Meal Plan - 1500 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

1517 cals | 140g protein (37%) | 52g fat (31%) | 98g carbs (26%) | 24g fiber (6%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat

Avocado toast
1 slice(s)- 168 cals

Boiled eggs
1 egg(s)- 69 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)

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

Protein shake
3 scoop- 327 cals

Lunch

360 cals, 21g protein, 27g net carbs, 15g fat

Bean & tofu goulash
219 cals

Caprese salad
142 cals

Dinner

430 cals, 26g protein, 47g net carbs, 14g fat

Orange
1 orange(s)- 85 cals

Crispy chik'n tenders
6 tender(s)- 343 cals

Day 2

1468 cals 131g protein (36%) 48g fat (29%) 102g carbs (28%) 26g fiber (7%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat

Avocado toast
1 slice(s)- 168 cals

Boiled eggs
1 egg(s)- 69 cals

Lunch

305 cals, 17g protein, 28g net carbs, 12g fat

Simple mozzarella and tomato salad
121 cals

Rice pilaf with meatless meatballs
186 cals

Snacks

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

String cheese
1 stick(s)- 83 cals

Carrots and hummus
82 cals

Dinner

430 cals, 21g protein, 50g net carbs, 12g fat

Veggie burger with cheese
1 burger- 361 cals

Peas
71 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 3

1570 cals 138g protein (35%) 48g fat (28%) 119g carbs (30%) 27g fiber (7%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat

Avocado toast
1 slice(s)- 168 cals

Boiled eggs
1 egg(s)- 69 cals

Lunch

415 cals, 23g protein, 28g net carbs, 22g fat

Egg & avocado salad
266 cals

Kefir
150 cals

Snacks

160 cals, 8g protein, 17g net carbs, 5g fat

Cucumber slices
1/4 cucumber- 15 cals

Hummus toast
1 slice(s)- 146 cals

Dinner

430 cals, 24g protein, 58g net carbs, 7g fat

Lowfat Greek yogurt
1 container(s)- 155 cals

Spiced chickpea tabbouleh bowl
273 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 4

1535 cals 135g protein (35%) 44g fat (26%) 123g carbs (32%) 27g fiber (7%)

Breakfast

195 cals, 16g protein, 21g net carbs, 5g fat

Toast with butter and jelly
1/2 slice(s)- 67 cals

Cottage cheese & fruit cup
1 container- 131 cals

Lunch

420 cals, 15g protein, 24g net carbs, 25g fat

Zoodles with avocado sauce
235 cals

Milk
1 1/4 cup(s)- 186 cals

Snacks

160 cals, 8g protein, 17g net carbs, 5g fat

Cucumber slices
1/4 cucumber- 15 cals

Hummus toast
1 slice(s)- 146 cals

Dinner

430 cals, 24g protein, 58g net carbs, 7g fat

Lowfat Greek yogurt
1 container(s)- 155 cals

Spiced chickpea tabbouleh bowl
273 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 5

1461 cals 143g protein (39%) 49g fat (30%) 87g carbs (24%) 24g fiber (7%)

Breakfast

195 cals, 16g protein, 21g net carbs, 5g fat

Toast with butter and jelly
1/2 slice(s)- 67 cals

Cottage cheese & fruit cup
1 container- 131 cals

Lunch

420 cals, 15g protein, 24g net carbs, 25g fat

Zoodles with avocado sauce
235 cals

Milk
1 1/4 cup(s)- 186 cals

Snacks

160 cals, 8g protein, 17g net carbs, 5g fat

Cucumber slices
1/4 cucumber- 15 cals

Hummus toast
1 slice(s)- 146 cals

Dinner

355 cals, 32g protein, 22g net carbs, 13g fat

Edamame & beet salad
171 cals

Simple seitan
3 oz- 183 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 6

1471 cals 137g protein (37%) 34g fat (21%) 127g carbs (35%) 27g fiber (7%)

