

Meal Plan - 1800 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

1729 cals ● 162g protein (37%) ● 70g fat (36%) ● 91g carbs (21%) ● 22g fiber (5%)

Breakfast

235 cals, 12g protein, 29g net carbs, 8g fat



[Waffles & Greek yogurt](#)
2 waffle(s)- 237 cals

Snacks

230 cals, 10g protein, 11g net carbs, 15g fat



[Sunflower seeds](#)
180 cals



[Strawberries](#)
1 cup(s)- 52 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Lunch

480 cals, 31g protein, 28g net carbs, 23g fat



[Avocado tuna salad sandwich](#)
1 sandwich(es)- 370 cals



[Mixed nuts](#)
1/8 cup(s)- 109 cals

Dinner

455 cals, 37g protein, 21g net carbs, 23g fat



[Avocado tuna salad](#)
218 cals



[Roasted cashews](#)
1/8 cup(s)- 104 cals



[Cottage cheese & fruit cup](#)
1 container- 131 cals

Day 2

1861 cals ● 169g protein (36%) ● 90g fat (43%) ● 69g carbs (15%) ● 25g fiber (5%)

Breakfast

235 cals, 12g protein, 29g net carbs, 8g fat



Waffles & Greek yogurt
2 waffle(s)- 237 cals

Lunch

500 cals, 34g protein, 17g net carbs, 29g fat



Pumpkin seeds
183 cals



Salmon & artichoke salad
315 cals

Snacks

230 cals, 10g protein, 11g net carbs, 15g fat



Sunflower seeds
180 cals



Strawberries
1 cup(s)- 52 cals

Dinner

565 cals, 42g protein, 9g net carbs, 37g fat



Sugar snap peas
82 cals



Baked salmon with pecans and pesto
6 oz- 484 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 3

1763 cals ● 184g protein (42%) ● 49g fat (25%) ● 124g carbs (28%) ● 22g fiber (5%)

Breakfast

305 cals, 30g protein, 20g net carbs, 9g fat



Orange
1 orange(s)- 85 cals



Egg white spinach scramble
171 cals



Simple sauteed spinach
50 cals

Snacks

210 cals, 11g protein, 36g net carbs, 2g fat



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



Pretzels
147 cals

Lunch

500 cals, 34g protein, 17g net carbs, 29g fat



Pumpkin seeds
183 cals



Salmon & artichoke salad
315 cals

Dinner

425 cals, 38g protein, 48g net carbs, 7g fat



Cajun cod
6 oz- 187 cals



Flavored rice mix
143 cals



Corn
92 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 4

1846 cals ● 188g protein (41%) ● 34g fat (17%) ● 167g carbs (36%) ● 29g fiber (6%)

Breakfast

305 cals, 30g protein, 20g net carbs, 9g fat



Orange

1 orange(s)- 85 cals



Egg white spinach scramble

171 cals



Simple sauteed spinach

50 cals

Snacks

210 cals, 11g protein, 36g net carbs, 2g fat



Cottage cheese & honey

1/4 cup(s)- 62 cals



Pretzels

147 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

580 cals, 37g protein, 60g net carbs, 14g fat



Chunky canned soup (non-creamy)

2 can(s)- 494 cals



Grapes

87 cals

Dinner

425 cals, 38g protein, 48g net carbs, 7g fat



Cajun cod

6 oz- 187 cals



Flavored rice mix

143 cals



Corn

92 cals

Day 5

1805 cals ● 179g protein (40%) ● 59g fat (30%) ● 114g carbs (25%) ● 25g fiber (5%)

Breakfast

305 cals, 30g protein, 20g net carbs, 9g fat



Orange

1 orange(s)- 85 cals



Egg white spinach scramble

171 cals



Simple sauteed spinach

50 cals

Snacks

265 cals, 19g protein, 27g net carbs, 7g fat



Cottage cheese & honey

1/2 cup(s)- 125 cals



Roasted chickpeas

1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

450 cals, 25g protein, 38g net carbs, 20g fat



Flavored rice mix

143 cals



Honey dijon salmon

3 oz- 201 cals



Buttered sugar snap peas

107 cals

Dinner

460 cals, 33g protein, 27g net carbs, 21g fat



Lentils

116 cals



Chili lime salmon

4 oz- 237 cals



Roasted carrots

2 carrots(s)- 106 cals

Day 6

1801 cals ● 159g protein (35%) ● 38g fat (19%) ● 170g carbs (38%) ● 36g fiber (8%)

