

Meal Plan - 3500 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

3443 cals ● 285g protein (33%) ● 137g fat (36%) ● 222g carbs (26%) ● 47g fiber (5%)

Breakfast

460 cals, 72g protein, 29g net carbs, 3g fat



Double chocolate protein shake
343 cals



Grapefruit
1 grapefruit- 119 cals

Snacks

380 cals, 18g protein, 50g net carbs, 11g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Medium toasted bagel with butter and jelly
1/2 bagel(s)- 225 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1130 cals, 54g protein, 74g net carbs, 62g fat



Protein greek yogurt
1 container- 139 cals



Garlic collard greens
80 cals



Clam chowder
2 1/2 can(s)- 910 cals

Dinner

1145 cals, 69g protein, 66g net carbs, 59g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals



Buttery brown rice
375 cals



Walnuts
1/8 cup(s)- 87 cals

Day 2

3511 cals ● 279g protein (32%) ● 121g fat (31%) ● 251g carbs (29%) ● 75g fiber (9%)

Breakfast

460 cals, 72g protein, 29g net carbs, 3g fat



Double chocolate protein shake
343 cals



Grapefruit
1 grapefruit- 119 cals

Snacks

380 cals, 18g protein, 50g net carbs, 11g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Medium toasted bagel with butter and jelly
1/2 bagel(s)- 225 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1195 cals, 48g protein, 103g net carbs, 47g fat



Buttered green beans
342 cals



Bbq cauliflower wings
535 cals



Garlic collard greens
319 cals

Dinner

1145 cals, 69g protein, 66g net carbs, 59g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals



Buttery brown rice
375 cals



Walnuts
1/8 cup(s)- 87 cals

Day 3

3544 cals ● 231g protein (26%) ● 169g fat (43%) ● 212g carbs (24%) ● 63g fiber (7%)

Breakfast

595 cals, 19g protein, 47g net carbs, 34g fat



Large granola bar
2 bar(s)- 352 cals



Sunflower seeds
240 cals

Snacks

380 cals, 18g protein, 50g net carbs, 11g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Medium toasted bagel with butter and jelly
1/2 bagel(s)- 225 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1195 cals, 48g protein, 103g net carbs, 47g fat



Buttered green beans
342 cals



Bbq cauliflower wings
535 cals



Garlic collard greens
319 cals

Dinner

1050 cals, 74g protein, 10g net carbs, 76g fat



Tilapia with almond gremolata
2 tilapia fillet(s)- 931 cals



Tomato and avocado salad
117 cals

Day 4

3453 cals ● 279g protein (32%) ● 158g fat (41%) ● 179g carbs (21%) ● 49g fiber (6%)

Breakfast

595 cals, 19g protein, 47g net carbs, 34g fat



[Large granola bar](#)
2 bar(s)- 352 cals



[Sunflower seeds](#)
240 cals

Snacks

450 cals, 19g protein, 7g net carbs, 35g fat



[Roasted almonds](#)
1/8 cup(s)- 111 cals



[String cheese](#)
2 stick(s)- 165 cals



[Avocado](#)
176 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Lunch

1010 cals, 88g protein, 88g net carbs, 26g fat



[Sugar snap peas](#)
41 cals



[Lentils](#)
434 cals



[Vegan sausage](#)
2 sausage(s)- 536 cals

Dinner

1070 cals, 81g protein, 34g net carbs, 63g fat



[Pan seared breaded tilapia](#)
12 oz- 601 cals



[Asparagus](#)
470 cals

Day 5

3523 cals ● 247g protein (28%) ● 167g fat (43%) ● 199g carbs (23%) ● 60g fiber (7%)

Breakfast

595 cals, 19g protein, 47g net carbs, 34g fat



Large granola bar
2 bar(s)- 352 cals



Sunflower seeds
240 cals

Snacks

450 cals, 19g protein, 7g net carbs, 35g fat



Roasted almonds
1/8 cup(s)- 111 cals



String cheese
2 stick(s)- 165 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1115 cals, 70g protein, 43g net carbs, 63g fat



