Mixed nuts

1/8 cup(s) - 109 cals  3g protein  9g fat  2g carbs  1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 2 meals:

**mixed nuts**  
4 tbsp (34g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3 and day 4

### Rice cake

2 cake(s) - 69 cals ● 2g protein ● 1g fat ● 14g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**rice cakes, any flavor**  
4 cake (36g)

1. Enjoy.

### Milk

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

### Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**  
1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**  
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### 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 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

**dried dill weed**  
4 dash (1g)  
**goat cheese**  
1 oz (28g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)

For all 3 meals:

**dried dill weed**  
1/2 tbsp (2g)  
**goat cheese**  
3 oz (85g)  
**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

## Dinner 1 ↗

Eat on day 1

### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)  
**tempeh, cubed**  
4 oz (113g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Dinner 2 ↗

Eat on day 2

### Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Makes 1 cup(s)

**fruit juice**  
8 fl oz (240mL)

1. The recipe has no instructions.

### Honey garlic shrimp & broccoli

281 cals ● 37g protein ● 6g fat ● 18g carbs ● 1g fiber



**oil**  
1 tsp (6mL)  
**soy sauce**  
1 1/2 tbsp (23mL)  
**broccoli**  
6 tbsp chopped (34g)  
**honey**  
1 1/2 tbsp (32g)  
**shrimp, raw, peeled, deveined**  
6 oz (170g)  
**garlic, minced**  
3 dash (1g)  
**fresh ginger, minced**  
3 dash (1g)

1. Combine the marinade ingredients (garlic, ginger, honey, and soy sauce). Divide in half.
2. Marinate the shrimp with half of the sauce for 5-10 minutes (or as long as 24 hours). Once the shrimp are finished marinating, discard the marinade.
3. Put broccoli in a small bowl and pour in a few spoonfuls of water. Steam in microwave for a couple of minutes.
4. Put a skillet on high heat and add the oil, then add the shrimp. Cook shrimp for 1-2 minutes on each side until browned.
5. Add the broccoli and the other half of the sauce and mix well to combine. Serve.

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## Dinner 3 ↗

Eat on day 3

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### Buffalo tempeh with tzatziki

314 cals ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**tzatziki**  
1/8 cup(s) (28g)  
**oil**  
1/2 tbsp (8mL)  
**tempeh, roughly chopped**  
4 oz (113g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

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### Parmesan & pesto roasted potatoes

106 cals ● 3g protein ● 2g fat ● 16g carbs ● 3g fiber



**pesto sauce**  
1/4 tbsp (4g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**parmesan cheese, grated**  
1/2 tbsp (3g)  
**potatoes, washed, cut into bite-sized pieces**  
4 oz (114g)

1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss potatoes and pesto together until potatoes are covered.
3. Spread over a baking sheet and season with salt and pepper.
4. Bake for 20 minutes and remove from oven.
5. Sprinkle the potatoes with the grated parmesan and place back in oven for an additional 10-15 minutes- or until potatoes are tender and crispy. Serve.

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## Dinner 4

Eat on day 4 and day 5

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### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**tempeh**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber

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For single meal:

**oil**  
1/2 tbsp (8mL)  
**tomatoes**  
1 1/2 small whole (2-2/5" dia)  
(137g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**tomatoes**  
3 small whole (2-2/5" dia) (273g)

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.

## Dinner 5 ↗

Eat on day 6 and day 7

### Flatbread broccoli pizza

156 cals ● 5g protein ● 9g fat ● 13g carbs ● 1g fiber



For single meal:

**broccoli**  
2 tbsp chopped (11g)  
**pizza sauce**  
1 tbsp (16g)  
**black pepper**  
1/4 dash (0g)  
**salt**  
1/4 dash (0g)  
**olive oil**  
1 tsp (6mL)  
**naan bread**  
1/4 piece(s) (23g)  
**cheese**  
1 tbsp, shredded (7g)  
**garlic, finely diced**  
3/4 clove(s) (2g)

For all 2 meals:

**broccoli**  
4 tbsp chopped (23g)  
**pizza sauce**  
2 tbsp (32g)  
**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**naan bread**  
1/2 piece(s) (45g)  
**cheese**  
2 tbsp, shredded (14g)  
**garlic, finely diced**  
1 1/2 clove(s) (5g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and spread pizza sauce over top, top with broccoli and cheese, and season with salt and pepper.,
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

### Brussels sprouts & broccoli salad

292 cals ● 7g protein ● 20g fat ● 16g carbs ● 6g fiber



For single meal:

**almonds**  
1 1/2 tbsp, slivered (10g)  
**honey**  
1/2 tbsp (11g)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**dijon mustard**  
1/2 tbsp (8g)  
**olive oil**  
1 tbsp (15mL)  
**parmesan cheese**  
1 tsp (2g)  
**brussels sprouts, sliced**  
1 cup, shredded (50g)  
**broccoli, chopped**  
1 cup chopped (91g)

For all 2 meals:

**almonds**  
3 tbsp, slivered (20g)  
**honey**  
1 tbsp (21g)  
**apple cider vinegar**  
1 tbsp (1mL)  
**dijon mustard**  
1 tbsp (15g)  
**olive oil**  
2 tbsp (30mL)  
**parmesan cheese**  
2 tsp (3g)  
**brussels sprouts, sliced**  
2 cup, shredded (100g)  
**broccoli, chopped**  
2 cup chopped (182g)

1. Make dressing by mixing olive oil, dijon, honey, apple cider vinegar and some salt and pepper in a small bowl. Set aside.
2. Toss brussel sprouts, broccoli, and almonds in a bowl. Sprinkle parmesan and drizzle dressing on top. Serve.

## Protein Supplement(s)

Eat every day

### Protein shake

3 scoop - 327 cals  73g protein  2g fat  3g carbs  3g fiber



For single meal:

**protein powder**  
3 scoop (1/3 cup ea) (93g)  
**water**  
3 cup(s) (711mL)

For all 7 meals:

**protein powder**  
21 scoop (1/3 cup ea) (651g)  
**water**  
21 cup(s) (4977mL)

1. The recipe has no instructions.