

Meal Plan - 3400 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

3375 cals ● 273g protein (32%) ● 131g fat (35%) ● 236g carbs (28%) ● 40g fiber (5%)

Breakfast

545 cals, 26g protein, 44g net carbs, 21g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Basic scrambled eggs
3 egg(s)- 238 cals



Raspberries
2 cup(s)- 144 cals

Snacks

370 cals, 27g protein, 46g net carbs, 8g fat



Plain yogurt
2 cup(s)- 309 cals



Grapefruit
1/2 grapefruit- 59 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1125 cals, 73g protein, 76g net carbs, 56g fat



Lowfat yogurt
2 container(s)- 362 cals



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



Simple sardine salad
531 cals

Dinner

1065 cals, 87g protein, 68g net carbs, 45g fat



Vegan sausage
3 sausage(s)- 804 cals



Sweet potato wedges
261 cals

Day 2

3375 cals ● 273g protein (32%) ● 131g fat (35%) ● 236g carbs (28%) ● 40g fiber (5%)

Breakfast

545 cals, 26g protein, 44g net carbs, 21g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Basic scrambled eggs
3 egg(s)- 238 cals



Raspberries
2 cup(s)- 144 cals

Snacks

370 cals, 27g protein, 46g net carbs, 8g fat



Plain yogurt
2 cup(s)- 309 cals



Grapefruit
1/2 grapefruit- 59 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1125 cals, 73g protein, 76g net carbs, 56g fat



Lowfat yogurt
2 container(s)- 362 cals



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



Simple sardine salad
531 cals

Dinner

1065 cals, 87g protein, 68g net carbs, 45g fat



Vegan sausage
3 sausage(s)- 804 cals



Sweet potato wedges
261 cals

Day 3

3368 cals ● 222g protein (26%) ● 123g fat (33%) ● 288g carbs (34%) ● 55g fiber (7%)

Breakfast

480 cals, 10g protein, 49g net carbs, 20g fat



Pear

2 pear(s)- 226 cals



Sauteed Kale

91 cals



Eggs with tomato and avocado

163 cals

Snacks

435 cals, 51g protein, 8g net carbs, 20g fat



Double chocolate protein shake

206 cals



Roasted peanuts

1/4 cup(s)- 230 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1145 cals, 45g protein, 131g net carbs, 42g fat



Edamame & beet salad

171 cals



Spinach parmesan pasta

974 cals

Dinner

1035 cals, 56g protein, 98g net carbs, 40g fat



Pan fried tilapia

8 oz- 298 cals



Buttered corn

238 cals



Mashed sweet potatoes with butter

498 cals

Day 4

3334 cals ● 243g protein (29%) ● 92g fat (25%) ● 318g carbs (38%) ● 64g fiber (8%)

Breakfast

480 cals, 10g protein, 49g net carbs, 20g fat



Pear

2 pear(s)- 226 cals



Sauteed Kale

91 cals



Eggs with tomato and avocado

163 cals

Snacks

435 cals, 51g protein, 8g net carbs, 20g fat



Double chocolate protein shake

206 cals



Roasted peanuts

1/4 cup(s)- 230 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1065 cals, 74g protein, 109g net carbs, 32g fat



Beets

2 beets- 48 cals



Flavored rice mix

382 cals



Almond crusted tilapia

9 oz- 635 cals

Dinner

1080 cals, 47g protein, 149g net carbs, 20g fat



Bbq cauliflower wings

803 cals



Buttered corn

278 cals

Day 5

3428 cals ● 220g protein (26%) ● 123g fat (32%) ● 303g carbs (35%) ● 57g fiber (7%)

Breakfast

480 cals, 10g protein, 49g net carbs, 20g fat



Pear

2 pear(s)- 226 cals



Sauteed Kale

91 cals



Eggs with tomato and avocado

163 cals

Snacks

435 cals, 51g protein, 8g net carbs, 20g fat



Double chocolate protein shake

206 cals



Roasted peanuts

1/4 cup(s)- 230 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

1160 cals, 51g protein, 94g net carbs, 63g fat



Fruit juice

1 cup(s)- 115 cals



Shrimp scampi

1045 cals

Dinner

1080 cals, 47g protein, 149g net carbs, 20g fat



Bbq cauliflower wings

803 cals



Buttered corn

278 cals

Day 6

3366 cals ● 226g protein (27%) ● 156g fat (42%) ● 225g carbs (27%) ● 40g fiber (5%)

Breakfast

580 cals, 25g protein, 57g net carbs, 25g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



