

Meal Plan - 3300 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

3327 cals ● 242g protein (29%) ● 86g fat (23%) ● 329g carbs (40%) ● 65g fiber (8%)

Breakfast

515 cals, 22g protein, 88g net carbs, 6g fat



[Fruit juice](#)

2 cup(s)- 229 cals



[Blueberry vanilla oatmeal](#)

156 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals

Snacks

450 cals, 11g protein, 68g net carbs, 14g fat



[Medium toasted bagel with butter and jelly](#)

1 bagel(s)- 450 cals

Lunch

1020 cals, 78g protein, 87g net carbs, 33g fat



[Avocado tuna salad sandwich](#)

1 1/2 sandwich(es)- 555 cals



[Lowfat Greek yogurt](#)

3 container(s)- 465 cals

Dinner

1015 cals, 58g protein, 83g net carbs, 32g fat



[Curried chickpea salad](#)

966 cals



[Blueberries](#)

1/2 cup(s)- 47 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Day 2

3327 cals ● 242g protein (29%) ● 86g fat (23%) ● 329g carbs (40%) ● 65g fiber (8%)

Breakfast

515 cals, 22g protein, 88g net carbs, 6g fat



Fruit juice
2 cup(s)- 229 cals



Blueberry vanilla oatmeal
156 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

450 cals, 11g protein, 68g net carbs, 14g fat



Medium toasted bagel with butter and jelly
1 bagel(s)- 450 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1020 cals, 78g protein, 87g net carbs, 33g fat



Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 cals



Lowfat Greek yogurt
3 container(s)- 465 cals

Dinner

1015 cals, 58g protein, 83g net carbs, 32g fat



Curried chickpea salad
966 cals



Blueberries
1/2 cup(s)- 47 cals

Day 3

3282 cals ● 226g protein (27%) ● 132g fat (36%) ● 249g carbs (30%) ● 50g fiber (6%)

Breakfast

535 cals, 25g protein, 20g net carbs, 36g fat



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



Avocado
176 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

450 cals, 11g protein, 68g net carbs, 14g fat



Medium toasted bagel with butter and jelly
1 bagel(s)- 450 cals

Lunch

970 cals, 76g protein, 83g net carbs, 30g fat



Tomato and avocado salad
235 cals



Shrimp-broccoli-rice bowl
735 cals

Dinner

1000 cals, 41g protein, 76g net carbs, 51g fat



Patty melt
2 sandwich(es)- 999 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Day 4

3338 cals ● 235g protein (28%) ● 190g fat (51%) ● 112g carbs (13%) ● 60g fiber (7%)

Breakfast

535 cals, 25g protein, 20g net carbs, 36g fat



Roasted peanuts

1/4 cup(s)- 230 cals



Avocado

176 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

415 cals, 18g protein, 27g net carbs, 23g fat



Mixed nuts

1/6 cup(s)- 145 cals



String cheese

2 stick(s)- 165 cals



Apple

1 apple(s)- 105 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

985 cals, 53g protein, 39g net carbs, 63g fat



Green bean, beet, & pepita salad

480 cals



Protein greek yogurt

1 container- 139 cals



Pumpkin seeds

366 cals

Dinner

1075 cals, 66g protein, 24g net carbs, 67g fat



Tomato and avocado salad

391 cals



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals

Day 5

3268 cals ● 271g protein (33%) ● 152g fat (42%) ● 159g carbs (20%) ● 45g fiber (5%)

Breakfast

495 cals, 40g protein, 21g net carbs, 24g fat



Avocado toast

1 slice(s)- 168 cals



Pistachios

188 cals



Double chocolate protein shake

137 cals

Snacks

415 cals, 18g protein, 27g net carbs, 23g fat



Mixed nuts

1/6 cup(s)- 145 cals



String cheese

2 stick(s)- 165 cals



Apple

1 apple(s)- 105 cals

Lunch

985 cals, 53g protein, 39g net carbs, 63g fat



Green bean, beet, & pepita salad

480 cals



Protein greek yogurt

1 container- 139 cals



Pumpkin seeds

366 cals

Dinner

1045 cals, 88g protein, 70g net carbs, 41g fat



Mashed sweet potatoes

183 cals



Cooked peppers

1/2 bell pepper(s)- 60 cals



Vegan sausage

3 sausage(s)- 804 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 6

3335 cals ● 255g protein (31%) ● 150g fat (41%) ● 190g carbs (23%) ● 50g fiber (6%)

