

# Meal Plan - 2200 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

2225 cal ● 222g protein (40%) ● 86g fat (35%) ● 108g carbs (19%) ● 32g fiber (6%)

### Breakfast

310 cal, 20g protein, 8g net carbs, 18g fat



**Raspberries**

1 cup(s)- 72 cal



**Basic scrambled eggs**

3 egg(s)- 238 cal

### Snacks

200 cal, 22g protein, 7g net carbs, 9g fat



**Boiled eggs**

1 egg(s)- 69 cal



**Protein shake (milk)**

129 cal

### Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



**Protein shake**

4 scoop- 436 cal

### Lunch

705 cal, 29g protein, 61g net carbs, 33g fat



**Orange**

2 orange(s)- 170 cal



**Walnuts**

3/8 cup(s)- 291 cal



**Protein bar**

1 bar- 245 cal

### Dinner

575 cal, 53g protein, 30g net carbs, 25g fat



**Mashed sweet potatoes**

92 cal



**Sauteed corn & lima beans**

89 cal



**Broiled tilapia parmesan**

8 oz- 393 cal

## Day 2

2225 cals ● 222g protein (40%) ● 86g fat (35%) ● 108g carbs (19%) ● 32g fiber (6%)

### Breakfast

310 cals, 20g protein, 8g net carbs, 18g fat



**Raspberries**

1 cup(s)- 72 cals



**Basic scrambled eggs**

3 egg(s)- 238 cals

### Snacks

200 cals, 22g protein, 7g net carbs, 9g fat



**Boiled eggs**

1 egg(s)- 69 cals



**Protein shake (milk)**

129 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**

4 scoop- 436 cals

### Lunch

705 cals, 29g protein, 61g net carbs, 33g fat



**Orange**

2 orange(s)- 170 cals



**Walnuts**

3/8 cup(s)- 291 cals



**Protein bar**

1 bar- 245 cals

### Dinner

575 cals, 53g protein, 30g net carbs, 25g fat



**Mashed sweet potatoes**

92 cals



**Sauteed corn & lima beans**

89 cals



**Broiled tilapia parmesan**

8 oz- 393 cals

## Day 3

2151 cals ● 202g protein (38%) ● 69g fat (29%) ● 148g carbs (27%) ● 33g fiber (6%)

### Breakfast

270 cals, 16g protein, 19g net carbs, 12g fat



**Raspberries**

1/2 cup(s)- 36 cals



**String cheese**

2 stick(s)- 165 cals



**Nectarine**

1 nectarine(s)- 70 cals

### Snacks

290 cals, 9g protein, 6g net carbs, 24g fat



**Mixed nuts**

1/3 cup(s)- 290 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**

4 scoop- 436 cals

### Lunch

510 cals, 20g protein, 87g net carbs, 3g fat



**Lentil pasta**

252 cals



**Fruit juice**

2 1/4 cup(s)- 258 cals

### Dinner

645 cals, 61g protein, 31g net carbs, 28g fat



**Vegan sausage**

2 sausage(s)- 536 cals



**Olive oil drizzled lima beans**

108 cals

## Day 4

2239 cals ● 202g protein (36%) ● 88g fat (35%) ● 131g carbs (23%) ● 29g fiber (5%)

### Breakfast

270 cals, 16g protein, 19g net carbs, 12g fat



**Raspberries**

1/2 cup(s)- 36 cals



**String cheese**

2 stick(s)- 165 cals



**Nectarine**

1 nectarine(s)- 70 cals

### Snacks

290 cals, 9g protein, 6g net carbs, 24g fat



**Mixed nuts**

1/3 cup(s)- 290 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**

4 scoop- 436 cals

### Lunch

600 cals, 20g protein, 70g net carbs, 23g fat



**Cranberry spinach salad**

190 cals



**Cheese ravioli**

408 cals

### Dinner

645 cals, 61g protein, 31g net carbs, 28g fat



**Vegan sausage**

2 sausage(s)- 536 cals



**Olive oil drizzled lima beans**

108 cals

## Day 5

2154 cals ● 198g protein (37%) ● 80g fat (33%) ● 126g carbs (23%) ● 36g fiber (7%)

### Breakfast

270 cals, 16g protein, 19g net carbs, 12g fat



**Raspberries**  
1/2 cup(s)- 36 cals



**String cheese**  
2 stick(s)- 165 cals



**Nectarine**  
1 nectarine(s)- 70 cals

### Snacks

290 cals, 9g protein, 6g net carbs, 24g fat



**Mixed nuts**  
1/3 cup(s)- 290 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

### Lunch

580 cals, 18g protein, 70g net carbs, 18g fat



**Mixed bean salad**  
444 cals



**Dried cranberries**  
1/4 cup- 136 cals

### Dinner

575 cals, 58g protein, 27g net carbs, 24g fat



**Simple seitan**  
7 oz- 426 cals



**Simple sauteed spinach**  
149 cals

## Day 6

2222 cals ● 202g protein (36%) ● 83g fat (34%) ● 142g carbs (26%) ● 25g fiber (4%)

