

Meal Plan - 3100 calorie pescetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

3060 cals ● 196g protein (26%) ● 111g fat (33%) ● 279g carbs (36%) ● 41g fiber (5%)

Breakfast

470 cals, 21g protein, 52g net carbs, 18g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Milk
3/4 cup(s)- 112 cals



Crackers
12 cracker(s)- 203 cals

Snacks

390 cals, 19g protein, 52g net carbs, 8g fat



Large granola bar
1 bar(s)- 176 cals



Orange
1 orange(s)- 85 cals



Green protein shake
130 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

955 cals, 45g protein, 102g net carbs, 35g fat



Mediterranean chick'n wrap
2 wrap(s)- 813 cals



Nectarine
2 nectarine(s)- 140 cals

Dinner

975 cals, 52g protein, 71g net carbs, 48g fat



Simple kale & avocado salad
345 cals



Crispy chick'n tenders
11 tender(s)- 628 cals

Day 2

3060 cals ● 196g protein (26%) ● 111g fat (33%) ● 279g carbs (36%) ● 41g fiber (5%)

Breakfast

470 cals, 21g protein, 52g net carbs, 18g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Milk
3/4 cup(s)- 112 cals



Crackers
12 cracker(s)- 203 cals

Snacks

390 cals, 19g protein, 52g net carbs, 8g fat



Large granola bar
1 bar(s)- 176 cals



Orange
1 orange(s)- 85 cals



Green protein shake
130 cals

Lunch

955 cals, 45g protein, 102g net carbs, 35g fat



Mediterranean chick'n wrap
2 wrap(s)- 813 cals



Nectarine
2 nectarine(s)- 140 cals

Dinner

975 cals, 52g protein, 71g net carbs, 48g fat



Simple kale & avocado salad
345 cals



Crispy chick'n tenders
11 tender(s)- 628 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 3

3085 cals ● 210g protein (27%) ● 146g fat (43%) ● 180g carbs (23%) ● 53g fiber (7%)

Breakfast

470 cals, 21g protein, 52g net carbs, 18g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Milk
3/4 cup(s)- 112 cals



Crackers
12 cracker(s)- 203 cals

Snacks

395 cals, 18g protein, 49g net carbs, 11g fat



Cottage cheese & fruit cup
1 container- 131 cals



Apple, banana, almond butter bowl
264 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

965 cals, 42g protein, 60g net carbs, 50g fat



Tomato and avocado salad
469 cals



Chunky canned soup (non-creamy)
2 can(s)- 494 cals

Dinner

985 cals, 69g protein, 17g net carbs, 66g fat



Roasted peanuts
3/8 cup(s)- 383 cals



String cheese
2 stick(s)- 165 cals



Avocado tuna salad
436 cals

Day 4

3114 cals ● 206g protein (26%) ● 148g fat (43%) ● 179g carbs (23%) ● 61g fiber (8%)

Breakfast

500 cals, 17g protein, 51g net carbs, 20g fat



Banana

2 banana(s)- 233 cals



Egg & avocado salad

266 cals

Lunch

965 cals, 42g protein, 60g net carbs, 50g fat



Tomato and avocado salad

469 cals



Chunky canned soup (non-creamy)

2 can(s)- 494 cals

Snacks

395 cals, 18g protein, 49g net carbs, 11g fat



Cottage cheese & fruit cup

1 container- 131 cals



Apple, banana, almond butter bowl

264 cals

Dinner

985 cals, 69g protein, 17g net carbs, 66g fat



Roasted peanuts

3/8 cup(s)- 383 cals



String cheese

2 stick(s)- 165 cals



Avocado tuna salad

436 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Day 5

3097 cals ● 211g protein (27%) ● 101g fat (29%) ● 276g carbs (36%) ● 60g fiber (8%)

Breakfast

500 cals, 17g protein, 51g net carbs, 20g fat



Banana

2 banana(s)- 233 cals



Egg & avocado salad

266 cals

Lunch

925 cals, 60g protein, 71g net carbs, 43g fat



Milk

2 cup(s)- 298 cals



Salmon alfredo pasta

627 cals

Snacks

395 cals, 18g protein, 49g net carbs, 11g fat



Cottage cheese & fruit cup

1 container- 131 cals



Apple, banana, almond butter bowl

264 cals

Dinner

1005 cals, 55g protein, 103g net carbs, 26g fat



Easy chickpea salad

350 cals



Bean & tofu goulash

656 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Day 6

3065 cals ● 210g protein (27%) ● 108g fat (32%) ● 252g carbs (33%) ● 60g fiber (8%)

