

Meal Plan - 2600 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

2582 cals ● 184g protein (29%) ● 145g fat (51%) ● 96g carbs (15%) ● 39g fiber (6%)

Breakfast

440 cals, 27g protein, 7g net carbs, 33g fat



[Kale & eggs](#)

378 cals



[Sautéed Kale](#)

61 cals

Snacks

350 cals, 13g protein, 11g net carbs, 23g fat



[Raspberries](#)

1 1/4 cup(s)- 90 cals



[Cheesy crisps and guac](#)

6 crisps- 261 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

760 cals, 37g protein, 32g net carbs, 50g fat



[Caprese sandwich](#)

1 sandwich(es)- 461 cals



[Sunflower seeds](#)

301 cals

Dinner

815 cals, 59g protein, 44g net carbs, 38g fat



[Vegan sausage](#)

2 sausage(s)- 536 cals



[Carrot fries](#)

277 cals

Day 2

2618 cals ● 206g protein (31%) ● 136g fat (47%) ● 89g carbs (14%) ● 55g fiber (8%)

Breakfast

440 cals, 27g protein, 7g net carbs, 33g fat



Kale & eggs

378 cals



Sautéed kale

61 cals

Snacks

350 cals, 13g protein, 11g net carbs, 23g fat



Raspberries

1 1/4 cup(s)- 90 cals



Cheesy crisps and guac

6 crisps- 261 cals

Lunch

800 cals, 80g protein, 29g net carbs, 35g fat



Garlic collard greens

199 cals



Pan seared breaded tilapia

12 oz- 601 cals

Dinner

810 cals, 38g protein, 40g net carbs, 44g fat



Veggie burger patty

2 patty- 254 cals



Buttered sugar snap peas

429 cals



Buttery spinach cauliflower mince

2 cup(s)- 128 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 3

2552 cals ● 206g protein (32%) ● 129g fat (46%) ● 93g carbs (15%) ● 48g fiber (8%)

Breakfast

420 cals, 19g protein, 9g net carbs, 33g fat



Walnuts

1/3 cup(s)- 219 cals



Scrambled eggs with kale, tomatoes, rosemary

203 cals

Lunch

800 cals, 80g protein, 29g net carbs, 35g fat



Garlic collard greens

199 cals



Pan seared breaded tilapia

12 oz- 601 cals

Snacks

300 cals, 21g protein, 13g net carbs, 17g fat



Carrot sticks

2 carrot(s)- 54 cals



String cheese

3 stick(s)- 248 cals

Dinner

810 cals, 38g protein, 40g net carbs, 44g fat



Veggie burger patty

2 patty- 254 cals



Buttered sugar snap peas

429 cals



Buttery spinach cauliflower mince

2 cup(s)- 128 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

2555 cals ● 182g protein (29%) ● 152g fat (54%) ● 86g carbs (13%) ● 28g fiber (4%)

Breakfast

420 cals, 19g protein, 9g net carbs, 33g fat



Walnuts

1/3 cup(s)- 219 cals



Scrambled eggs with kale, tomatoes, rosemary

203 cals

Lunch

820 cals, 49g protein, 25g net carbs, 53g fat



Protein greek yogurt

1 container- 139 cals



Salmon & artichoke salad

315 cals



Pecans

1/2 cup- 366 cals

Snacks

300 cals, 21g protein, 13g net carbs, 17g fat



Carrot sticks

2 carrot(s)- 54 cals



String cheese

3 stick(s)- 248 cals

Dinner

795 cals, 44g protein, 37g net carbs, 49g fat



Lemon pepper tofu

17 1/2 oz- 630 cals



Olive oil drizzled sugar snap peas

163 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

2590 cals ● 194g protein (30%) ● 150g fat (52%) ● 87g carbs (13%) ● 29g fiber (4%)

