

# Meal Plan - 3200 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

3202 cals ● 277g protein (35%) ● 174g fat (49%) ● 93g carbs (12%) ● 39g fiber (5%)

### Breakfast

455 cals, 20g protein, 15g net carbs, 33g fat



**String cheese**

1 stick(s)- 83 cals



**Pecans**

1/4 cup- 183 cals



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals

### Snacks

395 cals, 45g protein, 13g net carbs, 18g fat



**Protein shake (milk)**

258 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

975 cals, 81g protein, 29g net carbs, 53g fat



**Avocado tuna salad**

727 cals



**Milk**

1 2/3 cup(s)- 248 cals

### Dinner

1100 cals, 72g protein, 33g net carbs, 68g fat



**Avocado tuna salad stuffed pepper**

3 half pepper(s)- 683 cals



**Roasted cashews**

1/2 cup(s)- 417 cals

## Day 2

3160 cals ● 202g protein (26%) ● 190g fat (54%) ● 110g carbs (14%) ● 52g fiber (7%)

### Breakfast

455 cals, 20g protein, 15g net carbs, 33g fat



**String cheese**  
1 stick(s)- 83 cals



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



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals

### Snacks

395 cals, 45g protein, 13g net carbs, 18g fat



**Protein shake (milk)**  
258 cals



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

### Protein Supplement(s)

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



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

### Lunch

990 cals, 54g protein, 49g net carbs, 54g fat



**Basic tempeh**  
8 oz- 590 cals



**Roasted tomatoes**  
3 1/2 tomato(es)- 208 cals



**Baked fries**  
193 cals

### Dinner

1045 cals, 23g protein, 30g net carbs, 84g fat



**Roasted peanuts**  
1/2 cup(s)- 403 cals



**Roasted cabbage steaks with dressing**  
641 cals

## Day 3

3142 cals ● 277g protein (35%) ● 158g fat (45%) ● 111g carbs (14%) ● 42g fiber (5%)

### Breakfast

455 cals, 20g protein, 15g net carbs, 33g fat



**String cheese**  
1 stick(s)- 83 cals



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



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals

### Snacks

395 cals, 45g protein, 13g net carbs, 18g fat



**Protein shake (milk)**  
258 cals



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

### Protein Supplement(s)

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



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

### Lunch

985 cals, 72g protein, 42g net carbs, 55g fat



**Simple mozzarella and tomato salad**  
242 cals



**Tuna salad sandwich**  
1 1/2 sandwich(es)- 743 cals

### Dinner

1030 cals, 80g protein, 38g net carbs, 51g fat



**Buffalo tempeh with tzatziki**  
942 cals



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals

## Day 4

3169 cals ● 244g protein (31%) ● 166g fat (47%) ● 116g carbs (15%) ● 59g fiber (7%)

### Breakfast

510 cals, 22g protein, 8g net carbs, 39g fat



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



**Basic fried eggs**  
2 egg(s)- 159 cals



**Chia yogurt parfait**  
167 cals

### Snacks

370 cals, 10g protein, 25g net carbs, 20g fat



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



**Raspberries**  
1 1/4 cup(s)- 90 cals



**Trail mix**  
1/6 cup(s)- 167 cals

### Protein Supplement(s)

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



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

### Lunch

985 cals, 72g protein, 42g net carbs, 55g fat



**Simple mozzarella and tomato salad**  
242 cals



**Tuna salad sandwich**  
1 1/2 sandwich(es)- 743 cals

### Dinner

1030 cals, 80g protein, 38g net carbs, 51g fat



**Buffalo tempeh with tzatziki**  
942 cals



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals

## Day 5

3191 cals ● 277g protein (35%) ● 161g fat (46%) ● 104g carbs (13%) ● 55g fiber (7%)

