

Meal Plan - 1700 calorie pescetarian meal plan



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

Day 1

1685 cals ● 109g protein (26%) ● 89g fat (48%) ● 75g carbs (18%) ● 37g fiber (9%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Boiled eggs
1 egg(s)- 69 cals



Avocado
176 cals

Lunch

520 cals, 30g protein, 41g net carbs, 24g fat



Fruit juice
3/4 cup(s)- 86 cals



Salmon & coconut ginger broccoli
3 oz salmon- 316 cals



Lentils
116 cals

Snacks

210 cals, 4g protein, 14g net carbs, 15g fat



Popcorn
2 2/3 cups- 107 cals



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

Dinner

600 cals, 43g protein, 17g net carbs, 31g fat



Basic tempeh
6 oz- 443 cals



Garlic collard greens
159 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Day 2

1670 cals ● 113g protein (27%) ● 89g fat (48%) ● 65g carbs (16%) ● 40g fiber (10%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Boiled eggs

1 egg(s)- 69 cals



Avocado

176 cals

Lunch

505 cals, 34g protein, 31g net carbs, 23g fat



Vegan sausage

1 sausage(s)- 268 cals



Sweet potato wedges

130 cals



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals

Snacks

210 cals, 4g protein, 14g net carbs, 15g fat



Popcorn

2 2/3 cups- 107 cals



Roasted cashews

1/8 cup(s)- 104 cals

Dinner

600 cals, 43g protein, 17g net carbs, 31g fat



Basic tempeh

6 oz- 443 cals



Garlic collard greens

159 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Day 3

1651 cals ● 115g protein (28%) ● 63g fat (34%) ● 130g carbs (31%) ● 27g fiber (7%)

Breakfast

320 cals, 20g protein, 18g net carbs, 16g fat



Eggs with tomato and avocado
163 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Lunch

505 cals, 34g protein, 31g net carbs, 23g fat



Vegan sausage
1 sausage(s)- 268 cals



Sweet potato wedges
130 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals

Snacks

245 cals, 5g protein, 35g net carbs, 7g fat



Dates
1/4 cup- 154 cals



Sunflower seeds
90 cals

Dinner

475 cals, 32g protein, 44g net carbs, 16g fat



Protein greek yogurt
1 container- 139 cals



Curried lentils
241 cals



Beets
4 beets- 96 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Day 4

1660 cals ● 110g protein (27%) ● 56g fat (30%) ● 153g carbs (37%) ● 26g fiber (6%)

Breakfast

320 cals, 20g protein, 18g net carbs, 16g fat



[Eggs with tomato and avocado](#)
163 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals

Snacks

245 cals, 5g protein, 35g net carbs, 7g fat



[Dates](#)
1/4 cup- 154 cals



[Sunflower seeds](#)
90 cals

Lunch

510 cals, 29g protein, 55g net carbs, 16g fat



[Crispy chick'n tenders](#)
6 2/3 tender(s)- 381 cals



[Grapes](#)
131 cals

Dinner

475 cals, 32g protein, 44g net carbs, 16g fat



[Protein greek yogurt](#)
1 container- 139 cals



[Curried lentils](#)
241 cals



[Beets](#)
4 beets- 96 cals

Protein Supplement(s)

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



[Protein shake](#)
1 scoop- 109 cals

Day 5

1657 cals ● 107g protein (26%) ● 69g fat (38%) ● 124g carbs (30%) ● 27g fiber (7%)

Breakfast

320 cals, 20g protein, 18g net carbs, 16g fat



Eggs with tomato and avocado
163 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Lunch

485 cals, 33g protein, 28g net carbs, 23g fat



Lentils
174 cals



Pan fried tilapia
3 oz- 112 cals



Buttered broccoli
1 1/2 cup(s)- 200 cals

Snacks

245 cals, 9g protein, 24g net carbs, 11g fat



Skillet cauliflower tots
160 cals



Fruit juice
3/4 cup(s)- 86 cals

Dinner

500 cals, 21g protein, 52g net carbs, 19g fat



White bean ratatouille
206 cals



White rice
1/2 cup rice, cooked- 109 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Day 6

1686 cals ● 118g protein (28%) ● 55g fat (29%) ● 138g carbs (33%) ● 43g fiber (10%)