Breakfast

420 cals, 17g protein, 17g net carbs, 30g fat



High-protein granola bar

1 bar(s)- 204 cals



Mixed nuts

1/4 cup(s)- 218 cals

Lunch

855 cals, 51g protein, 26g net carbs, 56g fat



Roasted cashews

1/2 cup(s)- 417 cals



Avocado tuna salad

436 cals

Snacks

305 cals, 34g protein, 5g net carbs, 14g fat



Roasted almonds

1/6 cup(s)- 166 cals



Double chocolate protein shake

137 cals

Dinner

795 cals, 44g protein, 37g net carbs, 49g fat



Lemon pepper tofu

17 1/2 oz- 630 cals



Olive oil drizzled sugar snap peas

163 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

2572 cals ● 179g protein (28%) ● 156g fat (55%) ● 88g carbs (14%) ● 26g fiber (4%)

Breakfast

420 cals, 17g protein, 17g net carbs, 30g fat



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



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

Snacks

305 cals, 34g protein, 5g net carbs, 14g fat



Roasted almonds
1/6 cup(s)- 166 cals



Double chocolate protein shake
137 cals

Lunch

855 cals, 51g protein, 26g net carbs, 56g fat



Roasted cashews
1/2 cup(s)- 417 cals



Avocado tuna salad
436 cals

Dinner

775 cals, 29g protein, 38g net carbs, 55g fat



Buffalo tofu
532 cals



Olive oil drizzled sugar snap peas
82 cals



Buttery white rice
162 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

2560 cals ● 198g protein (31%) ● 143g fat (50%) ● 96g carbs (15%) ● 23g fiber (4%)

Breakfast

420 cals, 17g protein, 17g net carbs, 30g fat



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



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

Snacks

305 cals, 34g protein, 5g net carbs, 14g fat



Roasted almonds
1/6 cup(s)- 166 cals



Double chocolate protein shake
137 cals

Lunch

840 cals, 71g protein, 35g net carbs, 43g fat



Simple mixed greens salad
136 cals



Almond crusted tilapia
10 oz- 706 cals

Dinner

775 cals, 29g protein, 38g net carbs, 55g fat



Buffalo tofu
532 cals



Olive oil drizzled sugar snap peas
82 cals



Buttery white rice
162 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Grocery List



Baked Products

- bread
2 slice(s) (64g)

Vegetables and Vegetable Products

- tomatoes
3 1/4 medium whole (2-3/5" dia) (398g)
- kale leaves
6 cup, chopped (240g)
- carrots
9 1/2 medium (584g)
- collard greens
1 1/4 lbs (567g)
- garlic
7 3/4 clove(s) (23g)
- frozen sugar snap peas
9 1/3 cup (1344g)
- fresh spinach
2 cup(s) (60g)
- artichokes, canned
1/2 cup hearts (84g)
- onion
1/2 small (35g)

Dairy and Egg Products

- fresh mozzarella cheese
2 slices (57g)
- cheese
3/4 cup, shredded (84g)
- eggs
12 large (600g)
- butter
1 1/6 stick (134g)
- string cheese
6 stick (168g)
- nonfat greek yogurt, plain
6 tbsp (105g)

Soups, Sauces, and Gravies

- pesto sauce
2 tbsp (32g)
- Frank's Red Hot sauce
1/2 cup (120mL)

Nut and Seed Products

- sunflower kernels
1 2/3 oz (47g)

Beverages

- protein powder
14 scoop (1/3 cup ea) (434g)
- water
18 cup (4339mL)

Fats and Oils

- oil
1/4 lbs (112mL)
- olive oil
2 1/3 oz (72mL)
- balsamic vinaigrette
3 tbsp (45mL)
- ranch dressing
6 tbsp (90mL)
- salad dressing
3 tbsp (45mL)

Spices and Herbs

- salt
1/2 oz (17g)
- rosemary, dried
1/2 tbsp (2g)
- black pepper
1/8 oz (4g)
- balsamic vinegar
2 tsp (10mL)
- lemon pepper
1 1/4 tsp (3g)

Cereal Grains and Pasta

- all-purpose flour
3/4 cup(s) (97g)
- cornstarch
5 tbsp (40g)
- long-grain white rice
1/3 cup (62g)

Finfish and Shellfish Products

- tilapia, raw
2 lbs (952g)
- canned salmon
1/4 lbs (128g)
- canned tuna
2 can (344g)

Legumes and Legume Products

- walnuts**
10 tbsp, shelled (63g)
- pecans**
1/2 cup, halves (50g)
- almonds**
1/4 lbs (125g)
- roasted cashews**
1 cup (137g)
- mixed nuts**
3/4 cup (101g)

