

Meal Plan - 2000 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

1914 cals ● 165g protein (34%) ● 83g fat (39%) ● 99g carbs (21%) ● 28g fiber (6%)

Breakfast

290 cals, 17g protein, 20g net carbs, 14g fat



Veggie mason jar omelet
1 jar(s)- 155 cals



Toast with butter and jelly
1 slice(s)- 133 cals

Snacks

215 cals, 17g protein, 22g net carbs, 4g fat



Protein shake (milk)
129 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

625 cals, 28g protein, 38g net carbs, 34g fat



Walnuts
1/4 cup(s)- 175 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Edamame slaw salad bowl
294 cals

Dinner

625 cals, 66g protein, 18g net carbs, 29g fat



Broiled tilapia
10 2/3 oz- 453 cals



Simple salad with celery, cucumber & tomato
171 cals

Day 2

1956 cals ● 135g protein (28%) ● 76g fat (35%) ● 147g carbs (30%) ● 39g fiber (8%)

Breakfast

290 cals, 17g protein, 20g net carbs, 14g fat



Veggie mason jar omelet
1 jar(s)- 155 cals



Toast with butter and jelly
1 slice(s)- 133 cals

Snacks

215 cals, 17g protein, 22g net carbs, 4g fat



Protein shake (milk)
129 cals



Orange
1 orange(s)- 85 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

625 cals, 28g protein, 38g net carbs, 34g fat



Walnuts
1/4 cup(s)- 175 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Edamame slaw salad bowl
294 cals

Dinner

665 cals, 36g protein, 65g net carbs, 22g fat



White bean cassoulet
385 cals



Simple Greek cucumber salad
281 cals

Day 3

2043 cals ● 126g protein (25%) ● 70g fat (31%) ● 176g carbs (35%) ● 52g fiber (10%)

Breakfast

365 cals, 17g protein, 24g net carbs, 18g fat



Double chocolate protein shake
69 cals



Pear
1 pear(s)- 113 cals



Pecans
1/4 cup- 183 cals

Snacks

270 cals, 8g protein, 21g net carbs, 14g fat



Orange
1 orange(s)- 85 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

575 cals, 29g protein, 64g net carbs, 14g fat



Quinoa and black beans
389 cals



Milk
1 1/4 cup(s)- 186 cals

Dinner

665 cals, 36g protein, 65g net carbs, 22g fat



White bean cassoulet
385 cals



Simple Greek cucumber salad
281 cals

Day 4

2005 cals ● 132g protein (26%) ● 93g fat (42%) ● 131g carbs (26%) ● 29g fiber (6%)

Breakfast

365 cals, 17g protein, 24g net carbs, 18g fat



Double chocolate protein shake
69 cals



Pear
1 pear(s)- 113 cals



Pecans
1/4 cup- 183 cals

Snacks

270 cals, 8g protein, 21g net carbs, 14g fat



Orange
1 orange(s)- 85 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

580 cals, 36g protein, 61g net carbs, 18g fat



Instant mashed potatoes
207 cals



Vegan sausage
1 sausage(s)- 268 cals



Roasted carrots
2 carrots(s)- 106 cals

Dinner

625 cals, 35g protein, 23g net carbs, 42g fat



Basic tofu
8 oz- 342 cals



Simple Greek cucumber salad
281 cals

Day 5

2045 cal ● 136g protein (27%) ● 98g fat (43%) ● 118g carbs (23%) ● 36g fiber (7%)

Breakfast

365 cal, 17g protein, 24g net carbs, 18g fat



Double chocolate protein shake
69 cal



Pear
1 pear(s)- 113 cal



Pecans
1/4 cup- 183 cal

Snacks

270 cal, 8g protein, 21g net carbs, 14g fat



Orange
1 orange(s)- 85 cal



Pistachios
188 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

615 cal, 33g protein, 32g net carbs, 35g fat



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



Tofu spinach salad
370 cal

Dinner

625 cal, 43g protein, 40g net carbs, 29g fat



Milk
1 cup(s)- 149 cal



Vegan bangers and cauliflower mash
1 sausage link(s)- 361 cal



Easy chickpea salad
117 cal



Day 6

2007 cals ● 130g protein (26%) ● 67g fat (30%) ● 180g carbs (36%) ● 41g fiber (8%)

Breakfast

315 cals, 13g protein, 29g net carbs, 12g fat



Avocado toast

1 slice(s)- 168 cals



Orange

1 orange(s)- 85 cals



Scrambled egg whites

61 cals

Snacks

245 cals, 9g protein, 15g net carbs, 14g fat



Celery and peanut butter

109 cals



Roasted chickpeas

1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

655 cals, 29g protein, 95g net carbs, 10g fat



Peas

106 cals



Veggie burger

2 burger- 550 cals

Dinner

625 cals, 43g protein, 40g net carbs, 29g fat



Milk

1 cup(s)- 149 cals



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cals



Easy chickpea salad

117 cals

Day 7

1974 cals ● 126g protein (26%) ● 46g fat (21%) ● 219g carbs (44%) ● 45g fiber (9%)

