

# Meal Plan - 1400 calorie low carb pescetarian meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1424 cals ● 114g protein (32%) ● 79g fat (50%) ● 48g carbs (13%) ● 17g fiber (5%)

### Breakfast

275 cals, 41g protein, 3g net carbs, 10g fat



#### Boiled eggs

2 egg(s)- 139 cals



#### Double chocolate protein shake

137 cals

### Snacks

125 cals, 9g protein, 6g net carbs, 6g fat



#### String cheese

1 stick(s)- 83 cals



#### Sugar snap peas

1 1/2 cup- 41 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



#### Protein shake

1 scoop- 109 cals

### Lunch

470 cals, 21g protein, 20g net carbs, 30g fat



#### Avocado egg salad sandwich

1/2 sandwich(es)- 281 cals



#### Pistachios

188 cals

### Dinner

445 cals, 19g protein, 17g net carbs, 33g fat



#### Basic tofu

8 oz- 342 cals



#### Roasted rosemary sweet potatoes

105 cals

## Day 2

1357 cals ● 118g protein (35%) ● 74g fat (49%) ● 43g carbs (13%) ● 12g fiber (3%)

### Breakfast

275 cals, 41g protein, 3g net carbs, 10g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Double chocolate protein shake**  
137 cals

### Snacks

125 cals, 9g protein, 6g net carbs, 6g fat



**String cheese**  
1 stick(s)- 83 cals



**Sugar snap peas**  
1 1/2 cup- 41 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Lunch

400 cals, 25g protein, 15g net carbs, 25g fat



**Roasted peanuts**  
1/6 cup(s)- 153 cals



**Tuna salad sandwich**  
1/2 sandwich(es)- 248 cals

### Dinner

445 cals, 19g protein, 17g net carbs, 33g fat



**Basic tofu**  
8 oz- 342 cals



**Roasted rosemary sweet potatoes**  
105 cals

## Day 3

1347 cals ● 120g protein (36%) ● 66g fat (44%) ● 46g carbs (14%) ● 24g fiber (7%)

### Breakfast

275 cals, 41g protein, 3g net carbs, 10g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Double chocolate protein shake**  
137 cals

### Snacks

125 cals, 9g protein, 6g net carbs, 6g fat



**String cheese**  
1 stick(s)- 83 cals



**Sugar snap peas**  
1 1/2 cup- 41 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Lunch

400 cals, 25g protein, 15g net carbs, 25g fat



**Roasted peanuts**  
1/6 cup(s)- 153 cals



**Tuna salad sandwich**  
1/2 sandwich(es)- 248 cals

### Dinner

435 cals, 20g protein, 20g net carbs, 24g fat



**Veggie burger patty**  
1 patty- 127 cals



**Buttery spinach cauliflower mince**  
1 1/2 cup(s)- 96 cals



**Buttered sugar snap peas**  
214 cals

## Day 4

1458 cals ● 91g protein (25%) ● 87g fat (54%) ● 51g carbs (14%) ● 27g fiber (7%)

### Breakfast

265 cals, 9g protein, 11g net carbs, 17g fat



**Celery and peanut butter**  
218 cals



**Blackberries**  
2/3 cup(s)- 46 cals

### Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



**Pumpkin seeds**  
183 cals

### Lunch

465 cals, 28g protein, 16g net carbs, 31g fat



**Salmon & coconut ginger broccoli**  
3 oz salmon- 316 cals



**Milk**  
1 cup(s)- 149 cals

### Dinner

435 cals, 20g protein, 20g net carbs, 24g fat



**Veggie burger patty**  
1 patty- 127 cals



**Buttery spinach cauliflower mince**  
1 1/2 cup(s)- 96 cals



**Buttered sugar snap peas**  
214 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

## Day 5

1361 cals ● 100g protein (29%) ● 75g fat (50%) ● 49g carbs (14%) ● 22g fiber (7%)

### Breakfast

265 cals, 9g protein, 11g net carbs, 17g fat



**Celery and peanut butter**  
218 cals



**Blackberries**  
2/3 cup(s)- 46 cals

### Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



**Pumpkin seeds**  
183 cals

### Lunch

425 cals, 20g protein, 19g net carbs, 26g fat



**Vegan deli smashed avocado sandwich**  
1/2 sandwich(es)- 193 cals



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

### Dinner

380 cals, 38g protein, 16g net carbs, 17g fat



**Pan seared breaded tilapia**  
6 oz- 301 cals



**Olive oil drizzled sugar snap peas**  
82 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

## Day 6

1347 cals ● 142g protein (42%) ● 62g fat (41%) ● 42g carbs (13%) ● 14g fiber (4%)

