

Meal Plan - 2800 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

2775 cals ● 184g protein (27%) ● 50g fat (16%) ● 361g carbs (52%) ● 36g fiber (5%)

Breakfast

480 cals, 13g protein, 76g net carbs, 11g fat



Small toasted bagel with butter
1 1/2 bagel(s)- 361 cals



Grapefruit
1 grapefruit- 119 cals

Snacks

345 cals, 39g protein, 17g net carbs, 12g fat



Cottage cheese and pineapple
233 cals



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

Lunch

860 cals, 28g protein, 149g net carbs, 12g fat



Pasta with store-bought sauce
766 cals



Cranberry spinach salad
95 cals

Dinner

875 cals, 55g protein, 118g net carbs, 14g fat



Fruit juice
2 1/4 cup(s)- 258 cals



Lentils
347 cals



Vegan sausage
1 sausage(s)- 268 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 2

2784 cals ● 177g protein (25%) ● 72g fat (23%) ● 326g carbs (47%) ● 32g fiber (5%)

Breakfast

480 cals, 13g protein, 76g net carbs, 11g fat



Small toasted bagel with butter
1 1/2 bagel(s)- 361 cals



Grapefruit
1 grapefruit- 119 cals

Snacks

345 cals, 39g protein, 17g net carbs, 12g fat



Cottage cheese and pineapple
233 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

860 cals, 28g protein, 149g net carbs, 12g fat



Pasta with store-bought sauce
766 cals



Cranberry spinach salad
95 cals

Dinner

880 cals, 49g protein, 82g net carbs, 36g fat



Chik'n nuggets
16 nuggets- 882 cals

Day 3

2771 cals ● 179g protein (26%) ● 148g fat (48%) ● 146g carbs (21%) ● 36g fiber (5%)

Breakfast

500 cals, 18g protein, 42g net carbs, 25g fat



Eggs with tomato and avocado
326 cals



Fruit juice
1 1/2 cup(s)- 172 cals

Snacks

420 cals, 10g protein, 4g net carbs, 34g fat



Boiled eggs
1 egg(s)- 69 cals



Avocado
351 cals

Lunch

825 cals, 67g protein, 43g net carbs, 39g fat



Lentils
289 cals



Baked pesto salmon
8 oz- 538 cals

Dinner

805 cals, 36g protein, 55g net carbs, 48g fat



Shrimp scampi
697 cals



Simple kale salad
2 cup(s)- 110 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

2771 cals ● 179g protein (26%) ● 148g fat (48%) ● 146g carbs (21%) ● 36g fiber (5%)

Breakfast

500 cals, 18g protein, 42g net carbs, 25g fat



[Eggs with tomato and avocado](#)
326 cals



[Fruit juice](#)
1 1/2 cup(s)- 172 cals

Snacks

420 cals, 10g protein, 4g net carbs, 34g fat



[Boiled eggs](#)
1 egg(s)- 69 cals



[Avocado](#)
351 cals

Lunch

825 cals, 67g protein, 43g net carbs, 39g fat



[Lentils](#)
289 cals



[Baked pesto salmon](#)
8 oz- 538 cals

Dinner

805 cals, 36g protein, 55g net carbs, 48g fat



[Shrimp scampi](#)
697 cals



[Simple kale salad](#)
2 cup(s)- 110 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Day 5

2848 cals ● 176g protein (25%) ● 132g fat (42%) ● 192g carbs (27%) ● 47g fiber (7%)

Breakfast

500 cals, 18g protein, 42g net carbs, 25g fat



[Eggs with tomato and avocado](#)
326 cals



[Fruit juice](#)
1 1/2 cup(s)- 172 cals

Snacks

420 cals, 10g protein, 4g net carbs, 34g fat



[Boiled eggs](#)
1 egg(s)- 69 cals



[Avocado](#)
351 cals

Lunch

820 cals, 46g protein, 60g net carbs, 41g fat



[Salmon alfredo pasta](#)
558 cals



[Simple mixed greens and tomato salad](#)
265 cals

Dinner

890 cals, 54g protein, 83g net carbs, 31g fat



[Edamame & beet salad](#)
342 cals



[Brown rice](#)
1 cup brown rice, cooked- 229 cals



[Almond crusted tilapia](#)
4 1/2 oz- 318 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Day 6

