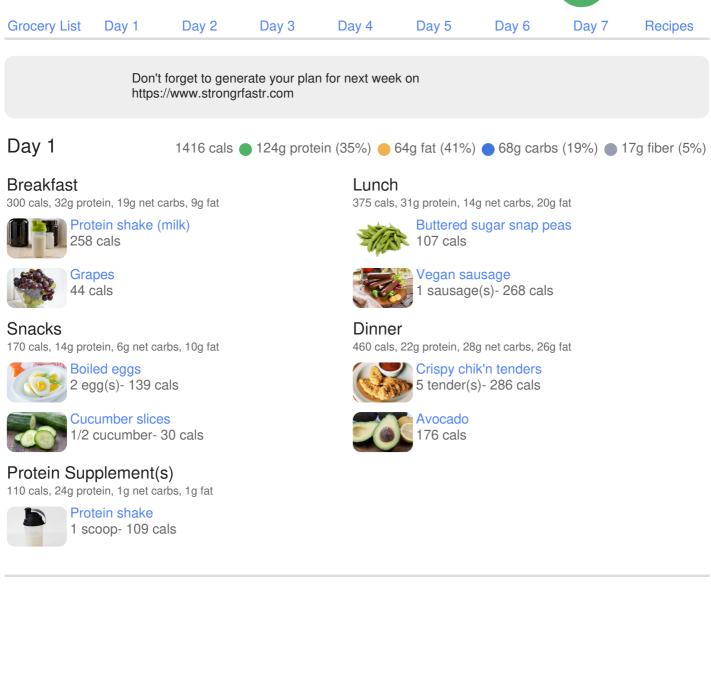
Meal Plan - 1500 calorie pescetarian meal plan





Day 2

Breakfast

300 cals, 32g protein, 19g net carbs, 9g fat



Protein shake (milk) 258 cals



Grapes 44 cals

Snacks 170 cals, 14g protein, 6g net carbs, 10g fat



Boiled eggs 2 egg(s)- 139 cals

Cucumber slices 1/2 cucumber- 30 cals

Protein Supplement(s)

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



Protein shake 1 scoop- 109 cals

Lunch

375 cals, 31g protein, 14g net carbs, 20g fat



Buttered sugar snap peas 107 cals



Vegan sausage 1 sausage(s)- 268 cals

Dinner

535 cals, 28g protein, 51g net carbs, 20g fat



Buttery brown rice 125 cals



Fruit juice 1 cup(s)- 115 cals



Basic tempeh 4 oz- 295 cals



1541 cals • 137g protein (35%) • 77g fat (45%) • 51g carbs (13%) • 23g fiber (6%)

Breakfast

300 cals, 32g protein, 19g net carbs, 9g fat



Protein shake (milk) 258 cals



Grapes 44 cals

Snacks 170 cals, 14g protein, 6g net carbs, 10g fat



Boiled eggs 2 egg(s)- 139 cals



Cucumber slices 1/2 cucumber- 30 cals

Protein Supplement(s) 110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake 1 scoop- 109 cals

Lunch 450 cals, 31g protein, 18g net carbs, 25g fat



Seitan salad 359 cals



Sunflower seeds 90 cals

Dinner

515 cals, 35g protein, 7g net carbs, 34g fat



Avocado tuna salad 291 cals



Roasted almonds 1/4 cup(s)- 222 cals Day 4

Breakfast

255 cals, 13g protein, 26g net carbs, 11g fat



Fruit juice 1 cup(s)- 115 cals



Basic scrambled eggs 2 egg(s)- 142 cals

Snacks 170 cals, 10g protein, 21g net carbs, 3g fat



Crunchy garlicy lentil snack 171 cals

Lunch

450 cals, 31g protein, 18g net carbs, 25g fat



359 cals



Sunflower seeds 90 cals

Dinner

515 cals, 35g protein, 7g net carbs, 34g fat



Avocado tuna salad 291 cals



Roasted almonds 1/4 cup(s)- 222 cals

Protein Supplement(s)

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



Protein shake 1 scoop- 109 cals

255 cals, 13g protein, 26g net carbs, 11g fat

1 cup(s)- 115 cals

2 egg(s)- 142 cals

170 cals, 10g protein, 21g net carbs, 3g fat

171 cals

Basic scrambled eggs

Crunchy garlicy lentil snack

Fruit juice

Day 5

Snacks

Breakfast

1504 cals 94g protein (25%) 52g fat (31%) 140g carbs (37%) 24g fiber (6%)

