

Meal Plan - 1800 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

1769 cals ● 160g protein (36%) ● 60g fat (30%) ● 125g carbs (28%) ● 23g fiber (5%)

Breakfast

285 cals, 20g protein, 16g net carbs, 14g fat



[Hummus toast](#)
1 slice(s)- 146 cals



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

Snacks

170 cals, 9g protein, 27g net carbs, 2g fat



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



[Kefir](#)
150 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

530 cals, 26g protein, 45g net carbs, 22g fat



[Grapes](#)
102 cals



[Egg salad sandwich](#)
1/2 sandwich(es)- 271 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals

Dinner

460 cals, 33g protein, 34g net carbs, 19g fat



[Couscous](#)
100 cals



[Roasted tomatoes](#)
1 1/2 tomato(es)- 89 cals



[Vegan sausage](#)
1 sausage(s)- 268 cals

Day 2

1769 cals ● 160g protein (36%) ● 60g fat (30%) ● 125g carbs (28%) ● 23g fiber (5%)

Breakfast

285 cals, 20g protein, 16g net carbs, 14g fat



[Hummus toast](#)

1 slice(s)- 146 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Snacks

170 cals, 9g protein, 27g net carbs, 2g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



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1/2 sandwich(es)- 271 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals

Dinner

460 cals, 33g protein, 34g net carbs, 19g fat



[Couscous](#)

100 cals



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cals



[Vegan sausage](#)

1 sausage(s)- 268 cals

Day 3

1750 cals ● 162g protein (37%) ● 81g fat (42%) ● 68g carbs (16%) ● 26g fiber (6%)

Breakfast

245 cals, 15g protein, 8g net carbs, 17g fat



[Toast with butter](#)

1/2 slice(s)- 57 cals



[Kale & eggs](#)

189 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



[Pistachios](#)

188 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Lunch

465 cals, 30g protein, 36g net carbs, 21g fat



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cals



[Orange & rosemary salmon](#)

4 1/2 oz- 348 cals

Dinner

505 cals, 37g protein, 14g net carbs, 28g fat



[Asparagus](#)

63 cals



[Basic tempeh](#)

6 oz- 443 cals

Day 4

1750 cals ● 162g protein (37%) ● 81g fat (42%) ● 68g carbs (16%) ● 26g fiber (6%)

Breakfast

245 cals, 15g protein, 8g net carbs, 17g fat



Toast with butter
1/2 slice(s)- 57 cals



Kale & eggs
189 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



Pistachios
188 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

465 cals, 30g protein, 36g net carbs, 21g fat



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



Orange & rosemary salmon
4 1/2 oz- 348 cals

Dinner

505 cals, 37g protein, 14g net carbs, 28g fat



Asparagus
63 cals



Basic tempeh
6 oz- 443 cals

Day 5

1840 cals ● 159g protein (35%) ● 58g fat (28%) ● 134g carbs (29%) ● 38g fiber (8%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs
1 egg(s)- 80 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



Pistachios
188 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

550 cals, 33g protein, 51g net carbs, 21g fat



Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals



Cottage cheese & honey
3/4 cup(s)- 187 cals



Orange
1 orange(s)- 85 cals

Dinner

505 cals, 35g protein, 58g net carbs, 6g fat



Broccoli
3 1/2 cup(s)- 102 cals



Couscous
151 cals



Veggie burger patty
2 patty- 254 cals

Day 6

1770 cals ● 158g protein (36%) ● 51g fat (26%) ● 143g carbs (32%) ● 28g fiber (6%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs
1 egg(s)- 80 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

235 cals, 5g protein, 40g net carbs, 5g fat



Frozen yogurt
171 cals



Peach
1 peach(es)- 66 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

550 cals, 33g protein, 51g net carbs, 21g fat



Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals



Cottage cheese & honey
3/4 cup(s)- 187 cals



Orange
1 orange(s)- 85 cals

Dinner

410 cals, 36g protein, 36g net carbs, 9g fat



Vegan crumbles
1 3/4 cup(s)- 256 cals



Brown rice
2/3 cup brown rice, cooked- 153 cals

Day 7

1717 cals ● 163g protein (38%) ● 38g fat (20%) ● 151g carbs (35%) ● 30g fiber (7%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs
1 egg(s)- 80 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

235 cals, 5g protein, 40g net carbs, 5g fat



Frozen yogurt
171 cals



Peach
1 peach(es)- 66 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

495 cals, 38g protein, 59g net carbs, 9g fat



Couscous
251 cals



Green beans
63 cals



Parmesan crusted tilapia
4 oz- 183 cals

Dinner

410 cals, 36g protein, 36g net carbs, 9g fat



Vegan crumbles
1 3/4 cup(s)- 256 cals



Brown rice
2/3 cup brown rice, cooked- 153 cals

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1 box (5.8 oz) (164g)
- ☐ brown rice
3/4 cup (148g)

