

# Meal Plan - 1000 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

1011 cals ● 94g protein (37%) ● 45g fat (40%) ● 46g carbs (18%) ● 12g fiber (5%)

### Breakfast

140 cals, 4g protein, 19g net carbs, 4g fat



[Sweet potato breakfast pancakes](#)

2 pancake(s)- 140 cals

### Lunch

360 cals, 16g protein, 4g net carbs, 29g fat



[Pumpkin seeds](#)

183 cals



[Cheese and guac tacos](#)

1 taco(s)- 175 cals

### Dinner

295 cals, 25g protein, 21g net carbs, 11g fat



[Roasted tomatoes](#)

1/2 tomato(es)- 30 cals



[Mashed sweet potatoes with butter](#)

125 cals



[Cajun cod](#)

4 1/2 oz- 140 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

## Day 2

1024 cals ● 94g protein (37%) ● 19g fat (17%) ● 96g carbs (38%) ● 23g fiber (9%)

### Breakfast

140 cals, 4g protein, 19g net carbs, 4g fat



[Sweet potato breakfast pancakes](#)

2 pancake(s)- 140 cals

### Lunch

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



[Banana](#)

1 banana(s)- 117 cals



[Chunky canned soup \(non-creamy\)](#)

1 can(s)- 247 cals

### Dinner

305 cals, 22g protein, 28g net carbs, 6g fat



[Mixed vegetables](#)

1/2 cup(s)- 49 cals



[Veggie burger patty](#)

2 patty- 254 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

## Day 3

1034 cals ● 94g protein (36%) ● 33g fat (29%) ● 75g carbs (29%) ● 15g fiber (6%)

### 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



[Basic tofu](#)  
4 oz- 171 cals



[Lentils](#)  
116 cals

### Lunch

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



[Banana](#)  
1 banana(s)- 117 cals



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cals

### Protein Supplement(s)

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



[Protein shake](#)  
2 scoop- 218 cals

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## Day 4

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

### 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



[Basic tofu](#)  
4 oz- 171 cals



[Lentils](#)  
116 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

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## Day 5

982 cals ● 95g protein (39%) ● 27g fat (25%) ● 69g carbs (28%) ● 20g fiber (8%)

### 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



**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

## Day 6

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

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

## Breakfast

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



**Egg in an eggplant**  
120 cal



**String cheese**  
1 stick(s)- 83 cal

## Dinner

265 cal, 17g protein, 18g net carbs, 13g fat



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



**Vegan sausage & veggie sheet pan**  
240 cal

## Lunch

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



**Almond crusted tilapia**  
3 oz- 212 cal



**Roasted tomatoes**  
1 tomato(es)- 60 cal

## Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

## Vegetables and Vegetable Products

- sweet potatoes  
1 sweetpotato, 5" long (210g)
- tomatoes  
3 medium whole (2-3/5" dia) (380g)
- frozen mixed veggies  
1/2 cup (68g)
- mushrooms  
4 tbsp, chopped (18g)
- eggplant  
3 1 inch (2.5 cm) slice(s) (180g)
- frozen corn kernels  
4 tsp (11g)
- cauliflower  
1 head small (4" dia.) (265g)
- kale leaves  
1 cup, chopped (40g)
- broccoli  
1 cup chopped (91g)
- carrots  
1 medium (61g)
- potatoes  
1 small (1-3/4" to 2-1/4" dia.) (92g)

## Dairy and Egg Products

- eggs  
7 medium (306g)
- cheddar cheese  
1 1/4 oz (35g)
- butter  
2 tsp (9g)
- sliced cheese  
1/2 slice (3/4 oz) (11g)
- lowfat flavored greek yogurt  
1 (5.3 oz) container(s) (150g)
- string cheese  
3 stick (84g)

## Fats and Oils

- oil  
2 oz (64mL)
- olive oil  
1/2 oz (16mL)
- salad dressing  
3 1/4 tbsp (49mL)

## Spices and Herbs

## Sweets

- maple syrup  
1 1/2 tbsp (23mL)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
4 tbsp (30g)
- almonds  
4 tbsp, slivered (27g)

## Other

- guacamole, store-bought  
2 tbsp (31g)
- veggie burger patty  
2 patty (142g)
- mixed greens  
2 1/4 cup (68g)
- nutritional yeast  
4 tbsp (15g)
- italian seasoning  
4 dash (2g)
- vegan sausage  
1 sausage (100g)

## Finfish and Shellfish Products

- cod, raw  
1/4 lbs (128g)
- shrimp, raw  
2 oz (57g)
- tilapia, raw  
6 oz (168g)

