

Meal Plan - 2900 calorie high protein pescetarian meal plan



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

Day 1

2875 cals ● 227g protein (32%) ● 150g fat (47%) ● 119g carbs (17%) ● 35g fiber (5%)

Breakfast

500 cals, 24g protein, 19g net carbs, 35g fat



Boiled eggs

2 egg(s)- 139 cals



Rice cakes with peanut butter

1 1/2 cake(s)- 359 cals

Snacks

315 cals, 7g protein, 29g net carbs, 18g fat



Walnuts

1/4 cup(s)- 175 cals



Rice cake

4 cake(s)- 139 cals

Lunch

790 cals, 34g protein, 44g net carbs, 50g fat



Spinach and goat cheese wrap

1 wrap(s)- 427 cals



Pumpkin seeds

366 cals

Dinner

835 cals, 64g protein, 23g net carbs, 46g fat



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals



Simple mixed greens and tomato salad

151 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 2

2875 cals ● 227g protein (32%) ● 150g fat (47%) ● 119g carbs (17%) ● 35g fiber (5%)

Breakfast

500 cals, 24g protein, 19g net carbs, 35g fat



Boiled eggs
2 egg(s)- 139 cals



Rice cakes with peanut butter
1 1/2 cake(s)- 359 cals

Snacks

315 cals, 7g protein, 29g net carbs, 18g fat



Walnuts
1/4 cup(s)- 175 cals



Rice cake
4 cake(s)- 139 cals

Lunch

790 cals, 34g protein, 44g net carbs, 50g fat



Spinach and goat cheese wrap
1 wrap(s)- 427 cals



Pumpkin seeds
366 cals

Dinner

835 cals, 64g protein, 23g net carbs, 46g fat



Avocado tuna salad stuffed pepper
3 half pepper(s)- 683 cals



Simple mixed greens and tomato salad
151 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Day 3

2833 cals ● 238g protein (34%) ● 91g fat (29%) ● 212g carbs (30%) ● 54g fiber (8%)

Breakfast

355 cals, 10g protein, 40g net carbs, 14g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Instant oatmeal with water
1 packet(s)- 165 cals



Clementine
1 clementine(s)- 39 cals

Lunch

815 cals, 68g protein, 29g net carbs, 39g fat



Vegan sausage
2 sausage(s)- 536 cals



Garlic collard greens
279 cals

Snacks

290 cals, 7g protein, 31g net carbs, 12g fat



Roasted cashews
1/8 cup(s)- 104 cals



Raspberries
1 cup(s)- 72 cals



Frozen yogurt
114 cals

Dinner

935 cals, 56g protein, 108g net carbs, 24g fat



Vegan meatball sub
2 sub(s)- 936 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Day 4

2911 cals ● 242g protein (33%) ● 103g fat (32%) ● 213g carbs (29%) ● 42g fiber (6%)

Breakfast

355 cals, 10g protein, 40g net carbs, 14g fat



Roasted peanuts

1/6 cup(s)- 153 cals



Instant oatmeal with water

1 packet(s)- 165 cals



Clementine

1 clementine(s)- 39 cals

Snacks

290 cals, 7g protein, 31g net carbs, 12g fat



Roasted cashews

1/8 cup(s)- 104 cals



Raspberries

1 cup(s)- 72 cals



Frozen yogurt

114 cals

Lunch

890 cals, 72g protein, 30g net carbs, 51g fat



Simple mozzarella and tomato salad

363 cals



Almond crusted tilapia

7 1/2 oz- 529 cals

Dinner

935 cals, 56g protein, 108g net carbs, 24g fat



Vegan meatball sub

2 sub(s)- 936 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 5

2833 cals ● 235g protein (33%) ● 99g fat (31%) ● 201g carbs (28%) ● 51g fiber (7%)

Breakfast

415 cals, 44g protein, 30g net carbs, 11g fat



Tomato mushroom egg white omelet
299 cals



Clementine
3 clementine(s)- 117 cals

Snacks

290 cals, 7g protein, 31g net carbs, 12g fat



Roasted cashews
1/8 cup(s)- 104 cals



Raspberries
1 cup(s)- 72 cals



Frozen yogurt
114 cals

Lunch

865 cals, 23g protein, 68g net carbs, 52g fat



Flatbread broccoli pizza
626 cals



Simple mixed greens salad
237 cals

Dinner

830 cals, 65g protein, 69g net carbs, 22g fat



Vegan crumbles
2 cup(s)- 292 cals



Lentils
347 cals



Simple mixed greens and tomato salad
189 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Day 6