2737 cals ● 181g protein (26%) ● 91g fat (30%) ● 258g carbs (38%) ● 42g fiber (6%)

Breakfast

430 cals, 27g protein, 56g net carbs, 8g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Grapefruit
1 grapefruit- 119 cals

Snacks

380 cals, 7g protein, 57g net carbs, 10g fat



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



Banana ice cream
2 banana- 268 cals

Lunch

820 cals, 46g protein, 60g net carbs, 41g fat



Salmon alfredo pasta
558 cals



Simple mixed greens and tomato salad
265 cals

Dinner

890 cals, 54g protein, 83g net carbs, 31g fat



Edamame & beet salad
342 cals



Brown rice
1 cup brown rice, cooked- 229 cals



Almond crusted tilapia
4 1/2 oz- 318 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

2780 cals ● 218g protein (31%) ● 76g fat (25%) ● 267g carbs (38%) ● 39g fiber (6%)

Breakfast

430 cals, 27g protein, 56g net carbs, 8g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Grapefruit
1 grapefruit- 119 cals

Lunch

905 cals, 77g protein, 94g net carbs, 22g fat



Dinner roll
2 roll(s)- 154 cals



Chicken tortellini soup
750 cals

Snacks

380 cals, 7g protein, 57g net carbs, 10g fat



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



Banana ice cream
2 banana- 268 cals

Dinner

850 cals, 59g protein, 59g net carbs, 35g fat



Salmon & veggie one pot
6 oz salmon- 561 cals



Lentils
289 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Grocery List



Fruits and Fruit Juices

- fruit juice
54 fl oz (1620mL)
- Grapefruit
4 large (approx 4-1/2" dia) (1328g)
- dried cranberries
4 tsp (13g)
- canned pineapple
10 tbsp, chunks (113g)
- avocados
4 1/2 avocado(s) (905g)
- lemon juice
1 tbsp (15mL)
- banana
4 large (8" to 8-7/8" long) (544g)

Beverages

- water
23 cup(s) (5456mL)
- protein powder
14 scoop (1/3 cup ea) (434g)

Spices and Herbs

- salt
1/3 oz (9g)
- black pepper
1/8 oz (2g)
- fresh basil
6 leaves (3g)
- dried dill weed
1/4 tbsp (1g)
- ground cumin
1/4 tbsp (2g)

Legumes and Legume Products

- lentils, raw
1 3/4 cup (336g)

Other

- vegan sausage
1 sausage (100g)
- vegan chik'n nuggets
16 nuggets (344g)
- mixed greens
14 1/2 cup (435g)
- alfredo sauce
2/3 cup (160g)

Soups, Sauces, and Gravies

- pasta sauce
3/4 jar (24 oz) (504g)
- pesto sauce
2 2/3 tbsp (43g)
- vegetable broth
2 1/2 cup(s) (mL)

Nut and Seed Products

- walnuts
4 tsp, chopped (10g)
- almonds
4 oz (112g)

Vegetables and Vegetable Products

- fresh spinach
3/8 10oz package (123g)
- ketchup
4 tbsp (68g)
- tomatoes
3 1/2 medium whole (2-3/5" dia) (423g)
- shallots
2 tbsp chopped (20g)
- garlic
6 clove(s) (18g)
- kale leaves
5 cup, chopped (200g)
- edamame, frozen, shelled
2 cup (236g)
- beets, precooked (canned or refrigerated)
8 beet(s) (400g)
- tomato paste
1/2 tbsp (8g)
- onion
1 1/6 medium (2-1/2" dia) (128g)
- canned crushed tomatoes
3/4 cup (182g)
- bell pepper
3/4 medium (89g)

Fats and Oils

- raspberry walnut vinaigrette
4 tsp (19mL)
- salad dressing
1 cup (218mL)
- balsamic vinaigrette
4 tbsp (60mL)

diced tomatoes
1/2 can(s) (210g)

olive oil
3/4 tbsp (11mL)

oil
1 1/4 tbsp (19mL)

