

Meal Plan - 1700 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

1718 cals ● 114g protein (27%) ● 111g fat (58%) ● 48g carbs (11%) ● 17g fiber (4%)

Breakfast

255 cals, 10g protein, 11g net carbs, 18g fat



Roasted almonds

1/8 cup(s)- 111 cals



Boiled eggs

1 egg(s)- 69 cals



Plantain chips

75 cals

Snacks

200 cals, 6g protein, 6g net carbs, 15g fat



Walnuts

1/6 cup(s)- 117 cals



Bell pepper strips and hummus

85 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Lunch

555 cals, 25g protein, 12g net carbs, 43g fat



Mixed nuts

1/6 cup(s)- 163 cals



Low carb asian tofu bowl

393 cals

Dinner

595 cals, 49g protein, 19g net carbs, 36g fat



Chili lime salmon

8 oz- 474 cals



Buttery white rice

121 cals

Day 2

1777 cals ● 133g protein (30%) ● 112g fat (57%) ● 34g carbs (8%) ● 24g fiber (5%)

Breakfast

255 cals, 10g protein, 11g net carbs, 18g fat



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



Boiled eggs
1 egg(s)- 69 cals



Plantain chips
75 cals

Snacks

200 cals, 6g protein, 6g net carbs, 15g fat



Walnuts
1/6 cup(s)- 117 cals



Bell pepper strips and hummus
85 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

635 cals, 54g protein, 2g net carbs, 45g fat



Roasted tomatoes
1/2 tomato(es)- 30 cals



Baked pesto salmon
9 oz- 606 cals

Dinner

575 cals, 39g protein, 14g net carbs, 34g fat



Basic tempeh
6 oz- 443 cals



Buttered broccoli
1 cup(s)- 134 cals

Day 3

1698 cals ● 127g protein (30%) ● 98g fat (52%) ● 49g carbs (12%) ● 28g fiber (7%)

Breakfast

255 cals, 10g protein, 11g net carbs, 18g fat



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



Boiled eggs
1 egg(s)- 69 cals



Plantain chips
75 cals

Snacks

235 cals, 11g protein, 16g net carbs, 12g fat



Hummus toast
1 slice(s)- 146 cals



Sunflower seeds
90 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

520 cals, 42g protein, 8g net carbs, 34g fat



Salmon with herb mustard yogurt sauce
410 cals



Green beans with almonds & lemon
111 cals

Dinner

575 cals, 39g protein, 14g net carbs, 34g fat



Basic tempeh
6 oz- 443 cals



Buttered broccoli
1 cup(s)- 134 cals

Day 4

1668 cals ● 125g protein (30%) ● 98g fat (53%) ● 53g carbs (13%) ● 20g fiber (5%)

Breakfast

265 cals, 16g protein, 18g net carbs, 13g fat



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



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

235 cals, 11g protein, 16g net carbs, 12g fat



Hummus toast
1 slice(s)- 146 cals



Sunflower seeds
90 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

520 cals, 42g protein, 8g net carbs, 34g fat



Salmon with herb mustard yogurt sauce
410 cals



Green beans with almonds & lemon
111 cals

Dinner

535 cals, 32g protein, 10g net carbs, 38g fat



Honey dijon salmon
4 1/2 oz- 301 cals



Buttered broccoli
1 3/4 cup(s)- 234 cals

Day 5

1710 cals ● 116g protein (27%) ● 97g fat (51%) ● 64g carbs (15%) ● 30g fiber (7%)

Breakfast

265 cals, 16g protein, 18g net carbs, 13g fat



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



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

235 cals, 11g protein, 16g net carbs, 12g fat



Hummus toast
1 slice(s)- 146 cals



Sunflower seeds
90 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

575 cals, 27g protein, 13g net carbs, 38g fat



Basic tofu
6 oz- 257 cals



Garlic collard greens
319 cals

Dinner

525 cals, 37g protein, 16g net carbs, 34g fat



Tilapia with almond gremolata
1 tilapia fillet(s)- 465 cals



Fruit juice
1/2 cup(s)- 57 cals

Day 6

1628 cals ● 132g protein (32%) ● 95g fat (52%) ● 48g carbs (12%) ● 14g fiber (3%)

