

Meal Plan - 3300 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

3154 cals ● 270g protein (34%) ● 83g fat (24%) ● 257g carbs (33%) ● 74g fiber (9%)

Breakfast

440 cals, 34g protein, 10g net carbs, 29g fat



Milk

1/2 cup(s)- 75 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Snacks

350 cals, 22g protein, 24g net carbs, 14g fat



Protein shake (milk)

129 cals



Roasted almonds

1/8 cup(s)- 111 cals



Carrot sticks

4 carrot(s)- 108 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1015 cals, 57g protein, 139g net carbs, 7g fat



Fruit juice

1 1/2 cup(s)- 172 cals



Lentil pasta

842 cals

Dinner

1080 cals, 97g protein, 81g net carbs, 32g fat



Broiled tilapia

10 2/3 oz- 453 cals



Lentils

405 cals



Buttered lima beans

220 cals

Day 2

3182 cals ● 209g protein (26%) ● 129g fat (36%) ● 241g carbs (30%) ● 56g fiber (7%)

Breakfast

440 cals, 34g protein, 10g net carbs, 29g fat



Milk

1/2 cup(s)- 75 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Snacks

350 cals, 22g protein, 24g net carbs, 14g fat



Protein shake (milk)

129 cals



Roasted almonds

1/8 cup(s)- 111 cals



Carrot sticks

4 carrot(s)- 108 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1055 cals, 36g protein, 64g net carbs, 65g fat



Roasted almonds

1/4 cup(s)- 222 cals



Clam chowder

2 can(s)- 728 cals



Olive oil drizzled lima beans

108 cals

Dinner

1065 cals, 56g protein, 140g net carbs, 20g fat



Milk

1 3/4 cup(s)- 261 cals



Bbq cauliflower wings

803 cals

Day 3

3276 cals ● 227g protein (28%) ● 78g fat (21%) ● 352g carbs (43%) ● 64g fiber (8%)

Breakfast

480 cals, 34g protein, 68g net carbs, 6g fat



Coffee overnight protein oats

337 cals



Fruit juice

1 1/4 cup(s)- 143 cals

Snacks

370 cals, 18g protein, 14g net carbs, 25g fat



Kale chips

206 cals



String cheese

2 stick(s)- 165 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1090 cals, 59g protein, 127g net carbs, 26g fat



Lentils

347 cals



Green dal

741 cals

Dinner

1065 cals, 56g protein, 140g net carbs, 20g fat



Milk

1 3/4 cup(s)- 261 cals



Bbq cauliflower wings

803 cals

Day 4

3298 cals ● 239g protein (29%) ● 178g fat (49%) ● 149g carbs (18%) ● 34g fiber (4%)

Breakfast

480 cals, 34g protein, 68g net carbs, 6g fat



Coffee overnight protein oats
337 cals



Fruit juice
1 1/4 cup(s)- 143 cals

Snacks

370 cals, 18g protein, 14g net carbs, 25g fat



Kale chips
206 cals



String cheese
2 stick(s)- 165 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1090 cals, 47g protein, 43g net carbs, 76g fat



Roasted almonds
1/3 cup(s)- 277 cals



Egg salad sandwich
1 1/2 sandwich(es)- 813 cals

Dinner

1085 cals, 80g protein, 22g net carbs, 71g fat



Tomato cucumber salad
71 cals



Sugar snap peas
82 cals



Tilapia with almond gremolata
2 tilapia fillet(s)- 931 cals

Day 5

3276 cals ● 212g protein (26%) ● 180g fat (49%) ● 149g carbs (18%) ● 54g fiber (7%)

Breakfast

480 cals, 40g protein, 40g net carbs, 14g fat



Milk
3/4 cup(s)- 112 cals



Overnight mixed berry protein oats w/ milk
368 cals

Snacks

370 cals, 18g protein, 14g net carbs, 25g fat



Kale chips
206 cals



String cheese
2 stick(s)- 165 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1090 cals, 47g protein, 43g net carbs, 76g fat



