

Meal Plan - 1400 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

1419 cals ● 126g protein (35%) ● 39g fat (25%) ● 121g carbs (34%) ● 21g fiber (6%)

Breakfast

165 cals, 9g protein, 14g net carbs, 7g fat



[Breakfast cereal](#)
97 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Snacks

185 cals, 5g protein, 30g net carbs, 4g fat



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cals



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

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

425 cals, 19g protein, 50g net carbs, 14g fat



[Lowfat yogurt](#)
1 container(s)- 181 cals



[Dark chocolate](#)
2 square(s)- 120 cals



[Chunky canned soup \(non-creamy\)](#)
1/2 can(s)- 124 cals

Dinner

315 cals, 20g protein, 24g net carbs, 12g fat



[Vegan crumbles](#)
3/4 cup(s)- 110 cals



[Orange](#)
1 orange(s)- 85 cals



[Greek cucumber & feta salad](#)
121 cals

Day 2

1349 cals ● 125g protein (37%) ● 52g fat (35%) ● 79g carbs (23%) ● 16g fiber (5%)

Breakfast

165 cals, 9g protein, 14g net carbs, 7g fat



[Breakfast cereal](#)
97 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Snacks

185 cals, 5g protein, 30g net carbs, 4g fat



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cals



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

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

275 cals, 19g protein, 24g net carbs, 10g fat



[Brown rice](#)
1/4 cup brown rice, cooked- 57 cals



[Buttery garlic green beans](#)
98 cals



[Simple seitan](#)
2 oz- 122 cals

Dinner

395 cals, 20g protein, 8g net carbs, 29g fat



[Low carb asian tofu bowl](#)
393 cals

Day 3

1345 cals ● 125g protein (37%) ● 50g fat (33%) ● 78g carbs (23%) ● 22g fiber (7%)

Breakfast

165 cals, 9g protein, 14g net carbs, 7g fat



[Breakfast cereal](#)
97 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Snacks

180 cals, 4g protein, 29g net carbs, 2g fat



[Raspberries](#)
1 cup(s)- 72 cals



[Pretzels](#)
110 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

275 cals, 19g protein, 24g net carbs, 10g fat



[Brown rice](#)
1/4 cup brown rice, cooked- 57 cals



[Buttery garlic green beans](#)
98 cals



[Simple seitan](#)
2 oz- 122 cals

Dinner

395 cals, 20g protein, 8g net carbs, 29g fat



[Low carb asian tofu bowl](#)
393 cals

Day 4

1401 cals ● 126g protein (36%) ● 33g fat (21%) ● 120g carbs (34%) ● 29g fiber (8%)

Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

Snacks

180 cals, 4g protein, 29g net carbs, 2g fat



[Raspberries](#)

1 cup(s)- 72 cals



[Pretzels](#)

110 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Lunch

350 cals, 8g protein, 57g net carbs, 5g fat



[Belizean rice & beans](#)

181 cals



[Orange](#)

2 orange(s)- 170 cals

Dinner

315 cals, 30g protein, 17g net carbs, 12g fat



[Mixed vegetables](#)

1/2 cup(s)- 49 cals



[Vegan sausage](#)

1 sausage(s)- 268 cals

Day 5

1402 cals ● 123g protein (35%) ● 36g fat (23%) ● 109g carbs (31%) ● 38g fiber (11%)

Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

Snacks

180 cals, 4g protein, 29g net carbs, 2g fat



[Raspberries](#)

1 cup(s)- 72 cals



[Pretzels](#)

110 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Lunch

345 cals, 16g protein, 26g net carbs, 16g fat



[Peach](#)

1 peach(es)- 66 cals



[Avocado egg salad sandwich](#)

1/2 sandwich(es)- 281 cals

Dinner

320 cals, 19g protein, 37g net carbs, 5g fat



[Mixed vegetables](#)

2 cup(s)- 194 cals



[Veggie burger patty](#)

1 patty- 127 cals

Day 6

1448 cals ● 140g protein (39%) ● 60g fat (37%) ● 65g carbs (18%) ● 23g fiber (6%)

Breakfast

225 cals, 22g protein, 9g net carbs, 11g fat



[Protein greek yogurt](#)
1 container- 139 cals



[Walnuts](#)
1/8 cup(s)- 87 cals

Snacks

180 cals, 7g protein, 13g net carbs, 10g fat



[Dark chocolate & raspberries](#)
69 cals



[Milk](#)
3/4 cup(s)- 112 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

345 cals, 16g protein, 26g net carbs, 16g fat



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



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cals

Dinner

365 cals, 22g protein, 14g net carbs, 21g fat



[Raspberries](#)
1/2 cup(s)- 36 cals



[Mediterranean chik'n salad with lemon yogurt dressing](#)
331 cals

Day 7

1397 cals ● 129g protein (37%) ● 66g fat (43%) ● 47g carbs (14%) ● 24g fiber (7%)

