

# Meal Plan - 2700 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

2635 cals ● 172g protein (26%) ● 88g fat (30%) ● 245g carbs (37%) ● 44g fiber (7%)

### Breakfast

400 cals, 14g protein, 35g net carbs, 20g fat



**Toast with butter and jelly**

2 slice(s)- 267 cals



**Sunflower seeds**

135 cals

### Snacks

320 cals, 16g protein, 36g net carbs, 10g fat



**Carrot sticks**

2 1/2 carrot(s)- 68 cals



**Boiled eggs**

2 egg(s)- 139 cals



**Fruit juice**

1 cup(s)- 115 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

### Lunch

875 cals, 42g protein, 114g net carbs, 19g fat



**Bean & tofu goulash**

656 cals



**White rice**

1 cup rice, cooked- 218 cals

### Dinner

820 cals, 51g protein, 59g net carbs, 37g fat



**Sweet potato wedges**

391 cals



**Roasted tomatoes**

1 1/2 tomato(es)- 89 cals



**Broiled tilapia**

8 oz- 340 cals

## Day 2

2617 cals ● 177g protein (27%) ● 108g fat (37%) ● 189g carbs (29%) ● 46g fiber (7%)

### Breakfast

400 cals, 14g protein, 35g net carbs, 20g fat



**Toast with butter and jelly**  
2 slice(s)- 267 cals



**Sunflower seeds**  
135 cals

### Snacks

320 cals, 16g protein, 36g net carbs, 10g fat



**Carrot sticks**  
2 1/2 carrot(s)- 68 cals



**Boiled eggs**  
2 egg(s)- 139 cals



**Fruit juice**  
1 cup(s)- 115 cals

### Lunch

830 cals, 62g protein, 31g net carbs, 46g fat



**Pan seared breaded tilapia**  
8 oz- 401 cals



**Roasted broccoli with nutritional yeast**  
4 cup(s)- 430 cals

### Dinner

845 cals, 36g protein, 85g net carbs, 30g fat



**Simple salad with tomatoes and carrots**  
147 cals



**White rice**  
1 cup rice, cooked- 218 cals



**Goat cheese and marinara stuffed zucchini**  
5 zucchini halve(s)- 480 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 3

2690 cals ● 214g protein (32%) ● 97g fat (32%) ● 198g carbs (30%) ● 42g fiber (6%)

### Breakfast

445 cals, 29g protein, 54g net carbs, 7g fat



**Strawberry banana protein smoothie**  
1 smoothie(s)- 388 cals



**Applesauce**  
57 cals

### Lunch

830 cals, 62g protein, 31g net carbs, 46g fat



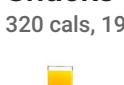
**Pan seared breaded tilapia**  
8 oz- 401 cals



**Roasted broccoli with nutritional yeast**  
4 cup(s)- 430 cals

### Snacks

320 cals, 19g protein, 43g net carbs, 6g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Pumped up greek yogurt**  
1 container(s)- 206 cals

### Dinner

875 cals, 56g protein, 68g net carbs, 37g fat



**Sweet potato wedges**  
347 cals



**Almond crusted tilapia**  
7 1/2 oz- 529 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 4

2672 cals ● 196g protein (29%) ● 87g fat (29%) ● 239g carbs (36%) ● 36g fiber (5%)

### Breakfast

445 cals, 29g protein, 54g net carbs, 7g fat



**Strawberry banana protein smoothie**  
1 smoothie(s)- 388 cals



**Applesauce**  
57 cals

### Snacks

320 cals, 19g protein, 43g net carbs, 6g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Pumped up greek yogurt**  
1 container(s)- 206 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

810 cals, 44g protein, 72g net carbs, 36g fat



**Milk**  
1 3/4 cup(s)- 261 cals



**Chik'n nuggets**  
10 nuggets- 552 cals

### Dinner

875 cals, 56g protein, 68g net carbs, 37g fat



**Sweet potato wedges**  
347 cals



**Almond crusted tilapia**  
7 1/2 oz- 529 cals

## Day 5

2676 cals ● 174g protein (26%) ● 117g fat (39%) ● 198g carbs (30%) ● 33g fiber (5%)

