

# Meal Plan - 1300 calorie high protein 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

1349 cals ● 129g protein (38%) ● 35g fat (23%) ● 107g carbs (32%) ● 22g fiber (7%)

### Breakfast

235 cals, 6g protein, 34g net carbs, 7g fat



[Medium toasted bagel with butter](#)  
1/2 bagel(s)- 196 cals



[Clementine](#)  
1 clementine(s)- 39 cals

### Snacks

170 cals, 14g protein, 5g net carbs, 10g fat



[Boiled eggs](#)  
2 egg(s)- 139 cals



[Cherry tomatoes](#)  
9 cherry tomatoes- 32 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

### Lunch

220 cals, 12g protein, 21g net carbs, 9g fat



[Chik'n nuggets](#)  
4 nuggets- 221 cals

### Dinner

450 cals, 36g protein, 45g net carbs, 8g fat



[Chips and salsa](#)  
82 cals



[Southwest shrimp & black bean bowl](#)  
369 cals

## Day 2

1349 cals ● 129g protein (38%) ● 35g fat (23%) ● 107g carbs (32%) ● 22g fiber (7%)

### Breakfast

235 cals, 6g protein, 34g net carbs, 7g fat



Medium toasted bagel with butter  
1/2 bagel(s)- 196 cals



Clementine  
1 clementine(s)- 39 cals

### Snacks

170 cals, 14g protein, 5g net carbs, 10g fat



Boiled eggs  
2 egg(s)- 139 cals



Cherry tomatoes  
9 cherry tomatoes- 32 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

220 cals, 12g protein, 21g net carbs, 9g fat



Chik'n nuggets  
4 nuggets- 221 cals

### Dinner

450 cals, 36g protein, 45g net carbs, 8g fat



Chips and salsa  
82 cals



Southwest shrimp & black bean bowl  
369 cals

## Day 3

1252 cals ● 120g protein (38%) ● 52g fat (37%) ● 58g carbs (19%) ● 18g fiber (6%)

### Breakfast

200 cals, 7g protein, 23g net carbs, 8g fat



Sunflower seeds  
90 cals



Pretzels  
110 cals

### Snacks

170 cals, 14g protein, 5g net carbs, 10g fat



Boiled eggs  
2 egg(s)- 139 cals



Cherry tomatoes  
9 cherry tomatoes- 32 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

230 cals, 10g protein, 14g net carbs, 14g fat



Brown rice  
1/4 cup brown rice, cooked- 57 cals



Basic tofu  
4 oz- 171 cals

### Dinner

380 cals, 29g protein, 14g net carbs, 19g fat



Basic tempeh  
4 oz- 295 cals



Edamame & beet salad  
86 cals

## Day 4

1204 cals ● 113g protein (38%) ● 48g fat (36%) ● 63g carbs (21%) ● 17g fiber (6%)

### Breakfast

200 cals, 7g protein, 23g net carbs, 8g fat



Sunflower seeds

90 cals



Pretzels

110 cals

### Snacks

120 cals, 7g protein, 9g net carbs, 6g fat



Clementine

1 clementine(s)- 39 cals



String cheese

1 stick(s)- 83 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

### Lunch

230 cals, 10g protein, 14g net carbs, 14g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Basic tofu

4 oz- 171 cals

### Dinner

380 cals, 29g protein, 14g net carbs, 19g fat



Basic tempeh

4 oz- 295 cals



Edamame & beet salad

86 cals

## Day 5

1270 cals ● 118g protein (37%) ● 37g fat (26%) ● 97g carbs (31%) ● 20g fiber (6%)

### Breakfast

200 cals, 7g protein, 23g net carbs, 8g fat



Sunflower seeds

90 cals



Pretzels

110 cals

### Snacks

120 cals, 7g protein, 9g net carbs, 6g fat



Clementine

1 clementine(s)- 39 cals



String cheese

1 stick(s)- 83 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

### Lunch

435 cals, 19g protein, 48g net carbs, 16g fat



Crispy chik'n tenders

4 tender(s)- 229 cals



Simple mixed greens salad

102 cals



Apple

1 apple(s)- 105 cals

### Dinner

240 cals, 24g protein, 15g net carbs, 6g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Vegan crumbles

