

Meal Plan - 1800 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

1792 cals ● 116g protein (26%) ● 96g fat (48%) ● 80g carbs (18%) ● 37g fiber (8%)

Breakfast

235 cals, 18g protein, 15g net carbs, 10g fat



Chocolate peanut butter protein oats
234 cals

Lunch

590 cals, 28g protein, 16g net carbs, 38g fat



Tomato and avocado salad
293 cals



Basic tempeh
4 oz- 295 cals

Snacks

235 cals, 9g protein, 28g net carbs, 8g fat



Boiled eggs
1 egg(s)- 69 cals



Baked chips
12 crisps- 122 cals



Grapes
44 cals

Dinner

570 cals, 24g protein, 20g net carbs, 39g fat



Simple kale & avocado salad
230 cals



Spicy sriracha peanut tofu
341 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Day 2

1781 cals ● 127g protein (28%) ● 38g fat (19%) ● 195g carbs (44%) ● 39g fiber (9%)

Breakfast

235 cals, 18g protein, 15g net carbs, 10g fat



Chocolate peanut butter protein oats
234 cals

Snacks

235 cals, 9g protein, 28g net carbs, 8g fat



Boiled eggs
1 egg(s)- 69 cals



Baked chips
12 crisps- 122 cals



Grapes
44 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

620 cals, 29g protein, 92g net carbs, 6g fat



Bbq cauliflower wings
535 cals



Honey glazed carrots
85 cals

Dinner

530 cals, 34g protein, 59g net carbs, 13g fat



Apple
1 apple(s)- 105 cals



Vegan sausage
1 sausage(s)- 268 cals



Pita bread
2 pita bread(s)- 156 cals

Day 3

1862 cals ● 120g protein (26%) ● 41g fat (20%) ● 214g carbs (46%) ● 39g fiber (8%)

Breakfast

315 cals, 11g protein, 34g net carbs, 13g fat



Basic fried eggs

1 egg(s)- 80 cals



Grapefruit

1/2 grapefruit- 59 cals



Large granola bar

1 bar(s)- 176 cals

Snacks

235 cals, 9g protein, 28g net carbs, 8g fat



Boiled eggs

1 egg(s)- 69 cals



Baked chips

12 crisps- 122 cals



Grapes

44 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

620 cals, 29g protein, 92g net carbs, 6g fat



Bbq cauliflower wings

535 cals



Honey glazed carrots

85 cals

Dinner

530 cals, 34g protein, 59g net carbs, 13g fat



Apple

1 apple(s)- 105 cals



Vegan sausage

1 sausage(s)- 268 cals



Pita bread

2 pita bread(s)- 156 cals

Day 4

1777 cals ● 121g protein (27%) ● 92g fat (46%) ● 91g carbs (21%) ● 26g fiber (6%)

Breakfast

315 cals, 11g protein, 34g net carbs, 13g fat



Basic fried eggs

1 egg(s)- 80 cals



Grapefruit

1/2 grapefruit- 59 cals



Large granola bar

1 bar(s)- 176 cals

Snacks

200 cals, 8g protein, 6g net carbs, 15g fat



Cheese and guac tacos

1 taco(s)- 175 cals



Carrot sticks

1 carrot(s)- 27 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

580 cals, 27g protein, 36g net carbs, 31g fat



Roasted peanuts

1/4 cup(s)- 230 cals



Tempeh bacon & avocado bagel sandwich

1/2 bagel(s)- 349 cals

Dinner

515 cals, 38g protein, 14g net carbs, 32g fat



Honey dijon salmon

6 oz- 402 cals



Simple kale & avocado salad

115 cals

Day 5

1802 cals ● 120g protein (27%) ● 71g fat (36%) ● 141g carbs (31%) ● 30g fiber (7%)

Breakfast

295 cals, 13g protein, 41g net carbs, 8g fat



Waffles & Greek yogurt

2 waffle(s)- 237 cals



Grapefruit

1/2 grapefruit- 59 cals

Snacks

200 cals, 8g protein, 6g net carbs, 15g fat



Cheese and guac tacos

1 taco(s)- 175 cals



Carrot sticks

1 carrot(s)- 27 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

580 cals, 27g protein, 36g net carbs, 31g fat



Roasted peanuts

1/4 cup(s)- 230 cals



Tempeh bacon & avocado bagel sandwich

1/2 bagel(s)- 349 cals

Dinner

560 cals, 35g protein, 57g net carbs, 17g fat



Basic shrimp

4 oz- 137 cals



Simple kale & avocado salad

173 cals



Couscous

251 cals

Day 6

1834 cals ● 115g protein (25%) ● 59g fat (29%) ● 176g carbs (38%) ● 34g fiber (7%)

