

# Meal Plan - 2700 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

2587 cals ● 185g protein (29%) ● 104g fat (36%) ● 191g carbs (29%) ● 38g fiber (6%)

### Lunch

1050 cals, 56g protein, 64g net carbs, 54g fat



[Avocado egg salad sandwich](#)  
1 sandwich(es)- 562 cals



[Lowfat Greek yogurt](#)  
2 container(s)- 310 cals



[Avocado](#)  
176 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

### Dinner

1265 cals, 69g protein, 125g net carbs, 48g fat



[Brown rice](#)  
286 cals



[Vegan sausage & veggie sheet pan](#)  
720 cals



[Milk](#)  
1 3/4 cup(s)- 261 cals

## Day 2

2675 cals ● 170g protein (25%) ● 122g fat (41%) ● 195g carbs (29%) ● 29g fiber (4%)

### Lunch

1135 cals, 41g protein, 68g net carbs, 72g fat



[Pistachios](#)  
188 cals



[White rice](#)  
248 cals



[Cheese and guac tacos](#)  
4 taco(s)- 700 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 1/2 scoop- 273 cals

### Dinner

1265 cals, 69g protein, 125g net carbs, 48g fat



[Brown rice](#)  
286 cals



[Vegan sausage & veggie sheet pan](#)  
720 cals



[Milk](#)  
1 3/4 cup(s)- 261 cals

## Day 3

2673 cals ● 187g protein (28%) ● 63g fat (21%) ● 283g carbs (42%) ● 58g fiber (9%)

### Lunch

1205 cals, 62g protein, 153g net carbs, 27g fat



**Cottage cheese & fruit cup**  
2 container- 213 cals



**Vegetarian chickpea sandwiches**  
2 sandwich(es)- 685 cals



**Dinner roll**  
4 roll- 308 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Dinner

1195 cals, 64g protein, 127g net carbs, 34g fat



**Garlic collard greens**  
199 cals



**Couscous**  
552 cals



**Basic tempeh**  
6 oz- 443 cals

## Day 4

2660 cals ● 177g protein (27%) ● 95g fat (32%) ● 239g carbs (36%) ● 36g fiber (5%)

### Lunch

1200 cals, 39g protein, 124g net carbs, 54g fat



**Celery and peanut butter**  
436 cals



**Peanut butter and jelly sandwich**  
2 sandwich(es)- 763 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Dinner

1190 cals, 77g protein, 113g net carbs, 40g fat



**Crispy chik'n tenders**  
14 2/3 tender(s)- 838 cals



**Easy chickpea salad**  
350 cals

## Day 5

2703 cals ● 180g protein (27%) ● 92g fat (31%) ● 226g carbs (33%) ● 63g fiber (9%)

### Lunch

1170 cals, 56g protein, 136g net carbs, 32g fat



**Naan bread**  
2 piece(s)- 524 cals



**Curried chickpea salad**  
644 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Dinner

1260 cals, 63g protein, 87g net carbs, 59g fat



**Simple mozzarella and tomato salad**  
403 cals



**Chickpea & chickpea pasta**  
859 cals

## Day 6

2652 cals ● 197g protein (30%) ● 92g fat (31%) ● 207g carbs (31%) ● 52g fiber (8%)

### Lunch

1170 cals, 56g protein, 136g net carbs, 32g fat



**Naan bread**  
2 piece(s)- 524 cals



**Curried chickpea salad**  
644 cals

### Dinner

1210 cals, 81g protein, 68g net carbs, 59g fat



**White rice**  
83 cals



**Milk**  
1 3/4 cup(s)- 261 cals



**Peanut tempeh**  
8 oz tempeh- 868 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 7

2750 cals ● 178g protein (26%) ● 96g fat (31%) ● 250g carbs (36%) ● 44g fiber (6%)

### Lunch

1265 cals, 36g protein, 180g net carbs, 35g fat



**Belizean rice & beans**  
1267 cals

### Dinner

1210 cals, 81g protein, 68g net carbs, 59g fat



**White rice**  
83 cals



**Milk**  
1 3/4 cup(s)- 261 cals



**Peanut tempeh**  
8 oz tempeh- 868 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

## Vegetables and Vegetable Products

- tomatoes  
3 1/4 medium whole (2-3/5" dia) (395g)
- broccoli  
3 cup chopped (273g)
- carrots  
3 medium (183g)
- potatoes  
3 small (1-3/4" to 2-1/4" dia.) (276g)
- raw celery  
1/2 bunch (255g)
- onion  
1 3/4 medium (2-1/2" dia) (194g)
- collard greens  
10 oz (284g)
- garlic  
7 1/2 clove(s) (23g)
- ketchup  
1/4 cup (62g)
- fresh parsley  
2 1/4 sprigs (2g)
- red bell pepper  
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (52g)

