

# Meal Plan - 1200 calorie 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

1245 cals ● 112g protein (36%) ● 52g fat (38%) ● 62g carbs (20%) ● 20g fiber (6%)

### Breakfast

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



**Fruit juice**

1/2 cup(s)- 57 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals

### Dinner

475 cals, 21g protein, 29g net carbs, 30g fat



**Simple mixed greens salad**

34 cals



**Salmon burger**

1 burger(s)- 442 cals

### Lunch

390 cals, 42g protein, 18g net carbs, 10g fat



**Mixed vegetables**

1 cup(s)- 97 cals



**Vegan crumbles**

2 cup(s)- 292 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

## Day 2

1231 cals ● 91g protein (30%) ● 59g fat (43%) ● 72g carbs (24%) ● 12g fiber (4%)

### Breakfast

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



**Fruit juice**

1/2 cup(s)- 57 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals

### Dinner

475 cals, 21g protein, 29g net carbs, 30g fat



**Simple mixed greens salad**

34 cals



**Salmon burger**

1 burger(s)- 442 cals

### Lunch

375 cals, 21g protein, 29g net carbs, 16g fat



**Garlic pepper seitan**

171 cals



**Mashed sweet potatoes with butter**

125 cals



**Garlic collard greens**

80 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

## Day 3

1190 cals ● 94g protein (32%) ● 48g fat (37%) ● 74g carbs (25%) ● 21g fiber (7%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Avocado toast**

1 slice(s)- 168 cals

### Dinner

405 cals, 26g protein, 31g net carbs, 17g fat



**Fruit juice**

1 cup(s)- 115 cals



**Caprese salad**

71 cals



**Avocado tuna salad**

218 cals

### Lunch

375 cals, 21g protein, 29g net carbs, 16g fat



**Garlic pepper seitan**

171 cals



**Mashed sweet potatoes with butter**

125 cals



**Garlic collard greens**

80 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

## Day 4

1172 cals ● 103g protein (35%) ● 51g fat (39%) ● 59g carbs (20%) ● 16g fiber (5%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Avocado toast**

1 slice(s)- 168 cals

### Dinner

405 cals, 26g protein, 31g net carbs, 17g fat



**Fruit juice**

1 cup(s)- 115 cals



**Caprese salad**

71 cals



**Avocado tuna salad**

218 cals

### Lunch

355 cals, 29g protein, 14g net carbs, 19g fat



**Vegan sausage**

1 sausage(s)- 268 cals



**Roasted tomatoes**

1 1/2 tomato(es)- 89 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

## Day 5

1172 cals ● 91g protein (31%) ● 52g fat (40%) ● 70g carbs (24%) ● 16g fiber (6%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Avocado toast**

1 slice(s)- 168 cals

### Dinner

340 cals, 16g protein, 23g net carbs, 19g fat



**Sweet potato wedges**

130 cals



**Cajun tofu**

209 cals

### Lunch

420 cals, 27g protein, 33g net carbs, 18g fat



**Goat cheese and marinara stuffed zucchini**

2 zucchini halve(s)- 192 cals



**Milk**

1/2 cup(s)- 75 cals



**Lowfat Greek yogurt**

1 container(s)- 155 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

## Day 6

1207 cals ● 106g protein (35%) ● 53g fat (39%) ● 59g carbs (19%) ● 19g fiber (6%)

### Breakfast

220 cals, 8g protein, 15g net carbs, 12g fat



**Fruit juice**

1/2 cup(s)- 57 cals



**Eggs with tomato and avocado**

163 cals

### Dinner

370 cals, 20g protein, 34g net carbs, 15g fat



**Chik'n nuggets**

6 2/3 nuggets- 368 cals

### Lunch

455 cals, 41g protein, 8g net carbs, 24g fat



**Avocado tuna salad stuffed pepper**

2 half pepper(s)- 456 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

Day 7

1207 calsgreen106g protein (35%)orange53g fat (39%)blue59g carbs (19%)grey19g fiber (6%)

Breakfast

220 calsgreen8g protein, 15g net carbs, 12g fat



Fruit juice  
1/2 cup(s)- 57 calsgreen



Eggs with tomato and avocado  
163 calsgreen

Dinner

370 calsgreen20g protein, 34g net carbs, 15g fat



Chik'n nuggets  
6 2/3 nuggets- 368 calsgreen

Lunch

455 calsgreen41g protein, 8g net carbs, 24g fat



Avocado tuna salad stuffed pepper  
2 half pepper(s)- 456 calsgreen

Protein Supplement(s)

165 calsgreen36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 calsgreen

---

# Grocery List



## Fruits and Fruit Juices

- ☐ fruit juice  
32 fl oz (960mL)
- ☐ avocados  
2 3/4 avocado(s) (553g)
- ☐ lime juice  
1 tbsp (15mL)