1 1/4 cup(s)- 183 cals

## Day 6

1231 cal ● 131g protein (43%) ● 40g fat (29%) ● 67g carbs (22%) ● 20g fiber (6%)

### Breakfast

155 cal, 13g protein, 3g net carbs, 10g fat



[Veggie mason jar omelet](#)  
1 jar(s)- 155 cal

### Lunch

410 cal, 29g protein, 27g net carbs, 18g fat



[Cottage cheese & fruit cup](#)  
1 container- 131 cal



[Avocado egg salad sandwich](#)  
1/2 sandwich(es)- 281 cal

### Snacks

155 cal, 5g protein, 19g net carbs, 5g fat



[Clementine](#)  
1 clementine(s)- 39 cal



[Toast with butter](#)  
1 slice(s)- 114 cal

### Dinner

240 cal, 24g protein, 15g net carbs, 6g fat



[Brown rice](#)  
1/4 cup brown rice, cooked- 57 cal



[Vegan crumbles](#)  
1 1/4 cup(s)- 183 cal

### Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cal

## Day 7

1343 cal ● 120g protein (36%) ● 53g fat (35%) ● 78g carbs (23%) ● 19g fiber (6%)

### Breakfast

155 cal, 13g protein, 3g net carbs, 10g fat



[Veggie mason jar omelet](#)  
1 jar(s)- 155 cal

### Lunch

410 cal, 29g protein, 27g net carbs, 18g fat



[Cottage cheese & fruit cup](#)  
1 container- 131 cal



[Avocado egg salad sandwich](#)  
1/2 sandwich(es)- 281 cal

### Snacks

155 cal, 5g protein, 19g net carbs, 5g fat



[Clementine](#)  
1 clementine(s)- 39 cal



[Toast with butter](#)  
1 slice(s)- 114 cal

### Dinner

350 cal, 13g protein, 26g net carbs, 19g fat



[Sesame peanut zoodles](#)  
294 cal



[Fruit juice](#)  
1/2 cup(s)- 57 cal

### Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cal

## Soups, Sauces, and Gravies

- ☐ salsa  
4 tbsp (65g)
- ☐ apple cider vinegar  
1 1/3 tbsp (1mL)

## Snacks

- ☐ tortilla chips  
1 oz (28g)
- ☐ pretzels, hard, salted  
3 oz (85g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
4 1/2 medium whole (2-3/5" dia) (568g)
- ☐ frozen corn kernels  
1/3 cup (45g)
- ☐ ketchup  
3 tbsp (51g)
- ☐ beets, precooked (canned or refrigerated)  
2 beets (2" dia, sphere) (100g)
- ☐ edamame, frozen, shelled  
1/2 cup (59g)
- ☐ onion  
1/2 small (35g)
- ☐ bell pepper  
1 small (74g)
- ☐ green onions  
1 tbsp, sliced (8g)
- ☐ zucchini  
1 medium (196g)

## Finfish and Shellfish Products

- ☐ shrimp, raw  
1/2 lbs (227g)

## Legumes and Legume Products

- ☐ black beans  
2/3 can(s) (293g)
- ☐ tempeh  
1/2 lbs (227g)
- ☐ firm tofu  
1/2 lbs (227g)
- ☐ vegetarian burger crumbles  
2 1/2 cup (250g)
- ☐ soy sauce  
1 tbsp (15mL)

## Fats and Oils

- ☐ oil  
3 tbsp (47mL)
- ☐ balsamic vinaigrette  
1 tbsp (15mL)
- ☐ salad dressing  
2 1/4 tbsp (34mL)

## Fruits and Fruit Juices

- ☐ lime juice  
3 1/2 tsp (18mL)
- ☐ clementines  
6 fruit (444g)
- ☐ apples  
1 medium (3" dia) (182g)
- ☐ avocados  
1/2 avocado(s) (101g)
- ☐ fruit juice  
4 fl oz (120mL)

## Beverages

- ☐ water  
18 cup(s) (4352mL)
- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

## Baked Products

- ☐ bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ bread  
4 slice (128g)

## Dairy and Egg Products

- ☐ butter  
1/4 stick (23g)
- ☐ eggs  
13 large (650g)
- ☐ string cheese  
2 stick (56g)