Breakfast

245 cals, 16g protein, 31g net carbs, 4g fat

Protein shake (milk)
129 cals

Applesauce
114 cals

Lunch

385 cals, 19g protein, 53g net carbs, 7g fat

Lentil & tomato pasta
316 cals

Caprese salad
71 cals

Snacks

130 cals, 8g protein, 20g net carbs, 1g fat

Clementine
1 clementine(s)- 39 cals

Cottage cheese & honey
1/4 cup(s)- 62 cals

Grapes
29 cals

Dinner

385 cals, 21g protein, 21g net carbs, 20g fat

Goat cheese and marinara stuffed zucchini
4 zucchini halve(s)- 384 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Day 7

1471 cals 137g protein (37%) 34g fat (21%) 127g carbs (35%) 27g fiber (7%)

Breakfast

245 cals, 16g protein, 31g net carbs, 4g fat

Protein shake (milk)
129 cals

Applesauce
114 cals

Lunch

385 cals, 19g protein, 53g net carbs, 7g fat

Lentil & tomato pasta
316 cals

Caprese salad
71 cals

Snacks

130 cals, 8g protein, 20g net carbs, 1g fat

Clementine
1 clementine(s)- 39 cals

Cottage cheese & honey
1/4 cup(s)- 62 cals

Grapes
29 cals

Dinner

385 cals, 21g protein, 21g net carbs, 20g fat

Goat cheese and marinara stuffed zucchini
4 zucchini halve(s)- 384 cals

Protein Supplement(s)

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

Protein shake
3 scoop- 327 cals

Grocery List

Fats and Oils

- [ ] oil
  1/3 oz (10mL)
- [ ] balsamic vinaigrette
  1 1/2 oz (43mL)

Spices and Herbs

- [ ] paprika
  1 tsp (2g)
- [ ] fresh thyme
  1 dash (0g)
- [ ] fresh basil
  1 oz (33g)
- [ ] garlic powder
  1/3 tsp (1g)
- [ ] ground cumin
  1/4 tbsp (2g)

Legumes and Legume Products

- [ ] white beans, canned
  1/4 can(s) (110g)
- [ ] firm tofu
  1 3/4 oz (50g)
- [ ] hummus
  3/4 cup (173g)
- [ ] chickpeas, canned
  1/2 can(s) (224g)
- [ ] lentils, raw
  6 tbsp (72g)

Vegetables and Vegetable Products

- [ ] onion
  5/8 medium (2-1/2" dia) (65g)
- [ ] garlic
  3/4 clove(s) (2g)
- [ ] tomatoes
  3 1/4 medium whole (2-3/5" dia) (403g)
- [ ] baby carrots
  16 medium (160g)
- [ ] ketchup
  2 1/2 tbsp (43g)
- [ ] frozen peas
  2/3 cup (89g)
- [ ] cucumber
  1 cucumber (8-1/4") (301g)
- [ ] fresh parsley
  2 sprigs (2g)

Other

- [ ] mixed greens
  1 1/6 package (5.5 oz) (182g)
- [ ] meatless chik'n tenders
  6 pieces (153g)
- [ ] vegan meatballs, frozen
  1 1/2 meatball(s) (45g)
- [ ] snow peas
  1/8 cup (5g)
- [ ] veggie burger patty
  1 patty (71g)
- [ ] cottage cheese & fruit cup
  2 container (340g)

Beverages

- [ ] protein powder
  22 scoop (1/3 cup ea) (682g)
- [ ] water
  21 3/4 cup(s) (5159mL)

Baked Products

- [ ] bread
  7 slice (224g)
- [ ] hamburger buns
  1 bun(s) (51g)

Fruits and Fruit Juices

- [ ] avocados
  2 avocado(s) (419g)
- [ ] orange
  1 orange (154g)
- [ ] lemon juice
  3 1/4 tbsp (49mL)
- [ ] clementines
  2 fruit (148g)
- [ ] grapes
  1 cup (92g)
- [ ] applesauce
  4 to-go container (~4 oz) (488g)

