

# Meal Plan - 1300 calorie high protein 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

1298 cals ● 115g protein (35%) ● 42g fat (29%) ● 83g carbs (26%) ● 33g fiber (10%)

### Breakfast

165 cals, 12g protein, 3g net carbs, 11g fat



[Basic scrambled eggs](#)  
2 egg(s)- 142 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Snacks

205 cals, 14g protein, 13g net carbs, 10g fat



[Peach](#)  
1 peach(es)- 66 cals



[Boiled eggs](#)  
2 egg(s)- 139 cals

### Protein Supplement(s)

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



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

### Lunch

340 cals, 14g protein, 40g net carbs, 8g fat



[Lentil chili](#)  
290 cals



[Simple salad with tomatoes and carrots](#)  
49 cals

### Dinner

320 cals, 14g protein, 25g net carbs, 12g fat



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



[Roasted almonds](#)  
1/8 cup(s)- 111 cals

## Day 2

1298 cals ● 115g protein (35%) ● 42g fat (29%) ● 83g carbs (26%) ● 33g fiber (10%)

### Breakfast

165 cals, 12g protein, 3g net carbs, 11g fat



[Basic scrambled eggs](#)  
2 egg(s)- 142 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Snacks

205 cals, 14g protein, 13g net carbs, 10g fat



[Peach](#)  
1 peach(es)- 66 cals



[Boiled eggs](#)  
2 egg(s)- 139 cals

### Protein Supplement(s)

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



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

### Lunch

340 cals, 14g protein, 40g net carbs, 8g fat



[Lentil chili](#)  
290 cals



[Simple salad with tomatoes and carrots](#)  
49 cals

### Dinner

320 cals, 14g protein, 25g net carbs, 12g fat



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



[Roasted almonds](#)  
1/8 cup(s)- 111 cals

## Day 3

1293 cals ● 115g protein (36%) ● 38g fat (26%) ● 98g carbs (30%) ● 25g fiber (8%)

### Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



[Basic fried eggs](#)  
1 egg(s)- 80 cals



[Simple cinnamon oatmeal with water](#)  
108 cals

### Snacks

205 cals, 14g protein, 13g net carbs, 10g fat



[Peach](#)  
1 peach(es)- 66 cals



[Boiled eggs](#)  
2 egg(s)- 139 cals

### Protein Supplement(s)

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



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

### Lunch

390 cals, 18g protein, 44g net carbs, 12g fat



[Couscous](#)  
201 cals



[Vegan crumbles](#)  
1/2 cup(s)- 73 cals



[Tomato and avocado salad](#)  
117 cals

### Dinner

235 cals, 14g protein, 20g net carbs, 8g fat



[Spinach soup with yogurt](#)  
236 cals

## Day 4

1394 cals ● 120g protein (34%) ● 36g fat (23%) ● 127g carbs (36%) ● 23g fiber (6%)

### Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Simple cinnamon oatmeal with water**  
108 cals

### Snacks

150 cals, 4g protein, 20g net carbs, 5g fat



**Cucumber slices**  
1/2 cucumber- 30 cals



**Small granola bar**  
1 bar(s)- 119 cals

### Protein Supplement(s)

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



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

### Lunch

390 cals, 18g protein, 44g net carbs, 12g fat



**Couscous**  
201 cals



**Vegan crumbles**  
1/2 cup(s)- 73 cals



**Tomato and avocado salad**  
117 cals

### Dinner

395 cals, 28g protein, 41g net carbs, 10g fat



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Mediterranean lentil power salad**  
263 cals

## Day 5

1341 cals ● 116g protein (35%) ● 58g fat (39%) ● 63g carbs (19%) ● 27g fiber (8%)

### Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Simple cinnamon oatmeal with water**  
108 cals