## Spices and Herbs

- garlic powder  
4 dash (2g)
- salt  
1 3/4 tsp (10g)
- black pepper  
1/2 tbsp, ground (3g)
- dried dill weed  
1/4 tbsp (1g)
- balsamic vinegar  
3/4 tbsp (11mL)
- fresh basil  
5 tsp, chopped (4g)
- curry powder  
2 tsp (4g)

## Fruits and Fruit Juices

- avocados  
1 avocado(s) (201g)
- lemon juice  
3 1/2 fl oz (102mL)

## Baked Products

## Cereal Grains and Pasta

- brown rice  
13 1/4 tbsp (158g)
- long-grain white rice  
1 1/2 cup (278g)
- instant couscous, flavored  
1 box (5.8 oz) (151g)

## Beverages

- water  
21 cup(s) (4994mL)
- protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

## Other

- italian seasoning  
1/2 tbsp (5g)
- vegan sausage  
3 sausage (300g)
- guacamole, store-bought  
1/2 cup (124g)
- cottage cheese & fruit cup  
2 container (266g)
- meatless chik'n tenders  
14 2/3 pieces (374g)
- nutritional yeast  
1/3 oz (9g)
- chickpea pasta  
3 oz (85g)
- mixed greens  
4 oz (113g)

## Fats and Oils

- oil  
2 oz (64mL)
- mayonnaise  
2 tsp (10mL)
- balsamic vinaigrette  
5 tsp (24mL)

## Nut and Seed Products

- pistachios, dry roasted, without shells or salt added  
4 tbsp (31g)
- sunflower kernels  
4 tbsp (48g)

bread  
10 slice (320g)

Roll  
4 pan, dinner, or small roll (2" square, 2" high)  
(112g)

naan bread  
4 piece (360g)

### **Dairy and Egg Products**

eggs  
3 large (150g)

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

whole milk  
1/2 gallon (1680mL)

cheddar cheese  
1 cup, shredded (113g)

fresh mozzarella cheese  
3 1/3 oz (95g)

butter  
3/4 tbsp (11g)

nonfat greek yogurt, plain  
1/2 cup (140g)

coconut milk, canned  
2/3 cup (158mL)

### **Legumes and Legume Products**

chickpeas, canned  
4 can (1867g)

tempeh  
1 1/2 lbs (624g)

peanut butter  
1/2 lbs (225g)

soy sauce  
4 tsp (20mL)

kidney beans  
7/8 can (392g)

### **Soups, Sauces, and Gravies**

apple cider vinegar  
3/4 tbsp (1mL)

### **Sweets**

jelly  
4 serving 1 tbsp (84g)

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## Lunch 1 [↗](#)

Eat on day 1

### Avocado egg salad sandwich

1 sandwich(es) - 562 cal ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



Makes 1 sandwich(es)

#### tomatoes, halved

6 tbsp cherry tomatoes (56g)

#### garlic powder

4 dash (2g)

#### avocados

1/2 avocado(s) (101g)

#### bread

2 slice (64g)

#### eggs, hard-boiled and chilled

3 large (150g)

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)

### Lowfat Greek yogurt

2 container(s) - 310 cal ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

#### lowfat flavored greek yogurt

2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

### Avocado

176 cal ● 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.

## Lunch 2 [↗](#)

Eat on day 2

### Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

1. This recipe has no instructions.

### White rice

248 cal ● 5g protein ● 0g fat ● 55g carbs ● 1g fiber



**salt**  
3 dash (2g)  
**water**  
3/4 cup(s) (178mL)  
**long-grain white rice**  
6 tbsp (69g)  
**black pepper**  
1/4 tsp, ground (1g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. 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.

