

# Meal Plan - 3000 calorie low carb pescetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

3034 cals ● 230g protein (30%) ● 179g fat (53%) ● 91g carbs (12%) ● 36g fiber (5%)

### Breakfast

475 cals, 26g protein, 11g net carbs, 34g fat



Milk

3/4 cup(s)- 112 cals



Egg in an eggplant

361 cals

### Snacks

365 cals, 23g protein, 6g net carbs, 27g fat



Mixed nuts

1/8 cup(s)- 109 cals



Boiled eggs

2 egg(s)- 139 cals



Cucumber goat cheese bites

118 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

980 cals, 49g protein, 34g net carbs, 65g fat



Avocado egg salad sandwich

1 sandwich(es)- 562 cals



Sunflower seeds

421 cals

### Dinner

995 cals, 84g protein, 38g net carbs, 52g fat



Roasted tomatoes

2 1/2 tomato(es)- 149 cals



Almond crusted tilapia

12 oz- 847 cals

## Day 2

2949 cals ● 223g protein (30%) ● 168g fat (51%) ● 94g carbs (13%) ● 42g fiber (6%)

### Breakfast

475 cals, 26g protein, 11g net carbs, 34g fat



#### Milk

3/4 cup(s)- 112 cals



#### Egg in an eggplant

361 cals

### Lunch

970 cals, 62g protein, 27g net carbs, 60g fat



#### Basic tempeh

8 oz- 590 cals



#### Sauteed mushrooms

16 oz mushrooms- 381 cals

### Snacks

365 cals, 23g protein, 6g net carbs, 27g fat



#### Mixed nuts

1/8 cup(s)- 109 cals



#### Boiled eggs

2 egg(s)- 139 cals



#### Cucumber goat cheese bites

118 cals

### Dinner

920 cals, 64g protein, 48g net carbs, 46g fat



#### Salmon & veggie one pot

8 oz salmon- 748 cals



#### Lentils

174 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 3

3031 cals ● 304g protein (40%) ● 155g fat (46%) ● 76g carbs (10%) ● 29g fiber (4%)

### Breakfast

585 cals, 40g protein, 5g net carbs, 43g fat



#### Basic scrambled eggs

4 egg(s)- 318 cals



#### Egg & avocado salad

266 cals

### Lunch

940 cals, 129g protein, 15g net carbs, 38g fat



#### Olive oil drizzled green beans

217 cals



#### Cajun tilapia

22 oz- 725 cals

### Snacks

365 cals, 23g protein, 6g net carbs, 27g fat



#### Mixed nuts

1/8 cup(s)- 109 cals



#### Boiled eggs

2 egg(s)- 139 cals



#### Cucumber goat cheese bites

118 cals

### Dinner

920 cals, 64g protein, 48g net carbs, 46g fat



#### Salmon & veggie one pot

8 oz salmon- 748 cals



#### Lentils

174 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 4

3001 cals ● 303g protein (40%) ● 135g fat (40%) ● 111g carbs (15%) ● 33g fiber (4%)

### Breakfast

585 cals, 40g protein, 5g net carbs, 43g fat



**Basic scrambled eggs**  
4 egg(s)- 318 cals



**Egg & avocado salad**  
266 cals

### Snacks

370 cals, 18g protein, 20g net carbs, 22g fat



**Protein shake (milk)**  
129 cals



**Pecans**  
1/4 cup- 183 cals



**Applesauce**  
57 cals

### Lunch

940 cals, 129g protein, 15g net carbs, 38g fat



**Olive oil drizzled green beans**  
217 cals



**Cajun tilapia**  
22 oz- 725 cals

### Dinner

890 cals, 68g protein, 70g net carbs, 31g fat



**Green beans**  
63 cals



**Basic shrimp**  
10 oz- 342 cals



**Baked fries**  
483 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 5

2966 cals ● 210g protein (28%) ● 171g fat (52%) ● 106g carbs (14%) ● 40g fiber (5%)

