

# Meal Plan - 2200 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

2150 cals ● 155g protein (29%) ● 139g fat (58%) ● 47g carbs (9%) ● 23g fiber (4%)

### Breakfast

325 cals, 20g protein, 3g net carbs, 24g fat



**String cheese**

1 stick(s)- 83 cals



**Egg in an eggplant**

241 cals

### Snacks

325 cals, 19g protein, 6g net carbs, 24g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Pistachios**

188 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

690 cals, 41g protein, 17g net carbs, 47g fat



**Olive oil drizzled green beans**

289 cals



**Slow-baked salmon with lemon and thyme**

6 oz- 402 cals

### Dinner

645 cals, 39g protein, 19g net carbs, 43g fat



**Honey dijon salmon**

6 oz- 402 cals



**Buttered green beans**

245 cals

## Day 2

2230 cals ● 179g protein (32%) ● 134g fat (54%) ● 57g carbs (10%) ● 20g fiber (4%)

### Breakfast

325 cals, 20g protein, 3g net carbs, 24g fat



**String cheese**

1 stick(s)- 83 cals



**Egg in an eggplant**

241 cals

### Snacks

325 cals, 19g protein, 6g net carbs, 24g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Pistachios**

188 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

770 cals, 65g protein, 27g net carbs, 42g fat



**Simple mozzarella and tomato salad**

242 cals



**Almond crusted tilapia**

7 1/2 oz- 529 cals

### Dinner

645 cals, 39g protein, 19g net carbs, 43g fat



**Honey dijon salmon**

6 oz- 402 cals



**Buttered green beans**

245 cals

## Day 3

2187 cals ● 144g protein (26%) ● 131g fat (54%) ● 77g carbs (14%) ● 31g fiber (6%)

### Breakfast

350 cals, 16g protein, 9g net carbs, 24g fat



**Chia yogurt parfait**

167 cals



**Pumpkin seeds**

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

### Lunch

760 cals, 23g protein, 28g net carbs, 58g fat



**Pecans**

1/2 cup- 366 cals



**Caesar salad wrap**

1 wrap(s)- 393 cals

### Dinner

675 cals, 49g protein, 31g net carbs, 35g fat



**Cajun cod**

8 oz- 249 cals



**Buttered broccoli**

1 3/4 cup(s)- 234 cals



**Baked fries**

193 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

## Day 4

2210 cals ● 154g protein (28%) ● 129g fat (53%) ● 68g carbs (12%) ● 40g fiber (7%)

### Breakfast

350 cals, 16g protein, 9g net carbs, 24g fat



**Chia yogurt parfait**  
167 cals



**Pumpkin seeds**  
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)

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



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

### Lunch

675 cals, 37g protein, 29g net carbs, 42g fat



**Garlic pepper seitan**  
342 cals



**Pan roasted zucchini**  
333 cals

### Dinner

785 cals, 46g protein, 21g net carbs, 49g fat



**Crack slaw with tempeh**  
422 cals



**Sunflower seeds**  
361 cals

## Day 5

2175 cals ● 164g protein (30%) ● 120g fat (50%) ● 65g carbs (12%) ● 44g fiber (8%)

### Breakfast

350 cals, 16g protein, 9g net carbs, 24g fat



**Chia yogurt parfait**  
167 cals



**Pumpkin seeds**  
183 cals

### Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



**Protein bar**  
1 bar- 245 cals

### Protein Supplement(s)

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



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

### Lunch

635 cals, 46g protein, 8g net carbs, 41g fat



**Chili lime salmon**  
6 oz- 356 cals



**Olive oil drizzled broccoli**  
4 cup(s)- 279 cals

### Dinner

785 cals, 46g protein, 21g net carbs, 49g fat



**Crack slaw with tempeh**  
422 cals



**Sunflower seeds**  
361 cals

## Day 6

2138 cals ● 153g protein (29%) ● 122g fat (51%) ● 75g carbs (14%) ● 34g fiber (6%)

### Breakfast

305 cals, 18g protein, 14g net carbs, 19g fat



[Herb & onion frittata](#)

306 cals

### Lunch

635 cals, 46g protein, 8g net carbs, 41g fat



[Chili lime salmon](#)

6 oz- 356 cals



[Olive oil drizzled broccoli](#)

4 cup(s)- 279 cals

### Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



[Protein bar](#)

1 bar- 245 cals

### Dinner

790 cals, 33g protein, 26g net carbs, 56g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Roasted almonds](#)

1/4 cup(s)- 222 cals



[Roasted cabbage steaks with dressing](#)

427 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

## Day 7

2169 cals ● 210g protein (39%) ● 104g fat (43%) ● 73g carbs (13%) ● 25g fiber (5%)

