

# Meal Plan - 2700 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

2660 cals ● 281g protein (42%) ● 120g fat (41%) ● 89g carbs (13%) ● 25g fiber (4%)

### Breakfast

435 cals, 26g protein, 12g net carbs, 30g fat



**String cheese**

1 stick(s)- 83 cals



**Milk**

3/4 cup(s)- 112 cals



**Egg in an eggplant**

241 cals

### Snacks

345 cals, 55g protein, 4g net carbs, 11g fat



**Double chocolate protein shake**

206 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

### Lunch

825 cals, 66g protein, 42g net carbs, 38g fat



**Simple roasted cod**

10 2/3 oz- 396 cals



**Mashed sweet potatoes**

183 cals



**Simple sauteed spinach**

249 cals

### Dinner

835 cals, 86g protein, 29g net carbs, 40g fat



**Buttered broccoli**

1 cup(s)- 134 cals



**Pan seared breaded tilapia**

14 oz- 701 cals

## Day 2

2651 cals ● 244g protein (37%) ● 132g fat (45%) ● 97g carbs (15%) ● 25g fiber (4%)

### Breakfast

435 cals, 26g protein, 12g net carbs, 30g fat



String cheese

1 stick(s)- 83 cals



Milk

3/4 cup(s)- 112 cals



Egg in an eggplant

241 cals

### Snacks

345 cals, 55g protein, 4g net carbs, 11g fat



Double chocolate protein shake

206 cals



Boiled eggs

2 egg(s)- 139 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

825 cals, 66g protein, 42g net carbs, 38g fat



Simple roasted cod

10 2/3 oz- 396 cals



Mashed sweet potatoes

183 cals



Simple sauteed spinach

249 cals

### Dinner

825 cals, 49g protein, 37g net carbs, 52g fat



Lemon pepper tofu

21 oz- 756 cals



Olive oil drizzled broccoli

1 cup(s)- 70 cals

## Day 3

2697 cals ● 197g protein (29%) ● 160g fat (54%) ● 92g carbs (14%) ● 24g fiber (4%)

### Breakfast

435 cals, 26g protein, 12g net carbs, 30g fat



String cheese

1 stick(s)- 83 cals



Milk

3/4 cup(s)- 112 cals



Egg in an eggplant

241 cals

### Snacks

345 cals, 18g protein, 7g net carbs, 26g fat



Roasted almonds

1/8 cup(s)- 111 cals



Cucumber goat cheese bites

235 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

870 cals, 56g protein, 34g net carbs, 52g fat



Almond crusted tilapia

7 1/2 oz- 529 cals



Buttered green beans

342 cals

### Dinner

825 cals, 49g protein, 37g net carbs, 52g fat



Lemon pepper tofu

21 oz- 756 cals



Olive oil drizzled broccoli

1 cup(s)- 70 cals

## Day 4

2708 cals ● 190g protein (28%) ● 162g fat (54%) ● 77g carbs (11%) ● 47g fiber (7%)

### Breakfast

450 cals, 17g protein, 11g net carbs, 35g fat



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



**Celery and peanut butter**  
218 cals

### Snacks

345 cals, 18g protein, 7g net carbs, 26g fat



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



**Cucumber goat cheese bites**  
235 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

870 cals, 56g protein, 34g net carbs, 52g fat



**Almond crusted tilapia**  
7 1/2 oz- 529 cals



**Buttered green beans**  
342 cals

### Dinner

825 cals, 51g protein, 23g net carbs, 48g fat



**Basic tempeh**  
8 oz- 590 cals



**Tomato and avocado salad**  
235 cals

## Day 5

2704 cals ● 218g protein (32%) ● 153g fat (51%) ● 71g carbs (11%) ● 43g fiber (6%)

### Breakfast

450 cals, 17g protein, 11g net carbs, 35g fat



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



**Celery and peanut butter**  
218 cals

### Snacks

320 cals, 23g protein, 4g net carbs, 21g fat



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



**Chocolate protein mug cake**  
1/2 mug cake(s)- 97 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

895 cals, 79g protein, 31g net carbs, 48g fat



**High-protein granola bar**  
2 bar(s)- 408 cals



**Parmesan crusted tilapia**  
8 oz- 366 cals



**Simple mozzarella and tomato salad**  
121 cals

### Dinner

825 cals, 51g protein, 23g net carbs, 48g fat



**Basic tempeh**  
8 oz- 590 cals



**Tomato and avocado salad**  
235 cals

## Day 6

2713 cals ● 199g protein (29%) ● 148g fat (49%) ● 97g carbs (14%) ● 50g fiber (7%)