Breakfast

260 cals, 23g protein, 3g net carbs, 17g fat



Vegan breakfast sausage links
2 links- 75 cals



Goat cheese & tomato mini egg muffin
3 mini muffin(s)- 183 cals

Snacks

240 cals, 20g protein, 8g net carbs, 13g fat



Protein shake (milk)
129 cals



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

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

500 cals, 28g protein, 21g net carbs, 31g fat



Roasted peanuts
1/6 cup(s)- 173 cals



String cheese
3 stick(s)- 248 cals



Grapes
77 cals

Dinner

525 cals, 37g protein, 16g net carbs, 34g fat



Tilapia with almond gremolata
1 tilapia fillet(s)- 465 cals



Fruit juice
1/2 cup(s)- 57 cals

Day 7

1692 cals ● 126g protein (30%) ● 92g fat (49%) ● 62g carbs (15%) ● 30g fiber (7%)

Breakfast

260 cals, 23g protein, 3g net carbs, 17g fat



Vegan breakfast sausage links
2 links- 75 cals



Goat cheese & tomato mini egg muffin
3 mini muffin(s)- 183 cals

Snacks

240 cals, 20g protein, 8g net carbs, 13g fat



Protein shake (milk)
129 cals



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

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Lunch

500 cals, 28g protein, 21g net carbs, 31g fat



Roasted peanuts
1/6 cup(s)- 173 cals



String cheese
3 stick(s)- 248 cals



Grapes
77 cals

Dinner

585 cals, 31g protein, 29g net carbs, 31g fat



Goat cheese and marinara stuffed zucchini
5 zucchini halve(s)- 480 cals



Garlic collard greens
106 cals

Grocery List



Beverages

- ☐ protein powder
8 scoop (1/3 cup ea) (248g)
- ☐ water
1/2 gallon (1766mL)

Nut and Seed Products

- ☐ almonds
1/3 lbs (152g)
- ☐ walnuts
1/3 cup, shelled (33g)
- ☐ mixed nuts
3 tbsp (25g)
- ☐ sesame seeds
1 tsp (3g)
- ☐ sunflower kernels
1 1/2 oz (43g)

Dairy and Egg Products

- ☐ eggs
6 large (300g)
- ☐ butter
1/4 cup (66g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ goat cheese
4 oz (113g)
- ☐ string cheese
6 stick (168g)
- ☐ whole milk
1 cup(s) (240mL)

Snacks

- ☐ Plantain chips
1 1/2 oz (43g)

Finfish and Shellfish Products

- ☐ salmon
2 lbs (950g)
- ☐ tilapia, raw
3/4 lbs (340g)

Spices and Herbs

Cereal Grains and Pasta

- ☐ long-grain white rice
2 tbsp (23g)

Legumes and Legume Products

- ☐ hummus
7 oz (194g)
- ☐ soy sauce
2 tbsp (30mL)
- ☐ firm tofu
2/3 lbs (312g)
- ☐ tempeh
3/4 lbs (340g)
- ☐ roasted peanuts
6 tbsp (55g)

Vegetables and Vegetable Products

- ☐ bell pepper
1 medium (119g)
- ☐ broccoli
1/2 cup chopped (46g)
- ☐ garlic
7 1/2 clove(s) (22g)
- ☐ fresh ginger
1 tsp (2g)
- ☐ tomatoes
3/4 medium whole (2-3/5" dia) (91g)
- ☐ frozen broccoli
3 3/4 cup (341g)
- ☐ fresh green beans
1/2 lbs (227g)
- ☐ fresh parsley
4 tbsp chopped (15g)
- ☐ collard greens
1 1/3 lbs (605g)
- ☐ zucchini
2 1/2 large (808g)

Other

- ☐ frozen riced cauliflower
3/4 cup, prepared (128g)
- ☐ vegan breakfast sausage links
4 links (90g)

Fats and Oils

- ☐ oil
3 1/4 oz (98mL)

- ☐ **chili powder**
1 tsp (3g)
- ☐ **ground cumin**
4 dash (1g)
- ☐ **black pepper**
1/4 g (0g)
- ☐ **salt**
4 1/4 g (4g)
- ☐ **dried dill weed**
4 dash (1g)
- ☐ **dijon mustard**
1/2 oz (16g)
- ☐ **garlic powder**
4 dash (2g)
- ☐ **onion powder**
4 dash (1g)
- ☐ **paprika**
4 dash (1g)

Fruits and Fruit Juices

- ☐ **limes**
1 fruit (2" dia) (67g)
- ☐ **lemon juice**
1 1/6 fl oz (35mL)
- ☐ **fruit juice**
8 fl oz (240mL)
- ☐ **grapes**
2 2/3 cup (245g)

