

# Meal Plan - 2200 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

2171 cals ● 206g protein (38%) ● 91g fat (38%) ● 104g carbs (19%) ● 27g fiber (5%)

### Breakfast

295 cals, 18g protein, 15g net carbs, 16g fat



[Basic scrambled eggs](#)  
3 egg(s)- 213 cals



[Grapefruit](#)  
1/2 grapefruit- 59 cals



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

### Snacks

230 cals, 5g protein, 36g net carbs, 5g fat



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



[Banana](#)  
1 banana(s)- 117 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 scoop- 436 cals

### Lunch

560 cals, 34g protein, 34g net carbs, 30g fat



[Buttery brown rice](#)  
125 cals



[Roasted tomatoes](#)  
2 tomato(es)- 119 cals



[Almond crusted tilapia](#)  
4 1/2 oz- 318 cals

### Dinner

650 cals, 52g protein, 16g net carbs, 38g fat



[Broccoli caesar salad with hard boiled eggs](#)  
650 cals

## Day 2

2252 cals ● 201g protein (36%) ● 95g fat (38%) ● 115g carbs (20%) ● 35g fiber (6%)

### Breakfast

295 cals, 18g protein, 15g net carbs, 16g fat



**Basic scrambled eggs**  
3 egg(s)- 213 cals



**Grapefruit**  
1/2 grapefruit- 59 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Snacks

230 cals, 5g protein, 36g net carbs, 5g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Banana**  
1 banana(s)- 117 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

### Lunch

645 cals, 29g protein, 44g net carbs, 33g fat



**Strawberry avocado goat cheese panini**  
487 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Dinner

650 cals, 52g protein, 16g net carbs, 38g fat



**Broccoli caesar salad with hard boiled eggs**  
650 cals

## Day 3

2079 cals ● 190g protein (37%) ● 67g fat (29%) ● 151g carbs (29%) ● 27g fiber (5%)

### Breakfast

295 cals, 18g protein, 15g net carbs, 16g fat



**Basic scrambled eggs**  
3 egg(s)- 213 cals



**Grapefruit**  
1/2 grapefruit- 59 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Snacks

230 cals, 5g protein, 36g net carbs, 5g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Banana**  
1 banana(s)- 117 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

### Lunch

645 cals, 29g protein, 44g net carbs, 33g fat



**Strawberry avocado goat cheese panini**  
487 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Dinner

475 cals, 41g protein, 52g net carbs, 11g fat



**Brown rice**  
3/4 cup brown rice, cooked- 172 cals



**Simple seitan**  
5 oz- 305 cals

## Day 4

2102 cals ● 224g protein (43%) ● 66g fat (28%) ● 128g carbs (24%) ● 25g fiber (5%)

### Breakfast

270 cals, 9g protein, 20g net carbs, 15g fat



Small toasted bagel with butter  
1/2 bagel(s)- 120 cals



Roasted almonds  
1/6 cup(s)- 148 cals

### Snacks

230 cals, 25g protein, 6g net carbs, 11g fat



Cottage cheese with almonds and cinnamon  
232 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 cals

### Lunch

690 cals, 53g protein, 47g net carbs, 27g fat



Garlic pepper seitan  
456 cals



Easy chickpea salad  
234 cals

### Dinner

475 cals, 41g protein, 52g net carbs, 11g fat



Brown rice  
3/4 cup brown rice, cooked- 172 cals



Simple seitan  
5 oz- 305 cals

## Day 5

2201 cals ● 216g protein (39%) ● 74g fat (30%) ● 128g carbs (23%) ● 40g fiber (7%)

### Breakfast

270 cals, 9g protein, 20g net carbs, 15g fat



Small toasted bagel with butter  
1/2 bagel(s)- 120 cals



Roasted almonds  
1/6 cup(s)- 148 cals

### Snacks

230 cals, 25g protein, 6g net carbs, 11g fat



Cottage cheese with almonds and cinnamon  
232 cals

### Lunch

625 cals, 38g protein, 40g net carbs, 29g fat



Vegan deli smashed avocado sandwich  
1/2 sandwich(es)- 193 cals



Chunky canned soup (non-creamy)  
1 can(s)- 247 cals



Pumpkin seeds  
183 cals

### Dinner

640 cals, 48g protein, 59g net carbs, 16g fat



Basic tempeh  
4 oz- 295 cals



Lentils  
347 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake  
4 scoop- 436 cals

