

# Meal Plan - 2200 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

2223 cals ● 161g protein (29%) ● 104g fat (42%) ● 123g carbs (22%) ● 38g fiber (7%)

### Breakfast

410 cals, 27g protein, 16g net carbs, 23g fat



**Avocado toast**

1 slice(s)- 168 cals



**Vegan breakfast sausage patties**

1 patties- 83 cals



**Basic fried eggs**

2 egg(s)- 159 cals

### Snacks

305 cals, 13g protein, 9g net carbs, 23g fat



**Rice cakes with peanut butter**

1/2 cake(s)- 120 cals



**Pumpkin seeds**

183 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

595 cals, 20g protein, 55g net carbs, 26g fat



**Chunky canned soup (creamy)**

1 1/2 can(s)- 530 cals



**Strawberries**

1 1/4 cup(s)- 65 cals

### Dinner

750 cals, 65g protein, 42g net carbs, 31g fat



**Olive oil drizzled lima beans**

215 cals



**Vegan sausage**

2 sausage(s)- 536 cals

## Day 2

2184 cals ● 164g protein (30%) ● 103g fat (43%) ● 109g carbs (20%) ● 42g fiber (8%)

### Breakfast

410 cals, 27g protein, 16g net carbs, 23g fat



**Avocado toast**  
1 slice(s)- 168 cals



**Vegan breakfast sausage patties**  
1 patties- 83 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

### Snacks

305 cals, 13g protein, 9g net carbs, 23g fat



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



**Pumpkin seeds**  
183 cals

### Protein Supplement(s)

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



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

### Lunch

645 cals, 50g protein, 21g net carbs, 32g fat



**Basic tempeh**  
8 oz- 590 cals



**Buttered lima beans**  
55 cals

### Dinner

665 cals, 38g protein, 61g net carbs, 24g fat



**Peanut tempeh**  
4 oz tempeh- 434 cals



**Brown rice**  
1 cup brown rice, cooked- 229 cals

## Day 3

2217 cals ● 166g protein (30%) ● 96g fat (39%) ● 146g carbs (26%) ● 27g fiber (5%)

### Breakfast

410 cals, 27g protein, 16g net carbs, 23g fat



**Avocado toast**

1 slice(s)- 168 cals



**Vegan breakfast sausage patties**

1 patties- 83 cals



**Basic fried eggs**

2 egg(s)- 159 cals

### Snacks

220 cals, 7g protein, 5g net carbs, 18g fat



**Mixed nuts**

1/4 cup(s)- 218 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

710 cals, 37g protein, 91g net carbs, 19g fat



**Protein greek yogurt**

1 container- 139 cals



**Peanut butter and jelly sandwich**

1 1/2 sandwich(es)- 573 cals

### Dinner

715 cals, 59g protein, 33g net carbs, 35g fat



**Avocado tuna salad stuffed pepper**

1 half pepper(s)- 228 cals



**Sunflower seeds**

226 cals



**Cottage cheese & fruit cup**

2 container- 261 cals

## Day 4

2191 cals ● 182g protein (33%) ● 76g fat (31%) ● 164g carbs (30%) ● 31g fiber (6%)

### Breakfast

385 cals, 43g protein, 34g net carbs, 3g fat



Overnight mixed berry protein oats w/ water  
384 cals

### Lunch

710 cals, 37g protein, 91g net carbs, 19g fat



Protein greek yogurt  
1 container- 139 cals



Peanut butter and jelly sandwich  
1 1/2 sandwich(es)- 573 cals

### Snacks

220 cals, 7g protein, 5g net carbs, 18g fat



Mixed nuts  
1/4 cup(s)- 218 cals

### Dinner

715 cals, 59g protein, 33g net carbs, 35g fat



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



Sunflower seeds  
226 cals



Cottage cheese & fruit cup  
2 container- 261 cals

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

## Day 5

2121 cals ● 151g protein (28%) ● 95g fat (40%) ● 140g carbs (26%) ● 27g fiber (5%)

