

# Meal Plan - 3500 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

3534 cals ● 228g protein (26%) ● 126g fat (32%) ● 310g carbs (35%) ● 62g fiber (7%)

### Breakfast

520 cals, 33g protein, 20g net carbs, 33g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Toast with butter and jelly

1 slice(s)- 133 cals



#### Boiled eggs

4 egg(s)- 277 cals

### Snacks

455 cals, 9g protein, 67g net carbs, 10g fat



#### Toast with butter

2 slice(s)- 227 cals



#### Pear

2 pear(s)- 226 cals

### Lunch

1135 cals, 40g protein, 163g net carbs, 24g fat



#### Naan bread

1 1/2 piece(s)- 393 cals



#### Blueberries

1 cup(s)- 95 cals



#### White bean succotash

647 cals

### Dinner

1150 cals, 86g protein, 58g net carbs, 58g fat



#### Roasted tomatoes

2 tomato(es)- 119 cals



#### Lentils

347 cals



#### Baked salmon over spinach

686 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 2

3491 cals ● 240g protein (28%) ● 113g fat (29%) ● 300g carbs (34%) ● 78g fiber (9%)

### Breakfast

520 cals, 33g protein, 20g net carbs, 33g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Toast with butter and jelly

1 slice(s)- 133 cals



#### Boiled eggs

4 egg(s)- 277 cals

### Snacks

455 cals, 9g protein, 67g net carbs, 10g fat



#### Toast with butter

2 slice(s)- 227 cals



#### Pear

2 pear(s)- 226 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

### Lunch

1095 cals, 56g protein, 150g net carbs, 15g fat



#### Lentils

174 cals



#### Bbq cauliflower wings

803 cals



#### Cooked peppers

1 bell pepper(s)- 120 cals

### Dinner

1150 cals, 82g protein, 62g net carbs, 54g fat



#### Nectarine

1 nectarine(s)- 70 cals



#### Seitan salad

1078 cals

## Day 3

3486 cals ● 235g protein (27%) ● 104g fat (27%) ● 331g carbs (38%) ● 70g fiber (8%)

### Breakfast

595 cals, 39g protein, 33g net carbs, 28g fat



#### Roasted almonds

3/8 cup(s)- 333 cals



#### Green protein shake

261 cals

### Lunch

1095 cals, 56g protein, 150g net carbs, 15g fat



#### Lentils

174 cals



#### Bbq cauliflower wings

803 cals



#### Cooked peppers

1 bell pepper(s)- 120 cals

### Snacks

455 cals, 9g protein, 45g net carbs, 23g fat



#### Pear

1 pear(s)- 113 cals



#### Rice cakes with peanut butter

1 cake(s)- 240 cals



#### Plantain chips

100 cals

### Dinner

1070 cals, 71g protein, 101g net carbs, 38g fat



#### Easy chickpea salad

234 cals



#### Crispy chick'n tenders

14 2/3 tender(s)- 838 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 4

3550 cals ● 230g protein (26%) ● 124g fat (31%) ● 331g carbs (37%) ● 48g fiber (5%)

### Breakfast

595 cals, 39g protein, 33g net carbs, 28g fat



#### Roasted almonds

3/8 cup(s)- 333 cals



#### Green protein shake

261 cals

### Lunch

1160 cals, 51g protein, 150g net carbs, 35g fat



#### Peanut butter and jelly sandwich

1 sandwich(es)- 382 cals



#### Large granola bar

3 bar(s)- 529 cals



#### Cottage cheese & honey

1 cup(s)- 249 cals

### Snacks

455 cals, 9g protein, 45g net carbs, 23g fat



#### Pear

1 pear(s)- 113 cals



#### Rice cakes with peanut butter

1 cake(s)- 240 cals



#### Plantain chips

100 cals

### Dinner

1070 cals, 71g protein, 101g net carbs, 38g fat



#### Easy chickpea salad

234 cals



#### Crispy chick'n tenders

14 2/3 tender(s)- 838 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 5

3567 cals ● 256g protein (29%) ● 187g fat (47%) ● 169g carbs (19%) ● 45g fiber (5%)

