

# Meal Plan - 1300 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

1299 cals ● 91g protein (28%) ● 45g fat (31%) ● 101g carbs (31%) ● 32g fiber (10%)

### Breakfast

210 cals, 8g protein, 11g net carbs, 12g fat



[Eggs with tomato and avocado](#)

163 cals



[Blueberries](#)

1/2 cup(s)- 47 cals

### Snacks

140 cals, 4g protein, 27g net carbs, 1g fat



[Cucumber slices](#)

1/2 cucumber- 30 cals



[Pretzels](#)

110 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

400 cals, 18g protein, 28g net carbs, 18g fat



[Roasted almonds](#)

1/6 cup(s)- 166 cals



[Easy chickpea salad](#)

234 cals

### Dinner

385 cals, 24g protein, 34g net carbs, 13g fat



[Sugar snap peas](#)

41 cals



[Lentils](#)

174 cals



[Spicy sriracha peanut tofu](#)

171 cals

## Day 2

1299 cals ● 91g protein (28%) ● 45g fat (31%) ● 101g carbs (31%) ● 32g fiber (10%)

### Breakfast

210 cals, 8g protein, 11g net carbs, 12g fat



**Eggs with tomato and avocado**  
163 cals



**Blueberries**  
1/2 cup(s)- 47 cals

### Snacks

140 cals, 4g protein, 27g net carbs, 1g fat



**Cucumber slices**  
1/2 cucumber- 30 cals



**Pretzels**  
110 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

400 cals, 18g protein, 28g net carbs, 18g fat



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Easy chickpea salad**  
234 cals

### Dinner

385 cals, 24g protein, 34g net carbs, 13g fat



**Sugar snap peas**  
41 cals



**Lentils**  
174 cals



**Spicy sriracha peanut tofu**  
171 cals

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## Day 3

1328 cals ● 98g protein (30%) ● 68g fat (46%) ● 61g carbs (18%) ● 19g fiber (6%)

### Breakfast

210 cals, 8g protein, 11g net carbs, 12g fat



**Eggs with tomato and avocado**  
163 cals



**Blueberries**  
1/2 cup(s)- 47 cals

### Snacks

150 cals, 4g protein, 10g net carbs, 9g fat



**Clementine**  
1 clementine(s)- 39 cals



**Mixed nuts**  
1/8 cup(s)- 109 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

425 cals, 25g protein, 18g net carbs, 26g fat



**Tuna salad sandwich**  
1/2 sandwich(es)- 248 cals



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



**Simple mixed greens salad**  
68 cals

### Dinner

380 cals, 25g protein, 21g net carbs, 20g fat



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



**Goat cheese and marinara stuffed zucchini**  
1 zucchini halve(s)- 96 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

## Day 4

1355 cals ● 101g protein (30%) ● 69g fat (46%) ● 63g carbs (19%) ● 19g fiber (6%)

### Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



**Avocado toast with egg**  
1 slice(s)- 238 cals

### Lunch

425 cals, 25g protein, 18g net carbs, 26g fat



**Tuna salad sandwich**  
1/2 sandwich(es)- 248 cals



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



**Simple mixed greens salad**  
68 cals

### Snacks

150 cals, 4g protein, 10g net carbs, 9g fat



**Clementine**  
1 clementine(s)- 39 cals



**Mixed nuts**  
1/8 cup(s)- 109 cals

### Dinner

380 cals, 25g protein, 21g net carbs, 20g fat



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



**Goat cheese and marinara stuffed zucchini**  
1 zucchini halve(s)- 96 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 5

1283 cals ● 101g protein (31%) ● 59g fat (41%) ● 60g carbs (19%) ● 28g fiber (9%)

### Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



**Avocado toast with egg**  
1 slice(s)- 238 cals

### Lunch

350 cals, 26g protein, 12g net carbs, 19g fat



**Olive oil drizzled broccoli**  
2 cup(s)- 140 cals



**Almond crusted tilapia**  
3 oz- 212 cals

### Snacks

170 cals, 12g protein, 3g net carbs, 11g fat



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



**Tuna cucumber bites**  
58 cals

### Dinner

360 cals, 15g protein, 31g net carbs, 15g fat



**Simple mixed greens and tomato salad**  
76 cals



**Chickpea & chickpea pasta**  
286 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 6

1284 cals ● 113g protein (35%) ● 54g fat (38%) ● 56g carbs (17%) ● 31g fiber (10%)

