

# Meal Plan - 1800 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

1848 cals ● 152g protein (33%) ● 90g fat (44%) ● 66g carbs (14%) ● 42g fiber (9%)

### Breakfast

380 cals, 19g protein, 37g net carbs, 9g fat



**High fiber cereal**  
227 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Snacks

255 cals, 12g protein, 8g net carbs, 18g fat



**Milk**  
1/2 cup(s)- 75 cals



**Sunflower seeds**  
180 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

495 cals, 45g protein, 3g net carbs, 32g fat



**Simple roasted cod**  
8 oz- 297 cals



**Buttered broccoli**  
1 1/2 cup(s)- 200 cals

### Dinner

550 cals, 40g protein, 16g net carbs, 30g fat



**Basic tempeh**  
6 oz- 443 cals



**Roasted broccoli with nutritional yeast**  
1 cup(s)- 108 cals

## Day 2

1848 cals ● 152g protein (33%) ● 90g fat (44%) ● 66g carbs (14%) ● 42g fiber (9%)

### Breakfast

380 cals, 19g protein, 37g net carbs, 9g fat



[High fiber cereal](#)

227 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals

### Snacks

255 cals, 12g protein, 8g net carbs, 18g fat



[Milk](#)

1/2 cup(s)- 75 cals



[Sunflower seeds](#)

180 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

495 cals, 45g protein, 3g net carbs, 32g fat



[Simple roasted cod](#)

8 oz- 297 cals



[Buttered broccoli](#)

1 1/2 cup(s)- 200 cals

### Dinner

550 cals, 40g protein, 16g net carbs, 30g fat



[Basic tempeh](#)

6 oz- 443 cals



[Roasted broccoli with nutritional yeast](#)

1 cup(s)- 108 cals

## Day 3

1738 cals ● 161g protein (37%) ● 87g fat (45%) ● 58g carbs (13%) ● 19g fiber (4%)

### Breakfast

260 cals, 9g protein, 14g net carbs, 17g fat



[Roasted almonds](#)

1/6 cup(s)- 148 cals



[Toast with butter](#)

1 slice(s)- 114 cals

### Snacks

165 cals, 13g protein, 3g net carbs, 11g fat



[String cheese](#)

2 stick(s)- 165 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

555 cals, 44g protein, 18g net carbs, 32g fat



[Buttered broccoli](#)

1 cup(s)- 134 cals



[Almond crusted tilapia](#)

6 oz- 424 cals

### Dinner

590 cals, 59g protein, 21g net carbs, 27g fat



[Olive oil drizzled broccoli](#)

2 cup(s)- 140 cals



[Pan seared breaded tilapia](#)

9 oz- 451 cals

## Day 4

1774 cals ● 143g protein (32%) ● 101g fat (51%) ● 54g carbs (12%) ● 19g fiber (4%)

### Breakfast

260 cals, 9g protein, 14g net carbs, 17g fat



**Roasted almonds**  
1/6 cup(s)- 148 cals



**Toast with butter**  
1 slice(s)- 114 cals

### Snacks

165 cals, 13g protein, 3g net carbs, 11g fat



**String cheese**  
2 stick(s)- 165 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

595 cals, 26g protein, 14g net carbs, 45g fat



**Basic tofu**  
8 oz- 342 cals



**Roasted broccoli with nutritional yeast**  
2 1/3 cup(s)- 251 cals

### Dinner

590 cals, 59g protein, 21g net carbs, 27g fat



**Olive oil drizzled broccoli**  
2 cup(s)- 140 cals



**Pan seared breaded tilapia**  
9 oz- 451 cals

## Day 5

1748 cals ● 116g protein (27%) ● 109g fat (56%) ● 57g carbs (13%) ● 18g fiber (4%)

### Breakfast

260 cals, 9g protein, 14g net carbs, 17g fat



**Roasted almonds**  
1/6 cup(s)- 148 cals



**Toast with butter**  
1 slice(s)- 114 cals

### Snacks

165 cals, 13g protein, 3g net carbs, 11g fat



**String cheese**  
2 stick(s)- 165 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

595 cals, 26g protein, 14g net carbs, 45g fat



**Basic tofu**  
8 oz- 342 cals



**Roasted broccoli with nutritional yeast**  
2 1/3 cup(s)- 251 cals

### Dinner

565 cals, 32g protein, 25g net carbs, 35g fat



**Shawarma tofu**  
10 1/2 oz- 449 cals



**Lentils**  
116 cals

## Day 6

1766 cals ● 136g protein (31%) ● 104g fat (53%) ● 55g carbs (13%) ● 15g fiber (4%)