### Breakfast

385 cals, 43g protein, 34g net carbs, 3g fat



Overnight mixed berry protein oats w/ water  
384 cals

### Lunch

665 cals, 25g protein, 69g net carbs, 28g fat



Green mac and cheese  
429 cals



Simple mixed greens salad  
237 cals

### Snacks

220 cals, 7g protein, 5g net carbs, 18g fat



Mixed nuts  
1/4 cup(s)- 218 cals

### Dinner

690 cals, 39g protein, 32g net carbs, 44g fat



Lemon pepper tofu  
17 1/2 oz- 630 cals



Cooked peppers  
1/2 bell pepper(s)- 60 cals

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

## Day 6

2173 cals ● 153g protein (28%) ● 87g fat (36%) ● 157g carbs (29%) ● 39g fiber (7%)

### Breakfast

380 cals, 19g protein, 48g net carbs, 8g fat



**Lowfat Greek yogurt**

1 container(s)- 155 cals



**Egg & cheese mini muffin**

1 mini muffin(s)- 56 cals



**Orange**

2 orange(s)- 170 cals

### Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



**Green protein shake**

261 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

680 cals, 31g protein, 47g net carbs, 32g fat



**Grapes**

116 cals



**Avocado egg salad sandwich**

1 sandwich(es)- 562 cals

### Dinner

690 cals, 39g protein, 32g net carbs, 44g fat



**Lemon pepper tofu**

17 1/2 oz- 630 cals



**Cooked peppers**

1/2 bell pepper(s)- 60 cals

## Day 7

2155 cals ● 145g protein (27%) ● 84g fat (35%) ● 150g carbs (28%) ● 53g fiber (10%)

### Breakfast

380 cals, 19g protein, 48g net carbs, 8g fat



**Lowfat Greek yogurt**

1 container(s)- 155 cals



**Egg & cheese mini muffin**

1 mini muffin(s)- 56 cals



**Orange**

2 orange(s)- 170 cals

### Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



**Green protein shake**

261 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

680 cals, 31g protein, 47g net carbs, 32g fat



**Grapes**

116 cals



**Avocado egg salad sandwich**

1 sandwich(es)- 562 cals

### Dinner

670 cals, 31g protein, 25g net carbs, 42g fat



**Seitan salad**

359 cals



**Tomato and avocado salad**

313 cals

## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
14 cup (3341mL)
- ☐ protein powder, vanilla  
5 scoop (1/3 cup ea) (155g)

## Baked Products

- ☐ bread  
13 slice (416g)

## Fruits and Fruit Juices

- ☐ avocados  
3 avocado(s) (636g)
- ☐ strawberries  
1 1/4 cup, whole (180g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ lime juice  
5/6 fl oz (25mL)
- ☐ lemon  
2 1/2 small (145g)
- ☐ orange  
6 orange (924g)
- ☐ banana  
1 medium (7" to 7-7/8" long) (118g)
- ☐ grapes  
4 cup (368g)

## Other

- ☐ vegan breakfast sausage patties  
3 patties (114g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ nutritional yeast  
3 g (3g)
- ☐ cottage cheese & fruit cup  
4 container (680g)
- ☐ protein greek yogurt, flavored  
2 container (300g)
- ☐ frozen mixed berries  
1 1/2 cup (204g)
- ☐ mixed greens  
5 1/4 cup (158g)

## Dairy and Egg Products

## Vegetables and Vegetable Products

- ☐ lima beans, frozen  
5/8 package (10 oz) (178g)
- ☐ bell pepper  
2 large (328g)
- ☐ onion  
1/3 medium (2-1/2" dia) (37g)
- ☐ frozen peas  
3 tbsp (27g)
- ☐ broccoli  
13 tbsp chopped (73g)
- ☐ fresh spinach  
4 1/2 cup(s) (138g)
- ☐ tomatoes  
2 1/2 medium whole (2-3/5" dia) (296g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)  
1 1/2 can (~19 oz) (800g)

