

# Meal Plan - 1900 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

1926 cals ● 153g protein (32%) ● 80g fat (37%) ● 123g carbs (26%) ● 25g fiber (5%)

### Breakfast

380 cals, 25g protein, 18g net carbs, 20g fat



[Basic fried eggs](#)

1 egg(s)- 80 cals



[Avocado & vegan sausage toast](#)

1 toast(s)- 302 cals

### Snacks

240 cals, 14g protein, 15g net carbs, 12g fat



[Grapes](#)

73 cals



[String cheese](#)

2 stick(s)- 165 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

480 cals, 19g protein, 50g net carbs, 20g fat



[Grapefruit](#)

1 grapefruit- 119 cals



[Walnuts](#)

1/8 cup(s)- 87 cals



[Chik'n nuggets](#)

5 nuggets- 276 cals

### Dinner

660 cals, 58g protein, 39g net carbs, 28g fat



[Mashed sweet potatoes with butter](#)

125 cals



[Vegan sausage](#)

2 sausage(s)- 536 cals

## Day 2

1926 cals ● 153g protein (32%) ● 80g fat (37%) ● 123g carbs (26%) ● 25g fiber (5%)

### Breakfast

380 cals, 25g protein, 18g net carbs, 20g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Avocado & vegan sausage toast**  
1 toast(s)- 302 cals

### Snacks

240 cals, 14g protein, 15g net carbs, 12g fat



**Grapes**  
73 cals



**String cheese**  
2 stick(s)- 165 cals

### Protein Supplement(s)

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



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

### Lunch

480 cals, 19g protein, 50g net carbs, 20g fat



**Grapefruit**  
1 grapefruit- 119 cals



**Walnuts**  
1/8 cup(s)- 87 cals



**Chik'n nuggets**  
5 nuggets- 276 cals

### Dinner

660 cals, 58g protein, 39g net carbs, 28g fat



**Mashed sweet potatoes with butter**  
125 cals



**Vegan sausage**  
2 sausage(s)- 536 cals

## Day 3

1900 cals ● 130g protein (27%) ● 73g fat (34%) ● 144g carbs (30%) ● 38g fiber (8%)

### Breakfast

380 cals, 25g protein, 18g net carbs, 20g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Avocado & vegan sausage toast**  
1 toast(s)- 302 cals

### Snacks

265 cals, 3g protein, 47g net carbs, 4g fat



**Baked chips**  
15 crisps- 152 cals



**Pear**  
1 pear(s)- 113 cals

### Protein Supplement(s)

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



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

### Lunch

570 cals, 45g protein, 11g net carbs, 33g fat



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Avocado tuna salad stuffed pepper**  
2 half pepper(s)- 456 cals

### Dinner

520 cals, 20g protein, 66g net carbs, 14g fat



**Simple mixed greens salad**  
68 cals



**Chickpea bowl with spicy yogurt sauce**  
451 cals

## Day 4

1923 cals ● 129g protein (27%) ● 70g fat (33%) ● 161g carbs (33%) ● 34g fiber (7%)

### Breakfast

405 cals, 25g protein, 35g net carbs, 17g fat



**Banana protein pancakes**  
4 pancake(s)- 246 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Snacks

265 cals, 3g protein, 47g net carbs, 4g fat



**Baked chips**  
15 crisps- 152 cals



**Pear**  
1 pear(s)- 113 cals

### Protein Supplement(s)

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



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

### Lunch

570 cals, 45g protein, 11g net carbs, 33g fat



**Roasted peanuts**  
1/8 cup(s)- 115 cals



**Avocado tuna salad stuffed pepper**  
2 half pepper(s)- 456 cals

### Dinner

520 cals, 20g protein, 66g net carbs, 14g fat



**Simple mixed greens salad**  
68 cals



**Chickpea bowl with spicy yogurt sauce**  
451 cals

## Day 5

1972 cals ● 154g protein (31%) ● 61g fat (28%) ● 176g carbs (36%) ● 27g fiber (6%)

