

Meal Plan - 2900 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

2882 cals ● 225g protein (31%) ● 177g fat (55%) ● 74g carbs (10%) ● 23g fiber (3%)

Breakfast

355 cals, 17g protein, 13g net carbs, 25g fat



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



Tomato and basil omelet
152 cals

Snacks

395 cals, 25g protein, 7g net carbs, 28g fat



Boiled eggs
3 egg(s)- 208 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

950 cals, 75g protein, 36g net carbs, 51g fat



Almond crusted tilapia
10 1/2 oz- 741 cals



Pan roasted zucchini
208 cals

Dinner

965 cals, 59g protein, 17g net carbs, 71g fat



Baked salmon with pecans and pesto
9 oz- 726 cals



Simple mixed greens salad
237 cals

Day 2

2836 cals ● 253g protein (36%) ● 149g fat (47%) ● 97g carbs (14%) ● 25g fiber (4%)

Breakfast

355 cals, 17g protein, 13g net carbs, 25g fat



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



Tomato and basil omelet
152 cals

Snacks

395 cals, 25g protein, 7g net carbs, 28g fat



Boiled eggs
3 egg(s)- 208 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

950 cals, 75g protein, 36g net carbs, 51g fat



Almond crusted tilapia
10 1/2 oz- 741 cals



Pan roasted zucchini
208 cals

Dinner

915 cals, 86g protein, 39g net carbs, 43g fat



Vegan sausage
3 sausage(s)- 804 cals



Simple mixed greens and tomato salad
113 cals

Day 3

2912 cals ● 219g protein (30%) ● 169g fat (52%) ● 107g carbs (15%) ● 22g fiber (3%)

Breakfast

450 cals, 35g protein, 3g net carbs, 33g fat



Egg & cheese mini muffin
8 mini muffin(s)- 448 cals

Snacks

340 cals, 6g protein, 14g net carbs, 26g fat



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

990 cals, 43g protein, 49g net carbs, 65g fat



Grilled cheese sandwich
2 sandwich(es)- 990 cals

Dinner

915 cals, 86g protein, 39g net carbs, 43g fat



Vegan sausage
3 sausage(s)- 804 cals



Simple mixed greens and tomato salad
113 cals

Day 4

2880 cals ● 219g protein (30%) ● 169g fat (53%) ● 78g carbs (11%) ● 41g fiber (6%)

Breakfast

450 cals, 35g protein, 3g net carbs, 33g fat



[Egg & cheese mini muffin](#)
8 mini muffin(s)- 448 cals

Snacks

340 cals, 6g protein, 14g net carbs, 26g fat



[Apple & peanut butter](#)
1/2 apple(s)- 155 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

915 cals, 63g protein, 13g net carbs, 60g fat



[Avocado tuna salad](#)
545 cals



[Roasted almonds](#)
3/8 cup(s)- 370 cals

Dinner

960 cals, 66g protein, 47g net carbs, 49g fat



[Edamame & beet salad](#)
342 cals



[Orange & rosemary salmon](#)
8 oz- 619 cals

Day 5

2903 cals ● 200g protein (28%) ● 181g fat (56%) ● 86g carbs (12%) ● 33g fiber (5%)

Breakfast

470 cals, 27g protein, 12g net carbs, 32g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
304 cals



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

Snacks

375 cals, 11g protein, 29g net carbs, 21g fat



[Ants on a log](#)
184 cals



[Celery and peanut butter](#)
109 cals



[Orange](#)
1 orange(s)- 85 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Lunch

945 cals, 41g protein, 34g net carbs, 68g fat



[Roasted peanuts](#)
1/2 cup(s)- 403 cals



[Egg salad sandwich](#)
1 sandwich(es)- 542 cals

Dinner

895 cals, 72g protein, 9g net carbs, 60g fat



[Salmon with herb mustard yogurt sauce](#)
684 cals



[Olive oil drizzled broccoli](#)
3 cup(s)- 209 cals

Day 6

2862 cals ● 182g protein (25%) ● 167g fat (53%) ● 109g carbs (15%) ● 49g fiber (7%)

Breakfast

470 cals, 27g protein, 12g net carbs, 32g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
304 cals



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

Snacks

375 cals, 11g protein, 29g net carbs, 21g fat



[Ants on a log](#)
184 cals



[Celery and peanut butter](#)
109 cals



[Orange](#)
1 orange(s)- 85 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Lunch

945 cals, 41g protein, 34g net carbs, 68g fat



[Roasted peanuts](#)
1/2 cup(s)- 403 cals



[Egg salad sandwich](#)
1 sandwich(es)- 542 cals

Dinner

850 cals, 54g protein, 31g net carbs, 46g fat



[Basic tempeh](#)
8 oz- 590 cals



[Buttery garlic green beans](#)
262 cals

Day 7

2860 cals ● 188g protein (26%) ● 169g fat (53%) ● 93g carbs (13%) ● 54g fiber (8%)