### Breakfast

510 cals, 22g protein, 8g net carbs, 39g fat



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



**Basic fried eggs**  
2 egg(s)- 159 cals



**Chia yogurt parfait**  
167 cals

### Snacks

370 cals, 10g protein, 25g net carbs, 20g fat



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



**Raspberries**  
1 1/4 cup(s)- 90 cals



**Trail mix**  
1/6 cup(s)- 167 cals

### Protein Supplement(s)

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



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

### Lunch

985 cals, 144g protein, 29g net carbs, 28g fat



**Cajun tilapia**  
24 oz- 791 cals



**Mixed vegetables**  
2 cup(s)- 194 cals

### Dinner

1055 cals, 40g protein, 39g net carbs, 74g fat



**Roasted cashews**  
3/8 cup(s)- 348 cals



**Salsa verde tofu salad**  
705 cals

## Day 6

3135 cals ● 269g protein (34%) ● 158g fat (45%) ● 106g carbs (14%) ● 52g fiber (7%)

### Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



**Hummus toast**  
2 slice(s)- 293 cals



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

### Snacks

350 cals, 9g protein, 5g net carbs, 28g fat



**Avocado**  
176 cals



**Roasted peanuts**  
1/6 cup(s)- 173 cals

### Protein Supplement(s)

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



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

### Lunch

985 cals, 144g protein, 29g net carbs, 28g fat



**Cajun tilapia**  
24 oz- 791 cals



**Mixed vegetables**  
2 cup(s)- 194 cals

### Dinner

1055 cals, 40g protein, 39g net carbs, 74g fat



**Roasted cashews**  
3/8 cup(s)- 348 cals



**Salsa verde tofu salad**  
705 cals

## Day 7

3152 cals ● 247g protein (31%) ● 182g fat (52%) ● 95g carbs (12%) ● 37g fiber (5%)

### Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



**Hummus toast**

2 slice(s)- 293 cals



**Pecans**

1/4 cup- 183 cals

### Snacks

350 cals, 9g protein, 5g net carbs, 28g fat



**Avocado**

176 cals



**Roasted peanuts**

1/6 cup(s)- 173 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

1005 cals, 74g protein, 15g net carbs, 71g fat



**Simple mixed greens salad**

203 cals



**Slow-baked salmon with lemon and thyme**

12 oz- 804 cals

### Dinner

1050 cals, 88g protein, 42g net carbs, 55g fat



**Vegan sausage**

3 sausage(s)- 804 cals



**Buttered green beans**

245 cals

# Grocery List



## Beverages

- ☐ protein powder  
20 1/2 scoop (1/3 cup ea) (636g)
- ☐ water  
17 1/2 cup(s) (4148mL)

## Dairy and Egg Products

- ☐ string cheese  
3 stick (84g)
- ☐ eggs  
13 large (650g)
- ☐ whole milk  
5 1/4 cup(s) (1255mL)
- ☐ fresh mozzarella cheese  
4 oz (113g)
- ☐ lowfat flavored greek yogurt  
1/8 cup (31g)
- ☐ butter  
5 tsp (23g)

## Nut and Seed Products

- ☐ pecans  
1 3/4 cup, halves (173g)
- ☐ roasted cashews  
1 1/2 cup (200g)
- ☐ chia seeds  
3 tbsp (43g)
- ☐ roasted almonds  
1 tbsp (9g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Fats and Oils

- ☐ oil  
6 3/4 oz (206mL)
- ☐ ranch dressing  
3 tbsp (45mL)
- ☐ balsamic vinaigrette  
2 tbsp (31mL)
- ☐ mayonnaise  
1/4 cup (68mL)
- ☐ salad dressing  
1/4 cup (68mL)

## Other

- ☐ guacamole, store-bought  
3 tbsp (46g)

## Spices and Herbs

- ☐ salt  
1/4 oz (7g)
- ☐ black pepper  
2 1/2 g (2g)
- ☐ fresh basil  
2 tbsp, chopped (5g)
- ☐ ground cumin  
4 tsp (8g)
- ☐ cajun seasoning  
2 tbsp (14g)
- ☐ thyme, dried  
4 dash, leaves (1g)