### Breakfast

190 cals, 6g protein, 19g net carbs, 9g fat



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals



**Peach**  
1 peach(es)- 66 cals



**Celery sticks**  
1 celery stalk- 7 cals

### Snacks

170 cals, 12g protein, 3g net carbs, 11g fat



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



**Tuna cucumber bites**  
58 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

340 cals, 38g protein, 13g net carbs, 8g fat



**Vegan crumbles**  
1 3/4 cup(s)- 256 cals



**Sugar snap peas**  
82 cals

### Dinner

420 cals, 21g protein, 20g net carbs, 25g fat



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals



**Broccoli caesar salad with hard boiled eggs**  
130 cals

## Day 7

1284 cals ● 113g protein (35%) ● 54g fat (38%) ● 56g carbs (17%) ● 31g fiber (10%)

### Breakfast

190 cals, 6g protein, 19g net carbs, 9g fat



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals



**Peach**  
1 peach(es)- 66 cals



**Celery sticks**  
1 celery stalk- 7 cals

### Snacks

170 cals, 12g protein, 3g net carbs, 11g fat



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



**Tuna cucumber bites**  
58 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

340 cals, 38g protein, 13g net carbs, 8g fat



**Vegan crumbles**  
1 3/4 cup(s)- 256 cals



**Sugar snap peas**  
82 cals

### Dinner

420 cals, 21g protein, 20g net carbs, 25g fat



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals



**Broccoli caesar salad with hard boiled eggs**  
130 cals



## Nut and Seed Products

- ☐ almonds  
1/3 lbs (157g)
- ☐ mixed nuts  
4 tbsp (34g)
- ☐ roasted pumpkin seeds, unsalted  
1 tbsp (7g)

## Spices and Herbs

- ☐ balsamic vinegar  
1 tbsp (15mL)
- ☐ salt  
3 g (3g)
- ☐ black pepper  
5 dash (1g)
- ☐ fresh basil  
3 leaves (2g)
- ☐ dijon mustard  
1 tsp (5g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1 tbsp (1mL)
- ☐ pasta sauce  
4 tbsp (65g)
- ☐ chunky canned soup (creamy varieties)  
1 can (~19 oz) (533g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1 1/4 can(s) (560g)
- ☐ lentils, raw  
1/2 cup (96g)
- ☐ peanut butter  
3 tbsp (48g)
- ☐ soy sauce  
1 tsp (5mL)
- ☐ firm tofu  
1/2 lbs (198g)
- ☐ roasted peanuts  
9 1/4 tbsp (85g)
- ☐ vegetarian burger crumbles  
3 1/2 cup (350g)

## Vegetables and Vegetable Products

- ☐ onion  
1/2 medium (2-1/2" dia) (63g)

## Snacks

- ☐ pretzels, hard, salted  
2 oz (57g)
- ☐ rice cakes, any flavor  
1 cakes (9g)

## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
12 2/3 cup(s) (3003mL)

## Dairy and Egg Products

- ☐ eggs  
7 large (350g)
- ☐ goat cheese  
1 oz (28g)
- ☐ butter  
1/4 tbsp (4g)
- ☐ nonfat greek yogurt, plain  
1 tbsp (18g)
- ☐ parmesan cheese  
1 tbsp (5g)

## Fruits and Fruit Juices

- ☐ avocados  
1 1/4 avocado(s) (251g)
- ☐ blueberries  
1 1/2 cup (222g)
- ☐ clementines  
2 fruit (148g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ peach  
2 medium (2-2/3" dia) (300g)

## Other

- ☐ sriracha chili sauce  
3/4 tbsp (11g)
- ☐ mixed greens  
4 1/2 cup (135g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ chickpea pasta  
1 oz (28g)
- ☐ nutritional yeast  
4 dash (1g)