### Breakfast

290 cals, 17g protein, 19g net carbs, 16g fat



**Basic fried eggs**  
2 egg(s)- 159 cals



**Small toasted bagel with cream cheese**  
1/2 bagel(s)- 133 cals

### Snacks

225 cals, 21g protein, 24g net carbs, 3g fat



**Protein greek yogurt**  
1 container- 139 cals



**Orange**  
1 orange(s)- 85 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

### Lunch

615 cals, 44g protein, 22g net carbs, 35g fat



**Olive oil drizzled lima beans**  
215 cals



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

### Dinner

655 cals, 22g protein, 74g net carbs, 26g fat



**Buttered lima beans**  
55 cals



**Simple kale salad**  
2 cup(s)- 110 cals



**Spinach parmesan pasta**  
488 cals

## Day 7

2222 cals ● 202g protein (36%) ● 83g fat (34%) ● 142g carbs (26%) ● 25g fiber (4%)

### Breakfast

290 cals, 17g protein, 19g net carbs, 16g fat



**Basic fried eggs**  
2 egg(s)- 159 cals



**Small toasted bagel with cream cheese**  
1/2 bagel(s)- 133 cals

### Snacks

225 cals, 21g protein, 24g net carbs, 3g fat



**Protein greek yogurt**  
1 container- 139 cals



**Orange**  
1 orange(s)- 85 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

### Lunch

615 cals, 44g protein, 22g net carbs, 35g fat



**Olive oil drizzled lima beans**  
215 cals



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

### Dinner

655 cals, 22g protein, 74g net carbs, 26g fat



**Buttered lima beans**  
55 cals



**Simple kale salad**  
2 cup(s)- 110 cals



**Spinach parmesan pasta**  
488 cals

# Grocery List



## Beverages

- ☐ protein powder  
29 scoop (1/3 cup ea) (899g)
- ☐ water  
28 1/4 cup(s) (6688mL)

## Fruits and Fruit Juices

- ☐ raspberries  
3 1/2 cup (431g)
- ☐ lemon juice  
2 tbsp (30mL)
- ☐ orange  
6 orange (924g)
- ☐ fruit juice  
18 fl oz (540mL)
- ☐ nectarine  
3 medium (2-1/2" dia) (426g)
- ☐ dried cranberries  
1/3 cup (53g)
- ☐ lemon  
1/2 large (42g)

## Fats and Oils

- ☐ oil  
1 oz (32mL)
- ☐ olive oil  
1/4 cup (56mL)
- ☐ mayonnaise  
1 1/2 tbsp (23mL)
- ☐ raspberry walnut vinaigrette  
4 tsp (19mL)
- ☐ salad dressing  
4 tbsp (60mL)

## Dairy and Egg Products

- ☐ eggs  
12 large (600g)
- ☐ parmesan cheese  
9 1/4 tbsp (58g)
- ☐ butter  
3/8 stick (47g)
- ☐ whole milk  
1 cup(s) (240mL)
- ☐ string cheese  
6 stick (168g)
- ☐ romano cheese  
1/4 tbsp (2g)

## Spices and Herbs

- ☐ black pepper  
2 1/2 tsp, ground (6g)
- ☐ salt  
2 tsp (12g)
- ☐ dried dill weed  
2 dash (0g)
- ☐ thyme, dried  
4 dash, leaves (1g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1 lbs (448g)
- ☐ salmon  
3/4 lbs (340g)

## Nut and Seed Products

- ☐ walnuts  
3 1/4 oz (93g)
- ☐ mixed nuts  
1 cup (134g)

## Other

- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ vegan sausage  
4 sausage (400g)
- ☐ lentil pasta  
2 oz (57g)
- ☐ protein greek yogurt, flavored  
2 container (300g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
3/8 jar (24 oz) (252g)

## Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli  
6 oz (170g)

## Cereal Grains and Pasta

- ☐ seitan  
1/2 lbs (198g)
- ☐ uncooked dry pasta  
1/3 lbs (152g)

- ☐ cream cheese  
1 1/2 tbsp (22g)

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
1 sweetpotato, 5" long (210g)
  - ☐ lima beans, frozen  
2 package (10 oz) (557g)
  - ☐ frozen corn kernels  
6 tbsp (51g)
  - ☐ fresh spinach  
1 1/2 10oz package (412g)
  - ☐ garlic  
3 clove(s) (9g)
  - ☐ cucumber  
1/4 cucumber (8-1/4") (75g)
  - ☐ onion  
1/4 small (18g)
  - ☐ kale leaves  
4 cup, chopped (160g)
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## Legumes and Legume Products