High-protein granola bar
2 bar(s)- 408 cals



Tomato and avocado salad
117 cals



Basic tempeh
8 oz- 590 cals

Dinner

1035 cals, 67g protein, 99g net carbs, 34g fat



Easy chickpea salad
350 cals



Crispy chik'n tenders
12 tender(s)- 686 cals

Day 6

3513 cals ● 258g protein (29%) ● 118g fat (30%) ● 295g carbs (34%) ● 59g fiber (7%)

Breakfast

620 cals, 40g protein, 77g net carbs, 12g fat



Grapefruit

1 grapefruit- 119 cals



Pumpkin protein pancakes

401 cals



Milk

2/3 cup(s)- 99 cals

Snacks

415 cals, 9g protein, 73g net carbs, 8g fat



Banana

1 banana(s)- 117 cals



Small toasted bagel with butter and jelly

1 bagel(s)- 300 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

1115 cals, 70g protein, 43g net carbs, 63g fat



High-protein granola bar

2 bar(s)- 408 cals



Tomato and avocado salad

117 cals



Basic tempeh

8 oz- 590 cals

Dinner

1035 cals, 67g protein, 99g net carbs, 34g fat



Easy chickpea salad

350 cals



Crispy chik'n tenders

12 tender(s)- 686 cals

Day 7

3548 cals ● 239g protein (27%) ● 130g fat (33%) ● 281g carbs (32%) ● 75g fiber (8%)

Breakfast

620 cals, 40g protein, 77g net carbs, 12g fat



Grapefruit

1 grapefruit- 119 cals



Pumpkin protein pancakes

401 cals



Milk

2/3 cup(s)- 99 cals

Snacks

415 cals, 9g protein, 73g net carbs, 8g fat



Banana

1 banana(s)- 117 cals



Small toasted bagel with butter and jelly

1 bagel(s)- 300 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

1045 cals, 68g protein, 34g net carbs, 66g fat



Olive oil drizzled sugar snap peas

204 cals



Buttery brown rice

167 cals



Baked pesto salmon

10 oz- 673 cals

Dinner

1140 cals, 49g protein, 94g net carbs, 42g fat



Lentil pasta

673 cals



Tomato and avocado salad

469 cals

Grocery List



Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
30 1/3 cup(s) (7188mL)
- ☐ protein powder, vanilla
2 scoop (1/3 cup ea) (62g)

Sweets

- ☐ cocoa powder
5 tsp (9g)
- ☐ jelly
1/4 cup (74g)
- ☐ maple syrup
4 tbsp (60mL)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
10 tbsp (175g)
- ☐ butter
1 1/3 stick (152g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ string cheese
4 stick (112g)
- ☐ eggs
2 extra large (112g)
- ☐ whole milk
1 1/3 cup(s) (319mL)

Other

- ☐ protein powder, chocolate
5 scoop (1/3 cup ea) (155g)
- ☐ protein greek yogurt, flavored
1 container (150g)
- ☐ nutritional yeast
1 cup (60g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ meatless chik'n tenders
24 pieces (612g)
- ☐ lentil pasta
1/3 lbs (151g)

Fruits and Fruit Juices

- ☐ Grapefruit
4 large (approx 4-1/2" dia) (1328g)

Finfish and Shellfish Products

- ☐ canned tuna
3 can (516g)
- ☐ tilapia, raw
1 1/2 lbs (676g)
- ☐ salmon
1 2/3 fillet/s (6 oz each) (283g)

Cereal Grains and Pasta

- ☐ brown rice
1 cup (174g)
- ☐ all-purpose flour
1/4 cup(s) (31g)

Nut and Seed Products

- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ almonds
1 3/4 oz (49g)
- ☐ sunflower kernels
4 oz (113g)

Fats and Oils

- ☐ oil
2 1/2 oz (72mL)
- ☐ olive oil
1/4 lbs (135mL)

Soups, Sauces, and Gravies

- ☐ canned clam chowder
2 1/2 can (18.5 oz) (1298g)
- ☐ barbecue sauce
1 cup (286g)
- ☐ apple cider vinegar
1 1/2 tbsp (1mL)
- ☐ pesto sauce
5 tsp (27g)
- ☐ pasta sauce
1/3 jar (24 oz) (224g)

Baked Products

- ☐ bagel
3 medium bagel (3-1/2" to 4" dia) (296g)

