

# Meal Plan - 2900 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

2947 cals ● 251g protein (34%) ● 132g fat (40%) ● 153g carbs (21%) ● 34g fiber (5%)

### Lunch

1305 cals, 88g protein, 66g net carbs, 68g fat



[Simple mozzarella and tomato salad](#)  
564 cals



[Avocado tuna salad sandwich](#)  
2 sandwich(es)- 740 cals

### Dinner

1425 cals, 115g protein, 85g net carbs, 63g fat



[Baked cinnamon sweet potato](#)  
2 sweet potato(es)- 633 cals



[Simple roasted cod](#)  
21 1/3 oz- 791 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

## Day 2

2878 cals ● 209g protein (29%) ● 124g fat (39%) ● 188g carbs (26%) ● 43g fiber (6%)

### Lunch

1340 cals, 62g protein, 132g net carbs, 56g fat



[Lemon ginger tofu chik'n](#)  
17 1/2 oz tofu- 933 cals



[White rice](#)  
1 cup rice, cooked- 246 cals



[Sugar snap peas](#)  
164 cals

### Dinner

1320 cals, 99g protein, 54g net carbs, 67g fat



[Milk](#)  
1 2/3 cup(s)- 248 cals



[Edamame & beet salad](#)  
342 cals



[Avocado tuna salad](#)  
727 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

## Day 3

2944 cals ● 194g protein (26%) ● 112g fat (34%) ● 228g carbs (31%) ● 62g fiber (8%)

### Lunch

1340 cals, 62g protein, 132g net carbs, 56g fat



**Lemon ginger tofu chik'n**  
17 1/2 oz tofu- 933 cals



**White rice**  
1 cup rice, cooked- 246 cals



**Sugar snap peas**  
164 cals

### Dinner

1385 cals, 84g protein, 94g net carbs, 55g fat



**Simple seitan**  
7 oz- 426 cals



**Garlic collard greens**  
584 cals



**Mashed sweet potatoes with butter**  
374 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 4

2894 cals ● 190g protein (26%) ● 139g fat (43%) ● 157g carbs (22%) ● 64g fiber (9%)

### Lunch

1290 cals, 57g protein, 61g net carbs, 83g fat



**Roasted almonds**  
3/8 cup(s)- 370 cals



**Caprese sandwich**  
2 sandwich(es)- 922 cals

### Dinner

1385 cals, 84g protein, 94g net carbs, 55g fat



**Simple seitan**  
7 oz- 426 cals



**Garlic collard greens**  
584 cals



**Mashed sweet potatoes with butter**  
374 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 5

2868 cals ● 230g protein (32%) ● 135g fat (42%) ● 153g carbs (21%) ● 32g fiber (4%)

### Lunch

1355 cals, 99g protein, 63g net carbs, 73g fat



#### Tomato and avocado salad

117 cals



#### Tuna salad sandwich

2 1/2 sandwich(es)- 1239 cals

### Dinner

1295 cals, 83g protein, 88g net carbs, 61g fat



#### Milk

2 1/4 cup(s)- 335 cals



#### Vegan sausage & veggie sheet pan

959 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 6

2879 cals ● 232g protein (32%) ● 139g fat (44%) ● 133g carbs (18%) ● 42g fiber (6%)

### Lunch

1355 cals, 99g protein, 63g net carbs, 73g fat



#### Tomato and avocado salad

117 cals



#### Tuna salad sandwich

2 1/2 sandwich(es)- 1239 cals

### Dinner

1305 cals, 84g protein, 68g net carbs, 66g fat



#### Roasted tofu & veggies

1056 cals



#### Milk

1 2/3 cup(s)- 248 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 7

2920 cals ● 196g protein (27%) ● 102g fat (31%) ● 247g carbs (34%) ● 58g fiber (8%)

### Lunch

1395 cals, 63g protein, 177g net carbs, 35g fat



#### Lentils

405 cals



#### Tomato and avocado salad

176 cals



#### Cheese ravioli

816 cals

### Dinner

1305 cals, 84g protein, 68g net carbs, 66g fat



#### Roasted tofu & veggies

1056 cals



#### Milk

1 2/3 cup(s)- 248 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

# Grocery List



## Beverages

- protein powder  
14 scoop (1/3 cup ea) (434g)
- water  
18 cup(s) (4226mL)