## Other

- ☐ vegan chik'n nuggets  
8 nuggets (172g)
- ☐ mixed greens  
3 1/4 cup (98g)

- ☐ peanut butter  
2 tbsp (32g)

## Cereal Grains and Pasta

- ☐ brown rice  
1/2 cup (106g)

## Spices and Herbs

- ☐ chili powder  
1/4 tbsp (2g)
- ☐ salt  
2 dash (1g)
- ☐ black pepper  
2 dash, ground (1g)
- ☐ garlic powder  
4 dash (2g)

- ☐ meatless chik'n tenders  
4 pieces (102g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ coleslaw mix  
1/2 cup (45g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 1/2 oz (43g)
  - ☐ chia seeds  
4 dash (2g)
  - ☐ sesame seeds  
4 dash (2g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

#### **bagel**

1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

#### **butter**

1/2 tbsp (7g)

For all 2 meals:

#### **bagel**

1 medium bagel (3-1/2" to 4" dia)  
(105g)

#### **butter**

1 tbsp (14g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

### Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

#### **clementines**

1 fruit (74g)

For all 2 meals:

#### **clementines**

2 fruit (148g)

1. This recipe has no instructions.

# Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

## Sunflower seeds

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



For single meal:  
**sunflower kernels**  
1/2 oz (14g)

For all 3 meals:  
**sunflower kernels**  
1 1/2 oz (43g)

1. This recipe has no instructions.

## Pretzels

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



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

For all 3 meals:  
**pretzels, hard, salted**  
3 oz (85g)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

**onion, diced**  
1/4 small (18g)  
**bell pepper, chopped**  
1/2 small (37g)  
**eggs**  
2 large (100g)

For all 2 meals:

**onion, diced**  
1/2 small (35g)  
**bell pepper, chopped**  
1 small (74g)  
**eggs**  
4 large (200g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Chik'n nuggets

4 nuggets - 221 cals ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



For single meal:

**vegan chik'n nuggets**  
4 nuggets (86g)  
**ketchup**  
1 tbsp (17g)

For all 2 meals:

**vegan chik'n nuggets**  
8 nuggets (172g)  
**ketchup**  
2 tbsp (34g)

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

## Lunch 2 [↗](#)

Eat on day 3, day 4

---

### Brown rice

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



For single meal:

**brown rice**  
4 tsp (16g)  
**salt**  
1/2 dash (0g)  
**water**  
1/6 cup(s) (40mL)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

**brown rice**  
2 2/3 tbsp (32g)  
**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (80mL)  
**black pepper**  
1 dash, ground (0g)

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.

---

### Basic tofu

4 oz - 171 cals ● 9g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**firm tofu**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**firm tofu**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

1. Slice tofu 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.
-

## Lunch 3 [🔗](#)

Eat on day 5

---

### Crispy chik'n tenders

4 tender(s) - 229 cals ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



Makes 4 tender(s)

#### **ketchup**

1 tbsp (17g)

#### **meatless chik'n tenders**

4 pieces (102g)

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

---

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



#### **mixed greens**

2 1/4 cup (68g)

#### **salad dressing**

2 1/4 tbsp (34mL)

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

### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



Makes 1 apple(s)

#### **apples**

1 medium (3" dia) (182g)

1. This recipe has no instructions.
-

## Lunch 4 [🔗](#)

Eat on day 6, day 7

### 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 2 meals:

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

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

### Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

**tomatoes, halved**  
3 tbsp cherry tomatoes (28g)  
**garlic powder**  
2 dash (1g)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
1 slice (32g)  
**eggs, hard-boiled and chilled**  
1 1/2 large (75g)

For all 2 meals:

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

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, day 2, day 3

---

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 3 meals:

**eggs**  
6 large (300g)

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.

---

### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**  
9 cherry tomatoes (153g)

For all 3 meals:

**tomatoes**  
27 cherry tomatoes (459g)

1. Rinse tomatoes, remove any stems, and serve.
-

Snacks 2 [↗](#)

Eat on day 4, day 5

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. This recipe has no instructions.

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. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. This recipe has no instructions.

