

Meal Plan - 2100 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

2146 cals ● 193g protein (36%) ● 66g fat (28%) ● 153g carbs (29%) ● 42g fiber (8%)

Breakfast

310 cals, 15g protein, 24g net carbs, 17g fat



Boiled eggs

2 egg(s)- 139 cals



Store-bought waffles

1 waffle(s)- 173 cals

Snacks

230 cals, 8g protein, 25g net carbs, 7g fat



String cheese

1 stick(s)- 83 cals



Grapes

145 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

645 cals, 29g protein, 93g net carbs, 11g fat



Tzatziki chickpea tabbouleh salad

646 cals

Dinner

580 cals, 56g protein, 8g net carbs, 30g fat



Garlic collard greens

239 cals



Broiled tilapia

8 oz- 340 cals

Day 2

2057 cals ● 195g protein (38%) ● 75g fat (33%) ● 117g carbs (23%) ● 33g fiber (6%)

Breakfast

310 cals, 15g protein, 24g net carbs, 17g fat



Boiled eggs
2 egg(s)- 139 cals



Store-bought waffles
1 waffle(s)- 173 cals

Snacks

230 cals, 8g protein, 25g net carbs, 7g fat



String cheese
1 stick(s)- 83 cals



Grapes
145 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

555 cals, 31g protein, 57g net carbs, 20g fat



Chik'n nuggets
9 nuggets- 496 cals



Cucumber slices
1 cucumber- 60 cals

Dinner

580 cals, 56g protein, 8g net carbs, 30g fat



Garlic collard greens
239 cals



Broiled tilapia
8 oz- 340 cals

Day 3

2142 cals ● 211g protein (39%) ● 77g fat (32%) ● 120g carbs (22%) ● 32g fiber (6%)

Breakfast

310 cals, 15g protein, 24g net carbs, 17g fat



Boiled eggs
2 egg(s)- 139 cals



Store-bought waffles
1 waffle(s)- 173 cals

Snacks

230 cals, 8g protein, 25g net carbs, 7g fat



String cheese
1 stick(s)- 83 cals



Grapes
145 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

620 cals, 37g protein, 41g net carbs, 29g fat



Cucumber slices
1/2 cucumber- 30 cals



Hummus & veggie deli sandwich
1 sandwich(es)- 370 cals



Roasted almonds
1/4 cup(s)- 222 cals

Dinner

600 cals, 66g protein, 27g net carbs, 23g fat



Roasted tomatoes
1/2 tomato(es)- 30 cals



Simple roasted cod
10 2/3 oz- 396 cals



Lentils
174 cals

Day 4

2152 cals ● 201g protein (37%) ● 81g fat (34%) ● 125g carbs (23%) ● 30g fiber (6%)

Breakfast

280 cals, 9g protein, 38g net carbs, 9g fat



Sweet potato breakfast pancakes
4 pancake(s)- 281 cals

Snacks

270 cals, 5g protein, 16g net carbs, 19g fat



Popcorn
4 cups- 161 cals



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

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

620 cals, 37g protein, 41g net carbs, 29g fat



Cucumber slices
1/2 cucumber- 30 cals



Hummus & veggie deli sandwich
1 sandwich(es)- 370 cals



Roasted almonds
1/4 cup(s)- 222 cals

Dinner

600 cals, 66g protein, 27g net carbs, 23g fat



Roasted tomatoes
1/2 tomato(es)- 30 cals



Simple roasted cod
10 2/3 oz- 396 cals



Lentils
174 cals

Day 5

2117 cals ● 184g protein (35%) ● 68g fat (29%) ● 151g carbs (29%) ● 41g fiber (8%)

Breakfast

280 cals, 9g protein, 38g net carbs, 9g fat



Sweet potato breakfast pancakes
4 pancake(s)- 281 cals

Snacks

270 cals, 5g protein, 16g net carbs, 19g fat



Popcorn
4 cups- 161 cals



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

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

565 cals, 46g protein, 20g net carbs, 29g fat



Almond crusted tilapia
6 oz- 424 cals



Olive oil drizzled broccoli
2 cup(s)- 140 cals

Dinner

620 cals, 39g protein, 75g net carbs, 9g fat



Lentil pasta
337 cals



Lentils
174 cals



Milk
3/4 cup(s)- 112 cals

Day 6

2139 cals ● 197g protein (37%) ● 61g fat (26%) ● 159g carbs (30%) ● 42g fiber (8%)

