

Meal Plan - 1900 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

1938 cals ● 140g protein (29%) ● 117g fat (54%) ● 68g carbs (14%) ● 14g fiber (3%)

Breakfast

300 cals, 21g protein, 15g net carbs, 15g fat



Boiled eggs

3 egg(s)- 208 cals



Strawberries

1 3/4 cup(s)- 91 cals

Snacks

255 cals, 15g protein, 4g net carbs, 19g fat



Walnuts

1/8 cup(s)- 87 cals



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

590 cals, 26g protein, 38g net carbs, 36g fat



Simple mixed greens salad

68 cals



Shrimp scampi

523 cals

Dinner

630 cals, 41g protein, 9g net carbs, 46g fat



Salmon & coconut ginger broccoli

6 oz salmon- 632 cals

Day 2

1938 cals ● 140g protein (29%) ● 117g fat (54%) ● 68g carbs (14%) ● 14g fiber (3%)

Breakfast

300 cals, 21g protein, 15g net carbs, 15g fat



Boiled eggs

3 egg(s)- 208 cals



Strawberries

1 3/4 cup(s)- 91 cals

Snacks

255 cals, 15g protein, 4g net carbs, 19g fat



Walnuts

1/8 cup(s)- 87 cals



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

590 cals, 26g protein, 38g net carbs, 36g fat



Simple mixed greens salad

68 cals



Shrimp scampi

523 cals

Dinner

630 cals, 41g protein, 9g net carbs, 46g fat



Salmon & coconut ginger broccoli

6 oz salmon- 632 cals

Day 3

1876 cals ● 153g protein (33%) ● 100g fat (48%) ● 52g carbs (11%) ● 38g fiber (8%)

Breakfast

245 cals, 19g protein, 2g net carbs, 18g fat



Goat cheese & tomato mini egg muffin

4 mini muffin(s)- 244 cals

Snacks

265 cals, 6g protein, 10g net carbs, 21g fat



Mixed nuts

1/6 cup(s)- 145 cals



Dark chocolate

2 square(s)- 120 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

630 cals, 49g protein, 19g net carbs, 32g fat



Simple mixed greens and tomato salad

38 cals



Basic tempeh

8 oz- 590 cals

Dinner

575 cals, 43g protein, 20g net carbs, 29g fat



Buffalo tempeh with tzatziki

471 cals



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals

Day 4

1876 cals ● 153g protein (33%) ● 100g fat (48%) ● 52g carbs (11%) ● 38g fiber (8%)

Breakfast

245 cals, 19g protein, 2g net carbs, 18g fat



Goat cheese & tomato mini egg muffin
4 mini muffin(s)- 244 cals

Snacks

265 cals, 6g protein, 10g net carbs, 21g fat



Mixed nuts
1/6 cup(s)- 145 cals



Dark chocolate
2 square(s)- 120 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

630 cals, 49g protein, 19g net carbs, 32g fat



Simple mixed greens and tomato salad
38 cals



Basic tempeh
8 oz- 590 cals

Dinner

575 cals, 43g protein, 20g net carbs, 29g fat



Buffalo tempeh with tzatziki
471 cals



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

Day 5

1837 cals ● 131g protein (28%) ● 113g fat (55%) ● 53g carbs (12%) ● 21g fiber (5%)

Breakfast

245 cals, 19g protein, 2g net carbs, 18g fat



Goat cheese & tomato mini egg muffin
4 mini muffin(s)- 244 cals

Snacks

220 cals, 10g protein, 8g net carbs, 16g fat



Roasted cashews
1/8 cup(s)- 104 cals



Cucumber goat cheese bites
118 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

630 cals, 25g protein, 31g net carbs, 41g fat



Mashed sweet potatoes with butter
125 cals



Olive oil drizzled sugar snap peas
163 cals



Basic tofu
8 oz- 342 cals

Dinner

575 cals, 41g protein, 12g net carbs, 37g fat



Baked tofu
13 1/3 oz- 377 cals



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

Day 6

1937 cals ● 133g protein (27%) ● 121g fat (56%) ● 58g carbs (12%) ● 21g fiber (4%)

