

Meal Plan - 2400 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

2417 cals ● 252g protein (42%) ● 108g fat (40%) ● 68g carbs (11%) ● 41g fiber (7%)

Breakfast

380 cals, 46g protein, 5g net carbs, 18g fat



Walnuts

1/4 cup(s)- 175 cals



Double chocolate protein shake

206 cals

Snacks

260 cals, 26g protein, 10g net carbs, 12g fat



Protein greek yogurt

1 container- 139 cals



Sunflower seeds

120 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

800 cals, 63g protein, 16g net carbs, 46g fat



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals



Tomato and avocado salad

117 cals

Dinner

760 cals, 69g protein, 36g net carbs, 31g fat



Sugar snap peas

123 cals



Almond crusted tilapia

9 oz- 635 cals

Day 2

2382 cals ● 272g protein (46%) ● 103g fat (39%) ● 63g carbs (11%) ● 28g fiber (5%)

Breakfast

380 cals, 46g protein, 5g net carbs, 18g fat



Walnuts
1/4 cup(s)- 175 cals



Double chocolate protein shake
206 cals

Snacks

260 cals, 26g protein, 10g net carbs, 12g fat



Protein greek yogurt
1 container- 139 cals



Sunflower seeds
120 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

765 cals, 83g protein, 11g net carbs, 41g fat



Buttered green beans
245 cals



Pan fried tilapia
14 oz- 521 cals

Dinner

760 cals, 69g protein, 36g net carbs, 31g fat



Sugar snap peas
123 cals



Almond crusted tilapia
9 oz- 635 cals

Day 3

2404 cals ● 219g protein (36%) ● 126g fat (47%) ● 71g carbs (12%) ● 27g fiber (5%)

Breakfast

345 cals, 23g protein, 18g net carbs, 17g fat



Chocolate avocado chia pudding
197 cals



Milk
1 cup(s)- 149 cals

Snacks

335 cals, 8g protein, 12g net carbs, 27g fat



Mixed nuts
1/4 cup(s)- 218 cals



Dark chocolate
2 square(s)- 120 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

765 cals, 83g protein, 11g net carbs, 41g fat



Buttered green beans
245 cals



Pan fried tilapia
14 oz- 521 cals

Dinner

735 cals, 57g protein, 29g net carbs, 40g fat



Sugar snap peas
41 cals



Orange & rosemary salmon
9 oz- 696 cals

Day 4

2391 cals ● 182g protein (30%) ● 131g fat (49%) ● 89g carbs (15%) ● 33g fiber (6%)

Breakfast

345 cals, 23g protein, 18g net carbs, 17g fat



Chocolate avocado chia pudding
197 cals



Milk
1 cup(s)- 149 cals

Snacks

335 cals, 8g protein, 12g net carbs, 27g fat



Mixed nuts
1/4 cup(s)- 218 cals



Dark chocolate
2 square(s)- 120 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

755 cals, 46g protein, 28g net carbs, 46g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Salmon patty salad
2 patty (~3oz each)- 598 cals

Dinner

735 cals, 57g protein, 29g net carbs, 40g fat



Sugar snap peas
41 cals



Orange & rosemary salmon
9 oz- 696 cals

Day 5

2376 cals ● 247g protein (42%) ● 110g fat (42%) ● 69g carbs (12%) ● 32g fiber (5%)

Breakfast

395 cals, 45g protein, 13g net carbs, 18g fat



Protein shake (milk)
258 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

290 cals, 42g protein, 7g net carbs, 10g fat



Tuna cucumber bites
288 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

750 cals, 62g protein, 29g net carbs, 39g fat



Vegan sausage
2 sausage(s)- 536 cals



Buttered sugar snap peas
214 cals

Dinner

725 cals, 51g protein, 18g net carbs, 42g fat



Basic tempeh
8 oz- 590 cals



Buttered broccoli
1 cup(s)- 134 cals

Day 6

2361 cals ● 201g protein (34%) ● 129g fat (49%) ● 73g carbs (12%) ● 27g fiber (4%)

