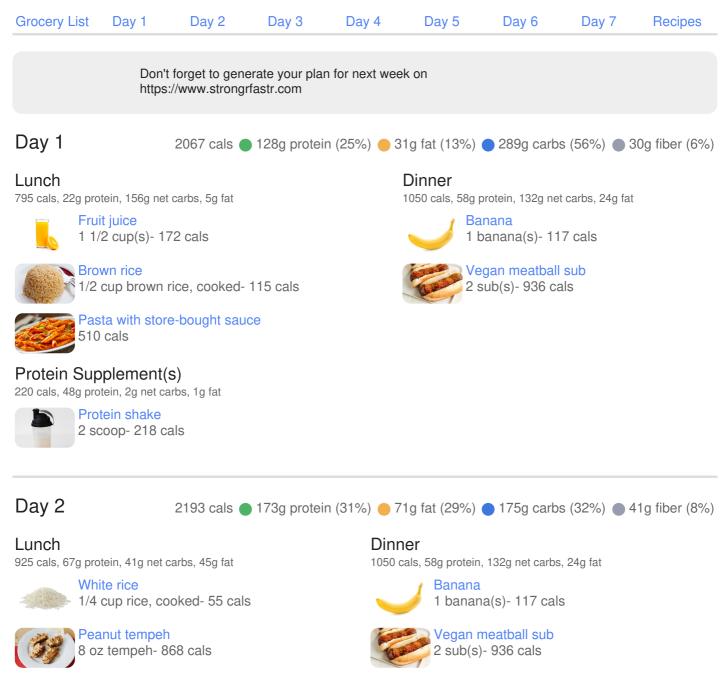
# Meal Plan - 2200 calorie intermittent fasting vegetarian meal plan





Protein Supplement(s) 220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals Day 3

## Lunch

1035 cals, 43g protein, 120g net carbs, 29g fat



Large granola bar 1 bar(s)- 176 cals



Vegetarian chickpea sandwiches 2 1/2 sandwich(es)- 857 cals

## Protein Supplement(s)

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



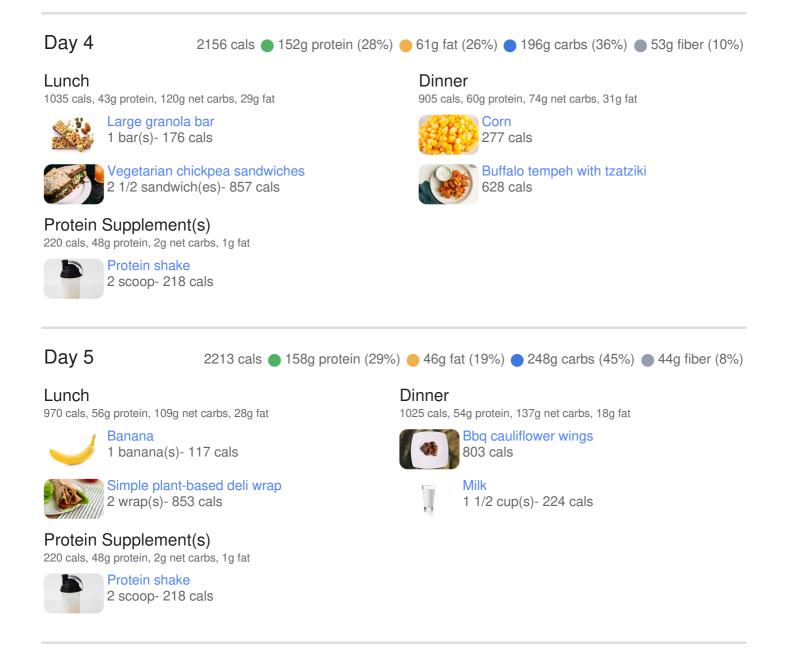
Protein shake 2 scoop- 218 cals

## Dinner

915 cals, 65g protein, 82g net carbs, 36g fat



Crispy chik'n tenders 16 tender(s)- 914 cals



Day	6
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#### Lunch Dinner 995 cals, 47g protein, 64g net carbs, 57g fat 1025 cals, 44g protein, 107g net carbs, 37g fat Mediterranean chik'n wrap Sunflower seeds 1 wrap(s)- 406 cals 271 cals Lowfat Greek yogurt Chickpea bowl with spicy yogurt sauce 1 container(s)- 155 cals 752 cals Mixed nuts 1/2 cup(s)- 435 cals Protein Supplement(s) 220 cals, 48g protein, 2g net carbs, 1g fat Protein shake 2 scoop- 218 cals Day 7 2238 cals • 138g protein (25%) • 95g fat (38%) • 173g carbs (31%) • 35g fiber (6%) Lunch Dinner 995 cals, 47g protein, 64g net carbs, 57g fat 1025 cals, 44g protein, 107g net carbs, 37g fat Mediterranean chik'n wrap Sunflower seeds 1 wrap(s)- 406 cals 271 cals Lowfat Greek yogurt Chickpea bowl with spicy yogurt sauce

