

Meal Plan - 3300 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

3340 cals ● 210g protein (25%) ● 227g fat (61%) ● 84g carbs (10%) ● 31g fiber (4%)

Breakfast

515 cals, 35g protein, 10g net carbs, 35g fat



String cheese

2 stick(s)- 165 cals



Simple sauteed spinach

100 cals



Scrambled eggs with spinach, parmesan & tomato

249 cals

Snacks

370 cals, 24g protein, 23g net carbs, 20g fat



Protein greek yogurt

1 container- 139 cals



Walnuts

1/6 cup(s)- 131 cals



Crackers

6 cracker(s)- 101 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1125 cals, 40g protein, 23g net carbs, 94g fat



Simple mixed greens salad

136 cals



Walnut crusted tofu

989 cals

Dinner

1060 cals, 51g protein, 25g net carbs, 77g fat



Simple mixed greens and tomato salad

76 cals



Low carb asian tofu bowl

982 cals

Day 2

3337 cals ● 207g protein (25%) ● 215g fat (58%) ● 109g carbs (13%) ● 35g fiber (4%)

Breakfast

515 cals, 35g protein, 10g net carbs, 35g fat



String cheese

2 stick(s)- 165 cals



Simple sauteed spinach

100 cals



Scrambled eggs with spinach, parmesan & tomato

249 cals

Snacks

370 cals, 24g protein, 23g net carbs, 20g fat



Protein greek yogurt

1 container- 139 cals



Walnuts

1/6 cup(s)- 131 cals



Crackers

6 cracker(s)- 101 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1120 cals, 36g protein, 49g net carbs, 82g fat



Mixed nuts

3/8 cup(s)- 327 cals



Pesto grilled cheese sandwich

1 sandwich(es)- 557 cals



Simple mixed greens salad

237 cals

Dinner

1060 cals, 51g protein, 25g net carbs, 77g fat



Simple mixed greens and tomato salad

76 cals



Low carb asian tofu bowl

982 cals

Day 3

3292 cals ● 223g protein (27%) ● 192g fat (52%) ● 103g carbs (12%) ● 66g fiber (8%)

Breakfast

515 cals, 35g protein, 10g net carbs, 35g fat



String cheese
2 stick(s)- 165 cals



Simple sauteed spinach
100 cals



Scrambled eggs with spinach, parmesan & tomato
249 cals

Snacks

465 cals, 25g protein, 10g net carbs, 34g fat



Roasted almonds
1/8 cup(s)- 111 cals



Cucumber goat cheese bites
353 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

990 cals, 39g protein, 46g net carbs, 68g fat



Salmon alfredo pasta
418 cals



Pecans
1/2 cup- 366 cals



Simple mixed greens salad
203 cals

Dinner

1055 cals, 65g protein, 34g net carbs, 53g fat



Buffalo tempeh with tzatziki
471 cals



Garlic collard greens
584 cals

Day 4

3340 cals ● 239g protein (29%) ● 194g fat (52%) ● 122g carbs (15%) ● 39g fiber (5%)

Breakfast

525 cals, 25g protein, 20g net carbs, 35g fat



Milk
1 1/3 cup(s)- 199 cals



Eggs with tomato and avocado
326 cals

Snacks

465 cals, 25g protein, 10g net carbs, 34g fat



Roasted almonds
1/8 cup(s)- 111 cals



Cucumber goat cheese bites
353 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

990 cals, 39g protein, 46g net carbs, 68g fat



Salmon alfredo pasta
418 cals



Pecans
1/2 cup- 366 cals



Simple mixed greens salad
203 cals

Dinner

1090 cals, 90g protein, 43g net carbs, 55g fat



Simple kale & avocado salad
288 cals



Vegan sausage
3 sausage(s)- 804 cals

Day 5

3286 cals ● 238g protein (29%) ● 197g fat (54%) ● 97g carbs (12%) ● 43g fiber (5%)

Breakfast

525 cals, 25g protein, 20g net carbs, 35g fat



Milk

1 1/3 cup(s)- 199 cals



Eggs with tomato and avocado

326 cals

Snacks

395 cals, 25g protein, 24g net carbs, 21g fat



Roasted almonds

1/8 cup(s)- 111 cals



Tuna and crackers

284 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1035 cals, 64g protein, 25g net carbs, 69g fat



Simple kale & avocado salad

115 cals



Pan fried salmon poke bowl

918 cals

Dinner

1060 cals, 64g protein, 27g net carbs, 71g fat



Tomato and avocado salad

391 cals



Honey dijon salmon

10 oz- 670 cals

Day 6

3313 cals ● 243g protein (29%) ● 190g fat (52%) ● 105g carbs (13%) ● 53g fiber (6%)