Breakfast

395 cals, 45g protein, 13g net carbs, 18g fat



Protein shake (milk)
258 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

290 cals, 42g protein, 7g net carbs, 10g fat



Tuna cucumber bites
288 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

725 cals, 49g protein, 21g net carbs, 49g fat



Milk
1 2/3 cup(s)- 248 cals



Salmon with avocado sauce
6 oz- 479 cals

Dinner

730 cals, 17g protein, 31g net carbs, 51g fat



Zoodles with avocado sauce
471 cals



Roasted cashews
1/3 cup(s)- 261 cals

Day 7

2361 cals ● 201g protein (34%) ● 129g fat (49%) ● 73g carbs (12%) ● 27g fiber (4%)

Breakfast

395 cals, 45g protein, 13g net carbs, 18g fat



Protein shake (milk)
258 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

290 cals, 42g protein, 7g net carbs, 10g fat



Tuna cucumber bites
288 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

725 cals, 49g protein, 21g net carbs, 49g fat



Milk
1 2/3 cup(s)- 248 cals



Salmon with avocado sauce
6 oz- 479 cals

Dinner

730 cals, 17g protein, 31g net carbs, 51g fat



Zoodles with avocado sauce
471 cals



Roasted cashews
1/3 cup(s)- 261 cals

Grocery List



Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
17 2/3 cup(s) (4188mL)

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ almonds
3/4 cup, slivered (81g)
- ☐ sunflower kernels
1 1/3 oz (38g)
- ☐ chia seeds
2 tbsp (28g)
- ☐ mixed nuts
1/2 cup (67g)
- ☐ roasted cashews
10 tbsp (86g)
- ☐ coconut milk, canned
1/8 can (59mL)

Sweets

- ☐ cocoa powder
1 tbsp (5g)
- ☐ chocolate, dark, 70-85%
4 square(s) (40g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
6 tbsp (105g)
- ☐ butter
2/3 stick (77g)
- ☐ whole milk
9 cup(s) (2119mL)
- ☐ lowfat greek yogurt
4 tbsp (70g)
- ☐ lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
- ☐ eggs
7 large (350g)

Other

- ☐ protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- ☐ protein greek yogurt, flavored
2 container (300g)

Finfish and Shellfish Products

- ☐ tilapia, raw
3 lbs (1288g)
- ☐ canned tuna
4 3/4 can (813g)
- ☐ salmon
30 oz (850g)
- ☐ canned salmon
5 oz (142g)

Cereal Grains and Pasta

- ☐ all-purpose flour
1/2 cup(s) (62g)

Spices and Herbs

- ☐ salt
1/2 oz (16g)
- ☐ black pepper
3 1/2 g (4g)
- ☐ garlic powder
1 dash (0g)
- ☐ rosemary, dried
1/2 tbsp (2g)
- ☐ fresh basil
2 cup leaves, whole (51g)

Fats and Oils

- ☐ olive oil
1/3 cup (71mL)
- ☐ salad dressing
2 tbsp (30mL)
- ☐ oil
1 1/2 oz (42mL)

Fruits and Fruit Juices

- ☐ avocados
4 avocado(s) (779g)
- ☐ lime juice
1/2 fl oz (15mL)
- ☐ orange
3 orange (462g)
- ☐ lemon juice
1/2 cup (135mL)

Legumes and Legume Products

- ☐ cacao powder
1 tbsp (6g)
- ☐ mixed greens
3 cup (90g)
- ☐ vegan sausage
2 sausage (200g)

- ☐ tempeh
1/2 lbs (227g)

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
6 2/3 cup (960g)
 - ☐ bell pepper
1 1/2 large (246g)
 - ☐ onion
1/3 medium (2-1/2" dia) (34g)
 - ☐ tomatoes
3 2/3 medium whole (2-3/5" dia) (451g)
 - ☐ frozen green beans
3 1/3 cup (403g)
 - ☐ frozen broccoli
1 cup (91g)
 - ☐ cucumber
2 cucumber (8-1/4") (564g)
 - ☐ zucchini
2 large (646g)
 - ☐ garlic
1/2 clove(s) (2g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. The recipe has no instructions.

