

# Meal Plan - 1200 calorie high protein 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

1249 cals ● 106g protein (34%) ● 44g fat (31%) ● 88g carbs (28%) ● 21g fiber (7%)

### Breakfast

190 cals, 10g protein, 18g net carbs, 8g fat



#### Boiled eggs

1 egg(s)- 69 cals



#### Small toasted bagel with butter

1/2 bagel(s)- 120 cals

### Lunch

400 cals, 34g protein, 23g net carbs, 17g fat



#### Sweet potato wedges

130 cals



#### Cajun cod

6 oz- 187 cals



#### Pan roasted zucchini

83 cals

### Dinner

440 cals, 13g protein, 45g net carbs, 18g fat



#### Lemon cream chickpeas

233 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals



#### Simple salad with tomatoes and carrots

98 cals



#### White rice

1/2 cup rice, cooked- 109 cals

## Day 2

1253 cals ● 110g protein (35%) ● 53g fat (38%) ● 60g carbs (19%) ● 22g fiber (7%)

### Breakfast

190 cals, 10g protein, 18g net carbs, 8g fat



#### Boiled eggs

1 egg(s)- 69 cals



#### Small toasted bagel with butter

1/2 bagel(s)- 120 cals

### Lunch

440 cals, 29g protein, 32g net carbs, 15g fat



#### Raspberries

1 cup(s)- 72 cals



#### Avocado tuna salad sandwich

1 sandwich(es)- 370 cals

### Dinner

405 cals, 22g protein, 9g net carbs, 29g fat



#### Broccoli

1 cup(s)- 29 cals



#### Shawarma tofu

8 3/4 oz- 374 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 3

1232 cals ● 113g protein (37%) ● 52g fat (38%) ● 65g carbs (21%) ● 13g fiber (4%)

### Breakfast

195 cals, 17g protein, 18g net carbs, 5g fat



#### Peach

1 peach(es)- 66 cals



#### Protein shake (milk)

129 cals

### Lunch

415 cals, 25g protein, 36g net carbs, 17g fat



#### Tomato soup

1/2 can(s)- 105 cals



#### Sunflower seeds

180 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Dinner

405 cals, 22g protein, 9g net carbs, 29g fat



#### Broccoli

1 cup(s)- 29 cals



#### Shawarma tofu

8 3/4 oz- 374 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 4

1165 cals ● 106g protein (36%) ● 35g fat (27%) ● 85g carbs (29%) ● 22g fiber (7%)

### Breakfast

195 cals, 17g protein, 18g net carbs, 5g fat



#### Peach

1 peach(es)- 66 cals



#### Protein shake (milk)

129 cals

### Lunch

415 cals, 25g protein, 36g net carbs, 17g fat



#### Tomato soup

1/2 can(s)- 105 cals



#### Sunflower seeds

180 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Dinner

335 cals, 15g protein, 29g net carbs, 12g fat



#### Chickpea & chickpea pasta

286 cals



#### Simple salad with tomatoes and carrots

49 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 5

1182 cals ● 106g protein (36%) ● 45g fat (35%) ● 64g carbs (22%) ● 24g fiber (8%)

### Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



**Avocado toast with egg**  
1 slice(s)- 238 cals

### Lunch

370 cals, 28g protein, 39g net carbs, 6g fat



**Lentils**  
116 cals



**Veggie burger patty**  
2 patty- 254 cals

### Dinner

355 cals, 18g protein, 10g net carbs, 25g fat



**Cajun tofu**  
196 cals



**Buttered sugar snap peas**  
161 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 6

1249 cals ● 105g protein (34%) ● 43g fat (31%) ● 91g carbs (29%) ● 19g fiber (6%)

### Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



**Avocado toast with egg**  
1 slice(s)- 238 cals

### Lunch

405 cals, 20g protein, 32g net carbs, 19g fat



**Sweet potato wedges**  
174 cals



**Orange & rosemary salmon**  
3 oz- 232 cals

### Dinner

385 cals, 25g protein, 43g net carbs, 10g fat



**Lentils**  
174 cals



**Milk**  
2/3 cup(s)- 99 cals



**Crispy chick'n tenders**  
2 tender(s)- 114 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 7

1249 cals ● 105g protein (34%) ● 43g fat (31%) ● 91g carbs (29%) ● 19g fiber (6%)

### Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



**Avocado toast with egg**  
1 slice(s)- 238 cals

### Lunch

405 cals, 20g protein, 32g net carbs, 19g fat



**Sweet potato wedges**  
174 cals



**Orange & rosemary salmon**  
3 oz- 232 cals

### Dinner

385 cals, 25g protein, 43g net carbs, 10g fat



**Lentils**  
174 cals



**Milk**  
2/3 cup(s)- 99 cals



**Crispy chick'n tenders**  
2 tender(s)- 114 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

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# Grocery List



## Dairy and Egg Products

- eggs**  
5 large (250g)
- butter**  
1/4 stick (24g)
- whole milk**  
2 1/3 cup(s) (559mL)

## Finfish and Shellfish Products

- cod, raw**  
6 oz (170g)
- canned tuna**  
1/2 can (86g)
- salmon**  
1 fillet/s (6 oz each) (170g)

## Baked Products

- bagel**  
1 small bagel (3" dia) (69g)
- bread**  
5 slice (160g)

## Nut and Seed Products

- coconut milk, canned**  
1 1/2 oz (42mL)
- sunflower kernels**  
2 oz (57g)

## Beverages

- protein powder**  
15 scoop (1/3 cup ea) (465g)
- water**  
17 cup (4109mL)

## Soups, Sauces, and Gravies

- vegetable broth**  
1/8 cup(s) (mL)
- condensed canned tomato soup**  
1 can (10.5 oz) (298g)

## Fats and Oils

- oil**  
2 1/2 oz (77mL)
- olive oil**  
3/4 tbsp (11mL)
- salad dressing**  
1 tbsp (17mL)

## Fruits and Fruit Juices

- lemon juice**  
1 tbsp (15mL)
- raspberries**  
1 cup (123g)
- lime juice**  
1/2 tsp (3mL)
- avocados**  
1 avocado(s) (201g)
- peach**  
2 medium (2-2/3" dia) (300g)
- orange**  
1 orange (154g)

## Spices and Herbs

- salt**  
1/3 oz (10g)
- black pepper**  
3 g (3g)
- cajun seasoning**  
2 1/2 tsp (6g)
- oregano, dried**  
2 dash, ground (0g)
- garlic powder**  
1/2 tsp (2g)
- crushed red pepper**  
5 dash (1g)
- ground cumin**  
5 dash (1g)
- ground coriander**  
5 dash (1g)
- cinnamon**  
1/3 tsp (1g)

## Legumes and Legume Products

- chickpeas, canned**  
1/2 can(s) (232g)
- firm tofu**  
1 1/2 lbs (673g)
- lentils, raw**  
2/3 cup (128g)

## Cereal Grains and Pasta

- long-grain white rice**  
2 3/4 tbsp (31g)

- turmeric, ground**  
1/3 tsp (1g)
- ground ginger**  
1/3 tsp (1g)
- rosemary, dried**  
4 dash (1g)

## Vegetables and Vegetable Products

- sweet potatoes**  
2 sweetpotato, 5" long (385g)
- zucchini**  
1/2 medium (98g)
- fresh spinach**  
1/2 oz (14g)
- garlic**  
1 1/2 clove(s) (5g)
- carrots**  
3/8 medium (23g)
- romaine lettuce**  
3/4 hearts (375g)
- tomatoes**  
3/4 medium whole (2-3/5" dia) (92g)
- frozen broccoli**  
2 cup (182g)
- onion**  
1/3 medium (2-1/2" dia) (36g)
- frozen sugar snap peas**  
1 cup (144g)
- ketchup**  
1 tbsp (17g)

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## Other

- smoked paprika**  
1 1/4 tsp (3g)
- cottage cheese & fruit cup**  
2 container (340g)
- chickpea pasta**  
1 oz (28g)
- nutritional yeast**  
4 dash (1g)
- veggie burger patty**  
2 patty (142g)
- meatless chik'n tenders**  
4 pieces (102g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Boiled eggs

1 egg(s) - 69 cals ● 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.

### Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

**butter**  
1/4 tbsp (4g)  
**bagel**  
1/2 small bagel (3" dia) (35g)

For all 2 meals:

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

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

## Breakfast 2 ↗

Eat on day 3 and day 4

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

### Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**  
1/2 cup(s) (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**eggs**  
1 large (50g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 3 meals:

**bread**  
3 slice (96g)  
**eggs**  
3 large (150g)  
**avocados, ripe, sliced**  
3/4 avocado(s) (151g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

## Lunch 1 ↗

Eat on day 1

### Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



**oil**  
1 tsp (6mL)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**sweet potatoes, cut into wedges**  
1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

## Cajun cod

6 oz - 187 cals ● 31g protein ● 6g fat ● 2g carbs ● 1g fiber



Makes 6 oz

**cod, raw**  
6 oz (170g)  
**cajun seasoning**  
2 tsp (5g)  
**oil**  
1 tsp (5mL)

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.

## Pan roasted zucchini

83 cals ● 2g protein ● 6g fat ● 3g carbs ● 2g fiber



**zucchini**  
1/2 medium (98g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**oregano, dried**  
2 dash, ground (0g)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**olive oil**  
1/2 tbsp (8mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

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## Lunch 2 ↗

Eat on day 2

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### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



Makes 1 cup(s)

**raspberries**  
1 cup (123g)

1. Rinse raspberries and serve.

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### Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



Makes 1 sandwich(es)

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**lime juice**  
1/2 tsp (3mL)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
2 slice (64g)  
**canned tuna, drained**  
1/2 can (86g)  
**onion, minced**  
1/8 small (9g)

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 3

Eat on day 3 and day 4

### Tomato soup

1/2 can(s) - 105 cals ● 2g protein ● 1g fat ● 21g carbs ● 2g fiber



For single meal:

**condensed canned tomato soup**  
1/2 can (10.5 oz) (149g)

For all 2 meals:

**condensed canned tomato soup**  
1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 2 meals:

**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**

1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

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## Lunch 4 ↗

Eat on day 5

### Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



**water**

2/3 cup(s) (158mL)

**salt**

1/3 dash (0g)

**lentils, raw, rinsed**

2 2/3 tbsp (32g)

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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### Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

**veggie burger patty**

2 patty (142g)

1. Cook burger according to package instructions.

2. Serve.

## Lunch 5 ↗

Eat on day 6 and day 7

### Sweet potato wedges

174 cals ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**sweet potatoes, cut into wedges**  
2/3 sweetpotato, 5" long (140g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/3 tsp, ground (1g)  
**sweet potatoes, cut into wedges**  
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

### Orange & rosemary salmon

3 oz - 232 cals ● 18g protein ● 13g fat ● 8g carbs ● 2g fiber



For single meal:

**salmon**  
1/2 fillet/s (6 oz each) (85g)  
**rosemary, dried**  
2 dash (0g)  
**orange**  
1/2 orange (77g)  
**lemon juice**  
1/4 tbsp (4mL)  
**olive oil**  
3/8 tsp (2mL)  
**salt**  
1 dash (1g)

For all 2 meals:

**salmon**  
1 fillet/s (6 oz each) (170g)  
**rosemary, dried**  
4 dash (1g)  
**orange**  
1 orange (154g)  
**lemon juice**  
1/2 tbsp (8mL)  
**olive oil**  
1/4 tbsp (4mL)  
**salt**  
2 dash (2g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

## Dinner 1 ↗

Eat on day 1

### Lemon cream chickpeas

233 cals ● 7g protein ● 14g fat ● 13g carbs ● 6g fiber



**coconut milk, canned**  
1 1/2 oz (41mL)  
**vegetable broth**  
1/8 cup(s) (ml)  
**fresh spinach**  
1/2 oz (14g)  
**lemon juice**  
1/2 tbsp (8mL)  
**oil**  
1/4 tbsp (4mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**chickpeas, canned, drained & rinsed**  
1/2 cup(s) (120g)

1. Heat the oil in a large non-stick skillet over medium-high heat. Add the garlic and cook until fragrant, about 1 minute.
2. Stir in the vegetable broth, coconut milk, chickpeas, spinach, and some salt.
3. Bring the mixture to a simmer, then reduce the heat to medium. Cook until the spinach has wilted and the sauce has thickened, about 5-7 minutes.
4. Turn off the heat, stir in the lemon juice, and season with salt and pepper to taste. Serve.