Breakfast

300 cals, 14g protein, 22g net carbs, 15g fat



Raspberries
1/2 cup(s)- 36 cals



Small egg and cheese sandwich on a bagel
1/2 sandwich(es)- 265 cals

Lunch

540 cals, 26g protein, 61g net carbs, 15g fat



Lentil Soup
542 cals

Snacks

245 cals, 9g protein, 24g net carbs, 11g fat



Skillet cauliflower tots
160 cals



Fruit juice
3/4 cup(s)- 86 cals

Dinner

490 cals, 45g protein, 30g net carbs, 12g fat



Easy chickpea salad
234 cals



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

Protein Supplement(s)

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



Protein shake
1 scoop- 109 cals

Day 7

1686 cals ● 118g protein (28%) ● 55g fat (29%) ● 138g carbs (33%) ● 43g fiber (10%)

Breakfast

300 cals, 14g protein, 22g net carbs, 15g fat



Raspberries

1/2 cup(s)- 36 cals



Small egg and cheese sandwich on a bagel

1/2 sandwich(es)- 265 cals

Snacks

245 cals, 9g protein, 24g net carbs, 11g fat



Skillet cauliflower tots

160 cals



Fruit juice

3/4 cup(s)- 86 cals

Protein Supplement(s)

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



Protein shake

1 scoop- 109 cals

Lunch

540 cals, 26g protein, 61g net carbs, 15g fat



Lentil Soup

542 cals

Dinner

490 cals, 45g protein, 30g net carbs, 12g fat



Easy chickpea salad

234 cals



Vegan crumbles

1 3/4 cup(s)- 256 cals

Grocery List



Fruits and Fruit Juices

- fruit juice
24 fl oz (720mL)
- avocados
1 3/4 avocado(s) (352g)
- lemon juice
1 tsp (5mL)
- pitted dates
1/2 cup (100g)
- grapes
2 1/4 cup (207g)
- raspberries
1 cup (123g)

Finfish and Shellfish Products

- salmon
3 oz (85g)
- tilapia, raw
3 oz (84g)

Nut and Seed Products

- coconut milk, canned
3/8 can (176mL)
- roasted cashews
4 tbsp (34g)
- sunflower kernels
1 oz (28g)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)

Vegetables and Vegetable Products

- broccoli
1/2 stalk (76g)
- fresh ginger
1/4 slices (1" dia) (1g)
- collard greens
1 lbs (454g)
- garlic
6 1/2 clove(s) (20g)
- sweet potatoes
1 sweetpotato, 5" long (210g)
- frozen broccoli
4 1/2 cup (410g)
- tomatoes
2 medium whole (2-3/5" dia) (267g)
- beets, precooked (canned or refrigerated)
8 beet(s) (400g)

Beverages

- water
13 3/4 cup(s) (3254mL)
- protein powder
7 scoop (1/3 cup ea) (217g)

Spices and Herbs

- salt
11 1/2 g (11g)
- black pepper
2 g (2g)
- fresh basil
3 leaves (2g)
- balsamic vinegar
1 tbsp (15mL)
- oregano, dried
4 dash, leaves (1g)
- basil, dried
4 dash, leaves (0g)

Legumes and Legume Products

- lentils, raw
1 3/4 cup (336g)
- tempeh
3/4 lbs (340g)
- white beans, canned
1/4 can(s) (110g)
- chickpeas, canned
1 can(s) (448g)
- vegetarian burger crumbles
3 1/2 cup (350g)

Other

- Popcorn, microwave, salted
5 1/3 cup popped (59g)
- vegan sausage
2 sausage (200g)
- protein greek yogurt, flavored
2 container (300g)
- curry paste
2 tsp (10g)
- meatless chik'n tenders
6 2/3 pieces (170g)
- italian seasoning
1/4 tbsp (3g)

Dairy and Egg Products

- ketchup**
5 tsp (28g)
- cauliflower**
2 1/4 cup(s), riced (288g)
- tomato paste**
1/4 tbsp (4g)
- mini sweet peppers**
1 pepper(s) (20g)
- leeks**
1/4 leek (22g)
- zucchini**
1/4 medium (49g)
- onion**
5/6 medium (2-1/2" dia) (90g)
- fresh parsley**
3 sprigs (3g)
- canned crushed tomatoes**
1/2 can (203g)
- raw celery**
1 stalk, medium (7-1/2" - 8" long) (40g)
- carrots**
1 medium (61g)
- fresh spinach**
1/4 cup(s) (8g)

- eggs**
11 medium (476g)
- lowfat flavored greek yogurt**
3 (5.3 oz ea) container(s) (450g)
- butter**
1 1/2 tbsp (21g)
- sliced cheese**
1 slice (1 oz ea) (28g)

