

# Meal Plan - 1400 calorie low carb 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

1334 cals ● 102g protein (31%) ● 72g fat (49%) ● 47g carbs (14%) ● 23g fiber (7%)

### Breakfast

250 cals, 24g protein, 10g net carbs, 12g fat



[Roasted almonds](#)

1/8 cup(s)- 111 cals



[Protein greek yogurt](#)

1 container- 139 cals

### Snacks

165 cals, 4g protein, 5g net carbs, 13g fat



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals



[Walnuts](#)

1/6 cup(s)- 131 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

### Lunch

475 cals, 30g protein, 6g net carbs, 33g fat



[Olive oil drizzled broccoli](#)

2 1/2 cup(s)- 175 cals



[Salmon with tomato and herbs](#)

4 oz- 302 cals

### Dinner

335 cals, 19g protein, 24g net carbs, 14g fat



[Lentils](#)

116 cals



[Buttered green beans](#)

147 cals



[Vegan crumbles](#)

1/2 cup(s)- 73 cals

## Day 2

1388 cals ● 95g protein (27%) ● 82g fat (53%) ● 46g carbs (13%) ● 22g fiber (6%)

### Breakfast

250 cals, 24g protein, 10g net carbs, 12g fat



[Roasted almonds](#)  
1/8 cup(s)- 111 cals



[Protein greek yogurt](#)  
1 container- 139 cals

### Snacks

165 cals, 4g protein, 5g net carbs, 13g fat



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



[Walnuts](#)  
1/6 cup(s)- 131 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Lunch

530 cals, 24g protein, 6g net carbs, 43g fat



[Sunflower seeds](#)  
180 cals



[Cheese and guac tacos](#)  
2 taco(s)- 350 cals

### Dinner

335 cals, 19g protein, 24g net carbs, 14g fat



[Lentils](#)  
116 cals



[Buttered green beans](#)  
147 cals



[Vegan crumbles](#)  
1/2 cup(s)- 73 cals

## Day 3

1359 cals ● 102g protein (30%) ● 76g fat (50%) ● 46g carbs (14%) ● 21g fiber (6%)

### Breakfast

190 cals, 8g protein, 7g net carbs, 10g fat



[Egg in an eggplant](#)  
120 cals



[Raspberries](#)  
1 cup(s)- 72 cals

### Snacks

120 cals, 7g protein, 3g net carbs, 9g fat



[Cucumber goat cheese bites](#)  
118 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Lunch

440 cals, 28g protein, 24g net carbs, 25g fat



[Roasted cashews](#)  
1/8 cup(s)- 104 cals



[Alaskan salmon bowl](#)  
335 cals

### Dinner

500 cals, 35g protein, 11g net carbs, 32g fat



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



[Roasted almonds](#)  
1/8 cup(s)- 111 cals

## Day 4

1330 cals ● 106g protein (32%) ● 67g fat (45%) ● 49g carbs (15%) ● 27g fiber (8%)

### Breakfast

190 cals, 8g protein, 7g net carbs, 10g fat



[Egg in an eggplant](#)  
120 cals



[Raspberries](#)  
1 cup(s)- 72 cals

### Snacks

120 cals, 7g protein, 3g net carbs, 9g fat



[Cucumber goat cheese bites](#)  
118 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Lunch

440 cals, 28g protein, 24g net carbs, 25g fat



[Roasted cashews](#)  
1/8 cup(s)- 104 cals



[Alaskan salmon bowl](#)  
335 cals

### Dinner

470 cals, 39g protein, 14g net carbs, 23g fat



[Broccoli](#)  
1 cup(s)- 29 cals



[Basic tempeh](#)  
6 oz- 443 cals

## Day 5

1425 cals ● 93g protein (26%) ● 85g fat (54%) ● 33g carbs (9%) ● 39g fiber (11%)

### Breakfast

190 cals, 8g protein, 7g net carbs, 10g fat



[Egg in an eggplant](#)  
120 cals



[Raspberries](#)  
1 cup(s)- 72 cals

### Snacks

160 cals, 5g protein, 6g net carbs, 12g fat



[Mixed nuts](#)  
1/6 cup(s)- 145 cals



[Cucumber slices](#)  
1/4 cucumber- 15 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Lunch

490 cals, 17g protein, 5g net carbs, 40g fat



[Roasted almonds](#)  
1/4 cup(s)- 222 cals



[Smoked salmon stuffed avocado](#)  
1/2 avocado(s)- 271 cals

### Dinner

470 cals, 39g protein, 14g net carbs, 23g fat



[Broccoli](#)  
1 cup(s)- 29 cals



[Basic tempeh](#)  
6 oz- 443 cals

## Day 6

1421 cals ● 145g protein (41%) ● 63g fat (40%) ● 44g carbs (12%) ● 26g fiber (7%)