Fruit juice
2 cup(s)- 229 cals



Simple sauteed spinach
100 cals

Snacks

370 cals, 24g protein, 36g net carbs, 10g fat



Carrots and hummus
123 cals



Protein bar
1 bar- 245 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1030 cals, 52g protein, 80g net carbs, 49g fat



Roasted almonds
1/6 cup(s)- 166 cals



Kefir
300 cals



Avocado egg salad sandwich
1 sandwich(es)- 562 cals

Dinner

1120 cals, 65g protein, 49g net carbs, 71g fat



Salmon & coconut ginger broccoli
9 oz salmon- 948 cals



Brown rice
3/4 cup brown rice, cooked- 172 cals

Day 7

3366 cals ● 226g protein (27%) ● 156g fat (42%) ● 225g carbs (27%) ● 40g fiber (5%)

Breakfast

580 cals, 25g protein, 57g net carbs, 25g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



Fruit juice
2 cup(s)- 229 cals



Simple sauteed spinach
100 cals

Snacks

370 cals, 24g protein, 36g net carbs, 10g fat



Carrots and hummus
123 cals



Protein bar
1 bar- 245 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1030 cals, 52g protein, 80g net carbs, 49g fat



Roasted almonds
1/6 cup(s)- 166 cals



Kefir
300 cals



Avocado egg salad sandwich
1 sandwich(es)- 562 cals

Dinner

1120 cals, 65g protein, 49g net carbs, 71g fat



Salmon & coconut ginger broccoli
9 oz salmon- 948 cals



Brown rice
3/4 cup brown rice, cooked- 172 cals

Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
25 cup(s) (5949mL)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Fats and Oils

- ☐ oil
1 2/3 oz (51mL)
- ☐ olive oil
1 1/2 oz (46mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)

Dairy and Egg Products

- ☐ eggs
19 large (950g)
- ☐ lowfat flavored yogurt
4 container (6 oz) (680g)
- ☐ plain lowfat yogurt
4 cup (980g)
- ☐ butter
1 1/3 stick (134g)
- ☐ parmesan cheese
2 oz (57g)
- ☐ nonfat greek yogurt, plain
1/2 cup (158g)
- ☐ heavy cream
1/4 cup (68mL)
- ☐ kefir, flavored
4 cup (960mL)

Fruits and Fruit Juices

- ☐ raspberries
4 cup (492g)
- ☐ Grapefruit
1 large (approx 4-1/2" dia) (332g)
- ☐ pears
6 medium (1068g)
- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ fruit juice
40 fl oz (1200mL)

Vegetables and Vegetable Products

- ☐ sweet potatoes
4 sweetpotato, 5" long (840g)
- ☐ frozen corn kernels
3 1/3 cup (453g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)
- ☐ beets, precooked (canned or refrigerated)
4 beet(s) (200g)
- ☐ fresh spinach
2 10oz package (549g)
- ☐ garlic
6 1/4 clove(s) (19g)
- ☐ kale leaves
4 1/2 cup, chopped (180g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (267g)
- ☐ cauliflower
6 head small (4" dia.) (1590g)
- ☐ shallots
1 1/2 tbsp chopped (15g)
- ☐ broccoli
3 stalk (453g)
- ☐ fresh ginger
1 1/2 slices (1" dia) (3g)
- ☐ baby carrots
24 medium (240g)

Legumes and Legume Products

- ☐ roasted peanuts
1 1/4 cup (183g)
- ☐ hummus
6 tbsp (90g)

Finfish and Shellfish Products

- ☐ sardines, canned in oil
4 can (368g)
- ☐ tilapia, raw
1 lbs (476g)
- ☐ shrimp, raw
6 oz (170g)
- ☐ salmon
18 oz (510g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/2 lbs (237g)

Other

- ☐ **vegan sausage**
6 sausage (600g)
- ☐ **mixed greens**
7 cup (210g)
- ☐ **vinaigrette, store-bought, any flavor**
6 tbsp (90mL)
- ☐ **protein powder, chocolate**
4 1/2 scoop (1/3 cup ea) (140g)
- ☐ **nutritional yeast**
1 1/2 cup (90g)
- ☐ **protein bar (20g protein)**
2 bar (100g)

Spices and Herbs

- ☐ **salt**
1 oz (26g)
- ☐ **black pepper**
1/4 oz (7g)
- ☐ **fresh basil**
3 leaves (2g)
- ☐ **garlic powder**
1 tsp (3g)