### Breakfast

595 cals, 39g protein, 33g net carbs, 28g fat



#### Roasted almonds

3/8 cup(s)- 333 cals



#### Green protein shake

261 cals

### Snacks

455 cals, 9g protein, 45g net carbs, 23g fat



#### Pear

1 pear(s)- 113 cals



#### Rice cakes with peanut butter

1 cake(s)- 240 cals



#### Plantain chips

100 cals

### Lunch

1095 cals, 84g protein, 20g net carbs, 74g fat



#### Buttered corn

159 cals



#### Slow-baked salmon with lemon and thyme

14 oz- 938 cals

### Dinner

1150 cals, 64g protein, 68g net carbs, 62g fat



#### Banana

2 banana(s)- 233 cals



#### Pan fried salmon poke bowl

918 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 6

3447 cals ● 265g protein (31%) ● 166g fat (43%) ● 171g carbs (20%) ● 50g fiber (6%)

### Breakfast

570 cals, 41g protein, 51g net carbs, 15g fat



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



**Carrot sticks**  
4 carrot(s)- 108 cals



**Overnight mixed berry protein oats w/ water**  
256 cals

### Snacks

360 cals, 15g protein, 30g net carbs, 15g fat



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



**Strawberries**  
2 1/2 cup(s)- 130 cals



**Cottage cheese & honey**  
1/4 cup(s)- 62 cals

### Protein Supplement(s)

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



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

### Lunch

1095 cals, 84g protein, 20g net carbs, 74g fat



**Buttered corn**  
159 cals



**Slow-baked salmon with lemon and thyme**  
14 oz- 938 cals

### Dinner

1150 cals, 64g protein, 68g net carbs, 62g fat



**Banana**  
2 banana(s)- 233 cals



**Pan fried salmon poke bowl**  
918 cals

# Day 7

3523 cals ● 233g protein (26%) ● 162g fat (41%) ● 232g carbs (26%) ● 51g fiber (6%)

## Breakfast

570 cals, 41g protein, 51g net carbs, 15g fat



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



**Carrot sticks**  
4 carrot(s)- 108 cals



**Overnight mixed berry protein oats w/ water**  
256 cals

## Snacks

360 cals, 15g protein, 30g net carbs, 15g fat



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



**Strawberries**  
2 1/2 cup(s)- 130 cals



**Cottage cheese & honey**  
1/4 cup(s)- 62 cals

## Protein Supplement(s)

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



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

## Lunch

1180 cals, 63g protein, 73g net carbs, 66g fat



**Mixed nuts**  
1/2 cup(s)- 435 cals



**Grilled cheese with mushrooms**  
485 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

## Dinner

1145 cals, 53g protein, 75g net carbs, 65g fat



**Shrimp scampi**  
1045 cals



**Simple salad with tomatoes and carrots**  
98 cals

# Grocery List



## Beverages

- protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- water  
24 cup(s) (5719mL)
- protein powder, vanilla  
5 scoop (1/3 cup ea) (155g)

## Nut and Seed Products

- almonds  
1 3/4 cup, whole (250g)
- mixed nuts  
1/2 cup (67g)

## Baked Products

- bread  
3/4 lbs (352g)
- naan bread  
1 1/2 piece(s) (135g)

## Dairy and Egg Products

- butter  
3/4 stick (88g)
- eggs  
8 large (400g)
- low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)
- sliced cheese  
1 1/2 slice (3/4 oz ea) (32g)
- heavy cream  
1/4 cup (68mL)
- parmesan cheese  
3/4 tbsp (4g)

## Sweets

- jelly  
2 oz (56g)
- honey  
2 tbsp (42g)

## Fats and Oils

- oil  
1/4 lbs (111mL)
- salad dressing  
1/4 cup (56mL)

## Legumes and Legume Products

- lentils, raw  
1 cup (192g)
- white beans, canned  
1 cup (262g)
- chickpeas, canned  
1 can(s) (448g)
- peanut butter  
1/2 cup (112g)

## Fruits and Fruit Juices

- lemon  
1 1/2 large (134g)
- blueberries  
1 cup (148g)
- lemon juice  
1 tbsp (15mL)
- pears  
7 medium (1246g)
- nectarine  
1 medium (2-1/2" dia) (142g)
- avocados  
2 avocado(s) (385g)
- banana  
5 1/2 medium (7" to 7-7/8" long) (649g)
- orange  
3 orange (462g)
- lime juice  
3/4 tbsp (12mL)
- strawberries  
5 cup, whole (720g)

