

# Meal Plan - 1600 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

1560 cals ● 129g protein (33%) ● 90g fat (52%) ● 38g carbs (10%) ● 21g fiber (5%)

### Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



[Eggs with avocado and salsa](#)  
254 cals

### Lunch

405 cals, 15g protein, 10g net carbs, 32g fat



[Buttered green beans](#)  
147 cals



[Basic tofu](#)  
6 oz- 257 cals

### Snacks

160 cals, 21g protein, 11g net carbs, 3g fat



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



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

### Dinner

635 cals, 59g protein, 13g net carbs, 34g fat



[Buttered sugar snap peas](#)  
268 cals



[Parmesan crusted tilapia](#)  
8 oz- 366 cals

### Protein Supplement(s)

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



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

## Day 2

1582 cals ● 107g protein (27%) ● 90g fat (51%) ● 58g carbs (15%) ● 28g fiber (7%)

### Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



Eggs with avocado and salsa  
254 cals

### Snacks

160 cals, 21g protein, 11g net carbs, 3g fat



Cherry tomatoes  
6 cherry tomatoes- 21 cals



Protein greek yogurt  
1 container- 139 cals

### Protein Supplement(s)

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



Protein shake  
1 scoop- 109 cals

### Lunch

510 cals, 15g protein, 13g net carbs, 38g fat



Roasted almonds  
1/3 cup(s)- 277 cals



Zoodles with avocado sauce  
235 cals

### Dinner

545 cals, 39g protein, 30g net carbs, 29g fat



Milk  
1 1/4 cup(s)- 186 cals



Vegan bangers and cauliflower mash  
1 sausage link(s)- 361 cals

## Day 3

1607 cals ● 109g protein (27%) ● 95g fat (53%) ● 50g carbs (13%) ● 27g fiber (7%)

### Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



Eggs with avocado and salsa  
254 cals

### Snacks

185 cals, 23g protein, 3g net carbs, 9g fat



Boiled eggs  
1 egg(s)- 69 cals



Tuna cucumber bites  
115 cals

### Protein Supplement(s)

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



Protein shake  
1 scoop- 109 cals

### Lunch

510 cals, 15g protein, 13g net carbs, 38g fat



Roasted almonds  
1/3 cup(s)- 277 cals



Zoodles with avocado sauce  
235 cals

### Dinner

545 cals, 39g protein, 30g net carbs, 29g fat



Milk  
1 1/4 cup(s)- 186 cals



Vegan bangers and cauliflower mash  
1 sausage link(s)- 361 cals

## Day 4

1580 cals ● 144g protein (36%) ● 74g fat (42%) ● 54g carbs (14%) ● 32g fiber (8%)

### Breakfast

260 cals, 32g protein, 13g net carbs, 8g fat



Protein shake (milk)  
258 cals

### Lunch

500 cals, 41g protein, 17g net carbs, 22g fat



Olive oil drizzled sugar snap peas  
245 cals



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

### Snacks

185 cals, 23g protein, 3g net carbs, 9g fat



Boiled eggs  
1 egg(s)- 69 cals



Tuna cucumber bites  
115 cals

### Dinner

530 cals, 24g protein, 21g net carbs, 34g fat



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



Broccoli caesar salad with hard boiled eggs  
130 cals



Chunky canned soup (creamy)  
1/2 can(s)- 177 cals

### Protein Supplement(s)

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



Protein shake  
1 scoop- 109 cals

## Day 5

1588 cals ● 155g protein (39%) ● 71g fat (40%) ● 53g carbs (13%) ● 30g fiber (8%)

### Breakfast

260 cals, 32g protein, 13g net carbs, 8g fat



Protein shake (milk)  
258 cals

### Lunch

500 cals, 41g protein, 17g net carbs, 22g fat



Olive oil drizzled sugar snap peas  
245 cals



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

### Snacks

185 cals, 23g protein, 3g net carbs, 9g fat



Boiled eggs  
1 egg(s)- 69 cals



Tuna cucumber bites  
115 cals

### Dinner

535 cals, 35g protein, 20g net carbs, 31g fat



Buttered sugar snap peas  
268 cals



Vegan sausage  
1 sausage(s)- 268 cals

### Protein Supplement(s)

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



Protein shake  
1 scoop- 109 cals

## Day 6

1644 cals ● 131g protein (32%) ● 94g fat (51%) ● 50g carbs (12%) ● 19g fiber (5%)

