

# Meal Plan - 1400 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

1434 cals ● 108g protein (30%) ● 63g fat (39%) ● 75g carbs (21%) ● 34g fiber (10%)

### Breakfast

245 cals, 9g protein, 20g net carbs, 9g fat



**Carrots and hummus**

246 cals

### Lunch

385 cals, 30g protein, 29g net carbs, 14g fat



**Milk**

1 1/3 cup(s)- 199 cals



**Cajun cod**

3 oz- 94 cals



**Green beans**

95 cals

### Snacks

215 cals, 18g protein, 7g net carbs, 12g fat



**Walnuts**

1/8 cup(s)- 87 cals



**Protein shake (milk)**

129 cals

### Dinner

475 cals, 28g protein, 18g net carbs, 27g fat



**Basic tempeh**

4 oz- 295 cals



**Olive oil drizzled green beans**

181 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cals

## Day 2

1457 cals ● 94g protein (26%) ● 70g fat (43%) ● 90g carbs (25%) ● 25g fiber (7%)

### Breakfast

245 cals, 9g protein, 20g net carbs, 9g fat



**Carrots and hummus**

246 cals

### Lunch

475 cals, 19g protein, 34g net carbs, 26g fat



**Basic tofu**

6 oz- 257 cals



**Green beans**

95 cals



**Buttery white rice**

121 cals

### Snacks

215 cals, 18g protein, 7g net carbs, 12g fat



**Walnuts**

1/8 cup(s)- 87 cals



**Protein shake (milk)**

129 cals

### Dinner

415 cals, 24g protein, 27g net carbs, 22g fat



**Simple roasted cod**

4 oz- 148 cals



**Buttered green beans**

98 cals



**Buttery brown rice**

167 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cals



## Day 3

1473 cals ● 99g protein (27%) ● 64g fat (39%) ● 104g carbs (28%) ● 20g fiber (5%)

### Breakfast

260 cals, 10g protein, 23g net carbs, 13g fat



**Large granola bar**  
1 bar(s)- 176 cals



**String cheese**  
1 stick(s)- 83 cals

### Snacks

225 cals, 15g protein, 28g net carbs, 3g fat



**Grapes**  
97 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Lunch

475 cals, 19g protein, 34g net carbs, 26g fat



**Basic tofu**  
6 oz- 257 cals



**Green beans**  
95 cals



**Buttery white rice**  
121 cals

### Dinner

405 cals, 30g protein, 18g net carbs, 22g fat



**Avocado tuna salad**  
218 cals



**Milk**  
1 1/4 cup(s)- 186 cals

## Day 4

1357 cals ● 97g protein (29%) ● 57g fat (38%) ● 90g carbs (26%) ● 24g fiber (7%)

### Breakfast

260 cals, 10g protein, 23g net carbs, 13g fat



**Large granola bar**  
1 bar(s)- 176 cals



**String cheese**  
1 stick(s)- 83 cals

### Snacks

225 cals, 15g protein, 28g net carbs, 3g fat



**Grapes**  
97 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Lunch

360 cals, 17g protein, 20g net carbs, 19g fat



**Simple kale & avocado salad**  
173 cals



**Avocado tuna salad sandwich**  
1/2 sandwich(es)- 185 cals

### Dinner

405 cals, 30g protein, 18g net carbs, 22g fat



**Avocado tuna salad**  
218 cals



**Milk**  
1 1/4 cup(s)- 186 cals

## Day 5

1392 cals ● 110g protein (32%) ● 62g fat (40%) ● 81g carbs (23%) ● 16g fiber (5%)

### Breakfast

260 cals, 10g protein, 23g net carbs, 13g fat



**Large granola bar**  
1 bar(s)- 176 cals



**String cheese**  
1 stick(s)- 83 cals

### Snacks

150 cals, 12g protein, 14g net carbs, 5g fat



**Milk**  
1/2 cup(s)- 75 cals



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



**Celery sticks**  
2 celery stalk- 13 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**  
1 scoop- 109 cals

### Lunch

470 cals, 37g protein, 2g net carbs, 34g fat



**Buttered broccoli**  
1/2 cup(s)- 67 cals



**Baked pesto salmon**  
6 oz- 404 cals

### Dinner

405 cals, 27g protein, 41g net carbs, 10g fat



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Chickpea & kale soup**  
273 cals

## Day 6

1447 cals ● 103g protein (29%) ● 52g fat (32%) ● 124g carbs (34%) ● 18g fiber (5%)

