

# Meal Plan - 3200 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

3150 cals ● 228g protein (29%) ● 143g fat (41%) ● 174g carbs (22%) ● 65g fiber (8%)

### Breakfast

430 cals, 27g protein, 44g net carbs, 9g fat



[Lowfat Greek yogurt](#)  
2 container(s)- 310 cals



[Raspberries](#)  
1 2/3 cup(s)- 120 cals

### Snacks

415 cals, 16g protein, 23g net carbs, 27g fat



[Popcorn](#)  
3 cups- 121 cals



[High-protein granola bar](#)  
1 bar(s)- 204 cals



[Sunflower seeds](#)  
90 cals

### Lunch

1015 cals, 58g protein, 32g net carbs, 62g fat



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



[Crack slaw with tempeh](#)  
633 cals

### Dinner

1015 cals, 67g protein, 73g net carbs, 44g fat



[Brown rice](#)  
1/4 cup brown rice, cooked- 57 cals



[Vegan sausage & veggie sheet pan](#)  
959 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 1/2 scoop- 273 cals

## Day 2

3168 cals ● 216g protein (27%) ● 147g fat (42%) ● 175g carbs (22%) ● 70g fiber (9%)

### Breakfast

430 cals, 27g protein, 44g net carbs, 9g fat



#### Lowfat Greek yogurt

2 container(s)- 310 cals



#### Raspberries

1 2/3 cup(s)- 120 cals

### Snacks

415 cals, 16g protein, 23g net carbs, 27g fat



#### Popcorn

3 cups- 121 cals



#### High-protein granola bar

1 bar(s)- 204 cals



#### Sunflower seeds

90 cals

### Lunch

1015 cals, 58g protein, 32g net carbs, 62g fat



#### Roasted peanuts

3/8 cup(s)- 383 cals



#### Crack slaw with tempeh

633 cals

### Dinner

1035 cals, 54g protein, 74g net carbs, 48g fat



#### Basic tempeh

8 oz- 590 cals



#### Carrot fries

69 cals



#### Buttery brown rice

375 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 3

3163 cals ● 204g protein (26%) ● 150g fat (43%) ● 198g carbs (25%) ● 52g fiber (7%)

### Breakfast

460 cals, 42g protein, 28g net carbs, 18g fat



**Protein greek yogurt**  
1 container- 139 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals



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

### Snacks

415 cals, 16g protein, 23g net carbs, 27g fat



**Popcorn**  
3 cups- 121 cals



**High-protein granola bar**  
1 bar(s)- 204 cals



**Sunflower seeds**  
90 cals

### Lunch

980 cals, 32g protein, 70g net carbs, 56g fat



**Raspberries**  
1 cup(s)- 72 cals



**Clam chowder**  
2 1/2 can(s)- 910 cals

### Dinner

1035 cals, 54g protein, 74g net carbs, 48g fat



**Basic tempeh**  
8 oz- 590 cals



**Carrot fries**  
69 cals



**Buttery brown rice**  
375 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 4

3160 cals ● 201g protein (25%) ● 125g fat (36%) ● 256g carbs (32%) ● 52g fiber (7%)

### Breakfast

460 cals, 42g protein, 28g net carbs, 18g fat



**Protein greek yogurt**  
1 container- 139 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals



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

### Snacks

395 cals, 18g protein, 39g net carbs, 16g fat



**Quinoa & chia yogurt parfait**  
282 cals



**Sweet potato chips**  
15 chips- 116 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

1040 cals, 26g protein, 106g net carbs, 47g fat



**Cheese ravioli**  
408 cals



**Tomato and avocado salad**  
469 cals



**White rice**  
3/4 cup rice, cooked- 164 cals

### Dinner

990 cals, 55g protein, 81g net carbs, 43g fat



**Fish taco**  
2 tortilla(s)- 778 cals



**Tortilla chips**  
211 cals

## Day 5

3156 cals ● 207g protein (26%) ● 136g fat (39%) ● 215g carbs (27%) ● 62g fiber (8%)