### Breakfast

405 cals, 25g protein, 35g net carbs, 17g fat



**Banana protein pancakes**  
4 pancake(s)- 246 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Snacks

265 cals, 3g protein, 47g net carbs, 4g fat



**Baked chips**  
15 crisps- 152 cals



**Pear**  
1 pear(s)- 113 cals

### Protein Supplement(s)

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



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

### Lunch

545 cals, 32g protein, 33g net carbs, 28g fat



**Roasted peanuts**  
1/6 cup(s)- 173 cals



**Avocado tuna salad**  
218 cals



**Dinner roll**  
2 roll(s)- 154 cals

### Dinner

595 cals, 57g protein, 59g net carbs, 10g fat



**Simple seitan**  
5 oz- 305 cals



**Lentils**  
289 cals

## Day 6

1854 cals ● 143g protein (31%) ● 57g fat (28%) ● 161g carbs (35%) ● 31g fiber (7%)

### Breakfast

305 cals, 14g protein, 33g net carbs, 10g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Bagel with avocado and lox](#)

1/2 bagel(s)- 263 cals

### Snacks

245 cals, 4g protein, 35g net carbs, 8g fat



[Crackers](#)

10 cracker(s)- 169 cals



[Strawberries](#)

1 1/2 cup(s)- 78 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

545 cals, 32g protein, 33g net carbs, 28g fat



[Roasted peanuts](#)

1/6 cup(s)- 173 cals



[Avocado tuna salad](#)

218 cals



[Dinner roll](#)

2 roll(s)- 154 cals

### Dinner

595 cals, 57g protein, 59g net carbs, 10g fat



[Simple seitan](#)

5 oz- 305 cals



[Lentils](#)

289 cals

## Day 7

1890 cals ● 127g protein (27%) ● 55g fat (26%) ● 192g carbs (41%) ● 30g fiber (6%)

### Breakfast

305 cals, 14g protein, 33g net carbs, 10g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Bagel with avocado and lox](#)

1/2 bagel(s)- 263 cals

### Snacks

245 cals, 4g protein, 35g net carbs, 8g fat



[Crackers](#)

10 cracker(s)- 169 cals



[Strawberries](#)

1 1/2 cup(s)- 78 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

605 cals, 28g protein, 79g net carbs, 14g fat



[Buttery brown rice](#)

167 cals



[Corn](#)

185 cals



[Veggie burger patty](#)

2 patty- 254 cals

### Dinner

570 cals, 46g protein, 44g net carbs, 22g fat



[Milk](#)

2 cup(s)- 298 cals



[British kedgeree](#)

271 cals

## Fruits and Fruit Juices

- ☐ grapes  
2 1/2 cup (230g)
- ☐ avocados  
2 3/4 avocado(s) (553g)
- ☐ Grapefruit  
2 large (approx 4-1/2" dia) (664g)
- ☐ lime juice  
1 tbsp (15mL)
- ☐ pears  
3 medium (534g)
- ☐ banana  
1 large (8" to 8-7/8" long) (136g)
- ☐ strawberries  
3 cup, whole (432g)

## Dairy and Egg Products

- ☐ string cheese  
4 stick (112g)
- ☐ eggs  
11 1/2 medium (512g)
- ☐ butter  
1/8 stick (16g)
- ☐ nonfat greek yogurt, plain  
4 tbsp (70g)
- ☐ whole milk  
2 cup (480mL)

## Fats and Oils

- ☐ oil  
2 tbsp (31mL)
- ☐ salad dressing  
3 tbsp (45mL)

## Other

- ☐ vegan sausage  
5 1/2 sausage (550g)
- ☐ vegan chik'n nuggets  
10 nuggets (215g)
- ☐ baked chips, any flavor  
45 crisps (105g)
- ☐ mixed greens  
4 cup (120g)
- ☐ sriracha chili sauce  
2 tsp (10g)
- ☐ veggie burger patty  
2 patty (142g)

## Nut and Seed Products

- ☐ walnuts  
4 tbsp, shelled (25g)

## Vegetables and Vegetable Products

- ☐ ketchup  
2 1/2 tbsp (43g)
- ☐ sweet potatoes  
1 sweetpotato, 5" long (210g)
- ☐ bell pepper  
2 large (328g)
- ☐ onion  
1 3/4 small (123g)
- ☐ fresh parsley  
4 tbsp chopped (15g)
- ☐ tomatoes  
3 2/3 medium whole (2-3/5" dia) (453g)
- ☐ frozen peas  
4 tbsp (34g)
- ☐ frozen corn kernels  
1 1/3 cup (181g)

