

# Meal Plan - 3500 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

3507 cals ● 272g protein (31%) ● 191g fat (49%) ● 118g carbs (13%) ● 57g fiber (7%)

### Breakfast

600 cals, 19g protein, 21g net carbs, 40g fat



**Eggs with avocado and salsa**  
507 cals



**Strawberries**  
1 3/4 cup(s)- 91 cals

### Snacks

460 cals, 20g protein, 14g net carbs, 33g fat



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



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



**Roasted chickpeas**  
1/4 cup- 138 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

1045 cals, 78g protein, 49g net carbs, 54g fat



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



**Almond crusted tilapia**  
10 1/2 oz- 741 cals

## Day 2

3511 cals ● 279g protein (32%) ● 197g fat (50%) ● 100g carbs (11%) ● 55g fiber (6%)

### Breakfast

600 cals, 19g protein, 21g net carbs, 40g fat



**Eggs with avocado and salsa**  
507 cals



**Strawberries**  
1 3/4 cup(s)- 91 cals

### Snacks

460 cals, 20g protein, 14g net carbs, 33g fat



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



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



**Roasted chickpeas**  
1/4 cup- 138 cals

### Protein Supplement(s)

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



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

### Lunch

1145 cals, 99g protein, 47g net carbs, 56g fat



**Roasted almonds**  
1/2 cup(s)- 388 cals



**Cajun cod**  
16 oz- 499 cals



**Sweet potato wedges**  
261 cals

### Dinner

1035 cals, 81g protein, 16g net carbs, 67g fat



**Cheesy garlicky salmon**  
917 cals



**Broccoli**  
4 cup(s)- 116 cals

## Day 3

3498 cals ● 320g protein (37%) ● 176g fat (45%) ● 122g carbs (14%) ● 38g fiber (4%)

### Breakfast

565 cals, 8g protein, 29g net carbs, 42g fat



**Walnuts**  
1/8 cup(s)- 87 cals



**Dark chocolate**  
8 square(s)- 479 cals

### Snacks

415 cals, 36g protein, 6g net carbs, 26g fat



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



**Tuna cucumber bites**  
230 cals

### Protein Supplement(s)

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



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

### Lunch

1145 cals, 99g protein, 47g net carbs, 56g fat



**Roasted almonds**  
1/2 cup(s)- 388 cals



**Cajun cod**  
16 oz- 499 cals



**Sweet potato wedges**  
261 cals

### Dinner

1100 cals, 116g protein, 38g net carbs, 51g fat



**Mashed sweet potatoes with butter**  
249 cals



**Broiled tilapia**  
20 oz- 850 cals

## Day 4

3446 cals ● 283g protein (33%) ● 189g fat (49%) ● 105g carbs (12%) ● 48g fiber (6%)

### Breakfast

565 cals, 8g protein, 29g net carbs, 42g fat



**Walnuts**  
1/8 cup(s)- 87 cals



**Dark chocolate**  
8 square(s)- 479 cals

### Snacks

415 cals, 36g protein, 6g net carbs, 26g fat



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



**Tuna cucumber bites**  
230 cals

### Protein Supplement(s)

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



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

### Lunch

1095 cals, 62g protein, 30g net carbs, 69g fat



**Buffalo tempeh with tzatziki**  
628 cals



**Buttered broccoli**  
3 1/2 cup(s)- 467 cals

### Dinner

1100 cals, 116g protein, 38g net carbs, 51g fat



**Mashed sweet potatoes with butter**  
249 cals



**Broiled tilapia**  
20 oz- 850 cals

## Day 5

3466 cals ● 255g protein (29%) ● 201g fat (52%) ● 104g carbs (12%) ● 55g fiber (6%)

### Breakfast

520 cals, 31g protein, 27g net carbs, 30g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**String cheese**  
4 stick(s)- 331 cals



**Orange**  
1 orange(s)- 85 cals

### Snacks

415 cals, 36g protein, 6g net carbs, 26g fat



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



**Tuna cucumber bites**  
230 cals

### Protein Supplement(s)

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



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

### Lunch

1095 cals, 62g protein, 30g net carbs, 69g fat



**Buffalo tempeh with tzatziki**  
628 cals



**Buttered broccoli**  
3 1/2 cup(s)- 467 cals

### Dinner

1165 cals, 65g protein, 39g net carbs, 75g fat



**Tomato and avocado salad**  
391 cals



**Orange & rosemary salmon**  
10 oz- 774 cals

## Day 6

3502 cals ● 224g protein (26%) ● 227g fat (58%) ● 103g carbs (12%) ● 38g fiber (4%)