Double chocolate protein shake

206 cals ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

water

1 1/2 cup(s) (356mL)

cocoa powder

1/2 tbsp (3g)

nonfat greek yogurt, plain

3 tbsp (53g)

protein powder, chocolate

1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

water

3 cup(s) (711mL)

cocoa powder

1 tbsp (5g)

nonfat greek yogurt, plain

6 tbsp (105g)

protein powder, chocolate

3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

chia seeds
1 tbsp (14g)
whole milk
1/4 cup(s) (60mL)
cacao powder
1/2 tbsp (3g)
avocados
1/2 slices (13g)
lowfat greek yogurt
2 tbsp (35g)
protein powder
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

chia seeds
2 tbsp (28g)
whole milk
1/2 cup(s) (120mL)
cacao powder
1 tbsp (6g)
avocados
1 slices (25g)
lowfat greek yogurt
4 tbsp (70g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

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 5, day 6, and day 7

Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

whole milk
3 cup(s) (720mL)
protein powder
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 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.
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Lunch 1 [↗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

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)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

canned tuna, drained

1 1/2 can (258g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lunch 2 [↗](#)

Eat on day 2 and day 3

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.
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Pan fried tilapia

14 oz - 521 cals ● 79g protein ● 22g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
3 1/2 tsp (17mL)
black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
tilapia, raw
14 oz (392g)

For all 2 meals:

olive oil
2 1/3 tbsp (35mL)
black pepper
1 tsp, ground (3g)
salt
1 tsp (7g)
tilapia, raw
1 3/4 lbs (784g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
 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. Serve immediately.
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Lunch 3 [↗](#)

Eat on day 4

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.

Salmon patty salad

2 patty (~3oz each) - 598 cals ● 33g protein ● 42g fat ● 12g carbs ● 10g fiber



Makes 2 patty (~3oz each)

canned salmon

5 oz (142g)

eggs

1 large (50g)

mixed greens

3 cup (90g)

salad dressing

2 tbsp (30mL)

lemon juice

1 tbsp (15mL)

oil

1 tbsp (15mL)

tomatoes, chopped

1 roma tomato (80g)

avocados, sliced

1/2 avocado(s) (101g)

1. In a small bowl, mix salmon, egg, lemon, and salt/pepper (to taste) until well incorporated. Form into patties (approximately 3oz per patty).
2. Heat oil in a skillet over medium heat and add salmon patties and cook for a few minutes on each side until crispy on the outside and done on the inside.
3. Toss mixed greens with avocado, tomato, and dressing and top with salmon patty. Serve.

Lunch 4 [↗](#)

Eat on day 5

Vegan sausage

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



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

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

Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



black pepper

1 dash (0g)

salt

1 dash (0g)

butter

4 tsp (18g)

frozen sugar snap peas

1 1/3 cup (192g)

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

Lunch 5 [↗](#)

Eat on day 6 and day 7

Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk

1 2/3 cup(s) (400mL)

For all 2 meals:

whole milk

3 1/3 cup(s) (800mL)

1. The recipe has no instructions.

Salmon with avocado sauce

6 oz - 479 cals ● 36g protein ● 36g fat ● 2g carbs ● 2g fiber



For single meal:

- avocados**
1/8 avocado(s) (25g)
- salmon**
6 oz (170g)
- oil**
1/4 tbsp (4mL)
- coconut milk, canned**
1/8 can (28mL)
- garlic**
1/4 clove(s) (1g)
- lemon juice**
1/4 tbsp (4mL)
- fresh basil**
1 tbsp leaves, whole (2g)

For all 2 meals:

- avocados**
1/4 avocado(s) (50g)
- salmon**
3/4 lbs (340g)
- oil**
1/2 tbsp (8mL)
- coconut milk, canned**
1/8 can (56mL)
- garlic**
1/2 clove(s) (2g)
- lemon juice**
1/2 tbsp (8mL)
- fresh basil**
2 tbsp leaves, whole (3g)

1. Heat oil in a skillet over medium heat. Add salmon and cook for about 6-8 skin-side down or until salmon is fully cooked.
2. Meanwhile, in a blender, add the avocado, coconut milk, garlic, lemon juice, and basil. Blend until it forms a green, sauce-like consistency.
3. Plate salmon and pour sauce on top. Serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

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.

