

Meal Plan - 2700 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

2657 cals ● 241g protein (36%) ● 93g fat (31%) ● 172g carbs (26%) ● 43g fiber (6%)

Breakfast

375 cals, 26g protein, 54g net carbs, 3g fat



Cottage cheese toast
1 toast(s)- 143 cals



Apple
1 apple(s)- 105 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Snacks

265 cals, 9g protein, 26g net carbs, 9g fat



Kiwi
2 kiwi- 94 cals



Bell pepper strips and hummus
170 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

780 cals, 36g protein, 34g net carbs, 50g fat



Mixed nuts
1/4 cup(s)- 218 cals



Avocado egg salad sandwich
1 sandwich(es)- 562 cals

Dinner

750 cals, 61g protein, 54g net carbs, 29g fat



Instant mashed potatoes
155 cals



Vegan sausage
2 sausage(s)- 536 cals



Cooked peppers
1/2 bell pepper(s)- 60 cals

Day 2

2661 cals ● 271g protein (41%) ● 73g fat (25%) ● 195g carbs (29%) ● 35g fiber (5%)

Breakfast

375 cals, 26g protein, 54g net carbs, 3g fat



Cottage cheese toast
1 toast(s)- 143 cals



Apple
1 apple(s)- 105 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Snacks

265 cals, 9g protein, 26g net carbs, 9g fat



Kiwi
2 kiwi- 94 cals



Bell pepper strips and hummus
170 cals

Lunch

745 cals, 81g protein, 47g net carbs, 25g fat



Teriyaki seitan wings
10 oz seitan- 743 cals

Dinner

790 cals, 47g protein, 63g net carbs, 34g fat



Sweet potato wedges
434 cals



Simple roasted cod
8 oz- 297 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 3

2745 cals ● 237g protein (35%) ● 126g fat (41%) ● 121g carbs (18%) ● 46g fiber (7%)

Breakfast

385 cals, 26g protein, 10g net carbs, 26g fat



Walnuts
1/4 cup(s)- 175 cals



String cheese
1 stick(s)- 83 cals



Protein shake (milk)
129 cals

Snacks

265 cals, 9g protein, 26g net carbs, 9g fat



Kiwi
2 kiwi- 94 cals



Bell pepper strips and hummus
170 cals

Lunch

750 cals, 49g protein, 31g net carbs, 43g fat



Tomato and avocado salad
235 cals



Garlic pepper seitan
513 cals

Dinner

855 cals, 44g protein, 50g net carbs, 45g fat



Pistachios
188 cals



Chunky canned soup (creamy)
1 can(s)- 354 cals



Salmon & artichoke salad
315 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 4

2706 cals ● 237g protein (35%) ● 101g fat (34%) ● 172g carbs (25%) ● 40g fiber (6%)

Breakfast

385 cals, 26g protein, 10g net carbs, 26g fat



Walnuts
1/4 cup(s)- 175 cals



String cheese
1 stick(s)- 83 cals



Protein shake (milk)
129 cals

Snacks

300 cals, 12g protein, 28g net carbs, 13g fat



High-protein granola bar
1 bar(s)- 204 cals



Kiwi
2 kiwi- 94 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

750 cals, 49g protein, 31g net carbs, 43g fat



Tomato and avocado salad
235 cals



Garlic pepper seitan
513 cals

Dinner

785 cals, 41g protein, 99g net carbs, 17g fat



Bbq cauliflower wings
535 cals



Milk
1 2/3 cup(s)- 248 cals

Day 5

2669 cals ● 226g protein (34%) ● 74g fat (25%) ● 229g carbs (34%) ● 45g fiber (7%)

Breakfast

415 cals, 25g protein, 45g net carbs, 11g fat



Protein greek yogurt
1 container- 139 cals



Orange
2 orange(s)- 170 cals



Roasted cashews
1/8 cup(s)- 104 cals

Snacks

300 cals, 12g protein, 28g net carbs, 13g fat



High-protein granola bar
1 bar(s)- 204 cals



Kiwi
2 kiwi- 94 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

685 cals, 39g protein, 53g net carbs, 31g fat



Spiced tofu & pesto sandwich
1 sandwich(es)- 380 cals



Tomato and avocado salad
117 cals



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

Dinner

785 cals, 41g protein, 99g net carbs, 17g fat



Bbq cauliflower wings
535 cals



Milk
1 2/3 cup(s)- 248 cals

Day 6

2655 cals ● 252g protein (38%) ● 93g fat (31%) ● 162g carbs (24%) ● 40g fiber (6%)