Breakfast

225 cals, 22g protein, 9g net carbs, 11g fat



[Protein greek yogurt](#)
1 container- 139 cals



[Walnuts](#)
1/8 cup(s)- 87 cals

Snacks

180 cals, 7g protein, 13g net carbs, 10g fat



[Dark chocolate & raspberries](#)
69 cals



[Milk](#)
3/4 cup(s)- 112 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

295 cals, 6g protein, 9g net carbs, 23g fat



[Avocado](#)
176 cals



[Green bean, beet, & pepita salad](#)
120 cals

Dinner

365 cals, 22g protein, 14g net carbs, 21g fat



[Raspberries](#)
1/2 cup(s)- 36 cals



[Mediterranean chik'n salad with lemon yogurt dressing](#)
331 cals

Dairy and Egg Products

- ☐ butter
1 1/2 tbsp (21g)
- ☐ whole milk
2 1/4 cup (540mL)
- ☐ eggs
6 large (300g)
- ☐ lowfat flavored yogurt
1 container (6 oz) (170g)
- ☐ feta cheese
2 tbsp, crumbled (19g)
- ☐ nonfat greek yogurt, plain
3 tbsp (52g)

Baked Products

- ☐ bagel
1 small bagel (3" dia) (69g)
- ☐ bread
2 slice (64g)

Fruits and Fruit Juices

- ☐ peach
4 medium (2-2/3" dia) (600g)
- ☐ orange
3 orange (462g)
- ☐ raspberries
4 1/4 cup (523g)
- ☐ avocados
1 avocado(s) (201g)
- ☐ canned black olives
6 large olives (26g)
- ☐ lemon juice
1/2 fl oz (17mL)

Breakfast Cereals

- ☐ breakfast cereal
1 1/2 serving (45g)

Sweets

- ☐ Chocolate, dark, 70-85%
4 square(s) (40g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)

Spices and Herbs

- ☐ dill weed, fresh
1/2 tbsp, chopped (1g)
- ☐ black pepper
1/4 g (0g)
- ☐ red wine vinegar
1 tbsp (15mL)
- ☐ salt
2 1/2 g (2g)
- ☐ lemon pepper
1 1/2 dash (0g)
- ☐ garlic powder
4 dash (2g)
- ☐ paprika
4 dash (1g)
- ☐ thyme, dried
4 dash, leaves (0g)

Fats and Oils

- ☐ olive oil
1 tsp (5mL)
- ☐ oil
2 1/2 oz (80mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)

Nut and Seed Products

- ☐ sesame seeds
2 tsp (6g)
- ☐ coconut milk, canned
1 1/2 tbsp (22mL)
- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ roasted pumpkin seeds, unsalted
1 tbsp (7g)

Other

- ☐ frozen riced cauliflower
1 1/2 cup, prepared (255g)
- ☐ vegan sausage
1 sausage (100g)
- ☐ veggie burger patty
1 patty (71g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ vegan chik'n strips
5 oz (142g)

Beverages

- ☐ water
21 1/2 cup(s) (5132mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Legumes and Legume Products

- ☐ vegetarian burger crumbles
3/4 cup (75g)
- ☐ soy sauce
4 tbsp (60mL)
- ☐ firm tofu
10 oz (284g)
- ☐ kidney beans
1/8 can (56g)
- ☐ chickpeas, canned
1/3 cup(s) (80g)

Vegetables and Vegetable Products

- ☐ cucumber
1/2 cucumber (8-1/4") (151g)
- ☐ garlic
4 clove(s) (12g)
- ☐ fresh ginger
2 tsp (4g)
- ☐ broccoli
1 cup chopped (91g)
- ☐ fresh green beans
9 1/3 oz (264g)
- ☐ tomatoes
2 3/4 medium whole (2-3/5" dia) (334g)
- ☐ frozen mixed veggies
2 1/2 cup (338g)
- ☐ onion
1/4 medium (2-1/2" dia) (30g)
- ☐ red bell pepper
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (7g)
- ☐ beets, precooked (canned or refrigerated)
1/2 beets (2" dia, sphere) (25g)

- ☐ mixed greens
2 cup (60g)

