

# Meal Plan - 2500 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

2503 cals ● 170g protein (27%) ● 92g fat (33%) ● 223g carbs (36%) ● 27g fiber (4%)

### Breakfast

395 cals, 26g protein, 49g net carbs, 8g fat



Lowfat Greek yogurt  
2 container(s)- 310 cals



Orange  
1 orange(s)- 85 cals

### Snacks

285 cals, 7g protein, 56g net carbs, 2g fat



Peach  
1 peach(es)- 66 cals



Pretzels  
220 cals

### Lunch

825 cals, 40g protein, 80g net carbs, 35g fat



Sesame orange tofu  
14 oz tofu- 754 cals



Mixed vegetables  
3/4 cup(s)- 73 cals

### Dinner

775 cals, 49g protein, 36g net carbs, 45g fat



Roasted peanuts  
1/4 cup(s)- 230 cals



Protein greek yogurt  
1 container- 139 cals



High-protein granola bar  
2 bar(s)- 408 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake  
2 scoop- 218 cals

## Day 2

2490 cals ● 190g protein (30%) ● 100g fat (36%) ● 173g carbs (28%) ● 35g fiber (6%)

### Breakfast

395 cals, 26g protein, 49g net carbs, 8g fat



#### Lowfat Greek yogurt

2 container(s)- 310 cals



#### Orange

1 orange(s)- 85 cals

### Lunch

765 cals, 46g protein, 34g net carbs, 46g fat



#### Mixed nuts

1/3 cup(s)- 272 cals



#### Chunky canned soup (non-creamy)

1 can(s)- 247 cals



#### String cheese

3 stick(s)- 248 cals

### Snacks

285 cals, 7g protein, 56g net carbs, 2g fat



#### Peach

1 peach(es)- 66 cals



#### Pretzels

220 cals

### Dinner

825 cals, 62g protein, 33g net carbs, 43g fat



#### Simple kale & avocado salad

288 cals



#### Vegan sausage

2 sausage(s)- 536 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 3

2508 cals ● 184g protein (29%) ● 115g fat (41%) ● 140g carbs (22%) ● 43g fiber (7%)

### Breakfast

410 cals, 16g protein, 33g net carbs, 19g fat



#### Orange

2 orange(s)- 170 cals



#### Egg in an eggplant

241 cals

### Lunch

720 cals, 44g protein, 57g net carbs, 31g fat



#### Milk

2 cup(s)- 298 cals



#### Avocado tuna salad sandwich

1 sandwich(es)- 370 cals



#### Strawberries

1 cup(s)- 52 cals

### Snacks

335 cals, 14g protein, 16g net carbs, 21g fat



#### Peach

1 peach(es)- 66 cals



#### Almond protein balls

2 ball(s)- 270 cals

### Dinner

825 cals, 62g protein, 33g net carbs, 43g fat



#### Simple kale & avocado salad

288 cals



#### Vegan sausage

2 sausage(s)- 536 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 4

2483 cals ● 188g protein (30%) ● 117g fat (43%) ● 122g carbs (20%) ● 46g fiber (7%)

### Breakfast

410 cals, 16g protein, 33g net carbs, 19g fat



#### Orange

2 orange(s)- 170 cals



#### Egg in an eggplant

241 cals

### Lunch

720 cals, 44g protein, 57g net carbs, 31g fat



#### Milk

2 cup(s)- 298 cals



#### Avocado tuna salad sandwich

1 sandwich(es)- 370 cals



#### Strawberries

1 cup(s)- 52 cals

### Snacks

335 cals, 14g protein, 16g net carbs, 21g fat



#### Peach

1 peach(es)- 66 cals



#### Almond protein balls

2 ball(s)- 270 cals

### Dinner

800 cals, 66g protein, 15g net carbs, 46g fat



#### Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals



#### Roasted peanuts

1/8 cup(s)- 115 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 5

2485 cals ● 198g protein (32%) ● 98g fat (36%) ● 151g carbs (24%) ● 51g fiber (8%)