### Breakfast

535 cals, 31g protein, 15g net carbs, 37g fat



**Scrambled eggs with kale, tomatoes, rosemary**  
304 cals



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

### Snacks

395 cals, 18g protein, 39g net carbs, 16g fat



**Quinoa & chia yogurt parfait**  
282 cals



**Sweet potato chips**  
15 chips- 116 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

965 cals, 43g protein, 78g net carbs, 39g fat



**Bean & tofu goulash**  
656 cals



**Simple kale & avocado salad**  
307 cals

### Dinner

990 cals, 55g protein, 81g net carbs, 43g fat



**Fish taco**  
2 tortilla(s)- 778 cals



**Tortilla chips**  
211 cals

## Day 6

3241 cals ● 251g protein (31%) ● 145g fat (40%) ● 177g carbs (22%) ● 56g fiber (7%)

### Breakfast

535 cals, 31g protein, 15g net carbs, 37g fat



**Scrambled eggs with kale, tomatoes, rosemary**  
304 cals



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

### Snacks

330 cals, 17g protein, 28g net carbs, 14g fat



**Cottage cheese & honey**  
1/2 cup(s)- 125 cals



**Dark chocolate & raspberries**  
206 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

985 cals, 56g protein, 106g net carbs, 28g fat



**Simple plant-based deli wrap**  
2 wrap(s)- 853 cals



**Grapes**  
131 cals

### Dinner

1120 cals, 87g protein, 27g net carbs, 65g fat



**Roasted cashews**  
1/4 cup(s)- 209 cals



**Avocado tuna salad stuffed pepper**  
4 half pepper(s)- 911 cals

## Day 7

3241 cals ● 251g protein (31%) ● 145g fat (40%) ● 177g carbs (22%) ● 56g fiber (7%)

### Breakfast

535 cals, 31g protein, 15g net carbs, 37g fat



**Scrambled eggs with kale, tomatoes, rosemary**  
304 cals



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

### Snacks

330 cals, 17g protein, 28g net carbs, 14g fat



**Cottage cheese & honey**  
1/2 cup(s)- 125 cals



**Dark chocolate & raspberries**  
206 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

985 cals, 56g protein, 106g net carbs, 28g fat



**Simple plant-based deli wrap**  
2 wrap(s)- 853 cals



**Grapes**  
131 cals

### Dinner

1120 cals, 87g protein, 27g net carbs, 65g fat



**Roasted cashews**  
1/4 cup(s)- 209 cals



**Avocado tuna salad stuffed pepper**  
4 half pepper(s)- 911 cals

# Grocery List



## Beverages

- protein powder  
1 1/4 lbs (554g)
- water  
1 1/4 gallon (4915mL)

## Dairy and Egg Products

- lowfat flavored greek yogurt  
8 (5.3 oz ea) container(s) (1200g)
- butter  
2 1/4 tbsp (32g)
- eggs  
9 large (450g)
- low fat cottage cheese (1% milkfat)  
1 cup (226g)

## Fruits and Fruit Juices

- raspberries  
1 1/2 lbs (656g)
- lime juice  
1 1/2 fl oz (50mL)
- avocados  
4 2/3 avocado(s) (938g)
- limes  
1 fruit (2" dia) (67g)
- lemon  
2/3 small (39g)
- grapes  
4 1/2 cup (414g)

## Spices and Herbs

- salt  
1/3 oz (9g)
- black pepper  
3 g (3g)
- rosemary, dried  
1/2 tbsp (2g)
- garlic powder  
4 dash (2g)
- cajun seasoning  
2 2/3 tbsp (18g)
- balsamic vinegar  
1 1/2 tbsp (23mL)
- paprika  
3/4 tbsp (5g)
- fresh thyme  
3 dash (0g)

## Vegetables and Vegetable Products

- carrots  
4 3/4 medium (292g)
- broccoli  
2 cup chopped (182g)
- potatoes  
2 small (1-3/4" to 2-1/4" dia.) (184g)
- garlic  
3 3/4 clove (11g)
- onion  
1 2/3 medium (2-1/2" dia) (183g)
- tomatoes  
5 1/4 medium whole (2-3/5" dia) (648g)
- cabbage  
1/2 cup, shredded (35g)
- kale leaves  
2/3 lbs (293g)
- bell pepper  
4 large (656g)

## Legumes and Legume Products

- roasted peanuts  
2 cup (268g)
- tempeh  
1 3/4 lbs (794g)
- white beans, canned  
3/4 can(s) (329g)
- firm tofu  
1/3 lbs (149g)
- hummus  
1/2 cup (120g)

## Soups, Sauces, and Gravies

- hot sauce  
1 tbsp (15mL)
- canned clam chowder  
2 1/2 can (18.5 oz) (1298g)
- pasta sauce  
1/4 jar (24 oz) (168g)

