

Meal Plan - 1700 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

1773 cals ● 199g protein (45%) ● 67g fat (34%) ● 76g carbs (17%) ● 19g fiber (4%)

Breakfast

215 cals, 11g protein, 13g net carbs, 12g fat



[High-protein granola bar](#)

1 bar(s)- 204 cals



[Celery sticks](#)

2 celery stalk- 13 cals

Snacks

255 cals, 38g protein, 10g net carbs, 6g fat



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals



[Chocolate protein mug cake](#)

1 mug cake(s)- 195 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Lunch

475 cals, 45g protein, 42g net carbs, 12g fat



[Simple seitan](#)

5 oz- 305 cals



[Lentils](#)

87 cals



[Honey glazed carrots](#)

85 cals

Dinner

495 cals, 33g protein, 9g net carbs, 35g fat



[Simple sardine salad](#)

265 cals



[Roasted peanuts](#)

1/4 cup(s)- 230 cals

Day 2

1724 cals ● 190g protein (44%) ● 54g fat (28%) ● 96g carbs (22%) ● 23g fiber (5%)

Breakfast

215 cals, 11g protein, 13g net carbs, 12g fat



High-protein granola bar
1 bar(s)- 204 cals



Celery sticks
2 celery stalk- 13 cals

Snacks

255 cals, 38g protein, 10g net carbs, 6g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



Chocolate protein mug cake
1 mug cake(s)- 195 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

475 cals, 45g protein, 42g net carbs, 12g fat



Simple seitan
5 oz- 305 cals



Lentils
87 cals



Honey glazed carrots
85 cals

Dinner

445 cals, 24g protein, 29g net carbs, 22g fat



Lentils
116 cals



Cajun tofu
157 cals



Roasted cauliflower
173 cals



Day 3

1685 cals ● 164g protein (39%) ● 68g fat (36%) ● 82g carbs (19%) ● 23g fiber (5%)

Breakfast

215 cals, 11g protein, 13g net carbs, 12g fat



High-protein granola bar
1 bar(s)- 204 cals



Celery sticks
2 celery stalk- 13 cals

Snacks

255 cals, 38g protein, 10g net carbs, 6g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



Chocolate protein mug cake
1 mug cake(s)- 195 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

440 cals, 19g protein, 27g net carbs, 25g fat



Grilled cheese with mushrooms
323 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Dinner

445 cals, 24g protein, 29g net carbs, 22g fat



Lentils
116 cals



Cajun tofu
157 cals



Roasted cauliflower
173 cals

Day 4

1745 cals ● 152g protein (35%) ● 76g fat (39%) ● 97g carbs (22%) ● 18g fiber (4%)

Breakfast

245 cals, 10g protein, 22g net carbs, 12g fat



Large granola bar
1 bar(s)- 176 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

225 cals, 11g protein, 40g net carbs, 2g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



Pretzels
165 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

440 cals, 19g protein, 27g net carbs, 25g fat



Grilled cheese with mushrooms
323 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Dinner

505 cals, 39g protein, 4g net carbs, 35g fat



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals



Slow-baked salmon with lemon and thyme
6 oz- 402 cals

Day 5

1722 cals ● 150g protein (35%) ● 45g fat (24%) ● 161g carbs (37%) ● 19g fiber (4%)

Breakfast

245 cals, 10g protein, 22g net carbs, 12g fat



Large granola bar
1 bar(s)- 176 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

225 cals, 11g protein, 40g net carbs, 2g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



Pretzels
165 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

425 cals, 23g protein, 41g net carbs, 18g fat



Tomato cucumber salad
141 cals



Crispy chik'n tenders
5 tender(s)- 286 cals

Dinner

495 cals, 32g protein, 56g net carbs, 12g fat



Chik'n stir fry
427 cals



Simple mixed greens salad
68 cals

Day 6

1668 cals ● 153g protein (37%) ● 53g fat (28%) ● 118g carbs (28%) ● 27g fiber (6%)

Breakfast

155 cals, 10g protein, 4g net carbs, 9g fat



Blackberries
1/2 cup(s)- 35 cals



Goat cheese & tomato mini egg muffin
2 mini muffin(s)- 122 cals

Snacks

170 cals, 22g protein, 16g net carbs, 1g fat



Clementine
1 clementine(s)- 39 cals



Cottage cheese & honey
1/4 cup(s)- 62 cals



Double chocolate protein shake
69 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

