

# Meal Plan - 1500 calorie high protein pescetarian meal plan



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

## Day 1

1434 cals ● 148g protein (41%) ● 38g fat (24%) ● 105g carbs (29%) ● 19g fiber (5%)

### Breakfast

285 cals, 14g protein, 8g net carbs, 19g fat



[Egg in an eggplant](#)

241 cals



[Grapes](#)

44 cals

### Snacks

105 cals, 1g protein, 21g net carbs, 0g fat



[Apple](#)

1 apple(s)- 105 cals

### Lunch

420 cals, 40g protein, 43g net carbs, 8g fat



[Shrimp-broccoli-rice bowl](#)

392 cals



[Simple kale salad](#)

1/2 cup(s)- 28 cals

### Dinner

350 cals, 33g protein, 31g net carbs, 10g fat



[White rice](#)

1/4 cup rice, cooked- 55 cals



[Teriyaki seitan wings](#)

4 oz seitan- 297 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

## Day 2

1471 cal ● 154g protein (42%) ● 43g fat (26%) ● 85g carbs (23%) ● 32g fiber (9%)

### Breakfast

285 cal, 14g protein, 8g net carbs, 19g fat



[Egg in an eggplant](#)  
241 cal



[Grapes](#)  
44 cal

### Snacks

105 cal, 1g protein, 21g net carbs, 0g fat



[Apple](#)  
1 apple(s)- 105 cal

### Protein Supplement(s)

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



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

### Lunch

420 cal, 40g protein, 43g net carbs, 8g fat



[Shrimp-broccoli-rice bowl](#)  
392 cal



[Simple kale salad](#)  
1/2 cup(s)- 28 cal

### Dinner

390 cal, 40g protein, 11g net carbs, 15g fat



[Buttery garlic green beans](#)  
98 cal



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

## Day 3

1460 cal ● 142g protein (39%) ● 52g fat (32%) ● 79g carbs (22%) ● 28g fiber (8%)

### Breakfast

285 cal, 14g protein, 8g net carbs, 19g fat



[Egg in an eggplant](#)  
241 cal



[Grapes](#)  
44 cal

### Snacks

105 cal, 1g protein, 21g net carbs, 0g fat



[Apple](#)  
1 apple(s)- 105 cal

### Protein Supplement(s)

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



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

### Lunch

410 cal, 28g protein, 37g net carbs, 17g fat



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



[Simple kale salad](#)  
1/2 cup(s)- 28 cal

### Dinner

390 cal, 40g protein, 11g net carbs, 15g fat



[Buttery garlic green beans](#)  
98 cal



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

## Day 4

1523 cal ● 144g protein (38%) ● 56g fat (33%) ● 92g carbs (24%) ● 18g fiber (5%)

### Breakfast

220 cal, 16g protein, 7g net carbs, 13g fat



Scrambled eggs with kale, tomatoes, rosemary  
219 cal

### Snacks

230 cal, 8g protein, 22g net carbs, 8g fat



Grapefruit  
1/2 grapefruit- 59 cal



Bell pepper strips and hummus  
170 cal

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cal

### Lunch

410 cal, 28g protein, 37g net carbs, 17g fat



Crispy chik'n tenders  
6 2/3 tender(s)- 381 cal



Simple kale salad  
1/2 cup(s)- 28 cal

### Dinner

395 cal, 32g protein, 25g net carbs, 17g fat



Olive oil drizzled broccoli  
1 cup(s)- 70 cal



White rice  
1/4 cup rice, cooked- 55 cal



Vegan sausage  
1 sausage(s)- 268 cal

## Day 5

1444 cal ● 143g protein (40%) ● 46g fat (29%) ● 89g carbs (25%) ● 26g fiber (7%)

