

Meal Plan - 1600 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

1581 cal ● 142g protein (36%) ● 56g fat (32%) ● 105g carbs (27%) ● 21g fiber (5%)

Breakfast

215 cal, 14g protein, 6g net carbs, 12g fat



Basic scrambled eggs

2 egg(s)- 159 cal



Raspberries

3/4 cup(s)- 54 cal

Snacks

180 cal, 8g protein, 13g net carbs, 10g fat



Clementine

1 clementine(s)- 39 cal



String cheese

1 stick(s)- 83 cal



Dark chocolate

1 square(s)- 60 cal

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cal

Lunch

440 cal, 24g protein, 41g net carbs, 18g fat



Chik'n nuggets

8 nuggets- 441 cal

Dinner

420 cal, 23g protein, 43g net carbs, 15g fat



Seitan Philly cheesesteak

1/2 sub(s)- 285 cal



Grapes

58 cal



Milk

1/2 cup(s)- 75 cal

Day 2

1634 cals ● 153g protein (38%) ● 52g fat (29%) ● 110g carbs (27%) ● 27g fiber (7%)

Breakfast

215 cals, 14g protein, 6g net carbs, 12g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Raspberries
3/4 cup(s)- 54 cals

Snacks

180 cals, 8g protein, 13g net carbs, 10g fat



Clementine
1 clementine(s)- 39 cals



String cheese
1 stick(s)- 83 cals



Dark chocolate
1 square(s)- 60 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

495 cals, 36g protein, 46g net carbs, 14g fat



Chunky canned soup (non-creamy)
2 can(s)- 494 cals

Dinner

420 cals, 23g protein, 43g net carbs, 15g fat



Seitan Philly cheesesteak
1/2 sub(s)- 285 cals



Grapes
58 cals



Milk
1/2 cup(s)- 75 cals

Day 3

1654 cals ● 152g protein (37%) ● 55g fat (30%) ● 111g carbs (27%) ● 25g fiber (6%)

Breakfast

220 cals, 11g protein, 21g net carbs, 9g fat



Milk
1/2 cup(s)- 75 cals



Hummus toast
1 slice(s)- 146 cals

Snacks

180 cals, 8g protein, 13g net carbs, 10g fat



Clementine
1 clementine(s)- 39 cals



String cheese
1 stick(s)- 83 cals



Dark chocolate
1 square(s)- 60 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

495 cals, 36g protein, 46g net carbs, 14g fat



Chunky canned soup (non-creamy)
2 can(s)- 494 cals

Dinner

430 cals, 25g protein, 29g net carbs, 22g fat



Basic tofu
6 oz- 257 cals



Lentils
174 cals

Day 4

1582 cals ● 143g protein (36%) ● 65g fat (37%) ● 87g carbs (22%) ● 19g fiber (5%)

Breakfast

220 cals, 11g protein, 21g net carbs, 9g fat



Milk

1/2 cup(s)- 75 cals



Hummus toast

1 slice(s)- 146 cals

Snacks

210 cals, 6g protein, 18g net carbs, 12g fat



Walnuts

1/8 cup(s)- 87 cals



Small toasted bagel with butter

1/2 bagel(s)- 120 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

395 cals, 29g protein, 16g net carbs, 22g fat



Egg & avocado salad

266 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

430 cals, 25g protein, 29g net carbs, 22g fat



Basic tofu

6 oz- 257 cals



Lentils

174 cals

Day 5

1661 cals ● 150g protein (36%) ● 66g fat (36%) ● 85g carbs (20%) ● 31g fiber (8%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Avocado toast

1 slice(s)- 168 cals



Basic fried eggs

1 egg(s)- 80 cals

Snacks

210 cals, 6g protein, 18g net carbs, 12g fat



Walnuts

1/8 cup(s)- 87 cals



Small toasted bagel with butter

1/2 bagel(s)- 120 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

445 cals, 31g protein, 39g net carbs, 15g fat



Milk

1/2 cup(s)- 75 cals



Hummus & veggie deli sandwich

1 sandwich(es)- 370 cals

Dinner

435 cals, 29g protein, 12g net carbs, 24g fat



Basic tempeh

4 oz- 295 cals



Olive oil drizzled broccoli

2 cup(s)- 140 cals

Day 6

1653 cals ● 154g protein (37%) ● 64g fat (35%) ● 82g carbs (20%) ● 34g fiber (8%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Avocado toast
1 slice(s)- 168 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

200 cals, 9g protein, 16g net carbs, 9g fat



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



Dark chocolate & raspberries
138 cals

Protein Supplement(s)