Lunch

450 cals, 28g protein, 45g net carbs, 14g fat



Cherry tomatoes 6 cherry tomatoes- 21 cals



Simple plant-based deli wrap 1 wrap(s)- 426 cals

Dinner

520 cals, 20g protein, 47g net carbs, 24g fat



Pita bread 1 1/2 pita bread(s)- 117 cals



Roasted almonds 1/8 cup(s)- 111 cals



Lentil kale salad 292 cals

Protein Supplement(s)

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



Protein shake 1 scoop- 109 cals

Day 6

Breakfast

310 cals, 18g protein, 6g net carbs, 23g fat



Creamy scrambled eggs

1/4 cucumber- 15 cals

Cucumber slices

ACTOR

Roasted almonds 1/8 cup(s)- 111 cals

Snacks 215 cals, 7g protein, 31g net carbs, 5g fat



Milk 1/2 cup(s)- 75 cals



Nectarine 2 nectarine(s)- 140 cals

Protein Supplement(s)

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



Protein shake 1 scoop- 109 cals Lunch

450 cals, 28g protein, 45g net carbs, 14g fat



Cherry tomatoes 6 cherry tomatoes- 21 cals



Simple plant-based deli wrap 1 wrap(s)- 426 cals

Dinner 400 cals, 39g protein, 30g net carbs, 9g fat



White rice 1/2 cup rice, cooked- 110 cals



Vegan crumbles 2 cup(s)- 292 cals



1423 cals
106g protein (30%)
62g fat (39%)
85g carbs (24%)
27g fiber (8%)

Breakfast

310 cals, 18g protein, 6g net carbs, 23g fat



Creamy scrambled eggs



Cucumber slices 1/4 cucumber- 15 cals



Roasted almonds 1/8 cup(s)- 111 cals

Snacks

215 cals, 7g protein, 31g net carbs, 5g fat



Milk 1/2 cup(s)- 75 cals

Nectarine 2 nectarine(s)- 140 cals

Protein Supplement(s) 110 cals, 24g protein, 1g net carbs, 1g fat

Protein shake 1 scoop- 109 cals Lunch 390 cals, 18g protein, 17g net carbs, 25g fat



Mixed nuts 1/8 cup(s)- 109 cals



Avocado egg salad sandwich 1/2 sandwich(es)- 281 cals

Dinner 400 cals, 39g protein, 30g net carbs, 9g fat

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Vegan crumbles 2 cup(s)- 292 cals



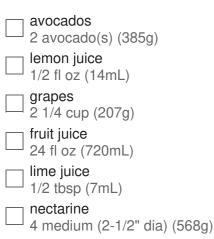
Vegetables and Vegetable Products



Other

meatless chik'n tenders 5 pieces (128g)
vegan sausage 2 sausage (200g)
mixed greens 2 1/3 cup (70g)
nutritional yeast 2 tsp (3g)
plant-based deli slices 14 slices (146g)

Fruits and Fruit Juices



Beverages

water 9 1/2 cup(s) (2244mL)

Spices and Herbs

opioco una ricibo
 black pepper 1/8 oz (2g) salt 1/6 oz (6g) garlic powder 5 dash (2g) crushed red pepper 1 tsp (2g) oregano, dried 3 dash, ground (1g) ground cumin 3 dash (1g)
Cereal Grains and Pasta
brown rice 2 tbsp (24g) seitan 6 oz (170g) long-grain white rice 1/3 cup (62g)
Fats and Oils
 □ oil 1 1/2 oz (41mL) □ salad dressing
Legumes and Legume Products
 tempeh 4 oz (113g) lentils, raw 9 1/2 tbsp (113g) hummus 4 tbsp (60g) vegetarian burger crumbles 4 cup (400g)
Finfish and Shellfish Products

roducts

canned tuna 1 1/3 can (229g)

Nut and Seed Products



protein powder 10 scoop (1/3 cup ea) (310g)	□ sunflower kernels 1 oz (28g)
Dairy and Egg Products	mixed nuts 2 tbsp (17g)
whole milk 4 cup (991mL)	Baked Products
eggs 17 medium (751g)	☐ pita bread 1 1/2 pita, small (4" dia) (42g)
butter 1/4 stick (32g)	flour tortillas 2 tortilla (approx 10" dia) (144g)
	bread 1 slice (32g)

