

Meal Plan - 3200 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

3185 cals ● 237g protein (30%) ● 83g fat (23%) ● 317g carbs (40%) ● 56g fiber (7%)

Breakfast

480 cals, 20g protein, 57g net carbs, 18g fat



[Cucumber & cream cheese bagels](#)

1 bagel(s)- 402 cals



[Basic fried eggs](#)

1 egg(s)- 80 cals

Snacks

420 cals, 15g protein, 72g net carbs, 5g fat



[Pear](#)

1 pear(s)- 113 cals



[Fruit juice](#)

1 1/3 cup(s)- 153 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals

Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cals

Lunch

975 cals, 41g protein, 115g net carbs, 29g fat



[Greek white bean & quinoa bowl](#)

977 cals

Dinner

925 cals, 77g protein, 70g net carbs, 29g fat



[Broiled tilapia](#)

8 oz- 340 cals



[Lentils](#)

260 cals



[Olive oil drizzled lima beans](#)

323 cals

Day 2

3159 cals ● 244g protein (31%) ● 88g fat (25%) ● 300g carbs (38%) ● 49g fiber (6%)

Breakfast

480 cals, 20g protein, 57g net carbs, 18g fat



Cucumber & cream cheese bagels

1 bagel(s)- 402 cals



Basic fried eggs

1 egg(s)- 80 cals

Snacks

420 cals, 15g protein, 72g net carbs, 5g fat



Pear

1 pear(s)- 113 cals



Fruit juice

1 1/3 cup(s)- 153 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

950 cals, 47g protein, 98g net carbs, 34g fat



Strawberries

2 3/4 cup(s)- 143 cals



Chik'n nuggets

14 2/3 nuggets- 809 cals

Dinner

925 cals, 77g protein, 70g net carbs, 29g fat



Broiled tilapia

8 oz- 340 cals



Lentils

260 cals



Olive oil drizzled lima beans

323 cals

Day 3

3176 cals ● 235g protein (30%) ● 112g fat (32%) ● 261g carbs (33%) ● 46g fiber (6%)

Breakfast

480 cals, 20g protein, 57g net carbs, 18g fat



Cucumber & cream cheese bagels

1 bagel(s)- 402 cals



Basic fried eggs

1 egg(s)- 80 cals

Snacks

410 cals, 28g protein, 34g net carbs, 16g fat



Protein greek yogurt

1 container- 139 cals



Roasted peanuts

1/6 cup(s)- 153 cals



Grapefruit

1 grapefruit- 119 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

950 cals, 47g protein, 98g net carbs, 34g fat



Strawberries

2 3/4 cup(s)- 143 cals



Chik'n nuggets

14 2/3 nuggets- 809 cals

Dinner

950 cals, 56g protein, 68g net carbs, 42g fat



Almond crusted tilapia

4 1/2 oz- 318 cals



Lentils

289 cals



Buttered green beans

342 cals

Day 4

3191 cal ● 240g protein (30%) ● 79g fat (22%) ● 328g carbs (41%) ● 53g fiber (7%)

Breakfast

550 cal, 24g protein, 54g net carbs, 26g fat



Basic fried eggs

2 egg(s)- 159 cal



Medium toasted bagel with butter

1 bagel(s)- 391 cal

Snacks

410 cal, 28g protein, 34g net carbs, 16g fat



Protein greek yogurt

1 container- 139 cal



Roasted peanuts

1/6 cup(s)- 153 cal



Grapefruit

1 grapefruit- 119 cal

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cal

Lunch

925 cal, 36g protein, 160g net carbs, 6g fat



Fruit juice

1 1/3 cup(s)- 153 cal



Lentil & tomato pasta

631 cal



Nectarine

2 nectarine(s)- 140 cal

Dinner

925 cal, 67g protein, 77g net carbs, 30g fat



Honey dijon salmon

6 oz- 402 cal



Easy chickpea salad

234 cal



Lentils

289 cal

Day 5

3184 cals ● 242g protein (30%) ● 136g fat (39%) ● 205g carbs (26%) ● 43g fiber (5%)

