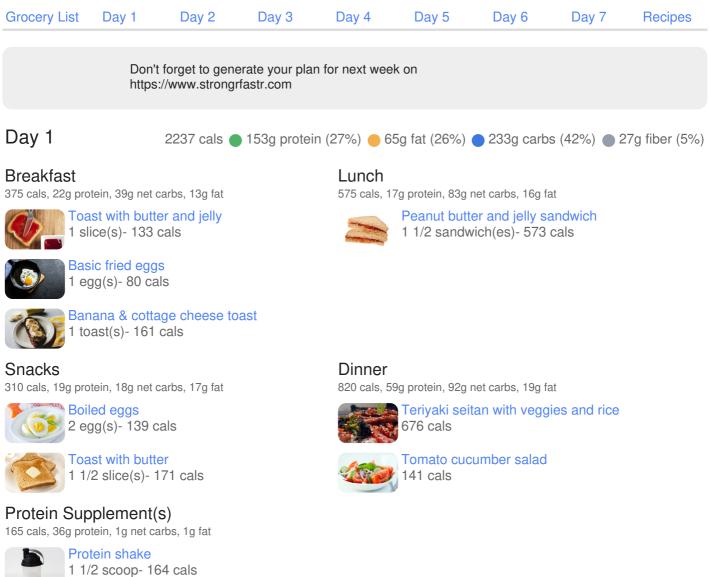
# Meal Plan - 2200 calorie pescetarian meal plan





#### Breakfast

375 cals, 22g protein, 39g net carbs, 13g fat



Toast with butter and jelly 1 slice(s)- 133 cals

Basic fried eggs 1 egg(s)- 80 cals



Banana & cottage cheese toast 1 toast(s)- 161 cals

Snacks 310 cals, 19g protein, 18g net carbs, 17g fat



Boiled eggs 2 egg(s)- 139 cals



Toast with butter 1 1/2 slice(s)- 171 cals

### Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals Lunch

575 cals, 17g protein, 83g net carbs, 16g fat



Peanut butter and jelly sandwich 1 1/2 sandwich(es)- 573 cals

#### Dinner

815 cals, 51g protein, 62g net carbs, 38g fat



Simple mozzarella and tomato salad 242 cals



Seitan philly cheesesteak 1 sub(s)- 571 cals

### Breakfast

380 cals, 15g protein, 42g net carbs, 15g fat



Banana 1 banana(s)- 117 cals



Small egg and cheese sandwich on a bagel

1/2 sandwich(es)- 265 cals

## Snacks

310 cals, 19g protein, 42g net carbs, 6g fat



Cottage cheese & fruit cup 1 container- 131 cals



Cherry tomatoes 9 cherry tomatoes- 32 cals



Small toasted bagel with butter and jelly 1/2 bagel(s)- 150 cals

### Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals Lunch

595 cals, 42g protein, 63g net carbs, 14g fat



Sugar snap peas 164 cals



White rice 3/4 cup rice, cooked- 165 cals



Vegan sausage 1 sausage(s)- 268 cals

Dinner 660 cals, 50g protein, 24g net carbs, 33g fat



Tomato cucumber salad 71 cals



Basic tempeh 8 oz- 590 cals



#### Breakfast

380 cals, 15g protein, 42g net carbs, 15g fat



Banana 1 banana(s)- 117 cals



Small egg and cheese sandwich on a bagel 1/2 sandwich(es)- 265 cals

## Snacks

310 cals, 19g protein, 42g net carbs, 6g fat



Cottage cheese & fruit cup 1 container- 131 cals



Cherry tomatoes 9 cherry tomatoes- 32 cals



Small toasted bagel with butter and jelly 1/2 bagel(s)- 150 cals

### Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals Lunch

595 cals, 42g protein, 63g net carbs, 14g fat



Sugar snap peas 164 cals



White rice 3/4 cup rice, cooked- 165 cals



Vegan sausage 1 sausage(s)- 268 cals

Dinner 655 cals, 29g protein, 26g net carbs, 45g fat



Buffalo tofu 532 cals



Mixed vegetables 1 1/4 cup(s)- 121 cals

#### Breakfast

380 cals, 15g protein, 42g net carbs, 15g fat



Banana 1 banana(s)- 117 cals



Small egg and cheese sandwich on a bagel 1/2 sandwich(es)- 265 cals

Snacks 310 cals, 19g protein, 42g net carbs, 6g fat



Cottage cheese & fruit cup 1 container- 131 cals



Cherry tomatoes 9 cherry tomatoes- 32 cals



Small toasted bagel with butter and jelly 1/2 bagel(s)- 150 cals

### Protein Supplement(s)

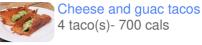
165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals

#### Lunch

700 cals, 30g protein, 8g net carbs, 58g fat



4 taco(s)- 700 cals

Dinner 685 cals, 47g protein, 61g net carbs, 23g fat



Cottage cheese & honey 1 cup(s)- 249 cals



Chickpea & kale soup 273 cals



Mixed nuts 1/6 cup(s)- 163 cals



2214 cals 
152g protein (27%) 
92g fat (37%) 
150g carbs (27%) 
45g fiber (8%)

Breakfast 330 cals, 14g protein, 38g net carbs, 11g fat



Nectarine 2 nectarine(s)- 140 cals



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

Snacks 285 cals, 11g protein, 34g net carbs, 10g fat



String cheese 1 stick(s)- 83 cals



Banana peanut butter rice cake 1 rice cake(s)- 202 cals

Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals Lunch

750 cals, 45g protein, 17g net carbs, 47g fat



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



Tomato and avocado salad 293 cals

#### Dinner

685 cals, 47g protein, 61g net carbs, 23g fat



Cottage cheese & honey 1 cup(s)- 249 cals



Chickpea & kale soup 273 cals



Mixed nuts 1/6 cup(s)- 163 cals

#### Breakfast

330 cals, 14g protein, 38g net carbs, 11g fat



Nectarine 2 nectarine(s)- 140 cals

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

Snacks 285 cals, 11g protein, 34g net carbs, 10g fat



String cheese 1 stick(s)- 83 cals



Banana peanut butter rice cake 1 rice cake(s)- 202 cals

## Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals

#### Lunch

750 cals, 45g protein, 17g net carbs, 47g fat



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



Tomato and avocado salad 293 cals

### Dinner

675 cals, 37g protein, 58g net carbs, 23g fat



Simple kale & avocado salad 230 cals



Tempeh & mushroom stir fry 443 cals



Cereal Grains and Pasta	Sweets
seitan	☐ jelly
1/2 lbs (255g)	6 oz (172g)
long-grain white rice 3/4 cup (139g)	$\square \begin{array}{c} \text{honey} \\ 2 \ 2/3 \ \text{tbsp} \ (56g) \end{array}$
brown rice 4 tbsp (48g)	Spices and Herbs
	opiecs and news
Fats and Oils	☐ cinnamon 2 dash (1g)
□ oil	fresh basil
2 oz (62mL)	1 tbsp, chopped (3g)
salad dressing	□ salt
3 tbsp (46mL)	1/4 oz (8g)
balsamic vinaigrette	black pepper
1 tbsp (14mL)	2 1/2 g (3g)
mayonnaise	garlic powder
3/4 tbsp (11mL)	1 tsp (3g)
ranch dressing	ground ginger
3 tbsp (45mL)	2 dash (0g)
└─┘ 2 tsp (9mL)	Fruits and Fruit Juices
Other	<b>banana</b> 5 2/3 medium (7" to 7-7/8" long) (671g)
teriyaki sauce	☐ nectarine
2 3/4 tbsp (41mL)	4 medium (2-1/2" dia) (568g)
□ sub roll(s)	avocados
1 roll(s) (85g)	2 3/4 avocado(s) (553g)
Cottage cheese & fruit cup	☐ lime juice
3 container (510g)	1 1/2 fl oz (47mL)
vegan sausage	☐ lemon
2 sausage (200g)	1/2 small (29g)
guacamole, store-bought	
└── 10 tbsp (155g)	Legumes and Legume Products
Vegetables and Vegetable Products	peanut butter 4 tbsp (64g)
frozen mixed veggies	tempeh
2/3 lbs (313g)	3/4 lbs (340g)
tomatoes	firm tofu
7 1/2 medium whole (2-3/5" dia) (934g)	2/3 lbs (298g)
Cucumber	Chickpeas, canned
3/4 cucumber (8-1/4") (226g)	1 can (448g)
red onion	soy sauce
3/4 small (53g)	1 tbsp (15mL)
bell pepper 2 3/4 large (447g)	Soups, Sauces, and Gravies
onion	Frank's Red Hot sauce
1 medium (2-1/2" dia) (100g)	4 tbsp (60mL)



### **Beverages**

water 11 1/2 cup(s) (2726mL)

protein powder

10 1/2 scoop (1/3 cup ea) (326g)

