

Meal Plan - 2300 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

2316 cal ● 156g protein (27%) ● 99g fat (38%) ● 175g carbs (30%) ● 27g fiber (5%)

Breakfast

370 cal, 31g protein, 14g net carbs, 20g fat



Pecans

1/4 cup- 183 cal



Cottage cheese and pineapple

186 cal

Snacks

295 cal, 21g protein, 9g net carbs, 17g fat



String cheese

3 stick(s)- 248 cal



Raspberries

2/3 cup(s)- 48 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Lunch

760 cal, 26g protein, 64g net carbs, 40g fat



Roasted peanuts

1/4 cup(s)- 230 cal



Apple

1 apple(s)- 105 cal



Spinach and goat cheese wrap

1 wrap(s)- 427 cal

Dinner

725 cal, 42g protein, 87g net carbs, 21g fat



Lowfat yogurt

1 container(s)- 181 cal



Crispy chik'n tenders

8 tender(s)- 457 cal



Grapes

87 cal

Day 2

2262 cals ● 158g protein (28%) ● 84g fat (33%) ● 182g carbs (32%) ● 36g fiber (6%)

Breakfast

370 cals, 31g protein, 14g net carbs, 20g fat



Pecans

1/4 cup- 183 cals



Cottage cheese and pineapple

186 cals

Snacks

295 cals, 21g protein, 9g net carbs, 17g fat



String cheese

3 stick(s)- 248 cals



Raspberries

2/3 cup(s)- 48 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

730 cals, 32g protein, 97g net carbs, 14g fat



White bean cassoulet

577 cals



Dinner roll

2 roll(s)- 154 cals

Dinner

700 cals, 38g protein, 62g net carbs, 32g fat



Milk

1 3/4 cup(s)- 261 cals



Chik'n nuggets

8 nuggets- 441 cals

Day 3

2281 cals ● 194g protein (34%) ● 77g fat (30%) ● 161g carbs (28%) ● 42g fiber (7%)

Breakfast

380 cals, 58g protein, 15g net carbs, 3g fat



Double chocolate protein shake

275 cals



Raspberries

1 1/2 cup(s)- 108 cals

Snacks

355 cals, 18g protein, 31g net carbs, 15g fat



Apple cinnamon breakfast smoothie

1/2 smoothie(s)- 244 cals



Roasted almonds

1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

680 cals, 44g protein, 52g net carbs, 27g fat



Vegan crumbles

2 cup(s)- 292 cals



Buttery white rice

121 cals



Buttered corn

264 cals

Dinner

700 cals, 38g protein, 62g net carbs, 32g fat



Milk

1 3/4 cup(s)- 261 cals



Chik'n nuggets

8 nuggets- 441 cals

Day 4

2277 cals ● 222g protein (39%) ● 74g fat (29%) ● 138g carbs (24%) ● 44g fiber (8%)

Breakfast

380 cals, 58g protein, 15g net carbs, 3g fat



Double chocolate protein shake
275 cals



Raspberries
1 1/2 cup(s)- 108 cals

Snacks

355 cals, 18g protein, 31g net carbs, 15g fat



Apple cinnamon breakfast smoothie
1/2 smoothie(s)- 244 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

680 cals, 44g protein, 52g net carbs, 27g fat



Vegan crumbles
2 cup(s)- 292 cals



Buttery white rice
121 cals



Buttered corn
264 cals

Dinner

700 cals, 66g protein, 38g net carbs, 29g fat



Beets
5 beets- 121 cals



Buttery brown rice
125 cals



Broiled tilapia
10 2/3 oz- 453 cals

Day 5

2279 cal ● 171g protein (30%) ● 78g fat (31%) ● 197g carbs (35%) ● 26g fiber (5%)

Breakfast

420 cal, 30g protein, 41g net carbs, 14g fat



Milk

3/4 cup(s)- 112 cal



Lowfat Greek yogurt

2 container(s)- 310 cal

Lunch

680 cal, 19g protein, 86g net carbs, 23g fat



Flatbread broccoli pizza

313 cal



Simple salad with tomatoes and carrots

147 cal



White rice

1 cup rice, cooked- 218 cal

Snacks

315 cal, 19g protein, 30g net carbs, 12g fat



Roasted almonds

1/8 cup(s)- 111 cal



Baked chips

8 crisps- 81 cal



Cottage cheese & honey

1/2 cup(s)- 125 cal

Dinner

700 cal, 66g protein, 38g net carbs, 29g fat



Beets

5 beets- 121 cal



Buttery brown rice

125 cal



Broiled tilapia

10 2/3 oz- 453 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Day 6

2230 cals ● 160g protein (29%) ● 75g fat (30%) ● 198g carbs (36%) ● 29g fiber (5%)

