

Meal Plan - 2800 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

2772 cals ● 263g protein (38%) ● 130g fat (42%) ● 104g carbs (15%) ● 33g fiber (5%)

Breakfast

455 cals, 27g protein, 17g net carbs, 28g fat



Roasted almonds

1/6 cup(s)- 166 cals



Cottage cheese & fruit cup

1 container- 131 cals



Hardboiled egg and avocado bowl

160 cals

Snacks

370 cals, 31g protein, 12g net carbs, 22g fat



Boiled eggs

2 egg(s)- 139 cals



Roasted cashews

1/8 cup(s)- 104 cals



Protein shake (milk)

129 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

885 cals, 85g protein, 62g net carbs, 27g fat



Broiled tilapia

12 oz- 510 cals



Couscous

251 cals



Sugar snap peas

123 cals

Dinner

840 cals, 72g protein, 11g net carbs, 52g fat



Cajun cod

12 oz- 374 cals



Buttered broccoli

3 1/2 cup(s)- 467 cals

Day 2

2823 cals ● 231g protein (33%) ● 144g fat (46%) ● 100g carbs (14%) ● 50g fiber (7%)

Breakfast

455 cals, 27g protein, 17g net carbs, 28g fat



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



Cottage cheese & fruit cup
1 container- 131 cals



Hardboiled egg and avocado bowl
160 cals

Snacks

370 cals, 31g protein, 12g net carbs, 22g fat



Boiled eggs
2 egg(s)- 139 cals



Roasted cashews
1/8 cup(s)- 104 cals



Protein shake (milk)
129 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

855 cals, 70g protein, 30g net carbs, 41g fat



Vegan sausage
2 sausage(s)- 536 cals



Garlic collard greens
319 cals

Dinner

920 cals, 54g protein, 39g net carbs, 53g fat



Simple mixed greens salad
271 cals



Peanut tempeh
6 oz tempeh- 651 cals

Day 3

2836 cals ● 234g protein (33%) ● 146g fat (46%) ● 96g carbs (13%) ● 52g fiber (7%)

Breakfast

520 cals, 10g protein, 6g net carbs, 43g fat



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



Avocado
351 cals

Snacks

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



Roasted cashews
1/4 cup(s)- 209 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Raspberries
3/4 cup(s)- 54 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

855 cals, 70g protein, 30g net carbs, 41g fat



Vegan sausage
2 sausage(s)- 536 cals



Garlic collard greens
319 cals

Dinner

865 cals, 96g protein, 36g net carbs, 36g fat



Sauteed peppers and onions
63 cals



Pan seared breaded tilapia
16 oz- 801 cals

Day 4

2750 cals ● 190g protein (28%) ● 156g fat (51%) ● 104g carbs (15%) ● 43g fiber (6%)

Breakfast

520 cals, 10g protein, 6g net carbs, 43g fat



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



Avocado
351 cals

Snacks

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



Roasted cashews
1/4 cup(s)- 209 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Raspberries
3/4 cup(s)- 54 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

770 cals, 26g protein, 38g net carbs, 51g fat



Chunky canned soup (non-creamy)
1 can(s)- 247 cals



Apple & peanut butter
1/2 apple(s)- 155 cals



Pecans
1/2 cup- 366 cals

Dinner

865 cals, 96g protein, 36g net carbs, 36g fat



Sauteed peppers and onions
63 cals



Pan seared breaded tilapia
16 oz- 801 cals



Day 5

2777 cals ● 185g protein (27%) ● 173g fat (56%) ● 77g carbs (11%) ● 43g fiber (6%)

Breakfast

520 cals, 10g protein, 6g net carbs, 43g fat



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



Avocado
351 cals

Snacks

320 cals, 22g protein, 9g net carbs, 21g fat



Protein greek yogurt
1 container- 139 cals



Pecans
1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

870 cals, 55g protein, 48g net carbs, 48g fat



Chili lime salmon
8 oz- 474 cals



Couscous
201 cals



Coleslaw
195 cals

Dinner

850 cals, 49g protein, 12g net carbs, 61g fat



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals



Walnuts
1/2 cup(s)- 393 cals

Day 6

2757 cals ● 230g protein (33%) ● 158g fat (51%) ● 87g carbs (13%) ● 18g fiber (3%)