Fats and Oils

- oil**
3 oz (85mL)
- olive oil**
1 1/2 oz (49mL)
- mayonnaise**
1/2 tbsp (8mL)

Soups, Sauces, and Gravies

- hot sauce**
1 tbsp (17mL)
- apple cider vinegar**
1 tbsp (1mL)

Cereal Grains and Pasta

- long-grain white rice**
2 3/4 tbsp (31g)

Baked Products

- bagel**
1 small bagel (3" dia) (69g)

Breakfast 1 ↗

Eat on day 1 and day 2

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2 ☕

Eat on day 3, day 4, and day 5

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.

Lowfat Greek yogurt

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



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

Breakfast 3

Eat on day 6 and day 7

Raspberries

1/2 cup(s) - 36 cals  1g protein  0g fat  3g carbs  4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Small egg and cheese sandwich on a bagel

1/2 sandwich(es) - 265 cals  13g protein  15g fat  18g carbs  1g fiber



For single meal:

bagel
1/2 small bagel (3" dia) (35g)
eggs
1 large (50g)
sliced cheese
1/2 slice (1 oz ea) (14g)
mayonnaise
1/4 tbsp (4mL)
oil
1/2 tsp (3mL)

For all 2 meals:

bagel
1 small bagel (3" dia) (69g)
eggs
2 large (100g)
sliced cheese
1 slice (1 oz ea) (28g)
mayonnaise
1/2 tbsp (8mL)
oil
1 tsp (5mL)

1. Heat a small frying pan to medium-low heat.
2. Add the oil and crack the eggs onto the oiled pan.
3. Cook the eggs until the yolks reach desired doneness.
4. Toast the bagel if desired.
5. Place the eggs on one half of the bagel and place the cheese on top of the eggs.
6. Spread the mayonnaise on the other half of the bagel and place on top of the eggs and cheese.

Lunch 1 ↗

Eat on day 1

Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber

Makes 3/4 cup(s)



fruit juice
6 fl oz (180mL)

1. The recipe has no instructions.

Salmon & coconut ginger broccoli

3 oz salmon - 316 cals ● 21g protein ● 23g fat ● 5g carbs ● 2g fiber



Makes 3 oz salmon

salmon
3 oz (85g)
coconut milk, canned
1/8 can (56mL)
broccoli, cut into florets
1/2 stalk (76g)
fresh ginger, peeled and thinly sliced
1/4 slices (1" dia) (1g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



water
2/3 cup(s) (158mL)
salt
1/3 dash (0g)
lentils, raw, rinsed
2 2/3 tbsp (32g)

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.

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.

Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

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)

For all 2 meals:

oil
3/4 tbsp (11mL)
salt
4 dash (3g)
black pepper
2 dash, ground (1g)
sweet potatoes, cut into wedges
1 sweetpotato, 5" long (210g)

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.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

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

Lunch 3 ↗

Eat on day 4

Crispy chik'n tenders

6 2/3 tender(s) - 381 cals ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



Makes 6 2/3 tender(s)

meatless chik'n tenders
6 2/3 pieces (170g)
ketchup
5 tsp (28g)

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

Grapes

131 cals ● 2g protein ● 1g fat ● 21g carbs ● 8g fiber



grapes
2 1/4 cup (207g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 5

Lentils

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



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

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.

Pan fried tilapia

3 oz - 112 cals ● 17g protein ● 5g fat ● 0g carbs ● 0g fiber



Makes 3 oz
olive oil
1/4 tbsp (4mL)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
tilapia, raw
3 oz (84g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
black pepper
3/4 dash (0g)
butter
1 1/2 tbsp (21g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Lunch 5 ↗

Eat on day 6 and day 7

Lentil Soup

542 cals ● 26g protein ● 15g fat ● 61g carbs ● 14g fiber



For single meal:

oregano, dried
2 dash, leaves (0g)
lentils, raw
1/2 cup (96g)
water
2 cup(s) (474mL)
black pepper
1 dash, ground (0g)
basil, dried
2 dash, leaves (0g)
canned crushed tomatoes
1/4 can (101g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
raw celery, chopped
1/2 stalk, medium (7-1/2" - 8" long)
(20g)
garlic, minced
1/2 clove(s) (2g)
carrots, diced
1/2 medium (31g)
fresh spinach, thinly sliced
1/8 cup(s) (4g)

