

Meal Plan - 1300 calorie low carb 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

1366 cals ● 107g protein (31%) ● 75g fat (49%) ● 40g carbs (12%) ● 27g fiber (8%)

Breakfast

225 cals, 9g protein, 5g net carbs, 17g fat



Sauteed Kale

61 cals



Eggs with tomato and avocado

163 cals

Snacks

145 cals, 17g protein, 7g net carbs, 4g fat



Grapes

29 cals



Tuna cucumber bites

115 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

375 cals, 21g protein, 16g net carbs, 22g fat



Roasted almonds

1/6 cup(s)- 166 cals



String cheese

1 stick(s)- 83 cals



Chunky canned soup (non-creamy)

1/2 can(s)- 124 cals

Dinner

460 cals, 23g protein, 11g net carbs, 30g fat



Avocado tuna salad stuffed pepper

1 half pepper(s)- 228 cals



Tomato and avocado salad

235 cals

Day 2

1303 cals ● 118g protein (36%) ● 68g fat (47%) ● 40g carbs (12%) ● 15g fiber (5%)

Breakfast

225 cals, 9g protein, 5g net carbs, 17g fat



Sauteed Kale
61 cals



Eggs with tomato and avocado
163 cals

Snacks

145 cals, 17g protein, 7g net carbs, 4g fat



Grapes
29 cals



Tuna cucumber bites
115 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

415 cals, 30g protein, 17g net carbs, 23g fat



Vegan sausage
1 sausage(s)- 268 cals



Buttered green beans
147 cals

Dinner

355 cals, 26g protein, 10g net carbs, 23g fat



Sauteed corn & lima beans
89 cals



Slow-baked salmon with lemon and thyme
4 oz- 268 cals

Day 3

1288 cals ● 129g protein (40%) ● 65g fat (45%) ● 36g carbs (11%) ● 11g fiber (3%)

Breakfast

210 cals, 19g protein, 1g net carbs, 14g fat



Boiled eggs
3 egg(s)- 208 cals

Snacks

145 cals, 17g protein, 7g net carbs, 4g fat



Grapes
29 cals



Tuna cucumber bites
115 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

415 cals, 30g protein, 17g net carbs, 23g fat



Vegan sausage
1 sausage(s)- 268 cals



Buttered green beans
147 cals

Dinner

355 cals, 26g protein, 10g net carbs, 23g fat



Sauteed corn & lima beans
89 cals



Slow-baked salmon with lemon and thyme
4 oz- 268 cals

Day 4

1266 cals ● 99g protein (31%) ● 76g fat (54%) ● 36g carbs (11%) ● 9g fiber (3%)

Breakfast

210 cals, 19g protein, 1g net carbs, 14g fat



Boiled eggs

3 egg(s)- 208 cals

Lunch

415 cals, 17g protein, 15g net carbs, 30g fat



Roasted almonds

1/6 cup(s)- 166 cals



Grilled cheese sandwich

1/2 sandwich(es)- 248 cals

Snacks

140 cals, 10g protein, 11g net carbs, 6g fat



Tuna and crackers

142 cals

Dinner

340 cals, 17g protein, 8g net carbs, 26g fat



Simple mozzarella and tomato salad

161 cals



Buffalo tofu

177 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Day 5

1320 cals ● 95g protein (29%) ● 73g fat (50%) ● 49g carbs (15%) ● 23g fiber (7%)

Breakfast

215 cals, 9g protein, 7g net carbs, 13g fat



Raspberries

3/4 cup(s)- 54 cals



Hardboiled egg and avocado bowl

160 cals

Lunch

415 cals, 17g protein, 15g net carbs, 30g fat



Roasted almonds

1/6 cup(s)- 166 cals



Grilled cheese sandwich

1/2 sandwich(es)- 248 cals

Snacks

140 cals, 10g protein, 11g net carbs, 6g fat



Tuna and crackers

142 cals

Dinner

385 cals, 23g protein, 15g net carbs, 24g fat



Brussels sprout, chik'n & apple salad

387 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Day 6

1342 cals ● 102g protein (30%) ● 74g fat (49%) ● 42g carbs (12%) ● 27g fiber (8%)

Breakfast

215 cals, 9g protein, 7g net carbs, 13g fat



Raspberries
3/4 cup(s)- 54 cals



Hardboiled egg and avocado bowl
160 cals

Snacks

140 cals, 8g protein, 4g net carbs, 10g fat



Roasted pepper wedges with cheese & pesto
2 wedge(s)- 140 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

