

# Meal Plan - 1000 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

959 cals ● 105g protein (44%) ● 32g fat (30%) ● 40g carbs (17%) ● 23g fiber (9%)

### Breakfast

140 cals, 9g protein, 5g net carbs, 9g fat



**Egg & cheese mini muffin**  
2 mini muffin(s)- 112 cals



**Grapes**  
29 cals

### Lunch

295 cals, 22g protein, 26g net carbs, 10g fat



**Broccoli**  
1 cup(s)- 29 cals



**Cajun tilapia**  
3 oz- 99 cals



**Buttery brown rice**  
167 cals

### Dinner

305 cals, 26g protein, 7g net carbs, 13g fat



**Vegan crumbles**  
1 cup(s)- 146 cals



**Garlic collard greens**  
159 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 2

987 cals ● 104g protein (42%) ● 41g fat (37%) ● 38g carbs (15%) ● 13g fiber (5%)

### Breakfast

140 cals, 9g protein, 5g net carbs, 9g fat



**Egg & cheese mini muffin**  
2 mini muffin(s)- 112 cals



**Grapes**  
29 cals

### Lunch

295 cals, 22g protein, 26g net carbs, 10g fat



**Broccoli**  
1 cup(s)- 29 cals



**Cajun tilapia**  
3 oz- 99 cals



**Buttery brown rice**  
167 cals

### Dinner

335 cals, 25g protein, 5g net carbs, 21g fat



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



**Avocado tuna salad**  
218 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 3

1027 cals ● 112g protein (43%) ● 48g fat (42%) ● 24g carbs (9%) ● 12g fiber (5%)

### Breakfast

140 cals, 9g protein, 5g net carbs, 9g fat



**Egg & cheese mini muffin**  
2 mini muffin(s)- 112 cals



**Grapes**  
29 cals

### Dinner

335 cals, 25g protein, 5g net carbs, 21g fat



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



**Avocado tuna salad**  
218 cals

### Lunch

335 cals, 29g protein, 11g net carbs, 18g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Buttered broccoli**  
1/2 cup(s)- 67 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 4

1027 cals ● 96g protein (37%) ● 37g fat (32%) ● 64g carbs (25%) ● 14g fiber (6%)

### Breakfast

160 cals, 7g protein, 2g net carbs, 12g fat



**Hardboiled egg and avocado bowl**  
160 cals

### Dinner

315 cals, 10g protein, 49g net carbs, 6g fat



**Spiced lentil tacos**  
1 taco(s)- 199 cals



**Brown rice**  
1/2 cup brown rice, cooked- 115 cals

### Lunch

335 cals, 29g protein, 11g net carbs, 18g fat



**Vegan sausage**  
1 sausage(s)- 268 cals



**Buttered broccoli**  
1/2 cup(s)- 67 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 5

1046 cals ● 91g protein (35%) ● 35g fat (30%) ● 66g carbs (25%) ● 25g fiber (10%)

### Breakfast

160 cals, 7g protein, 2g net carbs, 12g fat



Hardboiled egg and avocado bowl

160 cals

### Lunch

345 cals, 16g protein, 38g net carbs, 11g fat



Edamame slaw salad bowl

196 cals



Kefir

150 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

### Dinner

320 cals, 19g protein, 25g net carbs, 11g fat



Curried chickpea salad

322 cals

## Day 6

1013 cals ● 98g protein (39%) ● 34g fat (30%) ● 53g carbs (21%) ● 26g fiber (10%)

### Breakfast

140 cals, 13g protein, 1g net carbs, 10g fat



Boiled eggs

2 egg(s)- 139 cals

### Lunch

335 cals, 18g protein, 25g net carbs, 13g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Tempeh taco salad bowl

277 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

### Dinner

320 cals, 19g protein, 25g net carbs, 11g fat



Curried chickpea salad

322 cals

## Day 7

960 cals ● 92g protein (38%) ● 30g fat (28%) ● 52g carbs (22%) ● 28g fiber (12%)