Breakfast

305 cals, 11g protein, 43g net carbs, 8g fat



Instant oatmeal with milk
1 packet(s)- 276 cals



Cucumber slices
1/2 cucumber- 30 cals

Snacks

265 cals, 16g protein, 18g net carbs, 13g fat



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



Lowfat Greek yogurt
1 container(s)- 155 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

565 cals, 46g protein, 20g net carbs, 29g fat



Almond crusted tilapia
6 oz- 424 cals



Olive oil drizzled broccoli
2 cup(s)- 140 cals

Dinner

620 cals, 39g protein, 75g net carbs, 9g fat



Lentil pasta
337 cals



Lentils
174 cals



Milk
3/4 cup(s)- 112 cals

Day 7

2085 cals ● 188g protein (36%) ● 78g fat (34%) ● 133g carbs (25%) ● 25g fiber (5%)

Breakfast

305 cals, 11g protein, 43g net carbs, 8g fat



Instant oatmeal with milk
1 packet(s)- 276 cals



Cucumber slices
1/2 cucumber- 30 cals

Snacks

265 cals, 16g protein, 18g net carbs, 13g fat



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



Lowfat Greek yogurt
1 container(s)- 155 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

515 cals, 42g protein, 50g net carbs, 13g fat



Sunflower chickpea sandwich
1/2 sandwich(es)- 253 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

615 cals, 34g protein, 18g net carbs, 43g fat



Spicy sriracha peanut tofu
512 cals



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

Grocery List



Beverages

- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- ☐ water
28 3/4 cup(s) (6814mL)

Dairy and Egg Products

- ☐ eggs
9 1/2 medium (412g)
- ☐ butter
1 tbsp (14g)
- ☐ string cheese
3 stick (84g)
- ☐ whole milk
3 cup(s) (720mL)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ nonfat greek yogurt, plain
1 tbsp (18g)

Sweets

- ☐ syrup
2 1/4 tbsp (34mL)
- ☐ maple syrup
3 tbsp (45mL)

Baked Products

- ☐ frozen waffles
3 waffles (105g)
- ☐ bread
5 slice(s) (160g)

Vegetables and Vegetable Products

- ☐ collard greens
1 1/2 lbs (680g)
- ☐ garlic
6 clove(s) (18g)
- ☐ fresh parsley
2 sprigs (2g)
- ☐ tomatoes
1 medium whole (2-3/5" dia) (131g)
- ☐ cucumber
3 1/2 cucumber (8-1/4") (1030g)
- ☐ ketchup
2 1/4 tbsp (38g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)

Fruits and Fruit Juices

- ☐ lemon juice
1 1/2 tbsp (23mL)
- ☐ grapes
7 1/2 cup (690g)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 3/4 lbs (784g)
- ☐ cod, raw
1 1/3 lbs (604g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1/2 box (5.8 oz) (82g)
- ☐ all-purpose flour
1/3 cup(s) (42g)

Other

- ☐ tzatziki
3/8 cup(s) (84g)
- ☐ vegan chik'n nuggets
9 nuggets (194g)
- ☐ plant-based deli slices
12 slices (125g)
- ☐ Popcorn, microwave, salted
8 cup popped (88g)
- ☐ lentil pasta
1/3 lbs (151g)
- ☐ mixed greens
1 tbsp (2g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ sriracha chili sauce
1 tbsp (17g)

Legumes and Legume Products

- ☐ chickpeas, canned
3/4 can(s) (336g)
- ☐ lentils, raw
1 cup (192g)
- ☐ hummus
6 tbsp (90g)
- ☐ peanut butter
1 1/2 tbsp (24g)
- ☐ soy sauce
1/2 tbsp (8mL)

☐ frozen broccoli
5 1/2 cup (501g)

Fats and Oils

☐ oil
1 1/2 oz (47mL)

☐ olive oil
1/4 lbs (112mL)

Spices and Herbs

☐ salt
1/3 oz (9g)

☐ black pepper
1 1/2 g (1g)

☐ ground cumin
4 dash (1g)

☐ cinnamon
1/4 tbsp (2g)

☐ ground ginger
1 dash (0g)

☐ dijon mustard
1/4 tbsp (4g)

☐ firm tofu
2/3 lbs (298g)

Nut and Seed Products

☐ almonds
5 2/3 oz (161g)

☐ mixed nuts
4 tbsp (34g)

☐ sunflower kernels
1 tbsp (9g)

Soups, Sauces, and Gravies

☐ pasta sauce
1/3 jar (24 oz) (224g)

Breakfast Cereals

☐ flavored instant oatmeal
2 packet (86g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Boiled eggs

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



For single meal:

eggs
2 large (100g)

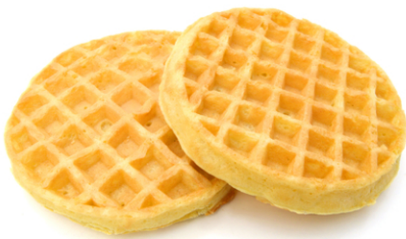
For all 3 meals:

eggs
6 large (300g)

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.