## Finfish and Shellfish Products

- salmon  
3 1/2 lbs (1606g)
- shrimp, raw  
6 oz (170g)

## Soups, Sauces, and Gravies

- barbecue sauce  
1 1/2 cup (429g)
- apple cider vinegar  
1 tbsp (1mL)

## Other

- nutritional yeast  
3 1/3 oz (94g)

olive oil  
3/4 tbsp (11mL)

## Vegetables and Vegetable Products

tomatoes  
5 2/3 medium whole (2-3/5" dia) (699g)

fresh spinach  
1 1/4 10oz package (359g)

garlic  
4 1/4 clove(s) (13g)

frozen corn kernels  
2 1/3 cup (317g)

bell pepper  
2 3/4 large (447g)

shallots  
5/8 shallot (72g)

cauliflower  
6 head small (4" dia.) (1590g)

onion  
1/2 small (35g)

fresh parsley  
3 sprigs (3g)

ketchup  
1/2 cup (125g)

carrots  
10 1/2 medium (646g)

cucumber  
1 1/6 cucumber (8-1/4") (351g)

mushrooms  
3/4 cup, chopped (53g)

romaine lettuce  
1/2 hearts (250g)

meatless chik'n tenders  
29 1/3 pieces (748g)

teriyaki sauce  
1/3 cup (70mL)

frozen mixed berries  
1 cup (136g)

cottage cheese & fruit cup  
2 container (340g)

## Cereal Grains and Pasta

seitan  
1/2 lbs (255g)

uncooked dry pasta  
3 oz (86g)

## Snacks

rice cakes, any flavor  
3 cakes (27g)

Plantain chips  
2 oz (57g)

large granola bar  
3 bar (111g)

high-protein granola bar  
2 bar (80g)

## Breakfast Cereals

oatmeal, old-fashioned oats, rolled oats  
2/3 cup(s) (54g)

## Spices and Herbs

salt  
11 g (11g)

balsamic vinegar  
1 tbsp (15mL)

black pepper  
1 dash (0g)

thyme, dried  
3 1/2 g (3g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Roasted almonds

1/8 cup(s) - 111 cals ● 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.

### Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)  
**jelly**  
1 tsp (7g)

For all 2 meals:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)  
**jelly**  
2 tsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly on the bread.

### Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**

4 large (200g)

For all 2 meals:

**eggs**

8 large (400g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

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## Breakfast 2

Eat on day 3, day 4, and day 5

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### Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

**almonds**

6 tbsp, whole (54g)

For all 3 meals:

**almonds**

1 cup, whole (161g)

1. The recipe has no instructions.

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### Green protein shake

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



For single meal:

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

For all 3 meals:

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

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

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## Breakfast 3 ↗

Eat on day 6 and day 7

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### High-protein granola bar

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



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

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

1. The recipe has no instructions.

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### 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.

## Overnight mixed berry protein oats w/ water

256 cals ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

**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)

**water**

3/4 cup(s) (178mL)

For all 2 meals:

**frozen mixed berries**

1 cup (136g)

**oatmeal, old-fashioned oats, rolled oats**

2/3 cup(s) (54g)

**protein powder, vanilla**

2 scoop (1/3 cup ea) (62g)

**water**

1 1/2 cup(s) (356mL)

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

### Naan bread

1 1/2 piece(s) - 393 cals ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber

Makes 1 1/2 piece(s)

**naan bread**

1 1/2 piece(s) (135g)



1. The recipe has no instructions.

### Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

## White bean succotash

647 cals ● 26g protein ● 16g fat ● 80g carbs ● 19g fiber



**lemon juice**  
1 tbsp (15mL)  
**oil**  
1 tbsp (15mL)  
**white beans, canned, drained & rinsed**  
1 cup (262g)  
**frozen corn kernels, defrosted**  
1 cup (136g)  
**bell pepper, finely chopped**  
1 medium (119g)  
**shallots, minced**  
1 clove(s) (57g)

1. Heat about 1/4 of the oil in a skillet over medium heat. Add the corn, shallot, and a pinch of salt, and cook until softened, about 2-4 minutes.
2. Transfer the corn mixture to a medium bowl and stir in the white beans, bell pepper, remaining oil, and lemon juice. Season with salt and pepper to taste, and serve.