Breakfast

495 cals, 40g protein, 21g net carbs, 24g fat



Avocado toast

1 slice(s)- 168 cals



Pistachios

188 cals



Double chocolate protein shake

137 cals

Snacks

440 cals, 9g protein, 22g net carbs, 33g fat



Blueberries

1/2 cup(s)- 47 cals



Roasted peanuts

1/6 cup(s)- 153 cals



Cucumbers and ranch

239 cals

Lunch

1030 cals, 46g protein, 75g net carbs, 52g fat



Milk

2 1/2 cup(s)- 373 cals



Chopped Italian salad with chickpeas

656 cals

Dinner

1045 cals, 88g protein, 70g net carbs, 41g fat



Mashed sweet potatoes

183 cals



Cooked peppers

1/2 bell pepper(s)- 60 cals



Vegan sausage

3 sausage(s)- 804 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 7

3300 cals ● 229g protein (28%) ● 144g fat (39%) ● 220g carbs (27%) ● 53g fiber (6%)

Breakfast

495 cals, 40g protein, 21g net carbs, 24g fat



Avocado toast

1 slice(s)- 168 cals



Pistachios

188 cals



Double chocolate protein shake

137 cals

Snacks

440 cals, 9g protein, 22g net carbs, 33g fat



Blueberries

1/2 cup(s)- 47 cals



Roasted peanuts

1/6 cup(s)- 153 cals



Cucumbers and ranch

239 cals

Lunch

1030 cals, 46g protein, 75g net carbs, 52g fat



Milk

2 1/2 cup(s)- 373 cals



Chopped Italian salad with chickpeas

656 cals

Dinner

1010 cals, 62g protein, 100g net carbs, 34g fat



Simple seitan

7 oz- 426 cals



Tomato cucumber salad

212 cals



Mashed sweet potatoes with butter

374 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Grocery List



Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
25 cup(s) (5956mL)

Fruits and Fruit Juices

- fruit juice
32 fl oz (960mL)
- blueberries
2 1/2 cup (352g)
- lemon juice
3 fl oz (95mL)
- lime juice
1 3/4 fl oz (55mL)
- avocados
4 1/2 avocado(s) (921g)
- apples
2 medium (3" dia) (364g)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats
3/4 cup(s) (61g)

Spices and Herbs

- vanilla extract
1/2 tbsp (8mL)
- curry powder
1 tbsp (6g)
- black pepper
2 1/2 g (3g)
- salt
1/4 oz (7g)
- dijon mustard
1 tbsp (15g)
- garlic powder
1/4 tbsp (2g)

Sweets

- maple syrup
1/2 tbsp (8mL)
- jelly
3 tbsp (63g)
- cocoa powder
1 tbsp (5g)

Other

Nut and Seed Products

- sunflower kernels
1/2 cup (90g)
- roasted pumpkin seeds, unsalted
1/2 lbs (199g)
- mixed nuts
1/3 cup (45g)
- pistachios, shelled
3/4 cup (92g)

Vegetables and Vegetable Products

- raw celery
6 stalk, small (5" long) (102g)
- onion
1 1/2 medium (2-1/2" dia) (163g)
- tomatoes
4 medium whole (2-3/5" dia) (497g)
- frozen broccoli
5/8 package (178g)
- fresh green beans
3 cup 1/2" pieces (300g)
- beets, precooked (canned or refrigerated)
4 beet(s) (200g)
- bell pepper
2 1/2 large (410g)
- sweet potatoes
3 1/2 sweetpotato, 5" long (735g)
- cucumber
2 3/4 cucumber (8-1/4") (833g)
- red onion
5/8 medium (2-1/2" dia) (68g)

Legumes and Legume Products

- chickpeas, canned
4 1/2 can(s) (2016g)
- roasted peanuts
13 1/4 tbsp (122g)

Baked Products

- bread
14 2/3 oz (416g)
- bagel
3 medium bagel (3-1/2" to 4" dia) (315g)

Finfish and Shellfish Products

- canned tuna
3 can (516g)

- cottage cheese & fruit cup
4 container (680g)
- mixed greens
2 3/4 package (5.5 oz) (425g)
- veggie burger patty
2 patty (142g)
- protein greek yogurt, flavored
2 container (300g)
- protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- vegan sausage
6 sausage (600g)
- smoked paprika
1 1/2 tsp (3g)

Dairy and Egg Products

- nonfat greek yogurt, plain
1 cup (315g)
- lowfat flavored greek yogurt
6 (5.3 oz ea) container(s) (900g)
- butter
1/2 stick (56g)
- string cheese
4 stick (112g)
- whole milk
5 cup(s) (1200mL)

- shrimp, raw
10 oz (284g)

Fats and Oils

- vegan mayonnaise
4 tbsp (60g)
- oil
1 1/2 oz (48mL)
- olive oil
4 tsp (19mL)
- balsamic vinaigrette
14 tbsp (210mL)
- ranch dressing
6 tbsp (90mL)
- salad dressing
3 tbsp (46mL)