440 cals, 27g protein, 14g net carbs, 27g fat



Roasted almonds
1/8 cup(s)- 111 cals



Simple kale & avocado salad
115 cals



Almond crusted tilapia
3 oz- 212 cals

Dinner

385 cals, 23g protein, 15g net carbs, 24g fat



Brussels sprout, chicken & apple salad
387 cals

Day 7

1259 cals ● 99g protein (32%) ● 67g fat (48%) ● 40g carbs (13%) ● 24g fiber (8%)

Breakfast

215 cals, 9g protein, 7g net carbs, 13g fat



Raspberries
3/4 cup(s)- 54 cals



Hardboiled egg and avocado bowl
160 cals

Snacks

140 cals, 8g protein, 4g net carbs, 10g fat



Roasted pepper wedges with cheese & pesto
2 wedge(s)- 140 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

440 cals, 27g protein, 14g net carbs, 27g fat



Roasted almonds
1/8 cup(s)- 111 cals



Simple kale & avocado salad
115 cals



Almond crusted tilapia
3 oz- 212 cals

Dinner

305 cals, 21g protein, 13g net carbs, 17g fat



Chicken satay with peanut sauce
2 skewers- 233 cals



Tomato cucumber salad
71 cals

Fruits and Fruit Juices

- ☐ grapes
1 1/2 cup (138g)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ lime juice
5/6 fl oz (25mL)
- ☐ lemon
2/3 large (57g)
- ☐ raspberries
2 1/4 cup (277g)
- ☐ apples
1/3 small (2-3/4" dia) (50g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/4 can (393g)
- ☐ salmon
1/2 lbs (227g)
- ☐ tilapia, raw
6 oz (168g)

Vegetables and Vegetable Products

- ☐ cucumber
1 cucumber (8-1/4") (301g)
- ☐ kale leaves
6 oz (165g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (268g)
- ☐ bell pepper
1 1/3 large (215g)
- ☐ onion
1/3 medium (2-1/2" dia) (39g)
- ☐ frozen green beans
2 cup (242g)
- ☐ lima beans, frozen
6 tbsp (60g)
- ☐ frozen corn kernels
6 tbsp (51g)
- ☐ brussels sprouts
1 1/2 cup (132g)
- ☐ fresh ginger
1/3 inch (2.5cm) cube (2g)
- ☐ red onion
1/4 small (18g)

Fats and Oils

Dairy and Egg Products

- ☐ eggs
11 large (550g)
- ☐ string cheese
1 stick (28g)
- ☐ butter
3/8 stick (41g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)
- ☐ fresh mozzarella cheese
1 1/3 oz (38g)
- ☐ mozzarella cheese, shredded
2 oz (57g)

Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
10 1/2 cup(s) (2489mL)

Nut and Seed Products

- ☐ almonds
5 oz (143g)
- ☐ walnuts
4 tbsp, chopped (28g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)
- ☐ Frank's Red Hot sauce
4 tsp (19mL)
- ☐ pesto sauce
1 tbsp (16g)

Other

- ☐ vegan sausage
2 sausage (200g)
- ☐ vegan chik'n strips
1/2 lbs (246g)
- ☐ sesame oil
1 tsp (5mL)
- ☐ skewer(s)
2 skewer(s) (2g)

Baked Products

- ☐ **oil**
3/4 oz (23mL)
- ☐ **olive oil**
2 3/4 tbsp (41mL)
- ☐ **balsamic vinaigrette**
2 tsp (10mL)
- ☐ **ranch dressing**
1 tbsp (15mL)
- ☐ **salad dressing**
1 tbsp (14mL)

Spices and Herbs

- ☐ **salt**
5 g (5g)
- ☐ **black pepper**
1 1/2 g (1g)
- ☐ **fresh basil**
3 g (3g)
- ☐ **garlic powder**
2 dash (1g)
- ☐ **thyme, dried**
1/3 tsp, leaves (0g)
- ☐ **apple cider vinegar**
1/2 tbsp (7g)

- ☐ **crackers**
10 crackers (35g)
- ☐ **bread**
2 slice (64g)

Legumes and Legume Products

- ☐ **firm tofu**
1/4 lbs (99g)
- ☐ **peanut butter**
2 tsp (11g)