## Nut and Seed Products

- sunflower kernels  
2 3/4 oz (79g)
- chia seeds  
4 tsp (19g)
- roasted cashews  
1/2 cup (69g)

## Cereal Grains and Pasta

- brown rice  
13 1/4 tbsp (158g)
- long-grain white rice  
4 tbsp (46g)
- quinoa, uncooked  
4 tbsp (43g)

## Fats and Oils

- oil  
1/4 lbs (128mL)
- olive oil  
1 tbsp (15mL)

## Other

- italian seasoning  
1 tsp (4g)
- vegan sausage  
2 sausage (200g)
- coleslaw mix  
6 cup (540g)
- Popcorn, microwave, salted  
9 cup popped (99g)
- protein greek yogurt, flavored  
2 container (300g)
- cacao nibs  
2 tsp (7g)
- sweet potato chips  
30 chips (43g)
- plant-based deli slices  
28 slices (291g)
- mixed greens  
2 cup (60g)

## Snacks

- high-protein granola bar  
3 bar (120g)
- tortilla chips  
3 oz (85g)

## Meals, Entrees, and Side Dishes

- frozen cheese ravioli  
6 oz (170g)

## Finfish and Shellfish Products

- cod, raw  
4 4oz fillet(s) (453g)
- canned tuna  
4 can (688g)

## Baked Products

- flour tortillas  
10 tortilla (approx 7-8" dia) (484g)

## Sweets

- honey  
4 tsp (28g)
- chocolate, dark, 70-85%  
6 square(s) (60g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

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

1. The recipe has no instructions.

### Raspberries

1 2/3 cup(s) - 120 cals ● 3g protein ● 1g fat ● 11g carbs ● 13g fiber



For single meal:

**raspberries**  
1 2/3 cup (205g)

For all 2 meals:

**raspberries**  
3 1/3 cup (410g)

1. Rinse raspberries and serve.

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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.

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

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

1. The recipe has no instructions.

### 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.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Scrambled eggs with kale, tomatoes, rosemary

304 cals ● 22g protein ● 18g fat ● 10g carbs ● 3g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**water**  
1/4 cup (68mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**rosemary, dried**  
3 dash (0g)  
**tomatoes**  
3/4 cup, chopped (135g)  
**eggs**  
3 large (150g)  
**kale leaves**  
1 1/2 cup, chopped (60g)

For all 3 meals:

**oil**  
3/4 tbsp (11mL)  
**water**  
13 1/2 tbsp (203mL)  
**balsamic vinegar**  
1 1/2 tbsp (23mL)  
**rosemary, dried**  
1 tsp (1g)  
**tomatoes**  
2 1/4 cup, chopped (405g)  
**eggs**  
9 large (450g)  
**kale leaves**  
4 1/2 cup, chopped (180g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

### 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 3 meals:

**roasted peanuts**  
3/4 cup (110g)

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1 and day 2

### 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.

### Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

**coleslaw mix**  
3 cup (270g)  
**hot sauce**  
1/2 tbsp (8mL)  
**sunflower kernels**  
1 1/2 tbsp (18g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
1 1/2 clove (5g)  
**tempeh, cubed**  
6 oz (170g)

For all 2 meals:

**coleslaw mix**  
6 cup (540g)  
**hot sauce**  
1 tbsp (15mL)  
**sunflower kernels**  
3 tbsp (36g)  
**oil**  
2 tbsp (30mL)  
**garlic, minced**  
3 clove (9g)  
**tempeh, cubed**  
3/4 lbs (340g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Lunch 2 ↗

Eat on day 3

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



Makes 1 cup(s)

**raspberries**  
1 cup (123g)

1. Rinse raspberries and serve.

### Clam chowder

2 1/2 can(s) - 910 cals ● 30g protein ● 55g fat ● 63g carbs ● 11g fiber



Makes 2 1/2 can(s)

**canned clam chowder**  
2 1/2 can (18.5 oz) (1298g)

1. Prepare according to instructions on package.

## Lunch 3 ↗

Eat on day 4

### Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



**pasta sauce**  
1/4 jar (24 oz) (168g)  
**frozen cheese ravioli**  
6 oz (170g)

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

### Tomato and avocado salad

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



**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)

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.

