

Meal Plan - 1600 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

1575 cals ● 122g protein (31%) ● 46g fat (26%) ● 141g carbs (36%) ● 29g fiber (7%)

Breakfast

240 cals, 21g protein, 14g net carbs, 11g fat



Chili and cheese omelet
108 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

280 cals, 17g protein, 29g net carbs, 8g fat



Quinoa & chia yogurt parfait
282 cals

Lunch

415 cals, 24g protein, 46g net carbs, 9g fat



Veggie burger patty
2 patty- 254 cals



Parmesan & pesto roasted potatoes
159 cals

Dinner

530 cals, 35g protein, 52g net carbs, 17g fat



Protein greek yogurt
1 container- 139 cals



Chickpea stuffed sweet potato
1/2 sweet potato(es)- 244 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 2

1615 cals ● 114g protein (28%) ● 67g fat (37%) ● 120g carbs (30%) ● 19g fiber (5%)

Breakfast

240 cals, 21g protein, 14g net carbs, 11g fat



Chili and cheese omelet
108 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

280 cals, 17g protein, 29g net carbs, 8g fat



Quinoa & chia yogurt parfait
282 cals

Lunch

455 cals, 16g protein, 25g net carbs, 31g fat



Taiwanese tofu lettuce cups
8 lettuce cups- 371 cals



White rice
3/8 cup rice, cooked- 82 cals

Dinner

530 cals, 35g protein, 52g net carbs, 17g fat



Protein greek yogurt
1 container- 139 cals



Chickpea stuffed sweet potato
1/2 sweet potato(es)- 244 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 3

1621 cals ● 126g protein (31%) ● 41g fat (23%) ● 157g carbs (39%) ● 31g fiber (8%)

Breakfast

240 cals, 21g protein, 14g net carbs, 11g fat



Chili and cheese omelet
108 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

195 cals, 7g protein, 26g net carbs, 6g fat



Applesauce
114 cals



String cheese
1 stick(s)- 83 cals

Lunch

515 cals, 35g protein, 54g net carbs, 14g fat



Banana
2 banana(s)- 233 cals



Shrimp salad with peanut dressing
284 cals

Dinner

560 cals, 39g protein, 61g net carbs, 10g fat



Tempeh & mushroom stir fry
443 cals



Easy chickpea salad
117 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 4

1573 cals ● 118g protein (30%) ● 40g fat (23%) ● 152g carbs (39%) ● 33g fiber (8%)

Breakfast

190 cals, 14g protein, 9g net carbs, 10g fat



Boiled eggs
2 egg(s)- 139 cals



Strawberries
1 cup(s)- 52 cals

Snacks

195 cals, 7g protein, 26g net carbs, 6g fat



Applesauce
114 cals



String cheese
1 stick(s)- 83 cals

Lunch

515 cals, 35g protein, 54g net carbs, 14g fat



Banana
2 banana(s)- 233 cals



Shrimp salad with peanut dressing
284 cals

Dinner

560 cals, 39g protein, 61g net carbs, 10g fat



Tempeh & mushroom stir fry
443 cals



Easy chickpea salad
117 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 5

1596 cals ● 107g protein (27%) ● 60g fat (34%) ● 126g carbs (32%) ● 31g fiber (8%)

Breakfast

190 cals, 14g protein, 9g net carbs, 10g fat



Boiled eggs
2 egg(s)- 139 cals



Strawberries
1 cup(s)- 52 cals

Lunch

560 cals, 25g protein, 59g net carbs, 18g fat



Zoodles marinara
338 cals



Milk
1 1/2 cup(s)- 224 cals

Snacks

240 cals, 8g protein, 35g net carbs, 6g fat



Breakfast cereal
241 cals

Dinner

495 cals, 37g protein, 22g net carbs, 25g fat



Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals



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



Lowfat Greek yogurt
1 container(s)- 155 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake
1 scoop- 109 cals

Day 6

1649 cals ● 126g protein (31%) ● 68g fat (37%) ● 105g carbs (26%) ● 28g fiber (7%)

Breakfast

300 cals, 12g protein, 19g net carbs, 18g fat



Toast with butter

1 slice(s)- 114 cals



Roasted almonds

1/8 cup(s)- 111 cals



Milk

1/2 cup(s)- 75 cals

Lunch

440 cals, 28g protein, 30g net carbs, 18g fat



Buffalo tempeh with tzatziki

314 cals



Mashed sweet potatoes with butter

125 cals

Snacks

240 cals, 8g protein, 35g net carbs, 6g fat



Breakfast cereal

241 cals

Dinner

560 cals, 55g protein, 20g net carbs, 25g fat



Avocado tuna salad

436 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Day 7

1649 cals ● 126g protein (31%) ● 68g fat (37%) ● 105g carbs (26%) ● 28g fiber (7%)

