

Meal Plan - 1100 calorie intermittent fasting vegetarian 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

1120 cals ● 91g protein (32%) ● 39g fat (32%) ● 90g carbs (32%) ● 11g fiber (4%)

Lunch

610 cals, 39g protein, 64g net carbs, 21g fat



[Watermelon](#)
4 oz- 41 cals



[Seitan philly cheesesteak](#)
1 sub(s)- 571 cals

Protein Supplement(s)

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



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

Dinner

290 cals, 4g protein, 24g net carbs, 18g fat



[Roasted cabbage steaks with dressing](#)
214 cals



[Fruit juice](#)
2/3 cup(s)- 76 cals

Day 2

1125 cals ● 94g protein (33%) ● 52g fat (42%) ● 56g carbs (20%) ● 14g fiber (5%)

Lunch

435 cals, 20g protein, 22g net carbs, 29g fat



[Corn](#)
92 cals



[Basic tofu](#)
8 oz- 342 cals

Protein Supplement(s)

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



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

Dinner

470 cals, 25g protein, 33g net carbs, 22g fat



[Pumpkin seeds](#)
183 cals



[Basic baked potato](#)
1/2 potato(es)- 132 cals



[Buffalo tempeh with tzatziki](#)
157 cals

Day 3

1053 calsgreen104g protein (39%)orange44g fat (37%)blue50g carbs (19%)grey13g fiber (5%)

Lunch

435 calsgreen20g protein, 22g net carbs, 29g fat



Corn
92 calsgreen



Basic tofu
8 oz- 342 calsgreen

Dinner

400 calsgreen35g protein, 26g net carbs, 14g fat



Vegan crumbles
1 1/4 cup(s)- 183 calsgreen



Simple Greek cucumber salad
141 calsgreen



Dinner roll
1 roll(s)- 77 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 calsgreen

Day 4

1131 calsgreen103g protein (36%)orange36g fat (28%)blue80g carbs (28%)grey21g fiber (7%)

Lunch

510 calsgreen19g protein, 52g net carbs, 21g fat



Spiced tofu & pesto sandwich
1 sandwich(es)- 380 calsgreen



Peach
2 peach(es)- 132 calsgreen

Dinner

400 calsgreen35g protein, 26g net carbs, 14g fat



Vegan crumbles
1 1/4 cup(s)- 183 calsgreen



Simple Greek cucumber salad
141 calsgreen



Dinner roll
1 roll(s)- 77 calsgreen

Protein Supplement(s)

220 calsgreen48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 calsgreen


Day 5

1149 cals ● 93g protein (32%) ● 22g fat (17%) ● 120g carbs (42%) ● 26g fiber (9%)

Lunch


440 cals, 20g protein, 56g net carbs, 7g fat

 [Naan bread](#)
1/2 piece(s)- 131 cals

 [Black bean & sweet potato stew](#)
311 cals

Protein Supplement(s)


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

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

Dinner

490 cals, 25g protein, 62g net carbs, 14g fat

 [Simple Greek cucumber salad](#)
141 cals

 [Vegan meatball sub](#)
1/2 sub(s)- 234 cals


 [Fruit juice](#)
1 cup(s)- 115 cals


Day 6

1149 cals ● 93g protein (32%) ● 22g fat (17%) ● 120g carbs (42%) ● 26g fiber (9%)

Lunch


440 cals, 20g protein, 56g net carbs, 7g fat

 [Naan bread](#)
1/2 piece(s)- 131 cals

 [Black bean & sweet potato stew](#)
311 cals

Protein Supplement(s)


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

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

Dinner

490 cals, 25g protein, 62g net carbs, 14g fat

 [Simple Greek cucumber salad](#)
141 cals

 [Vegan meatball sub](#)
1/2 sub(s)- 234 cals

 [Fruit juice](#)
1 cup(s)- 115 cals

Day 7

1087 cals ● 91g protein (33%) ● 39g fat (32%) ● 82g carbs (30%) ● 12g fiber (4%)

Lunch

475 cals, 18g protein, 71g net carbs, 12g fat



Creamy mushroom pasta
323 cals



Dinner roll
2 roll(s)- 154 cals

Dinner

390 cals, 24g protein, 10g net carbs, 26g fat



Sunflower seeds
120 cals



Caprese salad
142 cals



Broccoli caesar salad with hard boiled eggs
130 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals



Fruits and Fruit Juices

- ☐ Watermelon
4 oz (113g)
- ☐ fruit juice
21 1/3 fl oz (640mL)
- ☐ lemon juice
2 tbsp (28mL)
- ☐ peach
2 medium (2-2/3" dia) (300g)

Dairy and Egg Products

- ☐ cheese
1 slice (1 oz each) (28g)
- ☐ nonfat greek yogurt, plain
1 2/3 container (289g)
- ☐ fresh mozzarella cheese
1 oz (28g)
- ☐ parmesan cheese
1/2 tbsp (3g)
- ☐ eggs
1 large (50g)

Cereal Grains and Pasta

- ☐ seitan
3 oz (85g)
- ☐ uncooked dry pasta
2 oz (57g)

Vegetables and Vegetable Products

- ☐ bell pepper
1/2 small (37g)
- ☐ onion
1/2 medium (2-1/2" dia) (63g)
- ☐ cabbage
1/4 head, small (about 4-1/2" dia) (179g)
- ☐ potatoes
1/2 large (3" to 4-1/4" dia.) (185g)
- ☐ frozen corn kernels
1 1/3 cup (181g)
- ☐ red onion
1/2 medium (2-1/2" dia) (55g)
- ☐ cucumber
2 cucumber (8-1/4") (602g)
- ☐ tomato paste
1 tbsp (16g)
- ☐ kale leaves
3/4 cup, chopped (30g)

Spices and Herbs

- ☐ black pepper
2 dash, ground (1g)
- ☐ salt
1/8 oz (2g)
- ☐ red wine vinegar
2 tsp (10mL)
- ☐ dried dill weed
2 tsp (2g)
- ☐ crushed red pepper
2 dash (0g)
- ☐ chili powder
4 dash (1g)
- ☐ ground cumin
1 3/4 tsp (4g)
- ☐ fresh basil
2 3/4 tbsp leaves, whole (4g)
- ☐ dijon mustard
4 dash (3g)

Beverages

- ☐ water
15 1/2 cup(s) (3674mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1 oz (33g)
- ☐ sunflower kernels
2/3 oz (19g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1 tbsp (14mL)
- ☐ pesto sauce
1 1/2 tbsp (24g)
- ☐ pasta sauce
4 tbsp (65g)

Legumes and Legume Products

- ☐ tempeh
2 oz (57g)
- ☐ firm tofu
19 oz (539g)
- ☐ vegetarian burger crumbles
2 1/2 cup (250g)

- ☐ garlic
1 1/2 clove(s) (4g)
- ☐ sweet potatoes
1/2 sweetpotato, 5" long (105g)
- ☐ frozen peas
2 tbsp (17g)
- ☐ mushrooms
1 1/2 oz (43g)
- ☐ tomatoes
1/3 cup cherry tomatoes (50g)
- ☐ broccoli
4 tbsp chopped (23g)
- ☐ romaine lettuce
1 cup shredded (47g)

Fats and Oils

- ☐ oil
2 1/2 oz (75mL)
- ☐ ranch dressing
1 tbsp (15mL)
- ☐ olive oil
2 1/2 tbsp (38mL)
- ☐ balsamic vinaigrette
2 tsp (10mL)

Other

- ☐ sub roll(s)
2 roll(s) (170g)
- ☐ italian seasoning
2 dash (1g)
- ☐ tzatziki
1/8 cup(s) (14g)
- ☐ mixed greens
3/8 package (5.5 oz) (67g)
- ☐ vegan meatballs, frozen
4 meatball(s) (120g)
- ☐ nutritional yeast
1 tsp (1g)
- ☐ silken tofu
1/8 package (16 oz) (57g)

- ☐ black beans
1 can(s) (439g)
- ☐ soy sauce
1/4 tbsp (4mL)

Baked Products

- ☐ Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- ☐ bread
2 slice(s) (64g)
- ☐ naan bread
1 piece (90g)

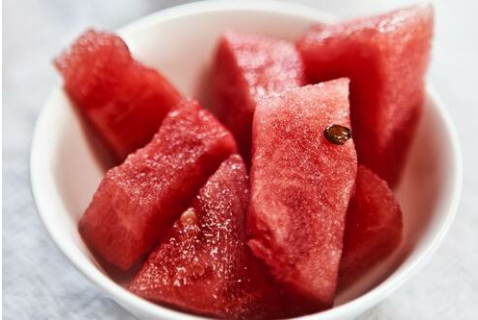


Lunch 1 [↗](#)

