

Meal Plan - 2100 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

2050 cals ● 135g protein (26%) ● 45g fat (20%) ● 247g carbs (48%) ● 30g fiber (6%)

Breakfast

345 cals, 22g protein, 39g net carbs, 9g fat



Milk
1/2 cup(s)- 75 cals



Cinnamon banana protein oats
269 cals

Lunch

680 cals, 35g protein, 84g net carbs, 20g fat



Banana
2 banana(s)- 233 cals



Lowfat yogurt
1 container(s)- 181 cals



Simple sardine salad
265 cals

Snacks

315 cals, 20g protein, 41g net carbs, 6g fat



Peach
1 peach(es)- 66 cals



Breakfast cereal with protein milk
248 cals

Dinner

550 cals, 22g protein, 82g net carbs, 10g fat



Veggie burger
2 burger- 550 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 2

2122 cals ● 152g protein (29%) ● 56g fat (24%) ● 228g carbs (43%) ● 25g fiber (5%)

Breakfast

345 cals, 22g protein, 39g net carbs, 9g fat



Milk

1/2 cup(s)- 75 cals



Cinnamon banana protein oats

269 cals

Snacks

315 cals, 20g protein, 41g net carbs, 6g fat



Peach

1 peach(es)- 66 cals



Breakfast cereal with protein milk

248 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

680 cals, 35g protein, 84g net carbs, 20g fat



Banana

2 banana(s)- 233 cals



Lowfat yogurt

1 container(s)- 181 cals



Simple sardine salad

265 cals

Dinner

625 cals, 39g protein, 63g net carbs, 21g fat



Strawberries

1 cup(s)- 52 cals



Seitan philly cheesesteak

1 sub(s)- 571 cals

Day 3

2098 cals ● 134g protein (26%) ● 91g fat (39%) ● 147g carbs (28%) ● 40g fiber (8%)

Breakfast

350 cals, 21g protein, 35g net carbs, 6g fat



High fiber cereal
227 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Snacks

295 cals, 12g protein, 24g net carbs, 16g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Milk
3/4 cup(s)- 112 cals



Nectarine
1 nectarine(s)- 70 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

645 cals, 30g protein, 30g net carbs, 41g fat



Clam chowder
1/2 can(s)- 182 cals



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals



Pumpkin seeds
183 cals

Dinner

640 cals, 35g protein, 57g net carbs, 28g fat



Peach
1 peach(es)- 66 cals



Tomato and avocado salad
117 cals



Crispy chik'n tenders
8 tender(s)- 457 cals

Day 4

2110 cals ● 133g protein (25%) ● 95g fat (40%) ● 133g carbs (25%) ● 48g fiber (9%)

Breakfast

350 cals, 21g protein, 35g net carbs, 6g fat



High fiber cereal
227 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Snacks

295 cals, 12g protein, 24g net carbs, 16g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Milk
3/4 cup(s)- 112 cals



Nectarine
1 nectarine(s)- 70 cals

Lunch

645 cals, 30g protein, 30g net carbs, 41g fat



Clam chowder
1/2 can(s)- 182 cals



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals



Pumpkin seeds
183 cals

Dinner

650 cals, 34g protein, 43g net carbs, 31g fat



Cajun tofu
314 cals



Homemade mashed potatoes
179 cals



Garlic collard greens
159 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 5

2090 cals ● 145g protein (28%) ● 66g fat (28%) ● 182g carbs (35%) ● 48g fiber (9%)

Breakfast

350 cals, 21g protein, 35g net carbs, 6g fat



High fiber cereal

227 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Lunch

645 cals, 35g protein, 70g net carbs, 20g fat



Naan bread

1 piece(s)- 262 cals



Peach

1 peach(es)- 66 cals



Salmon & artichoke salad

315 cals

Snacks

295 cals, 12g protein, 24g net carbs, 16g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Milk

3/4 cup(s)- 112 cals



Nectarine

1 nectarine(s)- 70 cals

Dinner

635 cals, 42g protein, 51g net carbs, 23g fat



Flavored rice mix

191 cals



Basic tempeh

6 oz- 443 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 6

2110 cals ● 139g protein (26%) ● 69g fat (29%) ● 204g carbs (39%) ● 30g fiber (6%)

