

Meal Plan - 1500 calorie low carb 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

1483 cals ● 156g protein (42%) ● 68g fat (41%) ● 48g carbs (13%) ● 14g fiber (4%)

Breakfast

260 cals, 21g protein, 5g net carbs, 17g fat



Sauteed Kale

61 cals



High protein scrambled eggs

198 cals

Snacks

175 cals, 13g protein, 4g net carbs, 10g fat



Raspberries

1/2 cup(s)- 36 cals



Boiled eggs

2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Lunch

490 cals, 71g protein, 19g net carbs, 14g fat



Corn

92 cals



Cajun tilapia

12 oz- 396 cals

Dinner

455 cals, 27g protein, 20g net carbs, 26g fat



Grapefruit

1/2 grapefruit- 59 cals



Pan fried salmon poke bowl

394 cals

Day 2

1485 cals ● 171g protein (46%) ● 64g fat (39%) ● 43g carbs (12%) ● 14g fiber (4%)

Breakfast

260 cals, 21g protein, 5g net carbs, 17g fat



Sauteed Kale
61 cals



High protein scrambled eggs
198 cals

Snacks

175 cals, 13g protein, 4g net carbs, 10g fat



Raspberries
1/2 cup(s)- 36 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

490 cals, 71g protein, 19g net carbs, 14g fat



Corn
92 cals



Cajun tilapia
12 oz- 396 cals

Dinner

455 cals, 42g protein, 15g net carbs, 23g fat



Simple roasted cod
8 oz- 297 cals



Roasted carrots
3 carrots(s)- 158 cals

Day 3

1461 cals ● 106g protein (29%) ● 88g fat (54%) ● 34g carbs (9%) ● 27g fiber (7%)

Breakfast

260 cals, 21g protein, 5g net carbs, 17g fat



Sauteed Kale
61 cals



High protein scrambled eggs
198 cals

Snacks

175 cals, 13g protein, 4g net carbs, 10g fat



Raspberries
1/2 cup(s)- 36 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

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



Pan roasted zucchini
208 cals



Basic tempeh
4 oz- 295 cals

Dinner

415 cals, 20g protein, 8g net carbs, 29g fat



Basic tofu
6 oz- 257 cals



Garlic collard greens
159 cals

Day 4

1504 cals ● 109g protein (29%) ● 84g fat (50%) ● 46g carbs (12%) ● 32g fiber (8%)

Breakfast

260 cals, 15g protein, 9g net carbs, 15g fat



Kale & eggs
189 cals



Raspberries
1 cup(s)- 72 cals

Snacks

215 cals, 22g protein, 12g net carbs, 8g fat



String cheese
1 stick(s)- 83 cals



Yogurt and cucumber
132 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

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



Pan roasted zucchini
208 cals



Basic tempeh
4 oz- 295 cals

Dinner

415 cals, 20g protein, 8g net carbs, 29g fat



Basic tofu
6 oz- 257 cals



Garlic collard greens
159 cals

Day 5

1443 cals ● 122g protein (34%) ● 78g fat (48%) ● 40g carbs (11%) ● 24g fiber (7%)

Breakfast

260 cals, 15g protein, 9g net carbs, 15g fat



Kale & eggs
189 cals



Raspberries
1 cup(s)- 72 cals

Snacks

215 cals, 22g protein, 12g net carbs, 8g fat



String cheese
1 stick(s)- 83 cals



Yogurt and cucumber
132 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

450 cals, 34g protein, 13g net carbs, 24g fat



Tomato and avocado salad
235 cals



Carrot sticks
1 carrot(s)- 27 cals



Cajun cod
6 oz- 187 cals

Dinner

410 cals, 26g protein, 6g net carbs, 30g fat



Salmon with tomato and herbs
4 oz- 302 cals



Buttered sugar snap peas
107 cals

Day 6

1511 cals ● 146g protein (39%) ● 74g fat (44%) ● 37g carbs (10%) ● 27g fiber (7%)