### Breakfast

300 cals, 18g protein, 22g net carbs, 13g fat



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals



**Blueberries**

1/2 cup(s)- 47 cals



**Scrambled egg whites**

61 cals

### Snacks

150 cals, 12g protein, 14g net carbs, 5g fat



**Milk**

1/2 cup(s)- 75 cals



**Cottage cheese & honey**

1/4 cup(s)- 62 cals



**Celery sticks**

2 celery stalk- 13 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cals

### Lunch

385 cals, 21g protein, 36g net carbs, 16g fat



**Chik'n nuggets**

7 nuggets- 386 cals

### Dinner

505 cals, 28g protein, 50g net carbs, 18g fat



**Fish taco**

1 tortilla(s)- 389 cals



**Brown rice**

1/2 cup brown rice, cooked- 115 cals

## Day 7

1447 cals ● 103g protein (29%) ● 52g fat (32%) ● 124g carbs (34%) ● 18g fiber (5%)

### Breakfast

300 cals, 18g protein, 22g net carbs, 13g fat



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals



**Blueberries**

1/2 cup(s)- 47 cals



**Scrambled egg whites**

61 cals

### Snacks

150 cals, 12g protein, 14g net carbs, 5g fat



**Milk**

1/2 cup(s)- 75 cals



**Cottage cheese & honey**

1/4 cup(s)- 62 cals



**Celery sticks**

2 celery stalk- 13 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cals

### Lunch

385 cals, 21g protein, 36g net carbs, 16g fat



**Chik'n nuggets**

7 nuggets- 386 cals

### Dinner

505 cals, 28g protein, 50g net carbs, 18g fat



**Fish taco**

1 tortilla(s)- 389 cals



**Brown rice**

1/2 cup brown rice, cooked- 115 cals

## Dairy and Egg Products

- ☐ whole milk  
6 1/3 cup(s) (1519mL)
- ☐ butter  
1/3 stick (34g)
- ☐ string cheese  
3 stick (84g)
- ☐ low fat cottage cheese (1% milkfat)  
3/4 cup (170g)
- ☐ eggs  
2 large (100g)
- ☐ egg whites  
1/2 cup (122g)

## Finfish and Shellfish Products

- ☐ cod, raw  
15 oz (425g)
- ☐ canned tuna  
1 1/4 can (215g)
- ☐ salmon  
1 fillet/s (6 oz each) (170g)

## Spices and Herbs

- ☐ cajun seasoning  
5 tsp (11g)
- ☐ black pepper  
1 1/2 g (1g)
- ☐ salt  
5 g (5g)

## Fats and Oils

- ☐ oil  
2 oz (63mL)
- ☐ olive oil  
3/4 oz (20mL)

## Vegetables and Vegetable Products

- ☐ frozen green beans  
8 1/3 cup (1008g)
- ☐ baby carrots  
48 medium (480g)
- ☐ tomatoes  
4 tbsp, chopped (45g)
- ☐ onion  
1/3 small (22g)
- ☐ kale leaves  
1/4 lbs (104g)

## Beverages

- ☐ protein powder  
8 scoop (1/3 cup ea) (248g)
- ☐ water  
8 1/2 cup(s) (2015mL)

## Nut and Seed Products

- ☐ walnuts  
4 tbsp, shelled (25g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
4 tbsp (46g)
- ☐ brown rice  
1/2 cup (95g)

## Fruits and Fruit Juices

- ☐ avocados  
1 1/2 avocado(s) (302g)
- ☐ lime juice  
1 1/4 tsp (6mL)
- ☐ grapes  
3 1/3 cup (307g)
- ☐ lemon  
3/8 small (22g)
- ☐ blueberries  
1 cup (148g)
- ☐ limes  
1/2 fruit (2" dia) (34g)

## Other

- ☐ mixed greens  
1 cup (30g)
- ☐ cottage cheese & fruit cup  
3 container (510g)
- ☐ guacamole, store-bought  
2 tbsp (31g)
- ☐ vegan chik'n nuggets  
14 nuggets (301g)

## Snacks

- ☐ large granola bar  
3 bar (111g)

## Baked Products

- ☐ **garlic**  
1 clove(s) (3g)
- ☐ **frozen broccoli**  
1/2 cup (46g)
- ☐ **raw celery**  
6 stalk, medium (7-1/2" - 8" long) (240g)
- ☐ **cabbage**  
4 tbsp, shredded (18g)
- ☐ **ketchup**  
1/4 cup (60g)

### **Legumes and Legume Products**

- ☐ **hummus**  
3/4 cup (180g)
- ☐ **tempeh**  
4 oz (113g)
- ☐ **firm tofu**  
3/4 lbs (340g)
- ☐ **chickpeas, canned**  
1/2 can(s) (224g)