## Vegetables and Vegetable Products

- ☐ bell pepper  
1 1/2 large (246g)
- ☐ onion  
3/4 small (55g)
- ☐ tomatoes  
9 medium whole (2-3/5" dia) (1100g)
- ☐ potatoes  
1/2 large (3" to 4-1/4" dia.) (185g)
- ☐ cabbage  
3/4 head, small (about 4-1/2" dia) (536g)
- ☐ raw celery  
1 1/2 stalk, small (5" long) (26g)
- ☐ frozen mixed veggies  
4 cup (540g)
- ☐ frozen green beans  
1 2/3 cup (202g)

## Finfish and Shellfish Products

- ☐ canned tuna  
5 1/2 can (970g)
- ☐ tilapia, raw  
3 lbs (1344g)
- ☐ salmon  
3/4 lbs (340g)

## Legumes and Legume Products

- ☐ tempeh  
2 lbs (907g)
- ☐ roasted peanuts  
1 cup (164g)
- ☐ firm tofu  
4 slice(s) (336g)

- ☐ **mixed greens**  
12 cup (365g)
- ☐ **italian seasoning**  
1/4 tbsp (3g)
- ☐ **tzatziki**  
3/4 cup(s) (168g)
- ☐ **vegan sausage**  
3 sausage (300g)

### **Baked Products**

- ☐ **bread**  
14 2/3 oz (416g)

### **Fruits and Fruit Juices**

- ☐ **avocados**  
3 1/2 avocado(s) (719g)
- ☐ **lime juice**  
1 tbsp (16mL)
- ☐ **raspberries**  
2 1/2 cup (308g)
- ☐ **raisins**  
2 tbsp (not packed) (18g)
- ☐ **lemon juice**  
1 tsp (5mL)
- ☐ **lemon**  
1/2 large (42g)

- ☐ **black beans**  
1/2 cup (120g)
- ☐ **hummus**  
10 tbsp (150g)

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

- ☐ **Frank's Red Hot sauce**  
3/4 cup (180mL)
- ☐ **salsa verde**  
4 tbsp (64g)

### **Sweets**

- ☐ **M&M's**  
1/4 package (1.69 oz) (12g)



# Recipes



## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### String cheese

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



For single meal:

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

For all 3 meals:

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

1. The recipe has no instructions.

### Pecans

1/4 cup - 183 cals ● 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.

### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber





For single meal:

**eggs**  
1 large (50g)  
**oil**  
1/4 tsp (1mL)  
**guacamole, store-bought**  
1 tbsp (15g)  
**bread**  
1 slice(s) (32g)

For all 3 meals:

**eggs**  
3 large (150g)  
**oil**  
1/4 tbsp (4mL)  
**guacamole, store-bought**  
3 tbsp (46g)  
**bread**  
3 slice(s) (96g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### 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.

### Basic fried eggs

2 egg(s) - 159 cal● 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.

## Chia yogurt parfait

167 cals ● 7g protein ● 9g fat ● 7g carbs ● 8g fiber



For single meal:

**chia seeds**  
1 1/2 tbsp (21g)  
**whole milk**  
1/4 cup(s) (68mL)  
**lowfat flavored greek yogurt**  
1/8 cup (15g)

For all 2 meals:

**chia seeds**  
3 tbsp (43g)  
**whole milk**  
1/2 cup(s) (135mL)  
**lowfat flavored greek yogurt**  
1/8 cup (31g)

1. Combine chia seeds, milk, and a pinch of salt in a large bowl or container with a lid. Stir, cover, and refrigerate overnight or for at least 2 hours.
2. Top chia pudding with greek yogurt. Serve.

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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

**bread**  
2 slice (64g)  
**hummus**  
5 tbsp (75g)

For all 2 meals:

**bread**  
4 slice (128g)  
**hummus**  
10 tbsp (150g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

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### 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.

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## Lunch 1 [↗](#)

Eat on day 1

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### Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber

**avocados**

5/6 avocado(s) (168g)

**lime juice**

1/2 tbsp (8mL)

**salt**

1/4 tsp (1g)

**black pepper**

1/4 tsp (0g)

**mixed greens**

1 2/3 cup (50g)

**canned tuna**

1 2/3 can (287g)

**tomatoes**

6 2/3 tbsp, chopped (75g)

**onion, minced**

3/8 small (29g)

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.

