

Meal Plan - 1500 calorie 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

1486 cals ● 116g protein (31%) ● 57g fat (35%) ● 111g carbs (30%) ● 16g fiber (4%)

Breakfast

235 cals, 5g protein, 34g net carbs, 8g fat



Fruit juice

1/2 cup(s)- 57 cals



Large granola bar

1 bar(s)- 176 cals

Snacks

250 cals, 10g protein, 21g net carbs, 11g fat



Small granola bar

1 bar(s)- 119 cals



String cheese

1 stick(s)- 83 cals



Raspberries

2/3 cup(s)- 48 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Lunch

425 cals, 20g protein, 29g net carbs, 25g fat



Shrimp scampi

348 cals



Milk

1/2 cup(s)- 75 cals

Dinner

470 cals, 57g protein, 26g net carbs, 13g fat



Lentils

174 cals



Pan fried tilapia

8 oz- 298 cals

Day 2

1486 cals ● 116g protein (31%) ● 57g fat (35%) ● 111g carbs (30%) ● 16g fiber (4%)

Breakfast

235 cals, 5g protein, 34g net carbs, 8g fat



Fruit juice

1/2 cup(s)- 57 cals



Large granola bar

1 bar(s)- 176 cals

Snacks

250 cals, 10g protein, 21g net carbs, 11g fat



Small granola bar

1 bar(s)- 119 cals



String cheese

1 stick(s)- 83 cals



Raspberries

2/3 cup(s)- 48 cals

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110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Lunch

425 cals, 20g protein, 29g net carbs, 25g fat



Shrimp scampi

348 cals



Milk

1/2 cup(s)- 75 cals

Dinner

470 cals, 57g protein, 26g net carbs, 13g fat



Lentils

174 cals



Pan fried tilapia

8 oz- 298 cals

Day 3

1524 cals ● 95g protein (25%) ● 85g fat (50%) ● 70g carbs (18%) ● 26g fiber (7%)

Breakfast

230 cals, 11g protein, 16g net carbs, 11g fat



Raspberries

1/2 cup(s)- 36 cals



Basic fried eggs

1 egg(s)- 80 cals



Toast with butter

1 slice(s)- 114 cals

Snacks

210 cals, 8g protein, 22g net carbs, 9g fat



Milk

1/2 cup(s)- 75 cals



Toast with butter and jelly

1 slice(s)- 133 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Lunch

510 cals, 31g protein, 17g net carbs, 29g fat



Crack slaw with tempeh

422 cals



Walnuts

1/8 cup(s)- 87 cals

Dinner

470 cals, 21g protein, 14g net carbs, 35g fat



Mixed vegetables

1/2 cup(s)- 49 cals



Creamy garlic scallops

420 cals

Day 4

1524 cals ● 95g protein (25%) ● 85g fat (50%) ● 70g carbs (18%) ● 26g fiber (7%)

Breakfast

230 cals, 11g protein, 16g net carbs, 11g fat



Raspberries

1/2 cup(s)- 36 cals



Basic fried eggs

1 egg(s)- 80 cals



Toast with butter

1 slice(s)- 114 cals

Snacks

210 cals, 8g protein, 22g net carbs, 9g fat



Milk

1/2 cup(s)- 75 cals



Toast with butter and jelly

1 slice(s)- 133 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Lunch

510 cals, 31g protein, 17g net carbs, 29g fat



Crack slaw with tempeh

422 cals



Walnuts

1/8 cup(s)- 87 cals

Dinner

470 cals, 21g protein, 14g net carbs, 35g fat



Mixed vegetables

1/2 cup(s)- 49 cals



Creamy garlic scallops

420 cals

Day 5

1437 cals ● 116g protein (32%) ● 56g fat (35%) ● 90g carbs (25%) ● 27g fiber (7%)

Breakfast

230 cals, 11g protein, 16g net carbs, 11g fat



Raspberries
1/2 cup(s)- 36 cals



Basic fried eggs
1 egg(s)- 80 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

155 cals, 16g protein, 4g net carbs, 7g fat



Cottage cheese with almonds and cinnamon
155 cals

Lunch

500 cals, 22g protein, 35g net carbs, 26g fat



Brussels sprout, apple & walnut side salad
253 cals



Chunky canned soup (non-creamy)
1 can(s)- 247 cals

Dinner

445 cals, 42g protein, 35g net carbs, 11g fat



Simple roasted cod
5 1/3 oz- 198 cals



Lentils
174 cals



Mixed vegetables
3/4 cup(s)- 73 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 6

