

# Meal Plan - 2100 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

2098 cals ● 165g protein (32%) ● 117g fat (50%) ● 68g carbs (13%) ● 28g fiber (5%)

### Breakfast

285 cals, 13g protein, 15g net carbs, 16g fat



[Poached egg over avocado toast](#)

1 toast(s)- 272 cals



[Celery sticks](#)

2 celery stalk- 13 cals

### Lunch

720 cals, 52g protein, 36g net carbs, 39g fat



[Corn](#)

185 cals



[Slow-baked salmon with lemon and thyme](#)

8 oz- 536 cals

### Snacks

275 cals, 3g protein, 7g net carbs, 25g fat



[Pecans](#)

1/4 cup- 183 cals



[Vegan cheese](#)

1 1" cube- 91 cals

### Dinner

655 cals, 61g protein, 9g net carbs, 36g fat



[Avocado tuna salad](#)

654 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

## Day 2

2060 cals ● 158g protein (31%) ● 110g fat (48%) ● 72g carbs (14%) ● 37g fiber (7%)

### Breakfast

285 cals, 13g protein, 15g net carbs, 16g fat



#### Poached egg over avocado toast

1 toast(s)- 272 cals



#### Celery sticks

2 celery stalk- 13 cals

### Lunch

680 cals, 44g protein, 39g net carbs, 33g fat



#### Roasted almonds

1/3 cup(s)- 277 cals



#### Carrot sticks

4 carrot(s)- 108 cals



#### Teriyaki seitan wings

4 oz seitan- 297 cals

### Dinner

655 cals, 61g protein, 9g net carbs, 36g fat



#### Avocado tuna salad

654 cals

### Snacks

275 cals, 3g protein, 7g net carbs, 25g fat



#### Pecans

1/4 cup- 183 cals



#### Vegan cheese

1 1" cube- 91 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

## Day 3

2119 cals ● 171g protein (32%) ● 116g fat (49%) ● 77g carbs (15%) ● 19g fiber (4%)

### Breakfast

425 cals, 18g protein, 15g net carbs, 30g fat



#### High-protein granola bar

1 bar(s)- 204 cals



#### Roasted almonds

1/4 cup(s)- 222 cals

### Snacks

280 cals, 17g protein, 17g net carbs, 14g fat



#### Boiled eggs

2 egg(s)- 139 cals



#### Toast with butter

1 slice(s)- 114 cals



#### Carrot sticks

1 carrot(s)- 27 cals

### Lunch

640 cals, 39g protein, 18g net carbs, 44g fat



#### Baked salmon with pecans and pesto

6 oz- 484 cals



#### Buttered corn

159 cals

### Dinner

610 cals, 61g protein, 26g net carbs, 27g fat



#### Milk

1 1/3 cup(s)- 199 cals



#### Zoodles with lemon garlic shrimp

8 oz shrimp- 409 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

## Day 4

2119 cals ● 171g protein (32%) ● 116g fat (49%) ● 77g carbs (15%) ● 19g fiber (4%)

### Breakfast

425 cals, 18g protein, 15g net carbs, 30g fat



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



**Roasted almonds**  
1/4 cup(s)- 222 cals

### Snacks

280 cals, 17g protein, 17g net carbs, 14g fat



**Boiled eggs**  
2 egg(s)- 139 cals



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



**Carrot sticks**  
1 carrot(s)- 27 cals

### Lunch

640 cals, 39g protein, 18g net carbs, 44g fat



**Baked salmon with pecans and pesto**  
6 oz- 484 cals



**Buttered corn**  
159 cals

### Dinner

610 cals, 61g protein, 26g net carbs, 27g fat



**Milk**  
1 1/3 cup(s)- 199 cals



**Zoodles with lemon garlic shrimp**  
8 oz shrimp- 409 cals

### Protein Supplement(s)

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



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

## Day 5

2055 cals ● 138g protein (27%) ● 124g fat (54%) ● 58g carbs (11%) ● 39g fiber (8%)

### Breakfast

355 cals, 21g protein, 10g net carbs, 25g fat



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



**Simple sauteed spinach**  
100 cals



**Creamy scrambled eggs**  
182 cals

### Lunch

595 cals, 26g protein, 24g net carbs, 38g fat



**Pecans**  
1/4 cup- 183 cals



**Carrot sticks**  
3 carrot(s)- 81 cals



**Mediterranean chik'n salad with lemon yogurt dressing**  
331 cals

### Snacks

310 cals, 8g protein, 4g net carbs, 25g fat



**Avocado**  
176 cals



**Sunflower seeds**  
135 cals

### Dinner

630 cals, 47g protein, 19g net carbs, 35g fat



**Sugar snap peas**  
164 cals



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

### Protein Supplement(s)

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



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

## Day 6

2093 cals ● 168g protein (32%) ● 118g fat (51%) ● 64g carbs (12%) ● 27g fiber (5%)