### Breakfast

140 cals, 13g protein, 1g net carbs, 10g fat



Boiled eggs

2 egg(s)- 139 cals

### Lunch

335 cals, 18g protein, 25g net carbs, 13g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Tempeh taco salad bowl

277 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

### Dinner

270 cals, 13g protein, 25g net carbs, 7g fat



Black bean and salsa soup

193 cals



Simple mixed greens and tomato salad

76 cals

# Grocery List



## Dairy and Egg Products

- eggs**  
9 large (450g)
- cheddar cheese**  
1/4 cup, shredded (32g)
- butter**  
2 tbsp (28g)
- kefir, flavored**  
1 cup (240mL)
- nonfat greek yogurt, plain**  
4 tbsp (70g)
- sour cream**  
3/4 tbsp (9g)

## Beverages

- water**  
15 2/3 cup (3763mL)
- protein powder**  
14 scoop (1/3 cup ea) (434g)

## Fruits and Fruit Juices

- grapes**  
1 1/2 cup (138g)
- avocados**  
1 1/2 avocado(s) (302g)
- lime juice**  
1 tsp (5mL)
- lemon juice**  
2 tbsp (30mL)

## Legumes and Legume Products

- vegetarian burger crumbles**  
1 cup (100g)
- roasted peanuts**  
4 tbsp (37g)
- red lentils, raw**  
2 tbsp (24g)
- chickpeas, canned**  
1 can(s) (448g)
- tempeh**  
4 oz (113g)
- refried beans**  
1/2 cup (121g)
- black beans**  
3/8 can(s) (165g)

## Vegetables and Vegetable Products

## Fats and Oils

- oil**  
1/2 oz (17mL)
- salad dressing**  
1/4 cup (53mL)

## Spices and Herbs

- salt**  
5 g (5g)
- cajun seasoning**  
1/4 tbsp (2g)
- black pepper**  
1 1/2 g (1g)
- ground cumin**  
1/2 tsp (1g)
- crushed red pepper**  
3/4 dash (0g)
- curry powder**  
1 tsp (2g)
- taco seasoning mix**  
1 tbsp (9g)

## Finfish and Shellfish Products

- tilapia, raw**  
6 oz (168g)
- canned tuna**  
1 can (172g)

## Cereal Grains and Pasta

- brown rice**  
2/3 cup (127g)

## Other

- mixed greens**  
1 package (5.5 oz) (147g)
- vegan sausage**  
2 sausage (200g)
- coleslaw mix**  
1 1/2 cup (135g)

## Baked Products

- corn tortillas**  
1 tortilla, medium (approx 6" dia) (26g)

## Soups, Sauces, and Gravies

- collard greens**  
1/2 lbs (227g)
- garlic**  
2 clove(s) (6g)
- frozen broccoli**  
3 cup (273g)
- tomatoes**  
2/3 medium whole (2-3/5" dia) (82g)
- onion**  
1/3 medium (2-1/2" dia) (37g)
- bell pepper**  
1 tbsp, diced (9g)
- carrots**  
1 1/6 small (5-1/2" long) (58g)
- edamame, frozen, shelled**  
1/2 cup (59g)
- raw celery**  
2 stalk, small (5" long) (34g)

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- salsa**  
1/4 jar (121g)
- vegetable broth**  
1/4 cup(s) (mL)

### **Nut and Seed Products**

- sunflower kernels**  
2 tbsp (24g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Egg & cheese mini muffin

2 mini muffin(s) - 112 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**water**  
1 tsp (5mL)  
**cheddar cheese**  
1 1/2 tbsp, shredded (11g)

For all 3 meals:

**eggs**  
3 large (150g)  
**water**  
1 tbsp (15mL)  
**cheddar cheese**  
1/4 cup, shredded (32g)

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.

