

# Meal Plan - 2100 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

2100 cals ● 147g protein (28%) ● 107g fat (46%) ● 102g carbs (20%) ● 35g fiber (7%)

### Breakfast

225 cals, 12g protein, 17g net carbs, 11g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cals



**Orange**  
1 orange(s)- 85 cals

### Snacks

290 cals, 11g protein, 43g net carbs, 6g fat



**Plain yogurt**  
3/4 cup(s)- 116 cals



**Crackers**  
4 cracker(s)- 68 cals



**Apple**  
1 apple(s)- 105 cals

### Protein Supplement(s)

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



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

### Lunch

725 cals, 47g protein, 18g net carbs, 48g fat



**Avocado tuna salad**  
327 cals



**Cottage cheese & fruit cup**  
1 container- 107 cals



**Walnuts**  
3/8 cup(s)- 291 cals

### Dinner

695 cals, 40g protein, 24g net carbs, 42g fat



**Brussels sprout, apple & walnut side salad**  
253 cals



**Basic tempeh**  
6 oz- 443 cals

## Day 2

2100 cals ● 147g protein (28%) ● 107g fat (46%) ● 102g carbs (20%) ● 35g fiber (7%)

### Breakfast

225 cals, 12g protein, 17g net carbs, 11g fat



**Basic scrambled eggs**  
2 egg(s)- 142 cals



**Orange**  
1 orange(s)- 85 cals

### Snacks

290 cals, 11g protein, 43g net carbs, 6g fat



**Plain yogurt**  
3/4 cup(s)- 116 cals



**Crackers**  
4 cracker(s)- 68 cals



**Apple**  
1 apple(s)- 105 cals

### Protein Supplement(s)

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



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

### Lunch

725 cals, 47g protein, 18g net carbs, 48g fat



**Avocado tuna salad**  
327 cals



**Cottage cheese & fruit cup**  
1 container- 107 cals



**Walnuts**  
3/8 cup(s)- 291 cals

### Dinner

695 cals, 40g protein, 24g net carbs, 42g fat



**Brussels sprout, apple & walnut side salad**  
253 cals



**Basic tempeh**  
6 oz- 443 cals

## Day 3

2059 cal ● 155g protein (30%) ● 83g fat (36%) ● 147g carbs (29%) ● 26g fiber (5%)

### Breakfast

335 cal, 20g protein, 27g net carbs, 14g fat



**Protein shake (milk)**  
129 cal



**Orange**  
1 orange(s)- 85 cal



**Sauteed Kale**  
121 cal

### Snacks

290 cal, 11g protein, 43g net carbs, 6g fat



**Plain yogurt**  
3/4 cup(s)- 116 cal



**Crackers**  
4 cracker(s)- 68 cal



**Apple**  
1 apple(s)- 105 cal

### Protein Supplement(s)

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



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

### Lunch

610 cal, 41g protein, 32g net carbs, 32g fat



**Tuna salad sandwich**  
1 sandwich(es)- 495 cal



**Simple mixed greens and tomato salad**  
113 cal

### Dinner

665 cal, 47g protein, 44g net carbs, 30g fat



**Seitan salad**  
359 cal



**Milk**  
1 cup(s)- 149 cal



**Lowfat Greek yogurt**  
1 container(s)- 155 cal

# Day 4

2085 cal ● 161g protein (31%) ● 88g fat (38%) ● 133g carbs (25%) ● 29g fiber (6%)

## Breakfast

335 cal, 20g protein, 27g net carbs, 14g fat



**Protein shake (milk)**  
129 cal



**Orange**  
1 orange(s)- 85 cal



**Sautéed Kale**  
121 cal

## Snacks

220 cal, 14g protein, 23g net carbs, 7g fat



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



**Cottage cheese & fruit cup**  
1 container- 107 cal

## Protein Supplement(s)

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



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

## Lunch

610 cal, 41g protein, 32g net carbs, 32g fat



**Tuna salad sandwich**  
1 sandwich(es)- 495 cal



**Simple mixed greens and tomato salad**  
113 cal

## Dinner

755 cal, 50g protein, 49g net carbs, 34g fat



**Brussel sprout, chik'n & apple salad**  
387 cal



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cal

## Day 5

2079 cal ● 170g protein (33%) ● 85g fat (37%) ● 119g carbs (23%) ● 41g fiber (8%)

