

Meal Plan - 3100 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

3127 cals ● 248g protein (32%) ● 126g fat (36%) ● 213g carbs (27%) ● 37g fiber (5%)

Breakfast

515 cals, 25g protein, 54g net carbs, 21g fat



Medium toasted bagel with butter
1 bagel(s)- 391 cals



Scrambled egg whites
122 cals

Snacks

315 cals, 16g protein, 45g net carbs, 2g fat



Grapes
189 cals



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

Lunch

925 cals, 47g protein, 91g net carbs, 34g fat



Warm brussels sprout & lentil salad
553 cals



Milk
2 1/2 cup(s)- 373 cals

Dinner

995 cals, 75g protein, 20g net carbs, 67g fat



Buttery brown rice
125 cals



Simple salmon
12 oz- 770 cals



Simple sauteed spinach
100 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 2

3080 cals ● 259g protein (34%) ● 114g fat (33%) ● 204g carbs (27%) ● 49g fiber (6%)

Breakfast

515 cals, 25g protein, 54g net carbs, 21g fat



Medium toasted bagel with butter
1 bagel(s)- 391 cals



Scrambled egg whites
122 cals

Snacks

315 cals, 16g protein, 45g net carbs, 2g fat



Grapes
189 cals



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

Lunch

925 cals, 47g protein, 91g net carbs, 34g fat



Warm brussels sprout & lentil salad
553 cals



Milk
2 1/2 cup(s)- 373 cals

Dinner

950 cals, 86g protein, 11g net carbs, 55g fat



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



Pan fried tilapia
12 oz- 447 cals



Olive oil drizzled broccoli
4 cup(s)- 279 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 3

3076 cals ● 239g protein (31%) ● 105g fat (31%) ● 251g carbs (33%) ● 42g fiber (5%)

Breakfast

515 cals, 25g protein, 54g net carbs, 21g fat



Medium toasted bagel with butter
1 bagel(s)- 391 cals



Scrambled egg whites
122 cals

Snacks

345 cals, 23g protein, 13g net carbs, 22g fat



Boiled eggs
2 egg(s)- 139 cals



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

Lunch

925 cals, 49g protein, 105g net carbs, 24g fat



Lentils
231 cals



Green dal
695 cals

Dinner

915 cals, 59g protein, 76g net carbs, 37g fat



Edamame & beet salad
342 cals



Crispy chik'n tenders
10 tender(s)- 571 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 4

3053 cals ● 240g protein (31%) ● 108g fat (32%) ● 237g carbs (31%) ● 43g fiber (6%)

Breakfast

490 cals, 25g protein, 39g net carbs, 24g fat



Small toasted bagel with butter
1 bagel(s)- 241 cals



Scrambled eggs with spinach, parmesan & tomato
249 cals

Snacks

345 cals, 23g protein, 13g net carbs, 22g fat



Boiled eggs
2 egg(s)- 139 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

925 cals, 49g protein, 105g net carbs, 24g fat



Lentils
231 cals



Green dal
695 cals

Dinner

915 cals, 59g protein, 76g net carbs, 37g fat



Edamame & beet salad
342 cals



Crispy chick'n tenders
10 tender(s)- 571 cals

Day 5

3078 cals ● 316g protein (41%) ● 110g fat (32%) ● 168g carbs (22%) ● 39g fiber (5%)

Breakfast

490 cals, 25g protein, 39g net carbs, 24g fat



Small toasted bagel with butter
1 bagel(s)- 241 cals



Scrambled eggs with spinach, parmesan & tomato
249 cals

Snacks

345 cals, 23g protein, 13g net carbs, 22g fat



Boiled eggs
2 egg(s)- 139 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

960 cals, 74g protein, 48g net carbs, 45g fat



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



Seitan salad
898 cals

Dinner

905 cals, 110g protein, 64g net carbs, 17g fat



Lentils
405 cals



Cajun cod
16 oz- 499 cals

Day 6

3070 cals ● 315g protein (41%) ● 97g fat (28%) ● 192g carbs (25%) ● 42g fiber (5%)

Breakfast

510 cals, 19g protein, 63g net carbs, 19g fat



Small toasted bagel with cream cheese
1 1/2 bagel(s)- 399 cals



Milk
3/4 cup(s)- 112 cals

Snacks

315 cals, 28g protein, 13g net carbs, 14g fat



Carrots and hummus
82 cals



Cottage cheese with almonds and cinnamon
232 cals

Lunch

960 cals, 74g protein, 48g net carbs, 45g fat



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



Seitan salad
898 cals

Dinner

905 cals, 110g protein, 64g net carbs, 17g fat



Lentils
405 cals



Cajun cod
16 oz- 499 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 7

3083 cals ● 230g protein (30%) ● 102g fat (30%) ● 259g carbs (34%) ● 52g fiber (7%)