Breakfast

315 cals, 13g protein, 29g net carbs, 12g fat



Avocado toast

1 slice(s)- 168 cals



Orange

1 orange(s)- 85 cals



Scrambled egg whites

61 cals

Snacks

245 cals, 9g protein, 15g net carbs, 14g fat



Celery and peanut butter

109 cals



Roasted chickpeas

1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

655 cals, 29g protein, 95g net carbs, 10g fat



Peas

106 cals



Veggie burger

2 burger- 550 cals

Dinner

595 cals, 39g protein, 78g net carbs, 8g fat



Spiced chickpea tabbouleh bowl

455 cals



Protein greek yogurt

1 container- 139 cals

Grocery List



Beverages

- ☐ protein powder
11 1/2 scoop (1/3 cup ea) (357g)
- ☐ water
12 cup(s) (2844mL)

Dairy and Egg Products

- ☐ eggs
4 large (200g)
- ☐ butter
2 tsp (9g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ whole milk
4 1/4 cup(s) (1020mL)
- ☐ nonfat greek yogurt, plain
2 3/4 container (473g)
- ☐ egg whites
1/2 cup (122g)

Vegetables and Vegetable Products

- ☐ bell pepper
1 small (74g)
- ☐ onion
2 1/2 medium (2-1/2" dia) (260g)
- ☐ raw celery
4 1/3 stalk, medium (7-1/2" - 8" long) (173g)
- ☐ cucumber
4 cucumber (8-1/4") (1166g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (241g)
- ☐ edamame, frozen, shelled
1 1/2 cup (177g)
- ☐ carrots
7 medium (438g)
- ☐ garlic
3 3/4 clove(s) (11g)
- ☐ red onion
3/4 medium (2-1/2" dia) (83g)
- ☐ frozen corn kernels
4 tbsp (34g)
- ☐ mashed potato mix
2 oz (57g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ fresh spinach
1 1/2 cup(s) (45g)
- ☐ frozen peas
2 cup (268g)

Finfish and Shellfish Products

- ☐ tilapia, raw
2/3 lbs (299g)

Fats and Oils

- ☐ olive oil
2 oz (65mL)
- ☐ salad dressing
1/2 cup (120mL)
- ☐ oil
2 1/2 oz (79mL)

Other

- ☐ mixed greens
1 1/2 package (5.5 oz) (217g)
- ☐ coleslaw mix
4 1/2 cup (405g)
- ☐ protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ frozen cauliflower
1 1/2 cup (170g)
- ☐ Roasted chickpeas
1/2 cup (57g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ protein greek yogurt, flavored
1 container (150g)

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ pecans
3/4 cup, halves (74g)
- ☐ pistachios, shelled
3/4 cup (92g)
- ☐ sunflower kernels
1/4 tbsp (3g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
7/8 cup(s) (mL)
- ☐ apple cider vinegar
1/2 tbsp (0mL)
- ☐ chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

- ☐ ketchup
4 tbsp (68g)

Baked Products

- ☐ bread
4 slice (128g)
- ☐ hamburger buns
4 bun(s) (204g)

Sweets

- ☐ jelly
2 tsp (14g)
- ☐ cocoa powder
1/2 tbsp (3g)

Fruits and Fruit Juices

- ☐ lemon juice
1/4 cup (51mL)
- ☐ orange
7 orange (1078g)
- ☐ pears
3 medium (534g)
- ☐ avocados
3/4 avocado(s) (151g)

Spices and Herbs

- ☐ black pepper
3 dash, ground (1g)
- ☐ salt
1/2 tsp (3g)
- ☐ dried dill weed
1 tbsp (3g)
- ☐ red wine vinegar
1 tbsp (15mL)
- ☐ ground cumin
1 tsp (2g)
- ☐ cayenne pepper
1/2 dash (0g)
- ☐ balsamic vinegar
1/2 tbsp (8mL)

Legumes and Legume Products

- ☐ white beans, canned
1 can(s) (439g)
- ☐ black beans
1/2 can(s) (220g)
- ☐ firm tofu
3/4 lbs (340g)
- ☐ chickpeas, canned
1 can(s) (411g)
- ☐ soy sauce
1 tbsp (15mL)
- ☐ peanut butter
2 tbsp (32g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
3 tbsp (32g)
- ☐ instant couscous, flavored
3/8 box (5.8 oz) (69g)



Breakfast 1 [↗](#)

Eat on day 1 and day 2

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 2 meals:

eggs
4 large (200g)
bell pepper, chopped
1 small (74g)
onion, diced
1/2 small (35g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Double chocolate protein shake

69 cals ● 14g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

water
1/2 cup(s) (119mL)
cocoa powder
4 dash (1g)
nonfat greek yogurt, plain
1 tbsp (18g)
protein powder, chocolate
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

water
1 1/2 cup(s) (356mL)
cocoa powder
1/2 tbsp (3g)
nonfat greek yogurt, plain
3 tbsp (53g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. The recipe has no instructions.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 3 meals:

pecans
3/4 cup, halves (74g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Orange

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



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. The recipe has no instructions.

