

# Meal Plan - 1900 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

1856 cals ● 170g protein (37%) ● 68g fat (33%) ● 101g carbs (22%) ● 39g fiber (8%)

### Breakfast

245 cals, 12g protein, 21g net carbs, 10g fat



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals



**Strawberries**  
1 cup(s)- 52 cals

### Lunch

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



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Simple sardine salad**  
265 cals

### Snacks

255 cals, 12g protein, 31g net carbs, 6g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Grapes**  
77 cals



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

### Dinner

485 cals, 29g protein, 37g net carbs, 16g fat



**Curried chickpea salad**  
483 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 2

1886 cals ● 168g protein (36%) ● 52g fat (25%) ● 141g carbs (30%) ● 46g fiber (10%)

### Breakfast

245 cals, 12g protein, 21g net carbs, 10g fat



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals



**Strawberries**  
1 cup(s)- 52 cals

### Snacks

255 cals, 12g protein, 31g net carbs, 6g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Grapes**  
77 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

525 cals, 31g protein, 48g net carbs, 19g fat



**Apple & peanut butter**  
1/2 apple(s)- 155 cals



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals

### Dinner

485 cals, 29g protein, 37g net carbs, 16g fat



**Curried chickpea salad**  
483 cals

## Day 3

1878 cals ● 212g protein (45%) ● 50g fat (24%) ● 115g carbs (25%) ● 29g fiber (6%)

### Breakfast

235 cals, 10g protein, 30g net carbs, 7g fat



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



**Instant oatmeal with water**  
1 packet(s)- 165 cals

### Snacks

170 cals, 11g protein, 11g net carbs, 9g fat



**Celery and peanut butter**  
109 cals



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

### Lunch

525 cals, 31g protein, 48g net carbs, 19g fat



**Apple & peanut butter**  
1/2 apple(s)- 155 cals



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals

### Dinner

565 cals, 76g protein, 24g net carbs, 14g fat



**Mixed vegetables**  
1 3/4 cup(s)- 170 cals



**Cajun tilapia**  
12 oz- 396 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 4

1927 cals ● 192g protein (40%) ● 72g fat (34%) ● 91g carbs (19%) ● 36g fiber (8%)

### Breakfast

235 cals, 10g protein, 30g net carbs, 7g fat



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



**Instant oatmeal with water**  
1 packet(s)- 165 cals

### Lunch

535 cals, 38g protein, 15g net carbs, 28g fat



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



**Avocado tuna salad**  
327 cals



**Blackberries**  
1 1/3 cup(s)- 93 cals

### Snacks

170 cals, 11g protein, 11g net carbs, 9g fat



**Celery and peanut butter**  
109 cals



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

### Dinner

605 cals, 49g protein, 33g net carbs, 27g fat



**Avocado tuna salad stuffed pepper**  
2 half pepper(s)- 456 cals



**Kefir**  
150 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 5

1926 cals ● 174g protein (36%) ● 74g fat (35%) ● 112g carbs (23%) ● 28g fiber (6%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



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

### Lunch

480 cals, 31g protein, 41g net carbs, 18g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Honey glazed carrots**  
85 cals



**Mashed sweet potatoes with butter**  
125 cals

### Snacks

225 cals, 11g protein, 35g net carbs, 3g fat



**Simple cinnamon oatmeal with water**  
163 cals



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

### Dinner

595 cals, 36g protein, 20g net carbs, 38g fat



**Roasted peanuts**  
1/3 cup(s)- 288 cals



**Ginger shrimp and grapefruit salad**  
307 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 6

1960 cals ● 169g protein (34%) ● 86g fat (39%) ● 103g carbs (21%) ● 25g fiber (5%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



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

### Snacks

225 cals, 11g protein, 35g net carbs, 3g fat



**Simple cinnamon oatmeal with water**  
163 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

510 cals, 25g protein, 32g net carbs, 29g fat



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



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Dinner

595 cals, 36g protein, 20g net carbs, 38g fat



**Roasted peanuts**  
1/3 cup(s)- 288 cals



**Ginger shrimp and grapefruit salad**  
307 cals

## Day 7

1950 cals ● 169g protein (35%) ● 84g fat (39%) ● 106g carbs (22%) ● 24g fiber (5%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



