

# Meal Plan - 2800 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

2769 cals ● 238g protein (34%) ● 124g fat (40%) ● 141g carbs (20%) ● 35g fiber (5%)

### Breakfast

370 cals, 17g protein, 40g net carbs, 13g fat



**Pear**  
1 pear(s)- 113 cals



**Boiled eggs**  
2 egg(s)- 139 cals



**Small toasted bagel with butter**  
1/2 bagel(s)- 120 cals

### Snacks

335 cals, 5g protein, 25g net carbs, 23g fat



**Plantain chips**  
188 cals



**Mixed nuts**  
1/6 cup(s)- 145 cals

### Lunch

805 cals, 55g protein, 33g net carbs, 46g fat



**Roasted almonds**  
1/6 cup(s)- 148 cals



**Egg & avocado salad**  
399 cals



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

### Dinner

820 cals, 64g protein, 39g net carbs, 40g fat



**Lowfat Greek yogurt**  
2 container(s)- 310 cals



**Pumpkin seeds**  
183 cals



**Avocado tuna salad**  
327 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

## Day 2

2801 cals ● 277g protein (40%) ● 113g fat (36%) ● 137g carbs (20%) ● 31g fiber (4%)

### Breakfast

370 cals, 17g protein, 40g net carbs, 13g fat



#### Pear

1 pear(s)- 113 cals



#### Boiled eggs

2 egg(s)- 139 cals



#### Small toasted bagel with butter

1/2 bagel(s)- 120 cals

### Snacks

335 cals, 5g protein, 25g net carbs, 23g fat



#### Plantain chips

188 cals



#### Mixed nuts

1/6 cup(s)- 145 cals

### Lunch

840 cals, 94g protein, 29g net carbs, 35g fat



#### Simple roasted cod

16 oz- 593 cals



#### Lentils

174 cals



#### Olive oil drizzled green beans

72 cals

### Dinner

820 cals, 64g protein, 39g net carbs, 40g fat



#### Lowfat Greek yogurt

2 container(s)- 310 cals



#### Pumpkin seeds

183 cals



#### Avocado tuna salad

327 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 3

2819 cals ● 248g protein (35%) ● 114g fat (36%) ● 162g carbs (23%) ● 38g fiber (5%)

### Breakfast

430 cals, 21g protein, 40g net carbs, 17g fat



#### Pear

1 pear(s)- 113 cals



#### Pistachios

188 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Snacks

335 cals, 5g protein, 25g net carbs, 23g fat



#### Plantain chips

188 cals



#### Mixed nuts

1/6 cup(s)- 145 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

### Lunch

840 cals, 94g protein, 29g net carbs, 35g fat



#### Simple roasted cod

16 oz- 593 cals



#### Lentils

174 cals



#### Olive oil drizzled green beans

72 cals

### Dinner

780 cals, 31g protein, 65g net carbs, 37g fat



#### Lentil kale salad

779 cals

## Day 4

2850 cals ● 239g protein (34%) ● 117g fat (37%) ● 167g carbs (23%) ● 44g fiber (6%)

### Breakfast

430 cals, 21g protein, 40g net carbs, 17g fat



#### Pear

1 pear(s)- 113 cals



#### Pistachios

188 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Lunch

840 cals, 44g protein, 62g net carbs, 41g fat



#### Basic tofu

8 oz- 342 cals



#### Lentils

347 cals



#### Sauteed Kale

151 cals

### Snacks

310 cals, 13g protein, 21g net carbs, 13g fat



#### Blackberries

1 1/2 cup(s)- 105 cals



#### High-protein granola bar

1 bar(s)- 204 cals

### Dinner

835 cals, 64g protein, 40g net carbs, 44g fat



#### Milk

3/4 cup(s)- 112 cals



#### Vegan bangers and cauliflower mash

2 sausage link(s)- 722 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 5

2806 cals ● 266g protein (38%) ● 112g fat (36%) ● 145g carbs (21%) ● 37g fiber (5%)

