

Meal Plan - 1800 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

1806 cals ● 159g protein (35%) ● 59g fat (30%) ● 132g carbs (29%) ● 28g fiber (6%)

Breakfast

215 cals, 11g protein, 5g net carbs, 16g fat



[Pesto scrambled eggs](#)
1 eggs- 99 cals



[Celery and peanut butter](#)
109 cals



[Celery sticks](#)
1 celery stalk- 7 cals

Snacks

225 cals, 8g protein, 20g net carbs, 8g fat



[Carrots and hummus](#)
205 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

500 cals, 33g protein, 47g net carbs, 17g fat



[Crispy chik'n tenders](#)
6 2/3 tender(s)- 381 cals



[Easy chickpea salad](#)
117 cals

Dinner

485 cals, 22g protein, 57g net carbs, 17g fat



[Milk](#)
1 1/4 cup(s)- 186 cals



[Cheese tortellini](#)
300 cals

Day 2

1787 cal ● 164g protein (37%) ● 68g fat (34%) ● 97g carbs (22%) ● 32g fiber (7%)

Breakfast

215 cal, 11g protein, 5g net carbs, 16g fat



Pesto scrambled eggs
1 eggs- 99 cal



Celery and peanut butter
109 cal



Celery sticks
1 celery stalk- 7 cal

Snacks

225 cal, 8g protein, 20g net carbs, 8g fat



Carrots and hummus
205 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cal

Lunch

500 cal, 33g protein, 47g net carbs, 17g fat



Crispy chik'n tenders
6 2/3 tender(s)- 381 cal



Easy chickpea salad
117 cal

Dinner

465 cal, 28g protein, 22g net carbs, 26g fat



String cheese
1 stick(s)- 83 cal



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

Day 3

1781 cal ● 184g protein (41%) ● 57g fat (29%) ● 114g carbs (26%) ● 19g fiber (4%)

Breakfast

265 cal, 11g protein, 19g net carbs, 15g fat



Cherry tomatoes
9 cherry tomatoes- 32 cal



Rice cakes with peanut butter
1/2 cake(s)- 120 cal



Milk
3/4 cup(s)- 112 cal

Snacks

155 cal, 13g protein, 17g net carbs, 4g fat



Plain yogurt
1 cup(s)- 155 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cal

Lunch

535 cal, 27g protein, 46g net carbs, 22g fat



Pumpkin seeds
183 cal



Chunky canned soup (non-creamy)
1 can(s)- 247 cal



Apple
1 apple(s)- 105 cal

Dinner

445 cal, 48g protein, 28g net carbs, 15g fat



Teriyaki seitan wings
6 oz seitan- 446 cal

Day 4

1781 cal ● 184g protein (41%) ● 57g fat (29%) ● 114g carbs (26%) ● 19g fiber (4%)

Breakfast

265 cal, 11g protein, 19g net carbs, 15g fat



Cherry tomatoes

9 cherry tomatoes- 32 cal



Rice cakes with peanut butter

1/2 cake(s)- 120 cal



Milk

3/4 cup(s)- 112 cal

Snacks

155 cal, 13g protein, 17g net carbs, 4g fat



Plain yogurt

1 cup(s)- 155 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cal

Lunch

535 cal, 27g protein, 46g net carbs, 22g fat



Pumpkin seeds

183 cal



Chunky canned soup (non-creamy)

1 can(s)- 247 cal



Apple

1 apple(s)- 105 cal

Dinner

445 cal, 48g protein, 28g net carbs, 15g fat



Teriyaki seitan wings

6 oz seitan- 446 cal

Day 5

1766 cal ● 165g protein (37%) ● 62g fat (32%) ● 111g carbs (25%) ● 26g fiber (6%)

Breakfast

285 cal, 15g protein, 18g net carbs, 15g fat



Apple & peanut butter

1/2 apple(s)- 155 cal



Cherry tomatoes

9 cherry tomatoes- 32 cal



High protein scrambled eggs

99 cal

Snacks

210 cal, 10g protein, 8g net carbs, 15g fat



Sunflower seeds

135 cal



Milk

1/2 cup(s)- 75 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cal

Lunch

370 cal, 21g protein, 49g net carbs, 8g fat



Rice pilaf with meatless meatballs

372 cal

Dinner

515 cal, 34g protein, 33g net carbs, 23g fat



White rice

83 cal



Peanut tempeh

4 oz tempeh- 434 cal

Day 6

1809 cal ● 160g protein (35%) ● 53g fat (26%) ● 147g carbs (33%) ● 26g fiber (6%)