Dairy and Egg Products

butter
1/3 cup (78g)

romano cheese
1/4 tbsp (2g)

low fat cottage cheese (1% milkfat)
2 1/2 cup (565g)

eggs
9 large (450g)

heavy cream
6 tbsp (90mL)

parmesan cheese
1 tbsp (5g)

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

nonfat greek yogurt, plain
1/3 cup (93g)

Finfish and Shellfish Products

salmon
2 lbs (926g)

shrimp, raw
1/2 lbs (227g)

tilapia, raw
1/2 lbs (252g)

Meals, Entrees, and Side Dishes

frozen cheese tortellini
1/4 lbs (128g)

Poultry Products

boneless skinless chicken breast, raw
1/2 lbs (198g)

Baked Products

bagel
3 small bagel (3" dia) (207g)

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

Cereal Grains and Pasta

uncooked dry pasta
1 1/4 lbs (570g)

brown rice
2/3 cup (127g)

all-purpose flour
1/4 cup(s) (31g)

Breakfast 1 ↗

Eat on day 1 and day 2

Small toasted bagel with butter

1 1/2 bagel(s) - 361 cals ● 11g protein ● 11g fat ● 53g carbs ● 2g fiber



For single meal:

butter

3/4 tbsp (11g)

bagel

1 1/2 small bagel (3" dia) (104g)

For all 2 meals:

butter

1 1/2 tbsp (21g)

bagel

3 small bagel (3" dia) (207g)

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

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

salt
2 dash (1g)
eggs
2 large (100g)
black pepper
2 dash (0g)
tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
avocados, sliced
1/2 avocado(s) (101g)
fresh basil, chopped
2 leaves (1g)

For all 3 meals:

salt
1/4 tbsp (2g)
eggs
6 large (300g)
black pepper
1/4 tbsp (1g)
tomatoes
6 slice(s), thick/large (1/2" thick)
(162g)
avocados, sliced
1 1/2 avocado(s) (302g)
fresh basil, chopped
6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:

fruit juice
12 fl oz (360mL)

For all 3 meals:

fruit juice
36 fl oz (1080mL)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

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.

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit
2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Lunch 1 ↗

Eat on day 1 and day 2

Pasta with store-bought sauce

766 cals ● 26g protein ● 6g fat ● 142g carbs ● 11g fiber



For single meal:

uncooked dry pasta

6 oz (171g)

pasta sauce

3/8 jar (24 oz) (252g)

For all 2 meals:

uncooked dry pasta

3/4 lbs (342g)

pasta sauce

3/4 jar (24 oz) (504g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Cranberry spinach salad

95 cals ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



For single meal:

dried cranberries

2 tsp (7g)

walnuts

2 tsp, chopped (5g)

fresh spinach

1/8 6oz package (21g)

raspberry walnut vinaigrette

2 tsp (10mL)

romano cheese, finely shredded

3 dash (1g)

For all 2 meals:

dried cranberries

4 tsp (13g)

walnuts

4 tsp, chopped (10g)

fresh spinach

1/4 6oz package (43g)

raspberry walnut vinaigrette

4 tsp (20mL)

romano cheese, finely shredded

1/4 tbsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Lunch 2 ↗

Eat on day 3 and day 4

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

water
3 1/3 cup(s) (790mL)
salt
1/4 tsp (1g)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Baked pesto salmon

8 oz - 538 cals ● 47g protein ● 38g fat ● 1g carbs ● 0g fiber



For single meal:

salmon
1 1/3 fillet/s (6 oz each) (227g)
pesto sauce
4 tsp (21g)

For all 2 meals:

salmon
2 2/3 fillet/s (6 oz each) (453g)
pesto sauce
2 2/3 tbsp (43g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Lunch 3 ↗

Eat on day 5 and day 6

Salmon alfredo pasta

558 cals ● 40g protein ● 24g fat ● 42g carbs ● 3g fiber



For single meal:

salmon
1/3 lbs (151g)
fresh spinach
1 1/3 cup(s) (40g)
alfredo sauce
1/3 cup (80g)
uncooked dry pasta
2 oz (57g)

