

Meal Plan - 1900 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

1902 cals ● 174g protein (37%) ● 56g fat (26%) ● 142g carbs (30%) ● 30g fiber (6%)

Breakfast

375 cals, 15g protein, 57g net carbs, 5g fat



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



[Blueberry vanilla oatmeal](#)
313 cals

Snacks

200 cals, 22g protein, 13g net carbs, 6g fat



[Dark chocolate](#)
1 square(s)- 60 cals



[Cottage cheese and pineapple](#)
140 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Lunch

225 cals, 9g protein, 28g net carbs, 4g fat



[Zoodles marinara](#)
225 cals

Dinner

665 cals, 31g protein, 41g net carbs, 39g fat



[Milk](#)
1 1/2 cup(s)- 224 cals



[Roasted almonds](#)
1/4 cup(s)- 222 cals



[Chik'n nuggets](#)
4 nuggets- 221 cals

Day 2

1863 cals ● 175g protein (38%) ● 66g fat (32%) ● 105g carbs (22%) ● 34g fiber (7%)

Breakfast

375 cals, 15g protein, 57g net carbs, 5g fat



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



Blueberry vanilla oatmeal
313 cals

Snacks

200 cals, 22g protein, 13g net carbs, 6g fat



Dark chocolate
1 square(s)- 60 cals



Cottage cheese and pineapple
140 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

370 cals, 20g protein, 7g net carbs, 28g fat



Basic tofu
8 oz- 342 cals



Broccoli
1 cup(s)- 29 cals

Dinner

480 cals, 20g protein, 25g net carbs, 25g fat



Chickpea stuffed avocado
1/2 avocado- 481 cals

Day 3

1943 cals ● 175g protein (36%) ● 63g fat (29%) ● 129g carbs (26%) ● 37g fiber (8%)

Breakfast

375 cals, 15g protein, 57g net carbs, 5g fat



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



Blueberry vanilla oatmeal
313 cals

Snacks

200 cals, 22g protein, 13g net carbs, 6g fat



Dark chocolate
1 square(s)- 60 cals



Cottage cheese and pineapple
140 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

450 cals, 21g protein, 30g net carbs, 25g fat



Spiced tofu & pesto sandwich
1 sandwich(es)- 380 cals



Caprese salad
71 cals

Dinner

480 cals, 20g protein, 25g net carbs, 25g fat



Chickpea stuffed avocado
1/2 avocado- 481 cals

Day 4

1946 cals ● 172g protein (35%) ● 74g fat (34%) ● 121g carbs (25%) ● 27g fiber (6%)

Breakfast

250 cals, 18g protein, 29g net carbs, 5g fat



Breakfast cereal with protein milk
248 cals

Snacks

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



Grapes
39 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

565 cals, 19g protein, 35g net carbs, 34g fat



Roasted almonds
1/8 cup(s)- 111 cals



Eggplant pesto sandwich
1 sandwich(es)- 452 cals

Dinner

520 cals, 25g protein, 46g net carbs, 23g fat



Simple mozzarella and tomato salad
161 cals



Veggie burger with cheese
1 burger- 361 cals

Day 5

1932 cals ● 184g protein (38%) ● 67g fat (31%) ● 118g carbs (24%) ● 29g fiber (6%)

Breakfast

250 cals, 18g protein, 29g net carbs, 5g fat



Breakfast cereal with protein milk
248 cals

Snacks

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



Grapes
39 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

550 cals, 31g protein, 33g net carbs, 27g fat



Chickpea & kale soup
273 cals



String cheese
2 stick(s)- 165 cals



Roasted almonds
1/8 cup(s)- 111 cals

Dinner

520 cals, 25g protein, 46g net carbs, 23g fat



Simple mozzarella and tomato salad
161 cals



Veggie burger with cheese
1 burger- 361 cals

Day 6

1943 cals ● 173g protein (36%) ● 63g fat (29%) ● 134g carbs (28%) ● 37g fiber (8%)