### Grapes

29 cals ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

**grapes**  
1/2 cup (46g)

For all 3 meals:

**grapes**  
1 1/2 cup (138g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp chopped (5g)  
**bell pepper**  
1/2 tbsp, diced (5g)  
**black pepper**  
1/2 dash (0g)  
**eggs**  
1 large (50g)  
**salt**  
1/2 dash (0g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**onion**  
1 tbsp chopped (10g)  
**bell pepper**  
1 tbsp, diced (9g)  
**black pepper**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**salt**  
1 dash (0g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### 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.

## Lunch 1 ↗

Eat on day 1 and day 2

### Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

**frozen broccoli**  
1 cup (91g)

For all 2 meals:

**frozen broccoli**  
2 cup (182g)

1. Prepare according to instructions on package.

### Cajun tilapia

3 oz - 99 cals ● 17g protein ● 3g fat ● 0g carbs ● 0g fiber



For single meal:

**cajun seasoning**  
3 dash (1g)  
**oil**  
3/8 tsp (2mL)  
**tilapia, raw**  
3 oz (84g)

For all 2 meals:

**cajun seasoning**  
1/4 tbsp (2g)  
**oil**  
1/4 tbsp (4mL)  
**tilapia, raw**  
6 oz (168g)

1. Preheat the oven to 425 degrees F (220 degrees C). Grease a 9x13 inch baking dish.
2. Place the Tilapia fillets in the bottom of the baking dish and coat both sides with the oil and Cajun seasoning.
3. Cover the dish and bake for 15 to 20 minutes until fish is cooked and flakes easily with a fork.

## Buttery brown rice

167 cals ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



For single meal:

**butter**  
1/2 tbsp (7g)  
**brown rice**  
2 2/3 tbsp (32g)  
**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**butter**  
1 tbsp (14g)  
**brown rice**  
1/3 cup (63g)  
**salt**  
2 dash (2g)  
**water**  
2/3 cup(s) (158mL)  
**black pepper**  
2 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

## Lunch 2 ↗

Eat on day 3 and day 4

### 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.

### Buttered broccoli

1/2 cup(s) - 67 cals ● 1g protein ● 6g fat ● 1g carbs ● 1g fiber



For single meal:

**salt**  
1/4 dash (0g)  
**frozen broccoli**  
1/2 cup (46g)  
**black pepper**  
1/4 dash (0g)  
**butter**  
1/2 tbsp (7g)

For all 2 meals:

**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**black pepper**  
1/2 dash (0g)  
**butter**  
1 tbsp (14g)

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

## Lunch 3 ↗

Eat on day 5

### Edamame slaw salad bowl

196 cals ● 8g protein ● 9g fat ● 13g carbs ● 7g fiber



**edamame, frozen, shelled**  
1/2 cup (59g)  
**coleslaw mix**  
1 1/2 cup (135g)  
**salad dressing**  
2 tbsp (30mL)  
**carrots, sliced into matchsticks**  
1 small (5-1/2" long) (50g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

## Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



**kefir, flavored**  
1 cup (240mL)

1. Pour into a glass and drink.

## Lunch 4 ↗

Eat on day 6 and day 7

### Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1/6 cup(s) (39mL)  
**black pepper**  
1/2 dash, ground (0g)  
**brown rice**  
4 tsp (16g)

For all 2 meals:

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

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.

## Tempeh taco salad bowl

277 cals ● 17g protein ● 12g fat ● 14g carbs ● 11g fiber



For single meal:

**tempeh**  
2 oz (57g)  
**taco seasoning mix**  
1/2 tbsp (4g)  
**mixed greens**  
4 tbsp (8g)  
**salsa**  
1 1/2 tbsp (27g)  
**refried beans**  
4 tbsp (61g)  
**oil**  
1/4 tsp (1mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)

For all 2 meals:

**tempeh**  
4 oz (113g)  
**taco seasoning mix**  
1 tbsp (9g)  
**mixed greens**  
1/2 cup (15g)  
**salsa**  
3 tbsp (54g)  
**refried beans**  
1/2 cup (121g)  
**oil**  
1/2 tsp (3mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

