

# Meal Plan - 2500 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

2520 cals ● 231g protein (37%) ● 93g fat (33%) ● 151g carbs (24%) ● 39g fiber (6%)

### Breakfast

460 cals, 23g protein, 26g net carbs, 24g fat



**Scrambled egg whites**  
122 cals



**Avocado toast**  
2 slice(s)- 336 cals

### Snacks

255 cals, 20g protein, 5g net carbs, 15g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Blackberries**  
2/3 cup(s)- 46 cals

### Protein Supplement(s)

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



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

### Lunch

650 cals, 46g protein, 69g net carbs, 18g fat



**Kiwi**  
2 kiwi- 94 cals



**Chik'n nuggets**  
5 1/3 nuggets- 294 cals



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

### Dinner

670 cals, 33g protein, 46g net carbs, 34g fat



**Crispy chik'n tenders**  
6 2/3 tender(s)- 381 cals



**Simple kale & avocado salad**  
288 cals

## Day 2

2535 cals ● 230g protein (36%) ● 83g fat (29%) ● 171g carbs (27%) ● 47g fiber (7%)

### Breakfast

460 cals, 23g protein, 26g net carbs, 24g fat



**Scrambled egg whites**  
122 cals



**Avocado toast**  
2 slice(s)- 336 cals

### Snacks

255 cals, 20g protein, 5g net carbs, 15g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Blackberries**  
2/3 cup(s)- 46 cals

### Protein Supplement(s)

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



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

### Lunch

650 cals, 46g protein, 69g net carbs, 18g fat



**Kiwi**  
2 kiwi- 94 cals



**Chik'n nuggets**  
5 1/3 nuggets- 294 cals



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

### Dinner

685 cals, 31g protein, 67g net carbs, 24g fat



**Caprese pasta salad**  
485 cals



**Garlic collard greens**  
199 cals

## Day 3

2512 cals ● 231g protein (37%) ● 107g fat (38%) ● 109g carbs (17%) ● 46g fiber (7%)

### Breakfast

460 cals, 23g protein, 26g net carbs, 24g fat



**Scrambled egg whites**  
122 cals



**Avocado toast**  
2 slice(s)- 336 cals

### Snacks

255 cals, 20g protein, 5g net carbs, 15g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Blackberries**  
2/3 cup(s)- 46 cals

### Protein Supplement(s)

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



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

### Lunch

650 cals, 33g protein, 16g net carbs, 43g fat



**Buffalo tempeh with tzatziki**  
314 cals



**Buttered broccoli**  
2 1/2 cup(s)- 334 cals

### Dinner

660 cals, 46g protein, 58g net carbs, 23g fat



**Cajun tofu**  
314 cals



**Lentils**  
347 cals

## Day 4

2471 cals ● 221g protein (36%) ● 99g fat (36%) ● 132g carbs (21%) ● 43g fiber (7%)

### Breakfast

420 cals, 17g protein, 20g net carbs, 25g fat



**Eggs with tomato and avocado**  
326 cals



**Kiwi**  
2 kiwi- 94 cals

### Snacks

250 cals, 16g protein, 34g net carbs, 6g fat



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



**Baked chips**  
12 crisps- 122 cals

### Protein Supplement(s)

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



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

### Lunch

650 cals, 33g protein, 16g net carbs, 43g fat



**Buffalo tempeh with tzatziki**  
314 cals



**Buttered broccoli**  
2 1/2 cup(s)- 334 cals

### Dinner

660 cals, 46g protein, 58g net carbs, 23g fat



**Cajun tofu**  
314 cals



**Lentils**  
347 cals

## Day 5

2469 cals ● 236g protein (38%) ● 94g fat (34%) ● 130g carbs (21%) ● 41g fiber (7%)

### Breakfast

420 cals, 17g protein, 20g net carbs, 25g fat



**Eggs with tomato and avocado**  
326 cals



**Kiwi**  
2 kiwi- 94 cals

### Snacks

250 cals, 16g protein, 34g net carbs, 6g fat



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



**Baked chips**  
12 crisps- 122 cals

### Protein Supplement(s)

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



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

### Lunch

670 cals, 49g protein, 28g net carbs, 35g fat



**Almond crusted tilapia**  
6 oz- 424 cals



**Olive oil drizzled sugar snap peas**  
245 cals

### Dinner

640 cals, 46g protein, 44g net carbs, 26g fat



**Cajun cod**  
7 1/2 oz- 234 cals



**Baked fries**  
290 cals



**Simple kale & avocado salad**  
115 cals

## Day 6

2478 cals ● 240g protein (39%) ● 90g fat (33%) ● 134g carbs (22%) ● 43g fiber (7%)