Breakfast

415 cals, 25g protein, 45g net carbs, 11g fat



[Protein greek yogurt](#)
1 container- 139 cals



[Orange](#)
2 orange(s)- 170 cals



[Roasted cashews](#)
1/8 cup(s)- 104 cals

Snacks

335 cals, 31g protein, 29g net carbs, 8g fat



[Carrots and hummus](#)
82 cals



[Strawberry pretzel yogurt dessert](#)
251 cals

Protein Supplement(s)

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



[Protein shake](#)
4 1/2 scoop- 491 cals

Lunch

745 cals, 37g protein, 60g net carbs, 34g fat



[Lentils](#)
347 cals



[Simple mixed greens salad](#)
68 cals



[Walnut crusted tofu](#)
330 cals

Dinner

675 cals, 49g protein, 25g net carbs, 37g fat



[Almond crusted tilapia](#)
6 oz- 424 cals



[Roasted broccoli with nutritional yeast](#)
2 1/3 cup(s)- 251 cals

Day 7

2655 cals ● 252g protein (38%) ● 93g fat (31%) ● 162g carbs (24%) ● 40g fiber (6%)

Breakfast

415 cals, 25g protein, 45g net carbs, 11g fat



[Protein greek yogurt](#)
1 container- 139 cals



[Orange](#)
2 orange(s)- 170 cals



[Roasted cashews](#)
1/8 cup(s)- 104 cals

Snacks

335 cals, 31g protein, 29g net carbs, 8g fat



[Carrots and hummus](#)
82 cals



[Strawberry pretzel yogurt dessert](#)
251 cals

Lunch

745 cals, 37g protein, 60g net carbs, 34g fat



[Lentils](#)
347 cals



[Simple mixed greens salad](#)
68 cals



[Walnut crusted tofu](#)
330 cals

Dinner

675 cals, 49g protein, 25g net carbs, 37g fat



[Almond crusted tilapia](#)
6 oz- 424 cals



[Roasted broccoli with nutritional yeast](#)
2 1/3 cup(s)- 251 cals

Protein Supplement(s)

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



[Protein shake](#)
4 1/2 scoop- 491 cals

Grocery List



Beverages

- protein powder
32 1/2 scoop (1/3 cup ea) (1008g)
- water
2 1/4 gallon (8525mL)

Fruits and Fruit Juices

- kiwi
10 fruit (690g)
- avocados
1 3/4 avocado(s) (352g)
- apples
2 medium (3" dia) (364g)
- lime juice
2 1/2 tbsp (38mL)
- orange
6 orange (924g)
- strawberries
6 large (1-3/8" dia) (108g)
- lemon juice
1 tsp (5mL)

Legumes and Legume Products

- hummus
2/3 lbs (304g)
- firm tofu
2/3 lbs (312g)
- lentils, raw
1 cup (192g)

Vegetables and Vegetable Products

- bell pepper
2 2/3 large (439g)
- tomatoes
3 medium whole (2-3/5" dia) (375g)
- mashed potato mix
1 1/2 oz (43g)
- sweet potatoes
1 2/3 sweetpotato, 5" long (350g)
- onion
1 medium (2-1/2" dia) (98g)
- green pepper
3 tbsp, chopped (28g)
- garlic
5 3/4 clove(s) (17g)
- artichokes, canned
1/2 cup hearts (84g)

Baked Products

- bread
6 3/4 oz (192g)

Dairy and Egg Products

- eggs
3 large (150g)
- low fat cottage cheese (1% milkfat)
22 oz (622g)
- string cheese
2 stick (56g)
- whole milk
4 1/3 cup(s) (1039mL)
- lowfat greek yogurt
2 7oz container (400g)

Sweets

- honey
3 tbsp (63g)

Other

- vegan sausage
2 sausage (200g)
- teriyaki sauce
5 tbsp (75mL)
- mixed greens
5 3/4 cup (173g)
- nutritional yeast
2 1/2 oz (69g)
- protein greek yogurt, flavored
3 container (450g)

Fats and Oils

- oil
3 oz (87mL)
- olive oil
2 2/3 oz (84mL)
- balsamic vinaigrette
3 tbsp (45mL)
- salad dressing
3 tbsp (45mL)
- mayonnaise
2 tbsp (30mL)

