

Meal Plan - 2000 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

1922 cals ● 211g protein (44%) ● 60g fat (28%) ● 111g carbs (23%) ● 23g fiber (5%)

Breakfast

265 cals, 12g protein, 17g net carbs, 13g fat



[Avocado toast with egg](#)
1 slice(s)- 238 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals

Snacks

200 cals, 16g protein, 11g net carbs, 10g fat



[Cucumber slices](#)
1 cucumber- 60 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Protein Supplement(s)

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



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

530 cals, 37g protein, 31g net carbs, 27g fat



[Tuna salad sandwich](#)
1/2 sandwich(es)- 248 cals



[Simple Greek cucumber salad](#)
281 cals

Dinner

550 cals, 61g protein, 49g net carbs, 9g fat



[Lentils](#)
174 cals



[Honey garlic shrimp & broccoli](#)
374 cals

Day 2

1931 cals ● 177g protein (37%) ● 60g fat (28%) ● 143g carbs (30%) ● 27g fiber (6%)

Breakfast

265 cals, 12g protein, 17g net carbs, 13g fat



Avocado toast with egg
1 slice(s)- 238 cals



Carrot sticks
1 carrot(s)- 27 cals

Snacks

200 cals, 16g protein, 11g net carbs, 10g fat



Cucumber slices
1 cucumber- 60 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

530 cals, 37g protein, 31g net carbs, 27g fat



Tuna salad sandwich
1/2 sandwich(es)- 248 cals



Simple Greek cucumber salad
281 cals

Dinner

555 cals, 27g protein, 81g net carbs, 9g fat



Fruit juice
1 cup(s)- 115 cals



Meatless bolognese pasta
443 cals

Day 3

2051 cals ● 183g protein (36%) ● 75g fat (33%) ● 126g carbs (25%) ● 34g fiber (7%)

Breakfast

265 cals, 12g protein, 17g net carbs, 13g fat



Avocado toast with egg
1 slice(s)- 238 cals



Carrot sticks
1 carrot(s)- 27 cals

Snacks

230 cals, 10g protein, 20g net carbs, 10g fat



Milk
1/2 cup(s)- 75 cals



Cucumber slices
1/4 cucumber- 15 cals



Roasted chickpeas
1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

620 cals, 38g protein, 38g net carbs, 34g fat



Simple mixed greens salad
68 cals



Tuna salad wrap
1 wrap(s)- 552 cals

Dinner

560 cals, 38g protein, 48g net carbs, 17g fat



Southwest shrimp & black bean bowl
369 cals



Simple mixed greens and tomato salad
189 cals

Day 4

1990 cals ● 195g protein (39%) ● 75g fat (34%) ● 108g carbs (22%) ● 25g fiber (5%)

Breakfast

210 cals, 18g protein, 19g net carbs, 5g fat



Carrot sticks

3 carrot(s)- 81 cals



Protein shake (milk)

129 cals

Snacks

230 cals, 10g protein, 20g net carbs, 10g fat



Milk

1/2 cup(s)- 75 cals



Cucumber slices

1/4 cucumber- 15 cals



Roasted chickpeas

1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

620 cals, 38g protein, 38g net carbs, 34g fat



Simple mixed greens salad

68 cals



Tuna salad wrap

1 wrap(s)- 552 cals

Dinner

550 cals, 45g protein, 29g net carbs, 25g fat



Almond crusted tilapia

6 oz- 424 cals



Simple salad with celery, cucumber & tomato

128 cals

Day 5

1994 cals ● 183g protein (37%) ● 56g fat (25%) ● 158g carbs (32%) ● 32g fiber (6%)

Breakfast

210 cals, 18g protein, 19g net carbs, 5g fat



Carrot sticks

3 carrot(s)- 81 cals



Protein shake (milk)

129 cals

Snacks

230 cals, 10g protein, 20g net carbs, 10g fat



Milk

1/2 cup(s)- 75 cals



Cucumber slices

1/4 cucumber- 15 cals



Roasted chickpeas

1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

580 cals, 34g protein, 72g net carbs, 15g fat



Chik'n nuggets

4 nuggets- 221 cals



Fruit juice

1 cup(s)- 115 cals



Protein bar

1 bar- 245 cals

Dinner

595 cals, 37g protein, 44g net carbs, 25g fat



Blueberries

1 cup(s)- 95 cals



Seitan salad

359 cals



Simple Greek cucumber salad

141 cals

Day 6

2006 cals ● 185g protein (37%) ● 54g fat (24%) ● 170g carbs (34%) ● 26g fiber (5%)