### Breakfast

260 cals, 32g protein, 13g net carbs, 8g fat



**Protein shake (milk)**  
258 cals

### Snacks

160 cals, 8g protein, 5g net carbs, 11g fat



**Skillet cauliflower tots**  
160 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Lunch

440 cals, 39g protein, 8g net carbs, 25g fat



**Buttered sugar snap peas**  
214 cals



**Pan fried tilapia**  
6 oz- 223 cals

### Dinner

380 cals, 38g protein, 16g net carbs, 17g fat



**Pan seared breaded tilapia**  
6 oz- 301 cals



**Olive oil drizzled sugar snap peas**  
82 cals

## Day 7

1371 cals ● 134g protein (39%) ● 70g fat (46%) ● 37g carbs (11%) ● 15g fiber (4%)

### Breakfast

260 cals, 32g protein, 13g net carbs, 8g fat



**Protein shake (milk)**  
258 cals

### Snacks

160 cals, 8g protein, 5g net carbs, 11g fat



**Skillet cauliflower tots**  
160 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Lunch

440 cals, 39g protein, 8g net carbs, 25g fat



**Buttered sugar snap peas**  
214 cals



**Pan fried tilapia**  
6 oz- 223 cals

### Dinner

405 cals, 31g protein, 10g net carbs, 25g fat



**Honey dijon salmon**  
4 1/2 oz- 301 cals



**Olive oil drizzled broccoli**  
1 1/2 cup(s)- 105 cals

# Grocery List



## Fats and Oils

- ☐ oil  
1/4 cup (55mL)
- ☐ olive oil  
1 3/4 oz (54mL)
- ☐ mayonnaise  
1 1/2 tbsp (23mL)

## Legumes and Legume Products

- ☐ firm tofu  
1 lbs (454g)
- ☐ roasted peanuts  
9 1/4 tbsp (85g)
- ☐ peanut butter  
4 tbsp (64g)

## Spices and Herbs

- ☐ salt  
11 g (11g)
- ☐ black pepper  
1/8 oz (4g)
- ☐ rosemary, dried  
1 tsp (1g)
- ☐ garlic powder  
2 dash (1g)
- ☐ dijon mustard  
3/4 tbsp (11g)

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
2/3 sweetpotato, 5" long (140g)
- ☐ Sugar snap peas  
4 1/2 cup, whole (284g)
- ☐ tomatoes  
3 tbsp cherry tomatoes (28g)
- ☐ raw celery  
1/3 bunch (169g)
- ☐ garlic  
4 3/4 clove(s) (14g)
- ☐ fresh spinach  
1 1/2 cup(s) (45g)
- ☐ frozen sugar snap peas  
6 2/3 cup (960g)
- ☐ broccoli  
1/2 stalk (76g)
- ☐ fresh ginger  
1/4 slices (1" dia) (1g)

## Beverages

- ☐ protein powder  
9 scoop (1/3 cup ea) (279g)
- ☐ water  
10 cup(s) (2370mL)

## Sweets

- ☐ cocoa powder  
1 tbsp (5g)
- ☐ honey  
1 tsp (8g)

## Other

- ☐ protein powder, chocolate  
3 scoop (1/3 cup ea) (93g)
- ☐ veggie burger patty  
2 patty (142g)
- ☐ frozen riced cauliflower  
3 cup, frozen (318g)
- ☐ plant-based deli slices  
2 1/2 slices (26g)
- ☐ mixed greens  
4 tbsp (8g)

## Fruits and Fruit Juices

- ☐ avocados  
3/8 avocado(s) (84g)
- ☐ blackberries  
1 1/3 cup (192g)

## Baked Products

- ☐ bread  
1/4 lbs (128g)

## Nut and Seed Products

- ☐ pistachios, shelled  
4 tbsp (31g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ coconut milk, canned  
1/8 can (59mL)

## Finfish and Shellfish Products

- ☐ canned tuna  
5 oz (142g)

- ☐ cauliflower  
1 1/2 cup(s), riced (192g)
- ☐ frozen broccoli  
1 1/2 cup (137g)