### Breakfast

280 cals, 44g protein, 10g net carbs, 2g fat



[Raspberries](#)  
1 cup(s)- 72 cals



[Double chocolate protein shake](#)  
206 cals

### Snacks

160 cals, 5g protein, 6g net carbs, 12g fat



[Mixed nuts](#)  
1/6 cup(s)- 145 cals



[Cucumber slices](#)  
1/4 cucumber- 15 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Lunch

435 cals, 41g protein, 6g net carbs, 24g fat



[Avocado tuna salad](#)  
436 cals

### Dinner

440 cals, 31g protein, 21g net carbs, 24g fat



[Simple mixed greens salad](#)  
170 cals



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

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## Day 7

1421 cals ● 145g protein (41%) ● 63g fat (40%) ● 44g carbs (12%) ● 26g fiber (7%)

### Breakfast

280 cals, 44g protein, 10g net carbs, 2g fat



[Raspberries](#)  
1 cup(s)- 72 cals



[Double chocolate protein shake](#)  
206 cals

### Snacks

160 cals, 5g protein, 6g net carbs, 12g fat



[Mixed nuts](#)  
1/6 cup(s)- 145 cals



[Cucumber slices](#)  
1/4 cucumber- 15 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Lunch

435 cals, 41g protein, 6g net carbs, 24g fat



[Avocado tuna salad](#)  
436 cals

### Dinner

440 cals, 31g protein, 21g net carbs, 24g fat



[Simple mixed greens salad](#)  
170 cals



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

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## Spices and Herbs

- ☐ salt  
2 1/2 g (3g)
- ☐ black pepper  
1/4 tbsp (1g)
- ☐ oregano, dried  
1 1/2 dash, ground (0g)
- ☐ thyme, dried  
1 1/2 dash, ground (0g)
- ☐ dried dill weed  
1 tsp (1g)
- ☐ dijon mustard  
2 tsp (10g)

## Beverages

- ☐ water  
11 1/3 cup(s) (2685mL)
- ☐ protein powder  
7 scoop (1/3 cup ea) (217g)

## Legumes and Legume Products

- ☐ lentils, raw  
1/3 cup (64g)
- ☐ vegetarian burger crumbles  
1 cup (100g)
- ☐ tempeh  
3/4 lbs (340g)

## Vegetables and Vegetable Products

- ☐ frozen green beans  
2 cup (242g)
- ☐ tomatoes  
3 1/2 medium whole (2-3/5" dia) (427g)
- ☐ frozen broccoli  
4 1/2 cup (410g)
- ☐ onion  
1/3 medium (2-1/2" dia) (38g)
- ☐ eggplant  
3 1 inch (2.5 cm) slice(s) (180g)
- ☐ cucumber  
1 1/2 cucumber (8-1/4") (452g)
- ☐ broccoli  
3/4 cup chopped (68g)
- ☐ romaine lettuce  
3 cup shredded (141g)
- ☐ garlic  
1/2 clove(s) (2g)

## Nut and Seed Products

- ☐ almonds  
10 tbsp, whole (89g)
- ☐ walnuts  
6 tbsp, shelled (38g)
- ☐ sunflower kernels  
1 oz (28g)
- ☐ roasted pumpkin seeds, unsalted  
1 1/2 tbsp (11g)
- ☐ roasted cashews  
4 tbsp, halves and whole (34g)
- ☐ mixed nuts  
1/2 cup (67g)

## Other

- ☐ protein greek yogurt, flavored  
2 container (300g)
- ☐ guacamole, store-bought  
4 tbsp (62g)
- ☐ protein powder, chocolate  
3 scoop (1/3 cup ea) (93g)
- ☐ mixed greens  
9 1/2 cup (285g)
- ☐ vegan sausage  
2 sausage (200g)

## Fats and Oils

- ☐ olive oil  
3/4 oz (20mL)
- ☐ oil  
3 tbsp (48mL)
- ☐ salad dressing  
1/2 cup (113mL)

## Fruits and Fruit Juices

- ☐ lemon juice  
2/3 fl oz (21mL)
- ☐ raspberries  
5 cup (615g)
- ☐ avocados  
1 1/2 avocado(s) (302g)
- ☐ lime juice  
2 tsp (10mL)

## Finfish and Shellfish Products

- ☐ salmon  
3/4 lbs (340g)

## Dairy and Egg Products

- ☐ butter  
2 tbsp (27g)
- ☐ cheddar cheese  
1/2 cup, shredded (57g)
- ☐ eggs  
6 large (300g)
- ☐ goat cheese  
2 1/2 oz (71g)
- ☐ parmesan cheese  
1 1/2 tbsp (8g)
- ☐ nonfat greek yogurt, plain  
1/2 cup (131g)

