

# Meal Plan - 1300 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

1357 cals ● 124g protein (36%) ● 58g fat (38%) ● 60g carbs (18%) ● 26g fiber (8%)

### Breakfast

165 cals, 8g protein, 2g net carbs, 12g fat



[Eggs with tomato and avocado](#)

163 cals

### Lunch

360 cals, 23g protein, 26g net carbs, 14g fat



[Buttered sugar snap peas](#)

107 cals



[Veggie burger patty](#)

2 patty- 254 cals

### Snacks

230 cals, 7g protein, 18g net carbs, 13g fat



[Kiwi](#)

1 kiwi- 47 cals



[Ants on a log](#)

184 cals

### Dinner

330 cals, 26g protein, 12g net carbs, 18g fat



[Milk](#)

3/4 cup(s)- 112 cals



[Avocado tuna salad](#)

218 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

## Day 2

1335 cals ● 131g protein (39%) ● 49g fat (33%) ● 70g carbs (21%) ● 22g fiber (7%)

### Breakfast

165 cals, 8g protein, 2g net carbs, 12g fat



**Eggs with tomato and avocado**  
163 cals

### Snacks

230 cals, 7g protein, 18g net carbs, 13g fat



**Kiwi**  
1 kiwi- 47 cals



**Ants on a log**  
184 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

370 cals, 27g protein, 33g net carbs, 11g fat



**Hummus & veggie deli sandwich**  
1 sandwich(es)- 370 cals

### Dinner

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



**Green beans**  
32 cals



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

## Day 3

1286 cals ● 133g protein (41%) ● 43g fat (30%) ● 74g carbs (23%) ● 18g fiber (6%)

### Breakfast

165 cals, 8g protein, 2g net carbs, 12g fat



**Eggs with tomato and avocado**  
163 cals

### Snacks

170 cals, 5g protein, 15g net carbs, 9g fat



**Celery and peanut butter**  
109 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

370 cals, 27g protein, 33g net carbs, 11g fat



**Hummus & veggie deli sandwich**  
1 sandwich(es)- 370 cals

### Dinner

310 cals, 33g protein, 22g net carbs, 10g fat



**Teriyaki seitan wings**  
4 oz seitan- 297 cals



**Cucumber slices**  
1/4 cucumber- 15 cals

## Day 4

1342 cals ● 123g protein (37%) ● 49g fat (33%) ● 87g carbs (26%) ● 16g fiber (5%)

### Breakfast

205 cals, 13g protein, 9g net carbs, 12g fat



**Kiwi**

1 kiwi- 47 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals

### Snacks

170 cals, 5g protein, 15g net carbs, 9g fat



**Celery and peanut butter**

109 cals



**Grapefruit**

1/2 grapefruit- 59 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

385 cals, 11g protein, 40g net carbs, 17g fat



**Spiced tofu & pesto sandwich**

1/2 sandwich(es)- 190 cals



**Strawberries**

1 cup(s)- 52 cals



**Tortilla chips**

141 cals

### Dinner

310 cals, 33g protein, 22g net carbs, 10g fat



**Teriyaki seitan wings**

4 oz seitan- 297 cals



**Cucumber slices**

1/4 cucumber- 15 cals

## Day 5

1318 cals ● 120g protein (36%) ● 35g fat (24%) ● 104g carbs (32%) ● 27g fiber (8%)

### Breakfast

205 cals, 13g protein, 9g net carbs, 12g fat



**Kiwi**

1 kiwi- 47 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals

### Snacks

170 cals, 5g protein, 15g net carbs, 9g fat



**Celery and peanut butter**

109 cals



**Grapefruit**

1/2 grapefruit- 59 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

315 cals, 15g protein, 51g net carbs, 2g fat



**Lentil & tomato pasta**

316 cals

### Dinner

355 cals, 26g protein, 28g net carbs, 11g fat



**Sweet potato wedges**

174 cals



**Vegan crumbles**

1 1/4 cup(s)- 183 cals

## Day 6

1335 cals ● 131g protein (39%) ● 31g fat (21%) ● 104g carbs (31%) ● 29g fiber (9%)