## Day 6

2216 cals ● 201g protein (36%) ● 74g fat (30%) ● 138g carbs (25%) ● 48g fiber (9%)

### Breakfast

295 cals, 12g protein, 25g net carbs, 13g fat



[Avocado toast with egg](#)  
1 slice(s)- 238 cals



[Grapefruit](#)  
1/2 grapefruit- 59 cals

### Snacks

220 cals, 7g protein, 11g net carbs, 14g fat



[Roasted almonds](#)  
1/6 cup(s)- 166 cals



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

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 scoop- 436 cals

### Lunch

625 cals, 38g protein, 40g net carbs, 29g fat



[Vegan deli smashed avocado sandwich](#)  
1/2 sandwich(es)- 193 cals



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cals



[Pumpkin seeds](#)  
183 cals

### Dinner

640 cals, 48g protein, 59g net carbs, 16g fat



[Basic tempeh](#)  
4 oz- 295 cals



[Lentils](#)  
347 cals

## Day 7

2188 cals ● 196g protein (36%) ● 69g fat (28%) ● 161g carbs (29%) ● 35g fiber (6%)

### Breakfast

295 cals, 12g protein, 25g net carbs, 13g fat



[Avocado toast with egg](#)  
1 slice(s)- 238 cals



[Grapefruit](#)  
1/2 grapefruit- 59 cals

### Snacks

220 cals, 7g protein, 11g net carbs, 14g fat



[Roasted almonds](#)  
1/6 cup(s)- 166 cals



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

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 scoop- 436 cals

### Lunch

630 cals, 58g protein, 28g net carbs, 30g fat



[Sauteed peppers and onions](#)  
94 cals



[Vegan sausage](#)  
2 sausage(s)- 536 cals

### Dinner

605 cals, 23g protein, 94g net carbs, 10g fat



[Veggie burger](#)  
2 burger- 550 cals



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

## Fruits and Fruit Juices

- ☐ lemon juice  
2 1/2 tbsp (38mL)
- ☐ Grapefruit  
2 1/2 large (approx 4-1/2" dia) (830g)
- ☐ banana  
3 medium (7" to 7-7/8" long) (354g)
- ☐ strawberries  
1 pint (384g)
- ☐ avocados  
2 avocado(s) (368g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
1/4 lbs (96g)
- ☐ almonds  
1/3 lbs (132g)
- ☐ almond butter  
1 1/2 tbsp (24g)

## Dairy and Egg Products

- ☐ parmesan cheese  
5 tbsp (25g)
- ☐ nonfat greek yogurt, plain  
5 tbsp (88g)
- ☐ eggs  
22 1/2 medium (996g)
- ☐ butter  
1/3 stick (35g)
- ☐ goat cheese  
2 oz (57g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)

## Spices and Herbs

- ☐ dijon mustard  
5 tsp (25g)
- ☐ salt  
5 1/2 g (5g)
- ☐ black pepper  
1/4 tbsp, ground (2g)
- ☐ cinnamon  
3 dash (1g)
- ☐ balsamic vinegar  
1/2 tbsp (8mL)

## Beverages

- ☐ water  
2 gallon (8026mL)
- ☐ protein powder  
28 scoop (1/3 cup ea) (868g)

## Fats and Oils

- ☐ oil  
2 oz (57mL)
- ☐ olive oil  
2/3 oz (26mL)

## Baked Products

- ☐ bread  
3/4 lbs (352g)
- ☐ bagel  
1 small bagel (3" dia) (69g)
- ☐ hamburger buns  
2 bun(s) (102g)

## Cereal Grains and Pasta

- ☐ brown rice  
3/4 cup (135g)
- ☐ all-purpose flour  
1/8 cup(s) (16g)
- ☐ seitan  
15 1/3 oz (435g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1/4 lbs (126g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1/2 tbsp (0mL)
- ☐ hot sauce  
1 tsp (5mL)
- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1/2 can (224g)
- ☐ tempeh  
1/2 lbs (227g)

## Vegetables and Vegetable Products

- ☐ broccoli  
2 1/2 cup chopped (228g)
- ☐ romaine lettuce  
10 cup shredded (470g)
- ☐ tomatoes  
4 1/2 medium whole (2-3/5" dia) (563g)
- ☐ onion  
3/4 medium (2-1/2" dia) (85g)
- ☐ garlic  
1 2/3 clove(s) (5g)
- ☐ green pepper  
4 tsp, chopped (12g)
- ☐ fresh parsley  
1 1/2 sprigs (2g)
- ☐ bell pepper  
3/4 large (123g)
- ☐ ketchup  
2 tbsp (34g)