- ☐ smoked salmon  
3/4 oz (21g)
- ☐ canned tuna  
2 can (344g)

## Cereal Grains and Pasta

- ☐ brown rice  
4 tbsp (48g)

## Sweets

- ☐ cocoa powder  
1 tbsp (5g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### **almonds**

2 tbsp, whole (18g)

For all 2 meals:

#### **almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

### Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

#### **protein greek yogurt, flavored**

1 container (150g)

For all 2 meals:

#### **protein greek yogurt, flavored**

2 container (300g)

1. Enjoy.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Egg in an eggplant

120 cals ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

**eggs**

1 large (50g)

**eggplant**

1 1 inch (2.5 cm) slice(s) (60g)

**oil**

1 tsp (5mL)

For all 3 meals:

**eggs**

3 large (150g)

**eggplant**

3 1 inch (2.5 cm) slice(s) (180g)

**oil**

1 tbsp (15mL)

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.

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### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**

1 cup (123g)

For all 3 meals:

**raspberries**

3 cup (369g)

1. Rinse raspberries and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

#### raspberries

1 cup (123g)

For all 2 meals:

#### raspberries

2 cup (246g)

1. Rinse raspberries and serve.

### Double chocolate protein shake

206 cals ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

#### water

1 1/2 cup(s) (356mL)

#### cocoa powder

1/2 tbsp (3g)

#### nonfat greek yogurt, plain

3 tbsp (53g)

#### protein powder, chocolate

1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

#### water

3 cup(s) (711mL)

#### cocoa powder

1 tbsp (5g)

#### nonfat greek yogurt, plain

6 tbsp (105g)

#### protein powder, chocolate

3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

## Lunch 1 [↗](#)

Eat on day 1

### Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

#### black pepper

1 1/4 dash (0g)

#### salt

1 1/4 dash (1g)

#### frozen broccoli

2 1/2 cup (228g)

#### olive oil

2 1/2 tsp (13mL)

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

## Salmon with tomato and herbs

4 oz - 302 cals ● 24g protein ● 22g fat ● 2g carbs ● 1g fiber



Makes 4 oz

**olive oil**

1/2 tbsp (8mL)

**salt**

2/3 dash (0g)

**black pepper**

1 1/3 dash (0g)

**tomatoes, chopped**

1/2 plum tomato (31g)

**lemon juice**

1 tsp (5mL)

**oregano, dried**

1 1/3 dash, ground (0g)

**thyme, dried**

1 1/3 dash, ground (0g)

**salmon**

2/3 fillet/s (6 oz each) (113g)

**onion**

1 tsp chopped (3g)

1. Preheat the oven to 400 F (200 C).
2. Sprinkle salmon with 1/3 of the olive oil, salt, and pepper.
3. Stir the tomatoes, shallots, remaining olive oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.
4. Place each salmon fillet, oiled side down, atop its own individual sheet of foil.
5. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed.
6. Place the foil packets on a heavy large baking sheet.
7. Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

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## Lunch 2 [↗](#)

Eat on day 2

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### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



**sunflower kernels**

1 oz (28g)

1. This recipe has no instructions.

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## Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



Makes 2 taco(s)

**cheddar cheese**

1/2 cup, shredded (57g)

**guacamole, store-bought**

4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lunch 3 [🔗](#)

Eat on day 3, day 4

**Roasted cashews**

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**

2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

**Alaskan salmon bowl**

335 cal ● 25g protein ● 17g fat ● 19g carbs ● 1g fiber



For single meal:

- oil**  
1/4 tsp (1mL)
- lemon juice**  
3/8 tsp (2mL)
- garlic, minced**  
1/4 clove(s) (1g)
- dijon mustard**  
2 dash (1g)
- cucumber, chopped**  
1/8 cucumber (8-1/4") (38g)
- salmon**  
4 oz (113g)
- brown rice**  
2 tbsp (24g)

For all 2 meals:

- oil**  
1/2 tsp (3mL)
- lemon juice**  
1/4 tbsp (4mL)
- garlic, minced**  
1/2 clove(s) (2g)
- dijon mustard**  
4 dash (3g)
- cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)
- salmon**  
1/2 lbs (227g)
- brown rice**  
4 tbsp (48g)

1. Cook rice according to package instructions. Set aside.
2. Preheat oven to 350°F (180°C). Place salmon skin side down on a baking sheet and bake salmon for 14-16 or until salmon is fully cooked.
3. Mix the dijon, oil, garlic, lemon juice, and some salt into the rice.
4. Top the rice with salmon and cucumber and serve.