### Breakfast

355 cals, 21g protein, 10g net carbs, 25g fat



#### Milk

1/2 cup(s)- 75 cals



#### Simple sauteed spinach

100 cals



#### Creamy scrambled eggs

182 cals

### Snacks

310 cals, 8g protein, 4g net carbs, 25g fat



#### Avocado

176 cals



#### Sunflower seeds

135 cals

### Lunch

650 cals, 44g protein, 24g net carbs, 39g fat



#### Pecans

1/4 cup- 183 cals



#### Simple seitan

5 oz- 305 cals



#### Buttered sugar snap peas

161 cals

### Dinner

615 cals, 59g protein, 25g net carbs, 28g fat



#### Olive oil drizzled sugar snap peas

163 cals



#### Pan seared breaded tilapia

9 oz- 451 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

## Day 7

2093 cals ● 168g protein (32%) ● 118g fat (51%) ● 64g carbs (12%) ● 27g fiber (5%)

### Breakfast

355 cals, 21g protein, 10g net carbs, 25g fat



#### Milk

1/2 cup(s)- 75 cals



#### Simple sauteed spinach

100 cals



#### Creamy scrambled eggs

182 cals

### Lunch

650 cals, 44g protein, 24g net carbs, 39g fat



#### Pecans

1/4 cup- 183 cals



#### Simple seitan

5 oz- 305 cals



#### Buttered sugar snap peas

161 cals

### Dinner

615 cals, 59g protein, 25g net carbs, 28g fat



#### Olive oil drizzled sugar snap peas

163 cals



#### Pan seared breaded tilapia

9 oz- 451 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

# Grocery List



## Nut and Seed Products

- pecans**  
5 oz (137g)
- almonds**  
1/4 lbs (123g)
- sunflower kernels**  
2 1/4 oz (64g)

## Other

- vegan cheese, block**  
2 1" cube (57g)
- guacamole, store-bought**  
1/2 cup (124g)
- mixed greens**  
3 3/4 cup (113g)
- teriyaki sauce**  
2 tbsp (30mL)
- vegan chik'n strips**  
2 1/2 oz (71g)

## Baked Products

- bread**  
4 slice (128g)

## Dairy and Egg Products

- eggs**  
12 large (600g)
- whole milk**  
4 1/3 cup(s) (1044mL)
- butter**  
3/4 stick (89g)
- nonfat greek yogurt, plain**  
1 1/2 tbsp (26g)

## Vegetables and Vegetable Products

- raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)
- tomatoes**  
1 1/2 medium whole (2-3/5" dia) (172g)
- onion**  
1 small (64g)
- frozen corn kernels**  
2 2/3 cup (363g)
- carrots**  
9 medium (549g)
- garlic**  
4 1/2 clove(s) (14g)

## Spices and Herbs

- salt**  
1/2 oz (12g)
- black pepper**  
4 1/4 g (4g)
- thyme, dried**  
1/2 tsp, leaves (1g)
- garlic powder**  
2 dash (1g)
- onion powder**  
2 dash (1g)
- paprika**  
4 dash (1g)

## Finfish and Shellfish Products

- canned tuna**  
3 can (516g)
- salmon**  
1 1/4 lbs (567g)
- shrimp, raw**  
1 lbs (454g)
- tilapia, raw**  
1 1/2 lbs (674g)

## Fats and Oils

- oil**  
2 1/2 oz (72mL)
- olive oil**  
2 2/3 oz (84mL)

## Beverages

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

## Cereal Grains and Pasta

- seitan**  
14 oz (397g)
- all-purpose flour**  
3/8 cup(s) (47g)

## Soups, Sauces, and Gravies

- vegetable broth**  
1/2 cup(s) (mL)

- zucchini**  
4 medium (784g)
- fresh spinach**  
12 cup(s) (360g)
- frozen sugar snap peas**  
7 1/3 cup (1056g)
- fresh parsley**  
2 tbsp chopped (8g)