Breakfast

520 cals, 26g protein, 44g net carbs, 25g fat



Basic scrambled eggs
3 egg(s)- 238 cals



Orange
1 orange(s)- 85 cals



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals

Snacks

340 cals, 8g protein, 33g net carbs, 14g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Grapes
189 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

925 cals, 60g protein, 71g net carbs, 43g fat



Milk
2 cup(s)- 298 cals



Salmon alfredo pasta
627 cals

Dinner

1005 cals, 55g protein, 103g net carbs, 26g fat



Easy chickpea salad
350 cals



Bean & tofu goulash
656 cals

Day 7

3076 cals ● 201g protein (26%) ● 112g fat (33%) ● 273g carbs (35%) ● 42g fiber (5%)

Breakfast

520 cals, 26g protein, 44g net carbs, 25g fat



Basic scrambled eggs
3 egg(s)- 238 cals



Orange
1 orange(s)- 85 cals



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals

Snacks

340 cals, 8g protein, 33g net carbs, 14g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Grapes
189 cals

Lunch

975 cals, 41g protein, 118g net carbs, 30g fat



Tomato soup
2 can(s)- 421 cals



Tomato and avocado salad
293 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

965 cals, 66g protein, 76g net carbs, 42g fat



Buttery brown rice
375 cals



Pan seared breaded tilapia
10 oz- 501 cals



Sautéed Kale
91 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Grocery List



Beverages

- protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- water
18 1/2 cup(s) (4385mL)
- protein powder, vanilla
1 scoop (1/3 cup ea) (31g)

Snacks

- large granola bar
2 bar (74g)

Fruits and Fruit Juices

- orange
5 orange (770g)
- banana
6 3/4 medium (7" to 7-7/8" long) (797g)
- avocados
5 3/4 avocado(s) (1164g)
- lemon
1 1/2 small (87g)
- nectarine
4 medium (2-1/2" dia) (568g)
- lime juice
3 fl oz (89mL)
- apples
2 1/4 medium (3" dia) (410g)
- grapes
6 1/2 cup (598g)

Vegetables and Vegetable Products

- fresh spinach
4 cup(s) (120g)
- kale leaves
2/3 lbs (315g)
- ketchup
1/3 cup (94g)
- tomatoes
5 2/3 medium whole (2-3/5" dia) (696g)
- cucumber
1 cup slices (104g)
- onion
3 medium (2-1/2" dia) (331g)
- fresh parsley
4 1/2 sprigs (5g)
- garlic
1 1/2 clove (5g)

Baked Products

- crackers
36 crackers (126g)
- flour tortillas
4 tortilla (approx 7-8" dia) (196g)
- bagel
1 medium bagel (3-1/2" to 4" dia) (105g)

Legumes and Legume Products

- hummus
1/2 cup (120g)
- roasted peanuts
56 tsp (170g)
- chickpeas, canned
1 1/2 can(s) (672g)
- white beans, canned
1 1/2 can(s) (659g)
- firm tofu
2/3 lbs (298g)

Spices and Herbs

- salt
1/2 oz (13g)
- black pepper
5 g (5g)
- garlic powder
2 tsp (6g)
- balsamic vinegar
1 1/2 tbsp (23mL)
- paprika
1 1/2 tbsp (10g)
- fresh thyme
1/4 tbsp (1g)

Finfish and Shellfish Products

- canned tuna
2 can (344g)
- salmon
3/4 lbs (340g)
- tilapia, raw
10 oz (280g)

Nut and Seed Products

- coconut flakes
2 1/4 tbsp (12g)
- almond butter
2 1/4 tbsp (36g)

Other

- meatless chik'n tenders
1 3/4 lbs (845g)
- mixed greens
4 1/3 cup (130g)
- cottage cheese & fruit cup
5 container (850g)
- alfredo sauce
3/4 cup (180g)

Dairy and Egg Products

- lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- whole milk
6 1/4 cup(s) (1500mL)
- feta cheese
1/2 cup (75g)
- string cheese
4 stick (112g)
- eggs
10 large (500g)
- butter
3 tbsp (42g)