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

### Snacks

225 cals, 11g protein, 35g net carbs, 3g fat



**Simple cinnamon oatmeal with water**  
163 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

510 cals, 25g protein, 32g net carbs, 29g fat



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



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Dinner

585 cals, 36g protein, 22g net carbs, 36g fat



**Apple**  
1 apple(s)- 105 cals



**Salmon with avocado sauce**  
6 oz- 479 cals

# Grocery List



## Legumes and Legume Products

- roasted peanuts**  
1 cup (146g)
- chickpeas, canned**  
1 1/2 can(s) (672g)
- peanut butter**  
4 tbsp (64g)

## Other

- mixed greens**  
1 1/6 package (5.5 oz) (183g)
- vinaigrette, store-bought, any flavor**  
1 1/2 tbsp (23mL)
- guacamole, store-bought**  
2 tbsp (31g)
- vegan sausage**  
1 sausage (100g)
- grapefruit, pink/red**  
1 grapefruit (3-3/4" dia) (246g)

## Finfish and Shellfish Products

- sardines, canned in oil**  
1 can (92g)
- tilapia, raw**  
3/4 lbs (336g)
- canned tuna**  
1 3/4 can (301g)
- shrimp, raw**  
1/2 lbs (227g)
- salmon**  
6 oz (170g)

## Dairy and Egg Products

- eggs**  
7 large (350g)
- butter**  
3 1/2 tsp (16g)
- low fat cottage cheese (1% milkfat)**  
1 3/4 cup (396g)
- nonfat greek yogurt, plain**  
6 tbsp (105g)
- kefir, flavored**  
1 cup (240mL)
- cheese**  
1 cup, shredded (113g)

## Fats and Oils

## Sweets

- honey**  
2 oz (54g)
- sugar**  
2 1/4 tbsp (29g)

## Spices and Herbs

- curry powder**  
1/2 tbsp (3g)
- cajun seasoning**  
1/2 tbsp (3g)
- salt**  
1 g (1g)
- black pepper**  
1/4 tsp (0g)
- balsamic vinegar**  
1/2 tbsp (8mL)
- turmeric, ground**  
1 tsp (3g)
- ground ginger**  
1 tsp (2g)
- cinnamon**  
3/4 tbsp (6g)
- rosemary, dried**  
4 dash (1g)
- fresh basil**  
1 tbsp leaves, whole (2g)

## Nut and Seed Products

- sunflower kernels**  
3 tbsp (36g)
- roasted cashews**  
4 tbsp (34g)
- coconut milk, canned**  
1/8 can (27mL)

## Vegetables and Vegetable Products

- raw celery**  
1/4 bunch (131g)
- frozen mixed veggies**  
1 3/4 cup (236g)
- tomatoes**  
3 tbsp, chopped (34g)
- onion**  
1/2 small (31g)
- bell pepper**  
1 large (164g)

**oil**  
1 1/2 oz (47mL)

## Baked Products

**bread**  
3/4 lbs (352g)

## Fruits and Fruit Juices

**strawberries**  
2 cup, whole (288g)

**grapes**  
2 2/3 cup (245g)

**lemon juice**  
1/4 cup (53mL)

**apples**  
2 medium (3" dia) (364g)

**avocados**  
1 3/4 avocado(s) (352g)

**lime juice**  
1 3/4 tsp (9mL)

**blackberries**  
1 1/3 cup (192g)

**carrots**  
4 oz (113g)

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

**garlic**  
1 1/4 clove(s) (4g)

**fresh spinach**  
3 cup(s) (90g)

**mushrooms**  
3 oz (85g)

## Soups, Sauces, and Gravies

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

## Breakfast Cereals

**flavored instant oatmeal**  
2 packet (86g)

**quick oats**  
1 cup (90g)

## Beverages

**protein powder**  
24 1/2 scoop (1/3 cup ea) (760g)

**water**  
27 3/4 cup(s) (6581mL)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

**eggs**  
1 large (50g)  
**oil**  
1/4 tsp (1mL)  
**guacamole, store-bought**  
1 tbsp (15g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)  
**guacamole, store-bought**  
2 tbsp (31g)  
**bread**  
2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

### 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.

## 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.

### Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**  
1 packet (43g)  
**water**  
3/4 cup(s) (178mL)

For all 2 meals:

**flavored instant oatmeal**  
2 packet (86g)  
**water**  
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**oil**  
1/4 tsp (1mL)

For all 3 meals:

**eggs**  
3 large (150g)  
**oil**  
1/4 tbsp (4mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

### 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 3 meals:

**bread**  
3 slice (96g)  
**avocados, ripe, sliced**  
3/4 avocado(s) (151g)

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

## Lunch 1 ↗

Eat on day 1

### 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.

### 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.

## Lunch 2 ↗

Eat on day 2 and day 3

### Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**peanut butter**  
1 tbsp (16g)

For all 2 meals:

**apples**  
1 medium (3" dia) (182g)  
**peanut butter**  
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

1 1/2 can (~19 oz) (789g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

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## Lunch 3

Eat on day 4

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### Roasted peanuts

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

Makes 1/8 cup(s)

**roasted peanuts**

2 tbsp (18g)

1. The recipe has no instructions.



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### Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



**avocados**

3/8 avocado(s) (75g)

**lime juice**

1/4 tbsp (4mL)

**salt**

3/4 dash (0g)

**black pepper**

3/4 dash (0g)

**mixed greens**

3/4 cup (23g)

**canned tuna**

3/4 can (129g)

**tomatoes**

3 tbsp, chopped (34g)

**onion, minced**

1/6 small (13g)

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

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### Blackberries

1 1/3 cup(s) - 93 cals ● 3g protein ● 1g fat ● 8g carbs ● 10g fiber



Makes 1 1/3 cup(s)

**blackberries**

1 1/3 cup (192g)

1. Rinse blackberries and serve.

## Lunch 4 ↗

Eat on day 5

### Vegan sausage

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



Makes 1 sausage(s)

**vegan sausage**

1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

### Honey glazed carrots

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



**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)

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.

### Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber

**sweet potatoes**

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

**butter**

1 tsp (5g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.

2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

**Lunch 5 ↗**

Eat on day 6 and day 7

**Rosemary mushroom cheese sandwich**

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



## For single meal:

**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)

## For all 2 meals:

**bread**

4 slice(s) (128g)

**cheese**

1 cup, shredded (113g)

**mushrooms**

3 oz (85g)

**rosemary, dried**

4 dash (1g)

**mixed greens**

1 cup (30g)

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.

**Roasted cashews**

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



For single meal:

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

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1. The recipe has no instructions.

## Snacks 1 ↗

Eat on day 1 and day 2

### 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.

## Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

**grapes**  
1 1/3 cup (123g)

For all 2 meals:

**grapes**  
2 2/3 cup (245g)

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.

## Snacks 2 ↗

Eat on day 3 and day 4

### Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**raw celery**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

**peanut butter**

1 tbsp (16g)

For all 2 meals:

**raw celery**

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

**peanut butter**

2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

### 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.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Simple cinnamon oatmeal with water

163 cals ● 4g protein ● 2g fat ● 28g carbs ● 4g fiber



For single meal:

**quick oats**  
6 tbsp (30g)  
**sugar**  
3/4 tbsp (10g)  
**cinnamon**  
1/4 tbsp (2g)  
**water**  
1/2 cup(s) (133mL)

For all 3 meals:

**quick oats**  
1 cup (90g)  
**sugar**  
2 1/4 tbsp (29g)  
**cinnamon**  
3/4 tbsp (6g)  
**water**  
1 2/3 cup(s) (400mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

### 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.

## Dinner 1 ↗

Eat on day 1 and day 2

### Curried chickpea salad

483 cals ● 29g protein ● 16g fat ● 37g carbs ● 19g fiber



For single meal:

**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**curry powder**  
1/4 tbsp (2g)  
**sunflower kernels**  
1 1/2 tbsp (18g)  
**mixed greens**  
1 1/2 oz (43g)  
**lemon juice, divided**  
1 1/2 tbsp (23mL)  
**raw celery, sliced**  
1 1/2 stalk, small (5" long) (26g)  
**chickpeas, canned, drained & rinsed**  
3/4 can(s) (336g)

For all 2 meals:

**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**curry powder**  
1/2 tbsp (3g)  
**sunflower kernels**  
3 tbsp (36g)  
**mixed greens**  
3 oz (85g)  
**lemon juice, divided**  
3 tbsp (45mL)  
**raw celery, sliced**  
3 stalk, small (5" long) (51g)  
**chickpeas, canned, drained & rinsed**  
1 1/2 can(s) (672g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

## Dinner 2 ↗

Eat on day 3

### Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



Makes 1 3/4 cup(s)