### Breakfast

220 cal, 16g protein, 7g net carbs, 13g fat



Scrambled eggs with kale, tomatoes, rosemary  
219 cal

### Snacks

230 cal, 8g protein, 22g net carbs, 8g fat



Grapefruit  
1/2 grapefruit- 59 cal



Bell pepper strips and hummus  
170 cal

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cal

### Lunch

330 cal, 26g protein, 33g net carbs, 7g fat



Beets  
8 beets- 193 cal



Parmesan crusted tilapia  
3 oz- 137 cal

### Dinner

395 cal, 32g protein, 25g net carbs, 17g fat



Olive oil drizzled broccoli  
1 cup(s)- 70 cal



White rice  
1/4 cup rice, cooked- 55 cal



Vegan sausage  
1 sausage(s)- 268 cal

## Day 6

1516 cal ● 132g protein (35%) ● 78g fat (46%) ● 46g carbs (12%) ● 27g fiber (7%)

### Breakfast

235 cal, 10g protein, 17g net carbs, 13g fat



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



**Waffles & Greek yogurt**  
1 waffle(s)- 119 cal

### Snacks

195 cal, 9g protein, 4g net carbs, 15g fat



**Pumpkin seeds**  
183 cal



**Celery sticks**  
2 celery stalk- 13 cal

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

### Lunch

410 cal, 23g protein, 5g net carbs, 30g fat



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



**Pecans**  
1/4 cup- 183 cal

### Dinner

405 cal, 29g protein, 18g net carbs, 19g fat



**Olive oil drizzled lima beans**  
108 cal



**Basic tempeh**  
4 oz- 295 cal

## Day 7

1516 cal ● 132g protein (35%) ● 78g fat (46%) ● 46g carbs (12%) ● 27g fiber (7%)

### Breakfast

235 cal, 10g protein, 17g net carbs, 13g fat



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



**Waffles & Greek yogurt**  
1 waffle(s)- 119 cal

### Snacks

195 cal, 9g protein, 4g net carbs, 15g fat



**Pumpkin seeds**  
183 cal



**Celery sticks**  
2 celery stalk- 13 cal

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

### Lunch

410 cal, 23g protein, 5g net carbs, 30g fat



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



**Pecans**  
1/4 cup- 183 cal

### Dinner

405 cal, 29g protein, 18g net carbs, 19g fat



**Olive oil drizzled lima beans**  
108 cal



**Basic tempeh**  
4 oz- 295 cal

## Cereal Grains and Pasta

- long-grain white rice  
4 tbsp (46g)
- seitan  
4 oz (113g)

## Beverages

- water  
18 1/2 cup (4416mL)
- protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

## Spices and Herbs

- salt  
1/4 oz (7g)
- black pepper  
1/8 oz (2g)
- lemon pepper  
1 1/2 dash (0g)
- balsamic vinegar  
2 tsp (10mL)
- rosemary, dried  
4 dash (1g)
- paprika  
2 dash (1g)

## Other

- teriyaki sauce  
2 tbsp (30mL)
- meatless chik'n tenders  
13 1/3 pieces (340g)
- vegan sausage  
2 sausage (200g)

## Fats and Oils

- oil  
2 oz (60mL)
- olive oil  
1 oz (29mL)
- salad dressing  
2 tbsp (30mL)

## Dairy and Egg Products

- eggs  
12 medium (524g)

## Fruits and Fruit Juices

- grapes  
2 1/4 cup (207g)
- apples  
3 medium (3" dia) (546g)
- Grapefruit  
1 large (approx 4-1/2" dia) (332g)
- avocados  
1/2 avocado(s) (101g)
- lime juice  
1 tsp (5mL)

## Finfish and Shellfish Products

- shrimp, raw  
2/3 lbs (303g)
- tilapia, raw  
3 oz (84g)
- canned tuna  
1 can (172g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
2/3 pouch (~5.6 oz) (105g)

## Legumes and Legume Products

- vegetarian burger crumbles  
4 cup (400g)
- hummus  
2/3 cup (162g)
- roasted peanuts  
4 tbsp (37g)
- tempeh  
1/2 lbs (227g)

## Baked Products

- frozen waffles  
2 waffles (70g)

## Nut and Seed Products

- pecans  
1/2 cup, halves (50g)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)

- butter  
1 tbsp (14g)
- parmesan cheese  
1 1/2 tbsp (9g)
- nonfat greek yogurt, plain  
4 tbsp (70g)