### Dairy and Egg Products

- ☐ string cheese  
3 stick (84g)
  - ☐ eggs  
10 1/2 medium (459g)
  - ☐ nonfat greek yogurt, plain  
6 tbsp (105g)
  - ☐ butter  
1 stick (100g)
  - ☐ whole milk  
3 cup(s) (720mL)
- 

- ☐ salmon  
1/2 lbs (213g)
- ☐ tilapia, raw  
1 1/2 lbs (672g)

### Cereal Grains and Pasta

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

### Soups, Sauces, and Gravies

- ☐ hot sauce  
1/2 fl oz (13mL)

## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Boiled eggs

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



For single meal:

#### eggs

2 large (100g)

For all 3 meals:

#### eggs

6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Double chocolate protein shake

137 cal ● 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.

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

**raw celery**

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

**peanut butter**

2 tbsp (32g)

For all 2 meals:

**raw celery**

4 stalk, medium (7-1/2" - 8" long)  
(160g)

**peanut butter**

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

### Blackberries

2/3 cup(s) - 46 cals ● 1g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

**blackberries**

2/3 cup (96g)

For all 2 meals:

**blackberries**

1 1/3 cup (192g)

1. Rinse blackberries and serve.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Protein shake (milk)

258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
2. Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Avocado egg salad sandwich

1/2 sandwich(es) - 281 cal ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



Makes 1/2 sandwich(es)

**garlic powder**  
2 dash (1g)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
1 slice (32g)  
**tomatoes, halved**  
3 tbsp cherry tomatoes (28g)  
**eggs, hard-boiled and chilled**  
1 1/2 large (75g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

## Pistachios

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



**pistachios, shelled**  
4 tbsp (31g)

1. The recipe has no instructions.

**Lunch 2** [🔗](#)

Eat on day 2 and day 3

**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.

**Tuna salad sandwich**

1/2 sandwich(es) - 248 cals ● 19g protein ● 13g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**mayonnaise**  
3/4 tbsp (11mL)  
**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**canned tuna**  
2 1/2 oz (71g)  
**raw celery, chopped**  
1/4 stalk, small (5" long) (4g)

For all 2 meals:

**bread**  
2 slice (64g)  
**mayonnaise**  
1 1/2 tbsp (23mL)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**canned tuna**  
5 oz (142g)  
**raw celery, chopped**  
1/2 stalk, small (5" long) (9g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

## Lunch 3 [↗](#)

Eat on day 4

### Salmon & coconut ginger broccoli

3 oz salmon - 316 cal ● 21g protein ● 23g fat ● 5g carbs ● 2g fiber



Makes 3 oz salmon

#### salmon

3 oz (85g)

#### coconut milk, canned

1/8 can (56mL)

#### broccoli, cut into florets

1/2 stalk (76g)

#### fresh ginger, peeled and thinly sliced

1/4 slices (1" dia) (1g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.

### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



Makes 1 cup(s)

#### whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5

### Vegan deli smashed avocado sandwich

1/2 sandwich(es) - 193 cal ● 11g protein ● 8g fat ● 15g carbs ● 5g fiber



Makes 1/2 sandwich(es)

#### plant-based deli slices

2 1/2 slices (26g)

#### bread

1 slice(s) (32g)

#### hot sauce

1/2 tsp (3mL)

#### mixed greens

4 tbsp (8g)

#### avocados, peeled & deseeded

1/6 avocado(s) (34g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

### Roasted peanuts

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



Makes 1/4 cup(s)

#### roasted peanuts

4 tbsp (37g)

1. The recipe has no instructions.

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Buttered sugar snap peas

214 cal ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



For single meal:

#### black pepper

1 dash (0g)

#### salt

1 dash (0g)

#### butter

4 tsp (18g)

#### frozen sugar snap peas

1 1/3 cup (192g)

For all 2 meals:

#### black pepper

2 dash (0g)

#### salt

2 dash (1g)

#### butter

2 2/3 tbsp (36g)

#### frozen sugar snap peas

2 2/3 cup (384g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

### Pan fried tilapia

6 oz - 223 cal ● 34g protein ● 10g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**tilapia, raw**  
6 oz (168g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
4 dash (3g)  
**tilapia, raw**  
3/4 lbs (336g)

