

Meal Plan - 3000 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

2994 cals ● 206g protein (27%) ● 114g fat (34%) ● 215g carbs (29%) ● 71g fiber (10%)

Breakfast

475 cals, 34g protein, 36g net carbs, 13g fat



Cottage cheese & honey

1/2 cup(s)- 125 cals



High fiber cereal

227 cals



Scrambled egg whites

122 cals

Snacks

395 cals, 17g protein, 31g net carbs, 22g fat



Roasted peanuts

1/8 cup(s)- 115 cals



String cheese

1 stick(s)- 83 cals



Medium toasted bagel with butter

1/2 bagel(s)- 196 cals

Lunch

985 cals, 45g protein, 120g net carbs, 16g fat



Orange

2 orange(s)- 170 cals



Easy chickpea salad

817 cals

Dinner

925 cals, 62g protein, 26g net carbs, 62g fat



Simple salmon

8 oz- 513 cals



Milk

1 3/4 cup(s)- 261 cals



Roasted tomatoes

2 1/2 tomato(es)- 149 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Day 2

2985 cals ● 212g protein (28%) ● 143g fat (43%) ● 153g carbs (21%) ● 59g fiber (8%)

Breakfast

475 cals, 34g protein, 36g net carbs, 13g fat



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



High fiber cereal
227 cals



Scrambled egg whites
122 cals

Snacks

395 cals, 17g protein, 31g net carbs, 22g fat



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



String cheese
1 stick(s)- 83 cals



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals

Lunch

985 cals, 55g protein, 50g net carbs, 59g fat



Milk
1 cup(s)- 149 cals



Lowfat Greek yogurt
2 container(s)- 310 cals



Cheese and guac tacos
3 taco(s)- 525 cals

Dinner

915 cals, 58g protein, 35g net carbs, 48g fat



Simple kale & avocado salad
288 cals



Buffalo tempeh with tzatziki
628 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 3

3014 cals ● 212g protein (28%) ● 69g fat (21%) ● 322g carbs (43%) ● 63g fiber (8%)

Breakfast

475 cals, 34g protein, 36g net carbs, 13g fat



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



High fiber cereal
227 cals



Scrambled egg whites
122 cals

Snacks

395 cals, 17g protein, 31g net carbs, 22g fat



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



String cheese
1 stick(s)- 83 cals



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals

Lunch

950 cals, 49g protein, 125g net carbs, 13g fat



Lentil pasta
673 cals



Simple mixed greens and tomato salad
113 cals



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

Dinner

980 cals, 63g protein, 128g net carbs, 21g fat



Fruit juice
1 cup(s)- 115 cals



Slow cooker vegan jambalaya
865 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 4

2980 cals ● 206g protein (28%) ● 55g fat (17%) ● 357g carbs (48%) ● 57g fiber (8%)

Breakfast

495 cals, 36g protein, 57g net carbs, 9g fat



Small toasted bagel with butter
1 bagel(s)- 241 cals



Overnight mixed berry protein oats w/ water
256 cals

Lunch

950 cals, 49g protein, 125g net carbs, 13g fat



Lentil pasta
673 cals



Simple mixed greens and tomato salad
113 cals



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

Snacks

335 cals, 9g protein, 44g net carbs, 11g fat



Milk
1/2 cup(s)- 75 cals



Orange
1 orange(s)- 85 cals



Large granola bar
1 bar(s)- 176 cals

Dinner

980 cals, 63g protein, 128g net carbs, 21g fat



Fruit juice
1 cup(s)- 115 cals



Slow cooker vegan jambalaya
865 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 5

2979 cals ● 267g protein (36%) ● 62g fat (19%) ● 278g carbs (37%) ● 61g fiber (8%)

Breakfast

495 cals, 36g protein, 57g net carbs, 9g fat



Small toasted bagel with butter
1 bagel(s)- 241 cals



Overnight mixed berry protein oats w/ water
256 cals

Lunch

890 cals, 113g protein, 41g net carbs, 28g fat



Mixed vegetables
3/4 cup(s)- 73 cals



Buttery white rice
162 cals



Cajun cod
21 oz- 655 cals

Snacks

335 cals, 9g protein, 44g net carbs, 11g fat



Milk
1/2 cup(s)- 75 cals



Orange
1 orange(s)- 85 cals



Large granola bar
1 bar(s)- 176 cals

Dinner

1040 cals, 60g protein, 134g net carbs, 12g fat



Simple kale & avocado salad
115 cals



Lentil and veggie soup
925 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Day 6

