

# Meal Plan - 3100 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

3137 cals ● 265g protein (34%) ● 163g fat (47%) ● 107g carbs (14%) ● 45g fiber (6%)

### Breakfast

485 cals, 50g protein, 8g net carbs, 26g fat



**String cheese**

2 stick(s)- 165 cals



**Double chocolate protein shake**

137 cals



**Pumpkin seeds**

183 cals

### Snacks

340 cals, 20g protein, 7g net carbs, 24g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Celery sticks**

2 celery stalk- 13 cals



**Pistachios**

188 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

1010 cals, 51g protein, 69g net carbs, 54g fat



**Vegan deli smashed avocado sandwich**

1 sandwich(es)- 387 cals



**Milk**

1 3/4 cup(s)- 261 cals



**Cheese & crackers**

8 cracker(s)- 364 cals

### Dinner

1030 cals, 83g protein, 20g net carbs, 58g fat



**Avocado tuna salad stuffed pepper**

4 half pepper(s)- 911 cals



**Tomato and avocado salad**

117 cals



## Day 2

3034 cals ● 262g protein (35%) ● 172g fat (51%) ● 90g carbs (12%) ● 19g fiber (3%)

### Breakfast

485 cals, 50g protein, 8g net carbs, 26g fat



**String cheese**

2 stick(s)- 165 cals



**Double chocolate protein shake**

137 cals



**Pumpkin seeds**

183 cals

### Snacks

340 cals, 20g protein, 7g net carbs, 24g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Celery sticks**

2 celery stalk- 13 cals



**Pistachios**

188 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

965 cals, 51g protein, 47g net carbs, 61g fat



**Tuna salad sandwich**

1 sandwich(es)- 495 cals



**Roasted cashews**

1/2 cup(s)- 469 cals

### Dinner

970 cals, 81g protein, 25g net carbs, 60g fat



**Honey dijon salmon**

13 1/2 oz- 904 cals



**Simple mixed greens salad**

68 cals



## Day 3

3119 cals ● 257g protein (33%) ● 186g fat (54%) ● 77g carbs (10%) ● 29g fiber (4%)

### Breakfast

485 cals, 50g protein, 8g net carbs, 26g fat



**String cheese**  
2 stick(s)- 165 cals



**Double chocolate protein shake**  
137 cals



**Pumpkin seeds**  
183 cals

### Snacks

340 cals, 20g protein, 7g net carbs, 24g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Celery sticks**  
2 celery stalk- 13 cals



**Pistachios**  
188 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

1050 cals, 45g protein, 34g net carbs, 74g fat



**Simple mixed greens and tomato salad**  
265 cals



**Low carb asian tofu bowl**  
786 cals

### Dinner

970 cals, 81g protein, 25g net carbs, 60g fat



**Honey dijon salmon**  
13 1/2 oz- 904 cals



**Simple mixed greens salad**  
68 cals

## Day 4

3115 cals ● 226g protein (29%) ● 171g fat (49%) ● 115g carbs (15%) ● 53g fiber (7%)

### Breakfast

425 cals, 22g protein, 22g net carbs, 27g fat



**Roasted cashews**  
1/6 cup(s)- 139 cals



**Easy mini quiche**  
3 quiche(s)- 288 cals

### Snacks

370 cals, 10g protein, 17g net carbs, 28g fat



**Celery and ranch**  
222 cals



**Milk**  
1 cup(s)- 149 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

1025 cals, 66g protein, 39g net carbs, 60g fat



**Roasted peanuts**  
1/3 cup(s)- 307 cals



**Seitan salad**  
718 cals

### Dinner

1020 cals, 68g protein, 35g net carbs, 55g fat



**Buffalo tempeh with tzatziki**  
785 cals



**Tomato and avocado salad**  
235 cals



## Day 5

3099 cals ● 208g protein (27%) ● 185g fat (54%) ● 104g carbs (13%) ● 46g fiber (6%)