Vegetables and Vegetable Products

- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (813g)
- ☐ onion
1/4 small (18g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ asparagus
4 oz (113g)
- ☐ frozen broccoli
3 1/2 cup (319g)
- ☐ frozen green beans
1 1/3 cup (161g)

Fats and Oils

- ☐ oil
4 tbsp (59mL)
- ☐ mayonnaise
2 tbsp (30mL)
- ☐ olive oil
4 tsp (19mL)

Other

- ☐ vegan sausage
2 sausage (200g)
- ☐ veggie burger patty
2 patty (142g)

Beverages

- ☐ water
22 1/2 cup(s) (5403mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Legumes and Legume Products

- ☐ hummus
5 tbsp (75g)
- ☐ tempeh
3/4 lbs (340g)

Fruits and Fruit Juices

- ☐ grapes
3 1/2 cup (322g)
- ☐ lemon juice
1 1/2 tbsp (23mL)
- ☐ orange
3 1/2 orange (539g)
- ☐ avocados
3/4 avocado(s) (151g)
- ☐ peach
2 medium (2-2/3" dia) (300g)

Spices and Herbs

- ☐ salt
1/3 oz (8g)
- ☐ black pepper
2 g (2g)
- ☐ paprika
1 g (1g)
- ☐ yellow mustard
2 dash or 1 packet (1g)
- ☐ rosemary, dried
1/4 tbsp (1g)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

Finfish and Shellfish Products

- ☐ salmon
1 1/2 fillet/s (6 oz each) (255g)
- ☐ tilapia, raw
4 oz (112g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1 tbsp (16g)

Sweets

- ☐ honey
2 tbsp (42g)
- ☐ frozen yogurt
1 1/2 cup (261g)

- ☐ vegetarian burger crumbles
3 1/2 cup (350g)

Baked Products

- ☐ bread
10 slice (320g)

Dairy and Egg Products

- ☐ eggs
15 1/2 medium (682g)
 - ☐ kefir, flavored
2 cup (480mL)
 - ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
 - ☐ butter
1/6 stick (19g)
 - ☐ cheese
2 slice (1 oz each) (56g)
 - ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
 - ☐ parmesan cheese
2 tbsp (13g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

hummus

2 1/2 tbsp (38g)

bread

1 slice (32g)

For all 2 meals:

hummus

5 tbsp (75g)

bread

2 slice (64g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Toast with butter

1/2 slice(s) - 57 cal ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

bread
1/2 slice (16g)
butter
4 dash (2g)

For all 2 meals:

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

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

Kale & eggs

189 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

For all 2 meals:

salt
2 dash (1g)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
oil
2 tsp (10mL)

1. Crack the eggs in a small bowl and whisk together.
 2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
 3. Heat your oil of choice in a frying pan over medium heat.
 4. Add egg mixture and cook to your preferred consistency.
 5. Serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 3 meals:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

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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Avocado toast

1 slice(s) - 168 cals ● 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.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

grapes
1 3/4 cup (161g)

For all 2 meals:

grapes
3 1/2 cup (322g)

1. This recipe has no instructions.

Egg salad sandwich

1/2 sandwich(es) - 271 cals ● 13g protein ● 18g fat ● 13g carbs ● 2g fiber



For single meal:

eggs
1 1/2 medium (66g)
mayonnaise
1 tbsp (15mL)
onion, chopped
1/8 small (9g)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
bread
1 slice (32g)
paprika
1/2 dash (0g)
yellow mustard
1 dash or 1 packet (1g)

For all 2 meals:

eggs
3 medium (132g)
mayonnaise
2 tbsp (30mL)
onion, chopped
1/4 small (18g)
salt
1 dash (0g)
black pepper
1 dash (0g)
bread
2 slice (64g)
paprika
1 dash (1g)
yellow mustard
2 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Brown rice

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



For single meal:

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

For all 2 meals:

brown rice
1/3 cup (63g)
salt
2 dash (1g)
water
2/3 cup(s) (160mL)
black pepper
2 dash, ground (1g)

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.

