

Meal Plan - 1600 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

1578 cals ● 112g protein (28%) ● 93g fat (53%) ● 56g carbs (14%) ● 18g fiber (4%)

Breakfast

270 cals, 20g protein, 4g net carbs, 20g fat



String cheese

1 stick(s)- 83 cals



Kale & eggs

189 cals

Snacks

190 cals, 9g protein, 9g net carbs, 12g fat



Sunflower seeds

90 cals



Milk

2/3 cup(s)- 99 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Lunch

545 cals, 34g protein, 24g net carbs, 32g fat



Protein greek yogurt

1 container- 139 cals



Roasted almonds

1/4 cup(s)- 222 cals



Clam chowder

1/2 can(s)- 182 cals

Dinner

465 cals, 25g protein, 19g net carbs, 29g fat



Avocado tuna salad stuffed pepper

1 half pepper(s)- 228 cals



Simple mixed greens salad

237 cals

Day 2

1553 cals ● 107g protein (28%) ● 92g fat (53%) ● 59g carbs (15%) ● 15g fiber (4%)

Breakfast

270 cals, 20g protein, 4g net carbs, 20g fat



[String cheese](#)

1 stick(s)- 83 cals



[Kale & eggs](#)

189 cals

Snacks

190 cals, 9g protein, 9g net carbs, 12g fat



[Sunflower seeds](#)

90 cals



[Milk](#)

2/3 cup(s)- 99 cals

Protein Supplement(s)

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



[Protein shake](#)

1 scoop- 109 cals

Lunch

545 cals, 34g protein, 24g net carbs, 32g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Roasted almonds](#)

1/4 cup(s)- 222 cals



[Clam chowder](#)

1/2 can(s)- 182 cals

Dinner

440 cals, 20g protein, 22g net carbs, 28g fat



[Roasted rosemary sweet potatoes](#)

158 cals



[Cooked peppers](#)

3/4 bell pepper(s)- 90 cals



[Simple salmon](#)

3 oz- 192 cals

Day 3

1630 cals ● 134g protein (33%) ● 98g fat (54%) ● 42g carbs (10%) ● 12g fiber (3%)

Breakfast

270 cals, 20g protein, 4g net carbs, 20g fat



[String cheese](#)

1 stick(s)- 83 cals



[Kale & eggs](#)

189 cals

Snacks

190 cals, 9g protein, 9g net carbs, 12g fat



[Sunflower seeds](#)

90 cals



[Milk](#)

2/3 cup(s)- 99 cals

Protein Supplement(s)

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



[Protein shake](#)

1 scoop- 109 cals

Lunch

525 cals, 43g protein, 22g net carbs, 27g fat



[Simple mixed greens salad](#)

102 cals



[Almond crusted tilapia](#)

6 oz- 424 cals

Dinner

535 cals, 38g protein, 6g net carbs, 38g fat



[Salmon with tomato and herbs](#)

6 oz- 453 cals



[Olive oil drizzled sugar snap peas](#)

82 cals

Day 4

1546 cals ● 126g protein (33%) ● 84g fat (49%) ● 51g carbs (13%) ● 21g fiber (5%)

Breakfast

205 cals, 14g protein, 11g net carbs, 10g fat



Strawberries

1 cup(s)- 52 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Snacks

170 cals, 7g protein, 10g net carbs, 8g fat



Bell pepper strips and hummus

170 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Lunch

525 cals, 43g protein, 22g net carbs, 27g fat



Simple mixed greens salad

102 cals



Almond crusted tilapia

6 oz- 424 cals

Dinner

535 cals, 38g protein, 6g net carbs, 38g fat



Salmon with tomato and herbs

6 oz- 453 cals



Olive oil drizzled sugar snap peas

82 cals

Day 5

1614 cals ● 127g protein (32%) ● 89g fat (50%) ● 48g carbs (12%) ● 27g fiber (7%)

Breakfast

205 cals, 14g protein, 11g net carbs, 10g fat



Strawberries

1 cup(s)- 52 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Snacks

170 cals, 7g protein, 10g net carbs, 8g fat



Bell pepper strips and hummus

170 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Lunch

540 cals, 33g protein, 8g net carbs, 39g fat



Roasted almonds

1/3 cup(s)- 277 cals



Simple sardine salad

265 cals

Dinner

585 cals, 48g protein, 18g net carbs, 32g fat



Milk

1 cup(s)- 149 cals



Avocado tuna salad

436 cals

Day 6

1582 cals ● 127g protein (32%) ● 85g fat (49%) ● 47g carbs (12%) ● 29g fiber (7%)

Breakfast

210 cals, 11g protein, 5g net carbs, 15g fat



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



Scrambled eggs with kale, tomatoes, rosemary
101 cals

Snacks

175 cals, 25g protein, 4g net carbs, 6g fat



Tuna cucumber bites
173 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

515 cals, 32g protein, 18g net carbs, 31g fat



Honey dijon salmon
4 oz- 268 cals



Olive oil drizzled sugar snap peas
245 cals

Dinner

575 cals, 35g protein, 19g net carbs, 33g fat



Crack slaw with tempeh
422 cals



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

Day 7

1582 cals ● 127g protein (32%) ● 85g fat (49%) ● 47g carbs (12%) ● 29g fiber (7%)

