

# Meal Plan - 1200 calorie low carb 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

1159 cals ● 104g protein (36%) ● 59g fat (45%) ● 29g carbs (10%) ● 25g fiber (9%)

### Breakfast

250 cals, 14g protein, 5g net carbs, 19g fat



[Kale & eggs](#)  
189 cals



[Sautéed Kale](#)  
61 cals

### Dinner

275 cals, 15g protein, 9g net carbs, 16g fat



[Buffalo tempeh with tzatziki](#)  
157 cals



[Tomato and avocado salad](#)  
117 cals

### Lunch

470 cals, 39g protein, 14g net carbs, 23g fat



[Basic tempeh](#)  
6 oz- 443 cals



[Broccoli](#)  
1 cup(s)- 29 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

## Day 2

1159 cals ● 104g protein (36%) ● 59g fat (45%) ● 29g carbs (10%) ● 25g fiber (9%)

### Breakfast

250 cals, 14g protein, 5g net carbs, 19g fat



[Kale & eggs](#)  
189 cals



[Sautéed Kale](#)  
61 cals

### Dinner

275 cals, 15g protein, 9g net carbs, 16g fat



[Buffalo tempeh with tzatziki](#)  
157 cals



[Tomato and avocado salad](#)  
117 cals

### Lunch

470 cals, 39g protein, 14g net carbs, 23g fat



[Basic tempeh](#)  
6 oz- 443 cals



[Broccoli](#)  
1 cup(s)- 29 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

## Day 3

1242 cals ● 112g protein (36%) ● 64g fat (47%) ● 33g carbs (11%) ● 20g fiber (6%)

### Breakfast

250 cals, 14g protein, 5g net carbs, 19g fat



**Kale & eggs**  
189 cals



**Sautéed Kale**  
61 cals

### Dinner

355 cals, 36g protein, 16g net carbs, 12g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Broccoli**  
3 cup(s)- 87 cals

### Lunch

475 cals, 26g protein, 11g net carbs, 33g fat



**Egg & avocado salad**  
399 cals



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

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 4

1161 cals ● 107g protein (37%) ● 60g fat (47%) ● 34g carbs (12%) ● 14g fiber (5%)

### Breakfast

205 cals, 14g protein, 9g net carbs, 12g fat



**Broccoli & cheddar egg muffins**  
1 muffins- 96 cals



**Boiled eggs**  
1 egg(s)- 69 cals



**Clementine**  
1 clementine(s)- 39 cals

### Dinner

355 cals, 36g protein, 16g net carbs, 12g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Broccoli**  
3 cup(s)- 87 cals

### Lunch

440 cals, 21g protein, 7g net carbs, 35g fat



**Sautéed mushrooms**  
4 oz mushrooms- 95 cals



**Basic tofu**  
8 oz- 342 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 5

1142 cals ● 141g protein (49%) ● 36g fat (28%) ● 41g carbs (14%) ● 23g fiber (8%)

### Breakfast

205 cals, 14g protein, 9g net carbs, 12g fat



**Broccoli & cheddar egg muffins**

1 muffins- 96 cals



**Boiled eggs**

1 egg(s)- 69 cals



**Clementine**

1 clementine(s)- 39 cals

### Dinner

380 cals, 43g protein, 18g net carbs, 9g fat



**Vegan crumbles**

2 cup(s)- 292 cals



**Lentils**

87 cals

### Lunch

395 cals, 48g protein, 12g net carbs, 14g fat



**Tilapia with tomato caper sauce**

7 1/2 oz tilapia- 365 cals



**Broccoli**

1 cup(s)- 29 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

## Day 6

1193 cals ● 144g protein (48%) ● 42g fat (32%) ● 39g carbs (13%) ● 21g fiber (7%)

### Breakfast

255 cals, 17g protein, 7g net carbs, 18g fat



**Creamy scrambled eggs**

182 cals



**Milk**

1/2 cup(s)- 75 cals

### Dinner

380 cals, 43g protein, 18g net carbs, 9g fat



**Vegan crumbles**

2 cup(s)- 292 cals



**Lentils**

87 cals

### Lunch

395 cals, 48g protein, 12g net carbs, 14g fat



**Tilapia with tomato caper sauce**

7 1/2 oz tilapia- 365 cals



**Broccoli**

1 cup(s)- 29 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

# Day 7

1216 cal ● 93g protein (30%) ● 75g fat (56%) ● 30g carbs (10%) ● 12g fiber (4%)

## Breakfast

255 cal, 17g protein, 7g net carbs, 18g fat



**Creamy scrambled eggs**  
182 cal



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

## Dinner

390 cal, 23g protein, 13g net carbs, 24g fat



**Tomato and avocado salad**  
176 cal



**Almond crusted tilapia**  
3 oz- 212 cal

## Lunch

410 cal, 17g protein, 9g net carbs, 33g fat



**Rosemary roasted radishes**  
3/4 cup(s)- 54 cal



**Buffalo tofu**  
355 cal

## Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cal

## Beverages

- water  
11 1/2 cup(s) (2726mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Fats and Oils