- firm tofu**
3 1/2 lbs (1588g)

Sweets

- cocoa powder**
1 tbsp (5g)

Snacks

- high-protein granola bar**
3 bar (120g)

Fruits and Fruit Juices

- raspberries**
2 1/2 cup (308g)
- lemon**
2 1/2 small (145g)
- avocados**
1 avocado(s) (201g)
- lime juice**
2 tsp (10mL)

Other

- guacamole, store-bought**
6 tbsp (93g)
- vegan sausage**
2 sausage (200g)
- veggie burger patty**
4 patty (284g)
- frozen riced cauliflower**
4 cup, frozen (424g)
- protein greek yogurt, flavored**
1 container (150g)
- mixed greens**
7 1/4 cup (218g)
- protein powder, chocolate**
3 scoop (1/3 cup ea) (93g)

Breakfast 1 ↗

Eat on day 1 and day 2

Kale & eggs

378 cals ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 dash (1g)

For all 2 meals:

oil
4 tsp (20mL)
eggs
8 large (400g)
kale leaves
2 cup, chopped (80g)
salt
4 dash (2g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

kale leaves
1 cup, chopped (40g)
oil
1 tsp (5mL)

For all 2 meals:

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

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Breakfast 2

Eat on day 3 and day 4

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
5 tbsp, shelled (31g)

For all 2 meals:

walnuts
10 tbsp, shelled (63g)

1. The recipe has no instructions.

Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 large (100g)
kale leaves
1 cup, chopped (40g)

For all 2 meals:

oil
1 tsp (5mL)
water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 large (200g)
kale leaves
2 cup, chopped (80g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

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 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.

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 3 meals:

mixed nuts
3/4 cup (101g)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1

Caprese sandwich

1 sandwich(es) - 461 cals ● 22g protein ● 27g fat ● 28g carbs ● 5g fiber



Makes 1 sandwich(es)

bread

2 slice(s) (64g)

tomatoes

2 slice(s), thick/large (1/2" thick) (54g)

fresh mozzarella cheese

2 slices (57g)

pesto sauce

2 tbsp (32g)

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

Sunflower seeds

301 cals ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



sunflower kernels
1 2/3 oz (47g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2 and day 3

Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens
10 oz (284g)
oil
2 tsp (9mL)
salt
1 1/4 dash (1g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

collard greens
1 1/4 lbs (567g)
oil
1 1/4 tbsp (19mL)
salt
1/3 tsp (2g)
garlic, minced
3 3/4 clove(s) (11g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Pan seared breaded tilapia

12 oz - 601 cals ● 71g protein ● 24g fat ● 23g carbs ● 1g fiber



For single meal:

all-purpose flour
1/4 cup(s) (31g)
tilapia, raw
3/4 lbs (336g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
olive oil
1/2 tbsp (8mL)
butter, melted
1 tbsp (14g)

For all 2 meals:

all-purpose flour
1/2 cup(s) (63g)
tilapia, raw
1 1/2 lbs (672g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
olive oil
1 tbsp (15mL)
butter, melted
2 tbsp (28g)

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.

Lunch 3

Eat on day 4

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Salmon & artichoke salad

315 cals ● 25g protein ● 14g fat ● 15g carbs ● 7g fiber



canned salmon
1/4 lbs (128g)
artichokes, canned
1/2 cup hearts (84g)
mixed greens
2 1/4 cup (68g)
balsamic vinaigrette
3 tbsp (45mL)
tomatoes, halved
1/2 cup cherry tomatoes (74g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

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.

Lunch 4 ↗

Eat on day 5 and day 6

Roasted cashews

1/2 cup(s) - 417 cals ● 10g protein ● 32g fat ● 20g carbs ● 2g fiber



For single meal:

roasted cashews

1/2 cup (69g)

For all 2 meals:

roasted cashews

1 cup (137g)

1. The recipe has no instructions.

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
mixed greens
1 cup (30g)
canned tuna
1 can (172g)
tomatoes
4 tbsp, chopped (45g)
onion, minced
1/4 small (18g)

For all 2 meals:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

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.