Scrambled egg whites

61 cal ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

egg whites

4 tbsp (61g)

oil

1/4 tbsp (4mL)

For all 2 meals:

egg whites

1/2 cup (122g)

oil

1/2 tbsp (8mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. The recipe has no instructions.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Edamame slaw salad bowl

294 cals ● 12g protein ● 14g fat ● 20g carbs ● 11g fiber



For single meal:

edamame, frozen, shelled
3/4 cup (89g)
coleslaw mix
2 1/4 cup (203g)
salad dressing
3 tbsp (45mL)
carrots, sliced into matchsticks
1 1/2 small (5-1/2" long) (75g)

For all 2 meals:

edamame, frozen, shelled
1 1/2 cup (177g)
coleslaw mix
4 1/2 cup (405g)
salad dressing
6 tbsp (90mL)
carrots, sliced into matchsticks
3 small (5-1/2" long) (150g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing.
Serve.

Lunch 2 [↗](#)

Eat on day 3

Quinoa and black beans

389 cals ● 20g protein ● 4g fat ● 50g carbs ● 19g fiber



quinoa, uncooked
3 tbsp (32g)
ground cumin
2 dash (1g)
frozen corn kernels
4 tbsp (34g)
oil
1/4 tsp (1mL)
vegetable broth
3/8 cup(s) (mL)
cayenne pepper
1/2 dash (0g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
garlic, chopped
3/4 clove(s) (2g)
black beans, rinsed and drained
1/2 can(s) (220g)

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



Makes 1 1/4 cup(s)

whole milk

1 1/4 cup(s) (300mL)

1. The recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4

Instant mashed potatoes

207 cals ● 6g protein ● 1g fat ● 40g carbs ● 4g fiber



mashed potato mix

2 oz (57g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

Vegan sausage

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



Makes 1 sausage(s)

vegan sausage

1 sausage (100g)

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

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

oil

1 tsp (5mL)

carrots, sliced

2 large (144g)

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.
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Lunch 4 [🔗](#)

Eat on day 5

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 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.

Tofu spinach salad

370 cals ● 15g protein ● 28g fat ● 9g carbs ● 6g fiber

**sunflower kernels**

1/4 tbsp (3g)

soy sauce

1 tbsp (15mL)

ground cumin

2 dash (1g)

lemon juice

1 tbsp (15mL)

tomatoes

3 cherry tomatoes (51g)

fresh spinach, chopped

1 1/2 cup(s) (45g)

oil, divided

1 tbsp (15mL)

firm tofu, drained, pressed, and cubed

1/4 package (16 oz) (113g)

avocados, cubed

1/4 avocado(s) (50g)

garlic, minced

1 clove(s) (3g)

1. Preheat the oven to 400°F (200°C).
 2. In a small bowl, mix together the soy sauce, garlic, cumin, and half of the oil.
 3. Add in the cubed tofu and mix until well-coated.
 4. Optional: wrap in plastic and marinate in the refrigerator for a few hours or overnight.
 5. Place some greased parchment paper onto a baking sheet. Add tofu.
 6. Bake in oven for 30 minutes, flipping halfway through.
 7. Assemble salad by placing the tofu, tomatoes, and avocado on a bed of spinach.
 8. Top with lemon juice, sunflower kernels, remaining oil, and salt/pepper to taste.
 9. Toss and serve.
 10. Storage note: if meal prepping, store extra tofu in an airtight container in the fridge. Mix the dressing and store separately also in an airtight container in the fridge. Mix all elements together right before eating.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Peas

106 cals ● 7g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

frozen peas
1 cup (134g)

For all 2 meals:

frozen peas
2 cup (268g)

1. Prepare according to instructions on package.
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Veggie burger

2 burger - 550 cals ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)
veggie burger patty
2 patty (142g)

For all 2 meals:

hamburger buns
4 bun(s) (204g)
ketchup
4 tbsp (68g)
mixed greens
4 oz (113g)
veggie burger patty
4 patty (284g)

1. Cook patty according to instructions on package.
 2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.
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Snacks 1 [↗](#)

