

Meal Plan - 3400 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

3381 cals ● 257g protein (30%) ● 182g fat (48%) ● 126g carbs (15%) ● 53g fiber (6%)

Breakfast

490 cals, 29g protein, 7g net carbs, 35g fat



String cheese

2 stick(s)- 165 cals



Eggs with tomato and avocado

326 cals

Snacks

380 cals, 30g protein, 14g net carbs, 22g fat



Tuna cucumber bites

173 cals



Roasted cashews

1/4 cup(s)- 209 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1135 cals, 95g protein, 32g net carbs, 62g fat



Milk

1 3/4 cup(s)- 261 cals



Avocado tuna salad

873 cals

Dinner

1100 cals, 43g protein, 70g net carbs, 61g fat



Tofu lo-mein

790 cals



Tomato and avocado salad

313 cals

Day 2

3370 cals ● 263g protein (31%) ● 205g fat (55%) ● 69g carbs (8%) ● 48g fiber (6%)

Breakfast

490 cals, 29g protein, 7g net carbs, 35g fat



String cheese
2 stick(s)- 165 cals



Eggs with tomato and avocado
326 cals

Snacks

380 cals, 30g protein, 14g net carbs, 22g fat



Tuna cucumber bites
173 cals



Roasted cashews
1/4 cup(s)- 209 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1070 cals, 76g protein, 20g net carbs, 74g fat



Simple mixed greens and tomato salad
265 cals



Baked pesto salmon
12 oz- 807 cals

Dinner

1155 cals, 67g protein, 26g net carbs, 73g fat



Tomato and avocado salad
469 cals



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

Day 3

3408 cals ● 272g protein (32%) ● 205g fat (54%) ● 75g carbs (9%) ● 43g fiber (5%)

Breakfast

515 cals, 23g protein, 14g net carbs, 39g fat



Creamy scrambled eggs
182 cals



Milk
1 cup(s)- 149 cals



Pecans
1/4 cup- 183 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

1070 cals, 76g protein, 20g net carbs, 74g fat



Simple mixed greens and tomato salad
265 cals



Baked pesto salmon
12 oz- 807 cals

Dinner

1155 cals, 67g protein, 26g net carbs, 73g fat



Tomato and avocado salad
469 cals



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

Day 4

3336 cals ● 355g protein (43%) ● 153g fat (41%) ● 115g carbs (14%) ● 20g fiber (2%)

Breakfast

515 cals, 23g protein, 14g net carbs, 39g fat



Creamy scrambled eggs
182 cals



Milk
1 cup(s)- 149 cals



Pecans
1/4 cup- 183 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

1090 cals, 125g protein, 51g net carbs, 39g fat



Lentils
347 cals



Simple roasted cod
20 oz- 742 cals

Dinner

1065 cals, 103g protein, 35g net carbs, 56g fat



Buttered corn
278 cals



Broiled tilapia parmesan
16 oz- 787 cals

Day 5

3353 cals ● 279g protein (33%) ● 183g fat (49%) ● 120g carbs (14%) ● 27g fiber (3%)

Breakfast

510 cals, 32g protein, 19g net carbs, 32g fat



Scrambled eggs with kale, tomatoes, rosemary
405 cals



Roasted cashews
1/8 cup(s)- 104 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

1110 cals, 40g protein, 51g net carbs, 76g fat



Milk
1/2 cup(s)- 75 cals



Grilled cheese sandwich
1 1/2 sandwich(es)- 743 cals



Tomato and avocado salad
293 cals

Dinner

1065 cals, 103g protein, 35g net carbs, 56g fat



Buttered corn
278 cals



Broiled tilapia parmesan
16 oz- 787 cals

Day 6

3410 cals ● 264g protein (31%) ● 194g fat (51%) ● 117g carbs (14%) ● 34g fiber (4%)