Sweets

- ☐ **maple syrup**
2 tsp (10mL)

Cereal Grains and Pasta

- ☐ **all-purpose flour**
1/6 cup(s) (21g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Sauteed Kale

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



For single meal:

kale leaves
1 cup, chopped (40g)
oil
1 tsp (5mL)

For all 2 meals:

kale leaves
2 cup, chopped (80g)
oil
2 tsp (10mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

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 2 meals:

salt
2 dash (1g)
eggs
2 large (100g)
black pepper
2 dash (0g)
tomatoes
2 slice(s), thick/large (1/2" thick) (54g)
avocados, sliced
1/2 avocado(s) (101g)
fresh basil, chopped
2 leaves (1g)

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 3 and day 4

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries
3/4 cup (92g)

For all 3 meals:

raspberries
2 1/4 cup (277g)

1. Rinse raspberries and serve.

Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
black pepper
1/2 dash (0g)
eggs
1 large (50g)
salt
1/2 dash (0g)
avocados, chopped
1/4 avocado(s) (50g)

For all 3 meals:

onion
1 1/2 tbsp chopped (15g)
bell pepper
1 1/2 tbsp, diced (14g)
black pepper
1 1/2 dash (0g)
eggs
3 large (150g)
salt
1 1/2 dash (1g)
avocados, chopped
3/4 avocado(s) (151g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Lunch 1 [↗](#)

Eat on day 1

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds
3 tbsp, whole (27g)

1. The recipe has no instructions.

String cheese

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



Makes 1 stick(s)

string cheese
1 stick (28g)

1. The recipe has no instructions.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Vegan sausage

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



For single meal:

vegan sausage

1 sausage (100g)

For all 2 meals:

vegan sausage

2 sausage (200g)

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

Buttered green beans

147 cals ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

butter

1 tbsp (14g)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen green beans

1 cup (121g)

For all 2 meals:

butter

2 tbsp (27g)

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

frozen green beans

2 cup (242g)

1. Prepare green beans according to instructions on package.
 2. Top with butter and season with salt and pepper.
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Lunch 3 [↗](#)

Eat on day 4 and day 5

Roasted almonds

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.
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Grilled cheese sandwich

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



For single meal:

bread
1 slice (32g)
butter
1/2 tbsp (7g)
sliced cheese
1 slice (1 oz ea) (28g)

For all 2 meals:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz ea) (56g)

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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Lunch 4 [↗](#)

Eat on day 6 and day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped
1/4 bunch (43g)
avocados, chopped
1/4 avocado(s) (50g)
lemon, juiced
1/4 small (15g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Almond crusted tilapia

3 oz - 212 cals ● 20g protein ● 10g fat ● 8g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, slivered (14g)
tilapia, raw
3 oz (84g)
all-purpose flour
1/8 cup(s) (10g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)

For all 2 meals:

almonds
4 tbsp, slivered (27g)
tilapia, raw
6 oz (168g)
all-purpose flour
1/6 cup(s) (21g)
salt
1 dash (0g)
olive oil
1/2 tbsp (8mL)

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.

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

Grapes

29 cals ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

grapes
1/2 cup (46g)

For all 3 meals:

grapes
1 1/2 cup (138g)

1. The recipe has no instructions.

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 3 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.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Tuna and crackers

142 cals ● 10g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

- canned tuna**
1 1/2 oz (43g)
- crackers**
5 crackers (18g)

For all 2 meals:

- canned tuna**
3 oz (85g)
- crackers**
10 crackers (35g)

1. The recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6 and day 7

Roasted pepper wedges with cheese & pesto

2 wedge(s) - 140 cals ● 8g protein ● 10g fat ● 4g carbs ● 1g fiber



For single meal:

bell pepper

1/2 medium (60g)

mozzarella cheese, shredded

1 oz (28g)

oil

1/4 tsp (1mL)

pesto sauce

1/2 tbsp (8g)

For all 2 meals:

bell pepper

1 medium (119g)

mozzarella cheese, shredded

2 oz (57g)

oil

1/2 tsp (3mL)

pesto sauce

1 tbsp (16g)

1. Preheat oven or toaster oven to 400°F (200°C).
2. Slice the sides off the bell pepper to make wedges, 4 per pepper.
3. Rub wedges with oil and season with a sprinkle of salt and pepper. Place pepper wedges on a lined baking sheet and bake for 15 minutes.
4. Remove sheet from oven and add the cheese into the wedges. Bake another 7 minutes until cheese is bubbly.
5. Serve with pesto and enjoy.