- ☐ kidney beans  
1/2 can (224g)
- ☐ chickpeas, canned  
1/4 can(s) (112g)

## Baked Products

- ☐ bagel  
1 small bagel (3" dia) (69g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**  
1 cup (123g)

For all 2 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

### Basic scrambled eggs

3 egg(s) - 238 cal ● 19g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 large (300g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**raspberries**  
1/2 cup (62g)

For all 3 meals:

**raspberries**  
1 1/2 cup (185g)

1. Rinse raspberries and serve.

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### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 3 meals:

**string cheese**  
6 stick (168g)

1. The recipe has no instructions.

### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

**nectarine, pitted**  
1 medium (2-1/2" dia) (142g)

For all 3 meals:

**nectarine, pitted**  
3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**eggs**  
4 large (200g)  
**oil**  
1 tsp (5mL)

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.
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### 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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## Lunch 1 [↗](#)

Eat on day 1 and day 2

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### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**

2 orange (308g)

For all 2 meals:

**orange**

4 orange (616g)

1. The recipe has no instructions.
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### Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**

6 2/3 tbsp, shelled (42g)

For all 2 meals:

**walnuts**

13 1/3 tbsp, shelled (83g)

1. The recipe has no instructions.
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### 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.
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## Lunch 2 [↗](#)

Eat on day 3

### Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



#### **pasta sauce**

1/8 jar (24 oz) (84g)

#### **lentil pasta**

2 oz (57g)

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

### Fruit juice

2 1/4 cup(s) - 258 cals ● 4g protein ● 1g fat ● 57g carbs ● 1g fiber



Makes 2 1/4 cup(s)

#### **fruit juice**

18 fl oz (540mL)

1. The recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 4

### Cranberry spinach salad

190 cals ● 3g protein ● 12g fat ● 14g carbs ● 2g fiber



#### **dried cranberries**

4 tsp (13g)

#### **walnuts**

4 tsp, chopped (10g)

#### **fresh spinach**

1/4 6oz package (43g)

#### **raspberry walnut vinaigrette**

4 tsp (20mL)

#### **romano cheese, finely shredded**

1/4 tbsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

### Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



**pasta sauce**  
1/4 jar (24 oz) (168g)  
**frozen cheese ravioli**  
6 oz (170g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

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## Lunch 4 [🔗](#)

Eat on day 5

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### Mixed bean salad

444 cals ● 18g protein ● 17g fat ● 39g carbs ● 15g fiber



**kidney beans, rinsed & drained**  
1/2 can (224g)  
**chickpeas, canned, rinsed & drained**  
1/4 can(s) (112g)  
**olive oil**  
1 tbsp (15mL)  
**dried dill weed**  
2 dash (0g)  
**lemon juice**  
1 tbsp (15mL)  
**cucumber, chopped**  
1/4 cucumber (8-1 1/4") (75g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**onion, diced**  
1/4 small (18g)

1. Make dressing by mixing the olive oil, lemon juice, garlic, and some salt & pepper together in a small bowl. Set aside.
2. In a large bowl, combine the chickpeas, kidney beans, onion, cucumber, and dill.
3. Pour dressing over the bean mixture and toss to coat. Serve.

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### Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



Makes 1/4 cup  
**dried cranberries**  
4 tbsp (40g)

1. The recipe has no instructions.
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## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Olive oil drizzled lima beans

215 cals ● 9g protein ● 7g fat ● 21g carbs ● 8g fiber



For single meal:

**black pepper**  
1 dash, ground (0g)  
**salt**  
2 dash (2g)  
**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**black pepper**  
2 dash, ground (1g)  
**salt**  
4 dash (3g)  
**lima beans, frozen**  
1 package (10 oz) (284g)  
**olive oil**  
1 tbsp (15mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

### Slow-baked salmon with lemon and thyme

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



For single meal:

**thyme, dried**  
2 dash, leaves (0g)  
**oil**  
1 tsp (6mL)  
**salmon, skin on**  
6 oz (170g)  
**lemon, cut into wedges**  
1/4 large (21g)

For all 2 meals:

**thyme, dried**  
4 dash, leaves (1g)  
**oil**  
3/4 tbsp (11mL)  
**salmon, skin on**  
3/4 lbs (340g)  
**lemon, cut into wedges**  
1/2 large (42g)

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.

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

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### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
  2. Place the eggs in a small sauce pan and cover with water.
  3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
  4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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### Protein shake (milk)

129 cal ● 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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Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Mixed nuts

1/3 cup(s) - 290 cals ● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



For single meal:

**mixed nuts**  
1/3 cup (45g)

For all 3 meals:

**mixed nuts**  
1 cup (134g)

- 1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 2 meals:

**protein greek yogurt, flavored**  
2 container (300g)

- 1. Enjoy.

