

# Meal Plan - 3400 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

3423 cals ● 250g protein (29%) ● 135g fat (35%) ● 250g carbs (29%) ● 51g fiber (6%)

### Breakfast

515 cals, 27g protein, 28g net carbs, 28g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Grapes

102 cals



#### Scrambled eggs with kale, tomatoes, rosemary

304 cals

### Snacks

465 cals, 28g protein, 59g net carbs, 11g fat



#### String cheese

1 stick(s)- 83 cals



#### Raisins

1/4 cup- 137 cals



#### Protein bar

1 bar- 245 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

1030 cals, 91g protein, 70g net carbs, 36g fat



#### Almond crusted tilapia

10 1/2 oz- 741 cals



#### Lentils

289 cals

### Dinner

1085 cals, 32g protein, 91g net carbs, 58g fat



#### Roasted rosemary sweet potatoes

210 cals



#### Sautéed Kale

151 cals



#### Curried lentils

723 cals

## Day 2

3364 cals ● 244g protein (29%) ● 123g fat (33%) ● 245g carbs (29%) ● 73g fiber (9%)

### Breakfast

515 cals, 27g protein, 28g net carbs, 28g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Grapes

102 cals



#### Scrambled eggs with kale, tomatoes, rosemary

304 cals

### Snacks

465 cals, 28g protein, 59g net carbs, 11g fat



#### String cheese

1 stick(s)- 83 cals



#### Raisins

1/4 cup- 137 cals



#### Protein bar

1 bar- 245 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

1030 cals, 91g protein, 70g net carbs, 36g fat



#### Almond crusted tilapia

10 1/2 oz- 741 cals



#### Lentils

289 cals

### Dinner

1025 cals, 26g protein, 86g net carbs, 47g fat



#### Chickpea stuffed sweet potato

1 sweet potato(es)- 489 cals



#### Simple kale & avocado salad

537 cals

## Day 3

3386 cals ● 246g protein (29%) ● 170g fat (45%) ● 174g carbs (21%) ● 43g fiber (5%)

### Breakfast

515 cals, 27g protein, 28g net carbs, 28g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Grapes

102 cals



#### Scrambled eggs with kale, tomatoes, rosemary

304 cals

### Snacks

450 cals, 10g protein, 37g net carbs, 27g fat



#### Large granola bar

1 bar(s)- 176 cals



#### Kale chips

275 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

1045 cals, 43g protein, 69g net carbs, 63g fat



#### Salmon burger

2 burger(s)- 884 cals



#### Roasted carrots

3 carrots(s)- 158 cals

### Dinner

1050 cals, 93g protein, 38g net carbs, 52g fat



#### Vegan sausage

3 sausage(s)- 804 cals



#### Olive oil drizzled broccoli

3 1/2 cup(s)- 244 cals

## Day 4

3434 cals ● 239g protein (28%) ● 177g fat (46%) ● 180g carbs (21%) ● 41g fiber (5%)

### Breakfast

565 cals, 20g protein, 34g net carbs, 34g fat



#### Eggs with tomato and avocado

326 cals



#### Small granola bar

2 bar(s)- 238 cals

### Snacks

450 cals, 10g protein, 37g net carbs, 27g fat



#### Large granola bar

1 bar(s)- 176 cals



#### Kale chips

275 cals

### Lunch

1045 cals, 43g protein, 69g net carbs, 63g fat



#### Salmon burger

2 burger(s)- 884 cals



#### Roasted carrots

3 carrots(s)- 158 cals

### Dinner

1050 cals, 93g protein, 38g net carbs, 52g fat



#### Vegan sausage

3 sausage(s)- 804 cals



#### Olive oil drizzled broccoli

3 1/2 cup(s)- 244 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 5

3349 cals ● 245g protein (29%) ● 124g fat (33%) ● 262g carbs (31%) ● 51g fiber (6%)

### Breakfast

565 cals, 20g protein, 34g net carbs, 34g fat



**Eggs with tomato and avocado**  
326 cals



**Small granola bar**  
2 bar(s)- 238 cals

### Snacks

365 cals, 23g protein, 38g net carbs, 13g fat



**Protein greek yogurt**  
1 container- 139 cals



**Crackers**  
13 1/3 cracker(s)- 225 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1110 cals, 46g protein, 151g net carbs, 32g fat