Lowfat Greek yogurt 1 container(s)- 155 cals

Mixed nuts 1/2 cup(s)- 435 cals

# Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals



Chickpea bowl with spicy yogurt sauce 752 cals



Fruits and Fruit Juices	Snacks
☐ fruit juice 12 fl oz (360mL)	large granola bar 2 bar (74g)
banana 3 medium (7" to 7-7/8" long) (354g) lemon juice	Vegetables and Vegetable Products
2 2/3 tbsp (40mL)	raw celery 1 2/3 stalk, medium (7-1/2" - 8" long) (67g)
Cereal Grains and Pasta	onion 2 medium (2-1/2" dia) (208g)
brown rice 2 3/4 tbsp (32g)	☐ ketchup 4 tbsp (68g)
uncooked dry pasta 4 oz (114g)	frozen corn kernels 2 cup (272g)
long-grain white rice 1 cup (170g)	Cauliflower 3 head small (4" dia.) (795g)
Spices and Herbs	6 slice(s), thin/small (90g)
□ salt 1 3/4 tsp (11g)	Cucumber 1/2 cup slices (52g)
black pepper 1 tsp, ground (2g)	fresh parsley 6 3/4 tbsp chopped (25g)
dried dill weed 1/2 tbsp (2g)	Fats and Oils
Beverages	mayonnaise 5 tsp (25mL)
water 14 1/2 cup(s) (3437mL)	□ oil 1 oz (31mL)
protein powder 14 scoop (1/3 cup ea) (434g)	Baked Products
Soups, Sauces, and Gravies	bread 10 slice (320g)
$\square$ pasta sauce 5/8 jar (24 oz) (428g)	flour tortillas 5 tortilla (approx 7-8" dia) (242g)
Frank's Red Hot sauce 4 tbsp (60mL)	Dairy and Egg Products
barbecue sauce 3/4 cup (215g)	whole milk 1 1/2 cup (360mL)
Other	feta cheese 4 tbsp (38g)
vegan meatballs, frozen 16 meatball(s) (480g)	lowfat flavored greek yogurt 2 (5.3 oz ea) container(s) (300g)
nutritional yeast 2 oz (54g)	nonfat greek yogurt, plain 6 2/3 tbsp (117g)
$\square \frac{\text{sub roll(s)}}{4 \text{ roll(s)}}$	Nut and Seed Products

meatless chik'n tenders 1 1/4 lbs (550g)
☐ tzatziki 1/4 cup(s) (56g)
mixed greens 1 1/2 cup (45g)
plant-based deli slices 14 slices (146g)
sriracha chili sauce 1 tbsp (17g)

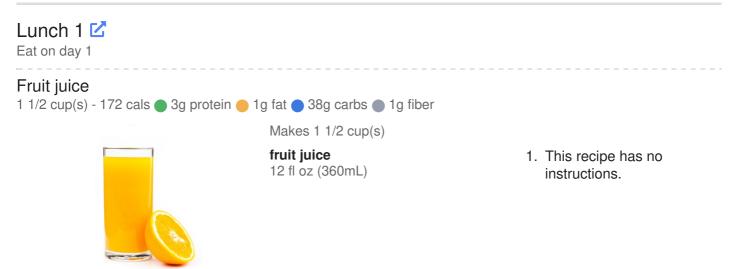
# Legumes and Legume Products

soy sauce 2 tsp (10mL)
peanut butter 4 tbsp (65g)
tempeh 1 lbs (454g)
Chickpeas, canned 3 1/3 can (1493g)
hummus 1/2 cup (120g)

mixed nuts 1 cup (134g) sunflower kernels 3 oz (85g)

# **Recipes**





#### Brown rice



## 1/2 cup brown rice, cooked - 115 cals 2g protein 1g fat 23g carbs 1g fiber

Makes 1/2 cup brown rice, cooked

brown rice 2 2/3 tbsp (32g) salt 1 dash (1g) water 1/3 cup(s) (79mL) black pepper 1 dash, ground (0g)

- 1. (Note: Follow rice package instructions if they differ from below)
- 2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
- 3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
- 4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
- 5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

## Pasta with store-bought sauce

510 cals 18g protein 4g fat 94g carbs 8g fiber



uncooked dry pasta 4 oz (114g) pasta sauce 1/4 jar (24 oz) (168g)

- 1. Cook the pasta as directed on the package.
- 2. Top with sauce and enjoy.