### Breakfast

335 cal, 20g protein, 27g net carbs, 14g fat



[Protein shake \(milk\)](#)  
129 cal



[Orange](#)  
1 orange(s)- 85 cal



[Sauteed Kale](#)  
121 cal

### Snacks

220 cal, 14g protein, 23g net carbs, 7g fat



[Toast with butter](#)  
1 slice(s)- 114 cal



[Cottage cheese & fruit cup](#)  
1 container- 107 cal

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cal

### Lunch

685 cal, 62g protein, 32g net carbs, 29g fat



[Vegan sausage](#)  
2 sausage(s)- 536 cal



[Simple salad with tomatoes and carrots](#)  
147 cal

### Dinner

680 cal, 38g protein, 35g net carbs, 34g fat



[Crack slaw with tempeh](#)  
422 cal



[Easy chickpea salad](#)  
117 cal



[Roasted cashews](#)  
1/6 cup(s)- 139 cal

## Day 6

2096 cals ● 162g protein (31%) ● 88g fat (38%) ● 122g carbs (23%) ● 42g fiber (8%)

### Breakfast

305 cals, 16g protein, 36g net carbs, 10g fat



**Cottage cheese & fruit cup**  
1 container- 107 cals



**Toast with butter and jelly**  
1 1/2 slice(s)- 200 cals

### Snacks

265 cals, 10g protein, 18g net carbs, 14g fat



**Sunflower seeds**  
180 cals



**Orange**  
1 orange(s)- 85 cals

### Protein Supplement(s)

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



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

### Lunch

685 cals, 62g protein, 32g net carbs, 29g fat



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



**Simple salad with tomatoes and carrots**  
147 cals

### Dinner

680 cals, 38g protein, 35g net carbs, 34g fat



**Crack slaw with tempeh**  
422 cals



**Easy chickpea salad**  
117 cals



**Roasted cashews**  
1/6 cup(s)- 139 cals

## Day 7

2109 cals ● 138g protein (26%) ● 98g fat (42%) ● 130g carbs (25%) ● 39g fiber (7%)

### Breakfast

305 cals, 16g protein, 36g net carbs, 10g fat



**Cottage cheese & fruit cup**  
1 container- 107 cals



**Toast with butter and jelly**  
1 1/2 slice(s)- 200 cals

### Snacks

265 cals, 10g protein, 18g net carbs, 14g fat



**Sunflower seeds**  
180 cals



**Orange**  
1 orange(s)- 85 cals

### Protein Supplement(s)

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



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

### Lunch

680 cals, 37g protein, 18g net carbs, 47g fat



**Milk**  
1 cup(s)- 149 cals



**Egg & avocado salad**  
531 cals

### Dinner

695 cals, 39g protein, 56g net carbs, 27g fat



**Simple salad with tomatoes and carrots**  
147 cals



**Basic tofu**  
6 oz- 257 cals



**Lentils**  
289 cals

## Dairy and Egg Products

- plain lowfat yogurt  
2 1/4 cup (551g)
- eggs  
8 1/2 medium (376g)
- whole milk  
1/4 gallon (840mL)
- lowfat flavored greek yogurt  
1 (5.3 oz) container(s) (150g)
- butter  
5 tsp (23g)

## Baked Products

- crackers  
12 crackers (42g)
- bread  
9 slice (288g)

## Fruits and Fruit Juices

- apples  
3 1/2 medium (3" dia) (620g)
- orange  
7 orange (1078g)
- avocados  
1 2/3 avocado(s) (335g)
- lime juice  
1/2 tbsp (8mL)

## Fats and Oils

- oil  
1/2 cup (105mL)
- olive oil  
2 1/4 tbsp (34mL)
- mayonnaise  
3 tbsp (45mL)
- salad dressing  
1/2 cup (133mL)

## Spices and Herbs

- salt  
2 g (2g)
- black pepper  
1/2 tsp (0g)
- apple cider vinegar  
3/4 tbsp (11g)
- balsamic vinegar  
1/2 tbsp (8mL)

## Finfish and Shellfish Products

- canned tuna  
3 can (542g)

## Nut and Seed Products

- walnuts  
1/4 lbs (14 halves) (125g)
- sunflower kernels  
3 oz (81g)
- roasted cashews  
1/3 cup, halves and whole (46g)

## Beverages

- water  
12 cup(s) (2884mL)
- protein powder  
12 scoop (1/3 cup ea) (372g)

## Sweets

- maple syrup  
1 tbsp (15mL)
- jelly  
1 tbsp (21g)

## Legumes and Legume Products

- tempeh  
1 1/4 lbs (567g)
- chickpeas, canned  
1/2 can (224g)
- firm tofu  
6 oz (170g)
- lentils, raw  
6 3/4 tbsp (80g)

## Cereal Grains and Pasta

- seitan  
3 oz (85g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
1 1/2 can (~19 oz) (789g)
- hot sauce  
2 tsp (10mL)
- apple cider vinegar  
1/2 tbsp (0mL)

- garlic powder  
1/4 tbsp (2g)

## Other

- mixed greens  
7 1/3 cup (220g)
- cottage cheese & fruit cup  
6 container (798g)
- nutritional yeast  
1 tsp (1g)
- vegan chik'n strips  
3 oz (85g)
- vegan sausage  
4 sausage (400g)
- coleslaw mix  
4 cup (360g)

## Vegetables and Vegetable Products

- onion  
5/8 small (44g)
  - tomatoes  
5 medium whole (2-3/5" dia) (633g)
  - brussels sprouts  
2 1/4 cup (198g)
  - raw celery  
1 stalk, small (5" long) (17g)
  - kale leaves  
6 cup, chopped (240g)
  - fresh spinach  
2 cup(s) (60g)
  - carrots  
1 medium (69g)
  - romaine lettuce  
2 1/4 hearts (1125g)
  - garlic  
2 clove (6g)
  - fresh parsley  
1 1/2 sprigs (2g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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.

### Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**whole milk**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

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

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### Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 3 meals:

**orange**  
3 orange (462g)

1. This recipe has no instructions.

### Sauteed Kale

121 cal ● 2g protein ● 9g fat ● 5g carbs ● 1g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**kale leaves**  
2 cup, chopped (80g)

For all 3 meals:

**oil**  
2 tbsp (30mL)  
**kale leaves**  
6 cup, chopped (240g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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### Toast with butter and jelly

1 1/2 slice(s) - 200 cal ● 6g protein ● 7g fat ● 25g carbs ● 3g fiber



For single meal:

**bread**  
1 1/2 slice (48g)  
**butter**  
1/2 tbsp (7g)  
**jelly**  
1/2 tbsp (11g)

For all 2 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)  
**jelly**  
1 tbsp (21g)

1. Toast the bread to desired toastiness.
  2. Spread the butter and jelly on the bread.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Avocado tuna salad

327 cal ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



For single meal:

**avocados**  
3/8 avocado(s) (75g)  
**lime juice**  
1/4 tbsp (4mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**mixed greens**  
3/4 cup (23g)  
**onion, minced**  
1/6 small (13g)  
**canned tuna**  
3/4 can (129g)  
**tomatoes**  
3 tbsp, chopped (34g)

For all 2 meals:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**mixed greens**  
1 1/2 cup (45g)  
**onion, minced**  
3/8 small (26g)  
**canned tuna**  
1 1/2 can (258g)  
**tomatoes**  
6 tbsp, chopped (68g)

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

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### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (266g)

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

### Walnuts

3/8 cup(s) - 291 cal ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**

6 2/3 tbsp shelled (50 halves) (42g)

For all 2 meals:

**walnuts**

13 1/3 tbsp shelled (50 halves) (83g)

1. This recipe has no instructions.

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Tuna salad sandwich

1 sandwich(es) - 495 cal ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



For single meal:

**bread**

2 slice (64g)

**mayonnaise**

1 1/2 tbsp (23mL)

**black pepper**

1 dash (0g)

**raw celery, chopped**

1/2 stalk, small (5" long) (9g)

**salt**

1 dash (0g)

**canned tuna**

5 oz (142g)

For all 2 meals:

**bread**

4 slice (128g)

**mayonnaise**

3 tbsp (45mL)

**black pepper**

2 dash (0g)

**raw celery, chopped**

1 stalk, small (5" long) (17g)

**salt**

2 dash (1g)

**canned tuna**

10 oz (284g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

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### Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

**salad dressing**

2 1/4 tbsp (34mL)

**mixed greens**

2 1/4 cup (68g)

**tomatoes**

6 tbsp cherry tomatoes (56g)

For all 2 meals:

**salad dressing**

1/4 cup (68mL)

**mixed greens**

4 1/2 cup (135g)

**tomatoes**

3/4 cup cherry tomatoes (112g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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## Lunch 3 [↗](#)

Eat on day 5, day 6

### Vegan sausage

2 sausage(s) - 536 cal ● 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.

### Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

**salad dressing**  
1 tbsp (17mL)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)  
**carrots, sliced**  
3/8 medium (23g)  
**romaine lettuce, roughly chopped**  
3/4 hearts (375g)

For all 2 meals:

**salad dressing**  
2 1/4 tbsp (34mL)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia)  
(185g)  
**carrots, sliced**  
3/4 medium (46g)  
**romaine lettuce, roughly chopped**  
1 1/2 hearts (750g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Lunch 4 [↗](#)

Eat on day 7

### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)

**whole milk**  
1 cup (240mL)



1. This recipe has no instructions.

### Egg & avocado salad

531 cals ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



**mixed greens**  
1 1/3 cup (40g)  
**avocados**  
2/3 avocado(s) (134g)  
**eggs, hard-boiled and chilled**  
4 large (200g)  
**garlic powder**  
1/4 tbsp (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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### Plain yogurt

3/4 cup(s) - 116 cals ● 10g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

**plain lowfat yogurt**  
3/4 cup (184g)

For all 3 meals:

**plain lowfat yogurt**  
2 1/4 cup (551g)

1. This recipe has no instructions.

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### Crackers

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



For single meal:

**crackers**  
4 crackers (14g)

For all 3 meals:

**crackers**  
12 crackers (42g)

1. Enjoy.

### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**

1 medium (3" dia) (182g)

For all 3 meals:

**apples**

3 medium (3" dia) (546g)

1. This recipe has no instructions.

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## Snacks 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.