## **Baked Products**

bread 17 oz (480g) bagel ٦ 3 small bagel (3" dia) (207g)

## **Dairy and Egg Products**

butter 1/4 stick (33g)
eggs 11 large (550g)
low fat cottage cheese (1% milkfat) 2 1/2 cup (565g)
fresh mozzarella cheese 2 oz (57g)
☐ cheese 1 slice (1 oz each) (28g)
☐ sliced cheese 1 1/2 slice (1 oz ea) (42g)
Cheddar cheese 1 cup, shredded (113g)
☐ string cheese 2 stick (56g)

Ve	egetabl	e broth
4	cup(s)	(mL)

## **Nut and Seed Products**

mixed nuts 6 tbsp (50g)

## **Finfish and Shellfish Products**

canned tuna 2 can (344g)

#### **Snacks**



rice cakes, any flavor

# Recipes



### Breakfast 1 🗹

Eat on day 1, day 2

Toast with butter and jelly



1 slice(s) - 133 cals 
4g protein 
5g fat 
17g carbs 
2g fiber

For single meal: **bread** 1 slice (32g) **butter** 1 tsp (5g) **jelly** 1 tsp (7g) For all 2 meals:

**bread** 2 slice (64g) **butter** 2 tsp (9g) **jelly** 2 tsp (14g)

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

#### Basic fried eggs



For single meal: oil 1/4 tsp (1mL) eggs 1 large (50g) For all 2 meals:

oil 1/2 tsp (3mL) eggs 2 large (100g)

- 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.

#### Banana & cottage cheese toast

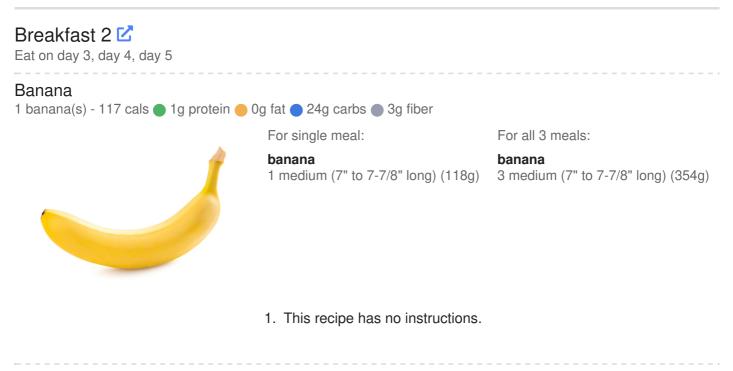
1 toast(s) - 161 cals 
11g protein 
2g fat 
22g carbs 
3g fiber



cinnamon 1 dash (0g) banana, sliced 1/2 extra small (less than 6" long) (41g) low fat cottage cheese (1% milkfat) 4 tbsp (57g) bread 1 slice (32g) For all 2 meals:

cinnamon 2 dash (1g) banana, sliced 1 extra small (less than 6" long) (81g) low fat cottage cheese (1% milkfat) 1/2 cup (113g) bread 2 slice (64g)

- 1. Toast bread.
- 2. Top toast with cottage cheese and sliced banana.
- 3. Sprinkle cinnamon on top and serve!



Small egg and cheese sandwich on a bagel 1/2 sandwich(es) - 265 cals 
13g protein 
15g fat 
18g carbs 
1g fiber



eggs 1 large (50g) bagel 1/2 small bagel (3" dia) (35g) sliced cheese 1/2 slice (1 oz ea) (14g) mayonnaise 1/4 tbsp (4mL) oil 1/2 tsp (3mL) For all 3 meals:

eggs 3 large (150g) bagel 1 1/2 small bagel (3" dia) (104g) sliced cheese 1 1/2 slice (1 oz ea) (42g) mayonnaise 3/4 tbsp (11mL) oil 1/2 tbsp (8mL)

- 1. Heat a small frying pan to medium-low heat.
- 2. Add the oil and crack the eggs onto the oiled pan.
- 3. Cook the eggs until the yokes reach desired doneness.
- 4. Toast the bagel if desired.
- 5. Place the eggs on one half of the bagel and place the cheese on top of the eggs.
- 6. Spread the mayonnaise on the other half of the bagel and place on top of the eggs and cheese.