### Breakfast

465 cals, 19g protein, 32g net carbs, 26g fat



**Walnuts**  
1/3 cup(s)- 219 cals



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

### Snacks

320 cals, 18g protein, 19g net carbs, 17g fat



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



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

### Lunch

780 cals, 40g protein, 60g net carbs, 40g fat



**Sesame orange tofu**  
10 1/2 oz tofu- 566 cals



**Caprese salad**  
213 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Dinner

895 cals, 50g protein, 86g net carbs, 33g fat



**Lentils**  
260 cals



**Cheese ravioli**  
272 cals



**Simple mozzarella and tomato salad**  
363 cals

## Day 6

2764 cals ● 179g protein (26%) ● 124g fat (40%) ● 197g carbs (28%) ● 36g fiber (5%)

### Breakfast

465 cals, 19g protein, 32g net carbs, 26g fat



#### Walnuts

1/3 cup(s)- 219 cals



#### Apple cinnamon breakfast smoothie

1/2 smoothie(s)- 244 cals

### Snacks

320 cals, 18g protein, 19g net carbs, 17g fat



#### Lowfat Greek yogurt

1 container(s)- 155 cals



#### Roasted almonds

1/6 cup(s)- 166 cals

### Lunch

865 cals, 44g protein, 59g net carbs, 47g fat



#### Protein greek yogurt

1 container- 139 cals



#### Clam chowder

2 can(s)- 728 cals

### Dinner

895 cals, 50g protein, 86g net carbs, 33g fat



#### Lentils

260 cals



#### Cheese ravioli

272 cals



#### Simple mozzarella and tomato salad

363 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 7

2674 cals ● 177g protein (27%) ● 118g fat (40%) ● 173g carbs (26%) ● 53g fiber (8%)

### Breakfast

465 cals, 19g protein, 32g net carbs, 26g fat



#### Walnuts

1/3 cup(s)- 219 cals



#### Apple cinnamon breakfast smoothie

1/2 smoothie(s)- 244 cals

### Snacks

320 cals, 18g protein, 19g net carbs, 17g fat



#### Lowfat Greek yogurt

1 container(s)- 155 cals



#### Roasted almonds

1/6 cup(s)- 166 cals

### Lunch

865 cals, 44g protein, 59g net carbs, 47g fat



#### Protein greek yogurt

1 container- 139 cals



#### Clam chowder

2 can(s)- 728 cals

### Dinner

805 cals, 48g protein, 62g net carbs, 27g fat



#### Curried chickpea salad

805 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

# Grocery List



## Fats and Oils

- oil  
4 oz (125mL)
- olive oil  
1 1/2 oz (44mL)
- salad dressing  
1 tbsp (17mL)
- balsamic vinaigrette  
2 oz (60mL)

## Spices and Herbs

- salt  
3/4 oz (20g)
- black pepper  
2 tsp, ground (5g)
- paprika  
3/4 tbsp (5g)
- fresh thyme  
3 dash (0g)
- cinnamon  
3 dash (1g)
- fresh basil  
1/2 oz (14g)
- curry powder  
1 1/4 tsp (3g)

## Vegetables and Vegetable Products

- sweet potatoes  
4 sweetpotato, 5" long (875g)
- tomatoes  
5 3/4 medium whole (2-3/5" dia) (713g)
- onion  
3/4 medium (2-1/2" dia) (83g)
- garlic  
2 1/4 clove(s) (7g)
- carrots  
5 1/2 medium (328g)
- romaine lettuce  
3/4 hearts (375g)
- zucchini  
2 1/2 large (808g)
- broccoli  
8 cup chopped (728g)
- ketchup  
2 1/2 tbsp (43g)
- raw celery  
2 1/2 stalk, small (5" long) (43g)

## Sweets

- jelly  
4 tsp (28g)
- sugar  
1 1/2 tbsp (20g)

## Nut and Seed Products

- sunflower kernels  
2 1/2 oz (73g)
- almonds  
6 1/2 oz (181g)
- walnuts  
1 cup, shelled (94g)
- sesame seeds  
1/2 tbsp (5g)

## Beverages

- protein powder  
18 oz (508g)
- water  
18 1/2 cup (4454mL)