Cereal Grains and Pasta

- ☐ brown rice
2 3/4 tbsp (32g)
- ☐ seitan
4 oz (113g)
- ☐ long-grain white rice
2 tbsp (23g)

Snacks

- ☐ pretzels, hard, salted
3 oz (85g)
- ☐ high-protein granola bar
2 bar (80g)



Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Breakfast cereal

97 cal ● 3g protein ● 3g fat ● 14g carbs ● 1g fiber



For single meal:

breakfast cereal
1/2 serving (15g)
whole milk
4 tbsp (60mL)

For all 3 meals:

breakfast cereal
1 1/2 serving (45g)
whole milk
3/4 cup (180mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

- 1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

- 1. Enjoy.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



Makes 1 container(s)

lowfat flavored yogurt
1 container (6 oz) (170g)

1. This recipe has no instructions.

Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



Makes 2 square(s)

Chocolate, dark, 70-85%
2 square(s) (20g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2, day 3

Brown rice

1/4 cup brown rice, cooked - 57 cal● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

brown rice

4 tsp (16g)

salt

1/2 dash (0g)

water

1/6 cup(s) (40mL)

black pepper

1/2 dash, ground (0g)

For all 2 meals:

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (80mL)

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.

Buttery garlic green beans

98 cal● 2g protein ● 6g fat ● 6g carbs ● 3g fiber



For single meal:

butter

1/2 tbsp (7g)

garlic, minced

3/4 clove(s) (2g)

salt

1 dash (1g)

**fresh green beans, trimmed,
snapped in half**

4 oz (113g)

lemon pepper

3/4 dash (0g)

For all 2 meals:

butter

1 tbsp (14g)

garlic, minced

1 1/2 clove(s) (5g)

salt

2 dash (2g)

**fresh green beans, trimmed,
snapped in half**

1/2 lbs (227g)

lemon pepper

1 1/2 dash (0g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

Simple seitan

2 oz - 122 cal● 15g protein ● 4g fat ● 7g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
seitan
2 oz (57g)

For all 2 meals:

oil
1 tsp (5mL)
seitan
4 oz (113g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Lunch 3 [↗](#)

Eat on day 4

Belizean rice & beans

181 cals ● 5g protein ● 5g fat ● 26g carbs ● 3g fiber



garlic, minced
3/8 clove(s) (1g)
onion, chopped
1/8 medium (2-1/2" dia) (7g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (7g)
long-grain white rice
2 tbsp (23g)
water
1/8 cup(s) (22mL)
kidney beans, drained
1/8 can (56g)
coconut milk, canned
1 1/2 tbsp (23mL)

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.

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

orange
2 orange (308g)

1. This recipe has no instructions.
-

Lunch 4 [🔗](#)

Eat on day 5, day 6

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 2 meals:

peach

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

1. This recipe has no instructions.

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

tomatoes, halved

3 tbsp cherry tomatoes (28g)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

eggs, hard-boiled and chilled

1 1/2 large (75g)

For all 2 meals:

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)

Lunch 5 [↗](#)

Eat on day 7

Avocado

176 cals ● 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.

Green bean, beet, & pepita salad

120 cals ● 4g protein ● 8g fat ● 7g carbs ● 2g fiber



balsamic vinaigrette

1 tbsp (15mL)

roasted pumpkin seeds, unsalted

1 tbsp (7g)

beets, precooked (canned or refrigerated), chopped

1/2 beets (2" dia, sphere) (25g)

fresh green beans, ends trimmed and discarded

6 tbsp 1/2" pieces (38g)

mixed greens

1/2 cup (15g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 2 meals:

butter

1/2 tbsp (7g)

bagel

1 small bagel (3" dia) (69g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

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 2 meals:

peach

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

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 3 meals:

raspberries

3 cup (369g)

1. Rinse raspberries and serve.

Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted

1 oz (28g)

For all 3 meals:

pretzels, hard, salted

3 oz (85g)

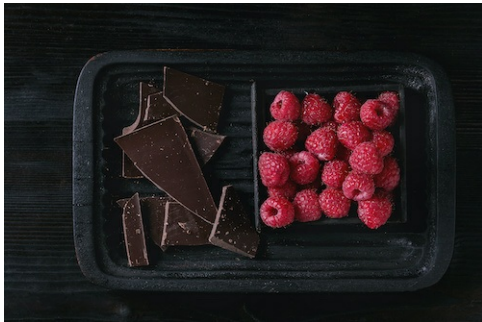
1. This recipe has no instructions.
-

Snacks 3 [↗](#)

Eat on day 6, day 7

Dark chocolate & raspberries

69 cal ● 1g protein ● 4g fat ● 4g carbs ● 2g fiber



For single meal:

raspberries

2 tbsp (15g)