Store-bought waffles

1 waffle(s) - 173 cal ● 2g protein ● 8g fat ● 24g carbs ● 0g fiber



For single meal:

syrup
3/4 tbsp (11mL)
butter
1 tsp (5g)
frozen waffles
1 waffles (35g)

For all 3 meals:

syrup
2 1/4 tbsp (34mL)
butter
1 tbsp (14g)
frozen waffles
3 waffles (105g)

1. Prepare the waffles according to the instructions on the package.
2. Spread butter on each waffle and top with syrup.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Sweet potato breakfast pancakes

4 pancake(s) - 281 cals ● 9g protein ● 9g fat ● 38g carbs ● 4g fiber



For single meal:

sweet potatoes

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

eggs

1 extra large (56g)

oil

1/4 tbsp (4mL)

cinnamon

3 dash (1g)

ground ginger

1/2 dash (0g)

salt

1/2 dash (0g)

maple syrup

1 1/2 tbsp (23mL)

For all 2 meals:

sweet potatoes

1 sweetpotato, 5" long (210g)

eggs

2 extra large (112g)

oil

1/2 tbsp (8mL)

cinnamon

1/4 tbsp (2g)

ground ginger

1 dash (0g)

salt

1 dash (0g)

maple syrup

3 tbsp (45mL)

1. Cook the sweet potato in a microwave for 8-10 minutes until soft. Once cool enough to touch, remove sweet potato flesh and place the flesh in a bowl. Discard skins.
2. Add the eggs and seasonings to the bowl. Mix until combined.
3. Heat oil in a pan over medium-low heat.
4. Once hot, add about 3 tbsp of the mixture to the pan. Cook for 3-5 minutes on each side, or until cooked through and golden.
5. Continue cooking pancakes until batter is gone.
6. Serve with maple syrup.
7. To store: wrap any remaining pancakes in plastic and store in the fridge for about 2-3 days. Reheat by stove or microwave.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Instant oatmeal with milk

1 packet(s) - 276 cals ● 10g protein ● 8g fat ● 38g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

whole milk

3/4 cup(s) (180mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

whole milk

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

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

Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

cucumber

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

For all 2 meals:

cucumber

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

1. Slice cucumber into rounds and serve.

Lunch 1 [↗](#)

Eat on day 1

Tzatziki chickpea tabbouleh salad

646 cals ● 29g protein ● 11g fat ● 93g carbs ● 15g fiber



lemon juice
1/4 tbsp (4mL)
ground cumin
4 dash (1g)
oil
1/4 tsp (1mL)
instant couscous, flavored
1/2 box (5.8 oz) (82g)
tzatziki
3/8 cup(s) (84g)
fresh parsley, chopped
2 sprigs (2g)
tomatoes, chopped
1/2 roma tomato (40g)
cucumber, chopped
1/4 cucumber (8-1/4") (75g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package.
3. Once cooked, mix couscous with parsley, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve with tzatziki.

Lunch 2 [↗](#)

Eat on day 2

Chik'n nuggets

9 nuggets - 496 cals ● 27g protein ● 20g fat ● 46g carbs ● 5g fiber



Makes 9 nuggets

ketchup
2 1/4 tbsp (38g)
vegan chik'n nuggets
9 nuggets (194g)

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

Cucumber slices

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



Makes 1 cucumber

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

1. Slice cucumber into rounds and serve.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

cucumber

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

For all 2 meals:

cucumber

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

1. Slice cucumber into rounds and serve.

Hummus & veggie deli sandwich

1 sandwich(es) - 370 cals ● 27g protein ● 11g fat ● 33g carbs ● 8g fiber



For single meal:

bread

2 slice(s) (64g)

plant-based deli slices

6 slices (62g)

hummus

3 tbsp (45g)

cucumber

4 tbsp slices (26g)

For all 2 meals:

bread

4 slice(s) (128g)

plant-based deli slices

12 slices (125g)

hummus

6 tbsp (90g)

cucumber

1/2 cup slices (52g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich. Serve.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds

4 tbsp, whole (36g)

For all 2 meals:

almonds

1/2 cup, whole (72g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Almond crusted tilapia

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



For single meal:

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)

For all 2 meals:

almonds
1/2 cup, slivered (54g)
tilapia, raw
3/4 lbs (336g)
all-purpose flour
1/3 cup(s) (42g)
salt
2 dash (1g)
olive oil
1 tbsp (15mL)

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.

