

Meal Plan - 2000 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

1941 cals ● 167g protein (34%) ● 102g fat (47%) ● 61g carbs (13%) ● 28g fiber (6%)

Breakfast

295 cals, 20g protein, 2g net carbs, 23g fat



[Pesto scrambled eggs](#)
3 eggs- 297 cals

Lunch

605 cals, 41g protein, 20g net carbs, 32g fat



[Basic tempeh](#)
6 oz- 443 cals



[Olive oil drizzled sugar snap peas](#)
163 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)
6 crisps- 261 cals

Dinner

615 cals, 59g protein, 35g net carbs, 24g fat



[Pita bread](#)
1 pita bread(s)- 78 cals



[Vegan sausage](#)
2 sausage(s)- 536 cals

Protein Supplement(s)

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



[Protein shake](#)
1 1/2 scoop- 164 cals

Day 2

1947 cals ● 169g protein (35%) ● 108g fat (50%) ● 61g carbs (12%) ● 15g fiber (3%)

Breakfast

295 cals, 20g protein, 2g net carbs, 23g fat



Pesto scrambled eggs
3 eggs- 297 cals

Lunch

610 cals, 43g protein, 19g net carbs, 38g fat



Protein greek yogurt
1 container- 139 cals



Roasted peanuts
1/4 cup(s)- 230 cals



Simple mozzarella and tomato salad
242 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac
6 crisps- 261 cals

Dinner

615 cals, 59g protein, 35g net carbs, 24g fat



Pita bread
1 pita bread(s)- 78 cals



Vegan sausage
2 sausage(s)- 536 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 3

1945 cals ● 139g protein (29%) ● 126g fat (59%) ● 53g carbs (11%) ● 10g fiber (2%)

Breakfast

295 cals, 20g protein, 2g net carbs, 23g fat



Pesto scrambled eggs
3 eggs- 297 cals

Lunch

610 cals, 43g protein, 19g net carbs, 38g fat



Protein greek yogurt
1 container- 139 cals



Roasted peanuts
1/4 cup(s)- 230 cals



Simple mozzarella and tomato salad
242 cals

Snacks

205 cals, 10g protein, 12g net carbs, 12g fat



High-protein granola bar
1 bar(s)- 204 cals

Dinner

670 cals, 30g protein, 18g net carbs, 53g fat



Pita bread
1/2 pita bread(s)- 39 cals



Creamy garlic scallops
630 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 4

1992 cals ● 147g protein (30%) ● 129g fat (58%) ● 50g carbs (10%) ● 12g fiber (2%)

Breakfast

310 cals, 15g protein, 14g net carbs, 20g fat



Hardboiled egg and avocado bowl
160 cals



Milk
1 cup(s)- 149 cals

Snacks

205 cals, 10g protein, 12g net carbs, 12g fat



High-protein granola bar
1 bar(s)- 204 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

645 cals, 56g protein, 5g net carbs, 43g fat



Sugar snap peas
41 cals



Baked pesto salmon
9 oz- 606 cals

Dinner

670 cals, 30g protein, 18g net carbs, 53g fat



Pita bread
1/2 pita bread(s)- 39 cals



Creamy garlic scallops
630 cals

Day 5

1956 cals ● 137g protein (28%) ● 121g fat (55%) ● 53g carbs (11%) ● 28g fiber (6%)

Breakfast

310 cals, 15g protein, 14g net carbs, 20g fat



Hardboiled egg and avocado bowl
160 cals



Milk
1 cup(s)- 149 cals

Snacks

245 cals, 20g protein, 4g net carbs, 15g fat



Boiled eggs
3 egg(s)- 208 cals



Blackberries
1/2 cup(s)- 35 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

650 cals, 25g protein, 12g net carbs, 54g fat



Taiwanese tofu lettuce cups
14 lettuce cups- 650 cals

Dinner

590 cals, 41g protein, 22g net carbs, 31g fat



Buffalo tempeh with tzatziki
471 cals



Cooked peppers
1 bell pepper(s)- 120 cals

Day 6

1948 cals ● 146g protein (30%) ● 101g fat (46%) ● 69g carbs (14%) ● 46g fiber (9%)