Breakfast

510 cals, 19g protein, 63g net carbs, 19g fat



Small toasted bagel with cream cheese
1 1/2 bagel(s)- 399 cals



Milk
3/4 cup(s)- 112 cals

Lunch

895 cals, 32g protein, 75g net carbs, 45g fat



Cheese ravioli
408 cals



Simple mixed greens and tomato salad
113 cals



Pistachios
375 cals

Dinner

980 cals, 67g protein, 104g net carbs, 22g fat



Tempeh & mushroom stir fry
885 cals



Cranberry spinach salad
95 cals

Snacks

315 cals, 28g protein, 13g net carbs, 14g fat



Carrots and hummus
82 cals



Cottage cheese with almonds and cinnamon
232 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Grocery List



Beverages

- protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- water
36 cup(s) (8551mL)

Baked Products

- bagel
6 1/4 medium bagel (3-1/2" to 4" dia) (660g)

Dairy and Egg Products

- butter
1/4 cup (62g)
- egg whites
1 1/2 cup (365g)
- whole milk
6 1/2 cup(s) (1560mL)
- low fat cottage cheese (1% milkfat)
3 cup (678g)
- eggs
10 large (500g)
- parmesan cheese
4 tbsp (20g)
- cream cheese
1/4 cup (65g)
- romano cheese
3 dash (1g)

Fats and Oils

- oil
3 oz (97mL)
- salad dressing
2/3 cup (169mL)
- olive oil
1 2/3 oz (53mL)
- balsamic vinaigrette
4 tbsp (60mL)
- raspberry walnut vinaigrette
2 tsp (10mL)

Vegetables and Vegetable Products

- brussels sprouts
6 cup, shredded (300g)
- fresh spinach
2 10oz package (599g)
- garlic
4 clove(s) (12g)

Fruits and Fruit Juices

- grapes
6 1/2 cup (598g)
- avocados
1 1/4 avocado(s) (251g)
- dried cranberries
2 tsp (7g)

Sweets

- honey
2 tbsp (42g)

Cereal Grains and Pasta

- brown rice
10 tbsp (119g)
- seitan
15 oz (425g)

Spices and Herbs

- salt
1/4 oz (8g)
- black pepper
2 g (2g)
- turmeric, ground
1 1/4 tsp (4g)
- curry powder
2 1/2 tsp (5g)
- cajun seasoning
1/4 cup (24g)
- cinnamon
3 dash (1g)
- garlic powder
1 tsp (3g)
- ground ginger
4 dash (1g)

Finfish and Shellfish Products

- salmon
3/4 lbs (340g)
- tilapia, raw
3/4 lbs (336g)
- cod, raw
2 lbs (907g)

Nut and Seed Products

- frozen broccoli
4 cup (364g)
- fresh cilantro
1 1/4 bunch (40g)
- fresh ginger
1 1/4 tbsp (8g)
- edamame, frozen, shelled
2 cup (236g)
- beets, precooked (canned or refrigerated)
8 beet(s) (400g)
- ketchup
5 tbsp (85g)
- tomatoes
5 1/4 medium whole (2-3/5" dia) (640g)
- baby carrots
16 medium (160g)
- mushrooms
2 cup, chopped (140g)
- bell pepper
1 large (164g)

Legumes and Legume Products

- lentils, raw
3 cup (544g)
- red lentils, raw
1 1/4 cup (240g)
- hummus
4 tbsp (60g)
- soy sauce
2 tbsp (30mL)
- tempeh
1/2 lbs (227g)

- almonds
1 1/2 oz (47g)
- coconut milk, canned
13 1/4 tbsp (199mL)
- almond butter
1 1/2 tbsp (24g)
- walnuts
2 tsp, chopped (5g)
- pistachios, shelled
1/2 cup (62g)

Soups, Sauces, and Gravies

- vegetable broth
3 cup(s) (mL)
- pasta sauce
1/4 jar (24 oz) (168g)

Snacks

- high-protein granola bar
3 bar (120g)

Other

- mixed greens
6 1/4 cup (188g)
- meatless chik'n tenders
20 pieces (510g)
- nutritional yeast
5 tsp (6g)

Meals, Entrees, and Side Dishes

- frozen cheese ravioli
6 oz (170g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Medium toasted bagel with butter

1 bagel(s) - 391 cals ● 11g protein ● 14g fat ● 53g carbs ● 2g fiber



For single meal:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

butter

1 tbsp (14g)

For all 3 meals:

bagel

3 medium bagel (3-1/2" to 4" dia)
(315g)

butter

3 tbsp (43g)

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

Scrambled egg whites

122 cals ● 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.

