

Meal Plan - 2600 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

2656 cals ● 231g protein (35%) ● 106g fat (36%) ● 149g carbs (22%) ● 47g fiber (7%)

Breakfast

420 cals, 20g protein, 17g net carbs, 26g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Avocado
176 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

310 cals, 11g protein, 39g net carbs, 11g fat



Baked chips
21 crisps- 213 cals



String cheese
1 stick(s)- 83 cals



Celery sticks
2 celery stalk- 13 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

770 cals, 44g protein, 41g net carbs, 39g fat



Protein greek yogurt
1 container- 139 cals



Clam chowder
1 can(s)- 364 cals



Garlic collard greens
266 cals

Dinner

665 cals, 47g protein, 48g net carbs, 27g fat



Goat cheese and marinara stuffed zucchini
5 zucchini halve(s)- 480 cals



Cottage cheese & honey
3/4 cup(s)- 187 cals

Day 2

2612 cals ● 243g protein (37%) ● 78g fat (27%) ● 205g carbs (31%) ● 31g fiber (5%)

Breakfast

420 cals, 20g protein, 17g net carbs, 26g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Avocado

176 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

310 cals, 11g protein, 39g net carbs, 11g fat



Baked chips

21 crisps- 213 cals



String cheese

1 stick(s)- 83 cals



Celery sticks

2 celery stalk- 13 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

655 cals, 30g protein, 68g net carbs, 27g fat



Naan bread

1 piece(s)- 262 cals



Sun-dried tomato walnut pesto zoodles

270 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Dinner

735 cals, 73g protein, 76g net carbs, 12g fat



Shrimp-broccoli-rice bowl

735 cals

Day 3

2628 cals ● 240g protein (37%) ● 85g fat (29%) ● 195g carbs (30%) ● 31g fiber (5%)

Breakfast

420 cals, 20g protein, 17g net carbs, 26g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Avocado

176 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

325 cals, 8g protein, 29g net carbs, 18g fat



Milk

1/2 cup(s)- 75 cals



Large granola bar

1 bar(s)- 176 cals



Celery and ranch

74 cals

Lunch

655 cals, 30g protein, 68g net carbs, 27g fat



Naan bread

1 piece(s)- 262 cals



Sun-dried tomato walnut pesto zoodles

270 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Dinner

735 cals, 73g protein, 76g net carbs, 12g fat



Shrimp-broccoli-rice bowl

735 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Day 4

2625 cals ● 255g protein (39%) ● 102g fat (35%) ● 132g carbs (20%) ● 41g fiber (6%)

Breakfast

435 cals, 33g protein, 31g net carbs, 17g fat



Avocado & vegan sausage toast
1 toast(s)- 302 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

325 cals, 8g protein, 29g net carbs, 18g fat



Milk
1/2 cup(s)- 75 cals



Large granola bar
1 bar(s)- 176 cals



Celery and ranch
74 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

725 cals, 47g protein, 44g net carbs, 31g fat



Bbq tempeh lettuce wrap
6 lettuce wrap(s)- 494 cals



Roasted peanuts
1/4 cup(s)- 230 cals

Dinner

655 cals, 58g protein, 24g net carbs, 33g fat



Vegan sausage
2 sausage(s)- 536 cals



Tomato and avocado salad
117 cals

Day 5

2661 cals ● 237g protein (36%) ● 103g fat (35%) ● 154g carbs (23%) ● 41g fiber (6%)

Breakfast

435 cals, 33g protein, 31g net carbs, 17g fat



Avocado & vegan sausage toast
1 toast(s)- 302 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

325 cals, 8g protein, 29g net carbs, 18g fat



Milk
1/2 cup(s)- 75 cals



Large granola bar
1 bar(s)- 176 cals



Celery and ranch
74 cals

Lunch

675 cals, 51g protein, 25g net carbs, 33g fat



Simple salad with celery, cucumber & tomato
85 cals



Basic tempeh
8 oz- 590 cals

Dinner

735 cals, 36g protein, 65g net carbs, 33g fat



Flavored rice mix
143 cals



Salmon alfredo pasta
418 cals



Tomato and avocado salad
176 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 6

2601 cals ● 234g protein (36%) ● 112g fat (39%) ● 124g carbs (19%) ● 40g fiber (6%)

Breakfast

365 cals, 25g protein, 21g net carbs, 19g fat



Hardboiled egg and avocado bowl
160 cals



Milk
1/2 cup(s)- 75 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

335 cals, 12g protein, 9g net carbs, 26g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Celery and peanut butter
218 cals