Breakfast

285 cal, 15g protein, 18g net carbs, 15g fat



Apple & peanut butter

1/2 apple(s)- 155 cal



Cherry tomatoes

9 cherry tomatoes- 32 cal



High protein scrambled eggs

99 cal

Snacks

210 cal, 10g protein, 8g net carbs, 15g fat



Sunflower seeds

135 cal



Milk

1/2 cup(s)- 75 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cal

Lunch

440 cal, 21g protein, 78g net carbs, 3g fat



Cottage cheese & honey

1/2 cup(s)- 125 cal



Tomato soup

1 1/2 can(s)- 316 cal

Dinner

490 cal, 30g protein, 40g net carbs, 19g fat



Seitan salad

359 cal



Peach

2 peach(es)- 132 cal

Day 7

1809 cal ● 160g protein (35%) ● 53g fat (26%) ● 147g carbs (33%) ● 26g fiber (6%)

Breakfast

285 cal, 15g protein, 18g net carbs, 15g fat



Apple & peanut butter

1/2 apple(s)- 155 cal



Cherry tomatoes

9 cherry tomatoes- 32 cal



High protein scrambled eggs

99 cal

Snacks

210 cal, 10g protein, 8g net carbs, 15g fat



Sunflower seeds

135 cal



Milk

1/2 cup(s)- 75 cal

Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cal

Lunch

440 cal, 21g protein, 78g net carbs, 3g fat



Cottage cheese & honey

1/2 cup(s)- 125 cal



Tomato soup

1 1/2 can(s)- 316 cal

Dinner

490 cal, 30g protein, 40g net carbs, 19g fat



Seitan salad

359 cal



Peach

2 peach(es)- 132 cal

Legumes and Legume Products

- hummus
10 tbsp (150g)
- peanut butter
5 oz (144g)
- chickpeas, canned
1/2 can (224g)
- soy sauce
1 tsp (5mL)
- tempeh
4 oz (113g)

Vegetables and Vegetable Products

- baby carrots
40 medium (400g)
- tomatoes
10 1/2 medium whole (2-3/5" dia) (1299g)
- raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ketchup
3 1/3 tbsp (57g)
- fresh parsley
1 1/2 sprigs (2g)
- onion
1/4 small (18g)
- zucchini
2 large (646g)
- fresh spinach
4 cup(s) (120g)

Soups, Sauces, and Gravies

- pesto sauce
1 tbsp (16g)
- apple cider vinegar
1/2 tbsp (0mL)
- pasta sauce
3/8 jar (24 oz) (242g)
- chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- condensed canned tomato soup
3 can (10.5 oz) (894g)

Dairy and Egg Products

- eggs
5 large (250g)
- whole milk
1/4 gallon (1020mL)

Spices and Herbs

- balsamic vinegar
1/2 tbsp (8mL)
- salt
1 dash (1g)
- black pepper
3/4 dash, ground (0g)

Beverages

- water
24 3/4 cup(s) (5866mL)
- protein powder
24 1/2 scoop (1/3 cup ea) (760g)

Meals, Entrees, and Side Dishes

- frozen cheese tortellini
4 oz (113g)
- flavored rice mix
1/4 box (8 oz) (57g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- sunflower kernels
2 1/4 oz (64g)

Fruits and Fruit Juices

- apples
3 1/2 medium (3" dia) (637g)
- lemon juice
1/2 tbsp (8mL)
- avocados
1/2 avocado(s) (101g)
- peach
4 medium (2-2/3" dia) (600g)

Snacks

- rice cakes, any flavor
1 cakes (9g)

Fats and Oils

- oil
1 oz (36mL)
- salad dressing
2 tbsp (30mL)

- string cheese
1 stick (28g)
- goat cheese
2 oz (57g)
- plain lowfat yogurt
2 cup (490g)
- low fat cottage cheese (1% milkfat)
1 1/2 cup (311g)

Other

- meatless chik'n tenders
13 1/3 pieces (340g)
 - teriyaki sauce
6 tbsp (90mL)
 - snow peas
1/8 cup (11g)
 - vegan meatballs, frozen
3 meatball(s) (90g)
 - nutritional yeast
4 1/4 g (4g)
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Cereal Grains and Pasta

- seitan
1 lbs (510g)
- long-grain white rice
2 tbsp (23g)

Sweets

- honey
4 tsp (28g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Pesto scrambled eggs

1 eggs - 99 cal ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

pesto sauce
1/2 tbsp (8g)
eggs
1 large (50g)

For all 2 meals:

pesto sauce
1 tbsp (16g)
eggs
2 large (100g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Celery and peanut butter

109 cal ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)
peanut butter
1 tbsp (16g)

For all 2 meals:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)
peanut butter
2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Celery sticks

1 celery stalk - 7 cal ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 2 meals:

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

1. Slice celery into sticks and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter

1 tbsp (16g)

rice cakes, any flavor

1/2 cakes (5g)

For all 2 meals:

peanut butter

2 tbsp (32g)

rice cakes, any flavor

1 cakes (9g)

1. Spread peanut butter over top of rice cake.
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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.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Apple & peanut butter

1/2 apple(s) - 155 cal ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 3 meals:

apples
1 1/2 medium (3" dia) (273g)
peanut butter
3 tbsp (48g)

1. Slice an apple and spread peanut butter evenly over each slice.

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 3 meals:

tomatoes
27 cherry tomatoes (459g)