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### Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



Makes 1 2/3 cup(s)

**whole milk**

1 2/3 cup(s) (400mL)

1. The recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 2

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### 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.

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### Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

#### oil

3 1/2 tsp (18mL)

#### tomatoes

3 1/2 small whole (2-2/5" dia) (319g)

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.

### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber





**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)  
**oil**  
1/2 tbsp (8mL)

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.

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## Lunch 3 [↗](#)

Eat on day 3 and day 4

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### Simple mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

**balsamic vinaigrette**  
1 tbsp (15mL)  
**fresh basil**  
1 tbsp, chopped (3g)  
**fresh mozzarella cheese, sliced**  
2 oz (57g)  
**tomatoes, sliced**  
3/4 large whole (3" dia) (137g)

For all 2 meals:

**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)

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

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### Tuna salad sandwich

1 1/2 sandwich(es) - 743 cals ● 58g protein ● 38g fat ● 36g carbs ● 6g fiber



For single meal:

**bread**  
3 slice (96g)  
**mayonnaise**  
2 1/4 tbsp (34mL)  
**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**canned tuna**  
1/2 lbs (213g)  
**raw celery, chopped**  
3/4 stalk, small (5" long) (13g)

For all 2 meals:

**bread**  
6 slice (192g)  
**mayonnaise**  
1/4 cup (68mL)  
**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**canned tuna**  
15 oz (425g)  
**raw celery, chopped**  
1 1/2 stalk, small (5" long) (26g)

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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## Lunch 4 [🔗](#)

Eat on day 5 and day 6

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### Cajun tilapia

24 oz - 791 cals ● 136g protein ● 26g fat ● 3g carbs ● 1g fiber



For single meal:

**cajun seasoning**  
1 tbsp (7g)  
**oil**  
1 tbsp (15mL)  
**tilapia, raw**  
1 1/2 lbs (672g)

For all 2 meals:

**cajun seasoning**  
2 tbsp (14g)  
**oil**  
2 tbsp (30mL)  
**tilapia, raw**  
3 lbs (1344g)

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.

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### Mixed vegetables

2 cup(s) - 194 cals ● 9g protein ● 2g fat ● 26g carbs ● 11g fiber



For single meal:  
**frozen mixed veggies**  
2 cup (270g)

For all 2 meals:  
**frozen mixed veggies**  
4 cup (540g)

1. Prepare according to instructions on package.

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## Lunch 5 [↗](#)

Eat on day 7

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### Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



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

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

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### Slow-baked salmon with lemon and thyme

12 oz - 804 cals ● 70g protein ● 56g fat ● 3g carbs ● 1g fiber



Makes 12 oz  
**thyme, dried**  
4 dash, leaves (1g)  
**oil**  
3/4 tbsp (11mL)  
**salmon, skin on**  
3/4 lbs (340g)  
**lemon, cut into wedges**  
1/2 large (42g)

1. Preheat oven to 275 F (135 C).
  2. Line a rimmed baking sheet with greased aluminum foil.
  3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
  4. Place salmon fillets, skin side down, on the baking sheet.
  5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.
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## Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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### Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

**whole milk**  
3 cup(s) (720mL)  
**protein powder**  
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

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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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## Snacks 2 [↗](#)

Eat on day 4 and day 5

### 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.

### Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

**raspberries**  
1 1/4 cup (154g)

For all 2 meals:

**raspberries**  
2 1/2 cup (308g)

1. Rinse raspberries and serve.

### Trail mix

1/6 cup(s) - 167 cals ● 4g protein ● 10g fat ● 14g carbs ● 2g fiber



For single meal:

**roasted cashews**  
1 tbsp (9g)  
**roasted peanuts**  
1/2 tbsp (5g)  
**raisins**  
1 tbsp (not packed) (9g)  
**roasted almonds**  
1/2 tbsp (4g)  
**M&M's**  
1/8 package (1.69 oz) (6g)

For all 2 meals:

**roasted cashews**  
2 tbsp (17g)  
**roasted peanuts**  
1 tbsp (9g)  
**raisins**  
2 tbsp (not packed) (18g)  
**roasted almonds**  
1 tbsp (9g)  
**M&M's**  
1/4 package (1.69 oz) (12g)

1. Mix the ingredients together and enjoy.

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## Snacks 3 [↗](#)

Eat on day 6 and day 7

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### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

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

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

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### Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
3 tbsp (27g)

For all 2 meals:

**roasted peanuts**  
6 tbsp (55g)

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

Eat on day 1

### Avocado tuna salad stuffed pepper

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



Makes 3 half pepper(s)

#### 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)

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.