Lunch

675 cals, 51g protein, 25g net carbs, 33g fat



Simple salad with celery, cucumber & tomato
85 cals



Basic tempeh
8 oz- 590 cals

Dinner

735 cals, 36g protein, 65g net carbs, 33g fat



Flavored rice mix
143 cals



Salmon alfredo pasta
418 cals



Tomato and avocado salad
176 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 7

2621 cals ● 250g protein (38%) ● 133g fat (46%) ● 76g carbs (12%) ● 30g fiber (5%)

Breakfast

365 cals, 25g protein, 21g net carbs, 19g fat



Hardboiled egg and avocado bowl

160 cals



Milk

1/2 cup(s)- 75 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

335 cals, 12g protein, 9g net carbs, 26g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Celery and peanut butter

218 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

720 cals, 54g protein, 33g net carbs, 35g fat



Seitan salad

718 cals

Dinner

715 cals, 50g protein, 9g net carbs, 51g fat



Pecans

1/4 cup- 183 cals



Simple sardine salad

531 cals

Grocery List



Other

- protein greek yogurt, flavored
1 container (150g)
- baked chips, any flavor
42 crisps (98g)
- cottage cheese & fruit cup
7 container (1190g)
- coleslaw mix
1 1/2 cup (135g)
- vegan sausage
3 sausage (300g)
- alfredo sauce
1/2 cup (120g)
- mixed greens
1 1/4 package (5.5 oz) (193g)
- nutritional yeast
2 tsp (3g)
- vinaigrette, store-bought, any flavor
3 tbsp (45mL)

Soups, Sauces, and Gravies

- canned clam chowder
1 can (18.5 oz) (519g)
- pasta sauce
10 tbsp (163g)
- barbecue sauce
3 tbsp (51g)

Vegetables and Vegetable Products

- collard greens
13 1/4 oz (378g)
- garlic
4 1/2 clove(s) (14g)
- raw celery
14 stalk, medium (7-1/2" - 8" long) (553g)
- zucchini
3 3/4 large (1200g)
- sun-dried tomatoes
1/3 cup (18g)
- frozen broccoli
1 1/4 package (355g)
- romaine lettuce
6 leaf inner (36g)
- bell pepper
3/8 large (65g)
- onion
3/8 medium (2-1/2" dia) (40g)
- tomatoes
3 1/3 medium whole (2-3/5" dia) (409g)

Dairy and Egg Products

- string cheese
2 stick (56g)
- goat cheese
2 1/2 oz (71g)
- low fat cottage cheese (1% milkfat)
1 3/4 cup (396g)
- whole milk
2 1/2 cup(s) (600mL)
- eggs
2 large (100g)

Sweets

- honey
2 1/3 tbsp (49g)

Legumes and Legume Products

- roasted peanuts
14 tbsp (128g)
- tempeh
22 oz (624g)
- peanut butter
4 tbsp (64g)

Fruits and Fruit Juices

- avocados
4 avocado(s) (804g)
- lemon juice
1/2 tbsp (8mL)
- lime juice
2 tbsp (30mL)

Beverages

- protein powder
31 1/2 scoop (1/3 cup ea) (977g)
- water
32 cup(s) (7584mL)

Baked Products

- naan bread
2 piece(s) (180g)
- bread
2 slice(s) (64g)

Nut and Seed Products

- fresh spinach**
6 cup(s) (180g)
- cucumber**
2/3 cucumber (8-1/4") (201g)

Fats and Oils

- oil**
2 1/2 oz (79mL)
- olive oil**
1 3/4 tbsp (26mL)
- ranch dressing**
3 tbsp (45mL)
- salad dressing**
4 tbsp (60mL)

Spices and Herbs

- salt**
1/3 oz (8g)
- fresh basil**
1/3 cup leaves, whole (8g)
- black pepper**
2 1/2 g (3g)
- garlic powder**
4 dash (2g)

- walnuts**
1/3 cup, chopped (39g)
- pecans**
4 tbsp, halves (25g)

Meals, Entrees, and Side Dishes

- flavored rice mix**
1 3/4 pouch (~5.6 oz) (277g)

Finfish and Shellfish Products

- shrimp, raw**
1 1/4 lbs (568g)
- salmon**
1/2 lbs (227g)
- sardines, canned in oil**
2 can (184g)

Snacks

- large granola bar**
3 bar (111g)

Cereal Grains and Pasta

- uncooked dry pasta**
3 oz (86g)
- seitan**
6 oz (170g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

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 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Breakfast 2 ↗