### Breakfast

425 cals, 22g protein, 22g net carbs, 27g fat



**Roasted cashews**  
1/6 cup(s)- 139 cals



**Easy mini quiche**  
3 quiche(s)- 288 cals

### Snacks

370 cals, 10g protein, 17g net carbs, 28g fat



**Celery and ranch**  
222 cals



**Milk**  
1 cup(s)- 149 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

1010 cals, 48g protein, 28g net carbs, 74g fat



**Sugar snap peas**  
123 cals



**Buffalo tofu**  
886 cals

### Dinner

1020 cals, 68g protein, 35g net carbs, 55g fat



**Buffalo tempeh with tzatziki**  
785 cals



**Tomato and avocado salad**  
235 cals

## Day 6

3063 cals ● 231g protein (30%) ● 169g fat (50%) ● 104g carbs (14%) ● 50g fiber (7%)

### Breakfast

555 cals, 27g protein, 17g net carbs, 39g fat



**Almond protein balls**  
3 ball(s)- 405 cals



**Milk**  
1 cup(s)- 149 cals

### Snacks

245 cals, 18g protein, 16g net carbs, 10g fat



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Green protein shake**  
130 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

1010 cals, 48g protein, 28g net carbs, 74g fat



**Sugar snap peas**  
123 cals



**Buffalo tofu**  
886 cals

### Dinner

985 cals, 78g protein, 40g net carbs, 45g fat



**Protein greek yogurt**  
1 container- 139 cals



**Crack slaw with tempeh**  
843 cals



## Day 7

3060 cals ● 238g protein (31%) ● 157g fat (46%) ● 108g carbs (14%) ● 65g fiber (8%)

### Breakfast

555 cals, 27g protein, 17g net carbs, 39g fat



**Almond protein balls**

3 ball(s)- 405 cals



**Milk**

1 cup(s)- 149 cals

### Snacks

245 cals, 18g protein, 16g net carbs, 10g fat



**Roasted peanuts**

1/8 cup(s)- 115 cals



**Green protein shake**

130 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

1005 cals, 56g protein, 32g net carbs, 62g fat



**Basic tempeh**

8 oz- 590 cals



**Pan roasted zucchini**

416 cals

### Dinner

985 cals, 78g protein, 40g net carbs, 45g fat



**Protein greek yogurt**

1 container- 139 cals



**Crack slaw with tempeh**

843 cals



## Beverages

- ☐ protein powder  
1 1/4 lbs (560g)
- ☐ water  
20 3/4 cup(s) (4918mL)
- ☐ protein powder, vanilla  
1 scoop (1/3 cup ea) (31g)

## Dairy and Egg Products

- ☐ string cheese  
6 stick (168g)
- ☐ nonfat greek yogurt, plain  
6 tbsp (105g)
- ☐ whole milk  
6 1/4 cup(s) (1500mL)
- ☐ cheese  
2 oz (57g)
- ☐ eggs  
8 large (400g)
- ☐ swiss cheese  
1/2 cup, shredded (54g)

## Sweets

- ☐ cocoa powder  
1 tbsp (5g)
- ☐ honey  
2 1/4 tbsp (47g)

## Other

- ☐ protein powder, chocolate  
3 scoop (1/3 cup ea) (93g)
- ☐ plant-based deli slices  
5 slices (52g)
- ☐ mixed greens  
8 3/4 cup (262g)
- ☐ frozen riced cauliflower  
1 1/2 cup, prepared (255g)
- ☐ nutritional yeast  
2 tsp (3g)
- ☐ tzatziki  
5/8 cup(s) (140g)
- ☐ almond flour  
3 tbsp (21g)
- ☐ protein greek yogurt, flavored  
2 container (300g)
- ☐ coleslaw mix  
8 cup (720g)

## Vegetables and Vegetable Products

- ☐ bell pepper  
2 large (328g)
- ☐ onion  
1 1/6 medium (2-1/2" dia) (128g)
- ☐ tomatoes  
4 medium whole (2-3/5" dia) (488g)
- ☐ raw celery  
1 1/3 bunch (609g)
- ☐ garlic  
8 1/4 clove (25g)
- ☐ broccoli  
1 cup chopped (91g)
- ☐ fresh ginger  
2 tsp (4g)
- ☐ fresh spinach  
5 cup(s) (150g)
- ☐ frozen sugar snap peas  
4 cup (576g)
- ☐ zucchini  
2 1/2 medium (490g)

## Finfish and Shellfish Products

- ☐ canned tuna  
3 can (486g)
- ☐ salmon  
4 1/2 fillet/s (6 oz each) (765g)