- ☐ **tomatoes**  
2 medium whole (2-3/5" dia) (267g)
- ☐ **fresh parsley**  
3 sprigs (3g)
- ☐ **cucumber**  
1 1/2 cucumber (8-1/4") (414g)
- ☐ **frozen sugar snap peas**  
4 cup (576g)
- ☐ **garlic**  
2 clove(s) (6g)
- ☐ **raw celery**  
1/6 bunch (89g)
- ☐ **zucchini**  
1 large (323g)
- ☐ **frozen broccoli**  
2 cup (182g)
- ☐ **romaine lettuce**  
2 cup shredded (94g)
- ☐ **broccoli**  
1/2 cup chopped (46g)

## Fats and Oils

- ☐ **oil**  
3/4 tbsp (11mL)
- ☐ **mayonnaise**  
1 1/2 tbsp (23mL)
- ☐ **salad dressing**  
1/4 cup (68mL)
- ☐ **olive oil**  
1/2 oz (14mL)

## Baked Products

- ☐ **bread**  
4 slice (128g)

## Finfish and Shellfish Products

- ☐ **canned tuna**  
1 1/2 can (253g)
- ☐ **tilapia, raw**  
3 oz (84g)

## Cereal Grains and Pasta

- ☐ **all-purpose flour**  
1/8 cup(s) (10g)
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## 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.

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**

1/2 cup (74g)

For all 3 meals:

**blueberries**

1 1/2 cup (222g)

1. Rinse off blueberries and serve.

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

**bread**  
2 slice (64g)  
**eggs**  
2 large (100g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

**peanut butter**  
1 tbsp (16g)  
**rice cakes, any flavor**  
1/2 cakes (5g)

For all 2 meals:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

1. Spread peanut butter over top of rice cake.

## Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**

1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**

2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

## Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**

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

For all 2 meals:

**raw celery**

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

1. Slice celery into sticks and serve.

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## Lunch 1 [🔗](#)

Eat on day 1 and day 2

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### Roasted almonds

1/6 cup(s) - 166 cals ● 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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## Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

**balsamic vinegar**  
1/2 tbsp (8mL)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)  
**onion, thinly sliced**  
1/4 small (18g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**fresh parsley, chopped**  
1 1/2 sprigs (2g)

For all 2 meals:

**balsamic vinegar**  
1 tbsp (15mL)  
**apple cider vinegar**  
1 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 can(s) (448g)  
**onion, thinly sliced**  
1/2 small (35g)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**fresh parsley, chopped**  
3 sprigs (3g)

1. Add all ingredients to a bowl and toss.  
Serve!

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Tuna salad sandwich

1/2 sandwich(es) - 248 cal ● 19g protein ● 13g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**mayonnaise**  
3/4 tbsp (11mL)  
**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**canned tuna**  
2 1/2 oz (71g)  
**raw celery, chopped**  
1/4 stalk, small (5" long) (4g)

For all 2 meals:

**bread**  
2 slice (64g)  
**mayonnaise**  
1 1/2 tbsp (23mL)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**canned tuna**  
5 oz (142g)  
**raw celery, chopped**  
1/2 stalk, small (5" long) (9g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

### Roasted almonds

1/8 cup(s) - 111 cal ● 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 mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

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## Lunch 3 [🔗](#)

Eat on day 5

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### Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**olive oil**  
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

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### Almond crusted tilapia

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





Makes 3 oz

**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)

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.

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## Lunch 4 [🔗](#)

Eat on day 6 and day 7

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### Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:  
**vegetarian burger crumbles**  
1 3/4 cup (175g)

For all 2 meals:  
**vegetarian burger crumbles**  
3 1/2 cup (350g)

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

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### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:  
**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:  
**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

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## Snacks 1 [🔗](#)

Eat on day 1 and day 2

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### Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:  
**cucumber**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:  
**cucumber**  
1 cucumber (8-1/4") (301g)

1. Slice cucumber into rounds and serve.

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### Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:  
**pretzels, hard, salted**  
1 oz (28g)

For all 2 meals:  
**pretzels, hard, salted**  
2 oz (57g)

1. The recipe has no instructions.
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## Snacks 2 [🔗](#)

Eat on day 3 and day 4

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### 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.
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### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 2 meals:

**mixed nuts**  
4 tbsp (34g)

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

Eat on day 5, day 6, and day 7

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### Roasted almonds

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



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.
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### Tuna cucumber bites

58 cal ● 8g protein ● 2g fat ● 1g carbs ● 0g fiber



For single meal:

**canned tuna**  
1/2 packet (37g)  
**cucumber, sliced**  
1/8 cucumber (8-1/4") (38g)

For all 3 meals:

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

1. Slice the cucumber and top slices with tuna.
  2. Season to taste with salt and pepper.
  3. Serve.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

**frozen sugar snap peas**  
2/3 cup (96g)

For all 2 meals:

**frozen sugar snap peas**  
1 1/3 cup (192g)

1. Prepare according to instructions on package.

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**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.

### Spicy sriracha peanut tofu

171 cals ● 10g protein ● 12g fat ● 5g carbs ● 1g fiber



For single meal:

- sriracha chili sauce**  
3/8 tbsp (6g)
- peanut butter**  
1/2 tbsp (8g)
- soy sauce**  
1/2 tsp (3mL)
- water**  
1/8 cup(s) (20mL)
- oil**  
1/4 tbsp (4mL)
- firm tofu, patted dry & cubed**  
1/4 lbs (99g)
- garlic, minced**  
1/2 clove (2g)

For all 2 meals:

- sriracha chili sauce**  
3/4 tbsp (11g)
- peanut butter**  
1 tbsp (16g)
- soy sauce**  
1 tsp (5mL)
- water**  
1/6 cup(s) (39mL)
- oil**  
1/2 tbsp (8mL)
- firm tofu, patted dry & cubed**  
1/2 lbs (198g)
- garlic, minced**  
1 clove (3g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Roasted peanuts

1/6 cup(s) - 153 cal● 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.

### Goat cheese and marinara stuffed zucchini

1 zucchini halve(s) - 96 cal● 5g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**pasta sauce**  
2 tbsp (33g)  
**goat cheese**  
1/2 oz (14g)  
**zucchini**  
1/2 large (162g)

For all 2 meals:

**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.

### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

## Dinner 3 [↗](#)

Eat on day 5

### Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

### Chickpea & chickpea pasta

286 cal ● 13g protein ● 10g fat ● 25g carbs ● 10g fiber



**chickpea pasta**  
1 oz (28g)  
**oil**  
1/4 tbsp (4mL)  
**butter**  
1/4 tbsp (4g)  
**nutritional yeast**  
4 dash (1g)  
**onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, drained & rinsed**  
1/4 can(s) (112g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

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## Dinner 4 [↗](#)

Eat on day 6 and day 7

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### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. The recipe has no instructions.

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### Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber





For single meal:

**chunky canned soup (creamy varieties)**

1/2 can (~19 oz) (267g)

For all 2 meals:

**chunky canned soup (creamy varieties)**

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

## Broccoli caesar salad with hard boiled eggs

130 cal ● 10g protein ● 8g fat ● 3g carbs ● 2g fiber



For single meal:

**romaine lettuce**

1 cup shredded (47g)

**eggs**

1 large (50g)

**broccoli**

4 tbsp chopped (23g)

**nonfat greek yogurt, plain**

1/2 tbsp (9g)

**dijon mustard**

4 dash (3g)

**parmesan cheese**

1/2 tbsp (3g)

**roasted pumpkin seeds, unsalted**

1/2 tbsp (4g)

**lemon juice**

1/4 tbsp (4mL)

For all 2 meals:

**romaine lettuce**

2 cup shredded (94g)

**eggs**

2 large (100g)

**broccoli**

1/2 cup chopped (46g)

**nonfat greek yogurt, plain**

1 tbsp (18g)

**dijon mustard**

1 tsp (5g)

**parmesan cheese**

1 tbsp (5g)

**roasted pumpkin seeds, unsalted**

1 tbsp (7g)

**lemon juice**

1/2 tbsp (8mL)

1. Place the eggs in a small saucepan and cover with cold water.
  2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
  3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
  4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.
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# Protein Supplement(s)

Eat every day

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## 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.

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