### Breakfast

305 cals, 18g protein, 14g net carbs, 19g fat



[Herb & onion frittata](#)

306 cals

### Lunch

665 cals, 103g protein, 6g net carbs, 24g fat



[Cajun tilapia](#)

18 oz- 593 cals



[Olive oil drizzled green beans](#)

72 cals

### Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



[Protein bar](#)

1 bar- 245 cals

### Dinner

790 cals, 33g protein, 26g net carbs, 56g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Roasted almonds](#)

1/4 cup(s)- 222 cals



[Roasted cabbage steaks with dressing](#)

427 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

# Grocery List



## Beverages

- ☐ protein powder  
11 1/2 scoop (1/3 cup ea) (357g)
- ☐ water  
2/3 gallon (2650mL)

## Dairy and Egg Products

- ☐ string cheese  
2 stick (56g)
- ☐ eggs  
14 large (700g)
- ☐ butter  
5/8 stick (70g)
- ☐ fresh mozzarella cheese  
2 oz (57g)
- ☐ parmesan cheese  
1/2 tbsp (3g)
- ☐ whole milk  
2 cup(s) (442mL)
- ☐ lowfat flavored greek yogurt  
1/6 cup (46g)
- ☐ cheese  
4 tbsp, shredded (28g)

## Vegetables and Vegetable Products

- ☐ eggplant  
4 1 inch (2.5 cm) slice(s) (240g)
- ☐ garlic  
4 1/4 clove(s) (13g)
- ☐ frozen green beans  
6 2/3 cup (806g)
- ☐ tomatoes  
1 1/2 medium whole (2-3/5" dia) (168g)
- ☐ frozen broccoli  
9 3/4 cup (887g)
- ☐ potatoes  
1/2 large (3" to 4-1/4" dia.) (185g)
- ☐ onion  
2 cup, chopped (350g)
- ☐ romaine lettuce  
4 leaf inner (24g)
- ☐ green pepper  
1 tbsp, chopped (9g)
- ☐ zucchini  
2 medium (392g)
- ☐ cabbage  
1 head, small (about 4-1/2" dia) (714g)

## Spices and Herbs

- ☐ dijon mustard  
2 tbsp (30g)
- ☐ black pepper  
11 g (11g)
- ☐ salt  
1/2 oz (18g)
- ☐ thyme, dried  
1 1/4 tsp, leaves (1g)
- ☐ fresh basil  
1 tbsp, chopped (3g)
- ☐ cajun seasoning  
11 g (11g)
- ☐ oregano, dried  
1 tsp, ground (2g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ chili powder  
1/2 tbsp (4g)
- ☐ ground cumin  
1/4 tbsp (2g)

## Sweets

- ☐ honey  
1 tbsp (21g)

## Fruits and Fruit Juices

- ☐ lemon  
1/4 large (21g)
- ☐ limes  
1 1/2 fruit (2" dia) (101g)

## Nut and Seed Products

- ☐ pistachios, shelled  
1/2 cup (62g)
- ☐ almonds  
5 oz (141g)
- ☐ pecans  
1/2 cup, halves (50g)
- ☐ chia seeds  
1/4 cup (64g)
- ☐ roasted pumpkin seeds, unsalted  
3/4 cup (89g)
- ☐ sunflower kernels  
5 oz (137g)

## Cereal Grains and Pasta

## Fats and Oils

- ☐ oil  
1/4 lbs (115mL)
- ☐ olive oil  
1/4 lbs (139mL)
- ☐ balsamic vinaigrette  
1 tbsp (14mL)
- ☐ caesar salad dressing  
1 tbsp (15g)
- ☐ ranch dressing  
4 tbsp (60mL)

## Finfish and Shellfish Products

- ☐ salmon  
30 oz (850g)
- ☐ tilapia, raw  
1 1/2 lbs (714g)
- ☐ cod, raw  
1/2 lbs (227g)

- ☐ all-purpose flour  
1/4 cup(s) (26g)
- ☐ seitan  
4 oz (113g)

## Baked Products

- ☐ flour tortillas  
1 tortilla (approx 7-8" dia) (49g)

## Other

- ☐ coleslaw mix  
4 cup (360g)
- ☐ protein bar (20g protein)  
3 bar (150g)
- ☐ protein greek yogurt, flavored  
2 container (300g)
- ☐ italian seasoning  
1 tsp (4g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
2 tsp (10mL)

## Legumes and Legume Products

- ☐ tempeh  
1/2 lbs (227g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

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

1. The recipe has no instructions.

### Egg in an eggplant

241 cals ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**eggplant**  
4 1 inch (2.5 cm) slice(s) (240g)  
**oil**  
4 tsp (20mL)  
**eggs**  
4 large (200g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Chia yogurt parfait

167 cals ● 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 3 meals:

**chia seeds**

1/4 cup (64g)

**whole milk**

5/6 cup(s) (203mL)

**lowfat flavored greek yogurt**

1/6 cup (46g)

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.