Eat on day 1 and day 2

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk

1/2 cup(s) (120mL)

protein powder

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

For all 2 meals:

whole milk

1 cup(s) (240mL)

protein powder

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

1. Mix until well-combined.
2. Serve.

Orange

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



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. The recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled

4 tbsp (31g)

For all 3 meals:

pistachios, shelled

3/4 cup (92g)

1. The recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 tbsp (16g)

For all 2 meals:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

peanut butter

2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

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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Dinner 1 [🔗](#)

Eat on day 1

Broiled tilapia

10 2/3 oz - 453 cal ● 60g protein ● 23g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

lemon juice

2 tsp (10mL)

black pepper

1/3 tsp, ground (1g)

tilapia, raw

2/3 lbs (299g)

olive oil

4 tsp (20mL)

salt

1/3 tsp (2g)

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.

Simple salad with celery, cucumber & tomato

171 cal ● 6g protein ● 6g fat ● 17g carbs ● 5g fiber



salad dressing

2 tbsp (30mL)

raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

mixed greens

2/3 package (5.5 oz) (103g)

cucumber, sliced

2/3 cucumber (8-1/4") (201g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Dinner 2 [↗](#)

Eat on day 2 and day 3

White bean cassoulet

385 cals ● 18g protein ● 8g fat ● 47g carbs ● 14g fiber



For single meal:

vegetable broth

1/4 cup(s) (mL)

oil

1/2 tbsp (8mL)

raw celery, thinly sliced

1/2 stalk, medium (7-1/2" - 8" long)
(20g)

carrots, peeled & slices

1 large (72g)

onion, diced

1/2 medium (2-1/2" dia) (55g)

garlic, minced

1 clove(s) (3g)

**white beans, canned, drained &
rinsed**

1/2 can(s) (220g)

For all 2 meals:

vegetable broth

1/2 cup(s) (mL)

oil

1 tbsp (15mL)

raw celery, thinly sliced

1 stalk, medium (7-1/2" - 8" long)
(40g)

carrots, peeled & slices

2 large (144g)

onion, diced

1 medium (2-1/2" dia) (110g)

garlic, minced

2 clove(s) (6g)

**white beans, canned, drained &
rinsed**

1 can(s) (439g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

- nonfat greek yogurt, plain**
1/2 cup (140g)
- lemon juice**
1/2 tbsp (8mL)
- dried dill weed**
1 tsp (1g)
- red wine vinegar**
1 tsp (5mL)
- olive oil**
1 tbsp (15mL)
- red onion, thinly sliced**
1/4 medium (2-1/2" dia) (28g)
- cucumber, sliced into half moons**
1 cucumber (8-1/4") (301g)

For all 2 meals:

- nonfat greek yogurt, plain**
1 cup (280g)
- lemon juice**
1 tbsp (15mL)
- dried dill weed**
2 tsp (2g)
- red wine vinegar**
2 tsp (10mL)
- olive oil**
2 tbsp (30mL)
- red onion, thinly sliced**
1/2 medium (2-1/2" dia) (55g)
- cucumber, sliced into half moons**
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Dinner 3 [↗](#)

Eat on day 4

Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

- oil**
4 tsp (20mL)
- firm tofu**
1/2 lbs (227g)

1. Slice tofu 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.

Simple Greek cucumber salad

281 cal ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Dinner 4 [🔗](#)

Eat on day 5 and day 6

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



For single meal:

frozen cauliflower
3/4 cup (85g)
oil
1/2 tbsp (8mL)
vegan sausage
1 sausage (100g)
onion, thinly sliced
1/2 small (35g)

For all 2 meals:

frozen cauliflower
1 1/2 cup (170g)
oil
1 tbsp (15mL)
vegan sausage
2 sausage (200g)
onion, thinly sliced
1 small (70g)

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

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

balsamic vinegar
1/4 tbsp (4mL)
apple cider vinegar
1/4 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/4 can(s) (112g)
onion, thinly sliced
1/8 small (9g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
fresh parsley, chopped
3/4 sprigs (1g)

For all 2 meals:

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)

1. Add all ingredients to a bowl and toss.
Serve!
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Dinner 5 [🔗](#)

Eat on day 7

Spiced chickpea tabbouleh bowl

455 cals ● 19g protein ● 5g fat ● 70g carbs ● 13g fiber



instant couscous, flavored

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

oil

1/4 tsp (1mL)

ground cumin

3 1/3 dash (1g)

lemon juice

1/4 tbsp (3mL)

cucumber, chopped

1/4 cucumber (8-1 1/4") (63g)

chickpeas, canned, drained & rinsed

3/8 can(s) (187g)

tomatoes, chopped

3/8 roma tomato (33g)

fresh parsley, chopped

1 2/3 sprigs (2g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored

1 container (150g)

1. Enjoy.

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.