2942 cals ● 240g protein (33%) ● 111g fat (34%) ● 185g carbs (25%) ● 62g fiber (8%)

Breakfast

415 cals, 44g protein, 30g net carbs, 11g fat



Tomato mushroom egg white omelet
299 cals



Clementine
3 clementine(s)- 117 cals

Snacks

320 cals, 10g protein, 27g net carbs, 10g fat



Carrots and hummus
246 cals



Raspberries
1 cup(s)- 72 cals

Lunch

865 cals, 23g protein, 68g net carbs, 52g fat



Flatbread broccoli pizza
626 cals



Simple mixed greens salad
237 cals

Dinner

910 cals, 67g protein, 57g net carbs, 35g fat



Lentils
260 cals



Basic tempeh
8 oz- 590 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Day 7

2870 cals ● 255g protein (36%) ● 110g fat (35%) ● 151g carbs (21%) ● 64g fiber (9%)

Breakfast

415 cals, 44g protein, 30g net carbs, 11g fat



Tomato mushroom egg white omelet
299 cals



Clementine
3 clementine(s)- 117 cals

Snacks

320 cals, 10g protein, 27g net carbs, 10g fat



Carrots and hummus
246 cals



Raspberries
1 cup(s)- 72 cals

Lunch

790 cals, 37g protein, 34g net carbs, 52g fat



Roasted peanuts
3/8 cup(s)- 383 cals



Rosemary mushroom cheese sandwich
1 sandwich(es)- 408 cals

Dinner

910 cals, 67g protein, 57g net carbs, 35g fat



Lentils
260 cals



Basic tempeh
8 oz- 590 cals



Roasted tomatoes
1 tomato(es)- 60 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Grocery List



Fruits and Fruit Juices

- avocados
1 1/2 avocado(s) (302g)
- lime juice
1 tbsp (15mL)
- clementines
11 fruit (814g)
- raspberries
5 cup (615g)

Nut and Seed Products

- walnuts
1/2 cup, shelled (50g)
- roasted pumpkin seeds, unsalted
1 cup (118g)
- roasted cashews
6 tbsp (51g)
- almonds
5 tbsp, slivered (34g)

Spices and Herbs

- salt
1/6 oz (6g)
- black pepper
2 1/4 g (2g)
- fresh basil
1 1/2 tbsp, chopped (4g)
- rosemary, dried
2 dash (0g)

Snacks

- rice cakes, any flavor
1/4 lbs (99g)

Beverages

- protein powder
28 scoop (1/3 cup ea) (868g)
- water
34 1/2 cup(s) (8177mL)

Vegetables and Vegetable Products

- bell pepper
3 large (492g)
- onion
3/4 small (53g)
- tomatoes
7 1/3 medium whole (2-3/5" dia) (901g)
- fresh spinach
2 cup(s) (60g)
- collard greens
14 oz (397g)
- garlic
8 1/2 clove(s) (26g)
- broccoli
1 cup chopped (91g)
- mushrooms
4 oz (112g)
- baby carrots
48 medium (480g)

Dairy and Egg Products

- eggs
10 large (500g)
- cheese
1 1/4 cup, shredded (141g)
- goat cheese
4 tbsp (56g)
- fresh mozzarella cheese
3 oz (85g)
- low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- egg whites
12 large (396g)

Legumes and Legume Products

- peanut butter
6 tbsp (96g)
- roasted peanuts
3/4 cup (110g)
- vegetarian burger crumbles
2 cup (200g)
- lentils, raw
1 1/4 cup (240g)
- hummus
3/4 cup (180g)
- tempeh
1 lbs (454g)

Finfish and Shellfish Products

- canned tuna
3 can (516g)
- tilapia, raw
1/2 lbs (210g)

Other

- mixed greens**
20 3/4 cup (623g)
- roasted red peppers**
4 tbsp, diced (56g)
- sub roll(s)**
4 roll(s) (340g)
- nutritional yeast**
4 tsp (5g)
- vegan meatballs, frozen**
16 meatball(s) (480g)
- vegan sausage**
2 sausage (200g)