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



**salad dressing**  
3/4 tbsp (11mL)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber

Makes 1/2 cup rice, cooked



**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

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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## Dinner 2 ↗

Eat on day 2 and day 3

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### 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.

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### Shawarma tofu

8 3/4 oz - 374 cals ● 20g protein ● 29g fat ● 7g carbs ● 2g fiber



For single meal:

**oil**  
1 1/4 tbsp (19mL)  
**water**  
1 1/4 tbsp (19mL)  
**crushed red pepper**  
1/3 tsp (1g)  
**smoked paprika**  
5/8 tsp (1g)  
**ground cumin**  
1/3 tsp (1g)  
**ground coriander**  
1/3 tsp (1g)  
**cinnamon**  
1 1/4 dash (0g)  
**turmeric, ground**  
1 1/4 dash (0g)  
**garlic powder**  
1 1/4 dash (0g)  
**ground ginger**  
1 1/4 dash (0g)  
**firm tofu, cut into ribbons**  
1/2 lbs (248g)

For all 2 meals:

**oil**  
2 1/2 tbsp (38mL)  
**water**  
2 1/2 tbsp (38mL)  
**crushed red pepper**  
5 dash (1g)  
**smoked paprika**  
1 1/4 tsp (3g)  
**ground cumin**  
5 dash (1g)  
**ground coriander**  
5 dash (1g)  
**cinnamon**  
1/3 tsp (1g)  
**turmeric, ground**  
1/3 tsp (1g)  
**garlic powder**  
1/3 tsp (1g)  
**ground ginger**  
1/3 tsp (1g)  
**firm tofu, cut into ribbons**  
17 1/2 oz (496g)

1. Preheat the oven to 425°F (220°C).
2. In a bowl, whisk together the oil, water, spices, and a pinch of salt. To modulate the spice level, add as much or as little of the crushed red pepper as you like.
3. Place tofu ribbons on a parchment-lined baking sheet and brush them with the spice mixture.
4. Roast for 10-12 minutes, or until the tofu is golden and starting to crisp. Serve.

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## Dinner 3 ↗

Eat on day 4

### Chickpea & chickpea pasta

286 cals ● 13g protein ● 10g fat ● 25g carbs ● 10g fiber



#### chickpea pasta

1 oz (28g)  
**oil**  
1/4 tbsp (4mL)  
**butter**  
1/4 tbsp (4g)  
**nutritional yeast**  
4 dash (1g)  
**onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, drained & rinsed**  
1/4 can(s) (112g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

### Simple salad with tomatoes and carrots

49 cals ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



#### salad dressing

1 tsp (6mL)  
**carrots, sliced**  
1/8 medium (8g)  
**romaine lettuce, roughly chopped**  
1/4 hearts (125g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Dinner 4 ↗

Eat on day 5

### Cajun tofu

196 cals ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



**cajun seasoning**  
5 dash (1g)  
**oil**  
1 1/4 tsp (6mL)  
**firm tofu, patted dry & cubed**  
6 1/4 oz (177g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

### Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**butter**  
1 tbsp (14g)  
**frozen sugar snap peas**  
1 cup (144g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

## Dinner 5 ↗

Eat on day 6 and day 7

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

### Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

**whole milk**  
2/3 cup(s) (160mL)

For all 2 meals:

**whole milk**  
1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

## Crispy chick'n tenders

2 tender(s) - 114 cals ● 8g protein ● 5g fat ● 10g carbs ● 0g fiber



For single meal:

**meatless chick'n tenders**  
2 pieces (51g)  
**ketchup**  
1/2 tbsp (9g)

For all 2 meals:

**meatless chick'n tenders**  
4 pieces (102g)  
**ketchup**  
1 tbsp (17g)

1. Cook chick'n tenders according to package.
2. Serve with ketchup.

## 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.