### Breakfast

480 cals, 28g protein, 20g net carbs, 30g fat



**Scrambled eggs with spinach, parmesan & tomato**  
373 cals



**Buttered english muffin**  
1/2 english muffin(s)- 106 cals

### Lunch

920 cals, 64g protein, 19g net carbs, 55g fat



**Avocado tuna salad stuffed pepper**  
3 half pepper(s)- 683 cals



**Tomato and avocado salad**  
235 cals

### Snacks

370 cals, 18g protein, 20g net carbs, 22g fat



**Protein shake (milk)**  
129 cals



**Pecans**  
1/4 cup- 183 cals



**Applesauce**  
57 cals

### Dinner

980 cals, 51g protein, 46g net carbs, 63g fat



**Basic tofu**  
8 oz- 342 cals



**Pita bread**  
2 pita bread(s)- 156 cals



**Simple mozzarella and tomato salad**  
484 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 6

2943 cals ● 201g protein (27%) ● 175g fat (54%) ● 99g carbs (13%) ● 40g fiber (5%)

### Breakfast

480 cals, 28g protein, 20g net carbs, 30g fat



**Scrambled eggs with spinach, parmesan & tomato**  
373 cals



**Buttered english muffin**  
1/2 english muffin(s)- 106 cals

### Snacks

345 cals, 10g protein, 13g net carbs, 27g fat



**Peach and goat cheese bites**  
1 peach- 162 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

920 cals, 64g protein, 19g net carbs, 55g fat



**Avocado tuna salad stuffed pepper**  
3 half pepper(s)- 683 cals



**Tomato and avocado salad**  
235 cals

### Dinner

980 cals, 51g protein, 46g net carbs, 63g fat



**Basic tofu**  
8 oz- 342 cals



**Pita bread**  
2 pita bread(s)- 156 cals



**Simple mozzarella and tomato salad**  
484 cals

## Day 7

2950 cals ● 212g protein (29%) ● 178g fat (54%) ● 73g carbs (10%) ● 52g fiber (7%)

### Breakfast

480 cals, 28g protein, 20g net carbs, 30g fat



**Scrambled eggs with spinach, parmesan & tomato**  
373 cals



**Buttered english muffin**  
1/2 english muffin(s)- 106 cals

### Snacks

345 cals, 10g protein, 13g net carbs, 27g fat



**Peach and goat cheese bites**  
1 peach- 162 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

955 cals, 58g protein, 24g net carbs, 64g fat



**Tomato and avocado salad**  
352 cals



**Honey dijon salmon**  
9 oz- 603 cals

### Dinner

950 cals, 68g protein, 15g net carbs, 56g fat



**Chili lime salmon**  
8 oz- 474 cals



**Garlic collard greens**  
478 cals

# Grocery List



## Beverages

- protein powder  
15 scoop (1/3 cup ea) (465g)
- water  
16 1/2 cup(s) (3911mL)

## Dairy and Egg Products

- whole milk  
2 1/2 cup(s) (600mL)
- eggs  
36 large (1800g)
- goat cheese  
5 oz (141g)
- parmesan cheese  
1/2 cup (45g)
- butter  
3 pat (1" sq, 1/3" high) (15g)
- fresh mozzarella cheese  
1/2 lbs (227g)

## Vegetables and Vegetable Products

- eggplant  
6 1 inch (2.5 cm) slice(s) (360g)
- tomatoes  
10 medium whole (2-3/5" dia) (1212g)
- cucumber  
3/4 cucumber (8-1/4") (226g)
- mushrooms  
1 lbs (454g)
- canned crushed tomatoes  
2 cup (484g)
- onion  
2 1/4 medium (2-1/2" dia) (245g)
- bell pepper  
4 1/2 large (730g)
- frozen green beans  
5 1/3 cup (645g)
- potatoes  
1 1/4 large (3" to 4-1/4" dia.) (461g)
- fresh spinach  
9 cup(s) (270g)
- garlic  
7 1/3 clove(s) (22g)
- collard greens  
1 1/2 lbs (680g)

## Fats and Oils

## Cereal Grains and Pasta

- all-purpose flour  
1/3 cup(s) (42g)