## Beverages

- ☐ water  
14 1/2 cup(s) (3418mL)
- ☐ protein powder  
3/4 lbs (337g)

## Legumes and Legume Products

- ☐ roasted peanuts  
10 tbsp (91g)
- ☐ chickpeas, canned  
1 can (448g)
- ☐ lentils, raw  
13 1/4 tbsp (160g)

## Finfish and Shellfish Products

- ☐ canned tuna  
3 can (516g)
- ☐ lox  
2 oz (57g)
- ☐ cod, raw  
4 oz (113g)

## Spices and Herbs

## Baked Products

- ☐ bread  
3 slice(s) (96g)
- ☐ baking powder  
1 dash (1g)
- ☐ Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- ☐ bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ crackers  
20 crackers (70g)

- ☐ salt  
3 g (3g)
- ☐ black pepper  
1/2 g (1g)
- ☐ curry powder  
2 dash (1g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
1/2 cup (93g)
- ☐ seitan  
10 oz (284g)
- ☐ brown rice  
1/4 cup (55g)

## Sweets

- ☐ maple syrup  
3 tbsp (45mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**eggs**  
1 large (50g)

For all 3 meals:

**oil**  
1/4 tbsp (4mL)  
**eggs**  
3 large (150g)

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.

### Avocado & vegan sausage toast

1 toast(s) - 302 cal ● 19g protein ● 15g fat ● 18g carbs ● 6g fiber



For single meal:

**vegan sausage**  
1/2 sausage (50g)  
**avocados**  
1/4 avocado(s) (50g)  
**bread**  
1 slice(s) (32g)

For all 3 meals:

**vegan sausage**  
1 1/2 sausage (150g)  
**avocados**  
3/4 avocado(s) (151g)  
**bread**  
3 slice(s) (96g)

1. Cook sausage according to package instructions. When sausage is cool enough to handle, slice it in half lengthwise, and then, if needed, slice again so that it will fit on your slice of bread.
2. Toast bread, if desired.
3. Using a fork, mash the avocado onto the bread. Season with some salt and pepper and top with sausage slices. Serve.



## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Banana protein pancakes

4 pancake(s) - 246 cals ● 12g protein ● 6g fat ● 35g carbs ● 2g fiber



For single meal:

**banana**

1/2 large (8" to 8-7/8" long) (68g)

**eggs**

1 extra large (56g)

**protein powder**

1 tbsp (6g)

**baking powder**

1/2 dash (0g)

**maple syrup**

1 1/2 tbsp (23mL)

For all 2 meals:

**banana**

1 large (8" to 8-7/8" long) (136g)

**eggs**

2 extra large (112g)

**protein powder**

2 tbsp (12g)

**baking powder**

1 dash (1g)

**maple syrup**

3 tbsp (45mL)

1. Mash the banana with a back of a fork.
2. Add the eggs, baking powder (optional), and protein powder. Mix until well-combined.
3. Spray the skillet with non-stick cooking spray and put over medium heat.
4. Once hot, add 3 tbsp of the mixture to the skillet. Cook for about 30 seconds, flip and cook the other side for another 30 seconds.
5. Remove from skillet and continue cooking pancakes until batter is gone.
6. Serve with some syrup.
7. Storing: You can store any leftover pancakes, wrapped in plastic, in the fridge for 2-3 days. Reheat by stove or microwave.