Finfish and Shellfish Products

- cauliflower**
4 head small (4" dia.) (1060g)
- baby carrots**
16 medium (160g)
- broccoli**
4 2/3 cup chopped (425g)

- cod, raw**
1/2 lbs (227g)
- canned salmon**
1/4 lbs (128g)
- tilapia, raw**
3/4 lbs (336g)

Nut and Seed Products

- mixed nuts**
4 tbsp (34g)
- walnuts**
3 oz (89g)
- pistachios, shelled**
4 tbsp (31g)
- roasted cashews**
6 tbsp (51g)
- almonds**
1/2 cup, slivered (54g)

Spices and Herbs

- garlic powder**
1 tsp (3g)
- salt**
3/4 oz (18g)
- black pepper**
1/2 tbsp, ground (3g)
- ground cumin**
1 tsp (2g)
- chili powder**
4 dash (1g)
- crushed red pepper**
2 dash (0g)
- dijon mustard**
1 tbsp (15g)

Cereal Grains and Pasta

- seitan**
22 oz (624g)
- all-purpose flour**
1/3 cup(s) (42g)

Soups, Sauces, and Gravies

- chunky canned soup (creamy varieties)**
1 can (~19 oz) (533g)
- barbecue sauce**
1 cup (286g)
- pesto sauce**
1 1/2 tbsp (24g)

Snacks

- high-protein granola bar**
2 bar (80g)
- pretzels, hard, salted**
4 twists (24g)

Breakfast 1 ↗

Eat on day 1 and day 2

Cottage cheese toast

1 toast(s) - 143 cals ● 11g protein ● 2g fat ● 19g carbs ● 2g fiber



For single meal:

bread
1 slice(s) (32g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

bread
2 slice(s) (64g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

1. Toast the bread, if desired.
2. Spread cottage cheese on top of the bread, drizzle with honey, and serve.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

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.

Breakfast 2 ↗

Eat on day 3 and day 4

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. The recipe has no instructions.

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.

Protein shake (milk)

129 cals ● 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.

Breakfast 3 ↗

Eat on day 5, 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 3 meals:

protein greek yogurt, flavored
3 container (450g)

1. Enjoy.

Orange

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



For single meal:

orange
2 orange (308g)

For all 3 meals:

orange
6 orange (924g)

1. The recipe has no instructions.

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews

2 tbsp (17g)

For all 3 meals:

roasted cashews

6 tbsp (51g)

1. The recipe has no instructions.

Lunch 1

Eat on day 1

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 1/4 cup(s)

mixed nuts

4 tbsp (34g)

1. The recipe has no instructions.

Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



Makes 1 sandwich(es)

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

tomatoes, halved

6 tbsp cherry tomatoes (56g)

eggs, hard-boiled and chilled

3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lunch 2 ↗

Eat on day 2

Teriyaki seitan wings

10 oz seitan - 743 cals ● 81g protein ● 25g fat ● 47g carbs ● 2g fiber



Makes 10 oz seitan

seitan

10 oz (284g)

oil

1 1/4 tbsp (19mL)

teriyaki sauce

5 tbsp (75mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Lunch 3 ↗

Eat on day 3 and day 4

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia)
(62g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

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.

Garlic pepper seitan

513 cals ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



For single meal:

olive oil
1 1/2 tbsp (23mL)
onion
3 tbsp, chopped (30g)
green pepper
1 1/2 tbsp, chopped (14g)
black pepper
1 1/2 dash, ground (0g)
water
3/4 tbsp (11mL)
salt
3/4 dash (1g)
seitan, chicken style
6 oz (170g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

olive oil
3 tbsp (45mL)
onion
6 tbsp, chopped (60g)
green pepper
3 tbsp, chopped (28g)
black pepper
3 dash, ground (1g)
water
1 1/2 tbsp (23mL)
salt
1 1/2 dash (1g)
seitan, chicken style
3/4 lbs (340g)
garlic, minced
3 3/4 clove(s) (11g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Lunch 4 ↗

Eat on day 5

Spiced tofu & pesto sandwich

1 sandwich(es) - 380 cals ● 17g protein ● 20g fat ● 28g carbs ● 6g fiber



Makes 1 sandwich(es)

bread
2 slice(s) (64g)
pesto sauce
1 1/2 tbsp (24g)
oil
1 tsp (5mL)
ground cumin
1 tsp (2g)
chili powder
4 dash (1g)
mixed greens
1/2 cup (15g)
crushed red pepper
2 dash (0g)
firm tofu
3 oz (85g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. 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.