Breakfast

510 cals, 32g protein, 19g net carbs, 32g fat



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



[Roasted cashews](#)
1/8 cup(s)- 104 cals

Snacks

425 cals, 6g protein, 15g net carbs, 35g fat



[Dark chocolate](#)
4 square(s)- 239 cals



[Pecans](#)
1/4 cup- 183 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

1085 cals, 87g protein, 47g net carbs, 57g fat



[Vegan bangers and cauliflower mash](#)
3 sausage link(s)- 1083 cals

Dinner

1125 cals, 79g protein, 35g net carbs, 69g fat



[Salmon & veggie one pot](#)
12 oz salmon- 1123 cals

Day 7

3410 cals ● 264g protein (31%) ● 194g fat (51%) ● 117g carbs (14%) ● 34g fiber (4%)

Breakfast

510 cals, 32g protein, 19g net carbs, 32g fat



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



[Roasted cashews](#)
1/8 cup(s)- 104 cals

Snacks

425 cals, 6g protein, 15g net carbs, 35g fat



[Dark chocolate](#)
4 square(s)- 239 cals



[Pecans](#)
1/4 cup- 183 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

1085 cals, 87g protein, 47g net carbs, 57g fat



[Vegan bangers and cauliflower mash](#)
3 sausage link(s)- 1083 cals

Dinner

1125 cals, 79g protein, 35g net carbs, 69g fat



[Salmon & veggie one pot](#)
12 oz salmon- 1123 cals

Grocery List



Beverages

- ☐ protein powder
20 1/2 scoop (1/3 cup ea) (636g)
- ☐ water
22 1/4 cup (5338mL)

Dairy and Egg Products

- ☐ string cheese
4 stick (112g)
- ☐ eggs
26 large (1300g)
- ☐ whole milk
7 1/2 cup(s) (1771mL)
- ☐ butter
5/6 stick (90g)
- ☐ parmesan cheese
1/2 cup (50g)
- ☐ sliced cheese
3 slice (1 oz ea) (84g)

Spices and Herbs

- ☐ salt
3/4 oz (22g)
- ☐ black pepper
1/4 oz (8g)
- ☐ fresh basil
4 leaves (2g)
- ☐ garlic powder
1/2 tbsp (5g)
- ☐ balsamic vinegar
2 tbsp (30mL)
- ☐ rosemary, dried
1/2 tbsp (2g)
- ☐ dried dill weed
1 tbsp (3g)
- ☐ ground cumin
1 tbsp (6g)

Vegetables and Vegetable Products

- ☐ tomatoes
11 1/2 medium whole (2-3/5" dia) (1404g)
- ☐ frozen mixed veggies
9 1/3 oz (265g)
- ☐ onion
5 1/2 medium (2-1/2" dia) (606g)
- ☐ cucumber
3/4 cucumber (8-1/4") (226g)

Fruits and Fruit Juices

- ☐ avocados
6 3/4 avocado(s) (1365g)
- ☐ lime juice
4 fl oz (124mL)
- ☐ lemon juice
2 tbsp (30mL)

Legumes and Legume Products

- ☐ extra firm tofu
9 1/3 oz (265g)
- ☐ soy sauce
1 3/4 tsp (9mL)
- ☐ lentils, raw
1/2 cup (96g)

Fats and Oils

- ☐ olive oil
2 1/2 oz (80mL)
- ☐ salad dressing
2/3 cup (158mL)
- ☐ mayonnaise
3 tbsp (45mL)
- ☐ oil
1/4 lbs (104mL)

Soups, Sauces, and Gravies

- ☐ oriental flavored ramen
5/8 package with flavor packet (50g)
- ☐ pesto sauce
4 tbsp (64g)

Other

- ☐ mixed greens
12 1/2 cup (375g)
- ☐ frozen cauliflower
4 1/2 cup (510g)
- ☐ vegan sausage
6 sausage (600g)

Finfish and Shellfish Products

- ☐ canned tuna
6 1/4 can (1082g)
- ☐ salmon
3 lbs (1360g)

- ☐ bell pepper
5 large (849g)
- ☐ frozen corn kernels
2 1/3 cup (317g)
- ☐ kale leaves
6 cup, chopped (240g)
- ☐ canned crushed tomatoes
3 cup (726g)