**Fruit juice**  
3 1/4 cup(s)- 372 cals



**Chik'n nuggets**  
13 1/3 nuggets- 735 cals

### Dinner

985 cals, 82g protein, 37g net carbs, 44g fat



**Buffalo tempeh with tzatziki**  
942 cals



**Broccoli**  
1 1/2 cup(s)- 44 cals

## Day 6

3443 cals ● 282g protein (33%) ● 119g fat (31%) ● 276g carbs (32%) ● 34g fiber (4%)

### Breakfast

510 cals, 59g protein, 9g net carbs, 24g fat



**Egg white spinach scramble**  
342 cals



**Roasted almonds**  
1/6 cup(s)- 166 cals

### Snacks

365 cals, 23g protein, 38g net carbs, 13g fat



**Protein greek yogurt**  
1 container- 139 cals



**Crackers**  
13 1/3 cracker(s)- 225 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1110 cals, 46g protein, 151g net carbs, 32g fat



**Fruit juice**  
3 1/4 cup(s)- 372 cals



**Chik'n nuggets**  
13 1/3 nuggets- 735 cals

### Dinner

1135 cals, 81g protein, 76g net carbs, 49g fat



**Broccoli**  
2 cup(s)- 58 cals



**Mashed sweet potatoes**  
275 cals



**Honey dijon salmon**  
12 oz- 803 cals

## Day 7

3355 cals ● 275g protein (33%) ● 129g fat (35%) ● 238g carbs (28%) ● 36g fiber (4%)

### Breakfast

510 cals, 59g protein, 9g net carbs, 24g fat



**Egg white spinach scramble**  
342 cals



**Roasted almonds**  
1/6 cup(s)- 166 cals

### Snacks

365 cals, 23g protein, 38g net carbs, 13g fat



**Protein greek yogurt**  
1 container- 139 cals



**Crackers**  
13 1/3 cracker(s)- 225 cals

### Lunch

1020 cals, 39g protein, 112g net carbs, 42g fat



**Caprese sandwich**  
1 1/2 sandwich(es)- 691 cals



**Fruit juice**  
2 3/4 cup(s)- 315 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Dinner

1135 cals, 81g protein, 76g net carbs, 49g fat



**Broccoli**  
2 cup(s)- 58 cals



**Mashed sweet potatoes**  
275 cals



**Honey dijon salmon**  
12 oz- 803 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  
26 cup (6259mL)

## Nut and Seed Products

- almonds  
1/2 lbs (202g)
- coconut milk, canned  
3/4 cup (180mL)

## Fruits and Fruit Juices

- grapes  
5 1/4 cup (483g)
- raisins  
1/2 cup, packed (83g)
- avocados  
2 avocado(s) (435g)
- lemon  
1 1/6 small (68g)
- fruit juice  
74 fl oz (2220mL)

## Fats and Oils

- oil  
2 1/2 oz (73mL)
- olive oil  
4 oz (131mL)
- mayonnaise  
6 tbsp (90mL)

## Spices and Herbs

- balsamic vinegar  
1 1/2 tbsp (23mL)
- rosemary, dried  
2 1/2 g (2g)
- salt  
1 oz (26g)
- black pepper  
1/8 oz (4g)
- dried dill weed  
1 tsp (1g)
- fresh basil  
4 leaves (2g)
- dijon mustard  
4 tbsp (60g)

## Dairy and Egg Products

- eggs  
17 large (850g)
- string cheese  
2 stick (56g)
- low fat cottage cheese (1% milkfat)  
3/4 cup (170g)
- egg whites  
16 large (528g)
- fresh mozzarella cheese  
3 slices (85g)

## Legumes and Legume Products

- lentils, raw  
1 1/3 cup (256g)
- chickpeas, canned  
1/2 can(s) (224g)
- tempeh  
3/4 lbs (340g)

## Other

- curry paste  
1 tbsp (15g)
- protein bar (20g protein)  
2 bar (100g)
- balsamic glaze  
1/2 tbsp (8mL)
- vegan sausage  
6 sausage (600g)
- salmon burger patty  
4 patty (452g)
- mixed greens  
1 cup (30g)
- tzatziki  
3/8 cup(s) (84g)
- protein greek yogurt, flavored  
3 container (450g)
- vegan chick'n nuggets  
26 2/3 nuggets (573g)

## Finfish and Shellfish Products

- tilapia, raw  
1 1/3 lbs (588g)
- salmon  
4 fillet/s (6 oz each) (680g)

