

# Meal Plan - 1300 calorie 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

1265 cal ● 105g protein (33%) ● 50g fat (35%) ● 78g carbs (25%) ● 22g fiber (7%)

### Breakfast

240 cal, 10g protein, 17g net carbs, 14g fat



[Waffles & peanut butter](#)

1 waffle(s)- 201 cal



[Vegan breakfast sausage links](#)

1 links- 38 cal

### Snacks

150 cal, 5g protein, 13g net carbs, 7g fat



[Sunflower seeds](#)

90 cal



[Grapefruit](#)

1/2 grapefruit- 59 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cal

### Lunch

385 cal, 30g protein, 15g net carbs, 21g fat



[Roasted tomatoes](#)

2 tomato(es)- 119 cal



[Vegan sausage](#)

1 sausage(s)- 268 cal

### Dinner

325 cal, 23g protein, 32g net carbs, 7g fat



[Mixed vegetables](#)

3/4 cup(s)- 73 cal



[Veggie burger patty](#)

2 patty- 254 cal

## Day 2

1265 cal ● 105g protein (33%) ● 50g fat (35%) ● 78g carbs (25%) ● 22g fiber (7%)

### Breakfast

240 cal, 10g protein, 17g net carbs, 14g fat



**Waffles & peanut butter**  
1 waffle(s)- 201 cal



**Vegan breakfast sausage links**  
1 links- 38 cal

### Snacks

150 cal, 5g protein, 13g net carbs, 7g fat



**Sunflower seeds**  
90 cal



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

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cal

### Lunch

385 cal, 30g protein, 15g net carbs, 21g fat



**Roasted tomatoes**  
2 tomato(es)- 119 cal



**Vegan sausage**  
1 sausage(s)- 268 cal

### Dinner

325 cal, 23g protein, 32g net carbs, 7g fat



**Mixed vegetables**  
3/4 cup(s)- 73 cal



**Veggie burger patty**  
2 patty- 254 cal

## Day 3

1316 cal ● 114g protein (35%) ● 51g fat (35%) ● 79g carbs (24%) ● 21g fiber (7%)

### Breakfast

240 cal, 10g protein, 17g net carbs, 14g fat



**Waffles & peanut butter**  
1 waffle(s)- 201 cal



**Vegan breakfast sausage links**  
1 links- 38 cal

### Snacks

170 cal, 8g protein, 18g net carbs, 5g fat



**Hummus toast**  
1 slice(s)- 146 cal



**Cherry tomatoes**  
6 cherry tomatoes- 21 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cal

### Lunch

435 cal, 18g protein, 27g net carbs, 24g fat



**Carrots and hummus**  
164 cal



**Egg salad sandwich**  
1/2 sandwich(es)- 271 cal

### Dinner

310 cal, 41g protein, 16g net carbs, 8g fat



**Cajun cod**  
7 1/2 oz- 234 cal



**Pita bread**  
1 pita bread(s)- 78 cal

## Day 4

1250 cals ● 109g protein (35%) ● 42g fat (30%) ● 85g carbs (27%) ● 23g fiber (7%)

### Breakfast

175 cals, 5g protein, 23g net carbs, 5g fat



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



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

### Snacks

170 cals, 8g protein, 18g net carbs, 5g fat



**Hummus toast**  
1 slice(s)- 146 cals



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

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

435 cals, 18g protein, 27g net carbs, 24g fat



**Carrots and hummus**  
164 cals



**Egg salad sandwich**  
1/2 sandwich(es)- 271 cals

### Dinner

310 cals, 41g protein, 16g net carbs, 8g fat



**Cajun cod**  
7 1/2 oz- 234 cals



**Pita bread**  
1 pita bread(s)- 78 cals

## Day 5

1244 cals ● 97g protein (31%) ● 49g fat (35%) ● 86g carbs (28%) ● 19g fiber (6%)

### Breakfast

175 cals, 5g protein, 23g net carbs, 5g fat



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



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

### Snacks

140 cals, 8g protein, 4g net carbs, 10g fat



**Kale chips**  
69 cals



**Boiled eggs**  
1 egg(s)- 69 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

400 cals, 22g protein, 27g net carbs, 19g fat



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



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



**Walnuts**  
1/6 cup(s)- 131 cals

### Dinner

370 cals, 26g protein, 30g net carbs, 14g fat



**Cajun tofu**  
196 cals



**Lentils**  
174 cals

## Day 6

1272 cals ● 104g protein (33%) ● 54g fat (38%) ● 75g carbs (23%) ● 18g fiber (6%)