Breakfast

295 cals, 13g protein, 41g net carbs, 8g fat



Waffles & Greek yogurt
2 waffle(s)- 237 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

245 cals, 7g protein, 28g net carbs, 10g fat



Carrot sticks
1 carrot(s)- 27 cals



Mixed nuts
1/8 cup(s)- 109 cals



Pretzels
110 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

565 cals, 27g protein, 66g net carbs, 14g fat



Veggie burger patty
2 patty- 254 cals



Couscous
151 cals



Roasted carrots
3 carrots(s)- 158 cals

Dinner

565 cals, 32g protein, 39g net carbs, 27g fat



Simple roasted cod
5 1/3 oz- 198 cals



Mashed sweet potatoes with butter
249 cals



Tomato and avocado salad
117 cals

Day 7

1834 cals ● 115g protein (25%) ● 59g fat (29%) ● 176g carbs (38%) ● 34g fiber (7%)

Breakfast

295 cals, 13g protein, 41g net carbs, 8g fat



Waffles & Greek yogurt
2 waffle(s)- 237 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

245 cals, 7g protein, 28g net carbs, 10g fat



Carrot sticks
1 carrot(s)- 27 cals



Mixed nuts
1/8 cup(s)- 109 cals



Pretzels
110 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

565 cals, 27g protein, 66g net carbs, 14g fat



Veggie burger patty
2 patty- 254 cals



Couscous
151 cals



Roasted carrots
3 carrots(s)- 158 cals

Dinner

565 cals, 32g protein, 39g net carbs, 27g fat



Simple roasted cod
5 1/3 oz- 198 cals



Mashed sweet potatoes with butter
249 cals



Tomato and avocado salad
117 cals

Dairy and Egg Products

- ☐ eggs
5 large (250g)
- ☐ butter
5 tsp (23g)
- ☐ cheddar cheese
1/2 cup, shredded (57g)
- ☐ nonfat greek yogurt, plain
3/4 cup (210g)

Other

- ☐ baked chips, any flavor
36 crips (84g)
- ☐ protein powder, chocolate
1 scoop (1/3 cup ea) (31g)
- ☐ sriracha chili sauce
3/4 tbsp (11g)
- ☐ nutritional yeast
1 cup (60g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ veggie burger patty
4 patty (284g)

Fruits and Fruit Juices

- ☐ grapes
2 1/4 cup (207g)
- ☐ avocados
2 3/4 avocado(s) (553g)
- ☐ lemon
1 small (65g)
- ☐ lime juice
2 1/4 tbsp (34mL)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ Grapefruit
2 1/2 large (approx 4-1/2" dia) (830g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1/2 cup (41g)

Beverages

Fats and Oils

- ☐ oil
1 1/2 oz (42mL)
- ☐ olive oil
1 oz (33mL)

Spices and Herbs

- ☐ garlic powder
1/2 tsp (2g)
- ☐ salt
1/2 tbsp (10g)
- ☐ black pepper
1/2 tsp, ground (1g)
- ☐ ground cumin
1 dash (0g)
- ☐ onion powder
1 dash (0g)
- ☐ dijon mustard
1 tbsp (15g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1 cup (286g)

Sweets

- ☐ honey
1 tbsp (21g)

Baked Products

- ☐ pita bread
4 pita, small (4" dia) (112g)
- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ frozen waffles
6 waffles (210g)

Snacks

- ☐ large granola bar
2 bar (74g)
- ☐ pretzels, hard, salted
2 oz (57g)

Finfish and Shellfish Products

- ☐ salmon
1 fillet/s (6 oz each) (170g)

- ☐ **water**
12 cup(s) (2804mL)
- ☐ **protein powder**
10 1/2 scoop (1/3 cup ea) (326g)

Legumes and Legume Products

- ☐ **peanut butter**
3 tbsp (48g)
- ☐ **soy sauce**
1 tsp (5mL)
- ☐ **firm tofu**
1/2 lbs (198g)
- ☐ **tempeh**
1/2 lbs (227g)
- ☐ **roasted peanuts**
1/2 cup (73g)