- ☐ **olive oil**
2 oz (64mL)

Soups, Sauces, and Gravies

- ☐ **pesto sauce**
1 1/2 tbsp (24g)
- ☐ **pasta sauce**
10 tbsp (163g)

Baked Products

- ☐ **bread**
3 slice (96g)

Sweets

- ☐ **honey**
1 tsp (8g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

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 3 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

Plantain chips

75 cal ● 0g protein ● 4g fat ● 9g carbs ● 1g fiber



For single meal:

Plantain chips
1/2 oz (14g)

For all 3 meals:

Plantain chips
1 1/2 oz (43g)

1. Approximately 3/4 cup = 1 oz

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

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 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.
-

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Vegan breakfast sausage links

2 links - 75 cals ● 9g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

vegan breakfast sausage links
2 links (45g)

For all 2 meals:

vegan breakfast sausage links
4 links (90g)

1. Cook links according to package instructions. Serve.

Goat cheese & tomato mini egg muffin

3 mini muffin(s) - 183 cals ● 14g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

water
1/2 tbsp (8mL)
eggs
1 1/2 large (75g)
goat cheese
1 1/2 tbsp (21g)
tomatoes, chopped
1 1/2 slice(s), thin/small (23g)

For all 2 meals:

water
1 tbsp (15mL)
eggs
3 large (150g)
goat cheese
3 tbsp (42g)
tomatoes, chopped
3 slice(s), thin/small (45g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Lunch 1 [↗](#)

Eat on day 1

Mixed nuts

1/6 cup(s) - 163 cal ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



Makes 1/6 cup(s)

mixed nuts
3 tbsp (25g)

1. The recipe has no instructions.

Low carb asian tofu bowl

393 cal ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber



broccoli
1/2 cup chopped (46g)
frozen riced cauliflower
3/4 cup, prepared (128g)
soy sauce
2 tbsp (30mL)
oil
1 1/2 tbsp (23mL)
sesame seeds
1 tsp (3g)
firm tofu, drained and patted dry
5 oz (142g)
garlic, minced
1 clove (3g)
fresh ginger, minced
1 tsp (2g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Lunch 2 [🔗](#)

Eat on day 2

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

oil

1/2 tsp (3mL)

tomatoes

1/2 small whole (2-2 1/2" dia) (46g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Baked pesto salmon

9 oz - 606 cals ● 53g protein ● 43g fat ● 1g carbs ● 0g fiber



Makes 9 oz

salmon

1 1/2 fillet/s (6 oz each) (255g)

pesto sauce

1 1/2 tbsp (24g)

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)).
-

Lunch 3 [↗](#)

Eat on day 3 and day 4

Salmon with herb mustard yogurt sauce

410 cals ● 39g protein ● 28g fat ● 2g carbs ● 0g fiber



For single meal:

salmon
6 oz (170g)
nonfat greek yogurt, plain
2 tbsp (35g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
2 dash (0g)
dijon mustard
4 dash (3g)
oil
1 tsp (5mL)

For all 2 meals:

salmon
3/4 lbs (340g)
nonfat greek yogurt, plain
4 tbsp (70g)
lemon juice
1 tbsp (15mL)
dried dill weed
4 dash (1g)
dijon mustard
1 tsp (5g)
oil
2 tsp (10mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook salmon 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. Meanwhile, make the yogurt sauce. In a small bowl, mix together the yogurt, lemon juice, dill, dijon, and some salt and pepper.
4. Serve salmon with yogurt sauce.

Green beans with almonds & lemon

111 cals ● 4g protein ● 7g fat ● 6g carbs ● 4g fiber



For single meal:

butter
1/4 tbsp (4g)
lemon juice
1/2 tsp (3mL)
almonds
1 tbsp, slivered (7g)
salt
1/2 dash (0g)
fresh green beans, trimmed
4 oz (113g)

For all 2 meals:

butter
1/2 tbsp (7g)
lemon juice
1 tsp (5mL)
almonds
2 tbsp, slivered (14g)
salt
1 dash (1g)
fresh green beans, trimmed
1/2 lbs (227g)

1. Bring a large pot of water to a boil and add the green beans. Cook for about 4-6 minutes, until tender. Drain and transfer to a bowl.
2. Meanwhile, add the butter to a small skillet over medium heat and melt.
3. When sizzling, add almonds and cook for about a minute until almonds are lightly toasted.
4. Add the lemon juice and salt and stir, continuing to cook for about 30 more seconds.
5. Drizzle butter and almond mixture over green beans.
6. Serve.