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

High protein scrambled eggs

99 cal ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
low fat cottage cheese (1% milkfat)
2 tbsp (28g)
eggs
1 large (50g)

For all 3 meals:

oil
1/4 tbsp (4mL)
low fat cottage cheese (1% milkfat)
6 tbsp (85g)
eggs
3 large (150g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Lunch 1 [↗](#)

Eat on day 1, day 2

Crispy chik'n tenders

6 2/3 tender(s) - 381 cal ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



For single meal:

ketchup
5 tsp (28g)
meatless chik'n tenders
6 2/3 pieces (170g)

For all 2 meals:

ketchup
1/4 cup (57g)
meatless chik'n tenders
13 1/3 pieces (340g)

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

Easy chickpea salad

117 cal ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

fresh parsley, chopped
3/4 sprigs (1g)
apple cider vinegar
1/4 tbsp (0mL)
balsamic vinegar
1/4 tbsp (4mL)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
onion, thinly sliced
1/8 small (9g)
chickpeas, canned, drained and rinsed
1/4 can (112g)

For all 2 meals:

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)

1. Add all ingredients to a bowl and toss. Serve!
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Lunch 2 [↗](#)

Eat on day 3, day 4

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. This recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 5

Rice pilaf with meatless meatballs

372 cals ● 21g protein ● 8g fat ● 49g carbs ● 6g fiber



snow peas, ends trimmed

1/8 cup (11g)

tomatoes

3 cherry tomatoes (51g)

vegan meatballs, frozen

3 meatball(s) (90g)

flavored rice mix

1/4 box (8 oz) (57g)

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 4 [↗](#)

Eat on day 6, day 7

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

For all 2 meals:

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

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

Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



For single meal:

condensed canned tomato soup

1 1/2 can (10.5 oz) (447g)

For all 2 meals:

condensed canned tomato soup

3 can (10.5 oz) (894g)

1. Prepare according to instructions on package.

Snacks 1 [↗](#)

Eat on day 1, day 2

Carrots and hummus

205 cal ● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



For single meal:

hummus
5 tbsp (75g)
baby carrots
20 medium (200g)

For all 2 meals:

hummus
10 tbsp (150g)
baby carrots
40 medium (400g)

1. Serve carrots with hummus.
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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.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Plain yogurt

1 cup(s) - 155 cal ● 13g protein ● 4g fat ● 17g carbs ● 0g fiber



For single meal:

plain lowfat yogurt
1 cup (245g)

For all 2 meals:

plain lowfat yogurt
2 cup (490g)

1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Sunflower seeds

135 cal ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
3/4 oz (21g)

For all 3 meals:

sunflower kernels
2 1/4 oz (64g)

1. This recipe has no instructions.

Milk

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



For single meal:

whole milk
1/2 cup (120mL)

For all 3 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Milk

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



Makes 1 1/4 cup(s)

whole milk
1 1/4 cup (300mL)

1. This recipe has no instructions.

Cheese tortellini

300 cal ● 12g protein ● 7g fat ● 43g carbs ● 5g fiber



pasta sauce
1/6 jar (24 oz) (112g)
frozen cheese tortellini
4 oz (113g)

1. Prepare tortellini according to instructions on package.
2. Top with sauce and enjoy.

Dinner 2 [↗](#)

Eat on day 2

String cheese

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



Makes 1 stick(s)

string cheese
1 stick (28g)

1. This recipe has no instructions.

Goat cheese and marinara stuffed zucchini

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



Makes 4 zucchini halve(s)

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

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.

Dinner 3 [↗](#)

Eat on day 3, day 4

Teriyaki seitan wings

6 oz seitan - 446 cal ● 48g protein ● 15g fat ● 28g carbs ● 1g fiber



For single meal:

teriyaki sauce

3 tbsp (45mL)

oil

3/4 tbsp (11mL)

seitan

6 oz (170g)

For all 2 meals:

teriyaki sauce

6 tbsp (90mL)

oil

1 1/2 tbsp (23mL)

seitan

3/4 lbs (340g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Dinner 4 [↗](#)

Eat on day 5

White rice

83 cal ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber



salt

1 dash (1g)

water

1/4 cup(s) (59mL)

long-grain white rice

2 tbsp (23g)

black pepper

3/4 dash, ground (0g)

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, season with pepper, and serve.

Peanut tempeh

4 oz tempeh - 434 cal ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

nutritional yeast

1/2 tbsp (2g)

soy sauce

1 tsp (5mL)

lemon juice

1/2 tbsp (8mL)

peanut butter

2 tbsp (32g)

tempeh

4 oz (113g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
 2. Cut tempeh into nugget-shaped slices.
 3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
 4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
 5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
 6. Drizzle extra sauce on top and serve.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Peach

2 peach(es) - 132 cal ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

peach
4 medium (2-2/3" dia) (600g)

1. This recipe has no instructions.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cal ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

water

3 1/2 cup(s) (830mL)

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

water

24 1/2 cup(s) (5807mL)

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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