## White rice

3/4 cup rice, cooked - 164 cals ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber

Makes 3/4 cup rice, cooked



**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

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 4 ↗

Eat on day 5

### Bean & tofu goulash

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

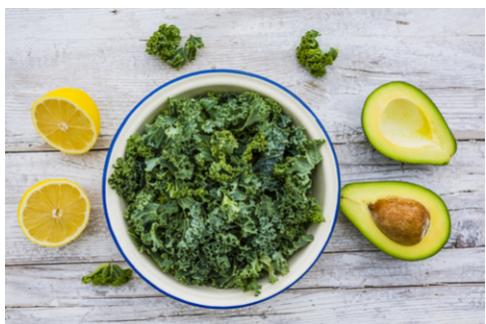


**oil**  
3/4 tbsp (11mL)  
**paprika**  
3/4 tbsp (5g)  
**fresh thyme**  
3 dash (0g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**garlic, minced**  
3/4 clove (2g)  
**firm tofu, drained and diced**  
1/3 lbs (149g)

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.

### Simple kale & avocado salad

307 cals ● 6g protein ● 20g fat ● 13g carbs ● 12g fiber



**kale leaves, chopped**  
2/3 bunch (113g)  
**avocados, chopped**  
2/3 avocado(s) (134g)  
**lemon, juiced**  
2/3 small (39g)

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.

## Lunch 5 ↗

Eat on day 6 and day 7

### Simple plant-based deli wrap

2 wrap(s) - 853 cals ● 54g protein ● 27g fat ● 85g carbs ● 13g fiber



For single meal:

**plant-based deli slices**  
14 slices (146g)  
**flour tortillas**  
2 tortilla (approx 10" dia) (144g)  
**mixed greens**  
1 cup (30g)  
**tomatoes**  
4 slice(s), thin/small (60g)  
**hummus**  
4 tbsp (60g)

For all 2 meals:

**plant-based deli slices**  
28 slices (291g)  
**flour tortillas**  
4 tortilla (approx 10" dia) (288g)  
**mixed greens**  
2 cup (60g)  
**tomatoes**  
8 slice(s), thin/small (120g)  
**hummus**  
1/2 cup (120g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

### Grapes

131 cals ● 2g protein ● 1g fat ● 21g carbs ● 8g fiber



For single meal:

**grapes**  
2 1/4 cup (207g)

For all 2 meals:

**grapes**  
4 1/2 cup (414g)

1. The recipe has no instructions.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Popcorn

3 cups - 121 cals ● 1g protein ● 8g fat ● 10g carbs ● 2g fiber



For single meal:

**Popcorn, microwave, salted**  
3 cup popped (33g)

For all 3 meals:

**Popcorn, microwave, salted**  
9 cup popped (99g)

1. Follow instructions on package.

### 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 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 3 meals:

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

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 4 and day 5

### Quinoa & chia yogurt parfait

282 cals ● 17g protein ● 8g fat ● 29g carbs ● 6g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)  
**chia seeds**  
2 tsp (9g)  
**quinoa, uncooked**  
2 tbsp (21g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)  
**chia seeds**  
4 tsp (19g)  
**quinoa, uncooked**  
4 tbsp (43g)

1. Cook quinoa according to package- 2 tbsp uncooked should yield around 1/3 cup cooked. Let cool.
2. Mix together the quinoa and yogurt. Top with chia seeds.
3. Serve.
4. To make in bulk: cook quinoa all at once and store in an airtight container in the fridge. Mix with yogurt and chia seeds when serving.

### Sweet potato chips

15 chips - 116 cals ● 1g protein ● 8g fat ● 10g carbs ● 2g fiber



For single meal:

**sweet potato chips**  
15 chips (21g)

For all 2 meals:

**sweet potato chips**  
30 chips (43g)

1. Serve chips in a bowl and enjoy.

## Snacks 3 ↗

Eat on day 6 and day 7

### Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**honey**  
2 tsp (14g)

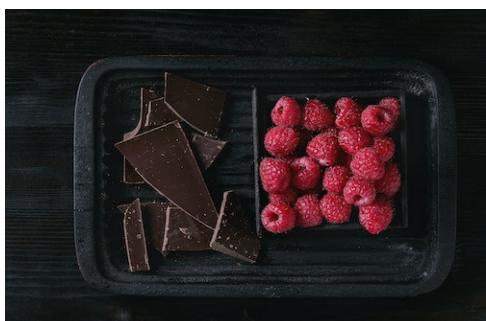
For all 2 meals:

**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**honey**  
4 tsp (28g)

1. Serve cottage cheese in a bowl and drizzle with honey.

### Dark chocolate & raspberries

206 cals ● 3g protein ● 13g fat ● 13g carbs ● 6g fiber



For single meal:

**raspberries**  
6 tbsp (46g)  
**chocolate, dark, 70-85%**  
3 square(s) (30g)

For all 2 meals:

**raspberries**  
3/4 cup (92g)  
**chocolate, dark, 70-85%**  
6 square(s) (60g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



Makes 1/4 cup brown rice, cooked

**salt**  
1/2 dash (0g)  
**water**  
1/6 cup(s) (39mL)  
**black pepper**  
1/2 dash, ground (0g)  
**brown rice**  
4 tsp (16g)

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.

### Vegan sausage & veggie sheet pan

959 cals ● 65g protein ● 43g fat ● 62g carbs ● 16g fiber



**oil**  
4 tsp (20mL)  
**italian seasoning**  
1 tsp (4g)  
**carrots, sliced**  
2 medium (122g)  
**broccoli, chopped**  
2 cup chopped (182g)  
**vegan sausage, cut into bite sized pieces**  
2 sausage (200g)  
**potatoes, cut into wedges**  
2 small (1-3/4" to 2-1/4" dia.) (184g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

## Dinner 2 ↗

Eat on day 2 and day 3

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

For all 2 meals:

**tempeh**  
1 lbs (454g)  
**oil**  
2 2/3 tbsp (40mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

### Carrot fries

69 cals ● 1g protein ● 4g fat ● 6g carbs ● 3g fiber



For single meal:

**olive oil**  
1/4 tbsp (4mL)  
**rosemary, dried**  
2 dash (0g)  
**salt**  
1/2 dash (0g)  
**carrots, peeled**  
3 oz (85g)

For all 2 meals:

**olive oil**  
1/2 tbsp (8mL)  
**rosemary, dried**  
4 dash (1g)  
**salt**  
1 dash (1g)  
**carrots, peeled**  
6 oz (170g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

### Buttery brown rice

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



For single meal:

**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)

For all 2 meals:

**butter**  
2 1/4 tbsp (32g)  
**brown rice**  
3/4 cup (143g)  
**salt**  
1/2 tsp (3g)  
**water**  
1 1/2 cup(s) (356mL)  
**black pepper**  
1/2 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.

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## Dinner 3 ↗

Eat on day 4 and day 5

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### Fish taco

2 tortilla(s) - 778 cals ● 52g protein ● 34g fat ● 54g carbs ● 13g fiber



For single meal:

**cod, raw**  
2 4oz fillet(s) (227g)  
**oil**  
2 tsp (10mL)  
**limes**  
1/2 fruit (2" dia) (34g)  
**cajun seasoning**  
4 tsp (9g)  
**cabbage**  
4 tbsp, shredded (18g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**avocados, mashed**  
1/2 avocado(s) (101g)

For all 2 meals:

**cod, raw**  
4 4oz fillet(s) (453g)  
**oil**  
4 tsp (20mL)  
**limes**  
1 fruit (2" dia) (67g)  
**cajun seasoning**  
2 2/3 tbsp (18g)  
**cabbage**  
1/2 cup, shredded (35g)  
**flour tortillas**  
4 tortilla (approx 7-8" dia) (196g)  
**avocados, mashed**  
1 avocado(s) (201g)

1. Preheat oven to 400 F (200 C).
2. Spray an sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

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## Tortilla chips

211 cals ● 3g protein ● 9g fat ● 27g carbs ● 2g fiber



For single meal:

**tortilla chips**  
1 1/2 oz (43g)

For all 2 meals:

**tortilla chips**  
3 oz (85g)

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 6 and day 7

### Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

**roasted cashews**  
4 tbsp (34g)

For all 2 meals:

**roasted cashews**  
1/2 cup (69g)

1. The recipe has no instructions.

### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bell pepper**  
2 large (328g)  
**onion**  
1/2 small (35g)  
**canned tuna, drained**  
2 can (344g)

For all 2 meals:

**avocados**  
2 avocado(s) (402g)  
**lime juice**  
4 tsp (20mL)  
**salt**  
4 dash (2g)  
**black pepper**  
4 dash (0g)  
**bell pepper**  
4 large (656g)  
**onion**  
1 small (70g)  
**canned tuna, drained**  
4 can (688g)

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

## 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.