Meals, Entrees, and Side Dishes

- flavored rice mix
5/8 pouch (~5.6 oz) (99g)

Cereal Grains and Pasta

- seitan
1/2 lbs (198g)

Breakfast 1 ↗

Eat on day 1 and day 2

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

fruit juice
16 fl oz (480mL)

For all 2 meals:

fruit juice
32 fl oz (960mL)

1. The recipe has no instructions.

Blueberry vanilla oatmeal

156 cals ● 4g protein ● 2g fat ● 25g carbs ● 4g fiber



For single meal:

oatmeal, old-fashioned oats, rolled oats
3/8 cup(s) (30g)
blueberries
3 tbsp (28g)
vanilla extract
1/4 tbsp (4mL)
maple syrup
1/4 tbsp (4mL)
water
1/2 cup(s) (133mL)

For all 2 meals:

oatmeal, old-fashioned oats, rolled oats
3/4 cup(s) (61g)
blueberries
6 tbsp (56g)
vanilla extract
1/2 tbsp (8mL)
maple syrup
1/2 tbsp (8mL)
water
1 cup(s) (267mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Breakfast 2 ↗

Eat on day 3 and day 4

Roasted peanuts

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



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Pistachios

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



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 3 meals:

pistachios, shelled
3/4 cup (92g)

1. The recipe has no instructions.

Double chocolate protein shake

137 cals ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

water
3 cup(s) (711mL)
cocoa powder
1 tbsp (5g)
nonfat greek yogurt, plain
6 tbsp (105g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Lunch 1 ↗

Eat on day 1 and day 2

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
lime juice
1/4 tbsp (4mL)
avocados
3/8 avocado(s) (75g)
bread
3 slice (96g)
canned tuna, drained
3/4 can (129g)
onion, minced
1/6 small (13g)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
lime juice
1/2 tbsp (8mL)
avocados
3/4 avocado(s) (151g)
bread
6 slice (192g)
canned tuna, drained
1 1/2 can (258g)
onion, minced
3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lowfat Greek yogurt

3 container(s) - 465 cals ● 37g protein ● 12g fat ● 49g carbs ● 5g fiber



For single meal:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

For all 2 meals:

lowfat flavored greek yogurt
6 (5.3 oz ea) container(s) (900g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 3

Tomato and avocado salad

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



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)

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.

Shrimp-broccoli-rice bowl

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



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

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

Lunch 3

Eat on day 4 and day 5

Green bean, beet, & pepita salad

480 cals ● 15g protein ● 31g fat ● 26g carbs ● 9g fiber



For single meal:

mixed greens
2 cup (60g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
balsamic vinaigrette
4 tbsp (60mL)
fresh green beans, ends trimmed and discarded
1 1/2 cup 1/2" pieces (150g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

For all 2 meals:

mixed greens
4 cup (120g)
roasted pumpkin seeds, unsalted
1/2 cup (59g)
balsamic vinaigrette
1/2 cup (120mL)
fresh green beans, ends trimmed and discarded
3 cup 1/2" pieces (300g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

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 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 6 and day 7

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.

Chopped Italian salad with chickpeas

656 cals ● 26g protein ● 32g fat ● 45g carbs ● 20g fiber



For single meal:

red onion
3/4 tbsp chopped (8g)
cucumber
3/4 cup slices (78g)
smoked paprika
3/4 tsp (2g)
roasted pumpkin seeds, unsalted
1 1/2 tbsp (11g)
sunflower kernels
3/4 tbsp (9g)
balsamic vinaigrette
3 tbsp (45mL)
tomatoes, halved
1/2 cup cherry tomatoes (74g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)
mixed greens, chopped
2 1/4 cup (68g)
oil
1/4 tbsp (4mL)

For all 2 meals:

red onion
1 1/2 tbsp chopped (15g)
cucumber
1 1/2 cup slices (156g)
smoked paprika
1 1/2 tsp (3g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
sunflower kernels
1 1/2 tbsp (18g)
balsamic vinaigrette
6 tbsp (90mL)
tomatoes, halved
1 cup cherry tomatoes (149g)
chickpeas, canned, drained & rinsed
1 1/2 can(s) (672g)
mixed greens, chopped
4 1/2 cup (135g)
oil
1/2 tbsp (8mL)

1. Preheat the oven to 425°F (220°C).
2. Spread chickpeas on a baking sheet and toss with oil, smoked paprika, and a pinch of salt and pepper. Roast for 12-15 minutes, or until golden brown. Set aside to cool slightly.
3. In a bowl, combine mixed greens, cucumber, tomato, onion, roasted chickpeas, pumpkin seeds, and sunflower seeds. Toss to mix, then drizzle with balsamic vinaigrette and serve.