Breakfast

275 cals, 11g protein, 8g net carbs, 18g fat



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



Chia yogurt parfait
167 cals

Snacks

245 cals, 20g protein, 4g net carbs, 15g fat



Boiled eggs
3 egg(s)- 208 cals



Blackberries
1/2 cup(s)- 35 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

675 cals, 39g protein, 33g net carbs, 36g fat



Bbq tempeh lettuce wrap
4 lettuce wrap(s)- 329 cals



Roasted peanuts
3/8 cup(s)- 345 cals

Dinner

590 cals, 41g protein, 22g net carbs, 31g fat



Buffalo tempeh with tzatziki
471 cals



Cooked peppers
1 bell pepper(s)- 120 cals

Day 7

1956 cals ● 151g protein (31%) ● 104g fat (48%) ● 71g carbs (14%) ● 34g fiber (7%)

Breakfast

275 cals, 11g protein, 8g net carbs, 18g fat



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



Chia yogurt parfait
167 cals

Snacks

245 cals, 20g protein, 4g net carbs, 15g fat



Boiled eggs
3 egg(s)- 208 cals



Blackberries
1/2 cup(s)- 35 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

675 cals, 39g protein, 33g net carbs, 36g fat



Bbq tempeh lettuce wrap
4 lettuce wrap(s)- 329 cals



Roasted peanuts
3/8 cup(s)- 345 cals

Dinner

600 cals, 46g protein, 24g net carbs, 34g fat



Baked fries
97 cals



Honey dijon salmon
7 1/2 oz- 502 cals

Dairy and Egg Products

- ☐ cheese
3/4 cup, shredded (84g)
- ☐ eggs
20 large (1000g)
- ☐ fresh mozzarella cheese
4 oz (113g)
- ☐ butter
1 1/2 tbsp (21g)
- ☐ heavy cream
3/4 cup (180mL)
- ☐ whole milk
2 1/2 cup(s) (614mL)
- ☐ lowfat flavored greek yogurt
1/8 cup (31g)

Other

- ☐ guacamole, store-bought
6 tbsp (93g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ tzatziki
3/8 cup(s) (84g)
- ☐ coleslaw mix
2 cup (180g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
6 tbsp (96g)
- ☐ Frank's Red Hot sauce
6 tbsp (91mL)
- ☐ apple cider vinegar
2 1/2 tbsp (2mL)
- ☐ barbecue sauce
4 tbsp (68g)

Baked Products

- ☐ pita bread
3 pita, small (4" dia) (84g)

Legumes and Legume Products

- ☐ tempeh
26 oz (737g)
- ☐ roasted peanuts
1 1/4 cup (183g)

Spices and Herbs

- ☐ black pepper
2 dash (0g)
- ☐ salt
2 dash (1g)
- ☐ fresh basil
2 tbsp, chopped (5g)
- ☐ dijon mustard
1 1/4 tbsp (19g)

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
2 cup (288g)
- ☐ tomatoes
1 1/2 large whole (3" dia) (273g)
- ☐ garlic
5 1/2 clove(s) (16g)
- ☐ onion
1 tbsp chopped (10g)
- ☐ bell pepper
2 1/2 large (411g)
- ☐ romaine lettuce
22 leaf inner (132g)
- ☐ fresh ginger
1 3/4 tbsp (11g)
- ☐ potatoes
1/4 large (3" to 4-1/4" dia.) (92g)

Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
10 3/4 cup(s) (2541mL)

Finfish and Shellfish Products

- ☐ scallops
15 oz (425g)
- ☐ salmon
2 3/4 fillet/s (6 oz each) (468g)

Fruits and Fruit Juices

- ☐ lemon juice
3/4 tbsp (11mL)
- ☐ avocados
1/2 avocado(s) (101g)
- ☐ blackberries
1 1/2 cup (216g)

☐ **soy sauce**
3 1/2 tsp (18mL)

☐ **firm tofu**
1/2 lbs (248g)

Fats and Oils

☐ **oil**
4 oz (127mL)

☐ **olive oil**
1 tbsp (16mL)