Breakfast

400 cals, 13g protein, 54g net carbs, 13g fat



Small toasted bagel with cream cheese
1 1/2 bagel(s)- 399 cals

Lunch

645 cals, 35g protein, 70g net carbs, 20g fat



Naan bread
1 piece(s)- 262 cals



Peach
1 peach(es)- 66 cals



Salmon & artichoke salad
315 cals

Snacks

270 cals, 14g protein, 27g net carbs, 11g fat



Plain yogurt
1 cup(s)- 155 cals



Sweet potato chips
15 chips- 116 cals

Dinner

635 cals, 42g protein, 51g net carbs, 23g fat



Flavored rice mix
191 cals



Basic tempeh
6 oz- 443 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 7

2101 cals ● 161g protein (31%) ● 76g fat (32%) ● 165g carbs (31%) ● 29g fiber (6%)

Breakfast

400 cals, 13g protein, 54g net carbs, 13g fat



Small toasted bagel with cream cheese
1 1/2 bagel(s)- 399 cals

Lunch

625 cals, 35g protein, 57g net carbs, 20g fat



Simple salad with tomatoes and carrots
196 cals



Simple plant-based deli wrap
1 wrap(s)- 426 cals

Snacks

270 cals, 14g protein, 27g net carbs, 11g fat



Plain yogurt
1 cup(s)- 155 cals



Sweet potato chips
15 chips- 116 cals

Dinner

645 cals, 63g protein, 26g net carbs, 30g fat



Baked fries
193 cals



Broiled tilapia
10 2/3 oz- 453 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Grocery List



Beverages

- protein powder
12 1/2 scoop (1/3 cup ea) (388g)
- water
10 1/2 cup(s) (2489mL)

Dairy and Egg Products

- whole milk
6 1/2 cup(s) (1591mL)
- lowfat flavored yogurt
2 container (6 oz) (340g)
- cheese
1 slice (1 oz each) (28g)
- eggs
3 large (150g)
- low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- cream cheese
1/4 cup (65g)
- plain lowfat yogurt
2 cup (490g)

Spices and Herbs

- cinnamon
1 tsp (3g)
- garlic powder
5 dash (2g)
- salt
1/2 tsp (3g)
- black pepper
1/2 tsp, ground (1g)
- cajun seasoning
1 tsp (2g)

Sweets

- maple syrup
2 tsp (10mL)
- honey
2 tbsp (42g)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats
1/2 cup (41g)
- breakfast cereal
2 serving (60g)

Fruits and Fruit Juices

Other

- mixed greens
2 package (5.5 oz) (297g)
- veggie burger patty
2 patty (142g)
- vinaigrette, store-bought, any flavor
3 tbsp (45mL)
- sub roll(s)
1 roll(s) (85g)
- meatless chick'n tenders
8 pieces (204g)
- high fiber cereal
2 cup (120g)
- sweet potato chips
30 chips (43g)
- plant-based deli slices
7 slices (73g)

Finfish and Shellfish Products

- sardines, canned in oil
2 can (184g)
- canned salmon
1/2 lbs (255g)
- tilapia, raw
2/3 lbs (299g)

Fats and Oils

- oil
2 oz (61mL)
- olive oil
2/3 oz (22mL)
- balsamic vinaigrette
6 tbsp (90mL)
- salad dressing
1 1/2 tbsp (23mL)

Cereal Grains and Pasta

- seitan
3 oz (85g)

Soups, Sauces, and Gravies

- canned clam chowder
1 can (18.5 oz) (519g)

Nut and Seed Products

- banana**
5 medium (7" to 7-7/8" long) (590g)
- peach**
5 medium (2-2/3" dia) (750g)
- strawberries**
1 cup, whole (144g)
- lime juice**
1/2 tbsp (8mL)
- avocados**
3/4 avocado(s) (151g)
- nectarine**
3 medium (2-1/2" dia) (426g)
- lemon juice**
2 tsp (10mL)

Baked Products

- hamburger buns**
2 bun(s) (102g)
- bread**
2 slice (64g)
- naan bread**
2 piece(s) (180g)
- bagel**
3 small bagel (3" dia) (207g)
- flour tortillas**
1 tortilla (approx 10" dia) (72g)

Vegetables and Vegetable Products

- ketchup**
4 tbsp (68g)
- onion**
1/3 medium (2-1/2" dia) (35g)
- bell pepper**
1/2 small (37g)
- tomatoes**
3 medium whole (2-3/5" dia) (388g)
- potatoes**
14 1/2 oz (412g)
- collard greens**
1/2 lbs (227g)
- garlic**
1 1/2 clove(s) (5g)
- artichokes, canned**
1 cup hearts (168g)
- carrots**
1/2 medium (31g)
- romaine lettuce**
1 hearts (500g)