### Breakfast

200 cals, 12g protein, 12g net carbs, 11g fat



**Grapefruit**

1/2 grapefruit- 59 cals



**Basic scrambled eggs**

2 egg(s)- 142 cals

### Snacks

140 cals, 8g protein, 4g net carbs, 10g fat



**Kale chips**

69 cals



**Boiled eggs**

1 egg(s)- 69 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

400 cals, 22g protein, 27g net carbs, 19g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Chunky canned soup (non-creamy)**

1 can(s)- 247 cals



**Walnuts**

1/6 cup(s)- 131 cals

### Dinner

370 cals, 26g protein, 30g net carbs, 14g fat



**Cajun tofu**

196 cals



**Lentils**

174 cals

## Day 7

1328 cals ● 93g protein (28%) ● 72g fat (49%) ● 57g carbs (17%) ● 21g fiber (6%)

### Breakfast

200 cals, 12g protein, 12g net carbs, 11g fat



**Grapefruit**

1/2 grapefruit- 59 cals



**Basic scrambled eggs**

2 egg(s)- 142 cals

### Snacks

140 cals, 8g protein, 4g net carbs, 10g fat



**Kale chips**

69 cals



**Boiled eggs**

1 egg(s)- 69 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

385 cals, 18g protein, 20g net carbs, 23g fat



**Cherry tomatoes**

9 cherry tomatoes- 32 cals



**Rosemary mushroom cheese sandwich**

1/2 sandwich(es)- 204 cals



**Roasted almonds**

1/6 cup(s)- 148 cals

### Dinner

440 cals, 19g protein, 20g net carbs, 28g fat



**Sesame peanut zoodles**

441 cals

## Vegetables and Vegetable Products

- frozen mixed veggies  
1 1/2 cup (203g)
- tomatoes  
7 1/2 medium whole (2-3/5" dia) (925g)
- baby carrots  
32 medium (320g)
- onion  
1/4 small (18g)
- kale leaves  
1 bunch (170g)
- mushrooms  
3/4 oz (21g)
- green onions  
1 1/2 tbsp, sliced (12g)
- zucchini  
1 1/2 medium (294g)

## Other

- veggie burger patty  
4 patty (284g)
- vegan breakfast sausage links  
3 links (68g)
- vegan sausage  
2 sausage (200g)
- mixed greens  
4 tbsp (8g)
- coleslaw mix  
3/4 cup (68g)

## Beverages

- water  
12 1/2 cup(s) (2963mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Legumes and Legume Products

- peanut butter  
6 tbsp (96g)
- hummus  
13 tbsp (195g)
- firm tofu  
3/4 lbs (354g)
- lentils, raw  
1/2 cup (96g)
- soy sauce  
1 1/2 tbsp (23mL)

## Nut and Seed Products

- sunflower kernels  
1 oz (28g)
- walnuts  
6 tbsp, shelled (38g)
- almonds  
2 3/4 tbsp, whole (24g)
- chia seeds  
1/4 tbsp (4g)
- sesame seeds  
1/4 tbsp (2g)

## Fruits and Fruit Juices

- Grapefruit  
3 large (approx 4-1/2" dia) (996g)
- lime juice  
3/4 tbsp (11mL)

## Fats and Oils

- oil  
1/4 cup (50mL)
- mayonnaise  
2 tbsp (30mL)
- olive oil  
1 tbsp (15mL)

## Finfish and Shellfish Products

- cod, raw  
1 lbs (425g)

## Spices and Herbs

- cajun seasoning  
2 tbsp (14g)
- salt  
1/4 oz (7g)
- black pepper  
1 dash (0g)
- paprika  
1 dash (1g)
- yellow mustard  
2 dash or 1 packet (1g)
- rosemary, dried  
1 dash (0g)

## Dairy and Egg Products

## Baked Products

- frozen waffles  
3 waffles (105g)
- bread  
1/2 lbs (224g)
- pita bread  
2 pita, small (4" dia) (56g)

- eggs  
10 1/2 medium (458g)
- butter  
2 tsp (9g)
- cheese  
4 tbsp, shredded (28g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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### Waffles & peanut butter

1 waffle(s) - 201 cal ● 6g protein ● 12g fat ● 16g carbs ● 1g fiber



For single meal:

**peanut butter**  
1 tbsp (16g)  
**frozen waffles**  
1 waffles (35g)

For all 3 meals:

**peanut butter**  
3 tbsp (48g)  
**frozen waffles**  
3 waffles (105g)

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

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### Vegan breakfast sausage links

1 links - 38 cal ● 5g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

**vegan breakfast sausage links**  
1 links (23g)

For all 3 meals:

**vegan breakfast sausage links**  
3 links (68g)

1. Cook links according to package instructions. Serve.
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## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

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

### Grapefruit

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



For single meal:

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

For all 2 meals:

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

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Grapefruit

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



For single meal:

#### **Grapefruit**

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

For all 2 meals:

#### **Grapefruit**

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

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

### Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

#### **oil**

1/2 tsp (3mL)

#### **eggs**

2 medium (88g)

For all 2 meals:

#### **oil**

1 tsp (5mL)

#### **eggs**

4 medium (176g)

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.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Roasted tomatoes

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



For single meal:

**tomatoes**

2 small whole (2-2/5" dia) (182g)

**oil**

2 tsp (10mL)

For all 2 meals:

**tomatoes**

4 small whole (2-2/5" dia) (364g)

**oil**

4 tsp (20mL)

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.

