

# Meal Plan - 1500 calorie intermittent fasting pescetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1472 cals ● 94g protein (25%) ● 75g fat (46%) ● 84g carbs (23%) ● 21g fiber (6%)

### Lunch

670 cals, 29g protein, 59g net carbs, 33g fat



**Sesame orange tofu**  
10 1/2 oz tofu- 566 cals



**Simple mixed greens salad**  
102 cals

### Dinner

695 cals, 40g protein, 24g net carbs, 42g fat



**Brussels sprout, apple & walnut side salad**  
253 cals



**Basic tempeh**  
6 oz- 443 cals

### Protein Supplement(s)

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



**Protein shake**  
1 scoop- 109 cals

## Day 2

1511 cals ● 96g protein (26%) ● 54g fat (32%) ● 141g carbs (37%) ● 18g fiber (5%)

### Lunch

690 cals, 42g protein, 65g net carbs, 25g fat



**Walnut almond trail mix**  
1/8 cup(s)- 108 cals



**Simple plant-based deli wrap**  
1 wrap(s)- 426 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Dinner

715 cals, 30g protein, 76g net carbs, 29g fat



**Fish taco**  
1 tortilla(s)- 389 cals



**Buttery white rice**  
324 cals

### Protein Supplement(s)

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



**Protein shake**  
1 scoop- 109 cals

Day 3

1481 calsgreen97g protein (26%)orange71g fat (43%)blue90g carbs (24%)grey24g fiber (7%)

Lunch

740 calsgreen32g protein, 68g net carbs, 31g fat



Tomato and avocado salad  
176 calsgreen



Milk  
2 cup(s)- 298 calsgreen



Bbq cauliflower wings  
268 calsgreen

Protein Supplement(s)

110 calsgreen24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 calsgreen

Dinner

630 calsgreen41g protein, 21g net carbs, 39g fat



Baked tofu  
13 1/3 oz- 377 calsgreen



Brussels sprout, apple & walnut side salad  
253 calsgreen

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Day 4

1481 calsgreen97g protein (26%)orange71g fat (43%)blue90g carbs (24%)grey24g fiber (7%)

Lunch

740 calsgreen32g protein, 68g net carbs, 31g fat



Tomato and avocado salad  
176 calsgreen



Milk  
2 cup(s)- 298 calsgreen



Bbq cauliflower wings  
268 calsgreen

Protein Supplement(s)

110 calsgreen24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 calsgreen

Dinner

630 calsgreen41g protein, 21g net carbs, 39g fat



Baked tofu  
13 1/3 oz- 377 calsgreen




Brussels sprout, apple & walnut side salad  
253 calsgreen

Day 5

1497 calsgreen97g protein (26%)orange69g fat (41%)blue94g carbs (25%)grey28g fiber (8%)


Lunch

670 calsgreen33g protein, 31g net carbs, 40g fat



Avocado egg salad sandwich

1 sandwich(es)- 562 calsgreen




Roasted almonds

1/8 cup(s)- 111 calsgreen


Dinner

715 calsgreen39g protein, 63g net carbs, 28g fat




Seitan salad

359 calsgreen



Orange

2 orange(s)- 170 calsgreen




Milk

1 1/4 cup(s)- 186 calsgreen

Protein Supplement(s)

110 calsgreen24g protein, 1g net carbs, 1g fat



Protein shake


1 scoop- 109 calsgreen

Day 6

1509 calsgreen111g protein (29%)orange79g fat (47%)blue69g carbs (18%)grey19g fiber (5%)


Lunch

670 calsgreen33g protein, 31g net carbs, 40g fat



Avocado egg salad sandwich

1 sandwich(es)- 562 calsgreen




Roasted almonds

1/8 cup(s)- 111 calsgreen


Dinner

730 calsgreen53g protein, 38g net carbs, 38g fat



Milk

1 1/4 cup(s)- 186 calsgreen




Vegan bangers and cauliflower mash

1 1/2 sausage link(s)- 541 calsgreen

Protein Supplement(s)

110 calsgreen24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 calsgreen

Day 7


1503 calsgreen101g protein (27%)orange66g fat (40%)blue102g carbs (27%)grey23g fiber (6%)

Lunch


665 calsgreen24g protein, 63g net carbs, 28g fat

Tossed salad

182 calsgreen

Spinach and goat cheese wrap

1 wrap(s)- 427 calsgreen

Grapes

58 calsgreen

Protein Supplement(s)


110 calsgreen24g protein, 1g net carbs, 1g fat

Protein shake


1 scoop- 109 calsgreen

Dinner

730 calsgreen53g protein, 38g net carbs, 38g fat

Milk

1 1/4 cup(s)- 186 calsgreen

Vegan bangers and cauliflower mash

1 1/2 sausage link(s)- 541 calsgreen

# Grocery List



## Beverages

- ☐ protein powder  
7 scoop (1/3 cup ea) (217g)
- ☐ water  
7 2/3 cup(s) (1818mL)