Breakfast

470 cals, 27g protein, 12g net carbs, 32g fat



[Scrambled eggs with kale, tomatoes, rosemary](#)
304 cals



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

Snacks

375 cals, 11g protein, 29g net carbs, 21g fat



[Ants on a log](#)
184 cals



[Celery and peanut butter](#)
109 cals



[Orange](#)
1 orange(s)- 85 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Lunch

945 cals, 47g protein, 19g net carbs, 69g fat



[Roasted peanuts](#)
3/8 cup(s)- 345 cals



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

Dinner

850 cals, 54g protein, 31g net carbs, 46g fat



[Basic tempeh](#)
8 oz- 590 cals



[Buttery garlic green beans](#)
262 cals

Grocery List



Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
15 cup (3610mL)

Snacks

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

Dairy and Egg Products

- ☐ cheddar cheese
13 tbsp, shredded (92g)
- ☐ eggs
35 1/2 medium (1564g)
- ☐ butter
1/3 cup (66g)
- ☐ sliced cheese
4 slice (1 oz ea) (112g)
- ☐ nonfat greek yogurt, plain
1/4 cup (58g)

Vegetables and Vegetable Products

- ☐ green onions
1 tbsp chopped (6g)
- ☐ tomatoes
6 medium whole (2-3/5" dia) (715g)
- ☐ zucchini
2 1/2 medium (490g)
- ☐ onion
5/6 small (57g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ beets, precooked (canned or refrigerated)
4 beet(s) (200g)
- ☐ kale leaves
4 1/2 cup, chopped (180g)
- ☐ frozen broccoli
3 cup (273g)
- ☐ raw celery
6 stalk, medium (7-1/2" - 8" long) (240g)
- ☐ fresh green beans
1 1/3 lbs (605g)
- ☐ garlic
4 clove(s) (12g)

Fats and Oils

Finfish and Shellfish Products

- ☐ salmon
1 2/3 lbs (765g)
- ☐ tilapia, raw
1 1/3 lbs (588g)
- ☐ canned tuna
1 1/4 can (215g)
- ☐ canned salmon
5 oz (142g)

Nut and Seed Products

- ☐ pecans
2 oz (60g)
- ☐ almonds
1/2 lbs (235g)
- ☐ pistachios, shelled
1/2 cup (62g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
2 1/4 tbsp (36g)

Other

- ☐ mixed greens
16 cup (480g)
- ☐ vegan sausage
6 sausage (600g)

Cereal Grains and Pasta

- ☐ all-purpose flour
5/8 cup(s) (73g)

Baked Products

- ☐ bread
8 slice (256g)

Fruits and Fruit Juices

- ☐ apples
1 medium (3" dia) (182g)
- ☐ avocados
1 avocado(s) (226g)
- ☐ lime juice
1 1/4 tsp (6mL)
- ☐ orange
4 1/3 orange (667g)

- ☐ **olive oil**
3 oz (99mL)
- ☐ **salad dressing**
3/4 cup (176mL)
- ☐ **balsamic vinaigrette**
2 tbsp (30mL)
- ☐ **oil**
2 1/2 oz (73mL)
- ☐ **mayonnaise**
4 tbsp (60mL)

Spices and Herbs

- ☐ **fresh basil**
4 leaves (2g)
- ☐ **salt**
1/2 oz (17g)
- ☐ **black pepper**
1/3 oz (9g)
- ☐ **oregano, dried**
1 1/4 tsp, ground (2g)
- ☐ **garlic powder**
1 1/4 tsp (4g)
- ☐ **rosemary, dried**
1 3/4 tsp (2g)
- ☐ **balsamic vinegar**
1 1/2 tbsp (23mL)
- ☐ **dried dill weed**
1/2 tsp (0g)
- ☐ **dijon mustard**
1/4 tbsp (4g)
- ☐ **paprika**
2 dash (1g)
- ☐ **yellow mustard**
4 dash or 1 packet (3g)
- ☐ **lemon pepper**
4 dash (0g)

- ☐ **lemon juice**
2 1/2 tbsp (38mL)
- ☐ **raisins**
1 1/2 miniature box (.5 oz) (21g)

Legumes and Legume Products

- ☐ **peanut butter**
9 1/2 tbsp (152g)
- ☐ **roasted peanuts**
1 1/4 cup (183g)
- ☐ **tempeh**
1 lbs (454g)



Breakfast 1 [↗](#)

Eat on day 1 and day 2

High-protein granola bar

1 bar(s) - 204 cal ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

Tomato and basil omelet

152 cal ● 7g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

cheddar cheese
1/2 tbsp, shredded (4g)
green onions
1/2 tbsp chopped (3g)
olive oil
1/2 tbsp (8mL)
fresh basil, teared
2 leaves (1g)
tomatoes, finely chopped
1/2 plum tomato (31g)
eggs, beaten
1 large (50g)