For all 2 meals:

oregano, dried
4 dash, leaves (1g)
lentils, raw
1 cup (192g)
water
4 cup(s) (948mL)
black pepper
2 dash, ground (1g)
basil, dried
4 dash, leaves (0g)
canned crushed tomatoes
1/2 can (203g)
salt
4 dash (3g)
olive oil
2 tbsp (30mL)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long)
(40g)
garlic, minced
1 clove(s) (3g)
carrots, diced
1 medium (61g)
fresh spinach, thinly sliced
1/4 cup(s) (8g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Snacks 1 ↗

Eat on day 1 and day 2

Popcorn

2 2/3 cups - 107 cals ● 1g protein ● 7g fat ● 9g carbs ● 2g fiber



For single meal:

Popcorn, microwave, salted
2 2/3 cup popped (29g)

For all 2 meals:

Popcorn, microwave, salted
5 1/3 cup popped (59g)

1. Follow instructions on package.

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 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Dates

1/4 cup - 154 cals ● 1g protein ● 0g fat ● 34g carbs ● 3g fiber



For single meal:

pitted dates
4 tbsp (50g)

For all 2 meals:

pitted dates
1/2 cup (100g)

1. Enjoy.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. The recipe has no
instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Skillet cauliflower tots

160 cals ● 8g protein ● 11g fat ● 5g carbs ● 2g fiber



For single meal:

cauliflower
3/4 cup(s), riced (96g)
eggs
3/4 extra large (42g)
oil
1/2 tbsp (8mL)
hot sauce
1 tsp (6mL)
garlic, diced
1/4 tbsp (2g)

For all 3 meals:

cauliflower
2 1/4 cup(s), riced (288g)
eggs
2 1/4 extra large (126g)
oil
1 1/2 tbsp (23mL)
hot sauce
1 tbsp (17mL)
garlic, diced
3/4 tbsp (6g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

fruit juice
6 fl oz (180mL)

For all 3 meals:

fruit juice
18 fl oz (540mL)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1 and day 2

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

tempeh
6 oz (170g)
oil
1 tbsp (15mL)

For all 2 meals:

tempeh
3/4 lbs (340g)
oil
2 tbsp (30mL)

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.

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



For single meal:

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

For all 2 meals:

collard greens
1 lbs (454g)
oil
1 tbsp (15mL)
salt
2 dash (2g)
garlic, minced
3 clove(s) (9g)

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.

Dinner 2 ↗

Eat on day 3 and day 4

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.

Curried lentils

241 cals ● 9g protein ● 12g fat ● 20g carbs ● 3g fiber



For single meal:

lentils, raw
2 2/3 tbsp (32g)
water
1/3 cup(s) (79mL)
salt
1/3 dash (0g)
coconut milk, canned
4 tbsp (60mL)
curry paste
1 tsp (5g)

For all 2 meals:

lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Beets

4 beets - 96 cals ● 3g protein ● 0g fat ● 16g carbs ● 4g fiber



For single meal:

beets, precooked (canned or refrigerated)
4 beet(s) (200g)

For all 2 meals:

beets, precooked (canned or refrigerated)
8 beet(s) (400g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Dinner 3 ↗

Eat on day 5

White bean ratatouille

206 cals ● 10g protein ● 4g fat ● 25g carbs ● 7g fiber



tomatoes
4 tbsp cherry tomatoes (37g)
tomato paste
1/4 tbsp (4g)
italian seasoning
1/4 tbsp (3g)
oil
1/4 tbsp (4mL)
water
1/8 cup(s) (15mL)
white beans, canned, drained & rinsed
1/4 can(s) (110g)
mini sweet peppers, thinly sliced
1 pepper(s) (20g)
garlic, minced
1/2 clove(s) (2g)
leeks, sliced
1/4 leek (22g)
zucchini, cut into half-moons
1/4 medium (49g)

1. Heat oil in a skillet over medium heat. Add leeks, season with salt and pepper, and cook for 2-3 minutes until softened.
2. Add the sliced zucchini, mini sweet peppers, cherry tomatoes, tomato paste, garlic, and water. Stir to combine, then cover and cook for 10-12 minutes until the vegetables are soft and the tomatoes have burst.
3. Stir in the white beans and Italian seasoning. Cook for another 2-3 minutes until warmed through.
4. Season with additional salt and pepper to taste. Serve.

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



Makes 1/2 cup rice, cooked

water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

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.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. The recipe has no
instructions.

Dinner 4 ↗

Eat on day 6 and day 7

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!

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.

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.