## Fats and Oils

- ☐ olive oil  
2 oz (69mL)
- ☐ mayonnaise  
1 1/2 tbsp (23mL)
- ☐ salad dressing  
10 1/4 tbsp (154mL)
- ☐ oil  
6 oz (187mL)
- ☐ ranch dressing  
1 cup (240mL)

## Baked Products

- ☐ bread  
6 3/4 oz (192g)
- ☐ crackers  
8 crackers (28g)

## Soups, Sauces, and Gravies



## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
3/4 cup (89g)
- ☐ pistachios, shelled  
3/4 cup (92g)
- ☐ roasted cashews  
1 cup (123g)
- ☐ sesame seeds  
2 tsp (6g)
- ☐ almond butter  
6 tbsp (94g)
- ☐ sunflower kernels  
4 tbsp (48g)

## Fruits and Fruit Juices

- ☐ avocados  
3 avocado(s) (620g)
- ☐ lime juice  
1 1/2 fl oz (47mL)
- ☐ banana  
1/2 medium (7" to 7-7/8" long) (59g)
- ☐ orange  
1 orange (154g)

## Spices and Herbs

- ☐ salt  
1/2 oz (12g)
- ☐ black pepper  
10 1/2 g (10g)
- ☐ garlic powder  
2 tsp (6g)
- ☐ dijon mustard  
1/4 cup (68g)
- ☐ dry mustard powder  
4 dash (1g)
- ☐ oregano, dried  
1 1/4 tsp, ground (2g)

- ☐ hot sauce  
5/6 fl oz (25mL)
- ☐ Frank's Red Hot sauce  
1 1/2 cup (348mL)

## Legumes and Legume Products

- ☐ soy sauce  
4 tbsp (60mL)
- ☐ firm tofu  
2 2/3 lbs (1276g)
- ☐ roasted peanuts  
9 1/4 tbsp (85g)
- ☐ tempeh  
2 3/4 lbs (1247g)

## Cereal Grains and Pasta

- ☐ seitan  
6 oz (170g)





## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 3 meals:

**string cheese**  
6 stick (168g)

1. The recipe has no instructions.

### Double chocolate protein shake

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



For single meal:

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

For all 3 meals:

**water**  
3 cup(s) (711mL)  
**cocoa powder**  
1 tbsp (5g)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**protein powder, chocolate**  
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

### Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber





For single meal:  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 3 meals:  
**roasted pumpkin seeds, unsalted**  
3/4 cup (89g)

1. The recipe has no instructions.

Breakfast 2

Eat on day 4 and day 5

**Roasted cashews**  
1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:  
**roasted cashews**  
2 2/3 tbsp (23g)

For all 2 meals:  
**roasted cashews**  
1/3 cup (46g)

1. The recipe has no instructions.

**Easy mini quiche**  
3 quiche(s) - 288 cals ● 19g protein ● 16g fat ● 15g carbs ● 2g fiber





For single meal:

**bread**  
1 slice (32g)  
**dry mustard powder**  
2 dash (1g)  
**swiss cheese**  
4 tbsp, shredded (27g)  
**whole milk**  
1/4 cup(s) (60mL)  
**eggs**  
1 large (50g)  
**onion, minced**  
1/4 medium (2-1/2" dia) (28g)

For all 2 meals:

**bread**  
2 slice (64g)  
**dry mustard powder**  
4 dash (1g)  
**swiss cheese**  
1/2 cup, shredded (54g)  
**whole milk**  
1/2 cup(s) (120mL)  
**eggs**  
2 large (100g)  
**onion, minced**  
1/2 medium (2-1/2" dia) (55g)

1. Preheat oven to 375°F (190°C). Lightly grease the muffin tins (one for each serving).
2. Trim or cut bread into circles. Place circles in bottom of muffin tins. You can use various scraps of bread and press them together at the base of the tin in order to get the most use out of a slice. Distribute the onion and shredded cheese evenly between the muffin tins.
3. In a medium bowl, combine milk, eggs, mustard and some salt and pepper. Divide between the muffin tins. Quiches will puff up, so be sure to leave some space at the top.
4. Bake for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

### Breakfast 3 [↗](#)

Eat on day 6 and day 7

#### Almond protein balls

3 ball(s) - 405 cal ● 19g protein ● 31g fat ● 5g carbs ● 6g fiber



For single meal:

**almond butter**  
3 tbsp (47g)  
**almond flour**  
1 1/2 tbsp (11g)  
**protein powder**  
1 1/2 tbsp (9g)

For all 2 meals:

**almond butter**  
6 tbsp (94g)  
**almond flour**  
3 tbsp (21g)  
**protein powder**  
3 tbsp (17g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

#### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber





For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Vegan deli smashed avocado sandwich

1 sandwich(es) - 387 cals ● 23g protein ● 16g fat ● 29g carbs ● 10g fiber



Makes 1 sandwich(es)

**plant-based deli slices**

5 slices (52g)

**bread**

2 slice(s) (64g)

**hot sauce**

1 tsp (5mL)

**mixed greens**

1/2 cup (15g)

**avocados, peeled & deseeded**

1/3 avocado(s) (67g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

### Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



Makes 1 3/4 cup(s)

**whole milk**

1 3/4 cup(s) (420mL)

1. The recipe has no instructions.

### Cheese & crackers

8 cracker(s) - 364 cals ● 15g protein ● 25g fat ● 20g carbs ● 1g fiber





Makes 8 cracker(s)

**cheese**

2 oz (57g)

**crackers**

8 crackers (28g)

1. Slice cheese and put on top of crackers. Serve.

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## Lunch 2 [↗](#)

Eat on day 2

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### Tuna salad sandwich

1 sandwich(es) - 495 cals ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



Makes 1 sandwich(es)

**bread**

2 slice (64g)

**mayonnaise**

1 1/2 tbsp (23mL)

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**canned tuna**

5 oz (142g)

**raw celery, chopped**

1/2 stalk, small (5" long) (9g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

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### Roasted cashews

1/2 cup(s) - 469 cals ● 12g protein ● 36g fat ● 23g carbs ● 2g fiber



Makes 1/2 cup(s)

**roasted cashews**

1/2 cup (77g)

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

Eat on day 3

### Simple mixed greens and tomato salad

265 cals ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



#### **mixed greens**

5 1/4 cup (158g)

#### **tomatoes**

14 tbsp cherry tomatoes (130g)

#### **salad dressing**

1/3 cup (79mL)

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

### Low carb asian tofu bowl

786 cals ● 40g protein ● 58g fat ● 16g carbs ● 10g fiber



#### **broccoli**

1 cup chopped (91g)

#### **frozen riced cauliflower**

1 1/2 cup, prepared (255g)

#### **soy sauce**

4 tbsp (60mL)

#### **oil**

3 tbsp (45mL)

#### **sesame seeds**

2 tsp (6g)

#### **firm tofu, drained and patted dry**

10 oz (284g)

#### **garlic, minced**

2 clove (6g)

#### **fresh ginger, minced**

2 tsp (4g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.



## Lunch 4 [↗](#)

Eat on day 4

### Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber

Makes 1/3 cup(s)

**roasted peanuts**  
1/3 cup (49g)



1. The recipe has no instructions.

### Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (3g)  
**salad dressing**  
2 tbsp (30mL)  
**fresh spinach**  
4 cup(s) (120g)  
**seitan, crumbled or sliced**  
6 oz (170g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

## Lunch 5 [↗](#)

Eat on day 5 and day 6

### Sugar snap peas

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



For single meal:

**frozen sugar snap peas**  
2 cup (288g)

For all 2 meals:

**frozen sugar snap peas**  
4 cup (576g)

1. Prepare according to instructions on package.

### Buffalo tofu



886 cals ● 40g protein ● 73g fat ● 16g carbs ● 1g fiber



For single meal:

**Frank's Red Hot sauce**

6 1/2 tbsp (99mL)

**ranch dressing**

5 tbsp (75mL)

**oil**

1 1/4 tbsp (19mL)

**firm tofu, patted dry & cubed**

17 1/2 oz (496g)

For all 2 meals:

**Frank's Red Hot sauce**

13 tbsp (198mL)

**ranch dressing**

10 tbsp (150mL)

**oil**

2 1/2 tbsp (38mL)

**firm tofu, patted dry & cubed**

35 oz (992g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

## Lunch 6 [🔗](#)

Eat on day 7

### 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.

### Pan roasted zucchini

416 cals ● 8g protein ● 32g fat ● 16g carbs ● 9g fiber





**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.

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## Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

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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.