2979 cals ● 195g protein (26%) ● 108g fat (33%) ● 253g carbs (34%) ● 54g fiber (7%)

Breakfast

480 cals, 21g protein, 51g net carbs, 21g fat



Small toasted bagel with butter and jelly
1 bagel(s)- 300 cals



Creamy scrambled eggs
182 cals

Snacks

395 cals, 13g protein, 37g net carbs, 19g fat



Celery sticks
2 celery stalk- 13 cals



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



Toast with butter and jelly
2 slice(s)- 267 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

935 cals, 60g protein, 108g net carbs, 20g fat



Vegetarian chickpea sandwiches
2 sandwich(es)- 685 cals



Cottage cheese & honey
1 cup(s)- 249 cals

Dinner

950 cals, 54g protein, 56g net carbs, 48g fat



Vegan sausage & veggie sheet pan
720 cals



Simple kale & avocado salad
230 cals

Day 7

2979 cals ● 195g protein (26%) ● 108g fat (33%) ● 253g carbs (34%) ● 54g fiber (7%)

Breakfast

480 cals, 21g protein, 51g net carbs, 21g fat



Small toasted bagel with butter and jelly
1 bagel(s)- 300 cals



Creamy scrambled eggs
182 cals

Snacks

395 cals, 13g protein, 37g net carbs, 19g fat



Celery sticks
2 celery stalk- 13 cals



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



Toast with butter and jelly
2 slice(s)- 267 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

935 cals, 60g protein, 108g net carbs, 20g fat



Vegetarian chickpea sandwiches
2 sandwich(es)- 685 cals



Cottage cheese & honey
1 cup(s)- 249 cals

Dinner

950 cals, 54g protein, 56g net carbs, 48g fat



Vegan sausage & veggie sheet pan
720 cals



Simple kale & avocado salad
230 cals

Grocery List



Fruits and Fruit Juices

- orange
4 orange (616g)
- avocados
2 avocado(s) (377g)
- lemon
2 small (109g)
- fruit juice
16 fl oz (480mL)
- lemon juice
4 tsp (20mL)

Spices and Herbs

- balsamic vinegar
1 3/4 tbsp (26mL)
- cajun seasoning
1 oz (24g)
- black pepper
1 tsp, ground (2g)
- salt
1 tsp (7g)
- dried dill weed
1/2 tbsp (1g)

Soups, Sauces, and Gravies

- apple cider vinegar
1 3/4 tbsp (1mL)
- Frank's Red Hot sauce
4 tbsp (60mL)
- pasta sauce
2/3 jar (24 oz) (448g)
- vegetable broth
4 cup(s) (mL)
- hot sauce
1/2 tbsp (8mL)

Legumes and Legume Products

- chickpeas, canned
3 can(s) (1381g)
- roasted peanuts
10 tbsp (91g)
- tempeh
1/2 lbs (227g)
- lentils, raw
13 1/4 tbsp (160g)

Vegetables and Vegetable Products

Sweets

- honey
1/3 cup (98g)
- jelly
2 1/2 oz (70g)

Other

- high fiber cereal
2 cup (120g)
- guacamole, store-bought
6 tbsp (93g)
- tzatziki
1/4 cup(s) (56g)
- lentil pasta
2/3 lbs (302g)
- mixed greens
4 1/2 cup (135g)
- diced tomatoes
5/6 28oz can (662g)
- vegan sausage
17 1/4 oz (489g)
- frozen mixed berries
1 cup (136g)
- nutritional yeast
5 tsp (6g)
- italian seasoning
1/2 tbsp (5g)

Fats and Oils

- oil
1/4 lbs (102mL)
- salad dressing
1/4 cup (68mL)
- olive oil
2 1/2 tsp (12mL)
- mayonnaise
4 tsp (20mL)

Baked Products

- bagel
4 medium bagel (3-1/2" to 4" dia) (434g)
- bread
12 slice (384g)

Beverages

- protein powder
14 scoop (1/3 cup ea) (434g)