Breakfast

210 cals, 11g protein, 5g net carbs, 15g fat



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



Scrambled eggs with kale, tomatoes, rosemary
101 cals

Snacks

175 cals, 25g protein, 4g net carbs, 6g fat



Tuna cucumber bites
173 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

515 cals, 32g protein, 18g net carbs, 31g fat



Honey dijon salmon
4 oz- 268 cals



Olive oil drizzled sugar snap peas
245 cals

Dinner

575 cals, 35g protein, 19g net carbs, 33g fat



Crack slaw with tempeh
422 cals



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

Other

- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ mixed greens
12 1/4 cup (368g)
- ☐ vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
- ☐ coleslaw mix
4 cup (360g)

Nut and Seed Products

- ☐ almonds
1/2 lbs (206g)
- ☐ sunflower kernels
2 1/3 oz (67g)

Soups, Sauces, and Gravies

- ☐ canned clam chowder
1 can (18.5 oz) (519g)
- ☐ hot sauce
2 tsp (10mL)

Dairy and Egg Products

- ☐ whole milk
3 cup(s) (720mL)
- ☐ string cheese
3 stick (84g)
- ☐ eggs
12 large (600g)

Beverages

- ☐ protein powder
7 scoop (1/3 cup ea) (217g)
- ☐ water
1/2 gallon (1728mL)

Fats and Oils

- ☐ oil
3 tbsp (48mL)
- ☐ salad dressing
9 3/4 tbsp (146mL)
- ☐ olive oil
3 oz (92mL)

Vegetables and Vegetable Products

Spices and Herbs

- ☐ salt
1/4 oz (7g)
- ☐ black pepper
1 1/2 g (2g)
- ☐ rosemary, dried
1 g (1g)
- ☐ oregano, dried
4 dash, ground (1g)
- ☐ thyme, dried
4 dash, ground (1g)
- ☐ balsamic vinegar
1 tsp (5mL)
- ☐ dijon mustard
4 tsp (20g)

Fruits and Fruit Juices

- ☐ avocados
3/4 avocado(s) (151g)
- ☐ lime juice
1/2 tbsp (8mL)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ strawberries
2 cup, whole (288g)

Finfish and Shellfish Products

- ☐ canned tuna
2 3/4 can (480g)
- ☐ salmon
1 1/2 lbs (652g)
- ☐ tilapia, raw
3/4 lbs (336g)
- ☐ sardines, canned in oil
1 can (92g)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/3 cup(s) (42g)

Legumes and Legume Products

- ☐ hummus
2/3 cup (162g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ roasted peanuts
1/3 cup (49g)

- ☐ **kale leaves**
2 1/2 cup, chopped (100g)
 - ☐ **bell pepper**
3 large (517g)
 - ☐ **onion**
2/3 medium (2-1/2" dia) (71g)
 - ☐ **sweet potatoes**
1/2 sweetpotato, 5" long (105g)
 - ☐ **tomatoes**
2 medium whole (2-3/5" dia) (228g)
 - ☐ **frozen sugar snap peas**
5 1/3 cup (768g)
 - ☐ **cucumber**
3/4 cucumber (8-1/4") (226g)
 - ☐ **garlic**
2 2/3 clove (8g)
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Sweets

- ☐ **honey**
2 tsp (14g)

Breakfast 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.

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 3 meals:

oil
1 tbsp (15mL)
eggs
6 large (300g)
kale leaves
1 1/2 cup, chopped (60g)
salt
3 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.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Strawberries

1 cup(s) - 52 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

strawberries
1 cup, whole (144g)

For all 2 meals:

strawberries
2 cup, whole (288g)

1. The recipe has no instructions.

Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 2 meals:

eggs
4 large (200g)
bell pepper, chopped
1 small (74g)
onion, diced
1/2 small (35g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

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.

Scrambled eggs with kale, tomatoes, rosemary

101 cal ● 7g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

oil
1/4 tsp (1mL)
water
1 1/2 tbsp (23mL)
balsamic vinegar
1/2 tsp (3mL)
rosemary, dried
1 dash (0g)
tomatoes
4 tbsp, chopped (45g)
eggs
1 large (50g)
kale leaves
1/2 cup, chopped (20g)

For all 2 meals:

oil
1/2 tsp (3mL)
water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 large (100g)
kale leaves
1 cup, chopped (40g)

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.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Protein greek yogurt

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



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Clam chowder

1/2 can(s) - 182 cals ● 6g protein ● 11g fat ● 13g carbs ● 2g fiber



For single meal:

canned clam chowder
1/2 can (18.5 oz) (260g)

For all 2 meals:

canned clam chowder
1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Almond crusted tilapia

6 oz - 424 cals ● 41g protein ● 20g fat ● 16g carbs ● 4g fiber



For single meal:

almonds
4 tbsp, slivered (27g)
tilapia, raw
6 oz (168g)
all-purpose flour
1/6 cup(s) (21g)
salt
1 dash (0g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

almonds
1/2 cup, slivered (54g)
tilapia, raw
3/4 lbs (336g)
all-purpose flour
1/3 cup(s) (42g)
salt
2 dash (1g)
olive oil
1 tbsp (15mL)

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.