## Legumes and Legume Products

- white beans, canned  
3/4 can(s) (329g)
- firm tofu  
15 3/4 oz (447g)
- lentils, raw  
3/4 cup (144g)
- soy sauce  
1 1/2 tbsp (23mL)
- chickpeas, canned  
1 1/4 can(s) (560g)

## Cereal Grains and Pasta

- long-grain white rice  
2/3 cup (123g)
- all-purpose flour  
3/4 cup(s) (94g)
- cornstarch  
2 1/4 tbsp (18g)

## Soups, Sauces, and Gravies

- pasta sauce  
5/8 jar (24 oz) (386g)

## Fruits and Fruit Juices

- lemon juice**  
3 tbsp (45mL)
- fruit juice**  
32 fl oz (960mL)
- frozen strawberries**  
3 cup, unthawed (447g)
- banana**  
3 1/2 medium (7" to 7-7/8" long) (413g)
- applesauce**  
2 to-go container (~4 oz) (244g)
- raspberries**  
16 raspberries (30g)
- apples**  
1 1/2 medium (3" dia) (273g)
- orange**  
3/8 fruit (2-7/8" dia) (53g)

## Finfish and Shellfish Products

- tilapia, raw**  
2 1/2 lbs (1092g)

## Baked Products

- bread**  
4 slice (128g)

## Dairy and Egg Products

- butter**  
1/3 stick (37g)
- eggs**  
4 large (200g)
- goat cheese**  
2 1/2 oz (71g)
- lowfat flavored greek yogurt**  
5 (5.3 oz ea) container(s) (750g)
- whole milk**  
2 1/2 cup(s) (600mL)
- lowfat greek yogurt**  
1 cup (315g)
- fresh mozzarella cheese**  
1/2 lbs (213g)
- nonfat greek yogurt, plain**  
5 tbsp (88g)

- canned clam chowder**  
4 can (18.5 oz) (2076g)

## Other

- nutritional yeast**  
4 tbsp (15g)
- ice cubes**  
2 cup(s) (280g)
- cacao nibs**  
2 tsp (7g)
- vegan chick'n nuggets**  
10 nuggets (215g)
- sriracha chili sauce**  
3/4 tbsp (11g)
- sesame oil**  
3/4 tbsp (11mL)
- mixed greens**  
1 package (5.5 oz) (148g)
- protein greek yogurt, flavored**  
2 container (300g)

## Meals, Entrees, and Side Dishes

- frozen cheese ravioli**  
1/2 lbs (227g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Toast with butter and jelly

2 slice(s) - 267 cals ● 8g protein ● 10g fat ● 33g carbs ● 4g fiber



For single meal:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)  
**jelly**  
2 tsp (14g)

For all 2 meals:

**bread**  
4 slice (128g)  
**butter**  
4 tsp (18g)  
**jelly**  
4 tsp (28g)

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

### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
3/4 oz (21g)

For all 2 meals:

**sunflower kernels**  
1 1/2 oz (43g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Strawberry banana protein smoothie

1 smoothie(s) - 388 cals ● 29g protein ● 7g fat ● 42g carbs ● 10g fiber



For single meal:

**ice cubes**  
1 cup(s) (140g)  
**frozen strawberries**  
1 1/2 cup, unthawed (224g)  
**almonds**  
10 almond (12g)  
**water**  
2 tbsp (30mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen, peeled and sliced**  
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

**ice cubes**  
2 cup(s) (280g)  
**frozen strawberries**  
3 cup, unthawed (447g)  
**almonds**  
20 almond (24g)  
**water**  
4 tbsp (60mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**banana, frozen, peeled and sliced**  
2 medium (7" to 7-7/8" long) (236g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

### Applesauce

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



For single meal:

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

For all 2 meals:

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

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

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
5 tbsp, shelled (31g)

For all 3 meals:

**walnuts**  
1 cup, shelled (94g)

1. The recipe has no instructions.

### 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 3 meals:

**apples**  
1 1/2 medium (3" dia) (273g)  
**banana**  
1 1/2 medium (7" to 7-7/8" long)  
(177g)  
**cinnamon**  
3 dash (1g)  
**whole milk**  
3/4 cup(s) (180mL)  
**almonds**  
7 1/2 almond (9g)  
**lowfat greek yogurt**  
1 cup (315g)

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.