- oil  
4 oz (126mL)
- olive oil  
11 g (12mL)
- ranch dressing  
2 tbsp (30mL)

## Other

- tzatziki  
1/8 cup(s) (28g)
- mixed greens  
1 cup (30g)
- vegan sausage  
2 sausage (200g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
1/4 cup (70mL)
- vegetable broth  
1/6 cup(s) (mL)

## Legumes and Legume Products

- tempeh  
1 lbs (454g)
- firm tofu  
1 lbs (425g)
- vegetarian burger crumbles  
4 cup (400g)
- lentils, raw  
4 tbsp (48g)

## Vegetables and Vegetable Products

- onion  
1 3/4 tbsp minced (26g)
- tomatoes  
3 medium whole (2-3/5" dia) (381g)
- frozen broccoli  
10 1/3 cup (940g)

## Fruits and Fruit Juices

- lime juice  
1 3/4 tbsp (26mL)
- avocados  
1 1/2 avocado(s) (276g)
- clementines  
2 fruit (148g)
- lemon juice  
1/4 tsp (1mL)

## Spices and Herbs

- garlic powder  
1 tsp (3g)
- salt  
1/4 oz (7g)
- black pepper  
1 tsp, ground (2g)
- capers  
3/4 tbsp, drained (6g)
- rosemary  
4 dash (1g)

## Dairy and Egg Products

- eggs  
16 1/3 large (817g)
- whole milk  
1 1/2 cup (391mL)
- cheddar cheese  
2 3/4 tbsp, shredded (19g)
- butter  
2 tsp (9g)

## Finfish and Shellfish Products

- tilapia, raw  
1 lbs (509g)

## Nut and Seed Products

- almonds  
2 tbsp, slivered (14g)

## Cereal Grains and Pasta

- all-purpose flour  
4 tsp (10g)

- kale leaves**  
4 1/2 cup, chopped (180g)
  - mushrooms**  
4 oz (113g)
  - garlic**  
1 1/2 clove(s) (5g)
  - shallots**  
3/4 shallot (85g)
  - radishes**  
4 oz (113g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Kale & eggs

189 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**oil**  
1 tsp (5mL)

For all 3 meals:

**salt**  
3 dash (1g)  
**eggs**  
6 large (300g)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**oil**  
1 tbsp (15mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

### Sauteed Kale

61 cal ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**kale leaves**  
1 cup, chopped (40g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**kale leaves**  
3 cup, chopped (120g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Broccoli & cheddar egg muffins

1 muffins - 96 cal ● 7g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**eggs**  
2/3 large (33g)  
**cheddar cheese**  
4 tsp, shredded (9g)  
**salt**  
2/3 dash (1g)  
**black pepper**  
2/3 dash, ground (0g)  
**olive oil**  
1/6 tsp (1mL)  
**frozen broccoli, steamed**  
2 2/3 tbsp (15g)

For all 2 meals:

**eggs**  
1 1/3 large (67g)  
**cheddar cheese**  
2 2/3 tbsp, shredded (19g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**olive oil**  
1/3 tsp (2mL)  
**frozen broccoli, steamed**  
1/3 cup (30g)

1. Preheat oven to 375 F (190 C).
2. Coat muffin tins with the olive oil, or use liners.
3. Steam the chopped broccoli by placing it mostly covered in a container in the microwave with a few teaspoons of water for a couple minutes.
4. In a bowl, whisk together the eggs, salt, pepper, and broccoli.
5. Pour mixture into muffin tins and top evenly with the cheese.
6. Bake for about 12-15 minutes until done.

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### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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.

### Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber





For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Creamy scrambled eggs

182 cal ● 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 tbsp (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**  
2 tbsp (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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### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

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

For all 2 meals:

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

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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### Broccoli

1 cup(s) - 29 cal ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

**frozen broccoli**  
1 cup (91g)

For all 2 meals:

**frozen broccoli**  
2 cup (182g)

1. Prepare according to instructions on package.
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## Lunch 2 [↗](#)

Eat on day 3

### Egg & avocado salad

399 cal ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



#### mixed greens

1 cup (30g)

#### avocados

1/2 avocado(s) (101g)

#### eggs, hard-boiled and chilled

3 large (150g)

#### garlic powder

4 dash (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 1/2 cup(s)

#### whole milk

1/2 cup (120mL)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 4

### Sauteed mushrooms

4 oz mushrooms - 95 cal ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



Makes 4 oz mushrooms

#### oil

1/2 tbsp (8mL)

#### mushrooms, sliced

4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

### Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

**firm tofu**

1/2 lbs (227g)

**oil**

4 tsp (20mL)

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.