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

## Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

### 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 3 meals:

**string cheese**  
3 stick (84g)

1. The recipe has no instructions.

### Sugar snap peas

1 1/2 cup - 41 cals ● 3g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

**Sugar snap peas**  
1 1/2 cup, whole (95g)

For all 3 meals:

**Sugar snap peas**  
4 1/2 cup, whole (284g)

1. Season with salt if desired and serve raw.



## Snacks 2 [↗](#)

Eat on day 4 and day 5

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

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

1. The recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6 and day 7

### Skillet cauliflower tots

160 cals ● 8g protein ● 11g fat ● 5g carbs ● 2g fiber



For single meal:

**cauliflower**  
3/4 cup(s), riced (96g)  
**eggs**  
3/4 extra large (42g)  
**oil**  
1/2 tbsp (8mL)  
**hot sauce**  
1 tsp (6mL)  
**garlic, diced**  
1/4 tbsp (2g)

For all 2 meals:

**cauliflower**  
1 1/2 cup(s), riced (192g)  
**eggs**  
1 1/2 extra large (84g)  
**oil**  
1 tbsp (15mL)  
**hot sauce**  
3/4 tbsp (11mL)  
**garlic, diced**  
1/2 tbsp (4g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**firm tofu**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**firm tofu**  
1 lbs (454g)

1. Slice tofu 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.

### Roasted rosemary sweet potatoes

105 cals ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**rosemary, dried**  
4 dash (1g)  
**sweet potatoes, cut into 1" cubes**  
1/3 sweetpotato, 5" long (70g)

For all 2 meals:

**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.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Veggie burger patty

1 patty - 127 cals ● 10g protein ● 3g fat ● 11g carbs ● 4g fiber



For single meal:

**veggie burger patty**  
1 patty (71g)

For all 2 meals:

**veggie burger patty**  
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

### Buttery spinach cauliflower mince

1 1/2 cup(s) - 96 cals ● 5g protein ● 6g fat ● 2g carbs ● 4g fiber



For single meal:

**butter**  
1/2 tbsp (7g)  
**frozen riced cauliflower**  
1 1/2 cup, frozen (159g)  
**garlic, minced**  
1 1/2 clove (5g)  
**fresh spinach, chopped**  
3/4 cup(s) (23g)

For all 2 meals:

**butter**  
1 tbsp (14g)  
**frozen riced cauliflower**  
3 cup, frozen (318g)  
**garlic, minced**  
3 clove (9g)  
**fresh spinach, chopped**  
1 1/2 cup(s) (45g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, garlic, butter, and some salt and pepper. Mix well until butter has melted.
4. Serve.

### Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber





For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**butter**  
4 tsp (18g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**butter**  
2 2/3 tbsp (36g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

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## Dinner 3 [🔗](#)

Eat on day 5 and day 6

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### Pan seared breaded tilapia

6 oz - 301 cals ● 36g protein ● 12g fat ● 12g carbs ● 1g fiber



For single meal:

**all-purpose flour**  
1/8 cup(s) (16g)  
**tilapia, raw**  
6 oz (168g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**olive oil**  
1/4 tbsp (4mL)  
**butter, melted**  
1/2 tbsp (7g)

For all 2 meals:

**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.

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### Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen sugar snap peas**  
2/3 cup (96g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)  
**olive oil**  
2 tsp (10mL)

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

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## Dinner 4 [↗](#)

Eat on day 7

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### Honey dijon salmon

4 1/2 oz - 301 cal ● 27g protein ● 18g fat ● 7g carbs ● 1g fiber



Makes 4 1/2 oz

**salmon**  
3/4 fillet/s (6 oz each) (128g)  
**dijon mustard**  
3/4 tbsp (11g)  
**honey**  
1 tsp (8g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic, minced**  
3/8 clove (1g)

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.

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### Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

- black pepper**  
3/4 dash (0g)
- salt**  
3/4 dash (0g)
- frozen broccoli**  
1 1/2 cup (137g)
- olive oil**  
1/2 tbsp (8mL)

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

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

1 scoop - 109 cal● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

- protein powder**  
1 scoop (1/3 cup ea) (31g)
- water**  
1 cup(s) (237mL)

For all 7 meals:

- protein powder**  
7 scoop (1/3 cup ea) (217g)
- water**  
7 cup(s) (1659mL)

1. The recipe has no instructions.