Meals, Entrees, and Side Dishes

- [ ] flavored rice mix
  1/8 box (8 oz) (28g)

Cereal Grains and Pasta

- [ ] zucchini
  5 large (1615g)
- [ ] edamame, frozen, shelled
  1/2 cup (59g)
- [ ] beets, precooked (canned or refrigerated)
  2 beet(s) (100g)
- [ ] canned crushed tomatoes
  1/2 can (203g)
- [ ] tomato paste
  1/2 tbsp (8g)
- [ ] carrots
  1/2 medium (31g)

Dairy and Egg Products

- [ ] fresh mozzarella cheese
  3 oz (85g)
- [ ] string cheese
  2 stick (56g)
- [ ] eggs
  5 large (250g)
- [ ] sliced cheese
  1 slice (3/4 oz ea) (21g)
- [ ] kefir, flavored
  1 cup (240mL)
- [ ] lowfat flavored greek yogurt
  2 (5.3 oz ea) container(s) (300g)
- [ ] whole milk
  3 1/2 cup(s) (840mL)
- [ ] butter
  1 tsp (5g)
- [ ] low fat cottage cheese (1% milkfat)
  1/2 cup (113g)
- [ ] goat cheese
  4 oz (113g)

- [ ] instant couscous, flavored
  1/2 box (5.8 oz) (82g)
- [ ] seitan
  3 oz (85g)
- [ ] uncooked dry pasta
  2 1/4 oz (64g)

Sweets

- [ ] jelly
  1 tsp (7g)
- [ ] honey
  2 tsp (14g)

Soups, Sauces, and Gravies

- [ ] pasta sauce
  1 cup(s) (260g)

Recipes

Breakfast 1

Eat on day 1, day 2, and day 3

Avocado toast

1 slice(s) - 168 cals 5g protein 9g fat 13g carbs 5g fiber

For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Boiled eggs

1 egg(s) - 69 cals 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 and day 5

Toast with butter and jelly

1/2 slice(s) - 67 cals 2g protein 2g fat 8g carbs 1g fiber

For single meal:

bread
1/2 slice (16g)
butter
4 dash (2g)
jelly
4 dash (4g)

For all 2 meals:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly on the bread.

Cottage cheese & fruit cup

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

For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Breakfast 3

Eat on day 6 and day 7

Protein shake (milk)

129 cals 16g protein 4g fat 6g carbs 1g fiber

For single meal:

whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Applesauce

114 cals 0g protein 0g fat 25g carbs 3g fiber

For single meal:

applesauce
2 to-go container (~4 oz) (244g)

For all 2 meals:

applesauce
4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Lunch 1

Eat on day 1

Bean & tofu goulash

219 cals 12g protein 6g fat 22g carbs 6g fiber

oil
1/4 tbsp (4mL)
paprika
1/4 tbsp (2g)
fresh thyme
1 dash (0g)
white beans, canned, drained & rinsed
1/4 can(s) (110g)
onion, diced
1/4 medium (2-1/2" dia) (28g)
firm tofu, drained and diced
1 3/4 oz (50g)
garlic, minced
1/4 clove (1g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Caprese salad

142 cals 8g protein 9g fat 5g carbs 2g fiber

fresh mozzarella cheese
1 oz (28g)
mixed greens
1/3 package (5.5 oz) (52g)
fresh basil
2 2/3 tbsp leaves, whole (4g)
balsamic vinaigrette
2 tsp (10mL)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Lunch 2

Eat on day 2

Simple mozzarella and tomato salad

121 cals 7g protein 8g fat 3g carbs 1g fiber

balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
1/2 tbsp, chopped (1g)
fresh mozzarella cheese, sliced
1 oz (28g)
tomatoes, sliced
3/8 large whole (3" dia) (68g)