## Lunch 2 ↗

Eat on day 2 and day 3

### Lentils

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



For single meal:

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

For all 2 meals:

**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.

## 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 barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

## Cooked peppers

1 bell pepper(s) - 120 cals ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**bell pepper, seeded & cut into strips**  
1 large (164g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**bell pepper, seeded & cut into strips**  
2 large (328g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

## Lunch 3 ↗

Eat on day 4

### Peanut butter and jelly sandwich

1 sandwich(es) - 382 cals ● 12g protein ● 11g fat ● 55g carbs ● 5g fiber

Makes 1 sandwich(es)



**peanut butter**  
1 tbsp (16g)  
**bread**  
2 slice (64g)  
**jelly**  
2 tbsp (42g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

## Large granola bar

3 bar(s) - 529 cals ● 11g protein ● 22g fat ● 65g carbs ● 6g fiber



Makes 3 bar(s)

**large granola bar**  
3 bar (111g)

1. The recipe has no instructions.

## Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

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

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

## Lunch 4 ↗

Eat on day 5 and day 6

### Buttered corn

159 cals ● 3g protein ● 8g fat ● 17g carbs ● 2g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**butter**  
2 tsp (9g)  
**frozen corn kernels**  
2/3 cup (91g)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**butter**  
4 tsp (18g)  
**frozen corn kernels**  
1 1/3 cup (181g)

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

### Slow-baked salmon with lemon and thyme

14 oz - 938 cals ● 82g protein ● 66g fat ● 3g carbs ● 2g fiber



For single meal:

**thyme, dried**  
1/2 tsp, leaves (1g)  
**oil**  
2 1/2 tsp (13mL)  
**salmon, skin on**  
14 oz (397g)  
**lemon, cut into wedges**  
5/8 large (49g)

For all 2 meals:

**thyme, dried**  
1 tsp, leaves (1g)  
**oil**  
1 3/4 tbsp (26mL)  
**salmon, skin on**  
1 3/4 lbs (794g)  
**lemon, cut into wedges**  
1 1/6 large (98g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

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## Lunch 5 ↗

Eat on day 7

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### Mixed nuts

1/2 cup(s) - 435 cals ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



Makes 1/2 cup(s)

**mixed nuts**  
1/2 cup (67g)

1. The recipe has no instructions.

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### Grilled cheese with mushrooms

485 cals ● 21g protein ● 24g fat ● 38g carbs ● 7g fiber



**mushrooms**  
3/4 cup, chopped (53g)  
**olive oil**  
3/4 tbsp (11mL)  
**thyme, dried**  
1/2 tbsp, ground (2g)  
**bread**  
3 slice(s) (96g)  
**sliced cheese**  
1 1/2 slice (3/4 oz ea) (32g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

## 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

### Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

For all 2 meals:

**bread**  
4 slice (128g)  
**butter**  
4 tsp (18g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

## Pear

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



For single meal:

**pears**  
2 medium (356g)

For all 2 meals:

**pears**  
4 medium (712g)

1. The recipe has no instructions.

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## Snacks 2 ↗

Eat on day 3, day 4, and day 5

## Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 3 meals:

**pears**  
3 medium (534g)

1. The recipe has no instructions.

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## Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

For all 3 meals:

**peanut butter**  
6 tbsp (96g)  
**rice cakes, any flavor**  
3 cakes (27g)

1. Spread peanut butter over top of rice cake.

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## Plantain chips

100 cals ● 0g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

**Plantain chips**  
2/3 oz (19g)

For all 3 meals:

**Plantain chips**  
2 oz (57g)

1. Approximately 3/4 cup = 1 oz

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## Snacks 3 ↗

Eat on day 6 and day 7

### Roasted almonds

1/6 cup(s) - 166 cals ● 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.

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### Strawberries

2 1/2 cup(s) - 130 cals ● 3g protein ● 1g fat ● 21g carbs ● 7g fiber



For single meal:

**strawberries**  
2 1/2 cup, whole (360g)

For all 2 meals:

**strawberries**  
5 cup, whole (720g)

1. The recipe has no instructions.

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### Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**

4 tbsp (57g)

**honey**

1 tsp (7g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

**honey**

2 tsp (14g)

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

## Dinner 1 ↗

Eat on day 1

### Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

**oil**

2 tsp (10mL)

**tomatoes**

2 small whole (2-2/5" dia) (182g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

### Lentils

347 cals ● 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.

