

# Meal Plan - 1400 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

1356 cals ● 101g protein (30%) ● 51g fat (34%) ● 92g carbs (27%) ● 31g fiber (9%)

### Breakfast

290 cals, 9g protein, 42g net carbs, 8g fat



[Breakfast cereal](#)  
290 cals

### Snacks

195 cals, 16g protein, 15g net carbs, 7g fat



[Boiled eggs](#)  
1 egg(s)- 69 cals



[Breakfast cereal with protein milk](#)  
124 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 scoop- 109 cals

### Lunch

330 cals, 23g protein, 23g net carbs, 12g fat



[Vegan crumbles](#)  
1 cup(s)- 146 cals



[Sweet potato medallions](#)  
1/2 sweet potato- 155 cals



[Broccoli](#)  
1 cup(s)- 29 cals

### Dinner

435 cals, 29g protein, 12g net carbs, 24g fat



[Olive oil drizzled broccoli](#)  
2 cup(s)- 140 cals



[Basic tempeh](#)  
4 oz- 295 cals

## Day 2

1409 cals ● 92g protein (26%) ● 68g fat (43%) ● 79g carbs (23%) ● 29g fiber (8%)

### Breakfast

290 cals, 9g protein, 42g net carbs, 8g fat



Breakfast cereal  
290 cals

### Lunch

385 cals, 13g protein, 10g net carbs, 28g fat



Milk  
1/2 cup(s)- 75 cals



Avocado  
176 cals



Egg & avocado salad  
133 cals

### Snacks

195 cals, 16g protein, 15g net carbs, 7g fat



Boiled eggs  
1 egg(s)- 69 cals



Breakfast cereal with protein milk  
124 cals

### Dinner

435 cals, 29g protein, 12g net carbs, 24g fat



Olive oil drizzled broccoli  
2 cup(s)- 140 cals



Basic tempeh  
4 oz- 295 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 cals

## Day 3

1438 cals ● 102g protein (28%) ● 60g fat (37%) ● 105g carbs (29%) ● 18g fiber (5%)

### Breakfast

290 cals, 9g protein, 42g net carbs, 8g fat



Breakfast cereal  
290 cals

### Lunch

480 cals, 30g protein, 23g net carbs, 28g fat



Pistachios  
188 cals



Cottage cheese & fruit cup  
1 container- 131 cals



Simple mozzarella and tomato salad  
161 cals

### Snacks

200 cals, 11g protein, 23g net carbs, 6g fat



Grapefruit  
1/2 grapefruit- 59 cals



Tuna and crackers  
142 cals

### Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



Seitan salad  
359 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 cals

## Day 4

1373 cals ● 107g protein (31%) ● 66g fat (43%) ● 70g carbs (20%) ● 17g fiber (5%)

### Breakfast

225 cals, 15g protein, 7g net carbs, 14g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Creamy scrambled eggs](#)

182 cals

### Snacks

200 cals, 11g protein, 23g net carbs, 6g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Tuna and crackers](#)

142 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

### Lunch

480 cals, 30g protein, 23g net carbs, 28g fat



[Pistachios](#)

188 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Simple mozzarella and tomato salad](#)

161 cals

### Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



[Seitan salad](#)

359 cals

## Day 5

1472 cals ● 119g protein (32%) ● 55g fat (34%) ● 105g carbs (29%) ● 20g fiber (5%)

### Breakfast

225 cals, 15g protein, 7g net carbs, 14g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Creamy scrambled eggs](#)

182 cals

### Snacks

200 cals, 11g protein, 23g net carbs, 6g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Tuna and crackers](#)

142 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 scoop- 109 cals

### Lunch

490 cals, 20g protein, 46g net carbs, 19g fat



[Southwest lentil & potato skillet](#)

320 cals



[Edamame & beet salad](#)

171 cals

### Dinner

445 cals, 48g protein, 28g net carbs, 15g fat



[Teriyaki seitan wings](#)

6 oz seitan- 446 cals

## Day 6

1448 cals ● 115g protein (32%) ● 67g fat (41%) ● 77g carbs (21%) ● 20g fiber (6%)

### Breakfast

215 cals, 9g protein, 3g net carbs, 16g fat



Eggs with tomato and avocado  
163 cals



Simple sauteed spinach  
50 cals

### Snacks

200 cals, 18g protein, 19g net carbs, 4g fat



Tuna cucumber bites  
115 cals



Orange  
1 orange(s)- 85 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 cals

### Lunch

480 cals, 15g protein, 26g net carbs, 31g fat



Green bean, beet, & pepita salad  
480 cals

### Dinner

445 cals, 48g protein, 28g net carbs, 15g fat



Teriyaki seitan wings  
6 oz seitan- 446 cals

## Day 7

1448 cals ● 90g protein (25%) ● 69g fat (43%) ● 90g carbs (25%) ● 27g fiber (8%)