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### Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**

1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**

2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Sunflower seeds

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



For single meal:

**sunflower kernels**

1 oz (28g)

For all 2 meals:

**sunflower kernels**

2 oz (57g)

1. This recipe has no instructions.

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### Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**

1 orange (154g)

For all 2 meals:

**orange**

2 orange (308g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Brussels sprout, apple & walnut side salad

253 cal ● 4g protein ● 19g fat ● 12g carbs ● 4g fiber



For single meal:

**brussels sprouts, ends trimmed and discarded**

3/4 cup (66g)

**apples, chopped**

1/6 small (2-3/4" dia) (25g)

**walnuts**

2 tbsp, chopped (14g)

**apple cider vinegar**

1/4 tbsp (4g)

**maple syrup**

1 tsp (5mL)

**olive oil**

3/4 tbsp (11mL)

For all 2 meals:

**brussels sprouts, ends trimmed and discarded**

1 1/2 cup (132g)

**apples, chopped**

1/3 small (2-3/4" dia) (50g)

**walnuts**

4 tbsp, chopped (28g)

**apple cider vinegar**

1/2 tbsp (7g)

**maple syrup**

2 tsp (10mL)

**olive oil**

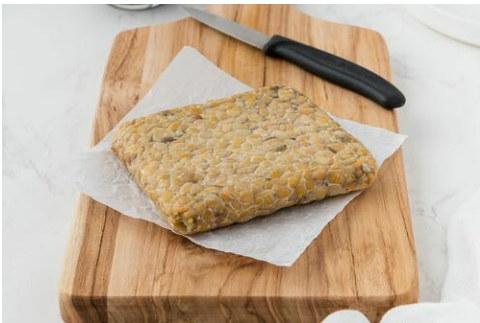
1 1/2 tbsp (23mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

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### Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**oil**

1 tbsp (15mL)

**tempeh**

6 oz (170g)

For all 2 meals:

**oil**

2 tbsp (30mL)

**tempeh**

3/4 lbs (340g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
  2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.
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## Dinner 2 [↗](#)

Eat on day 3

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### Seitan salad

359 cal ● 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.

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### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



Makes 1 cup(s)

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

### Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



Makes 1 container(s)

**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

1. This recipe has no instructions.
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## Dinner 3 [↗](#)

Eat on day 4

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### Brussel sprout, chik'n & apple salad

387 cals ● 23g protein ● 24g fat ● 15g carbs ● 6g fiber



#### **vegan chik'n strips**

3 oz (85g)

#### **brussels sprouts, ends trimmed and discarded**

3/4 cup (66g)

#### **apples, chopped**

1/6 small (2-3/4" dia) (25g)

#### **walnuts**

2 tbsp, chopped (14g)

#### **apple cider vinegar**

1/4 tbsp (4g)

#### **maple syrup**

1 tsp (5mL)

#### **olive oil**

3/4 tbsp (11mL)

1. Cook chik'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

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### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

#### **chunky canned soup (non-creamy varieties)**

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Crack slaw with tempeh

422 cal ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

**tempeh, cubed**  
4 oz (113g)  
**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)

For all 2 meals:

**tempeh, cubed**  
1/2 lbs (227g)  
**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

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### Easy chickpea salad

117 cal ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

**fresh parsley, chopped**  
3/4 sprigs (1g)  
**apple cider vinegar**  
1/4 tbsp (0mL)  
**balsamic vinegar**  
1/4 tbsp (4mL)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)  
**onion, thinly sliced**  
1/8 small (9g)  
**chickpeas, canned, drained and rinsed**  
1/4 can (112g)

For all 2 meals:

**fresh parsley, chopped**  
1 1/2 sprigs (2g)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**onion, thinly sliced**  
1/4 small (18g)  
**chickpeas, canned, drained and rinsed**  
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

### Roasted cashews

1/6 cup(s) - 139 cal ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber





For single meal:

**roasted cashews**

2 2/3 tbsp, halves and whole (23g)

For all 2 meals:

**roasted cashews**

1/3 cup, halves and whole (46g)

1. This recipe has no instructions.

## Dinner 5 [↗](#)

Eat on day 7

### Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



**salad dressing**

1 tbsp (17mL)

**tomatoes, diced**

3/4 medium whole (2-3/5" dia) (92g)

**carrots, sliced**

3/8 medium (23g)

**romaine lettuce, roughly chopped**

3/4 hearts (375g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

### Basic tofu

6 oz - 257 cal ● 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.

### Lentils

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



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

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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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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