

# 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

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 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

## 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

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 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

## 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

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 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



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

### Breakfast

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



**Small toasted bagel with butter**  
1 bagel(s)- 241 cal



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

### Snacks

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



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



**Orange**  
1 orange(s)- 85 cal



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

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

### Lunch

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



**Mixed vegetables**  
3/4 cup(s)- 73 cal



**Buttery white rice**  
162 cal



**Cajun cod**  
21 oz- 655 cal

### Dinner

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



**Simple kale & avocado salad**  
115 cal



**Lentil and veggie soup**  
925 cal

## 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

## 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)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Cottage cheese & honey

1/2 cup(s) - 125 cal ● 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 cal ● 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 cal ● 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.

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## Breakfast 2 [↗](#)

Eat on day 4 and day 5

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### 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.

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### Overnight mixed berry protein oats w/ water

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



For single meal:	For all 2 meals:
<b>frozen mixed berries</b>	<b>frozen mixed berries</b>
1/2 cup (68g)	1 cup (136g)
<b>oatmeal, old-fashioned oats, rolled oats</b>	<b>oatmeal, old-fashioned oats, rolled oats</b>
1/3 cup(s) (27g)	2/3 cup(s) (54g)
<b>protein powder, vanilla</b>	<b>protein powder, vanilla</b>
1 scoop (1/3 cup ea) (31g)	2 scoop (1/3 cup ea) (62g)
<b>water</b>	<b>water</b>
3/4 cup(s) (178mL)	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:	For all 2 meals:
<b>bagel</b>	<b>bagel</b>
1 small bagel (3" dia) (69g)	2 small bagel (3" dia) (138g)
<b>butter</b>	<b>butter</b>
1/2 tbsp (7g)	1 tbsp (14g)
<b>jelly</b>	<b>jelly</b>
1 tbsp (21g)	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.

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## Lunch 1 [🔗](#)

Eat on day 1

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### 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.

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### 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!
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## Lunch 2 [↗](#)

Eat on day 2

### Milk

1 cup(s) - 149 cal ● 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 cal ● 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 cal ● 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.

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## Lunch 4 [🔗](#)

Eat on day 5

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### 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.

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### 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.
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## 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

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### Roasted peanuts

1/8 cup(s) - 115 cal ● 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 cal ● 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 cal ● 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.

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## Snacks 2 [↗](#)

Eat on day 4 and day 5

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### 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.

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## Dinner 2 [↗](#)

Eat on day 2

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### 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.

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### 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 cal ● 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 cal ● 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

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### 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.

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### 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

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### 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.
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