Breakfast

300 cals, 12g protein, 19g net carbs, 18g fat



Toast with butter

1 slice(s)- 114 cals



Roasted almonds

1/8 cup(s)- 111 cals



Milk

1/2 cup(s)- 75 cals

Lunch

440 cals, 28g protein, 30g net carbs, 18g fat



Buffalo tempeh with tzatziki

314 cals



Mashed sweet potatoes with butter

125 cals

Snacks

240 cals, 8g protein, 35g net carbs, 6g fat



Breakfast cereal

241 cals

Dinner

560 cals, 55g protein, 20g net carbs, 25g fat



Avocado tuna salad

436 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

Grocery List



Other

- veggie burger patty
2 patty (142g)
- cottage cheese & fruit cup
3 container (510g)
- protein greek yogurt, flavored
2 container (300g)
- balsamic glaze
1/2 tbsp (8mL)
- coleslaw mix
2 cup (180g)
- sesame oil
2 tsp (10mL)
- mixed greens
2 cup (60g)
- tzatziki
1/4 cup(s) (56g)

Soups, Sauces, and Gravies

- pesto sauce
1 tsp (6g)
- apple cider vinegar
2 tbsp (2mL)
- pasta sauce
1 1/2 cup (390g)
- Frank's Red Hot sauce
4 tbsp (60mL)

Spices and Herbs

- salt
2 g (2g)
- black pepper
1/2 g (1g)
- chili powder
1/4 tbsp (2g)
- ground coriander
1/4 tbsp (1g)
- crushed red pepper
1 dash (0g)
- ground ginger
1/4 tbsp (1g)
- garlic powder
1 tsp (3g)
- balsamic vinegar
1/2 tbsp (8mL)

Dairy and Egg Products

Nut and Seed Products

- chia seeds
4 tsp (19g)
- almonds
2 oz (60g)

Cereal Grains and Pasta

- quinoa, uncooked
4 tbsp (43g)
- long-grain white rice
2 tbsp (23g)
- brown rice
1/2 cup (95g)

Beverages

- protein powder
7 scoop (1/3 cup ea) (217g)
- water
7 1/2 cup(s) (1749mL)

Fats and Oils

- olive oil
1/2 tbsp (8mL)
- oil
3 tbsp (45mL)

Legumes and Legume Products

- chickpeas, canned
1 can(s) (448g)
- soy sauce
2 oz (50mL)
- firm tofu
5 oz (142g)
- peanut butter
2 tbsp (32g)
- tempeh
1 lbs (454g)

Fruits and Fruit Juices

- applesauce
4 to-go container (~4 oz) (488g)
- banana
4 medium (7" to 7-7/8" long) (472g)
- strawberries
2 cup, whole (288g)

- parmesan cheese**
3/4 tbsp (4g)
- lowfat flavored greek yogurt**
3 (5.3 oz ea) container(s) (450g)
- cheddar cheese**
1 1/2 tbsp, shredded (11g)
- eggs**
7 large (350g)
- whole milk**
6 1/2 cup(s) (1531mL)
- string cheese**
2 stick (56g)
- low fat cottage cheese (1% milkfat)**
1 cup (226g)
- butter**
4 tsp (18g)

Vegetables and Vegetable Products

- potatoes**
6 oz (170g)
- shallots**
1/2 clove(s) (28g)
- sweet potatoes**
2 sweetpotato, 5" long (420g)
- romaine lettuce**
8 leaf inner (48g)
- garlic**
1 clove(s) (3g)
- fresh ginger**
1 tbsp (6g)
- mushrooms**
2 cup, chopped (140g)
- bell pepper**
1 1/2 large (246g)
- onion**
7/8 small (61g)
- tomatoes**
1 1/3 medium whole (2-3/5" dia) (165g)
- fresh parsley**
1 1/2 sprigs (2g)
- zucchini**
3 medium (588g)

- avocados**
1 1/4 avocado(s) (251g)
- lime juice**
2 1/2 tsp (13mL)

Finfish and Shellfish Products

- shrimp, cooked**
1/2 lbs (227g)
- canned tuna**
2 1/2 can (430g)

Breakfast Cereals

- breakfast cereal**
3 3/4 serving (113g)

Sweets

- honey**
4 tsp (28g)

Baked Products

- bread**
2 slice (64g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Chili and cheese omelet

108 cals ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
1/2 tsp (3mL)
chili powder
2 dash (1g)
ground coriander
2 dash (0g)
cheddar cheese
1/2 tbsp, shredded (4g)
eggs, beaten
1 large (50g)

For all 3 meals:

olive oil
1/2 tbsp (8mL)
chili powder
1/4 tbsp (2g)
ground coriander
1/4 tbsp (1g)
cheddar cheese
1 1/2 tbsp, shredded (11g)
eggs, beaten
3 large (150g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Breakfast 2 ↗

Eat on day 4 and day 5

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.