## Lunch 4 [🔗](#)

Eat on day 5

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

- almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.

### Smoked salmon stuffed avocado

1/2 avocado(s) - 271 cals ● 10g protein ● 22g fat ● 2g carbs ● 7g fiber



Makes 1/2 avocado(s)

**lemon juice**

1/4 tsp (1mL)

**goat cheese**

1/2 oz (14g)

**smoked salmon**

3/4 oz (21g)

**avocados, halved, de-seeded, and de-skinned**

1/2 avocado(s) (101g)

1. Chop the smoked salmon into pieces.
2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
3. Stuff the holes of the avocado with the smoked salmon mixture.
4. Top with a drizzle of lemon juice and add pepper to taste.
5. Serve immediately.

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## Lunch 5 [🔗](#)

Eat on day 6, day 7

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### Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



For single meal:

**avocados**

1/2 avocado(s) (101g)

**lime juice**

1 tsp (5mL)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**mixed greens**

1 cup (30g)

**onion, minced**

1/4 small (18g)

**canned tuna**

1 can (172g)

**tomatoes**

4 tbsp, chopped (45g)

For all 2 meals:

**avocados**

1 avocado(s) (201g)

**lime juice**

2 tsp (10mL)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**mixed greens**

2 cup (60g)

**onion, minced**

1/2 small (35g)

**canned tuna**

2 can (344g)

**tomatoes**

1/2 cup, chopped (90g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
  2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
  3. Serve.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

### 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.

### Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

#### walnuts

3 tbsp, shelled (19g)

For all 2 meals:

#### walnuts

6 tbsp, shelled (38g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4

### Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

#### cucumber, sliced

1/4 cucumber (8-1 1/4") (75g)

#### goat cheese

1 oz (28g)

#### dried dill weed

4 dash (1g)

For all 2 meals:

#### cucumber, sliced

1/2 cucumber (8-1 1/4") (151g)

#### goat cheese

2 oz (57g)

#### dried dill weed

1 tsp (1g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

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## Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

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### Mixed nuts

1/6 cup(s) - 145 cal● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**  
2 2/3 tbsp (22g)

For all 3 meals:

**mixed nuts**  
1/2 cup (67g)

1. This recipe has no instructions.

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### Cucumber slices

1/4 cucumber - 15 cal● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**  
1/4 cucumber (8-1/4") (75g)

For all 3 meals:

**cucumber**  
3/4 cucumber (8-1/4") (226g)

1. Slice cucumber into rounds and serve.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**salt**  
1/3 dash (0g)  
**water**  
2/3 cup(s) (158mL)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2/3 dash (1g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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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### Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

**frozen green beans**  
1 cup (121g)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**butter**  
1 tbsp (14g)

For all 2 meals:

**frozen green beans**  
2 cup (242g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**butter**  
2 tbsp (27g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

### Vegan crumbles

1/2 cup(s) - 73 cal ● 9g protein ● 2g fat ● 1g carbs ● 3g fiber



For single meal:

**vegetarian burger crumbles**  
1/2 cup (50g)

For all 2 meals:

**vegetarian burger crumbles**  
1 cup (100g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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## Dinner 2 [↗](#)

Eat on day 3

### Broccoli caesar salad with hard boiled eggs

390 cals ● 31g protein ● 23g fat ● 9g carbs ● 6g fiber



#### lemon juice

3/4 tbsp (11mL)

#### roasted pumpkin seeds, unsalted

1 1/2 tbsp (11g)

#### parmesan cheese

1 1/2 tbsp (8g)

#### dijon mustard

1/2 tbsp (8g)

#### nonfat greek yogurt, plain

1 1/2 tbsp (26g)

#### broccoli

3/4 cup chopped (68g)

#### eggs

3 large (150g)

#### romaine lettuce

3 cup shredded (141g)

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.

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

#### almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



For single meal:

**frozen broccoli**

1 cup (91g)

For all 2 meals:

**frozen broccoli**

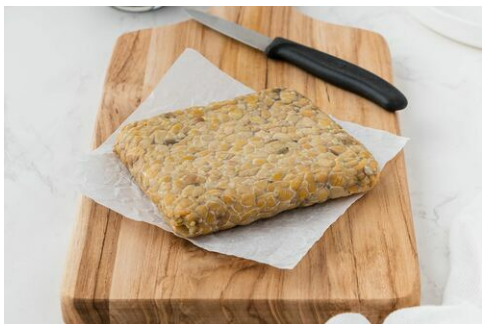
2 cup (182g)

1. Prepare according to instructions on package.

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### 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.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

### Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**salad dressing**  
1/2 cup (113mL)

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

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 7 meals:

**water**  
7 cup(s) (1659mL)  
**protein powder**  
7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.