- roasted pumpkin seeds, unsalted**
1/2 cup (59g)

Legumes and Legume Products

- roasted peanuts**
6 tbsp (55g)
- firm tofu**
10 oz (284g)
- tempeh**
3/4 lbs (340g)
- hummus**
2 tbsp (30g)

Meals, Entrees, and Side Dishes

- flavored rice mix**
2/3 pouch (~5.6 oz) (105g)

Breakfast 1 ↗

Eat on day 1 and day 2

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.

Cinnamon banana protein oats

269 cals ● 18g protein ● 5g fat ● 33g carbs ● 5g fiber



For single meal:

cinnamon

4 dash (1g)

maple syrup

1 tsp (5mL)

oatmeal, old-fashioned oats, rolled oats

4 tbsp (20g)

whole milk

3/8 cup(s) (90mL)

protein powder

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

banana, sliced

1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

cinnamon

1 tsp (3g)

maple syrup

2 tsp (10mL)

oatmeal, old-fashioned oats, rolled oats

1/2 cup (41g)

whole milk

3/4 cup(s) (180mL)

protein powder

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

banana, sliced

1 medium (7" to 7-7/8" long) (118g)

1. In a microwave-safe bowl, mix together the oats, protein powder, cinnamon, maple syrup, and milk.
2. Microwave for about 1-1.5 minutes.
3. Top with banana slices.
4. Serve.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

High fiber cereal

227 cals ● 7g protein ● 5g fat ● 21g carbs ● 18g fiber



For single meal:

high fiber cereal
2/3 cup (40g)
whole milk
1/2 cup(s) (120mL)

For all 3 meals:

high fiber cereal
2 cup (120g)
whole milk
1 1/2 cup(s) (360mL)

1. Add cereal and milk to a bowl and serve.

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
honey
2 tbsp (42g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Breakfast 3 ↗

Eat on day 6 and day 7

Small toasted bagel with cream cheese

1 1/2 bagel(s) - 399 cals ● 13g protein ● 13g fat ● 54g carbs ● 2g fiber



For single meal:

bagel
1 1/2 small bagel (3" dia) (104g)
cream cheese
2 1/4 tbsp (33g)

For all 2 meals:

bagel
3 small bagel (3" dia) (207g)
cream cheese
1/4 cup (65g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

Lunch 1 ↗

Eat on day 1 and day 2

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana
2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

banana
4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. The recipe has no instructions.

Simple sardine salad

265 cals ● 24g protein ● 17g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
vinaigrette, store-bought, any flavor
1 1/2 tbsp (23mL)
sardines, canned in oil, drained
1 can (92g)

For all 2 meals:

mixed greens
3 cup (90g)
vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Lunch 2 ↗

Eat on day 3 and day 4

Clam chowder

1/2 can(s) - 182 cals ● 6g protein ● 11g fat ● 13g carbs ● 2g fiber



For single meal:

canned clam chowder
1/2 can (18.5 oz) (260g)

For all 2 meals:

canned clam chowder
1 can (18.5 oz) (519g)

1. Prepare according to instructions on package.

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

garlic powder
2 dash (1g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
tomatoes, halved
3 tbsp cherry tomatoes (28g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

For all 2 meals:

garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
tomatoes, halved
6 tbsp cherry tomatoes (56g)
eggs, hard-boiled and chilled
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 5 and day 6

Naan bread

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



For single meal:

naan bread
1 piece(s) (90g)

For all 2 meals:

naan bread
2 piece(s) (180g)

1. The recipe has no instructions.

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.

Salmon & artichoke salad

315 cals ● 25g protein ● 14g fat ● 15g carbs ● 7g fiber



For single meal:

canned salmon
1/4 lbs (128g)
artichokes, canned
1/2 cup hearts (84g)
mixed greens
2 1/4 cup (68g)
balsamic vinaigrette
3 tbsp (45mL)
tomatoes, halved
1/2 cup cherry tomatoes (74g)

For all 2 meals:

canned salmon
1/2 lbs (255g)
artichokes, canned
1 cup hearts (168g)
mixed greens
4 1/2 cup (135g)
balsamic vinaigrette
6 tbsp (90mL)
tomatoes, halved
1 cup cherry tomatoes (149g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

Lunch 4 ↗

Eat on day 7

Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



salad dressing
1 1/2 tbsp (23mL)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



Makes 1 wrap(s)

plant-based deli slices
7 slices (73g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
mixed greens
1/2 cup (15g)
tomatoes
2 slice(s), thin/small (30g)
hummus
2 tbsp (30g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Snacks 1 ↗

Eat on day 1 and day 2

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.

