

# Meal Plan - 2400 calorie high protein pescetarian meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

2430 cals ● 219g protein (36%) ● 84g fat (31%) ● 160g carbs (26%) ● 39g fiber (6%)

### Breakfast

330 cals, 27g protein, 22g net carbs, 13g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Strawberry banana protein smoothie**

1/2 smoothie(s)- 194 cals

### Snacks

255 cals, 8g protein, 31g net carbs, 10g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Pretzels**

147 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**

4 1/2 scoop- 491 cals

### Lunch

650 cals, 27g protein, 77g net carbs, 20g fat



**Greek white bean & quinoa bowl**

652 cals

### Dinner

700 cals, 49g protein, 27g net carbs, 39g fat



**Protein greek yogurt**

1 container- 139 cals



**Goat cheese and marinara stuffed zucchini**

3 zucchini halve(s)- 288 cals



**Sunflower seeds**

271 cals

## Day 2

2347 cals ● 228g protein (39%) ● 56g fat (22%) ● 197g carbs (34%) ● 35g fiber (6%)

### Breakfast

330 cals, 27g protein, 22g net carbs, 13g fat



#### Boiled eggs

2 egg(s)- 139 cals



#### Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

### Snacks

255 cals, 8g protein, 31g net carbs, 10g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Pretzels

147 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



#### Protein shake

4 1/2 scoop- 491 cals

### Lunch

630 cals, 39g protein, 82g net carbs, 14g fat



#### Fruit juice

1 1/3 cup(s)- 153 cals



#### Teriyaki seitan with veggies and rice

338 cals



#### Simple Greek cucumber salad

141 cals

### Dinner

635 cals, 45g protein, 59g net carbs, 17g fat



#### Buttery tarragon tilapia

6 oz- 205 cals



#### Sweet potato wedges

261 cals



#### Mixed vegetables

1 3/4 cup(s)- 170 cals

## Day 3

2414 cals ● 216g protein (36%) ● 81g fat (30%) ● 171g carbs (28%) ● 34g fiber (6%)

### Breakfast

330 cals, 16g protein, 27g net carbs, 17g fat



**Chili and cheese omelet**  
217 cals



**Fruit juice**  
1 cup(s)- 115 cals

### Snacks

255 cals, 8g protein, 31g net carbs, 10g fat



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



**Pretzels**  
147 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

700 cals, 39g protein, 50g net carbs, 34g fat



**Brussels sprouts & broccoli salad**  
438 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Dinner

635 cals, 45g protein, 59g net carbs, 17g fat



**Buttery tarragon tilapia**  
6 oz- 205 cals



**Sweet potato wedges**  
261 cals



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

## Day 4

2439 cals ● 239g protein (39%) ● 108g fat (40%) ● 99g carbs (16%) ● 30g fiber (5%)

### Breakfast

330 cals, 16g protein, 27g net carbs, 17g fat



**Chili and cheese omelet**  
217 cals



**Fruit juice**  
1 cup(s)- 115 cals

### Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



**Avocado**  
176 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

615 cals, 49g protein, 23g net carbs, 35g fat



**Simple Greek cucumber salad**  
211 cals



**Honey dijon salmon**  
6 oz- 402 cals

### Dinner

700 cals, 49g protein, 30g net carbs, 36g fat



**Salmon & chickpea salad**  
668 cals



**Cucumber slices**  
1/2 cucumber- 30 cals

## Day 5

2381 cals ● 248g protein (42%) ● 100g fat (38%) ● 84g carbs (14%) ● 38g fiber (6%)

### Breakfast

335 cals, 31g protein, 7g net carbs, 18g fat



**Egg & cheese mini muffin**  
3 mini muffin(s)- 168 cals



**Vegan breakfast sausage patties**  
2 patties- 166 cals

### Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



**Avocado**  
176 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

635 cals, 51g protein, 13g net carbs, 39g fat



**Green beans**  
95 cals



**Baked pesto salmon**  
8 oz- 538 cals

### Dinner

615 cals, 40g protein, 45g net carbs, 23g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Basic tempeh**  
6 oz- 443 cals



**Okra**  
1 1/2 cup- 60 cals

## Day 6

2398 cals ● 222g protein (37%) ● 95g fat (36%) ● 125g carbs (21%) ● 40g fiber (7%)