Breakfast

510 cals, 47g protein, 16g net carbs, 27g fat



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



Basic fried eggs
2 egg(s)- 159 cals



Cottage cheese and pineapple
186 cals

Snacks

320 cals, 22g protein, 9g net carbs, 21g fat



Protein greek yogurt
1 container- 139 cals



Pecans
1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

870 cals, 55g protein, 48g net carbs, 48g fat



Chili lime salmon
8 oz- 474 cals



Couscous
201 cals



Coleslaw
195 cals

Dinner

835 cals, 58g protein, 13g net carbs, 61g fat



Cheesy garlicky salmon
734 cals



Simple mixed greens salad
102 cals

Day 7

2825 cals ● 194g protein (28%) ● 176g fat (56%) ● 93g carbs (13%) ● 22g fiber (3%)

Breakfast

510 cals, 47g protein, 16g net carbs, 27g fat



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



Basic fried eggs
2 egg(s)- 159 cals



Cottage cheese and pineapple
186 cals

Snacks

320 cals, 22g protein, 9g net carbs, 21g fat



Protein greek yogurt
1 container- 139 cals



Pecans
1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

940 cals, 19g protein, 54g net carbs, 66g fat



Kale, sweet potato, cranberry salad
938 cals

Dinner

835 cals, 58g protein, 13g net carbs, 61g fat



Cheesy garlicky salmon
734 cals



Simple mixed greens salad
102 cals



Finfish and Shellfish Products

- ☐ cod, raw
3/4 lbs (340g)
- ☐ tilapia, raw
2 3/4 lbs (1232g)
- ☐ canned tuna
1 can (172g)
- ☐ salmon
2 lbs (907g)

Spices and Herbs

- ☐ cajun seasoning
4 tsp (9g)
- ☐ salt
1/2 oz (17g)
- ☐ black pepper
4 1/4 g (4g)
- ☐ chili powder
2 tsp (5g)
- ☐ ground cumin
1/2 tbsp (3g)
- ☐ fresh basil
4 leaves (2g)
- ☐ cinnamon
1/4 tbsp (2g)

Fats and Oils

- ☐ oil
4 oz (119mL)
- ☐ olive oil
2 1/2 oz (78mL)
- ☐ salad dressing
2/3 cup (158mL)

Vegetables and Vegetable Products

- ☐ frozen broccoli
3 1/2 cup (319g)
- ☐ onion
3/4 medium (2-1/2" dia) (83g)
- ☐ bell pepper
2 large (337g)
- ☐ frozen sugar snap peas
2 cup (288g)
- ☐ collard greens
2 lbs (907g)
- ☐ garlic
9 clove(s) (26g)

Nut and Seed Products

- ☐ almonds
1 1/3 cup, whole (188g)
- ☐ roasted cashews
3/4 cup (103g)
- ☐ pecans
5 oz (146g)
- ☐ walnuts
1/2 cup, shelled (56g)

Other

- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ mixed greens
10 1/2 cup (315g)
- ☐ nutritional yeast
3/4 tbsp (3g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ protein greek yogurt, flavored
3 container (450g)
- ☐ coleslaw mix
5/6 package (14 oz) (318g)

Fruits and Fruit Juices

- ☐ avocados
4 avocado(s) (804g)
- ☐ lemon juice
3 1/2 fl oz (108mL)
- ☐ raspberries
1 1/2 cup (185g)
- ☐ apples
1/2 medium (3" dia) (91g)
- ☐ lime juice
1 tsp (5mL)
- ☐ limes
2 fruit (2" dia) (134g)
- ☐ canned pineapple
1/2 cup, chunks (91g)
- ☐ dried cranberries
5 tsp (17g)

Beverages

- ☐ protein powder
15 scoop (1/3 cup ea) (465g)
- ☐ water
14 cup(s) (3318mL)

- ☐ **kale leaves**
5/6 bunch (142g)
- ☐ **sweet potatoes**
5/6 sweetpotato, 5" long (175g)

Dairy and Egg Products

- ☐ **butter**
6 tbsp (88g)
- ☐ **eggs**
10 large (500g)
- ☐ **whole milk**
1 cup(s) (240mL)
- ☐ **low fat cottage cheese (1% milkfat)**
2 cup (452g)
- ☐ **parmesan cheese**
2/3 cup (66g)
- ☐ **goat cheese**
3 1/3 tbsp (47g)

Cereal Grains and Pasta

- ☐ **instant couscous, flavored**
1 box (5.8 oz) (178g)
- ☐ **all-purpose flour**
2/3 cup(s) (83g)

Legumes and Legume Products

- ☐ **tempeh**
6 oz (170g)
- ☐ **peanut butter**
1/4 lbs (96g)
- ☐ **soy sauce**
1/2 tbsp (8mL)

Snacks

- ☐ **rice cakes, any flavor**
1 cakes (9g)

Soups, Sauces, and Gravies

- ☐ **chunky canned soup (non-creamy varieties)**
1 can (~19 oz) (526g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Roasted almonds

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



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Hardboiled egg and avocado bowl

160 cal ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
black pepper
1/2 dash (0g)
eggs
1 large (50g)
salt
1/2 dash (0g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
black pepper
1 dash (0g)
eggs
2 large (100g)
salt
1 dash (0g)
avocados, chopped
1/2 avocado(s) (101g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Roasted almonds

1/6 cup(s) - 166 cal● 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.

