

Meal Plan - 2900 calorie pescatarian 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

2905 cals ● 186g protein (26%) ● 112g fat (35%) ● 244g carbs (34%) ● 45g fiber (6%)

Breakfast

475 cals, 28g protein, 29g net carbs, 25g fat



Roasted peanuts

1/4 cup(s)- 230 cals



Milk

1/2 cup(s)- 75 cals



Coffee overnight protein oats

169 cals

Lunch

920 cals, 31g protein, 102g net carbs, 38g fat



Spinach parmesan pasta

731 cals



Simple mixed greens and tomato salad

189 cals

Snacks

395 cals, 34g protein, 33g net carbs, 13g fat



Banana

1 banana(s)- 117 cals



Boiled eggs

2 egg(s)- 139 cals



Protein greek yogurt

1 container- 139 cals

Dinner

900 cals, 45g protein, 79g net carbs, 35g fat



White bean cassoulet

577 cals



Simple mozzarella and tomato salad

322 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 2

2905 cals ● 186g protein (26%) ● 112g fat (35%) ● 244g carbs (34%) ● 45g fiber (6%)

Breakfast

475 cals, 28g protein, 29g net carbs, 25g fat



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



Milk
1/2 cup(s)- 75 cals



Coffee overnight protein oats
169 cals

Snacks

395 cals, 34g protein, 33g net carbs, 13g fat



Banana
1 banana(s)- 117 cals



Boiled eggs
2 egg(s)- 139 cals



Protein greek yogurt
1 container- 139 cals

Lunch

920 cals, 31g protein, 102g net carbs, 38g fat



Spinach parmesan pasta
731 cals



Simple mixed greens and tomato salad
189 cals

Dinner

900 cals, 45g protein, 79g net carbs, 35g fat



White bean cassoulet
577 cals



Simple mozzarella and tomato salad
322 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 3

2865 cals ● 186g protein (26%) ● 95g fat (30%) ● 260g carbs (36%) ● 57g fiber (8%)

Breakfast

445 cals, 31g protein, 60g net carbs, 2g fat



Carrot sticks

4 carrot(s)- 108 cals



Green protein shake

261 cals



Clementine

2 clementine(s)- 78 cals

Snacks

400 cals, 25g protein, 33g net carbs, 16g fat



High-protein granola bar

1 bar(s)- 204 cals



Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

Lunch

945 cals, 33g protein, 100g net carbs, 36g fat



Spicy peanut & bean curry over rice

793 cals



Simple mixed greens and tomato salad

151 cals

Dinner

860 cals, 49g protein, 66g net carbs, 41g fat



Simple roasted cod

8 oz- 297 cals



Buttery brown rice

417 cals



Olive oil drizzled green beans

145 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

2865 cals ● 186g protein (26%) ● 95g fat (30%) ● 260g carbs (36%) ● 57g fiber (8%)

Breakfast

445 cals, 31g protein, 60g net carbs, 2g fat



Carrot sticks

4 carrot(s)- 108 cals



Green protein shake

261 cals



Clementine

2 clementine(s)- 78 cals

Snacks

400 cals, 25g protein, 33g net carbs, 16g fat



High-protein granola bar

1 bar(s)- 204 cals



Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

Lunch

945 cals, 33g protein, 100g net carbs, 36g fat



Spicy peanut & bean curry over rice

793 cals



Simple mixed greens and tomato salad

151 cals

Dinner

860 cals, 49g protein, 66g net carbs, 41g fat



Simple roasted cod

8 oz- 297 cals



Buttery brown rice

417 cals



Olive oil drizzled green beans

145 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

2891 cals ● 212g protein (29%) ● 108g fat (34%) ● 217g carbs (30%) ● 50g fiber (7%)

Breakfast

445 cals, 31g protein, 60g net carbs, 2g fat



Carrot sticks

4 carrot(s)- 108 cals



Green protein shake

261 cals



Clementine

2 clementine(s)- 78 cals

Lunch

905 cals, 56g protein, 68g net carbs, 36g fat



Tofu parmesan

1 tofu planks- 349 cals



Lentils

347 cals



Olive oil drizzled broccoli

3 cup(s)- 209 cals

Snacks

400 cals, 48g protein, 20g net carbs, 13g fat



Protein shake (milk)