### Breakfast

215 cals, 9g protein, 3g net carbs, 16g fat



Eggs with tomato and avocado  
163 cals



Simple sauteed spinach  
50 cals

### Snacks

200 cals, 18g protein, 19g net carbs, 4g fat



Tuna cucumber bites  
115 cals



Orange  
1 orange(s)- 85 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake  
1 scoop- 109 cals

### Lunch

480 cals, 15g protein, 26g net carbs, 31g fat



Green bean, beet, & pepita salad  
480 cals

### Dinner

445 cals, 23g protein, 41g net carbs, 17g fat



Tortilla chips  
141 cals



Greek cucumber & feta salad  
121 cals



Southwest shrimp & black bean bowl  
184 cals

## Spices and Herbs

- ☐ black pepper  
1 1/2 g (1g)
- ☐ salt  
4 g (4g)
- ☐ garlic powder  
1 1/2 dash (1g)
- ☐ fresh basil  
4 1/2 g (5g)
- ☐ paprika  
4 dash (1g)
- ☐ dill weed, fresh  
1/2 tbsp, chopped (1g)
- ☐ red wine vinegar  
1 tbsp (15mL)
- ☐ chili powder  
1 1/2 dash (0g)

## Vegetables and Vegetable Products

- ☐ frozen broccoli  
5 cup (455g)
- ☐ sweet potatoes  
1/2 sweetpotato, 5" long (105g)
- ☐ tomatoes  
7 medium whole (2-3/5" dia) (861g)
- ☐ fresh spinach  
8 cup(s) (240g)
- ☐ jalapeno pepper  
1 pepper (14g)
- ☐ bell pepper  
1/2 large (82g)
- ☐ potatoes  
1 small (1-3/4" to 2-1/4" dia.) (92g)
- ☐ beets, precooked (canned or refrigerated)  
6 beets (2" dia, sphere) (300g)
- ☐ edamame, frozen, shelled  
1/2 cup (59g)
- ☐ garlic  
1/2 clove (2g)
- ☐ cucumber  
1 cucumber (8-1/4") (301g)
- ☐ fresh green beans  
3 cup 1/2" pieces (300g)
- ☐ frozen corn kernels  
4 tsp (11g)

## Fats and Oils

- ☐ olive oil  
1 oz (32mL)

## Breakfast Cereals

- ☐ breakfast cereal  
5 1/2 serving (165g)

## Dairy and Egg Products

- ☐ whole milk  
1/4 gallon (811mL)
- ☐ eggs  
9 large (450g)
- ☐ fresh mozzarella cheese  
2 2/3 oz (76g)
- ☐ butter  
2 tsp (9g)
- ☐ sour cream  
2 tbsp (24g)
- ☐ feta cheese  
2 tbsp, crumbled (19g)

## Beverages

- ☐ water  
7 1/4 cup(s) (1718mL)
- ☐ protein powder  
7 1/2 scoop (1/3 cup ea) (233g)

## Fruits and Fruit Juices

- ☐ avocados  
1 2/3 avocado(s) (335g)
- ☐ lemon juice  
1/2 tsp (3mL)
- ☐ Grapefruit  
1 1/2 large (approx 4-1/2" dia) (498g)
- ☐ orange  
2 orange (308g)
- ☐ lime juice  
1/2 tsp (3mL)

## Other

- ☐ mixed greens  
5 1/3 cup (160g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ nutritional yeast  
2 tsp (3g)
- ☐ teriyaki sauce  
6 tbsp (90mL)

## Nut and Seed Products

- ☐ oil  
2 1/4 oz (68mL)
- ☐ balsamic vinaigrette  
1/3 lbs (155mL)
- ☐ salad dressing  
2 tbsp (30mL)

## Legumes and Legume Products

- ☐ tempeh  
1/2 lbs (227g)
- ☐ vegetarian burger crumbles  
1 cup (100g)
- ☐ lentils, raw  
2 3/4 tbsp (32g)
- ☐ black beans  
1/6 can(s) (73g)

- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Cereal Grains and Pasta

- ☐ seitan  
18 oz (510g)
- ☐ brown rice  
1 tbsp (11g)

## Finfish and Shellfish Products

- ☐ canned tuna  
1 1/2 can (276g)
- ☐ shrimp, raw  
2 oz (57g)

## Baked Products

- ☐ crackers  
15 crackers (53g)

## Snacks

- ☐ tortilla chips  
1 oz (28g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1/3 tbsp (0mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Breakfast cereal

290 cals ● 9g protein ● 8g fat ● 42g carbs ● 4g fiber



For single meal:

**breakfast cereal**  
1 1/2 serving (45g)  
**whole milk**  
3/4 cup (180mL)

For all 3 meals:

**breakfast cereal**  
4 1/2 serving (135g)  
**whole milk**  
2 1/4 cup (540mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Cherry tomatoes

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



For single meal:

**tomatoes**  
12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)

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

### Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber





For single meal:

**eggs**  
2 large (100g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**whole milk**  
1 tbsp (15mL)

For all 2 meals:

**eggs**  
4 large (200g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**butter**  
2 tsp (9g)  
**whole milk**  
2 tbsp (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**tomatoes**  
1 slice(s), thick/large (1/2" thick)  
(27g)  
**eggs**  
1 large (50g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**fresh basil, chopped**  
1 leaves (1g)

For all 2 meals:

**tomatoes**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**eggs**  
2 large (100g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**fresh basil, chopped**  
2 leaves (1g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

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### Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber





For single meal:

**garlic, diced**  
1/4 clove (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1/2 dash (0g)  
**olive oil**  
1/4 tbsp (4mL)  
**fresh spinach**  
2 cup(s) (60g)

For all 2 meals:

**garlic, diced**  
1/2 clove (2g)  
**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

## Lunch 1 [🔗](#)

Eat on day 1

### Vegan crumbles

1 cup(s) - 146 cal ● 19g protein ● 4g fat ● 3g carbs ● 6g fiber



Makes 1 cup(s)

**vegetarian burger crumbles**  
1 cup (100g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

### Sweet potato medallions

1/2 sweet potato - 155 cal ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

**sweet potatoes, sliced**  
1/2 sweet potato, 5" long (105g)  
**oil**  
1/2 tbsp (8mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

## Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

### **frozen broccoli**

1 cup (91g)

1. Prepare according to instructions on package.

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## Lunch 2 [↗](#)

Eat on day 2

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### Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 1/2 cup(s)

### **whole milk**

1/2 cup (120mL)

1. This recipe has no instructions.

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## Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



### **avocados**

1/2 avocado(s) (101g)

### **lemon juice**

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

## Egg & avocado salad

133 cals ● 7g protein ● 10g fat ● 2g carbs ● 3g fiber



**mixed greens**  
1/3 cup (10g)  
**avocados**  
1/6 avocado(s) (34g)  
**eggs, hard-boiled and chilled**  
1 large (50g)  
**garlic powder**  
1 1/3 dash (1g)

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.

### Lunch 3 [🔗](#)

Eat on day 3, day 4

#### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**  
1/2 cup (62g)

1. This recipe has no instructions.

#### 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 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

#### Simple mozzarella and tomato salad

161 cals ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

**tomatoes, sliced**  
1/2 large whole (3" dia) (91g)  
**fresh mozzarella cheese, sliced**  
1 1/3 oz (38g)  
**balsamic vinaigrette**  
2 tsp (10mL)  
**fresh basil**  
2 tsp, chopped (2g)

For all 2 meals:

**tomatoes, sliced**  
1 large whole (3" dia) (182g)  
**fresh mozzarella cheese, sliced**  
2 2/3 oz (76g)  
**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
4 tsp, chopped (4g)

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

## Lunch 4 [↗](#)

Eat on day 5

### Southwest lentil & potato skillet

320 cals ● 11g protein ● 12g fat ● 33g carbs ● 8g fiber



**oil**  
1/2 tbsp (8mL)  
**jalapeno pepper, sliced**  
1 pepper (14g)  
**sour cream**  
2 tbsp (24g)  
**paprika**  
4 dash (1g)  
**bell pepper, deseeded & sliced**  
1/2 large (82g)  
**water**  
1/4 cup(s) (59mL)  
**potatoes, thinly sliced**  
1 small (1-3/4" to 2-1/4" dia.) (92g)  
**lentils, raw**  
2 2/3 tbsp (32g)

1. Preheat oven to 400°F (200°C).
2. Combine lentils and water in a small saucepan. Cook according to package instructions. Drain any remaining water. Set aside.
3. Coat the potatoes and peppers separately with the oil and season them with paprika and some salt and pepper. Place the potato slices on one side of a baking sheet and bake for 10 minutes. After the initial 10 minutes, add the peppers to the other side of the same baking sheet. Continue baking both the potatoes and peppers for an additional 20 minutes until they are soft.
4. Mix the cooked peppers with the lentils and season with some salt and pepper. Top the lentil and pepper mixture with the potatoes, sour cream, and jalapeno. Serve.

### Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber





**balsamic vinaigrette**  
1 tbsp (15mL)  
**beets, precooked (canned or refrigerated), chopped**  
2 beets (2" dia, sphere) (100g)  
**edamame, frozen, shelled**  
1/2 cup (59g)  
**mixed greens**  
1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

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## Lunch 5 [🔗](#)

Eat on day 6, day 7

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### Green bean, beet, & pepita salad

480 cals ● 15g protein ● 31g fat ● 26g carbs ● 9g fiber



For single meal:

**balsamic vinaigrette**  
4 tbsp (60mL)  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)  
**beets, precooked (canned or refrigerated), chopped**  
2 beets (2" dia, sphere) (100g)  
**fresh green beans, ends trimmed and discarded**  
1 1/2 cup 1/2" pieces (150g)  
**mixed greens**  
2 cup (60g)

For all 2 meals:

**balsamic vinaigrette**  
1/2 cup (120mL)  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)  
**beets, precooked (canned or refrigerated), chopped**  
4 beets (2" dia, sphere) (200g)  
**fresh green beans, ends trimmed and discarded**  
3 cup 1/2" pieces (300g)  
**mixed greens**  
4 cup (120g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
  2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**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.
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### Breakfast cereal with protein milk

124 cal ● 9g protein ● 3g fat ● 14g carbs ● 2g fiber



For single meal:

**whole milk**  
4 tbsp (60mL)  
**breakfast cereal**  
1/2 serving (15g)  
**protein powder**  
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

**whole milk**  
1/2 cup (120mL)  
**breakfast cereal**  
1 serving (30g)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
  2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

#### **Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

#### **Grapefruit**

1 1/2 large (approx 4-1/2" dia)  
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
  2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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### Tuna and crackers

142 cal ● 10g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

#### **canned tuna**

1 1/2 oz (43g)

#### **crackers**

5 crackers (18g)

For all 3 meals:

#### **canned tuna**

1/4 lbs (128g)

#### **crackers**

15 crackers (53g)

1. This recipe has no instructions.
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## Snacks 3 [🔗](#)

Eat on day 6, day 7

### Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**canned tuna**  
1 packet (74g)

For all 2 meals:

**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**canned tuna**  
2 packet (148g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

### Orange

1 orange(s) - 85 cals ● 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.

## Dinner 1 [🔗](#)

Eat on day 1, day 2

### Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**olive oil**

2 tsp (10mL)

For all 2 meals:

**black pepper**

2 dash (0g)

**salt**

2 dash (1g)

**frozen broccoli**

4 cup (364g)

**olive oil**

4 tsp (20mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**oil**

2 tsp (10mL)

**tempeh**

4 oz (113g)

For all 2 meals:

**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.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

**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)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (3g)  
**salad dressing**  
2 tbsp (30mL)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**fresh spinach**  
4 cup(s) (120g)  
**seitan, sliced**  
6 oz (170g)

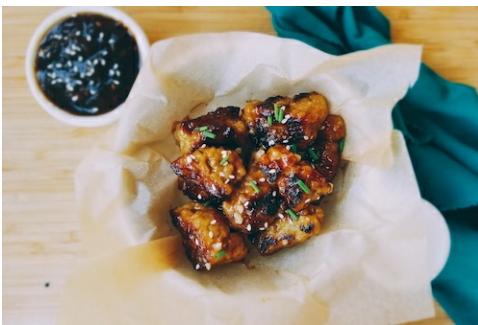
1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

## Dinner 3 [↗](#)

Eat on day 5, day 6

### Teriyaki seitan wings

6 oz seitan - 446 cals ● 48g protein ● 15g fat ● 28g carbs ● 1g fiber



For single meal:

**teriyaki sauce**  
3 tbsp (45mL)  
**oil**  
3/4 tbsp (11mL)  
**seitan**  
6 oz (170g)

For all 2 meals:

**teriyaki sauce**  
6 tbsp (90mL)  
**oil**  
1 1/2 tbsp (23mL)  
**seitan**  
3/4 lbs (340g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Dinner 4 [🔗](#)

Eat on day 7

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### Tortilla chips

141 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber

#### tortilla chips

1 oz (28g)

1. This recipe has no instructions.



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### Greek cucumber & feta salad

121 cals ● 4g protein ● 9g fat ● 6g carbs ● 1g fiber



#### cucumber

1/2 cucumber (8-1 1/4") (151g)

#### dill weed, fresh

1/2 tbsp, chopped (1g)

#### black pepper

1/2 dash (0g)

#### feta cheese

2 tbsp, crumbled (19g)

#### red wine vinegar

1 tbsp (15mL)

#### olive oil

1 tsp (5mL)

#### salt

1/2 dash (0g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. 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) (73g)  
**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**  
1/3 tbsp (0mL)

1. 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.
3. 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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 7 meals:

**water**  
7 cup(s) (1659mL)  
**protein powder**  
7 scoop (1/3 cup ea) (217g)

1. This recipe has no instructions.
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