

Meal Plan - 1400 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

1443 cals ● 137g protein (38%) ● 51g fat (32%) ● 89g carbs (25%) ● 20g fiber (5%)

Breakfast

170 cals, 9g protein, 19g net carbs, 5g fat



Simple cinnamon oatmeal with water
108 cals



Scrambled egg whites
61 cals

Snacks

225 cals, 13g protein, 5g net carbs, 16g fat



Carrots and ranch
87 cals



Boiled eggs
2 egg(s)- 139 cals

Lunch

350 cals, 23g protein, 38g net carbs, 9g fat



Farro
1/2 cups, cooked- 185 cals



Cajun cod
3 oz- 94 cals



Olive oil drizzled green beans
72 cals

Dinner

425 cals, 31g protein, 25g net carbs, 20g fat



Vegan sausage
1 sausage(s)- 268 cals



Homemade mashed potatoes
60 cals



Buttered green beans
98 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 2

1408 cals ● 132g protein (38%) ● 48g fat (31%) ● 83g carbs (24%) ● 29g fiber (8%)

Breakfast

170 cals, 9g protein, 19g net carbs, 5g fat



Simple cinnamon oatmeal with water
108 cals



Scrambled egg whites
61 cals

Snacks

225 cals, 13g protein, 5g net carbs, 16g fat



Carrots and ranch
87 cals



Boiled eggs
2 egg(s)- 139 cals

Lunch

425 cals, 25g protein, 43g net carbs, 9g fat



Lentil pasta
252 cals



Edamame & beet salad
171 cals

Dinner

320 cals, 24g protein, 14g net carbs, 17g fat



Milk
1/2 cup(s)- 75 cals



Cajun tilapia
3 oz- 99 cals



Olive oil drizzled green beans
145 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

1435 cals ● 143g protein (40%) ● 45g fat (28%) ● 83g carbs (23%) ● 32g fiber (9%)

Breakfast

170 cals, 9g protein, 19g net carbs, 5g fat



Simple cinnamon oatmeal with water
108 cals



Scrambled egg whites
61 cals

Lunch

425 cals, 25g protein, 43g net carbs, 9g fat



Lentil pasta
252 cals



Edamame & beet salad
171 cals

Snacks

210 cals, 23g protein, 8g net carbs, 10g fat



Protein shake (milk)
129 cals



String cheese
1 stick(s)- 83 cals

Dinner

360 cals, 25g protein, 11g net carbs, 20g fat



Basic tempeh
4 oz- 295 cals



Sautéed garlic & herb tomatoes
64 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

1363 cals ● 131g protein (39%) ● 65g fat (43%) ● 46g carbs (13%) ● 16g fiber (5%)

Breakfast

160 cals, 9g protein, 9g net carbs, 9g fat



Toast with butter

1/2 slice(s)- 57 cals



Scrambled eggs with kale, tomatoes, rosemary

101 cals

Snacks

210 cals, 23g protein, 8g net carbs, 10g fat



Protein shake (milk)

129 cals



String cheese

1 stick(s)- 83 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

360 cals, 14g protein, 16g net carbs, 26g fat



Roasted rosemary sweet potatoes

105 cals



Basic tofu

6 oz- 257 cals

Dinner

360 cals, 25g protein, 11g net carbs, 20g fat



Basic tempeh

4 oz- 295 cals



Sauteed garlic & herb tomatoes

64 cals

Day 5

1435 cals ● 146g protein (41%) ● 48g fat (30%) ● 90g carbs (25%) ● 15g fiber (4%)

Breakfast

160 cals, 9g protein, 9g net carbs, 9g fat



Toast with butter

1/2 slice(s)- 57 cals



Scrambled eggs with kale, tomatoes, rosemary

101 cals

Snacks

210 cals, 23g protein, 8g net carbs, 10g fat



Protein shake (milk)

129 cals



String cheese

1 stick(s)- 83 cals

Lunch

455 cals, 28g protein, 38g net carbs, 19g fat



Cottage cheese & fruit cup

1 container- 131 cals



Grilled cheese with mushrooms

323 cals

Dinner

340 cals, 26g protein, 32g net carbs, 10g fat



Green beans

32 cals



Simple seitan

3 oz- 183 cals



Mashed sweet potatoes with butter

125 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 6

1412 cals ● 149g protein (42%) ● 38g fat (24%) ● 98g carbs (28%) ● 21g fiber (6%)