Breakfast

315 cals, 25g protein, 33g net carbs, 8g fat



Celery sticks

1 celery stalk- 7 cals



Lowfat Greek yogurt

2 container(s)- 310 cals

Snacks

135 cals, 4g protein, 18g net carbs, 4g fat



Small toasted bagel with cream cheese

1/2 bagel(s)- 133 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

580 cals, 34g protein, 72g net carbs, 15g fat



Chik'n nuggets

4 nuggets- 221 cals



Fruit juice

1 cup(s)- 115 cals



Protein bar

1 bar- 245 cals

Dinner

595 cals, 37g protein, 44g net carbs, 25g fat



Blueberries

1 cup(s)- 95 cals



Seitan salad

359 cals



Simple Greek cucumber salad

141 cals

Day 7

2049 cal ● 177g protein (35%) ● 80g fat (35%) ● 131g carbs (25%) ● 24g fiber (5%)

Breakfast

315 cal, 25g protein, 33g net carbs, 8g fat



Celery sticks

1 celery stalk- 7 cal



Lowfat Greek yogurt

2 container(s)- 310 cal

Snacks

135 cal, 4g protein, 18g net carbs, 4g fat



Small toasted bagel with cream cheese

1/2 bagel(s)- 133 cal

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cal

Lunch

570 cal, 25g protein, 15g net carbs, 44g fat



Buffalo tofu slaw salad

570 cal

Dinner

650 cal, 38g protein, 61g net carbs, 22g fat



Lemon ginger tofu chik'n

7 oz tofu- 373 cal



Lentils

231 cal



Broccoli

1 1/2 cup(s)- 44 cal

Vegetables and Vegetable Products

- ☐ cucumber
6 1/4 cucumber (8-1/4") (1881g)
- ☐ carrots
9 medium (549g)
- ☐ broccoli
1/2 cup chopped (46g)
- ☐ garlic
1 1/2 clove(s) (4g)
- ☐ fresh ginger
1/3 oz (9g)
- ☐ raw celery
1/4 bunch (146g)
- ☐ red onion
3/4 medium (2-1/2" dia) (83g)
- ☐ frozen corn kernels
2 3/4 tbsp (23g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (413g)
- ☐ fresh spinach
4 cup(s) (120g)
- ☐ ketchup
2 tbsp (34g)
- ☐ frozen broccoli
1 1/2 cup (137g)

Dairy and Egg Products

- ☐ eggs
7 large (350g)
- ☐ nonfat greek yogurt, plain
1 1/2 cup (420g)
- ☐ whole milk
2 1/2 cup(s) (600mL)
- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ cream cheese
1 1/2 tbsp (22g)

Baked Products

- ☐ bread
5 slice (160g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)
- ☐ bagel
1 small bagel (3" dia) (69g)

Fruits and Fruit Juices

Legumes and Legume Products

- ☐ lentils, raw
9 1/4 tbsp (112g)
- ☐ soy sauce
3 tbsp (45mL)
- ☐ vegetarian burger crumbles
3 oz (85g)
- ☐ black beans
1/3 can(s) (146g)
- ☐ firm tofu
17 1/2 oz (496g)

Fats and Oils

- ☐ oil
1 1/2 oz (45mL)
- ☐ mayonnaise
1/4 cup (68mL)
- ☐ olive oil
1/4 cup (53mL)
- ☐ salad dressing
10 1/4 tbsp (154mL)
- ☐ ranch dressing
3 tbsp (45mL)

Sweets

- ☐ honey
2 tbsp (42g)
- ☐ agave
1 tsp (7g)

Finfish and Shellfish Products

- ☐ shrimp, raw
3/4 lbs (340g)
- ☐ canned tuna
15 oz (425g)
- ☐ tilapia, raw
6 oz (168g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
6 oz (170g)
- ☐ apple cider vinegar
2/3 tbsp (1mL)
- ☐ Frank's Red Hot sauce
3 tbsp (46mL)

Cereal Grains and Pasta

- ☐ avocados
1 1/4 avocado(s) (251g)
- ☐ lemon juice
2 1/2 tbsp (38mL)
- ☐ fruit juice
24 fl oz (720mL)
- ☐ lime juice
1 tsp (5mL)
- ☐ blueberries
2 cup (296g)

Beverages

- ☐ water
27 cup(s) (6359mL)
- ☐ protein powder
25 1/2 scoop (1/3 cup ea) (791g)

Spices and Herbs

- ☐ salt
2 1/2 g (2g)
- ☐ black pepper
3 dash (0g)
- ☐ dried dill weed
1 tbsp (3g)
- ☐ red wine vinegar
1 tbsp (15mL)
- ☐ chili powder
1/3 tsp (1g)