Fats and Oils

- salad dressing**
1 1/4 cup (304mL)
- balsamic vinaigrette**
1 1/3 oz (38mL)
- oil**
2 oz (61mL)
- olive oil**
1/4 cup (54mL)

Baked Products

- flour tortillas**
2 tortilla (approx 10" dia) (144g)
- naan bread**
2 piece(s) (180g)
- bread**
2 slice(s) (64g)

Breakfast Cereals

- flavored instant oatmeal**
2 packet (86g)

Sweets

- frozen yogurt**
1 1/2 cup (261g)

Soups, Sauces, and Gravies

- pasta sauce**
1 cup (260g)
- pizza sauce**
1/2 cup (126g)

Cereal Grains and Pasta

- all-purpose flour**
1/4 cup(s) (26g)

Breakfast 1 ↗

Eat on day 1 and day 2

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.

Rice cakes with peanut butter

1 1/2 cake(s) - 359 cals ● 12g protein ● 25g fat ● 19g carbs ● 3g fiber



For single meal:

peanut butter
3 tbsp (48g)
rice cakes, any flavor
1 1/2 cakes (14g)

For all 2 meals:

peanut butter
6 tbsp (96g)
rice cakes, any flavor
3 cakes (27g)

1. Spread peanut butter over top of rice cake.

Breakfast 2 ↗

Eat on day 3 and day 4

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Tomato mushroom egg white omelet

299 cals ● 42g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
black pepper
2 dash, ground (1g)
egg whites
4 large (132g)
eggs
2 large (100g)
mushrooms, chopped
1/3 cup, pieces or slices (23g)
tomatoes, chopped
1/2 small whole (2-2/5" dia) (46g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
black pepper
1/4 tbsp, ground (2g)
egg whites
12 large (396g)
eggs
6 large (300g)
mushrooms, chopped
1 cup, pieces or slices (70g)
tomatoes, chopped
1 1/2 small whole (2-2/5" dia) (137g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

clementines
3 fruit (222g)

For all 3 meals:

clementines
9 fruit (666g)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1 and day 2

Spinach and goat cheese wrap

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



For single meal:

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)

For all 2 meals:

fresh spinach
2 cup(s) (60g)
tomatoes
8 cherry tomatoes (136g)
cheese
4 tbsp, shredded (28g)
balsamic vinaigrette
1 tbsp (15mL)
flour tortillas
2 tortilla (approx 10" dia) (144g)
roasted red peppers
4 tbsp, diced (56g)
goat cheese, crumbled
4 tbsp (56g)

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.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 3

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage
2 sausage (200g)

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

Garlic collard greens

279 cals ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



collard greens
14 oz (397g)
oil
2 1/2 tsp (13mL)
salt
1/4 tsp (1g)
garlic, minced
2 1/2 clove(s) (8g)

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 sauté 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.

Lunch 3 ↗

Eat on day 4

Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



balsamic vinaigrette

1 1/2 tbsp (23mL)
fresh basil
1 1/2 tbsp, chopped (4g)
fresh mozzarella cheese, sliced
3 oz (85g)
tomatoes, sliced
1 large whole (3" dia) (205g)

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

Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



Makes 7 1/2 oz

almonds
5 tbsp, slivered (34g)
tilapia, raw
1/2 lbs (210g)
all-purpose flour
1/6 cup(s) (26g)
salt
1 1/4 dash (1g)
olive oil
2 tsp (9mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Lunch 4 ↗

Eat on day 5 and day 6

Flatbread broccoli pizza

626 cals ● 18g protein ● 36g fat ● 53g carbs ● 5g fiber



For single meal:

broccoli
1/2 cup chopped (46g)
pizza sauce
4 tbsp (63g)
black pepper
1 dash (0g)
salt
1 dash (0g)
olive oil
1 1/2 tbsp (23mL)
naan bread
1 piece(s) (90g)
cheese
4 tbsp, shredded (28g)
garlic, finely diced
3 clove(s) (9g)

For all 2 meals:

broccoli
1 cup chopped (91g)
pizza sauce
1/2 cup (126g)
black pepper
2 dash (0g)
salt
2 dash (1g)
olive oil
3 tbsp (45mL)
naan bread
2 piece(s) (180g)
cheese
1/2 cup, shredded (57g)
garlic, finely diced
6 clove(s) (18g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and spread pizza sauce over top, top with broccoli and cheese, and season with salt and pepper.,
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

For all 2 meals:

mixed greens
10 1/2 cup (315g)
salad dressing
2/3 cup (158mL)