Lunch 3 [↗](#)

Eat on day 5

Roasted almonds

1/3 cup(s) - 277 cal ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

5 tbsp, whole (45g)

1. The recipe has no instructions.

Simple sardine salad

265 cal ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

vinaigrette, store-bought, any flavor

1 1/2 tbsp (23mL)

sardines, canned in oil, drained

1 can (92g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.
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Lunch 4 [↗](#)

Eat on day 6 and day 7

Honey dijon salmon

4 oz - 268 cal ● 24g protein ● 16g fat ● 6g carbs ● 0g fiber



For single meal:

salmon
2/3 fillet/s (6 oz each) (113g)
dijon mustard
2 tsp (10g)
honey
1 tsp (7g)
olive oil
1/4 tbsp (3mL)
garlic, minced
1/3 clove (1g)

For all 2 meals:

salmon
1 1/3 fillet/s (6 oz each) (227g)
dijon mustard
4 tsp (20g)
honey
2 tsp (14g)
olive oil
1/2 tbsp (7mL)
garlic, minced
2/3 clove (2g)

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.

Olive oil drizzled sugar snap peas

245 cal ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen sugar snap peas
4 cup (576g)
olive oil
2 tbsp (30mL)

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

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

Sunflower seeds

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



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

For all 3 meals:
sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.

Milk

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



For single meal:
whole milk
2/3 cup(s) (160mL)

For all 3 meals:
whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

For all 2 meals:

hummus
2/3 cup (162g)
bell pepper
2 medium (238g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Tuna cucumber bites

173 cals ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

canned tuna
1 1/2 packet (111g)
cucumber, sliced
3/8 cucumber (8-1/4") (113g)

For all 2 meals:

canned tuna
3 packet (222g)
cucumber, sliced
3/4 cucumber (8-1/4") (226g)

1. Slice the cucumber and top slices with tuna.
 2. Season to taste with salt and pepper.
 3. Serve.
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Dinner 1 [↗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cal ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



Makes 1 half pepper(s)

avocados

1/4 avocado(s) (50g)

lime juice

1/2 tsp (3mL)

salt

1/2 dash (0g)

black pepper

1/2 dash (0g)

bell pepper

1/2 large (82g)

onion

1/8 small (9g)

canned tuna, drained

1/2 can (86g)

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.

Simple mixed greens salad

237 cal ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens

5 1/4 cup (158g)

salad dressing

1/3 cup (79mL)

1. Mix greens and dressing in a small bowl. Serve.
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Dinner 2 [↗](#)

Eat on day 2

Roasted rosemary sweet potatoes

158 cals ● 2g protein ● 7g fat ● 18g carbs ● 4g fiber



olive oil
1/2 tbsp (8mL)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
rosemary, dried
1/4 tbsp (1g)
sweet potatoes, cut into 1" cubes
1/2 sweetpotato, 5" long (105g)

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.

Cooked peppers

3/4 bell pepper(s) - 90 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 3/4 bell pepper(s)

oil
1/2 tbsp (8mL)
bell pepper, seeded & cut into strips
3/4 large (123g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Simple salmon

3 oz - 192 cals ● 17g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 3 oz

salmon

3 oz (85g)

oil

1/2 tsp (3mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Salmon with tomato and herbs

6 oz - 453 cals ● 35g protein ● 33g fat ● 3g carbs ● 1g fiber



For single meal:

olive oil
3/4 tbsp (11mL)
salt
1 dash (0g)
black pepper
2 dash (0g)
lemon juice
1/2 tbsp (8mL)
oregano, dried
2 dash, ground (0g)
thyme, dried
2 dash, ground (0g)
salmon
1 fillet/s (6 oz each) (170g)
onion
1/2 tbsp chopped (5g)
tomatoes, chopped
3/4 plum tomato (47g)

For all 2 meals:

olive oil
1 1/2 tbsp (23mL)
salt
2 dash (1g)
black pepper
4 dash (0g)
lemon juice
1 tbsp (15mL)
oregano, dried
4 dash, ground (1g)
thyme, dried
4 dash, ground (1g)
salmon
2 fillet/s (6 oz each) (340g)
onion
1 tbsp chopped (10g)
tomatoes, chopped
1 1/2 plum tomato (93g)

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.

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 5

Milk

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



Makes 1 cup(s)

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

mixed greens

1 cup (30g)

canned tuna

1 can (172g)

tomatoes

4 tbsp, chopped (45g)

onion, minced

1/4 small (18g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

coleslaw mix
2 cup (180g)
hot sauce
1 tsp (5mL)
sunflower kernels
1 tbsp (12g)
oil
2 tsp (10mL)
garlic, minced
1 clove (3g)
tempeh, cubed
4 oz (113g)

For all 2 meals:

coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)
tempeh, cubed
1/2 lbs (227g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

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.

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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