For all 2 meals:

salmon
2/3 lbs (303g)
fresh spinach
2 2/3 cup(s) (80g)
alfredo sauce
2/3 cup (160g)
uncooked dry pasta
4 oz (114g)

1. Preheat oven to 350°F (180°C).
2. Cook pasta according to package instructions. Set aside.
3. Place salmon skin side down on a baking sheet and season with some salt and pepper. Bake 14-16 minutes until the salmon flesh flakes.
4. Meanwhile, heat alfredo sauce in a saucepan over medium heat until it starts to bubble. Add in spinach and stir. Cook for 1-2 minutes until spinach has wilted.
5. Remove salmon from the oven and when it is cool enough to handle, cut it into large chunks.
6. Add pasta to a plate and pour the alfredo sauce over the pasta. Top with salmon and some pepper. Serve.

Simple mixed greens and tomato salad

265 cals ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



For single meal:

mixed greens
5 1/4 cup (158g)
tomatoes
14 tbsp cherry tomatoes (130g)
salad dressing
1/3 cup (79mL)

For all 2 meals:

mixed greens
10 1/2 cup (315g)
tomatoes
1 3/4 cup cherry tomatoes (261g)
salad dressing
2/3 cup (158mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Lunch 4 ↗

Eat on day 7

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.

Chicken tortellini soup

750 cals ● 72g protein ● 19g fat ● 67g carbs ● 5g fiber



nonfat greek yogurt, plain
1/3 cup (93g)
frozen cheese tortellini
1/4 lbs (128g)
kale leaves
1 cup, chopped (40g)
vegetable broth
2 1/2 cup(s) (mL)
boneless skinless chicken breast, raw
1/2 lbs (198g)
diced tomatoes
1/2 can(s) (210g)
tomato paste
1/2 tbsp (8g)
oil
1/2 tbsp (8mL)
onion, minced
1/2 large (75g)
garlic, minced
2 clove(s) (6g)

1. Put chicken breasts into a pot and cover with water. Heat to a simmer and cook for about 10-15 minutes until chicken is cooked through. Remove chicken from the water and set aside to lightly cool then shred the chicken with two forks. Set aside.
2. Meanwhile, heat oil in a large pot over medium heat, add the onion, garlic, and some salt and pepper. Cook for about 5-6 minutes until vegetables have softened somewhat.
3. Stir in tomato paste and cook for about 2 minutes.
4. Stir in diced tomatoes, shredded chicken, and broth. Bring to a simmer, reduce the heat, and cover. Simmer 15-20 minutes.
5. Spoon some broth out of the pot and place into a bowl. Stir in greek yogurt. Once greek yogurt has been fully incorporated with the broth, return the mixture to the pot and stir.
6. Stir in chopped kale and tortellini. Simmer for time listed on tortellini package. Season with salt and pepper to taste and serve.

Snacks 1 ↗

Eat on day 1 and day 2

Cottage cheese and pineapple

233 cals ● 35g protein ● 3g fat ● 16g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1 1/4 cup (283g)
canned pineapple, drained
5 tbsp, chunks (57g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
2 1/2 cup (565g)
canned pineapple, drained
10 tbsp, chunks (113g)

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.

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 2 ↗

Eat on day 3, day 4, and day 5

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

For all 3 meals:

avocados
3 avocado(s) (603g)
lemon juice
1 tbsp (15mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Snacks 3 ↗

Eat on 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 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Banana ice cream

2 banana - 268 cals ● 3g protein ● 1g fat ● 55g carbs ● 7g fiber



For single meal:

banana, sliced & frozen
2 large (8" to 8-7/8" long) (272g)

For all 2 meals:

banana, sliced & frozen
4 large (8" to 8-7/8" long) (544g)

1. Add the frozen banana slices to a food processor or blender and blend. Scrape down the sides as needed and continue to blend until the bananas turn into a creamy, ice cream consistency.
2. Serve immediately for a soft-serve consistency, or transfer the banana ice cream to a container and freeze for 1-2 hours for a firmer texture.

Dinner 1 ↗

Eat on day 1

Fruit juice

2 1/4 cup(s) - 258 cals ● 4g protein ● 1g fat ● 57g carbs ● 1g fiber

Makes 2 1/4 cup(s)



fruit juice
18 fl oz (540mL)

1. The recipe has no instructions.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

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.