- ☐ lentils, raw  
1 cup (192g)

## Other

- ☐ mixed greens  
1/2 package (5.5 oz) (72g)
  - ☐ plant-based deli slices  
5 slices (52g)
  - ☐ vegan sausage  
2 sausage (200g)
  - ☐ veggie burger patty  
2 patty (142g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Basic scrambled eggs

3 egg(s) - 213 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**eggs**  
3 medium (132g)

For all 3 meals:

**oil**  
3/4 tbsp (11mL)  
**eggs**  
9 medium (396g)

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.

### Grapefruit

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



For single meal:

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

For all 3 meals:

**Grapefruit**  
1 1/2 large (approx 4-1/2" dia)  
(498g)

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)

### 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.

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## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

**butter**  
1/4 tbsp (4g)  
**bagel**  
1/2 small bagel (3" dia) (35g)

For all 2 meals:

**butter**  
1/2 tbsp (7g)  
**bagel**  
1 small bagel (3" dia) (69g)

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

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### Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
2 2/3 tbsp, whole (24g)

For all 2 meals:

**almonds**  
1/3 cup, whole (48g)

1. This recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

**avocados, ripe, sliced**

1/4 avocado(s) (50g)

**eggs**

1 large (50g)

**bread**

1 slice (32g)

For all 2 meals:

**avocados, ripe, sliced**

1/2 avocado(s) (101g)

**eggs**

2 large (100g)

**bread**

2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

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### Grapefruit

1/2 grapefruit - 59 cals ● 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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## Lunch 1 [🔗](#)

Eat on day 1

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### Buttery brown rice

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



#### **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)

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.

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### Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

#### **tomatoes**

2 small whole (2-2 1/2" dia) (182g)

#### **oil**

2 tsp (10mL)

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.

### Almond crusted tilapia

4 1/2 oz - 318 cals ● 31g protein ● 15g fat ● 12g carbs ● 3g fiber



Makes 4 1/2 oz

**tilapia, raw**

1/4 lbs (126g)

**almonds**

3 tbsp, slivered (20g)

**all-purpose flour**

1/8 cup(s) (16g)

**salt**

3/4 dash (0g)

**olive oil**

1 tsp (6mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

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## Lunch 2 [🔗](#)

Eat on day 2, day 3

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### Strawberry avocado goat cheese panini

487 cals ● 17g protein ● 29g fat ● 28g carbs ● 12g fiber



For single meal:

**bread**

2 slice (64g)

**strawberries, hulled and thinly sliced**

4 medium (1-1/4" dia) (48g)

**avocados, sliced**

1/2 avocado(s) (101g)

**goat cheese**

1 oz (28g)

**butter**

1 tsp (5g)

For all 2 meals:

**bread**

4 slice (128g)

**strawberries, hulled and thinly sliced**

8 medium (1-1/4" dia) (96g)

**avocados, sliced**

1 avocado(s) (201g)

**goat cheese**

2 oz (57g)

**butter**

2 tsp (9g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

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## 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.

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## Lunch 3 [↗](#)

Eat on day 4

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### Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



**olive oil**  
4 tsp (20mL)  
**onion**  
2 2/3 tbsp, chopped (27g)  
**garlic, minced**  
1 2/3 clove(s) (5g)  
**green pepper**  
4 tsp, chopped (12g)  
**seitan, chicken style**  
1/3 lbs (151g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**water**  
2 tsp (10mL)  
**salt**  
2/3 dash (0g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

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### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



**fresh parsley, chopped**  
1 1/2 sprigs (2g)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**onion, thinly sliced**  
1/4 small (18g)  
**chickpeas, canned, drained and rinsed**  
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!