Snacks

- ☐ **avocados**
4 1/4 avocado(s) (854g)
- ☐ **lime juice**
2 fl oz (67mL)
- ☐ **lemon juice**
2 fl oz (62mL)
- ☐ **banana**
3 medium (7" to 7-7/8" long) (354g)

Spices and Herbs

- ☐ **salt**
1 oz (31g)
- ☐ **black pepper**
1/4 oz (8g)
- ☐ **garlic powder**
1/2 tbsp (4g)
- ☐ **onion powder**
4 dash (1g)
- ☐ **paprika**
4 dash (1g)
- ☐ **balsamic vinegar**
1 1/2 tbsp (23mL)
- ☐ **cinnamon**
1 tsp (3g)
- ☐ **nutmeg**
4 dash (1g)

Vegetables and Vegetable Products

- ☐ **bell pepper**
3 large (492g)
- ☐ **onion**
1 1/2 medium (2-1/2" dia) (158g)
- ☐ **collard greens**
2 1/4 lbs (1021g)
- ☐ **garlic**
8 3/4 clove(s) (26g)
- ☐ **frozen green beans**
4 2/3 cup (565g)
- ☐ **cauliflower**
4 head small (4" dia.) (1060g)
- ☐ **fresh parsley**
1 bunch (20g)
- ☐ **tomatoes**
3 1/2 medium whole (2-3/5" dia) (439g)
- ☐ **frozen sugar snap peas**
2 1/3 cup (336g)
- ☐ **asparagus**
15 oz (425g)
- ☐ **ketchup**
6 tbsp (102g)
- ☐ **pumpkin puree**
4 tbsp (61g)

- ☐ **large granola bar**
6 bar (222g)
- ☐ **high-protein granola bar**
4 bar (160g)

Legumes and Legume Products

- ☐ **lentils, raw**
10 tbsp (120g)
- ☐ **chickpeas, canned**
1 1/2 can(s) (672g)
- ☐ **tempeh**
1 lbs (454g)

Breakfast Cereals

- ☐ **oatmeal, old-fashioned oats, rolled oats**
3 tbsp (15g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Double chocolate protein shake

343 cals ● 70g protein ● 2g fat ● 6g carbs ● 4g fiber



For single meal:

water
2 1/2 cup(s) (593mL)
cocoa powder
2 1/2 tsp (5g)
nonfat greek yogurt, plain
5 tbsp (88g)
protein powder, chocolate
2 1/2 scoop (1/3 cup ea) (78g)

For all 2 meals:

water
5 cup(s) (1185mL)
cocoa powder
5 tsp (9g)
nonfat greek yogurt, plain
10 tbsp (175g)
protein powder, chocolate
5 scoop (1/3 cup ea) (155g)

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

Grapefruit

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



For single meal:

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

For all 2 meals:

Grapefruit
2 large (approx 4-1/2" dia) (664g)

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)

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Large granola bar

2 bar(s) - 352 cals ● 7g protein ● 15g fat ● 44g carbs ● 4g fiber



For single meal:

large granola bar
2 bar (74g)

For all 3 meals:

large granola bar
6 bar (222g)

- 1. The recipe has no instructions.

Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/3 oz (38g)

For all 3 meals:

sunflower kernels
4 oz (113g)

- 1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Grapefruit

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



For single meal:

Grapefruit

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

For all 2 meals:

Grapefruit

2 large (approx 4-1/2" dia) (664g)

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)

Pumpkin protein pancakes

401 cals ● 33g protein ● 7g fat ● 46g carbs ● 6g fiber



For single meal:

pumpkin puree

2 tbsp (31g)

banana

1/2 medium (7" to 7-7/8" long) (59g)

eggs

1 extra large (56g)

cinnamon

4 dash (1g)

nutmeg

2 dash (1g)

oatmeal, old-fashioned oats, rolled oats

1 1/2 tbsp (8g)

maple syrup

2 tbsp (30mL)

protein powder, vanilla

1 scoop (1/3 cup ea) (31g)