## Cereal Grains and Pasta

## Vegetables and Vegetable Products

- tomatoes**  
5 medium whole (2-3/5" dia) (594g)
- kale leaves**  
2 lbs (932g)
- sweet potatoes**  
4 2/3 sweetpotato, 5" long (980g)
- shallots**  
1/2 clove(s) (28g)
- frozen broccoli**  
12 1/2 cup (1138g)
- carrots**  
6 large (432g)
- ketchup**  
6 2/3 tbsp (113g)
- fresh spinach**  
3 cup(s) (90g)
- garlic**  
2 clove (6g)
- raw celery**  
2 stalk, medium (7-1/2" - 8" long) (80g)

- all-purpose flour**  
5/8 cup(s) (73g)

## Baked Products

- hamburger buns**  
4 bun(s) (204g)
- crackers**  
40 crackers (140g)
- bread**  
3 slice(s) (96g)

## Snacks

- large granola bar**  
2 bar (74g)
- small granola bar**  
4 bar (100g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce**  
6 tbsp (91mL)
- pesto sauce**  
3 tbsp (48g)

## Sweets

- honey**  
2 tbsp (42g)

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## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

**grapes**  
1 3/4 cup (161g)

For all 3 meals:

**grapes**  
5 1/4 cup (483g)

1. The recipe has no instructions.

### Scrambled eggs with kale, tomatoes, rosemary

304 cals ● 22g protein ● 18g fat ● 10g carbs ● 3g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**water**  
1/4 cup (68mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**rosemary, dried**  
3 dash (0g)  
**tomatoes**  
3/4 cup, chopped (135g)  
**eggs**  
3 large (150g)  
**kale leaves**  
1 1/2 cup, chopped (60g)

For all 3 meals:

**oil**  
3/4 tbsp (11mL)  
**water**  
13 1/2 tbsp (203mL)  
**balsamic vinegar**  
1 1/2 tbsp (23mL)  
**rosemary, dried**  
1 tsp (1g)  
**tomatoes**  
2 1/4 cup, chopped (405g)  
**eggs**  
9 large (450g)  
**kale leaves**  
4 1/2 cup, chopped (180g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

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## Breakfast 2 ↗

Eat on day 4 and day 5

### Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

**salt**  
2 dash (1g)  
**eggs**  
2 large (100g)  
**black pepper**  
2 dash (0g)  
**tomatoes**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**fresh basil, chopped**  
2 leaves (1g)

For all 2 meals:

**salt**  
4 dash (2g)  
**eggs**  
4 large (200g)  
**black pepper**  
4 dash (0g)  
**tomatoes**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**avocados, sliced**  
1 avocado(s) (201g)  
**fresh basil, chopped**  
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

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### Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

**small granola bar**  
2 bar (50g)

For all 2 meals:

**small granola bar**  
4 bar (100g)

1. The recipe has no instructions.

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## Breakfast 3 ↗

Eat on day 6 and day 7

### Egg white spinach scramble

342 cals ● 53g protein ● 11g fat ● 6g carbs ● 1g fiber



For single meal:

**fresh spinach**  
1 1/2 cup(s) (45g)  
**low fat cottage cheese (1% milkfat)**  
6 tbsp (85g)  
**eggs**  
2 large (100g)  
**egg whites**  
8 large (264g)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
2 dash (1g)

For all 2 meals:

**fresh spinach**  
3 cup(s) (90g)  
**low fat cottage cheese (1% milkfat)**  
3/4 cup (170g)  
**eggs**  
4 large (200g)  
**egg whites**  
16 large (528g)  
**black pepper**  
1 tsp, ground (2g)  
**salt**  
4 dash (2g)

1. Beat eggs, cottage cheese, and seasonings (include any others you prefer) together.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour in egg mixture and quickly add in the spinach.
4. Scramble the eggs and the spinach together, stirring frequently until the eggs are opaque and set.
5. Serve.

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### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:  
**almonds**  
3 tbsp, whole (27g)

For all 2 meals:  
**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

## Lunch 1

Eat on day 1 and day 2

### Almond crusted tilapia

10 1/2 oz - 741 cals ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



For single meal:  
**almonds**  
1/2 cup, slivered (47g)  
**tilapia, raw**  
2/3 lbs (294g)  
**all-purpose flour**  
1/4 cup(s) (36g)  
**salt**  
1/4 tsp (1g)  
**olive oil**  
2 1/2 tsp (13mL)

For all 2 meals:  
**almonds**  
14 tbsp, slivered (95g)  
**tilapia, raw**  
1 1/3 lbs (588g)  
**all-purpose flour**  
5/8 cup(s) (73g)  
**salt**  
1/2 tsp (1g)  
**olive oil**  
1 3/4 tbsp (26mL)

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



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.