Chocolate, dark, 70-85%

1 square(s) (10g)

For all 2 meals:

raspberries

4 tbsp (31g)

Chocolate, dark, 70-85%

2 square(s) (20g)

1. This recipe has no instructions.

Milk

3/4 cup(s) - 112 cal ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk

3/4 cup (180mL)

For all 2 meals:

whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Vegan crumbles

3/4 cup(s) - 110 cal ● 14g protein ● 3g fat ● 2g carbs ● 4g fiber



Makes 3/4 cup(s)

vegetarian burger crumbles

3/4 cup (75g)

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

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



Makes 1 orange(s)

orange

1 orange (154g)

1. This recipe has no instructions.

Greek cucumber & feta salad

121 cals ● 4g protein ● 9g fat ● 6g carbs ● 1g fiber



cucumber

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

dill weed, fresh

1/2 tbsp, chopped (1g)

black pepper

1/2 dash (0g)

feta cheese

2 tbsp, crumbled (19g)

red wine vinegar

1 tbsp (15mL)

olive oil

1 tsp (5mL)

salt

1/2 dash (0g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Low carb asian tofu bowl

393 cals ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber



For single meal:

garlic, minced

1 clove (3g)

sesame seeds

1 tsp (3g)

oil

1 1/2 tbsp (23mL)

fresh ginger, minced

1 tsp (2g)

soy sauce

2 tbsp (30mL)

frozen riced cauliflower

3/4 cup, prepared (128g)

broccoli

1/2 cup chopped (46g)

firm tofu, drained and patted dry

5 oz (142g)

For all 2 meals:

garlic, minced

2 clove (6g)

sesame seeds

2 tsp (6g)

oil

3 tbsp (45mL)

fresh ginger, minced

2 tsp (4g)

soy sauce

4 tbsp (60mL)

frozen riced cauliflower

1 1/2 cup, prepared (255g)

broccoli

1 cup chopped (91g)

firm tofu, drained and patted dry

10 oz (284g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Dinner 3 [🔗](#)

Eat on day 4

Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1/2 cup(s)

frozen mixed veggies

1/2 cup (68g)

1. Prepare according to instructions on package.

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

vegan sausage
1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

Dinner 4 [🔗](#)

Eat on day 5

Mixed vegetables

2 cup(s) - 194 cals ● 9g protein ● 2g fat ● 26g carbs ● 11g fiber



Makes 2 cup(s)

frozen mixed veggies
2 cup (270g)

1. Prepare according to instructions on package.

Veggie burger patty

1 patty - 127 cals ● 10g protein ● 3g fat ● 11g carbs ● 4g fiber



Makes 1 patty

veggie burger patty
1 patty (71g)

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

Dinner 5 [↗](#)

Eat on day 6, day 7

Raspberries

1/2 cup(s) - 36 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries

1/2 cup (62g)

For all 2 meals:

raspberries

1 cup (123g)

1. Rinse raspberries and serve.

Mediterranean chik'n salad with lemon yogurt dressing

331 cal ● 21g protein ● 20g fat ● 11g carbs ● 5g fiber



For single meal:

vegan chik'n strips

2 1/2 oz (71g)

mixed greens

3/4 cup (23g)

chickpeas, canned, drained and rinsed

1/6 cup(s) (40g)

canned black olives, pitted

3 large olives (13g)

nonfat greek yogurt, plain

1 1/2 tbsp (26g)

tomatoes, chopped

4 tbsp cherry tomatoes (37g)

onion, thinly sliced

1/6 small (12g)

lemon juice

1/2 tbsp (8mL)

oil

3 tsp (15mL)

paprika

2 dash (1g)

thyme, dried

2 dash, leaves (0g)

For all 2 meals:

vegan chik'n strips

5 oz (142g)

mixed greens

1 1/2 cup (45g)

chickpeas, canned, drained and rinsed

1/3 cup(s) (80g)

canned black olives, pitted

6 large olives (26g)

nonfat greek yogurt, plain

3 tbsp (52g)

tomatoes, chopped

1/2 cup cherry tomatoes (74g)

onion, thinly sliced

1/3 small (23g)

lemon juice

3 tsp (15mL)

oil

2 tbsp (30mL)

paprika

4 dash (1g)

thyme, dried

4 dash, leaves (0g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
 2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
 3. Add the remaining oil to the skillet and cook the chik'n for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.
 4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
 5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.
-

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

water
3 cup(s) (718mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

water
21 cup(s) (5029mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.