### Breakfast

520 cals, 31g protein, 27g net carbs, 30g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**String cheese**  
4 stick(s)- 331 cals



**Orange**  
1 orange(s)- 85 cals

### Snacks

405 cals, 7g protein, 11g net carbs, 33g fat



**Avocado**  
176 cals



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



**Cucumber slices**  
3/4 cucumber- 45 cals

### Protein Supplement(s)

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



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

### Lunch

1135 cals, 53g protein, 31g net carbs, 82g fat



**Low carb asian tofu bowl**  
982 cals



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

### Dinner

1170 cals, 73g protein, 32g net carbs, 81g fat



**Salmon & coconut ginger broccoli**  
9 oz salmon- 948 cals



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

## Day 7

3502 cals ● 224g protein (26%) ● 227g fat (58%) ● 103g carbs (12%) ● 38g fiber (4%)

### Breakfast

520 cals, 31g protein, 27g net carbs, 30g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**String cheese**  
4 stick(s)- 331 cals



**Orange**  
1 orange(s)- 85 cals

### Snacks

405 cals, 7g protein, 11g net carbs, 33g fat



**Avocado**  
176 cals



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



**Cucumber slices**  
3/4 cucumber- 45 cals

### Protein Supplement(s)

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



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

### Lunch

1135 cals, 53g protein, 31g net carbs, 82g fat



**Low carb asian tofu bowl**  
982 cals



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

### Dinner

1170 cals, 73g protein, 32g net carbs, 81g fat



**Salmon & coconut ginger broccoli**  
9 oz salmon- 948 cals



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

# Grocery List



## Beverages

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

## Dairy and Egg Products

- ☐ eggs  
8 large (400g)
- ☐ whole milk  
4 3/4 cup(s) (1140mL)
- ☐ parmesan cheese  
6 1/2 tbsp (41g)
- ☐ butter  
1 stick (117g)
- ☐ string cheese  
12 stick (336g)

## Nut and Seed Products

- ☐ pecans  
1 3/4 cup, halves (173g)
- ☐ almonds  
6 oz (172g)
- ☐ walnuts  
4 tbsp, shelled (25g)
- ☐ roasted cashews  
6 tbsp (51g)
- ☐ coconut milk, canned  
3/4 can (338mL)
- ☐ sesame seeds  
5 tsp (15g)

## Other

- ☐ Roasted chickpeas  
1/2 cup (57g)
- ☐ mixed greens  
14 cup (420g)
- ☐ tzatziki  
1/2 cup(s) (112g)
- ☐ frozen riced cauliflower  
3 3/4 cup, prepared (638g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
4 medium whole (2-3/5" dia) (491g)
- ☐ onion  
1/2 medium (2-1/2" dia) (60g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
3 lbs (1414g)
- ☐ canned tuna  
4 1/2 can (788g)
- ☐ cod, raw  
2 lbs (907g)
- ☐ salmon  
2 1/2 lbs (1077g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
1/4 cup(s) (36g)

## Spices and Herbs

- ☐ salt  
3/4 oz (21g)
- ☐ black pepper  
1/6 oz (6g)
- ☐ cajun seasoning  
1/4 cup (24g)
- ☐ fresh basil  
2 1/2 leaves (1g)
- ☐ garlic powder  
1/2 tsp (1g)
- ☐ rosemary, dried  
1/4 tbsp (1g)

## Soups, Sauces, and Gravies

- ☐ salsa  
6 tbsp (108g)
- ☐ Frank's Red Hot sauce  
1/2 cup (120mL)

## Fruits and Fruit Juices

- ☐ avocados  
5 avocado(s) (972g)
- ☐ strawberries  
3 1/2 cup, whole (504g)
- ☐ lime juice  
1 fl oz (35mL)
- ☐ lemon juice  
2 1/2 fl oz (74mL)
- ☐ orange  
4 2/3 orange (719g)

## Sweets

- ☐ **sweet potatoes**  
4 sweetpotato, 5" long (840g)
- ☐ **garlic**  
6 1/4 clove(s) (19g)
- ☐ **frozen broccoli**  
11 cup (1001g)
- ☐ **cucumber**  
3 cucumber (8-1 1/4") (903g)
- ☐ **broccoli**  
1 1/2 lbs (681g)
- ☐ **fresh ginger**  
1/2 oz (13g)

## Fats and Oils

- ☐ **salad dressing**  
3/4 cup (180mL)
  - ☐ **olive oil**  
3 oz (100mL)
  - ☐ **oil**  
7 oz (210mL)
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- ☐ **chocolate, dark, 70-85%**  
16 square(s) (160g)

