

# Meal Plan - 1900 calorie pescetarian meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1921 cals ● 121g protein (25%) ● 99g fat (47%) ● 115g carbs (24%) ● 21g fiber (4%)

### Breakfast

265 cals, 7g protein, 21g net carbs, 14g fat



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Applesauce**  
57 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Snacks

225 cals, 9g protein, 18g net carbs, 12g fat



**Vegan cheese**  
1 1" cube- 91 cals



**Peach**  
1 peach(es)- 66 cals



**Boiled eggs**  
1 egg(s)- 69 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

610 cals, 41g protein, 32g net carbs, 32g fat



**Tuna salad sandwich**  
1 sandwich(es)- 495 cals



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

### Dinner

660 cals, 27g protein, 43g net carbs, 40g fat



**Simple mixed greens salad**  
136 cals



**Shrimp scampi**  
523 cals

## Day 2

1917 cals ● 120g protein (25%) ● 71g fat (33%) ● 161g carbs (33%) ● 40g fiber (8%)

### Breakfast

265 cals, 7g protein, 21g net carbs, 14g fat



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Applesauce**  
57 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Snacks

225 cals, 9g protein, 18g net carbs, 12g fat



**Vegan cheese**  
1 1" cube- 91 cals



**Peach**  
1 peach(es)- 66 cals



**Boiled eggs**  
1 egg(s)- 69 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

605 cals, 32g protein, 38g net carbs, 32g fat



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



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



**Grilled cheese sandwich**  
1/2 sandwich(es)- 248 cals

### Dinner

660 cals, 36g protein, 82g net carbs, 12g fat



**Veggie burger patty**  
2 patty- 254 cals



**Brown rice**  
3/4 cup brown rice, cooked- 172 cals



**Easy chickpea salad**  
234 cals

## Day 3

1885 cals ● 137g protein (29%) ● 55g fat (26%) ● 177g carbs (38%) ● 34g fiber (7%)

### Breakfast

295 cals, 13g protein, 28g net carbs, 13g fat



**Cucumber slices**

1/4 cucumber- 15 cals



**Toast with butter and jelly**

1 1/2 slice(s)- 200 cals



**Basic fried eggs**

1 egg(s)- 80 cals

### Snacks

200 cals, 18g protein, 19g net carbs, 4g fat



**Orange**

1 orange(s)- 85 cals



**Tuna cucumber bites**

115 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

565 cals, 34g protein, 48g net carbs, 25g fat



**Peach**

1 peach(es)- 66 cals



**Crispy chik'n tenders**

6 2/3 tender(s)- 381 cals



**Sunflower seeds**

120 cals

### Dinner

660 cals, 36g protein, 82g net carbs, 12g fat



**Veggie burger patty**

2 patty- 254 cals



**Brown rice**

3/4 cup brown rice, cooked- 172 cals



**Easy chickpea salad**

234 cals

## Day 4

1897 cals ● 134g protein (28%) ● 69g fat (33%) ● 162g carbs (34%) ● 24g fiber (5%)

### Breakfast

295 cals, 13g protein, 28g net carbs, 13g fat



**Cucumber slices**

1/4 cucumber- 15 cals



**Toast with butter and jelly**

1 1/2 slice(s)- 200 cals



**Basic fried eggs**

1 egg(s)- 80 cals

### Snacks

200 cals, 18g protein, 19g net carbs, 4g fat



**Orange**

1 orange(s)- 85 cals



**Tuna cucumber bites**

115 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

565 cals, 34g protein, 48g net carbs, 25g fat



**Peach**

1 peach(es)- 66 cals



**Crispy chik'n tenders**

6 2/3 tender(s)- 381 cals



**Sunflower seeds**

120 cals

### Dinner

670 cals, 32g protein, 67g net carbs, 26g fat



**Simple mixed greens salad**

203 cals



**Vegan meatball sub**

1 sub(s)- 468 cals

## Day 5

1905 cals ● 143g protein (30%) ● 59g fat (28%) ● 167g carbs (35%) ● 33g fiber (7%)