Eat on day 4 and day 5

Avocado & vegan sausage toast

1 toast(s) - 302 cals ● 19g protein ● 15g fat ● 18g carbs ● 6g fiber



For single meal:

bread
1 slice(s) (32g)
avocados
1/4 avocado(s) (50g)
vegan sausage
1/2 sausage (50g)

For all 2 meals:

bread
2 slice(s) (64g)
avocados
1/2 avocado(s) (101g)
vegan sausage
1 sausage (100g)

1. Cook sausage according to package instructions. When sausage is cool enough to handle, slice it in half lengthwise, and then, if needed, slice again so that it will fit on your slice of bread.
2. Toast bread, if desired.
3. Using a fork, mash the avocado onto the bread. Season with some salt and pepper and top with sausage slices. Serve.

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.

Breakfast 3 ↗

Eat on day 6 and day 7

Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
black pepper
1/2 dash (0g)
eggs
1 large (50g)
salt
1/2 dash (0g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
black pepper
1 dash (0g)
eggs
2 large (100g)
salt
1 dash (0g)
avocados, chopped
1/2 avocado(s) (101g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

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.

Lunch 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.

Clam chowder

1 can(s) - 364 cals ● 12g protein ● 22g fat ● 25g carbs ● 4g fiber



Makes 1 can(s)

canned clam chowder
1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

Garlic collard greens

266 cals ● 12g protein ● 14g fat ● 8g carbs ● 15g fiber



collard greens
13 1/3 oz (378g)
oil
2 1/2 tsp (13mL)
salt
1/4 tsp (1g)
garlic, minced
2 1/2 clove(s) (8g)

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.

Lunch 2 ↗

Eat on day 2 and day 3

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

For single meal:

naan bread
1 piece(s) (90g)



For all 2 meals:

naan bread
2 piece(s) (180g)

1. The recipe has no instructions.

Sun-dried tomato walnut pesto zoodles

270 cals ● 7g protein ● 21g fat ● 10g carbs ● 5g fiber



For single meal:

oil
1/2 tbsp (8mL)
water
1/4 cup(s) (59mL)
garlic, minced
1 clove(s) (3g)
fresh basil
2 1/2 tbsp leaves, whole (4g)
walnuts
2 1/2 tbsp, chopped (19g)
sun-dried tomatoes
2 1/2 tbsp (9g)
zucchini, spiralized
1 medium (196g)

For all 2 meals:

oil
1 tbsp (15mL)
water
1/2 cup(s) (119mL)
garlic, minced
2 clove(s) (6g)
fresh basil
1/3 cup leaves, whole (8g)
walnuts
1/3 cup, chopped (39g)
sun-dried tomatoes
1/3 cup (18g)
zucchini, spiralized
2 medium (392g)

1. In a food processor, add the sun-dried tomatoes, walnuts, basil, garlic, and salt/pepper (to taste), and blend until smooth.
2. Add in the water a tablespoon at a time and pulse until the pesto is smooth and creamy. Add more/less water to get to desired consistency.
3. Pour over zoodles, mix well, and serve.
4. Leftover note: Keep extra pesto mixture in an airtight container in the fridge. Serve over freshly-spiralized zucchini when ready to eat.

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Lunch 3 ↗

Eat on day 4

Bbq tempeh lettuce wrap

6 lettuce wrap(s) - 494 cals ● 38g protein ● 13g fat ● 39g carbs ● 17g fiber



Makes 6 lettuce wrap(s)

oil
1/4 tbsp (4mL)
coleslaw mix
1 1/2 cup (135g)
barbecue sauce
3 tbsp (51g)
romaine lettuce
6 leaf inner (36g)
tempeh, cubed
6 oz (170g)
bell pepper, deseeded and sliced
3/4 small (56g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Makes 1/4 cup(s)

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 5 and day 6

Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

salad dressing

3 tsp (15mL)

raw celery, chopped

2/3 stalk, medium (7-1/2" - 8" long)
(27g)

mixed greens

1/3 package (5.5 oz) (52g)

cucumber, sliced

1/3 cucumber (8-1/4") (100g)
tomatoes, diced

1/3 medium whole (2-3/5" dia)
(41g)

For all 2 meals:

salad dressing

2 tbsp (30mL)

raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

mixed greens

2/3 package (5.5 oz) (103g)

cucumber, sliced

2/3 cucumber (8-1/4") (201g)
tomatoes, diced

2/3 medium whole (2-3/5" dia)
(82g)

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

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

tempeh

1/2 lbs (227g)

oil

4 tsp (20mL)

For all 2 meals:

tempeh

1 lbs (454g)

oil

2 2/3 tbsp (40mL)

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.