## Lunch 2 🗹

Eat on day 2

### White rice

1/4 cup rice, cooked - 55 cals 
1g protein 
0g fat 
12g carbs 
0g fiber



Makes 1/4 cup rice, cooked

#### long-grain white rice

4 tsp (15g) water 1/6 cup(s) (39mL) salt 2/3 dash (0g) black pepper 1/2 dash, ground (0g)

- (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.
- 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.

Peanut tempeh 8 oz tempeh - 868 cals 
66g protein 
45g fat 
29g carbs 
20g fiber



Makes 8 oz tempeh

nutritional yeast 1 tbsp (4g) soy sauce 2 tsp (10mL) lemon juice 1 tbsp (15mL) peanut butter 4 tbsp (65g) tempeh 1/2 lbs (227g)

- Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
- 2. Cut tempeh into nuggetshaped slices.
- In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
- 4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
- 5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
- 6. Drizzle extra sauce on top and serve.

## Lunch 3 🗹

Eat on day 3, day 4

## Large granola bar

1 bar(s) - 176 cals 
4g protein 
7g fat 
22g carbs 
2g fiber



For single meal:

**large granola bar** 1 bar (37g) For all 2 meals:

**large granola bar** 2 bar (74g)

1. This recipe has no instructions.

#### Vegetarian chickpea sandwiches

2 1/2 sandwich(es) - 857 cals 
40g protein 
22g fat 
98g carbs 
28g fiber



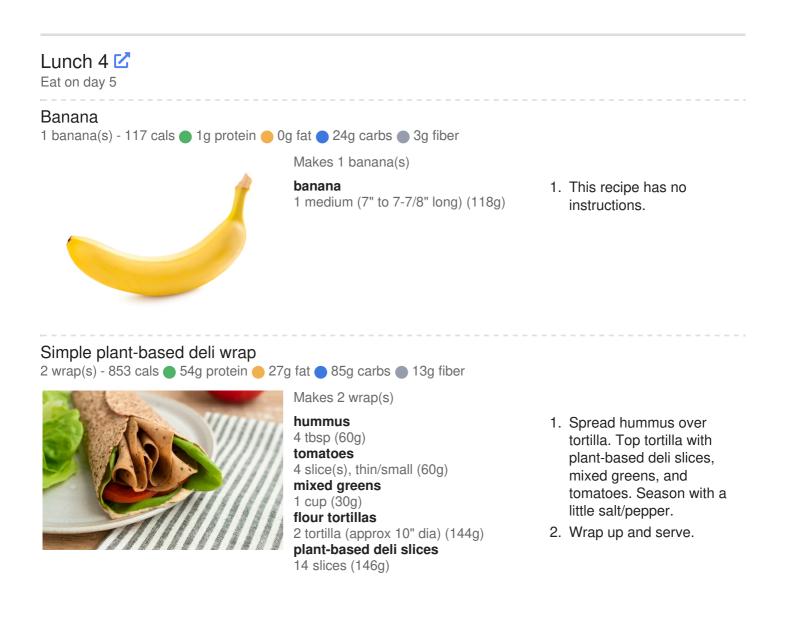
For single meal:

raw celery, chopped 5/6 stalk, medium (7-1/2" - 8" long) (33g) onion, chopped 3/8 medium (2-1/2" dia) (46g) mayonnaise 2 1/2 tsp (12mL) lemon juice 2 1/2 tsp (12mL) dried dill weed 1/4 tbsp (1g) salt 3 1/3 dash (2g) black pepper 3 1/3 dash, ground (1g) bread 5 slice (160g) chickpeas, canned 5/6 can (373g)

For all 2 meals:

raw celery, chopped 1 2/3 stalk, medium (7-1/2" - 8" long) (67g) onion, chopped 5/6 medium (2-1/2" dia) (92g) mayonnaise 5 tsp (25mL) lemon juice 5 tsp (25mL) dried dill weed 1/2 tbsp (2g) salt 1/4 tbsp (5g) black pepper 1/4 tbsp, ground (2g) bread 10 slice (320g) chickpeas, canned 1 2/3 can (747g)

- 1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
- 2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.



## Lunch 5 🗹

Eat on day 6, day 7

## Mediterranean chik'n wrap

1 wrap(s) - 406 cals 
21g protein 
17g fat 
38g carbs 
4g fiber



For single meal: meatless chik'n tenders 2 1/2 oz (71g) flour tortillas 1 tortilla (approx 7-8" dia) (49g) mixed greens 4 tbsp (8g) hummus 2 tbsp (30g) cucumber, chopped 4 tbsp slices (26g) feta cheese

2 tbsp (19g) tomatoes, chopped 1 slice(s), thin/small (15g) For all 2 meals:

meatless chik'n tenders 5 oz (142g) flour tortillas 2 tortilla (approx 7-8" dia) (98g) mixed greens 1/2 cup (15g) hummus 4 tbsp (60g) cucumber, chopped 1/2 cup slices (52g) feta cheese 4 tbsp (38g) tomatoes, chopped 2 slice(s), thin/small (30g)

