

# Meal Plan - 1600 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

1625 cals ● 112g protein (28%) ● 52g fat (29%) ● 159g carbs (39%) ● 18g fiber (4%)

### Breakfast

285 cals, 16g protein, 21g net carbs, 14g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Small toasted bagel with butter](#)

1/2 bagel(s)- 120 cals



[Basic scrambled eggs](#)

2 egg(s)- 142 cals

### Snacks

215 cals, 16g protein, 25g net carbs, 5g fat



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Cucumber slices](#)

1/4 cucumber- 15 cals



[Crackers](#)

4 cracker(s)- 68 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 scoop- 109 cals

### Lunch

440 cals, 18g protein, 70g net carbs, 5g fat



[Pita bread](#)

1 pita bread(s)- 78 cals



[Spiced chickpea tabbouleh bowl](#)

364 cals

### Dinner

580 cals, 39g protein, 42g net carbs, 27g fat



[Caprese salad](#)

178 cals



[Crispy chik'n tenders](#)

7 tender(s)- 400 cals

## Day 2

1636 cals ● 106g protein (26%) ● 49g fat (27%) ● 171g carbs (42%) ● 21g fiber (5%)

### Breakfast

285 cals, 16g protein, 21g net carbs, 14g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Small toasted bagel with butter

1/2 bagel(s)- 120 cals



#### Basic scrambled eggs

2 egg(s)- 142 cals

### Snacks

215 cals, 16g protein, 25g net carbs, 5g fat



#### Cottage cheese & fruit cup

1 container- 131 cals



#### Cucumber slices

1/4 cucumber- 15 cals



#### Crackers

4 cracker(s)- 68 cals

### Protein Supplement(s)

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



#### Protein shake

1 scoop- 109 cals

### Lunch

440 cals, 18g protein, 70g net carbs, 5g fat



#### Pita bread

1 pita bread(s)- 78 cals



#### Spiced chickpea tabbouleh bowl

364 cals

### Dinner

590 cals, 33g protein, 55g net carbs, 24g fat



#### Chik'n nuggets

10 2/3 nuggets- 588 cals

## Day 3

1605 cals ● 106g protein (26%) ● 51g fat (29%) ● 157g carbs (39%) ● 24g fiber (6%)

### Breakfast

210 cals, 12g protein, 15g net carbs, 10g fat



#### Egg & guac sandwich

1/2 sandwich(es)- 191 cals



#### Cherry tomatoes

6 cherry tomatoes- 21 cals

### Snacks

230 cals, 9g protein, 32g net carbs, 5g fat



#### Hummus toast

1 slice(s)- 146 cals



#### Watermelon

8 oz- 82 cals

### Protein Supplement(s)

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



#### Protein shake

1 scoop- 109 cals

### Lunch

470 cals, 28g protein, 54g net carbs, 12g fat



#### Vegan meatball sub

1 sub(s)- 468 cals

### Dinner

590 cals, 33g protein, 55g net carbs, 24g fat



#### Chik'n nuggets

10 2/3 nuggets- 588 cals

## Day 4

1578 cals ● 102g protein (26%) ● 66g fat (37%) ● 113g carbs (29%) ● 31g fiber (8%)

### Breakfast

210 cals, 12g protein, 15g net carbs, 10g fat



[Egg & guac sandwich](#)  
1/2 sandwich(es)- 191 cals



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

### Snacks

230 cals, 9g protein, 32g net carbs, 5g fat



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



[Watermelon](#)  
8 oz- 82 cals

### Protein Supplement(s)

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



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

### Lunch

495 cals, 28g protein, 47g net carbs, 18g fat



[Simple mixed greens salad](#)  
68 cals



[Simple plant-based deli wrap](#)  
1 wrap(s)- 426 cals

### Dinner

535 cals, 29g protein, 18g net carbs, 32g fat



[Avocado](#)  
176 cals



[Seitan salad](#)  
359 cals

## Day 5

1571 cals ● 106g protein (27%) ● 60g fat (34%) ● 128g carbs (33%) ● 25g fiber (6%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Snacks

225 cals, 9g protein, 17g net carbs, 11g fat



[Smashed raspberry almond butter toast](#)  
1 toast(s)- 203 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

525 cals, 29g protein, 37g net carbs, 26g fat



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



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

### Dinner

510 cals, 34g protein, 62g net carbs, 11g fat



[Cottage cheese & honey](#)  
1/2 cup(s)- 125 cals



[Mushroom quinoa lentil soup](#)  
383 cals

## Day 6

1567 cals ● 111g protein (28%) ● 78g fat (45%) ● 87g carbs (22%) ● 19g fiber (5%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Lunch