- ☐ uncooked dry pasta
2 oz (57g)
- ☐ brown rice
1 3/4 tbsp (21g)
- ☐ all-purpose flour
1/6 cup(s) (21g)
- ☐ seitan
6 oz (170g)
- ☐ cornstarch
1 1/2 tbsp (12g)

Other

- ☐ mixed greens
2 package (5.5 oz) (280g)
- ☐ Roasted chickpeas
3/4 cup (85g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ vegan chik'n nuggets
8 nuggets (172g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ coleslaw mix
1 1/2 cup (135g)

Nut and Seed Products

- ☐ almonds
4 tbsp, slivered (27g)
 - ☐ sesame seeds
1/2 tbsp (5g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

eggs

1 large (50g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 3 meals:

bread

3 slice (96g)

eggs

3 large (150g)

avocados, ripe, sliced

3/4 avocado(s) (151g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 3 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

carrots
3 medium (183g)

For all 2 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.
-

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
 2. Serve.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

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

For all 2 meals:

raw celery

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

1. Slice celery into sticks and serve.
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Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt

4 (5.3 oz ea) container(s) (600g)

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

Eat on day 1 and day 2

Tuna salad sandwich

1/2 sandwich(es) - 248 cal ● 19g protein ● 13g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
mayonnaise
3/4 tbsp (11mL)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
canned tuna
2 1/2 oz (71g)
raw celery, chopped
1/4 stalk, small (5" long) (4g)

For all 2 meals:

bread
2 slice (64g)
mayonnaise
1 1/2 tbsp (23mL)
black pepper
1 dash (0g)
salt
1 dash (0g)
canned tuna
5 oz (142g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Simple Greek cucumber salad

281 cal ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

For all 2 meals:

nonfat greek yogurt, plain
1 cup (280g)
lemon juice
1 tbsp (15mL)
dried dill weed
2 tsp (2g)
red wine vinegar
2 tsp (10mL)
olive oil
2 tbsp (30mL)
red onion, thinly sliced
1/2 medium (2-1/2" dia) (55g)
cucumber, sliced into half moons
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Lunch 2 [↗](#)

Eat on day 3 and day 4

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.

Tuna salad wrap

1 wrap(s) - 552 cals ● 37g protein ● 29g fat ● 33g carbs ● 3g fiber



For single meal:

canned tuna
5 oz (142g)
mayonnaise
1 1/2 tbsp (23mL)
black pepper
1 dash (0g)
salt
1 dash (0g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)

For all 2 meals:

canned tuna
10 oz (284g)
mayonnaise
3 tbsp (45mL)
black pepper
2 dash (0g)
salt
2 dash (1g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
raw celery, chopped
1 stalk, small (5" long) (17g)

1. Drain the tuna.
 2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
 3. Spread the mixture over the tortilla and wrap it.
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Lunch 3 [🔗](#)

Eat on day 5 and day 6

Chik'n nuggets

4 nuggets - 221 cals ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



For single meal:

ketchup
1 tbsp (17g)
vegan chik'n nuggets
4 nuggets (86g)

For all 2 meals:

ketchup
2 tbsp (34g)
vegan chik'n nuggets
8 nuggets (172g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Fruit juice

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



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Buffalo tofu slaw salad

570 cals ● 25g protein ● 44g fat ● 15g carbs ● 4g fiber



coleslaw mix

1 1/2 cup (135g)

Frank's Red Hot sauce

3 tbsp (45mL)

ranch dressing

3 tbsp (45mL)

oil

3/4 tbsp (11mL)

tomatoes, halved

3 tbsp cherry tomatoes (28g)

firm tofu, patted dry & cubed

2/3 lbs (298g)

1. Season the tofu cubes with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add the tofu and cook for 4-6 minutes, turning occasionally, until golden brown on all sides. Remove from heat and let cool slightly, then toss with hot sauce.
3. Serve the tofu over a bed of coleslaw and cherry tomatoes. Drizzle with ranch and serve.
4. Meal Prep Tip: Store the tofu and ranch separately from the coleslaw. Combine everything just before serving to keep the slaw fresh and crisp.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber

1 cucumber (8-1/4") (301g)

For all 2 meals:

cucumber

2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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 3 meals:

whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

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

For all 3 meals:

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

1. Slice cucumber into rounds and serve.

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.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Small toasted bagel with cream cheese

1/2 bagel(s) - 133 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

bagel
1/2 small bagel (3" dia) (35g)
cream cheese
3/4 tbsp (11g)

For all 2 meals:

bagel
1 small bagel (3" dia) (69g)
cream cheese
1 1/2 tbsp (22g)

1. Toast the bagel to desired toastiness.
 2. Spread the cream cheese.
 3. Enjoy.
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Dinner 1 [↗](#)

Eat on day 1

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



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 garlic shrimp & broccoli

374 cals ● 49g protein ● 8g fat ● 24g carbs ● 1g fiber



oil

1/2 tbsp (8mL)

soy sauce

2 tbsp (30mL)

broccoli

1/2 cup chopped (46g)

honey

2 tbsp (42g)

shrimp, raw, peeled, deveined

1/2 lbs (227g)

garlic, minced

4 dash (1g)

fresh ginger, minced

4 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.