☐ **balsamic vinaigrette**
2 tbsp (31mL)

Snacks

☐ **high-protein granola bar**
2 bar (80g)

Nut and Seed Products

☐ **almonds**
1 2/3 oz (48g)

☐ **chia seeds**
3 tbsp (43g)

Sweets

☐ **honey**
2 tsp (13g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Pesto scrambled eggs

3 eggs - 297 cal ● 20g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

eggs

3 large (150g)

pesto sauce

1 1/2 tbsp (24g)

For all 3 meals:

eggs

9 large (450g)

pesto sauce

1/4 cup (72g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
 2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.
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Breakfast 2 [↗](#)

Eat on day 4 and day 5

Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
black pepper
1/2 dash (0g)
eggs
1 large (50g)
salt
1/2 dash (0g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
black pepper
1 dash (0g)
eggs
2 large (100g)
salt
1 dash (0g)
avocados, chopped
1/2 avocado(s) (101g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Milk

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



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

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.

Chia yogurt parfait

167 cal ● 7g protein ● 9g fat ● 7g carbs ● 8g fiber



For single meal:

chia seeds
1 1/2 tbsp (21g)
whole milk
1/4 cup(s) (68mL)
lowfat flavored greek yogurt
1/8 cup (15g)

For all 2 meals:

chia seeds
3 tbsp (43g)
whole milk
1/2 cup(s) (135mL)
lowfat flavored greek yogurt
1/8 cup (31g)

1. Combine chia seeds, milk, and a pinch of salt in a large bowl or container with a lid. Stir, cover, and refrigerate overnight or for at least 2 hours.
2. Top chia pudding with greek yogurt. Serve.

Lunch 1 [↗](#)

Eat on day 1

Basic tempeh

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



Makes 6 oz

tempeh

6 oz (170g)

oil

1 tbsp (15mL)

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.

Olive oil drizzled sugar snap peas

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



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.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Protein greek yogurt

1 container - 139 cal ● 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 peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, sliced
3/4 large whole (3" dia) (137g)

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)
fresh mozzarella cheese, sliced
4 oz (113g)
tomatoes, sliced
1 1/2 large whole (3" dia) (273g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lunch 3 [🔗](#)

Eat on day 4

Sugar snap peas

41 cal ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



frozen sugar snap peas
2/3 cup (96g)

1. Prepare according to instructions on package.

Baked pesto salmon

9 oz - 606 cal ● 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 4 [🔗](#)

Eat on day 5

Taiwanese tofu lettuce cups

14 lettuce cups - 650 cal ● 25g protein ● 54g fat ● 12g carbs ● 4g fiber



Makes 14 lettuce cups

almonds

1 3/4 tbsp, slivered (12g)

apple cider vinegar

2 1/2 tbsp (2mL)

soy sauce

3 1/2 tsp (18mL)

romaine lettuce

14 leaf inner (84g)

oil

2 1/2 tbsp (39mL)

garlic, minced

1 3/4 clove(s) (5g)

water

1/4 cup(s) (52mL)

firm tofu, patted dry & crumbled

1/2 lbs (248g)

fresh ginger, peeled & minced

1 3/4 tbsp (11g)

1. Heat about 2/3 of the oil in a non-stick skillet over medium-high heat. Add the tofu, season with salt and pepper, and cook until browned in places, about 5-6 minutes. Transfer tofu to a plate and wipe the skillet clean.
 2. Add the remaining oil to the same skillet over medium-high heat. Add the garlic, ginger, and almonds, and stir frequently until the garlic is fragrant and the almonds are toasted, about 1-2 minutes.
 3. Stir in the apple cider vinegar, soy sauce, and water, and cook until the mixture slightly thickens, about 2-3 minutes.
 4. Return the tofu to the skillet and toss to coat.
 5. Spoon the tofu mixture into the lettuce cups and serve.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Bbq tempeh lettuce wrap