Eat on day 1

Watermelon

4 oz - 41 cals ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



Makes 4 oz

Watermelon
4 oz (113g)

1. Slice watermelon and serve.

Seitan Philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



Makes 1 sub(s)

cheese

1 slice (1 oz each) (28g)

seitan, cut into strips

3 oz (85g)

bell pepper, sliced

1/2 small (37g)

onion, chopped

1/4 medium (2-1/2" dia) (28g)

oil

1/2 tbsp (8mL)

sub roll(s)

1 roll(s) (85g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Lunch 2 [🔗](#)

Eat on day 2, day 3

Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

frozen corn kernels

2/3 cup (91g)

For all 2 meals:

frozen corn kernels

1 1/3 cup (181g)

1. Prepare according to instructions on package.
-

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

For all 2 meals:

firm tofu

1 lbs (454g)

oil

2 2/3 tbsp (40mL)

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.
-

Lunch 3 [🔗](#)

Eat on day 4

Spiced tofu & pesto sandwich

1 sandwich(es) - 380 cals ● 17g protein ● 20g fat ● 28g carbs ● 6g fiber



Makes 1 sandwich(es)

firm tofu

3 oz (85g)

crushed red pepper

2 dash (0g)

mixed greens

1/2 cup (15g)

chili powder

4 dash (1g)

ground cumin

1 tsp (2g)

oil

1 tsp (5mL)

pesto sauce

1 1/2 tbsp (24g)

bread

2 slice(s) (64g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



Makes 2 peach(es)

peach

2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

naan bread

1/2 piece (45g)

For all 2 meals:

naan bread

1 piece (90g)

1. This recipe has no instructions.

Black bean & sweet potato stew

311 cal ● 15g protein ● 5g fat ● 35g carbs ● 18g fiber



For single meal:

tomato paste

1/2 tbsp (8g)

oil

1/4 tbsp (4mL)

kale leaves

6 tbsp, chopped (15g)

lemon juice

1/4 tbsp (4mL)

ground cumin

3 dash (1g)

garlic, diced

1/2 clove(s) (2g)

onion, chopped

1/4 small (18g)

sweet potatoes, cubed

1/4 sweetpotato, 5" long (53g)

water

3/4 cup(s) (178mL)

black beans, drained

1/2 can(s) (220g)

For all 2 meals:

tomato paste

1 tbsp (16g)

oil

1/2 tbsp (8mL)

kale leaves

3/4 cup, chopped (30g)

lemon juice

1/2 tbsp (8mL)

ground cumin

1/4 tbsp (2g)

garlic, diced

1 clove(s) (3g)

onion, chopped

1/2 small (35g)

sweet potatoes, cubed

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

water

1 1/2 cup(s) (356mL)

black beans, drained

1 can(s) (439g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Lunch 5 [↗](#)

Eat on day 7

Creamy mushroom pasta

323 cals ● 13g protein ● 9g fat ● 45g carbs ● 3g fiber



uncooked dry pasta

2 oz (57g)

lemon juice

3/8 tsp (2mL)

frozen peas

2 tbsp (17g)

garlic, minced

3/8 clove(s) (1g)

mushrooms, sliced

1 1/2 oz (43g)

soy sauce

1/4 tbsp (4mL)

olive oil

1/2 tbsp (8mL)

silken tofu

1/8 package (16 oz) (57g)

1. In a blender, add the tofu, soy sauce, and half of the olive oil (reserving the rest for later). Blend until smooth. Set aside.
2. Cook pasta according to package directions. Drain and set aside.
3. Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the mushrooms and saute until softened, about 10 minutes.
4. Add the garlic to the mushrooms and cook for another 5 minutes. Then add the tofu mixture and peas and bring to a simmer. Remove from heat.
5. Add lemon juice to the sauce and season with a big pinch of salt and a lot of fresh cracked pepper.
6. Pour sauce over pasta and serve.

Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll(s)

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Dinner 1 [↗](#)

Eat on day 1

Roasted cabbage steaks with dressing

214 cals ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber

**ranch dressing**

1 tbsp (15mL)

italian seasoning

2 dash (1g)

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

oil

3/4 tbsp (11mL)

cabbage

1/4 head, small (about 4-1/2" dia)
(179g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



Makes 2/3 cup(s)

fruit juice

5 1/3 fl oz (160mL)

1. This recipe has no instructions.
-

Dinner 2 [↗](#)

Eat on day 2

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. This recipe has no instructions.