- ☐ **bread**  
1/4 lbs (96g)
- ☐ **flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)

### **Soups, Sauces, and Gravies**

- ☐ **vegetable broth**  
2 cup(s) (mL)
- ☐ **pesto sauce**  
1 tbsp (16g)

### **Sweets**

- ☐ **honey**  
1 tbsp (21g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Carrots and hummus

246 cals ● 9g protein ● 9g fat ● 20g carbs ● 12g fiber



For single meal:

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

For all 2 meals:

**hummus**  
3/4 cup (180g)  
**baby carrots**  
48 medium (480g)

1. Serve carrots with hummus.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Large granola bar

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



For single meal:

**large granola bar**  
1 bar (37g)

For all 3 meals:

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

1. The recipe has no instructions.

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**

1 stick (28g)

For all 3 meals:

**string cheese**

3 stick (84g)

1. The recipe has no instructions.

## Breakfast 3 [🔗](#)

Eat on day 6 and day 7

### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

**eggs**

1 large (50g)

**oil**

1/4 tsp (1mL)

**guacamole, store-bought**

1 tbsp (15g)

**bread**

1 slice(s) (32g)

For all 2 meals:

**eggs**

2 large (100g)

**oil**

1/2 tsp (3mL)

**guacamole, store-bought**

2 tbsp (31g)

**bread**

2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**

1/2 cup (74g)

For all 2 meals:

**blueberries**

1 cup (148g)

1. Rinse off blueberries and serve.

## Scrambled egg whites

61 cals ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

**egg whites**

4 tbsp (61g)

**oil**

1/4 tbsp (4mL)

For all 2 meals:

**egg whites**

1/2 cup (122g)

**oil**

1/2 tbsp (8mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



Makes 1 1/3 cup(s)

**whole milk**

1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

## Cajun cod

3 oz - 94 cals ● 15g protein ● 3g fat ● 1g carbs ● 0g fiber



Makes 3 oz

**cod, raw**

3 oz (85g)

**cajun seasoning**

1 tsp (2g)

**oil**

1/2 tsp (3mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

## Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



**frozen green beans**  
2 cup (242g)

1. Prepare according to instructions on package.

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**firm tofu**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**firm tofu**  
3/4 lbs (340g)

1. Slice tofu 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.

### Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

**frozen green beans**  
2 cup (242g)

For all 2 meals:

**frozen green beans**  
4 cup (484g)

1. Prepare according to instructions on package.

### Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**salt**  
1 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**long-grain white rice**  
2 tbsp (23g)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**butter**  
3/4 tbsp (11g)  
**salt**  
2 dash (2g)  
**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

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## Lunch 3 [🔗](#)

Eat on day 4

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### Simple kale & avocado salad

173 cal ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



**kale leaves, chopped**  
3/8 bunch (64g)  
**avocados, chopped**  
3/8 avocado(s) (75g)  
**lemon, juiced**  
3/8 small (22g)

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.

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### Avocado tuna salad sandwich

1/2 sandwich(es) - 185 cal ● 14g protein ● 7g fat ● 13g carbs ● 4g fiber





Makes 1/2 sandwich(es)

**black pepper**

1/4 dash (0g)

**salt**

1/4 dash (0g)

**lime juice**

1/4 tsp (1mL)

**avocados**

1/8 avocado(s) (25g)

**bread**

1 slice (32g)

**canned tuna, drained**

1/4 can (43g)

**onion, minced**

1/8 small (4g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

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## Lunch 4 [🔗](#)

Eat on day 5

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### Buttered broccoli

1/2 cup(s) - 67 cals ● 1g protein ● 6g fat ● 1g carbs ● 1g fiber



Makes 1/2 cup(s)

**salt**

1/4 dash (0g)

**frozen broccoli**

1/2 cup (46g)

**black pepper**

1/4 dash (0g)

**butter**

1/2 tbsp (7g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### Baked pesto salmon

6 oz - 404 cals ● 35g protein ● 29g fat ● 1g carbs ● 0g fiber



Makes 6 oz

**salmon**

1 fillet/s (6 oz each) (170g)

**pesto sauce**

1 tbsp (16g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
  2. Spread pesto on top of the salmon.
  3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).
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## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Chik'n nuggets

7 nuggets - 386 cals ● 21g protein ● 16g fat ● 36g carbs ● 4g fiber



For single meal:

#### ketchup

1 3/4 tbsp (30g)

#### vegan chik'n nuggets

7 nuggets (151g)

For all 2 meals:

#### ketchup

1/4 cup (60g)

#### vegan chik'n nuggets

14 nuggets (301g)

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

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

#### walnuts

2 tbsp, shelled (13g)

For all 2 meals:

#### walnuts

4 tbsp, shelled (25g)

1. The recipe has no instructions.

## Protein shake (milk)

129 cals ● 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.