### Breakfast

330 cals, 26g protein, 3g net carbs, 24g fat



**Basic scrambled eggs**  
4 egg(s)- 318 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Snacks

190 cals, 10g protein, 7g net carbs, 13g fat



**Boiled eggs**  
1 egg(s)- 69 cals



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

520 cals, 33g protein, 20g net carbs, 31g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Pan roasted zucchini**  
250 cals

### Dinner

565 cals, 32g protein, 25g net carbs, 35g fat



**Shawarma tofu**  
10 1/2 oz- 449 cals



**Lentils**  
116 cals

## Day 7

1824 cals ● 157g protein (35%) ● 107g fat (53%) ● 45g carbs (10%) ● 14g fiber (3%)

### Breakfast

330 cals, 26g protein, 3g net carbs, 24g fat



**Basic scrambled eggs**  
4 egg(s)- 318 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Snacks

190 cals, 10g protein, 7g net carbs, 13g fat



**Boiled eggs**  
1 egg(s)- 69 cals



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

520 cals, 33g protein, 20g net carbs, 31g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Pan roasted zucchini**  
250 cals

### Dinner

620 cals, 53g protein, 15g net carbs, 38g fat



**Lentils**  
87 cals



**Slow-baked salmon with lemon and thyme**  
8 oz- 536 cals

# Grocery List



## Dairy and Egg Products

- ☐ whole milk  
2 cup(s) (480mL)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ butter  
5/6 stick (92g)
- ☐ string cheese  
6 stick (168g)
- ☐ eggs  
10 large (500g)

## Nut and Seed Products

- ☐ sunflower kernels  
2 oz (57g)
- ☐ almonds  
1/4 lbs (99g)

## Other

- ☐ high fiber cereal  
1 1/3 cup (80g)
- ☐ nutritional yeast  
3 1/3 tbsp (12g)
- ☐ smoked paprika  
1 1/2 tsp (3g)
- ☐ vegan sausage  
2 sausage (200g)

## Legumes and Legume Products

- ☐ tempeh  
3/4 lbs (340g)
- ☐ firm tofu  
2 1/3 lbs (1049g)
- ☐ lentils, raw  
1/2 cup (88g)
- ☐ peanut butter  
2 tbsp (32g)

## Fats and Oils

- ☐ oil  
6 oz (180mL)
- ☐ olive oil  
1/4 lbs (114mL)

## Vegetables and Vegetable Products

## Finfish and Shellfish Products

- ☐ cod, raw  
1 lbs (453g)
- ☐ tilapia, raw  
1 1/2 lbs (672g)
- ☐ salmon  
1/2 lbs (227g)

## Spices and Herbs

- ☐ salt  
1/2 oz (16g)
- ☐ black pepper  
1/2 oz (12g)
- ☐ crushed red pepper  
1/4 tbsp (1g)
- ☐ ground cumin  
1/4 tbsp (2g)
- ☐ ground coriander  
1/4 tbsp (1g)
- ☐ cinnamon  
3 dash (1g)
- ☐ turmeric, ground  
3 dash (1g)
- ☐ garlic powder  
2 tsp (6g)
- ☐ ground ginger  
3 dash (1g)
- ☐ oregano, dried  
1/2 tbsp, ground (3g)
- ☐ thyme, dried  
1/3 tsp, leaves (0g)

## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
3/4 gallon (2995mL)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
1/2 cup(s) (68g)

## Baked Products

- ☐ bread  
3 slice (96g)

## Snacks

- ☐ **broccoli**  
6 2/3 cup chopped (607g)
  - ☐ **frozen broccoli**  
8 cup (728g)
  - ☐ **raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)
  - ☐ **zucchini**  
3 medium (588g)
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- ☐ **rice cakes, any flavor**  
1 cakes (9g)