Basic baked potato

1/2 potato(es) - 132 cals ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



Makes 1/2 potato(es)

potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

salt

1/2 dash (0g)

oil

1/4 tsp (1mL)

1. OVEN:
2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several times with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

Buffalo tempeh with tzatziki

157 cals ● 13g protein ● 7g fat ● 6g carbs ● 4g fiber



oil
1/4 tbsp (4mL)
tzatziki
1/8 cup(s) (14g)
Frank's Red Hot sauce
1 tbsp (15mL)
tempeh, roughly chopped
2 oz (57g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Dinner 3 [↗](#)

Eat on day 3, day 4

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

vegetarian burger crumbles
1 1/4 cup (125g)

For all 2 meals:

vegetarian burger crumbles
2 1/2 cup (250g)

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

Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

olive oil
1/2 tbsp (8mL)
red wine vinegar
1/2 tsp (3mL)
dried dill weed
4 dash (1g)
lemon juice
1/4 tbsp (4mL)
nonfat greek yogurt, plain
4 tbsp (70g)
red onion, thinly sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced into half moons
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

olive oil
1 tbsp (15mL)
red wine vinegar
1 tsp (5mL)
dried dill weed
1 tsp (1g)
lemon juice
1/2 tbsp (8mL)
nonfat greek yogurt, plain
1/2 cup (140g)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Dinner roll

1 roll(s) - 77 cals ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



For single meal:

Roll

1 pan, dinner, or small roll (2" square, 2" high) (28g)

For all 2 meals:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

olive oil

1/2 tbsp (8mL)

red wine vinegar

1/2 tsp (3mL)

dried dill weed

4 dash (1g)

lemon juice

1/4 tbsp (4mL)

nonfat greek yogurt, plain

4 tbsp (70g)

red onion, thinly sliced

1/8 medium (2-1/2" dia) (14g)

cucumber, sliced into half moons

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

For all 2 meals:

olive oil

1 tbsp (15mL)

red wine vinegar

1 tsp (5mL)

dried dill weed

1 tsp (1g)

lemon juice

1/2 tbsp (8mL)

nonfat greek yogurt, plain

1/2 cup (140g)

red onion, thinly sliced

1/4 medium (2-1/2" dia) (28g)

cucumber, sliced into half moons

1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Vegan meatball sub

1/2 sub(s) - 234 cals ● 14g protein ● 6g fat ● 27g carbs ● 4g fiber



For single meal:

vegan meatballs, frozen
2 meatball(s) (60g)
pasta sauce
2 tbsp (33g)
nutritional yeast
4 dash (1g)
sub roll(s)
1/2 roll(s) (43g)

For all 2 meals:

vegan meatballs, frozen
4 meatball(s) (120g)
pasta sauce
4 tbsp (65g)
nutritional yeast
1 tsp (1g)
sub roll(s)
1 roll(s) (85g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

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.

Dinner 5 [↗](#)

Eat on day 7

Sunflower seeds

120 cal● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



sunflower kernels
2/3 oz (19g)

1. This recipe has no instructions.

Caprese salad

142 cal● 8g protein ● 9g fat ● 5g carbs ● 2g fiber

**balsamic vinaigrette**

2 tsp (10mL)

fresh basil

2 2/3 tbsp leaves, whole (4g)

tomatoes, halved

1/3 cup cherry tomatoes (50g)

mixed greens

1/3 package (5.5 oz) (52g)

fresh mozzarella cheese

1 oz (28g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Broccoli caesar salad with hard boiled eggs

130 cal ● 10g protein ● 8g fat ● 3g carbs ● 2g fiber

**lemon juice**

1/4 tbsp (4mL)

roasted pumpkin seeds, unsalted

1/2 tbsp (4g)

parmesan cheese

1/2 tbsp (3g)

dijon mustard

4 dash (3g)

nonfat greek yogurt, plain

1/2 tbsp (9g)

broccoli

4 tbsp chopped (23g)

eggs

1 large (50g)

romaine lettuce

1 cup shredded (47g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



For single meal:

- water**
2 cup(s) (474mL)
- protein powder**
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

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

1. This recipe has no instructions.