## Vegetables and Vegetable Products

- sweet potatoes  
5 sweetpotato, 5" long (1050g)
- tomatoes  
5 medium whole (2-3/5" dia) (609g)
- onion  
1 2/3 medium (2-1/2" dia) (183g)
- edamame, frozen, shelled  
1 cup (118g)
- beets, precooked (canned or refrigerated)  
4 beet(s) (200g)
- garlic  
16 clove(s) (48g)
- fresh ginger  
7 1/2 inch (2.5cm) cube (38g)
- frozen sugar snap peas  
5 1/3 cup (768g)
- collard greens  
3 2/3 lbs (1663g)
- carrots  
8 medium (488g)
- broccoli  
4 cup chopped (364g)
- potatoes  
2 small (1-3/4" to 2-1/4" dia.) (184g)
- raw celery  
2 1/2 stalk, small (5" long) (43g)
- brussels sprouts  
1 lbs (454g)
- bell pepper  
2 medium (238g)

## Sweets

- sugar  
1 tbsp (13g)
- agave  
5 tsp (35g)

## Spices and Herbs

- cinnamon  
1/4 tbsp (2g)

## Fats and Oils

- olive oil  
1/4 lbs (106mL)
- balsamic vinaigrette  
2 1/4 oz (65mL)
- oil  
5 oz (147mL)
- mayonnaise  
1/2 cup (113mL)

## Finfish and Shellfish Products

- cod, raw  
1 1/3 lbs (605g)
- canned tuna  
6 3/4 can (1167g)

## Fruits and Fruit Juices

- lime juice  
1 1/4 fl oz (40mL)
- avocados  
2 1/4 avocado(s) (444g)
- lemon juice  
5 tbsp (75mL)

## Baked Products

- bread  
1 1/4 lbs (576g)

## Other

- mixed greens  
3 2/3 cup (110g)
- italian seasoning  
1 tsp (4g)
- vegan sausage  
2 sausage (200g)

## Cereal Grains and Pasta

- cornstarch  
1/2 cup (60g)
- long-grain white rice  
3/4 cup (139g)
- seitan  
14 oz (397g)

## Nut and Seed Products

- fresh basil**  
2 1/3 tbsp, chopped (6g)
- black pepper**  
1/4 oz (6g)
- salt**  
1 oz (24g)
- garlic powder**  
1/2 tsp (1g)

### **Dairy and Egg Products**

- butter**  
1/2 stick (55g)
- fresh mozzarella cheese**  
1/2 lbs (246g)
- whole milk**  
7 1/4 cup(s) (1740mL)

- sesame seeds**  
2 1/2 tbsp (23g)
- almonds**  
6 3/4 tbsp, whole (60g)

### **Legumes and Legume Products**

- soy sauce**  
5 tbsp (75mL)
- firm tofu**  
35 oz (992g)
- extra firm tofu**  
4 block (1296g)
- lentils, raw**  
9 1/4 tbsp (112g)

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

- pesto sauce**  
4 tbsp (64g)
- pasta sauce**  
1/2 jar (24 oz) (336g)

### **Meals, Entrees, and Side Dishes**

- frozen cheese ravioli**  
3/4 lbs (340g)

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## Lunch 1 ↗

Eat on day 1

### Simple mozzarella and tomato salad

564 cals ● 32g protein ● 39g fat ● 16g carbs ● 4g fiber



**balsamic vinaigrette**  
2 1/3 tbsp (35mL)  
**fresh basil**  
2 1/3 tbsp, chopped (6g)  
**fresh mozzarella cheese, sliced**  
1/4 lbs (132g)  
**tomatoes, sliced**  
1 3/4 large whole (3" dia) (318g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

### Avocado tuna salad sandwich

2 sandwich(es) - 740 cals ● 55g protein ● 29g fat ● 51g carbs ● 15g fiber



Makes 2 sandwich(es)

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**lime juice**  
1 tsp (5mL)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
4 slice (128g)  
**canned tuna, drained**  
1 can (172g)  
**onion, minced**  
1/4 small (18g)

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

## Lunch 2 ↗

Eat on day 2 and day 3

### Lemon ginger tofu chik'n

17 1/2 oz tofu - 933 cals ● 46g protein ● 54g fat ● 62g carbs ● 3g fiber



For single meal:

**cornstarch**  
1/4 cup (30g)  
**lemon juice**  
2 1/2 tbsp (38mL)  
**oil**  
2 tbsp (28mL)  
**sesame seeds**  
1 1/4 tbsp (11g)  
**agave**  
2 1/2 tsp (17g)  
**soy sauce, divided**  
2 1/2 tbsp (38mL)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**fresh ginger, peeled & minced**  
3 3/4 inch (2.5cm) cube (19g)  
**firm tofu, patted dry**  
17 1/2 oz (496g)