### Breakfast

490 cals, 30g protein, 16g net carbs, 33g fat



#### Toast with butter

1 slice(s)- 114 cals



#### Kale & eggs

378 cals

### Lunch

730 cals, 44g protein, 78g net carbs, 16g fat



#### Lentil pasta

505 cals



#### Milk

1 1/2 cup(s)- 224 cals

### Snacks

250 cals, 10g protein, 40g net carbs, 3g fat



#### Kefir

150 cals



#### Grapes

58 cals



#### Carrot sticks

1 1/2 carrot(s)- 41 cals

### Dinner

800 cals, 66g protein, 15g net carbs, 46g fat



#### Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals



#### Roasted peanuts

1/8 cup(s)- 115 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 6

2483 cals ● 186g protein (30%) ● 76g fat (28%) ● 219g carbs (35%) ● 43g fiber (7%)

### Breakfast

490 cals, 30g protein, 16g net carbs, 33g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Kale & eggs**  
378 cals

### Snacks

250 cals, 10g protein, 40g net carbs, 3g fat



**Kefir**  
150 cals



**Grapes**  
58 cals



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

### Lunch

730 cals, 44g protein, 78g net carbs, 16g fat



**Lentil pasta**  
505 cals



**Milk**  
1 1/2 cup(s)- 224 cals

### Dinner

795 cals, 54g protein, 83g net carbs, 24g fat



**Kiwi**  
2 kiwi- 94 cals



**Chik'n nuggets**  
8 nuggets- 441 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

# Day 7

2533 cals ● 170g protein (27%) ● 109g fat (39%) ● 185g carbs (29%) ● 33g fiber (5%)

## Breakfast

490 cals, 30g protein, 16g net carbs, 33g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Kale & eggs**  
378 cals

## Snacks

250 cals, 10g protein, 40g net carbs, 3g fat



**Kefir**  
150 cals



**Grapes**  
58 cals



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

## Lunch

780 cals, 28g protein, 44g net carbs, 48g fat



**Peach**  
3 peach(es)- 198 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Cheese and guac tacos**  
2 taco(s)- 350 cals

## Dinner

795 cals, 54g protein, 83g net carbs, 24g fat



**Kiwi**  
2 kiwi- 94 cals



**Chik'n nuggets**  
8 nuggets- 441 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

## Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

# Grocery List



## Legumes and Legume Products

- soy sauce  
2 tbsp (30mL)
- firm tofu  
14 oz (397g)
- roasted peanuts  
3/4 cup (110g)

## Sweets

- sugar  
2 tbsp (26g)

## Other

- sriracha chili sauce  
1 tbsp (15g)
- sesame oil  
1 tbsp (15mL)
- protein greek yogurt, flavored  
1 container (150g)
- vegan sausage  
4 sausage (400g)
- almond flour  
2 tbsp (14g)
- lentil pasta  
1/2 lbs (227g)
- vegan chick'n nuggets  
16 nuggets (344g)
- cottage cheese & fruit cup  
4 container (680g)
- guacamole, store-bought  
4 tbsp (62g)

## Cereal Grains and Pasta

- cornstarch  
3 tbsp (24g)

## Nut and Seed Products

- sesame seeds  
2 tsp (6g)
- mixed nuts  
5 tbsp (42g)
- almond butter  
4 tbsp (63g)

## Vegetables and Vegetable Products

## Snacks

- pretzels, hard, salted  
4 oz (113g)
- high-protein granola bar  
2 bar (80g)

## Dairy and Egg Products

- lowfat flavored greek yogurt  
4 (5.3 oz ea) container(s) (600g)
- string cheese  
3 stick (84g)
- eggs  
16 large (800g)
- whole milk  
7 cup(s) (1680mL)
- kefir, flavored  
3 cup (720mL)
- butter  
1 tbsp (14g)
- cheddar cheese  
1/2 cup, shredded (57g)