## Cheese and guac tacos

4 taco(s) - 700 cal ● 30g protein ● 58g fat ● 8g carbs ● 8g fiber





Makes 4 taco(s)

**cheddar cheese**

1 cup, shredded (113g)

**guacamole, store-bought**

1/2 cup (124g)

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 3 [↗](#)

Eat on day 3

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### Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



Makes 2 container

**cottage cheese & fruit cup**

2 container (266g)

1. Mix cottage cheese and fruit portions of the container together and serve.

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### Vegetarian chickpea sandwiches

2 sandwich(es) - 685 cal ● 32g protein ● 17g fat ● 79g carbs ● 22g fiber





Makes 2 sandwich(es)

**raw celery, chopped**

2/3 stalk, medium (7-1/2" - 8" long) (27g)

**onion, chopped**

1/3 medium (2-1/2" dia) (37g)

**mayonnaise**

2 tsp (10mL)

**lemon juice**

2 tsp (10mL)

**dried dill weed**

1/4 tbsp (1g)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**bread**

4 slice (128g)

**chickpeas, canned**

2/3 can (299g)

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.

**Dinner roll**

4 roll - 308 cal ● 11g protein ● 5g fat ● 53g carbs ● 2g fiber



Makes 4 roll

**Roll**

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

**Lunch 4** [🔗](#)

Eat on day 4

**Celery and peanut butter**

436 cal ● 15g protein ● 33g fat ● 13g carbs ● 6g fiber



**raw celery**

4 stalk, medium (7-1/2" - 8" long) (160g)

**peanut butter**

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

**Peanut butter and jelly sandwich**

2 sandwich(es) - 763 cal ● 23g protein ● 21g fat ● 110g carbs ● 10g fiber



Makes 2 sandwich(es)

**bread**

4 slice (128g)

**peanut butter**

2 tbsp (32g)

**jelly**

4 serving 1 tbsp (84g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

## Lunch 5 [↗](#)

Eat on day 5, day 6

### Naan bread

2 piece(s) - 524 cal ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

**naan bread**

2 piece (180g)

For all 2 meals:

**naan bread**

4 piece (360g)

1. This recipe has no instructions.

### Curried chickpea salad

644 cal ● 38g protein ● 21g fat ● 50g carbs ● 25g fiber



For single meal:

**mixed greens**

2 oz (57g)

**sunflower kernels**

2 tbsp (24g)

**raw celery, sliced**

2 stalk, small (5" long) (34g)

**curry powder**

1 tsp (2g)

**nonfat greek yogurt, plain**

4 tbsp (70g)

**lemon juice, divided**

2 tbsp (30mL)

**chickpeas, canned, drained & rinsed**

1 can (448g)

For all 2 meals:

**mixed greens**

4 oz (113g)

**sunflower kernels**

4 tbsp (48g)

**raw celery, sliced**

4 stalk, small (5" long) (68g)

**curry powder**

2 tsp (4g)

**nonfat greek yogurt, plain**

1/2 cup (140g)

**lemon juice, divided**

4 tbsp (60mL)

**chickpeas, canned, drained & rinsed**

2 can (896g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

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## Lunch 6 [↗](#)

Eat on day 7

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### Belizean rice & beans

1267 cal ● 36g protein ● 35g fat ● 180g carbs ● 21g fiber



**garlic, minced**

2 1/2 clove(s) (8g)

**onion, chopped**

1/2 medium (2-1/2" dia) (48g)

**red bell pepper, chopped**

1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (52g)

**long-grain white rice**

14 tbsp (162g)

**water**

2/3 cup(s) (156mL)

**kidney beans, drained**

7/8 can (392g)

**coconut milk, canned**

2/3 cup (158mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

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## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Brown rice

286 cal ● 6g protein ● 2g fat ● 58g carbs ● 3g fiber



For single meal:

**brown rice**

6 2/3 tbsp (79g)

**salt**

1/3 tsp (2g)

**water**

5/6 cup(s) (198mL)

**black pepper**

1/3 tsp, ground (1g)

For all 2 meals:

**brown rice**

13 1/3 tbsp (158g)

**salt**

5 dash (4g)

**water**

1 2/3 cup(s) (395mL)

**black pepper**

5 dash, ground (1g)

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, fluff with a fork, and season with salt and pepper.