1547 cals ● 99g protein (26%) ● 74g fat (43%) ● 99g carbs (26%) ● 21g fiber (6%)

Breakfast

270 cals, 11g protein, 24g net carbs, 12g fat



Peach
1 peach(es)- 66 cals



High-protein granola bar
1 bar(s)- 204 cals

Snacks

155 cals, 16g protein, 4g net carbs, 7g fat



Cottage cheese with almonds and cinnamon
155 cals

Lunch

500 cals, 22g protein, 35g net carbs, 26g fat



Brussels sprout, apple & walnut side salad
253 cals



Chunky canned soup (non-creamy)
1 can(s)- 247 cals

Dinner

515 cals, 25g protein, 35g net carbs, 28g fat



Salmon burger
1 burger(s)- 442 cals



Peas
71 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 7

1493 cals ● 97g protein (26%) ● 54g fat (33%) ● 134g carbs (36%) ● 21g fiber (6%)

Breakfast

270 cals, 11g protein, 24g net carbs, 12g fat



Peach

1 peach(es)- 66 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

155 cals, 16g protein, 4g net carbs, 7g fat



Cottage cheese with almonds and cinnamon

155 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Lunch

445 cals, 20g protein, 69g net carbs, 6g fat



Lentil and veggie soup

185 cals



Naan bread

1 piece(s)- 262 cals

Dinner

515 cals, 25g protein, 35g net carbs, 28g fat



Salmon burger

1 burger(s)- 442 cals



Peas

71 cals

Dairy and Egg Products

- ☐ butter
5/8 stick (65g)
- ☐ heavy cream
5 1/2 fl oz (164mL)
- ☐ parmesan cheese
1/2 tbsp (3g)
- ☐ whole milk
2 cup(s) (480mL)
- ☐ string cheese
2 stick (56g)
- ☐ eggs
3 large (150g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
2 oz (57g)

Beverages

- ☐ water
10 1/4 cup(s) (2429mL)
- ☐ protein powder
7 scoop (1/3 cup ea) (217g)

Vegetables and Vegetable Products

- ☐ shallots
1 tbsp chopped (10g)
- ☐ garlic
6 1/3 clove(s) (19g)
- ☐ frozen mixed veggies
2 1/4 cup (304g)
- ☐ brussels sprouts
1 1/2 cup (132g)
- ☐ frozen peas
1 1/3 cup (179g)
- ☐ kale leaves
1/3 cup, chopped (13g)

Finfish and Shellfish Products

- ☐ shrimp, raw
4 oz (114g)
- ☐ tilapia, raw
1 lbs (448g)
- ☐ scallops
10 oz (283g)

Spices and Herbs

- ☐ salt
1 tsp (5g)
- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ cinnamon
3 dash (1g)
- ☐ apple cider vinegar
1/2 tbsp (7g)
- ☐ dried dill weed
4 dash (1g)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (176g)
- ☐ tempeh
1/2 lbs (227g)

Fats and Oils

- ☐ olive oil
1 2/3 oz (53mL)
- ☐ oil
1 1/3 oz (40mL)
- ☐ mayonnaise
3 tbsp (45mL)

Baked Products

- ☐ bread
5 slice (160g)
- ☐ hamburger buns
2 bun(s) (102g)
- ☐ naan bread
1 piece(s) (90g)

Sweets

- ☐ jelly
2 tsp (14g)
- ☐ maple syrup
2 tsp (10mL)

Other

- ☐ coleslaw mix
4 cup (360g)
- ☐ salmon burger patty
2 patty (226g)

- ☐ cod, raw
1/3 lbs (151g)

Snacks

- ☐ small granola bar
2 bar (50g)
- ☐ large granola bar
2 bar (74g)
- ☐ high-protein granola bar
2 bar (80g)

Fruits and Fruit Juices

- ☐ raspberries
3 cup (349g)
- ☐ fruit juice
8 fl oz (240mL)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ apples
1/3 small (2-3/4" dia) (50g)
- ☐ peach
2 medium (2-2/3" dia) (300g)