### Breakfast

280 cals, 19g protein, 15g net carbs, 16g fat



[Waffles & Greek yogurt](#)  
1 waffle(s)- 119 cals



[Basic fried eggs](#)  
2 egg(s)- 159 cals

### Snacks

240 cals, 8g protein, 8g net carbs, 18g fat



[Mixed nuts](#)  
1/4 cup(s)- 218 cals



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

### Protein Supplement(s)

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



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

### Lunch

485 cals, 46g protein, 6g net carbs, 28g fat



[Buttered broccoli](#)  
1 3/4 cup(s)- 234 cals



[Cajun cod](#)  
8 oz- 249 cals

### Dinner

535 cals, 35g protein, 20g net carbs, 31g fat



[Buttered sugar snap peas](#)  
268 cals



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

## Day 7

1565 cals ● 127g protein (33%) ● 83g fat (48%) ● 53g carbs (14%) ● 24g fiber (6%)

### Breakfast

280 cals, 19g protein, 15g net carbs, 16g fat



[Waffles & Greek yogurt](#)  
1 waffle(s)- 119 cals



[Basic fried eggs](#)  
2 egg(s)- 159 cals

### Snacks

240 cals, 8g protein, 8g net carbs, 18g fat



[Mixed nuts](#)  
1/4 cup(s)- 218 cals



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

### Protein Supplement(s)

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



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

### Lunch

485 cals, 46g protein, 6g net carbs, 28g fat



[Buttered broccoli](#)  
1 3/4 cup(s)- 234 cals



[Cajun cod](#)  
8 oz- 249 cals

### Dinner

455 cals, 31g protein, 24g net carbs, 20g fat



[Olive oil drizzled lima beans](#)  
161 cals



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

## Spices and Herbs

- ☐ black pepper  
1 g (1g)
- ☐ salt  
5 g (5g)
- ☐ paprika  
1/4 tbsp (2g)
- ☐ fresh basil  
1 cup leaves, whole (24g)
- ☐ dijon mustard  
4 dash (3g)
- ☐ cajun seasoning  
1 3/4 tbsp (12g)

## Dairy and Egg Products

- ☐ butter  
1 1/6 stick (131g)
- ☐ parmesan cheese  
1 oz (27g)
- ☐ eggs  
11 large (550g)
- ☐ whole milk  
1/4 gallon (1080mL)
- ☐ nonfat greek yogurt, plain  
1/2 container (79g)

## Vegetables and Vegetable Products

- ☐ frozen sugar snap peas  
9 cup (1296g)
- ☐ tomatoes  
34 cherry tomatoes (578g)
- ☐ frozen green beans  
1 cup (121g)
- ☐ onion  
1 small (70g)
- ☐ zucchini  
1 large (323g)
- ☐ cucumber  
3/4 cucumber (8-1/4") (226g)
- ☐ broccoli  
4 tbsp chopped (23g)
- ☐ romaine lettuce  
1 cup shredded (47g)
- ☐ frozen broccoli  
3 1/2 cup (319g)
- ☐ lima beans, frozen  
3/8 package (10 oz) (107g)

## Fats and Oils

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1/2 lbs (224g)
- ☐ canned tuna  
3 packet (222g)
- ☐ cod, raw  
1 lbs (453g)

## Beverages

- ☐ water  
7 1/3 cup(s) (1737mL)
- ☐ protein powder  
9 scoop (1/3 cup ea) (279g)

## Fruits and Fruit Juices

- ☐ avocados  
2 1/2 avocado(s) (503g)
- ☐ lemon juice  
3 1/4 tbsp (49mL)

## Soups, Sauces, and Gravies

- ☐ salsa  
1/4 cup (81g)
- ☐ chunky canned soup (creamy varieties)  
1/2 can (~19 oz) (267g)