## Legumes and Legume Products

- ☐ **tempeh**  
1 lbs (454g)
- ☐ **soy sauce**  
10 tbsp (150mL)
- ☐ **firm tofu**  
1 1/2 lbs (709g)



## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Eggs with avocado and salsa

507 cals ● 17g protein ● 39g fat ● 7g carbs ● 15g fiber



For single meal:

**salsa**  
3 tbsp (54g)  
**eggs**  
2 large (100g)  
**avocados, diced**  
1 avocado(s) (201g)

For all 2 meals:

**salsa**  
6 tbsp (108g)  
**eggs**  
4 large (200g)  
**avocados, diced**  
2 avocado(s) (402g)

1. Cook eggs according to your preference (scrambled, sunny side up, etc.)
2. Season with some salt and pepper and top with the diced avocado and salsa.
3. Serve.

### Strawberries

1 3/4 cup(s) - 91 cals ● 2g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

**strawberries**  
1 3/4 cup, whole (252g)

For all 2 meals:

**strawberries**  
3 1/2 cup, whole (504g)

1. The recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**  
4 tbsp, shelled (25g)

1. The recipe has no instructions.

### Dark chocolate

8 square(s) - 479 cals ● 6g protein ● 34g fat ● 28g carbs ● 9g fiber



For single meal:

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

For all 2 meals:

**chocolate, dark, 70-85%**  
16 square(s) (160g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Roasted cashews

1/8 cup(s) - 104 cals ● 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.

String cheese

4 stick(s) - 331 cals ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



For single meal:

**string cheese**  
4 stick (112g)

For all 3 meals:

**string cheese**  
12 stick (336g)

- 1. The recipe has no instructions.

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 3 meals:

**orange**  
3 orange (462g)

- 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

### Roasted almonds

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



For single meal:

**almonds**

1/2 cup, whole (63g)

For all 2 meals:

**almonds**

14 tbsp, whole (125g)

1. The recipe has no instructions.

## Cajun cod

16 oz - 499 cals ● 82g protein ● 16g fat ● 5g carbs ● 1g fiber



For single meal:

**cod, raw**  
16 oz (453g)  
**cajun seasoning**  
1 3/4 tbsp (12g)  
**oil**  
1 tbsp (13mL)

For all 2 meals:

**cod, raw**  
2 lbs (907g)  
**cajun seasoning**  
1/4 cup (24g)  
**oil**  
1 3/4 tbsp (27mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

## Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**salt**  
1 tsp (6g)  
**black pepper**  
4 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
2 sweetpotato, 5" long (420g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
  2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
  3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.
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## Lunch 3 [↗](#)

Eat on day 4 and day 5

### Buffalo tempeh with tzatziki

628 cals ● 52g protein ● 29g fat ● 23g carbs ● 16g fiber



For single meal:

**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**tzatziki**  
1/4 cup(s) (56g)  
**oil**  
1 tbsp (15mL)  
**tempeh, roughly chopped**  
1/2 lbs (227g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/2 cup (120mL)  
**tzatziki**  
1/2 cup(s) (112g)  
**oil**  
2 tbsp (30mL)  
**tempeh, roughly chopped**  
1 lbs (454g)

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.

### Buttered broccoli

3 1/2 cup(s) - 467 cals ● 10g protein ● 40g fat ● 7g carbs ● 9g fiber



For single meal:

**salt**  
1/4 tsp (1g)  
**frozen broccoli**  
3 1/2 cup (319g)  
**black pepper**  
1/4 tsp (0g)  
**butter**  
1/4 cup (50g)

For all 2 meals:

**salt**  
1/2 tsp (1g)  
**frozen broccoli**  
7 cup (637g)  
**black pepper**  
1/2 tsp (0g)  
**butter**  
1/2 cup (99g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

## Lunch 4 [↗](#)

Eat on day 6 and day 7

### 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.

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**tomatoes**  
1 cup cherry tomatoes (149g)  
**salad dressing**  
6 tbsp (90mL)

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

## Snacks 1 [↗](#)

Eat on day 1 and day 2

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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 2 meals:

**eggs**  
4 large (200g)

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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### 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.