- ☐ **all-purpose flour**
1/4 cup(s) (31g)
- ☐ **brown rice**
1/2 cup (95g)

Sweets

- ☐ **cocoa powder**
1 1/2 tbsp (8g)

Meals, Entrees, and Side Dishes

- ☐ **flavored rice mix**
2/3 pouch (~5.6 oz) (105g)

Nut and Seed Products

- ☐ **almonds**
3 1/3 oz (94g)
- ☐ **coconut milk, canned**
3/4 can (338mL)

Soups, Sauces, and Gravies

- ☐ **barbecue sauce**
1 1/2 cup (429g)

Baked Products

- ☐ **bread**
4 slice (128g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Basic scrambled eggs

3 egg(s) - 238 cal ● 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.

Raspberries

2 cup(s) - 144 cal ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



For single meal:

raspberries
2 cup (246g)

For all 2 meals:

raspberries
4 cup (492g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 3 meals:

pears
6 medium (1068g)

1. The recipe has no instructions.

Sauteed Kale

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



For single meal:

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

For all 3 meals:

kale leaves
4 1/2 cup, chopped (180g)
oil
1 1/2 tbsp (23mL)

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.

Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

salt
1 dash (0g)
eggs
1 large (50g)
black pepper
1 dash (0g)
tomatoes
1 slice(s), thick/large (1/2" thick) (27g)
avocados, sliced
1/4 avocado(s) (50g)
fresh basil, chopped
1 leaves (1g)

For all 3 meals:

salt
3 dash (1g)
eggs
3 large (150g)
black pepper
3 dash (0g)
tomatoes
3 slice(s), thick/large (1/2" thick) (81g)
avocados, sliced
3/4 avocado(s) (151g)
fresh basil, chopped
3 leaves (2g)

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

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.

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

fruit juice
16 fl oz (480mL)

For all 2 meals:

fruit juice
32 fl oz (960mL)

1. The recipe has no instructions.

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)
garlic, diced
1/2 clove (2g)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

1. Heat the oil in the pan over medium heat.
 2. Add the garlic and sauté for a minute or two until fragrant.
 3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
 4. Serve.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
2 container (6 oz) (340g)

For all 2 meals:

lowfat flavored yogurt
4 container (6 oz) (680g)

1. The recipe has no instructions.

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.

Simple sardine salad

531 cals ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)

For all 2 meals:

mixed greens
6 cup (180g)
vinaigrette, store-bought, any flavor
6 tbsp (90mL)
sardines, canned in oil, drained
4 can (368g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Lunch 2 [↗](#)

Eat on day 3

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

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

Spinach parmesan pasta

974 cals ● 35g protein ● 35g fat ● 118g carbs ● 10g fiber



uncooked dry pasta
1/3 lbs (152g)
butter
2 tbsp (28g)
fresh spinach
2/3 10oz package (189g)
parmesan cheese
1/3 cup (33g)
salt
1/3 tsp (2g)
black pepper
1/2 tbsp, ground (3g)
water
1/4 cup(s) (53mL)
garlic, minced
1 1/3 clove(s) (4g)

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.

Lunch 3 [↗](#)

Eat on day 4

Beets

2 beets - 48 cals ● 2g protein ● 0g fat ● 8g carbs ● 2g fiber



Makes 2 beets
beets, precooked (canned or refrigerated)
2 beet(s) (100g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Flavored rice mix

382 cals ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



flavored rice mix
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

Almond crusted tilapia

9 oz - 635 cals ● 61g protein ● 30g fat ● 24g carbs ● 5g fiber



Makes 9 oz

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

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Lunch 4 [↗](#)

Eat on day 5

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Makes 1 cup(s)

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

Shrimp scampi

1045 cals ● 50g protein ● 62g fat ● 68g carbs ● 3g fiber



butter

3 tbsp (43g)

heavy cream

1/4 cup (68mL)

uncooked dry pasta

3 oz (86g)

water

3/8 cup(s) (89mL)

parmesan cheese

3/4 tbsp (4g)

shallots, minced

1 1/2 tbsp chopped (15g)

garlic, minced

3 clove (9g)

shrimp, raw, shelled and deveined

6 oz (170g)

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

Eat on day 6 and day 7

Roasted almonds

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

kefir, flavored
2 cup (480mL)

For all 2 meals:

kefir, flavored
4 cup (960mL)

