

Meal Plan - 1400 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

1445 cals ● 143g protein (40%) ● 43g fat (27%) ● 88g carbs (24%) ● 35g fiber (10%)

Breakfast

205 cals, 8g protein, 13g net carbs, 12g fat



[Sunflower seeds](#)
90 cals



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

Snacks

155 cals, 9g protein, 14g net carbs, 6g fat



[String cheese](#)
1 stick(s)- 83 cals



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



[Watermelon](#)
4 oz- 41 cals

Protein Supplement(s)

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



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

Lunch

350 cals, 24g protein, 34g net carbs, 7g fat



[Green beans](#)
95 cals



[Veggie burger patty](#)
2 patty- 254 cals

Dinner

465 cals, 41g protein, 24g net carbs, 17g fat



[Sautéed mushrooms](#)
2 oz mushrooms- 48 cals



[Buttery brown rice](#)
125 cals



[Vegan crumbles](#)
2 cup(s)- 292 cals

Day 2

1445 cals ● 143g protein (40%) ● 43g fat (27%) ● 88g carbs (24%) ● 35g fiber (10%)

Breakfast

205 cals, 8g protein, 13g net carbs, 12g fat



Sunflower seeds
90 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

155 cals, 9g protein, 14g net carbs, 6g fat



String cheese
1 stick(s)- 83 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals



Watermelon
4 oz- 41 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

350 cals, 24g protein, 34g net carbs, 7g fat



Green beans
95 cals



Veggie burger patty
2 patty- 254 cals

Dinner

465 cals, 41g protein, 24g net carbs, 17g fat



Sauteed mushrooms
2 oz mushrooms- 48 cals



Buttery brown rice
125 cals



Vegan crumbles
2 cup(s)- 292 cals

Day 3

1503 cals ● 145g protein (38%) ● 46g fat (28%) ● 104g carbs (28%) ● 23g fiber (6%)

Breakfast

245 cals, 14g protein, 10g net carbs, 15g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Simple sauteed spinach
50 cals



Strawberries
1 cup(s)- 52 cals

Snacks

165 cals, 13g protein, 18g net carbs, 4g fat



Cherry tomatoes
3 cherry tomatoes- 11 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

380 cals, 25g protein, 25g net carbs, 19g fat



Cottage cheese & fruit cup
1 container- 131 cals



Grilled cheese sandwich
1/2 sandwich(es)- 248 cals

Dinner

445 cals, 33g protein, 49g net carbs, 8g fat



Tempeh & mushroom stir fry
443 cals

Day 4

1398 cals ● 129g protein (37%) ● 55g fat (36%) ● 82g carbs (23%) ● 15g fiber (4%)

Breakfast

245 cals, 14g protein, 10g net carbs, 15g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Simple sauteed spinach
50 cals



Strawberries
1 cup(s)- 52 cals

Snacks

165 cals, 13g protein, 18g net carbs, 4g fat



Cherry tomatoes
3 cherry tomatoes- 11 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

380 cals, 25g protein, 25g net carbs, 19g fat



Cottage cheese & fruit cup
1 container- 131 cals



Grilled cheese sandwich
1/2 sandwich(es)- 248 cals

Dinner

340 cals, 17g protein, 26g net carbs, 16g fat



Tofu lo-mein
226 cals



Milk
3/4 cup(s)- 112 cals

Day 5

1444 cals ● 123g protein (34%) ● 49g fat (31%) ● 100g carbs (28%) ● 28g fiber (8%)

Breakfast

245 cals, 14g protein, 10g net carbs, 15g fat



[Basic scrambled eggs](#)
2 egg(s)- 142 cals



[Simple sauteed spinach](#)
50 cals



[Strawberries](#)
1 cup(s)- 52 cals

Snacks

145 cals, 9g protein, 20g net carbs, 2g fat



[Cottage cheese & honey](#)
1/4 cup(s)- 62 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Baked chips](#)
6 crisps- 61 cals