525 cals, 29g protein, 37g net carbs, 26g fat



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



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

### Snacks

225 cals, 9g protein, 17g net carbs, 11g fat



[Smashed raspberry almond butter toast](#)  
1 toast(s)- 203 cals



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

### Dinner

505 cals, 39g protein, 21g net carbs, 29g fat



[Baked pesto salmon](#)  
6 oz- 404 cals



[Couscous](#)  
100 cals

### Protein Supplement(s)

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



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

## Day 7

1577 cals ● 122g protein (31%) ● 66g fat (38%) ● 104g carbs (26%) ● 20g fiber (5%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Lunch

535 cals, 40g protein, 54g net carbs, 14g fat



[Tempeh bacon & avocado bagel sandwich](#)  
1/2 bagel(s)- 349 cals



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

### Snacks

225 cals, 9g protein, 17g net carbs, 11g fat



[Smashed raspberry almond butter toast](#)  
1 toast(s)- 203 cals



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

### Dinner

505 cals, 39g protein, 21g net carbs, 29g fat



[Baked pesto salmon](#)  
6 oz- 404 cals



[Couscous](#)  
100 cals

### Protein Supplement(s)

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



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

## Fats and Oils

- ☐ balsamic vinaigrette  
2 1/2 tsp (12mL)
- ☐ oil  
4 tsp (20mL)
- ☐ salad dressing  
2 1/2 tbsp (38mL)

## Spices and Herbs

- ☐ fresh basil  
1/4 cup leaves, whole (5g)
- ☐ ground cumin  
1/4 tbsp (2g)
- ☐ rosemary, dried  
1 dash (0g)
- ☐ paprika  
1 dash (0g)
- ☐ onion powder  
1/2 dash (0g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
8 medium whole (2-3/5" dia) (991g)
- ☐ ketchup  
1/2 cup (120g)
- ☐ cucumber  
5/6 cucumber (8-1/4") (251g)
- ☐ fresh parsley  
2 2/3 sprigs (3g)
- ☐ fresh spinach  
2 cup(s) (60g)
- ☐ garlic  
1 1/2 clove(s) (5g)
- ☐ onion  
1/2 small (35g)
- ☐ mushrooms  
2 cup, pieces or slices (140g)

## Other

- ☐ mixed greens  
5/6 package (5.5 oz) (125g)
- ☐ meatless chik'n tenders  
7 pieces (179g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ vegan chik'n nuggets  
21 1/3 nuggets (459g)

## Beverages

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

## Baked Products

- ☐ bagel  
1 1/6 medium bagel (3-1/2" to 4" dia) (122g)
- ☐ crackers  
8 crackers (28g)
- ☐ pita bread  
2 pita, small (4" dia) (56g)
- ☐ bread  
10 oz (288g)
- ☐ flour tortillas  
1 tortilla (approx 10" dia) (72g)

## Fruits and Fruit Juices

- ☐ lemon juice  
1/4 fl oz (8mL)
- ☐ Watermelon  
16 oz (453g)
- ☐ avocados  
1 avocado(s) (201g)
- ☐ raspberries  
30 raspberries (57g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
2/3 can (299g)
- ☐ hummus  
1/2 cup (105g)
- ☐ lentils, raw  
2 3/4 tbsp (32g)
- ☐ tempeh  
2 oz (57g)

## Cereal Grains and Pasta

- ☐ instant couscous, flavored  
1 box (5.8 oz) (164g)
- ☐ seitan  
3 oz (85g)
- ☐ quinoa, uncooked  
2 3/4 tbsp (28g)

## Soups, Sauces, and Gravies

- ☐ guacamole, store-bought  
2 tbsp (31g)
- ☐ vegan meatballs, frozen  
4 meatball(s) (120g)
- ☐ nutritional yeast  
2 tsp (3g)
- ☐ sub roll(s)  
1 roll(s) (85g)
- ☐ plant-based deli slices  
7 slices (73g)
- ☐ italian seasoning  
2 dash (1g)

## Dairy and Egg Products

- ☐ fresh mozzarella cheese  
1 1/4 oz (35g)
- ☐ butter  
1 1/2 tbsp (21g)
- ☐ eggs  
6 1/4 medium (276g)
- ☐ low fat cottage cheese (1% milkfat)  
1 1/4 cup (283g)
- ☐ whole milk  
4 tbsp (60mL)
- ☐ cheese  
2 slice (1 oz each) (56g)

- ☐ pasta sauce  
4 tbsp (65g)
- ☐ vegetable broth  
2 cup(s) (mL)
- ☐ pesto sauce  
3 tbsp (48g)
- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)

## Snacks

- ☐ high-protein granola bar  
3 bar (120g)

## Sweets

- ☐ honey  
5 tsp (35g)

## Nut and Seed Products

- ☐ flax seeds  
3 dash (3g)
- ☐ almond butter  
3 tbsp (48g)

## Finfish and Shellfish Products

- ☐ salmon  
2 fillet/s (6 oz each) (340g)
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## Breakfast 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.