### Breakfast

385 cals, 48g protein, 19g net carbs, 13g fat



#### Protein shake (milk)

387 cals

### Lunch

840 cals, 44g protein, 62g net carbs, 41g fat



#### Basic tofu

8 oz- 342 cals



#### Lentils

347 cals



#### Sauteed Kale

151 cals

### Snacks

310 cals, 13g protein, 21g net carbs, 13g fat



#### Blackberries

1 1/2 cup(s)- 105 cals



#### High-protein granola bar

1 bar(s)- 204 cals

### Dinner

835 cals, 64g protein, 40g net carbs, 44g fat



#### Milk

3/4 cup(s)- 112 cals



#### Vegan bangers and cauliflower mash

2 sausage link(s)- 722 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 6

2787 cals ● 251g protein (36%) ● 115g fat (37%) ● 143g carbs (20%) ● 44g fiber (6%)

### Breakfast

385 cals, 48g protein, 19g net carbs, 13g fat



#### Protein shake (milk)

387 cals

### Lunch

840 cals, 36g protein, 72g net carbs, 39g fat



#### Milk

1 1/3 cup(s)- 199 cals



#### Strawberries

3 1/2 cup(s)- 182 cals



#### Caprese sandwich

1 sandwich(es)- 461 cals

### Snacks

335 cals, 19g protein, 24g net carbs, 17g fat



#### Kale chips

206 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Dinner

785 cals, 51g protein, 24g net carbs, 45g fat



#### Basic tempeh

8 oz- 590 cals



#### Buttered green beans

196 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

# Day 7

2787 cals ● 251g protein (36%) ● 115g fat (37%) ● 143g carbs (20%) ● 44g fiber (6%)

## Breakfast

385 cals, 48g protein, 19g net carbs, 13g fat



### Protein shake (milk)

387 cals

## Lunch

840 cals, 36g protein, 72g net carbs, 39g fat



### Milk

1 1/3 cup(s)- 199 cals



### Strawberries

3 1/2 cup(s)- 182 cals



### Caprese sandwich

1 sandwich(es)- 461 cals

## Snacks

335 cals, 19g protein, 24g net carbs, 17g fat



### Kale chips

206 cals



### Cottage cheese & fruit cup

1 container- 131 cals

## Dinner

785 cals, 51g protein, 24g net carbs, 45g fat



### Basic tempeh

8 oz- 590 cals



### Buttered green beans

196 cals

## Protein Supplement(s)

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



### Protein shake

4 scoop- 436 cals

## Dairy and Egg Products

- lowfat flavored greek yogurt**  
4 (5.3 oz ea) container(s) (600g)
- eggs**  
7 large (350g)
- butter**  
3/8 stick (43g)
- whole milk**  
8 2/3 cup(s) (2081mL)
- fresh mozzarella cheese**  
4 slices (113g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted**  
1/2 cup (59g)
- mixed nuts**  
1/2 cup (67g)
- almonds**  
1 1/3 oz (37g)
- pistachios, shelled**  
1/2 cup (62g)

## Fruits and Fruit Juices

- avocados**  
1 1/4 avocado(s) (251g)
- lime juice**  
1/2 tbsp (8mL)
- pears**  
4 medium (712g)
- lemon juice**  
2 tbsp (30mL)
- blackberries**  
3 cup (432g)
- strawberries**  
7 cup, whole (1008g)

## Spices and Herbs

- salt**  
1/2 oz (16g)
- black pepper**  
1/2 tsp (0g)
- garlic powder**  
4 dash (2g)
- crushed red pepper**  
1 tsp (2g)
- ground cumin**  
1 tsp (2g)

## Finfish and Shellfish Products

- canned tuna**  
1 1/2 can (258g)
- cod, raw**  
2 lbs (907g)

## Vegetables and Vegetable Products

- tomatoes**  
1 1/2 medium whole (2-3/5" dia) (176g)
- onion**  
2 1/2 small (166g)
- frozen green beans**  
4 cup (484g)
- kale leaves**  
1 1/2 lbs (660g)
- garlic**  
2 clove(s) (6g)