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### Vegan sausage

1 sausage(s) - 268 cal ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

**vegan sausage**

1 sausage (100g)

For all 2 meals:

**vegan sausage**

2 sausage (200g)

1. Prepare according to package instructions.
  2. Serve.
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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Carrots and hummus

164 cals ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

For all 2 meals:

**hummus**  
1/2 cup (120g)  
**baby carrots**  
32 medium (320g)

1. Serve carrots with hummus.

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### 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.
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## Lunch 3 [↗](#)

Eat on day 5, day 6

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### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.
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### Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 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.
- 

### Walnuts

1/6 cup(s) - 131 cal ● 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.
-

## Lunch 4 [↗](#)

Eat on day 7

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### Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 9 cherry tomatoes

#### tomatoes

9 cherry tomatoes (153g)

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

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### Rosemary mushroom cheese sandwich

1/2 sandwich(es) - 204 cal ● 11g protein ● 11g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

#### rosemary, dried

1 dash (0g)

#### mixed greens

4 tbsp (8g)

#### mushrooms

3/4 oz (21g)

#### cheese

4 tbsp, shredded (28g)

#### bread

1 slice(s) (32g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

### Roasted almonds

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



Makes 1/6 cup(s)

#### almonds

2 2/3 tbsp, whole (24g)

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

Eat on day 1, day 2

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### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**

1/2 oz (14g)

For all 2 meals:

**sunflower kernels**

1 oz (28g)

1. This recipe has no instructions.
- 

### Grapefruit

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



For single meal:

**Grapefruit**

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

For all 2 meals:

**Grapefruit**

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

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

Eat on day 3, day 4

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### Hummus toast

1 slice(s) - 146 cal ● 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.
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### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Kale chips

69 cal ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**kale leaves**  
1/3 bunch (57g)  
**salt**  
1/3 tsp (2g)

For all 3 meals:

**olive oil**  
1 tbsp (15mL)  
**kale leaves**  
1 bunch (170g)  
**salt**  
1 tsp (6g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

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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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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Mixed vegetables

3/4 cup(s) - 73 cal ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

**frozen mixed veggies**  
3/4 cup (101g)

For all 2 meals:

**frozen mixed veggies**  
1 1/2 cup (203g)

1. Prepare according to instructions on package.
- 

### Veggie burger patty

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



For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

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

Eat on day 3, day 4

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### Cajun cod

7 1/2 oz - 234 cal ● 39g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**cod, raw**  
1/2 lbs (213g)  
**cajun seasoning**  
2 1/2 tsp (6g)  
**oil**  
1 1/4 tsp (6mL)

For all 2 meals:

**cod, raw**  
1 lbs (425g)  
**cajun seasoning**  
5 tsp (11g)  
**oil**  
2 1/2 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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### Pita bread

1 pita bread(s) - 78 cal ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

**pita bread**  
1 pita, small (4" dia) (28g)

For all 2 meals:

**pita bread**  
2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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## Dinner 3 [↗](#)

Eat on day 5, day 6

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### Cajun tofu

196 cal ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



For single meal:

**oil**  
1 1/4 tsp (6mL)  
**cajun seasoning**  
5 dash (1g)  
**firm tofu, patted dry & cubed**  
6 1/4 oz (177g)

For all 2 meals:

**oil**  
2 1/2 tsp (13mL)  
**cajun seasoning**  
1 1/4 tsp (3g)  
**firm tofu, patted dry & cubed**  
3/4 lbs (354g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

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### Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

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

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

### Sesame peanut zoodles

441 cal ● 19g protein ● 28g fat ● 20g carbs ● 9g fiber



**chia seeds**  
1/4 tbsp (4g)  
**lime juice**  
3/4 tbsp (11 mL)  
**green onions**  
1 1/2 tbsp, sliced (12g)  
**sesame seeds**  
1/4 tbsp (2g)  
**soy sauce**  
1 1/2 tbsp (23mL)  
**peanut butter**  
3 tbsp (48g)  
**coleslaw mix**  
3/4 cup (68g)  
**zucchini, spiralized**  
1 1/2 medium (294g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

**water**  
10 1/2 cup(s) (2489mL)  
**protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.