Breakfast

420 cals, 30g protein, 41g net carbs, 14g fat



Milk

3/4 cup(s)- 112 cals



Lowfat Greek yogurt

2 container(s)- 310 cals

Lunch

680 cals, 19g protein, 86g net carbs, 23g fat



Flatbread broccoli pizza

313 cals



Simple salad with tomatoes and carrots

147 cals



White rice

1 cup rice, cooked- 218 cals

Snacks

315 cals, 19g protein, 30g net carbs, 12g fat



Roasted almonds

1/8 cup(s)- 111 cals



Baked chips

8 crisps- 81 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Dinner

650 cals, 55g protein, 40g net carbs, 26g fat



Almond crusted tilapia

7 1/2 oz- 529 cals



Beets

5 beets- 121 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Day 7

2264 cals ● 183g protein (32%) ● 72g fat (28%) ● 197g carbs (35%) ● 26g fiber (5%)

Breakfast

420 cals, 30g protein, 41g net carbs, 14g fat



Milk

3/4 cup(s)- 112 cals



Lowfat Greek yogurt

2 container(s)- 310 cals

Snacks

315 cals, 19g protein, 30g net carbs, 12g fat



Roasted almonds

1/8 cup(s)- 111 cals



Baked chips

8 crisps- 81 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

710 cals, 41g protein, 84g net carbs, 19g fat



Corn

370 cals



Garlic pepper seitan

342 cals

Dinner

650 cals, 55g protein, 40g net carbs, 26g fat



Almond crusted tilapia

7 1/2 oz- 529 cals



Beets

5 beets- 121 cals

Grocery List



Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
17 cup (4032mL)

Nut and Seed Products

- ☐ pecans
1/2 cup, halves (50g)
- ☐ almonds
5 3/4 oz (163g)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
3 1/2 cup (791g)
- ☐ lowfat flavored yogurt
1 container (6 oz) (170g)
- ☐ cheese
6 tbsp, shredded (42g)
- ☐ goat cheese
2 tbsp (28g)
- ☐ string cheese
6 stick (168g)
- ☐ whole milk
6 1/4 cup(s) (1500mL)
- ☐ butter
1/2 stick (51g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)
- ☐ lowfat greek yogurt
3/4 cup (210g)
- ☐ lowfat flavored greek yogurt
6 (5.3 oz ea) container(s) (900g)

Fruits and Fruit Juices

- ☐ canned pineapple
1/2 cup, chunks (91g)
- ☐ grapes
1 1/2 cup (138g)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ raspberries
4 1/3 cup (533g)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)
- ☐ lemon juice
4 tsp (20mL)

Legumes and Legume Products

- ☐ roasted peanuts
4 tbsp (37g)
- ☐ white beans, canned
3/4 can(s) (329g)
- ☐ vegetarian burger crumbles
4 cup (400g)

Fats and Oils

- ☐ balsamic vinaigrette
1/2 tbsp (8mL)
- ☐ oil
3/4 tbsp (11mL)
- ☐ olive oil
3 oz (96mL)
- ☐ salad dressing
2 1/4 tbsp (34mL)

Baked Products

- ☐ flour tortillas
1 tortilla (approx 10" dia) (72g)
- ☐ Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- ☐ naan bread
1 piece(s) (90g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
3/8 cup(s) (mL)
- ☐ pizza sauce
4 tbsp (63g)

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
1/3 oz (9g)
- ☐ cinnamon
2 dash (1g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 cup (170g)
- ☐ brown rice
4 tbsp (48g)

Other

- ☐ **meatless chik'n tenders**
8 pieces (204g)
- ☐ **roasted red peppers**
2 tbsp, diced (28g)
- ☐ **vegan chik'n nuggets**
16 nuggets (344g)
- ☐ **protein powder, chocolate**
4 scoop (1/3 cup ea) (124g)
- ☐ **baked chips, any flavor**
24 crips (56g)

Vegetables and Vegetable Products

- ☐ **ketchup**
6 tbsp (102g)
- ☐ **fresh spinach**
1 cup(s) (30g)
- ☐ **tomatoes**
2 medium whole (2-3/5" dia) (253g)
- ☐ **raw celery**
3/4 stalk, medium (7-1/2" - 8" long) (30g)
- ☐ **carrots**
2 1/2 medium (154g)
- ☐ **onion**
1 medium (2-1/2" dia) (103g)
- ☐ **garlic**
5 3/4 clove(s) (17g)
- ☐ **frozen corn kernels**
5 cup (665g)
- ☐ **beets, precooked (canned or refrigerated)**
20 beet(s) (1000g)
- ☐ **broccoli**
1/2 cup chopped (46g)
- ☐ **romaine lettuce**
1 1/2 hearts (750g)
- ☐ **green pepper**
1 tbsp, chopped (9g)

- ☐ **all-purpose flour**
3/8 cup(s) (52g)
- ☐ **seitan**
4 oz (113g)