### Breakfast

455 cals, 30g protein, 10g net carbs, 32g fat



Milk

1/2 cup(s)- 75 cals



Kale & eggs

378 cals

### Snacks

320 cals, 23g protein, 4g net carbs, 21g fat



Roasted almonds

1/4 cup(s)- 222 cals



Chocolate protein mug cake

1/2 mug cake(s)- 97 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

840 cals, 53g protein, 35g net carbs, 46g fat



Peanut tempeh

6 oz tempeh- 651 cals



Simple mixed greens and tomato salad

189 cals

### Dinner

885 cals, 44g protein, 46g net carbs, 48g fat



Simple kale & avocado salad

115 cals



Goat cheese and marinara stuffed zucchini

8 zucchini halve(s)- 768 cals

## Day 7

2713 cals ● 199g protein (29%) ● 148g fat (49%) ● 97g carbs (14%) ● 50g fiber (7%)

### Breakfast

455 cals, 30g protein, 10g net carbs, 32g fat



Milk

1/2 cup(s)- 75 cals



Kale & eggs

378 cals

### Snacks

320 cals, 23g protein, 4g net carbs, 21g fat



Roasted almonds

1/4 cup(s)- 222 cals



Chocolate protein mug cake

1/2 mug cake(s)- 97 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

840 cals, 53g protein, 35g net carbs, 46g fat



Peanut tempeh

6 oz tempeh- 651 cals



Simple mixed greens and tomato salad

189 cals

### Dinner

885 cals, 44g protein, 46g net carbs, 48g fat



Simple kale & avocado salad

115 cals



Goat cheese and marinara stuffed zucchini

8 zucchini halve(s)- 768 cals

## Fats and Oils

- ☐ olive oil  
4 oz (128mL)
- ☐ oil  
1/4 lbs (132mL)
- ☐ balsamic vinaigrette  
1/2 tbsp (7mL)
- ☐ salad dressing  
1/2 cup (113mL)

## Finfish and Shellfish Products

- ☐ cod, raw  
1 1/3 lbs (604g)
- ☐ tilapia, raw  
2 1/3 lbs (1036g)

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ fresh spinach  
20 cup(s) (600g)
- ☐ garlic  
2 1/2 clove (8g)
- ☐ eggplant  
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ frozen broccoli  
3 cup (273g)
- ☐ frozen green beans  
4 2/3 cup (565g)
- ☐ cucumber  
1 cucumber (8-1 1/4") (301g)
- ☐ raw celery  
4 stalk, medium (7-1 1/2" - 8" long) (160g)
- ☐ onion  
2 tbsp minced (30g)
- ☐ tomatoes  
3 medium whole (2-3 5/8" dia) (378g)
- ☐ kale leaves  
6 oz (165g)
- ☐ zucchini  
8 large (2584g)

## Spices and Herbs

- ☐ black pepper  
4 1/2 g (4g)
- ☐ salt  
1/2 oz (15g)

## Beverages

- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)
- ☐ water  
1 gallon (4070mL)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
3/4 cup(s) (88g)
- ☐ cornstarch  
6 tbsp (48g)

## Sweets

- ☐ cocoa powder  
2 tbsp (11g)

## Other

- ☐ protein powder, chocolate  
4 1/2 scoop (1/3 cup ea) (140g)
- ☐ calorie-free sweetener  
1 tbsp (11g)
- ☐ nutritional yeast  
1 1/2 tbsp (6g)
- ☐ mixed greens  
7 1/2 cup (225g)

## Fruits and Fruit Juices

- ☐ lemon  
3 1/2 small (203g)
- ☐ lime juice  
2 tbsp (30mL)
- ☐ avocados  
1 1/2 avocado(s) (302g)
- ☐ lemon juice  
1 1/2 tbsp (23mL)

## Legumes and Legume Products

- ☐ firm tofu  
2 1/2 lbs (1191g)
- ☐ roasted peanuts  
1/2 cup (73g)
- ☐ peanut butter  
5 2/3 oz (161g)
- ☐ tempeh  
1 3/4 lbs (794g)

- ☐ **lemon pepper**  
1/2 tbsp (3g)
- ☐ **dried dill weed**  
2 tsp (2g)
- ☐ **garlic powder**  
4 dash (2g)
- ☐ **paprika**  
1/4 tbsp (2g)
- ☐ **fresh basil**  
1/2 tbsp, chopped (1g)