### Snacks

150 cals, 4g protein, 20g net carbs, 5g fat



**Cucumber slices**  
1/2 cucumber- 30 cals



**Small granola bar**  
1 bar(s)- 119 cals

### Protein Supplement(s)

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



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

### Lunch

305 cals, 19g protein, 9g net carbs, 16g fat



**Garlic collard greens**  
159 cals



**Basic tempeh**  
2 oz- 148 cals

### Dinner

425 cals, 23g protein, 13g net carbs, 29g fat



**Sugar snap peas**  
82 cals



**Basic tofu**  
8 oz- 342 cals

## Day 6

1331 cals ● 122g protein (37%) ● 44g fat (30%) ● 81g carbs (24%) ● 32g fiber (10%)

### Breakfast

210 cals, 10g protein, 19g net carbs, 10g fat



Herb & onion frittata

153 cals



Fruit juice

1/2 cup(s)- 57 cals

### Snacks

165 cals, 10g protein, 8g net carbs, 9g fat



String cheese

1 stick(s)- 83 cals



Carrots and hummus

82 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

320 cals, 19g protein, 25g net carbs, 11g fat



Curried chickpea salad

322 cals

### Dinner

360 cals, 23g protein, 26g net carbs, 14g fat



Buttered sugar snap peas

107 cals



Veggie burger patty

2 patty- 254 cals

## Day 7

1331 cals ● 122g protein (37%) ● 44g fat (30%) ● 81g carbs (24%) ● 32g fiber (10%)

### Breakfast

210 cals, 10g protein, 19g net carbs, 10g fat



Herb & onion frittata

153 cals



Fruit juice

1/2 cup(s)- 57 cals

### Snacks

165 cals, 10g protein, 8g net carbs, 9g fat



String cheese

1 stick(s)- 83 cals



Carrots and hummus

82 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

320 cals, 19g protein, 25g net carbs, 11g fat



Curried chickpea salad

322 cals

### Dinner

360 cals, 23g protein, 26g net carbs, 14g fat



Buttered sugar snap peas

107 cals



Veggie burger patty

2 patty- 254 cals

## Fruits and Fruit Juices

- ☐ peach  
3 medium (2-2/3" dia) (450g)
- ☐ lemon juice  
2 1/2 tbsp (39mL)
- ☐ lime juice  
1 tbsp (15mL)
- ☐ avocados  
1/2 avocado(s) (101g)
- ☐ canned black olives  
1 tbsp (8g)
- ☐ fruit juice  
8 fl oz (240mL)

## Dairy and Egg Products

- ☐ eggs  
16 1/2 medium (726g)
- ☐ nonfat greek yogurt, plain  
5/8 container (105g)
- ☐ feta cheese  
4 tsp, crumbled (12g)
- ☐ cheese  
2 tbsp, shredded (14g)
- ☐ butter  
4 tsp (18g)
- ☐ string cheese  
2 stick (56g)

## Fats and Oils

- ☐ oil  
2 oz (63mL)
- ☐ salad dressing  
3/4 tbsp (11mL)
- ☐ olive oil  
1/4 oz (9mL)

## Vegetables and Vegetable Products

- ☐ tomatoes  
3 medium whole (2-3/5" dia) (361g)
- ☐ onion  
2 1/2 medium (2-1/2" dia) (290g)
- ☐ garlic  
3 1/2 clove(s) (11g)
- ☐ canned whole tomatoes  
2/3 cup (160g)
- ☐ carrots  
1/4 medium (15g)

## Legumes and Legume Products

- ☐ lentils, raw  
9 1/4 tbsp (112g)
- ☐ black beans  
2/3 can(s) (293g)
- ☐ vegetarian burger crumbles  
1 cup (100g)
- ☐ chickpeas, canned  
1 1/4 can (560g)
- ☐ tempeh  
2 oz (57g)
- ☐ firm tofu  
1/2 lbs (227g)
- ☐ hummus  
4 tbsp (60g)