Recipes



Breakfast 1 🗹

Eat on day 1, day 2, day 3

Protein shake (milk) 258 cals
32g protein
8g fat
13g carbs
1g fiber



For single meal:

whole milk 1 cup (240mL) protein powder 1 scoop (1/3 cup ea) (31g) For all 3 meals:

whole milk 3 cup (720mL) protein powder 3 scoop (1/3 cup ea) (93g)

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

Grapes

44 cals
1g protein
0g fat
7g carbs
3g fiber



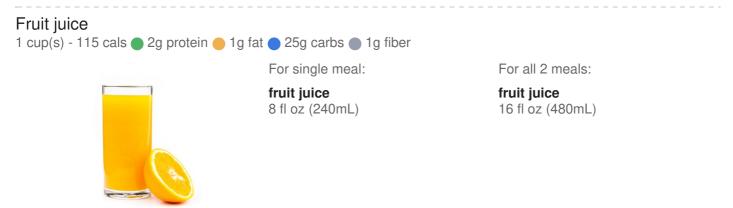
For single meal:

grapes 3/4 cup (69g) For all 3 meals:

grapes 2 1/4 cup (207g)

Breakfast 2 🗹

Eat on day 4, day 5



1. This recipe has no instructions.

Basic scrambled eggs

2 egg(s) - 142 cals
11g protein
11g fat
1g carbs
0g fiber



For single meal:

oil 1/2 tsp (3mL) eggs 2 medium (88g) For all 2 meals:

oil 1 tsp (5mL) **eggs** 4 medium (176g)

- 1. Beat eggs in medium bowl until blended.
- 2. Heat oil in large nonstick skillet over medium heat until hot.
- 3. Pour in egg mixture.
- 4. As eggs begin to set, scramble them.
- 5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 3 🗹

Eat on day 6, day 7

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.

Cucumber slices

1/4 cucumber - 15 cals I g protein Og fat 3g carbs 0g fiber



For single meal:

cucumber 1/4 cucumber (8-1/4") (75g) For all 2 meals:

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

1. Slice cucumber into rounds and serve.

Roasted almonds

1/8 cup(s) - 111 cals
4g protein
9g fat
2g carbs
2g fiber

For single meal:

almonds 2 tbsp, whole (18g) For all 2 meals:

almonds 4 tbsp, whole (36g)



Lunch 1 🗹

Eat on day 1, day 2

Buttered sugar snap peas 107 cals • 3g protein • 8g fat • 4g carbs • 3g fiber



For single meal:

black pepper 1/2 dash (0g) salt 1/2 dash (0g) butter 2 tsp (9g) frozen sugar snap peas 2/3 cup (96g) For all 2 meals:

black pepper 1 dash (0g) salt 1 dash (0g) butter 4 tsp (18g) frozen sugar snap peas 1 1/3 cup (192g)

- 1. Prepare sugar snap peas according to instructions on package.
- 2. Top with butter and season with salt and pepper.

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)



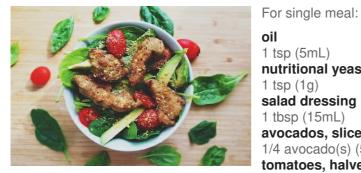
- 1. Prepare according to package instructions.
- 2. Serve.

Lunch 2 🗹

Eat on day 3, day 4

Seitan salad

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



oil 1 tsp (5mL) nutritional yeast 1 tsp (1g) salad dressing 1 tbsp (15mL) avocados, sliced 1/4 avocado(s) (50g) tomatoes, halved 6 cherry tomatoes (102g) fresh spinach 2 cup(s) (60g) seitan, sliced 3 oz (85g) 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.