### Breakfast

335 cals, 31g protein, 7g net carbs, 18g fat



**Egg & cheese mini muffin**  
3 mini muffin(s)- 168 cals



**Vegan breakfast sausage patties**  
2 patties- 166 cals

### Snacks

200 cals, 10g protein, 33g net carbs, 2g fat



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



**Nectarine**  
2 nectarine(s)- 140 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

715 cals, 29g protein, 28g net carbs, 51g fat



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



**Grilled cheese sandwich**  
1 sandwich(es)- 495 cals

### Dinner

655 cals, 42g protein, 53g net carbs, 22g fat



**Buffalo tempeh with tzatziki**  
471 cals



**Mashed sweet potatoes**  
183 cals

## Day 7

2398 cals ● 222g protein (37%) ● 95g fat (36%) ● 125g carbs (21%) ● 40g fiber (7%)

### Breakfast

335 cals, 31g protein, 7g net carbs, 18g fat



**Egg & cheese mini muffin**  
3 mini muffin(s)- 168 cals



**Vegan breakfast sausage patties**  
2 patties- 166 cals

### Snacks

200 cals, 10g protein, 33g net carbs, 2g fat



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



**Nectarine**  
2 nectarine(s)- 140 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

715 cals, 29g protein, 28g net carbs, 51g fat



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



**Grilled cheese sandwich**  
1 sandwich(es)- 495 cals

### Dinner

655 cals, 42g protein, 53g net carbs, 22g fat



**Buffalo tempeh with tzatziki**  
471 cals



**Mashed sweet potatoes**  
183 cals

# Grocery List



## Beverages

- ☐ protein powder  
32 1/2 scoop (1/3 cup ea) (1008g)
- ☐ water  
2 gallon (7757mL)

## Dairy and Egg Products

- ☐ eggs  
12 1/2 large (625g)
- ☐ goat cheese  
1 1/2 oz (43g)
- ☐ nonfat greek yogurt, plain  
10 tbsp (175g)
- ☐ butter  
2 3/4 tbsp (39g)
- ☐ parmesan cheese  
1/2 tbsp (2g)
- ☐ cheddar cheese  
1/2 cup, shredded (62g)
- ☐ low fat cottage cheese (1% milkfat)  
1/2 cup (113g)
- ☐ sliced cheese  
4 slice (1 oz ea) (112g)

## Other

- ☐ ice cubes  
1 cup(s) (140g)
- ☐ protein greek yogurt, flavored  
1 container (150g)
- ☐ tzatziki  
1/2 cup(s) (112g)
- ☐ teriyaki sauce  
4 tsp (19mL)
- ☐ cottage cheese & fruit cup  
4 container (680g)
- ☐ mixed greens  
2 cup (60g)
- ☐ vegan breakfast sausage patties  
6 patties (228g)

## Fruits and Fruit Juices

- ☐ frozen strawberries  
1 1/2 cup, unthawed (224g)
- ☐ banana  
1 medium (7" to 7-7/8" long) (118g)
- ☐ lemon juice  
1 1/4 fl oz (37mL)

## Cereal Grains and Pasta

- ☐ quinoa, uncooked  
6 tbsp (64g)
- ☐ long-grain white rice  
2 tbsp (23g)
- ☐ seitan  
3 oz (85g)

## Spices and Herbs

- ☐ dried dill weed  
1/2 tbsp (2g)
- ☐ oregano, dried  
2 dash, leaves (0g)
- ☐ red wine vinegar  
1 1/4 tsp (6mL)
- ☐ fresh tarragon  
1/2 tbsp, chopped (1g)
- ☐ salt  
1 tsp (6g)
- ☐ black pepper  
4 dash, ground (1g)
- ☐ dijon mustard  
1 oz (31g)
- ☐ chili powder  
1 tsp (3g)
- ☐ ground coriander  
1 tsp (2g)
- ☐ ground cumin  
2 dash (1g)

## Fats and Oils

- ☐ olive oil  
2 1/4 oz (71mL)
- ☐ oil  
2 oz (64mL)

## Legumes and Legume Products

- ☐ white beans, canned  
1/2 can(s) (220g)
- ☐ hummus  
1 1/2 tbsp (23g)
- ☐ chickpeas, canned  
1/4 can(s) (112g)
- ☐ tempeh  
18 oz (510g)

## Snacks

- ☐ fruit juice  
34 2/3 fl oz (1040mL)
- ☐ avocados  
1 1/4 avocado(s) (251g)
- ☐ nectarine  
4 medium (2-1/2" dia) (568g)

### Nut and Seed Products

- ☐ almonds  
1/3 lbs (152g)
- ☐ sunflower kernels  
1 1/2 oz (43g)

### Soups, Sauces, and Gravies

- ☐ pasta sauce  
6 tbsp (98g)
- ☐ apple cider vinegar  
3/4 tbsp (1mL)
- ☐ pesto sauce  
4 tsp (21g)
- ☐ Frank's Red Hot sauce  
6 tbsp (91mL)