Lunch 5 ↗

Eat on day 7

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



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

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

Snacks 1 ↗

Eat on day 1 and day 2

Baked chips

21 crisps - 213 cals ● 4g protein ● 5g fat ● 36g carbs ● 2g fiber



For single meal:

baked chips, any flavor
21 crisps (49g)

For all 2 meals:

baked chips, any flavor
42 crisps (98g)

1. Enjoy.

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 2 meals:

string cheese

2 stick (56g)

1. The recipe has no instructions.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

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

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup(s) (120mL)

For all 3 meals:

whole milk

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

1. The recipe has no instructions.

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 3 meals:

large granola bar
3 bar (111g)

1. The recipe has no instructions.

Celery and ranch

74 cals ● 1g protein ● 7g fat ● 2g carbs ● 1g fiber



For single meal:

ranch dressing
1 tbsp (15mL)
raw celery, sliced into strips
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)

For all 3 meals:

ranch dressing
3 tbsp (45mL)
raw celery, sliced into strips
4 1/2 stalk, medium (7-1/2" - 8" long) (180g)

1. Slice celery into strips. Serve with ranch to dip into.

Snacks 3 ↗

Eat on day 6 and day 7

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

raw celery

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

peanut butter

2 tbsp (32g)

For all 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

peanut butter

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Dinner 1 ↗

Eat on day 1

Goat cheese and marinara stuffed zucchini

5 zucchini halve(s) - 480 cals ● 26g protein ● 25g fat ● 26g carbs ● 11g fiber



Makes 5 zucchini halve(s)

pasta sauce

10 tbsp (163g)

goat cheese

2 1/2 oz (71g)

zucchini

2 1/2 large (808g)

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.

Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



Makes 3/4 cup(s)

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

honey

1 tbsp (21g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Dinner 2 ↗

Eat on day 2 and day 3

Shrimp-broccoli-rice bowl

735 cals ● 73g protein ● 12g fat ● 76g carbs ● 9g fiber



For single meal:

olive oil
2 tsp (9mL)
flavored rice mix
5/8 pouch (~5.6 oz) (99g)
frozen broccoli
5/8 package (178g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
shrimp, raw, peeled and deveined
10 oz (284g)

For all 2 meals:

olive oil
1 1/4 tbsp (19mL)
flavored rice mix
1 1/4 pouch (~5.6 oz) (198g)
frozen broccoli
1 1/4 package (355g)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)
shrimp, raw, peeled and deveined
1 1/4 lbs (568g)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

Dinner 3 ↗

Eat on day 4

Vegan sausage

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



Makes 2 sausage(s)

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Tomato and avocado salad

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



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 4 ↗

Eat on day 5 and day 6

Flavored rice mix

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



For single meal:

flavored rice mix
1/4 pouch (~5.6 oz) (40g)

For all 2 meals:

flavored rice mix
1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Salmon alfredo pasta

418 cals ● 30g protein ● 18g fat ● 31g carbs ● 2g fiber



For single meal:

salmon
4 oz (113g)
fresh spinach
1 cup(s) (30g)
alfredo sauce
4 tbsp (60g)
uncooked dry pasta
1 1/2 oz (43g)

For all 2 meals:

salmon
1/2 lbs (227g)
fresh spinach
2 cup(s) (60g)
alfredo sauce
1/2 cup (120g)
uncooked dry pasta
3 oz (86g)

1. Preheat oven to 350°F (180°C).
2. Cook pasta according to package instructions. Set aside.
3. Place salmon skin side down on a baking sheet and season with some salt and pepper. Bake 14-16 minutes until the salmon flesh flakes.
4. Meanwhile, heat alfredo sauce in a saucepan over medium heat until it starts to bubble. Add in spinach and stir. Cook for 1-2 minutes until spinach has wilted.
5. Remove salmon from the oven and when it is cool enough to handle, cut it into large chunks.
6. Add pasta to a plate and pour the alfredo sauce over the pasta. Top with salmon and some pepper. Serve.

Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

onion
3/4 tbsp minced (11g)
lime juice
3/4 tbsp (11mL)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
avocados, cubed
3/8 avocado(s) (75g)
tomatoes, diced
3/8 medium whole (2-3/5" dia)
(46g)

For all 2 meals:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia)
(92g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 5 ↗

Eat on day 7

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans
4 tbsp, halves (25g)

1. The recipe has no instructions.

Simple sardine salad

531 cals ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Protein Supplement(s) ↗

Eat every day

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.