For all 2 meals:

cheddar cheese
1 tbsp, shredded (7g)
green onions
1 tbsp chopped (6g)
olive oil
1 tbsp (15mL)
fresh basil, teared
4 leaves (2g)
tomatoes, finely chopped
1 plum tomato (62g)
eggs, beaten
2 large (100g)

1. In a small bowl, mix the tomato, cheese, basil, onion, half of the oil, and some salt and pepper together.
2. Heat remaining oil in a small frying pan and pour in an even layer of the eggs. Once cooked, spoon tomato mixture over half of the omelette, and fold the other half of the omelette over it.
3. Keep on the heat for another 30 seconds or so and then remove and plate.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Egg & cheese mini muffin

8 mini muffin(s) - 448 cal ● 35g protein ● 33g fat ● 3g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
water
4 tsp (20mL)
cheddar cheese
6 tbsp, shredded (42g)

For all 2 meals:

eggs
8 large (400g)
water
2 2/3 tbsp (40mL)
cheddar cheese
3/4 cup, shredded (85g)

1. Preheat oven to 375°F (190°C).
 2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
 3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
 4. Bake for 15 until the egg is set and top is golden. Serve.
 5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Scrambled eggs with kale, tomatoes, rosemary

304 cals ● 22g protein ● 18g fat ● 10g carbs ● 3g fiber



For single meal:

oil
1/4 tbsp (4mL)
water
1/4 cup (68mL)
balsamic vinegar
1/2 tbsp (8mL)
rosemary, dried
3 dash (0g)
tomatoes
3/4 cup, chopped (135g)
eggs
3 large (150g)
kale leaves
1 1/2 cup, chopped (60g)

For all 3 meals:

oil
3/4 tbsp (11mL)
water
13 1/2 tbsp (203mL)
balsamic vinegar
1 1/2 tbsp (23mL)
rosemary, dried
1 tsp (1g)
tomatoes
2 1/4 cup, chopped (405g)
eggs
9 large (450g)
kale leaves
4 1/2 cup, chopped (180g)

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.

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.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Almond crusted tilapia

10 1/2 oz - 741 cal ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



For single meal:

almonds
1/2 cup, slivered (47g)
tilapia, raw
2/3 lbs (294g)
all-purpose flour
1/4 cup(s) (36g)
salt
1/4 tsp (1g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

almonds
14 tbsp, slivered (95g)
tilapia, raw
1 1/3 lbs (588g)
all-purpose flour
5/8 cup(s) (73g)
salt
1/2 tsp (1g)
olive oil
1 3/4 tbsp (26mL)

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.

Pan roasted zucchini

208 cal ● 4g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

zucchini
1 1/4 medium (245g)
black pepper
2 tsp, ground (4g)
oregano, dried
5 dash, ground (1g)
garlic powder
5 dash (2g)
salt
5 dash (4g)
olive oil
1 1/4 tbsp (19mL)

For all 2 meals:

zucchini
2 1/2 medium (490g)
black pepper
1 1/4 tbsp, ground (9g)
oregano, dried
1 1/4 tsp, ground (2g)
garlic powder
1 1/4 tsp (4g)
salt
1 1/4 tsp (8g)
olive oil
2 1/2 tbsp (38mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Lunch 2 [↗](#)

Eat on day 3

Grilled cheese sandwich

2 sandwich(es) - 990 cals ● 43g protein ● 65g fat ● 49g carbs ● 8g fiber



Makes 2 sandwich(es)

bread

4 slice (128g)

butter

2 tbsp (28g)

sliced cheese

4 slice (1 oz ea) (112g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Lunch 3 [↗](#)

Eat on day 4

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



avocados

5/8 avocado(s) (126g)

lime juice

1 1/4 tsp (6mL)

salt

1 1/4 dash (1g)

black pepper

1 1/4 dash (0g)

mixed greens

1 1/4 cup (38g)

canned tuna

1 1/4 can (215g)

tomatoes

5 tbsp, chopped (56g)

onion, minced

1/3 small (22g)

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.