## Sweets

- ☐ maple syrup  
1 tbsp (15mL)
- ☐ sugar  
1 1/2 tbsp (20g)

## Nut and Seed Products

- ☐ walnuts  
1 2/3 oz (47g)
- ☐ sesame seeds  
2/3 oz (20g)
- ☐ almonds  
1/4 cup, whole (42g)

## Spices and Herbs

- ☐ apple cider vinegar  
3/4 tbsp (11g)
- ☐ cajun seasoning  
2 tsp (5g)
- ☐ black pepper  
1/2 tsp, ground (1g)
- ☐ salt  
1 1/4 tsp (7g)
- ☐ garlic powder  
1/2 tbsp (4g)

## Fats and Oils

- ☐ olive oil  
2 1/2 tbsp (39mL)
- ☐ oil  
1 1/2 oz (46mL)
- ☐ salad dressing  
2 1/2 oz (71mL)
- ☐ balsamic vinaigrette  
1/2 tbsp (8mL)

## Fruits and Fruit Juices

- ☐ apples  
1/2 small (2-3/4" dia) (74g)

## Legumes and Legume Products

- ☐ tempeh  
6 oz (170g)
- ☐ soy sauce  
9 1/2 oz (223mL)
- ☐ firm tofu  
2/3 lbs (298g)
- ☐ hummus  
2 tbsp (30g)
- ☐ extra firm tofu  
1 2/3 lbs (756g)

## Other

- ☐ sriracha chili sauce  
3/4 tbsp (11g)
- ☐ sesame oil  
3/4 tbsp (11mL)
- ☐ mixed greens  
2 3/4 cup (83g)
- ☐ chocolate chips  
1 tsp (5g)
- ☐ plant-based deli slices  
7 slices (73g)
- ☐ nutritional yeast  
1 oz (31g)
- ☐ frozen cauliflower  
2 1/4 cup (255g)
- ☐ vegan sausage  
3 sausage (300g)
- ☐ roasted red peppers  
2 tbsp, diced (28g)

## Cereal Grains and Pasta

- ☐ cornstarch  
2 1/4 tbsp (18g)
- ☐ long-grain white rice  
1/3 cup (62g)
- ☐ seitan  
3 oz (85g)

## Finfish and Shellfish Products

- ☐ cod, raw  
1 4oz fillet(s) (113g)

## Baked Products

- ☐ flour tortillas  
4 tortilla (approx 7-8" dia) (193g)

- ☐ **orange**  
2 1/3 orange (361g)
- ☐ **limes**  
1/4 fruit (2" dia) (17g)
- ☐ **avocados**  
2 1/4 avocado(s) (452g)
- ☐ **raisins**  
1 tsp (not packed) (3g)
- ☐ **lime juice**  
1 1/2 tbsp (23mL)
- ☐ **grapes**  
1 cup (92g)

## **Vegetables and Vegetable Products**

- ☐ **brussels sprouts**  
2 1/4 cup (198g)
- ☐ **garlic**  
1 1/2 clove(s) (5g)
- ☐ **cabbage**  
2 tbsp, shredded (9g)
- ☐ **tomatoes**  
4 medium whole (2-3/5" dia) (472g)
- ☐ **onion**  
1 1/6 medium (2-1/2" dia) (128g)
- ☐ **cauliflower**  
2 head small (4" dia.) (530g)
- ☐ **fresh ginger**  
1 2/3 slices (1" dia) (4g)
- ☐ **fresh spinach**  
3 cup(s) (90g)
- ☐ **romaine lettuce**  
3/4 hearts (375g)
- ☐ **red onion**  
1/6 medium (2-1/2" dia) (21g)
- ☐ **cucumber**  
1/6 cucumber (8-1/4") (56g)
- ☐ **carrots**  
3/4 small (5-1/2" long) (38g)

- ☐ **bread**  
4 slice (128g)

## **Dairy and Egg Products**

- ☐ **butter**  
1 tbsp (14g)
- ☐ **lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)
- ☐ **whole milk**  
7 3/4 cup(s) (1860mL)
- ☐ **eggs**  
6 large (300g)
- ☐ **cheese**  
2 tbsp, shredded (14g)
- ☐ **goat cheese**  
2 tbsp (28g)

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

- ☐ **barbecue sauce**  
1/2 cup (143g)



## Lunch 1 [↗](#)

Eat on day 1

### Sesame orange tofu

10 1/2 oz tofu - 566 cals ● 27g protein ● 26g fat ● 53g carbs ● 2g fiber



Makes 10 1/2 oz tofu

#### soy sauce

1 1/2 tbsp (23mL)