### **Fruits and Fruit Juices**

- ☐ **lemon**  
1/3 large (28g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### High fiber cereal

227 cal ● 7g protein ● 5g fat ● 21g carbs ● 18g fiber



For single meal:

**high fiber cereal**

2/3 cup (40g)

**whole milk**

1/2 cup(s) (120mL)

For all 2 meals:

**high fiber cereal**

1 1/3 cup (80g)

**whole milk**

1 cup(s) (240mL)

1. Add cereal and milk to a bowl and serve.

### Lowfat Greek yogurt

1 container(s) - 155 cal ● 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 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
2 2/3 tbsp, whole (24g)

For all 3 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.
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### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

For all 3 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)

1. Toast the bread to desired toastiness.
  2. Spread the butter on the bread.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**eggs**  
8 large (400g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

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

1. Slice celery into sticks and serve.

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Simple roasted cod

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



For single meal:

**olive oil**  
1 tbsp (15mL)  
**cod, raw**  
1/2 lbs (227g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**cod, raw**  
1 lbs (453g)

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.

### Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



For single meal:

**salt**  
3/4 dash (0g)  
**frozen broccoli**  
1 1/2 cup (137g)  
**black pepper**  
3/4 dash (0g)  
**butter**  
1 1/2 tbsp (21g)

For all 2 meals:

**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**black pepper**  
1 1/2 dash (0g)  
**butter**  
3 tbsp (43g)

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

## Lunch 2 [↗](#)

Eat on day 3

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### Buttered broccoli

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



Makes 1 cup(s)

**salt**

1/2 dash (0g)

**frozen broccoli**

1 cup (91g)

**black pepper**

1/2 dash (0g)

**butter**

1 tbsp (14g)

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

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### Almond crusted tilapia

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



Makes 6 oz

**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)

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.
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## Lunch 3 [↗](#)

Eat on day 4 and day 5

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### 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.
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### Roasted broccoli with nutritional yeast

2 1/3 cup(s) - 251 cals ● 8g protein ● 17g fat ● 9g carbs ● 7g fiber



For single meal:

**broccoli**  
2 1/3 cup chopped (212g)  
**oil**  
3 1/2 tsp (17mL)  
**nutritional yeast**  
3 1/2 tsp (4g)

For all 2 meals:

**broccoli**  
4 2/3 cup chopped (425g)  
**oil**  
2 1/3 tbsp (35mL)  
**nutritional yeast**  
2 1/3 tbsp (9g)

1. Preheat oven to 425F (220C).
  2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
  3. Remove and season with nutritional yeast and salt/pepper to taste.  
Serve.
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## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

**vegan sausage**  
1 sausage (100g)

For all 2 meals:

**vegan sausage**  
2 sausage (200g)

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

### Pan roasted zucchini

250 cals ● 5g protein ● 19g fat ● 9g carbs ● 5g fiber



For single meal:

**zucchini**  
1 1/2 medium (294g)  
**black pepper**  
3/4 tbsp, ground (5g)  
**oregano, dried**  
1/4 tbsp, ground (1g)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (5g)  
**olive oil**  
1 1/2 tbsp (23mL)

For all 2 meals:

**zucchini**  
3 medium (588g)  
**black pepper**  
1 1/2 tbsp, ground (10g)  
**oregano, dried**  
1/2 tbsp, ground (3g)  
**garlic powder**  
1/2 tbsp (5g)  
**salt**  
1/2 tbsp (9g)  
**olive oil**  
3 tbsp (45mL)

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.



Snacks 1 [↗](#)

Eat on day 1 and day 2

Milk

1/2 cup(s) - 75 cals ● 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.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 2 meals:

**sunflower kernels**  
2 oz (57g)

- 1. The recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

### String cheese

2 stick(s) - 165 cal● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 3 meals:

**string cheese**  
6 stick (168g)

1. The recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6 and day 7

### Boiled eggs

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



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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.

### Rice cakes with peanut butter

1/2 cake(s) - 120 cal● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

**peanut butter**  
1 tbsp (16g)  
**rice cakes, any flavor**  
1/2 cakes (5g)

For all 2 meals:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

1. Spread peanut butter over top of rice cake.

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## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### 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.