- ☐ mixed greens
1/2 cup (15g)
- ☐ nutritional yeast
1 tsp (1g)

Soups, Sauces, and Gravies

- ☐ hot sauce
2 tsp (10mL)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- ☐ vegetable broth
2/3 cup(s) (mL)

Nut and Seed Products

- ☐ sunflower kernels
2 tbsp (24g)
 - ☐ walnuts
2 oz (53g)
 - ☐ almond butter
1 1/2 tbsp (24g)
 - ☐ almonds
9 almond (11g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

Large granola bar

1 bar(s) - 176 cal ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Raspberries

1/2 cup(s) - 36 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 3 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
oil
1/4 tsp (1mL)

For all 3 meals:

eggs
3 large (150g)
oil
1/4 tbsp (4mL)

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.

Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

- 1. The recipe has no instructions.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

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

Eat on day 1 and day 2

Shrimp scampi

348 cals ● 17g protein ● 21g fat ● 23g carbs ● 1g fiber



For single meal:

butter
1 tbsp (14g)
heavy cream
1 1/2 tbsp (23mL)
uncooked dry pasta
1 oz (29g)
water
1/8 cup(s) (30mL)
parmesan cheese
1/4 tbsp (1g)
shallots, minced
1/2 tbsp chopped (5g)
garlic, minced
1 clove (3g)
shrimp, raw, shelled and deveined
2 oz (57g)

For all 2 meals:

butter
2 tbsp (28g)
heavy cream
3 tbsp (45mL)
uncooked dry pasta
2 oz (57g)
water
1/4 cup(s) (59mL)
parmesan cheese
1/2 tbsp (3g)
shallots, minced
1 tbsp chopped (10g)
garlic, minced
2 clove (6g)
shrimp, raw, shelled and deveined
4 oz (114g)

1. Clean the shrimp and start cooking the pasta according to the instructions on the box.
2. While the pasta cooks, mince the shallot and the garlic.
3. Once the pasta is done, transfer it to a separate bowl, and in the pot used to cook the pasta add the butter and melt over medium heat. Once melted and hot, add the shrimp. Let the shrimp cook 2-3 minutes per side until they firm and turn slightly pink.
4. Add garlic and shallot to pan for about 30 seconds to soften. Work quickly to avoid over cooking the shrimp.
5. Mix in the cream and heat through. If you wish, season with salt and pepper. If sauce is too thick at this point, add some water.
6. Add pasta to pot and heat just enough to coat pasta with sauce and warm the noodles back up.
7. Transfer to serving dish and top with parmesan cheese (optional).

Milk

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



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

coleslaw mix
2 cup (180g)
hot sauce
1 tsp (5mL)
sunflower kernels
1 tbsp (12g)
oil
2 tsp (10mL)
garlic, minced
1 clove (3g)
tempeh, cubed
4 oz (113g)

For all 2 meals:

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

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

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.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Brussels sprout, apple & walnut side salad

253 cals ● 4g protein ● 19g fat ● 12g carbs ● 4g fiber



For single meal:

maple syrup

1 tsp (5mL)

walnuts

2 tbsp, chopped (14g)

apple cider vinegar

1/4 tbsp (4g)

olive oil

3/4 tbsp (11mL)

apples, chopped

1/6 small (2-3/4" dia) (25g)

brussels sprouts, ends trimmed and discarded

3/4 cup (66g)

For all 2 meals:

maple syrup

2 tsp (10mL)

walnuts

4 tbsp, chopped (28g)

apple cider vinegar

1/2 tbsp (7g)

olive oil

1 1/2 tbsp (23mL)

apples, chopped

1/3 small (2-3/4" dia) (50g)

brussels sprouts, ends trimmed and discarded

1 1/2 cup (132g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 7

Lentil and veggie soup

185 cals ● 12g protein ● 1g fat ● 26g carbs ● 7g fiber



lentils, raw
2 2/3 tbsp (32g)
vegetable broth
2/3 cup(s) (mL)
kale leaves
1/3 cup, chopped (13g)
nutritional yeast
1 tsp (1g)
garlic
1/3 clove(s) (1g)
frozen mixed veggies
1/2 cup (68g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



Makes 1 piece(s)

naan bread
1 piece(s) (90g)

1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. The recipe has no instructions.