Roasted almonds
1/3 cup(s)- 277 cals



Egg salad sandwich
1 1/2 sandwich(es)- 813 cals

Dinner

1060 cals, 46g protein, 50g net carbs, 63g fat



Goat cheese and marinara stuffed zucchini
8 zucchini halve(s)- 768 cals



Tomato and avocado salad
293 cals

Day 6

3262 cals ● 245g protein (30%) ● 173g fat (48%) ● 142g carbs (17%) ● 40g fiber (5%)

Breakfast

480 cals, 40g protein, 40g net carbs, 14g fat



Milk

3/4 cup(s)- 112 cals



Overnight mixed berry protein oats w/ milk

368 cals

Snacks

390 cals, 11g protein, 53g net carbs, 14g fat



Medium toasted bagel with butter

1 bagel(s)- 391 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1025 cals, 45g protein, 20g net carbs, 82g fat



Olive oil drizzled broccoli

2 cup(s)- 140 cals



Buffalo tofu

886 cals

Dinner

1095 cals, 88g protein, 26g net carbs, 61g fat



Greek cucumber & feta salad

182 cals



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cals

Day 7

3262 cals ● 245g protein (30%) ● 173g fat (48%) ● 142g carbs (17%) ● 40g fiber (5%)

Breakfast

480 cals, 40g protein, 40g net carbs, 14g fat



Milk

3/4 cup(s)- 112 cals



Overnight mixed berry protein oats w/ milk

368 cals

Snacks

390 cals, 11g protein, 53g net carbs, 14g fat



Medium toasted bagel with butter

1 bagel(s)- 391 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1025 cals, 45g protein, 20g net carbs, 82g fat



Olive oil drizzled broccoli

2 cup(s)- 140 cals



Buffalo tofu

886 cals

Dinner

1095 cals, 88g protein, 26g net carbs, 61g fat



Greek cucumber & feta salad

182 cals



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cals

Beverages

- ☐ protein powder
20 1/2 scoop (1/3 cup ea) (636g)
- ☐ water
22 cup(s) (5174mL)
- ☐ coffee, brewed
6 tbsp (89g)
- ☐ protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

Dairy and Egg Products

- ☐ whole milk
10 1/2 cup(s) (2520mL)
- ☐ eggs
19 1/2 medium (863g)
- ☐ butter
1/3 stick (37g)
- ☐ string cheese
6 stick (168g)
- ☐ goat cheese
4 oz (113g)
- ☐ feta cheese
6 tbsp, crumbled (56g)

Fats and Oils

- ☐ oil
1 1/2 oz (44mL)
- ☐ olive oil
1/3 lbs (169mL)
- ☐ mayonnaise
6 tbsp (90mL)
- ☐ salad dressing
1 tbsp (14mL)
- ☐ ranch dressing
10 tbsp (150mL)

Vegetables and Vegetable Products

- ☐ bell pepper
4 1/2 large (730g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (176g)
- ☐ lima beans, frozen
3/4 package (10 oz) (213g)
- ☐ carrots
8 medium (488g)
- ☐ cauliflower
6 head small (4" dia.) (1590g)

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
1 1/2 oz (39g)
- ☐ turmeric, ground
1/4 tbsp (2g)
- ☐ curry powder
1/2 tbsp (3g)
- ☐ paprika
2 1/2 g (3g)
- ☐ yellow mustard
1/4 tbsp or 1 packet (4g)
- ☐ garlic powder
1/4 tbsp (3g)
- ☐ onion powder
4 dash (1g)
- ☐ red wine vinegar
3 tbsp (45mL)
- ☐ dill weed, fresh
1 1/2 tbsp, chopped (2g)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 1/2 lbs (639g)
- ☐ canned tuna
4 can (688g)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (208g)
- ☐ red lentils, raw
2/3 cup (128g)
- ☐ firm tofu
35 oz (992g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
5/6 jar (24 oz) (540g)
- ☐ canned clam chowder
2 can (18.5 oz) (1038g)
- ☐ barbecue sauce
1 1/2 cup (429g)
- ☐ vegetable broth
1 2/3 cup(s) (mL)
- ☐ Frank's Red Hot sauce
13 1/4 tbsp (199mL)