Dinner 1 [↗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cals ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



Makes 1 half pepper(s)

avocados

1/4 avocado(s) (50g)

lime juice

1/2 tsp (3mL)

salt

1/2 dash (0g)

black pepper

1/2 dash (0g)

bell pepper

1/2 large (82g)

onion

1/8 small (9g)

canned tuna, drained

1/2 can (86g)

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.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



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.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Sauteed corn & lima beans

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



For single meal:

black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
lima beans, frozen
3 tbsp (30g)
frozen corn kernels
3 tbsp (26g)
olive oil
1/4 tbsp (4mL)

For all 2 meals:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
lima beans, frozen
6 tbsp (60g)
frozen corn kernels
6 tbsp (51g)
olive oil
1/2 tbsp (8mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Slow-baked salmon with lemon and thyme

4 oz - 268 cals ● 23g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

thyme, dried
1 1/3 dash, leaves (0g)
oil
1/4 tbsp (4mL)
salmon, skin on
4 oz (113g)
lemon, cut into wedges
1/6 large (14g)

For all 2 meals:

thyme, dried
1/3 tsp, leaves (0g)
oil
1/2 tbsp (8mL)
salmon, skin on
1/2 lbs (227g)
lemon, cut into wedges
1/3 large (28g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Dinner 3 [🔗](#)

Eat on day 4

Simple mozzarella and tomato salad

161 cals ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



balsamic vinaigrette
2 tsp (10mL)
fresh basil
2 tsp, chopped (2g)
fresh mozzarella cheese, sliced
1 1/3 oz (38g)
tomatoes, sliced
1/2 large whole (3" dia) (91g)

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

Buffalo tofu

177 cals ● 8g protein ● 15g fat ● 3g carbs ● 0g fiber



Frank's Red Hot sauce
4 tsp (20mL)
ranch dressing
1 tbsp (15mL)
oil
1/4 tbsp (4mL)
firm tofu, patted dry & cubed
1/4 lbs (99g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
 2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
 3. Serve tofu with ranch.
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Dinner 4 [🔗](#)

Eat on day 5 and day 6

Brussels sprout, chik'n & apple salad

387 cals ● 23g protein ● 24g fat ● 15g carbs ● 6g fiber



For single meal:

walnuts

2 tbsp, chopped (14g)

apple cider vinegar

1/4 tbsp (4g)

maple syrup

1 tsp (5mL)

olive oil

3/4 tbsp (11mL)

vegan chik'n strips

3 oz (85g)

apples, chopped

1/6 small (2-3/4" dia) (25g)

brussels sprouts, ends trimmed and discarded

3/4 cup (66g)

For all 2 meals:

walnuts

4 tbsp, chopped (28g)

apple cider vinegar

1/2 tbsp (7g)

maple syrup

2 tsp (10mL)

olive oil

1 1/2 tbsp (23mL)

vegan chik'n strips

6 oz (170g)

apples, chopped

1/3 small (2-3/4" dia) (50g)

brussels sprouts, ends trimmed and discarded

1 1/2 cup (132g)

1. Cook chik'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Dinner 5 [↗](#)

Eat on day 7

Chik'n satay with peanut sauce

2 skewers - 233 cals ● 19g protein ● 14g fat ● 5g carbs ● 2g fiber



Makes 2 skewers

peanut butter

2 tsp (11g)

lime juice

1/2 tbsp (7mL)

sesame oil

1 tsp (5mL)

vegan chik'n strips

2 2/3 oz (76g)

skewer(s)

2 skewer(s) (2g)

fresh ginger, grated or minced

1/3 inch (2.5cm) cube (2g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing

1 tbsp (15mL)

red onion, thinly sliced

1/4 small (18g)

cucumber, thinly sliced

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

tomatoes, thinly sliced

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

1. Mix ingredients together in a bowl and serve.

Protein Supplement(s)

Eat every day

Protein shake

1 1/2 scoop - 164 cal● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- protein powder**
1 1/2 scoop (1/3 cup ea) (47g)
- water**
1 1/2 cup(s) (356mL)

For all 7 meals:

- protein powder**
10 1/2 scoop (1/3 cup ea) (326g)
- water**
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.