### 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.

### Basic scrambled eggs

2 egg(s) - 142 cals ● 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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## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**guacamole, store-bought**  
1 tbsp (15g)  
**eggs**  
1 large (50g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**guacamole, store-bought**  
2 tbsp (31g)  
**eggs**  
2 large (100g)  
**bread**  
2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

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### 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.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**

1 bar (40g)

For all 3 meals:

**high-protein granola bar**

3 bar (120g)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Pita bread

1 pita bread(s) - 78 cals ● 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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## Spiced chickpea tabbouleh bowl

364 cals ● 15g protein ● 4g fat ● 56g carbs ● 10g fiber



For single meal:

**lemon juice**  
1/2 tsp (2mL)  
**fresh parsley, chopped**  
1 1/3 sprigs (1g)  
**tomatoes, chopped**  
1/3 roma tomato (27g)  
**cucumber, chopped**  
1/6 cucumber (8-1/4") (50g)  
**ground cumin**  
1/3 tsp (1g)  
**oil**  
1/6 tsp (1mL)  
**chickpeas, canned, drained & rinsed**  
1/3 can (149g)  
**instant couscous, flavored**  
1/3 box (5.8 oz) (55g)

For all 2 meals:

**lemon juice**  
1 tsp (5mL)  
**fresh parsley, chopped**  
2 2/3 sprigs (3g)  
**tomatoes, chopped**  
2/3 roma tomato (53g)  
**cucumber, chopped**  
1/3 cucumber (8-1/4") (100g)  
**ground cumin**  
1/4 tbsp (1g)  
**oil**  
1/3 tsp (2mL)  
**chickpeas, canned, drained & rinsed**  
2/3 can (299g)  
**instant couscous, flavored**  
2/3 box (5.8 oz) (110g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

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## Lunch 2 [🔗](#)

Eat on day 3

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### Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



Makes 1 sub(s)

**vegan meatballs, frozen**  
4 meatball(s) (120g)  
**pasta sauce**  
4 tbsp (65g)  
**nutritional yeast**  
1 tsp (1g)  
**sub roll(s)**  
1 roll(s) (85g)

1. Cook vegan meatballs according to package.
  2. Heat up pasta sauce on stove or in microwave.
  3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
  4. Serve.
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## Lunch 3 [🔗](#)

Eat on day 4

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



#### **mixed greens**

1 1/2 cup (45g)

#### **salad dressing**

1 1/2 tbsp (23mL)

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

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### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



Makes 1 wrap(s)

#### **hummus**

2 tbsp (30g)

#### **tomatoes**

2 slice(s), thin/small (30g)

#### **mixed greens**

1/2 cup (15g)

#### **flour tortillas**

1 tortilla (approx 10" dia) (72g)

#### **plant-based deli slices**

7 slices (73g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
  2. Wrap up and serve.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

### Pesto grilled cheese sandwich

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



For single meal:

**bread**

1 slice (32g)

**butter, softened**

1/2 tbsp (7g)

**pesto sauce**

1/2 tbsp (8g)

**cheese**

1 slice (1 oz each) (28g)

**tomatoes**

1 slice(s), thin/small (15g)

For all 2 meals:

**bread**

2 slice (64g)

**butter, softened**

1 tbsp (14g)

**pesto sauce**

1 tbsp (16g)

**cheese**

2 slice (1 oz each) (56g)

**tomatoes**

2 slice(s), thin/small (30g)

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

### 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.



## Lunch 5 [↗](#)

Eat on day 7

### Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



Makes 1/2 bagel(s)

#### onion powder

1/2 dash (0g)

#### oil

1/4 tsp (1mL)

#### ground cumin

1/2 dash (0g)

#### tempeh, cut into strips

2 oz (57g)

#### avocados, sliced

1/4 avocado(s) (50g)

#### bagel

1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

### Cottage cheese & honey

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



Makes 3/4 cup(s)

#### honey

1 tbsp (21g)

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

3/4 cup (170g)

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

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

#### cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

#### cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

### Cucumber slices

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



For single meal:

**cucumber**

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

For all 2 meals:

**cucumber**

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

1. Slice cucumber into rounds and serve.

**Crackers**

4 cracker(s) - 68 cals ● 1g protein ● 3g fat ● 9g carbs ● 1g fiber



For single meal:

**crackers**

4 crackers (14g)

For all 2 meals:

**crackers**

8 crackers (28g)

1. Enjoy.

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**Snacks 2** [↗](#)

Eat on day 3, day 4

**Hummus toast**

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



For single meal:

**hummus**

2 1/2 tbsp (38g)