Protein Supplement(s)

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



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

Lunch

420 cals, 29g protein, 16g net carbs, 21g fat



[Crack slaw with tempeh](#)
422 cals

Dinner

360 cals, 10g protein, 51g net carbs, 10g fat



[Belizean rice & beans](#)
362 cals

Day 6

1445 cals ● 129g protein (36%) ● 40g fat (25%) ● 109g carbs (30%) ● 34g fiber (9%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat



[Egg & guac sandwich](#)
1/2 sandwich(es)- 191 cals

Snacks

145 cals, 9g protein, 20g net carbs, 2g fat



[Cottage cheese & honey](#)
1/4 cup(s)- 62 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Baked chips](#)
6 crisps- 61 cals

Protein Supplement(s)

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



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

Lunch

420 cals, 29g protein, 16g net carbs, 21g fat



[Crack slaw with tempeh](#)
422 cals

Dinner

415 cals, 20g protein, 58g net carbs, 6g fat



[Peas](#)
141 cals



[Veggie burger](#)
1 burger- 275 cals

Day 7

1372 cals ● 125g protein (36%) ● 37g fat (24%) ● 111g carbs (32%) ● 24g fiber (7%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat



[Egg & guac sandwich](#)
1/2 sandwich(es)- 191 cals

Snacks

145 cals, 9g protein, 20g net carbs, 2g fat



[Cottage cheese & honey](#)
1/4 cup(s)- 62 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Baked chips](#)
6 crisps- 61 cals

Protein Supplement(s)

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



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

Lunch

350 cals, 24g protein, 18g net carbs, 18g fat



[Cajun tofu](#)
262 cals



[Lentils](#)
87 cals

Dinner

415 cals, 20g protein, 58g net carbs, 6g fat



[Peas](#)
141 cals



[Veggie burger](#)
1 burger- 275 cals

Fats and Oils

- ☐ oil
1 1/2 oz (44mL)
- ☐ olive oil
1 tbsp (16mL)

Vegetables and Vegetable Products

- ☐ mushrooms
6 1/2 oz (183g)
- ☐ tomatoes
42 cherry tomatoes (714g)
- ☐ frozen green beans
4 cup (484g)
- ☐ garlic
3 1/2 clove(s) (11g)
- ☐ fresh spinach
6 cup(s) (180g)
- ☐ bell pepper
1/2 large (82g)
- ☐ frozen mixed veggies
2 2/3 oz (76g)
- ☐ onion
1/8 medium (2-1/2" dia) (14g)
- ☐ red bell pepper
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
- ☐ frozen peas
2 2/3 cup (357g)
- ☐ ketchup
2 tbsp (34g)

Dairy and Egg Products

- ☐ butter
1/3 stick (34g)
- ☐ string cheese
2 stick (56g)
- ☐ eggs
8 1/4 medium (364g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)
- ☐ whole milk
3/4 cup (180mL)
- ☐ low fat cottage cheese (1% milkfat)
3/4 cup (170g)

Cereal Grains and Pasta

Beverages

- ☐ water
19 cup(s) (4489mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Legumes and Legume Products

- ☐ vegetarian burger crumbles
4 cup (400g)
- ☐ soy sauce
3 1/2 tsp (18mL)
- ☐ tempeh
3/4 lbs (340g)
- ☐ extra firm tofu
2 2/3 oz (76g)
- ☐ kidney beans
1/4 can (112g)
- ☐ firm tofu
1/2 lbs (236g)
- ☐ lentils, raw
2 tbsp (24g)

Nut and Seed Products

- ☐ sunflower kernels
2 oz (52g)
- ☐ coconut milk, canned
3 tbsp (46mL)

Baked Products

- ☐ bread
6 3/4 oz (192g)
- ☐ hamburger buns
2 bun(s) (102g)

Fruits and Fruit Juices

- ☐ Watermelon
8 oz (227g)
- ☐ strawberries
3 cup, whole (432g)