Vegan sausage

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



Makes 1 sausage(s)
vegan sausage
1 sausage (100g)

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

Dinner 2 ↗

Eat on day 2

Chik'n nuggets

16 nuggets - 882 cals ● 49g protein ● 36g fat ● 82g carbs ● 8g fiber



Makes 16 nuggets

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

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

Dinner 3 ↗

Eat on day 3 and day 4

Shrimp scampi

697 cals ● 33g protein ● 41g fat ● 46g carbs ● 2g fiber



For single meal:

butter
2 tbsp (28g)
heavy cream
3 tbsp (45mL)
uncooked dry pasta
2 oz (57g)
water
1/4 cup(s) (59mL)
parmesan cheese
1/2 tbsp (3g)
shallots, minced
1 tbsp chopped (10g)
garlic, minced
2 clove (6g)
shrimp, raw, shelled and deveined
4 oz (114g)

For all 2 meals:

butter
4 tbsp (57g)
heavy cream
6 tbsp (90mL)
uncooked dry pasta
4 oz (114g)
water
1/2 cup(s) (119mL)
parmesan cheese
1 tbsp (5g)
shallots, minced
2 tbsp chopped (20g)
garlic, minced
4 clove (12g)
shrimp, raw, shelled and deveined
1/2 lbs (227g)

1. Clean the shrimp and start cooking the pasta according to the instructions on the box.
2. While the pasta cooks, mince the shallot and the garlic.
3. Once the pasta is done, transfer it to a separate bowl, and in the pot used to cook the pasta add the butter and melt over medium heat. Once melted and hot, add the shrimp. Let the shrimp cook 2-3 minutes per side until they firm and turn slightly pink.
4. Add garlic and shallot to pan for about 30 seconds to soften. Work quickly to avoid over cooking the shrimp.
5. Mix in the cream and heat through. If you wish, season with salt and pepper. If sauce is too thick at this point, add some water.
6. Add pasta to pot and heat just enough to coat pasta with sauce and warm the noodles back up.
7. Transfer to serving dish and top with parmesan cheese (optional).

Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

kale leaves
2 cup, chopped (80g)
salad dressing
2 tbsp (30mL)

For all 2 meals:

kale leaves
4 cup, chopped (160g)
salad dressing
4 tbsp (60mL)

1. Toss kale in dressing of your choice and serve.

Dinner 4 ↗

Eat on day 5 and day 6

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

For all 2 meals:

mixed greens
4 cup (120g)
balsamic vinaigrette
4 tbsp (60mL)
edamame, frozen, shelled
2 cup (236g)
beets, precooked (canned or refrigerated), chopped
8 beet(s) (400g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Brown rice

1 cup brown rice, cooked - 229 cals ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



For single meal:

salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)
brown rice
1/3 cup (63g)

For all 2 meals:

salt
4 dash (3g)
water
1 1/3 cup(s) (316mL)
black pepper
4 dash, ground (1g)
brown rice
2/3 cup (127g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Almond crusted tilapia

4 1/2 oz - 318 cals ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, slivered (20g)
tilapia, raw
1/4 lbs (126g)
all-purpose flour
1/8 cup(s) (16g)
salt
3/4 dash (0g)
olive oil
1 tsp (6mL)

For all 2 meals:

almonds
6 tbsp, slivered (41g)
tilapia, raw
1/2 lbs (252g)
all-purpose flour
1/4 cup(s) (31g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)

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 5 ↗

Eat on day 7

Salmon & veggie one pot

6 oz salmon - 561 cals ● 39g protein ● 34g fat ● 17g carbs ● 6g fiber



Makes 6 oz salmon

salmon
6 oz (170g)
canned crushed tomatoes
3/4 cup (182g)
dried dill weed
1/4 tbsp (1g)
oil
3/4 tbsp (11mL)
water
1/6 cup(s) (44mL)
ground cumin
1/4 tbsp (2g)
onion, sliced
3/4 small (53g)
bell pepper, sliced into strips
3/4 medium (89g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

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.

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.