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## Vegan sausage & veggie sheet pan

720 cal ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



For single meal:

**italian seasoning**  
1/4 tbsp (3g)  
**oil**  
1 tbsp (15mL)  
**broccoli, chopped**  
1 1/2 cup chopped (137g)  
**carrots, sliced**  
1 1/2 medium (92g)  
**potatoes, cut into wedges**  
1 1/2 small (1-3/4" to 2-1/4" dia.)  
(138g)  
**vegan sausage, cut into bite sized pieces**  
1 1/2 sausage (150g)

For all 2 meals:

**italian seasoning**  
1/2 tbsp (5g)  
**oil**  
2 tbsp (30mL)  
**broccoli, chopped**  
3 cup chopped (273g)  
**carrots, sliced**  
3 medium (183g)  
**potatoes, cut into wedges**  
3 small (1-3/4" to 2-1/4" dia.) (276g)  
**vegan sausage, cut into bite sized pieces**  
3 sausage (300g)

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.

## Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

**whole milk**  
1 3/4 cup (420mL)

For all 2 meals:

**whole milk**  
1/4 gallon (840mL)

1. This recipe has no instructions.
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## Dinner 2 [↗](#)

Eat on day 3

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### Garlic collard greens

199 cal ● 9g protein ● 11g fat ● 6g carbs ● 11g fiber



#### collard greens

10 oz (284g)

#### oil

2 tsp (9mL)

#### garlic, minced

2 clove(s) (6g)

#### salt

1 1/4 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

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### Couscous

552 cal ● 19g protein ● 1g fat ● 109g carbs ● 7g fiber



#### instant couscous, flavored

1 box (5.8 oz) (151g)

1. Follow instructions on package.

### Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

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.

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## Dinner 3 [↗](#)

Eat on day 4

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### Crispy chik'n tenders

14 2/3 tender(s) - 838 cals ● 59g protein ● 33g fat ● 76g carbs ● 0g fiber



Makes 14 2/3 tender(s)

**ketchup**  
1/4 cup (62g)  
**meatless chik'n tenders**  
14 2/3 pieces (374g)

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

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### Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



**fresh parsley, chopped**  
2 1/4 sprigs (2g)  
**apple cider vinegar**  
3/4 tbsp (1mL)  
**balsamic vinegar**  
3/4 tbsp (11mL)  
**tomatoes, halved**  
3/4 cup cherry tomatoes (112g)  
**onion, thinly sliced**  
3/8 small (26g)  
**chickpeas, canned, drained and rinsed**  
3/4 can (336g)

1. Add all ingredients to a bowl and toss. Serve!
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## Dinner 4 [↗](#)

Eat on day 5

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### Simple mozzarella and tomato salad

403 cal ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



**tomatoes, sliced**

1 1/4 large whole (3" dia) (228g)

**fresh mozzarella cheese, sliced**

1/4 lbs (95g)

**balsamic vinaigrette**

5 tsp (25mL)

**fresh basil**

5 tsp, chopped (4g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

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### Chickpea & chickpea pasta

859 cal ● 40g protein ● 31g fat ● 76g carbs ● 29g fiber



**nutritional yeast**

1/2 tbsp (2g)

**butter**

3/4 tbsp (11g)

**oil**

3/4 tbsp (11mL)

**garlic, minced**

3 clove(s) (9g)

**chickpeas, canned, drained & rinsed**

3/4 can (336g)

**chickpea pasta**

3 oz (85g)

**onion, thinly sliced**

3/4 medium (2-1/2" dia) (83g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
  2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
  3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
  4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.
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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### White rice

83 cals ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**long-grain white rice**  
2 tbsp (23g)  
**black pepper**  
3/4 dash, ground (0g)

For all 2 meals:

**salt**  
2 dash (2g)  
**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)  
**black pepper**  
1 1/2 dash, ground (0g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. 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.

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### Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

**whole milk**  
1 3/4 cup (420mL)

For all 2 meals:

**whole milk**  
1/4 gallon (840mL)

1. This recipe has no instructions.

### Peanut tempeh

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



For single meal:

**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)

For all 2 meals:

**nutritional yeast**

2 tbsp (8g)

**soy sauce**

4 tsp (20mL)

**lemon juice**

2 tbsp (30mL)

**peanut butter**

1/2 cup (129g)

**tempeh**

1 lbs (454g)

1. 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 nugget-shaped slices.
3. 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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

**water**

2 1/2 cup(s) (593mL)

**protein powder**

2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

**water**

17 1/2 cup(s) (4148mL)

**protein powder**

17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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