## Spices and Herbs

- salt  
1/2 oz (12g)
- garlic powder  
2 tsp (6g)
- dried dill weed  
3 1/2 tsp (4g)
- ground cumin  
2 1/2 tsp (5g)
- black pepper  
2 1/2 g (3g)
- cajun seasoning  
2 tbsp (12g)
- fresh basil  
4 tbsp, chopped (11g)
- dijon mustard  
1 1/2 tbsp (23g)
- chili powder  
1 tsp (3g)

## Fruits and Fruit Juices

- avocados  
4 1/2 avocado(s) (888g)
- applesauce  
2 to-go container (~4 oz) (244g)
- lime juice  
2 fl oz (67mL)
- peach  
2 medium (2-2/3" dia) (285g)
- limes  
1 fruit (2" dia) (67g)

## Baked Products

- bread  
2 slice (64g)
- english muffins  
1 1/2 muffin(s) (86g)
- pita bread  
4 pita, small (4" dia) (112g)

## Legumes and Legume Products

- tempeh  
1/2 lbs (227g)

- oil**  
1/2 lbs (249mL)
- olive oil**  
3 oz (88mL)
- balsamic vinaigrette**  
4 tbsp (60mL)

- lentils, raw**  
1/2 cup (96g)
- firm tofu**  
1 lbs (454g)

## Other

- mixed greens**  
1 1/3 cup (40g)

## Sweets

- honey**  
3/4 tbsp (16g)

## Nut and Seed Products

- almonds**  
1/2 cup, slivered (54g)
- sunflower kernels**  
2 1/3 oz (66g)
- mixed nuts**  
6 tbsp (50g)
- pecans**  
1 cup, halves (99g)

## Finfish and Shellfish Products

- tilapia, raw**  
3 1/2 lbs (1568g)
- salmon**  
2 lbs (935g)
- shrimp, raw**  
10 oz (284g)
- canned tuna**  
3 can (516g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Milk

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



For single meal:

**whole milk**

3/4 cup(s) (180mL)

For all 2 meals:

**whole milk**

1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

### Egg in an eggplant

361 cals ● 20g protein ● 28g fat ● 2g carbs ● 5g fiber



For single meal:

**eggplant**

3 1 inch (2.5 cm) slice(s) (180g)

**oil**

1 tbsp (15mL)

**eggs**

3 large (150g)

For all 2 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 3 and day 4

### Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**oil**  
2 tsp (10mL)  
**eggs**  
8 large (400g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

### Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

**garlic powder**  
1/3 tsp (1g)  
**avocados**  
1/3 avocado(s) (67g)  
**mixed greens**  
2/3 cup (20g)  
**eggs, hard-boiled and chilled**  
2 large (100g)

For all 2 meals:

**garlic powder**  
1/4 tbsp (2g)  
**avocados**  
2/3 avocado(s) (134g)  
**mixed greens**  
1 1/3 cup (40g)  
**eggs, hard-boiled and chilled**  
4 large (200g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Scrambled eggs with spinach, parmesan & tomato

373 cals ● 26g protein ● 26g fat ● 7g carbs ● 3g fiber



For single meal:

**eggs**  
3 large (150g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
3 cup(s) (90g)  
**parmesan cheese**  
3 tbsp (15g)  
**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)  
**garlic, minced**  
1/4 tbsp (2g)

For all 3 meals:

**eggs**  
9 large (450g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
9 cup(s) (270g)  
**parmesan cheese**  
1/2 cup (45g)  
**tomatoes, halved**  
1 cup cherry tomatoes (168g)  
**garlic, minced**  
3/4 tbsp (6g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

### Buttered english muffin

1/2 english muffin(s) - 106 cals ● 2g protein ● 5g fat ● 13g carbs ● 1g fiber



For single meal:

**english muffins**  
1/2 muffin(s) (29g)  
**butter**  
1 pat (1" sq, 1/3" high) (5g)

For all 3 meals:

**english muffins**  
1 1/2 muffin(s) (86g)  
**butter**  
3 pat (1" sq, 1/3" high) (15g)

1. Slice english muffin through the center.
2. Optional: toast in a toaster oven for a couple minutes.
3. Spread butter on each side.
4. Serve.