For all 2 meals:

**cornstarch**  
1/2 cup (60g)  
**lemon juice**  
5 tbsp (75mL)  
**oil**  
1/4 cup (56mL)  
**sesame seeds**  
2 1/2 tbsp (23g)  
**agave**  
5 tsp (35g)  
**soy sauce, divided**  
5 tbsp (75mL)  
**garlic, minced**  
5 clove(s) (15g)  
**fresh ginger, peeled & minced**  
7 1/2 inch (2.5cm) cube (38g)  
**firm tofu, patted dry**  
35 oz (992g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set both bowls aside.
5. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
6. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
7. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

### White rice

1 cup rice, cooked - 246 cals ● 5g protein ● 0g fat ● 55g carbs ● 1g fiber



For single meal:

**water**  
3/4 cup(s) (178mL)  
**long-grain white rice**  
6 tbsp (69g)

For all 2 meals:

**water**  
1 1/2 cup(s) (356mL)  
**long-grain white rice**  
3/4 cup (139g)

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.

### Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



For single meal:

**frozen sugar snap peas**  
2 2/3 cup (384g)

For all 2 meals:

**frozen sugar snap peas**  
5 1/3 cup (768g)

1. Prepare according to instructions on package.

## Lunch 3

Eat on day 4

### Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

**almonds**  
6 2/3 tbsp, whole (60g)

1. The recipe has no instructions.

### Caprese sandwich

2 sandwich(es) - 922 cals ● 45g protein ● 53g fat ● 55g carbs ● 10g fiber



Makes 2 sandwich(es)

**bread**

4 slice(s) (128g)

**tomatoes**

4 slice(s), thick/large (1/2" thick)  
(108g)

**fresh mozzarella cheese**

4 slices (113g)

**pesto sauce**

4 tbsp (64g)

1. Toast the bread, if desired.

2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### Tomato and avocado salad

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



For single meal:

**onion**

1/2 tbsp minced (8g)

**lime juice**

1/2 tbsp (8mL)

**olive oil**

3/8 tsp (2mL)

**garlic powder**

1 dash (0g)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

**avocados, cubed**

1/4 avocado(s) (50g)

**tomatoes, diced**

1/4 medium whole (2-3/5" dia)  
(31g)

For all 2 meals:

**onion**

1 tbsp minced (15g)

**lime juice**

1 tbsp (15mL)

**olive oil**

1/4 tbsp (4mL)

**garlic powder**

2 dash (1g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**avocados, cubed**

1/2 avocado(s) (101g)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia)  
(62g)

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.

### Tuna salad sandwich

2 1/2 sandwich(es) - 1239 cals ● 97g protein ● 64g fat ● 60g carbs ● 10g fiber



For single meal:

**bread**  
5 slice (160g)  
**mayonnaise**  
1/4 cup (56mL)  
**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**canned tuna**  
3/4 lbs (354g)  
**raw celery, chopped**  
1 1/4 stalk, small (5" long) (21g)

For all 2 meals:

**bread**  
10 slice (320g)  
**mayonnaise**  
1/2 cup (113mL)  
**black pepper**  
5 dash (1g)  
**salt**  
5 dash (2g)  
**canned tuna**  
1 1/2 lbs (709g)  
**raw celery, chopped**  
2 1/2 stalk, small (5" long) (43g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

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## Lunch 5

Eat on day 7

### Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



**water**  
2 1/3 cup(s) (553mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
9 1/3 tbsp (112g)

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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### 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)  
**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)

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.

## Cheese ravioli

816 cals ● 33g protein ● 20g fat ● 113g carbs ● 12g fiber



**pasta sauce**  
1/2 jar (24 oz) (336g)  
**frozen cheese ravioli**  
3/4 lbs (340g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

## Dinner 1 ↗

Eat on day 1

### Baked cinnamon sweet potato

2 sweet potato(es) - 633 cals ● 7g protein ● 23g fat ● 85g carbs ● 14g fiber



Makes 2 sweet potato(es)

**sweet potatoes**

2 sweetpotato, 5" long (420g)

**sugar**

1 tbsp (13g)

**cinnamon**

1/4 tbsp (2g)

**butter**

2 tbsp (28g)

**1. OVEN:**

Preheat oven to 400°F (200°C).

Bake sweet potatoes for 45 to 75 minutes (bigger ones take longer to cook).

When they are done, the outside will have darkened and the inside will be soft.

**5. MICROWAVE:**

Pierce the sweet potato skins 5-6 times.