## Lunch 1 ↗

Eat on day 1

### Bean & tofu goulash

656 cals ● 37g protein ● 19g fat ● 65g carbs ● 19g fiber



**oil**  
3/4 tbsp (11mL)  
**paprika**  
3/4 tbsp (5g)  
**fresh thyme**  
3 dash (0g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**garlic, minced**  
3/4 clove (2g)  
**firm tofu, drained and diced**  
1/3 lbs (149g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

### White rice

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



Makes 1 cup rice, cooked

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

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 2 ↗

Eat on day 2 and day 3

### Pan seared breaded tilapia

8 oz - 401 cals ● 47g protein ● 16g fat ● 16g carbs ● 1g fiber



For single meal:

**all-purpose flour**  
1/6 cup(s) (21g)  
**tilapia, raw**  
1/2 lbs (224g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**olive oil**  
1 tsp (5mL)  
**butter, melted**  
2 tsp (9g)

For all 2 meals:

**all-purpose flour**  
1/3 cup(s) (42g)  
**tilapia, raw**  
16 oz (448g)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**olive oil**  
2 tsp (10mL)  
**butter, melted**  
4 tsp (19g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

### Roasted broccoli with nutritional yeast

4 cup(s) - 430 cals ● 14g protein ● 30g fat ● 16g carbs ● 11g fiber



For single meal:

**broccoli**  
4 cup chopped (364g)  
**oil**  
2 tbsp (30mL)  
**nutritional yeast**  
2 tbsp (8g)

For all 2 meals:

**broccoli**  
8 cup chopped (728g)  
**oil**  
4 tbsp (60mL)  
**nutritional yeast**  
4 tbsp (15g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

## Lunch 3 ↗

Eat on day 4

### Milk

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

Makes 1 3/4 cup(s)



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

1. The recipe has no instructions.

### Chik'n nuggets

10 nuggets - 552 cals ● 31g protein ● 23g fat ● 52g carbs ● 5g fiber



Makes 10 nuggets

**ketchup**  
2 1/2 tbsp (43g)  
**vegan chik'n nuggets**  
10 nuggets (215g)

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

## Lunch 4 ↗

Eat on day 5

### Sesame orange tofu

10 1/2 oz tofu - 566 cals ● 27g protein ● 26g fat ● 53g carbs ● 2g fiber



Makes 10 1/2 oz tofu

**soy sauce**  
1 1/2 tbsp (23mL)  
**sugar**  
1 1/2 tbsp (20g)  
**sriracha chili sauce**  
3/4 tbsp (11g)  
**cornstarch**  
2 1/4 tbsp (18g)  
**sesame seeds**  
1/2 tbsp (5g)  
**sesame oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**orange, juiced**  
3/8 fruit (2-7/8" dia) (53g)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)

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.

### Caprese salad

213 cals ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



**fresh mozzarella cheese**  
1 1/2 oz (43g)  
**mixed greens**  
1/2 package (5.5 oz) (78g)  
**fresh basil**  
4 tbsp leaves, whole (6g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

## Lunch 5 ↗

Eat on day 6 and day 7

### Protein greek yogurt

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



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 2 meals:

**protein greek yogurt, flavored**  
2 container (300g)

1. Enjoy.

### Clam chowder

2 can(s) - 728 cals ● 24g protein ● 44g fat ● 51g carbs ● 8g fiber



For single meal:

**canned clam chowder**  
2 can (18.5 oz) (1038g)

For all 2 meals:

**canned clam chowder**  
4 can (18.5 oz) (2076g)

1. Prepare according to instructions on package.

## Snacks 1 ↗

Eat on day 1 and day 2

### Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

**carrots**

2 1/2 medium (153g)

For all 2 meals:

**carrots**

5 medium (305g)

1. Cut carrots into strips and serve.

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**

2 large (100g)

For all 2 meals:

**eggs**

4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

**fruit juice**

8 fl oz (240mL)

For all 2 meals:

**fruit juice**

16 fl oz (480mL)

1. The recipe has no instructions.

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## Snacks 2 ↗

Eat on day 3 and day 4

### Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

**fruit juice**

8 fl oz (240mL)

For all 2 meals:

**fruit juice**

16 fl oz (480mL)