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



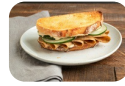
Protein shake
3 scoop- 327 cals

Lunch

445 cals, 31g protein, 39g net carbs, 15g fat



Milk
1/2 cup(s)- 75 cals



Hummus & veggie deli sandwich
1 sandwich(es)- 370 cals

Dinner

435 cals, 29g protein, 12g net carbs, 24g fat



Basic tempeh
4 oz- 295 cals



Olive oil drizzled broccoli
2 cup(s)- 140 cals

Day 7

1609 cals ● 144g protein (36%) ● 52g fat (29%) ● 111g carbs (28%) ● 31g fiber (8%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Avocado toast
1 slice(s)- 168 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

200 cals, 9g protein, 16g net carbs, 9g fat



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



Dark chocolate & raspberries
138 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

410 cals, 29g protein, 27g net carbs, 18g fat



Cottage cheese & fruit cup
1 container- 131 cals



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

Dinner

425 cals, 22g protein, 52g net carbs, 8g fat



Tossed salad
121 cals



Rice pilaf with meatless meatballs
186 cals



Lentils
116 cals

Vegetables and Vegetable Products

- ketchup
2 tbsp (34g)
- onion
1/4 medium (2-1/2" dia) (28g)
- bell pepper
1/2 small (37g)
- cucumber
1/3 cucumber (8-1/4") (90g)
- frozen broccoli
4 cup (364g)
- carrots
1/2 small (5-1/2" long) (25g)
- romaine lettuce
1/2 hearts (250g)
- tomatoes
5/6 medium whole (2-3/5" dia) (99g)
- red onion
1/8 medium (2-1/2" dia) (14g)

Other

- vegan chik'n nuggets
8 nuggets (172g)
- sub roll(s)
1 roll(s) (85g)
- mixed greens
2/3 cup (20g)
- cottage cheese & fruit cup
2 container (340g)
- plant-based deli slices
12 slices (125g)
- vegan meatballs, frozen
1 1/2 meatball(s) (45g)
- snow peas
1/8 cup (5g)

Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
23 2/3 cup(s) (5610mL)

Fruits and Fruit Juices

- clementines
3 fruit (222g)
- raspberries
2 cup (246g)

Sweets

- chocolate, dark, 70-85%
7 square(s) (70g)
- honey
2 tsp (14g)

Fats and Oils

- oil
2 oz (64mL)
- olive oil
4 tsp (20mL)
- salad dressing
1 tbsp (14mL)

Cereal Grains and Pasta

- seitan
3 oz (85g)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

Baked Products

- bread
2/3 lbs (320g)
- bagel
1 small bagel (3" dia) (69g)

Legumes and Legume Products

- hummus
2/3 cup (165g)
- firm tofu
3/4 lbs (340g)
- lentils, raw
2/3 cup (128g)
- tempeh
1/2 lbs (227g)

Spices and Herbs

- salt
1/8 oz (2g)
- garlic powder
1/2 tsp (2g)
- black pepper
2 dash (0g)

- grapes
2 cup (184g)
- avocados
1 1/3 avocado(s) (268g)

Dairy and Egg Products

- string cheese
3 stick (84g)
 - eggs
10 1/2 large (525g)
 - cheese
1 slice (1 oz each) (28g)
 - whole milk
3 cup(s) (720mL)
 - butter
1/2 tbsp (7g)
 - low fat cottage cheese (1% milkfat)
1/2 cup (113g)
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Nut and Seed Products

- walnuts
4 tbsp, shelled (25g)

Meals, Entrees, and Side Dishes

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

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Basic scrambled eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 large (200g)

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.

Raspberries

3/4 cup(s) - 54 cal ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries
3/4 cup (92g)

For all 2 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.
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Hummus toast

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



For single meal:

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

For all 2 meals:

bread
2 slice (64g)
hummus
5 tbsp (75g)

1. (Optional) Toast bread.
 2. Spread hummus over bread and serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Avocado toast

1 slice(s) - 168 cal ● 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.
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Basic fried eggs

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



For single meal:

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

For all 3 meals:

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

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.
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Lunch 1 [↗](#)

Eat on day 1

Chik'n nuggets

8 nuggets - 441 cal ● 24g protein ● 18g fat ● 41g carbs ● 4g fiber



Makes 8 nuggets

ketchup

2 tbsp (34g)

vegan chik'n nuggets

8 nuggets (172g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 2 [↗](#)

Eat on day 2 and day 3

Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.
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Lunch 3 [↗](#)

Eat on day 4

Egg & avocado salad

266 cal ● 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.