Lunch 4 [↗](#)

Eat on day 5

Basic tofu

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



Makes 6 oz

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

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.

Garlic collard greens

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



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.
-

Lunch 5 [↗](#)

Eat on day 6 and day 7

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 2 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

1. The recipe has no instructions.

Grapes

77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

grapes
1 1/3 cup (123g)

For all 2 meals:

grapes
2 2/3 cup (245g)

1. The recipe has no instructions.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 2/3 tbsp, shelled (17g)

For all 2 meals:

walnuts
1/3 cup, shelled (33g)

1. The recipe has no instructions.
-

Bell pepper strips and hummus

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



For single meal:

hummus
2 1/2 tbsp (41g)
bell pepper
1/2 medium (60g)

For all 2 meals:

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

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

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread

1 slice (32g)

hummus

2 1/2 tbsp (38g)

For all 3 meals:

bread

3 slice (96g)

hummus

1/2 cup (113g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Sunflower seeds

90 cals ● 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.
-

Snacks 3 [↗](#)

Eat on day 6 and day 7

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.

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.
-

Dinner 1 [↗](#)

Eat on day 1

Chili lime salmon

8 oz - 474 cals ● 47g protein ● 31g fat ● 1g carbs ● 1g fiber



Makes 8 oz

salmon

1/2 lbs (227g)

chili powder

1 tsp (3g)

ground cumin

4 dash (1g)

limes, sliced

1 fruit (2" dia) (67g)

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Arrange enough lime slices on the parchment to create a bed for the salmon. Place the salmon skin-side down on top of the limes.
3. Squeeze some lime juice over the salmon and rub with chili powder, cumin, and some salt. Place any remaining lime slices on top.
4. Bake for 12-15 minutes until the salmon flakes easily with a fork. Squeeze extra lime juice over the top and serve.

Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



black pepper
1/2 dash, ground (0g)
butter
1 tsp (5g)
salt
1 dash (1g)
water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)

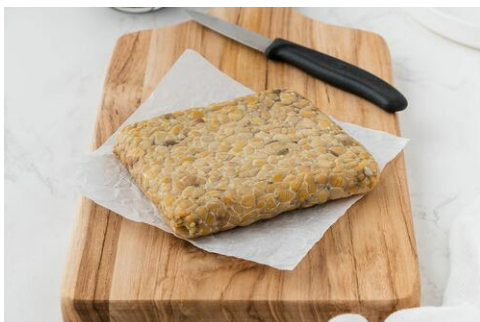
1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

tempeh
6 oz (170g)
oil
1 tbsp (15mL)

For all 2 meals:

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

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.

Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
black pepper
1/2 dash (0g)
butter
1 tbsp (14g)

For all 2 meals:

salt
1 dash (0g)
frozen broccoli
2 cup (182g)
black pepper
1 dash (0g)
butter
2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Dinner 3 [↗](#)

Eat on day 4

Honey dijon salmon

4 1/2 oz - 301 cals ● 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.

Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



Makes 1 3/4 cup(s)

salt
1 dash (0g)
frozen broccoli
1 3/4 cup (159g)
black pepper
1 dash (0g)
butter
1 3/4 tbsp (25g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Dinner 4 [🔗](#)

Eat on day 5 and day 6

Tilapia with almond gremolata

1 tilapia fillet(s) - 465 cals ● 36g protein ● 33g fat ● 3g carbs ● 2g fiber



For single meal:

tilapia, raw
6 oz (170g)
almonds
1 tbsp, slivered (7g)
lemon juice
1/2 tbsp (8mL)
olive oil
2 tbsp (30mL)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)
paprika
2 dash (1g)
fresh parsley
2 tbsp chopped (8g)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

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.

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 7

Goat cheese and marinara stuffed zucchini

5 zucchini halve(s) - 480 cals ● 26g protein ● 25g fat ● 26g carbs ● 11g fiber



Makes 5 zucchini halve(s)

pasta sauce
10 tbsp (163g)
goat cheese
2 1/2 oz (71g)
zucchini
2 1/2 large (808g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Garlic collard greens

106 cals ● 5g protein ● 6g fat ● 3g carbs ● 6g fiber



collard greens
1/3 lbs (151g)
oil
1 tsp (5mL)
salt
2/3 dash (1g)
garlic, minced
1 clove(s) (3g)

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.
-