Dinner 2 [↗](#)

Eat on day 2

Fruit juice

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



Makes 1 cup(s)

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

Meatless bolognese pasta

443 cal ● 26g protein ● 8g fat ● 56g carbs ● 11g fiber



pasta sauce
6 oz (170g)
vegetarian burger crumbles
3 oz (85g)
oil
3/8 tsp (2mL)
uncooked dry pasta
2 oz (57g)

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
 2. While the pasta cooks, heat the oil in a skillet or saucepan over medium heat.
 3. Add the vegan meat and cook until browned, or as directed on the package. Break up any large clumps with a spoon as needed.
 4. Stir in the pasta sauce and bring to a simmer.
 5. Serve the sauce over the cooked pasta.
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Dinner 3 [↗](#)

Eat on day 3

Southwest shrimp & black bean bowl

369 cal ● 34g protein ● 5g fat ● 35g carbs ● 12g fiber



apple cider vinegar

2/3 tbsp (0mL)

lime juice

1 tsp (5mL)

oil

1/4 tbsp (3mL)

chili powder

1/3 tsp (1g)

brown rice

1 3/4 tbsp (21g)

frozen corn kernels

2 2/3 tbsp (23g)

tomatoes, chopped

1/3 roma tomato (27g)

black beans, rinsed and drained

1/3 can(s) (146g)

shrimp, raw, peeled and deveined

4 oz (113g)

1. Cook the rice according to its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

salad dressing

1/4 cup (56mL)

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

Dinner 4 [↗](#)

Eat on day 4

Almond crusted tilapia

6 oz - 424 cals ● 41g protein ● 20g fat ● 16g carbs ● 4g fiber



Makes 6 oz

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.

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



salad dressing
1 1/2 tbsp (23mL)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)
mixed greens
1/2 package (5.5 oz) (78g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Dinner 5 [↗](#)

Eat on day 5 and day 6

Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
fresh spinach
2 cup(s) (60g)
seitan, crumbled or sliced
3 oz (85g)
tomatoes, halved
6 cherry tomatoes (102g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
fresh spinach
4 cup(s) (120g)
seitan, crumbled or sliced
6 oz (170g)
tomatoes, halved
12 cherry tomatoes (204g)
avocados, chopped
1/2 avocado(s) (101g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Simple Greek cucumber salad

141 cal ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

- nonfat greek yogurt, plain**
4 tbsp (70g)
- lemon juice**
1/4 tbsp (4mL)
- dried dill weed**
4 dash (1g)
- red wine vinegar**
1/2 tsp (3mL)
- olive oil**
1/2 tbsp (8mL)
- red onion, thinly sliced**
1/8 medium (2-1/2" dia) (14g)
- cucumber, sliced into half moons**
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

- nonfat greek yogurt, plain**
1/2 cup (140g)
- lemon juice**
1/2 tbsp (8mL)
- dried dill weed**
1 tsp (1g)
- red wine vinegar**
1 tsp (5mL)
- olive oil**
1 tbsp (15mL)
- red onion, thinly sliced**
1/4 medium (2-1/2" dia) (28g)
- cucumber, sliced into half moons**
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Dinner 6 [🔗](#)

Eat on day 7

Lemon ginger tofu chik'n

7 oz tofu - 373 cal ● 19g protein ● 22g fat ● 25g carbs ● 1g fiber



Makes 7 oz tofu

cornstarch

1 1/2 tbsp (12g)

lemon juice

1 tbsp (15mL)

oil

3/4 tbsp (11mL)

sesame seeds

1/2 tbsp (5g)

agave

1 tsp (7g)

soy sauce, divided

1 tbsp (15mL)

garlic, minced

1 clove(s) (3g)

fresh ginger, peeled & minced

1 1/2 inch (2.5cm) cube (8g)

firm tofu, patted dry

1/2 lbs (198g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
5. both bowls aside.
6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
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.

Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)
frozen broccoli
1 1/2 cup (137g)

1. Prepare according to instructions on package.

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.