Breakfast

280 cals, 17g protein, 4g net carbs, 21g fat



Simple sauteed spinach
100 cals



Creamy scrambled eggs
182 cals

Snacks

220 cals, 20g protein, 7g net carbs, 11g fat



Sunflower seeds
90 cals



Protein shake (milk)
129 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

450 cals, 34g protein, 13g net carbs, 24g fat



Tomato and avocado salad
235 cals



Carrot sticks
1 carrot(s)- 27 cals



Cajun cod
6 oz- 187 cals

Dinner

455 cals, 51g protein, 12g net carbs, 17g fat



Cajun lime shrimp
6 2/3 oz- 179 cals



Milk
1/2 cup(s)- 75 cals



Garlic collard greens
199 cals

Day 7

1452 cals ● 135g protein (37%) ● 65g fat (40%) ● 55g carbs (15%) ● 27g fiber (8%)

Breakfast

280 cals, 17g protein, 4g net carbs, 21g fat



Simple sauteed spinach
100 cals



Creamy scrambled eggs
182 cals

Snacks

220 cals, 20g protein, 7g net carbs, 11g fat



Sunflower seeds
90 cals



Protein shake (milk)
129 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

390 cals, 23g protein, 30g net carbs, 15g fat



Simple mixed greens salad
136 cals



Veggie burger patty
2 patty- 254 cals

Dinner

455 cals, 51g protein, 12g net carbs, 17g fat



Cajun lime shrimp
6 2/3 oz- 179 cals



Milk
1/2 cup(s)- 75 cals



Garlic collard greens
199 cals

Vegetables and Vegetable Products

- ☐ frozen corn kernels
1 1/3 cup (181g)
- ☐ kale leaves
4 cup, chopped (160g)
- ☐ carrots
6 medium (369g)
- ☐ cucumber
1 1/4 cucumber (8-1/4") (376g)
- ☐ zucchini
2 1/2 medium (490g)
- ☐ collard greens
2 1/4 lbs (1021g)
- ☐ garlic
7 3/4 clove(s) (23g)
- ☐ onion
1/3 medium (2-1/2" dia) (33g)
- ☐ tomatoes
1 1/4 medium whole (2-3/5" dia) (154g)
- ☐ frozen sugar snap peas
2/3 cup (96g)
- ☐ fresh spinach
8 cup(s) (240g)

Spices and Herbs

- ☐ cajun seasoning
3/4 oz (21g)
- ☐ black pepper
11 g (11g)
- ☐ oregano, dried
1/2 tbsp, ground (3g)
- ☐ garlic powder
1 3/4 tsp (5g)
- ☐ salt
3/4 oz (18g)
- ☐ thyme, dried
1 1/2 dash, ground (0g)

Fats and Oils

- ☐ oil
5 oz (149mL)
- ☐ olive oil
3 oz (95mL)
- ☐ salad dressing
3 tbsp (45mL)

Finfish and Shellfish Products

Fruits and Fruit Juices

- ☐ raspberries
3 1/2 cup (431g)
- ☐ Grapefruit
1/2 large (approx 4-1/2" dia) (166g)
- ☐ lime juice
1 fl oz (33mL)
- ☐ avocados
1 1/4 avocado(s) (251g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ limes
5/6 fruit (2" dia) (56g)

Dairy and Egg Products

- ☐ eggs
20 large (1000g)
- ☐ low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- ☐ string cheese
2 stick (56g)
- ☐ lowfat greek yogurt
1 cup (280g)
- ☐ butter
4 tsp (18g)
- ☐ whole milk
2 cup(s) (511mL)

Beverages

- ☐ protein powder
8 scoop (1/3 cup ea) (248g)
- ☐ water
7 cup(s) (1659mL)

Other

- ☐ teriyaki sauce
1 tbsp (15mL)
- ☐ mixed greens
3 cup (90g)
- ☐ veggie burger patty
2 patty (142g)

Legumes and Legume Products

- ☐ tempeh
1/2 lbs (227g)
- ☐ firm tofu
3/4 lbs (340g)

- ☐ tilapia, raw
1 1/2 lbs (672g)
 - ☐ salmon
1/2 lbs (227g)
 - ☐ cod, raw
1 1/4 lbs (567g)
 - ☐ shrimp, raw
13 1/4 oz (378g)
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Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

kale leaves
1 cup, chopped (40g)
oil
1 tsp (5mL)