### Roasted chickpeas

1/4 cup - 138 cals ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber





For single meal:

**Roasted chickpeas**

4 tbsp (28g)

For all 2 meals:

**Roasted chickpeas**

1/2 cup (57g)

1. The recipe has no instructions.

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## Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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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 3 meals:

**pecans**

3/4 cup, halves (74g)

1. The recipe has no instructions.

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### Tuna cucumber bites

230 cals ● 34g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**canned tuna**

2 packet (148g)

**cucumber, sliced**

1/2 cucumber (8-1/4") (151g)

For all 3 meals:

**canned tuna**

6 packet (444g)

**cucumber, sliced**

1 1/2 cucumber (8-1/4") (452g)

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

3/4 cucumber - 45 cals ● 2g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**cucumber**  
1 1/2 cucumber (8-1 1/4") (452g)

1. Slice cucumber into rounds and serve.
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## Dinner 1 [↗](#)

Eat on day 1

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### Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



#### **mixed greens**

6 cup (180g)

#### **tomatoes**

1 cup cherry tomatoes (149g)

#### **salad dressing**

6 tbsp (90mL)

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

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### Almond crusted tilapia

10 1/2 oz - 741 cals ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



Makes 10 1/2 oz

#### **almonds**

1/2 cup, slivered (47g)

#### **tilapia, raw**

2/3 lbs (294g)

#### **all-purpose flour**

1/4 cup(s) (36g)

#### **salt**

1/4 tsp (1g)

#### **olive oil**

2 1/2 tsp (13mL)

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

Eat on day 2

### Cheesy garlicky salmon

917 cals ● 70g protein ● 67g fat ● 8g carbs ● 0g fiber



**parmesan cheese**  
6 1/2 tbsp (41g)  
**salmon**  
10 oz (284g)  
**lemon juice**  
1 1/4 tbsp (19mL)  
**oil**  
1 1/4 tbsp (19mL)  
**fresh basil, chopped**  
2 1/2 leaves (1g)  
**garlic, minced**  
1 1/4 clove(s) (4g)

1. Preheat oven to 350°F (180°C).
2. Line a baking tray with parchment paper and spray. Place salmon fillets, skin side down, on the baking tray. Set aside.
3. In a small bowl combine the cheese, garlic, lemon, basil, oil, and some salt and pepper. Mix until well combined.
4. Spread cheese mixture evenly over each fillet.
5. Bake in oven for 13 minutes or until internal temperature reaches 145°F (63°C). Serve.

### Broccoli

4 cup(s) - 116 cals ● 11g protein ● 0g fat ● 8g carbs ● 11g fiber



Makes 4 cup(s)  
**frozen broccoli**  
4 cup (364g)

1. Prepare according to instructions on package.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

**butter**

2 tsp (9g)

For all 2 meals:

**sweet potatoes**

2 sweetpotato, 5" long (420g)

**butter**

4 tsp (18g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

### Broiled tilapia

20 oz - 850 cals ● 113g protein ● 43g fat ● 2g carbs ● 1g fiber



For single meal:

**lemon juice**

1 1/4 tbsp (19mL)

**black pepper**

5 dash, ground (1g)

**tilapia, raw**

1 1/4 lbs (560g)

**olive oil**

2 1/2 tbsp (38mL)

**salt**

5 dash (4g)

For all 2 meals:

**lemon juice**

2 1/2 tbsp (38mL)

**black pepper**

1 1/4 tsp, ground (3g)

**tilapia, raw**

2 1/2 lbs (1120g)

**olive oil**

5 tbsp (75mL)

**salt**

1 1/4 tsp (8g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
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 until fish flakes easily with a fork, about 2 minutes.



## 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.

### Orange & rosemary salmon

10 oz - 774 cals ● 60g protein ● 44g fat ● 28g carbs ● 6g fiber



Makes 10 oz  
**salmon**  
1 2/3 fillet/s (6 oz each) (283g)  
**rosemary, dried**  
1 tsp (1g)  
**orange**  
1 2/3 orange (257g)  
**lemon juice**  
2 1/2 tsp (13mL)  
**olive oil**  
1 1/4 tsp (6mL)  
**salt**  
1/2 tsp (3g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

## Dinner 5 [🔗](#)

Eat on day 6 and day 7

### Salmon & coconut ginger broccoli

9 oz salmon - 948 cals ● 62g protein ● 69g fat ● 14g carbs ● 6g fiber



For single meal:

**salmon**  
1/2 lbs (255g)  
**coconut milk, canned**  
3/8 can (169mL)  
**broccoli, cut into florets**  
1 1/2 stalk (227g)  
**fresh ginger, peeled and thinly sliced**  
3/4 slices (1" dia) (2g)

For all 2 meals:

**salmon**  
18 oz (510g)  
**coconut milk, canned**  
3/4 can (338mL)  
**broccoli, cut into florets**  
3 stalk (453g)  
**fresh ginger, peeled and thinly sliced**  
1 1/2 slices (1" dia) (3g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.

### Milk

1 1/2 cup(s) - 224 cals ● 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.

## 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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