1. Remove nectarine pit, slice, and serve.

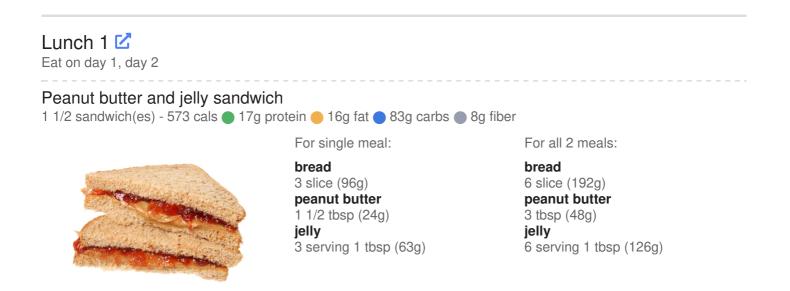
Egg & guac sandwich 1/2 sandwich(es) - 191 cals • 11g protein • 10g fat • 13g carbs • 3g fiber



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.



- 1. Spread the peanut butter on one slice of bread and the jelly on the other.
- 2. Put the slices of bread together and enjoy.

# Lunch 2 🗹

Eat on day 3, day 4

Sugar snap peas

164 cals 
11g protein 
1g fat 
16g carbs 
12g fiber

For single meal:



frozen sugar snap peas 2 2/3 cup (384g) For all 2 meals:

frozen sugar snap peas 5 1/3 cup (768g)

1. Prepare according to instructions on package.

#### White rice

3/4 cup rice, cooked - 165 cals 
3g protein 
0g fat 
36g carbs 
1g fiber

For single meal:



long-grain white rice 4 tbsp (46g) water 1/2 cup(s) (119mL) salt 2 dash (2g) black pepper 1 1/2 dash, ground (0g) For all 2 meals:

long-grain white rice 1/2 cup (93g) water 1 cup(s) (237mL) salt 4 dash (3g) black pepper 3 dash, ground (1g)

- 1. (Note: Follow rice package instructions if they differ from below)
- 2. In a saucepan with a good fitting lid bring water and salt to a boil.
- 3. Add rice and stir.
- 4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
- 5. Cook for 20 minutes.
- 6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
- 7. Remove from heat and fluff with fork, season with pepper, and serve.

#### Vegan sausage

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



vegan sausage 1 sausage (100g) For all 2 meals:

**vegan sausage** 2 sausage (200g)

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

# Lunch 3 🗹

Eat on day 5

Cheese and guac tacos



4 taco(s) - 700 cals 
30g protein 
58g fat 
8g carbs 
8g fiber

Makes 4 taco(s)

cheddar cheese 1 cup, shredded (113g) guacamole, store-bought 1/2 cup (124g)

- 1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
- 2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
- Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
- 4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
- 5. Serve.

# Lunch 4 🗹

Eat on day 6, day 7

#### Avocado tuna salad stuffed pepper

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



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 single meal:

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 wellblended.
- 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.

#### Tomato and avocado salad

293 cals 
4 g protein 
23 g fat 
8 g carbs 
10 g fiber



For single meal:

onion 1 1/4 tbsp minced (19g) lime juice 1 1/4 tbsp (19mL) avocados, cubed 5/8 avocado(s) (126g) tomatoes, diced 5/8 medium whole (2-3/5" dia) (77g) 1 1/4 medium whole (2-3/5" dia) olive oil 1 tsp (5mL) garlic powder 1/3 tsp (1g) salt 1/3 tsp (2g) black pepper 1/3 tsp, ground (1g)

For all 2 meals:

onion 2 1/2 tbsp minced (38g) lime juice 2 1/2 tbsp (38mL) avocados, cubed 1 1/4 avocado(s) (251g) tomatoes, diced (154g) olive oil 2 tsp (9mL) garlic powder 5 dash (2g) salt 5 dash (4g) black pepper 5 dash, ground (1g)

- 1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
- 2. Meanwhile, prepare the avocado and tomato.
- 3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
- 4. Serve chilled.

## Snacks 1 🗹

Eat on day 1, day 2

#### Boiled eggs

2 egg(s) - 139 cals 
13g protein 
10g fat 
1g carbs 
0g fiber

For single meal: eggs For all 2 meals:

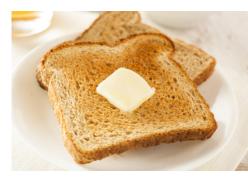
**eggs** 4 large (200g)



**eggs** 2 large (100g)

- 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.