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

strawberries
1 cup, whole (144g)

For all 2 meals:

strawberries
2 cup, whole (288g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

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

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.

Milk

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



For single meal:

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

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Lunch 1

Eat on day 1

Veggie burger patty

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



Makes 2 patty

veggie burger patty
2 patty (142g)

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

Parmesan & pesto roasted potatoes

159 cals ● 4g protein ● 3g fat ● 24g carbs ● 4g fiber



pesto sauce

1 tsp (6g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

parmesan cheese, grated

3/4 tbsp (4g)

potatoes, washed, cut into bite-sized pieces

6 oz (170g)

1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss potatoes and pesto together until potatoes are covered.
3. Spread over a baking sheet and season with salt and pepper.
4. Bake for 20 minutes and remove from oven.
5. Sprinkle the potatoes with the grated parmesan and place back in oven for an additional 10-15 minutes- or until potatoes are tender and crispy. Serve.

Lunch 2 ↗

Eat on day 2

Taiwanese tofu lettuce cups

8 lettuce cups - 371 cals ● 15g protein ● 31g fat ● 7g carbs ● 2g fiber



Makes 8 lettuce cups

almonds

1 tbsp, slivered (7g)

apple cider vinegar

1 1/2 tbsp (1mL)

soy sauce

2 tsp (10mL)

romaine lettuce

8 leaf inner (48g)

oil

1 1/2 tbsp (23mL)

garlic, minced

1 clove(s) (3g)

water

1/8 cup(s) (30mL)

firm tofu, patted dry & crumbled

5 oz (142g)

fresh ginger, peeled & minced

1 tbsp (6g)

1. Heat about 2/3 of the oil in a non-stick skillet over medium-high heat. Add the tofu, season with salt and pepper, and cook until browned in places, about 5-6 minutes. Transfer tofu to a plate and wipe the skillet clean.
2. Add the remaining oil to the same skillet over medium-high heat. Add the garlic, ginger, and almonds, and stir frequently until the garlic is fragrant and the almonds are toasted, about 1-2 minutes.
3. Stir in the apple cider vinegar, soy sauce, and water, and cook until the mixture slightly thickens, about 2-3 minutes.
4. Return the tofu to the skillet and toss to coat.
5. Spoon the tofu mixture into the lettuce cups and serve.

White rice

3/8 cup rice, cooked - 82 cals ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber

Makes 3/8 cup rice, cooked



water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 3

Eat on day 3 and day 4

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana
2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

banana
4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

Shrimp salad with peanut dressing

284 cals ● 32g protein ● 13g fat ● 7g carbs ● 3g fiber



For single meal:

coleslaw mix
1 cup (90g)
peanut butter
1 tbsp (16g)
shrimp, cooked, peeled
4 oz (114g)
soy sauce
1 tsp (5mL)
sesame oil
1 tsp (5mL)
crushed red pepper
1/2 dash (0g)
ground ginger
1 dash (0g)

For all 2 meals:

coleslaw mix
2 cup (180g)
peanut butter
2 tbsp (32g)
shrimp, cooked, peeled
1/2 lbs (227g)
soy sauce
2 tsp (10mL)
sesame oil
2 tsp (10mL)
crushed red pepper
1 dash (0g)
ground ginger
2 dash (0g)

1. Add the coleslaw and cooked shrimp to a bowl and toss to combine.
2. In a small bowl, mix the remaining ingredients with a pinch of salt. Gradually stir in a few small drizzles of water until the mixture reaches a sauce-like, pourable consistency.
3. Pour the sauce over the shrimp and coleslaw, then serve.

Lunch 4 ↗

Eat on day 5

Zoodles marinara

338 cals ● 13g protein ● 6g fat ● 42g carbs ● 15g fiber



pasta sauce
1 1/2 cup (390g)
zucchini
3 medium (588g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber

Makes 1 1/2 cup(s)



whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Lunch 5

Eat on day 6 and day 7

Buffalo tempeh with tzatziki

314 cals ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



For single meal:

Frank's Red Hot sauce
2 tbsp (30mL)
tzatziki
1/8 cup(s) (28g)
oil
1/2 tbsp (8mL)
tempeh, roughly chopped
4 oz (113g)

For all 2 meals:

Frank's Red Hot sauce
4 tbsp (60mL)
tzatziki
1/4 cup(s) (56g)
oil
1 tbsp (15mL)
tempeh, roughly chopped
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh 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 tzatziki.