Vegetables and Vegetable Products

- ☐ **kale leaves**
1 bunch (191g)
- ☐ **garlic**
1 1/2 clove (5g)
- ☐ **onion**
2 1/4 tbsp minced (34g)
- ☐ **tomatoes**
1 medium whole (2-3/5" dia) (138g)
- ☐ **cauliflower**
4 head small (4" dia.) (1060g)
- ☐ **carrots**
15 medium (903g)
- ☐ **sweet potatoes**
2 sweetpotato, 5" long (420g)

- ☐ **shrimp, raw**
4 oz (113g)
- ☐ **cod, raw**
2/3 lbs (302g)

Cereal Grains and Pasta

- ☐ **instant couscous, flavored**
1 box (5.8 oz) (151g)

Nut and Seed Products

- ☐ **mixed nuts**
4 tbsp (34g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Chocolate peanut butter protein oats

234 cals ● 18g protein ● 10g fat ● 15g carbs ● 3g fiber



For single meal:

oatmeal, old-fashioned oats, rolled oats

4 tbsp (20g)

water

1/2 cup(s) (119mL)

peanut butter

1 tbsp (16g)

protein powder, chocolate

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

oatmeal, old-fashioned oats, rolled oats

1/2 cup (41g)

water

1 cup(s) (237mL)

peanut butter

2 tbsp (32g)

protein powder, chocolate

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

1. Cook oats and water according to the package.
2. When done, mix in the protein powder and peanut butter.
3. Serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Basic fried eggs

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



For single meal:

eggs

1 large (50g)

oil

1/4 tsp (1mL)

For all 2 meals:

eggs

2 large (100g)

oil

1/2 tsp (3mL)

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.

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:	For all 2 meals:
Grapefruit 1/2 large (approx 4-1/2" dia) (166g)	Grapefruit 1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

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



For single meal:	For all 2 meals:
large granola bar 1 bar (37g)	large granola bar 2 bar (74g)

1. The recipe has no instructions.

Breakfast 3
Eat on day 5, day 6, and day 7

Waffles & Greek yogurt
2 waffle(s) - 237 cals ● 12g protein ● 8g fat ● 29g carbs ● 1g fiber



For single meal:	For all 3 meals:
frozen waffles 2 waffles (70g) nonfat greek yogurt, plain 4 tbsp (70g)	frozen waffles 6 waffles (210g) nonfat greek yogurt, plain 3/4 cup (210g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia) (498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Lunch 1 [↗](#)

Eat on day 1

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.

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

tempeh
4 oz (113g)
oil
2 tsp (10mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:
barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:
barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Honey glazed carrots

85 cals ● 1g protein ● 2g fat ● 12g carbs ● 3g fiber



For single meal:

- butter**
4 dash (2g)
- carrots**
4 oz (113g)
- water**
1/8 cup(s) (20mL)
- honey**
1/4 tbsp (5g)
- salt**
1/2 dash (0g)
- lemon juice**
1/4 tbsp (4mL)

For all 2 meals:

- butter**
1 tsp (5g)
- carrots**
1/2 lbs (227g)
- water**
1/6 cup(s) (39mL)
- honey**
1/2 tbsp (11g)
- salt**
1 dash (1g)
- lemon juice**
1/2 tbsp (8mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Roasted peanuts

1/4 cup(s) - 230 cal● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

- roasted peanuts**
4 tbsp (37g)

For all 2 meals:

- roasted peanuts**
1/2 cup (73g)

1. The recipe has no instructions.

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cal● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



For single meal:

bagel
1/2 medium bagel (3-1/2" to 4" dia)
(53g)
ground cumin
1/2 dash (0g)
oil
1/4 tsp (1mL)
onion powder
1/2 dash (0g)
avocados, sliced
1/4 avocado(s) (50g)
tempeh, cut into strips
2 oz (57g)

For all 2 meals:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
ground cumin
1 dash (0g)
oil
1/2 tsp (3mL)
onion powder
1 dash (0g)
avocados, sliced
1/2 avocado(s) (101g)
tempeh, cut into strips
4 oz (113g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

Couscous

151 cal ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



For single meal:
instant couscous, flavored
1/4 box (5.8 oz) (41g)

For all 2 meals:
instant couscous, flavored
1/2 box (5.8 oz) (82g)

1. Follow instructions on package.

Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



For single meal:
oil
1/2 tbsp (8mL)
carrots, sliced
3 large (216g)

For all 2 meals:
oil
1 tbsp (15mL)
carrots, sliced
6 large (432g)