Toast with butter



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



For single meal:

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

For all 2 meals:

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

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

---

## Dinner 1 [🔗](#)

Eat on day 1, day 2

---

### Chips and salsa

82 cals ● 1g protein ● 3g fat ● 10g carbs ● 1g fiber



For single meal:

**salsa**  
2 tbsp (32g)  
**tortilla chips**  
1/2 oz (14g)

For all 2 meals:

**salsa**  
4 tbsp (65g)  
**tortilla chips**  
1 oz (28g)

1. Serve salsa with the tortilla chips.

---

### Southwest shrimp & black bean bowl

369 cals ● 34g protein ● 5g fat ● 35g carbs ● 12g fiber



For single meal:

**tomatoes, chopped**  
1/3 roma tomato (27g)  
**shrimp, raw, peeled and deveined**  
4 oz (113g)  
**black beans, rinsed and drained**  
1/3 can(s) (146g)  
**frozen corn kernels**  
2 2/3 tbsp (23g)  
**brown rice**  
1 3/4 tbsp (21g)  
**chili powder**  
1/3 tsp (1g)  
**oil**  
1/4 tbsp (3mL)  
**lime juice**  
1 tsp (5mL)  
**apple cider vinegar**  
2/3 tbsp (0mL)

For all 2 meals:

**tomatoes, chopped**  
2/3 roma tomato (53g)  
**shrimp, raw, peeled and deveined**  
1/2 lbs (227g)  
**black beans, rinsed and drained**  
2/3 can(s) (293g)  
**frozen corn kernels**  
1/3 cup (45g)  
**brown rice**  
1/4 cup (42g)  
**chili powder**  
1/4 tbsp (2g)  
**oil**  
1/2 tbsp (7mL)  
**lime juice**  
2 tsp (10mL)  
**apple cider vinegar**  
1 1/3 tbsp (1mL)

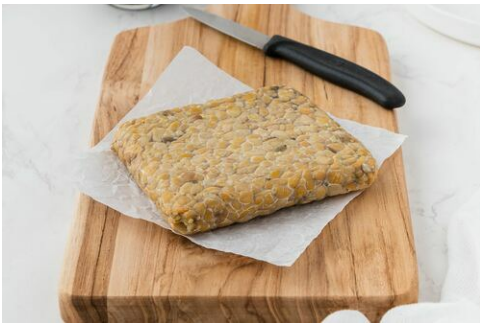
1. Cook the rice according to its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

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.

### Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber





For single meal:

**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**beets, precooked (canned or refrigerated), chopped**  
1 beets (2" dia, sphere) (50g)  
**edamame, frozen, shelled**  
4 tbsp (30g)  
**mixed greens**  
1/2 cup (15g)

For all 2 meals:

**balsamic vinaigrette**  
1 tbsp (15mL)  
**beets, precooked (canned or refrigerated), chopped**  
2 beets (2" dia, sphere) (100g)  
**edamame, frozen, shelled**  
1/2 cup (59g)  
**mixed greens**  
1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

---

## Dinner 3 [🔗](#)

Eat on day 5, day 6

---

### Brown rice

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



For single meal:

**brown rice**  
4 tsp (16g)  
**salt**  
1/2 dash (0g)  
**water**  
1/6 cup(s) (40mL)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

**brown rice**  
2 2/3 tbsp (32g)  
**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (80mL)  
**black pepper**  
1 dash, ground (0g)

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.

---

### Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

**vegetarian burger crumbles**  
1 1/4 cup (125g)

For all 2 meals:

**vegetarian burger crumbles**  
2 1/2 cup (250g)

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

## Dinner 4 [↗](#)

Eat on day 7

### Sesame peanut zoodles

294 cals ● 13g protein ● 19g fat ● 13g carbs ● 6g fiber



#### chia seeds

4 dash (2g)

#### lime juice

1/2 tbsp (8mL)

#### green onions

1 tbsp, sliced (8g)

#### sesame seeds

4 dash (2g)

#### soy sauce

1 tbsp (15mL)

#### peanut butter

2 tbsp (32g)

#### coleslaw mix

1/2 cup (45g)

#### zucchini, spiralized

1 medium (196g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

### Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



Makes 1/2 cup(s)

#### fruit juice

4 fl oz (120mL)

1. This recipe has no instructions.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

#### water

2 1/2 cup(s) (599mL)

#### protein powder

2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

#### water

17 1/2 cup(s) (4191mL)

#### protein powder

17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.