### Breakfast

345 cals, 26g protein, 26g net carbs, 12g fat



**Blackberry & granola parfait**  
344 cals

### Snacks

255 cals, 20g protein, 11g net carbs, 12g fat



**Chocolate protein mug cake**  
1/2 mug cake(s)- 97 cals



**Kiwi**  
1 kiwi- 47 cals



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

### Protein Supplement(s)

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



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

### Lunch

670 cals, 49g protein, 28g net carbs, 35g fat



**Almond crusted tilapia**  
6 oz- 424 cals



**Olive oil drizzled sugar snap peas**  
245 cals

### Dinner

720 cals, 36g protein, 66g net carbs, 28g fat



**Bean & tofu goulash**  
437 cals



**Simple mozzarella and tomato salad**  
161 cals



**Buttery white rice**  
121 cals

## Day 7

2482 cals ● 231g protein (37%) ● 68g fat (25%) ● 184g carbs (30%) ● 53g fiber (9%)

### Breakfast

345 cals, 26g protein, 26g net carbs, 12g fat



**Blackberry & granola parfait**  
344 cals

### Snacks

255 cals, 20g protein, 11g net carbs, 12g fat



**Chocolate protein mug cake**  
1/2 mug cake(s)- 97 cals



**Kiwi**  
1 kiwi- 47 cals



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

### Protein Supplement(s)

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



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

### Lunch

675 cals, 40g protein, 77g net carbs, 13g fat



**Edamame & beet salad**  
257 cals



**Lentil and veggie soup**  
416 cals

### Dinner

720 cals, 36g protein, 66g net carbs, 28g fat



**Bean & tofu goulash**  
437 cals



**Simple mozzarella and tomato salad**  
161 cals



**Buttery white rice**  
121 cals

# Grocery List



## Fruits and Fruit Juices

- ☐ kiwi  
10 fruit (690g)
- ☐ blackberries  
2 3/4 cup (396g)
- ☐ avocados  
3 1/2 avocado(s) (678g)
- ☐ lemon  
7/8 small (51g)

## Vegetables and Vegetable Products

- ☐ ketchup  
1/4 cup (74g)
- ☐ kale leaves  
6 1/3 oz (179g)
- ☐ tomatoes  
2 2/3 medium whole (2-3/5" dia) (327g)
- ☐ collard greens  
10 oz (284g)
- ☐ garlic  
3 1/2 clove(s) (11g)
- ☐ frozen broccoli  
5 cup (455g)
- ☐ potatoes  
3/4 large (3" to 4-1/4" dia.) (277g)
- ☐ frozen sugar snap peas  
4 cup (576g)
- ☐ onion  
1 medium (2-1/2" dia) (110g)
- ☐ edamame, frozen, shelled  
3/4 cup (89g)
- ☐ beets, precooked (canned or refrigerated)  
3 beet(s) (150g)
- ☐ frozen mixed veggies  
1 cup (152g)

## Other

- ☐ vegan chik'n nuggets  
10 2/3 nuggets (229g)
- ☐ cottage cheese & fruit cup  
6 container (1020g)
- ☐ meatless chik'n tenders  
6 2/3 pieces (170g)
- ☐ tzatziki  
1/4 cup(s) (56g)
- ☐ baked chips, any flavor  
24 crips (56g)
- ☐ protein powder, chocolate  
1 scoop (1/3 cup ea) (31g)

## Fats and Oils

- ☐ oil  
3 1/4 oz (98mL)
- ☐ olive oil  
1 1/2 oz (45mL)
- ☐ balsamic vinaigrette  
1 1/2 oz (43mL)

## Baked Products

- ☐ bread  
6 slice (192g)
- ☐ baking powder  
4 dash (3g)

## Beverages

- ☐ protein powder  
31 1/2 scoop (1/3 cup ea) (977g)
- ☐ water  
2 1/4 gallon (8640mL)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
2 oz (57g)
- ☐ all-purpose flour  
1/3 cup(s) (42g)
- ☐ long-grain white rice  
4 tbsp (46g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
1 tbsp (16g)
- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)
- ☐ vegetable broth  
1 1/2 cup(s) (mL)