1. Preheat oven to 400°F (200°C).
 2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

Baked chips

12 crisps - 122 cals ● 2g protein ● 3g fat ● 21g carbs ● 1g fiber



For single meal:

baked chips, any flavor
12 crisps (28g)

For all 3 meals:

baked chips, any flavor
36 crisps (84g)

1. Enjoy.

Grapes

44 cals ● 1g protein ● 0g fat ● 7g carbs ● 3g fiber



For single meal:

grapes
3/4 cup (69g)

For all 3 meals:

grapes
2 1/4 cup (207g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Cheese and guac tacos

1 taco(s) - 175 cals ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

cheddar cheese
4 tbsp, shredded (28g)
guacamole, store-bought
2 tbsp (31g)

For all 2 meals:

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.
-

Snacks 3 [↗](#)

Eat on day 6 and day 7

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.
-

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. The recipe has no instructions.
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Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

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

Eat on day 1

Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



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.

Spicy sriracha peanut tofu

341 cal ● 20g protein ● 24g fat ● 10g carbs ● 1g fiber



sriracha chili sauce
3/4 tbsp (11g)
peanut butter
1 tbsp (16g)
soy sauce
1 tsp (5mL)
water
1/6 cup(s) (39mL)
oil
1/2 tbsp (8mL)
firm tofu, patted dry & cubed
1/2 lbs (198g)
garlic, minced
1 clove (3g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
 2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
 3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
 4. Serve.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. The recipe has no instructions.
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Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

vegan sausage

1 sausage (100g)

For all 2 meals:

vegan sausage

2 sausage (200g)

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

2 pita bread(s) - 156 cals ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



For single meal:

pita bread

2 pita, small (4" dia) (56g)

For all 2 meals:

pita bread

4 pita, small (4" dia) (112g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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Dinner 3 [↗](#)

Eat on day 4

Honey dijon salmon

6 oz - 402 cals ● 35g protein ● 24g fat ● 9g carbs ● 1g fiber



Makes 6 oz

salmon

1 fillet/s (6 oz each) (170g)

dijon mustard

1 tbsp (15g)

honey

1/2 tbsp (11g)

olive oil

1 tsp (5mL)

garlic, minced

1/2 clove (2g)

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.

Simple kale & avocado salad

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



kale leaves, chopped

1/4 bunch (43g)

avocados, chopped

1/4 avocado(s) (50g)

lemon, juiced

1/4 small (15g)

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.
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Dinner 4 [↗](#)

Eat on day 5

Basic shrimp

4 oz - 137 cals ● 23g protein ● 5g fat ● 0g carbs ● 0g fiber



Makes 4 oz

oil

1 tsp (5mL)

shrimp, raw, peeled & deveined

4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add the shrimp and cook for 2-3 minutes on each side until they turn pink and opaque. Season with salt, pepper or seasoning blend of choice.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped

3/8 bunch (64g)

avocados, chopped

3/8 avocado(s) (75g)

lemon, juiced

3/8 small (22g)

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.

Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



instant couscous, flavored

3/8 box (5.8 oz) (69g)

1. Follow instructions on package.
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Dinner 5 [↗](#)

Eat on day 6 and day 7

Simple roasted cod

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



For single meal:

olive oil
2 tsp (10mL)
cod, raw
1/3 lbs (151g)

For all 2 meals:

olive oil
4 tsp (20mL)
cod, raw
2/3 lbs (302g)

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.

Mashed sweet potatoes with butter

249 cal ● 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.

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

- onion**
1/2 tbsp minced (8g)
- lime juice**
1/2 tbsp (8mL)
- olive oil**
3/8 tsp (2mL)
- garlic powder**
1 dash (0g)
- salt**
1 dash (1g)
- black pepper**
1 dash, ground (0g)
- avocados, cubed**
1/4 avocado(s) (50g)
- tomatoes, diced**
1/4 medium whole (2-3/5" dia) (31g)

For all 2 meals:

- onion**
1 tbsp minced (15g)
- lime juice**
1 tbsp (15mL)
- olive oil**
1/4 tbsp (4mL)
- garlic powder**
2 dash (1g)
- salt**
2 dash (2g)
- black pepper**
2 dash, ground (1g)
- avocados, cubed**
1/2 avocado(s) (101g)
- tomatoes, diced**
1/2 medium whole (2-3/5" dia) (62g)

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- protein powder**
1 1/2 scoop (1/3 cup ea) (47g)
- water**
1 1/2 cup(s) (356mL)

For all 7 meals:

- protein powder**
10 1/2 scoop (1/3 cup ea) (326g)
- water**
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.