Avocado

351 cal● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

For all 3 meals:

avocados
3 avocado(s) (603g)
lemon juice
1 tbsp (15mL)

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

Breakfast 3 [↗](#)

Eat on 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 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
oil
1/2 tsp (3mL)

For all 2 meals:

eggs
4 large (200g)
oil
1 tsp (5mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Cottage cheese and pineapple

186 cals ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1 cup (226g)

canned pineapple, drained

4 tbsp, chunks (45g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

2 cup (452g)

canned pineapple, drained

1/2 cup, chunks (91g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

Lunch 1 [↗](#)

Eat on day 1

Broiled tilapia

12 oz - 510 cals ● 68g protein ● 26g fat ● 1g carbs ● 0g fiber



Makes 12 oz

lemon juice

3/4 tbsp (11mL)

black pepper

3 dash, ground (1g)

tilapia, raw

3/4 lbs (336g)

olive oil

1 1/2 tbsp (23mL)

salt

3 dash (2g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



instant couscous, flavored

3/8 box (5.8 oz) (69g)

1. Follow instructions on package.

Sugar snap peas

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



frozen sugar snap peas
2 cup (288g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Vegan sausage

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



For single meal:

vegan sausage
2 sausage (200g)

For all 2 meals:

vegan sausage
4 sausage (400g)

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

Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

collard greens
1 lbs (454g)
oil
1 tbsp (15mL)
salt
2 dash (2g)
garlic, minced
3 clove(s) (9g)

For all 2 meals:

collard greens
2 lbs (907g)
oil
2 tbsp (30mL)
salt
4 dash (3g)
garlic, minced
6 clove(s) (18g)

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.

Lunch 3 [🔗](#)

Eat on day 4

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



Makes 1/2 apple(s)

apples

1/2 medium (3" dia) (91g)

peanut butter

1 tbsp (16g)

1. Slice an apple and spread peanut butter evenly over each slice.

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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Lunch 4 [↗](#)

Eat on day 5 and day 6

Chili lime salmon

8 oz - 474 cals ● 47g protein ● 31g fat ● 1g carbs ● 1g fiber



For single meal:

salmon
1/2 lbs (227g)
chili powder
1 tsp (3g)
ground cumin
4 dash (1g)
limes, sliced
1 fruit (2" dia) (67g)

For all 2 meals:

salmon
1 lbs (454g)
chili powder
2 tsp (5g)
ground cumin
1 tsp (2g)
limes, sliced
2 fruit (2" dia) (134g)

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.

Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



For single meal:

instant couscous, flavored
1/3 box (5.8 oz) (55g)

For all 2 meals:

instant couscous, flavored
2/3 box (5.8 oz) (110g)

1. Follow instructions on package.

Coleslaw

195 cals ● 1g protein ● 16g fat ● 7g carbs ● 4g fiber



For single meal:

- coleslaw mix**
3/8 package (14 oz) (159g)
- olive oil**
1 1/3 tbsp (18mL)
- lemon juice**
1 1/3 tbsp (18mL)
- ground cumin**
1 1/2 dash (0g)
- salt**
1 1/2 dash (1g)
- garlic, minced**
3/8 clove (1g)

For all 2 meals:

- coleslaw mix**
5/6 package (14 oz) (318g)
- olive oil**
2 1/2 tbsp (36mL)
- lemon juice**
2 1/2 tbsp (36mL)
- ground cumin**
3 dash (1g)
- salt**
3 dash (2g)
- garlic, minced**
5/6 clove (2g)

1. Create dressing by whisking together the oil, lemon juice, garlic, cumin, and salt in a small bowl.
2. When serving, toss coleslaw with dressing and serve.