Breakfast 2 ↗

Eat on day 4 and day 5

Small toasted bagel with butter

1 bagel(s) - 241 cals ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

butter
1/2 tbsp (7g)
bagel
1 small bagel (3" dia) (69g)

For all 2 meals:

butter
1 tbsp (14g)
bagel
2 small bagel (3" dia) (138g)

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

Scrambled eggs with spinach, parmesan & tomato

249 cals ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

eggs
2 large (100g)
olive oil
1 tsp (5mL)
fresh spinach
2 cup(s) (60g)
parmesan cheese
2 tbsp (10g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
garlic, minced
4 dash (1g)

For all 2 meals:

eggs
4 large (200g)
olive oil
2 tsp (10mL)
fresh spinach
4 cup(s) (120g)
parmesan cheese
4 tbsp (20g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
garlic, minced
1 tsp (3g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Small toasted bagel with cream cheese

1 1/2 bagel(s) - 399 cals ● 13g protein ● 13g fat ● 54g carbs ● 2g fiber



For single meal:

bagel

1 1/2 small bagel (3" dia) (104g)

cream cheese

2 1/4 tbsp (33g)

For all 2 meals:

bagel

3 small bagel (3" dia) (207g)

cream cheese

1/4 cup (65g)

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

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.

Lunch 1 ↗

Eat on day 1 and day 2

Warm brussels sprout & lentil salad

553 cals ● 28g protein ● 14g fat ● 62g carbs ● 16g fiber



For single meal:

oil
1/2 tbsp (8mL)
brussels sprouts
3 cup, shredded (150g)
water
2 cup(s) (474mL)
salad dressing
2 tbsp (30mL)
lentils, raw
1/2 cup (96g)

For all 2 meals:

oil
1 tbsp (15mL)
brussels sprouts
6 cup, shredded (300g)
water
4 cup(s) (948mL)
salad dressing
4 tbsp (60mL)
lentils, raw
1 cup (192g)

1. Cook lentils in the water according to package instructions, then drain and set aside.
2. Heat oil in a skillet over medium heat. Add shredded brussels sprouts with some salt and cook until tender and lightly browned, about 4-5 minutes.
3. Stir in the cooked lentils and cook for another 1-2 minutes.
4. Toss with your salad dressing of choice, season with salt and pepper to taste, and serve.

Milk

2 1/2 cup(s) - 373 cals ● 19g protein ● 20g fat ● 29g carbs ● 0g fiber



For single meal:

whole milk
2 1/2 cup(s) (600mL)

For all 2 meals:

whole milk
5 cup(s) (1200mL)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 3 and day 4

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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.

Green dal

695 cals ● 33g protein ● 24g fat ● 72g carbs ● 16g fiber



For single meal:

red lentils, raw
10 tbsp (120g)
coconut milk, canned
6 2/3 tbsp (100mL)
fresh spinach
5/8 cup(s) (19g)
vegetable broth
1 1/2 cup(s) (mL)
turmeric, ground
5 dash (2g)
curry powder
1 1/4 tsp (3g)
fresh cilantro
5/8 bunch (20g)
fresh ginger, minced
2 tsp (4g)
garlic, minced
1 1/4 clove(s) (4g)

For all 2 meals:

red lentils, raw
1 1/4 cup (240g)
coconut milk, canned
13 1/3 tbsp (200mL)
fresh spinach
1 1/4 cup(s) (38g)
vegetable broth
3 cup(s) (mL)
turmeric, ground
1 1/4 tsp (4g)
curry powder
2 1/2 tsp (5g)
fresh cilantro
1 1/4 bunch (40g)
fresh ginger, minced
1 1/4 tbsp (8g)
garlic, minced
2 1/2 clove(s) (8g)

1. Bring the vegetable broth to a boil in a saucepan. Add the lentils, garlic, ginger, turmeric, and curry powder. Simmer uncovered for 15 minutes.
2. Meanwhile, blend the cilantro and coconut milk in a blender until smooth.
3. Stir the cilantro mixture and spinach into the cooked lentils. Mix well and season to taste with salt and pepper. If the mixture is too thick, add a splash of water. Cook on low for 2-3 minutes until the spinach wilts and everything is heated through. Enjoy!