4 lettuce wrap(s) - 329 cals ● 26g protein ● 9g fat ● 26g carbs ● 11g fiber



For single meal:

oil
1/2 tsp (3mL)
coleslaw mix
1 cup (90g)
barbecue sauce
2 tbsp (34g)
romaine lettuce
4 leaf inner (24g)
tempeh, cubed
4 oz (113g)
bell pepper, deseeded and sliced
1/2 small (37g)

For all 2 meals:

oil
1 tsp (5mL)
coleslaw mix
2 cup (180g)
barbecue sauce
4 tbsp (68g)
romaine lettuce
8 leaf inner (48g)
tempeh, cubed
1/2 lbs (227g)
bell pepper, deseeded and sliced
1 small (74g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Roasted peanuts

3/8 cup(s) - 345 cals ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber



For single meal:

roasted peanuts
6 tbsp (55g)

For all 2 meals:

roasted peanuts
3/4 cup (110g)

1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese
6 tbsp, shredded (42g)
guacamole, store-bought
3 tbsp (46g)

For all 2 meals:

cheese
3/4 cup, shredded (84g)
guacamole, store-bought
6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

Snacks 2 [↗](#)

Eat on day 3 and day 4

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Boiled eggs

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



For single meal:

eggs
3 large (150g)

For all 3 meals:

eggs
9 large (450g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
 2. Place the eggs in a small sauce pan and cover with water.
 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

blackberries
1/2 cup (72g)

For all 3 meals:

blackberries
1 1/2 cup (216g)

1. Rinse blackberries and serve.
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Dinner 1 [🔗](#)

Eat on day 1 and day 2

Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

pita bread

1 pita, small (4" dia) (28g)

For all 2 meals:

pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

vegan sausage

2 sausage (200g)

For all 2 meals:

vegan sausage

4 sausage (400g)

1. Prepare according to package instructions.
 2. Serve.
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Dinner 2 [↗](#)

Eat on day 3 and day 4

Pita bread

1/2 pita bread(s) - 39 cal ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



For single meal:

pita bread

1/2 pita, small (4" dia) (14g)

For all 2 meals:

pita bread

1 pita, small (4" dia) (28g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Creamy garlic scallops

630 cal ● 29g protein ● 52g fat ● 11g carbs ● 0g fiber



For single meal:

scallops

1/2 lbs (212g)

oil

3/4 tbsp (11mL)

butter

3/4 tbsp (11g)

heavy cream

6 tbsp (90mL)

lemon juice

1 tsp (6mL)

garlic, minced

1 1/2 clove(s) (5g)

For all 2 meals:

scallops

15 oz (425g)

oil

1 1/2 tbsp (23mL)

butter

1 1/2 tbsp (21g)

heavy cream

3/4 cup (180mL)

lemon juice

3/4 tbsp (11mL)

garlic, minced

3 clove(s) (9g)

1. Heat oil in a skillet over medium heat. Once hot, add scallops and fry for 2-3 minutes on each side until fully cooked (opaque throughout). Transfer scallops to a plate and set aside.
2. Add the butter to the pan and let melt. Add garlic and fry for about 1 minute until fragrant.
3. Add in heavy cream and a hefty pinch of salt/pepper and simmer for 2-5 minutes until it has thickened a little.
4. Remove from heat and add in lemon juice and scallops. Serve.

Dinner 3 [🔗](#)

Eat on day 5 and day 6

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.

Cooked peppers

1 bell pepper(s) - 120 cals ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



For single meal:

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

For all 2 meals:

oil
4 tsp (20mL)
bell pepper, seeded & cut into strips
2 large (328g)

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.

Dinner 4 [🔗](#)

Eat on day 7

Baked fries

97 cal ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



potatoes

1/4 large (3" to 4-1/4" dia.) (92g)

oil

1/4 tbsp (4mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Honey dijon salmon

7 1/2 oz - 502 cal ● 44g protein ● 31g fat ● 12g carbs ● 1g fiber



Makes 7 1/2 oz

salmon

1 1/4 fillet/s (6 oz each) (213g)

dijon mustard

1 1/4 tbsp (19g)

honey

2 tsp (13g)

olive oil

1 1/4 tsp (6mL)

garlic, minced

5/8 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.

Protein Supplement(s)

Eat every day

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.