Breakfast

345 cals, 21g protein, 6g net carbs, 26g fat



Kale & eggs
284 cals



Sautéed Kale
61 cals

Snacks

220 cals, 10g protein, 8g net carbs, 16g fat



Roasted cashews
1/8 cup(s)- 104 cals



Cucumber goat cheese bites
118 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

630 cals, 25g protein, 31g net carbs, 41g fat



Mashed sweet potatoes with butter
125 cals



Olive oil drizzled sugar snap peas
163 cals



Basic tofu
8 oz- 342 cals

Dinner

575 cals, 41g protein, 12g net carbs, 37g fat



Baked tofu
13 1/3 oz- 377 cals



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

Day 7

1933 cals ● 130g protein (27%) ● 117g fat (54%) ● 71g carbs (15%) ● 20g fiber (4%)

Breakfast

345 cals, 21g protein, 6g net carbs, 26g fat



Kale & eggs
284 cals



Sautéed Kale
61 cals

Snacks

220 cals, 10g protein, 8g net carbs, 16g fat



Roasted cashews
1/8 cup(s)- 104 cals



Cucumber goat cheese bites
118 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

600 cals, 19g protein, 33g net carbs, 39g fat



Green bean, beet, & pepita salad
600 cals

Dinner

605 cals, 45g protein, 23g net carbs, 35g fat



Simple sardine salad
265 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Pumpkin seeds
183 cals

Grocery List



Nut and Seed Products

- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ coconut milk, canned
1/2 can (226mL)
- ☐ mixed nuts
1/3 cup (45g)
- ☐ sesame seeds
5 tsp (15g)
- ☐ roasted cashews
6 tbsp (51g)
- ☐ roasted pumpkin seeds, unsalted
2 1/3 oz (66g)

Dairy and Egg Products

- ☐ string cheese
4 stick (112g)
- ☐ eggs
18 large (900g)
- ☐ butter
5/6 stick (94g)
- ☐ heavy cream
1/4 cup (68mL)
- ☐ parmesan cheese
3/4 tbsp (4g)
- ☐ goat cheese
6 oz (169g)
- ☐ lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

Fruits and Fruit Juices

- ☐ strawberries
3 1/2 cup, whole (504g)

Finfish and Shellfish Products

- ☐ salmon
3/4 lbs (340g)
- ☐ shrimp, raw
6 oz (170g)
- ☐ sardines, canned in oil
1 can (92g)

Vegetables and Vegetable Products

- ☐ broccoli
2 stalk (302g)
- ☐ fresh ginger
2 2/3 slices (1" dia) (6g)

Other

- ☐ mixed greens
8 1/2 cup (255g)
- ☐ tzatziki
3/8 cup(s) (84g)
- ☐ vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)

Fats and Oils

- ☐ salad dressing
1/4 cup (68mL)
- ☐ oil
4 oz (124mL)
- ☐ olive oil
2 1/3 tbsp (35mL)
- ☐ balsamic vinaigrette
5 tbsp (75mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
3 oz (86g)

Beverages

- ☐ water
2/3 gallon (2650mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
6 tbsp (91mL)

Legumes and Legume Products

- ☐ tempeh
1 3/4 lbs (794g)
- ☐ soy sauce
13 1/4 tbsp (199mL)
- ☐ extra firm tofu
1 2/3 lbs (756g)
- ☐ firm tofu
1 lbs (454g)

Spices and Herbs

- ☐ black pepper
5 dash (1g)

- ☐ shallots
1 1/2 tbsp chopped (15g)
 - ☐ garlic
3 clove (9g)
 - ☐ frozen broccoli
6 cup (546g)
 - ☐ tomatoes
1 medium whole (2-3/5" dia) (127g)
 - ☐ cucumber
3/4 cucumber (8-1/4") (226g)
 - ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
 - ☐ frozen sugar snap peas
2 2/3 cup (384g)
 - ☐ kale leaves
3 1/2 cup, chopped (140g)
 - ☐ fresh green beans
2 cup 1/2" pieces (188g)
 - ☐ beets, precooked (canned or refrigerated)
2 1/2 beet(s) (125g)
-

- ☐ salt
1 tsp (3g)
- ☐ dried dill weed
1/2 tbsp (2g)

Sweets

- ☐ chocolate, dark, 70-85%
4 square(s) (40g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 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.