Cottage cheese & fruit cup

1 container - 131 cal ● 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.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup(s) (120mL)

For all 2 meals:

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Hummus & veggie deli sandwich

1 sandwich(es) - 370 cal ● 27g protein ● 11g fat ● 33g carbs ● 8g fiber



For single meal:

bread
2 slice(s) (64g)
plant-based deli slices
6 slices (62g)
hummus
3 tbsp (45g)
cucumber
4 tbsp slices (26g)

For all 2 meals:

bread
4 slice(s) (128g)
plant-based deli slices
12 slices (125g)
hummus
6 tbsp (90g)
cucumber
1/2 cup slices (52g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich.
Serve.

Lunch 5 [↗](#)

Eat on day 7

Cottage cheese & fruit cup

1 container - 131 cal ● 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.

Avocado egg salad sandwich

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



Makes 1/2 sandwich(es)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

tomatoes, halved

3 tbsp cherry tomatoes (28g)

eggs, hard-boiled and chilled

1 1/2 large (75g)

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)

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Clementine

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



For single meal:

clementines

1 fruit (74g)

For all 3 meals:

clementines

3 fruit (222g)

1. The recipe has no instructions.

String cheese

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



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

Dark chocolate

1 square(s) - 60 cal ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

chocolate, dark, 70-85%
1 square(s) (10g)

For all 3 meals:

chocolate, dark, 70-85%
3 square(s) (30g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Walnuts

1/8 cup(s) - 87 cal ● 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. The recipe has no instructions.

Small toasted bagel with butter

1/2 bagel(s) - 120 cal ● 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.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Cottage cheese & honey

1/4 cup(s) - 62 cal ● 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)

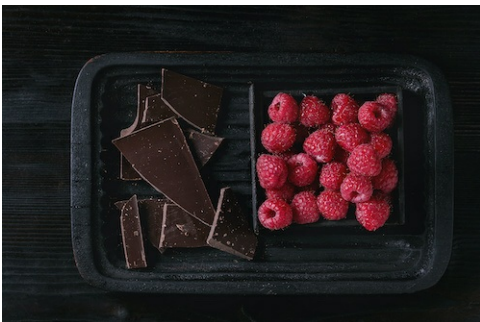
honey

2 tsp (14g)

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

Dark chocolate & raspberries

138 cal ● 2g protein ● 9g fat ● 9g carbs ● 4g fiber



For single meal:

raspberries

4 tbsp (31g)

chocolate, dark, 70-85%

2 square(s) (20g)

For all 2 meals:

raspberries

1/2 cup (62g)

chocolate, dark, 70-85%

4 square(s) (40g)

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

Eat on day 1 and day 2

Seitan Philly cheesesteak

1/2 sub(s) - 285 cals ● 19g protein ● 10g fat ● 28g carbs ● 2g fiber



For single meal:

sub roll(s)
1/2 roll(s) (43g)
oil
1/4 tbsp (4mL)
cheese
1/2 slice (1 oz each) (14g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
bell pepper, sliced
1/4 small (19g)
seitan, cut into strips
1 1/2 oz (43g)

For all 2 meals:

sub roll(s)
1 roll(s) (85g)
oil
1/2 tbsp (8mL)
cheese
1 slice (1 oz each) (28g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced
1/2 small (37g)
seitan, cut into strips
3 oz (85g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. The recipe has no instructions.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:
whole milk
1/2 cup(s) (120mL)

For all 2 meals:
whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:
oil
1 tbsp (15mL)
firm tofu
6 oz (170g)

For all 2 meals:
oil
2 tbsp (30mL)
firm tofu
3/4 lbs (340g)

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.

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:
water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:
water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
 2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.
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Dinner 3 [↗](#)

Eat on day 5 and day 6

Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

tempeh
4 oz (113g)
oil
2 tsp (10mL)

For all 2 meals:

tempeh
1/2 lbs (227g)
oil
4 tsp (20mL)

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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Olive oil drizzled broccoli

2 cup(s) - 140 cal ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

1. Prepare broccoli according to instructions on package.
 2. Drizzle with olive oil and season with salt and pepper to taste.
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Dinner 4 [↗](#)

Eat on day 7

Tossed salad

121 cal ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



salad dressing

1 tbsp (15mL)

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

romaine lettuce, shredded

1/2 hearts (250g)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

red onion, sliced

1/8 medium (2-1/2" dia) (14g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Rice pilaf with meatless meatballs

186 cal ● 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.

Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



water

2/3 cup(s) (158mL)

salt

1/3 dash (0g)

lentils, raw, rinsed

2 2/3 tbsp (32g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal ● 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.
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