Lunch 5 ↗

Eat on day 7

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



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

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

Almond crusted tilapia

10 oz - 706 cals ● 68g protein ● 34g fat ● 27g carbs ● 6g fiber



Makes 10 oz

almonds
6 2/3 tbsp, slivered (45g)
tilapia, raw
10 oz (280g)
all-purpose flour
1/4 cup(s) (35g)
salt
1/4 tsp (1g)
olive oil
2 1/2 tsp (13mL)

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.

Snacks 1 ↗

Eat on day 1 and day 2

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

raspberries
1 1/4 cup (154g)

For all 2 meals:

raspberries
2 1/2 cup (308g)

1. Rinse raspberries and serve.

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

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 2 meals:

carrots
4 medium (244g)

1. Cut carrots into strips and serve.

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 3 meals:

almonds
1/2 cup, whole (80g)

1. The recipe has no instructions.

Double chocolate protein shake

137 cals ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 3 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.

Dinner 1 ↗

Eat on day 1

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.

Carrot fries

277 cals ● 3g protein ● 14g fat ● 23g carbs ● 10g fiber



olive oil
1 tbsp (15mL)
rosemary, dried
1 tsp (1g)
salt
2 dash (2g)
carrots, peeled
3/4 lbs (340g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Dinner 2 ↗

Eat on day 2 and day 3

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

Buttered sugar snap peas

429 cals ● 11g protein ● 30g fat ● 16g carbs ● 12g fiber



For single meal:

black pepper
2 dash (0g)
salt
2 dash (1g)
butter
2 2/3 tbsp (36g)
frozen sugar snap peas
2 2/3 cup (384g)

For all 2 meals:

black pepper
4 dash (0g)
salt
4 dash (2g)
butter
1/3 cup (72g)
frozen sugar snap peas
5 1/3 cup (768g)

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

Buttery spinach cauliflower mince

2 cup(s) - 128 cals ● 6g protein ● 8g fat ● 2g carbs ● 6g fiber



For single meal:

butter
2 tsp (9g)
frozen riced cauliflower
2 cup, frozen (212g)
garlic, minced
2 clove (6g)
fresh spinach, chopped
1 cup(s) (30g)

For all 2 meals:

butter
4 tsp (19g)
frozen riced cauliflower
4 cup, frozen (424g)
garlic, minced
4 clove (12g)
fresh spinach, chopped
2 cup(s) (60g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, garlic, butter, and some salt and pepper. Mix well until butter has melted.
4. Serve.

Dinner 3 ↗

Eat on day 4 and day 5

Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



For single meal:

cornstarch
2 1/2 tbsp (20g)
oil
1 1/4 tbsp (19mL)
lemon pepper
5 dash (1g)
lemon, zested
1 1/4 small (73g)
firm tofu, patted dry & cubed
17 1/2 oz (496g)

For all 2 meals:

cornstarch
5 tbsp (40g)
oil
2 1/2 tbsp (38mL)
lemon pepper
1 1/4 tsp (3g)
lemon, zested
2 1/2 small (145g)
firm tofu, patted dry & cubed
35 oz (992g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Olive oil drizzled sugar snap peas

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



For single meal:

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

For all 2 meals:

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

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

Dinner 4 ↗

Eat on day 6 and day 7

Buffalo tofu

532 cals ● 24g protein ● 44g fat ● 10g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce
4 tbsp (59mL)
ranch dressing
3 tbsp (45mL)
oil
3/4 tbsp (11mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

Frank's Red Hot sauce
1/2 cup (119mL)
ranch dressing
6 tbsp (90mL)
oil
1 1/2 tbsp (23mL)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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 ranch.

Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen sugar snap peas
2/3 cup (96g)
olive oil
1 tsp (5mL)

For all 2 meals:

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.

Buttery white rice

162 cals ● 2g protein ● 6g fat ● 24g carbs ● 0g fiber



For single meal:

black pepper
2/3 dash, ground (0g)
butter
1/2 tbsp (7g)
salt
1 1/3 dash (1g)
water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

For all 2 meals:

black pepper
1 1/3 dash, ground (0g)
butter
1 tbsp (14g)
salt
1/3 tsp (2g)
water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. **DO NOT LIFT LID!**
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

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.