## Dinner 1 ↗

Eat on day 1

### Vegan crumbles

1 cup(s) - 146 cals ● 19g protein ● 4g fat ● 3g carbs ● 6g fiber



Makes 1 cup(s)

**vegetarian burger crumbles**  
1 cup (100g)

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

### Garlic collard greens

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



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

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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## Dinner 2 ↗

Eat on day 2 and day 3

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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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### Avocado tuna salad

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



For single meal:

**avocados**  
1/4 avocado(s) (50g)  
**lime juice**  
1/2 tsp (3mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**mixed greens**  
1/2 cup (15g)  
**canned tuna**  
1/2 can (86g)  
**tomatoes**  
2 tbsp, chopped (23g)  
**onion, minced**  
1/8 small (9g)

For all 2 meals:

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

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

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## Dinner 3 ↗

Eat on day 4

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### Spiced lentil tacos

1 taco(s) - 199 cals ● 8g protein ● 5g fat ● 26g carbs ● 5g fiber



Makes 1 taco(s)

**red lentils, raw**  
2 tbsp (24g)  
**corn tortillas**  
1 tortilla, medium (approx 6" dia) (26g)  
**ground cumin**  
2 dash (1g)  
**salsa**  
3 tsp (18g)  
**oil**  
1/4 tbsp (4mL)  
**water**  
1/4 cup(s) (59mL)  
**crushed red pepper**  
2/3 dash (0g)  
**onion, diced**  
1/8 medium (2-1/2" dia) (9g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**carrots, peeled & grated**  
1/6 small (5-1/2" long) (8g)

1. Heat just half of the oil in a saucepan over medium heat. Add the onion, carrot, and garlic and cook for 5-7 minutes until the onion is translucent.
2. Stir in cumin and cook for about one minute, until fragrant.
3. Add water, salsa, lentils, and some salt. Bring to a boil, cover, reduce the heat to low, and cook 20-25 minutes or until lentils are soft.
4. Divide lentil mixture between tortillas and spread almost to the edge of each tortilla. Sprinkle crushed red pepper on top.
5. Heat the remaining oil in a nonstick skillet over medium heat. Add the tortilla lentil side up and toast for 3-5 minutes until edges begin to crisp.
6. Transfer the tacos to plate, fold, and serve.

## Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

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.

## Dinner 4

Eat on day 5 and day 6

### Curried chickpea salad

322 cals ● 19g protein ● 11g fat ● 25g carbs ● 12g fiber



For single meal:

**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**curry powder**  
4 dash (1g)  
**sunflower kernels**  
1 tbsp (12g)  
**mixed greens**  
1 oz (28g)  
**lemon juice, divided**  
1 tbsp (15mL)  
**raw celery, sliced**  
1 stalk, small (5" long) (17g)  
**chickpeas, canned, drained & rinsed**  
1/2 can(s) (224g)

For all 2 meals:

**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**curry powder**  
1 tsp (2g)  
**sunflower kernels**  
2 tbsp (24g)  
**mixed greens**  
2 oz (57g)  
**lemon juice, divided**  
2 tbsp (30mL)  
**raw celery, sliced**  
2 stalk, small (5" long) (34g)  
**chickpeas, canned, drained & rinsed**  
1 can(s) (448g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

## Dinner 5

Eat on day 7

### Black bean and salsa soup

193 cals ● 11g protein ● 2g fat ● 19g carbs ● 12g fiber



**vegetable broth**  
1/4 cup(s) (mL)  
**black beans**  
3/8 can(s) (165g)  
**ground cumin**  
1 1/2 dash (0g)  
**sour cream**  
3/4 tbsp (9g)  
**salsa, chunky**  
3 tbsp (49g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

### Simple mixed greens and tomato salad

76 cals ● 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.

## Protein Supplement(s)

Eat every day

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:

**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.