## Lunch 1 ↗

Eat on day 1

### Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



Makes 1 sandwich(es)

**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
2 slice (64g)  
**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

### Sunflower seeds

421 cals ● 20g protein ● 33g fat ● 5g carbs ● 6g fiber



**sunflower kernels**  
2 1/3 oz (66g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 2

### Basic tempeh

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



Makes 8 oz

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

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

### Sauteed mushrooms

16 oz mushrooms - 381 cals ● 14g protein ● 30g fat ● 10g carbs ● 4g fiber



Makes 16 oz mushrooms

**oil**  
2 tbsp (30mL)  
**mushrooms, sliced**  
1 lbs (454g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

## Lunch 3 ↗

Eat on day 3 and day 4

### Olive oil drizzled green beans

217 cals ● 4g protein ● 14g fat ● 12g carbs ● 6g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen green beans**  
2 cup (242g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen green beans**  
4 cup (484g)  
**olive oil**  
2 tbsp (30mL)

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

### Cajun tilapia

22 oz - 725 cals ● 124g protein ● 24g fat ● 3g carbs ● 1g fiber



For single meal:

**cajun seasoning**  
1 tbsp (6g)  
**oil**  
1 tbsp (14mL)  
**tilapia, raw**  
22 oz (616g)

For all 2 meals:

**cajun seasoning**  
2 tbsp (12g)  
**oil**  
2 tbsp (28mL)  
**tilapia, raw**  
2 3/4 lbs (1232g)

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking dish.
2. Place the Tilapia fillets in the bottom of the baking dish and coat both sides with the oil and Cajun seasoning.
3. Cover the dish and bake for 15 to 20 minutes until fish is cooked and flakes easily with a fork.

## Lunch 4 ↗

Eat on day 5 and day 6

### Avocado tuna salad stuffed pepper

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



For single meal:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**bell pepper**  
1 1/2 large (246g)  
**onion**  
3/8 small (26g)  
**canned tuna, drained**  
1 1/2 can (258g)

For all 2 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**bell pepper**  
3 large (492g)  
**onion**  
3/4 small (53g)  
**canned tuna, drained**  
3 can (516g)

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

### Tomato and avocado salad

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.

## Lunch 5 ↗

Eat on day 7

### Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)

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.

### Honey dijon salmon

9 oz - 603 cals ● 53g protein ● 37g fat ● 14g carbs ● 1g fiber



Makes 9 oz

**salmon**

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

**dijon mustard**

1 1/2 tbsp (23g)

**honey**

3/4 tbsp (16g)

**olive oil**

1/2 tbsp (8mL)

**garlic, minced**

3/4 clove (2g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

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## Snacks 1 ↗

Eat on day 1, day 2, and day 3

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### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**

2 tbsp (17g)

For all 3 meals:

**mixed nuts**

6 tbsp (50g)

1. The recipe has no instructions.

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### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 3 meals:

**eggs**  
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

**dried dill weed**  
4 dash (1g)  
**goat cheese**  
1 oz (28g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)

For all 3 meals:

**dried dill weed**  
1/2 tbsp (2g)  
**goat cheese**  
3 oz (85g)  
**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)

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

## Snacks 2 ↗

Eat on day 4 and day 5

### 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.

### Pecans

1/4 cup - 183 cals ● 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.

### Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**  
1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**  
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

## Snacks 3 ↗

Eat on day 6 and day 7

### Peach and goat cheese bites

1 peach - 162 cals ● 7g protein ● 9g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**

1 medium (2-2/3" dia) (143g)

**goat cheese**

2 tbsp (28g)

**salt**

1 dash (0g)

For all 2 meals:

**peach**

2 medium (2-2/3" dia) (285g)

**goat cheese**

4 tbsp (56g)

**salt**

2 dash (1g)

1. Slice peach from top to bottom to make thin strips.
2. Put goat cheese and a dash of salt (sea salt is preferred but any type will do) in between 2 strips of peach to make a sandwich. Serve.