Sunflower seeds

90 cals • 4g protein • 7g fat • 1g carbs • 1g fiber



For single meal:

sunflower kernels 1/2 oz (14g) For all 2 meals:

sunflower kernels 1 oz (28g)

Lunch 3 🗹

Eat on day 5, day 6

Cherry tomatoes

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

For single meal:

tomatoes 6 cherry tomatoes (102g) For all 2 meals:

tomatoes 12 cherry tomatoes (204g)

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

Simple plant-based deli wrap

1 wrap(s) - 426 cals
27g protein
14g fat
43g carbs
6g fiber

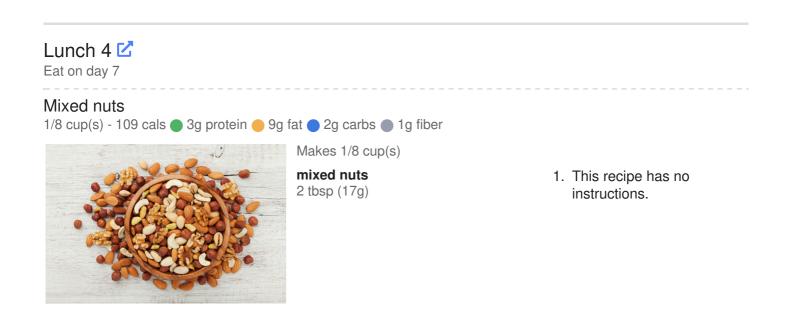


For single meal:

hummus 2 tbsp (30g) tomatoes 2 slice(s), thin/small (30g) mixed greens 1/2 cup (15g) flour tortillas 1 tortilla (approx 10" dia) (72g) plant-based deli slices 7 slices (73g) For all 2 meals:

hummus 4 tbsp (60g) tomatoes 4 slice(s), thin/small (60g) mixed greens 1 cup (30g) flour tortillas 2 tortilla (approx 10" dia) (144g) plant-based deli slices 14 slices (146g)

- 1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
- 2. Wrap up and serve.



Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals
15g protein
16g fat
14g carbs
6g fiber