Place on a microwaveable plate and microwave for 5-8 minutes, rotating halfway through. The potato is ready when the skin puffs to a crisp finish and the inside is soft.

Cooking time will be longer if microwaving multiple potatoes at once.

Mix the sugar and cinnamon together and set aside.

To serve, slice a potato down the center. Add butter, then sprinkle some cinnamon/sugar over the top.

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## Simple roasted cod

21 1/3 oz - 791 cals ● 108g protein ● 40g fat ● 0g carbs ● 0g fiber



Makes 21 1/3 oz

**olive oil**  
2 2/3 tbsp (40mL)  
**cod, raw**  
1 1/3 lbs (605g)

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

## Dinner 2 ↗

Eat on day 2

### Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



Makes 1 2/3 cup(s)

**whole milk**  
1 2/3 cup(s) (400mL)

1. The recipe has no instructions.

### Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



**mixed greens**  
2 cup (60g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**edamame, frozen, shelled**  
1 cup (118g)  
**beets, precooked (canned or refrigerated), chopped**  
4 beet(s) (200g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

### Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



**avocados**  
5/6 avocado(s) (168g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp (0g)  
**mixed greens**  
1 2/3 cup (50g)  
**canned tuna**  
1 2/3 can (287g)  
**tomatoes**  
6 2/3 tbsp, chopped (75g)  
**onion, minced**  
3/8 small (29g)

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

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## Dinner 3 ↗

Eat on day 3 and day 4

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### Simple seitan

7 oz - 426 cals ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



For single meal:

**seitan**  
1/2 lbs (198g)  
**oil**  
1 3/4 tsp (9mL)

For all 2 meals:

**seitan**  
14 oz (397g)  
**oil**  
3 1/2 tsp (18mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

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### Garlic collard greens

584 cals ● 26g protein ● 31g fat ● 17g carbs ● 34g fiber



For single meal:

**collard greens**  
29 1/3 oz (832g)  
**oil**  
2 tbsp (28mL)  
**salt**  
1/2 tsp (3g)  
**garlic, minced**  
5 1/2 clove(s) (17g)

For all 2 meals:

**collard greens**  
3 2/3 lbs (1663g)  
**oil**  
1/4 cup (55mL)  
**salt**  
1 tsp (6g)  
**garlic, minced**  
11 clove(s) (33g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

## Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)  
**butter**  
1 tbsp (14g)

For all 2 meals:

**sweet potatoes**  
3 sweetpotato, 5" long (630g)  
**butter**  
2 tbsp (27g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

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## Dinner 4 ↗

Eat on day 5

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### Milk

2 1/4 cup(s) - 335 cals ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber

Makes 2 1/4 cup(s)



**whole milk**  
2 1/4 cup(s) (540mL)

1. The recipe has no instructions.

## Vegan sausage & veggie sheet pan

959 cals ● 65g protein ● 43g fat ● 62g carbs ● 16g fiber



### oil

4 tsp (20mL)

### italian seasoning

1 tsp (4g)

### carrots, sliced

2 medium (122g)

### broccoli, chopped

2 cup chopped (182g)

### vegan sausage, cut into bite sized pieces

2 sausage (200g)

### potatoes, cut into wedges

2 small (1-3/4" to 2-1/4" dia.) (184g)

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.

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## Dinner 5 ↗

Eat on day 6 and day 7

## Roasted tofu & veggies

1056 cals ● 72g protein ● 52g fat ● 49g carbs ● 26g fiber



For single meal:

**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**extra firm tofu**  
2 block (648g)  
**olive oil**  
2 tbsp (30mL)  
**brussels sprouts, cut in half**  
1/2 lbs (227g)  
**onion, thickly sliced**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, sliced**  
1 medium (119g)  
**broccoli, cut as desired**  
1 cup chopped (91g)  
**carrots, cut as desired**  
3 medium (183g)

For all 2 meals:

**salt**  
2 tsp (12g)  
**black pepper**  
2 tsp, ground (5g)  
**extra firm tofu**  
4 block (1296g)  
**olive oil**  
4 tbsp (60mL)  
**brussels sprouts, cut in half**  
1 lbs (454g)  
**onion, thickly sliced**  
1 medium (2-1/2" dia) (110g)  
**bell pepper, sliced**  
2 medium (238g)  
**broccoli, cut as desired**  
2 cup chopped (182g)  
**carrots, cut as desired**  
6 medium (366g)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

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## Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

**whole milk**  
1 2/3 cup(s) (400mL)

For all 2 meals:

**whole milk**  
3 1/3 cup(s) (800mL)

1. The recipe has no instructions.

## 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.