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 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

raspberries
2/3 cup (82g)

For all 2 meals:

raspberries
1 1/3 cup (164g)

1. Rinse raspberries and serve.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Milk

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



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)
jelly
2 tsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly on the bread.

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Cottage cheese with almonds and cinnamon

155 cal ● 16g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
almond butter
1/2 tbsp (8g)
almonds
3 almond (4g)
cinnamon
1 dash (0g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
almond butter
1 1/2 tbsp (24g)
almonds
9 almond (11g)
cinnamon
3 dash (1g)

1. Mix all ingredients together in a small bowl.
 2. Serve.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

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.

Pan fried tilapia

8 oz - 298 cals ● 45g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
2 tsp (10mL)
black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)
tilapia, raw
1/2 lbs (224g)

For all 2 meals:

olive oil
4 tsp (20mL)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
tilapia, raw
16 oz (448g)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Mixed vegetables

1/2 cup(s) - 49 cal ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

frozen mixed veggies
1/2 cup (68g)

For all 2 meals:

frozen mixed veggies
1 cup (135g)

1. Prepare according to instructions on package.

Creamy garlic scallops

420 cal ● 19g protein ● 35g fat ● 7g carbs ● 0g fiber



For single meal:

scallops
5 oz (142g)
oil
1/2 tbsp (8mL)
butter
1/2 tbsp (7g)
heavy cream
4 tbsp (60mL)
lemon juice
1/4 tbsp (4mL)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

scallops
10 oz (283g)
oil
1 tbsp (15mL)
butter
1 tbsp (14g)
heavy cream
1/2 cup (120mL)
lemon juice
1/2 tbsp (8mL)
garlic, minced
2 clove(s) (6g)

1. Heat oil in a skillet over medium heat. Once hot, add scallops and fry for 2-3 minutes on each side until fully cooked (opaque throughout). Transfer scallops to a plate and set aside.
2. Add the butter to the pan and let melt. Add garlic and fry for about 1 minute until fragrant.
3. Add in heavy cream and a hefty pinch of salt/pepper and simmer for 2-5 minutes until it has thickened a little.
4. Remove from heat and add in lemon juice and scallops. Serve.

Dinner 3 [↗](#)

Eat on day 5

Simple roasted cod

5 1/3 oz - 198 cal ● 27g protein ● 10g fat ● 0g carbs ● 0g fiber



Makes 5 1/3 oz

olive oil

2 tsp (10mL)

cod, raw

1/3 lbs (151g)

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.

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water

1 cup(s) (237mL)

salt

1/2 dash (0g)

lentils, raw, rinsed

4 tbsp (48g)

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.

Mixed vegetables

3/4 cup(s) - 73 cal ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



Makes 3/4 cup(s)
frozen mixed veggies
3/4 cup (101g)

1. Prepare according to instructions on package.

Dinner 4 [🔗](#)

Eat on day 6 and day 7

Salmon burger

1 burger(s) - 442 cals ● 20g protein ● 28g fat ● 27g carbs ● 1g fiber



For single meal:
salmon burger patty
1 patty (113g)
mixed greens
4 tbsp (8g)
mayonnaise
1 1/2 tbsp (23mL)
dried dill weed
2 dash (0g)
oil
1/4 tsp (1mL)
hamburger buns
1 bun(s) (51g)

For all 2 meals:
salmon burger patty
2 patty (226g)
mixed greens
1/2 cup (15g)
mayonnaise
3 tbsp (45mL)
dried dill weed
4 dash (1g)
oil
1/2 tsp (3mL)
hamburger buns
2 bun(s) (102g)

1. Heat oil in a skillet over medium-low heat. Add salmon burger to the skillet and cook for about 4-6 minutes on each side until fully cooked.
2. Meanwhile, mix together the mayo and the dill.
3. Place the salmon burger on the bun and top with mayo and greens. Serve.

Peas

71 cals ● 5g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:
frozen peas
2/3 cup (89g)

For all 2 meals:
frozen peas
1 1/3 cup (179g)

1. Prepare according to instructions on package.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

protein powder

1 scoop (1/3 cup ea) (31g)

water

1 cup(s) (237mL)

For all 7 meals:

protein powder

7 scoop (1/3 cup ea) (217g)

water

7 cup(s) (1659mL)

1. The recipe has no instructions.
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