## Fats and Oils

- ☐ oil  
1 1/4 oz (38mL)
- ☐ salad dressing  
1 1/2 tbsp (23mL)
- ☐ mayonnaise  
3 tbsp (45mL)
- ☐ olive oil  
1 tbsp (14mL)
- ☐ balsamic vinaigrette  
2 tsp (10mL)

## Dairy and Egg Products

- ☐ eggs  
9 large (450g)
- ☐ butter  
2 tsp (9g)
- ☐ fresh mozzarella cheese  
1 oz (28g)
- ☐ goat cheese  
1 oz (28g)
- ☐ whole milk  
1/2 cup(s) (120mL)
- ☐ lowfat flavored greek yogurt  
1 (5.3 oz ea) container(s) (150g)

## Vegetables and Vegetable Products

- ☐ frozen mixed veggies  
1 cup (135g)
- ☐ onion  
2/3 medium (2-1/2" dia) (73g)
- ☐ green pepper  
1 tbsp, chopped (9g)
- ☐ garlic  
2 3/4 clove(s) (8g)
- ☐ sweet potatoes  
1 1/2 sweetpotato, 5" long (315g)
- ☐ collard greens  
1/2 lbs (227g)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
2 cup (200g)
- ☐ firm tofu  
6 2/3 oz (189g)

## Other

- ☐ mixed greens  
1 package (5.5 oz) (142g)
- ☐ salmon burger patty  
2 patty (226g)
- ☐ vegan sausage  
1 sausage (100g)
- ☐ vegan chik'n nuggets  
13 1/3 nuggets (287g)

## Spices and Herbs

- ☐ dried dill weed  
4 dash (1g)
- ☐ black pepper  
1 g (1g)
- ☐ salt  
4 1/2 g (5g)
- ☐ fresh basil  
5 g (5g)
- ☐ cajun seasoning  
1/4 tbsp (1g)

## Baked Products

- ☐ hamburger buns  
2 bun(s) (102g)
- ☐ bread  
3 slice (96g)

## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
2/3 gallon (2534mL)

## Cereal Grains and Pasta

- ☐ seitan  
4 oz (113g)

## Finfish and Shellfish Products

- ☐ **tomatoes**  
2 1/3 medium whole (2-3/5" dia) (285g)
  - ☐ **zucchini**  
1 large (323g)
  - ☐ **bell pepper**  
2 large (328g)
  - ☐ **ketchup**  
3 1/3 tbsp (57g)
- 

- ☐ **canned tuna**  
3 can (516g)

### **Soups, Sauces, and Gravies**

- ☐ **pasta sauce**  
4 tbsp (65g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**  
4 fl oz (120mL)

For all 2 meals:

**fruit juice**  
8 fl oz (240mL)

1. The recipe has no instructions.

### Basic scrambled eggs

2 egg(s) - 159 cal ● 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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

---

### Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**

1 large (50g)

**oil**

1/4 tsp (1mL)

For all 3 meals:

**eggs**

3 large (150g)

**oil**

1/4 tbsp (4mL)

1. Heat oil in a skillet over medium low heat.
  2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
- 

### 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 3 meals:

**bread**

3 slice (96g)

**avocados, ripe, sliced**

3/4 avocado(s) (151g)

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



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**  
4 fl oz (120mL)

For all 2 meals:

**fruit juice**  
8 fl oz (240mL)

1. The recipe has no instructions.

### Eggs with tomato and avocado

163 cal ● 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.

## Lunch 1 [↗](#)

Eat on day 1

---

### Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



Makes 1 cup(s)

**frozen mixed veggies**

1 cup (135g)

1. Prepare according to instructions on package.

---

### 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.
-

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Garlic pepper seitan

171 cals ● 15g protein ● 8g fat ● 8g carbs ● 1g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**onion**  
1 tbsp, chopped (10g)  
**green pepper**  
1/2 tbsp, chopped (5g)  
**black pepper**  
1/2 dash, ground (0g)  
**water**  
1/4 tbsp (4mL)  
**salt**  
1/4 dash (0g)  
**seitan, chicken style**  
2 oz (57g)  
**garlic, minced**  
5/8 clove(s) (2g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**onion**  
2 tbsp, chopped (20g)  
**green pepper**  
1 tbsp, chopped (9g)  
**black pepper**  
1 dash, ground (0g)  
**water**  
1/2 tbsp (8mL)  
**salt**  
1/2 dash (0g)  
**seitan, chicken style**  
4 oz (113g)  
**garlic, minced**  
1 1/4 clove(s) (4g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

