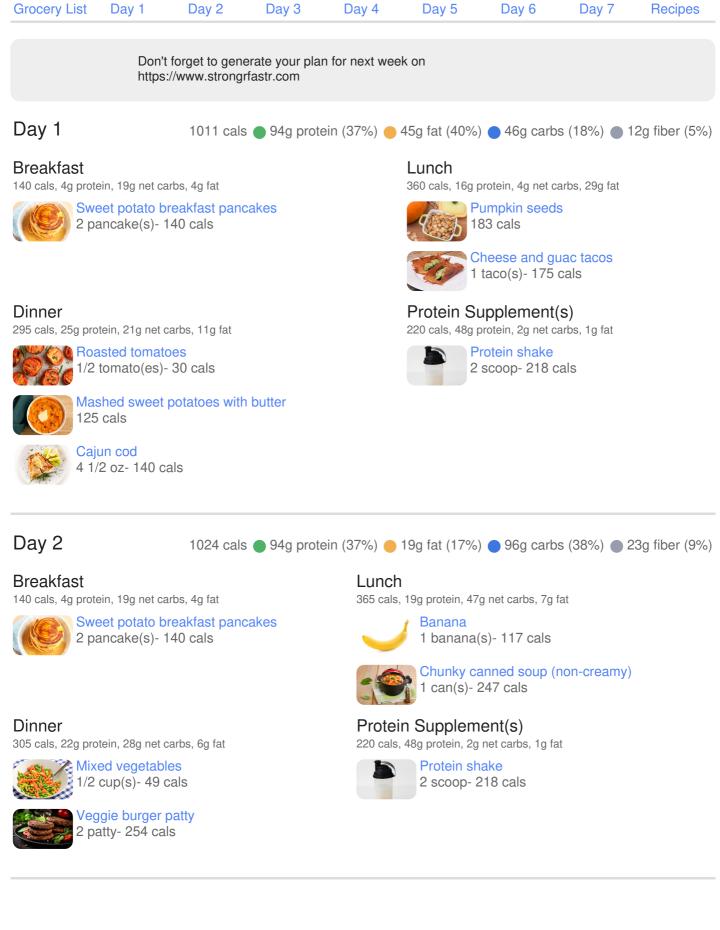
# Meal Plan - 1000 calorie pescetarian meal plan





# Day 3

1 banana(s)- 117 cals

1 can(s)- 247 cals

2 scoop- 218 cals

Chunky canned soup (non-creamy)

365 cals, 19g protein, 47g net carbs, 7g fat

Banana

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat Protein shake

## **Breakfast**

165 cals, 9g protein, 7g net carbs, 11g fat



Chili and cheese omelet 108 cals



Toast with butter 1/2 slice(s)- 57 cals

## Dinner

285 cals, 17g protein, 19g net carbs, 14g fat



Lentils



1008 cals • 95g protein (38%) • 38g fat (34%) • 59g carbs (24%) • 12g fiber (5%)

## Breakfast

Day 4

165 cals, 9g protein, 7g net carbs, 11g fat



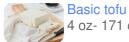
Chili and cheese omelet 108 cals



Toast with butter 1/2 slice(s)- 57 cals

#### Dinner

285 cals, 17g protein, 19g net carbs, 14g fat



4 oz- 171 cals





Lunch

340 cals, 20g protein, 32g net carbs, 12g fat



Cherry tomatoes 6 cherry tomatoes- 21 cals



Grilled cheese with mushrooms 162 cals



Lowfat Greek yogurt 1 container(s)- 155 cals

#### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

# Day 5

## Breakfast

205 cals, 13g protein, 2g net carbs, 15g fat



Egg in an eggplant 120 cals

String cheese
 1 stick(s)- 83 cals

## Dinner

300 cals, 15g protein, 42g net carbs, 4g fat



Bbq cauliflower wings 268 cals



Day 6

Simple mixed greens salad 34 cals

Lunch

260 cals, 19g protein, 23g net carbs, 7g fat



Simple mixed greens and tomato salad 76 cals



Southwest shrimp & black bean bowl 184 cals

# Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

960 cals 
100g protein (42%) 
43g fat (40%) 
32g carbs (13%) 
11g fiber (5%)

Breakfast

205 cals, 13g protein, 2g net carbs, 15g fat



Egg in an eggplant 120 cals



String cheese 1 stick(s)- 83 cals

Dinner 265 cals, 17g protein, 18g net carbs, 13g fat



Simple kale salad 1/2 cup(s)- 28 cals



Vegan sausage & veggie sheet pan 240 cals

## Lunch

270 cals, 21g protein, 10g net carbs, 15g fat



Almond crusted tilapia 3 oz- 212 cals



Roasted tomatoes 1 tomato(es)- 60 cals

Protein Supplement(s) 220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals

## Day 7

## Breakfast

205 cals, 13g protein, 2g net carbs, 15g fat



Egg in an eggplant 120 cals



String cheese 1 stick(s)- 83 cals

Dinner 265 cals, 17g protein, 18g net carbs, 13g fat



Simple kale salad 1/2 cup(s)- 28 cals



Vegan sausage & veggie sheet pan 240 cals

Lunch

270 cals, 21g protein, 10g net carbs, 15g fat



Almond crusted tilapia 3 oz- 212 cals



Roasted tomatoes 1 tomato(es)- 60 cals

Protein Supplement(s) 220 cals, 48g protein, 2g net carbs, 1g fat



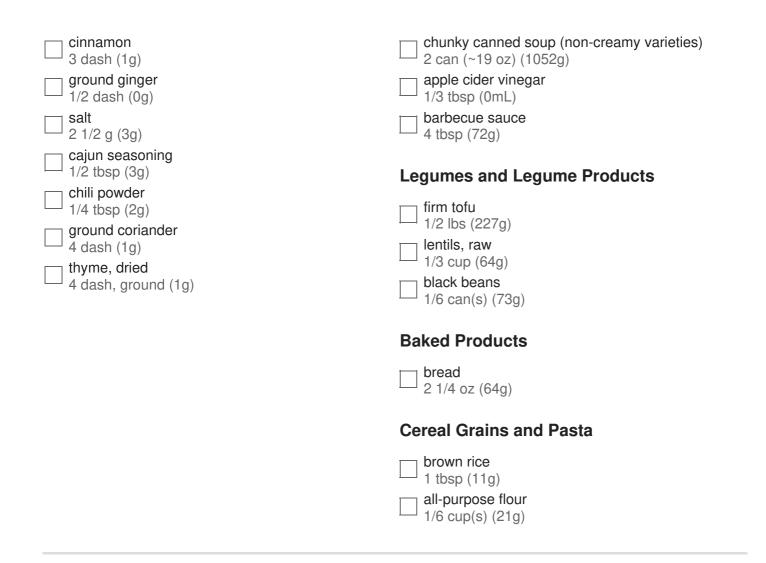
Protein shake 2 scoop- 218 cals

Spices and Herbs



Vegetables and Vegetable Products	Sweets
sweet potatoes 1 sweetpotato, 5" long (210g)	maple syrup 1 1/2 tbsp (23mL)
3 medium whole (2-3/5" dia) (380g)	Nut and Seed Products
frozen mixed veggies 1/2 cup (68g)	🦳 roasted pumpkin seeds, unsalted
unitary mushrooms 4 tbsp, chopped (18g)	└── 4 tbsp (30g) ┌── almonds
eggplant 3 1  inch  (2.5  cm)  slice(s) (180g)	4 tbsp, slivered (27g)
frozen corn kernels	Other
└── 4 tsp (11g) cauliflower	guacamole, store-bought 2 tbsp (31g)
└── 1 head small (4" dia.) (265g) └── kale leaves	veggie burger patty 2 patty (142g)
1 cup, chopped (40g)     broccoli	mixed greens 2 1/4 cup (68g)
1 cup chopped (91g)     carrots	nutritional yeast 4 tbsp (15g)
<pre>     1 medium (61g)     potatoes </pre>	italian seasoning 4 dash (2g)
└── 1 small (1-3/4" to 2-1/4" dia.) (92g)	vegan sausage 1 sausage (100g)
Dairy and Egg Products	
eggs 7 medium (306g)	Finfish and Shellfish Products
cheddar cheese 1 1/4 oz (35g)	☐ cod, raw 1/4 lbs (128g)
butter	shrimp, raw 2 oz (57g)
└── 2 tsp (9g) ┌── sliced cheese	tilapia, raw 6 oz (168g)
└── 1/2 slice (3/4 oz ea) (11g)	0 02 (100g)
lowfat flavored greek yogurt 1 (5.3 oz ea) container(s) (150g)	Beverages
string cheese 3 stick (84g)	☐ water 15 1/3 cup(s) (3633mL)
Fats and Oils	protein powder 14 scoop (1/3 cup ea) (434g)
□ oil 2 oz (64mL)	Fruits and Fruit Juices
olive oil	banana
└── 1/2 oz (16mL) ┌── salad dressing	└── 2 medium (7" to 7-7/8" long) (236g) ┌── lime juice
└── <sup>1</sup> 3 1/4 tbsp (49mL)	1/2 tsp (3mL)