### Basic scrambled eggs

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



For single meal:

**eggs**

2 large (100g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**eggs**

4 large (200g)

**oil**

1 tsp (5mL)

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.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

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

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### Bagel with avocado and lox

1/2 bagel(s) - 263 cals ● 12g protein ● 10g fat ● 28g carbs ● 5g fiber



For single meal:

**lox**

1 oz (28g)

**bagel**

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

**avocados**

1/4 avocado(s) (50g)

For all 2 meals:

**lox**

2 oz (57g)

**bagel**

1 medium bagel (3-1/2" to 4" dia)  
(105g)

**avocados**

1/2 avocado(s) (101g)

1. Toast bagel
  2. Mash avocado and spread over bagel slice(s)
  3. Top with lox
  4. Serve as a sandwich or as an open-faced sandwich
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## Lunch 1 [🔗](#)

Eat on day 1, day 2

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### Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

#### **Grapefruit**

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

For all 2 meals:

#### **Grapefruit**

2 large (approx 4-1/2" dia) (664g)

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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### Walnuts

1/8 cup(s) - 87 cal ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

#### **walnuts**

2 tbsp, shelled (13g)

For all 2 meals:

#### **walnuts**

4 tbsp, shelled (25g)

1. This recipe has no instructions.

### Chik'n nuggets

5 nuggets - 276 cal ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



For single meal:

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

5 nuggets (108g)

#### **ketchup**

1 1/4 tbsp (21g)

For all 2 meals:

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

10 nuggets (215g)

#### **ketchup**

2 1/2 tbsp (43g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### **roasted peanuts**

2 tbsp (18g)

For all 2 meals:

#### **roasted peanuts**

4 tbsp (37g)

1. This recipe has no instructions.

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### Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cal ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

#### **canned tuna, drained**

1 can (172g)

#### **avocados**

1/2 avocado(s) (101g)

#### **lime juice**

1 tsp (5mL)

#### **salt**

1 dash (0g)

#### **black pepper**

1 dash (0g)

#### **bell pepper**

1 large (164g)

#### **onion**

1/4 small (18g)

For all 2 meals:

#### **canned tuna, drained**

2 can (344g)

#### **avocados**

1 avocado(s) (201g)

#### **lime juice**

2 tsp (10mL)

#### **salt**

2 dash (1g)

#### **black pepper**

2 dash (0g)

#### **bell pepper**

2 large (328g)

#### **onion**

1/2 small (35g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
  2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
  3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.
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## Lunch 3 [🔗](#)

Eat on day 5, day 6

### Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

#### roasted peanuts

3 tbsp (27g)

For all 2 meals:

#### roasted peanuts

6 tbsp (55g)

1. This recipe has no instructions.

### Avocado tuna salad

218 cals ● 20g protein ● 12g fat ● 3g carbs ● 4g fiber



For single meal:

#### avocados

1/4 avocado(s) (50g)

#### lime juice

1/2 tsp (3mL)

#### salt

1/2 dash (0g)

#### black pepper

1/2 dash (0g)

#### mixed greens

1/2 cup (15g)

#### onion, minced

1/8 small (9g)

#### canned tuna

1/2 can (86g)

#### tomatoes

2 tbsp, chopped (23g)

For all 2 meals:

#### 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)

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.

### Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

**Roll**

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

**Roll**

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

Lunch 4 [🔗](#)

Eat on day 7

Buttery brown rice

167 cal ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



**butter**

1/2 tbsp (7g)

**brown rice**

2 2/3 tbsp (32g)

**salt**

1 dash (1g)

**water**

1/3 cup(s) (79mL)

**black pepper**

1 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Corn

185 cal ● 5g protein ● 1g fat ● 34g carbs ● 4g fiber



**frozen corn kernels**

1 1/3 cup (181g)

1. Prepare according to instructions on package.



## Veggie burger patty

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



Makes 2 patty

### veggie burger patty

2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Grapes

73 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

#### grapes

1 1/4 cup (115g)

For all 2 meals:

#### grapes

2 1/2 cup (230g)

1. This recipe has no instructions.

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### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

#### string cheese

2 stick (56g)

For all 2 meals:

#### string cheese

4 stick (112g)

1. This recipe has no instructions.
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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Baked chips

15 crisps - 152 cals ● 3g protein ● 4g fat ● 26g carbs ● 1g fiber



For single meal:  
**baked chips, any flavor**  
15 crisps (35g)

For all 3 meals:  
**baked chips, any flavor**  
45 crisps (105g)

- 1. Enjoy.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:  
**pears**  
1 medium (178g)

For all 3 meals:  
**pears**  
3 medium (534g)

- 1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Crackers

10 cracker(s) - 169 cals ● 3g protein ● 7g fat ● 22g carbs ● 1g fiber



For single meal:  
**crackers**  
10 crackers (35g)

For all 2 meals:  
**crackers**  
20 crackers (70g)

- 1. Enjoy.