## Beverages

- water  
15 1/3 cup(s) (3633mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)

## Fruits and Fruit Juices

- banana  
2 medium (7" to 7-7/8" long) (236g)
- lime juice  
1/2 tsp (3mL)

## Soups, Sauces, and Gravies

- cinnamon  
3 dash (1g)
- ground ginger  
1/2 dash (0g)
- salt  
2 1/2 g (3g)
- cajun seasoning  
1/2 tbsp (3g)
- chili powder  
1/4 tbsp (2g)
- ground coriander  
4 dash (1g)
- thyme, dried  
4 dash, ground (1g)

- chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- apple cider vinegar  
1/3 tbsp (0mL)
- barbecue sauce  
4 tbsp (72g)

### **Legumes and Legume Products**

- firm tofu  
1/2 lbs (227g)
- lentils, raw  
1/3 cup (64g)
- black beans  
1/6 can(s) (73g)

### **Baked Products**

- bread  
2 1/4 oz (64g)

### **Cereal Grains and Pasta**

- brown rice  
1 tbsp (11g)
  - all-purpose flour  
2 3/4 tbsp (21g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Sweet potato breakfast pancakes

2 pancake(s) - 140 cal ● 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

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### Chili and cheese omelet

108 cal ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**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 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.

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### Toast with butter

1/2 slice(s) - 57 cal ● 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.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Egg in an eggplant

120 cal ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

**eggs**

1 large (50g)

**eggplant**

1 1 inch (2.5 cm) slice(s) (60g)

**oil**

1 tsp (5mL)

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.
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### 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 3 meals:

**string cheese**

3 stick (84g)

1. This recipe has no instructions.
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## Lunch 1 [↗](#)

Eat on day 1

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### Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



#### roasted pumpkin seeds, unsalted

4 tbsp (30g)

1. This recipe has no instructions.

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### Cheese and guac tacos

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



Makes 1 taco(s)

#### cheddar cheese

4 tbsp, shredded (28g)

#### guacamole, store-bought

2 tbsp (31g)

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 2 [↗](#)

Eat on day 2, day 3

### Banana

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



For single meal:

#### **banana**

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

For all 2 meals:

#### **banana**

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

1. This recipe has no instructions.

### Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

#### **chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

For all 2 meals:

#### **chunky canned soup (non-creamy varieties)**

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

## Lunch 3 [↗](#)

Eat on day 4

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

### Grilled cheese with mushrooms

162 cal ● 7g protein ● 8g fat ● 13g carbs ● 2g fiber



**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) (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.

## Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber

Makes 1 container(s)



**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5

### Simple mixed greens and tomato salad

76 cal ● 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 cal ● 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.

## Lunch 5 [↗](#)

Eat on day 6, day 7

### Almond crusted tilapia

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



For single meal:

**tilapia, raw**  
3 oz (84g)  
**almonds**  
2 tbsp, slivered (14g)  
**all-purpose flour**  
4 tsp (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**  
2 2/3 tbsp (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 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g 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.

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## Dinner 1 [↗](#)

Eat on day 1

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### Roasted tomatoes

1/2 tomato(es) - 30 cal ● 0g protein ● 2g fat ● 1g carbs ● 1g 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).
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.

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### Mashed sweet potatoes with butter

125 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



**butter**

1 tsp (5g)

**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

1. 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.
2. 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 cal ● 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)

1. 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.

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## Dinner 2 [↗](#)

Eat on day 2

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### Mixed vegetables

1/2 cup(s) - 49 cal ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1/2 cup(s)

### frozen mixed veggies

1/2 cup (68g)

1. Prepare according to instructions on package.

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### Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

### veggie burger patty

2 patty (142g)

1. Cook burger according to package instructions.
  2. Serve.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Basic tofu

4 oz - 171 cal ● 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.
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### Lentils

116 cal ● 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.
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## Dinner 4 [↗](#)

Eat on day 5

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### Bbq cauliflower wings

268 cal ● 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)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. 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.

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### Simple mixed greens salad

34 cal ● 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.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Simple kale salad

1/2 cup(s) - 28 cal ● 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.

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### Vegan sausage & veggie sheet pan

240 cal ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



For single meal:

**italian seasoning**  
2 dash (1g)  
**oil**  
1 tsp (5mL)  
**broccoli, chopped**  
1/2 cup chopped (46g)  
**carrots, sliced**  
1/2 medium (31g)  
**potatoes, cut into wedges**  
1/2 small (1-3/4" to 2-1/4" dia.) (46g)  
**vegan sausage, cut into bite sized 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 small (1-3/4" to 2-1/4" dia.) (92g)  
**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.
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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cal● 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.
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