Snacks 1

Eat on day 1, day 2, and day 3

Medium toasted bagel with butter and jelly

1 bagel(s) - 450 cals  11g protein  14g fat  68g carbs  3g fiber



For single meal:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

For all 3 meals:

bagel
3 medium bagel (3-1/2" to 4" dia)
(315g)
butter
3 tbsp (43g)
jelly
3 tbsp (63g)

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

Snacks 2

Eat on day 4 and day 5

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 2 meals:

mixed nuts

1/3 cup (45g)

1. The recipe has no instructions.

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 2 meals:

string cheese

4 stick (112g)

1. The recipe has no instructions.

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.

Snacks 3 ↗

Eat on day 6 and day 7

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries
1/2 cup (74g)

For all 2 meals:

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Roasted peanuts

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



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Cucumbers and ranch

239 cals ● 3g protein ● 20g fat ● 11g carbs ● 1g fiber



For single meal:

ranch dressing
3 tbsp (45mL)
cucumber, sliced
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

ranch dressing
6 tbsp (90mL)
cucumber, sliced
1 1/2 cucumber (8-1/4") (452g)

1. Slice the cucumber and serve with ranch to dip into.

Dinner 1 ↗

Eat on day 1 and day 2

Curried chickpea salad

966 cals ● 58g protein ● 32g fat ● 74g carbs ● 37g fiber



For single meal:

nonfat greek yogurt, plain
6 tbsp (105g)
curry powder
1/2 tbsp (3g)
sunflower kernels
3 tbsp (36g)
mixed greens
3 oz (85g)
lemon juice, divided
3 tbsp (45mL)
raw celery, sliced
3 stalk, small (5" long) (51g)
chickpeas, canned, drained & rinsed
1 1/2 can(s) (672g)

For all 2 meals:

nonfat greek yogurt, plain
3/4 cup (210g)
curry powder
1 tbsp (6g)
sunflower kernels
6 tbsp (72g)
mixed greens
6 oz (170g)
lemon juice, divided
6 tbsp (90mL)
raw celery, sliced
6 stalk, small (5" long) (102g)
chickpeas, canned, drained & rinsed
3 can(s) (1344g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries
1/2 cup (74g)

For all 2 meals:

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Dinner 2 ↗

Eat on day 3

Patty melt

2 sandwich(es) - 999 cals ● 41g protein ● 51g fat ● 76g carbs ● 18g fiber



Makes 2 sandwich(es)

bread

4 slice(s) (128g)

veggie burger patty

2 patty (142g)

dijon mustard

1 tbsp (15g)

vegan mayonnaise

4 tbsp (60g)

oil

1 1/2 tbsp (23mL)

onion, thinly sliced

1 small (70g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

Dinner 3 ↗

Eat on day 4

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



onion
5 tsp minced (25g)
lime juice
5 tsp (25mL)
olive oil
1 1/4 tsp (6mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
5/6 avocado(s) (168g)
tomatoes, diced
5/6 medium whole (2-3/5" dia) (103g)

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.

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

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)
bell pepper
1 1/2 large (246g)
onion
3/8 small (26g)
canned tuna, drained
1 1/2 can (258g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Dinner 4 ↗

Eat on day 5 and day 6

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Cooked peppers

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



For single meal:

oil

1 tsp (5mL)

bell pepper, seeded & cut into strips

1/2 large (82g)

For all 2 meals:

oil

2 tsp (10mL)

bell pepper, seeded & cut into strips

1 large (164g)

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.

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Dinner 5 ↗

Eat on day 7

Simple seitan

7 oz - 426 cals ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



Makes 7 oz

seitan
1/2 lbs (198g)
oil
1 3/4 tsp (9mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Tomato cucumber salad

212 cals ● 5g protein ● 10g fat ● 22g carbs ● 4g fiber



salad dressing
3 tbsp (45mL)
red onion, thinly sliced
3/4 small (53g)
cucumber, thinly sliced
3/4 cucumber (8-1/4") (226g)
tomatoes, thinly sliced
1 1/2 medium whole (2-3/5" dia) (185g)

1. Mix ingredients together in a bowl and serve.

Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

butter

1 tbsp (14g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.

2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Protein Supplement(s)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

protein powder

3 scoop (1/3 cup ea) (93g)

water

3 cup(s) (711mL)

For all 7 meals:

protein powder

21 scoop (1/3 cup ea) (651g)

water

21 cup(s) (4977mL)

1. The recipe has no instructions.