## Snacks

- Plantain chips**  
1/4 lbs (106g)
- high-protein granola bar**  
2 bar (80g)

## Beverages

- protein powder**  
32 1/2 scoop (1/3 cup ea) (1008g)
- water**  
36 cup(s) (8532mL)

## Baked Products

- bagel**  
1 small bagel (3" dia) (69g)
- bread**  
4 slice(s) (128g)

## Fats and Oils

- olive oil**  
3 oz (100mL)
- oil**  
1/3 lbs (161mL)

## Legumes and Legume Products

- lentils, raw**  
2 cup (384g)

## Other

- mixed greens**  
2 1/2 cup (75g)
- cottage cheese & fruit cup**  
6 container (1020g)
- frozen cauliflower**  
3 cup (340g)
- vegan sausage**  
4 sausage (400g)

- firm tofu**  
1 lbs (454g)

- tempeh**  
1 lbs (454g)

## Soups, Sauces, and Gravies

- pesto sauce**  
4 tbsp (64g)
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## Breakfast 1 ↗

Eat on day 1 and day 2

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. The recipe has no instructions.

### Boiled eggs

2 egg(s) - 139 cals ● 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.

### Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

**butter**

1/4 tbsp (4g)

**bagel**

1/2 small bagel (3" dia) (35g)

For all 2 meals:

**butter**

1/2 tbsp (7g)

**bagel**

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

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

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## Breakfast 2 ↗

Eat on day 3 and day 4

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### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**

1 medium (178g)

For all 2 meals:

**pears**

2 medium (356g)

1. The recipe has no instructions.

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### Pistachios

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



For single meal:

**pistachios, shelled**

4 tbsp (31g)

For all 2 meals:

**pistachios, shelled**

1/2 cup (62g)

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.

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## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Protein shake (milk)

387 cals ● 48g protein ● 13g fat ● 19g carbs ● 2g fiber



For single meal:  
**whole milk**  
1 1/2 cup(s) (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:  
**whole milk**  
4 1/2 cup(s) (1080mL)  
**protein powder**  
4 1/2 scoop (1/3 cup ea) (140g)

1. Mix until well-combined.
2. Serve.

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## Lunch 1 ↗

Eat on day 1

### Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)  
**almonds**  
2 2/3 tbsp, whole (24g)

1. The recipe has no instructions.

## Egg & avocado salad

399 cals ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**mixed greens**  
1 cup (30g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

## 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.

## Lunch 2 ↗

Eat on day 2 and day 3

### Simple roasted cod

16 oz - 593 cals ● 81g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
2 tbsp (30mL)  
**cod, raw**  
1 lbs (453g)

For all 2 meals:

**olive oil**  
4 tbsp (60mL)  
**cod, raw**  
2 lbs (907g)

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.

## Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

### Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen green beans**  
2/3 cup (81g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen green beans**  
1 1/3 cup (161g)  
**olive oil**  
2 tsp (10mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

## Lunch 3 ↗

Eat on day 4 and day 5

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**firm tofu**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**firm tofu**  
1 lbs (454g)

1. Slice tofu 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.

### 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.

### Sautéed Kale

151 cals ● 3g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

**kale leaves**  
2 1/2 cup, chopped (100g)  
**oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**kale leaves**  
5 cup, chopped (200g)  
**oil**  
5 tsp (25mL)

1. Heat oil in a skillet over medium-low heat. Add kale and sauté for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

## Lunch 4 ↗

Eat on day 6 and day 7

### Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

**whole milk**

1 1/3 cup(s) (320mL)

For all 2 meals:

**whole milk**

2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

### Strawberries

3 1/2 cup(s) - 182 cals ● 4g protein ● 1g fat ● 29g carbs ● 10g fiber



For single meal:

**strawberries**

3 1/2 cup, whole (504g)

For all 2 meals:

**strawberries**

7 cup, whole (1008g)

