

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

1624 cal ● 163g protein (40%) ● 68g fat (38%) ● 68g carbs (17%) ● 21g fiber (5%)

Breakfast

205 cal, 14g protein, 4g net carbs, 14g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cal



[Creamy scrambled eggs](#)

182 cal

Snacks

180 cal, 16g protein, 20g net carbs, 3g fat



[Yogurt and cucumber](#)

132 cal



[Blueberries](#)

1/2 cup(s)- 47 cal

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cal

Lunch

445 cal, 30g protein, 17g net carbs, 26g fat



[Egg & avocado salad](#)

133 cal



[Cottage cheese & fruit cup](#)

1 container- 131 cal



[Sunflower seeds](#)

180 cal

Dinner

470 cal, 31g protein, 24g net carbs, 24g fat



[Roasted tofu & veggies](#)

396 cal



[Milk](#)

1/2 cup(s)- 75 cal

Day 2

1621 cals ● 152g protein (37%) ● 48g fat (27%) ● 121g carbs (30%) ● 25g fiber (6%)

Breakfast

205 cals, 14g protein, 4g net carbs, 14g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Creamy scrambled eggs

182 cals

Snacks

180 cals, 16g protein, 20g net carbs, 3g fat



Yogurt and cucumber

132 cals



Blueberries

1/2 cup(s)- 47 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

400 cals, 23g protein, 45g net carbs, 12g fat



Crispy chik'n tenders

5 1/3 tender(s)- 305 cals



Blueberries

1 cup(s)- 95 cals

Dinner

515 cals, 26g protein, 49g net carbs, 17g fat



Simple mixed greens and tomato salad

76 cals



Bean & tofu goulash

437 cals

Day 3

1612 cals ● 159g protein (39%) ● 39g fat (22%) ● 121g carbs (30%) ● 36g fiber (9%)

Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



Boiled eggs

1 egg(s)- 69 cals



Protein shake (milk)

129 cals

Snacks

195 cals, 15g protein, 7g net carbs, 9g fat



Chocolate avocado chia pudding

197 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

490 cals, 32g protein, 47g net carbs, 11g fat



Veggie burger patty

2 patty- 254 cals



Easy chickpea salad

234 cals

Dinner

400 cals, 17g protein, 58g net carbs, 9g fat



Spaghetti and meatless meatballs

332 cals



Tomato cucumber salad

71 cals

Day 4

1612 cals ● 159g protein (39%) ● 39g fat (22%) ● 121g carbs (30%) ● 36g fiber (9%)

Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cals



Protein shake (milk)
129 cals

Snacks

195 cals, 15g protein, 7g net carbs, 9g fat



Chocolate avocado chia pudding
197 cals

Lunch

490 cals, 32g protein, 47g net carbs, 11g fat



Veggie burger patty
2 patty- 254 cals



Easy chickpea salad
234 cals

Dinner

400 cals, 17g protein, 58g net carbs, 9g fat



Spaghetti and meatless meatballs
332 cals



Tomato cucumber salad
71 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 5

1638 cals ● 158g protein (39%) ● 64g fat (35%) ● 79g carbs (19%) ● 28g fiber (7%)

Breakfast

200 cals, 22g protein, 7g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cals



Protein shake (milk)
129 cals

Snacks

195 cals, 15g protein, 7g net carbs, 9g fat



Chocolate avocado chia pudding
197 cals

Lunch

500 cals, 22g protein, 39g net carbs, 25g fat



Celery sticks
2 celery stalk- 13 cals



Grilled cheese with mushrooms
485 cals

Dinner

420 cals, 26g protein, 24g net carbs, 20g fat



Basic tempeh
2 oz- 148 cals



Edamame & beet salad
171 cals



Milk
2/3 cup(s)- 99 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 6

1604 cals ● 157g protein (39%) ● 63g fat (35%) ● 80g carbs (20%) ● 23g fiber (6%)

Breakfast

185 cals, 28g protein, 13g net carbs, 2g fat



Cottage cheese and pineapple
186 cals

Snacks

175 cals, 8g protein, 2g net carbs, 14g fat



Cheese and guac tacos
1 taco(s)- 175 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