- 1. Cook chik'n according to package.
- 2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

Lowfat Greek yogurt

NOLUME TRANSPORT For single meal:

For all 2 meals:

**lowfat flavored greek yogurt** 2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Mixed nuts 1/2 cup(s) - 435 cals 
13g protein 
36g fat 
10g carbs 
5g fiber

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

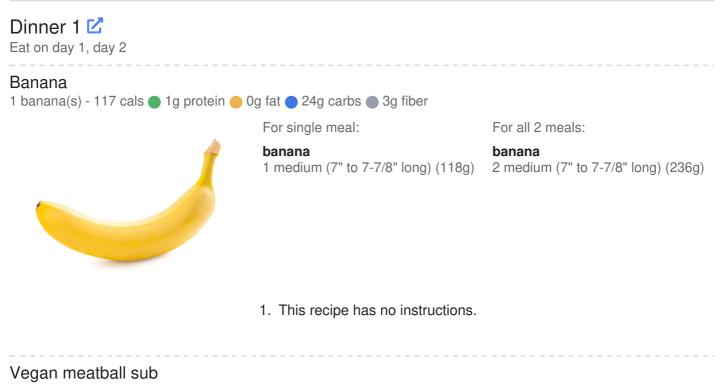


For single meal:

mixed nuts 1/2 cup (67g) For all 2 meals:

**mixed nuts** 1 cup (134g)

1. This recipe has no instructions.



2 sub(s) - 936 cals 
56g protein 
24g fat 
108g carbs 
16g fiber



For single meal:

vegan meatballs, frozen 8 meatball(s) (240g) pasta sauce 1/2 cup (130g) nutritional yeast 2 tsp (3g) sub roll(s) 2 roll(s) (170g) For all 2 meals:

vegan meatballs, frozen 16 meatball(s) (480g) pasta sauce 1 cup (260g) nutritional yeast 4 tsp (5g) sub roll(s) 4 roll(s) (340g)

- 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.

Dinner 2 🗹

Eat on day 3

## Crispy chik'n tenders

16 tender(s) - 914 cals 
65g protein 
36g fat 
82g carbs 
0g fiber



Makes 16 tender(s)

ketchup 4 tbsp (68g) meatless chik'n tenders 16 pieces (408g)

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

## Dinner 3 🗹

Eat on day 4

## Corn

277 cals Sg protein Sg fat S1g carbs Sg fiber



frozen corn kernels 2 cup (272g) 1. Prepare according to instructions on package.

## Buffalo tempeh with tzatziki

628 cals 
52g protein 
29g fat 
23g carbs 
16g fiber



oil

1 tbsp (15mL) tzatziki 1/4 cup(s) (56g) Frank's Red Hot sauce 4 tbsp (60mL) tempeh, roughly chopped 1/2 lbs (227g)

- 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 4 🗹

Eat on day 5

#### Bbq cauliflower wings

803 cals 
42g protein 
6g fat 
120g carbs 
26g fiber



barbecue sauce 3/4 cup (215g) salt 1/4 tbsp (5g) nutritional yeast 3/4 cup (45g) cauliflower 3 head small (4" dia.) (795g)

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



# Dinner 5 🗹

Eat on day 6, day 7

#### Sunflower seeds

271 cals 
13g protein 
21g fat 
3g carbs 
4g fiber



For single meal:

sunflower kernels 1 1/2 oz (43g) For all 2 meals:

sunflower kernels 3 oz (85g)

1. This recipe has no instructions.

## Chickpea bowl with spicy yogurt sauce

752 cals 
31g protein 
16g fat 
103g carbs 
19g fiber



For single meal:

onion, diced 5/6 small (58g) sriracha chili sauce 1/2 tbsp (8g) nonfat greek yogurt, plain 1/4 cup (58g) chickpeas, canned, rinsed & drained 5/6 can (373g) long-grain white rice 6 2/3 tbsp (77g) fresh parsley, chopped 1/4 cup chopped (13g) oil 1/2 tbsp (8mL) For all 2 meals:

onion, diced 1 2/3 small (117g) sriracha chili sauce 1 tbsp (17g) nonfat greek yogurt, plain 6 2/3 tbsp (117g) chickpeas, canned, rinsed & drained 1 2/3 can (747g) long-grain white rice 13 1/3 tbsp (154g) fresh parsley, chopped 6 2/3 tbsp chopped (25g) oil 1 tbsp (17mL)

- 1. Cook rice according to package and set aside.
- 2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
- 3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
- 4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
- 5. Turn off heat and stir in parsley.
- 6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

# 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.