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## Snacks 2 [🔗](#)

Eat on day 3 and day 4

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### Grapes

97 cals ● 1g protein ● 1g fat ● 15g carbs ● 6g fiber



For single meal:

**grapes**  
1 2/3 cup (153g)

For all 2 meals:

**grapes**  
3 1/3 cup (307g)

1. The recipe has no instructions.

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### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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## Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

### 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 3 meals:

**whole milk**  
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

### 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 3 meals:

**low fat cottage cheese (1% milkfat)**  
3/4 cup (170g)  
**honey**  
1 tbsp (21g)

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

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 3 meals:

**raw celery**  
6 stalk, medium (7-1/2" - 8" long)  
(240g)

1. Slice celery into sticks and serve.

## Dinner 1 [🔗](#)

Eat on day 1

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### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

#### tempeh

4 oz (113g)

#### oil

2 tsp (10mL)

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.

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### Olive oil drizzled green beans

181 cals ● 4g protein ● 12g fat ● 10g carbs ● 5g fiber



#### black pepper

1 1/4 dash (0g)

#### salt

1 1/4 dash (1g)

#### frozen green beans

1 2/3 cup (202g)

#### olive oil

2 1/2 tsp (13mL)

1. Prepare green beans according to instructions on package.
  2. Top with olive oil and season with salt and pepper.
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## Dinner 2 [↗](#)

Eat on day 2

### Simple roasted cod

4 oz - 148 cals ● 20g protein ● 8g fat ● 0g carbs ● 0g fiber



Makes 4 oz

**olive oil**

1/2 tbsp (8mL)

**cod, raw**

4 oz (113g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

### Buttered green beans

98 cals ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber



**butter**

2 tsp (9g)

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen green beans**

2/3 cup (81g)

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

### Buttery brown rice

167 cals ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



**butter**  
1/2 tbsp (7g)  
**brown rice**  
2 2/3 tbsp (32g)  
**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)

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 3 and day 4

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### Avocado tuna salad

218 cals ● 20g protein ● 12g fat ● 3g carbs ● 4g fiber



For single meal:

**avocados**  
1/4 avocado(s) (50g)  
**lime juice**  
1/2 tsp (3mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**mixed greens**  
1/2 cup (15g)  
**canned tuna**  
1/2 can (86g)  
**tomatoes**  
2 tbsp, chopped (23g)  
**onion, minced**  
1/8 small (9g)

For all 2 meals:

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

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

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Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

**whole milk**

1 1/4 cup(s) (300mL)

For all 2 meals:

**whole milk**

2 1/2 cup(s) (600mL)

1. The recipe has no instructions.

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## Dinner 4 [↗](#)

Eat on day 5

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### Cottage cheese & fruit cup

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



Makes 1 container

**cottage cheese & fruit cup**

1 container (170g)

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

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### Chickpea & kale soup

273 cal ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



**vegetable broth**

2 cup(s) (mL)

**oil**

1/2 tsp (3mL)

**kale leaves, chopped**

1 cup, chopped (40g)

**garlic, minced**

1 clove(s) (3g)

**chickpeas, canned, drained**

1/2 can(s) (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
  2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
  3. Crack a hefty amount of pepper on top and serve.
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## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Fish taco

1 tortilla(s) - 389 cals ● 26g protein ● 17g fat ● 27g carbs ● 6g fiber



For single meal:

**cod, raw**  
1 4oz fillet(s) (113g)  
**oil**  
1 tsp (5mL)  
**limes**  
1/4 fruit (2" dia) (17g)  
**cajun seasoning**  
2 tsp (5g)  
**cabbage**  
2 tbsp, shredded (9g)  
**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**avocados, mashed**  
1/4 avocado(s) (50g)

For all 2 meals:

**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)

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.

### Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2 dash (1g)  
**water**  
2/3 cup(s) (158mL)  
**black pepper**  
2 dash, ground (1g)  
**brown rice**  
1/3 cup (63g)

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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

**protein powder**

1 scoop (1/3 cup ea) (31g)

**water**

1 cup(s) (237mL)

For all 7 meals:

**protein powder**

7 scoop (1/3 cup ea) (217g)

**water**

7 cup(s) (1659mL)

1. The recipe has no instructions.
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