387 cals



Celery sticks

2 celery stalk- 13 cals

Dinner

920 cals, 28g protein, 68g net carbs, 56g fat



Roasted peanuts

3/8 cup(s)- 345 cals



Caesar pasta salad

576 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

2876 cals ● 206g protein (29%) ● 136g fat (42%) ● 171g carbs (24%) ● 37g fiber (5%)

Breakfast

430 cals, 25g protein, 14g net carbs, 29g fat



Scrambled eggs with spinach, parmesan & tomato

249 cals



Milk

1/2 cup(s)- 75 cals



Celery and peanut butter

109 cals

Lunch

905 cals, 56g protein, 68g net carbs, 36g fat



Tofu parmesan

1 tofu planks- 349 cals



Lentils

347 cals



Olive oil drizzled broccoli

3 cup(s)- 209 cals

Snacks

400 cals, 48g protein, 20g net carbs, 13g fat



Protein shake (milk)

387 cals



Celery sticks

2 celery stalk- 13 cals

Dinner

920 cals, 28g protein, 68g net carbs, 56g fat



Roasted peanuts

3/8 cup(s)- 345 cals



Caesar pasta salad

576 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

2891 cals ● 261g protein (36%) ● 104g fat (32%) ● 181g carbs (25%) ● 46g fiber (6%)

Breakfast

430 cals, 25g protein, 14g net carbs, 29g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



Milk
1/2 cup(s)- 75 cals



Celery and peanut butter
109 cals

Snacks

400 cals, 48g protein, 20g net carbs, 13g fat



Protein shake (milk)
387 cals



Celery sticks
2 celery stalk- 13 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

980 cals, 105g protein, 46g net carbs, 36g fat



Roasted carrots
4 carrots(s)- 211 cals



Lentils
174 cals



Pan fried tilapia
16 oz- 596 cals

Dinner

860 cals, 34g protein, 100g net carbs, 25g fat



Lentil chili
725 cals



Simple mixed greens salad
136 cals

Grocery List



Cereal Grains and Pasta

- uncooked dry pasta
13 1/3 oz (380g)
- long-grain white rice
1/2 cup (92g)
- brown rice
13 1/4 tbsp (158g)
- cornstarch
1 tbsp (8g)
- dry bulgur wheat
6 3/4 tbsp (58g)

Dairy and Egg Products

- butter
1/3 cup (78g)
- parmesan cheese
3 oz (87g)
- eggs
8 large (400g)
- whole milk
6 3/4 cup(s) (1620mL)
- fresh mozzarella cheese
1/3 lbs (151g)
- mozzarella cheese, shredded
2 oz (57g)

Vegetables and Vegetable Products

- fresh spinach
1 3/4 10oz package (494g)
- garlic
12 clove(s) (36g)
- tomatoes
10 1/2 medium whole (2-3/5" dia) (1292g)
- raw celery
9 1/2 stalk, medium (7-1/2" - 8" long) (380g)
- carrots
20 1/4 medium (1236g)
- onion
3 1/2 medium (2-1/2" dia) (376g)
- frozen green beans
2 2/3 cup (323g)
- frozen broccoli
6 cup (546g)
- kale leaves
1/3 bunch (57g)
- canned whole tomatoes
13 1/4 tbsp (200g)

Other

- mixed greens
16 1/2 cup (495g)
- protein greek yogurt, flavored
2 container (300g)
- ice cubes
1 cup(s) (140g)
- nutritional yeast
2 tbsp (8g)

Fats and Oils

- salad dressing
1 cup (248mL)
- oil
1/3 cup (83mL)
- balsamic vinaigrette
2 3/4 tbsp (41mL)
- olive oil
1/4 lbs (115mL)
- caesar salad dressing
1/3 cup (78g)

Fruits and Fruit Juices

- banana
4 1/2 medium (7" to 7-7/8" long) (531g)
- orange
3 orange (462g)
- clementines
6 fruit (444g)
- frozen strawberries
1 1/2 cup, unthawed (224g)

Legumes and Legume Products

- roasted peanuts
1 1/4 cup (183g)
- white beans, canned
1 1/2 can(s) (659g)
- peanut butter
5 tbsp (80g)
- kidney beans
1 1/2 can (672g)
- firm tofu
14 oz (397g)
- lentils, raw
1 2/3 cup (320g)

Sweets

Spices and Herbs

- salt
3/4 oz (18g)
- black pepper
1/3 oz (9g)
- fresh basil
2 2/3 tbsp, chopped (7g)
- ground cumin
1/4 oz (7g)
- crushed red pepper
1/4 tbsp (1g)
- chili powder
2 1/2 tsp (7g)