## Lunch 2 ↗

Eat on day 3 and day 4

### Salmon burger

2 burger(s) - 884 cals ● 41g protein ● 55g fat ● 54g carbs ● 2g fiber



For single meal:

**salmon burger patty**  
2 patty (226g)  
**mixed greens**  
1/2 cup (15g)  
**mayonnaise**  
3 tbsp (45mL)  
**dried dill weed**  
4 dash (1g)  
**oil**  
1/2 tsp (3mL)  
**hamburger buns**  
2 bun(s) (102g)

For all 2 meals:

**salmon burger patty**  
4 patty (452g)  
**mixed greens**  
1 cup (30g)  
**mayonnaise**  
6 tbsp (90mL)  
**dried dill weed**  
1 tsp (1g)  
**oil**  
1 tsp (5mL)  
**hamburger buns**  
4 bun(s) (204g)

1. Heat oil in a skillet over medium-low heat. Add salmon burger to the skillet and cook for about 4-6 minutes on each side until fully cooked.
2. Meanwhile, mix together the mayo and the dill.
3. Place the salmon burger on the bun and top with mayo and greens. Serve.

### Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**carrots, sliced**  
3 large (216g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**carrots, sliced**  
6 large (432g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

## Lunch 3 ↗

Eat on day 5 and day 6

### Fruit juice

3 1/4 cup(s) - 372 cals ● 6g protein ● 2g fat ● 82g carbs ● 2g fiber



For single meal:

**fruit juice**  
26 fl oz (780mL)

For all 2 meals:

**fruit juice**  
52 fl oz (1560mL)

1. The recipe has no instructions.

### Chik'n nuggets

13 1/3 nuggets - 735 cals ● 41g protein ● 30g fat ● 69g carbs ● 7g fiber



For single meal:

**ketchup**  
3 1/3 tbsp (57g)  
**vegan chik'n nuggets**  
13 1/3 nuggets (287g)

For all 2 meals:

**ketchup**  
6 2/3 tbsp (113g)  
**vegan chik'n nuggets**  
26 2/3 nuggets (573g)

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

## Lunch 4 ↗

Eat on day 7

### Caprese sandwich

1 1/2 sandwich(es) - 691 cals ● 34g protein ● 40g fat ● 42g carbs ● 8g fiber



Makes 1 1/2 sandwich(es)

**bread**

3 slice(s) (96g)

**tomatoes**

3 slice(s), thick/large (1/2" thick) (81g)

**fresh mozzarella cheese**

3 slices (85g)

**pesto sauce**

3 tbsp (48g)

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.

### Fruit juice

2 3/4 cup(s) - 315 cals ● 5g protein ● 1g fat ● 70g carbs ● 1g fiber



Makes 2 3/4 cup(s)

**fruit juice**

22 fl oz (660mL)

1. The recipe has no instructions.

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



Makes 2 celery stalk

**raw celery**

2 stalk, medium (7-1/2" - 8" long) (80g)

1. Slice celery into sticks and serve.

## Snacks 1 ↗

Eat on day 1 and day 2

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**raisins**  
4 tbsp, packed (41g)

For all 2 meals:

**raisins**  
1/2 cup, packed (83g)

1. The recipe has no instructions.

### Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:

**protein bar (20g protein)**  
2 bar (100g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3 and day 4

### Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**  
1 bar (37g)

For all 2 meals:

**large granola bar**  
2 bar (74g)

1. The recipe has no instructions.

### Kale chips

275 cals ● 6g protein ● 19g fat ● 15g carbs ● 4g fiber



For single meal:

**salt**  
1/2 tbsp (8g)  
**kale leaves**  
1 1/3 bunch (227g)  
**olive oil**  
4 tsp (20mL)

For all 2 meals:

**salt**  
2 2/3 tsp (16g)  
**kale leaves**  
2 2/3 bunch (454g)  
**olive oil**  
2 2/3 tbsp (40mL)

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

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 3 meals:

**protein greek yogurt, flavored**  
3 container (450g)

1. Enjoy.

### Crackers

13 1/3 cracker(s) - 225 cals ● 3g protein ● 10g fat ● 30g carbs ● 2g fiber



For single meal:

**crackers**  
13 1/3 crackers (47g)

For all 3 meals:

**crackers**  
40 crackers (140g)

1. Enjoy.

## Dinner 1 ↗

Eat on day 1

### Roasted rosemary sweet potatoes

210 cals ● 2g protein ● 9g fat ● 25g carbs ● 5g fiber



**olive oil**  
2 tsp (10mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**rosemary, dried**  
1 tsp (1g)  
**sweet potatoes, cut into 1" cubes**  
2/3 sweetpotato, 5" long (140g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

### Sautéed Kale

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



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

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.