### Roasted cashews

1/2 cup(s) - 417 cals ● 10g protein ● 32g fat ● 20g carbs ● 2g fiber



Makes 1/2 cup(s)

#### roasted cashews

1/2 cup (69g)

1. The recipe has no instructions.

## Dinner 2 [↗](#)

Eat on day 2

### Roasted peanuts

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



Makes 1/2 cup(s)

#### roasted peanuts

1/2 cup (64g)

1. The recipe has no instructions.

## Roasted cabbage steaks with dressing

641 cals ● 8g protein ● 52g fat ● 22g carbs ● 14g fiber



**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**italian seasoning**  
1/4 tbsp (3g)  
**ranch dressing**  
3 tbsp (45mL)  
**oil**  
2 1/4 tbsp (34mL)  
**cabbage**  
3/4 head, small (about 4-1/2" dia)  
(536g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

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## Dinner 3 [↗](#)

Eat on day 3 and day 4

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### Buffalo tempeh with tzatziki

942 cals ● 78g protein ● 44g fat ● 35g carbs ● 24g fiber



For single meal:  
**Frank's Red Hot sauce**  
6 tbsp (90mL)  
**tzatziki**  
3/8 cup(s) (84g)  
**oil**  
1 1/2 tbsp (23mL)  
**tempeh, roughly chopped**  
3/4 lbs (340g)

For all 2 meals:  
**Frank's Red Hot sauce**  
3/4 cup (180mL)  
**tzatziki**  
3/4 cup(s) (168g)  
**oil**  
3 tbsp (45mL)  
**tempeh, roughly chopped**  
1 1/2 lbs (680g)

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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### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**tomatoes**  
1 1/2 small whole (2-2/5" dia)  
(137g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**tomatoes**  
3 small whole (2-2/5" dia) (273g)

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.

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## Dinner 4 [↗](#)

Eat on day 5 and day 6

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### Roasted cashews

3/8 cup(s) - 348 cal ● 9g protein ● 27g fat ● 17g carbs ● 2g fiber



For single meal:

**roasted cashews**  
6 2/3 tbsp (57g)

For all 2 meals:

**roasted cashews**  
13 1/3 tbsp (114g)

1. The recipe has no instructions.

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### Salsa verde tofu salad

705 cal ● 31g protein ● 47g fat ● 22g carbs ● 16g fiber





For single meal:

**firm tofu**  
2 slice(s) (168g)  
**oil**  
2 tsp (10mL)  
**mixed greens**  
3 cup (90g)  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)  
**ground cumin**  
2 tsp (4g)  
**salsa verde**  
2 tbsp (32g)  
**avocados, sliced**  
4 slices (100g)  
**black beans, drained and rinsed**  
4 tbsp (60g)  
**tomatoes, chopped**  
1 roma tomato (80g)

For all 2 meals:

**firm tofu**  
4 slice(s) (336g)  
**oil**  
4 tsp (20mL)  
**mixed greens**  
6 cup (180g)  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)  
**ground cumin**  
4 tsp (8g)  
**salsa verde**  
4 tbsp (64g)  
**avocados, sliced**  
8 slices (200g)  
**black beans, drained and rinsed**  
1/2 cup (120g)  
**tomatoes, chopped**  
2 roma tomato (160g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

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## Dinner 5 [🔗](#)

Eat on day 7

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### Vegan sausage

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



Makes 3 sausage(s)

**vegan sausage**  
3 sausage (300g)

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

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### Buttered green beans

245 cals ● 4g protein ● 19g fat ● 10g carbs ● 5g fiber



**butter**  
5 tsp (23g)  
**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen green beans**  
1 2/3 cup (202g)

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

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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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