Breakfast

585 cals, 31g protein, 20g net carbs, 40g fat



Egg in an eggplant

361 cals



Milk

1 1/2 cup(s)- 224 cals

Snacks

395 cals, 25g protein, 24g net carbs, 21g fat



Roasted almonds

1/8 cup(s)- 111 cals



Tuna and crackers

284 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1035 cals, 64g protein, 25g net carbs, 69g fat



Simple kale & avocado salad

115 cals



Pan fried salmon poke bowl

918 cals

Dinner

1030 cals, 62g protein, 34g net carbs, 60g fat



Tempeh power bowl

713 cals



Sunflower seeds

316 cals

Day 7

3258 cals ● 256g protein (31%) ● 181g fat (50%) ● 99g carbs (12%) ● 51g fiber (6%)

Breakfast

585 cals, 31g protein, 20g net carbs, 40g fat



Egg in an eggplant
361 cals



Milk
1 1/2 cup(s)- 224 cals

Snacks

395 cals, 25g protein, 24g net carbs, 21g fat



Roasted almonds
1/8 cup(s)- 111 cals



Tuna and crackers
284 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

980 cals, 77g protein, 19g net carbs, 60g fat



Pan fried tilapia
9 oz- 335 cals



Green beans with almonds & lemon
277 cals



Pumpkin seeds
366 cals

Dinner

1030 cals, 62g protein, 34g net carbs, 60g fat



Tempeh power bowl
713 cals



Sunflower seeds
316 cals

Beverages

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

Dairy and Egg Products

- ☐ string cheese
6 stick (168g)
- ☐ eggs
16 large (800g)
- ☐ parmesan cheese
6 tbsp (30g)
- ☐ cheese
2 slice (1 oz each) (56g)
- ☐ butter
5 tsp (23g)
- ☐ goat cheese
6 oz (170g)
- ☐ whole milk
5 2/3 cup(s) (1361mL)

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
1/2 oz (12g)
- ☐ dijon mustard
3 tbsp (48g)
- ☐ dried dill weed
1 tbsp (3g)
- ☐ fresh basil
4 leaves (2g)
- ☐ garlic powder
1/2 tsp (1g)
- ☐ rosemary, dried
1 tbsp (4g)

Fats and Oils

- ☐ olive oil
2 oz (63mL)
- ☐ salad dressing
1 1/4 cup (304mL)
- ☐ oil
1/2 lbs (243mL)
- ☐ mayonnaise
3 tbsp (45mL)

Other

- ☐ mixed greens
20 1/4 cup (608g)
- ☐ frozen riced cauliflower
3 3/4 cup, prepared (638g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ tzatziki
1/6 cup(s) (42g)
- ☐ alfredo sauce
1/2 cup (120g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ teriyaki sauce
1/3 cup (70mL)

Legumes and Legume Products

- ☐ soy sauce
13 tbsp (195mL)
- ☐ firm tofu
2 1/3 lbs (1049g)
- ☐ tempeh
18 oz (510g)
- ☐ hummus
6 tbsp (90g)

Nut and Seed Products

- ☐ sesame seeds
5 tsp (15g)
- ☐ walnuts
1/4 lbs (95g)
- ☐ mixed nuts
6 tbsp (50g)
- ☐ pecans
1 cup, halves (99g)
- ☐ almonds
1/4 lbs (106g)
- ☐ sunflower kernels
1/4 lbs (99g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)

Fruits and Fruit Juices

- ☐ lemon juice
1 tbsp (14mL)
- ☐ avocados
4 avocado(s) (829g)

Vegetables and Vegetable Products

- ☐ **fresh spinach**
20 cup(s) (600g)
- ☐ **garlic**
17 1/4 clove(s) (52g)
- ☐ **tomatoes**
3 1/2 medium whole (2-3/5" dia) (427g)
- ☐ **broccoli**
4 3/4 cup chopped (432g)
- ☐ **fresh ginger**
5 tsp (10g)
- ☐ **collard greens**
29 1/4 oz (832g)
- ☐ **cucumber**
2 2/3 cucumber (8-1/4") (803g)
- ☐ **kale leaves**
1 bunch (191g)
- ☐ **onion**
5 tsp minced (25g)
- ☐ **carrots**
2 1/3 medium (142g)
- ☐ **eggplant**
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ **beets, raw**
3 beet (2" dia) (246g)
- ☐ **fresh green beans**
10 oz (283g)

- ☐ **lemon**
1 small (65g)
- ☐ **lime juice**
1 1/3 fl oz (37mL)