## Other

- ☐ protein greek yogurt, flavored  
2 container (300g)
- ☐ vegan sausage  
4 sausage (400g)
- ☐ frozen cauliflower  
1 1/2 cup (170g)

## Legumes and Legume Products

- ☐ firm tofu  
6 oz (170g)
- ☐ vegetarian burger crumbles  
3 1/2 cup (350g)
- ☐ tempeh  
4 oz (113g)

## Nut and Seed Products

- ☐ almonds  
14 tbsp, whole (125g)

☐ olive oil  
1 1/4 oz (41mL)

☐ oil  
2 oz (57mL)

☐ roasted pumpkin seeds, unsalted  
1/2 tbsp (4g)

☐ mixed nuts  
1/2 cup (67g)

## Baked Products

☐ frozen waffles  
2 waffles (70g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Eggs with avocado and salsa

254 cals ● 9g protein ● 20g fat ● 4g carbs ● 7g fiber



For single meal:

**eggs**  
1 large (50g)  
**avocados, diced**  
1/2 avocado(s) (101g)  
**salsa**  
1 1/2 tbsp (27g)

For all 3 meals:

**eggs**  
3 large (150g)  
**avocados, diced**  
1 1/2 avocado(s) (302g)  
**salsa**  
1/4 cup (81g)

1. Cook eggs according to your preference (scrambled, sunny side up, etc.)
2. Season with some salt and pepper and top with the diced avocado and salsa.
3. Serve.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**whole milk**  
2 cup (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
2. Serve.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Waffles & Greek yogurt

1 waffle(s) - 119 cals ● 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.

### Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**

1/2 tsp (3mL)

**eggs**

2 large (100g)

For all 2 meals:

**oil**

1 tsp (5mL)

**eggs**

4 large (200g)

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.

## Lunch 1 [↗](#)

Eat on day 1

### Buttered green beans

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



**frozen green beans**

1 cup (121g)

**salt**

3/4 dash (0g)

**black pepper**

3/4 dash (0g)

**butter**

1 tbsp (14g)

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



## Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

### **firm tofu**

6 oz (170g)

### **oil**

1 tbsp (15mL)

1. Slice tofu 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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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

### **almonds**

5 tbsp, whole (45g)

For all 2 meals:

### **almonds**

10 tbsp, whole (89g)

1. This recipe has no instructions.

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## Zoodles with avocado sauce

235 cals ● 5g protein ● 16g fat ● 9g carbs ● 10g fiber



For single meal:

**water**  
1/6 cup(s) (39mL)  
**lemon juice**  
1 1/2 tbsp (23mL)  
**tomatoes, halved**  
5 cherry tomatoes (85g)  
**fresh basil**  
1/2 cup leaves, whole (12g)  
**zucchini**  
1/2 large (162g)  
**avocados, peeled and seed removed**  
1/2 avocado(s) (101g)

For all 2 meals:

**water**  
1/3 cup(s) (79mL)  
**lemon juice**  
3 tbsp (45mL)  
**tomatoes, halved**  
10 cherry tomatoes (170g)  
**fresh basil**  
1 cup leaves, whole (24g)  
**zucchini**  
1 large (323g)  
**avocados, peeled and seed removed**  
1 avocado(s) (201g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

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## Lunch 3 [↗](#)

Eat on day 4, day 5

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### Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen sugar snap peas**  
2 cup (288g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen sugar snap peas**  
4 cup (576g)  
**olive oil**  
2 tbsp (30mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

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## Vegan crumbles

1 3/4 cup(s) - 256 cals ● 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.

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## Lunch 4 [🔗](#)

Eat on day 6, day 7

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### Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
1 3/4 cup (159g)  
**butter**  
1 3/4 tbsp (25g)

For all 2 meals:

**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen broccoli**  
3 1/2 cup (319g)  
**butter**  
1/4 cup (50g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### Cajun cod

8 oz - 249 cals ● 41g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**cod, raw**  
1/2 lbs (227g)  
**cajun seasoning**  
2 2/3 tsp (6g)  
**oil**  
1/2 tbsp (7mL)

For all 2 meals:

**cod, raw**  
16 oz (453g)  
**cajun seasoning**  
1 3/4 tbsp (12g)  
**oil**  
2 2/3 tsp (13mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
  2. In a non-stick skillet, add the oil and heat the pan.
  3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
  4. Let sit a couple minutes and serve.
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# 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.