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## Lunch 4 [🔗](#)

Eat on day 5, day 6

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### Vegan deli smashed avocado sandwich

1/2 sandwich(es) - 193 cals ● 11g protein ● 8g fat ● 15g carbs ● 5g fiber



For single meal:

**mixed greens**

4 tbsp (8g)

**hot sauce**

1/2 tsp (3mL)

**avocados, peeled & deseeded**

1/6 avocado(s) (34g)

**bread**

1 slice(s) (32g)

**plant-based deli slices**

2 1/2 slices (26g)

For all 2 meals:

**mixed greens**

1/2 cup (15g)

**hot sauce**

1 tsp (5mL)

**avocados, peeled & deseeded**

1/3 avocado(s) (67g)

**bread**

2 slice(s) (64g)

**plant-based deli slices**

5 slices (52g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

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### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

### 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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## Lunch 5 [🔗](#)

Eat on day 7

### Sauteed peppers and onions

94 cals ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



#### oil

1 tsp (6mL)

#### onion, sliced

3/8 medium (2-1/2" dia) (41g)

#### bell pepper, sliced into strips

3/4 large (123g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

#### vegan sausage

2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

## Snacks 1 [🔗](#)

Eat on day 1, day 2, day 3

### 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 3 meals:

#### bread

3 slice (96g)

#### butter

1 tbsp (14g)

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

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

**banana**

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

**banana**

3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 4, day 5

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### Cottage cheese with almonds and cinnamon

232 cals ● 25g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**

3/4 cup (170g)

**almond butter**

3/4 tbsp (12g)

**almonds**

4 1/2 almond (5g)

**cinnamon**

1 1/2 dash (0g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**

1 1/2 cup (339g)

**almond butter**

1 1/2 tbsp (24g)

**almonds**

9 almond (11g)

**cinnamon**

3 dash (1g)

1. Mix all ingredients together in a small bowl.
2. Serve.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**

3 tbsp, whole (27g)

For all 2 meals:

**almonds**

6 tbsp, whole (54g)

1. This recipe has no instructions.

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Strawberries



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



For single meal:

**strawberries**

1 cup, whole (144g)

For all 2 meals:

**strawberries**

2 cup, whole (288g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Broccoli caesar salad with hard boiled eggs

650 cals ● 52g protein ● 38g fat ● 16g carbs ● 10g fiber



For single meal:

**lemon juice**

1 1/4 tbsp (19mL)

**roasted pumpkin seeds, unsalted**

2 1/2 tbsp (18g)

**parmesan cheese**

2 1/2 tbsp (13g)

**dijon mustard**

2 1/2 tsp (13g)

**nonfat greek yogurt, plain**

2 1/2 tbsp (44g)

**broccoli**

1 1/4 cup chopped (114g)

**eggs**

5 large (250g)

**romaine lettuce**

5 cup shredded (235g)

For all 2 meals:

**lemon juice**

2 1/2 tbsp (38mL)

**roasted pumpkin seeds, unsalted**

5 tbsp (37g)

**parmesan cheese**

5 tbsp (25g)

**dijon mustard**

5 tsp (25g)

**nonfat greek yogurt, plain**

5 tbsp (88g)

**broccoli**

2 1/2 cup chopped (228g)

**eggs**

10 large (500g)

**romaine lettuce**

10 cup shredded (470g)

1. Place the eggs in a small saucepan and cover with cold water.
  2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
  3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
  4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Brown rice

3/4 cup brown rice, cooked - 172 cal ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

**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)

For all 2 meals:

**brown rice**

1/2 cup (95g)

**salt**

3 dash (2g)

**water**

1 cup(s) (237mL)

**black pepper**

3 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.

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### Simple seitan

5 oz - 305 cal ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

**oil**

1 1/4 tsp (6mL)

**seitan**

5 oz (142g)

For all 2 meals:

**oil**

2 1/2 tsp (13mL)

**seitan**

10 oz (284g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
  2. Season with salt, pepper, or seasonings of choice. Serve.
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## Dinner 3 [↗](#)

Eat on day 5, day 6

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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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### Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

For all 2 meals:

**salt**  
2 dash (2g)  
**water**  
4 cup(s) (948mL)  
**lentils, raw, rinsed**  
1 cup (192g)

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.
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## Dinner 4 [↗](#)

Eat on day 7

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### Veggie burger

2 burger - 550 cals ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



Makes 2 burger

#### **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.

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### Brown rice

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



Makes 1/4 cup brown rice, cooked

#### **brown rice**

4 tsp (16g)

#### **salt**

1/2 dash (0g)

#### **water**

1/6 cup(s) (39mL)

#### **black pepper**

1/2 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.
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# Protein Supplement(s) [↗](#)

Eat every day

## Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

**water**  
4 cup(s) (948mL)  
**protein powder**  
4 scoop (1/3 cup ea) (124g)

For all 7 meals:

**water**  
28 cup(s) (6636mL)  
**protein powder**  
28 scoop (1/3 cup ea) (868g)

1. This recipe has no instructions.