## **Dairy and Egg Products**

- ☐ **string cheese**  
3 stick (84g)
- ☐ **whole milk**  
3 1/4 cup(s) (780mL)
- ☐ **eggs**  
19 1/2 large (975g)
- ☐ **butter**  
5/6 stick (94g)
- ☐ **nonfat greek yogurt, plain**  
6 tbsp (105g)
- ☐ **goat cheese**  
3/4 lbs (340g)
- ☐ **parmesan cheese**  
4 tbsp (25g)
- ☐ **fresh mozzarella cheese**  
1 oz (28g)

- ☐ **soy sauce**  
1 tbsp (15mL)

## **Nut and Seed Products**

- ☐ **almonds**  
1/2 lbs (211g)

## **Snacks**

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

## **Baked Products**

- ☐ **baking powder**  
1/4 tbsp (4g)

## **Soups, Sauces, and Gravies**

- ☐ **pasta sauce**  
2 cup (520g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### String cheese

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



For single meal:

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

For all 3 meals:

**string cheese**  
3 stick (84g)

1. The recipe has no instructions.

### Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup(s) (180mL)

For all 3 meals:

**whole milk**  
2 1/4 cup(s) (540mL)

1. The recipe has no instructions.

### Egg in an eggplant

241 cal ● 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 3 meals:

**eggplant**  
6 1 inch (2.5 cm) slice(s) (360g)  
**oil**  
2 tbsp (30mL)  
**eggs**  
6 large (300g)

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 4 and day 5

### Roasted peanuts

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



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

1. The recipe has no instructions.

### Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber





For single meal:

**raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

**peanut butter**

2 tbsp (32g)

For all 2 meals:

**raw celery**

4 stalk, medium (7-1/2" - 8" long)  
(160g)

**peanut butter**

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

**Breakfast 3** [↗](#)

Eat on 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 2 meals:

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.

**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.

---

## Lunch 1 [↗](#)

Eat on day 1 and day 2

---

### Simple roasted cod

10 2/3 oz - 396 cals ● 54g protein ● 20g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
4 tsp (20mL)  
**cod, raw**  
2/3 lbs (302g)

For all 2 meals:

**olive oil**  
2 2/3 tbsp (40mL)  
**cod, raw**  
1 1/3 lbs (604g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

---

### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

For all 2 meals:

**sweet potatoes**

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

## Simple sauteed spinach

249 cal ● 9g protein ● 18g fat ● 6g carbs ● 7g fiber



For single meal:

**black pepper**

1/3 tsp, ground (1g)

**salt**

1/3 tsp (2g)

**olive oil**

1 1/4 tbsp (19mL)

**fresh spinach**

10 cup(s) (300g)

**garlic, diced**

1 1/4 clove (4g)

For all 2 meals:

**black pepper**

5 dash, ground (1g)

**salt**

5 dash (4g)

**olive oil**

2 1/2 tbsp (38mL)

**fresh spinach**

20 cup(s) (600g)

**garlic, diced**

2 1/2 clove (8g)

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.
-

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Almond crusted tilapia

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



For single meal:

**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)

For all 2 meals:

**almonds**  
10 tbsp, slivered (68g)  
**tilapia, raw**  
15 oz (420g)  
**all-purpose flour**  
3/8 cup(s) (52g)  
**salt**  
1/3 tsp (1g)  
**olive oil**  
1 1/4 tbsp (19mL)

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.

### Buttered green beans

342 cal ● 5g protein ● 26g fat ● 14g carbs ● 7g fiber



For single meal:

**butter**  
2 1/3 tbsp (32g)  
**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen green beans**  
2 1/3 cup (282g)

For all 2 meals:

**butter**  
1/3 cup (63g)  
**black pepper**  
1/2 tsp (0g)  
**salt**  
1/2 tsp (1g)  
**frozen green beans**  
4 2/3 cup (565g)

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

## Lunch 3 [↗](#)

Eat on day 5

### High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



Makes 2 bar(s)

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

1. The recipe has no instructions.

### Parmesan crusted tilapia

8 oz - 366 cals ● 52g protein ● 15g fat ● 4g carbs ● 1g fiber



Makes 8 oz

**paprika**  
1/4 tbsp (2g)  
**tilapia, raw**  
1/2 lbs (224g)  
**olive oil**  
1 tsp (5mL)  
**parmesan cheese, grated**  
4 tbsp (25g)

1. Preheat the oven to 400°F (200°C).
2. Line a baking sheet with aluminum foil.
3. In a small bowl, mix together Parmesan cheese, paprika, and a pinch of salt and pepper.
4. Coat the tilapia fillets with olive oil, then place them on the prepared baking sheet. Press the Parmesan mixture onto the top of the tilapia.
5. Bake in the preheated oven for 10 to 12 minutes, or until the fish flakes easily with a fork.

### Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**fresh basil**  
1/2 tbsp, chopped (1g)  
**fresh mozzarella cheese, sliced**  
1 oz (28g)  
**tomatoes, sliced**  
3/8 large whole (3" dia) (68g)

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



## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Peanut tempeh

6 oz tempeh - 651 cals ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

**tempeh**  
6 oz (170g)  
**peanut butter**  
3 tbsp (48g)  
**lemon juice**  
3/4 tbsp (11mL)  
**soy sauce**  
1/2 tbsp (8mL)  
**nutritional yeast**  
3/4 tbsp (3g)

For all 2 meals:

**tempeh**  
3/4 lbs (340g)  
**peanut butter**  
6 tbsp (97g)  
**lemon juice**  
1 1/2 tbsp (23mL)  
**soy sauce**  
1 tbsp (15mL)  
**nutritional yeast**  
1 1/2 tbsp (6g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)  
**salad dressing**  
1/2 cup (113mL)

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

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### 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.

### 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.

## Snacks 2 [🔗](#)

Eat on day 3 and day 4

### Roasted almonds

1/8 cup(s) - 111 cals ● 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.

### Cucumber goat cheese bites

235 cals ● 14g protein ● 17g fat ● 6g carbs ● 1g fiber



For single meal:

**dried dill weed**  
1 tsp (1g)  
**goat cheese**  
2 oz (57g)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

**dried dill weed**  
2 tsp (2g)  
**goat cheese**  
4 oz (113g)  
**cucumber, sliced**  
1 cucumber (8-1/4") (301g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.



## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### 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 3 meals:

**almonds**  
3/4 cup, whole (107g)

1. The recipe has no instructions.

### Chocolate protein mug cake

1/2 mug cake(s) - 97 cals ● 16g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

**protein powder, chocolate**  
1/2 scoop (1/3 cup ea) (16g)  
**baking powder**  
2 dash (1g)  
**cocoa powder**  
1 tsp (2g)  
**eggs**  
1/2 large (25g)  
**water**  
1 tsp (5mL)  
**calorie-free sweetener**  
1 tsp (4g)

For all 3 meals:

**protein powder, chocolate**  
1 1/2 scoop (1/3 cup ea) (47g)  
**baking powder**  
1/4 tbsp (4g)  
**cocoa powder**  
1 tbsp (5g)  
**eggs**  
1 1/2 large (75g)  
**water**  
3 tsp (15mL)  
**calorie-free sweetener**  
1 tbsp (11g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

## Dinner 1 [↗](#)

Eat on day 1

---

### 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.

---

### Pan seared breaded tilapia

14 oz - 701 cals ● 83g protein ● 28g fat ● 27g carbs ● 1g fiber



Makes 14 oz

**all-purpose flour**

1/4 cup(s) (36g)

**tilapia, raw**

14 oz (392g)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**olive oil**

1 3/4 tsp (9mL)

**butter, melted**

3 1/2 tsp (17g)

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.
-

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Lemon pepper tofu

21 oz - 756 cal ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



For single meal:

**cornstarch**  
3 tbsp (24g)  
**oil**  
1 1/2 tbsp (23mL)  
**lemon pepper**  
1/4 tbsp (2g)  
**lemon, zested**  
1 1/2 small (87g)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)

For all 2 meals:

**cornstarch**  
6 tbsp (48g)  
**oil**  
3 tbsp (45mL)  
**lemon pepper**  
1/2 tbsp (3g)  
**lemon, zested**  
3 small (174g)  
**firm tofu, patted dry & cubed**  
2 1/2 lbs (1191g)

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 broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**olive oil**  
2 tsp (10mL)

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

## Dinner 3 [🔗](#)

Eat on day 4 and day 5

### Basic tempeh

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



For single meal:

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

For all 2 meals:

**tempeh**  
1 lbs (454g)  
**oil**  
2 2/3 tbsp (40mL)

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.

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

For all 2 meals:

**onion**  
2 tbsp minced (30g)  
**lime juice**  
2 tbsp (30mL)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**avocados, cubed**  
1 avocado(s) (201g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

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.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**lemon, juiced**  
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

### Goat cheese and marinara stuffed zucchini

8 zucchini halve(s) - 768 cals ● 42g protein ● 40g fat ● 42g carbs ● 18g fiber



For single meal:

**pasta sauce**  
1 cup (260g)  
**goat cheese**  
4 oz (113g)  
**zucchini**  
4 large (1292g)

For all 2 meals:

**pasta sauce**  
2 cup (520g)  
**goat cheese**  
1/2 lbs (227g)  
**zucchini**  
8 large (2584g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. 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.