- ☐ cod, raw
1 1/4 lbs (567g)
- ☐ tilapia, raw
2 lbs (896g)

Nut and Seed Products

- ☐ roasted cashews
14 tbsp (120g)
- ☐ pecans
1 cup, halves (99g)

Baked Products

- ☐ bread
3 slice (96g)

Sweets

- ☐ chocolate, dark, 70-85%
8 square(s) (80g)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

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 2 meals:

string cheese
4 stick (112g)

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 2 [↗](#)

Eat on day 3 and day 4

Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1/8 cup(s) (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
1/8 cup(s) (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

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.

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Scrambled eggs with kale, tomatoes, rosemary

405 cal ● 29g protein ● 24g fat ● 13g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 large (200g)
kale leaves
2 cup, chopped (80g)

For all 3 meals:

oil
1 tbsp (15mL)
water
1 cup (270mL)
balsamic vinegar
2 tbsp (30mL)
rosemary, dried
1/2 tbsp (2g)
tomatoes
3 cup, chopped (540g)
eggs
12 large (600g)
kale leaves
6 cup, chopped (240g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 3 meals:

roasted cashews
6 tbsp (51g)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

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.

Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

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.
-

Lunch 2 [↗](#)

Eat on day 2 and day 3

Simple mixed greens and tomato salad

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



For single meal:

mixed greens

5 1/4 cup (158g)

tomatoes

14 tbsp cherry tomatoes (130g)

salad dressing

1/3 cup (79mL)

For all 2 meals:

mixed greens

10 1/2 cup (315g)

tomatoes

1 3/4 cup cherry tomatoes (261g)

salad dressing

2/3 cup (158mL)

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

Baked pesto salmon

12 oz - 807 cals ● 71g protein ● 57g fat ● 2g carbs ● 1g fiber



For single meal:

salmon

2 fillet/s (6 oz each) (340g)

pesto sauce

2 tbsp (32g)

For all 2 meals:

salmon

4 fillet/s (6 oz each) (680g)

pesto sauce

4 tbsp (64g)

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

Lunch 3 [↗](#)

Eat on day 4

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber

**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.

Simple roasted cod

20 oz - 742 cals ● 101g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 20 oz

olive oil

2 1/2 tbsp (38mL)

cod, raw

1 1/4 lbs (567g)

1. Preheat your oven to 400°F (200°C).
 2. Drizzle the olive oil over both sides of the cod fillets.
 3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
 4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.
-

Lunch 4 [↗](#)

Eat on day 5

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 1/2 cup(s)

whole milk

1/2 cup(s) (120mL)

1. The recipe has no instructions.

Grilled cheese sandwich

1 1/2 sandwich(es) - 743 cals ● 33g protein ● 49g fat ● 37g carbs ● 6g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

butter

1 1/2 tbsp (21g)

sliced cheese

3 slice (1 oz ea) (84g)

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

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion

1 1/4 tbsp minced (19g)

lime juice

1 1/4 tbsp (19mL)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

avocados, cubed

5/8 avocado(s) (126g)

tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

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 6 and day 7

Vegan bangers and cauliflower mash

3 sausage link(s) - 1083 cals ● 87g protein ● 57g fat ● 47g carbs ● 8g fiber



For single meal:

frozen cauliflower

2 1/4 cup (255g)

oil

1 1/2 tbsp (23mL)

vegan sausage

3 sausage (300g)

onion, thinly sliced

1 1/2 small (105g)

For all 2 meals:

frozen cauliflower

4 1/2 cup (510g)

oil

3 tbsp (45mL)

vegan sausage

6 sausage (600g)

onion, thinly sliced

3 small (210g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Tuna cucumber bites

173 cals ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

canned tuna

1 1/2 packet (111g)

cucumber, sliced

3/8 cucumber (8-1/4") (113g)

For all 2 meals:

canned tuna

3 packet (222g)

cucumber, sliced

3/4 cucumber (8-1/4") (226g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:
roasted cashews
4 tbsp (34g)

For all 2 meals:
roasted cashews
1/2 cup (69g)

1. The recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Protein shake (milk)

258 cal ● 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.