### Breakfast

230 cals, 12g protein, 13g net carbs, 12g fat



**Scrambled egg whites**  
61 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

160 cals, 18g protein, 11g net carbs, 4g fat



**Tuna cucumber bites**  
115 cals



**Kiwi**  
1 kiwi- 47 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

315 cals, 15g protein, 51g net carbs, 2g fat



**Lentil & tomato pasta**  
316 cals

### Dinner

355 cals, 26g protein, 28g net carbs, 11g fat



**Sweet potato wedges**  
174 cals



**Vegan crumbles**  
1 1/4 cup(s)- 183 cals

## Day 7

1255 cals ● 116g protein (37%) ● 60g fat (43%) ● 48g carbs (15%) ● 15g fiber (5%)

### Breakfast

230 cals, 12g protein, 13g net carbs, 12g fat



**Scrambled egg whites**  
61 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

160 cals, 18g protein, 11g net carbs, 4g fat



**Tuna cucumber bites**  
115 cals



**Kiwi**  
1 kiwi- 47 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

265 cals, 12g protein, 15g net carbs, 16g fat



**Cucumber slices**  
1/4 cucumber- 15 cals



**Grilled cheese sandwich**  
1/2 sandwich(es)- 248 cals

### Dinner

330 cals, 15g protein, 8g net carbs, 26g fat



**Basic tofu**  
6 oz- 257 cals



**Olive oil drizzled green beans**  
72 cals

## Spices and Herbs

- ☐ black pepper  
1 g (1g)
- ☐ salt  
1/6 oz (6g)
- ☐ fresh basil  
3 leaves (2g)
- ☐ ground cumin  
1/4 tbsp (2g)
- ☐ chili powder  
2 dash (1g)
- ☐ crushed red pepper  
1 dash (0g)
- ☐ paprika  
2 dash (1g)

## Dairy and Egg Products

- ☐ butter  
1/8 stick (16g)
- ☐ eggs  
7 large (350g)
- ☐ whole milk  
3/4 cup(s) (180mL)
- ☐ egg whites  
1/2 cup (122g)
- ☐ sliced cheese  
1 slice (1 oz ea) (28g)

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
2/3 cup (96g)
- ☐ tomatoes  
5/6 medium whole (2-3/5" dia) (104g)
- ☐ raw celery  
5 stalk, medium (7-1/2" - 8" long) (200g)
- ☐ onion  
3/8 medium (2-1/2" dia) (46g)
- ☐ cucumber  
1 1/2 cucumber (8-1/4") (428g)
- ☐ frozen green beans  
1 1/3 cup (161g)
- ☐ canned crushed tomatoes  
1/2 can (203g)
- ☐ tomato paste  
1/2 tbsp (8g)
- ☐ carrots  
1/2 medium (31g)
- ☐ garlic  
1/2 clove(s) (2g)

## Fruits and Fruit Juices

- ☐ avocados  
1 1/2 avocado(s) (302g)
- ☐ kiwi  
6 fruit (414g)
- ☐ raisins  
1 miniature box (.5 oz) (14g)
- ☐ lime juice  
1/2 tsp (3mL)
- ☐ Grapefruit  
1 1/2 large (approx 4-1/2" dia) (498g)
- ☐ strawberries  
1 cup, whole (144g)

## Beverages

- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water  
18 cup(s) (4252mL)

## Legumes and Legume Products

- ☐ peanut butter  
6 tbsp (96g)
- ☐ hummus  
6 tbsp (90g)
- ☐ firm tofu  
1/2 lbs (213g)
- ☐ lentils, raw  
6 tbsp (72g)
- ☐ vegetarian burger crumbles  
2 1/2 cup (250g)

## Finfish and Shellfish Products

- ☐ canned tuna  
1 1/2 can (234g)

## Baked Products

- ☐ bread  
9 oz (256g)

## Cereal Grains and Pasta

- ☐ seitan  
1/2 lbs (227g)
- ☐ uncooked dry pasta  
2 1/4 oz (64g)

- ☐ **sweet potatoes**  
1 1/3 sweetpotato, 5" long (280g)