- ☐ **fresh spinach**
2/3 cup(s) (20g)
- ☐ **fresh cilantro**
2/3 bunch (21g)
- ☐ **fresh ginger**
2 tsp (4g)
- ☐ **garlic**
3 1/3 clove(s) (10g)
- ☐ **kale leaves**
3 bunch (510g)
- ☐ **red onion**
1/4 small (18g)
- ☐ **cucumber**
1 3/4 cucumber (8-1/4") (527g)
- ☐ **tomatoes**
1 medium whole (2-3/5" dia) (138g)
- ☐ **frozen sugar snap peas**
1 1/3 cup (192g)
- ☐ **fresh parsley**
4 tbsp chopped (15g)
- ☐ **zucchini**
4 large (1292g)
- ☐ **frozen broccoli**
4 cup (364g)

Fruits and Fruit Juices

- ☐ **lemon juice**
5 tsp (25mL)
- ☐ **fruit juice**
32 fl oz (960mL)
- ☐ **lime juice**
1 1/4 fl oz (39mL)
- ☐ **avocados**
2 1/2 avocado(s) (528g)

Other

- ☐ **lentil pasta**
6 2/3 oz (189g)
- ☐ **nutritional yeast**
1 1/2 cup (90g)
- ☐ **frozen mixed berries**
1 1/2 cup (204g)

Nut and Seed Products

- ☐ **almonds**
6 oz (174g)
- ☐ **coconut milk, canned**
1/2 cup (106mL)

Sweets

- ☐ **maple syrup**
4 tsp (20mL)

Breakfast Cereals

- ☐ **oatmeal, old-fashioned oats, rolled oats**
5 3/4 oz (162g)

Baked Products

- ☐ **bread**
6 slice (192g)
 - ☐ **bagel**
2 medium bagel (3-1/2" to 4" dia) (210g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

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.

Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (3mL)

eggs

2 2/3 large (133g)

For all 2 meals:

oil

1/2 tbsp (7mL)

eggs

5 1/3 large (267g)

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.

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 2 meals:

eggs
4 large (200g)
bell pepper, chopped
1 small (74g)
onion, diced
1/2 small (35g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Coffee overnight protein oats

337 cal ● 32g protein ● 5g fat ● 36g carbs ● 5g fiber



For single meal:

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)

For all 2 meals:

maple syrup
4 tsp (20mL)
whole milk
1/2 cup(s) (120mL)
protein powder
2 scoop (1/3 cup ea) (62g)
oatmeal, old-fashioned oats, rolled oats
1 cup (81g)
coffee, brewed
6 tbsp (89g)

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.

Fruit juice

1 1/4 cup(s) - 143 cal ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



For single meal:

fruit juice
10 fl oz (300mL)

For all 2 meals:

fruit juice
20 fl oz (600mL)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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.

Overnight mixed berry protein oats w/ milk

368 cals ● 35g protein ● 8g fat ● 31g carbs ● 8g fiber



For single meal:

whole milk
3/4 cup(s) (180mL)
frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

whole milk
2 1/4 cup(s) (540mL)
frozen mixed berries
1 1/2 cup (204g)
oatmeal, old-fashioned oats, rolled oats
1 cup(s) (81g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

1. Mix all ingredients in an airtight container.
 2. Let chill overnight in the fridge or for at least 4 hours.
Serve.
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Lunch 1 [↗](#)

Eat on day 1

Fruit juice

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



Makes 1 1/2 cup(s)

fruit juice

12 fl oz (360mL)

1. The recipe has no instructions.

Lentil pasta

842 cals ● 54g protein ● 7g fat ● 102g carbs ● 40g fiber



pasta sauce

3/8 jar (24 oz) (280g)

lentil pasta

6 2/3 oz (189g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Lunch 2 [↗](#)

Eat on day 2

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. The recipe has no instructions.

Clam chowder

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



Makes 2 can(s)
canned clam chowder
2 can (18.5 oz) (1038g)

1. Prepare according to instructions on package.

Olive oil drizzled lima beans

108 cal ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



black pepper
1/2 dash, ground (0g)
salt
1 dash (1g)
lima beans, frozen
1/4 package (10 oz) (71g)
olive oil
1/4 tbsp (4mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Lunch 3 [↗](#)

Eat on day 3

Lentils

347 cal ● 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.