## Legumes and Legume Products

- ☐ white beans, canned  
1 1/4 can(s) (549g)
- ☐ firm tofu  
1 2/3 lbs (765g)
- ☐ lentils, raw  
1 1/2 cup (264g)
- ☐ tempeh  
1/2 lbs (227g)

- ☐ **calorie-free sweetener**  
2 tsp (7g)
- ☐ **mixed greens**  
1 1/2 cup (45g)
- ☐ **nutritional yeast**  
3/4 tbsp (3g)

## Dairy and Egg Products

- ☐ **eggs**  
14 large (700g)
- ☐ **egg whites**  
1 1/2 cup (365g)
- ☐ **fresh mozzarella cheese**  
1/4 lbs (104g)
- ☐ **butter**  
5 3/4 tbsp (82g)
- ☐ **lowfat greek yogurt**  
1 1/2 cup (420g)

## Spices and Herbs

- ☐ **salt**  
1/3 oz (9g)
- ☐ **cajun seasoning**  
1 1/2 tbsp (10g)
- ☐ **black pepper**  
1 g (1g)
- ☐ **fresh basil**  
1/6 oz (6g)
- ☐ **paprika**  
1 tbsp (7g)
- ☐ **fresh thyme**  
4 dash (0g)

## Finfish and Shellfish Products

- ☐ **cod, raw**  
1/2 lbs (213g)
- ☐ **tilapia, raw**  
3/4 lbs (336g)

## Nut and Seed Products

- ☐ **almonds**  
3 oz (90g)

## Sweets

- ☐ **cocoa powder**  
2 tsp (4g)

## Breakfast Cereals

- ☐ **granola**  
3/4 cup (68g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Scrambled egg whites

122 cal ● 13g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**egg whites**

1/2 cup (122g)

**oil**

1/2 tbsp (8mL)

For all 3 meals:

**egg whites**

1 1/2 cup (365g)

**oil**

1 1/2 tbsp (23mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

### Avocado toast

2 slice(s) - 336 cal ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

**bread**

2 slice (64g)

**avocados, ripe, sliced**

1/2 avocado(s) (101g)

For all 3 meals:

**bread**

6 slice (192g)

**avocados, ripe, sliced**

1 1/2 avocado(s) (302g)

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



## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

**salt**  
2 dash (1g)  
**eggs**  
2 large (100g)  
**black pepper**  
2 dash (0g)  
**tomatoes**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**fresh basil, chopped**  
2 leaves (1g)

For all 2 meals:

**salt**  
4 dash (2g)  
**eggs**  
4 large (200g)  
**black pepper**  
4 dash (0g)  
**tomatoes**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**avocados, sliced**  
1 avocado(s) (201g)  
**fresh basil, chopped**  
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

### Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

**kiwi**  
2 fruit (138g)

For all 2 meals:

**kiwi**  
4 fruit (276g)

1. Slice the kiwi and serve.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Blackberry & granola parfait

344 cals ● 26g protein ● 12g fat ● 26g carbs ● 6g fiber



For single meal:

**lowfat greek yogurt**

3/4 cup (210g)

**granola**

6 tbs (34g)

**blackberries, roughly chopped**

6 tbs (54g)

For all 2 meals:

**lowfat greek yogurt**

1 1/2 cup (420g)

**granola**

3/4 cup (68g)

**blackberries, roughly chopped**

3/4 cup (108g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

**kiwi**

2 fruit (138g)

For all 2 meals:

**kiwi**

4 fruit (276g)

1. Slice the kiwi and serve.

## Chik'n nuggets

5 1/3 nuggets - 294 cals ● 16g protein ● 12g fat ● 27g carbs ● 3g fiber



For single meal:

**ketchup**  
4 tsp (23g)  
**vegan chick'n nuggets**  
5 1/3 nuggets (115g)

For all 2 meals:

**ketchup**  
2 2/3 tbsp (45g)  
**vegan chick'n nuggets**  
10 2/3 nuggets (229g)

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

## Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:

**cottage cheese & fruit cup**  
4 container (680g)

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

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## Lunch 2 [🔗](#)