### Breakfast

345 cals, 11g protein, 47g net carbs, 10g fat



**Peach**

1 peach(es)- 66 cals



**Toast with butter**

1 slice(s)- 114 cals



**Simple cinnamon oatmeal with milk**

164 cals

### Snacks

200 cals, 18g protein, 19g net carbs, 4g fat



**Orange**

1 orange(s)- 85 cals



**Tuna cucumber bites**

115 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

525 cals, 45g protein, 34g net carbs, 19g fat



**Flavored rice mix**

143 cals



**Garlic collard greens**

159 cals



**Pan fried tilapia**

6 oz- 223 cals

### Dinner

670 cals, 32g protein, 67g net carbs, 26g fat



**Simple mixed greens salad**

203 cals



**Vegan meatball sub**

1 sub(s)- 468 cals

## Day 6

1943 cals ● 127g protein (26%) ● 76g fat (35%) ● 151g carbs (31%) ● 36g fiber (7%)

### Breakfast

345 cals, 11g protein, 47g net carbs, 10g fat



#### Peach

1 peach(es)- 66 cals



#### Toast with butter

1 slice(s)- 114 cals



#### Simple cinnamon oatmeal with milk

164 cals

### Snacks

200 cals, 14g protein, 5g net carbs, 14g fat



#### Cucumber goat cheese bites

118 cals



#### String cheese

1 stick(s)- 83 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

### Lunch

600 cals, 38g protein, 27g net carbs, 30g fat



#### Roasted carrots

3 carrots(s)- 158 cals



#### Basic tempeh

6 oz- 443 cals

### Dinner

635 cals, 28g protein, 72g net carbs, 22g fat



#### Milk

1/2 cup(s)- 75 cals



#### Caprese pasta salad

485 cals



#### Simple mixed greens and tomato salad

76 cals

## Day 7

1943 cals ● 127g protein (26%) ● 76g fat (35%) ● 151g carbs (31%) ● 36g fiber (7%)

### Breakfast

345 cals, 11g protein, 47g net carbs, 10g fat



#### Peach

1 peach(es)- 66 cals



#### Toast with butter

1 slice(s)- 114 cals



#### Simple cinnamon oatmeal with milk

164 cals

### Snacks

200 cals, 14g protein, 5g net carbs, 14g fat



#### Cucumber goat cheese bites

118 cals



#### String cheese

1 stick(s)- 83 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

### Lunch

600 cals, 38g protein, 27g net carbs, 30g fat



#### Roasted carrots

3 carrots(s)- 158 cals



#### Basic tempeh

6 oz- 443 cals

### Dinner

635 cals, 28g protein, 72g net carbs, 22g fat



#### Milk

1/2 cup(s)- 75 cals



#### Caprese pasta salad

485 cals



#### Simple mixed greens and tomato salad

76 cals

# Grocery List



## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
11 2/3 cup(s) (2771mL)

## Nut and Seed Products

- ☐ almonds  
6 tbsp, whole (54g)
- ☐ mixed nuts  
2 tbsp (17g)
- ☐ sunflower kernels  
1 1/3 oz (38g)

## Fruits and Fruit Juices

- ☐ applesauce  
2 to-go container (~4 oz) (244g)
- ☐ peach  
7 medium (2-2/3" dia) (1050g)
- ☐ orange  
3 orange (462g)

## Vegetables and Vegetable Products

- ☐ carrots  
10 medium (615g)
- ☐ shallots  
3/4 tbsp chopped (8g)
- ☐ garlic  
3 clove(s) (9g)
- ☐ raw celery  
1/2 stalk, small (5" long) (9g)
- ☐ tomatoes  
2 1/2 cup cherry tomatoes (354g)
- ☐ onion  
1/2 small (35g)
- ☐ fresh parsley  
3 sprigs (3g)
- ☐ ketchup  
3 1/3 tbsp (57g)
- ☐ cucumber  
1 3/4 cucumber (8-1/4") (527g)
- ☐ collard greens  
1/2 lbs (227g)