1. The recipe has no instructions.

### Caprese sandwich

1 sandwich(es) - 461 cals ● 22g protein ● 27g fat ● 28g carbs ● 5g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**tomatoes**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**fresh mozzarella cheese**  
2 slices (57g)  
**pesto sauce**  
2 tbsp (32g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**tomatoes**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**fresh mozzarella cheese**  
4 slices (113g)  
**pesto sauce**  
4 tbsp (64g)

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

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## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Plantain chips

188 cals ● 1g protein ● 11g fat ● 21g carbs ● 1g fiber



For single meal:

**Plantain chips**  
1 1/4 oz (35g)

For all 3 meals:

**Plantain chips**  
1/4 lbs (106g)

1. Approximately 3/4 cup = 1 oz

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### Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**  
2 2/3 tbsp (22g)

For all 3 meals:

**mixed nuts**  
1/2 cup (67g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 4 and day 5

### Blackberries

1 1/2 cup(s) - 105 cals ● 3g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

**blackberries**  
1 1/2 cup (216g)

For all 2 meals:

**blackberries**  
3 cup (432g)

1. Rinse blackberries and serve.

### 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.

## Snacks 3 ↗

Eat on day 6 and day 7

### Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

**salt**  
1 tsp (6g)  
**kale leaves**  
1 bunch (170g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**salt**  
2 tsp (12g)  
**kale leaves**  
2 bunch (340g)  
**olive oil**  
2 tbsp (30mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. 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.

## Dinner 1 ↗

Eat on day 1 and day 2

### Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

**lowfat flavored greek yogurt**  
4 (5.3 oz ea) container(s) (600g)

1. The recipe has no instructions.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

### Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



For single meal:

**avocados**  
3/8 avocado(s) (75g)  
**lime juice**  
1/4 tbsp (4mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**mixed greens**  
3/4 cup (23g)  
**canned tuna**  
3/4 can (129g)  
**tomatoes**  
3 tbsp, chopped (34g)  
**onion, minced**  
1/6 small (13g)

For all 2 meals:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**mixed greens**  
1 1/2 cup (45g)  
**canned tuna**  
1 1/2 can (258g)  
**tomatoes**  
6 tbsp, chopped (68g)  
**onion, minced**  
3/8 small (26g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

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## Dinner 2 ↗

Eat on day 3

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### Lentil kale salad

779 cals ● 31g protein ● 37g fat ● 65g carbs ● 15g fiber



**lentils, raw**  
1/2 cup (96g)  
**lemon juice**  
2 tbsp (30mL)  
**almonds**  
2 tbsp, slivered (14g)  
**oil**  
2 tbsp (30mL)  
**kale leaves**  
3 cup, chopped (120g)  
**crushed red pepper**  
1 tsp (2g)  
**water**  
2 cup(s) (474mL)  
**ground cumin**  
1 tsp (2g)  
**garlic, diced**  
2 clove(s) (6g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

## Dinner 3 ↗

Eat on day 4 and day 5

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup(s) (180mL)

For all 2 meals:

**whole milk**  
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

### Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:

**frozen cauliflower**  
1 1/2 cup (170g)  
**oil**  
1 tbsp (15mL)  
**vegan sausage**  
2 sausage (200g)  
**onion, thinly sliced**  
1 small (70g)

For all 2 meals:

**frozen cauliflower**  
3 cup (340g)  
**oil**  
2 tbsp (30mL)  
**vegan sausage**  
4 sausage (400g)  
**onion, thinly sliced**  
2 small (140g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

## Dinner 4 ↗

Eat on day 6 and day 7

### 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.

### Buttered green beans

196 cals ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



For single meal:

**butter**  
4 tsp (18g)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen green beans**  
1 1/3 cup (161g)

For all 2 meals:

**butter**  
2 2/3 tbsp (36g)  
**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen green beans**  
2 2/3 cup (323g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

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



For single meal:

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

For all 7 meals:

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

1. The recipe has no instructions.