### Vegetables and Vegetable Products

- ☐ zucchini  
1 1/2 large (485g)
- ☐ frozen mixed veggies  
19 1/4 oz (544g)
- ☐ red onion  
1/3 medium (2-1/2" dia) (34g)
- ☐ cucumber  
1 3/4 cucumber (8-1/4") (527g)
- ☐ garlic  
2 clove (6g)
- ☐ sweet potatoes  
4 sweetpotato, 5" long (840g)
- ☐ brussels sprouts  
1 1/2 cup, shredded (75g)
- ☐ broccoli  
1 1/2 cup chopped (137g)
- ☐ sun-dried tomatoes  
2 piece(s) (20g)
- ☐ okra, frozen  
1 1/2 cup (168g)
- ☐ frozen green beans  
2 cup (242g)

- ☐ pretzels, hard, salted  
4 oz (113g)

### Finfish and Shellfish Products

- ☐ tilapia, raw  
3/4 lbs (336g)
- ☐ salmon  
1 1/4 lbs (567g)

### Sweets

- ☐ honey  
1 1/2 oz (40g)

### Baked Products

- ☐ bread  
4 slice (128g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Boiled eggs

2 egg(s) - 139 cal ● 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.

### Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cal ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

**ice cubes**  
1/2 cup(s) (70g)  
**frozen strawberries**  
3/4 cup, unthawed (112g)  
**almonds**  
5 almond (6g)  
**water**  
1 tbs (15mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)  
**banana, frozen, peeled and sliced**  
1/2 medium (7" to 7-7/8" long)  
(59g)

For all 2 meals:

**ice cubes**  
1 cup(s) (140g)  
**frozen strawberries**  
1 1/2 cup, unthawed (224g)  
**almonds**  
10 almond (12g)  
**water**  
2 tbs (30mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen, peeled and sliced**  
1 medium (7" to 7-7/8" long) (118g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.



## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Chili and cheese omelet

217 cal ● 15g protein ● 17g fat ● 1g carbs ● 1g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**chili powder**  
4 dash (1g)  
**ground coriander**  
4 dash (1g)  
**cheddar cheese**  
1 tbsp, shredded (7g)  
**eggs, beaten**  
2 large (100g)

For all 2 meals:

**olive oil**  
2 tsp (10mL)  
**chili powder**  
1 tsp (3g)  
**ground coriander**  
1 tsp (2g)  
**cheddar cheese**  
2 tbsp, shredded (14g)  
**eggs, beaten**  
4 large (200g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

### Fruit juice

1 cup(s) - 115 cal ● 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.

## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

### Egg & cheese mini muffin

3 mini muffin(s) - 168 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
1 1/2 large (75g)  
**water**  
1/2 tbsp (8mL)  
**cheddar cheese**  
2 1/4 tbsp, shredded (16g)

For all 3 meals:

**eggs**  
4 1/2 large (225g)  
**water**  
1 1/2 tbsp (23mL)  
**cheddar cheese**  
6 3/4 tbsp, shredded (48g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

### Vegan breakfast sausage patties

2 patties - 166 cal ● 18g protein ● 6g fat ● 6g carbs ● 4g fiber



For single meal:

**vegan breakfast sausage patties**  
2 patties (76g)

For all 3 meals:

**vegan breakfast sausage patties**  
6 patties (228g)

1. Cook patties according to package instructions. Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Greek white bean & quinoa bowl

652 cals ● 27g protein ● 20g fat ● 77g carbs ● 15g fiber



#### quinoa, uncooked

6 tbsp (64g)

#### dried dill weed

2 dash (0g)

#### tzatziki

1/8 cup(s) (28g)

#### lemon juice

1 tbsp (15mL)

#### olive oil

1 tbsp (15mL)

#### oregano, dried

2 dash, leaves (0g)

#### water

5/8 cup(s) (148mL)

#### white beans, canned, drained & rinsed

1/2 can(s) (220g)

1. Combine quinoa, water, and a pinch of salt in a saucepan over high heat. Bring to a boil, cover, reduce heat to low and cook until quinoa is soft and water is absorbed, about 10-20 minutes (or follow the package instructions). Set aside.
2. In a medium bowl, add the white beans, dill, oregano, lemon juice, olive oil, and some salt and pepper. Stir to coat the beans.
3. Serve the quinoa with Greek white beans and tzatziki.