500 cals, 22g protein, 39g net carbs, 25g fat



Celery sticks
2 celery stalk- 13 cals



Grilled cheese with mushrooms
485 cals

Dinner

420 cals, 26g protein, 24g net carbs, 20g fat



Basic tempeh
2 oz- 148 cals



Edamame & beet salad
171 cals



Milk
2/3 cup(s)- 99 cals

Day 7

1566 cals ● 149g protein (38%) ● 54g fat (31%) ● 102g carbs (26%) ● 20g fiber (5%)

Breakfast

185 cals, 28g protein, 13g net carbs, 2g fat



Cottage cheese and pineapple
186 cals

Snacks

175 cals, 8g protein, 2g net carbs, 14g fat



Cheese and guac tacos
1 taco(s)- 175 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

435 cals, 18g protein, 46g net carbs, 15g fat



Tomato cucumber salad
71 cals



Dinner roll
1 roll- 77 cals



Chickpea & chickpea pasta
286 cals

Dinner

445 cals, 23g protein, 39g net carbs, 21g fat



Sautéed mushrooms
4 oz mushrooms- 95 cals



Buttery white rice
121 cals



Breaded seitan nuggets
227 cals

Vegetables and Vegetable Products

- ☐ cucumber
1 3/4 cucumber (8-1/4") (527g)
- ☐ tomatoes
4 2/3 medium whole (2-3/5" dia) (575g)
- ☐ brussels sprouts
3 oz (85g)
- ☐ carrots
1 medium (69g)
- ☐ broccoli
6 tbsp chopped (34g)
- ☐ bell pepper
3/8 medium (45g)
- ☐ onion
1 1/4 medium (2-1/2" dia) (138g)
- ☐ garlic
1 1/2 clove(s) (5g)
- ☐ ketchup
2 1/3 tbsp (40g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ red onion
3/4 small (53g)
- ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ mushrooms
1/2 lbs (218g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled
1 cup (118g)

Dairy and Egg Products

- ☐ lowfat greek yogurt
1 1/2 cup (385g)
- ☐ eggs
8 large (400g)
- ☐ butter
1/6 stick (18g)
- ☐ whole milk
1/4 gallon (1010mL)
- ☐ sliced cheese
3 slice (3/4 oz ea) (63g)
- ☐ low fat cottage cheese (1% milkfat)
2 cup (452g)
- ☐ cheddar cheese
1/2 cup, shredded (57g)

Fruits and Fruit Juices

Other

- ☐ mixed greens
4 cup (115g)
- ☐ cottage cheese & fruit cup
1 container (170g)
- ☐ meatless chik'n tenders
5 1/3 pieces (136g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ cacao powder
1 1/2 tbsp (9g)
- ☐ vegan meatballs, frozen
3 meatball(s) (90g)
- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ nutritional yeast
4 dash (1g)
- ☐ chickpea pasta
1 oz (28g)

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
- ☐ chia seeds
3 tbsp (43g)

Beverages

- ☐ water
21 1/4 cup(s) (5036mL)
- ☐ protein powder
23 1/4 scoop (1/3 cup ea) (721g)

Legumes and Legume Products

- ☐ extra firm tofu
3/4 block (243g)
- ☐ firm tofu
1/4 lbs (99g)
- ☐ white beans, canned
1/2 can(s) (220g)
- ☐ chickpeas, canned
1 1/4 can (560g)
- ☐ tempeh
4 oz (113g)
- ☐ soy sauce
1/2 tbsp (8mL)

Fats and Oils

- ☐ blueberries
2 cup (296g)
- ☐ avocados
1/3 avocado(s) (71g)
- ☐ canned pineapple
1/2 cup, chunks (91g)

Spices and Herbs

- ☐ salt
1/4 tbsp (5g)
- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ garlic powder
1/2 tsp (1g)
- ☐ fresh thyme
2 dash (0g)
- ☐ paprika
1/2 tbsp (3g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ thyme, dried
1 tbsp, ground (4g)
- ☐ ground cumin
1 dash (0g)
- ☐ ground coriander
1 dash (0g)