Sweets

- ☐ **cocoa powder**
4 tsp (7g)
- ☐ **honey**
2 tbsp (42g)

Finfish and Shellfish Products

- ☐ **tilapia, raw**
2 1/4 lbs (1017g)



Breakfast 1 [↗](#)

Eat on day 1 and day 2

Pecans

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



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Cottage cheese and pineapple

186 cal ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1 cup (226g)
canned pineapple, drained
4 tbsp, chunks (45g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
2 cup (452g)
canned pineapple, drained
1/2 cup, chunks (91g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Double chocolate protein shake

275 cals ● 56g protein ● 2g fat ● 5g carbs ● 3g fiber



For single meal:

water
2 cup(s) (474mL)
cocoa powder
2 tsp (4g)
nonfat greek yogurt, plain
4 tbsp (70g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

For all 2 meals:

water
4 cup(s) (948mL)
cocoa powder
4 tsp (7g)
nonfat greek yogurt, plain
1/2 cup (140g)
protein powder, chocolate
4 scoop (1/3 cup ea) (124g)

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

Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

For all 3 meals:

lowfat flavored greek yogurt
6 (5.3 oz ea) container(s) (900g)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Roasted peanuts

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



Makes 1/4 cup(s)

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Apple

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



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

1. The recipe has no instructions.

Spinach and goat cheese wrap

1 wrap(s) - 427 cals ● 17g protein ● 21g fat ● 39g carbs ● 4g fiber



Makes 1 wrap(s)

fresh spinach

1 cup(s) (30g)

tomatoes

4 cherry tomatoes (68g)

cheese

2 tbsp, shredded (14g)

balsamic vinaigrette

1/2 tbsp (8mL)

flour tortillas

1 tortilla (approx 10" dia) (72g)

roasted red peppers

2 tbsp, diced (28g)

goat cheese, crumbled

2 tbsp (28g)

1. Lay the tortilla out flat, and arrange the spinach across the tortilla. Sprinkle the cherry tomatoes, goat cheese, roasted red pepper, and shredded cheese evenly across the greens. Drizzle with balsamic vinaigrette.
2. Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the wrap tightly.

Lunch 2 [↗](#)

Eat on day 2

White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



vegetable broth

3/8 cup(s) (mL)

oil

3/4 tbsp (11mL)

raw celery, thinly sliced

3/4 stalk, medium (7-1/2" - 8" long) (30g)

carrots, peeled & slices

1 1/2 large (108g)

onion, diced

3/4 medium (2-1/2" dia) (83g)

garlic, minced

1 1/2 clove(s) (5g)

white beans, canned, drained & rinsed

3/4 can(s) (329g)

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.

Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll(s)

Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:
vegetarian burger crumbles
2 cup (200g)

For all 2 meals:
vegetarian burger crumbles
4 cup (400g)

- 1. Cook crumbles according to package instructions. Season with salt and pepper.

Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



For single meal:

black pepper
1/2 dash, ground (0g)
butter
1 tsp (5g)
salt
1 dash (1g)
water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)

For all 2 meals:

black pepper
1 dash, ground (0g)
butter
3/4 tbsp (11g)
salt
2 dash (2g)
water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Buttered corn

264 cals ● 5g protein ● 13g fat ● 28g carbs ● 3g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
butter
1 tbsp (15g)
frozen corn kernels
1 cup (151g)

For all 2 meals:

black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
butter
2 1/4 tbsp (30g)
frozen corn kernels
2 1/4 cup (302g)

1. Prepare corn according to instructions on package.
 2. Top with butter and season with salt and pepper to taste.
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Flatbread broccoli pizza

313 cals ● 9g protein ● 18g fat ● 27g carbs ● 2g fiber



For single meal:

broccoli
4 tbsp chopped (23g)
pizza sauce
2 tbsp (32g)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
olive oil
3/4 tbsp (11mL)
naan bread
1/2 piece(s) (45g)
cheese
2 tbsp, shredded (14g)
garlic, finely diced
1 1/2 clove(s) (5g)

For all 2 meals:

broccoli
1/2 cup chopped (46g)
pizza sauce
4 tbsp (63g)
black pepper
1 dash (0g)
salt
1 dash (0g)
olive oil
1 1/2 tbsp (23mL)
naan bread
1 piece(s) (90g)
cheese
4 tbsp, shredded (28g)
garlic, finely diced
3 clove(s) (9g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and spread pizza sauce over top, top with broccoli and cheese, and season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)
tomatoes, diced
3/4 medium whole (2-3/5" dia)
(92g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)

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

White rice

1 cup rice, cooked - 218 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
long-grain white rice
2/3 cup (123g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 5 [🔗](#)

Eat on day 7

Corn

370 cals ● 11g protein ● 3g fat ● 68g carbs ● 8g fiber



frozen corn kernels
2 2/3 cup (363g)