## Lunch 2 [↗](#)

Eat on day 2

### Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



Makes 1 1/3 cup(s)

#### fruit juice

10 2/3 fl oz (320mL)

1. The recipe has no instructions.

### Teriyaki seitan with veggies and rice

338 cals ● 28g protein ● 6g fat ● 39g carbs ● 4g fiber



**oil**  
1/4 tbsp (4mL)  
**teriyaki sauce**  
4 tsp (20mL)  
**frozen mixed veggies**  
1/4 package (10 oz ea) (72g)  
**long-grain white rice**  
2 tbsp (23g)  
**seitan, cut into strips**  
3 oz (85g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

## Simple Greek cucumber salad

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



**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)

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.
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## Lunch 3 [↗](#)

Eat on day 3

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### Brussels sprouts & broccoli salad

438 cals ● 11g protein ● 29g fat ● 24g carbs ● 9g fiber



**almonds**  
2 1/4 tbsp, slivered (15g)  
**honey**  
3/4 tbsp (16g)  
**apple cider vinegar**  
3/4 tbsp (1mL)  
**dijon mustard**  
3/4 tbsp (11g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**parmesan cheese**  
1/2 tbsp (2g)  
**brussels sprouts, sliced**  
1 1/2 cup, shredded (75g)  
**broccoli, chopped**  
1 1/2 cup chopped (137g)

1. Make dressing by mixing olive oil, dijon, honey, apple cider vinegar and some salt and pepper in a small bowl. Set aside.
2. Toss brussel sprouts, broccoli, and almonds in a bowl. Sprinkle parmesan and drizzle dressing on top. Serve.

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### Cottage cheese & fruit cup

2 container - 261 cals ● 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.
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## Lunch 4 [↗](#)

Eat on day 4

### Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



#### nonfat greek yogurt, plain

6 tbsp (105g)

#### lemon juice

1 tsp (6mL)

#### dried dill weed

1/4 tbsp (1g)

#### red wine vinegar

1/4 tbsp (4mL)

#### olive oil

3/4 tbsp (11mL)

#### red onion, thinly sliced

1/6 medium (2-1/2" dia) (21g)

#### cucumber, sliced into half moons

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

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.

### Honey dijon salmon

6 oz - 402 cals ● 35g protein ● 24g fat ● 9g carbs ● 1g fiber



Makes 6 oz

#### salmon

1 fillet/s (6 oz each) (170g)

#### dijon mustard

1 tbsp (15g)

#### honey

1/2 tbsp (11g)

#### olive oil

1 tsp (5mL)

#### garlic, minced

1/2 clove (2g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

## Lunch 5 [↗](#)

Eat on day 5

### Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



**frozen green beans**  
2 cup (242g)

1. Prepare according to instructions on package.

### Baked pesto salmon

8 oz - 538 cals ● 47g protein ● 38g fat ● 1g carbs ● 0g fiber



Makes 8 oz

**salmon**  
1 1/3 fillet/s (6 oz each) (227g)  
**pesto sauce**  
4 tsp (21g)

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

## Lunch 6 [↗](#)

Eat on day 6 and day 7

### 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.

## Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



For single meal:

**bread**  
2 slice (64g)  
**butter**  
1 tbsp (14g)  
**sliced cheese**  
2 slice (1 oz ea) (56g)

For all 2 meals:

**bread**  
4 slice (128g)  
**butter**  
2 tbsp (28g)  
**sliced cheese**  
4 slice (1 oz ea) (112g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

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## Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

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### 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 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

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### Pretzels

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





For single meal:  
**pretzels, hard, salted**  
1 1/3 oz (38g)

For all 3 meals:  
**pretzels, hard, salted**  
4 oz (113g)

1. The recipe has no instructions.

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## Snacks 2 [🔗](#)

Eat on day 4 and day 5

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### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:  
**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:  
**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Cottage cheese & fruit cup

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



For single meal:  
**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:  
**cottage cheese & fruit cup**  
2 container (340g)

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

## Snacks 3 [↗](#)

Eat on day 6 and day 7

### 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.

### Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

For all 2 meals:

**nectarine, pitted**  
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

## Dinner 1 [↗](#)

Eat on day 1

### Protein greek yogurt

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



Makes 1 container

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

1. Enjoy.

### Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cals ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



Makes 3 zucchini halve(s)

**pasta sauce**

6 tbsp (98g)

**goat cheese**

1 1/2 oz (43g)

**zucchini**

1 1/2 large (485g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

## Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



**sunflower kernels**

1 1/2 oz (43g)

1. The recipe has no instructions.
-

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Buttery tarragon tilapia

6 oz - 205 cals ● 34g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**tilapia, raw**  
6 oz (168g)  
**fresh tarragon**  
1/4 tbsp, chopped (0g)  
**butter**  
1 tsp (5g)  
**garlic, minced**  
3/4 clove (2g)

For all 2 meals:

**tilapia, raw**  
3/4 lbs (336g)  
**fresh tarragon**  
1/2 tbsp, chopped (1g)  
**butter**  
3/4 tbsp (11g)  
**garlic, minced**  
1 1/2 clove (5g)

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a small bowl, microwave the butter for a few seconds until melted. Stir in the garlic, tarragon, and a pinch of salt.
3. Place the tilapia fillets on the prepared baking sheet and spoon the buttery sauce evenly over the top.
4. Bake for 12-15 minutes, or until the tilapia is opaque and flakes easily with a fork. Serve.

### Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**salt**  
1 tsp (6g)  
**black pepper**  
4 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
2 sweetpotato, 5" long (420g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

### Mixed vegetables

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





For single meal:  
**frozen mixed veggies**  
1 3/4 cup (236g)

For all 2 meals:  
**frozen mixed veggies**  
3 1/2 cup (473g)

1. Prepare according to instructions on package.

## Dinner 3 [↗](#)

Eat on day 4

### Salmon & chickpea salad

668 cal ● 48g protein ● 36g fat ● 24g carbs ● 14g fiber



**mixed greens**  
2 cup (60g)  
**hummus**  
1 1/2 tbsp (23g)  
**dijon mustard**  
1 tsp (5g)  
**lemon juice**  
1/2 tbsp (8mL)  
**ground cumin**  
2 dash (1g)  
**oil**  
1/8 tsp (1mL)  
**salmon**  
6 oz (170g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**chickpeas, canned, rinsed and drained**  
1/4 can(s) (112g)  
**sun-dried tomatoes, thinly sliced**  
2 piece(s) (20g)

1. Preheat oven to 350°F (180°C).
2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated.
3. Move the chickpeas away from the center of the sheet and place the salmon skin side down in the middle. Season salmon with some salt and pepper and bake 14-16 minutes until salmon is fully cooked and chickpeas are golden.
4. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
5. When salmon is done and cool enough to handle, cut it into chunks.
6. Serve greens with sun dried tomatoes, avocado, chickpeas, salmon and dressing.

## Cucumber slices

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



Makes 1/2 cucumber

### cucumber

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

1. Slice cucumber into rounds and serve.

## Dinner 4 [↗](#)

Eat on day 5

## Fruit juice

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



Makes 1 cup(s)

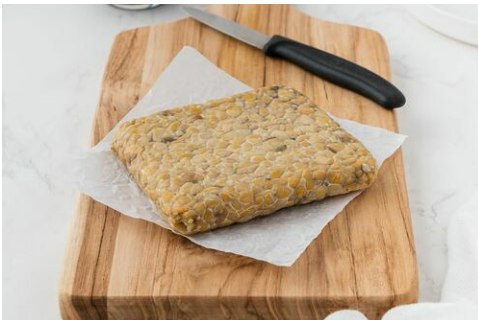
### fruit juice

8 fl oz (240mL)

1. The recipe has no instructions.

## Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

### tempeh

6 oz (170g)

### oil

1 tbsp (15mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

## Okra

1 1/2 cup - 60 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



Makes 1 1/2 cup

**okra, frozen**  
1 1/2 cup (168g)

1. Pour frozen okra into a saucepan.
2. Cover with water and boil for 3 minutes.
3. Drain and season to taste. Serve.

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## Dinner 5 [🔗](#)

Eat on day 6 and day 7

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### Buffalo tempeh with tzatziki

471 cals ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



For single meal:

**Frank's Red Hot sauce**  
3 tbsp (45mL)  
**tzatziki**  
1/6 cup(s) (42g)  
**oil**  
3/4 tbsp (11mL)  
**tempeh, roughly chopped**  
6 oz (170g)

For all 2 meals:

**Frank's Red Hot sauce**  
6 tbsp (90mL)  
**tzatziki**  
3/8 cup(s) (84g)  
**oil**  
1 1/2 tbsp (23mL)  
**tempeh, roughly chopped**  
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

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### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**sweet potatoes**  
2 sweetpotato, 5" long (420g)

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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# Protein Supplement(s)

Eat every day

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## Protein shake

4 1/2 scoop - 491 cal● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

- protein powder**  
4 1/2 scoop (1/3 cup ea) (140g)
- water**  
4 1/2 cup(s) (1067mL)

For all 7 meals:

- protein powder**  
31 1/2 scoop (1/3 cup ea) (977g)
- water**  
31 1/2 cup(s) (7466mL)

1. The recipe has no instructions.
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