1. The recipe has no instructions.

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## Pumped up greek yogurt

1 container(s) - 206 cals ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

**lowfat flavored greek yogurt**

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

**protein powder**

1 tbsp (6g)

**raspberries**

8 raspberries (15g)

**cacao nibs**

1 tsp (3g)

For all 2 meals:

**lowfat flavored greek yogurt**

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

**protein powder**

2 tbsp (12g)

**raspberries**

16 raspberries (30g)

**cacao nibs**

2 tsp (7g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Lowfat Greek yogurt

1 container(s) - 155 cals ● 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 3 meals:

**lowfat flavored greek yogurt**  
3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

### Roasted almonds

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



For single meal:

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

For all 3 meals:

**almonds**  
1/2 cup, whole (80g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Sweet potato wedges

391 cals ● 5g protein ● 13g fat ● 54g carbs ● 10g fiber



**oil**  
1 tbsp (17mL)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
3 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
1 1/2 sweetpotato, 5" long (315g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)  
**oil**  
1/2 tbsp (8mL)  
**tomatoes**  
1 1/2 small whole (2-2/5" dia) (137g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

### Broiled tilapia

8 oz - 340 cals ● 45g protein ● 17g fat ● 1g carbs ● 0g fiber



Makes 8 oz

**lemon juice**  
1/2 tbsp (8mL)  
**black pepper**  
2 dash, ground (1g)  
**tilapia, raw**  
1/2 lbs (224g)  
**olive oil**  
1 tbsp (15mL)  
**salt**  
2 dash (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.

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## Dinner 2 ↗

Eat on day 2

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### Simple salad with tomatoes and carrots

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



**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)

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

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### White rice

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

Makes 1 cup rice, cooked



**water**

2/3 cup(s) (158mL)

**long-grain white rice**

1/3 cup (62g)

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.

## Goat cheese and marinara stuffed zucchini

5 zucchini halve(s) - 480 cals ● 26g protein ● 25g fat ● 26g carbs ● 11g fiber



Makes 5 zucchini halve(s)

**pasta sauce**

10 tbsp (163g)

**goat cheese**

2 1/2 oz (71g)

**zucchini**

2 1/2 large (808g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

## Dinner 3 ↗

Eat on day 3 and day 4

### Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**sweet potatoes, cut into wedges**  
1 1/3 sweetpotato, 5" long (280g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**salt**  
1/2 tbsp (8g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**sweet potatoes, cut into wedges**  
2 2/3 sweetpotato, 5" long (560g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

### Almond crusted tilapia

7 1/2 oz - 529 cals ● 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.

## Dinner 4 ↗

Eat on day 5 and day 6

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**salt**  
3/4 dash (1g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Cheese ravioli

272 cals ● 11g protein ● 7g fat ● 38g carbs ● 4g fiber



For single meal:

**pasta sauce**  
1/6 jar (24 oz) (112g)  
**frozen cheese ravioli**  
4 oz (113g)

For all 2 meals:

**pasta sauce**  
1/3 jar (24 oz) (224g)  
**frozen cheese ravioli**  
1/2 lbs (227g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

### Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**fresh basil**  
1 1/2 tbsp, chopped (4g)  
**fresh mozzarella cheese, sliced**  
3 oz (85g)  
**tomatoes, sliced**  
1 large whole (3" dia) (205g)

For all 2 meals:

**balsamic vinaigrette**  
3 tbsp (45mL)  
**fresh basil**  
3 tbsp, chopped (8g)  
**fresh mozzarella cheese, sliced**  
6 oz (170g)  
**tomatoes, sliced**  
2 1/4 large whole (3" dia) (410g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

## Dinner 5 ↗

Eat on day 7

### Curried chickpea salad

805 cals ● 48g protein ● 27g fat ● 62g carbs ● 31g fiber



**nonfat greek yogurt, plain**  
5 tbsp (88g)  
**curry powder**  
1 1/4 tsp (3g)  
**sunflower kernels**  
2 1/2 tbsp (30g)  
**mixed greens**  
2 1/2 oz (71g)  
**lemon juice, divided**  
2 1/2 tbsp (38mL)  
**raw celery, sliced**  
2 1/2 stalk, small (5" long) (43g)  
**chickpeas, canned, drained & rinsed**  
1 1/4 can(s) (560g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

## 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.