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.

Snacks 1 ↗

Eat on day 1 and day 2

Quinoa & chia yogurt parfait

282 cals ● 17g protein ● 8g fat ● 29g carbs ● 6g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
chia seeds
2 tsp (9g)
quinoa, uncooked
2 tbsp (21g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
chia seeds
4 tsp (19g)
quinoa, uncooked
4 tbsp (43g)

1. Cook quinoa according to package- 2 tbsp uncooked should yield around 1/3 cup cooked. Let cool.
2. Mix together the quinoa and yogurt. Top with chia seeds.
3. Serve.
4. To make in bulk: cook quinoa all at once and store in an airtight container in the fridge. Mix with yogurt and chia seeds when serving.

Snacks 2 ↗

Eat on day 3 and day 4

Applesauce

114 cals ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce
2 to-go container (~4 oz) (244g)

For all 2 meals:

applesauce
4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

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 2 meals:

string cheese

2 stick (56g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Breakfast cereal

241 cals ● 8g protein ● 6g fat ● 35g carbs ● 3g fiber



For single meal:

whole milk

5/8 cup(s) (150mL)

breakfast cereal

1 1/4 serving (38g)

For all 3 meals:

whole milk

2 cup(s) (450mL)

breakfast cereal

3 3/4 serving (113g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Dinner 1 ↗

Eat on day 1 and day 2

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored

1 container (150g)

For all 2 meals:

protein greek yogurt, flavored

2 container (300g)

1. Enjoy.

Chickpea stuffed sweet potato

1/2 sweet potato(es) - 244 cals ● 8g protein ● 6g fat ● 32g carbs ● 9g fiber



For single meal:

oil
1/4 tbsp (4mL)
balsamic glaze
1/4 tbsp (4mL)
shallots, chopped
1/4 clove(s) (14g)
sweet potatoes, halved lengthwise
1/2 sweet potato, 5" long (105g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)

For all 2 meals:

oil
1/2 tbsp (8mL)
balsamic glaze
1/2 tbsp (8mL)
shallots, chopped
1/2 clove(s) (28g)
sweet potatoes, halved lengthwise
1 sweet potato, 5" long (210g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)

1. Preheat the oven to 425°F (220°C).
2. Rub a few drops of the oil on the sweet potato halves and season with salt and pepper. Place the sweet potato cut-side down on one half of a baking sheet. Roast in the oven for 20 minutes.
3. In a small bowl, mix the chickpeas and shallot with the remaining oil and season with some salt and pepper.
4. Remove the baking sheet from the oven and add the chickpea mixture to the other half of the pan. Roast for an additional 18-20 minutes, or until sweet potato is tender and the shallots are beginning to char.
5. Transfer the sweet potato to a plate and gently mash the flesh inside the skin. Make a divot in the mashed sweet potato and stuff it with the chickpea mixture.
6. Drizzle with balsamic glaze and 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.

Dinner 2 ↗

Eat on day 3 and day 4

Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



For single meal:

brown rice
4 tbsp (48g)
soy sauce
1 tbsp (15mL)
garlic powder
4 dash (2g)
ground ginger
2 dash (0g)
mushrooms, chopped
1 cup, chopped (70g)
tempeh, sliced
4 oz (113g)
bell pepper, sliced
1/2 large (82g)

For all 2 meals:

brown rice
1/2 cup (95g)
soy sauce
2 tbsp (30mL)
garlic powder
1 tsp (3g)
ground ginger
4 dash (1g)
mushrooms, chopped
2 cup, chopped (140g)
tempeh, sliced
1/2 lbs (227g)
bell pepper, sliced
1 large (164g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

balsamic vinegar
1/4 tbsp (4mL)
apple cider vinegar
1/4 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/4 can(s) (112g)
onion, thinly sliced
1/8 small (9g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
fresh parsley, chopped
3/4 sprigs (1g)

For all 2 meals:

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)

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

Dinner 3 ↗

Eat on day 5

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.

Roasted almonds

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



Makes 1/8 cup(s)

almonds
2 tbsp, whole (18g)

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.

Dinner 4 ↗

Eat on day 6 and day 7

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



For single meal:

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)

For all 2 meals:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
mixed greens
2 cup (60g)
canned tuna
2 can (344g)
tomatoes
1/2 cup, chopped (90g)
onion, minced
1/2 small (35g)

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.

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Protein Supplement(s) ↗

Eat every day

Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

protein powder
1 scoop (1/3 cup ea) (31g)
water
1 cup(s) (237mL)

For all 7 meals:

protein powder
7 scoop (1/3 cup ea) (217g)
water
7 cup(s) (1659mL)

1. The recipe has no instructions.