Breakfast

550 cals, 24g protein, 54g net carbs, 26g fat



Basic fried eggs

2 egg(s)- 159 cals



Medium toasted bagel with butter

1 bagel(s)- 391 cals

Snacks

410 cals, 28g protein, 34g net carbs, 16g fat



Protein greek yogurt

1 container- 139 cals



Roasted peanuts

1/6 cup(s)- 153 cals



Grapefruit

1 grapefruit- 119 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

915 cals, 38g protein, 37g net carbs, 64g fat



Pistachios

375 cals



Egg salad sandwich

1 sandwich(es)- 542 cals

Dinner

925 cals, 67g protein, 77g net carbs, 30g fat



Honey dijon salmon

6 oz- 402 cals



Easy chickpea salad

234 cals



Lentils

289 cals

Day 6

3151 cals ● 226g protein (29%) ● 87g fat (25%) ● 308g carbs (39%) ● 59g fiber (7%)

Breakfast

525 cals, 25g protein, 74g net carbs, 8g fat



Chickpea & tomato toasts

2 toast(s)- 411 cals



Fruit juice

1 cup(s)- 115 cals

Snacks

395 cals, 6g protein, 68g net carbs, 6g fat



Pear

1 pear(s)- 113 cals



Baked chips

21 crisps- 213 cals



Carrot sticks

2 1/2 carrot(s)- 68 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

895 cals, 45g protein, 82g net carbs, 32g fat



Smashed chickpea toast

2 toast(s)- 636 cals



Roasted cashews

1/3 cup(s)- 261 cals

Dinner

955 cals, 66g protein, 81g net carbs, 40g fat



Simple Greek cucumber salad

211 cals



Crispy chik'n tenders

13 tender(s)- 743 cals

Day 7

3151 cals ● 226g protein (29%) ● 87g fat (25%) ● 308g carbs (39%) ● 59g fiber (7%)

Breakfast

525 cals, 25g protein, 74g net carbs, 8g fat



Chickpea & tomato toasts
2 toast(s)- 411 cals



Fruit juice
1 cup(s)- 115 cals

Snacks

395 cals, 6g protein, 68g net carbs, 6g fat



Pear
1 pear(s)- 113 cals



Baked chips
21 crisps- 213 cals



Carrot sticks
2 1/2 carrot(s)- 68 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Lunch

895 cals, 45g protein, 82g net carbs, 32g fat



Smashed chickpea toast
2 toast(s)- 636 cals



Roasted cashews
1/3 cup(s)- 261 cals

Dinner

955 cals, 66g protein, 81g net carbs, 40g fat



Simple Greek cucumber salad
211 cals



Crispy chik'n tenders
13 tender(s)- 743 cals

Grocery List



Fruits and Fruit Juices

- ☐ pears
4 medium (712g)
- ☐ fruit juice
48 fl oz (1440mL)
- ☐ lemon juice
3 1/4 tbsp (49mL)
- ☐ strawberries
5 1/2 cup, whole (792g)
- ☐ Grapefruit
3 large (approx 4-1/2" dia) (996g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ cream cheese
6 tbsp (87g)
- ☐ eggs
11 medium (482g)
- ☐ butter
1/2 stick (60g)
- ☐ nonfat greek yogurt, plain
2 1/2 container (420g)

Baked Products

- ☐ bagel
5 medium bagel (3-1/2" to 4" dia) (525g)
- ☐ bread
2/3 lbs (320g)

Vegetables and Vegetable Products

- ☐ cucumber
2 cucumber (8-1/4") (620g)
- ☐ lima beans, frozen
1 1/2 package (10 oz) (426g)
- ☐ ketchup
14 tbsp (235g)
- ☐ frozen green beans
2 1/3 cup (282g)
- ☐ canned crushed tomatoes
1/2 can (203g)
- ☐ tomato paste
1/2 tbsp (8g)
- ☐ carrots
5 1/2 medium (336g)

Fats and Oils

- ☐ oil
1/3 oz (10mL)
- ☐ olive oil
1/4 lbs (113mL)
- ☐ mayonnaise
2 tbsp (30mL)

Spices and Herbs

- ☐ black pepper
2 1/4 g (2g)
- ☐ salt
1/2 oz (12g)
- ☐ dried dill weed
2 tsp (2g)
- ☐ oregano, dried
3 dash, leaves (0g)
- ☐ paprika
1 g (1g)
- ☐ ground cumin
2 dash (1g)
- ☐ dijon mustard
2 tbsp (30g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ yellow mustard
2 dash or 1 packet (1g)
- ☐ red wine vinegar
1/2 tbsp (8mL)
- ☐ onion powder
2 tsp (5g)
- ☐ mustard
2 tbsp (30g)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 1/4 lbs (574g)
- ☐ salmon
2 fillet/s (6 oz each) (340g)