Strawberries

1 3/4 cup(s) - 91 cals ● 2g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

strawberries
1 3/4 cup, whole (252g)

For all 2 meals:

strawberries
3 1/2 cup, whole (504g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Goat cheese & tomato mini egg muffin

4 mini muffin(s) - 244 cals ● 19g protein ● 18g fat ● 2g carbs ● 0g fiber



For single meal:

water
2 tsp (10mL)
eggs
2 large (100g)
goat cheese
2 tbsp (28g)
tomatoes, chopped
2 slice(s), thin/small (30g)

For all 3 meals:

water
2 tbsp (30mL)
eggs
6 large (300g)
goat cheese
6 tbsp (84g)
tomatoes, chopped
6 slice(s), thin/small (90g)

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.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Kale & eggs

284 cals ● 20g protein ● 21g fat ● 3g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
eggs
3 large (150g)
kale leaves
3/4 cup, chopped (30g)
salt
1 1/2 dash (1g)

For all 2 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.

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 2 meals:

kale leaves
2 cup, chopped (80g)
oil
2 tsp (10mL)

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.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

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

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

Shrimp scampi

523 cals ● 25g protein ● 31g fat ● 34g carbs ● 2g fiber



For single meal:

butter
1 1/2 tbsp (21g)
heavy cream
2 1/4 tbsp (34mL)
uncooked dry pasta
1 1/2 oz (43g)
water
1/6 cup(s) (44mL)
parmesan cheese
1 tsp (2g)
shallots, minced
3/4 tbsp chopped (8g)
garlic, minced
1 1/2 clove (5g)
shrimp, raw, shelled and deveined
3 oz (85g)

For all 2 meals:

butter
3 tbsp (43g)
heavy cream
1/4 cup (68mL)
uncooked dry pasta
3 oz (86g)
water
3/8 cup(s) (89mL)
parmesan cheese
3/4 tbsp (4g)
shallots, minced
1 1/2 tbsp chopped (15g)
garlic, minced
3 clove (9g)
shrimp, raw, shelled and deveined
6 oz (170g)

1. Clean the shrimp and start cooking the pasta according to the instructions on the box.
2. While the pasta cooks, mince the shallot and the garlic.
3. Once the pasta is done, transfer it to a separate bowl, and in the pot used to cook the pasta add the butter and melt over medium heat. Once melted and hot, add the shrimp. Let the shrimp cook 2-3 minutes per side until they firm and turn slightly pink.
4. Add garlic and shallot to pan for about 30 seconds to soften. Work quickly to avoid over cooking the shrimp.
5. Mix in the cream and heat through. If you wish, season with salt and pepper. If sauce is too thick at this point, add some water.
6. Add pasta to pot and heat just enough to coat pasta with sauce and warm the noodles back up.
7. Transfer to serving dish and top with parmesan cheese (optional).

Lunch 2 [🔗](#)

Eat on day 3 and day 4

Simple mixed greens and tomato salad

38 cals ● 1g protein ● 2g fat ● 3g carbs ● 1g fiber



For single meal:

mixed greens
3/4 cup (23g)
tomatoes
2 tbsp cherry tomatoes (19g)
salad dressing
3/4 tbsp (11mL)

For all 2 meals:

mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

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

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

tempeh
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

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

Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

sweet potatoes
1/2 sweetpotato, 5" long (105g)
butter
1 tsp (5g)

For all 2 meals:

sweet potatoes
1 sweetpotato, 5" long (210g)
butter
2 tsp (9g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Olive oil drizzled sugar snap peas

163 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen sugar snap peas
2 2/3 cup (384g)
olive oil
4 tsp (20mL)

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

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.