For all 3 meals:

kale leaves
3 cup, chopped (120g)
oil
1 tbsp (15mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

High protein scrambled eggs

198 cals ● 20g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
oil
1/2 tsp (3mL)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 3 meals:

eggs
6 large (300g)
oil
1/2 tbsp (8mL)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
salt
1 dash (0g)

For all 2 meals:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)
garlic, diced
1/2 clove (2g)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Creamy scrambled eggs

182 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1/8 cup(s) (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
1/8 cup(s) (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

frozen corn kernels
2/3 cup (91g)

For all 2 meals:

frozen corn kernels
1 1/3 cup (181g)

1. Prepare according to instructions on package.
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Cajun tilapia

12 oz - 396 cals ● 68g protein ● 13g fat ● 2g carbs ● 0g fiber



For single meal:

cajun seasoning
1/2 tbsp (3g)
oil
1/2 tbsp (8mL)
tilapia, raw
3/4 lbs (336g)

For all 2 meals:

cajun seasoning
1 tbsp (7g)
oil
1 tbsp (15mL)
tilapia, raw
1 1/2 lbs (672g)

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking dish.
 2. Place the Tilapia fillets in the bottom of the baking dish and coat both sides with the oil and Cajun seasoning.
 3. Cover the dish and bake for 15 to 20 minutes until fish is cooked and flakes easily with a fork.
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Lunch 2 [↗](#)

Eat on day 3 and day 4

Pan roasted zucchini

208 cals ● 4g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

zucchini
1 1/4 medium (245g)
black pepper
2 tsp, ground (4g)
oregano, dried
5 dash, ground (1g)
garlic powder
5 dash (2g)
salt
5 dash (4g)
olive oil
1 1/4 tbsp (19mL)

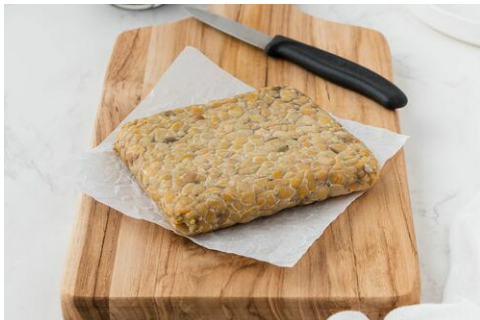
For all 2 meals:

zucchini
2 1/2 medium (490g)
black pepper
1 1/4 tbsp, ground (9g)
oregano, dried
1 1/4 tsp, ground (2g)
garlic powder
1 1/4 tsp (4g)
salt
1 1/4 tsp (8g)
olive oil
2 1/2 tbsp (38mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

tempeh
4 oz (113g)
oil
2 tsp (10mL)

For all 2 meals:

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

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 3 [↗](#)

Eat on day 5 and day 6

Tomato and avocado salad

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



For single meal:

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)

For all 2 meals:

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.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Cajun cod

6 oz - 187 cals ● 31g protein ● 6g fat ● 2g carbs ● 1g fiber



For single meal:

cod, raw
6 oz (170g)
cajun seasoning
2 tsp (5g)
oil
1 tsp (5mL)

For all 2 meals:

cod, raw
3/4 lbs (340g)
cajun seasoning
4 tsp (9g)
oil
2 tsp (10mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Lunch 4 [🔗](#)

Eat on day 7

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

veggie burger patty
2 patty (142g)

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

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 3 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.
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Boiled eggs

2 egg(s) - 139 cals ● 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.
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Snacks 2 [🔗](#)

Eat on day 4 and day 5

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.
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Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)
lowfat greek yogurt
1/2 cup (140g)

For all 2 meals:

cucumber
1 cucumber (8-1/4") (301g)
lowfat greek yogurt
1 cup (280g)

1. Slice cucumber and dip in yogurt.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:
sunflower kernels
1/2 oz (14g)

For all 2 meals:
sunflower kernels
1 oz (28g)

1. The recipe has no instructions.
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Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:
whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:
whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
 2. Serve.
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Dinner 1 [↗](#)

Eat on day 1

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1/2 grapefruit

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

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)