Eat on day 3 and day 4

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### Buffalo tempeh with tzatziki

314 cal ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



For single meal:

**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**tzatziki**  
1/8 cup(s) (28g)  
**oil**  
1/2 tbsp (8mL)  
**tempeh, roughly chopped**  
4 oz (113g)

For all 2 meals:

**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**tzatziki**  
1/4 cup(s) (56g)  
**oil**  
1 tbsp (15mL)  
**tempeh, roughly chopped**  
1/2 lbs (227g)

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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## Buttered broccoli

2 1/2 cup(s) - 334 cals ● 7g protein ● 29g fat ● 5g carbs ● 7g fiber



For single meal:

**salt**  
1 1/4 dash (1g)  
**frozen broccoli**  
2 1/2 cup (228g)  
**black pepper**  
1 1/4 dash (0g)  
**butter**  
2 1/2 tbsp (36g)

For all 2 meals:

**salt**  
1/3 tsp (1g)  
**frozen broccoli**  
5 cup (455g)  
**black pepper**  
1/3 tsp (0g)  
**butter**  
5 tbsp (71g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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## Lunch 3 [🔗](#)

Eat on day 5 and day 6

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### Almond crusted tilapia

6 oz - 424 cals ● 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.

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### Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen sugar snap peas**  
2 cup (288g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen sugar snap peas**  
4 cup (576g)  
**olive oil**  
2 tbsp (30mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

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## Lunch 4 [↗](#)

Eat on day 7

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### Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



**mixed greens**  
1 1/2 cup (45g)  
**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**beets, precooked (canned or refrigerated), chopped**  
3 beet(s) (150g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

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### Lentil and veggie soup

416 cals ● 26g protein ● 2g fat ● 58g carbs ● 15g fiber



**lentils, raw**  
6 tbsp (72g)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**kale leaves**  
3/4 cup, chopped (30g)  
**nutritional yeast**  
3/4 tbsp (3g)  
**garlic**  
3/4 clove(s) (2g)  
**frozen mixed veggies**  
1 cup (152g)

1. Put all ingredients in a large pot and bring to a boil.
  2. Let cook for 15-20 minutes until lentils are soft.
  3. Season with salt and pepper to taste. Serve.
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## Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)

For all 3 meals:

**eggs**  
9 large (450g)

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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### Blackberries

2/3 cup(s) - 46 cals ● 1g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

**blackberries**  
2/3 cup (96g)

For all 3 meals:

**blackberries**  
2 cup (288g)

1. Rinse blackberries and serve.
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## Snacks 2 [🔗](#)

Eat on day 4 and day 5

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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.

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### Baked chips

12 crisps - 122 cals ● 2g protein ● 3g fat ● 21g carbs ● 1g fiber



For single meal:

**baked chips, any flavor**  
12 crisps (28g)

For all 2 meals:

**baked chips, any flavor**  
24 crisps (56g)

1. Enjoy.
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## Snacks 3 [↗](#)

Eat on day 6 and day 7

### Chocolate protein mug cake

1/2 mug cake(s) - 97 cals ● 16g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

**protein powder, chocolate**  
1/2 scoop (1/3 cup ea) (16g)  
**baking powder**  
2 dash (1g)  
**cocoa powder**  
1 tsp (2g)  
**eggs**  
1/2 large (25g)  
**water**  
1 tsp (5mL)  
**calorie-free sweetener**  
1 tsp (4g)

For all 2 meals:

**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)  
**baking powder**  
4 dash (3g)  
**cocoa powder**  
2 tsp (4g)  
**eggs**  
1 large (50g)  
**water**  
2 tsp (10mL)  
**calorie-free sweetener**  
2 tsp (7g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

### 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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## Dinner 1 [↗](#)

Eat on day 1

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### Crispy chik'n tenders

6 2/3 tender(s) - 381 cals ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



Makes 6 2/3 tender(s)

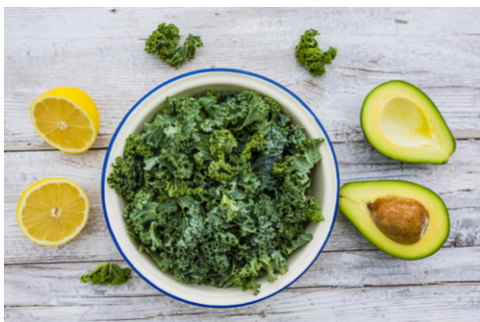
**meatless chik'n tenders**  
6 2/3 pieces (170g)  
**ketchup**  
5 tsp (28g)