For all 2 meals:

pumpkin puree

4 tbsp (61g)

banana

1 medium (7" to 7-7/8" long) (118g)

eggs

2 extra large (112g)

cinnamon

1 tsp (3g)

nutmeg

4 dash (1g)

oatmeal, old-fashioned oats, rolled oats

3 tbsp (15g)

maple syrup

4 tbsp (60mL)

protein powder, vanilla

2 scoop (1/3 cup ea) (62g)

1. Put all ingredients (besides the maple syrup) into a food processor or blender and blend until smooth.
2. Spray some non-stick spray in a skillet and place over medium heat.
3. Pour about 1/4 cup of batter into skillet for each pancake. Cook for about 2-3 minutes then flip and cook the other side for another minute or so.
4. Top with maple syrup.
5. To store excess pancakes: wrap tightly in plastic wrap and store in the fridge for up to 2 days. Reheat in microwave.

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 2 meals:

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

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Protein greek yogurt

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



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
salt
1/2 dash (0g)
garlic, minced
3/4 clove(s) (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Clam chowder

2 1/2 can(s) - 910 cal ● 30g protein ● 55g fat ● 63g carbs ● 11g fiber



Makes 2 1/2 can(s)

canned clam chowder
2 1/2 can (18.5 oz) (1298g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Buttered green beans

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



For single meal:

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)

For all 2 meals:

butter
1/3 cup (63g)
black pepper
1/2 tsp (0g)
salt
1/2 tsp (1g)
frozen green beans
4 2/3 cup (565g)

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

Bbq cauliflower wings

535 cal ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

collard greens
1 lbs (454g)
oil
1 tbsp (15mL)
salt
2 dash (2g)
garlic, minced
3 clove(s) (9g)

For all 2 meals:

collard greens
2 lbs (907g)
oil
2 tbsp (30mL)
salt
4 dash (3g)
garlic, minced
6 clove(s) (18g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 3 [↗](#)

Eat on day 4

Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



frozen sugar snap peas
2/3 cup (96g)

1. Prepare according to instructions on package.

Lentils

434 cals ● 30g protein ● 1g fat ● 63g carbs ● 13g fiber



water
2 1/2 cup(s) (593mL)
salt
1 1/4 dash (1g)
lentils, raw, rinsed
10 tbsp (120g)

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.

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage
2 sausage (200g)

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

Lunch 4 [🔗](#)

Eat on day 5 and day 6

High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



For single meal:

high-protein granola bar
2 bar (80g)

For all 2 meals:

high-protein granola bar
4 bar (160g)

1. The recipe has no instructions.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia)
(31g)

For all 2 meals:

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.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

tempeh
1/2 lbs (227g)
oil
4 tsp (20mL)

For all 2 meals:

tempeh
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
 2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.
-

Lunch 5 [↗](#)

Eat on day 7

Olive oil drizzled sugar snap peas

204 cals ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen sugar snap peas

1 2/3 cup (240g)

olive oil

2 1/2 tsp (13mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Buttery brown rice

167 cals ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



butter

1/2 tbsp (7g)

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (79mL)

black pepper

1 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.

Baked pesto salmon

10 oz - 673 cals ● 59g protein ● 48g fat ● 1g carbs ● 1g fiber



Makes 10 oz

salmon

1 2/3 fillet/s (6 oz each) (283g)

pesto sauce

5 tsp (27g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

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 3 meals:

lowfat flavored greek yogurt

3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

Medium toasted bagel with butter and jelly

1/2 bagel(s) - 225 cals ● 6g protein ● 7g fat ● 34g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia) (53g)

butter

1/2 tbsp (7g)

jelly

1/2 tbsp (11g)

For all 3 meals:

bagel

1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

butter

1 1/2 tbsp (21g)

jelly

1 1/2 tbsp (32g)

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

Snacks 2 [↗](#)

Eat on day 4 and day 5

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

String cheese

2 stick(s) - 165 cal ● 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.

Avocado

176 cal ● 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.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.
-

Small toasted bagel with butter and jelly

1 bagel(s) - 300 cals ● 7g protein ● 7g fat ● 50g carbs ● 2g fiber



For single meal:

bagel

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

butter

1/2 tbsp (7g)

jelly

1 tbsp (21g)

For all 2 meals:

bagel

2 small bagel (3" dia) (138g)

butter

1 tbsp (14g)

jelly

2 tbsp (42g)

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

Dinner 1 [↗](#)

Eat on day 1 and day 2

Avocado tuna salad stuffed pepper

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



For single meal:

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)

For all 2 meals:

avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bell pepper
3 large (492g)
onion
3/4 small (53g)
canned tuna, drained
3 can (516g)

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.