Breakfast cereal with protein milk

248 cals ● 18g protein ● 5g fat ● 29g carbs ● 3g fiber



For single meal:

breakfast cereal
1 serving (30g)
whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

breakfast cereal
2 serving (60g)
whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup(s) (180mL)

For all 3 meals:

whole milk
2 1/4 cup(s) (540mL)

1. The recipe has no instructions.

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 3 meals:

nectarine, pitted
3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.

Snacks 3 ↗

Eat on day 6 and day 7

Plain yogurt

1 cup(s) - 155 cals ● 13g protein ● 4g fat ● 17g carbs ● 0g fiber



For single meal:

plain lowfat yogurt
1 cup (245g)

For all 2 meals:

plain lowfat yogurt
2 cup (490g)

1. The recipe has no instructions.

Sweet potato chips

15 chips - 116 cals ● 1g protein ● 8g fat ● 10g carbs ● 2g fiber



For single meal:

sweet potato chips
15 chips (21g)

For all 2 meals:

sweet potato chips
30 chips (43g)

1. Serve chips in a bowl and enjoy.

Dinner 1 ↗

Eat on day 1

Veggie burger

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



Makes 2 burger

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

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.

Dinner 2 ↗

Eat on day 2

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



Makes 1 cup(s)

strawberries
1 cup, whole (144g)

1. The recipe has no instructions.

Seitan philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



Makes 1 sub(s)

sub roll(s)

1 roll(s) (85g)

oil

1/2 tbsp (8mL)

cheese

1 slice (1 oz each) (28g)

seitan, cut into strips

3 oz (85g)

onion, chopped

1/4 medium (2-1/2" dia) (28g)

bell pepper, sliced

1/2 small (37g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Dinner 3

Eat on day 3

Peach

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



Makes 1 peach(es)

peach

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

1. The recipe has no instructions.

Tomato and avocado salad

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



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)

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.

Crispy chick'n tenders

8 tender(s) - 457 cals ● 32g protein ● 18g fat ● 41g carbs ● 0g fiber



Makes 8 tender(s)
meatless chick'n tenders
8 pieces (204g)
ketchup
2 tbsp (34g)

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

Dinner 4 ↗

Eat on day 4

Cajun tofu

314 cals ● 22g protein ● 22g fat ● 7g carbs ● 1g fiber



cajun seasoning
1 tsp (2g)
oil
2 tsp (10mL)
firm tofu, patted dry & cubed
10 oz (284g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Homemade mashed potatoes

179 cals ● 5g protein ● 1g fat ● 32g carbs ● 5g fiber



whole milk
1/8 cup(s) (30mL)
potatoes, peeled & cut into chunks
1/2 lbs (227g)

1. Place the potatoes chunks in a large pot and cover with cold water.
2. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are tender, about 15-20 minutes.
3. Drain the potatoes and return them to the pot.
4. Add the milk to the pot. Mash the potatoes with a potato masher, fork, or electric mixer until smooth and creamy.
5. Season with salt and pepper to taste. Serve.

Garlic collard greens

159 cals ● 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.

Dinner 5 ↗

Eat on day 5 and day 6

Flavored rice mix

191 cals ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



For single meal:

flavored rice mix
1/3 pouch (~5.6 oz) (53g)

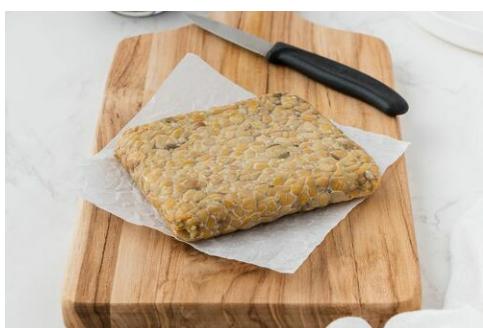
For all 2 meals:

flavored rice mix
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

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.

Dinner 6 ↗

Eat on day 7

Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

oil

1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Broiled tilapia

10 2/3 oz - 453 cals ● 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.

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.