Boiled eggs

2 egg(s) - 139 cal ● 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.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Dark chocolate

4 square(s) - 239 cal● 3g protein ● 17g fat ● 14g carbs ● 4g fiber



For single meal:

chocolate, dark, 70-85%
4 square(s) (40g)

For all 2 meals:

chocolate, dark, 70-85%
8 square(s) (80g)

1. The recipe has no instructions.

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.

Dinner 1 [↗](#)

Eat on day 1

Tofu lo-mein

790 cals ● 39g protein ● 37g fat ● 61g carbs ● 14g fiber



extra firm tofu
9 1/3 oz (265g)
soy sauce
1 3/4 tsp (9mL)
water
7/8 cup(s) (207mL)
olive oil
3 1/2 tsp (17mL)
frozen mixed veggies
9 1/3 oz (265g)
oriental flavored ramen
5/8 package with flavor packet (50g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion
4 tsp minced (20g)
lime juice
4 tsp (20mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
2/3 avocado(s) (134g)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)

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

Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



For single meal:

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)

For all 2 meals:

onion
4 tbsp minced (60g)
lime juice
4 tbsp (60mL)
olive oil
1 tbsp (15mL)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
avocados, cubed
2 avocado(s) (402g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)

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.

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.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Buttered corn

278 cals ● 5g protein ● 14g fat ● 30g carbs ● 3g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
butter
3 1/2 tsp (16g)
frozen corn kernels
56 tsp (159g)

For all 2 meals:

black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
butter
2 1/3 tbsp (32g)
frozen corn kernels
2 1/3 cup (317g)

1. Prepare corn according to instructions on package.
 2. Top with butter and season with salt and pepper to taste.
-

Broiled tilapia parmesan

16 oz - 787 cals ● 98g protein ● 42g fat ● 5g carbs ● 0g fiber



For single meal:

parmesan cheese
4 tbsp (25g)
mayonnaise
1 1/2 tbsp (23mL)
lemon juice
1 tbsp (15mL)
tilapia, raw
1 lbs (448g)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)
butter, softened
1 tbsp (14g)

For all 2 meals:

parmesan cheese
1/2 cup (50g)
mayonnaise
3 tbsp (45mL)
lemon juice
2 tbsp (30mL)
tilapia, raw
2 lbs (896g)
black pepper
1 tsp, ground (2g)
salt
1 tsp (6g)
butter, softened
2 tbsp (28g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
 2. Mix Parmesan cheese, butter, mayonnaise, and lemon juice together in a small bowl.
 3. Season fish with pepper and salt.
 4. Arrange fillets in a single layer on prepared pan.
 5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil for 2 or 3 minutes more. Remove fillets from oven and cover with Parmesan mixture on top side.
 6. Broil until fish flakes easily with a fork, about 2 minutes.
-

Dinner 4 [↗](#)

Eat on day 6 and day 7

Salmon & veggie one pot

12 oz salmon - 1123 cal ● 79g protein ● 69g fat ● 35g carbs ● 12g fiber



For single meal:

salmon

3/4 lbs (340g)

canned crushed tomatoes

1 1/2 cup (363g)

dried dill weed

1/2 tbsp (2g)

oil

1 1/2 tbsp (23mL)

water

3/8 cup(s) (89mL)

ground cumin

1/2 tbsp (3g)

onion, sliced

1 1/2 small (105g)

bell pepper, sliced into strips

1 1/2 medium (179g)

For all 2 meals:

salmon

1 1/2 lbs (680g)

canned crushed tomatoes

3 cup (726g)

dried dill weed

1 tbsp (3g)

oil

3 tbsp (45mL)

water

3/4 cup(s) (178mL)

ground cumin

1 tbsp (6g)

onion, sliced

3 small (210g)

bell pepper, sliced into strips

3 medium (357g)

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.

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.