#### Toast with butter



For single meal: bread 1 1/2 slice (48g) butter 1/2 tbsp (7g) For all 2 meals:

bread 3 slice (96g) butter 1 tbsp (14g)

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

## Snacks 2 🗹

Eat on day 3, day 4, day 5

#### 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 3 meals:

cottage cheese & fruit cup 3 container (510g)

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

#### Cherry tomatoes

9 cherry tomatoes - 32 cals 🔵 1g protein 😑 0g fat 🔵 4g carbs 🌑 2g fiber



**tomatoes** 9 cherry tomatoes (153g) For all 3 meals:

tomatoes 27 cherry tomatoes (459g)

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

#### Small toasted bagel with butter and jelly

1/2 bagel(s) - 150 cals 
4g protein 
4g fat 
25g carbs 
1g fiber



For single meal:

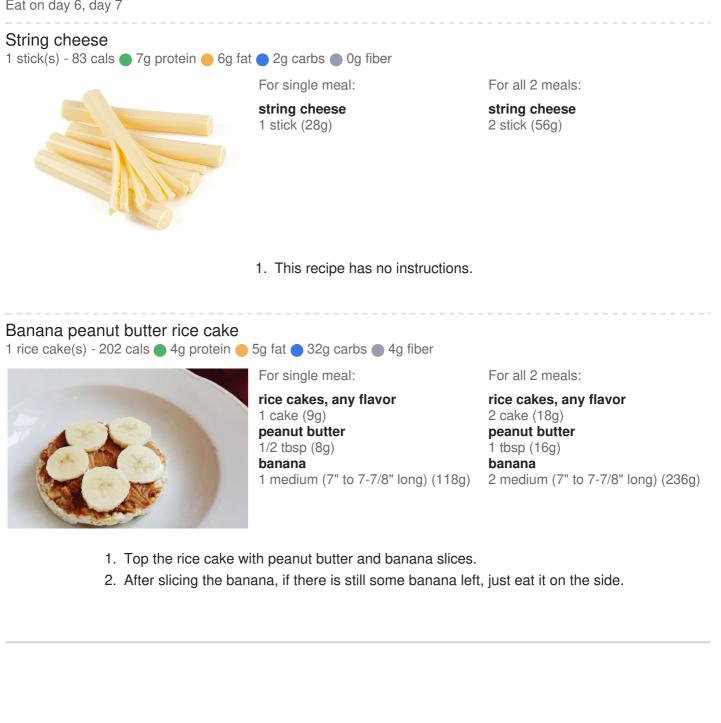
bagel 1/2 small bagel (3" dia) (35g) butter 1/4 tbsp (4g) jelly 1/2 serving 1 tbsp (11g) For all 3 meals:

**bagel** 1 1/2 small bagel (3" dia) (104g) **butter** 3/4 tbsp (11g) **jelly** 1 1/2 serving 1 tbsp (32g)

- 1. Toast the bagel to desired toastiness.
- 2. Spread the butter and jelly.
- 3. Enjoy.

## Snacks 3 🗹

Eat on day 6, day 7



Dinner 1 🗹

Eat on day 1

## Teriyaki seitan with veggies and rice

676 cals • 56g protein • 13g fat • 77g carbs • 7g fiber



seitan, cut into strips 6 oz (170g) oil 1/2 tbsp (8mL) teriyaki sauce 2 2/3 tbsp (40mL) frozen mixed veggies 1/2 package (10 oz ea) (144g) long-grain white rice 4 tbsp (46g)

- 1. Cook the rice and frozen veggies according to their packages. Set aside.
- Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
- Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
- 4. Serve over rice.

Tomato cucumber salad

141 cals 
3g protein 
6g fat 
15g carbs 
3g fiber



tomatoes, thinly sliced 1 medium whole (2-3/5" dia) (123g) cucumber, thinly sliced 1/2 cucumber (8-1/4") (151g) red onion, thinly sliced 1/2 small (35g) salad dressing 2 tbsp (30mL) 1. Mix ingredients together in a bowl and serve.

#### Dinner 2 Z Eat on day 2

Simple mozzarella and tomato salad 242 cals • 14g protein • 17g fat • 7g carbs • 2g fiber



tomatoes, sliced 3/4 large whole (3" dia) (137g) fresh mozzarella cheese, sliced 2 oz (57g) balsamic vinaigrette 1 tbsp (15mL) fresh basil 1 tbsp, chopped (3g)

- 1. Arrange the tomato and mozzarella slices in an alternating fashion.
- 2. Sprinkle the basil over the slices and drizzle with dressing.