- ☐ olive oil
2 1/4 tbsp (34mL)
- ☐ salad dressing
2 1/3 oz (67mL)
- ☐ oil
1 oz (36mL)
- ☐ balsamic vinaigrette
2 tbsp (30mL)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 tbsp (1mL)
- ☐ pasta sauce
1/4 jar (24 oz) (168g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)
- ☐ long-grain white rice
2 tbsp (23g)
- ☐ seitan
2 oz (57g)

Baked Products

- ☐ bread
6 slice(s) (192g)
 - ☐ bread crumbs
4 tsp (9g)
 - ☐ Roll
1 pan, dinner, or small roll (2" square, 2" high) (28g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

Creamy scrambled eggs

182 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

butter

1 tsp (5g)

whole milk

1 tbsp (15mL)

For all 2 meals:

eggs

4 large (200g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

butter

2 tsp (9g)

whole milk

2 tbsp (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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.
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Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

whole milk
1 1/2 cup (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
 2. Serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Cottage cheese and pineapple

186 cals ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1 cup (226g)

canned pineapple, drained
4 tbsp, chunks (45g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

2 cup (452g)

canned pineapple, drained
1/2 cup, chunks (91g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

Lunch 1 [↗](#)

Eat on day 1

Egg & avocado salad

133 cals ● 7g protein ● 10g fat ● 2g carbs ● 3g fiber



mixed greens

1/3 cup (10g)

avocados

1/6 avocado(s) (34g)

eggs, hard-boiled and chilled

1 large (50g)

garlic powder

1 1/3 dash (1g)

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 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.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



sunflower kernels
1 oz (28g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



Makes 5 1/3 tender(s)

ketchup
4 tsp (23g)
meatless chik'n tenders
5 1/3 pieces (136g)

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

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.
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Lunch 3 [🔗](#)

Eat on day 3, day 4

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.

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

fresh parsley, chopped

1 1/2 sprigs (2g)

apple cider vinegar

1/2 tbsp (0mL)

balsamic vinegar

1/2 tbsp (8mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

onion, thinly sliced

1/4 small (18g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

For all 2 meals:

fresh parsley, chopped

3 sprigs (3g)

apple cider vinegar

1 tbsp (1mL)

balsamic vinegar

1 tbsp (15mL)

tomatoes, halved

1 cup cherry tomatoes (149g)

onion, thinly sliced

1/2 small (35g)

chickpeas, canned, drained and rinsed

1 can (448g)

1. Add all ingredients to a bowl and toss. Serve!

Lunch 4 [↗](#)

Eat on day 5, day 6

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery

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

1. Slice celery into sticks and serve.

Grilled cheese with mushrooms

485 cals ● 21g protein ● 24g fat ● 38g carbs ● 7g fiber



For single meal:

mushrooms

3/4 cup, chopped (53g)

olive oil

3/4 tbsp (11mL)

thyme, dried

1/2 tbsp, ground (2g)

bread

3 slice(s) (96g)

sliced cheese

1 1/2 slice (3/4 oz ea) (32g)

For all 2 meals:

mushrooms

1 1/2 cup, chopped (105g)

olive oil

1 1/2 tbsp (23mL)

thyme, dried

1 tbsp, ground (4g)

bread

6 slice(s) (192g)

sliced cheese

3 slice (3/4 oz ea) (63g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Lunch 5 [🔗](#)

Eat on day 7

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, thinly sliced

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

red onion, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.

Dinner roll

1 roll - 77 cals ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



Makes 1 roll

Roll

1 pan, dinner, or small roll (2" square, 2" high) (28g)

1. Enjoy.

Chickpea & chickpea pasta

286 cals ● 13g protein ● 10g fat ● 25g carbs ● 10g fiber



nutritional yeast

4 dash (1g)

butter

1/4 tbsp (4g)

oil

1/4 tbsp (4mL)

garlic, minced

1 clove(s) (3g)

chickpeas, canned, drained & rinsed

1/4 can (112g)

chickpea pasta

1 oz (28g)

onion, thinly sliced

1/4 medium (2-1/2" dia) (28g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber

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

lowfat greek yogurt

1/2 cup (140g)