Baked Products

- ☐ **crackers**
42 crackers (147g)
- ☐ **bread**
2 slice (64g)

Soups, Sauces, and Gravies

- ☐ **pesto sauce**
1 tbsp (16g)
- ☐ **Frank's Red Hot sauce**
3 tbsp (46mL)

Finfish and Shellfish Products

- ☐ **salmon**
2 1/4 lbs (1039g)
- ☐ **canned tuna**
1/2 lbs (255g)
- ☐ **tilapia, raw**
1/2 lbs (252g)

Cereal Grains and Pasta

- ☐ **uncooked dry pasta**
3 oz (86g)

Sweets

- ☐ **honey**
2 1/2 tsp (18g)
-

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.

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)
garlic, diced
1/2 clove (2g)

For all 3 meals:

black pepper
3 dash, ground (1g)
salt
3 dash (2g)
olive oil
1 1/2 tbsp (23mL)
fresh spinach
12 cup(s) (360g)
garlic, diced
1 1/2 clove (5g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Scrambled eggs with spinach, parmesan & tomato

249 cal ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

- eggs**
2 large (100g)
- olive oil**
1 tsp (5mL)
- fresh spinach**
2 cup(s) (60g)
- parmesan cheese**
2 tbsp (10g)
- tomatoes, halved**
4 tbsp cherry tomatoes (37g)
- garlic, minced**
4 dash (1g)

For all 3 meals:

- eggs**
6 large (300g)
- olive oil**
1 tbsp (15mL)
- fresh spinach**
6 cup(s) (180g)
- parmesan cheese**
6 tbsp (30g)
- tomatoes, halved**
3/4 cup cherry tomatoes (112g)
- garlic, minced**
1/2 tbsp (4g)

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.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Milk

1 1/3 cup(s) - 199 cal ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

- whole milk**
1 1/3 cup(s) (320mL)

For all 2 meals:

- whole milk**
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

Eggs with tomato and avocado

326 cal ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

salt
2 dash (1g)
eggs
2 large (100g)
black pepper
2 dash (0g)
tomatoes
2 slice(s), thick/large (1/2" thick) (54g)
avocados, sliced
1/2 avocado(s) (101g)
fresh basil, chopped
2 leaves (1g)

For all 2 meals:

salt
4 dash (2g)
eggs
4 large (200g)
black pepper
4 dash (0g)
tomatoes
4 slice(s), thick/large (1/2" thick) (108g)
avocados, sliced
1 avocado(s) (201g)
fresh basil, chopped
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Egg in an eggplant

361 cal ● 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.

Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



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

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

Walnut crusted tofu

989 cals ● 37g protein ● 85g fat ● 15g carbs ● 5g fiber



lemon juice
1/2 tbsp (8mL)
dijon mustard
1 1/2 tbsp (23g)
walnuts
1/2 cup, chopped (58g)
mayonnaise
3 tbsp (45mL)
garlic, diced
3 clove(s) (9g)
firm tofu, drained
3/4 lbs (340g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Lunch 2 [🔗](#)

Eat on day 2

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



Makes 3/8 cup(s)

mixed nuts
6 tbsp (50g)

1. The recipe has no instructions.

Pesto grilled cheese sandwich

1 sandwich(es) - 557 cals ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

pesto sauce

1 tbsp (16g)

cheese

2 slice (1 oz each) (56g)

tomatoes

2 slice(s), thin/small (30g)

butter, softened

1 tbsp (14g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Simple mixed greens salad

237 cal ● 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.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Salmon alfredo pasta

418 cals ● 30g protein ● 18g fat ● 31g carbs ● 2g fiber



For single meal:

salmon
4 oz (113g)
fresh spinach
1 cup(s) (30g)
alfredo sauce
4 tbsp (60g)
uncooked dry pasta
1 1/2 oz (43g)

For all 2 meals:

salmon
1/2 lbs (227g)
fresh spinach
2 cup(s) (60g)
alfredo sauce
1/2 cup (120g)
uncooked dry pasta
3 oz (86g)

1. Preheat oven to 350°F (180°C).
2. Cook pasta according to package instructions. Set aside.
3. Place salmon skin side down on a baking sheet and season with some salt and pepper. Bake 14-16 minutes until the salmon flesh flakes.
4. Meanwhile, heat alfredo sauce in a saucepan over medium heat until it starts to bubble. Add in spinach and stir. Cook for 1-2 minutes until spinach has wilted.
5. Remove salmon from the oven and when it is cool enough to handle, cut it into large chunks.
6. Add pasta to a plate and pour the alfredo sauce over the pasta. Top with salmon and some pepper. Serve.