## Other

- ☐ **veggie burger patty**  
2 patty (142g)
- ☐ **mixed greens**  
3/4 cup (23g)
- ☐ **plant-based deli slices**  
12 slices (125g)
- ☐ **vegan sausage**  
1 sausage (100g)
- ☐ **teriyaki sauce**  
4 tbsp (60mL)

## Fats and Oils

- ☐ **oil**  
2 oz (61mL)
- ☐ **olive oil**  
1 tsp (5mL)

## Soups, Sauces, and Gravies

- ☐ **pesto sauce**  
3/4 tbsp (12g)

## Snacks

- ☐ **tortilla chips**  
1 oz (28g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
1 large (50g)  
**black pepper**  
1 dash (0g)  
**tomatoes**  
1 slice(s), thick/large (1/2" thick)  
(27g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**fresh basil, chopped**  
1 leaves (1g)

For all 3 meals:

**salt**  
3 dash (1g)  
**eggs**  
3 large (150g)  
**black pepper**  
3 dash (0g)  
**tomatoes**  
3 slice(s), thick/large (1/2" thick)  
(81g)  
**avocados, sliced**  
3/4 avocado(s) (151g)  
**fresh basil, chopped**  
3 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

### Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### Scrambled egg whites

61 cals ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

**egg whites**  
4 tbsp (61g)  
**oil**  
1/4 tbsp (4mL)

For all 2 meals:

**egg whites**  
1/2 cup (122g)  
**oil**  
1/2 tbsp (8mL)

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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### Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber





For single meal:

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

For all 2 meals:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

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## Lunch 1 [↗](#)

Eat on day 1

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### Buttered sugar snap peas

107 cal ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**butter**  
2 tsp (9g)  
**frozen sugar snap peas**  
2/3 cup (96g)

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

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### Veggie burger patty

2 patty - 254 cal ● 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.
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## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Hummus & veggie deli sandwich

1 sandwich(es) - 370 cals ● 27g protein ● 11g fat ● 33g carbs ● 8g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**plant-based deli slices**  
6 slices (62g)  
**hummus**  
3 tbsp (45g)  
**cucumber**  
4 tbsp slices (26g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**plant-based deli slices**  
12 slices (125g)  
**hummus**  
6 tbsp (90g)  
**cucumber**  
1/2 cup slices (52g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich.  
Serve.

## Lunch 3 [↗](#)

Eat on day 4

### Spiced tofu & pesto sandwich

1/2 sandwich(es) - 190 cals ● 8g protein ● 10g fat ● 14g carbs ● 3g fiber



Makes 1/2 sandwich(es)

**bread**  
1 slice(s) (32g)  
**pesto sauce**  
3/4 tbsp (12g)  
**oil**  
1/2 tsp (3mL)  
**ground cumin**  
4 dash (1g)  
**chili powder**  
2 dash (1g)  
**mixed greens**  
4 tbsp (8g)  
**crushed red pepper**  
1 dash (0g)  
**firm tofu**  
1 1/2 oz (43g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

## Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



Makes 1 cup(s)  
**strawberries**  
1 cup, whole (144g)

- 1. The recipe has no instructions.

**Tortilla chips**

141 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber

**tortilla chips**  
1 oz (28g)

- 1. The recipe has no instructions.



**Lunch 4** [↗](#)

Eat on day 5 and day 6

**Lentil & tomato pasta**

316 cals ● 15g protein ● 2g fat ● 51g carbs ● 8g fiber



For single meal:

**uncooked dry pasta**  
1 oz (32g)  
**lentils, raw**  
3 tbsp (36g)  
**canned crushed tomatoes**  
1/4 can (101g)  
**water**  
1/4 cup(s) (52mL)  
**paprika**  
1 dash (0g)  
**ground cumin**  
1 dash (0g)  
**oil**  
1/6 tsp (1mL)  
**tomato paste**  
1/4 tbsp (4g)  
**carrots, chopped**  
1/4 medium (15g)  
**garlic, minced**  
1/4 clove(s) (1g)  
**onion, diced**  
1/8 large (19g)

For all 2 meals:

**uncooked dry pasta**  
2 1/4 oz (64g)  
**lentils, raw**  
6 tbsp (72g)  
**canned crushed tomatoes**  
1/2 can (203g)  
**water**  
1/2 cup(s) (104mL)  
**paprika**  
2 dash (1g)  
**ground cumin**  
2 dash (1g)  
**oil**  
3/8 tsp (2mL)  
**tomato paste**  
1/2 tbsp (8g)  
**carrots, chopped**  
1/2 medium (31g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**onion, diced**  
1/4 large (38g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

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## Lunch 5 [🔗](#)

Eat on day 7

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### Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



Makes 1/4 cucumber

**cucumber**  
1/4 cucumber (8-1/4") (75g)

1. Slice cucumber into rounds and serve.

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### Grilled cheese sandwich

1/2 sandwich(es) - 248 cal ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



Makes 1/2 sandwich(es)

**bread**

1 slice (32g)

**butter**

1/2 tbsp (7g)

**sliced cheese**

1 slice (1 oz ea) (28g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

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## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**

1 fruit (69g)

For all 2 meals:

**kiwi**

2 fruit (138g)

1. Slice the kiwi and serve.

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### Ants on a log

184 cals ● 6g protein ● 12g fat ● 10g carbs ● 2g fiber



For single meal:

**raisins**

1/2 miniature box (.5 oz) (7g)

**raw celery, trimmed**

1 stalk, medium (7-1/2" - 8" long) (40g)

**peanut butter**

1 1/2 tbsp (24g)

For all 2 meals:

**raisins**

1 miniature box (.5 oz) (14g)

**raw celery, trimmed**

2 stalk, medium (7-1/2" - 8" long) (80g)

**peanut butter**

3 tbsp (48g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.
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## Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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### Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**raw celery**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

**peanut butter**

1 tbsp (16g)

For all 3 meals:

**raw celery**

3 stalk, medium (7-1/2" - 8" long)  
(120g)

**peanut butter**

3 tbsp (48g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

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### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

**Grapefruit**

1 1/2 large (approx 4-1/2" dia)  
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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## Snacks 3 [↗](#)

Eat on day 6 and day 7

### Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**canned tuna**  
1 packet (74g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**canned tuna**  
2 packet (148g)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

## Dinner 1 [↗](#)

Eat on day 1

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



Makes 3/4 cup(s)

**whole milk**  
3/4 cup(s) (180mL)

1. The recipe has no instructions.

## Avocado tuna salad

218 cals ● 20g protein ● 12g fat ● 3g carbs ● 4g fiber



**avocados**  
1/4 avocado(s) (50g)  
**lime juice**  
1/2 tsp (3mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**mixed greens**  
1/2 cup (15g)  
**canned tuna**  
1/2 can (86g)  
**tomatoes**  
2 tbsp, chopped (23g)  
**onion, minced**  
1/8 small (9g)

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.

## Dinner 2 [↗](#)

Eat on day 2

### Green beans

32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



**frozen green beans**  
2/3 cup (81g)

1. Prepare according to instructions on package.

### Vegan sausage

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



Makes 1 sausage(s)

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

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



## Dinner 3 [🔗](#)

Eat on day 3 and day 4

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### Teriyaki seitan wings

4 oz seitan - 297 cal ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



For single meal:

**seitan**  
4 oz (113g)  
**oil**  
1/2 tbsp (8mL)  
**teriyaki sauce**  
2 tbsp (30mL)

For all 2 meals:

**seitan**  
1/2 lbs (227g)  
**oil**  
1 tbsp (15mL)  
**teriyaki sauce**  
4 tbsp (60mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

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### Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.
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## Dinner 4 [↗](#)

Eat on day 5 and day 6

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### Sweet potato wedges

174 cal ● 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.

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### Vegan crumbles

1 1/4 cup(s) - 183 cal ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

**vegetarian burger crumbles**  
1 1/4 cup (125g)

For all 2 meals:

**vegetarian burger crumbles**  
2 1/2 cup (250g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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## Dinner 5 [↗](#)

Eat on day 7

### Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

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

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.

### Olive oil drizzled green beans

72 cal ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen green beans**  
2/3 cup (81g)  
**olive oil**  
1 tsp (5mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

**protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)  
**water**  
2 1/2 cup(s) (593mL)

For all 7 meals:

**protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)  
**water**  
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.