**frozen mixed veggies**  
1 3/4 cup (236g)

1. Prepare according to instructions on package.

### Cajun tilapia

12 oz - 396 cals ● 68g protein ● 13g fat ● 2g carbs ● 0g fiber



Makes 12 oz

**cajun seasoning**

1/2 tbsp (3g)

**oil**

1/2 tbsp (8mL)

**tilapia, raw**

3/4 lbs (336g)

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 3 ↗

Eat on day 4

### Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

**avocados**

1/2 avocado(s) (101g)

**lime juice**

1 tsp (5mL)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**bell pepper**

1 large (164g)

**onion**

1/4 small (18g)

**canned tuna, drained**

1 can (172g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

## Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



**kefir, flavored**

1 cup (240mL)

1. Pour into a glass and drink.

## Dinner 4

Eat on day 5 and day 6

### Roasted peanuts

1/3 cup(s) - 288 cals  11g protein  23g fat  6g carbs  4g fiber



For single meal:

**roasted peanuts**  
5 tbsp (46g)

For all 2 meals:

**roasted peanuts**  
10 tbsp (91g)

1. The recipe has no instructions.

### Ginger shrimp and grapefruit salad

307 cals  25g protein  15g fat  14g carbs  4g fiber



For single meal:

**balsamic vinegar**  
1/4 tbsp (4mL)  
**garlic**  
1/2 clove (2g)  
**grapefruit, pink/red**  
1/2 grapefruit (3-3/4" dia) (123g)  
**fresh spinach**  
1 1/2 cup(s) (45g)  
**turmeric, ground**  
4 dash (2g)  
**ground ginger**  
4 dash (1g)  
**oil, divided**  
1 tbsp (15mL)  
**shrimp, raw, peeled and deveined**  
4 oz (113g)

For all 2 meals:

**balsamic vinegar**  
1/2 tbsp (8mL)  
**garlic**  
1 clove (3g)  
**grapefruit, pink/red**  
1 grapefruit (3-3/4" dia) (246g)  
**fresh spinach**  
3 cup(s) (90g)  
**turmeric, ground**  
1 tsp (3g)  
**ground ginger**  
1 tsp (2g)  
**oil, divided**  
2 tbsp (30mL)  
**shrimp, raw, peeled and deveined**  
1/2 lbs (227g)

1. Season the shrimp with the ginger and turmeric.
2. Heat half of the oil in a skillet over medium high heat.
3. Add the shrimp and cook until fully opaque and pink, about 2-3 minutes on each side. Set aside.
4. Supreme a grapefruit by cutting off the skin and slicing down both sides of every membrane to segment and remove the fruit.
5. Once fruit has been removed, squeeze some juice from the membrane into a small bowl and discard the membrane.
6. Add the remaining oil, balsamic vinegar, garlic, and salt/pepper to taste to the grapefruit juice. Mix and set aside.
7. Compile the salad by placing the grapefruit segments and shrimp over a bed of fresh spinach and dressing with the grapefruit juice mixture.
8. Serve.

## Dinner 5

Eat on day 7

### Apple

1 apple(s) - 105 cals  1g protein  0g fat  21g carbs  4g fiber



Makes 1 apple(s)

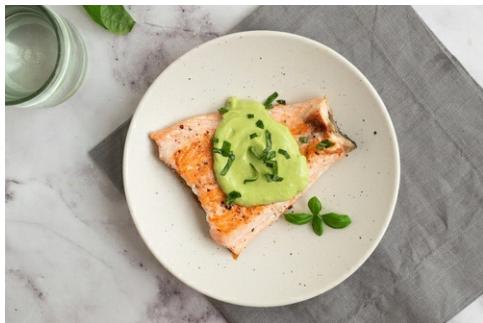
**apples**

1 medium (3" dia) (182g)

1. The recipe has no instructions.

### Salmon with avocado sauce

6 oz - 479 cals  36g protein  36g fat  2g carbs  2g fiber



Makes 6 oz

**avocados**

1/8 avocado(s) (25g)

**salmon**

6 oz (170g)

**oil**

1/4 tbsp (4mL)

**coconut milk, canned**

1/8 can (28mL)

**garlic**

1/4 clove(s) (1g)

**lemon juice**

1/4 tbsp (4mL)

**fresh basil**

1 tbsp leaves, whole (2g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

**protein powder**

3 1/2 scoop (1/3 cup ea) (109g)

**water**

3 1/2 cup(s) (830mL)

For all 7 meals:

**protein powder**

24 1/2 scoop (1/3 cup ea) (760g)

**water**

24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.