### Baked salmon over spinach

686 cals ● 61g protein ● 47g fat ● 3g carbs ● 2g fiber



**fresh spinach**  
3 oz (89g)  
**oil**  
2 tsp (9mL)  
**lemon, sliced**  
5/8 small (36g)  
**garlic, minced**  
1 1/4 clove(s) (4g)  
**salmon**  
10 oz (284g)

1. Preheat the oven to 400°F (200°C).
2. In a skillet, quickly sauté the spinach with the oil, garlic, and a pinch of salt until just wilted.
3. Spread the wilted spinach in an even layer at the bottom of a small baking dish. Place the salmon on top, skin side down. Season with salt and pepper, then lay lemon slices over the salmon.
4. Bake uncovered for 12-18 minutes, or until the salmon flakes easily with a fork. Serve.

## Dinner 2 ↗

Eat on day 2

### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



Makes 1 nectarine(s)  
**nectarine, pitted**  
1 medium (2-1/2" dia) (142g)

1. Remove nectarine pit, slice, and serve.

### Seitan salad

1078 cals ● 81g protein ● 53g fat ● 49g carbs ● 20g fiber



**oil**  
1 tbsp (15mL)  
**nutritional yeast**  
1 tbsp (4g)  
**salad dressing**  
3 tbsp (45mL)  
**fresh spinach**  
6 cup(s) (180g)  
**seitan, crumbled or sliced**  
1/2 lbs (255g)  
**tomatoes, halved**  
18 cherry tomatoes (306g)  
**avocados, chopped**  
3/4 avocado(s) (151g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

## Dinner 3 ↗

Eat on day 3 and day 4

### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

**balsamic vinegar**  
1/2 tbsp (8mL)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)  
**onion, thinly sliced**  
1/4 small (18g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**fresh parsley, chopped**  
1 1/2 sprigs (2g)

For all 2 meals:

**balsamic vinegar**  
1 tbsp (15mL)  
**apple cider vinegar**  
1 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 can(s) (448g)  
**onion, thinly sliced**  
1/2 small (35g)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**fresh parsley, chopped**  
3 sprigs (3g)

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

### Crispy chik'n tenders

14 2/3 tender(s) - 838 cals ● 59g protein ● 33g fat ● 76g carbs ● 0g fiber



For single meal:

**meatless chik'n tenders**  
14 2/3 pieces (374g)  
**ketchup**  
1/4 cup (62g)

For all 2 meals:

**meatless chik'n tenders**  
29 1/3 pieces (748g)  
**ketchup**  
1/2 cup (125g)

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

## Dinner 4 ↗

Eat on day 5 and day 6

### 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.

### Pan fried salmon poke bowl

918 cals ● 61g protein ● 61g fat ● 20g carbs ● 11g fiber



For single meal:

**oil**

1 3/4 tsp (9mL)

**salmon**

9 1/3 oz (265g)

**teriyaki sauce**

2 1/3 tbsp (35mL)

**lime juice**

1 tsp (6mL)

**avocados, cubed**

5/8 avocado(s) (117g)

**carrots, thinly sliced**

1 1/6 medium (71g)

**cucumber, cubed**

5/8 cucumber (8-1/4") (176g)

For all 2 meals:

**oil**

3 1/2 tsp (17mL)

**salmon**

18 2/3 oz (529g)

**teriyaki sauce**

1/4 cup (70mL)

**lime juice**

3/4 tbsp (12mL)

**avocados, cubed**

1 1/6 avocado(s) (234g)

**carrots, thinly sliced**

2 1/3 medium (142g)

**cucumber, cubed**

1 1/6 cucumber (8-1/4") (351g)

1. Heat oil in skillet over medium heat.
2. Season salmon with salt and pepper to taste.
3. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the salmon over with a spatula, and cook until it feels firm to the touch and the skin is crisp if desired, about 3 minutes more. Remove from heat and cut into bite-sized pieces. Set aside.
4. Assemble bowl by arranging avocado, cucumber, carrots, and salmon and drizzling lime juice and teriyaki sauce on top. Serve.

## Dinner 5 ↗

Eat on day 7

### 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).

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## 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.