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

pecans
1/2 cup, halves (50g)

For all 2 meals:

pecans
1 cup, halves (99g)

1. The recipe has no instructions.

Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

mixed greens
9 cup (270g)
salad dressing
1/2 cup (135mL)

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

Lunch 4 [🔗](#)

Eat on day 5 and day 6

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped
1/4 bunch (43g)
avocados, chopped
1/4 avocado(s) (50g)
lemon, juiced
1/4 small (15g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Pan fried salmon poke bowl

918 cals ● 61g protein ● 61g fat ● 20g carbs ● 11g fiber



For single meal:

- oil
- 1 3/4 tsp (9mL)
- salmon
- 9 1/3 oz (265g)
- teriyaki sauce
- 2 1/3 tbsp (35mL)
- lime juice
- 1 tsp (6mL)
- avocados, cubed
- 5/8 avocado(s) (117g)
- carrots, thinly sliced
- 1 1/6 medium (71g)
- cucumber, cubed
- 5/8 cucumber (8-1/4") (176g)

For all 2 meals:

- oil
- 3 1/2 tsp (17mL)
- salmon
- 18 2/3 oz (529g)
- teriyaki sauce
- 1/4 cup (70mL)
- lime juice
- 3/4 tbsp (12mL)
- avocados, cubed
- 1 1/6 avocado(s) (234g)
- carrots, thinly sliced
- 2 1/3 medium (142g)
- cucumber, cubed
- 1 1/6 cucumber (8-1/4") (351g)

1. Heat oil in skillet over medium heat.
2. Season salmon with salt and pepper to taste.
3. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the salmon over with a spatula, and cook until it feels firm to the touch and the skin is crisp if desired, about 3 minutes more. Remove from heat and cut into bite-sized pieces. Set aside.
4. Assemble bowl by arranging avocado, cucumber, carrots, and salmon and drizzling lime juice and teriyaki sauce on top. Serve.

Lunch 5 [🔗](#)

Eat on day 7

Pan fried tilapia

9 oz - 335 cals ● 51g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 9 oz

- olive oil
- 3/4 tbsp (11mL)
- black pepper
- 3 dash, ground (1g)
- salt
- 3 dash (2g)
- tilapia, raw
- 1/2 lbs (252g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

Green beans with almonds & lemon

277 cals ● 9g protein ● 16g fat ● 14g carbs ● 10g fiber



butter
2 tsp (9g)
lemon juice
1 1/4 tsp (6mL)
almonds
2 1/2 tbsp, slivered (17g)
salt
1 1/4 dash (1g)
fresh green beans, trimmed
10 oz (283g)

1. Bring a large pot of water to a boil and add the green beans. Cook for about 4-6 minutes, until tender. Drain and transfer to a bowl.
2. Meanwhile, add the butter to a small skillet over medium heat and melt.
3. When sizzling, add almonds and cook for about a minute until almonds are lightly toasted.
4. Add the lemon juice and salt and stir, continuing to cook for about 30 more seconds.
5. Drizzle butter and almond mixture over green beans.
6. Serve.

Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. The recipe has no instructions.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

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.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
3 tbsp, shelled (19g)

For all 2 meals:

walnuts
6 tbsp, shelled (38g)

1. The recipe has no instructions.

Crackers

6 cracker(s) - 101 cals ● 2g protein ● 4g fat ● 13g carbs ● 1g fiber



For single meal:

crackers
6 crackers (21g)

For all 2 meals:

crackers
12 crackers (42g)

1. Enjoy.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Cucumber goat cheese bites

353 cals ● 21g protein ● 26g fat ● 9g carbs ● 1g fiber



For single meal:	For all 2 meals:
dried dill weed	dried dill weed
1/2 tbsp (2g)	1 tbsp (3g)
goat cheese	goat cheese
3 oz (85g)	6 oz (170g)
cucumber, sliced	cucumber, sliced
3/4 cucumber (8-1/4") (226g)	1 1/2 cucumber (8-1/4") (452g)

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

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Roasted almonds
1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:	For all 3 meals:
almonds	almonds
2 tbsp, whole (18g)	6 tbsp, whole (54g)

1. The recipe has no instructions.

Tuna and crackers
284 cals ● 21g protein ● 12g fat ● 23g carbs ● 1g fiber



For single meal:	For all 3 meals:
canned tuna	canned tuna
3 oz (85g)	1/2 lbs (255g)
crackers	crackers
10 crackers (35g)	30 crackers (105g)

1. The recipe has no instructions.
-

Dinner 1 [↗](#)