### Pumpkin seeds

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



For single meal:

**roasted pumpkin seeds, unsalted**

4 tbsp (30g)

For all 3 meals:

**roasted pumpkin seeds, unsalted**

3/4 cup (89g)

1. The recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Herb & onion frittata

306 cals ● 18g protein ● 19g fat ● 14g carbs ● 3g fiber



For single meal:

**water**  
1/4 cup(s) (59mL)  
**olive oil**  
1 tsp (5mL)  
**eggs**  
2 large (100g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**cheese**  
2 tbsp, shredded (14g)  
**thyme, dried**  
4 dash, leaves (1g)  
**onion**  
1 cup, chopped (160g)

For all 2 meals:

**water**  
1/2 cup(s) (119mL)  
**olive oil**  
2 tsp (10mL)  
**eggs**  
4 large (200g)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**cheese**  
4 tbsp, shredded (28g)  
**thyme, dried**  
1 tsp, leaves (1g)  
**onion**  
2 cup, chopped (320g)

1. Bring onion and almost all of the water (save about 1 tablespoon for later) to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
2. Uncover and continue cooking until the water evaporates, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion starts to brown, 1 to 2 minutes more.
3. Scramble the eggs and add to pan, reduce heat to medium-low and continue cooking, stirring constantly, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
4. Reduce heat to low. Sprinkle herbs, salt, and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

## Lunch 1 [↗](#)

Eat on day 1

### Olive oil drizzled green beans

289 cals ● 6g protein ● 19g fat ● 16g carbs ● 8g fiber



**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen green beans**  
2 2/3 cup (323g)  
**olive oil**  
4 tsp (20mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

## Slow-baked salmon with lemon and thyme

6 oz - 402 cals ● 35g protein ● 28g fat ● 1g carbs ● 1g fiber



Makes 6 oz

**thyme, dried**

2 dash, leaves (0g)

**oil**

1 tsp (6mL)

**salmon, skin on**

6 oz (170g)

**lemon, cut into wedges**

1/4 large (21g)

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

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### Simple mozzarella and tomato salad

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



**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)

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

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### Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



Makes 7 1/2 oz

**almonds**  
5 tbsp, slivered (34g)  
**tilapia, raw**  
1/2 lbs (210g)  
**all-purpose flour**  
1/6 cup(s) (26g)  
**salt**  
1 1/4 dash (1g)  
**olive oil**  
2 tsp (9mL)

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 3

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#### Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

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

1. The recipe has no instructions.

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#### Caesar salad wrap

1 wrap(s) - 393 cals ● 18g protein ● 23g fat ● 26g carbs ● 3g fiber



Makes 1 wrap(s)

**parmesan cheese**

1/2 tbsp (3g)

**onion**

1 tbsp, chopped (10g)

**flour tortillas**

1 tortilla (approx 7-8" dia) (49g)

**caesar salad dressing**

1 tbsp (15g)

**tomatoes, sliced**

1/2 plum tomato (31g)

**eggs, hard-boiled and sliced**

2 large (100g)

**romaine lettuce, torn into bite-sized pieces**

4 leaf inner (24g)

1. Toss romaine, onion, cheese and dressing to coat.
2. Spread romaine mixture evenly down center of each tortilla. Top with the sliced hard-boiled eggs and tomatoes.
3. Fold up one end of tortilla about 1 inch over filling; fold right and left sides over folded end, overlapping. Secure with toothpick if necessary.

## Lunch 4 [🔗](#)

Eat on day 4

### Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



**olive oil**

1 tbsp (15mL)

**onion**

2 tbsp, chopped (20g)

**green pepper**

1 tbsp, chopped (9g)

**black pepper**

1 dash, ground (0g)

**water**

1/2 tbsp (8mL)

**salt**

1/2 dash (0g)

**seitan, chicken style**

4 oz (113g)

**garlic, minced**

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

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

### Pan roasted zucchini

333 cals ● 6g protein ● 26g fat ● 12g carbs ● 7g fiber



**zucchini**  
2 medium (392g)  
**black pepper**  
1 tbsp, ground (7g)  
**oregano, dried**  
1 tsp, ground (2g)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (6g)  
**olive oil**  
2 tbsp (30mL)

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.