- onion**
1 3/4 medium (2-1/2" dia) (197g)
- tomatoes**
5 medium whole (2-3/5" dia) (600g)
- fresh parsley**
5 1/4 sprigs (5g)
- kale leaves**
13 1/2 oz (386g)
- raw celery**
8 stalk, medium (7-1/2" - 8" long) (313g)
- garlic**
3 1/3 clove(s) (10g)
- green pepper**
3/8 large (68g)
- frozen mixed veggies**
3 1/4 cup (439g)
- carrots**
3 medium (183g)
- broccoli**
3 cup chopped (273g)
- potatoes**
3 small (1-3/4" to 2-1/4" dia.) (276g)

Dairy and Egg Products

- low fat cottage cheese (1% milkfat)**
3 1/2 cup (791g)
- whole milk**
5 1/2 cup(s) (1291mL)
- egg whites**
1 1/2 cup (365g)
- string cheese**
3 stick (84g)
- butter**
3/4 stick (84g)
- lowfat flavored greek yogurt**
2 (5.3 oz ea) container(s) (300g)
- cheddar cheese**
3/4 cup, shredded (85g)
- eggs**
4 large (200g)

- water**
17 cup(s) (3989mL)
- protein powder, vanilla**
2 scoop (1/3 cup ea) (62g)

Finfish and Shellfish Products

- salmon**
1/2 lbs (227g)
- cod, raw**
1 1/3 lbs (595g)

Cereal Grains and Pasta

- long-grain white rice**
1 1/2 cup (278g)
- seitan**
6 2/3 oz (189g)

Breakfast Cereals

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

Snacks

- large granola bar**
2 bar (74g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Cottage cheese & honey

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



For single meal:

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

For all 3 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
honey
2 tbsp (42g)

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

High fiber cereal

227 cals ● 7g protein ● 5g fat ● 21g carbs ● 18g fiber



For single meal:

high fiber cereal
2/3 cup (40g)
whole milk
1/2 cup(s) (120mL)

For all 3 meals:

high fiber cereal
2 cup (120g)
whole milk
1 1/2 cup(s) (360mL)

1. Add cereal and milk to a bowl and serve.

Scrambled egg whites

122 cals ● 13g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

egg whites
1/2 cup (122g)
oil
1/2 tbsp (8mL)

For all 3 meals:

egg whites
1 1/2 cup (365g)
oil
1 1/2 tbsp (23mL)

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.

Breakfast 2

Eat on day 4 and day 5

Small toasted bagel with butter

1 bagel(s) - 241 cals ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

butter
1/2 tbsp (7g)
bagel
1 small bagel (3" dia) (69g)

For all 2 meals:

butter
1 tbsp (14g)
bagel
2 small bagel (3" dia) (138g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

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.

Breakfast 3 ↗

Eat on day 6 and day 7

Small toasted bagel with butter and jelly

1 bagel(s) - 300 cals ● 7g protein ● 7g fat ● 50g carbs ● 2g fiber



For single meal:

bagel
1 small bagel (3" dia) (69g)
butter
1/2 tbsp (7g)
jelly
1 tbsp (21g)

For all 2 meals:

bagel
2 small bagel (3" dia) (138g)
butter
1 tbsp (14g)
jelly
2 tbsp (42g)

1. Toast the bagel to desired toastiness.
2. Spread the butter and jelly.
3. Enjoy.

Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1/8 cup(s) (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
1/8 cup(s) (30mL)

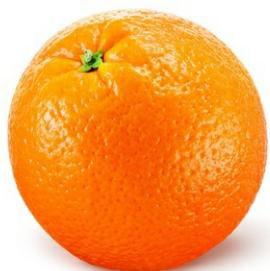
1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Lunch 1 ↗

Eat on day 1

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

orange
2 orange (308g)

1. The recipe has no instructions.

Easy chickpea salad

817 cals ● 42g protein ● 16g fat ● 88g carbs ● 39g fiber



balsamic vinegar
1 3/4 tbsp (26mL)
apple cider vinegar
1 3/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 3/4 can(s) (784g)
onion, thinly sliced
7/8 small (61g)
tomatoes, halved
1 3/4 cup cherry tomatoes (261g)
fresh parsley, chopped
5 1/4 sprigs (5g)

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

Lunch 2 ↗

Eat on day 2

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)



whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Lowfat Greek yogurt

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

Makes 2 container(s)



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

1. The recipe has no instructions.

Cheese and guac tacos

3 taco(s) - 525 cals ● 23g protein ● 43g fat ● 6g carbs ● 6g fiber



Makes 3 taco(s)

cheddar cheese
3/4 cup, shredded (85g)
guacamole, store-bought
6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lunch 3 ↗