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

Rice pilaf with meatless meatballs

186 cals 10g protein 4g fat 25g carbs 3g fiber

flavored rice mix
1/8 box (8 oz) (28g)
vegan meatballs, frozen
1 1/2 meatball(s) (45g)
tomatoes
1 1/2 cherry tomatoes (26g)
snow peas, ends trimmed
1/8 cup (5g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

Lunch 3

Eat on day 3

Egg & avocado salad

266 cals 15g protein 19g fat 3g carbs 5g fiber

garlic powder
1/3 tsp (1g)
avocados
1/3 avocado(s) (67g)
mixed greens
2/3 cup (20g)
eggs, hard-boiled and chilled
2 large (100g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Kefir

150 cals 8g protein 2g fat 25g carbs 0g fiber

kefir, flavored
1 cup (240mL)

1. Pour into a glass and drink.

Lunch 4

Eat on day 4 and day 5

Zoodles with avocado sauce

235 cals 5g protein 16g fat 9g carbs 10g fiber

For single meal:

water
1/6 cup(s) (39mL)
lemon juice
1 1/2 tbsp (23mL)
fresh basil
1/2 cup leaves, whole (12g)
zucchini
1/2 large (162g)
avocados, peeled and seed removed
1/2 avocado(s) (101g)
tomatoes, halved
5 cherry tomatoes (85g)

For all 2 meals:

water
1/3 cup(s) (79mL)
lemon juice
3 tbsp (45mL)
fresh basil
1 cup leaves, whole (24g)
zucchini
1 large (323g)
avocados, peeled and seed removed
1 avocado(s) (201g)
tomatoes, halved
10 cherry tomatoes (170g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Milk

1 1/4 cup(s) - 186 cals 10g protein 10g fat 15g carbs 0g fiber

For single meal:

whole milk
1 1/4 cup(s) (300mL)

For all 2 meals:

whole milk
2 1/2 cup(s) (600mL)

1. The recipe has no instructions.

Lunch 5

Eat on day 6 and day 7

Lentil & tomato pasta

316 cals 15g protein 2g fat 51g carbs 8g fiber

For single meal:

uncooked dry pasta
1 oz (32g)
lentils, raw
3 tbsp (36g)
canned crushed tomatoes
1/4 can (101g)
water
1/4 cup(s) (52mL)
paprika
1 dash (0g)
ground cumin
1 dash (0g)
oil
1/6 tsp (1mL)
tomato paste
1/4 tbsp (4g)
carrots, chopped
1/4 medium (15g)
garlic, minced
1/4 clove(s) (1g)
onion, diced
1/8 large (19g)

For all 2 meals:

uncooked dry pasta
2 1/4 oz (64g)
lentils, raw
6 tbsp (72g)
canned crushed tomatoes
1/2 can (203g)
water
1/2 cup(s) (104mL)
paprika
2 dash (1g)
ground cumin
2 dash (1g)
oil
3/8 tsp (2mL)
tomato paste
1/2 tbsp (8g)
carrots, chopped
1/2 medium (31g)
garlic, minced
1/2 clove(s) (2g)
onion, diced
1/4 large (38g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

Caprese salad

71 cals 4g protein 5g fat 2g carbs 1g fiber

For single meal:

fresh mozzarella cheese
1/2 oz (14g)
mixed greens
1/6 package (5.5 oz) (26g)
fresh basil
4 tsp leaves, whole (2g)
balsamic vinaigrette
1 tsp (5mL)
tomatoes, halved
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

fresh mozzarella cheese
1 oz (28g)
mixed greens
1/3 package (5.5 oz) (52g)
fresh basil
2 2/3 tbsp leaves, whole (4g)
balsamic vinaigrette
2 tsp (10mL)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Snacks 1

Eat on day 1 and day 2

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. The 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.