## Beverages

- protein powder  
15 2/3 oz (446g)
- water  
14 cup(s) (3318mL)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- pasta sauce  
1/2 jar (24 oz) (336g)

## Fats and Oils

- oil  
1/4 cup (50mL)

## Spices and Herbs

- black pepper  
4 dash (0g)
- salt  
1 1/4 tsp (4g)

## Baked Products

- garlic**  
2 clove(s) (6g)
- frozen mixed veggies**  
3/4 cup (101g)
- kale leaves**  
3/4 lbs (333g)
- eggplant**  
4 1 inch (2.5 cm) slice(s) (240g)
- onion**  
1 small (70g)
- bell pepper**  
3 large (492g)
- carrots**  
4 1/2 medium (275g)
- ketchup**  
4 tbsp (68g)

- bread**  
7 slice (224g)

## **Finfish and Shellfish Products**

- canned tuna**  
4 can (688g)

## **Fruits and Fruit Juices**

- orange**  
6 1/2 orange (994g)
- peach**  
7 medium (2-2/3" dia) (1050g)
- avocados**  
3 1/4 avocado(s) (653g)
- lemon**  
1 1/4 small (73g)
- lime juice**  
4 tsp (20mL)
- strawberries**  
2 cup, whole (288g)
- grapes**  
3 cup (276g)
- kiwi**  
4 fruit (276g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### 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 2 meals:

**lowfat flavored greek yogurt**  
4 (5.3 oz ea) container(s) (600g)

1. The recipe has no instructions.

### 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.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. The recipe has no instructions.

### Egg in an eggplant

241 cals ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**eggplant**  
4 1 inch (2.5 cm) slice(s) (240g)  
**oil**  
4 tsp (20mL)  
**eggs**  
4 large (200g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### 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.

### Kale & eggs

378 cals ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**eggs**  
4 large (200g)  
**kale leaves**  
1 cup, chopped (40g)  
**salt**  
2 dash (1g)

For all 3 meals:

**oil**  
2 tbsp (30mL)  
**eggs**  
12 large (600g)  
**kale leaves**  
3 cup, chopped (120g)  
**salt**  
1/4 tbsp (2g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

## Lunch 1 ↗

Eat on day 1

### Sesame orange tofu

14 oz tofu - 754 cals ● 37g protein ● 35g fat ● 71g carbs ● 3g fiber



Makes 14 oz tofu

**soy sauce**  
2 tbsp (30mL)  
**sugar**  
2 tbsp (26g)  
**sriracha chili sauce**  
1 tbsp (15g)  
**cornstarch**  
3 tbsp (24g)  
**sesame seeds**  
2 tsp (6g)  
**sesame oil**  
1 tbsp (15mL)  
**garlic, minced**  
2 clove(s) (6g)  
**orange, juiced**  
1/2 fruit (2-7/8" dia) (70g)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

### Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



Makes 3/4 cup(s)

**frozen mixed veggies**  
3/4 cup (101g)

1. Prepare according to instructions on package.

## Lunch 2 ↗

Eat on day 2

### Mixed nuts

1/3 cup(s) - 272 cals ● 8g protein ● 23g fat ● 6g carbs ● 3g fiber



Makes 1/3 cup(s)

**mixed nuts**  
5 tbsp (42g)

1. The recipe has no instructions.

### 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.

### String cheese

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



Makes 3 stick(s)

**string cheese**  
3 stick (84g)

1. The recipe has no instructions.

## Lunch 3 ↗

Eat on day 3 and day 4

### Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

**whole milk**  
2 cup(s) (480mL)

For all 2 meals:

**whole milk**  
4 cup(s) (960mL)

1. The recipe has no instructions.

### Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**lime juice**  
1/2 tsp (3mL)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
2 slice (64g)  
**canned tuna, drained**  
1/2 can (86g)  
**onion, minced**  
1/8 small (9g)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**lime juice**  
1 tsp (5mL)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
4 slice (128g)  
**canned tuna, drained**  
1 can (172g)  
**onion, minced**  
1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