Beverages

- water
1 1/2 gallon (5606mL)
- protein powder
20 1/2 scoop (1/3 cup ea) (636g)
- coffee, brewed
3 tbsp (44g)
- protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

- maple syrup
2 tsp (10mL)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats
1/2 cup (41g)

Soups, Sauces, and Gravies

- vegetable broth
2 cup(s) (mL)
- pizza sauce
3 tbsp (47g)

Snacks

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

Nut and Seed Products

- almonds
10 almond (12g)

Finfish and Shellfish Products

- cod, raw
1 lbs (453g)
- tilapia, raw
1 lbs (448g)

Breakfast 1 ↗

Eat on day 1 and day 2

Roasted peanuts

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



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Coffee overnight protein oats

169 cals ● 16g protein ● 3g fat ● 18g carbs ● 3g fiber



For single meal:

maple syrup
1 tsp (5mL)
whole milk
1/8 cup(s) (30mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)
oatmeal, old-fashioned oats, rolled oats
4 tbsp (20g)
coffee, brewed
1 1/2 tbsp (22g)

For all 2 meals:

maple syrup
2 tsp (10mL)
whole milk
1/4 cup(s) (60mL)
protein powder
1 scoop (1/3 cup ea) (31g)
oatmeal, old-fashioned oats, rolled oats
1/2 cup (41g)
coffee, brewed
3 tbsp (44g)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight or for at least 4 hours.
Serve.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots
4 medium (244g)

For all 3 meals:

carrots
12 medium (732g)

1. Cut carrots into strips and serve.

Green protein shake

261 cals ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

water
1/4 cup(s) (59mL)
fresh spinach
1 cup(s) (30g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
banana, frozen
1/2 medium (7" to 7-7/8" long) (59g)
orange, peeled, sliced, and deseeded
1 orange (154g)

For all 3 meals:

water
3/4 cup(s) (178mL)
fresh spinach
3 cup(s) (90g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
banana, frozen
1 1/2 medium (7" to 7-7/8" long) (177g)
orange, peeled, sliced, and deseeded
3 orange (462g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

clementines
2 fruit (148g)

For all 3 meals:

clementines
6 fruit (444g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

Scrambled eggs with spinach, parmesan & tomato

249 cals ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

eggs
2 large (100g)
olive oil
1 tsp (5mL)
fresh spinach
2 cup(s) (60g)
parmesan cheese
2 tbsp (10g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
garlic, minced
4 dash (1g)

For all 2 meals:

eggs
4 large (200g)
olive oil
2 tsp (10mL)
fresh spinach
4 cup(s) (120g)
parmesan cheese
4 tbsp (20g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
garlic, minced
1 tsp (3g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 tbsp (16g)

For all 2 meals:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

peanut butter

2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Lunch 1 ↗

Eat on day 1 and day 2

Spinach parmesan pasta

731 cals ● 27g protein ● 27g fat ● 89g carbs ● 7g fiber



For single meal:

uncooked dry pasta

4 oz (114g)

butter

1 1/2 tbsp (21g)

fresh spinach

1/2 10oz package (142g)

parmesan cheese

4 tbsp (25g)

salt

2 dash (2g)

black pepper

1 tsp, ground (2g)

water

1/6 cup(s) (39mL)

garlic, minced

1 clove(s) (3g)

For all 2 meals:

uncooked dry pasta

1/2 lbs (228g)

butter

3 tbsp (43g)

fresh spinach

1 10oz package (284g)

parmesan cheese

1/2 cup (50g)

salt

4 dash (3g)

black pepper

2 tsp, ground (5g)

water

1/3 cup(s) (79mL)

garlic, minced

2 clove(s) (6g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)
salad dressing
1/4 cup (56mL)

For all 2 meals:

mixed greens
7 1/2 cup (225g)
tomatoes
1 1/4 cup cherry tomatoes (186g)
salad dressing
1/2 cup (113mL)

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

Lunch 2 ↗

Eat on day 3 and day 4

Spicy peanut & bean curry over rice

793 cals ● 30g protein ● 26g fat ● 89g carbs ● 20g fiber



For single meal:

ground cumin
1 tsp (2g)
water
3/4 cup(s) (178mL)
peanut butter
1 1/2 tbsp (24g)
long-grain white rice
4 tbsp (46g)
crushed red pepper
3 dash (1g)
oil
3/4 tbsp (11mL)
tomatoes, chopped
1 1/2 medium whole (2-3/5" dia)
(185g)
kidney beans, drained and rinsed
3/4 can (336g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
garlic, diced
2 1/4 clove(s) (7g)