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

almonds

6 2/3 tbsp, whole (60g)

1. The recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5 and day 6

Roasted peanuts

1/2 cup(s) - 403 cals ● 15g protein ● 32g fat ● 8g carbs ● 5g fiber



For single meal:

roasted peanuts

1/2 cup (64g)

For all 2 meals:

roasted peanuts

14 tbsp (128g)

1. The recipe has no instructions.

Egg salad sandwich

1 sandwich(es) - 542 cals ● 25g protein ● 36g fat ● 26g carbs ● 4g fiber



For single meal:

- eggs**
3 medium (132g)
- mayonnaise**
2 tbsp (30mL)
- salt**
1 dash (0g)
- black pepper**
1 dash (0g)
- bread**
2 slice (64g)
- paprika**
1 dash (1g)
- onion, chopped**
1/4 small (18g)
- yellow mustard**
2 dash or 1 packet (1g)

For all 2 meals:

- eggs**
6 medium (264g)
- mayonnaise**
4 tbsp (60mL)
- salt**
2 dash (1g)
- black pepper**
2 dash (0g)
- bread**
4 slice (128g)
- paprika**
2 dash (1g)
- onion, chopped**
1/2 small (35g)
- yellow mustard**
4 dash or 1 packet (3g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Lunch 5 [↗](#)

Eat on day 7

Roasted peanuts

3/8 cup(s) - 345 cal● 13g protein ● 27g fat ● 7g carbs ● 5g fiber

Makes 3/8 cup(s)

- roasted peanuts**
6 tbsp (55g)



1. The recipe has no instructions.

Salmon patty salad

2 patty (~3oz each) - 598 cal● 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.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

3 large (150g)

For all 2 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.

Pistachios

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



For single meal:
pistachios, shelled
4 tbsp (31g)

For all 2 meals:
pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Apple & peanut butter

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



For single meal:
apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 2 meals:
apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

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

Pecans

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



For single meal:
pecans
4 tbsp, halves (25g)

For all 2 meals:
pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Ants on a log

184 cals ● 6g protein ● 12g fat ● 10g carbs ● 2g fiber



For single meal:

raisins
1/2 miniature box (.5 oz) (7g)
raw celery, trimmed
1 stalk, medium (7-1/2" - 8" long) (40g)
peanut butter
1 1/2 tbsp (24g)

For all 3 meals:

raisins
1 1/2 miniature box (.5 oz) (21g)
raw celery, trimmed
3 stalk, medium (7-1/2" - 8" long) (120g)
peanut butter
1/4 cup (72g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long) (40g)
peanut butter
1 tbsp (16g)

For all 3 meals:

raw celery
3 stalk, medium (7-1/2" - 8" long) (120g)
peanut butter
3 tbsp (48g)

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

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Baked salmon with pecans and pesto

9 oz - 726 cals ● 54g protein ● 55g fat ● 2g carbs ● 2g fiber



Makes 9 oz

salmon

1 1/2 fillet/s (6 oz each) (255g)

pecans

1 1/2 tbsp, chopped (10g)

pesto sauce

2 1/4 tbsp (36g)

1. Preheat oven to 400°F (200°C). Prepare a parchment paper-lined baking sheet.
2. Spread the pesto on top of the salmon. Then coat the fillet with the chopped pecans.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens

5 1/4 cup (158g)

salad dressing

1/3 cup (79mL)

1. Mix greens and dressing in a small bowl. Serve.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

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

Dinner 3 [↗](#)

Eat on day 4

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Orange & rosemary salmon

8 oz - 619 cals ● 48g protein ● 35g fat ● 22g carbs ● 5g fiber



Makes 8 oz

salmon

1 1/3 fillet/s (6 oz each) (227g)

rosemary, dried

1/4 tbsp (1g)

orange

1 1/3 orange (205g)

lemon juice

2 tsp (10mL)

olive oil

1 tsp (5mL)

salt

1/3 tsp (2g)

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 orange 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 4 [↗](#)

Eat on day 5

Salmon with herb mustard yogurt sauce

684 cals ● 64g protein ● 46g fat ● 3g carbs ● 0g fiber



salmon
10 oz (284g)
nonfat greek yogurt, plain
1/4 cup (58g)
lemon juice
2 1/2 tsp (13mL)
dried dill weed
1/2 tsp (0g)
dijon mustard
1 tsp (4g)
oil
1/2 tbsp (8mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook salmon by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Meanwhile, make the yogurt sauce. In a small bowl, mix together the yogurt, lemon juice, dill, dijon, and some salt and pepper.
4. Serve salmon with yogurt sauce.

Olive oil drizzled broccoli

3 cup(s) - 209 cal ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

1. Prepare broccoli according to instructions on package.
 2. Drizzle with olive oil and season with salt and pepper to taste.
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Dinner 5 [↗](#)

Eat on day 6 and day 7

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.

Buttery garlic green beans

262 cals ● 6g protein ● 16g fat ● 15g carbs ● 8g fiber



For single meal:

butter
4 tsp (19g)
salt
1/3 tsp (2g)
lemon pepper
2 dash (0g)
fresh green beans, trimmed, snapped in half
2/3 lbs (302g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

butter
2 2/3 tbsp (38g)
salt
1/4 tbsp (4g)
lemon pepper
4 dash (0g)
fresh green beans, trimmed, snapped in half
1 1/3 lbs (605g)
garlic, minced
4 clove(s) (12g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. 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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