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.

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## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

**sweet potatoes**

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

For all 2 meals:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

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 and serve.

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### Sauteed corn & lima beans

89 cals ● 3g protein ● 4g fat ● 9g carbs ● 2g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1/2 dash (0g)  
**lima beans, frozen**  
3 tbsp (30g)  
**frozen corn kernels**  
3 tbsp (26g)  
**olive oil**  
1/4 tbsp (4mL)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
6 tbsp (60g)  
**frozen corn kernels**  
6 tbsp (51g)  
**olive oil**  
1/2 tbsp (8mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

## Broiled tilapia parmesan

8 oz - 393 cals ● 49g protein ● 21g fat ● 3g carbs ● 0g fiber



For single meal:

**parmesan cheese**  
2 tbsp (13g)  
**mayonnaise**  
3/4 tbsp (11mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**tilapia, raw**  
1/2 lbs (224g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**butter, softened**  
1/2 tbsp (7g)

For all 2 meals:

**parmesan cheese**  
4 tbsp (25g)  
**mayonnaise**  
1 1/2 tbsp (23mL)  
**lemon juice**  
1 tbsp (15mL)  
**tilapia, raw**  
1 lbs (448g)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
4 dash (3g)  
**butter, softened**  
1 tbsp (14g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
  2. Mix Parmesan cheese, butter, mayonnaise, and lemon juice together in a small bowl.
  3. Season fish with pepper and salt.
  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 for 2 or 3 minutes more. Remove fillets from oven and cover with Parmesan mixture on top side.
  6. Broil until fish flakes easily with a fork, about 2 minutes.
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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

**vegan sausage**  
2 sausage (200g)

For all 2 meals:

**vegan sausage**  
4 sausage (400g)

1. Prepare according to package instructions.
  2. Serve.
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### Olive oil drizzled lima beans

108 cal ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**olive oil**  
1/4 tbsp (4mL)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**salt**  
2 dash (2g)  
**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**olive oil**  
1/2 tbsp (8mL)

1. Cook lima beans according to package.
  2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
  3. Serve.
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## Dinner 3 [↗](#)

Eat on day 5

### Simple seitan

7 oz - 426 cals ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



Makes 7 oz

**seitan**

1/2 lbs (198g)

**oil**

1 3/4 tsp (9mL)

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

### Simple sauteed spinach

149 cals ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



**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.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Buttered lima beans

55 cals ● 2g protein ● 2g fat ● 5g carbs ● 2g fiber



For single meal:

**salt**

1/2 dash (0g)

**lima beans, frozen**

1/8 package (10 oz) (36g)

**butter**

4 dash (2g)

**black pepper**

1/4 dash, ground (0g)

For all 2 meals:

**salt**

1 dash (1g)

**lima beans, frozen**

1/4 package (10 oz) (71g)

**butter**

1 tsp (5g)

**black pepper**

1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

## Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

**kale leaves**  
2 cup, chopped (80g)  
**salad dressing**  
2 tbsp (30mL)

For all 2 meals:

**kale leaves**  
4 cup, chopped (160g)  
**salad dressing**  
4 tbsp (60mL)

1. Toss kale in dressing of your choice and serve.

## Spinach parmesan pasta

488 cals ● 18g protein ● 18g fat ● 59g carbs ● 5g fiber



For single meal:

**uncooked dry pasta**  
2 2/3 oz (76g)  
**butter**  
1 tbsp (14g)  
**fresh spinach**  
1/3 10oz package (95g)  
**parmesan cheese**  
2 2/3 tbsp (17g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**water**  
1/8 cup(s) (26mL)  
**garlic, minced**  
2/3 clove(s) (2g)

For all 2 meals:

**uncooked dry pasta**  
1/3 lbs (152g)  
**butter**  
2 tbsp (28g)  
**fresh spinach**  
2/3 10oz package (189g)  
**parmesan cheese**  
1/3 cup (33g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**water**  
1/4 cup(s) (53mL)  
**garlic, minced**  
1 1/3 clove(s) (4g)

1. Cook pasta according to its package. Set pasta aside when finished.
  2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
  3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
  4. Stir in parmesan and season with salt and pepper.
  5. Serve.
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# Protein Supplement(s)

Eat every day

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## Protein shake

4 scoop - 436 cals  97g protein  2g fat  4g carbs  4g fiber



For single meal:

**protein powder**  
4 scoop (1/3 cup ea) (124g)  
**water**  
4 cup(s) (948mL)

For all 7 meals:

**protein powder**  
28 scoop (1/3 cup ea) (868g)  
**water**  
28 cup(s) (6636mL)

1. The recipe has no instructions.
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