# Soups, Sauces, and Gravies



# Recipes



## Breakfast 1 🗹

Eat on day 1, day 2

#### Sweet potato breakfast pancakes

2 pancake(s) - 140 cals 
4g protein 
4g fat 
19g carbs 
2g fiber



For single meal:

sweet potatoes 1/4 sweetpotato, 5" long (53g) eggs 1/2 extra large (28g) oil 3/8 tsp (2mL) cinnamon 1 1/2 dash (0g) ground ginger 1/4 dash (0g) salt 1/4 dash (0g) maple syrup 3/4 tbsp (11mL) For all 2 meals:

sweet potatoes
1/2 sweetpotato, 5" long (105g)
eggs
1 extra large (56g)
oil
1/4 tbsp (4mL)
cinnamon
3 dash (1g)
ground ginger
1/2 dash (0g)
salt
1/2 dash (0g)
maple syrup
1 1/2 tbsp (23mL)

- 1. Cook the sweet potato in a microwave for 8-10 minutes until soft. Once cool enough to touch, remove sweet potato flesh and place the flesh in a bowl. Discard skins.
- 2. Add the eggs and seasonings to the bowl. Mix until combined.
- 3. Heat oil in a pan over medium-low heat.
- 4. Once hot, add about 3 tbsp of the mixture to the pan. Cook for 3-5 minutes on each side, or until cooked through and golden.
- 5. Continue cooking pancakes until batter is gone.
- 6. Serve with maple syrup.
- 7. To store: wrap any remaining pancakes in plastic and store in the fridge for about 2-3 days. Reheat by stove or microwave.

# Breakfast 2 🗹

Eat on day 3, day 4

#### Chili and cheese omelet

108 cals 
7g protein 
8g fat 
1g carbs 
0g fiber



chili powder 2 dash (1g) ground coriander 2 dash (0g) eggs, beaten 1 large (50g) olive oil 1/2 tsp (3mL) cheddar cheese 1/2 tbsp, shredded (4g)

For single meal:

For all 2 meals:

chili powder 4 dash (1g) ground coriander 4 dash (1g) eggs, beaten 2 large (100g) olive oil 1 tsp (5mL) cheddar cheese 1 tbsp, shredded (7g)

- 1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
- 2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
- 3. Once cooked, sprinkle the cheese on top and cook for another minute.
- 4. Fold omelet and serve.

#### Toast with butter

1/2 slice(s) - 57 cals 
2g protein 
2g fat 
6g carbs 
1g fiber



For single meal: **bread** 1/2 slice (16g) **butter** 4 dash (2g) For all 2 meals:

bread 1 slice (32g) butter 1 tsp (5g)

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

# Breakfast 3 🗹

Eat on day 5, day 6, day 7

#### Egg in an eggplant

120 cals 
7g protein 
9g fat 
1g carbs 
2g fiber



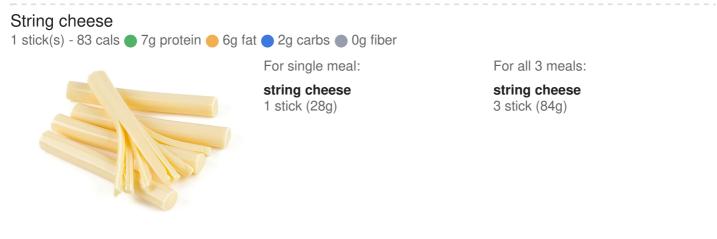
eggs 1 large (50g) eggplant 1 1 inch (2.5 cm) slice(s) (60g) oil 1 tsp (5mL)

For single meal:

For all 3 meals:

eggs 3 large (150g) eggplant 3 1 inch (2.5 cm) slice(s) (180g) oil 1 tbsp (15mL)

- 1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
- 2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
- 3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
- 4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.



1. This recipe has no instructions.

# Lunch 1 🗹

Eat on day 1

#### Pumpkin seeds

183 cals 
9g protein 
15g fat 
3g carbs 
2g fiber



roasted pumpkin seeds, unsalted 4 tbsp (30g)

1. This recipe has no instructions.

#### Cheese and guac tacos

1 taco(s) - 175 cals 
8g protein 
14g fat 
2g carbs 
2g fiber



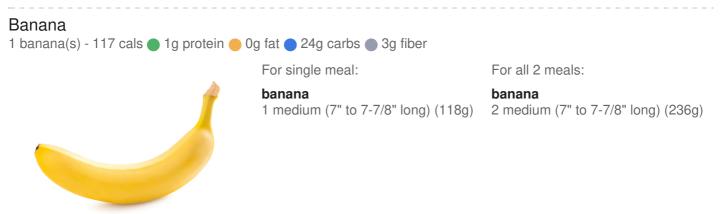
Makes 1 taco(s)

cheddar cheese 4 tbsp, shredded (28g) guacamole, store-bought 2 tbsp (31g)