Breakfast

265 cals, 10g protein, 48g net carbs, 3g fat



Orange

1 orange(s)- 85 cals



Lowfat yogurt

1 container(s)- 181 cals

Snacks

265 cals, 19g protein, 27g net carbs, 7g fat



Cottage cheese & honey

1/2 cup(s)- 125 cals



Roasted chickpeas

1/4 cup- 138 cals

Lunch

485 cals, 25g protein, 66g net carbs, 6g fat



Peas

212 cals



Veggie burger

1 burger- 275 cals

Dinner

460 cals, 33g protein, 27g net carbs, 21g fat



Lentils

116 cals



Chili lime salmon

4 oz- 237 cals



Roasted carrots

2 carrots(s)- 106 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 7

1801 cals ● 159g protein (35%) ● 39g fat (19%) ● 168g carbs (37%) ● 36g fiber (8%)

Breakfast

265 cals, 10g protein, 48g net carbs, 3g fat



Orange

1 orange(s)- 85 cals



Lowfat yogurt

1 container(s)- 181 cals

Snacks

265 cals, 19g protein, 27g net carbs, 7g fat



Cottage cheese & honey

1/2 cup(s)- 125 cals



Roasted chickpeas

1/4 cup- 138 cals

Lunch

485 cals, 25g protein, 66g net carbs, 6g fat



Peas

212 cals



Veggie burger

1 burger- 275 cals

Dinner

460 cals, 33g protein, 26g net carbs, 21g fat



Lentils

87 cals



Edamame & beet salad

171 cals



Slow-baked salmon with lemon and thyme

3 oz- 201 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Fruits and Fruit Juices

- ☐ avocados
1/2 avocado(s) (101g)
- ☐ lime juice
1 tsp (5mL)
- ☐ strawberries
2 cup, whole (288g)
- ☐ orange
5 orange (770g)
- ☐ grapes
1 1/2 cup (138g)
- ☐ limes
1 fruit (2" dia) (67g)
- ☐ lemon
1/8 large (11g)

Spices and Herbs

- ☐ salt
1/8 oz (4g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ cajun seasoning
4 tsp (9g)
- ☐ chili powder
1 tsp (3g)
- ☐ ground cumin
4 dash (1g)
- ☐ dijon mustard
1/2 tbsp (8g)
- ☐ thyme, dried
1 dash, leaves (0g)

Other

- ☐ mixed greens
1 1/2 package (5.5 oz) (237g)
- ☐ cottage cheese & fruit cup
1 container (170g)
- ☐ Roasted chickpeas
3/4 cup (85g)
- ☐ veggie burger patty
2 patty (142g)

Finfish and Shellfish Products

- ☐ canned tuna
1 can (172g)
- ☐ salmon
1 1/4 lbs (567g)

Nut and Seed Products

- ☐ roasted cashews
2 tbsp (17g)
- ☐ mixed nuts
2 tbsp (17g)
- ☐ sunflower kernels
2 oz (57g)
- ☐ pecans
1 tbsp, chopped (7g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)

Baked Products

- ☐ frozen waffles
4 waffles (140g)
- ☐ bread
2 slice (64g)
- ☐ hamburger buns
2 bun(s) (102g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
1/2 cup (140g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/4 lbs (579g)
- ☐ eggs
3 large (150g)
- ☐ egg whites
12 large (396g)
- ☐ butter
2 tsp (9g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)

Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
23 cup(s) (5411mL)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1 1/2 tbsp (24g)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

Fats and Oils

- ☐ **canned salmon**
1/2 lbs (255g)
- ☐ **cod, raw**
3/4 lbs (340g)

Vegetables and Vegetable Products

- ☐ **tomatoes**
1 1/2 medium whole (2-3/5" dia) (171g)
- ☐ **onion**
1/4 small (18g)
- ☐ **frozen sugar snap peas**
2 cup (288g)
- ☐ **artichokes, canned**
1 cup hearts (168g)
- ☐ **fresh spinach**
8 1/4 cup(s) (248g)
- ☐ **garlic**
1 clove (3g)
- ☐ **frozen corn kernels**
1 1/3 cup (181g)
- ☐ **carrots**
4 large (288g)
- ☐ **frozen peas**
4 cup (536g)
- ☐ **ketchup**
2 tbsp (34g)
- ☐ **edamame, frozen, shelled**
1/2 cup (59g)
- ☐ **beets, precooked (canned or refrigerated)**
2 beet(s) (100g)

