

# Meal Plan - 1500 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

1416 cals ● 124g protein (35%) ● 64g fat (41%) ● 68g carbs (19%) ● 17g fiber (5%)

### 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

460 cals, 22g protein, 28g net carbs, 26g fat



[Crispy chik'n tenders](#)  
5 tender(s)- 286 cals



[Avocado](#)  
176 cals

## Day 2

1489 cal ● 129g protein (35%) ● 59g fat (36%) ● 91g carbs (25%) ● 19g fiber (5%)

### Breakfast

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



Protein shake (milk)  
258 cal



Grapes  
44 cal

### Snacks

170 cal, 14g protein, 6g net carbs, 10g fat



Boiled eggs  
2 egg(s)- 139 cal



Cucumber slices  
1/2 cucumber- 30 cal

### Protein Supplement(s)

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



Protein shake  
1 scoop- 109 cal

### Lunch

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



Buttered sugar snap peas  
107 cal



Vegan sausage  
1 sausage(s)- 268 cal

### Dinner

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



Buttery brown rice  
125 cal



Fruit juice  
1 cup(s)- 115 cal



Basic tempeh  
4 oz- 295 cal

## Day 3

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

### Breakfast

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



Protein shake (milk)  
258 cal



Grapes  
44 cal

### Snacks

170 cal, 14g protein, 6g net carbs, 10g fat



Boiled eggs  
2 egg(s)- 139 cal



Cucumber slices  
1/2 cucumber- 30 cal

### Protein Supplement(s)

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



Protein shake  
1 scoop- 109 cal

### Lunch

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



Seitan salad  
359 cal



Sunflower seeds  
90 cal

### Dinner

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



Avocado tuna salad  
291 cal



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

## Day 4

1499 cals ● 112g protein (30%) ● 74g fat (44%) ● 72g carbs (19%) ● 24g fiber (6%)

### 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 garlicky lentil snack](#)

171 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 5

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

### 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 garlicky lentil snack](#)

171 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

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

## Day 6

1481 cals ● 116g protein (31%) ● 51g fat (31%) ● 113g carbs (31%) ● 28g fiber (8%)

### Breakfast

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



**Creamy scrambled eggs**  
182 cals



**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

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

## Day 7

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**  
182 cals



**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



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



**Vegan crumbles**  
2 cup(s)- 292 cals

## Vegetables and Vegetable Products

- ☐ ketchup  
1 1/4 tbsp (21g)
- ☐ cucumber  
2 cucumber (8-1/4") (602g)
- ☐ frozen sugar snap peas  
1 1/3 cup (192g)
- ☐ onion  
1/3 small (23g)
- ☐ tomatoes  
4 1/2 medium whole (2-3/5" dia) (556g)
- ☐ fresh spinach  
4 cup(s) (120g)
- ☐ garlic  
3/4 clove(s) (2g)
- ☐ kale leaves  
1 cup, chopped (45g)

## 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

- ☐ avocados  
2 avocado(s) (385g)
- ☐ lemon juice  
1/2 fl oz (14mL)
- ☐ grapes  
2 1/4 cup (207g)
- ☐ fruit juice  
24 fl oz (720mL)
- ☐ lime juice  
1/2 tbsp (7mL)
- ☐ nectarine  
4 medium (2-1/2" dia) (568g)

## Beverages

- ☐ water  
9 1/2 cup(s) (2244mL)

## Spices and Herbs

- ☐ 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  
2 tbsp (30mL)

## 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

- ☐ canned tuna  
1 1/3 can (229g)

## Nut and Seed Products

- ☐ almonds  
1/4 lbs (130g)

- ☐ protein powder  
10 scoop (1/3 cup ea) (310g)

## Dairy and Egg Products

- ☐ whole milk  
4 cup (991mL)
- ☐ eggs  
17 medium (751g)
- ☐ butter  
1/4 stick (32g)

- ☐ sunflower kernels  
1 oz (28g)
- ☐ mixed nuts  
2 tbsp (17g)

## Baked Products

- ☐ pita bread  
1 1/2 pita, small (4" dia) (42g)
  - ☐ flour tortillas  
2 tortilla (approx 10" dia) (144g)
  - ☐ bread  
1 slice (32g)
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## 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)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Fruit juice

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



For single meal:

#### **fruit juice**

8 fl oz (240mL)

For all 2 meals:

#### **fruit juice**

16 fl oz (480mL)

1. This recipe has no instructions.

### Basic scrambled eggs

2 egg(s) - 142 cal ● 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 ● 1g protein ● 0g 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)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### 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.
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### 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 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.

### 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)

1. This recipe has no instructions.

## 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.

## Lunch 4 [↗](#)

Eat on day 7

### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



Makes 1/8 cup(s)

#### mixed nuts

2 tbsp (17g)

1. This recipe has no instructions.

## 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)

1. Use store-bought hard-boiled 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.
2. 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.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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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 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.

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## 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.

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## Snacks 2 [↗](#)

Eat on day 4, day 5

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### Crunchy garlicky lentil snack

171 cal ● 10g protein ● 3g fat ● 21g carbs ● 5g fiber



For single meal:

**lentils, raw, risen**

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, risen**

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.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

### Milk

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



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

### Nectarine

2 nectarine(s) - 140 cals ● 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.

## 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.

### 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.

## 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.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. 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)

1. This recipe has no instructions.

### Basic tempeh

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





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.
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 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.

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## Dinner 4 [🔗](#)

Eat on day 5

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### Pita bread

1 1/2 pita bread(s) - 117 cal ● 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.

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### Roasted almonds

1/8 cup(s) - 111 cal ● 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 cal ● 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:

**long-grain white rice**  
2 2/3 tbsp (31g)  
**water**  
1/3 cup(s) (79mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**long-grain white rice**  
1/3 cup (62g)  
**water**  
2/3 cup(s) (158mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
2 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 crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



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.

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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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