## Spices and Herbs

- ☐ chili powder  
2 tsp (5g)
- ☐ ground cumin  
4 g (4g)
- ☐ salt  
4 g (4g)
- ☐ black pepper  
1/8 oz (1g)
- ☐ garlic powder  
2 dash (1g)
- ☐ cinnamon  
1/2 tbsp (4g)
- ☐ red wine vinegar  
1/4 tbsp (4mL)
- ☐ dijon mustard  
2 dash (1g)
- ☐ thyme, dried  
4 dash, leaves (1g)
- ☐ curry powder  
1 tsp (2g)

## Cereal Grains and Pasta

- ☐ dry bulgur wheat  
1/3 cup (47g)
- ☐ instant couscous, flavored  
2/3 box (5.8 oz) (110g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
1 1/2 cup(s) (mL)

- ☐ romaine lettuce  
1/2 hearts (250g)
- ☐ tomato paste  
2 tsp (11g)
- ☐ kale leaves  
1/2 cup, chopped (20g)
- ☐ sweet potatoes  
1/3 sweetpotato, 5" long (70g)
- ☐ fresh ginger  
1 inch (2.5cm) cube (5g)
- ☐ fresh spinach  
4 oz (113g)
- ☐ cucumber  
1 cucumber (8-1/4") (327g)
- ☐ collard greens  
1/2 lbs (227g)
- ☐ frozen sugar snap peas  
2 2/3 cup (384g)
- ☐ raw celery  
2 stalk, small (5" long) (34g)
- ☐ baby carrots  
16 medium (160g)

## Beverages

- ☐ water  
20 1/2 cup(s) (4887mL)
- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)

## Nut and Seed Products

- ☐ almonds  
4 tbsp, whole (36g)
- ☐ sunflower kernels  
2 tbsp (24g)

## Sweets

- ☐ sugar  
1 1/2 tbsp (20g)

## Breakfast Cereals

- ☐ quick oats  
3/4 cup (60g)

## Snacks

- ☐ small granola bar  
2 bar (50g)

## Other

- ☐ cottage cheese & fruit cup  
1 container (170g)
  - ☐ mixed greens  
2 oz (57g)
  - ☐ veggie burger patty  
4 patty (284g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Basic scrambled eggs

2 egg(s) - 142 cals ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 medium (88g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

---

### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**eggs**  
1 large (50g)

For all 3 meals:

**oil**  
1/4 tbsp (4mL)  
**eggs**  
3 large (150g)

1. Heat oil in a skillet over medium low heat.
  2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
- 

### Simple cinnamon oatmeal with water

108 cal ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

**water**  
3/8 cup(s) (89mL)  
**cinnamon**  
4 dash (1g)  
**sugar**  
1/2 tbsp (7g)  
**quick oats**  
4 tbsp (20g)

For all 3 meals:

**water**  
1 cup(s) (267mL)  
**cinnamon**  
1/2 tbsp (4g)  
**sugar**  
1 1/2 tbsp (20g)  
**quick oats**  
3/4 cup (60g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
  2. Pour the water over it and microwave for 90 seconds - 2 minutes.
-



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Herb & onion frittata

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



For single meal:

**onion**  
1/2 cup, chopped (80g)  
**thyme, dried**  
2 dash, leaves (0g)  
**cheese**  
1 tbsp, shredded (7g)  
**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**eggs**  
1 large (50g)  
**olive oil**  
1/2 tsp (3mL)  
**water**  
1/8 cup(s) (30mL)

For all 2 meals:

**onion**  
1 cup, chopped (160g)  
**thyme, dried**  
4 dash, leaves (1g)  
**cheese**  
2 tbsp, shredded (14g)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**olive oil**  
1 tsp (5mL)  
**water**  
1/4 cup(s) (59mL)

1. Bring onion and almost all of the water (save about 1 tablespoon for later) to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
2. Uncover and continue cooking until the water evaporates, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion starts to brown, 1 to 2 minutes more.
3. Scramble the eggs and add to pan, reduce heat to medium-low and continue cooking, stirring constantly, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
4. Reduce heat to low. Sprinkle herbs, salt, and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

### Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**  
4 fl oz (120mL)

For all 2 meals:

**fruit juice**  
8 fl oz (240mL)

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Lentil chili

290 cals ● 13g protein ● 6g fat ● 37g carbs ● 9g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**garlic, minced**  
2/3 clove(s) (2g)  
**lentils, raw**  
2 2/3 tbsp (32g)  
**chili powder**  
1 tsp (3g)  
**ground cumin**  
4 dash (1g)  
**salt**  
2/3 dash (1g)  
**black pepper**  
1/3 dash, ground (0g)  
**canned whole tomatoes, chopped**  
1/3 cup (80g)  
**dry bulgur wheat**  
2 2/3 tbsp (23g)  
**vegetable broth**  
1/2 cup(s) (mL)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**onion, chopped**  
1/3 medium (2-1/2" dia) (37g)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**lentils, raw**  
1/3 cup (64g)  
**chili powder**  
2 tsp (5g)  
**ground cumin**  
1 tsp (2g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
2/3 dash, ground (0g)  
**canned whole tomatoes, chopped**  
2/3 cup (160g)  
**dry bulgur wheat**  
1/3 cup (47g)  
**vegetable broth**  
1 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

### Simple salad with tomatoes and carrots

49 cals ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



For single meal:

**salad dressing**  
1 tsp (6mL)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**carrots, sliced**  
1/8 medium (8g)  
**romaine lettuce, roughly chopped**  
1/4 hearts (125g)

For all 2 meals:

**salad dressing**  
3/4 tbsp (11mL)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Lunch 2 [↗](#)

Eat on day 3, day 4

---

### Couscous

201 cal ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



For single meal:

**instant couscous, flavored**  
1/3 box (5.8 oz) (55g)

For all 2 meals:

**instant couscous, flavored**  
2/3 box (5.8 oz) (110g)

1. Follow instructions on package.
- 

### Vegan crumbles

1/2 cup(s) - 73 cal ● 9g protein ● 2g fat ● 1g carbs ● 3g fiber



For single meal:

**vegetarian burger crumbles**  
1/2 cup (50g)

For all 2 meals:

**vegetarian burger crumbles**  
1 cup (100g)

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

### Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Lunch 3 [🔗](#)

Eat on day 5

### Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



**collard greens**  
1/2 lbs (227g)  
**oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**salt**  
1 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.

### Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

**oil**  
1 tsp (5mL)  
**tempeh**  
2 oz (57g)

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.

Lunch 4 [↗](#)

Eat on day 6, day 7

Curried chickpea salad

322 cals ● 19g protein ● 11g fat ● 25g carbs ● 12g fiber



For single meal:

**mixed greens**  
1 oz (28g)  
**sunflower kernels**  
1 tbsp (12g)  
**raw celery, sliced**  
1 stalk, small (5" long) (17g)  
**curry powder**  
4 dash (1g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**lemon juice, divided**  
1 tbsp (15mL)  
**chickpeas, canned, drained & rinsed**  
1/2 can (224g)

For all 2 meals:

**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)

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.



## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

---

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

#### peach

1 medium (2-2/3" dia) (150g)

For all 3 meals:

#### peach

3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.
- 

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

#### eggs

2 large (100g)

For all 3 meals:

#### eggs

6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
  2. Place the eggs in a small sauce pan and cover with water.
  3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
  4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
-

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

#### **cucumber**

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

For all 2 meals:

#### **cucumber**

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

1. Slice cucumber into rounds and serve.

### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

#### **small granola bar**

1 bar (25g)

For all 2 meals:

#### **small granola bar**

2 bar (50g)

1. This recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

#### **string cheese**

1 stick (28g)

For all 2 meals:

#### **string cheese**

2 stick (56g)

1. This recipe has no instructions.

### Carrots and hummus



82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**baby carrots**  
8 medium (80g)

For all 2 meals:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

1. Serve carrots with hummus.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Black bean & sweet potato stew

207 cals ● 10g protein ● 3g fat ● 23g carbs ● 12g fiber



For single meal:

**tomato paste**  
1 tsp (5g)  
**oil**  
1/2 tsp (3mL)  
**kale leaves**  
4 tbsp, chopped (10g)  
**lemon juice**  
1/2 tsp (3mL)  
**ground cumin**  
2 dash (1g)  
**garlic, diced**  
1/3 clove(s) (1g)  
**onion, chopped**  
1/6 small (12g)  
**sweet potatoes, cubed**  
1/6 sweetpotato, 5" long (35g)  
**water**  
1/2 cup(s) (119mL)  
**black beans, drained**  
1/3 can(s) (146g)

For all 2 meals:

**tomato paste**  
2 tsp (11g)  
**oil**  
1 tsp (5mL)  
**kale leaves**  
1/2 cup, chopped (20g)  
**lemon juice**  
1 tsp (5mL)  
**ground cumin**  
4 dash (1g)  
**garlic, diced**  
2/3 clove(s) (2g)  
**onion, chopped**  
1/3 small (23g)  
**sweet potatoes, cubed**  
1/3 sweetpotato, 5" long (70g)  
**water**  
1 cup(s) (237mL)  
**black beans, drained**  
2/3 can(s) (293g)

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.

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**

2 tbsp, whole (18g)

For all 2 meals:

**almonds**

4 tbsp, whole (36g)

1. This recipe has no instructions.

---

## Dinner 2 [↗](#)

Eat on day 3

---

### Spinach soup with yogurt

236 cals ● 14g protein ● 8g fat ● 20g carbs ● 9g fiber



**nonfat greek yogurt, plain**

2 tbsp (35g)

**chickpeas, canned, drained & rinsed**

1/4 can (112g)

**oil**

1 tsp (5mL)

**onion, chopped**

1/2 medium (2-1/2" dia) (55g)

**fresh ginger, minced**

1 inch (2.5cm) cube (5g)

**fresh spinach**

4 oz (113g)

**vegetable broth**

5/8 cup(s) (mL)

**ground cumin**

4 dash (1g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Stir in greek yogurt and serve.

---

## Dinner 3 [↗](#)

Eat on day 4

---

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

**cottage cheese & fruit cup**

1 container (170g)

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

---

### Mediterranean lentil power salad

263 cals ● 14g protein ● 8g fat ● 28g carbs ● 6g fiber



**cucumber, chopped**  
4 tbsp slices (26g)  
**water**  
3/4 cup(s) (178mL)  
**lentils, raw**  
4 tbsp (48g)  
**canned black olives, chopped**  
1 tbsp (8g)  
**feta cheese**  
4 tsp, crumbled (12g)  
**tomatoes, chopped**  
2 cherry tomatoes (34g)  
**oil**  
1/4 tbsp (4mL)  
**red wine vinegar**  
1/4 tbsp (4mL)  
**lemon juice**  
1/4 tbsp (4mL)  
**dijon mustard**  
2 dash (1g)

1. In a pot, cover lentils with water. Bring to a boil. Reduce heat and simmer covered for 20-30 minutes or according to package instructions. Drain and set aside to cool.
2. Combine lentils with all remaining ingredients in a large bowl. Toss until well-mixed. Season with salt/pepper to taste.
3. Serve.

---

## Dinner 4 [↗](#)

Eat on day 5

---

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



**frozen sugar snap peas**  
1 1/3 cup (192g)

1. Prepare according to instructions on package.

---

### Basic tofu

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



Makes 8 oz

**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.
-

## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



For single meal:

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**butter**

2 tsp (9g)

**frozen sugar snap peas**

2/3 cup (96g)

For all 2 meals:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**butter**

4 tsp (18g)

**frozen sugar snap peas**

1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

### Veggie burger patty

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



For single meal:

**veggie burger patty**

2 patty (142g)

For all 2 meals:

**veggie burger patty**

4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

# Protein Supplement(s) [↗](#)

Eat every day

## Protein shake

2 1/2 scoop - 273 cal● 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.