**bread**

1 slice (32g)

For all 2 meals:

**hummus**

5 tbsp (75g)

**bread**

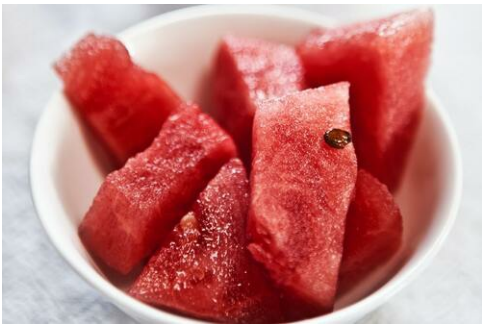
2 slice (64g)

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

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**Watermelon**

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

**Watermelon**  
8 oz (227g)

For all 2 meals:

**Watermelon**  
16 oz (453g)

1. Slice watermelon and serve.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

**raspberries**  
10 raspberries (19g)  
**flax seeds**  
1 dash (1g)  
**almond butter**  
1 tbsp (16g)  
**bread**  
1 slice(s) (32g)

For all 3 meals:

**raspberries**  
30 raspberries (57g)  
**flax seeds**  
3 dash (3g)  
**almond butter**  
3 tbsp (48g)  
**bread**  
3 slice(s) (96g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

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### 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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## Dinner 1 [↗](#)

Eat on day 1

### Caprese salad

178 cals ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



#### **balsamic vinaigrette**

2 1/2 tsp (13mL)

#### **fresh basil**

1/4 cup leaves, whole (5g)

#### **tomatoes, halved**

6 2/3 tbsp cherry tomatoes (62g)

#### **mixed greens**

3/8 package (5.5 oz) (65g)

#### **fresh mozzarella cheese**

1 1/4 oz (35g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

### Crispy chik'n tenders

7 tender(s) - 400 cals ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



Makes 7 tender(s)

#### **ketchup**

1 3/4 tbsp (30g)

#### **meatless chik'n tenders**

7 pieces (179g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Chik'n nuggets

10 2/3 nuggets - 588 cals ● 33g protein ● 24g fat ● 55g carbs ● 6g fiber



For single meal:

#### **vegan chik'n nuggets**

10 2/3 nuggets (229g)

#### **ketchup**

2 2/3 tbsp (45g)

For all 2 meals:

#### **vegan chik'n nuggets**

21 1/3 nuggets (459g)

#### **ketchup**

1/3 cup (91g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

## Dinner 3 [↗](#)

Eat on day 4

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



#### avocados

1/2 avocado(s) (101g)

#### lemon juice

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

### Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



#### oil

1 tsp (5mL)

#### nutritional yeast

1 tsp (1g)

#### salad dressing

1 tbsp (15mL)

#### avocados, sliced

1/4 avocado(s) (50g)

#### tomatoes, halved

6 cherry tomatoes (102g)

#### fresh spinach

2 cup(s) (60g)

#### seitan, sliced

3 oz (85g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

## Dinner 4 [↗](#)

Eat on day 5

### Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

#### honey

2 tsp (14g)

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

1/2 cup (113g)

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

### Mushroom quinoa lentil soup

383 cals ● 20g protein ● 9g fat ● 47g carbs ● 8g fiber



**oil**  
1 tsp (5mL)  
**whole milk**  
4 tbsp (60mL)  
**rosemary, dried**  
1 dash (0g)  
**italian seasoning**  
2 dash (1g)  
**garlic, diced**  
1 1/2 clove(s) (5g)  
**paprika**  
1 dash (0g)  
**onion, diced**  
1/2 small (35g)  
**lentils, raw**  
2 1/2 tbsp (32g)  
**quinoa, uncooked**  
2 1/2 tbsp (28g)  
**mushrooms, roughly chopped**  
2 cup, pieces or slices (140g)  
**vegetable broth**  
2 cup(s) (mL)

1. In a saucepan over medium heat, saute onions and garlic in oil until soft, a few minutes.
2. Add in mushrooms and spices and stir, cooking for a minute or two.
3. Add all remaining ingredients and bring to a simmer. Cook uncovered for about 20-25 minutes or until quinoa and lentils are soft. Serve.

## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Baked pesto salmon

6 oz - 404 cals ● 35g protein ● 29g fat ● 1g carbs ● 0g fiber



For single meal:

**salmon**  
1 fillet/s (6 oz each) (170g)  
**pesto sauce**  
1 tbsp (16g)

For all 2 meals:

**salmon**  
2 fillet/s (6 oz each) (340g)  
**pesto sauce**  
2 tbsp (32g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

### Couscous

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



For single meal:  
**instant couscous, flavored**  
1/6 box (5.8 oz) (27g)

For all 2 meals:  
**instant couscous, flavored**  
1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

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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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