Beverages

- ☐ water
34 cup(s) (8030mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)

Legumes and Legume Products

- ☐ **garlic**
1 1/2 clove(s) (5g)
- ☐ **onion**
5/6 medium (2-1/2" dia) (90g)
- ☐ **tomatoes**
3 medium whole (2-3/5" dia) (389g)
- ☐ **fresh parsley**
3 sprigs (3g)
- ☐ **red onion**
3/8 medium (2-1/2" dia) (41g)
- ☐ **raw celery**
4 stalk, small (5" long) (68g)

Other

- ☐ **italian seasoning**
1/4 tbsp (3g)
- ☐ **tzatziki**
1/6 cup(s) (42g)
- ☐ **vegan chik'n nuggets**
29 1/3 nuggets (631g)
- ☐ **protein greek yogurt, flavored**
3 container (450g)
- ☐ **meatless chik'n tenders**
26 pieces (663g)
- ☐ **baked chips, any flavor**
42 crisps (98g)

- ☐ **lentils, raw**
2 1/2 cup (456g)
- ☐ **white beans, canned**
3/4 can(s) (329g)
- ☐ **roasted peanuts**
1/2 cup (73g)
- ☐ **chickpeas, canned**
4 can(s) (1792g)

Cereal Grains and Pasta

- ☐ **quinoa, uncooked**
1/2 cup (96g)
- ☐ **all-purpose flour**
1/8 cup(s) (16g)
- ☐ **uncooked dry pasta**
2 1/4 oz (64g)

Nut and Seed Products

- ☐ **almonds**
3 tbsp, slivered (20g)
- ☐ **pistachios, shelled**
1/2 cup (62g)
- ☐ **roasted cashews**
10 tbsp (86g)

Sweets

- ☐ **honey**
1 tbsp (21g)

Soups, Sauces, and Gravies

- ☐ **apple cider vinegar**
1 tbsp (1mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Cucumber & cream cheese bagels

1 bagel(s) - 402 cals ● 13g protein ● 12g fat ● 57g carbs ● 3g fiber



For single meal:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
cucumber
8 slices (56g)
cream cheese
2 tbsp (29g)
italian seasoning
2 dash (1g)

For all 3 meals:

bagel
3 medium bagel (3-1/2" to 4" dia)
(315g)
cucumber
24 slices (168g)
cream cheese
6 tbsp (87g)
italian seasoning
1/4 tbsp (3g)

1. Toast bagel if desired.
2. Spread cream cheese on bagel and top with cucumber slices. Sprinkle italian seasoning on top and serve.

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
oil
1/4 tsp (1mL)

For all 3 meals:

eggs
3 large (150g)
oil
1/4 tbsp (4mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
oil
1/2 tsp (3mL)

For all 2 meals:

eggs
4 large (200g)
oil
1 tsp (5mL)

1. Heat oil in a skillet over medium low heat.
 2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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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 2 meals:

bagel
2 medium bagel (3-1/2" to 4" dia)
(210g)
butter
2 tbsp (28g)

1. Toast the bagel to desired toastiness.
 2. Spread the butter.
 3. Enjoy.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

Chickpea & tomato toasts

2 toast(s) - 411 cals ● 24g protein ● 7g fat ● 48g carbs ● 15g fiber



For single meal:

bread

2 slice(s) (64g)

nonfat greek yogurt, plain

2 tbsp (35g)

tomatoes

8 slice(s), thin/small (120g)

chickpeas, canned, drained & rinsed

1/2 can(s) (224g)

For all 2 meals:

bread

4 slice(s) (128g)

nonfat greek yogurt, plain

4 tbsp (70g)

tomatoes

16 slice(s), thin/small (240g)

chickpeas, canned, drained & rinsed

1 can(s) (448g)

1. Toast bread, if desired.
2. In a medium bowl, mash chickpeas with the back of a fork until they start to become creamy.
3. Stir in Greek yogurt, and add salt and pepper to taste.
4. Spread the chickpea mixture on the bread and top with tomato slices. Serve.