Breakfast

245 cals, 14g protein, 13g net carbs, 15g fat



Kale & eggs

95 cals



Milk

1 cup(s)- 149 cals

Lunch

385 cals, 23g protein, 47g net carbs, 6g fat



Mashed sweet potatoes

92 cals



Pita bread

1/2 pita bread(s)- 39 cals



Veggie burger patty

2 patty- 254 cals

Snacks

175 cals, 25g protein, 4g net carbs, 6g fat



Tuna cucumber bites

173 cals

Dinner

340 cals, 26g protein, 32g net carbs, 10g fat



Green beans

32 cals



Simple seitan

3 oz- 183 cals



Mashed sweet potatoes with butter

125 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 7

1432 cals ● 137g protein (38%) ● 49g fat (31%) ● 93g carbs (26%) ● 18g fiber (5%)

Breakfast

245 cals, 14g protein, 13g net carbs, 15g fat



Kale & eggs

95 cals



Milk

1 cup(s)- 149 cals

Lunch

385 cals, 23g protein, 47g net carbs, 6g fat



Mashed sweet potatoes

92 cals



Pita bread

1/2 pita bread(s)- 39 cals



Veggie burger patty

2 patty- 254 cals

Snacks

175 cals, 25g protein, 4g net carbs, 6g fat



Tuna cucumber bites

173 cals

Dinner

360 cals, 14g protein, 27g net carbs, 20g fat



Simple mixed greens and tomato salad

113 cals



General tso's tofu

245 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Grocery List



Other

- farro
4 tbsp (52g)
- vegan sausage
1 sausage (100g)
- lentil pasta
4 oz (113g)
- mixed greens
4 1/4 cup (128g)
- italian seasoning
1/4 tbsp (3g)
- cottage cheese & fruit cup
1 container (170g)
- veggie burger patty
4 patty (284g)

Beverages

- water
1 1/3 gallon (4992mL)
- protein powder
19 scoop (1/3 cup ea) (589g)

Finfish and Shellfish Products

- cod, raw
3 oz (85g)
- tilapia, raw
3 oz (84g)
- canned tuna
3 packet (222g)

Spices and Herbs

- cajun seasoning
3 g (3g)
- black pepper
1/8 oz (1g)
- salt
1/8 oz (4g)
- cinnamon
1/2 tbsp (4g)
- rosemary, dried
1/8 oz (1g)
- balsamic vinegar
1 tsp (5mL)
- thyme, dried
1 tsp, ground (1g)
- apple cider vinegar
1/2 tbsp (7g)

Dairy and Egg Products

- eggs
8 large (400g)
- egg whites
3/4 cup (182g)
- whole milk
4 cup(s) (970mL)
- butter
5 tsp (23g)
- string cheese
3 stick (84g)
- sliced cheese
1 slice (3/4 oz ea) (21g)

Breakfast Cereals

- quick oats
3/4 cup (60g)

Sweets

- sugar
2 tbsp (26g)

Soups, Sauces, and Gravies

- pasta sauce
1/4 jar (24 oz) (168g)

Legumes and Legume Products

- tempeh
1/2 lbs (227g)
- firm tofu
2/3 lbs (312g)
- soy sauce
1 tsp (5mL)

Baked Products

- bread
1/4 lbs (96g)
- pita bread
1 pita, small (4" dia) (28g)

Cereal Grains and Pasta

- seitan
6 oz (170g)
- cornstarch
1 tbsp (8g)

Fats and Oils

- oil**
2 1/3 oz (71mL)
- olive oil**
1 1/4 oz (39mL)
- ranch dressing**
2 tbsp (30mL)
- balsamic vinaigrette**
2 tbsp (30mL)
- salad dressing**
2 1/4 tbsp (34mL)

Vegetables and Vegetable Products

- frozen green beans**
4 cup (484g)
- baby carrots**
12 medium (120g)
- potatoes**
2 3/4 oz (76g)
- edamame, frozen, shelled**
1 cup (118g)
- beets, precooked (canned or refrigerated)**
4 beet(s) (200g)
- tomatoes**
2 1/2 medium whole (2-3/5" dia) (295g)
- garlic**
1 1/2 clove(s) (5g)
- sweet potatoes**
2 1/3 sweetpotato, 5" long (490g)
- kale leaves**
1 1/2 cup, chopped (60g)
- mushrooms**
1/2 cup, chopped (35g)
- cucumber**
3/4 cucumber (8-1/4") (226g)
- fresh ginger**
1 tbsp (6g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Simple cinnamon oatmeal with water