## Other

- ☐ mixed greens  
17 1/4 cup (518g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
1/3 lbs (156g)
- ☐ brown rice  
1/2 cup (95g)

## Finfish and Shellfish Products

- ☐ shrimp, raw  
3 oz (85g)
- ☐ canned tuna  
2 can (364g)
- ☐ tilapia, raw  
6 oz (168g)

## Baked Products

- ☐ bread  
9 slice (288g)

## Spices and Herbs

- ☐ black pepper  
1 1/2 g (2g)
- ☐ salt  
5 g (5g)
- ☐ balsamic vinegar  
1 tbsp (15mL)
- ☐ cinnamon  
1/2 tbsp (4g)
- ☐ dried dill weed  
1 tsp (1g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- ☐ apple cider vinegar  
1 tbsp (1mL)
- ☐ pasta sauce  
1/2 cup (130g)
- ☐ pesto sauce  
2 tbsp (31g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1 can(s) (448g)
- ☐ white beans, canned  
1/2 can(s) (220g)

- ☐ **vegan cheese, block**  
2 1" cube (57g)
- ☐ **veggie burger patty**  
4 patty (284g)
- ☐ **meatless chik'n tenders**  
13 1/3 pieces (340g)
- ☐ **sub roll(s)**  
2 roll(s) (170g)
- ☐ **nutritional yeast**  
2 tsp (3g)
- ☐ **vegan meatballs, frozen**  
8 meatball(s) (240g)

## Fats and Oils

- ☐ **salad dressing**  
1 cup (259mL)
- ☐ **mayonnaise**  
1 1/2 tbsp (23mL)
- ☐ **oil**  
1 3/4 oz (54mL)
- ☐ **olive oil**  
1/2 tbsp (8mL)

## Dairy and Egg Products

- ☐ **butter**  
1/2 stick (55g)
- ☐ **heavy cream**  
2 1/4 tbsp (34mL)
- ☐ **parmesan cheese**  
1 tsp (2g)
- ☐ **eggs**  
4 large (200g)
- ☐ **sliced cheese**  
1 slice (1 oz ea) (28g)
- ☐ **whole milk**  
2 cup(s) (511mL)
- ☐ **fresh mozzarella cheese**  
2 oz (57g)
- ☐ **goat cheese**  
2 oz (57g)
- ☐ **string cheese**  
2 stick (56g)

- ☐ **tempeh**  
3/4 lbs (340g)

## Sweets

- ☐ **jelly**  
1 tbsp (21g)
- ☐ **sugar**  
1 1/2 tbsp (20g)

## Breakfast Cereals

- ☐ **quick oats**  
3/4 cup (60g)

## Meals, Entrees, and Side Dishes

- ☐ **flavored rice mix**  
1/4 pouch (~5.6 oz) (40g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Roasted almonds

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
3 tbsp, whole (27g)

For all 2 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### Applesauce

57 cal ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**  
1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**  
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

### Carrot sticks

1 1/2 carrot(s) - 41 cal ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**carrots**  
1 1/2 medium (92g)

For all 2 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

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## Breakfast 2 [↗](#)

Eat on day 3 and day 4

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### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**

1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**cucumber**

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

1. Slice cucumber into rounds and serve.
- 

### Toast with butter and jelly

1 1/2 slice(s) - 200 cals ● 6g protein ● 7g fat ● 25g carbs ● 3g fiber



For single meal:

**bread**

1 1/2 slice (48g)

**butter**

1/2 tbsp (7g)

**jelly**

1/2 tbsp (11g)

For all 2 meals:

**bread**

3 slice (96g)

**butter**

1 tbsp (14g)

**jelly**

1 tbsp (21g)

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

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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### 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 3 meals:

#### peach

3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.
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### Toast with butter

1 slice(s) - 114 cals ● 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.