For all 2 meals:

ground cumin
3/4 tbsp (5g)
water
1 1/2 cup(s) (356mL)
peanut butter
3 tbsp (48g)
long-grain white rice
1/2 cup (92g)
crushed red pepper
1/4 tbsp (1g)
oil
1 1/2 tbsp (23mL)
tomatoes, chopped
3 medium whole (2-3/5" dia) (369g)
kidney beans, drained and rinsed
1 1/2 can (672g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
garlic, diced
4 1/2 clove(s) (14g)

1. Cook rice according to package instructions. Set aside.
2. Heat oil in a large skillet over medium heat. Add onions and garlic and saute until softened, about 10 minutes.
3. Add in tomatoes, cumin, crushed red pepper, and a hefty pinch of salt. Feel free to add more/less crushed red pepper depending on your preferred spice level. Stir and toast spices, about 1 minute.
4. Add in kidney beans, water, and peanut butter. Stir peanut butter into the water and break it apart and turn it into a sauce-like consistency. Cook for 5-8 more minutes until beans are heated through and sauce is bubbly.
5. Add rice to a plate and spoon the curry on top. Serve.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

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

Lunch 3 ↗

Eat on day 5 and day 6

Tofu parmesan

1 tofu planks - 349 cals ● 25g protein ● 22g fat ● 12g carbs ● 2g fiber



For single meal:

nutritional yeast
1 tbsp (4g)
cornstarch
1/2 tbsp (4g)
oil
1/2 tbsp (8mL)
pizza sauce
1 1/2 tbsp (24g)
mozzarella cheese, shredded
1 oz (28g)
firm tofu, patted dry
1/2 lbs (198g)

For all 2 meals:

nutritional yeast
2 tbsp (8g)
cornstarch
1 tbsp (8g)
oil
1 tbsp (15mL)
pizza sauce
3 tbsp (47g)
mozzarella cheese, shredded
2 oz (57g)
firm tofu, patted dry
14 oz (397g)

1. Preheat the oven to 450°F (230°C).
2. Slice the tofu lengthwise into flat, wide planks that resemble rectangular slabs. A 14oz (397g) block of tofu will yield two 7oz (198g) planks.
3. In a shallow plate, whisk together cornstarch, nutritional yeast, and a pinch of salt and pepper. Press the tofu planks into the mixture, ensuring all sides are fully coated.
4. Heat oil in a skillet over medium-high heat. Add the tofu and cook until golden brown and crispy, about 3-4 minutes per side.
5. Transfer the tofu planks to a baking sheet. Spread pizza sauce over each plank and sprinkle with cheese.
6. Roast in the oven until the cheese is melted and slightly crispy, about 8-10 minutes. Serve.

Lentils

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



For single meal:

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

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.

Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

For all 2 meals:

black pepper
3 dash (0g)
salt
3 dash (1g)
frozen broccoli
6 cup (546g)
olive oil
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lunch 4 ↗

Eat on day 7

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

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.

Pan fried tilapia

16 oz - 596 cals ● 90g protein ● 26g fat ● 1g carbs ● 0g fiber



Makes 16 oz

olive oil
4 tsp (20mL)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
tilapia, raw
16 oz (448g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
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. Serve immediately.

Snacks 1 ↗

Eat on day 1 and day 2

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

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.

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.

Snacks 2 ↗

Eat on day 3 and day 4

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar

1 bar (40g)

For all 2 meals:

high-protein granola bar

2 bar (80g)

1. The recipe has no instructions.

Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cals ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

ice cubes
1/2 cup(s) (70g)
frozen strawberries
3/4 cup, unthawed (112g)
almonds
5 almond (6g)
water
1 tbsp (15mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)
banana, frozen, peeled and sliced
1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

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)

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.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Protein shake (milk)

387 cals ● 48g protein ● 13g fat ● 19g carbs ● 2g fiber



For single meal:

whole milk
1 1/2 cup(s) (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

whole milk
4 1/2 cup(s) (1080mL)
protein powder
4 1/2 scoop (1/3 cup ea) (140g)

1. Mix until well-combined.
2. Serve.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 3 meals:

raw celery

6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.