Buttery brown rice

375 cals ● 6g protein ● 15g fat ● 52g carbs ● 3g fiber



For single meal:

butter
1 tbsp (16g)
brown rice
6 tbsp (71g)
salt
1/4 tsp (2g)
water
3/4 cup(s) (178mL)
black pepper
1/4 tsp, ground (1g)

For all 2 meals:

butter
2 1/4 tbsp (32g)
brown rice
3/4 cup (143g)
salt
1/2 tsp (3g)
water
1 1/2 cup(s) (356mL)
black pepper
1/2 tsp, ground (1g)

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.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 2 meals:

walnuts

4 tbsp, shelled (25g)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3

Tilapia with almond gremolata

2 tilapia fillet(s) - 931 cals ● 73g protein ● 67g fat ● 7g carbs ● 3g fiber



Makes 2 tilapia fillet(s)

tilapia, raw

3/4 lbs (340g)

almonds

2 tbsp, slivered (14g)

lemon juice

1 tbsp (15mL)

olive oil

4 tbsp (60mL)

garlic powder

4 dash (2g)

onion powder

4 dash (1g)

paprika

4 dash (1g)

fresh parsley

4 tbsp chopped (15g)

garlic, minced

2 clove(s) (6g)

1. Preheat oven to 425°F (220°C).
2. In a small bowl start the gremolata by mixing together about 3/4ths of the olive oil (reserving the rest for later), parsley, lemon juice, minced garlic, and pinch of salt and pepper. Set aside.
3. Pat tilapia dry and coat with the remaining olive oil. Season the tilapia with garlic powder, onion powder, and paprika. Roast on a baking sheet until fish is cooked through, about 12-15 minutes.
4. Meanwhile, in a dry skillet over medium heat, toast the almonds until golden, about 3 minutes. When done, transfer to a cutting board and chop. Add to the gremolata and stir.
5. Plate fish and spoon the gremolata over the top. Serve.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

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.

Dinner 3 [↗](#)

Eat on day 4

Pan seared breaded tilapia

12 oz - 601 cals ● 71g protein ● 24g fat ● 23g carbs ● 1g fiber



Makes 12 oz
all-purpose flour
1/4 cup(s) (31g)
tilapia, raw
3/4 lbs (336g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
olive oil
1/2 tbsp (8mL)
butter, melted
1 tbsp (14g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
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. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

Asparagus

470 cals ● 10g protein ● 39g fat ● 11g carbs ● 10g fiber



asparagus
15 oz (425g)
lemon juice
3 tbsp (42mL)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
olive oil
3 tbsp (42mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

balsamic vinegar
3/4 tbsp (11mL)
apple cider vinegar
3/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
3/4 can(s) (336g)
onion, thinly sliced
3/8 small (26g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
fresh parsley, chopped
2 1/4 sprigs (2g)

For all 2 meals:

balsamic vinegar
1 1/2 tbsp (23mL)
apple cider vinegar
1 1/2 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 1/2 can(s) (672g)
onion, thinly sliced
3/4 small (53g)
tomatoes, halved
1 1/2 cup cherry tomatoes (224g)
fresh parsley, chopped
4 1/2 sprigs (5g)

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

Crispy chik'n tenders

12 tender(s) - 686 cals ● 49g protein ● 27g fat ● 62g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
12 pieces (306g)
ketchup
3 tbsp (51g)

For all 2 meals:

meatless chik'n tenders
24 pieces (612g)
ketchup
6 tbsp (102g)

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

Dinner 5 [↗](#)

Eat on day 7

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



pasta sauce

1/3 jar (24 oz) (224g)

lentil pasta

1/3 lbs (151g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



onion

2 tbsp minced (30g)

lime juice

2 tbsp (30mL)

olive oil

1/2 tbsp (8mL)

garlic powder

4 dash (2g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

avocados, cubed

1 avocado(s) (201g)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

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.

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.