Seitan philly cheesesteak 1 sub(s) - 571 cals 38g protein 21g fat 55g carbs 4g fiber



Makes 1 sub(s)

cheese 1 slice (1 oz each) (28g) seitan, cut into strips 3 oz (85g) bell pepper, sliced 1/2 small (37g) onion, chopped 1/4 medium (2-1/2" dia) (28g) oil 1/2 tbsp (8mL) sub roll(s) 1 roll(s) (85g)

- 1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to carmelize.
- 2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
- 3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
- When the seitan is done, add the veggies back in and mix until wellcombined.
- 5. Add the filling to the bun and serve!

## Dinner 3 🗹

Eat on day 3

Tomato cucumber salad

71 cals 
2g protein 
3g fat 
7g carbs 
1g fiber



tomatoes, thinly sliced 1/2 medium whole (2-3/5" dia) (62g) cucumber, thinly sliced 1/4 cucumber (8-1/4") (75g) red onion, thinly sliced 1/4 small (18g) salad dressing 1 tbsp (15mL) 1. Mix ingredients together in a bowl and serve.

Basic tempeh 8 oz - 590 cals • 48g protein • 30g fat • 16g carbs • 16g fiber



Makes 8 oz

**oil** 4 tsp (20mL) **tempeh** 1/2 lbs (227g)

- 1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
- 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.

### Dinner 4 🗹

Eat on day 4

#### Buffalo tofu

532 cals 
24g protein 
44g fat 
10g carbs 
0g fiber



ranch dressing 3 tbsp (45mL) oil 3/4 tbsp (11mL) Frank's Red Hot sauce 4 tbsp (59mL) firm tofu, patted dry & cubed 2/3 lbs (298g)

- Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
- 2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
- 3. Serve tofu with ranch.

Mixed vegetables

1 1/4 cup(s) - 121 cals 
6g protein 
1g fat 
16g carbs 
7g fiber



Makes 1 1/4 cup(s)

frozen mixed veggies 1 1/4 cup (169g) 1. Prepare according to instructions on package.

# Dinner 5 🗹

Eat on day 5, day 6

#### Cottage cheese & honey

1 cup(s) - 249 cals 
28g protein 
2g fat 
29g carbs 
0g fiber



For single meal:

honey 4 tsp (28g) low fat cottage cheese (1% milkfat) 1 cup (226g) For all 2 meals:

honey 2 2/3 tbsp (56g) low fat cottage cheese (1% milkfat) 2 cup (452g)

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

#### Chickpea & kale soup

273 cals 🌑 13g protein 😑 7g fat 🔵 28g carbs 🌑 11g fiber



For single meal:

oil 1/2 tsp (3mL) garlic, minced 1 clove(s) (3g) vegetable broth 2 cup(s) (mL) kale leaves, chopped 1 cup, chopped (40g) chickpeas, canned, drained 1/2 can (224g) For all 2 meals:

oil 1 tsp (5mL) garlic, minced 2 clove(s) (6g) vegetable broth 4 cup(s) (mL) kale leaves, chopped 2 cup, chopped (80g) chickpeas, canned, drained 1 can (448g)

- 1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
- 2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
- 3. Crack a hefty amount of pepper on top and serve.

#### Mixed nuts

1/6 cup(s) - 163 cals Sg protein Sg protein 4g fat 4g carbs 2g fiber



For single meal:

**mixed nuts** 3 tbsp (25g) For all 2 meals:

**mixed nuts** 6 tbsp (50g)

1. This recipe has no instructions.

## Dinner 6 🗹

Eat on day 7

#### Simple kale & avocado salad

230 cals Sg protein Sg fat Sg fat Sg carbs Sg fiber



kale leaves, chopped 1/2 bunch (85g) lemon, juiced 1/2 small (29g) avocados, chopped 1/2 avocado(s) (101g)

- 1. Add all ingredients into a bowl.
- 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
- 3. Season with salt and pepper if desired. Serve.

## Tempeh & mushroom stir fry

443 cals 
33g protein 
8g fat 
49g carbs 
12g fiber



soy sauce 1 tbsp (15mL) bell pepper, sliced 1/2 large (82g) mushrooms, chopped 1 cup, chopped (70g) brown rice 4 tbsp (48g) ground ginger 2 dash (0g) garlic powder 4 dash (2g) tempeh, sliced 4 oz (113g)

- 1. Cook rice according to its package instructions. Set aside.
- 2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over mediumhigh heat.
- Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
- 4. Combine rice with the tempeh and vegetable mixture. 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.