1. Pour into a glass and drink.

Avocado egg salad sandwich

1 sandwich(es) - 562 cal ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



For single meal:	For all 2 meals:
garlic powder	garlic powder
4 dash (2g)	1 tsp (3g)
avocados	avocados
1/2 avocado(s) (101g)	1 avocado(s) (201g)
bread	bread
2 slice (64g)	4 slice (128g)
tomatoes, halved	tomatoes, halved
6 tbsp cherry tomatoes (56g)	3/4 cup cherry tomatoes (112g)
eggs, hard-boiled and chilled	eggs, hard-boiled and chilled
3 large (150g)	6 large (300g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Plain yogurt

2 cup(s) - 309 cal● 26g protein ● 8g fat ● 34g carbs ● 0g fiber



For single meal:	For all 2 meals:
plain lowfat yogurt	plain lowfat yogurt
2 cup (490g)	4 cup (980g)

1. The recipe has no instructions.

Grapefruit

1/2 grapefruit - 59 cal● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:	For all 2 meals:
Grapefruit	Grapefruit
1/2 large (approx 4-1/2" dia) (166g)	1 large (approx 4-1/2" dia) (332g)

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

Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Double chocolate protein shake

206 cal● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:	For all 3 meals:
water	water
1 1/2 cup(s) (356mL)	4 1/2 cup(s) (1067mL)
cocoa powder	cocoa powder
1/2 tbsp (3g)	1 1/2 tbsp (8g)
nonfat greek yogurt, plain	nonfat greek yogurt, plain
3 tbsp (53g)	1/2 cup (158g)
protein powder, chocolate	protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)	4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Roasted peanuts

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



For single meal:	For all 3 meals:
roasted peanuts	roasted peanuts
4 tbsp (37g)	3/4 cup (110g)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Carrots and hummus

123 cals ● 4g protein ● 5g fat ● 10g carbs ● 6g fiber



For single meal:

hummus
3 tbsp (45g)
baby carrots
12 medium (120g)

For all 2 meals:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

1. Serve carrots with hummus.

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. The recipe has no instructions.
-

Dinner 1 [↗](#)

Eat on day 1 and day 2

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



For single meal:

oil
3/4 tbsp (11mL)
salt
4 dash (3g)
black pepper
2 dash, ground (1g)
sweet potatoes, cut into wedges
1 sweetpotato, 5" long (210g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
salt
1 tsp (6g)
black pepper
4 dash, ground (1g)
sweet potatoes, cut into wedges
2 sweetpotato, 5" long (420g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
 2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
 3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.
-

Dinner 2 [↗](#)

Eat on day 3

Pan fried tilapia

8 oz - 298 cals ● 45g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

olive oil
2 tsp (10mL)
black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)
tilapia, raw
1/2 lbs (224g)

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.

Buttered corn

238 cals ● 4g protein ● 12g fat ● 25g carbs ● 3g fiber



black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
butter
1 tbsp (14g)
frozen corn kernels
1 cup (136g)

1. Prepare corn according to instructions on package.
2. Top with butter and season with salt and pepper to taste.

Mashed sweet potatoes with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



sweet potatoes
2 sweetpotato, 5" long (420g)
butter
4 tsp (18g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Bbq cauliflower wings

803 cals ● 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.
-

Buttered corn

278 cals ● 5g protein ● 14g fat ● 30g carbs ● 3g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
butter
3 1/2 tsp (16g)
frozen corn kernels
56 tsp (159g)

For all 2 meals:

black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
butter
2 1/3 tbsp (32g)
frozen corn kernels
2 1/3 cup (317g)

1. Prepare corn according to instructions on package.
 2. Top with butter and season with salt and pepper to taste.
-

Dinner 4 [↗](#)

Eat on day 6 and day 7

Salmon & coconut ginger broccoli

9 oz salmon - 948 cal ● 62g protein ● 69g fat ● 14g carbs ● 6g fiber



For single meal:

salmon
1/2 lbs (255g)
coconut milk, canned
3/8 can (169mL)
broccoli, cut into florets
1 1/2 stalk (227g)
fresh ginger, peeled and thinly sliced
3/4 slices (1" dia) (2g)

For all 2 meals:

salmon
18 oz (510g)
coconut milk, canned
3/4 can (338mL)
broccoli, cut into florets
3 stalk (453g)
fresh ginger, peeled and thinly sliced
1 1/2 slices (1" dia) (3g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.

Brown rice

3/4 cup brown rice, cooked - 172 cal ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)
brown rice
4 tbsp (48g)

For all 2 meals:

salt
3 dash (2g)
water
1 cup(s) (237mL)
black pepper
3 dash, ground (1g)
brown rice
1/2 cup (95g)

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.

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.