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

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### Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



**kale leaves, chopped**  
5/8 bunch (106g)  
**avocados, chopped**  
5/8 avocado(s) (126g)  
**lemon, juiced**  
5/8 small (36g)

1. Add all ingredients into a bowl.
  2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
  3. Season with salt and pepper if desired. Serve.
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## Dinner 2 [↗](#)

Eat on day 2

### Caprese pasta salad

485 cals ● 23g protein ● 13g fat ● 61g carbs ● 8g fiber



#### **uncooked dry pasta**

2 oz (57g)

#### **pesto sauce**

1 tbsp (16g)

#### **fresh mozzarella cheese, torn into pieces**

1 oz (28g)

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

1/4 can(s) (110g)

#### **tomatoes, halved**

4 tbsp cherry tomatoes (37g)

1. Cook the pasta according to the package instructions. Drain and set aside.
2. Optional: While the pasta cooks, roast halved cherry tomatoes on a baking sheet in a 400°F (200°C) oven for 10–15 minutes, until soft and bursting.
3. In a large bowl, combine the cooked pasta, tomatoes, white beans, mozzarella, and pesto. Season with salt and pepper to taste. Enjoy!

### Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



#### **collard greens**

10 oz (284g)

#### **oil**

2 tsp (9mL)

#### **salt**

1 1/4 dash (1g)

#### **garlic, minced**

2 clove(s) (6g)

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.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Cajun tofu

314 cals ● 22g protein ● 22g fat ● 7g carbs ● 1g fiber



For single meal:

**cajun seasoning**

1 tsp (2g)

**oil**

2 tsp (10mL)

**firm tofu, patted dry & cubed**

10 oz (284g)

For all 2 meals:

**cajun seasoning**

2 tsp (5g)

**oil**

4 tsp (20mL)

**firm tofu, patted dry & cubed**

1 1/4 lbs (567g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

**water**

2 cup(s) (474mL)

**salt**

1 dash (1g)

**lentils, raw, rinsed**

1/2 cup (96g)

For all 2 meals:

**water**

4 cup(s) (948mL)

**salt**

2 dash (2g)

**lentils, raw, rinsed**

1 cup (192g)

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 4 [↗](#)

Eat on day 5

### Cajun cod

7 1/2 oz - 234 cals ● 39g protein ● 8g fat ● 3g carbs ● 1g fiber



Makes 7 1/2 oz

**cod, raw**  
1/2 lbs (213g)  
**cajun seasoning**  
2 1/2 tsp (6g)  
**oil**  
1 1/4 tsp (6mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

### Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



**potatoes**  
3/4 large (3" to 4-1/4" dia.) (277g)  
**oil**  
3/4 tbsp (11mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.



## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Bean & tofu goulash

437 cals ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**paprika**  
1/2 tbsp (3g)  
**fresh thyme**  
2 dash (0g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
1/2 clove (2g)  
**firm tofu, drained and diced**  
1/4 lbs (99g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**paprika**  
1 tbsp (7g)  
**fresh thyme**  
4 dash (0g)  
**white beans, canned, drained & rinsed**  
1 can(s) (439g)  
**onion, diced**  
1 medium (2-1/2" dia) (110g)  
**garlic, minced**  
1 clove (3g)  
**firm tofu, drained and diced**  
1/2 lbs (198g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

### Simple mozzarella and tomato salad

161 cals ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

**balsamic vinaigrette**  
2 tsp (10mL)  
**fresh basil**  
2 tsp, chopped (2g)  
**fresh mozzarella cheese, sliced**  
1 1/3 oz (38g)  
**tomatoes, sliced**  
1/2 large whole (3" dia) (91g)

For all 2 meals:

**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
4 tsp, chopped (4g)  
**fresh mozzarella cheese, sliced**  
2 2/3 oz (76g)  
**tomatoes, sliced**  
1 large whole (3" dia) (182g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

### Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**salt**  
1 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**long-grain white rice**  
2 tbsp (23g)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**butter**  
3/4 tbsp (11g)  
**salt**  
2 dash (2g)  
**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

4 1/2 scoop - 491 cals ● 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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