Other

- ☐ veggie burger patty
6 patty (426g)
- ☐ cottage cheese & fruit cup
2 container (340g)

- ☐ brown rice
1/2 cup (95g)
- ☐ long-grain white rice
4 tbsp (46g)

Spices and Herbs

- ☐ salt
3 1/4 dash (2g)
- ☐ black pepper
3 dash, ground (1g)
- ☐ ground ginger
2 dash (0g)
- ☐ garlic powder
4 dash (2g)
- ☐ cajun seasoning
1/4 tbsp (2g)

- ☐ coleslaw mix
4 cup (360g)
- ☐ baked chips, any flavor
18 crips (42g)
- ☐ guacamole, store-bought
2 tbsp (31g)
- ☐ mixed greens
2 oz (57g)

Soups, Sauces, and Gravies

- ☐ oriental flavored ramen
1/6 package with flavor packet (14g)
- ☐ hot sauce
2 tsp (10mL)

Sweets

- ☐ honey
1 tbsp (21g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

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. This recipe has no instructions.

Toast with butter

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



For single meal:

bread

1 slice (32g)

butter

1 tsp (5g)

For all 2 meals:

bread

2 slice (64g)

butter

2 tsp (9g)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 medium (264g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Simple sauteed spinach

50 cal ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

garlic, diced
1/4 clove (1g)
black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)

For all 3 meals:

garlic, diced
3/4 clove (2g)
black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Strawberries

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



For single meal:

strawberries
1 cup, whole (144g)

For all 3 meals:

strawberries
3 cup, whole (432g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

oil
1/4 tsp (1mL)
guacamole, store-bought
1 tbsp (15g)
eggs
1 large (50g)
bread
1 slice(s) (32g)

For all 2 meals:

oil
1/2 tsp (3mL)
guacamole, store-bought
2 tbsp (31g)
eggs
2 large (100g)
bread
2 slice(s) (64g)

1. Toast bread, if desired.
 2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
 3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
 4. Serve.
-

Lunch 1 [🔗](#)

Eat on day 1, day 2

Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

frozen green beans
2 cup (242g)

For all 2 meals:

frozen green beans
4 cup (484g)

1. Prepare according to instructions on package.

Veggie burger patty

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



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

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

Lunch 2 [🔗](#)

Eat on day 3, day 4

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.

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1/2 tbsp (7g)
sliced cheese
1 slice (1 oz ea) (28g)

For all 2 meals:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

tempeh, cubed
4 oz (113g)
coleslaw mix
2 cup (180g)
hot sauce
1 tsp (5mL)
sunflower kernels
1 tbsp (12g)
oil
2 tsp (10mL)
garlic, minced
1 clove (3g)

For all 2 meals:

tempeh, cubed
1/2 lbs (227g)
coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
 2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
 3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
 4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
 5. Season with salt and pepper to taste. Serve hot or cold.
-

Lunch 4 [↗](#)

Eat on day 7

Cajun tofu

262 cals ● 19g protein ● 18g fat ● 6g carbs ● 1g fiber



oil

1/2 tbsp (8mL)

cajun seasoning

1 tsp (2g)

firm tofu, patted dry & cubed

1/2 lbs (236g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



salt

1/4 dash (0g)

water

1/2 cup(s) (119mL)

lentils, raw, rinsed

2 tbsp (24g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Cherry tomatoes

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

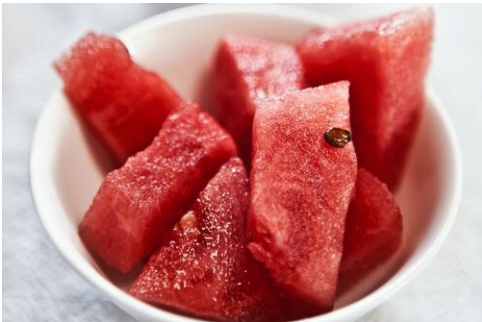


For single meal:
tomatoes
9 cherry tomatoes (153g)

For all 2 meals:
tomatoes
18 cherry tomatoes (306g)

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

Watermelon
4 oz - 41 cals ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:
Watermelon
4 oz (113g)

For all 2 meals:
Watermelon
8 oz (227g)

- 1. Slice watermelon and serve.