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

Lunch 5 ↗

Eat on day 7

Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber

Makes 3/8 cup(s)

roasted peanuts
6 2/3 tbsp (61g)



1. The recipe has no instructions.

Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

bread
2 slice(s) (64g)
cheese
1/2 cup, shredded (57g)
mushrooms
1 1/2 oz (43g)
rosemary, dried
2 dash (0g)
mixed greens
1/2 cup (15g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Snacks 1 ↗

Eat on day 1 and day 2

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
4 tbsp, shelled (25g)

For all 2 meals:

walnuts
1/2 cup, shelled (50g)

1. The recipe has no instructions.

Rice cake

4 cake(s) - 139 cals ● 3g protein ● 1g fat ● 28g carbs ● 1g fiber



For single meal:

rice cakes, any flavor
4 cake (36g)

For all 2 meals:

rice cakes, any flavor
8 cake (72g)

1. Enjoy.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 3 meals:

roasted cashews
6 tbsp (51g)

1. The recipe has no instructions.

Raspberries

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



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Frozen yogurt

114 cals ● 3g protein ● 3g fat ● 19g carbs ● 0g fiber



For single meal:

frozen yogurt
1/2 cup (87g)

For all 3 meals:

frozen yogurt
1 1/2 cup (261g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Carrots and hummus

246 cals ● 9g protein ● 9g fat ● 20g carbs ● 12g fiber



For single meal:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

For all 2 meals:

hummus
3/4 cup (180g)
baby carrots
48 medium (480g)

1. Serve carrots with hummus.

Raspberries

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



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Dinner 1 ↗

Eat on day 1 and day 2

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

avocados
3/4 avocado(s) (151g)
lime juice
1/2 tbsp (8mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
bell pepper
1 1/2 large (246g)
onion
3/8 small (26g)
canned tuna, drained
1 1/2 can (258g)

For all 2 meals:

avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bell pepper
3 large (492g)
onion
3/4 small (53g)
canned tuna, drained
3 can (516g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

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

Dinner 2 ↗

Eat on day 3 and day 4

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

sub roll(s)
2 roll(s) (170g)
nutritional yeast
2 tsp (3g)
pasta sauce
1/2 cup (130g)
vegan meatballs, frozen
8 meatball(s) (240g)

For all 2 meals:

sub roll(s)
4 roll(s) (340g)
nutritional yeast
4 tsp (5g)
pasta sauce
1 cup (260g)
vegan meatballs, frozen
16 meatball(s) (480g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Dinner 3 ↗

Eat on day 5

Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



Makes 2 cup(s)

vegetarian burger crumbles
2 cup (200g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



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.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

salad dressing

1/4 cup (56mL)

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

Dinner 4 ↗

Eat on day 6 and day 7

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

water

1 1/2 cup(s) (356mL)

salt

3/4 dash (1g)

lentils, raw, rinsed

6 tbsp (72g)

For all 2 meals:

water

3 cup(s) (711mL)

salt

1 1/2 dash (1g)

lentils, raw, rinsed

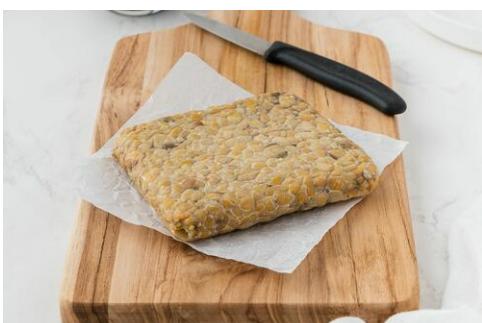
3/4 cup (144g)

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.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

tempeh

1/2 lbs (227g)

oil

4 tsp (20mL)

For all 2 meals:

tempeh

1 lbs (454g)

oil

2 2/3 tbsp (40mL)

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.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil

1 tsp (5mL)

tomatoes

1 small whole (2-2/5" dia) (91g)

For all 2 meals:

oil

2 tsp (10mL)

tomatoes

2 small whole (2-2/5" dia) (182g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Protein Supplement(s)

Eat every day

Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

protein powder

4 scoop (1/3 cup ea) (124g)

water

4 cup(s) (948mL)

For all 7 meals:

protein powder

28 scoop (1/3 cup ea) (868g)

water

28 cup(s) (6636mL)

1. The recipe has no instructions.