Pan fried salmon poke bowl

394 cals ● 26g protein ● 26g fat ● 9g carbs ● 5g fiber



oil

1/4 tbsp (4mL)

salmon

4 oz (113g)

teriyaki sauce

1 tbsp (15mL)

lime juice

1/2 tsp (3mL)

avocados, cubed

1/4 avocado(s) (50g)

carrots, thinly sliced

1/2 medium (31g)

cucumber, cubed

1/4 cucumber (8-1/4") (75g)

1. Heat oil in skillet over medium heat.
2. Season salmon with salt and pepper to taste.
3. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the salmon over with a spatula, and cook until it feels firm to the touch and the skin is crisp if desired, about 3 minutes more. Remove from heat and cut into bite-sized pieces. Set aside.
4. Assemble bowl by arranging avocado, cucumber, carrots, and salmon and drizzling lime juice and teriyaki sauce on top. Serve.

Dinner 2 [↗](#)

Eat on day 2

Simple roasted cod

8 oz - 297 cals ● 40g protein ● 15g fat ● 0g carbs ● 0g fiber



Makes 8 oz

olive oil

1 tbsp (15mL)

cod, raw

1/2 lbs (227g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Roasted carrots

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



Makes 3 carrots(s)

oil

1/2 tbsp (8mL)

carrots, sliced

3 large (216g)

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 30 minutes until soft. Serve.
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Dinner 3 [↗](#)

Eat on day 3 and day 4

Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
firm tofu
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
firm tofu
3/4 lbs (340g)

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.
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Garlic collard greens

159 cal ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



For single meal:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
salt
1 dash (1g)
garlic, minced
1 1/2 clove(s) (5g)

For all 2 meals:

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

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.
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Dinner 4 [↗](#)

Eat on day 5

Salmon with tomato and herbs

4 oz - 302 cals ● 24g protein ● 22g fat ● 2g carbs ● 1g fiber



Makes 4 oz

olive oil

1/2 tbsp (8mL)

salt

2/3 dash (0g)

black pepper

1 1/3 dash (0g)

lemon juice

1 tsp (5mL)

oregano, dried

1 1/3 dash, ground (0g)

thyme, dried

1 1/3 dash, ground (0g)

salmon

2/3 fillet/s (6 oz each) (113g)

onion

1 tsp chopped (3g)

tomatoes, chopped

1/2 plum tomato (31g)

1. Preheat the oven to 400 F (200 C).
2. Sprinkle salmon with 1/3 of the olive oil, salt, and pepper.
3. Stir the tomatoes, shallots, remaining olive oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.
4. Place each salmon fillet, oiled side down, atop its own individual sheet of foil.
5. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed.
6. Place the foil packets on a heavy large baking sheet.
7. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

butter

2 tsp (9g)

frozen sugar snap peas

2/3 cup (96g)

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

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Cajun lime shrimp

6 2/3 oz - 179 cal ● 38g protein ● 3g fat ● 1g carbs ● 0g fiber



For single meal:

cajun seasoning

1 1/4 tsp (3g)

olive oil

1 1/4 tsp (6mL)

limes, juiced

3/8 fruit (2" dia) (28g)

shrimp, raw, peeled and deveined

6 2/3 oz (189g)

For all 2 meals:

cajun seasoning

2 1/2 tsp (6g)

olive oil

2 1/2 tsp (13mL)

limes, juiced

5/6 fruit (2" dia) (56g)

shrimp, raw, peeled and deveined

13 1/3 oz (378g)

1. Mix together the Cajun seasoning, lime juice, and oil in a resealable plastic bag. Add the shrimp, coat with marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 20 minutes.
2. Remove the shrimp from the marinade, and shake off excess. Discard the remaining marinade.
3. Cook the shrimp on grill or in pan until they are bright pink on the outside and the inside is no longer transparent, about 2-3 minutes per side.
4. Serve.

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup(s) (120mL)

For all 2 meals:

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Garlic collard greens

199 cal ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens
10 oz (284g)
oil
2 tsp (9mL)
salt
1 1/4 dash (1g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
salt
1/3 tsp (2g)
garlic, minced
3 3/4 clove(s) (11g)

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 scoop - 109 cals ● 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.
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