Snacks 2 [↗](#)
Eat on day 3, day 4

Cherry tomatoes
3 cherry tomatoes - 11 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:
tomatoes
3 cherry tomatoes (51g)

For all 2 meals:
tomatoes
6 cherry tomatoes (102g)

- 1. Rinse tomatoes, remove any stems, and 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 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 3 meals:

honey
1 tbsp (21g)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)

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

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Baked chips

6 crisps - 61 cals ● 1g protein ● 2g fat ● 10g carbs ● 1g fiber



For single meal:

baked chips, any flavor
6 crips (14g)

For all 3 meals:

baked chips, any flavor
18 crips (42g)

1. Enjoy.

Dinner 1 [↗](#)

Eat on day 1, day 2

Sauteed mushrooms

2 oz mushrooms - 48 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

oil
1/4 tbsp (4mL)
mushrooms, sliced
2 oz (57g)

For all 2 meals:

oil
1/2 tbsp (8mL)
mushrooms, sliced
4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Buttery brown rice

125 cals ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



For single meal:

butter
1 tsp (5g)
brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

butter
3/4 tbsp (11g)
brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)

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.

Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

vegetarian burger crumbles
2 cup (200g)

For all 2 meals:

vegetarian burger crumbles
4 cup (400g)

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

Dinner 2 [↗](#)

Eat on day 3

Tempeh & mushroom stir fry

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



soy sauce

1 tbsp (15mL)

bell pepper, sliced

1/2 large (82g)

mushrooms, chopped

1 cup, chopped (70g)

brown rice

4 tbsp (48g)

ground ginger

2 dash (0g)

garlic powder

4 dash (2g)

tempeh, sliced

4 oz (113g)

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

Dinner 3 [↗](#)

Eat on day 4

Tofu lo-mein

226 cals ● 11g protein ● 11g fat ● 17g carbs ● 4g fiber



frozen mixed veggies
2 2/3 oz (76g)
olive oil
1 tsp (5mL)
water
1/4 cup(s) (59mL)
soy sauce
1/2 tsp (3mL)
oriental flavored ramen
1/6 package with flavor packet (14g)
extra firm tofu
2 2/3 oz (76g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Milk
3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



Makes 3/4 cup(s)
whole milk
3/4 cup (180mL)

1. This recipe has no instructions.
-

Dinner 4 [↗](#)

Eat on day 5

Belizean rice & beans

362 cals ● 10g protein ● 10g fat ● 51g carbs ● 6g fiber



garlic, minced

3/4 clove(s) (2g)

onion, chopped

1/8 medium (2-1/2" dia) (14g)

red bell pepper, chopped

1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)

long-grain white rice

4 tbsp (46g)

water

1/6 cup(s) (44mL)

kidney beans, drained

1/4 can (112g)

coconut milk, canned

3 tbsp (45mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Dinner 5 [↗](#)

Eat on day 6, day 7

Peas

141 cals ● 9g protein ● 1g fat ● 16g carbs ● 8g fiber



For single meal:

frozen peas

1 1/3 cup (179g)

For all 2 meals:

frozen peas

2 2/3 cup (357g)

1. Prepare according to instructions on package.

Veggie burger

1 burger - 275 cals ● 11g protein ● 5g fat ● 41g carbs ● 6g fiber



For single meal:

veggie burger patty
1 patty (71g)
hamburger buns
1 bun(s) (51g)
ketchup
1 tbsp (17g)
mixed greens
1 oz (28g)

For all 2 meals:

veggie burger patty
2 patty (142g)
hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

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) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
-