### Simple cinnamon oatmeal with milk

164 cals ● 6g protein ● 4g fat ● 23g carbs ● 3g fiber



For single meal:

**sugar**  
1/2 tbsp (7g)  
**cinnamon**  
4 dash (1g)  
**whole milk**  
3/8 cup(s) (90mL)  
**quick oats**  
4 tbsp (20g)

For all 3 meals:

**sugar**  
1 1/2 tbsp (20g)  
**cinnamon**  
1/2 tbsp (4g)  
**whole milk**  
1 cup(s) (270mL)  
**quick oats**  
3/4 cup (60g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

## Lunch 1 [↗](#)

Eat on day 1

### Tuna salad sandwich

1 sandwich(es) - 495 cals ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



Makes 1 sandwich(es)

**bread**  
2 slice (64g)  
**mayonnaise**  
1 1/2 tbsp (23mL)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**canned tuna**  
5 oz (142g)  
**raw celery, chopped**  
1/2 stalk, small (5" long) (9g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)  
**salad dressing**  
2 1/4 tbsp (34mL)

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



## Lunch 2 [↗](#)

Eat on day 2

### Mixed nuts

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



Makes 1/8 cup(s)

**mixed nuts**  
2 tbsp (17g)

1. The recipe has no instructions.

### Chunky canned soup (non-creamy)

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



Makes 1 can(s)

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

### Grilled cheese sandwich

1/2 sandwich(es) - 248 cal ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



Makes 1/2 sandwich(es)

**bread**  
1 slice (32g)  
**butter**  
1/2 tbsp (7g)  
**sliced cheese**  
1 slice (1 oz ea) (28g)

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.

## Lunch 3 [↗](#)

Eat on day 3 and day 4

### 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.

### Crispy chik'n tenders

6 2/3 tender(s) - 381 cals ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



For single meal:

#### meatless chik'n tenders

6 2/3 pieces (170g)

#### ketchup

5 tsp (28g)

For all 2 meals:

#### meatless chik'n tenders

13 1/3 pieces (340g)

#### ketchup

1/4 cup (57g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### sunflower kernels

2/3 oz (19g)

For all 2 meals:

#### sunflower kernels

1 1/3 oz (38g)

1. The recipe has no instructions.

## Lunch 4 [🔗](#)

Eat on day 5

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### Flavored rice mix

143 cal ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



**flavored rice mix**  
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

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### Garlic collard greens

159 cal ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



**collard greens**  
1/2 lbs (227g)  
**oil**  
1/2 tbsp (8mL)  
**salt**  
1 dash (1g)  
**garlic, minced**  
1 1/2 clove(s) (5g)

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

### Pan fried tilapia

6 oz - 223 cal ● 34g protein ● 10g fat ● 0g carbs ● 0g fiber



Makes 6 oz

**olive oil**  
1/2 tbsp (8mL)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**tilapia, raw**  
6 oz (168g)

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.

## Lunch 5 [🔗](#)

Eat on day 6 and day 7

### 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 30 minutes until soft. Serve.

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**tempeh**  
6 oz (170g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**tempeh**  
3/4 lbs (340g)  
**oil**  
2 tbsp (30mL)

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.



## Snacks 1 [🔗](#)

Eat on day 1 and day 2

### Vegan cheese

1 1" cube - 91 cals ● 1g protein ● 7g fat ● 6g carbs ● 0g fiber



For single meal:

**vegan cheese, block**  
1 1" cube (28g)

For all 2 meals:

**vegan cheese, block**  
2 1" cube (57g)

1. Slice and enjoy.

### 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.

### Boiled eggs

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



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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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## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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### 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.

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### Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**canned tuna**  
1 packet (74g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)

For all 3 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.

### Snacks 3 [↗](#)

Eat on day 6 and day 7

#### Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

**dried dill weed**  
4 dash (1g)  
**goat cheese**  
1 oz (28g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**dried dill weed**  
1 tsp (1g)  
**goat cheese**  
2 oz (57g)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)

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

#### 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.

## Dinner 1 [↗](#)

Eat on day 1

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### Simple mixed greens salad

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



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

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

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### Shrimp scampi

523 cals ● 25g protein ● 31g fat ● 34g carbs ● 2g fiber



**butter**  
1 1/2 tbsp (21g)  
**heavy cream**  
2 1/4 tbsp (34mL)  
**uncooked dry pasta**  
1 1/2 oz (43g)  
**water**  
1/6 cup(s) (44mL)  
**parmesan cheese**  
1 tsp (2g)  
**shallots, minced**  
3/4 tbsp chopped (8g)  
**garlic, minced**  
1 1/2 clove (5g)  
**shrimp, raw, shelled and deveined**  
3 oz (85g)

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).