Lunch 4 [↗](#)

Eat on day 7

Green bean, beet, & pepita salad

600 cals ● 19g protein ● 39g fat ● 33g carbs ● 12g fiber



mixed greens
2 1/2 cup (75g)
roasted pumpkin seeds, unsalted
5 tbsp (37g)
balsamic vinaigrette
5 tbsp (75mL)
fresh green beans, ends trimmed and discarded
2 cup 1/2" pieces (188g)
beets, precooked (canned or refrigerated), chopped
2 1/2 beet(s) (125g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
 2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.
-

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.

String cheese

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



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. The recipe has no instructions.
-

Snacks 2 [🔗](#)

Eat on day 3 and day 4

Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

mixed nuts
2 2/3 tbsp (22g)

For all 2 meals:

mixed nuts
1/3 cup (45g)

1. The recipe has no instructions.
-

Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

chocolate, dark, 70-85%
2 square(s) (20g)

For all 2 meals:

chocolate, dark, 70-85%
4 square(s) (40g)

1. The recipe has no instructions.
-

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 3 meals:

roasted cashews
6 tbsp (51g)

1. The recipe has no instructions.
-

Cucumber goat cheese bites

118 cal ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

dried dill weed
4 dash (1g)
goat cheese
1 oz (28g)
cucumber, sliced
1/4 cucumber (8-1/4") (75g)

For all 3 meals:

dried dill weed
1/2 tbsp (2g)
goat cheese
3 oz (85g)
cucumber, sliced
3/4 cucumber (8-1/4") (226g)

1. Top sliced cucumber with goat cheese and dill.
 2. Serve.
-

Dinner 1 [↗](#)

Eat on day 1 and day 2

Salmon & coconut ginger broccoli

6 oz salmon - 632 cals ● 41g protein ● 46g fat ● 9g carbs ● 4g fiber



For single meal:

salmon
6 oz (170g)
coconut milk, canned
1/4 can (113mL)
broccoli, cut into florets
1 stalk (151g)
fresh ginger, peeled and thinly sliced
1/2 slices (1" dia) (1g)

For all 2 meals:

salmon
3/4 lbs (340g)
coconut milk, canned
1/2 can (226mL)
broccoli, cut into florets
2 stalk (302g)
fresh ginger, peeled and thinly sliced
1 slices (1" dia) (2g)

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

Dinner 2 [↗](#)

Eat on day 3 and day 4

Buffalo tempeh with tzatziki

471 cals ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



For single meal:

Frank's Red Hot sauce
3 tbsp (45mL)
tzatziki
1/6 cup(s) (42g)
oil
3/4 tbsp (11mL)
tempeh, roughly chopped
6 oz (170g)

For all 2 meals:

Frank's Red Hot sauce
6 tbsp (90mL)
tzatziki
3/8 cup(s) (84g)
oil
1 1/2 tbsp (23mL)
tempeh, roughly chopped
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Olive oil drizzled broccoli

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



For single meal:

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

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

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

Dinner 3 [↗](#)

Eat on day 5 and day 6

Baked tofu

13 1/3 oz - 377 cals ● 37g protein ● 20g fat ● 9g carbs ● 5g fiber



For single meal:

soy sauce
6 2/3 tbsp (100mL)
sesame seeds
2 1/2 tsp (8g)
extra firm tofu
13 1/3 oz (378g)
fresh ginger, peeled and grated
5/6 slices (1" dia) (2g)

For all 2 meals:

soy sauce
13 1/3 tbsp (200mL)
sesame seeds
5 tsp (15g)
extra firm tofu
1 2/3 lbs (756g)
fresh ginger, peeled and grated
1 2/3 slices (1" dia) (4g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. 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.

Dinner 4 [↗](#)

Eat on day 7

Simple sardine salad

265 cals ● 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.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



Makes 1 container(s)

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

1. The recipe has no instructions.

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. The recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cals ● 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.