- 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.
- 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 2 🗹

Eat on day 2, day 3



1. This recipe has no instructions.

Chunky canned soup (non-creamy) 1 can(s) - 247 cals 
18g protein 
7g fat 
23g carbs 
5g fiber



For single meal:

varieties)

1 can (~19 oz) (526g)

chunky canned soup (non-creamy chunky canned soup (non-creamy varieties) 2 can (~19 oz) (1052g)

For all 2 meals:

1. Prepare according to instructions on package.

## Lunch 3 🗹 Eat on day 4

# Cherry tomatoes



6 cherry tomatoes - 21 cals 🔵 1g protein 😑 0g fat 🔵 3g carbs 🌑 1g fiber

Makes 6 cherry tomatoes

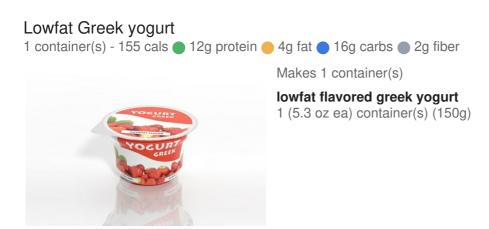
tomatoes 6 cherry tomatoes (102g)

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



mushrooms
4 tbsp, chopped (18g)
olive oil
1/4 tbsp (4mL)
thyme, dried
4 dash, ground (1g)
bread
1 slice(s) (32g)
sliced cheese
1/2 slice (3/4 oz ea) (11g)

- 1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
- 2. Put the cheese on one slice of bread and put the mushrooms on top.
- 3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
- 4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.



1. This recipe has no instructions.

# Lunch 4 🗹

Eat on day 5

Simple mixed greens and tomato salad 76 cals • 2g protein • 5g fat • 5g carbs • 2g fiber



salad dressing 1 1/2 tbsp (23mL) mixed greens 1 1/2 cup (45g) tomatoes 4 tbsp cherry tomatoes (37g) 1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Southwest shrimp & black bean bowl 184 cals • 17g protein • 2g fat • 18g carbs • 6g fiber



tomatoes, chopped 1/6 roma tomato (13g) shrimp, raw, peeled and deveined 2 oz (57g) black beans, rinsed and drained 1/6 can(s) (73q)frozen corn kernels 4 tsp (11g) brown rice 2 2/3 tsp (11g) chili powder 1 1/3 dash (0g) oil 1/3 tsp (2mL) lime juice 1/2 tsp (3mL) apple cider vinegar

- Cook the rice according its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
- 2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
- In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
- 4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

# Lunch 5 🗹

Eat on day 6, day 7

Almond crusted tilapia

3 oz - 212 cals 
20g protein 
10g fat 
8g carbs 
2g fiber



For single meal:

1/3 tbsp (0mL)

tilapia, raw 3 oz (84g) almonds 2 tbsp, slivered (14g) all-purpose flour 1/8 cup(s) (10g) salt 1/2 dash (0g) olive oil 1/4 tbsp (4mL) For all 2 meals:

tilapia, raw 6 oz (168g) almonds 4 tbsp, slivered (27g) all-purpose flour 1/6 cup(s) (21g) salt 1 dash (0g) olive oil 1/2 tbsp (8mL)

- 1. Take half of the almonds and combine them with the flour in a shallow bowl.
- 2. Season fish with salt and dredge in flour mixture.
- 3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
- 4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
- 5. Sprinkle almonds over fish.
- 6. Serve.

Roasted tomatoes 1 tomato(es) - 60 cals 
1 g protein 
5 g fat 
2 g carbs 
1 g fiber



For single meal: tomatoes 1 small whole (2-2/5" dia) (91g) oil

1 tsp (5mL)

For all 2 meals:

tomatoes 2 small whole (2-2/5" dia) (182g) oil 2 tsp (10mL)

- 1. Preheat oven to 450°F (230°C).
- 2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
- 3. Bake for 30-35 minutes until soft. Serve.

## Dinner 1 🗹

Eat on day 1

## Roasted tomatoes

1/2 tomato(es) - 30 cals Og protein Og fat O 1g carbs Ig fiber



Makes 1/2 tomato(es)

tomatoes 1/2 small whole (2-2/5" dia) (46g) oil

1/2 tsp (3mL)

- 1. Preheat oven to 450°F (230°C).
- Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
- 3. Bake for 30-35 minutes until soft. Serve.