## **Vegetables and Vegetable Products**

- eggplant  
6 1 inch (2.5 cm) slice(s) (360g)
  - frozen broccoli  
13 oz (371g)
  - kale leaves  
4 cup, chopped (160g)
  - garlic  
1 1/2 clove(s) (5g)
  - fresh green beans  
1/2 lbs (227g)
  - ketchup  
3 1/3 tbsp (57g)
  - bell pepper  
2 1/2 large (402g)
  - tomatoes  
1 cup, chopped (180g)
  - beets, precooked (canned or refrigerated)  
8 beets (2" dia, sphere) (400g)
  - onion  
1/4 small (18g)
  - raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
  - lima beans, frozen  
1/2 package (10 oz) (142g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

**eggs**  
2 large (100g)  
**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)

For all 3 meals:

**eggs**  
6 large (300g)  
**eggplant**  
6 1 inch (2.5 cm) slice(s) (360g)  
**oil**  
2 tbsp (30mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Grapes

44 cal ● 1g protein ● 0g fat ● 7g carbs ● 3g fiber



For single meal:

**grapes**  
3/4 cup (69g)

For all 3 meals:

**grapes**  
2 1/4 cup (207g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Scrambled eggs with kale, tomatoes, rosemary

219 cal ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

**water**  
3 tbsp (45mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**rosemary, dried**  
2 dash (0g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**eggs**  
2 extra large (112g)  
**kale leaves**  
1 cup, chopped (40g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**water**  
6 tbsp (90mL)  
**balsamic vinegar**  
2 tsp (10mL)  
**rosemary, dried**  
4 dash (1g)  
**tomatoes**  
1 cup, chopped (180g)  
**eggs**  
4 extra large (224g)  
**kale leaves**  
2 cup, chopped (80g)  
**oil**  
1 tsp (5mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Roasted peanuts

1/8 cup(s) - 115 cal ● 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. This recipe has no instructions.

## Waffles & Greek yogurt

1 waffle(s) - 119 cal ● 6g protein ● 4g fat ● 15g carbs ● 0g fiber





For single meal:

**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**frozen waffles**  
1 waffles (35g)

For all 2 meals:

**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**frozen waffles**  
2 waffles (70g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Shrimp-broccoli-rice bowl

392 cal ● 39g protein ● 6g fat ● 41g carbs ● 5g fiber



For single meal:

**black pepper**  
1 1/3 dash, ground (0g)  
**salt**  
1 1/3 dash (1g)  
**shrimp, raw, peeled and deveined**  
1/3 lbs (151g)  
**frozen broccoli**  
1/3 package (95g)  
**flavored rice mix**  
1/3 pouch (~5.6 oz) (53g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1/3 tsp, ground (1g)  
**salt**  
1/3 tsp (2g)  
**shrimp, raw, peeled and deveined**  
2/3 lbs (303g)  
**frozen broccoli**  
2/3 package (189g)  
**flavored rice mix**  
2/3 pouch (~5.6 oz) (105g)  
**olive oil**  
2 tsp (10mL)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

### Simple kale salad

1/2 cup(s) - 28 cal ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:  
**salad dressing**  
1/2 tbsp (8mL)  
**kale leaves**  
1/2 cup, chopped (20g)

For all 2 meals:  
**salad dressing**  
1 tbsp (15mL)  
**kale leaves**  
1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Crispy chik'n tenders

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



For single meal:  
**ketchup**  
5 tsp (28g)  
**meatless chik'n tenders**  
6 2/3 pieces (170g)

For all 2 meals:  
**ketchup**  
1/4 cup (57g)  
**meatless chik'n tenders**  
13 1/3 pieces (340g)

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

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### Simple kale salad

1/2 cup(s) - 28 cal ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:  
**salad dressing**  
1/2 tbsp (8mL)  
**kale leaves**  
1/2 cup, chopped (20g)

For all 2 meals:  
**salad dressing**  
1 tbsp (15mL)  
**kale leaves**  
1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.
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## Lunch 3 [↗](#)

Eat on day 5

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### Beets

8 beets - 193 cal ● 7g protein ● 1g fat ● 32g carbs ● 8g fiber



Makes 8 beets

#### **beets, precooked (canned or refrigerated)**

8 beets (2" dia, sphere) (400g)

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

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### Parmesan crusted tilapia