495 cals, 18g protein, 43g net carbs, 26g fat



Spinach and goat cheese wrap
1 wrap(s)- 427 cals



Simple mixed greens salad
68 cals

Dinner

520 cals, 31g protein, 53g net carbs, 15g fat



Easy chickpea salad
234 cals



Seitan Philly cheesesteak
1/2 sub(s)- 285 cals

Day 7

1668 cal ● 153g protein (37%) ● 53g fat (28%) ● 118g carbs (28%) ● 27g fiber (6%)

Breakfast

155 cal, 10g protein, 4g net carbs, 9g fat



Blackberries

1/2 cup(s)- 35 cal



Goat cheese & tomato mini egg muffin

2 mini muffin(s)- 122 cal

Snacks

170 cal, 22g protein, 16g net carbs, 1g fat



Clementine

1 clementine(s)- 39 cal



Cottage cheese & honey

1/4 cup(s)- 62 cal



Double chocolate protein shake

69 cal

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cal

Lunch

495 cal, 18g protein, 43g net carbs, 26g fat



Spinach and goat cheese wrap

1 wrap(s)- 427 cal



Simple mixed greens salad

68 cal

Dinner

520 cal, 31g protein, 53g net carbs, 15g fat



Easy chickpea salad

234 cal



Seitan Philly cheesesteak

1/2 sub(s)- 285 cal

Cereal Grains and Pasta

- ☐ seitan
13 oz (369g)
- ☐ brown rice
1/4 cup (53g)

Fats and Oils

- ☐ oil
2 oz (57mL)
- ☐ olive oil
3/4 oz (22mL)
- ☐ salad dressing
1/4 lbs (97mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)

Beverages

- ☐ water
1 1/2 gallon (6029mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Spices and Herbs

- ☐ salt
2 g (2g)
- ☐ cajun seasoning
1 tsp (2g)
- ☐ thyme, dried
1/8 oz (4g)
- ☐ black pepper
3/4 dash (0g)
- ☐ balsamic vinegar
1 tbsp (15mL)

Legumes and Legume Products

- ☐ lentils, raw
9 1/4 tbsp (112g)
- ☐ roasted peanuts
1/2 cup (73g)
- ☐ firm tofu
10 oz (284g)
- ☐ soy sauce
1 1/4 tbsp (19mL)
- ☐ chickpeas, canned
1 can(s) (448g)

Dairy and Egg Products

Sweets

- ☐ honey
2 oz (60g)
- ☐ cocoa powder
2 1/3 tbsp (13g)

Fruits and Fruit Juices

- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ lemon
1/4 large (21g)
- ☐ clementines
2 fruit (148g)
- ☐ blackberries
1 cup (144g)

Other

- ☐ protein powder, chocolate
4 scoop (1/3 cup ea) (124g)
- ☐ calorie-free sweetener
2 tbsp (21g)
- ☐ mixed greens
6 cup (180g)
- ☐ vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
- ☐ meatless chik'n tenders
5 pieces (128g)
- ☐ vegan chik'n strips
1/4 lbs (106g)
- ☐ sub roll(s)
1 roll(s) (85g)
- ☐ roasted red peppers
4 tbsp, diced (56g)

Baked Products

- ☐ baking powder
1/2 tbsp (8g)
- ☐ bread
4 slice(s) (128g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Snacks

- ☐ high-protein granola bar
3 bar (120g)
- ☐ pretzels, hard, salted
3 oz (85g)

- ☐ **butter**
1 tsp (5g)
- ☐ **low fat cottage cheese (1% milkfat)**
1 3/4 cup (396g)
- ☐ **eggs**
7 large (350g)
- ☐ **sliced cheese**
2 slice (3/4 oz ea) (42g)
- ☐ **nonfat greek yogurt, plain**
2 tbsp (35g)
- ☐ **cheese**
2 oz (56g)
- ☐ **goat cheese**
6 tbsp (84g)

- ☐ **large granola bar**
2 bar (74g)

Finfish and Shellfish Products

- ☐ **sardines, canned in oil**
1 can (92g)
- ☐ **salmon**
6 oz (170g)

Soups, Sauces, and Gravies

- ☐ **apple cider vinegar**
1 tbsp (1mL)