Eat on day 3 and day 4

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



For single meal:

pasta sauce
1/3 jar (24 oz) (224g)
lentil pasta
1/3 lbs (151g)

For all 2 meals:

pasta sauce
2/3 jar (24 oz) (448g)
lentil pasta
2/3 lbs (302g)

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

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

1. Mix greens, tomatoes, and dressing in a small bowl.
Serve.

White rice

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



For single meal:

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

For all 2 meals:

water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 4 ↗

Eat on day 5

Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



Makes 3/4 cup(s)

frozen mixed veggies
3/4 cup (101g)

1. Prepare according to instructions on package.

Buttery white rice

162 cals ● 2g protein ● 6g fat ● 24g carbs ● 0g fiber



black pepper
2/3 dash, ground (0g)
butter
1/2 tbsp (7g)
salt
1 1/3 dash (1g)
water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

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.

Cajun cod

21 oz - 655 cals ● 108g protein ● 21g fat ● 7g carbs ● 2g fiber



Makes 21 oz

cod, raw
1 1/3 lbs (595g)
cajun seasoning
2 1/3 tbsp (16g)
oil
3 1/2 tsp (18mL)

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.

Lunch 5 ↗

Eat on day 6 and day 7

Vegetarian chickpea sandwiches

2 sandwich(es) - 685 cals ● 32g protein ● 17g fat ● 79g carbs ● 22g fiber



For single meal:

mayonnaise
2 tsp (10mL)
lemon juice
2 tsp (10mL)
dried dill weed
1/4 tbsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
bread
4 slice (128g)
chickpeas, canned
2/3 can(s) (299g)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long)
(27g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)

For all 2 meals:

mayonnaise
4 tsp (20mL)
lemon juice
4 tsp (20mL)
dried dill weed
1/2 tbsp (1g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
bread
8 slice (256g)
chickpeas, canned
1 1/3 can(s) (597g)
raw celery, chopped
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)
onion, chopped
2/3 medium (2-1/2" dia) (73g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Cottage cheese & honey

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



For single meal:

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

For all 2 meals:

low fat cottage cheese (1% milkfat)
2 cup (452g)
honey
2 2/3 tbsp (56g)

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

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Roasted peanuts

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



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

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.

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel
1/2 medium bagel (3-1/2" to 4" dia)
(53g)
butter
1/2 tbsp (7g)

For all 3 meals:

bagel
1 1/2 medium bagel (3-1/2" to 4" dia)
(158g)
butter
1 1/2 tbsp (21g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Snacks 2

Eat on day 4 and day 5

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.

Orange

1 orange(s) - 85 cals  1g protein  0g fat  16g carbs  3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. The recipe has no instructions.

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 2 meals:

large granola bar

2 bar (74g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

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 2 meals:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Roasted peanuts

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



For single meal:

roasted peanuts

2 tbsp (18g)

For all 2 meals:

roasted peanuts

4 tbsp (37g)

1. The recipe has no instructions.

Toast with butter and jelly

2 slice(s) - 267 cals ● 8g protein ● 10g fat ● 33g carbs ● 4g fiber



For single meal:

bread

2 slice (64g)

butter

2 tsp (9g)

jelly

2 tsp (14g)

For all 2 meals:

bread

4 slice (128g)

butter

4 tsp (18g)

jelly

4 tsp (28g)

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

Dinner 1 ↗

Eat on day 1

Simple salmon

8 oz - 513 cals ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 8 oz

salmon
1/2 lbs (227g)
oil
1/2 tbsp (7mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Milk

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

Makes 1 3/4 cup(s)



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

1. The recipe has no instructions.

Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

oil
2 1/2 tsp (13mL)
tomatoes
2 1/2 small whole (2-2/5" dia) (228g)

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.

Dinner 2 ↗

Eat on day 2

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped
5/8 bunch (106g)
avocados, chopped
5/8 avocado(s) (126g)
lemon, juiced
5/8 small (36g)

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.

Buffalo tempeh with tzatziki

628 cals ● 52g protein ● 29g fat ● 23g carbs ● 16g fiber



Frank's Red Hot sauce
4 tbsp (60mL)
tzatziki
1/4 cup(s) (56g)
oil
1 tbsp (15mL)
tempeh, roughly chopped
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh 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 tzatziki.