3 oz - 137 cal ● 20g protein ● 6g fat ● 1g carbs ● 0g fiber



Makes 3 oz

#### **parmesan cheese, grated**

1 1/2 tbsp (9g)

#### **olive oil**

3/8 tsp (2mL)

#### **tilapia, raw**

3 oz (84g)

#### **paprika**

2 dash (1g)

1. Preheat the oven to 400°F (200°C).
  2. Line a baking sheet with aluminum foil.
  3. In a small bowl, mix together Parmesan cheese, paprika, and a pinch of salt and pepper.
  4. Coat the tilapia fillets with olive oil, then place them on the prepared baking sheet. Press the Parmesan mixture onto the top of the tilapia.
  5. Bake in the preheated oven for 10 to 12 minutes, or until the fish flakes easily with a fork.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cal ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

**canned tuna, drained**

1/2 can (86g)

**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)

For all 2 meals:

**canned tuna, drained**

1 can (172g)

**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)

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.

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### Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

**pecans**

4 tbsp, halves (25g)

For all 2 meals:

**pecans**

1/2 cup, halves (50g)

1. This recipe has no instructions.
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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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### Apple

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



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 3 meals:

**apples**  
3 medium (3" dia) (546g)

1. This recipe has no instructions.
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## Snacks 2 [↗](#)

Eat on day 4, day 5

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### Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**Grapefruit**  
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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### Bell pepper strips and hummus

170 cal ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

**hummus**  
1/3 cup (81g)  
**bell pepper**  
1 medium (119g)

For all 2 meals:

**hummus**  
2/3 cup (162g)  
**bell pepper**  
2 medium (238g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### 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. This recipe has no instructions.

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### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.
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## Dinner 1 [↗](#)

Eat on day 1

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### White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



Makes 1/4 cup rice, cooked

#### long-grain white rice

4 tsp (15g)

#### water

1/6 cup(s) (39mL)

#### salt

2/3 dash (0g)

#### black pepper

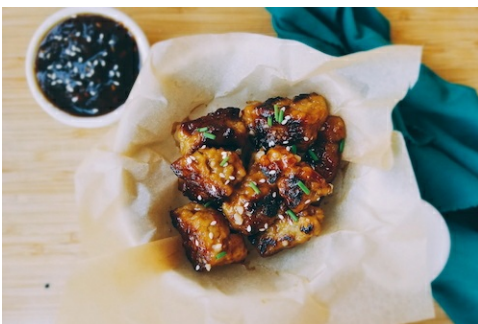
1/2 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

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### Teriyaki seitan wings

4 oz seitan - 297 cal ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



Makes 4 oz seitan

#### teriyaki sauce

2 tbsp (30mL)

#### oil

1/2 tbsp (8mL)

#### seitan

4 oz (113g)

1. Cut seitan into bite-sized shapes
  2. Heat oil in a pan over medium heat.
  3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
  4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
  5. Remove and serve.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Buttery garlic green beans

98 cals ● 2g protein ● 6g fat ● 6g carbs ● 3g fiber



For single meal:

**butter**  
1/2 tbsp (7g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**salt**  
1 dash (1g)  
**fresh green beans, trimmed, snapped in half**  
4 oz (113g)  
**lemon pepper**  
3/4 dash (0g)

For all 2 meals:

**butter**  
1 tbsp (14g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**salt**  
2 dash (2g)  
**fresh green beans, trimmed, snapped in half**  
1/2 lbs (227g)  
**lemon pepper**  
1 1/2 dash (0g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

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### 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.
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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
2 cup (182g)  
**olive oil**  
2 tsp (10mL)

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

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### White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



For single meal:

**long-grain white rice**  
4 tsp (15g)  
**water**  
1/6 cup(s) (39mL)  
**salt**  
2/3 dash (0g)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

**long-grain white rice**  
2 2/3 tbsp (31g)  
**water**  
1/3 cup(s) (79mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

### 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.

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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Olive oil drizzled lima beans

108 cal ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**olive oil**  
1/4 tbsp (4mL)

For all 2 meals:

**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.

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### Basic tempeh

4 oz - 295 cal ● 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.
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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 1/2 scoop - 273 cal ● 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.
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