#### sugar

1 1/2 tbsp (20g)

#### sriracha chili sauce

3/4 tbsp (11g)

#### cornstarch

2 1/4 tbsp (18g)

#### sesame seeds

1/2 tbsp (5g)

#### sesame oil

3/4 tbsp (11mL)

#### garlic, minced

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

#### orange, juiced

3/8 fruit (2-7/8" dia) (53g)

#### firm tofu, patted dry & cubed

2/3 lbs (298g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



#### mixed greens

2 1/4 cup (68g)

#### salad dressing

2 1/4 tbsp (34mL)

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

## Lunch 2 [↗](#)

Eat on day 2

### Walnut almond trail mix

1/8 cup(s) - 108 cal ● 2g protein ● 8g fat ● 6g carbs ● 2g fiber



Makes 1/8 cup(s)

**walnuts**

2 tsp, chopped (5g)

**almonds**

2 tsp, whole (6g)

**chocolate chips**

1 tsp (5g)

**raisins**

1 tsp (not packed) (3g)

1. Mix the ingredients together. Store any leftovers in a cool area.

### Simple plant-based deli wrap

1 wrap(s) - 426 cal ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



Makes 1 wrap(s)

**plant-based deli slices**

7 slices (73g)

**flour tortillas**

1 tortilla (approx 10" dia) (72g)

**mixed greens**

1/2 cup (15g)

**tomatoes**

2 slice(s), thin/small (30g)

**hummus**

2 tbsp (30g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

### Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



Makes 1 container(s)

**lowfat flavored greek yogurt**

1 (5.3 oz ea) container(s) (150g)

1. The recipe has no instructions.



## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Tomato and avocado salad

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



For single meal:

**onion**  
3/4 tbsp minced (11g)  
**lime juice**  
3/4 tbsp (11mL)  
**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)  
**avocados, cubed**  
3/8 avocado(s) (75g)  
**tomatoes, diced**  
3/8 medium whole (2-3/5" dia)  
(46g)

For all 2 meals:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia)  
(92g)

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.

### Milk

2 cup(s) - 298 cal ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

**whole milk**  
2 cup(s) (480mL)

For all 2 meals:

**whole milk**  
4 cup(s) (960mL)

1. The recipe has no instructions.

### Bbq cauliflower wings

268 cal ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



For single meal:

**barbecue sauce**  
4 tbsp (72g)  
**salt**  
2 dash (2g)  
**nutritional yeast**  
4 tbsp (15g)  
**cauliflower**  
1 head small (4" dia.) (265g)

For all 2 meals:

**barbecue sauce**  
1/2 cup (143g)  
**salt**  
4 dash (3g)  
**nutritional yeast**  
1/2 cup (30g)  
**cauliflower**  
2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

## Lunch 4 [🔗](#)

Eat on day 5 and day 6

### Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



For single meal:

**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
2 slice (64g)  
**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

For all 2 meals:

**garlic powder**  
1 tsp (3g)  
**avocados**  
1 avocado(s) (201g)  
**bread**  
4 slice (128g)  
**tomatoes, halved**  
3/4 cup cherry tomatoes (112g)  
**eggs, hard-boiled and chilled**  
6 large (300g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**

2 tbsp, whole (18g)

For all 2 meals:

**almonds**

4 tbsp, whole (36g)

1. The recipe has no instructions.

## Lunch 5 [↗](#)

Eat on day 7

### Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



**romaine lettuce, shredded**

3/4 hearts (375g)

**tomatoes, diced**

3/4 small whole (2-2/5" dia) (68g)

**salad dressing**

1 1/2 tbsp (23mL)

**red onion, sliced**

1/6 medium (2-1/2" dia) (21g)

**cucumber, sliced or diced**

1/6 cucumber (8-1/4") (56g)

**carrots, peeled and shredded or sliced**

3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

### Spinach and goat cheese wrap

1 wrap(s) - 427 cals ● 17g protein ● 21g fat ● 39g carbs ● 4g fiber



Makes 1 wrap(s)

**fresh spinach**

1 cup(s) (30g)

**tomatoes**

4 cherry tomatoes (68g)

**cheese**

2 tbsp, shredded (14g)

**balsamic vinaigrette**

1/2 tbsp (8mL)

**flour tortillas**

1 tortilla (approx 10" dia) (72g)

**roasted red peppers**

2 tbsp, diced (28g)

**goat cheese, crumbled**

2 tbsp (28g)

1. Lay the tortilla out flat, and arrange the spinach across the tortilla. Sprinkle the cherry tomatoes, goat cheese, roasted red pepper, and shredded cheese evenly across the greens. Drizzle with balsamic vinaigrette.
2. Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the wrap tightly.

## Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



**grapes**  
1 cup (92g)

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Brussels sprout, apple & walnut side salad

253 cals ● 4g protein ● 19g fat ● 12g carbs ● 4g fiber

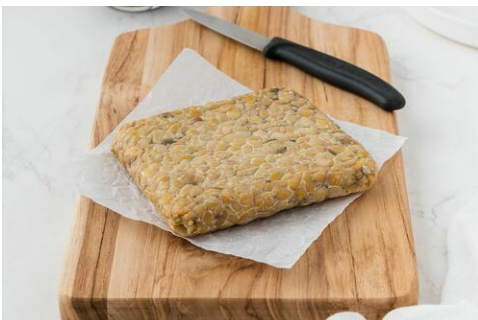


**maple syrup**  
1 tsp (5mL)  
**walnuts**  
2 tbsp, chopped (14g)  
**apple cider vinegar**  
1/4 tbsp (4g)  
**olive oil**  
3/4 tbsp (11mL)  
**apples, chopped**  
1/6 small (2-3/4" dia) (25g)  
**brussels sprouts, ends trimmed and discarded**  
3/4 cup (66g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

## Basic tempeh

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



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

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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## Dinner 2 [↗](#)

Eat on day 2

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### Fish taco

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



Makes 1 tortilla(s)

**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)

1. Preheat oven to 400 F (200 C).
2. Spray a 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.

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### Buttery white rice

324 cals ● 5g protein ● 12g fat ● 49g carbs ● 1g fiber





**black pepper**  
1 1/3 dash, ground (0g)  
**butter**  
1 tbsp (14g)  
**salt**  
1/3 tsp (2g)  
**water**  
2/3 cup(s) (158mL)  
**long-grain white rice**  
1/3 cup (62g)

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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## Dinner 3 [↗](#)

Eat on day 3 and day 4

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### Baked tofu

13 1/3 oz - 377 cals ● 37g protein ● 20g fat ● 9g carbs ● 5g fiber



For single meal:

**soy sauce**  
6 2/3 tbsp (100mL)  
**sesame seeds**  
2 1/2 tsp (8g)  
**extra firm tofu**  
13 1/3 oz (378g)  
**fresh ginger, peeled and grated**  
5/6 slices (1" dia) (2g)

For all 2 meals:

**soy sauce**  
13 1/3 tbsp (200mL)  
**sesame seeds**  
5 tsp (15g)  
**extra firm tofu**  
1 2/3 lbs (756g)  
**fresh ginger, peeled and grated**  
1 2/3 slices (1" dia) (4g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

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### Brussels sprout, apple & walnut side salad

253 cals ● 4g protein ● 19g fat ● 12g carbs ● 4g fiber



For single meal:

**maple syrup**  
1 tsp (5mL)  
**walnuts**  
2 tbsp, chopped (14g)  
**apple cider vinegar**  
1/4 tbsp (4g)  
**olive oil**  
3/4 tbsp (11mL)  
**apples, chopped**  
1/6 small (2-3/4" dia) (25g)  
**brussels sprouts, ends trimmed and discarded**  
3/4 cup (66g)

For all 2 meals:

**maple syrup**  
2 tsp (10mL)  
**walnuts**  
4 tbsp, chopped (28g)  
**apple cider vinegar**  
1/2 tbsp (7g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**apples, chopped**  
1/3 small (2-3/4" dia) (50g)  
**brussels sprouts, ends trimmed and discarded**  
1 1/2 cup (132g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

## Dinner 4 [↗](#)

Eat on day 5

### Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



**oil**  
1 tsp (5mL)  
**nutritional yeast**  
1 tsp (1g)  
**salad dressing**  
1 tbsp (15mL)  
**fresh spinach**  
2 cup(s) (60g)  
**seitan, crumbled or sliced**  
3 oz (85g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

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

## Orange

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



Makes 2 orange(s)

**orange**  
2 orange (308g)

1. The recipe has no instructions.

## Milk

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



Makes 1 1/4 cup(s)

**whole milk**

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

1. The recipe has no instructions.

## Dinner 5 [↗](#)

Eat on day 6 and day 7

### 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.

## Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cal ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



For single meal:

**frozen cauliflower**

1 cup (128g)

**oil**

3/4 tbsp (11mL)

**vegan sausage**

1 1/2 sausage (150g)

**onion, thinly sliced**

3/4 small (53g)

For all 2 meals:

**frozen cauliflower**

2 1/4 cup (255g)

**oil**

1 1/2 tbsp (23mL)

**vegan sausage**

3 sausage (300g)

**onion, thinly sliced**

1 1/2 small (105g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.



# Protein Supplement(s)

Eat every day

## 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.