For all 2 meals:

cucumber

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

lowfat greek yogurt

1 cup (280g)

1. Slice cucumber and dip in yogurt.
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Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries

1/2 cup (74g)

For all 2 meals:

blueberries

1 cup (148g)

1. Rinse off blueberries and serve.
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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

protein powder
1/4 scoop (1/3 cup ea) (8g)
lowfat greek yogurt
2 tbsp (35g)
avocados
1/2 slices (13g)
cacao powder
1/2 tbsp (3g)
whole milk
4 tbsp (60mL)
chia seeds
1 tbsp (14g)

For all 3 meals:

protein powder
3/4 scoop (1/3 cup ea) (23g)
lowfat greek yogurt
6 tbsp (105g)
avocados
1 1/2 slices (38g)
cacao powder
1 1/2 tbsp (9g)
whole milk
3/4 cup (180mL)
chia seeds
3 tbsp (43g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cheese and guac tacos

1 taco(s) - 175 cals ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

cheddar cheese
4 tbsp, shredded (28g)
guacamole, store-bought
2 tbsp (31g)

For all 2 meals:

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

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.

Dinner 1 [🔗](#)

Eat on day 1

Roasted tofu & veggies

396 cals ● 27g protein ● 20g fat ● 18g carbs ● 10g fiber



extra firm tofu

3/4 block (243g)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

brussels sprouts, cut in half

3 oz (85g)

carrots, cut as desired

1 medium (69g)

broccoli, cut as desired

6 tbsp chopped (34g)

bell pepper, sliced

3/8 medium (45g)

onion, thickly sliced

1/6 medium (2-1/2" dia) (21g)

olive oil

3/4 tbsp (11mL)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

Milk

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



Makes 1/2 cup(s)

whole milk

1/2 cup (120mL)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Bean & tofu goulash

437 cal ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



fresh thyme

2 dash (0g)

paprika

1/2 tbsp (3g)

oil

1/2 tbsp (8mL)

garlic, minced

1/2 clove (2g)

onion, diced

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

firm tofu, drained and diced

1/4 lbs (99g)

white beans, canned, drained & rinsed

1/2 can(s) (220g)

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.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Spaghetti and meatless meatballs

332 cals ● 16g protein ● 5g fat ● 50g carbs ● 5g fiber



For single meal:

vegan meatballs, frozen

1 1/2 meatball(s) (45g)

uncooked dry pasta

2 oz (57g)

pasta sauce

1/8 jar (24 oz) (84g)

For all 2 meals:

vegan meatballs, frozen

3 meatball(s) (90g)

uncooked dry pasta

4 oz (114g)

pasta sauce

1/4 jar (24 oz) (168g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, thinly sliced

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

red onion, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

For all 2 meals:

tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

cucumber, thinly sliced

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

red onion, thinly sliced

1/2 small (35g)

salad dressing

2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Basic tempeh

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



For single meal:

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

For all 2 meals:

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

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.

Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

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

Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup (160mL)

For all 2 meals:

whole milk
1 1/3 cup (320mL)

1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 7

Sauteed mushrooms

4 oz mushrooms - 95 cal ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



Makes 4 oz mushrooms

oil

1/2 tbsp (8mL)

mushrooms, sliced

4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Buttery white rice

121 cal ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



black pepper

1/2 dash, ground (0g)

butter

1 tsp (5g)

salt

1 dash (1g)

water

1/4 cup(s) (59mL)

long-grain white rice

2 tbsp (23g)

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, mix in butter, and season to taste with pepper. Serve.

Breaded seitan nuggets

227 cal ● 17g protein ● 9g fat ● 18g carbs ● 1g fiber



ketchup
1 tbsp (17g)
seitan, broken into bite-sized pieces
2 oz (57g)
bread crumbs
4 tsp (9g)
oil
1/2 tbsp (8mL)
soy sauce
1/2 tbsp (8mL)
black pepper
1/4 dash, ground (0g)
ground cumin
1 dash (0g)
ground coriander
1 dash (0g)
garlic powder
2 dash (1g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
4. Serve with ketchup.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake
3 scoop - 327 cal● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



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

For all 7 meals:
water
21 cup(s) (4977mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.
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