Lunch 3 ↗

Eat on day 5 and day 6

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

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

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

Seitan salad

898 cals ● 67g protein ● 44g fat ● 41g carbs ● 17g fiber



For single meal:

oil
2 1/2 tsp (13mL)
nutritional yeast
2 1/2 tsp (3g)
salad dressing
2 1/2 tbsp (38mL)
fresh spinach
5 cup(s) (150g)
seitan, crumbled or sliced
1/2 lbs (213g)
tomatoes, halved
15 cherry tomatoes (255g)
avocados, chopped
5/8 avocado(s) (126g)

For all 2 meals:

oil
5 tsp (25mL)
nutritional yeast
5 tsp (6g)
salad dressing
5 tbsp (75mL)
fresh spinach
10 cup(s) (300g)
seitan, crumbled or sliced
15 oz (425g)
tomatoes, halved
30 cherry tomatoes (510g)
avocados, chopped
1 1/4 avocado(s) (251g)

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.

Lunch 4 ↗

Eat on day 7

Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



pasta sauce
1/4 jar (24 oz) (168g)
frozen cheese ravioli
6 oz (170g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

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

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Snacks 1 ↗

Eat on day 1 and day 2

Grapes

189 cals ● 2g protein ● 1g fat ● 30g carbs ● 12g fiber



For single meal:

grapes
3 1/4 cup (299g)

For all 2 meals:

grapes
6 1/2 cup (598g)

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.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

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 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.

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.

Cottage cheese with almonds and cinnamon

232 cals ● 25g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
almond butter
3/4 tbsp (12g)
almonds
4 1/2 almond (5g)
cinnamon
1 1/2 dash (0g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
almond butter
1 1/2 tbsp (24g)
almonds
9 almond (11g)
cinnamon
3 dash (1g)

1. Mix all ingredients together in a small bowl.
2. Serve.

Dinner 1 ↗

Eat on day 1

Buttery brown rice

125 cals ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



butter
1 tsp (5g)
brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Simple salmon

12 oz - 770 cals ● 69g protein ● 55g fat ● 0g carbs ● 0g fiber



Makes 12 oz

salmon
3/4 lbs (340g)
oil
2 tsp (10mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)
garlic, diced
1/2 clove (2g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Dinner 2 ↗

Eat on day 2

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber

Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)



1. The recipe has no instructions.

Pan fried tilapia

12 oz - 447 cals ● 68g protein ● 19g fat ● 1g carbs ● 0g fiber



Makes 12 oz

olive oil

1 tbsp (15mL)

black pepper

4 dash, ground (1g)

salt

4 dash (3g)

tilapia, raw

3/4 lbs (336g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

Olive oil drizzled broccoli

4 cup(s) - 279 cals ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



Makes 4 cup(s)

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen broccoli

4 cup (364g)

olive oil

4 tsp (20mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 3 ↗

Eat on day 3 and day 4

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

For all 2 meals:

mixed greens
4 cup (120g)
balsamic vinaigrette
4 tbsp (60mL)
edamame, frozen, shelled
2 cup (236g)
beets, precooked (canned or refrigerated), chopped
8 beet(s) (400g)

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

Crispy chik'n tenders

10 tender(s) - 571 cals ● 41g protein ● 23g fat ● 52g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
10 pieces (255g)
ketchup
2 1/2 tbsp (43g)

For all 2 meals:

meatless chik'n tenders
20 pieces (510g)
ketchup
5 tbsp (85g)

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

Dinner 4 ↗

Eat on day 5 and day 6

Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

water
2 1/3 cup(s) (553mL)
salt
1 dash (1g)
lentils, raw, rinsed
9 1/3 tbsp (112g)

For all 2 meals:

water
4 2/3 cup(s) (1106mL)
salt
1/4 tsp (2g)
lentils, raw, rinsed
56 tsp (224g)

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.

Cajun cod

16 oz - 499 cals ● 82g protein ● 16g fat ● 5g carbs ● 1g fiber



For single meal:

cod, raw
16 oz (453g)
cajun seasoning
1 3/4 tbsp (12g)
oil
1 tbsp (13mL)

For all 2 meals:

cod, raw
2 lbs (907g)
cajun seasoning
1/4 cup (24g)
oil
1 3/4 tbsp (27mL)

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.

Dinner 5 ↗

Eat on day 7

Tempeh & mushroom stir fry

885 cals ● 65g protein ● 15g fat ● 97g carbs ● 24g fiber



brown rice

1/2 cup (95g)
soy sauce
2 tbsp (30mL)
garlic powder
1 tsp (3g)
ground ginger
4 dash (1g)
mushrooms, chopped
2 cup, chopped (140g)
tempeh, sliced
1/2 lbs (227g)
bell pepper, sliced
1 large (164g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Cranberry spinach salad

95 cals ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



dried cranberries

2 tsp (7g)
walnuts
2 tsp, chopped (5g)
fresh spinach
1/8 6oz package (21g)
raspberry walnut vinaigrette
2 tsp (10mL)
romano cheese, finely shredded
3 dash (1g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Protein Supplement(s) ↗

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

water

3 1/2 cup(s) (830mL)

For all 7 meals:

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

water

24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.