Strawberries



1 1/2 cup(s) - 78 cals ● 2g protein ● 1g fat ● 12g carbs ● 4g fiber



For single meal:

**strawberries**

1 1/2 cup, whole (216g)

For all 2 meals:

**strawberries**

3 cup, whole (432g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**butter**

1 tsp (5g)

**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**butter**

2 tsp (9g)

**sweet potatoes**

1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

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## Vegan sausage

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



For single meal:

**vegan sausage**

2 sausage (200g)

For all 2 meals:

**vegan sausage**

4 sausage (400g)

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

## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Simple mixed greens salad

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



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

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### Chickpea bowl with spicy yogurt sauce

451 cals ● 19g protein ● 9g fat ● 62g carbs ● 11g fiber



For single meal:

**onion, diced**  
1/2 small (35g)  
**sriracha chili sauce**  
1 tsp (5g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**chickpeas, canned, rinsed & drained**  
1/2 can (224g)  
**long-grain white rice**  
4 tbsp (46g)  
**fresh parsley, chopped**  
2 tbsp chopped (8g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**onion, diced**  
1 small (70g)  
**sriracha chili sauce**  
2 tsp (10g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**chickpeas, canned, rinsed & drained**  
1 can (448g)  
**long-grain white rice**  
1/2 cup (93g)  
**fresh parsley, chopped**  
4 tbsp chopped (15g)  
**oil**  
2 tsp (10mL)

1. Cook rice according to package and set aside.
  2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
  3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
  4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
  5. Turn off heat and stir in parsley.
  6. Serve chickpea mixture over rice and drizzle spicy sauce on top.
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## Dinner 3 [🔗](#)

Eat on day 5, day 6

### Simple seitan

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



For single meal:

**oil**  
1 1/4 tsp (6mL)  
**seitan**  
5 oz (142g)

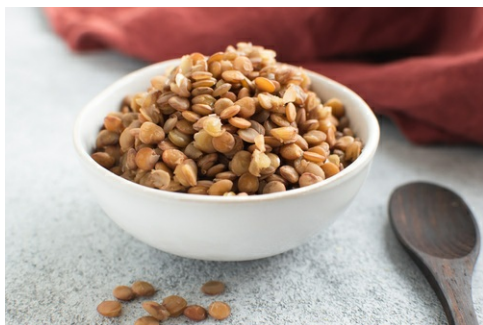
For all 2 meals:

**oil**  
2 1/2 tsp (13mL)  
**seitan**  
10 oz (284g)

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

### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1 2/3 cup(s) (395mL)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**salt**  
1/4 tsp (1g)  
**water**  
3 1/3 cup(s) (790mL)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

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.

## Dinner 4 [🔗](#)

Eat on day 7

### Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



Makes 2 cup(s)

**whole milk**  
2 cup (480mL)

1. This recipe has no instructions.

## British kedgeree

271 cals ● 30g protein ● 6g fat ● 21g carbs ● 3g fiber



### frozen peas

4 tbsp (34g)

### curry powder

2 dash (1g)

### cod, raw, cut into small chunks

4 oz (113g)

### eggs

1 large (50g)

### water

1/4 cup(s) (59mL)

### brown rice

2 tbsp (24g)

1. Cook rice and water according to package instructions. Set aside.
2. Hard boil the eggs: Add eggs to a saucepan and cover with cold water. Bring to a boil. Boil for 8-10 minutes then transfer to a bowl of cold water. Once cool enough to handle, peel eggs and slice into quarters. Set aside.
3. Put chunks of fish into a large frying pan and add a small splash of water. Simmer for 3-4 minutes until fish is opaque. Drain any excess liquid.
4. Add cooked rice, peas, curry powder, and some salt and pepper to the skillet with the fish. Heat, stirring gently, for 2-3 minutes until everything is heated through.
5. Season to taste with salt and pepper and top with eggs. Serve.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

1 1/2 scoop - 164 cals ● 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.