Eat on day 1 and day 2

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

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

Low carb asian tofu bowl

982 cals ● 50g protein ● 73g fat ● 20g carbs ● 13g fiber



For single meal:

broccoli

1 1/4 cup chopped (114g)

frozen riced cauliflower

2 cup, prepared (319g)

soy sauce

5 tbsp (75mL)

oil

1/4 cup (56mL)

sesame seeds

2 1/2 tsp (8g)

firm tofu, drained and patted dry

3/4 lbs (354g)

garlic, minced

2 1/2 clove (8g)

fresh ginger, minced

2 1/2 tsp (5g)

For all 2 meals:

broccoli

2 1/2 cup chopped (228g)

frozen riced cauliflower

3 3/4 cup, prepared (638g)

soy sauce

10 tbsp (150mL)

oil

1/2 cup (113mL)

sesame seeds

5 tsp (15g)

firm tofu, drained and patted dry

1 1/2 lbs (709g)

garlic, minced

5 clove (15g)

fresh ginger, minced

5 tsp (10g)

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.

Dinner 2 [↗](#)

Eat on day 3

Buffalo tempeh with tzatziki

471 cals ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



Frank's Red Hot sauce
3 tbsp (45mL)
tzatziki
1/6 cup(s) (42g)
oil
3/4 tbsp (11mL)
tempeh, roughly chopped
6 oz (170g)

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.

Garlic collard greens

584 cals ● 26g protein ● 31g fat ● 17g carbs ● 34g fiber



collard greens
29 1/3 oz (832g)
oil
2 tbsp (28mL)
salt
1/2 tsp (3g)
garlic, minced
5 1/2 clove(s) (17g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
 2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
 3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
 4. Season with salt and serve.
-

Dinner 3 [↗](#)

Eat on day 4

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped
5/8 bunch (106g)
avocados, chopped
5/8 avocado(s) (126g)
lemon, juiced
5/8 small (36g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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.

Dinner 4 [↗](#)

Eat on day 5

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



onion
5 tsp minced (25g)
lime juice
5 tsp (25mL)
olive oil
1 1/4 tsp (6mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
5/6 avocado(s) (168g)
tomatoes, diced
5/6 medium whole (2-3/5" dia) (103g)

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

10 oz - 670 cals ● 59g protein ● 41g fat ● 16g carbs ● 1g fiber



Makes 10 oz

- salmon**
1 2/3 fillet/s (6 oz each) (283g)
- dijon mustard**
5 tsp (25g)
- honey**
2 1/2 tsp (18g)
- olive oil**
1/2 tbsp (8mL)
- garlic, minced**
5/6 clove (3g)

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.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Tempeh power bowl

713 cals ● 47g protein ● 35g fat ● 30g carbs ● 22g fiber



For single meal:

- tempeh**
6 oz (170g)
- broccoli**
1 cup chopped (102g)
- hummus**
3 tbsp (45g)
- soy sauce**
1 1/2 tbsp (23mL)
- rosemary, dried**
1/2 tbsp (2g)
- oil, separated**
1 1/2 tbsp (23mL)
- beets, raw, peeled and chopped into bite-size pieces**
1 1/2 beet (2" dia) (123g)

For all 2 meals:

- tempeh**
3/4 lbs (340g)
- broccoli**
2 1/4 cup chopped (205g)
- hummus**
6 tbsp (90g)
- soy sauce**
3 tbsp (45mL)
- rosemary, dried**
1 tbsp (4g)
- oil, separated**
3 tbsp (45mL)
- beets, raw, peeled and chopped into bite-size pieces**
3 beet (2" dia) (246g)

1. Preheat oven to 400 F (200 C).
2. Put foil on a baking sheet and add the chopped beets and broccoli.
3. Pour half of the oil on the veggies along with the rosemary and salt/pepper to taste. Mix around the veggies until they're fully coated.
4. Roast veggies in the oven for about 25 minutes, stirring once.
5. [Optional] Boil tempeh in water for 10 minutes to remove any bitterness in the tempeh. Drain when done.
6. Cut tempeh into bite-sized cubes.
7. Heat a skillet over medium heat and add the remaining oil. Add in the tempeh and cook until lightly browned, stirring occasionally, about 5 minutes.
8. Mix together the hummus and soy sauce.
9. When all elements are done, plate the veggies, add the tempeh and top with hummus sauce.
10. Serve.

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:

- sunflower kernels**
1 3/4 oz (50g)

For all 2 meals:

- sunflower kernels**
1/4 lbs (99g)

1. The recipe has no instructions.

Protein Supplement(s)

Eat every day

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.
-