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### Roasted broccoli with nutritional yeast

1 cup(s) - 108 cals ● 4g protein ● 7g fat ● 4g carbs ● 3g fiber



For single meal:

**broccoli**  
1 cup chopped (91g)  
**oil**  
1/2 tbsp (8mL)  
**nutritional yeast**  
1/2 tbsp (2g)

For all 2 meals:

**broccoli**  
2 cup chopped (182g)  
**oil**  
1 tbsp (15mL)  
**nutritional yeast**  
1 tbsp (4g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.



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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen broccoli**  
4 cup (364g)  
**olive oil**  
4 tsp (20mL)

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

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### Pan seared breaded tilapia

9 oz - 451 cal ● 53g protein ● 18g fat ● 18g carbs ● 1g fiber



For single meal:

**all-purpose flour**  
1/6 cup(s) (23g)  
**tilapia, raw**  
1/2 lbs (252g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**olive oil**  
1 tsp (6mL)  
**butter, melted**  
3/4 tbsp (11g)

For all 2 meals:

**all-purpose flour**  
3/8 cup(s) (47g)  
**tilapia, raw**  
18 oz (504g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**olive oil**  
3/4 tbsp (11mL)  
**butter, melted**  
1 1/2 tbsp (21g)

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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## Dinner 3 [↗](#)

Eat on day 5 and day 6

### Shawarma tofu

10 1/2 oz - 449 cal ● 24g protein ● 35g fat ● 8g carbs ● 2g fiber



For single meal:

**oil**  
1 1/2 tbsp (23mL)  
**water**  
1 1/2 tbsp (23mL)  
**crushed red pepper**  
3 dash (1g)  
**smoked paprika**  
3/4 tsp (2g)  
**ground cumin**  
3 dash (1g)  
**ground coriander**  
3 dash (1g)  
**cinnamon**  
1 1/2 dash (0g)  
**turmeric, ground**  
1 1/2 dash (1g)  
**garlic powder**  
1 1/2 dash (1g)  
**ground ginger**  
1 1/2 dash (0g)  
**firm tofu, cut into ribbons**  
2/3 lbs (298g)

For all 2 meals:

**oil**  
3 tbsp (45mL)  
**water**  
3 tbsp (45mL)  
**crushed red pepper**  
1/4 tbsp (1g)  
**smoked paprika**  
1 1/2 tsp (3g)  
**ground cumin**  
1/4 tbsp (2g)  
**ground coriander**  
1/4 tbsp (1g)  
**cinnamon**  
3 dash (1g)  
**turmeric, ground**  
3 dash (1g)  
**garlic powder**  
3 dash (1g)  
**ground ginger**  
3 dash (1g)  
**firm tofu, cut into ribbons**  
1 1/3 lbs (595g)

1. Preheat the oven to 425°F (220°C).
2. In a bowl, whisk together the oil, water, spices, and a pinch of salt. To modulate the spice level, add as much or as little of the crushed red pepper as you like.
3. Place tofu ribbons on a parchment-lined baking sheet and brush them with the spice mixture.
4. Roast for 10-12 minutes, or until the tofu is golden and starting to crisp. Serve.

### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**water**  
2/3 cup(s) (158mL)  
**salt**  
1/3 dash (0g)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (1g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Dinner 4 [↗](#)

Eat on day 7

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### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



**water**

1/2 cup(s) (119mL)

**salt**

1/4 dash (0g)

**lentils, raw, rinsed**

2 tbsp (24g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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### Slow-baked salmon with lemon and thyme

8 oz - 536 cals ● 47g protein ● 38g fat ● 2g carbs ● 1g fiber



Makes 8 oz

**thyme, dried**

1/3 tsp, leaves (0g)

**oil**

1/2 tbsp (7mL)

**salmon, skin on**

1/2 lbs (227g)

**lemon, cut into wedges**

1/3 large (28g)

1. Preheat oven to 275 F (135 C).
  2. Line a rimmed baking sheet with greased aluminum foil.
  3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
  4. Place salmon fillets, skin side down, on the baking sheet.
  5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.
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# Protein Supplement(s)

Eat every day

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## Protein shake

1 1/2 scoop - 164 cal● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)
- water**  
1 1/2 cup(s) (356mL)

For all 7 meals:

- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)
- water**  
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.

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