Sunflower seeds

120 cal ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:
sunflower kernels
2/3 oz (19g)

For all 2 meals:
sunflower kernels
1 1/3 oz (38g)

- 1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:
mixed nuts
4 tbsp (34g)

For all 2 meals:
mixed nuts
1/2 cup (67g)

- 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

Tuna cucumber bites

288 cals ● 42g protein ● 10g fat ● 7g carbs ● 1g fiber



For single meal:

canned tuna
2 1/2 packet (185g)
cucumber, sliced
5/8 cucumber (8-1/4") (188g)

For all 3 meals:

canned tuna
7 1/2 packet (555g)
cucumber, sliced
2 cucumber (8-1/4") (564g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



For single meal:

frozen sugar snap peas
2 cup (288g)

For all 2 meals:

frozen sugar snap peas
4 cup (576g)

1. Prepare according to instructions on package.

Almond crusted tilapia

9 oz - 635 cals ● 61g protein ● 30g fat ● 24g carbs ● 5g fiber



For single meal:

almonds
6 tbsp, slivered (41g)
tilapia, raw
1/2 lbs (252g)
all-purpose flour
1/4 cup(s) (31g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)

For all 2 meals:

almonds
3/4 cup, slivered (81g)
tilapia, raw
18 oz (504g)
all-purpose flour
1/2 cup(s) (62g)
salt
3 dash (1g)
olive oil
1 1/2 tbsp (23mL)

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.

Dinner 2 [🔗](#)

Eat on day 3 and day 4

Sugar snap peas

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



For single meal:

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

For all 2 meals:

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Orange & rosemary salmon

9 oz - 696 cals ● 54g protein ● 40g fat ● 25g carbs ● 6g fiber



For single meal:

- salmon**
1 1/2 fillet/s (6 oz each) (255g)
- rosemary, dried**
1/4 tbsp (1g)
- orange**
1 1/2 orange (231g)
- lemon juice**
3/4 tbsp (11mL)
- olive oil**
1 tsp (6mL)
- salt**
3 dash (2g)

For all 2 meals:

- salmon**
3 fillet/s (6 oz each) (510g)
- rosemary, dried**
1/2 tbsp (2g)
- orange**
3 orange (462g)
- lemon juice**
1 1/2 tbsp (23mL)
- olive oil**
3/4 tbsp (11mL)
- salt**
1/4 tbsp (5g)

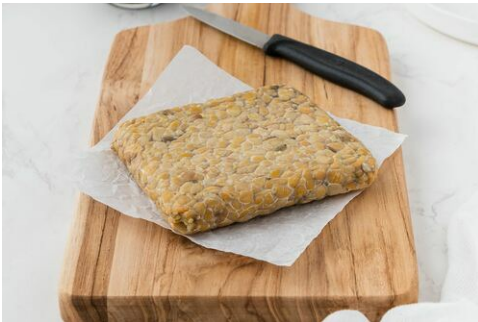
1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

Dinner 3 [↗](#)

Eat on day 5

Basic tempeh

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



Makes 8 oz

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

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.

Buttered broccoli

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



Makes 1 cup(s)

salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
black pepper
1/2 dash (0g)
butter
1 tbsp (14g)

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

Dinner 4 [↗](#)

Eat on day 6 and day 7

Zoodles with avocado sauce

471 cals ● 10g protein ● 31g fat ● 18g carbs ● 20g fiber



For single meal:

water
1/3 cup(s) (79mL)
lemon juice
3 tbsp (45mL)
fresh basil
1 cup leaves, whole (24g)
tomatoes, halved
10 cherry tomatoes (170g)
zucchini
1 large (323g)
avocados, peeled and seed removed
1 avocado(s) (201g)

For all 2 meals:

water
2/3 cup(s) (158mL)
lemon juice
6 tbsp (90mL)
fresh basil
2 cup leaves, whole (48g)
tomatoes, halved
20 cherry tomatoes (340g)
zucchini
2 large (646g)
avocados, peeled and seed removed
2 avocado(s) (402g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Roasted cashews

1/3 cup(s) - 261 cals ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

roasted cashews
5 tbsp (43g)

For all 2 meals:

roasted cashews
10 tbsp (86g)

1. The recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder

2 scoop (1/3 cup ea) (62g)

water

2 cup(s) (474mL)

For all 7 meals:

protein powder

14 scoop (1/3 cup ea) (434g)

water

14 cup(s) (3318mL)

1. The recipe has no instructions.
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