### Curried lentils

723 cals ● 27g protein ● 37g fat ● 60g carbs ● 10g fiber



**lentils, raw**  
1/2 cup (96g)  
**water**  
1 cup(s) (237mL)  
**salt**  
1 dash (1g)  
**coconut milk, canned**  
3/4 cup (180mL)  
**curry paste**  
1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

## Dinner 2 ↗

Eat on day 2

### Chickpea stuffed sweet potato

1 sweet potato(es) - 489 cals ● 15g protein ● 12g fat ● 64g carbs ● 17g fiber



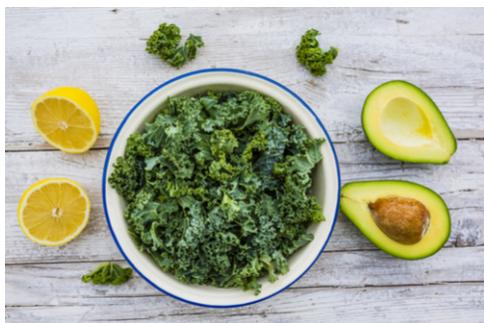
Makes 1 sweet potato(es)

**oil**  
1/2 tbsp (8mL)  
**balsamic glaze**  
1/2 tbsp (8mL)  
**shallots, chopped**  
1/2 clove(s) (28g)  
**sweet potatoes, halved lengthwise**  
1 sweet potato, 5" long (210g)  
**chickpeas, canned, drained & rinsed**  
1/2 can(s) (224g)

1. Preheat the oven to 425°F (220°C).
2. Rub a few drops of the oil on the sweet potato halves and season with salt and pepper. Place the sweet potato cut-side down on one half of a baking sheet. Roast in the oven for 20 minutes.
3. In a small bowl, mix the chickpeas and shallot with the remaining oil and season with some salt and pepper.
4. Remove the baking sheet from the oven and add the chickpea mixture to the other half of the pan. Roast for an additional 18-20 minutes, or until sweet potato is tender and the shallots are beginning to char.
5. Transfer the sweet potato to a plate and gently mash the flesh inside the skin. Make a divot in the mashed sweet potato and stuff it with the chickpea mixture.
6. Drizzle with balsamic glaze and serve.

### Simple kale & avocado salad

537 cals ● 11g protein ● 36g fat ● 22g carbs ● 21g fiber



**kale leaves, chopped**  
1 1/6 bunch (198g)  
**avocados, chopped**  
1 1/6 avocado(s) (234g)  
**lemon, juiced**  
1 1/6 small (68g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

## Dinner 3 ↗

Eat on day 3 and day 4

### 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.

### Olive oil drizzled broccoli

3 1/2 cup(s) - 244 cals ● 9g protein ● 16g fat ● 7g carbs ● 9g fiber



For single meal:

**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen broccoli**  
3 1/2 cup (319g)  
**olive oil**  
3 1/2 tsp (18mL)

For all 2 meals:

**black pepper**  
1/2 tsp (0g)  
**salt**  
1/2 tsp (1g)  
**frozen broccoli**  
7 cup (637g)  
**olive oil**  
2 1/3 tbsp (35mL)

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

## Dinner 4 ↗

Eat on day 5

### Buffalo tempeh with tzatziki

942 cals ● 78g protein ● 44g fat ● 35g carbs ● 24g fiber



#### Frank's Red Hot sauce

6 tbsp (90mL)  
**tzatziki**  
3/8 cup(s) (84g)  
**oil**  
1 1/2 tbsp (23mL)  
**tempeh, roughly chopped**  
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

## Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**frozen broccoli**  
1 1/2 cup (137g)

1. Prepare according to instructions on package.

## Dinner 5 ↗

Eat on day 6 and day 7

### Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

**frozen broccoli**  
2 cup (182g)

For all 2 meals:

**frozen broccoli**  
4 cup (364g)

1. Prepare according to instructions on package.

### Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**

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

For all 2 meals:

**sweet potatoes**

3 sweetpotato, 5" long (630g)

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.

## Honey dijon salmon

12 oz - 803 cals ● 71g protein ● 49g fat ● 19g carbs ● 1g fiber



For single meal:

**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)

For all 2 meals:

**salmon**

4 fillet/s (6 oz each) (680g)

**dijon mustard**

4 tbsp (60g)

**honey**

2 tbsp (42g)

**olive oil**

4 tsp (20mL)

**garlic, minced**

2 clove (6g)

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.

## 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.