### 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.

### Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

**collard greens**  
4 oz (113g)  
**oil**  
1/4 tbsp (4mL)  
**salt**  
1/2 dash (0g)  
**garlic, minced**  
3/4 clove(s) (2g)

For all 2 meals:

**collard greens**  
1/2 lbs (227g)  
**oil**  
1/2 tbsp (8mL)  
**salt**  
1 dash (1g)  
**garlic, minced**  
1 1/2 clove(s) (5g)

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 saute 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

---

### 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.

---

### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

**oil**  
1/2 tbsp (8mL)  
**tomatoes**  
1 1/2 small whole (2-2/5" dia) (137g)

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.
-

## Lunch 4 [↗](#)

Eat on day 5

### Goat cheese and marinara stuffed zucchini

2 zucchini halve(s) - 192 cals ● 11g protein ● 10g fat ● 10g carbs ● 5g fiber



Makes 2 zucchini halve(s)

#### **pasta sauce**

4 tbsp (65g)

#### **goat cheese**

1 oz (28g)

#### **zucchini**

1 large (323g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

### 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.

### Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



Makes 1 container(s)

#### **lowfat flavored greek yogurt**

1 (5.3 oz ea) container(s) (150g)

1. The recipe has no instructions.



## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cal ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lime juice**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**bell pepper**  
1 large (164g)  
**onion**  
1/4 small (18g)  
**canned tuna, drained**  
1 can (172g)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bell pepper**  
2 large (328g)  
**onion**  
1/2 small (35g)  
**canned tuna, drained**  
2 can (344g)

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.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Simple mixed greens salad

34 cal ● 1g protein ● 2g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed greens**  
3/4 cup (23g)  
**salad dressing**  
3/4 tbsp (11mL)

For all 2 meals:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Salmon burger

1 burger(s) - 442 cal ● 20g protein ● 28g fat ● 27g carbs ● 1g fiber



For single meal:

- salmon burger patty
- 1 patty (113g)
- mixed greens
- 4 tbsp (8g)
- mayonnaise
- 1 1/2 tbsp (23mL)
- dried dill weed
- 2 dash (0g)
- oil
- 1/4 tsp (1mL)
- hamburger buns
- 1 bun(s) (51g)

For all 2 meals:

- salmon burger patty
- 2 patty (226g)
- mixed greens
- 1/2 cup (15g)
- mayonnaise
- 3 tbsp (45mL)
- dried dill weed
- 4 dash (1g)
- oil
- 1/2 tsp (3mL)
- hamburger buns
- 2 bun(s) (102g)

1. Heat oil in a skillet over medium-low heat. Add salmon burger to the skillet and cook for about 4-6 minutes on each side until fully cooked.
2. Meanwhile, mix together the mayo and the dill.
3. Place the salmon burger on the bun and top with mayo and greens. Serve.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

- fruit juice
- 8 fl oz (240mL)

For all 2 meals:

- fruit juice
- 16 fl oz (480mL)

1. The recipe has no instructions.

### Caprese salad

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



For single meal:

**fresh mozzarella cheese**  
1/2 oz (14g)  
**mixed greens**  
1/6 package (5.5 oz) (26g)  
**fresh basil**  
4 tsp leaves, whole (2g)  
**balsamic vinaigrette**  
1 tsp (5mL)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

**fresh mozzarella cheese**  
1 oz (28g)  
**mixed greens**  
1/3 package (5.5 oz) (52g)  
**fresh basil**  
2 2/3 tbsp leaves, whole (4g)  
**balsamic vinaigrette**  
2 tsp (10mL)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

## Avocado tuna salad

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



For single meal:

**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)

For all 2 meals:

**avocados**  
1/2 avocado(s) (101g)  
**lime juice**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**mixed greens**  
1 cup (30g)  
**canned tuna**  
1 can (172g)  
**tomatoes**  
4 tbsp, chopped (45g)  
**onion, minced**  
1/4 small (18g)

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 3 [↗](#)

Eat on day 5

### 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 tofu

209 cals ● 15g protein ● 14g fat ● 5g carbs ● 0g fiber



**cajun seasoning**

1/4 tbsp (1g)

**oil**

1/2 tbsp (7mL)

**firm tofu, patted dry & cubed**

6 2/3 oz (189g)

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.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

---

### Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

**ketchup**

5 tsp (28g)

**vegan chik'n nuggets**

6 2/3 nuggets (143g)

For all 2 meals:

**ketchup**

1/4 cup (57g)

**vegan chik'n nuggets**

13 1/3 nuggets (287g)

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

---

## Protein Supplement(s) [↗](#)

Eat every day

---

### Protein shake

1 1/2 scoop - 164 cals ● 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.
-