## 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.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 3 meals:

**eggs**  
3 large (150g)

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.

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### Tuna cucumber bites

115 cal ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**canned tuna**  
1 packet (74g)

For all 3 meals:

**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)  
**canned tuna**  
3 packet (222g)

1. Slice the cucumber and top slices with tuna.
  2. Season to taste with salt and pepper.
  3. Serve.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

### Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

#### **mixed nuts**

4 tbsp (34g)

For all 2 meals:

#### **mixed nuts**

1/2 cup (67g)

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 2 meals:

#### **tomatoes**

12 cherry tomatoes (204g)

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

## Dinner 1 [↗](#)

Eat on day 1

### Buttered sugar snap peas

268 cals ● 7g protein ● 19g fat ● 10g carbs ● 8g fiber



#### **black pepper**

1 1/4 dash (0g)

#### **salt**

1 1/4 dash (1g)

#### **butter**

5 tsp (23g)

#### **frozen sugar snap peas**

1 2/3 cup (240g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

### Parmesan crusted tilapia

8 oz - 366 cals ● 52g protein ● 15g fat ● 4g carbs ● 1g fiber



Makes 8 oz

**parmesan cheese, grated**

4 tbsp (25g)

**olive oil**

1 tsp (5mL)

**tilapia, raw**

1/2 lbs (224g)

**paprika**

1/4 tbsp (2g)

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.

**Dinner 2** [🔗](#)

Eat on day 2, day 3

**Milk**

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

**whole milk**

1 1/4 cup (300mL)

For all 2 meals:

**whole milk**

2 1/2 cup (600mL)

1. This recipe has no instructions.

**Vegan bangers and cauliflower mash**

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber





For single meal:

**onion, thinly sliced**  
1/2 small (35g)  
**vegan sausage**  
1 sausage (100g)  
**oil**  
1/2 tbsp (8mL)  
**frozen cauliflower**  
3/4 cup (85g)

For all 2 meals:

**onion, thinly sliced**  
1 small (70g)  
**vegan sausage**  
2 sausage (200g)  
**oil**  
1 tbsp (15mL)  
**frozen cauliflower**  
1 1/2 cup (170g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

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## Dinner 3 [🔗](#)

Eat on day 4

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### Roasted almonds

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



Makes 1/4 cup(s)

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

1. This recipe has no instructions.

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### Broccoli caesar salad with hard boiled eggs

130 cal● 10g protein ● 8g fat ● 3g carbs ● 2g fiber



**lemon juice**  
1/4 tbsp (4mL)  
**roasted pumpkin seeds, unsalted**  
1/2 tbsp (4g)  
**parmesan cheese**  
1/2 tbsp (3g)  
**dijon mustard**  
4 dash (3g)  
**nonfat greek yogurt, plain**  
1/2 tbsp (9g)  
**broccoli**  
4 tbsp chopped (23g)  
**eggs**  
1 large (50g)  
**romaine lettuce**  
1 cup shredded (47g)

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.

Chunky canned soup (creamy)

1/2 can(s) - 177 cal● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



Makes 1/2 can(s)  
**chunky canned soup (creamy varieties)**  
1/2 can (~19 oz) (267g)

1. Prepare according to instructions on package.

## Dinner 4 [↗](#)

Eat on day 5, day 6

### Buttered sugar snap peas

268 cals ● 7g protein ● 19g fat ● 10g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**butter**  
5 tsp (23g)  
**frozen sugar snap peas**  
1 2/3 cup (240g)

For all 2 meals:

**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**butter**  
1/4 cup (45g)  
**frozen sugar snap peas**  
3 1/3 cup (480g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

### 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 5 [↗](#)

Eat on day 7

### Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



**black pepper**  
3/4 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**lima beans, frozen**  
3/8 package (10 oz) (107g)  
**olive oil**  
1 tsp (6mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

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

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.
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