## Mashed sweet potatoes with butter

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



butter 1 tsp (5g) sweet potatoes 1/2 sweetpotato, 5" long (105g)

- 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.
- 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.

#### Cajun cod

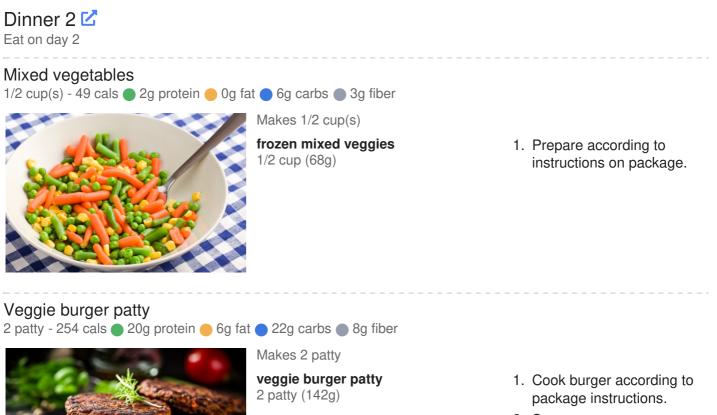
4 1/2 oz - 140 cals 
23g protein 
5g fat 
2g carbs 
0g fiber



Makes 4 1/2 oz

cod, raw 1/4 lbs (128g) cajun seasoning 1/2 tbsp (3g) oil 1/4 tbsp (4mL)

- Season the cod fillet(s) with the Cajun seasoning on all sides.
- 2. In a non-stick skillet, add the oil and heat the pan.
- 3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
- 4. Let sit a couple minutes and serve.



2. Serve.

# Dinner 3 🗹

Eat on day 3, day 4

#### Basic tofu

4 oz - 171 cals 
9g protein 
14g fat 
2g carbs 
0g fiber



For single meal: firm tofu 4 oz (113g) oil 2 tsp (10mL) For all 2 meals:

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

- 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

116 cals 
8g protein 
0g fat 
17g carbs 
3g fiber



For single meal: salt 1/3 dash (0g) water 2/3 cup(s) (158mL) lentils, raw, rinsed 2 2/3 tbsp (32g) For all 2 meals:

**salt** 2/3 dash (1g) **water** 1 1/3 cup(s) (316mL) **lentils, raw, rinsed** 1/3 cup (64g)

- 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 5

#### Bbq cauliflower wings

268 cals 
14g protein 
2g fat 
40g carbs 
9g fiber



barbecue sauce 4 tbsp (72g) salt 2 dash (2g) nutritional yeast 4 tbsp (15g) cauliflower 1 head small (4" dia.) (265g)

- Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
- In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
- Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
- 4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
- 5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
- 6. Toss florets with the barbeque sauce. Serve.

#### Simple mixed greens salad

34 cals 
1g protein 
2g fat 
2g carbs 
1g fiber



mixed greens 3/4 cup (23g) salad dressing 3/4 tbsp (11mL) 1. Mix greens and dressing in a small bowl. Serve.

# Dinner 5 🗹

Eat on day 6, day 7

#### Simple kale salad

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



For single meal:

salad dressing 1/2 tbsp (8mL) kale leaves 1/2 cup, chopped (20g) For all 2 meals:

salad dressing 1 tbsp (15mL) kale leaves 1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.

## Vegan sausage & veggie sheet pan

240 cals 🔵 16g protein 🛑 11g fat 🔵 15g carbs 🔵 4g fiber



For single meal:

italian seasoning  $2 \operatorname{dash}(1g)$ oil 1 tsp (5mL) broccoli, chopped 1/2 cup chopped (46g) carrots, sliced 1/2 medium (31g) potatoes, cut into wedges pieces 1/2 sausage (50g)

For all 2 meals:

italian seasoning 4 dash (2g) oil 2 tsp (10mL) broccoli, chopped 1 cup chopped (91g) carrots, sliced 1 medium (61g) potatoes, cut into wedges 1/2 small (1-3/4" to 2-1/4" dia.) (46g) 1 small (1-3/4" to 2-1/4" dia.) (92g) vegan sausage, cut into bite sized vegan sausage, cut into bite sized pieces 1 sausage (100g)

- 1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
- 2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
- 3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

# Protein Supplement(s)

Eat every day

#### Protein shake

2 scoop - 218 cals 
48g protein 
1g fat 
2g carbs 
2g fiber



For single meal: water 2 cup(s) (474mL) protein powder 2 scoop (1/3 cup ea) (62g) For all 7 meals:

water 14 cup(s) (3318mL) protein powder 14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.