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Veggie burger patty

2 patty - 254 cals ● 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.

### Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

**salt**  
1 1/2 dash (1g)  
**water**  
1/2 cup(s) (119mL)  
**black pepper**  
1 1/2 dash, ground (0g)  
**brown rice**  
4 tbsp (48g)

For all 2 meals:

**salt**  
3 dash (2g)  
**water**  
1 cup(s) (237mL)  
**black pepper**  
3 dash, ground (1g)  
**brown rice**  
1/2 cup (95g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber





For single meal:

- balsamic vinegar**  
1/2 tbsp (8mL)
- apple cider vinegar**  
1/2 tbsp (0mL)
- chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)
- onion, thinly sliced**  
1/4 small (18g)
- tomatoes, halved**  
1/2 cup cherry tomatoes (75g)
- fresh parsley, chopped**  
1 1/2 sprigs (2g)

For all 2 meals:

- balsamic vinegar**  
1 tbsp (15mL)
- apple cider vinegar**  
1 tbsp (1mL)
- chickpeas, canned, drained and rinsed**  
1 can(s) (448g)
- onion, thinly sliced**  
1/2 small (35g)
- tomatoes, halved**  
1 cup cherry tomatoes (149g)
- fresh parsley, chopped**  
3 sprigs (3g)

1. Add all ingredients to a bowl and toss. Serve!

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### Dinner 3 [🔗](#)

Eat on day 4 and day 5

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#### Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

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

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

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#### Vegan meatball sub

1 sub(s) - 468 cal ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



For single meal:

**sub roll(s)**  
1 roll(s) (85g)  
**nutritional yeast**  
1 tsp (1g)  
**pasta sauce**  
4 tbsp (65g)  
**vegan meatballs, frozen**  
4 meatball(s) (120g)

For all 2 meals:

**sub roll(s)**  
2 roll(s) (170g)  
**nutritional yeast**  
2 tsp (3g)  
**pasta sauce**  
1/2 cup (130g)  
**vegan meatballs, frozen**  
8 meatball(s) (240g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

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## Dinner 4 [↗](#)

Eat on day 6 and day 7

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### 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.

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## Caprese pasta salad

485 cals ● 23g protein ● 13g fat ● 61g carbs ● 8g fiber



For single meal:

- uncooked dry pasta**  
2 oz (57g)
- pesto sauce**  
1 tbsp (16g)
- fresh mozzarella cheese, torn into pieces**  
1 oz (28g)
- white beans, canned, drained & rinsed**  
1/4 can(s) (110g)
- tomatoes, halved**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:

- uncooked dry pasta**  
4 oz (113g)
- pesto sauce**  
2 tbsp (31g)
- fresh mozzarella cheese, torn into pieces**  
2 oz (57g)
- white beans, canned, drained & rinsed**  
1/2 can(s) (220g)
- tomatoes, halved**  
1/2 cup cherry tomatoes (75g)

1. Cook the pasta according to the package instructions. Drain and set aside.
2. Optional: While the pasta cooks, roast halved cherry tomatoes on a baking sheet in a 400°F (200°C) oven for 10–15 minutes, until soft and bursting.
3. In a large bowl, combine the cooked pasta, tomatoes, white beans, mozzarella, and pesto. Season with salt and pepper to taste. Enjoy!

Simple mixed greens and tomato salad

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



For single meal:

- mixed greens**  
1 1/2 cup (45g)
- tomatoes**  
4 tbsp cherry tomatoes (37g)
- salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

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

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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# Protein Supplement(s)

Eat every day

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## 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.

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