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice

8 fl oz (240mL)

For all 2 meals:

fruit juice

16 fl oz (480mL)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Greek white bean & quinoa bowl

977 cals ● 41g protein ● 29g fat ● 115g carbs ● 23g fiber



quinoa, uncooked

1/2 cup (96g)

dried dill weed

3 dash (0g)

tzatziki

1/6 cup(s) (42g)

lemon juice

1 1/2 tbsp (23mL)

olive oil

1 1/2 tbsp (23mL)

oregano, dried

3 dash, leaves (0g)

water

1 cup(s) (222mL)

white beans, canned, drained & rinsed

3/4 can(s) (329g)

1. Combine quinoa, water, and a pinch of salt in a saucepan over high heat. Bring to a boil, cover, reduce heat to low and cook until quinoa is soft and water is absorbed, about 10-20 minutes (or follow the package instructions). Set aside.
2. In a medium bowl, add the white beans, dill, oregano, lemon juice, olive oil, and some salt and pepper. Stir to coat the beans.
3. Serve the quinoa with Greek white beans and tzatziki.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Strawberries

2 3/4 cup(s) - 143 cals ● 3g protein ● 1g fat ● 23g carbs ● 8g fiber



For single meal:

strawberries

2 3/4 cup, whole (396g)

For all 2 meals:

strawberries

5 1/2 cup, whole (792g)

1. The recipe has no instructions.

Chik'n nuggets

14 2/3 nuggets - 809 cals ● 45g protein ● 33g fat ● 76g carbs ● 8g fiber



For single meal:

ketchup
1/4 cup (62g)
vegan chik'n nuggets
14 2/3 nuggets (315g)

For all 2 meals:

ketchup
1/2 cup (125g)
vegan chik'n nuggets
29 1/3 nuggets (631g)

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

Lunch 3 [🔗](#)

Eat on day 4

Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



Makes 1 1/3 cup(s)

fruit juice
10 2/3 fl oz (320mL)

1. The recipe has no instructions.

Lentil & tomato pasta

631 cals ● 31g protein ● 4g fat ● 102g carbs ● 16g fiber



uncooked dry pasta
2 1/4 oz (64g)
lentils, raw
6 tbsp (72g)
canned crushed tomatoes
1/2 can (203g)
water
1/2 cup(s) (104mL)
paprika
2 dash (1g)
ground cumin
2 dash (1g)
oil
3/8 tsp (2mL)
tomato paste
1/2 tbsp (8g)
carrots, chopped
1/2 medium (31g)
garlic, minced
1/2 clove(s) (2g)
onion, diced
1/4 large (38g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Lunch 4 [↗](#)

Eat on day 5

Pistachios

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



pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Egg salad sandwich

1 sandwich(es) - 542 cals ● 25g protein ● 36g fat ● 26g carbs ● 4g fiber



Makes 1 sandwich(es)

eggs

3 medium (132g)

mayonnaise

2 tbsp (30mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

bread

2 slice (64g)

paprika

1 dash (1g)

onion, chopped

1/4 small (18g)

yellow mustard

2 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
 2. Bring the water to a boil and continue boiling for 8 minutes.
 3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
 4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
 5. Spread the mixture on 1 slice of bread and top with the other.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Smashed chickpea toast

2 toast(s) - 636 cals ● 38g protein ● 12g fat ● 69g carbs ● 25g fiber



For single meal:

bread
2 slice(s) (64g)
onion powder
1 tsp (2g)
mustard
1 tbsp (15g)
nonfat greek yogurt, plain
4 tbsp (70g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)
raw celery, diced
2 stalk, small (5" long) (34g)

For all 2 meals:

bread
4 slice(s) (128g)
onion powder
2 tsp (5g)
mustard
2 tbsp (30g)
nonfat greek yogurt, plain
1/2 cup (140g)
chickpeas, canned, drained & rinsed
2 can(s) (896g)
raw celery, diced
4 stalk, small (5" long) (68g)

1. Toast bread (optional).
2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
3. Mix in the remaining whole chickpeas.
4. Top the toast with the chickpea mixture and serve.

Roasted cashews

1/3 cup(s) - 261 cals ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

roasted cashews
5 tbsp (43g)

For all 2 meals:

roasted cashews
10 tbsp (86g)

1. The recipe has no instructions.

Snacks 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.
-

Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



For single meal:

fruit juice
10 2/3 fl oz (320mL)

For all 2 meals:

fruit juice
21 1/3 fl oz (640mL)

1. The recipe has no instructions.
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Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

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

1. The recipe has no instructions.
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Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Protein greek yogurt

1 container - 139 cal● 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.
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Roasted peanuts

1/6 cup(s) - 153 cal● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.
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Grapefruit

1 grapefruit - 119 cal● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

For all 3 meals:

Grapefruit
3 large (approx 4-1/2" dia) (996g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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Snacks 3 [↗](#)

Eat on day 6 and day 7

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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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.
-

Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

carrots
2 1/2 medium (153g)

For all 2 meals:

carrots
5 medium (305g)

1. Cut carrots into strips and serve.
-

Dinner 1 [↗](#)

Eat on day 1 and day 2

Broiled tilapia

8 oz - 340 cals ● 45g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

lemon juice
1/2 tbsp (8mL)
black pepper
2 dash, ground (1g)
tilapia, raw
1/2 lbs (224g)
olive oil
1 tbsp (15mL)
salt
2 dash (2g)

For all 2 meals:

lemon juice
1 tbsp (15mL)
black pepper
4 dash, ground (1g)
tilapia, raw
1 lbs (448g)
olive oil
2 tbsp (30mL)
salt
4 dash (3g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

water
3 cup(s) (711mL)
salt
1 1/2 dash (1g)
lentils, raw, rinsed
3/4 cup (144g)

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 lima beans

323 cals ● 14g protein ● 11g fat ● 31g carbs ● 12g fiber



For single meal:

black pepper
1 1/2 dash, ground (0g)
salt
3 dash (2g)
lima beans, frozen
3/4 package (10 oz) (213g)
olive oil
3/4 tbsp (11mL)

For all 2 meals:

black pepper
3 dash, ground (1g)
salt
1/4 tbsp (5g)
lima beans, frozen
1 1/2 package (10 oz) (426g)
olive oil
1 1/2 tbsp (23mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Dinner 2 [↗](#)

Eat on day 3

Almond crusted tilapia

4 1/2 oz - 318 cals ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



Makes 4 1/2 oz

almonds
3 tbsp, slivered (20g)
tilapia, raw
1/4 lbs (126g)
all-purpose flour
1/8 cup(s) (16g)
salt
3/4 dash (0g)
olive oil
1 tsp (6mL)

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.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

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.

Buttered green beans

342 cals ● 5g protein ● 26g fat ● 14g carbs ● 7g fiber



butter
2 1/3 tbsp (32g)
black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
frozen green beans
2 1/3 cup (282g)

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

Dinner 3 [↗](#)

Eat on day 4 and day 5

Honey dijon salmon

6 oz - 402 cals ● 35g protein ● 24g fat ● 9g carbs ● 1g fiber



For single meal:

salmon
1 fillet/s (6 oz each) (170g)
dijon mustard
1 tbsp (15g)
honey
1/2 tbsp (11g)
olive oil
1 tsp (5mL)
garlic, minced
1/2 clove (2g)

For all 2 meals:

salmon
2 fillet/s (6 oz each) (340g)
dijon mustard
2 tbsp (30g)
honey
1 tbsp (21g)
olive oil
2 tsp (10mL)
garlic, minced
1 clove (3g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinegar
1/2 tbsp (8mL)
apple cider vinegar
1/2 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)
onion, thinly sliced
1/4 small (18g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
fresh parsley, chopped
1 1/2 sprigs (2g)

For all 2 meals:

balsamic vinegar
1 tbsp (15mL)
apple cider vinegar
1 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)
onion, thinly sliced
1/2 small (35g)
tomatoes, halved
1 cup cherry tomatoes (149g)
fresh parsley, chopped
3 sprigs (3g)

1. Add all ingredients to a bowl and toss. Serve!

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

water
3 1/3 cup(s) (790mL)
salt
1/4 tsp (1g)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

nonfat greek yogurt, plain
6 tbsp (105g)
lemon juice
1 tsp (6mL)
dried dill weed
1/4 tbsp (1g)
red wine vinegar
1/4 tbsp (4mL)
olive oil
3/4 tbsp (11mL)
red onion, thinly sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced into half moons
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

nonfat greek yogurt, plain
3/4 cup (210g)
lemon juice
3/4 tbsp (11mL)
dried dill weed
1/2 tbsp (2g)
red wine vinegar
1/2 tbsp (8mL)
olive oil
1 1/2 tbsp (23mL)
red onion, thinly sliced
3/8 medium (2-1/2" dia) (41g)
cucumber, sliced into half moons
1 1/2 cucumber (8-1/4") (452g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Crispy chik'n tenders

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
13 pieces (332g)
ketchup
3 1/4 tbsp (55g)

For all 2 meals:

meatless chik'n tenders
26 pieces (663g)
ketchup
6 1/2 tbsp (111g)

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

Protein Supplement(s)

Eat every day

Protein shake

3 1/2 scoop - 382 cal● 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.
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