## Legumes and Legume Products

- ☐ peanut butter  
4 oz (112g)
- ☐ tempeh  
3/4 lbs (340g)
- ☐ soy sauce  
1 tsp (5mL)
- ☐ firm tofu  
35 oz (992g)

## Snacks

- ☐ rice cakes, any flavor  
1 cakes (9g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ sunflower kernels  
2 1/2 oz (71g)
- ☐ mixed nuts  
3/4 cup (101g)

## Cereal Grains and Pasta

- ☐ brown rice  
1/3 cup (63g)

- ☐ **eggs**  
13 large (650g)
- ☐ **butter**  
1/8 stick (5g)
- ☐ **mozzarella cheese, shredded**  
5 tbsp (26g)
- ☐ **whole milk**  
3/8 cup(s) (96mL)
- ☐ **lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)
- ☐ **cheddar cheese**  
1 1/2 tbsp, shredded (11g)

### **Fats and Oils**

- ☐ **oil**  
2 1/2 oz (78mL)
- ☐ **olive oil**  
2 1/2 tsp (12mL)
- ☐ **salad dressing**  
6 1/4 tbsp (94mL)

### **Spices and Herbs**

- ☐ **black pepper**  
1/8 oz (2g)
- ☐ **salt**  
1/6 oz (6g)
- ☐ **lemon pepper**  
1 1/4 tsp (3g)
- ☐ **nutmeg**  
2/3 dash (0g)
- ☐ **garlic powder**  
1/2 tbsp (4g)

- ☐ **cornstarch**  
5 tbsp (40g)
- ☐ **all-purpose flour**  
5 dash (2g)
- ☐ **uncooked dry pasta**  
2 oz (57g)
- ☐ **seitan**  
3 oz (85g)

### **Finfish and Shellfish Products**

- ☐ **canned tuna**  
1 can (172g)

### **Sweets**

- ☐ **jelly**  
6 tbsp (126g)

### **Breakfast Cereals**

- ☐ **oatmeal, old-fashioned oats, rolled oats**  
1 cup(s) (81g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Avocado toast

1 slice(s) - 168 cal ● 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.

### Vegan breakfast sausage patties

1 patties - 83 cal ● 9g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

**vegan breakfast sausage patties**  
1 patties (38g)

For all 3 meals:

**vegan breakfast sausage patties**  
3 patties (114g)

1. Cook patties according to package instructions. Serve.

### Basic fried eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber





For single meal:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)

For all 3 meals:

**eggs**  
6 large (300g)  
**oil**  
1/2 tbsp (8mL)

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.

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## Breakfast 2 [↗](#)

Eat on day 4 and day 5

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### Overnight mixed berry protein oats w/ water

384 cals ● 43g protein ● 3g fat ● 34g carbs ● 12g fiber



For single meal:

**frozen mixed berries**  
3/4 cup (102g)  
**oatmeal, old-fashioned oats, rolled oats**  
1/2 cup(s) (40g)  
**protein powder, vanilla**  
1 1/2 scoop (1/3 cup ea) (47g)  
**water**  
1 cup(s) (267mL)

For all 2 meals:

**frozen mixed berries**  
1 1/2 cup (204g)  
**oatmeal, old-fashioned oats, rolled oats**  
1 cup(s) (81g)  
**protein powder, vanilla**  
3 scoop (1/3 cup ea) (93g)  
**water**  
2 1/4 cup(s) (533mL)

1. Mix all ingredients in an airtight container.
  2. Let chill overnight in the fridge or for at least 4 hours.  
Serve.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### 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 2 meals:

#### lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

### Egg & cheese mini muffin

1 mini muffin(s) - 56 cals ● 4g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

#### eggs

1/2 large (25g)

#### water

1/2 tsp (3mL)

#### cheddar cheese

3/4 tbsp, shredded (5g)

For all 2 meals:

#### eggs

1 large (50g)

#### water

1 tsp (5mL)