Fats and Oils

- olive oil
5 tsp (26mL)
- oil
1 1/4 oz (37mL)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- apple cider vinegar
1 1/2 tbsp (1mL)
- condensed canned tomato soup
2 can (10.5 oz) (596g)

Cereal Grains and Pasta

- uncooked dry pasta
1/4 lbs (128g)
- brown rice
6 tbsp (71g)
- all-purpose flour
1/4 cup(s) (26g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

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.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup(s) (180mL)

For all 3 meals:

whole milk
2 1/4 cup(s) (540mL)

1. The recipe has no instructions.

Crackers

12 cracker(s) - 203 cals ● 3g protein ● 9g fat ● 27g carbs ● 2g fiber



For single meal:

crackers
12 crackers (42g)

For all 3 meals:

crackers
36 crackers (126g)

1. Enjoy.

Breakfast 2 ↗

Eat on day 4 and day 5

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana

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

For all 2 meals:

banana

4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

garlic powder

1/3 tsp (1g)

avocados

1/3 avocado(s) (67g)

mixed greens

2/3 cup (20g)

eggs, hard-boiled and chilled

2 large (100g)

For all 2 meals:

garlic powder

1/4 tbsp (2g)

avocados

2/3 avocado(s) (134g)

mixed greens

1 1/3 cup (40g)

eggs, hard-boiled and chilled

4 large (200g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Breakfast 3 ↗

Eat on day 6 and day 7

Basic scrambled eggs

3 egg(s) - 238 cals ● 19g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

For all 2 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

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.

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

butter

1/2 tbsp (7g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

butter

1 tbsp (14g)

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

Lunch 1 ↗

Eat on day 1 and day 2

Mediterranean chik'n wrap

2 wrap(s) - 813 cals ● 42g protein ● 34g fat ● 77g carbs ● 8g fiber



For single meal:

feta cheese

4 tbsp (38g)

hummus

4 tbsp (60g)

mixed greens

1/2 cup (15g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

meatless chik'n tenders

5 oz (142g)

tomatoes, chopped

2 slice(s), thin/small (30g)

cucumber, chopped

1/2 cup slices (52g)

For all 2 meals:

feta cheese

1/2 cup (75g)

hummus

1/2 cup (120g)

mixed greens

1 cup (30g)

flour tortillas

4 tortilla (approx 7-8" dia) (196g)

meatless chik'n tenders

10 oz (284g)

tomatoes, chopped

4 slice(s), thin/small (60g)

cucumber, chopped

1 cup slices (104g)

1. Cook chik'n according to package.

2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:

nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Lunch 2

Eat on day 3 and day 4

Tomato and avocado salad

469 cals ● 6g protein ● 37g fat ● 13g carbs ● 16g fiber



For single meal:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

onion
4 tbsp minced (60g)
lime juice
4 tbsp (60mL)
olive oil
1 tbsp (15mL)
garlic powder
1 tsp (3g)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
avocados, cubed
2 avocado(s) (402g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

Lunch 3

Eat on day 5 and day 6

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.

Salmon alfredo pasta

627 cals ● 45g protein ● 27g fat ● 47g carbs ● 3g fiber



For single meal:

salmon
6 oz (170g)
fresh spinach
1 1/2 cup(s) (45g)
alfredo sauce
6 tbsp (90g)
uncooked dry pasta
2 1/4 oz (64g)

For all 2 meals:

salmon
3/4 lbs (340g)
fresh spinach
3 cup(s) (90g)
alfredo sauce
3/4 cup (180g)
uncooked dry pasta
1/4 lbs (128g)

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.

Lunch 4 ↗

Eat on day 7

Tomato soup

2 can(s) - 421 cals ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



Makes 2 can(s)

condensed canned tomato soup
2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion
1 1/4 tbsp minced (19g)
lime juice
1 1/4 tbsp (19mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
5/8 avocado(s) (126g)
tomatoes, diced
5/8 medium whole (2-3/5" dia) (77g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Cottage cheese & fruit cup

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



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

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

Snacks 1 ↗

Eat on day 1 and day 2

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

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.