Vegetables and Vegetable Products

- ☐ **carrots**
5 medium (302g)
 - ☐ **raw celery**
6 stalk, medium (7-1/2" - 8" long) (240g)
 - ☐ **cauliflower**
1 1/2 head small (4" dia.) (398g)
 - ☐ **mushrooms**
1 cup, chopped (70g)
 - ☐ **frozen broccoli**
1 1/2 cup (137g)
 - ☐ **red onion**
1/2 small (35g)
 - ☐ **cucumber**
1/2 cucumber (8-1/4") (151g)
 - ☐ **tomatoes**
3 1/2 medium whole (2-3/5" dia) (438g)
 - ☐ **ketchup**
1 1/4 tbsp (21g)
 - ☐ **bell pepper**
3/4 large (126g)
 - ☐ **onion**
1/2 medium (2-1/2" dia) (63g)
 - ☐ **fresh parsley**
3 sprigs (3g)
 - ☐ **fresh spinach**
2 cup(s) (60g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 3 meals:

raw celery
6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

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

Eat on day 6 and day 7

Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

blackberries
1/2 cup (72g)

For all 2 meals:

blackberries
1 cup (144g)

1. Rinse blackberries and serve.

Goat cheese & tomato mini egg muffin

2 mini muffin(s) - 122 cals ● 9g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

water
1 tsp (5mL)
eggs
1 large (50g)
goat cheese
3 tsp (14g)
tomatoes, chopped
1 slice(s), thin/small (15g)

For all 2 meals:

water
2 tsp (10mL)
eggs
2 large (100g)
goat cheese
2 tbsp (28g)
tomatoes, chopped
2 slice(s), thin/small (30g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Simple seitan

5 oz - 305 cal ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

seitan
5 oz (142g)
oil
1 1/4 tsp (6mL)

For all 2 meals:

seitan
10 oz (284g)
oil
2 1/2 tsp (13mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Lentils

87 cal ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Honey glazed carrots

85 cal ● 1g protein ● 2g fat ● 12g carbs ● 3g fiber



For single meal:

butter
4 dash (2g)
carrots
4 oz (113g)
water
1/8 cup(s) (20mL)
honey
1/4 tbsp (5g)
salt
1/2 dash (0g)
lemon juice
1/4 tbsp (4mL)

For all 2 meals:

butter
1 tsp (5g)
carrots
1/2 lbs (227g)
water
1/6 cup(s) (39mL)
honey
1/2 tbsp (11g)
salt
1 dash (1g)
lemon juice
1/2 tbsp (8mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Lunch 2 [🔗](#)

Eat on day 3 and day 4

Grilled cheese with mushrooms

323 cals ● 14g protein ● 16g fat ● 25g carbs ● 5g fiber



For single meal:

mushrooms
1/2 cup, chopped (35g)
olive oil
1/2 tbsp (8mL)
thyme, dried
1 tsp, ground (1g)
bread
2 slice(s) (64g)
sliced cheese
1 slice (3/4 oz ea) (21g)

For all 2 meals:

mushrooms
1 cup, chopped (70g)
olive oil
1 tbsp (15mL)
thyme, dried
2 tsp, ground (3g)
bread
4 slice(s) (128g)
sliced cheese
2 slice (3/4 oz ea) (42g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Roasted peanuts

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



For single meal:

roasted peanuts

2 tbsp (18g)

For all 2 meals:

roasted peanuts

4 tbsp (37g)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



salad dressing

2 tbsp (30mL)

red onion, thinly sliced

1/2 small (35g)

cucumber, thinly sliced

1/2 cucumber (8-1 1/4") (151g)

tomatoes, thinly sliced

1 medium whole (2-3 5/8" dia) (123g)

1. Mix ingredients together in a bowl and serve.

Crispy chik'n tenders

5 tender(s) - 286 cals ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

meatless chik'n tenders

5 pieces (128g)

ketchup

1 1/4 tbsp (21g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 4 [↗](#)

Eat on day 6 and day 7

Spinach and goat cheese wrap

1 wrap(s) - 427 cals ● 17g protein ● 21g fat ● 39g carbs ● 4g fiber



For single meal:

fresh spinach
1 cup(s) (30g)
tomatoes
4 cherry tomatoes (68g)
cheese
2 tbsp, shredded (14g)
balsamic vinaigrette
1/2 tbsp (8mL)
flour tortillas
1 tortilla (approx 10" dia) (72g)
roasted red peppers
2 tbsp, diced (28g)
goat cheese, crumbled
2 tbsp (28g)

For all 2 meals:

fresh spinach
2 cup(s) (60g)
tomatoes
8 cherry tomatoes (136g)
cheese
4 tbsp, shredded (28g)
balsamic vinaigrette
1 tbsp (15mL)
flour tortillas
2 tortilla (approx 10" dia) (144g)
roasted red peppers
4 tbsp, diced (56g)
goat cheese, crumbled
4 tbsp (56g)