Dinner 1

Eat on day 1 and day 2

White bean cassoulet

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



For single meal:

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)

For all 2 meals:

vegetable broth

3/4 cup(s) (mL)

oil

1 1/2 tbsp (23mL)

raw celery, thinly sliced

1 1/2 stalk, medium (7-1/2" - 8" long) (60g)

carrots, peeled & slices

3 large (216g)

onion, diced

1 1/2 medium (2-1/2" dia) (165g)

garlic, minced

3 clove(s) (9g)

white beans, canned, drained & rinsed

1 1/2 can(s) (659g)

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.

Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



For single meal:

balsamic vinaigrette
4 tsp (20mL)
fresh basil
4 tsp, chopped (4g)
fresh mozzarella cheese, sliced
2 2/3 oz (76g)
tomatoes, sliced
1 large whole (3" dia) (182g)

For all 2 meals:

balsamic vinaigrette
2 2/3 tbsp (40mL)
fresh basil
2 2/3 tbsp, chopped (7g)
fresh mozzarella cheese, sliced
1/3 lbs (151g)
tomatoes, sliced
2 large whole (3" dia) (364g)

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

Dinner 2 ↗

Eat on day 3 and day 4

Simple roasted cod

8 oz - 297 cals ● 40g protein ● 15g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
1 tbsp (15mL)
cod, raw
1/2 lbs (227g)

For all 2 meals:

olive oil
2 tbsp (30mL)
cod, raw
1 lbs (453g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Buttery brown rice

417 cals ● 6g protein ● 17g fat ● 58g carbs ● 3g fiber



For single meal:

butter
1 1/4 tbsp (18g)
brown rice
6 2/3 tbsp (79g)
salt
1/3 tsp (2g)
water
5/6 cup(s) (198mL)
black pepper
1/3 tsp, ground (1g)

For all 2 meals:

butter
2 1/2 tbsp (36g)
brown rice
13 1/3 tbsp (158g)
salt
5 dash (4g)
water
1 2/3 cup(s) (395mL)
black pepper
5 dash, ground (1g)

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.

Olive oil drizzled green beans

145 cals ● 3g protein ● 9g fat ● 8g carbs ● 4g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen green beans
2 2/3 cup (323g)
olive oil
4 tsp (20mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Dinner 3 ↗

Eat on day 5 and day 6

Roasted peanuts

3/8 cup(s) - 345 cals ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber



For single meal:

roasted peanuts
6 tbsp (55g)

For all 2 meals:

roasted peanuts
3/4 cup (110g)

1. The recipe has no instructions.

Caesar pasta salad

576 cals ● 15g protein ● 29g fat ● 61g carbs ● 4g fiber



For single meal:

uncooked dry pasta
2 2/3 oz (76g)
tomatoes
1/2 cup cherry tomatoes (75g)
olive oil
1/2 tsp (3mL)
kale leaves
1/6 bunch (28g)
parmesan cheese
4 tsp (8g)
caesar salad dressing
2 2/3 tbsp (39g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)

For all 2 meals:

uncooked dry pasta
1/3 lbs (152g)
tomatoes
16 tbsp cherry tomatoes (149g)
olive oil
1 tsp (5mL)
kale leaves
1/3 bunch (57g)
parmesan cheese
2 2/3 tbsp (17g)
caesar salad dressing
1/3 cup (78g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)

1. Cook pasta according to package. Drain and place in bowl and let cool completely.
2. Preheat oven to 425 F (220 C).
3. Toss tomatoes with olive oil and place on baking tray. Cook for 8-10 minutes until soft and bursting. Remove and let cool.
4. Rip kale into pieces and add to the cooled pasta.
5. Add tomatoes, salt and pepper into pasta bowl and mix.
6. Refrigerate bowl.
7. Serve with parmesan and dressing.

Dinner 4 ↗

Eat on day 7

Lentil chili

725 cals ● 31g protein ● 16g fat ● 92g carbs ● 23g fiber



oil
2 1/2 tsp (13mL)
lentils, raw
6 2/3 tbsp (80g)
chili powder
2 1/2 tsp (7g)
ground cumin
1 1/4 tsp (3g)
salt
1/4 tsp (1g)
black pepper
1 dash, ground (0g)
dry bulgur wheat
6 2/3 tbsp (58g)
vegetable broth
1 1/4 cup(s) (mL)
canned whole tomatoes, chopped
13 1/3 tbsp (200g)
onion, chopped
3/8 medium (2-1/2" dia) (46g)
garlic, minced
1 2/3 clove(s) (5g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and sauté for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. 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.