#### cheddar cheese

1 1/2 tbsp, shredded (11g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

**orange**

2 orange (308g)

For all 2 meals:

**orange**

4 orange (616g)

1. The recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1

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### Chunky canned soup (creamy)

1 1/2 can(s) - 530 cals ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



Makes 1 1/2 can(s)

**chunky canned soup (creamy varieties)**

1 1/2 can (~19 oz) (800g)

1. Prepare according to instructions on package.

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## Strawberries

1 1/4 cup(s) - 65 cals ● 1g protein ● 1g fat ● 10g carbs ● 4g fiber



Makes 1 1/4 cup(s)

**strawberries**

1 1/4 cup, whole (180g)

1. The recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 2

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

#### tempeh

1/2 lbs (227g)

#### oil

4 tsp (20mL)

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.

### Buttered lima beans

55 cals ● 2g protein ● 2g fat ● 5g carbs ● 2g fiber



#### salt

1/2 dash (0g)

#### lima beans, frozen

1/8 package (10 oz) (36g)

#### butter

4 dash (2g)

#### black pepper

1/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

## Lunch 3 [↗](#)

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.

### Peanut butter and jelly sandwich

1 1/2 sandwich(es) - 573 cals ● 17g protein ● 16g fat ● 83g carbs ● 8g fiber



For single meal:

**peanut butter**  
1 1/2 tbsp (24g)  
**bread**  
3 slice (96g)  
**jelly**  
3 tbsp (63g)

For all 2 meals:

**peanut butter**  
3 tbsp (48g)  
**bread**  
6 slice (192g)  
**jelly**  
6 tbsp (126g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

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## Lunch 4 [🔗](#)

Eat on day 5

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### Green mac and cheese

429 cals ● 21g protein ● 12g fat ● 54g carbs ● 5g fiber





**nutmeg**  
2/3 dash (0g)  
**all-purpose flour**  
5 dash (2g)  
**butter**  
5 dash (3g)  
**mozzarella cheese, shredded**  
5 tbsp (26g)  
**frozen peas**  
3 tbsp (27g)  
**whole milk**  
3/8 cup(s) (96mL)  
**broccoli**  
13 tbsp chopped (73g)  
**uncooked dry pasta**  
2 oz (57g)  
**fresh spinach, chopped**  
5/8 cup(s) (18g)

1. Cook pasta according to package instructions. About 5 minutes before pasta is done, add just half of the chopped broccoli to the pot. Once done, drain the pasta and broccoli and transfer to a casserole dish. Set aside.
2. Make sauce by melting butter over medium heat. Add flour and whisk until it creates a paste. Whisk in small amounts of milk at a time until all of the milk has been incorporated.
3. Bring the sauce to a boil. Stirring frequently, mix in the chopped spinach, peas, remaining broccoli, and some salt and pepper. Simmer, uncovered, on low for 5-10 minutes. While simmering, preheat oven to 400°F (200°C).
4. Turn off heat and stir cheese and nutmeg into the sauce. Season with salt and pepper to taste.
5. Optional: Transfer all or part of the sauce to a blender and blend until smooth.
6. Pour sauce over pasta. Bake 20-25 minutes until golden. Serve.

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### Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



**mixed greens**  
5 1/4 cup (158g)  
**salad dressing**  
1/3 cup (79mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Grapes

116 cals ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

**grapes**  
2 cup (184g)

For all 2 meals:

**grapes**  
4 cup (368g)

1. The recipe has no instructions.

### Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



For single meal:

**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
2 slice (64g)  
**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

For all 2 meals:

**garlic powder**  
1 tsp (3g)  
**avocados**  
1 avocado(s) (201g)  
**bread**  
4 slice (128g)  
**tomatoes, halved**  
3/4 cup cherry tomatoes (112g)  
**eggs, hard-boiled and chilled**  
6 large (300g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

### 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.

### Pumpkin seeds

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



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.



## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Mixed nuts

1/4 cup(s) - 218 cal ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

**mixed nuts**  
3/4 cup (101g)

1. The recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6 and day 7

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### Green protein shake

261 cal ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

**water**  
1/4 cup(s) (59mL)  
**fresh spinach**  
1 cup(s) (30g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen**  
1/2 medium (7" to 7-7/8" long) (59g)  
**orange, peeled, sliced, and deseeded**  
1 orange (154g)

For all 2 meals:

**water**  
1/2 cup(s) (119mL)  
**fresh spinach**  
2 cup(s) (60g)  
**protein powder, vanilla**  
2 scoop (1/3 cup ea) (62g)  
**banana, frozen**  
1 medium (7" to 7-7/8" long) (118g)  
**orange, peeled, sliced, and deseeded**  
2 orange (308g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
  2. Blend thoroughly. Add more water, if needed.
  3. Serve promptly.
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## Dinner 1 [↗](#)

Eat on day 1

### Olive oil drizzled lima beans

215 cals ● 9g protein ● 7g fat ● 21g carbs ● 8g fiber



#### black pepper

1 dash, ground (0g)

#### salt

2 dash (2g)

#### lima beans, frozen

1/2 package (10 oz) (142g)

#### olive oil

1/2 tbsp (8mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

#### vegan sausage

2 sausage (200g)

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

## Dinner 2 [↗](#)

Eat on day 2

### Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

**tempeh**

4 oz (113g)

**peanut butter**

2 tbsp (32g)

**lemon juice**

1/2 tbsp (8mL)

**soy sauce**

1 tsp (5mL)

**nutritional yeast**

1/2 tbsp (2g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

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## Brown rice

1 cup brown rice, cooked - 229 cal ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



Makes 1 cup brown rice, cooked

**salt**

2 dash (1g)

**water**

2/3 cup(s) (158mL)

**black pepper**

2 dash, ground (1g)

**brown rice**

1/3 cup (63g)

1. (Note: Follow rice package instructions if they differ from below)
  2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
  3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
  4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
  5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.
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## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cal ● 20g protein ● 12g fat ● 4g carbs ● 5g 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)  
**bell pepper**  
1/2 large (82g)  
**onion**  
1/8 small (9g)  
**canned tuna, drained**  
1/2 can (86g)

For all 2 meals:

**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)

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.

### Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

**sunflower kernels**  
1 1/4 oz (35g)

For all 2 meals:

**sunflower kernels**  
2 1/2 oz (71g)

1. The recipe has no instructions.

### Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:  
**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:  
**cottage cheese & fruit cup**  
4 container (680g)

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

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## Dinner 4 [↗](#)

Eat on day 5 and day 6

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### Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



For single meal:  
**cornstarch**  
2 1/2 tbsp (20g)  
**oil**  
1 1/4 tbsp (19mL)  
**lemon pepper**  
5 dash (1g)  
**lemon, zested**  
1 1/4 small (73g)  
**firm tofu, patted dry & cubed**  
17 1/2 oz (496g)

For all 2 meals:  
**cornstarch**  
5 tbsp (40g)  
**oil**  
2 1/2 tbsp (38mL)  
**lemon pepper**  
1 1/4 tsp (3g)  
**lemon, zested**  
2 1/2 small (145g)  
**firm tofu, patted dry & cubed**  
35 oz (992g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

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### Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber





For single meal:

**oil**  
1 tsp (5mL)  
**bell pepper, seeded & cut into strips**  
1/2 large (82g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**bell pepper, seeded & cut into strips**  
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

## Dinner 5 [↗](#)

Eat on day 7

### Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



**oil**  
1 tsp (5mL)  
**nutritional yeast**  
1 tsp (1g)  
**salad dressing**  
1 tbsp (15mL)  
**fresh spinach**  
2 cup(s) (60g)  
**seitan, crumbled or sliced**  
3 oz (85g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

### Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



**onion**  
4 tsp minced (20g)  
**lime juice**  
4 tsp (20mL)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**avocados, cubed**  
2/3 avocado(s) (134g)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia) (82g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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