Dinner 3 ↗

Eat on day 3 and day 4

Fruit juice

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



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Slow cooker vegan jambalaya

865 cals ● 62g protein ● 21g fat ● 103g carbs ● 5g fiber



For single meal:

vegetable broth
3/8 cup(s) (mL)
long-grain white rice
6 2/3 tbsp (77g)
cajun seasoning
2 tsp (4g)
olive oil
1 1/4 tsp (6mL)
onion, chopped
1/4 large (31g)
hot sauce
1 tsp (4mL)
diced tomatoes, with juice
3/8 28oz can (331g)
vegan sausage, sliced
1/4 lbs (95g)
raw celery, chopped
1 1/4 stalk, medium (7-1/2" - 8" long) (50g)
garlic, minced
5/6 clove(s) (3g)
seitan, cut into cubes
1/4 lbs (95g)
green pepper, seeded and chopped
1/4 large (34g)

For all 2 meals:

vegetable broth
5/6 cup(s) (mL)
long-grain white rice
13 1/3 tbsp (154g)
cajun seasoning
1 1/4 tbsp (8g)
olive oil
2 1/2 tsp (13mL)
onion, chopped
3/8 large (63g)
hot sauce
1/2 tbsp (8mL)
diced tomatoes, with juice
5/6 28oz can (662g)
vegan sausage, sliced
6 2/3 oz (189g)
raw celery, chopped
2 1/2 stalk, medium (7-1/2" - 8" long) (100g)
garlic, minced
1 2/3 clove(s) (5g)
seitan, cut into cubes
6 2/3 oz (189g)
green pepper, seeded and chopped
3/8 large (68g)

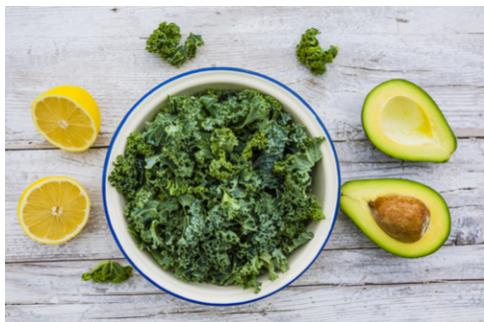
1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, hot sauce, and Cajun seasoning into crock.
2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more.

Dinner 4 ↗

Eat on day 5

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped
1/4 bunch (43g)
avocados, chopped
1/4 avocado(s) (50g)
lemon, juiced
1/4 small (15g)

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.

Lentil and veggie soup

925 cals ● 58g protein ● 5g fat ● 130g carbs ● 33g fiber



lentils, raw
13 1/3 tbsp (160g)
vegetable broth
3 1/3 cup(s) (mL)
kale leaves
1 2/3 cup, chopped (67g)
nutritional yeast
5 tsp (6g)
garlic
1 2/3 clove(s) (5g)
frozen mixed veggies
2 1/2 cup (337g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

Dinner 5 ↗

Eat on day 6 and day 7

Vegan sausage & veggie sheet pan

720 cals ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)
carrots, sliced
1 1/2 medium (92g)
broccoli, chopped
1 1/2 cup chopped (137g)
vegan sausage, cut into bite sized pieces
1 1/2 sausage (150g)
potatoes, cut into wedges
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)

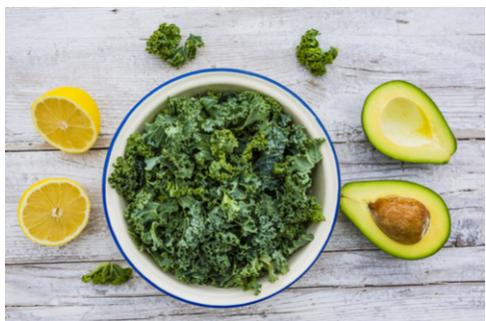
For all 2 meals:

oil
2 tbsp (30mL)
italian seasoning
1/2 tbsp (5g)
carrots, sliced
3 medium (183g)
broccoli, chopped
3 cup chopped (273g)
vegan sausage, cut into bite sized pieces
3 sausage (300g)
potatoes, cut into wedges
3 small (1-3/4" to 2-1/4" dia.) (276g)

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

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

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.

Protein Supplement(s) ↗

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder
2 scoop (1/3 cup ea) (62g)
water
2 cup(s) (474mL)

For all 7 meals:

protein powder
14 scoop (1/3 cup ea) (434g)
water
14 cup(s) (3318mL)

1. The recipe has no instructions.