### Fruits and Fruit Juices

- avocados**  
3 avocado(s) (603g)
- lime juice**  
1 tbsp (15mL)
- lemon**  
1/3 large (28g)
- lemon juice**  
1 3/4 fl oz (52mL)
- black olives**  
3 large olives (13g)

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- pesto sauce**  
3 tbsp (48g)

### Snacks

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

### Legumes and Legume Products

- chickpeas, canned**  
1/6 cup(s) (40g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Poached egg over avocado toast

1 toast(s) - 272 cals ● 12g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

**bread**  
1 slice (32g)  
**eggs**  
1 large (50g)  
**guacamole, store-bought**  
4 tbsp (62g)

For all 2 meals:

**bread**  
2 slice (64g)  
**eggs**  
2 large (100g)  
**guacamole, store-bought**  
1/2 cup (124g)

1. Crack egg into a small measuring cup. Set aside.
2. Bring medium sized pot full of water to a boil then remove from heat.
3. Using a utensil, swirl the water to create a small whirlpool and then gently plop the egg in the middle and cook for 3 minutes.
4. Meanwhile toast bread and then top with guacamole.
5. When egg is done, remove it with a slotted spoon and place egg on paper towel and gently dry.
6. Transfer egg to top of avocado toast and serve.

### 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.

## Breakfast 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.

### 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.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### 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 3 meals:

**whole milk**  
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)  
**garlic, diced**  
1/2 clove (2g)

For all 3 meals:

**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
12 cup(s) (360g)  
**garlic, diced**  
1 1/2 clove (5g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

### Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**whole milk**  
1/8 cup(s) (15mL)

For all 3 meals:

**eggs**  
6 large (300g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**butter**  
1 tbsp (14g)  
**whole milk**  
1/6 cup(s) (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

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## Lunch 1 ↗

Eat on day 1

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### Corn

185 cals ● 5g protein ● 1g fat ● 34g carbs ● 4g fiber



**frozen corn kernels**  
1 1/3 cup (181g)

1. Prepare according to instructions on package.

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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.

## Lunch 2 ↗

Eat on day 2

### Roasted almonds

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



Makes 1/3 cup(s)

**almonds**

5 tbsp, whole (45g)

1. The recipe has no instructions.

### Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



Makes 4 carrot(s)

**carrots**

4 medium (244g)

1. Cut carrots into strips and serve.

### Teriyaki seitan wings

4 oz seitan - 297 cals ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



Makes 4 oz seitan

**seitan**  
4 oz (113g)  
**oil**  
1/2 tbsp (8mL)  
**teriyaki sauce**  
2 tbsp (30mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Lunch 3 ↗

Eat on day 3 and day 4

### Baked salmon with pecans and pesto

6 oz - 484 cals ● 36g protein ● 36g fat ● 1g carbs ● 1g fiber



For single meal:

**salmon**  
1 fillet/s (6 oz each) (170g)  
**pecans**  
1 tbsp, chopped (7g)  
**pesto sauce**  
1 1/2 tbsp (24g)

For all 2 meals:

**salmon**  
2 fillet/s (6 oz each) (340g)  
**pecans**  
2 tbsp, chopped (14g)  
**pesto sauce**  
3 tbsp (48g)

1. Preheat oven to 400°F (200°C). Prepare a parchment paper-lined baking sheet.
2. Spread the pesto on top of the salmon. Then coat the fillet with the chopped pecans.
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)).

### Buttered corn

159 cals ● 3g protein ● 8g fat ● 17g carbs ● 2g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**butter**  
2 tsp (9g)  
**frozen corn kernels**  
2/3 cup (91g)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**butter**  
4 tsp (18g)  
**frozen corn kernels**  
1 1/3 cup (181g)

1. Prepare corn according to instructions on package.
2. Top with butter and season with salt and pepper to taste.

## Lunch 4 ↗

Eat on day 5

### Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

**pecans**  
4 tbsp, halves (25g)

1. The recipe has no instructions.

### Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



Makes 3 carrot(s)

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

### Mediterranean chick'n salad with lemon yogurt dressing

331 cals ● 21g protein ● 20g fat ● 11g carbs ● 5g fiber



**thyme, dried**  
2 dash, leaves (0g)  
**paprika**  
2 dash (1g)  
**oil**  
3 tsp (15mL)  
**nonfat greek yogurt, plain**  
1 1/2 tbsp (26g)  
**mixed greens**  
3/4 cup (23g)  
**vegan chik'n strips**  
2 1/2 oz (71g)  
**lemon juice**  
1/2 tbsp (8mL)  
**onion, thinly sliced**  
1/6 small (12g)  
**tomatoes, chopped**  
4 tbsp cherry tomatoes (37g)  
**black olives, pitted**  
3 large olives (13g)  
**chickpeas, canned, drained and rinsed**  
1/6 cup(s) (40g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
3. Add the remaining oil to the skillet and cook the chik'n for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.
4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.