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Tilapia with tomato caper sauce

7 1/2 oz tilapia - 365 cals ● 45g protein ● 14g fat ● 10g carbs ● 3g fiber



For single meal:

**oil**

3/4 tbsp (11mL)

**vegetable broth**

1/8 cup(s) (mL)

**garlic, minced**

3/4 clove(s) (2g)

**shallots, finely chopped**

3/8 shallot (43g)

**capers**

1 tsp, drained (3g)

**tomatoes, chopped**

3/4 large whole (3" dia) (137g)

**tilapia, raw**

1/2 lbs (213g)

For all 2 meals:

**oil**

1 1/2 tbsp (23mL)

**vegetable broth**

1/6 cup(s) (mL)

**garlic, minced**

1 1/2 clove(s) (5g)

**shallots, finely chopped**

3/4 shallot (85g)

**capers**

3/4 tbsp, drained (6g)

**tomatoes, chopped**

1 1/2 large whole (3" dia) (273g)

**tilapia, raw**

1 lbs (425g)

1. Sauce: Add half of the oil (reserving the rest for later), garlic and shallot to a skillet over medium heat. Sautee for about 5 minutes. Stir in tomatoes and cook for another 3-5 minutes. Add in broth and simmer for about 5 minutes until it has reduced. Add capers, cook for 1 more minute and turn off heat.
2. Fish: Line a baking sheet with foil and preheat your oven's broiler. Prep the fish by rubbing all sides with the remaining oil, and a pinch of salt/pepper. Place the fish on the baking sheet and bake in the broiler on the lowest rack for 6-8 minutes. Check fish every few minutes to make sure it doesn't overcook or get scorched. Tilapia will be done when flesh is opaque and flakes with a fork.
3. When both elements are done, pour the tomato caper sauce on top of the tilapia and serve.

### Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

**frozen broccoli**  
1 cup (91g)

For all 2 meals:

**frozen broccoli**  
2 cup (182g)

1. Prepare according to instructions on package.

## Lunch 5 [↗](#)

Eat on day 7

### Rosemary roasted radishes

3/4 cup(s) - 54 cal ● 1g protein ● 4g fat ● 2g carbs ● 2g fiber



Makes 3/4 cup(s)

**lemon juice**  
1/4 tsp (1mL)  
**rosemary**  
4 dash (1g)  
**oil**  
1/4 tbsp (4mL)  
**radishes, quartered**  
4 oz (113g)

1. Preheat oven to 350 F (180 C).
2. Quarter radishes and lay them on a sheet pan.
3. Pour oil, rosemary, and salt to taste over the radishes and use your hands to make sure they are fully coated.
4. Bake for about 35-40 minutes, stirring halfway through.
5. Remove and sprinkle lemon juice on top (optional).
6. Serve!

### Buffalo tofu

355 cal ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



**ranch dressing**  
2 tbsp (30mL)  
**oil**  
1/2 tbsp (8mL)  
**Frank's Red Hot sauce**  
2 1/2 tbsp (40mL)  
**firm tofu, patted dry & cubed**  
1/2 lbs (198g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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 ranch.

## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Buffalo tempeh with tzatziki

157 cal ● 13g protein ● 7g fat ● 6g carbs ● 4g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**tzatziki**  
1/8 cup(s) (14g)  
**Frank's Red Hot sauce**  
1 tbsp (15mL)  
**tempeh, roughly chopped**  
2 oz (57g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**tzatziki**  
1/8 cup(s) (28g)  
**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**tempeh, roughly chopped**  
4 oz (113g)

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.

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### Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
  2. Meanwhile, prepare the avocado and tomato.
  3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
  4. Serve chilled.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Vegan sausage

1 sausage(s) - 268 cal ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

**vegan sausage**  
1 sausage (100g)

For all 2 meals:

**vegan sausage**  
2 sausage (200g)

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

### Broccoli

3 cup(s) - 87 cal ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



For single meal:

**frozen broccoli**  
3 cup (273g)

For all 2 meals:

**frozen broccoli**  
6 cup (546g)

1. Prepare according to instructions on package.

## Dinner 3 [↗](#)

Eat on day 5, day 6

### Vegan crumbles

2 cup(s) - 292 cal ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

## Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

**salt**  
1/4 dash (0g)  
**water**  
1/2 cup(s) (119mL)  
**lentils, raw, rinsed**  
2 tbsp (24g)

For all 2 meals:

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

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.

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## Dinner 4 [↗](#)

Eat on day 7

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### Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



**onion**  
3/4 tbsp minced (11g)  
**lime juice**  
3/4 tbsp (11mL)  
**avocados, cubed**  
3/8 avocado(s) (75g)  
**tomatoes, diced**  
3/8 medium whole (2-3/5" dia) (46g)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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### Almond crusted tilapia

3 oz - 212 cals ● 20g protein ● 10g fat ● 8g carbs ● 2g fiber





Makes 3 oz

**tilapia, raw**

3 oz (84g)

**almonds**

2 tbsp, slivered (14g)

**all-purpose flour**

4 tsp (10g)

**salt**

1/2 dash (0g)

**olive oil**

1/4 tbsp (4mL)

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

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**water**

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

**protein powder**

1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

**water**

10 1/2 cup(s) (2489mL)

**protein powder**

10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.
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