### Strawberries

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



For single meal:  
**strawberries**  
1 cup, whole (144g)

For all 2 meals:  
**strawberries**  
2 cup, whole (288g)

1. The recipe has no instructions.

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## Lunch 4

Eat on day 5 and day 6

### Lentil pasta

505 cals ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



For single meal:  
**pasta sauce**  
1/4 jar (24 oz) (168g)  
**lentil pasta**  
4 oz (113g)

For all 2 meals:  
**pasta sauce**  
1/2 jar (24 oz) (336g)  
**lentil pasta**  
1/2 lbs (227g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

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### Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:  
**whole milk**  
1 1/2 cup(s) (360mL)

For all 2 meals:  
**whole milk**  
3 cup(s) (720mL)

1. The recipe has no instructions.

## Lunch 5 ↗

Eat on day 7

### Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber

Makes 3 peach(es)



#### peach

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

1. The recipe has no instructions.

### 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.

### Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



Makes 2 taco(s)

#### cheddar cheese

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

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

## 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.

### Pretzels

220 cals ● 6g protein ● 2g fat ● 44g carbs ● 2g fiber



For single meal:

**pretzels, hard, salted**  
2 oz (57g)

For all 2 meals:

**pretzels, hard, salted**  
4 oz (113g)

1. The recipe has no instructions.

## Snacks 2 ↗

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.

### Almond protein balls

2 ball(s) - 270 cals ● 13g protein ● 21g fat ● 4g carbs ● 4g fiber



For single meal:

**almond butter**  
2 tbsp (31g)  
**almond flour**  
1 tbsp (7g)  
**protein powder**  
1 tbsp (6g)

For all 2 meals:

**almond butter**  
4 tbsp (63g)  
**almond flour**  
2 tbsp (14g)  
**protein powder**  
2 tbsp (12g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

**kefir, flavored**

1 cup (240mL)

For all 3 meals:

**kefir, flavored**

3 cup (720mL)

1. Pour into a glass and drink.

### Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

**grapes**

1 cup (92g)

For all 3 meals:

**grapes**

3 cup (276g)

1. The recipe has no instructions.

### Carrot sticks

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



For single meal:

**carrots**

1 1/2 medium (92g)

For all 3 meals:

**carrots**

4 1/2 medium (275g)

1. Cut carrots into strips and serve.

## Dinner 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.

### 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.

### High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber

Makes 2 bar(s)

**high-protein granola bar**  
2 bar (80g)



1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 2 and day 3

### Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

**kale leaves, chopped**  
5/8 bunch (106g)  
**avocados, chopped**  
5/8 avocado(s) (126g)  
**lemon, juiced**  
5/8 small (36g)

For all 2 meals:

**kale leaves, chopped**  
1 1/4 bunch (213g)  
**avocados, chopped**  
1 1/4 avocado(s) (251g)  
**lemon, juiced**  
1 1/4 small (73g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

**vegan sausage**  
2 sausage (200g)

For all 2 meals:

**vegan sausage**  
4 sausage (400g)

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

## Dinner 3 ↗

Eat on day 4 and day 5

### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**bell pepper**  
1 1/2 large (246g)  
**onion**  
3/8 small (26g)  
**canned tuna, drained**  
1 1/2 can (258g)

For all 2 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**bell pepper**  
3 large (492g)  
**onion**  
3/4 small (53g)  
**canned tuna, drained**  
3 can (516g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

### 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 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 6 and day 7

### Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber

For single meal:



**kiwi**  
2 fruit (138g)

For all 2 meals:

**kiwi**  
4 fruit (276g)

1. Slice the kiwi and serve.

### Chik'n nuggets

8 nuggets - 441 cals ● 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.

### Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:

**cottage cheese & fruit cup**  
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:

**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.