Green dal

741 cal ● 35g protein ● 25g fat ● 76g carbs ● 17g fiber



red lentils, raw
2/3 cup (128g)
coconut milk, canned
1/2 cup (107mL)
fresh spinach
2/3 cup(s) (20g)
vegetable broth
1 2/3 cup(s) (mL)
turmeric, ground
1/4 tbsp (2g)
curry powder
1/2 tbsp (3g)
fresh cilantro
2/3 bunch (21g)
fresh ginger, minced
2 tsp (4g)
garlic, minced
1 1/3 clove(s) (4g)

1. Bring the vegetable broth to a boil in a saucepan. Add the lentils, garlic, ginger, turmeric, and curry powder. Simmer uncovered for 15 minutes.
2. Meanwhile, blend the cilantro and coconut milk in a blender until smooth.
3. Stir the cilantro mixture and spinach into the cooked lentils. Mix well and season to taste with salt and pepper. If the mixture is too thick, add a splash of water. Cook on low for 2-3 minutes until the spinach wilts and everything is heated through. Enjoy!

Lunch 4 [🔗](#)

Eat on day 4 and day 5

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
5 tbsp, whole (45g)

For all 2 meals:

almonds
10 tbsp, whole (89g)

1. The recipe has no instructions.

Egg salad sandwich

1 1/2 sandwich(es) - 813 cals ● 38g protein ● 53g fat ● 39g carbs ● 7g fiber



For single meal:

eggs
4 1/2 medium (198g)
mayonnaise
3 tbsp (45mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
bread
3 slice (96g)
paprika
1 1/2 dash (1g)
onion, chopped
3/8 small (26g)
yellow mustard
3 dash or 1 packet (2g)

For all 2 meals:

eggs
9 medium (396g)
mayonnaise
6 tbsp (90mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bread
6 slice (192g)
paprika
3 dash (2g)
onion, chopped
3/4 small (53g)
yellow mustard
1/4 tbsp or 1 packet (4g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Lunch 5 [🔗](#)

Eat on day 6 and day 7

Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

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

Buffalo tofu

886 cal ● 40g protein ● 73g fat ● 16g carbs ● 1g fiber



For single meal:

Frank's Red Hot sauce
6 1/2 tbsp (99mL)
ranch dressing
5 tbsp (75mL)
oil
1 1/4 tbsp (19mL)
firm tofu, patted dry & cubed
17 1/2 oz (496g)

For all 2 meals:

Frank's Red Hot sauce
13 tbsp (198mL)
ranch dressing
10 tbsp (150mL)
oil
2 1/2 tbsp (38mL)
firm tofu, patted dry & cubed
35 oz (992g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

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

Roasted almonds

1/8 cup(s) - 111 cal ● 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.

Carrot sticks

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



For single meal:

carrots
4 medium (244g)

For all 2 meals:

carrots
8 medium (488g)

1. Cut carrots into strips and serve.

Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

salt
1 tsp (6g)
kale leaves
1 bunch (170g)
olive oil
1 tbsp (15mL)

For all 3 meals:

salt
1 tbsp (18g)
kale leaves
3 bunch (510g)
olive oil
3 tbsp (45mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

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 3 meals:

string cheese
6 stick (168g)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Medium toasted bagel with butter

1 bagel(s) - 391 cals ● 11g protein ● 14g fat ● 53g carbs ● 2g fiber



For single meal:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
butter
1 tbsp (14g)

For all 2 meals:

bagel
2 medium bagel (3-1/2" to 4" dia)
(210g)
butter
2 tbsp (28g)

1. Toast the bagel to desired toastiness.
 2. Spread the butter.
 3. Enjoy.
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Dinner 1 [↗](#)

Eat on day 1

Broiled tilapia

10 2/3 oz - 453 cal ● 60g protein ● 23g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

lemon juice

2 tsp (10mL)

black pepper

1/3 tsp, ground (1g)

tilapia, raw

2/3 lbs (299g)

olive oil

4 tsp (20mL)

salt

1/3 tsp (2g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Lentils

405 cal ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



water

2 1/3 cup(s) (553mL)

salt

1 dash (1g)

lentils, raw, rinsed

9 1/3 tbsp (112g)

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.