- ☐ **balsamic vinaigrette**
1/2 cup (105mL)
- ☐ **olive oil**
1/2 oz (14mL)
- ☐ **oil**
3/4 oz (22mL)

Meals, Entrees, and Side Dishes

- ☐ **flavored rice mix**
3/4 pouch (~5.6 oz) (119g)

Sweets

- ☐ **honey**
2 oz (61g)

Snacks

- ☐ **pretzels, hard, salted**
2 2/3 oz (76g)

Legumes and Legume Products

- ☐ **lentils, raw**
1/2 cup (88g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Waffles & Greek yogurt

2 waffle(s) - 237 cals ● 12g protein ● 8g fat ● 29g carbs ● 1g fiber



For single meal:

frozen waffles
2 waffles (70g)
nonfat greek yogurt, plain
4 tbsp (70g)

For all 2 meals:

frozen waffles
4 waffles (140g)
nonfat greek yogurt, plain
1/2 cup (140g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Orange

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



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. The recipe has no instructions.

Egg white spinach scramble

171 cals ● 27g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

fresh spinach
3/4 cup(s) (23g)
low fat cottage cheese (1% milkfat)
3 tbsp (42g)
eggs
1 large (50g)
egg whites
4 large (132g)
black pepper
2 dash, ground (1g)
salt
1 dash (0g)

For all 3 meals:

fresh spinach
2 1/4 cup(s) (68g)
low fat cottage cheese (1% milkfat)
1/2 cup (127g)
eggs
3 large (150g)
egg whites
12 large (396g)
black pepper
1/4 tbsp, ground (2g)
salt
3 dash (1g)

1. Beat eggs, cottage cheese, and seasonings (include any others you prefer) together.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour in egg mixture and quickly add in the spinach.
4. Scramble the eggs and the spinach together, stirring frequently until the eggs are opaque and set.
5. Serve.

Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)
garlic, diced
1/4 clove (1g)

For all 3 meals:

black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)
garlic, diced
3/4 clove (2g)

1. Heat the oil in the pan over medium heat.
 2. Add the garlic and sauté for a minute or two until fragrant.
 3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
 4. Serve.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

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.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt

1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt

2 container (6 oz) (340g)

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

Eat on day 1

Avocado tuna salad sandwich

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



Makes 1 sandwich(es)

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)

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.

Mixed nuts

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



Makes 1/8 cup(s)

mixed nuts

2 tbsp (17g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. The recipe has no instructions.

Salmon & artichoke salad

315 cals ● 25g protein ● 14g fat ● 15g carbs ● 7g fiber



For single meal:

canned salmon
1/4 lbs (128g)
artichokes, canned
1/2 cup hearts (84g)
mixed greens
2 1/4 cup (68g)
balsamic vinaigrette
3 tbsp (45mL)
tomatoes, halved
1/2 cup cherry tomatoes (74g)

For all 2 meals:

canned salmon
1/2 lbs (255g)
artichokes, canned
1 cup hearts (168g)
mixed greens
4 1/2 cup (135g)
balsamic vinaigrette
6 tbsp (90mL)
tomatoes, halved
1 cup cherry tomatoes (149g)

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

Lunch 3 [↗](#)

Eat on day 4

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



grapes
1 1/2 cup (138g)

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

Eat on day 5

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



flavored rice mix
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Honey dijon salmon

3 oz - 201 cals ● 18g protein ● 12g fat ● 5g carbs ● 0g fiber



Makes 3 oz

salmon
1/2 fillet/s (6 oz each) (85g)
dijon mustard
1/2 tbsp (8g)
honey
1/4 tbsp (5g)
olive oil
1/2 tsp (3mL)
garlic, minced
1/4 clove (1g)

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.

Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
butter
2 tsp (9g)
frozen sugar snap peas
2/3 cup (96g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Peas

212 cal ● 14g protein ● 1g fat ● 25g carbs ● 12g fiber



For single meal:

frozen peas
2 cup (268g)

For all 2 meals:

frozen peas
4 cup (536g)

1. Prepare according to instructions on package.
-

Veggie burger

1 burger - 275 cal ● 11g protein ● 5g fat ● 41g carbs ● 6g fiber



For single meal:

hamburger buns
1 bun(s) (51g)
ketchup
1 tbsp (17g)
mixed greens
1 oz (28g)
veggie burger patty
1 patty (71g)

For all 2 meals:

hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)
veggie burger patty
2 patty (142g)

1. Cook patty according to instructions on package.
 2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.
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Snacks 1 [↗](#)

Eat on day 1 and day 2

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:
sunflower kernels
1 oz (28g)

For all 2 meals:
sunflower kernels
2 oz (57g)

- 1. The recipe has no instructions.

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:
strawberries
1 cup, whole (144g)

For all 2 meals:
strawberries
2 cup, whole (288g)

- 1. The recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 3 and day 4

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

147 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



For single meal:

pretzels, hard, salted

1 1/3 oz (38g)

For all 2 meals:

pretzels, hard, salted

2 2/3 oz (76g)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

honey

2 tsp (14g)

For all 3 meals:

low fat cottage cheese (1% milkfat)

1 1/2 cup (339g)

honey

2 tbsp (42g)

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

Roasted chickpeas

1/4 cup - 138 cals ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

Roasted chickpeas

4 tbsp (28g)

For all 3 meals:

Roasted chickpeas

3/4 cup (85g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

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.

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



Makes 1/8 cup(s)

roasted cashews
2 tbsp (17g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup
1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Dinner 2 [↗](#)

Eat on day 2

Sugar snap peas

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



frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Baked salmon with pecans and pesto

6 oz - 484 cals ● 36g protein ● 36g fat ● 1g carbs ● 1g fiber



Makes 6 oz

salmon
1 fillet/s (6 oz each) (170g)
pecans
1 tbsp, chopped (7g)
pesto sauce
1 1/2 tbsp (24g)

1. Preheat oven to 400°F (200°C). Prepare a parchment paper-lined baking sheet.
 2. Spread the pesto on top of the salmon. Then coat the fillet with the chopped pecans.
 3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).
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Dinner 3 [↗](#)

Eat on day 3 and day 4

Cajun cod

6 oz - 187 cals ● 31g protein ● 6g fat ● 2g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

cod, raw
3/4 lbs (340g)
cajun seasoning
4 tsp (9g)
oil
2 tsp (10mL)

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.

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



For single meal:

flavored rice mix
1/4 pouch (~5.6 oz) (40g)

For all 2 meals:

flavored rice mix
1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

frozen corn kernels
2/3 cup (91g)

For all 2 meals:

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

1. Prepare according to instructions on package.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Lentils

116 cal ● 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.

Chili lime salmon

4 oz - 237 cal ● 23g protein ● 16g fat ● 0g carbs ● 1g fiber



For single meal:

salmon
4 oz (113g)
chili powder
4 dash (1g)
ground cumin
2 dash (1g)
limes, sliced
1/2 fruit (2" dia) (34g)

For all 2 meals:

salmon
1/2 lbs (227g)
chili powder
1 tsp (3g)
ground cumin
4 dash (1g)
limes, sliced
1 fruit (2" dia) (67g)

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Arrange enough lime slices on the parchment to create a bed for the salmon. Place the salmon skin-side down on top of the limes.
3. Squeeze some lime juice over the salmon and rub with chili powder, cumin, and some salt. Place any remaining lime slices on top.
4. Bake for 12-15 minutes until the salmon flakes easily with a fork. Squeeze extra lime juice over the top and serve.

Roasted carrots

2 carrots(s) - 106 cal ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

For all 2 meals:

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

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

Dinner 5 [↗](#)

Eat on day 7

Lentils

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



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

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.

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



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.

Slow-baked salmon with lemon and thyme

3 oz - 201 cals ● 18g protein ● 14g fat ● 1g carbs ● 0g fiber



Makes 3 oz

thyme, dried
1 dash, leaves (0g)

oil
1/2 tsp (3mL)

salmon, skin on
3 oz (85g)

lemon, cut into wedges
1/8 large (11g)

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.

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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