Makes 1/2 sandwich(es)

```
tomatoes, halved

3 tbsp cherry tomatoes (28g)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

eggs, hard-boiled and chilled

1 1/2 large (75g)
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- Use store-bought hardboiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
- Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
- 3. Add in tomatoes. Mix.
- 4. Put egg salad in between bread to form sandwich.
- 5. Serve.
- (Note: You can store any leftover egg salad in the fridge for a day or two)

Snacks 1 🗹

Eat on day 1, day 2, day 3

Boiled eggs

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



For single meal:

eggs 2 large (100g) For all 3 meals:

eggs 6 large (300g)

- 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.

Cucumber slices

1/2 cucumber - 30 cals 🔵 2g protein 😑 0g fat 🔵 5g carbs 🌑 1g fiber



For single meal:

cucumber 1/2 cucumber (8-1/4") (151g) For all 3 meals:

cucumber 1 1/2 cucumber (8-1/4") (452g)

1. Slice cucumber into rounds and serve.

Snacks 2 🗹

Eat on day 4, day 5

Crunchy garlicy lentil snack 171 cals
10g protein
3g fat
21g carbs
5g fiber



For single meal:

lentils, raw, rised 3 tbsp (38g) oil 1/2 tsp (3mL) garlic powder 1 1/2 dash (1g) crushed red pepper 3 dash (1g) oregano, dried 1 1/2 dash, ground (0g) salt 3/8 dash (0g) water 3/8 cup(s) (95mL) For all 2 meals:

lentils, raw, rised 6 1/2 tbsp (77g) oil 1 tsp (6mL) garlic powder 3 dash (1g) crushed red pepper 1/4 tbsp (1g) oregano, dried 3 dash, ground (1g) salt 2/3 dash (1g) water 5/6 cup(s) (190mL)

- 1. Place rinsed lentils in a pot and add water. Cover and bring to a boil. Reduce heat to low and cook for 20 minutes, stirring occasionally.
- 2. Meanwhile, preheat the oven to 425 F (220 C).
- 3. Drain the lentils, put them back in the pot and mix in all remaining ingredients.
- 4. Line a baking sheet (or two) with parchment paper (or foil). Spread lentils over in an even layer. Bake for 12 minutes, stir lentils around, and then bake for another 12 minutes or so. Keep an eye on them towards the end to make sure they don't burn, but make sure they are completely crunchy and have no moisture before removing.
- 5. Serve.
- 6. To store: Let lentils cool completely and then store in an airtight container. Can last up to 2 weeks.

Snacks 3 🗹

Eat on day 6, day 7



1. This recipe has no instructions.

Nectarine

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



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.

Dinner 1 🗹

Eat on day 1

Crispy chik'n tenders 5 tender(s) - 286 cals • 20g protein • 11g fat • 26g carbs • 0g fiber



Makes 5 tender(s)

ketchup 1 1/4 tbsp (21g) meatless chik'n tenders 5 pieces (128g)

- 1. Cook chik'n tenders according to package.
- 2. Serve with ketchup.



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.

Dinner 2 🗹

Eat on day 2

Buttery brown rice

125 cals
2g protein
5g fat
17g carbs
1g fiber



butter 1 tsp (5g) brown rice 2 tbsp (24g) salt 3/4 dash (1g) water 1/4 cup(s) (59mL) black pepper 3/4 dash, ground (0g)

- 1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
- 2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
- Add the rice, stir it just once, and boil, covered, for 30 minutes.
- Pour the rice into a strainer over the sink and drain for 10 seconds.
- 5. Return the rice to the same pot, off the heat.
- 6. Cover immediately and set aside for 10 minutes (this is the steaming part).
- 7. Uncover, mix in butter, and season with salt and pepper.

Fruit juice

1 cup(s) - 115 cals
2g protein
1g fat
25g carbs
1g fiber

Makes 1 cup(s)

fruit juice 8 fl oz (240mL)



Makes 4 oz

oil 2 tsp (10mL) **tempeh** 4 oz (113g)

- 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 3 🗹

Eat on day 3, day 4

Avocado tuna salad

291 cals
27g protein
16g fat
4g carbs
6g fiber



For single meal:

avocados 1/3 avocado(s) (67g) lime juice 1/4 tbsp (3mL) salt 2/3 dash (0g) black pepper 2/3 dash (0g) mixed greens 2/3 cup (20g) onion, minced 1/6 small (12g) canned tuna 2/3 can (115g) tomatoes 2 2/3 tbsp, chopped (30g) For all 2 meals:

avocados 2/3 avocado(s) (134g) lime juice 1/2 tbsp (7mL) salt 1 1/3 dash (1g) black pepper 1 1/3 dash (0g) mixed greens 1 1/3 cup (40g) onion, minced 1/3 small (23g) canned tuna 1 1/3 can (229g) tomatoes 1/3 cup, chopped (60g)

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

Roasted almonds 1/4 cup(s) - 222 cals
 8g protein
 18g fat
 3g carbs
 5g fiber



For single meal:

almonds 4 tbsp, whole (36g) For all 2 meals:

almonds 1/2 cup, whole (72g)

1. This recipe has no instructions.

Dinner 4 🗹

Eat on day 5

Pita bread

1 1/2 pita bread(s) - 117 cals • 4g protein • 1g fat • 21g carbs • 3g fiber



Makes 1 1/2 pita bread(s)

pita bread 1 1/2 pita, small (4" dia) (42g) 1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Roasted almonds

1/8 cup(s) - 111 cals
4g protein
9g fat
2g carbs
2g fiber



Makes 1/8 cup(s)

almonds 2 tbsp, whole (18g) 1. This recipe has no instructions.

Lentil kale salad 292 cals
12g protein
14g fat
24g carbs
6g fiber



ground cumin 3 dash (1g) water 3/4 cup(s) (178mL) crushed red pepper 3 dash (1g) garlic, diced 3/4 clove(s) (2g) lemon juice 3/4 tbsp (11mL) almonds 3/4 tbsp, slivered (5g) oil 3/4 tbsp (11mL) kale leaves 1 cup, chopped (45g) lentils, raw 3 tbsp (36g)

- 1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
- 2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
- 3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Dinner 5 🗹 Eat on day 6, day 7 White rice 1/2 cup rice, cooked - 110 cals 2g protein 0g fat 24g carbs 1g fiber For single meal: For all 2 meals: long-grain white rice long-grain white rice 2 2/3 tbsp (31g) 1/3 cup (62g) water water 1/3 cup(s) (79mL) 2/3 cup(s) (158mL) salt salt 1 1/3 dash (1g) 1/3 tsp (2g) black pepper black pepper 1 dash, ground (0g)

- 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 crumbles 2 cup(s) - 292 cals
37g protein
9g fat
6g carbs
11g fiber 2 dash, ground (1g)



For single meal:

vegetarian burger crumbles 2 cup (200g) For all 2 meals:

vegetarian burger crumbles 4 cup (400g)

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

