

# Meal Plan - 2200 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

2237 cals ● 153g protein (27%) ● 65g fat (26%) ● 233g carbs (42%) ● 27g fiber (5%)

### 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

820 cals, 59g protein, 92g net carbs, 19g fat



[Teriyaki seitan with veggies and rice](#)  
676 cals



[Tomato cucumber salad](#)  
141 cals

## Day 2

2232 cals ● 145g protein (26%) ● 83g fat (34%) ● 203g carbs (36%) ● 22g fiber (4%)

### 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



## Day 3

2115 cals ● 162g protein (31%) ● 69g fat (29%) ● 172g carbs (32%) ● 40g fiber (7%)

### 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

## Day 4

2107 cals ● 141g protein (27%) ● 81g fat (35%) ● 174g carbs (33%) ● 30g fiber (6%)

### 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

## Day 5

2242 cals ● 147g protein (26%) ● 103g fat (41%) ● 154g carbs (27%) ● 28g fiber (5%)

### 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



**Cheese and guac tacos**  
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

## Day 6

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

### 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

### Protein Supplement(s)

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



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

## Day 7

2201 cals ● 142g protein (26%) ● 92g fat (38%) ● 148g carbs (27%) ● 54g fiber (10%)

### 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

- ☐ seitan  
1/2 lbs (255g)
- ☐ long-grain white rice  
3/4 cup (139g)
- ☐ brown rice  
4 tbsp (48g)

## Fats and Oils

- ☐ oil  
2 oz (62mL)
- ☐ salad dressing  
3 tbsp (46mL)
- ☐ balsamic vinaigrette  
1 tbsp (14mL)
- ☐ mayonnaise  
3/4 tbsp (11mL)
- ☐ ranch dressing  
3 tbsp (45mL)
- ☐ olive oil  
2 tsp (9mL)

## Other

- ☐ teriyaki sauce  
2 3/4 tbsp (41mL)
- ☐ sub roll(s)  
1 roll(s) (85g)
- ☐ cottage cheese & fruit cup  
3 container (510g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ guacamole, store-bought  
10 tbsp (155g)

## Vegetables and Vegetable Products

- ☐ frozen mixed veggies  
2/3 lbs (313g)
- ☐ tomatoes  
7 1/2 medium whole (2-3/5" dia) (934g)
- ☐ cucumber  
3/4 cucumber (8-1/4") (226g)
- ☐ red onion  
3/4 small (53g)
- ☐ bell pepper  
2 3/4 large (447g)
- ☐ onion  
1 medium (2-1/2" dia) (100g)

## Sweets

- ☐ jelly  
6 oz (172g)
- ☐ honey  
2 2/3 tbsp (56g)

## Spices and Herbs

- ☐ cinnamon  
2 dash (1g)
- ☐ fresh basil  
1 tbsp, chopped (3g)
- ☐ salt  
1/4 oz (8g)
- ☐ black pepper  
2 1/2 g (3g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ ground ginger  
2 dash (0g)

## Fruits and Fruit Juices

- ☐ banana  
5 2/3 medium (7" to 7-7/8" long) (671g)
- ☐ nectarine  
4 medium (2-1/2" dia) (568g)
- ☐ avocados  
2 3/4 avocado(s) (553g)
- ☐ lime juice  
1 1/2 fl oz (47mL)
- ☐ lemon  
1/2 small (29g)

## Legumes and Legume Products

- ☐ peanut butter  
4 tbsp (64g)
- ☐ tempeh  
3/4 lbs (340g)
- ☐ firm tofu  
2/3 lbs (298g)
- ☐ chickpeas, canned  
1 can (448g)
- ☐ soy sauce  
1 tbsp (15mL)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)

- ☐ frozen sugar snap peas  
5 1/3 cup (768g)
- ☐ garlic  
2 clove(s) (6g)
- ☐ kale leaves  
6 oz (165g)
- ☐ mushrooms  
1 cup, chopped (70g)

## 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  
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)

- ☐ vegetable 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  
2 cake (18g)
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## 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

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



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



For single meal:

- 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!

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

- banana**  
1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

- banana**  
3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

### Small egg and cheese sandwich on a bagel

1/2 sandwich(es) - 265 cals ● 13g protein ● 15g fat ● 18g carbs ● 1g fiber



For single meal:

**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.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Nectarine

2 nectarine(s) - 140 cal ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

For all 2 meals:

**nectarine, pitted**  
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

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### Egg & guac sandwich

1/2 sandwich(es) - 191 cal ● 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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## Lunch 1 [🔗](#)

Eat on day 1, day 2

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### Peanut butter and jelly sandwich

1 1/2 sandwich(es) - 573 cal ● 17g protein ● 16g fat ● 83g carbs ● 8g fiber



For single meal:

**bread**  
3 slice (96g)  
**peanut butter**  
1 1/2 tbsp (24g)  
**jelly**  
3 serving 1 tbsp (63g)

For all 2 meals:

**bread**  
6 slice (192g)  
**peanut butter**  
3 tbsp (48g)  
**jelly**  
6 serving 1 tbsp (126g)

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.
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## 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



For single meal:

**vegan sausage**  
1 sausage (100g)

For all 2 meals:

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

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

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## Lunch 3 [↗](#)

Eat on day 5

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### Cheese and guac tacos

4 taco(s) - 700 cal ● 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.
  3. 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.
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## 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



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.

### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g 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)

**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**

1 1/4 medium whole (2-3/5" dia) (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.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

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### Toast with butter

1 1/2 slice(s) - 171 cals ● 6g protein ● 7g fat ● 18g carbs ● 3g fiber



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.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Cottage cheese & fruit cup

1 container - 131 cal ● 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 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**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 cal ● 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

### String cheese

1 stick(s) - 83 cal● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

#### **string cheese**

1 stick (28g)

For all 2 meals:

#### **string cheese**

2 stick (56g)

1. This recipe has no instructions.

### Banana peanut butter rice cake

1 rice cake(s) - 202 cal● 4g protein ● 5g fat ● 32g carbs ● 4g fiber



For single meal:

#### **rice cakes, any flavor**

1 cake (9g)

#### **peanut butter**

1/2 tbsp (8g)

#### **banana**

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

#### **rice cakes, any flavor**

2 cake (18g)

#### **peanut butter**

1 tbsp (16g)

#### **banana**

2 medium (7" to 7-7/8" long) (236g)

1. Top the rice cake with peanut butter and banana slices.
2. After slicing the banana, if there is still some banana left, just eat it on the side.

## 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.
2. 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.
3. 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 [🔗](#)

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 caramelize.
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.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

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## Dinner 3 [🔗](#)

Eat on day 3

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### 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.

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### 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.
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 4 [↗](#)

Eat on day 4

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### 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)

1. 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.

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### 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.
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## Dinner 5 [🔗](#)

Eat on day 5, day 6

### Cottage cheese & honey

1 cup(s) - 249 cal ● 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 cal ● 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 cal ● 5g protein ● 14g 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

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### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g 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.

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### 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 medium-high heat.
  3. 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.
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# Protein Supplement(s)

Eat every day

## Protein shake

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



For single meal:

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

For all 7 meals:

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

1. This recipe has no instructions.