1. Prepare according to instructions on package.

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



- olive oil**
1 tbsp (15mL)
- onion**
2 tbsp, chopped (20g)
- green pepper**
1 tbsp, chopped (9g)
- black pepper**
1 dash, ground (0g)
- water**
1/2 tbsp (8mL)
- salt**
1/2 dash (0g)
- seitan, chicken style**
4 oz (113g)
- garlic, minced**
1 1/4 clove(s) (4g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

String cheese

3 stick(s) - 248 cal● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

1. The recipe has no instructions.

Raspberries

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



For single meal:

raspberries
2/3 cup (82g)

For all 2 meals:

raspberries
1 1/3 cup (164g)

1. Rinse raspberries and serve.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Apple cinnamon breakfast smoothie

1/2 smoothie(s) - 244 cals ● 14g protein ● 6g fat ● 30g carbs ● 4g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
banana
1/2 medium (7" to 7-7/8" long) (59g)
cinnamon
1 dash (0g)
whole milk
1/4 cup(s) (60mL)
almonds
2 1/2 almond (3g)
lowfat greek yogurt
6 tbsp (105g)

For all 2 meals:

apples
1 medium (3" dia) (182g)
banana
1 medium (7" to 7-7/8" long) (118g)
cinnamon
2 dash (1g)
whole milk
1/2 cup(s) (120mL)
almonds
5 almond (6g)
lowfat greek yogurt
3/4 cup (210g)

1. Add ingredients to blender (depending on the blender you may have to chop apples/almonds into smaller pieces before blending).
2. Blend on medium-high for 30 seconds or until desired consistency.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:
almonds
2 tbsp, whole (18g)

For all 2 meals:
almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:
almonds
2 tbsp, whole (18g)

For all 3 meals:
almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Baked chips

8 crisps - 81 cals ● 1g protein ● 2g fat ● 14g carbs ● 1g fiber



For single meal:
baked chips, any flavor
8 crisps (19g)

For all 3 meals:
baked chips, any flavor
24 crisps (56g)

1. Enjoy.

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.

Dinner 1 [↗](#)
Eat on day 1

Lowfat yogurt

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



Makes 1 container(s)

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

1. The recipe has no instructions.

Crispy chik'n tenders

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



Makes 8 tender(s)

meatless chik'n tenders
8 pieces (204g)
ketchup
2 tbsp (34g)

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

Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



grapes
1 1/2 cup (138g)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Milk

1 3/4 cup(s) - 261 cal ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 3/4 cup(s) (420mL)

For all 2 meals:

whole milk
3 1/2 cup(s) (840mL)

1. The recipe has no instructions.

Chik'n nuggets

8 nuggets - 441 cal ● 24g protein ● 18g fat ● 41g carbs ● 4g fiber



For single meal:

ketchup
2 tbsp (34g)
vegan chik'n nuggets
8 nuggets (172g)

For all 2 meals:

ketchup
4 tbsp (68g)
vegan chik'n nuggets
16 nuggets (344g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 3 [↗](#)

Eat on day 4 and day 5

Beets

5 beets - 121 cal ● 4g protein ● 1g fat ● 20g carbs ● 5g fiber



For single meal:

beets, precooked (canned or refrigerated)
5 beet(s) (250g)

For all 2 meals:

beets, precooked (canned or refrigerated)
10 beet(s) (500g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Buttery brown rice

125 cal ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



For single meal:

butter
1 tsp (5g)
brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

butter
3/4 tbsp (11g)
brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Broiled tilapia

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



For single meal:

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)

For all 2 meals:

lemon juice
4 tsp (20mL)
black pepper
1/4 tbsp, ground (2g)
tilapia, raw
1 1/3 lbs (597g)
olive oil
2 2/3 tbsp (40mL)
salt
1/4 tbsp (4g)

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.

Dinner 4 [🔗](#)

Eat on day 6 and day 7

Almond crusted tilapia

7 1/2 oz - 529 cal ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



For single meal:

almonds
5 tbsp, slivered (34g)
tilapia, raw
1/2 lbs (210g)
all-purpose flour
1/6 cup(s) (26g)
salt
1 1/4 dash (1g)
olive oil
2 tsp (9mL)

For all 2 meals:

almonds
10 tbsp, slivered (68g)
tilapia, raw
15 oz (420g)
all-purpose flour
3/8 cup(s) (52g)
salt
1/3 tsp (1g)
olive oil
1 1/4 tbsp (19mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Beets

5 beets - 121 cal ● 4g protein ● 1g fat ● 20g carbs ● 5g fiber



For single meal:
beets, precooked (canned or refrigerated)
5 beet(s) (250g)

For all 2 meals:
beets, precooked (canned or refrigerated)
10 beet(s) (500g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal● 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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