Lunch 5 [🔗](#)

Eat on day 7

Kale, sweet potato, cranberry salad

938 cals ● 19g protein ● 66g fat ● 54g carbs ● 12g fiber



- dried cranberries**
5 tsp (17g)
- goat cheese**
1/4 cup (47g)
- pecans**
1/4 cup, chopped (23g)
- lemon juice**
1 tsp (4mL)
- cinnamon**
1 tsp (2g)
- oil**
2 1/2 tbsp (38mL)
- kale leaves, shredded**
5/6 bunch (142g)
- sweet potatoes, cut into .5 inch pieces**
5/6 sweetpotato, 5" long (175g)

1. Preheat oven to 400F (200C).
2. Toss sweet potato cubes in about 1/3 of the oil, reserving the rest for later, along with the cinnamon and a sprinkle of salt.
3. Roast sweet potatoes in the oven for about 23 minutes and then sprinkle on the pecans and roast for another 7 minutes until sweet potatoes and soft and pecans are toasted. Remove them from the oven and let them cool down a little.
4. Toss the kale, sweet potatoes, pecans and all other remaining ingredients together. Serve.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

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.
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Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Protein shake (milk)

129 cals ● 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.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews
4 tbsp (34g)

For all 2 meals:

roasted cashews
1/2 cup (69g)

1. The recipe has no instructions.

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

For all 2 meals:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

1. Spread peanut butter over top of rice cake.

Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries
3/4 cup (92g)

For all 2 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

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 3 meals:

protein greek yogurt, flavored
3 container (450g)

1. Enjoy.

Pecans

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



For single meal:

pecans
4 tbsp, halves (25g)

For all 3 meals:

pecans
3/4 cup, halves (74g)

1. The recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1

Cajun cod

12 oz - 374 cals ● 62g protein ● 12g fat ● 4g carbs ● 1g fiber



Makes 12 oz

cod, raw
3/4 lbs (340g)
cajun seasoning
4 tsp (9g)
oil
2 tsp (10mL)

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

3 1/2 cup(s) - 467 cals ● 10g protein ● 40g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

salt
1/4 tsp (1g)
frozen broccoli
3 1/2 cup (319g)
black pepper
1/4 tsp (0g)
butter
1/4 cup (50g)

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

Dinner 2 [↗](#)

Eat on day 2

Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

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

Peanut tempeh

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



Makes 6 oz tempeh

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)

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.

Dinner 3 [🔗](#)

Eat on day 3 and day 4

Sauteed peppers and onions

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



For single meal:

oil

1/4 tbsp (4mL)

onion, sliced

1/4 medium (2-1/2" dia) (28g)

bell pepper, sliced into strips

1/2 large (82g)

For all 2 meals:

oil

1/2 tbsp (8mL)

onion, sliced

1/2 medium (2-1/2" dia) (55g)

bell pepper, sliced into strips

1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Pan seared breaded tilapia

16 oz - 801 cals ● 95g protein ● 33g fat ● 31g carbs ● 2g fiber



For single meal:

- all-purpose flour**
1/3 cup(s) (42g)
- tilapia, raw**
16 oz (448g)
- salt**
1/4 tbsp (4g)
- black pepper**
1/4 tbsp, ground (2g)
- olive oil**
2 tsp (10mL)
- butter, melted**
4 tsp (19g)

For all 2 meals:

- all-purpose flour**
2/3 cup(s) (83g)
- tilapia, raw**
2 lbs (896g)
- salt**
1/2 tbsp (8g)
- black pepper**
1/2 tbsp, ground (3g)
- olive oil**
4 tsp (20mL)
- butter, melted**
2 2/3 tbsp (38g)

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 4 [🔗](#)

Eat on day 5

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

- avocados**
1/2 avocado(s) (101g)
- lime juice**
1 tsp (5mL)
- salt**
1 dash (0g)
- black pepper**
1 dash (0g)
- bell pepper**
1 large (164g)
- onion**
1/4 small (18g)
- canned tuna, drained**
1 can (172g)

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.

Walnuts

1/2 cup(s) - 393 cals ● 9g protein ● 37g fat ● 4g carbs ● 4g fiber



Makes 1/2 cup(s)

walnuts
1/2 cup, shelled (56g)

1. The recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Cheesy garlicky salmon

734 cals ● 56g protein ● 54g fat ● 6g carbs ● 0g fiber



For single meal:

parmesan cheese
1/3 cup (33g)
salmon
1/2 lbs (227g)
lemon juice
1 tbsp (15mL)
oil
1 tbsp (15mL)
fresh basil, chopped
2 leaves (1g)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

parmesan cheese
2/3 cup (66g)
salmon
1 lbs (454g)
lemon juice
2 tbsp (30mL)
oil
2 tbsp (30mL)
fresh basil, chopped
4 leaves (2g)
garlic, minced
2 clove(s) (6g)

1. Preheat oven to 350°F (180°C).
2. Line a baking tray with parchment paper and spray. Place salmon fillets, skin side down, on the baking tray. Set aside.
3. In a small bowl combine the cheese, garlic, lemon, basil, oil, and some salt and pepper. Mix until well combined.
4. Spread cheese mixture evenly over each fillet.
5. Bake in oven for 13 minutes or until internal temperature reaches 145°F (63°C). Serve.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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