Buttered lima beans

220 cal ● 9g protein ● 8g fat ● 21g carbs ● 8g fiber



salt

2 dash (2g)

lima beans, frozen

1/2 package (10 oz) (142g)

butter

2 tsp (9g)

black pepper

1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Milk

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



For single meal:

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

For all 2 meals:

whole milk
3 1/2 cup(s) (840mL)

1. The recipe has no instructions.

Bbq cauliflower wings

803 cal ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



For single meal:

barbecue sauce
3/4 cup (215g)
salt
1/4 tbsp (5g)
nutritional yeast
3/4 cup (45g)
cauliflower
3 head small (4" dia.) (795g)

For all 2 meals:

barbecue sauce
1 1/2 cup (429g)
salt
1/2 tbsp (9g)
nutritional yeast
1 1/2 cup (90g)
cauliflower
6 head small (4" dia.) (1590g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Dinner 3 [↗](#)

Eat on day 4

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing

1 tbsp (15mL)

red onion, thinly sliced

1/4 small (18g)

cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



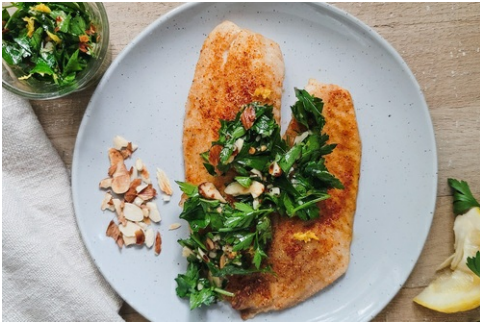
frozen sugar snap peas

1 1/3 cup (192g)

1. Prepare according to instructions on package.

Tilapia with almond gremolata

2 tilapia fillet(s) - 931 cals ● 73g protein ● 67g fat ● 7g carbs ● 3g fiber



Makes 2 tilapia fillet(s)

tilapia, raw
3/4 lbs (340g)
almonds
2 tbsp, slivered (14g)
lemon juice
1 tbsp (15mL)
olive oil
4 tbsp (60mL)
garlic powder
4 dash (2g)
onion powder
4 dash (1g)
paprika
4 dash (1g)
fresh parsley
4 tbsp chopped (15g)
garlic, minced
2 clove(s) (6g)

1. Preheat oven to 425°F (220°C).
 2. In a small bowl start the gremolata by mixing together about 3/4ths of the olive oil (reserving the rest for later), parsley, lemon juice, minced garlic, and pinch of salt and pepper. Set aside.
 3. Pat tilapia dry and coat with the remaining olive oil. Season the tilapia with garlic powder, onion powder, and paprika. Roast on a baking sheet until fish is cooked through, about 12-15 minutes.
 4. Meanwhile, in a dry skillet over medium heat, toast the almonds until golden, about 3 minutes. When done, transfer to a cutting board and chop. Add to the gremolata and stir.
 5. Plate fish and spoon the gremolata over the top. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Goat cheese and marinara stuffed zucchini

8 zucchini halve(s) - 768 cals ● 42g protein ● 40g fat ● 42g carbs ● 18g fiber



Makes 8 zucchini halve(s)

pasta sauce
1 cup (260g)
goat cheese
4 oz (113g)
zucchini
4 large (1292g)

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

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.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Greek cucumber & feta salad

182 cals ● 6g protein ● 13g fat ● 9g carbs ● 1g fiber



For single meal:

feta cheese
3 tbsp, crumbled (28g)
red wine vinegar
1 1/2 tbsp (23mL)
olive oil
1/2 tbsp (8mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
dill weed, fresh
3/4 tbsp, chopped (1g)
cucumber
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

feta cheese
6 tbsp, crumbled (56g)
red wine vinegar
3 tbsp (45mL)
olive oil
1 tbsp (15mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
dill weed, fresh
1 1/2 tbsp, chopped (2g)
cucumber
1 1/2 cucumber (8-1/4") (452g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

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 cal● 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.
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