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

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

Lunch 5 [↗](#)

Eat on day 7

Sunflower chickpea sandwich

1/2 sandwich(es) - 253 cal ● 14g protein ● 8g fat ● 24g carbs ● 8g fiber



Makes 1/2 sandwich(es)

lemon juice

1/4 tbsp (4mL)

nonfat greek yogurt, plain

1 tbsp (18g)

dijon mustard

1/4 tbsp (4g)

sunflower kernels

1 tbsp (9g)

bread

1 slice(s) (32g)

mixed greens

1 tbsp (2g)

chickpeas, canned, drained & rinsed

1/4 can(s) (112g)

1. In a bowl, mash the chickpeas with a fork, leaving a few whole beans for texture.
2. Stir in Greek yogurt, lemon juice, dijon mustard, sunflower seeds, and season with salt and pepper to taste.
3. Toast the bread if desired. Spread the chickpea mixture on the bottom slice of bread, top with greens, and add the top slice. Serve.
4. Meal Prep Note: Store chickpea mixture in an airtight container in the fridge for up to 3 days. Store greens and bread separately. For the best texture, assemble the sandwich just before eating.

Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

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

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.
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Grapes

145 cals ● 2g protein ● 1g fat ● 23g carbs ● 9g fiber



For single meal:

grapes
2 1/2 cup (230g)

For all 3 meals:

grapes
7 1/2 cup (690g)

1. The recipe has no instructions.
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Snacks 2 [🔗](#)

Eat on day 4 and day 5

Popcorn

4 cups - 161 cals ● 2g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

Popcorn, microwave, salted
4 cup popped (44g)

For all 2 meals:

Popcorn, microwave, salted
8 cup popped (88g)

1. Follow instructions on package.
-

Mixed nuts

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



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. The recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.
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Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

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

Eat on day 1 and day 2

Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



For single meal:

collard greens
3/4 lbs (340g)
oil
3/4 tbsp (11mL)
salt
1 1/2 dash (1g)
garlic, minced
2 1/4 clove(s) (7g)

For all 2 meals:

collard greens
1 1/2 lbs (680g)
oil
1 1/2 tbsp (23mL)
salt
3 dash (2g)
garlic, minced
4 1/2 clove(s) (14g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Broiled tilapia

8 oz - 340 cals ● 45g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

lemon juice
1/2 tbsp (8mL)
black pepper
2 dash, ground (1g)
tilapia, raw
1/2 lbs (224g)
olive oil
1 tbsp (15mL)
salt
2 dash (2g)

For all 2 meals:

lemon juice
1 tbsp (15mL)
black pepper
4 dash, ground (1g)
tilapia, raw
1 lbs (448g)
olive oil
2 tbsp (30mL)
salt
4 dash (3g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

oil

1/2 tsp (3mL)

tomatoes

1/2 small whole (2-2/5" dia) (46g)

For all 2 meals:

oil

1 tsp (5mL)

tomatoes

1 small whole (2-2/5" dia) (91g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Simple roasted cod

10 2/3 oz - 396 cals ● 54g protein ● 20g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil

4 tsp (20mL)

cod, raw

2/3 lbs (302g)

For all 2 meals:

olive oil

2 2/3 tbsp (40mL)

cod, raw

1 1/3 lbs (604g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Lentils

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



For single meal:

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

For all 2 meals:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

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.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Lentil pasta

337 cals ● 22g protein ● 3g fat ● 41g carbs ● 16g fiber



For single meal:

pasta sauce
1/6 jar (24 oz) (112g)
lentil pasta
2 2/3 oz (76g)

For all 2 meals:

pasta sauce
1/3 jar (24 oz) (224g)
lentil pasta
1/3 lbs (151g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Lentils

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



For single meal:

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

For all 2 meals:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

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.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk

3/4 cup(s) (180mL)

For all 2 meals:

whole milk

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

1. The recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 7

Spicy sriracha peanut tofu

512 cals ● 30g protein ● 36g fat ● 16g carbs ● 2g fiber



sriracha chili sauce

1 tbsp (17g)

peanut butter

1 1/2 tbsp (24g)

soy sauce

1/2 tbsp (8mL)

water

1/4 cup(s) (59mL)

oil

3/4 tbsp (11mL)

firm tofu, patted dry & cubed

2/3 lbs (298g)

garlic, minced

1 1/2 clove (5g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

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.
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Protein Supplement(s)

Eat every day

Protein shake

3 1/2 scoop - 382 cal● 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.
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