

# Meal Plan - 1100 calorie intermittent fasting vegetarian meal plan



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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 cal ● 104g protein (39%) ● 44g fat (37%) ● 50g carbs (19%) ● 13g fiber (5%)

### Lunch

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



**Corn**  
92 cal



**Basic tofu**  
8 oz- 342 cal

### Dinner

400 cal, 35g protein, 26g net carbs, 14g fat



**Vegan crumbles**  
1 1/4 cup(s)- 183 cal



**Simple Greek cucumber salad**  
141 cal



**Dinner roll**  
1 roll- 77 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

## Day 4

1130 cal ● 103g protein (36%) ● 36g fat (28%) ● 80g carbs (28%) ● 21g fiber (7%)

### Lunch

510 cal, 19g protein, 52g net carbs, 21g fat



**Spiced tofu & pesto sandwich**  
1 sandwich(es)- 380 cal



**Peach**  
2 peach(es)- 132 cal

### Dinner

400 cal, 35g protein, 26g net carbs, 14g fat



**Vegan crumbles**  
1 1/4 cup(s)- 183 cal



**Simple Greek cucumber salad**  
141 cal



**Dinner roll**  
1 roll- 77 cal

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

## Day 5

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

### Lunch

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



Naan bread

1/2 piece(s)- 131 cal



Black bean & sweet potato stew

311 cal

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

### Dinner

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



Simple Greek cucumber salad

141 cal



Vegan meatball sub

1/2 sub(s)- 234 cal



Fruit juice

1 cup(s)- 115 cal

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## Day 6

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

### Lunch

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



Naan bread

1/2 piece(s)- 131 cal



Black bean & sweet potato stew

311 cal

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

### Dinner

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



Simple Greek cucumber salad

141 cal



Vegan meatball sub

1/2 sub(s)- 234 cal



Fruit juice

1 cup(s)- 115 cal

# Day 7

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

## Lunch

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



**Creamy mushroom pasta**  
323 cal



**Dinner roll**  
2 roll- 154 cal

## Dinner

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



**Sunflower seeds**  
120 cal



**Caprese salad**  
142 cal



**Broccoli caesar salad with hard boiled eggs**  
130 cal

## Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cal

## 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)
- purple onions  
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  
1 1/3 lbs (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)
- nutritional yeast  
1 tsp (1g)
- vegan meatballs, frozen  
4 meatball(s) (120g)
- silken tofu  
1/8 package (16 oz) (57g)

- black beans  
1 can (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

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### Watermelon

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



Makes 4 oz

**Watermelon**  
4 oz (113g)

1. Slice watermelon and serve.

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### Seitan Philly cheesesteak

1 sub(s) - 571 cal ● 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

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### Corn

92 cal ● 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.
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### Basic tofu

8 oz - 342 cal ● 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.
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## Lunch 3 [↗](#)

Eat on day 4

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### Spiced tofu & pesto sandwich

1 sandwich(es) - 380 cal ● 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.

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### Peach

2 peach(es) - 132 cal ● 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.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### 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.
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### 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 (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 (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.
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## Lunch 5 [↗](#)

Eat on day 7

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### Creamy mushroom pasta

323 cal ● 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.

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### Dinner roll

2 roll - 154 cal ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll

#### Roll

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

1. Enjoy.

## Dinner 1 [↗](#)

Eat on day 1

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### Roasted cabbage steaks with dressing

214 cal ● 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.

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### Fruit juice

2/3 cup(s) - 76 cal ● 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.
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## Dinner 2 [↗](#)

Eat on day 2

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### Pumpkin seeds

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



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. This recipe has no instructions.

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### Basic baked potato

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



Makes 1/2 potato(es)

**oil**

1/4 tsp (1mL)

**salt**

1/2 dash (0g)

**potatoes**

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

1. OVEN:
2. Heat oven to 350 degrees 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 time 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 cal ● 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 cal ● 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 cal ● 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)  
**purple onions, 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)  
**purple onions, 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 - 77 cal ● 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.

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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Simple Greek cucumber salad

141 cal ● 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)

#### purple onions, 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)

#### purple onions, 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.

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## Vegan meatball sub

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





For single meal:

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

For all 2 meals:

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

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.

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## Dinner 5 [↗](#)

Eat on day 7

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### Sunflower seeds

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



**sunflower kernels**  
2/3 oz (19g)

1. This recipe has no instructions.

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### 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

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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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