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### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber





For single meal:

**raw celery**

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

For all 3 meals:

**raw celery**

6 stalk, medium (7-1/2" - 8" long)  
(240g)

1. Slice celery into sticks and serve.

**Pistachios**

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



For single meal:

**pistachios, shelled**

4 tbsp (31g)

For all 3 meals:

**pistachios, shelled**

3/4 cup (92g)

1. The recipe has no instructions.

**Snacks 2** [↗](#)

Eat on day 4 and day 5

**Celery and ranch**

222 cals ● 2g protein ● 20g fat ● 5g carbs ● 3g fiber



For single meal:

**ranch dressing**

3 tbsp (45mL)

**raw celery, sliced into strips**

4 1/2 stalk, medium (7-1/2" - 8" long) (180g)

For all 2 meals:

**ranch dressing**

6 tbsp (90mL)

**raw celery, sliced into strips**

9 stalk, medium (7-1/2" - 8" long) (360g)

1. Slice celery into strips. Serve with ranch to dip into.

**Milk**

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber





For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6 and day 7

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### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

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

1. The recipe has no instructions.

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### Green protein shake

130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber





For single meal:

**water**  
1/8 cup(s) (30mL)  
**fresh spinach**  
1/2 cup(s) (15g)  
**protein powder, vanilla**  
1/2 scoop (1/3 cup ea) (16g)  
**banana, frozen**  
1/4 medium (7" to 7-7/8" long)  
(30g)  
**orange, peeled, sliced, and  
deseeded**  
1/2 orange (77g)

For all 2 meals:

**water**  
1/4 cup(s) (59mL)  
**fresh spinach**  
1 cup(s) (30g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen**  
1/2 medium (7" to 7-7/8" long)  
(59g)  
**orange, peeled, sliced, and  
deseeded**  
1 orange (154g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

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## Dinner 1 [↗](#)

Eat on day 1

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### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cal ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



Makes 4 half pepper(s)

**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bell pepper**  
2 large (328g)  
**onion**  
1/2 small (35g)  
**canned tuna, drained**  
2 can (344g)

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.

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### Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber





**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)

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 2 [↗](#)

Eat on day 2 and day 3

### Honey dijon salmon

13 1/2 oz - 904 cals ● 80g protein ● 55g fat ● 21g carbs ● 2g fiber



For single meal:

**salmon**  
2 1/4 fillet/s (6 oz each) (383g)  
**dijon mustard**  
2 1/4 tbsp (34g)  
**honey**  
1 tbsp (24g)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
1 clove (3g)

For all 2 meals:

**salmon**  
4 1/2 fillet/s (6 oz each) (765g)  
**dijon mustard**  
1/4 cup (68g)  
**honey**  
2 1/4 tbsp (47g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**garlic, minced**  
2 1/4 clove (7g)

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.

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber





For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

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

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

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## Dinner 3 [🔗](#)

Eat on day 4 and day 5

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### Buffalo tempeh with tzatziki

785 cals ● 65g protein ● 37g fat ● 29g carbs ● 20g fiber



For single meal:

**Frank's Red Hot sauce**  
5 tbsp (75mL)  
**tzatziki**  
1/3 cup(s) (70g)  
**oil**  
1 1/4 tbsp (19mL)  
**tempeh, roughly chopped**  
10 oz (284g)

For all 2 meals:

**Frank's Red Hot sauce**  
10 tbsp (150mL)  
**tzatziki**  
5/8 cup(s) (140g)  
**oil**  
2 1/2 tbsp (38mL)  
**tempeh, roughly chopped**  
1 1/4 lbs (567g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

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### 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

### 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 2 meals:

- protein greek yogurt, flavored**  
2 container (300g)

1. Enjoy.

### Crack slaw with tempeh

843 cal ● 58g protein ● 42g fat ● 32g carbs ● 26g fiber





For single meal:

**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)  
**tempeh, cubed**  
1/2 lbs (227g)

For all 2 meals:

**coleslaw mix**  
8 cup (720g)  
**hot sauce**  
4 tsp (20mL)  
**sunflower kernels**  
4 tbsp (48g)  
**oil**  
2 2/3 tbsp (40mL)  
**garlic, minced**  
4 clove (12g)  
**tempeh, cubed**  
1 lbs (454g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

**protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)  
**water**  
2 1/2 cup(s) (593mL)

For all 7 meals:

**protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)  
**water**  
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
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