1. Lay the tortilla out flat, and arrange the spinach across the tortilla. Sprinkle the cherry tomatoes, goat cheese, roasted red pepper, and shredded cheese evenly across the greens. Drizzle with balsamic vinaigrette.
2. Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the wrap tightly.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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 3 meals:

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

honey

1 tbsp (21g)

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

Chocolate protein mug cake

1 mug cake(s) - 195 cals ● 31g protein ● 6g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder, chocolate

1 scoop (1/3 cup ea) (31g)

baking powder

4 dash (3g)

cocoa powder

2 tsp (4g)

eggs

1 large (50g)

water

2 tsp (10mL)

calorie-free sweetener

2 tsp (7g)

For all 3 meals:

protein powder, chocolate

3 scoop (1/3 cup ea) (93g)

baking powder

1/2 tbsp (8g)

cocoa powder

2 tbsp (11g)

eggs

3 large (150g)

water

6 tsp (30mL)

calorie-free sweetener

2 tbsp (21g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

Snacks 2 [🔗](#)

Eat on day 4 and day 5

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.

Pretzels

165 cals ● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



For single meal:

pretzels, hard, salted

1 1/2 oz (43g)

For all 2 meals:

pretzels, hard, salted

3 oz (85g)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

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.

Double chocolate protein shake

69 cals ● 14g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

water
1/2 cup(s) (119mL)
cocoa powder
4 dash (1g)
nonfat greek yogurt, plain
1 tbsp (18g)
protein powder, chocolate
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

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

Dinner 1 [↗](#)

Eat on day 1

Simple sardine salad

265 cals ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
sardines, canned in oil, drained
1 can (92g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Makes 1/4 cup(s)

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

water
2/3 cup(s) (158mL)
salt
1/3 dash (0g)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (1g)
lentils, raw, rinsed
1/3 cup (64g)

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.

Cajun tofu

157 cals ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



For single meal:

cajun seasoning
4 dash (1g)
oil
1 tsp (5mL)
firm tofu, patted dry & cubed
5 oz (142g)

For all 2 meals:

cajun seasoning
1 tsp (2g)
oil
2 tsp (10mL)
firm tofu, patted dry & cubed
10 oz (284g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Roasted cauliflower

173 cals ● 5g protein ● 11g fat ● 9g carbs ● 4g fiber



For single meal:

oil
3/4 tbsp (11mL)
thyme, dried
3 dash, leaves (0g)
cauliflower, cut into florets
3/4 head small (4" dia.) (199g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
thyme, dried
1/4 tbsp, leaves (1g)
cauliflower, cut into florets
1 1/2 head small (4" dia.) (398g)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

Dinner 3 [🔗](#)

Eat on day 4

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Slow-baked salmon with lemon and thyme

6 oz - 402 cals ● 35g protein ● 28g fat ● 1g carbs ● 1g fiber



Makes 6 oz

thyme, dried

2 dash, leaves (0g)

oil

1 tsp (6mL)

salmon, skin on

6 oz (170g)

lemon, cut into wedges

1/4 large (21g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Dinner 4 [🔗](#)

Eat on day 5

Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



brown rice

1/4 cup (53g)

water

1/2 cup(s) (133mL)

soy sauce

1 1/4 tbsp (19mL)

vegan chik'n strips

1/4 lbs (106g)

bell pepper, deseeded & cut into thin strips

3/4 medium (89g)

carrots, cut into thin strips

1 1/2 small (5-1/2" long) (75g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinegar
1/2 tbsp (8mL)
apple cider vinegar
1/2 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)
onion, thinly sliced
1/4 small (18g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
fresh parsley, chopped
1 1/2 sprigs (2g)

For all 2 meals:

balsamic vinegar
1 tbsp (15mL)
apple cider vinegar
1 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)
onion, thinly sliced
1/2 small (35g)
tomatoes, halved
1 cup cherry tomatoes (149g)
fresh parsley, chopped
3 sprigs (3g)

1. Add all ingredients to a bowl and toss.
Serve!

Seitan Philly cheesesteak

1/2 sub(s) - 285 cals ● 19g protein ● 10g fat ● 28g carbs ● 2g fiber



For single meal:

sub roll(s)
1/2 roll(s) (43g)
oil
1/4 tbsp (4mL)
cheese
1/2 slice (1 oz each) (14g)
seitan, cut into strips
1 1/2 oz (43g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
bell pepper, sliced
1/4 small (19g)

For all 2 meals:

sub roll(s)
1 roll(s) (85g)
oil
1/2 tbsp (8mL)
cheese
1 slice (1 oz each) (28g)
seitan, cut into strips
3 oz (85g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced
1/2 small (37g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal ● 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.
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