108 cals ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

quick oats
4 tbsp (20g)
sugar
1/2 tbsp (7g)
cinnamon
4 dash (1g)
water
3/8 cup(s) (89mL)

For all 3 meals:

quick oats
3/4 cup (60g)
sugar
1 1/2 tbsp (20g)
cinnamon
1/2 tbsp (4g)
water
1 cup(s) (267mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

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 3 meals:

egg whites
3/4 cup (182g)
oil
3/4 tbsp (11mL)

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.

Breakfast 2

Eat on day 4 and day 5

Toast with butter

1/2 slice(s) - 57 cals  2g protein  2g fat  6g carbs  1g fiber



For single meal:

bread
1/2 slice (16g)
butter
4 dash (2g)

For all 2 meals:

bread
1 slice (32g)
butter
1 tsp (5g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Scrambled eggs with kale, tomatoes, rosemary

101 cals  7g protein  6g fat  3g carbs  1g fiber



For single meal:

oil
1/4 tsp (1mL)
water
1 1/2 tbsp (23mL)
balsamic vinegar
1/2 tsp (3mL)
rosemary, dried
1 dash (0g)
tomatoes
4 tbsp, chopped (45g)
eggs
1 large (50g)
kale leaves
1/2 cup, chopped (20g)

For all 2 meals:

oil
1/2 tsp (3mL)
water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 large (100g)
kale leaves
1 cup, chopped (40g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
1 large (50g)
kale leaves
4 tbsp, chopped (10g)
salt
1/2 dash (0g)

For all 2 meals:

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

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.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1

Farro

1/2 cups, cooked - 185 cals ● 6g protein ● 1g fat ● 33g carbs ● 5g fiber



Makes 1/2 cups, cooked

farro
4 tbsp (52g)
water
2 cup(s) (474mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

Cajun cod

3 oz - 94 cals ● 15g protein ● 3g fat ● 1g carbs ● 0g fiber



Makes 3 oz

cod, raw
3 oz (85g)
cajun seasoning
1 tsp (2g)
oil
1/2 tsp (3mL)

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.

Olive oil drizzled green beans

72 cals ● 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.

Lunch 2 ↗

Eat on day 2 and day 3

Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



For single meal:

pasta sauce
1/8 jar (24 oz) (84g)
lentil pasta
2 oz (57g)

For all 2 meals:

pasta sauce
1/4 jar (24 oz) (168g)
lentil pasta
4 oz (113g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

For all 2 meals:

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.

Lunch 3 ↗

Eat on day 4

Roasted rosemary sweet potatoes

105 cals ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber



olive oil
1 tsp (5mL)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
rosemary, dried
4 dash (1g)
sweet potatoes, cut into 1" cubes
1/3 sweetpotato, 5" long (70g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Basic tofu

6 oz - 257 cals ● 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.

Lunch 4 ↗

Eat on day 5

Cottage cheese & fruit cup

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



Makes 1 container

cottage cheese & fruit cup

1 container (170g)

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

Grilled cheese with mushrooms

323 cals ● 14g protein ● 16g fat ● 25g carbs ● 5g fiber



mushrooms

1/2 cup, chopped (35g)

olive oil

1/2 tbsp (8mL)

thyme, dried

1 tsp, ground (1g)

bread

2 slice(s) (64g)

sliced cheese

1 slice (3/4 oz ea) (21g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Lunch 5 ↗

Eat on day 6 and day 7

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

sweet potatoes

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

sweet potatoes

1 sweetpotato, 5" long (210g)

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 and serve.

Pita bread

1/2 pita bread(s) - 39 cals ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



For single meal:

pita bread

1/2 pita, small (4" dia) (14g)

For all 2 meals:

pita bread

1 pita, small (4" dia) (28g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Veggie burger patty

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



For single meal:

veggie burger patty

2 patty (142g)

For all 2 meals:

veggie burger patty

4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

Snacks 1 ↗

Eat on day 1 and day 2

Carrots and ranch

87 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

baby carrots
6 medium (60g)
ranch dressing
1 tbsp (15mL)

For all 2 meals:

baby carrots
12 medium (120g)
ranch dressing
2 tbsp (30mL)

1. slice carrots into thin strips. Serve with ranch to dip in.