## Lunch 5 ↗

Eat on day 6 and day 7

### Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

**pecans**  
4 tbsp, halves (25g)

For all 2 meals:

**pecans**  
1/2 cup, halves (50g)

1. The recipe has no instructions.

### Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

**seitan**  
5 oz (142g)  
**oil**  
1 1/4 tsp (6mL)

For all 2 meals:

**seitan**  
10 oz (284g)  
**oil**  
2 1/2 tsp (13mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

### Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



For single meal:

**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**butter**  
1 tbsp (14g)  
**frozen sugar snap peas**  
1 cup (144g)

For all 2 meals:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**butter**  
2 tbsp (27g)  
**frozen sugar snap peas**  
2 cup (288g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

## Snacks 1

Eat on day 1 and day 2

### Pecans

1/4 cup - 183 cals  2g protein  18g fat  1g carbs  2g fiber



For single meal:

**pecans**  
4 tbsp, halves (25g)

For all 2 meals:

**pecans**  
1/2 cup, halves (50g)

1. The recipe has no instructions.

### Vegan cheese

1 1" cube - 91 cals  1g protein  7g fat  6g carbs  0g fiber



For single meal:

**vegan cheese, block**  
1 1" cube (28g)

For all 2 meals:

**vegan cheese, block**  
2 1" cube (57g)

1. Slice and enjoy.

## Snacks 2 ↗

Eat on day 3 and day 4

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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.

### 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 2 meals:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**

1 medium (61g)

For all 2 meals:

**carrots**

2 medium (122g)

1. Cut carrots into strips and serve.

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## Snacks 3 ↗

Eat on day 5, day 6, and day 7

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### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**

1/2 avocado(s) (101g)

**lemon juice**

1/2 tsp (3mL)

For all 3 meals:

**avocados**

1 1/2 avocado(s) (302g)

**lemon juice**

1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

3/4 oz (21g)

For all 3 meals:

**sunflower kernels**

2 1/4 oz (64g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Avocado tuna salad

654 cals ● 61g protein ● 36g fat ● 9g carbs ● 12g fiber



For single meal:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**mixed greens**  
1 1/2 cup (45g)  
**canned tuna**  
1 1/2 can (258g)  
**tomatoes**  
6 tbsp, chopped (68g)  
**onion, minced**  
3/8 small (26g)

For all 2 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**mixed greens**  
3 cup (90g)  
**canned tuna**  
3 can (516g)  
**tomatoes**  
3/4 cup, chopped (135g)  
**onion, minced**  
3/4 small (53g)

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 2 ↗

Eat on day 3 and day 4

### Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/3 cup(s) (320mL)

For all 2 meals:

**whole milk**  
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

### Zoodles with lemon garlic shrimp

8 oz shrimp - 409 cals ● 51g protein ● 16g fat ● 10g carbs ● 4g fiber



For single meal:

**shrimp, raw, peeled and deveined**  
1/2 lbs (227g)  
**garlic, diced**  
1 clove (3g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**lemon juice**  
1 tbsp (15mL)  
**oil**  
1 tbsp (15mL)  
**zucchini, spiralized**  
2 medium (392g)

For all 2 meals:

**shrimp, raw, peeled and deveined**  
1 lbs (454g)  
**garlic, diced**  
2 clove (6g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**lemon juice**  
2 tbsp (30mL)  
**oil**  
2 tbsp (30mL)  
**zucchini, spiralized**  
4 medium (784g)

1. Heat oil in a large pan over medium heat. Add garlic and shrimp in even layer and season with salt/pepper to taste. Cook for 1-2 minutes on each side until shrimp is fully cooked and pink. Remove shrimp and set aside.
2. Add broth and lemon juice to the pan and simmer for 2-3 minutes. Add in spiralized zucchini and toss in broth. Cook for about 1 minute until warmed through.
3. Add shrimp back in and serve.

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## Dinner 3 ↗

Eat on day 5

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### Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

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### Tilapia with almond gremolata

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



Makes 1 tilapia fillet(s)

**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)

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.

## Dinner 4 ↗

Eat on day 6 and day 7

### 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.

### Pan seared breaded tilapia

9 oz - 451 cals ● 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.

## 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.