Orange & rosemary salmon

4 1/2 oz - 348 cals ● 27g protein ● 20g fat ● 12g carbs ● 3g fiber



For single meal:

salmon
 3/4 fillet/s (6 oz each) (128g)
rosemary, dried
 3 dash (0g)
orange
 3/4 orange (116g)
lemon juice
 1 tsp (6mL)
olive oil
 1/2 tsp (3mL)
salt
 1 1/2 dash (1g)

For all 2 meals:

salmon
 1 1/2 fillet/s (6 oz each) (255g)
rosemary, dried
 1/4 tbsp (1g)
orange
 1 1/2 orange (231g)
lemon juice
 3/4 tbsp (11mL)
olive oil
 1 tsp (6mL)
salt
 3 dash (2g)

1. Season the salmon with salt.
2. Put a skillet over medium-high heat and add the oil.
3. Cook the salmon for 4-5 minutes on each side, set aside when done.
4. Add the and rosemary to the skillet and cook for about a minute.
5. Juice the oranges and pour orange and lemon juice into the skillet and bring to a simmer.
6. Lower the heat to medium low until the liquid cooks down a bit.
7. Put the salmon back in the skillet and spoon the sauce over the fillets.
8. Serve.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cal ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



For single meal:

bread
 1 slice (32g)
butter, softened
 1/2 tbsp (7g)
pesto sauce
 1/2 tbsp (8g)
cheese
 1 slice (1 oz each) (28g)
tomatoes
 1 slice(s), thin/small (15g)

For all 2 meals:

bread
 2 slice (64g)
butter, softened
 1 tbsp (14g)
pesto sauce
 1 tbsp (16g)
cheese
 2 slice (1 oz each) (56g)
tomatoes
 2 slice(s), thin/small (30g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Cottage cheese & honey

3/4 cup(s) - 187 cal ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

honey
2 tbsp (42g)
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

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

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 7

Couscous

251 cals ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



instant couscous, flavored
3/8 box (5.8 oz) (69g)

1. Follow instructions on package.

Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



frozen green beans
1 1/3 cup (161g)

1. Prepare according to instructions on package.

Parmesan crusted tilapia

4 oz - 183 cals ● 26g protein ● 8g fat ● 2g carbs ● 0g fiber



Makes 4 oz

parmesan cheese, grated
2 tbsp (13g)
olive oil
1/2 tsp (3mL)
tilapia, raw
4 oz (112g)
paprika
1/3 tsp (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.

Snacks 1 [🔗](#)

Eat on day 1, day 2

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 2 meals:

tomatoes
12 cherry tomatoes (204g)

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

Kefir

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



For single meal:
kefir, flavored
1 cup (240mL)

For all 2 meals:
kefir, flavored
2 cup (480mL)

1. Pour into a glass and drink.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:
pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 3 meals:
pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

1. This recipe has no instructions.

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Frozen yogurt

171 cals ● 4g protein ● 5g fat ● 28g carbs ● 0g fiber



For single meal:

frozen yogurt
3/4 cup (131g)

For all 2 meals:

frozen yogurt
1 1/2 cup (261g)

1. This recipe has no instructions.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



For single meal:

instant couscous, flavored
1/6 box (5.8 oz) (27g)

For all 2 meals:

instant couscous, flavored
1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

1 1/2 small whole (2-2/5" dia) (137g)

oil

1/2 tbsp (8mL)

For all 2 meals:

tomatoes

3 small whole (2-2/5" dia) (273g)

oil

1 tbsp (15mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. 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.
-

Dinner 2 [↗](#)

Eat on day 3, day 4

Asparagus

63 cals ● 1g protein ● 5g fat ● 1g carbs ● 1g fiber



For single meal:

asparagus
2 oz (57g)
lemon juice
1 tsp (6mL)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
olive oil
1 tsp (6mL)

For all 2 meals:

asparagus
4 oz (113g)
lemon juice
3/4 tbsp (11mL)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
olive oil
3/4 tbsp (11mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.

Dinner 3 [↗](#)

Eat on day 5

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

frozen broccoli

3 1/2 cup (319g)

1. Prepare according to instructions on package.

Couscous

151 cals ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



instant couscous, flavored

1/4 box (5.8 oz) (41g)

1. Follow instructions on package.

Veggie burger patty

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



Makes 2 patty

veggie burger patty

2 patty (142g)

1. Cook burger according to package instructions.
 2. Serve.
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Dinner 4 [🔗](#)

Eat on day 6, day 7

Vegan crumbles

1 3/4 cup(s) - 256 cal ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

vegetarian burger crumbles

1 3/4 cup (175g)

For all 2 meals:

vegetarian burger crumbles

3 1/2 cup (350g)

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

Brown rice

2/3 cup brown rice, cooked - 153 cal ● 3g protein ● 1g fat ● 31g carbs ● 1g fiber



For single meal:

brown rice

1/4 cup (42g)

salt

1 1/3 dash (1g)

water

1/2 cup(s) (106mL)

black pepper

1 1/3 dash, ground (0g)

For all 2 meals:

brown rice

1/2 cup (84g)

salt

1/3 tsp (2g)

water

7/8 cup(s) (213mL)

black pepper

1/3 tsp, ground (1g)

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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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

water
3 cup(s) (718mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

water
21 cup(s) (5029mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.