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## Lunch 5 [🔗](#)

Eat on day 5 and day 6

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### Chili lime salmon

6 oz - 356 cal ● 35g protein ● 23g fat ● 1g carbs ● 1g fiber



For single meal:

**salmon**  
6 oz (170g)  
**chili powder**  
1/4 tbsp (2g)  
**ground cumin**  
3 dash (1g)  
**limes, sliced**  
3/4 fruit (2" dia) (50g)

For all 2 meals:

**salmon**  
3/4 lbs (340g)  
**chili powder**  
1/2 tbsp (4g)  
**ground cumin**  
1/4 tbsp (2g)  
**limes, sliced**  
1 1/2 fruit (2" dia) (101g)

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.

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### Olive oil drizzled broccoli

4 cup(s) - 279 cal ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber





For single meal:

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

For all 2 meals:

**black pepper**  
4 dash (0g)  
**salt**  
4 dash (2g)  
**frozen broccoli**  
8 cup (728g)  
**olive oil**  
2 2/3 tbsp (40mL)

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

Lunch 6 [🔗](#)  
Eat on day 7

Cajun tilapia

18 oz - 593 cals ● 102g protein ● 20g fat ● 2g carbs ● 1g fiber



Makes 18 oz

**cajun seasoning**  
3/4 tbsp (5g)  
**oil**  
3/4 tbsp (11mL)  
**tilapia, raw**  
18 oz (504g)

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking dish.
2. Place the Tilapia fillets in the bottom of the baking dish and coat both sides with the oil and Cajun seasoning.
3. Cover the dish and bake for 15 to 20 minutes until fish is cooked and flakes easily with a fork.

Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen green beans**  
2/3 cup (81g)  
**olive oil**  
1 tsp (5mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

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### Boiled eggs

2 egg(s) - 139 cal ● 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.
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### Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, shelled**  
4 tbsp (31g)

For all 2 meals:

**pistachios, shelled**  
1/2 cup (62g)

1. The recipe has no instructions.
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## Snacks 2 [🔗](#)

Eat on day 3 and day 4

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### 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.

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### 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.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 3 meals:

**protein bar (20g protein)**  
3 bar (150g)

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Honey dijon salmon

6 oz - 402 cals ● 35g protein ● 24g fat ● 9g carbs ● 1g fiber



For single meal:

**salmon**  
1 fillet/s (6 oz each) (170g)  
**dijon mustard**  
1 tbsp (15g)  
**honey**  
1/2 tbsp (11g)  
**olive oil**  
1 tsp (5mL)  
**garlic, minced**  
1/2 clove (2g)

For all 2 meals:

**salmon**  
2 fillet/s (6 oz each) (340g)  
**dijon mustard**  
2 tbsp (30g)  
**honey**  
1 tbsp (21g)  
**olive oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)

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 green beans

245 cals ● 4g protein ● 19g fat ● 10g carbs ● 5g fiber



For single meal:

**butter**  
5 tsp (23g)  
**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen green beans**  
1 2/3 cup (202g)

For all 2 meals:

**butter**  
1/4 cup (45g)  
**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**frozen green beans**  
3 1/3 cup (403g)

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

## Dinner 2 [↗](#)

Eat on day 3

### Cajun cod

8 oz - 249 cals ● 41g protein ● 8g fat ● 3g carbs ● 1g fiber



Makes 8 oz

**cod, raw**  
1/2 lbs (227g)  
**cajun seasoning**  
2 2/3 tsp (6g)  
**oil**  
1/2 tbsp (7mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and 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.

### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)  
**oil**  
1/2 tbsp (8mL)

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.

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## Dinner 3 [↗](#)

Eat on day 4 and day 5

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### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)  
**tempeh, cubed**  
4 oz (113g)

For all 2 meals:

**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)  
**tempeh, cubed**  
1/2 lbs (227g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

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### Sunflower seeds

361 cals ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:  
**sunflower kernels**  
2 oz (57g)

For all 2 meals:  
**sunflower kernels**  
4 oz (113g)

1. The recipe has no instructions.

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## Dinner 4 [↗](#)

Eat on day 6 and day 7

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### 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.

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### Roasted almonds

1/4 cup(s) - 222 cal● 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.

### Roasted cabbage steaks with dressing

427 cal● 5g protein● 35g fat● 14g carbs● 9g fiber





For single meal:

**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**italian seasoning**  
4 dash (2g)  
**ranch dressing**  
2 tbsp (30mL)  
**oil**  
1 1/2 tbsp (23mL)  
**cabbage**  
1/2 head, small (about 4-1/2" dia)  
(357g)

For all 2 meals:

**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**italian seasoning**  
1 tsp (4g)  
**ranch dressing**  
4 tbsp (60mL)  
**oil**  
3 tbsp (45mL)  
**cabbage**  
1 head, small (about 4-1/2" dia)  
(714g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

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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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