Green protein shake

130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

water

1/8 cup(s) (30mL)

fresh spinach

1/2 cup(s) (15g)

protein powder, vanilla

1/2 scoop (1/3 cup ea) (16g)

banana, frozen

1/4 medium (7" to 7-7/8" long) (30g)

orange, peeled, sliced, and deseeded

1/2 orange (77g)

For all 2 meals:

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)

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.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Apple, banana, almond butter bowl

264 cals ● 4g protein ● 8g fat ● 36g carbs ● 7g fiber



For single meal:

coconut flakes
3/4 tbsp (4g)
almond butter
3/4 tbsp (12g)
banana, sliced
3/4 medium (7" to 7-7/8" long)
(89g)
apples, chopped
3/4 medium (3" dia) (137g)

For all 3 meals:

coconut flakes
2 1/4 tbsp (12g)
almond butter
2 1/4 tbsp (36g)
banana, sliced
2 1/4 medium (7" to 7-7/8" long)
(266g)
apples, chopped
2 1/4 medium (3" dia) (410g)

1. Put banana and apple chunks in a bowl. Mix together.
2. Top with coconut flakes and drizzle with almond butter.

Snacks 3 ↗

Eat on day 6 and day 7

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Grapes

189 cals ● 2g protein ● 1g fat ● 30g carbs ● 12g fiber



For single meal:

grapes
3 1/4 cup (299g)

For all 2 meals:

grapes
6 1/2 cup (598g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1 and day 2

Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

kale leaves, chopped
3/4 bunch (128g)
avocados, chopped
3/4 avocado(s) (151g)
lemon, juiced
3/4 small (44g)

For all 2 meals:

kale leaves, chopped
1 1/2 bunch (255g)
avocados, chopped
1 1/2 avocado(s) (302g)
lemon, juiced
1 1/2 small (87g)

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.

Crispy chik'n tenders

11 tender(s) - 628 cals ● 45g protein ● 25g fat ● 57g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
11 pieces (281g)
ketchup
2 3/4 tbsp (47g)

For all 2 meals:

meatless chik'n tenders
22 pieces (561g)
ketchup
1/3 cup (94g)

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

Dinner 2 ↗

Eat on day 3 and day 4

Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



For single meal:

roasted peanuts
6 2/3 tbsp (61g)

For all 2 meals:

roasted peanuts
13 1/3 tbsp (122g)

1. The recipe has no instructions.

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. The recipe has no instructions.

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
mixed greens
1 cup (30g)
canned tuna
1 can (172g)
tomatoes
4 tbsp, chopped (45g)
onion, minced
1/4 small (18g)

For all 2 meals:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Dinner 3 ↗

Eat on day 5 and day 6

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

balsamic vinegar
3/4 tbsp (11mL)
apple cider vinegar
3/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
3/4 can(s) (336g)
onion, thinly sliced
3/8 small (26g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
fresh parsley, chopped
2 1/4 sprigs (2g)

For all 2 meals:

balsamic vinegar
1 1/2 tbsp (23mL)
apple cider vinegar
1 1/2 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 1/2 can(s) (672g)
onion, thinly sliced
3/4 small (53g)
tomatoes, halved
1 1/2 cup cherry tomatoes (224g)
fresh parsley, chopped
4 1/2 sprigs (5g)

1. Add all ingredients to a bowl and toss.
Serve!

Bean & tofu goulash

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



For single meal:

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)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
paprika
1 1/2 tbsp (10g)
fresh thyme
1/4 tbsp (1g)
white beans, canned, drained & rinsed
1 1/2 can(s) (659g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
garlic, minced
1 1/2 clove (5g)
firm tofu, drained and diced
2/3 lbs (298g)

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.

Dinner 4 ↗

Eat on day 7

Buttery brown rice

375 cals ● 6g protein ● 15g fat ● 52g carbs ● 3g fiber



butter
1 tbsp (16g)
brown rice
6 tbsp (71g)
salt
1/4 tsp (2g)
water
3/4 cup(s) (178mL)
black pepper
1/4 tsp, 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.

Pan seared breaded tilapia

10 oz - 501 cals ● 59g protein ● 20g fat ● 20g carbs ● 1g fiber



Makes 10 oz

all-purpose flour
1/4 cup(s) (26g)
tilapia, raw
10 oz (280g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
olive oil
1 1/4 tsp (6mL)
butter, melted
2 1/2 tsp (12g)

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.

Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



kale leaves
1 1/2 cup, chopped (60g)
oil
1/2 tbsp (8mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Protein Supplement(s) ↗

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

water

2 1/2 cup(s) (593mL)

For all 7 meals:

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

water

17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.