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

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 3 meals:

whole milk
1 1/2 cup(s) (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

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

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Tuna cucumber bites

173 cals ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

canned tuna
1 1/2 packet (111g)
cucumber, sliced
3/8 cucumber (8-1/4") (113g)

For all 2 meals:

canned tuna
3 packet (222g)
cucumber, sliced
3/4 cucumber (8-1/4") (226g)

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

Dinner 1 ↗

Eat on day 1

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.

Homemade mashed potatoes

60 cals ● 2g protein ● 0g fat ● 11g carbs ● 2g fiber



whole milk
1/8 cup(s) (10mL)
potatoes, peeled & cut into chunks
2 2/3 oz (76g)

1. Place the potatoes chunks in a large pot and cover with cold water.
2. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are tender, about 15-20 minutes.
3. Drain the potatoes and return them to the pot.
4. Add the milk to the pot. Mash the potatoes with a potato masher, fork, or electric mixer until smooth and creamy.
5. Season with salt and pepper to taste. Serve.

Buttered green beans

98 cals ● 2g protein ● 8g fat ● 4g carbs ● 2g fiber



butter
2 tsp (9g)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)

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

Dinner 2 ↗

Eat on day 2

Milk

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

Makes 1/2 cup(s)



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

1. The recipe has no instructions.

Cajun tilapia

3 oz - 99 cals ● 17g protein ● 3g fat ● 0g carbs ● 0g fiber



Makes 3 oz

cajun seasoning

3 dash (1g)

oil

3/8 tsp (2mL)

tilapia, raw

3 oz (84g)

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking dish.
2. Place the Tilapia fillets in the bottom of the baking dish and coat both sides with the oil and Cajun seasoning.
3. Cover the dish and bake for 15 to 20 minutes until fish is cooked and flakes easily with a fork.

Olive oil drizzled green beans

145 cals ● 3g protein ● 9g fat ● 8g carbs ● 4g fiber



black pepper

1 dash (0g)

salt

1 dash (0g)

frozen green beans

1 1/3 cup (161g)

olive oil

2 tsp (10mL)

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

Dinner 3

Eat on day 3 and day 4

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

tempeh

4 oz (113g)

oil

2 tsp (10mL)

For all 2 meals:

tempeh

1/2 lbs (227g)

oil

4 tsp (20mL)

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.

Sauteed garlic & herb tomatoes

64 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

black pepper
1/4 dash, ground (0g)
olive oil
1 tsp (6mL)
tomatoes
1/4 pint, cherry tomatoes (75g)
italian seasoning
3 dash (1g)
salt
1 dash (1g)
garlic, minced
1/4 clove(s) (1g)

For all 2 meals:

black pepper
1/2 dash, ground (0g)
olive oil
3/4 tbsp (11mL)
tomatoes
1/2 pint, cherry tomatoes (149g)
italian seasoning
1/4 tbsp (3g)
salt
2 dash (2g)
garlic, minced
1/2 clove(s) (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Dinner 4 ↗

Eat on day 5 and day 6

Green beans

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



For single meal:

frozen green beans
2/3 cup (81g)

For all 2 meals:

frozen green beans
1 1/3 cup (161g)

1. Prepare according to instructions on package.

Simple seitan

3 oz - 183 cals ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



For single meal:

seitan
3 oz (85g)
oil
1/4 tbsp (4mL)

For all 2 meals:

seitan
6 oz (170g)
oil
1/2 tbsp (8mL)

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.

Mashed sweet potatoes with butter

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



For single meal:

sweet potatoes
1/2 sweetpotato, 5" long (105g)
butter
1 tsp (5g)

For all 2 meals:

sweet potatoes
1 sweetpotato, 5" long (210g)
butter
2 tsp (9g)

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.

Dinner 5 ↗

Eat on day 7

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

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

General tso's tofu

245 cals ● 12g protein ● 13g fat ● 19g carbs ● 0g fiber



soy sauce
1 tsp (5mL)
fresh ginger, minced
1 tbsp (6g)
sugar
1/2 tbsp (7g)
apple cider vinegar
1/2 tbsp (7g)
cornstarch
1 tbsp (8g)
oil
1/2 tbsp (8mL)
garlic, minced
1 clove(s) (3g)
firm tofu, patted dry & cubed
5 oz (142g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 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.