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.

Lunch 5 ↗

Eat on day 6 and day 7

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.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl.
Serve.

Walnut crusted tofu

330 cals ● 12g protein ● 28g fat ● 5g carbs ● 2g fiber



For single meal:

lemon juice
1/2 tsp (3mL)
dijon mustard
1/2 tbsp (8g)
walnuts
2 1/2 tbsp, chopped (19g)
mayonnaise
1 tbsp (15mL)
garlic, diced
1 clove(s) (3g)
firm tofu, drained
4 oz (113g)

For all 2 meals:

lemon juice
1 tsp (5mL)
dijon mustard
1 tbsp (15g)
walnuts
1/3 cup, chopped (39g)
mayonnaise
2 tbsp (30mL)
garlic, diced
2 clove(s) (6g)
firm tofu, drained
1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Kiwi

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

For single meal:



kiwi
2 fruit (138g)

For all 3 meals:

kiwi
6 fruit (414g)

1. Slice the kiwi and serve.

Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

For all 3 meals:

hummus
1 cup (244g)
bell pepper
3 medium (357g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Snacks 2 ↗

Eat on day 4 and day 5

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

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.

Snacks 3

Eat on day 6 and day 7

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 2 meals:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

1. Serve carrots with hummus.

Strawberry pretzel yogurt dessert

251 cals ● 29g protein ● 5g fat ● 22g carbs ● 2g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
lowfat greek yogurt
1 7oz container (200g)
strawberries, chopped
3 large (1-3/8" dia) (54g)
pretzels, hard, salted, broken apart
2 twists (12g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
lowfat greek yogurt
2 7oz container (400g)
strawberries, chopped
6 large (1-3/8" dia) (108g)
pretzels, hard, salted, broken apart
4 twists (24g)

1. Mix Greek yogurt and cottage cheese together in a small bowl.
2. Top with strawberries and pretzel pieces. Serve.

Dinner 1

Eat on day 1

Instant mashed potatoes

155 cals ● 5g protein ● 0g fat ● 30g carbs ● 3g fiber



mashed potato mix
1 1/2 oz (43g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

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.

Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1/2 bell pepper(s)

oil
1 tsp (5mL)
bell pepper, seeded & cut into strips
1/2 large (82g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Dinner 2 ↗

Eat on day 2

Sweet potato wedges

434 cals ● 6g protein ● 14g fat ● 60g carbs ● 11g fiber



oil
1 1/4 tbsp (19mL)
salt
1 tsp (5g)
black pepper
1/2 tsp, ground (1g)
sweet potatoes, cut into wedges
1 2/3 sweetpotato, 5" long (350g)

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.

Simple roasted cod

8 oz - 297 cals ● 40g protein ● 15g fat ● 0g carbs ● 0g fiber



Makes 8 oz

olive oil
1 tbsp (15mL)
cod, raw
1/2 lbs (227g)

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

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

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

Dinner 3 ↗

Eat on day 3

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, shelled
4 tbsp (31g)

1. The recipe has no instructions.

Chunky canned soup (creamy)

1 can(s) - 354 cals ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



Makes 1 can(s)

chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

Salmon & artichoke salad

315 cals ● 25g protein ● 14g fat ● 15g carbs ● 7g fiber



canned salmon
1/4 lbs (128g)
artichokes, canned
1/2 cup hearts (84g)
mixed greens
2 1/4 cup (68g)
balsamic vinaigrette
3 tbsp (45mL)
tomatoes, halved
1/2 cup cherry tomatoes (74g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

Dinner 4 ↗

Eat on day 4 and day 5

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 2/3 cup(s) (400mL)

For all 2 meals:

whole milk
3 1/3 cup(s) (800mL)

1. The recipe has no instructions.

Dinner 5 ↗

Eat on day 6 and day 7

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.

Roasted broccoli with nutritional yeast

2 1/3 cup(s) - 251 cals ● 8g protein ● 17g fat ● 9g carbs ● 7g fiber



For single meal:

broccoli
2 1/3 cup chopped (212g)
oil
3 1/2 tsp (17mL)
nutritional yeast
3 1/2 tsp (4g)

For all 2 meals:

broccoli
4 2/3 cup chopped (425g)
oil
2 1/3 tbsp (35mL)
nutritional yeast
2 1/3 tbsp (9g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste.

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.