### Pecans

1/4 cup - 183 cals ● 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.

## Dinner 1 ↗

Eat on day 1

### Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

**oil**

2 1/2 tsp (13mL)

**tomatoes**

2 1/2 small whole (2-2/5" dia) (228g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

### Almond crusted tilapia

12 oz - 847 cals ● 82g protein ● 40g fat ● 32g carbs ● 7g fiber



Makes 12 oz

**almonds**

1/2 cup, slivered (54g)

**tilapia, raw**

3/4 lbs (336g)

**all-purpose flour**

1/3 cup(s) (42g)

**salt**

2 dash (1g)

**olive oil**

1 tbsp (15mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

## Dinner 2 ↗

Eat on day 2 and day 3

### Salmon & veggie one pot

8 oz salmon - 748 cals ● 53g protein ● 46g fat ● 23g carbs ● 8g fiber



For single meal:

**salmon**  
1/2 lbs (227g)  
**canned crushed tomatoes**  
1 cup (242g)  
**dried dill weed**  
1 tsp (1g)  
**oil**  
1 tbsp (15mL)  
**water**  
1/4 cup(s) (59mL)  
**ground cumin**  
1 tsp (2g)  
**onion, sliced**  
1 small (70g)  
**bell pepper, sliced into strips**  
1 medium (119g)

For all 2 meals:

**salmon**  
1 lbs (454g)  
**canned crushed tomatoes**  
2 cup (484g)  
**dried dill weed**  
2 tsp (2g)  
**oil**  
2 tbsp (30mL)  
**water**  
1/2 cup(s) (119mL)  
**ground cumin**  
2 tsp (4g)  
**onion, sliced**  
2 small (140g)  
**bell pepper, sliced into strips**  
2 medium (238g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

## Dinner 3 ↗

Eat on day 4

### Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



**frozen green beans**  
1 1/3 cup (161g)

1. Prepare according to instructions on package.

### Basic shrimp

10 oz - 342 cals ● 57g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 10 oz  
**oil**  
2 1/2 tsp (13mL)  
**shrimp, raw, peeled & deveined**  
10 oz (284g)

1. Heat oil in a skillet over medium heat.
2. Add the shrimp and cook for 2-3 minutes on each side until they turn pink and opaque. Season with salt, pepper or seasoning blend of choice.

### Baked fries

483 cals ● 8g protein ● 18g fat ● 62g carbs ● 11g fiber



**potatoes**  
1 1/4 large (3" to 4-1/4" dia.) (461g)  
**oil**  
1 1/4 tbsp (19mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

## Dinner 4 ↗

Eat on day 5 and day 6

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

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

1. Slice tofu 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.

### Pita bread

2 pita bread(s) - 156 cals ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



For single meal:

**pita bread**  
2 pita, small (4" dia) (56g)

For all 2 meals:

**pita bread**  
4 pita, small (4" dia) (112g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

### Simple mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



For single meal:

**balsamic vinaigrette**  
2 tbsp (30mL)  
**fresh basil**  
2 tbsp, chopped (5g)  
**fresh mozzarella cheese, sliced**  
4 oz (113g)  
**tomatoes, sliced**  
1 1/2 large whole (3" dia) (273g)

For all 2 meals:

**balsamic vinaigrette**  
4 tbsp (60mL)  
**fresh basil**  
4 tbsp, chopped (11g)  
**fresh mozzarella cheese, sliced**  
1/2 lbs (227g)  
**tomatoes, sliced**  
3 large whole (3" dia) (546g)

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

## Dinner 5 ↗

Eat on day 7

### Chili lime salmon

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



Makes 8 oz

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

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.

### Garlic collard greens

478 cals ● 21g protein ● 25g fat ● 14g carbs ● 28g fiber



**collard greens**  
1 1/2 lbs (680g)  
**oil**  
1 1/2 tbsp (23mL)  
**salt**  
3 dash (2g)  
**garlic, minced**  
4 1/2 clove(s) (14g)

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 sauté 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.

## 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.