Snacks 2

Eat on day 3, day 4, and day 5

Cucumber slices

1/4 cucumber - 15 cals 1g protein 0g fat 3g carbs 0g fiber

For single meal:

cucumber
1/4 cucumber (8-1/4") (75g)

For all 3 meals:

cucumber
3/4 cucumber (8-1/4") (226g)

1. Slice cucumber into rounds and serve.

Hummus toast

1 slice(s) - 146 cals 7g protein 5g fat 15g carbs 4g fiber

For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 3 meals:

bread
3 slice (96g)
hummus
1/2 cup (113g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Snacks 3

Eat on day 6 and day 7

Clementine

1 clementine(s) - 39 cals 1g protein 0g fat 8g carbs 1g fiber

For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

Cottage cheese & honey

1/4 cup(s) - 62 cals 7g protein 1g fat 7g carbs 0g fiber

For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Grapes

29 cals 0g protein 0g fat 5g carbs 2g fiber

For single meal:

grapes
1/2 cup (46g)

For all 2 meals:

grapes
1 cup (92g)

1. The recipe has no instructions.

Dinner 1

Eat on day 1

Orange

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

Makes 1 orange(s)

orange
1 orange (154g)

1. The recipe has no instructions.

Crispy chik'n tenders

6 tender(s) - 343 cals 24g protein 14g fat 31g carbs 0g fiber

Makes 6 tender(s)

meatless chik'n tenders
6 pieces (153g)
ketchup
1 1/2 tbsp (26g)

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

Dinner 2

Eat on day 2

Veggie burger with cheese

1 burger - 361 cals 16g protein 12g fat 42g carbs 6g fiber

Makes 1 burger

hamburger buns
1 bun(s) (51g)
ketchup
1 tbsp (17g)
mixed greens
1 oz (28g)
veggie burger patty
1 patty (71g)
sliced cheese
1 slice (3/4 oz ea) (21g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

Peas

71 cals 5g protein 0g fat 8g carbs 4g fiber

frozen peas
2/3 cup (89g)

1. Prepare according to instructions on package.

Dinner 3

Eat on day 3 and day 4

Lowfat Greek yogurt

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

For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

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

1. The recipe has no instructions.

Spiced chickpea tabbouleh bowl

273 cals 11g protein 3g fat 42g carbs 8g fiber

For single meal:

instant couscous, flavored
1/4 box (5.8 oz) (41g)
oil
1/8 tsp (1mL)
ground cumin
2 dash (1g)
lemon juice
3/8 tsp (2mL)
cucumber, chopped
1/8 cucumber (8-1/4") (38g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)
tomatoes, chopped
1/4 roma tomato (20g)
fresh parsley, chopped
1 sprigs (1g)

For all 2 meals:

instant couscous, flavored
1/2 box (5.8 oz) (82g)
oil
1/4 tsp (1mL)
ground cumin
4 dash (1g)
lemon juice
1/4 tbsp (4mL)
cucumber, chopped
1/4 cucumber (8-1/4") (75g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)
tomatoes, chopped
1/2 roma tomato (40g)
fresh parsley, chopped
2 sprigs (2g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Dinner 4

Eat on day 5

Edamame & beet salad

171 cals 9g protein 7g fat 12g carbs 6g fiber

mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Simple seitan

3 oz - 183 cals 23g protein 6g fat 10g carbs 0g fiber

Makes 3 oz

seitan
3 oz (85g)
oil
1/4 tbsp (4mL)

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.

Dinner 5

Eat on day 6 and day 7

Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cals 21g protein 20g fat 21g carbs 9g fiber

For single meal:

pasta sauce
1/2 cup(s) (130g)
goat cheese
2 oz (57g)
zucchini
2 large (646g)

For all 2 meals:

pasta sauce
1 cup(s) (260g)
goat cheese
4 oz (113g)
zucchini
4 large (1292g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Protein Supplement(s)

Eat every day

Protein shake

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

For single meal:

protein powder
3 scoop (1/3 cup ea) (93g)
water
3 cup(s) (711mL)

For all 7 meals:

protein powder
21 scoop (1/3 cup ea) (651g)
water
21 cup(s) (4977mL)

1. The recipe has no instructions.