Breakfast

270 cals, 13g protein, 30g net carbs, 10g fat



[Ginger oatmeal with greek yogurt](#)
197 cals



[Milk](#)
1/2 cup(s)- 75 cals

Snacks

265 cals, 7g protein, 27g net carbs, 9g fat



[Avocado toast](#)
1 slice(s)- 168 cals



[Carrot sticks](#)
3 1/2 carrot(s)- 95 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Lunch

550 cals, 31g protein, 33g net carbs, 27g fat



[Chickpea & kale soup](#)
273 cals



[String cheese](#)
2 stick(s)- 165 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Dinner

425 cals, 26g protein, 40g net carbs, 15g fat



[Goat cheese and marinara stuffed zucchini](#)
2 zucchini halve(s)- 192 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals



[Dinner roll](#)
1 roll- 77 cals



Day 7

1926 cals ● 179g protein (37%) ● 58g fat (27%) ● 142g carbs (30%) ● 29g fiber (6%)

Breakfast

270 cals, 13g protein, 30g net carbs, 10g fat



[Ginger oatmeal with greek yogurt](#)
197 cals



[Milk](#)
1/2 cup(s)- 75 cals

Snacks

265 cals, 7g protein, 27g net carbs, 9g fat



[Avocado toast](#)
1 slice(s)- 168 cals



[Carrot sticks](#)
3 1/2 carrot(s)- 95 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 scoop- 436 cals

Lunch

530 cals, 37g protein, 41g net carbs, 22g fat



[Cottage cheese & honey](#)
1/2 cup(s)- 125 cals



[Rosemary mushroom cheese sandwich](#)
1 sandwich(es)- 408 cals

Dinner

425 cals, 26g protein, 40g net carbs, 15g fat



[Goat cheese and marinara stuffed zucchini](#)
2 zucchini halve(s)- 192 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals



[Dinner roll](#)
1 roll- 77 cals

Sweets

- ☐ chocolate, dark, 70-85%
3 square(s) (30g)
- ☐ honey
5 tsp (35g)
- ☐ maple syrup
1 1/3 fl oz (30mL)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
3 1/2 cup (791g)
- ☐ whole milk
1/4 gallon (1051mL)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ fresh mozzarella cheese
3 oz (90g)
- ☐ eggs
4 large (200g)
- ☐ sliced cheese
2 slice (3/4 oz ea) (42g)
- ☐ cheese
3 oz (85g)
- ☐ string cheese
4 stick (112g)
- ☐ lowfat flavored greek yogurt
2 1/2 (5.3 oz ea) container(s) (375g)
- ☐ goat cheese
2 oz (57g)

Fruits and Fruit Juices

- ☐ canned pineapple
1/2 cup, chunks (102g)
- ☐ blueberries
1 cup (167g)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ grapes
1 1/3 cup (123g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
2 3/4 cup(s) (223g)
- ☐ breakfast cereal
2 serving (60g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 1/2 cup (390g)
- ☐ pesto sauce
2 1/2 tbsp (40g)
- ☐ vegetable broth
4 cup(s) (mL)

Vegetables and Vegetable Products

- ☐ zucchini
3 1/4 large (1038g)
- ☐ ketchup
3 tbsp (51g)
- ☐ frozen broccoli
1 cup (91g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (252g)
- ☐ eggplant
1/2 small (229g)
- ☐ garlic
3 clove(s) (9g)
- ☐ kale leaves
2 cup, chopped (80g)
- ☐ carrots
7 medium (427g)
- ☐ mushrooms
1 1/2 oz (43g)

Nut and Seed Products

- ☐ almonds
10 tbsp, whole (89g)
- ☐ sunflower kernels
2 tbsp (24g)

Other

- ☐ vegan chik'n nuggets
4 nuggets (86g)
- ☐ smoked paprika
1/2 tsp (1g)
- ☐ mixed greens
3/4 package (5.5 oz) (113g)
- ☐ veggie burger patty
2 patty (142g)

Legumes and Legume Products

- ☐ chickpeas, canned
2 can (896g)

Spices and Herbs

- ☐ vanilla extract
1 1/2 tbsp (23mL)
- ☐ crushed red pepper
2 dash (0g)
- ☐ chili powder
4 dash (1g)
- ☐ ground cumin
1 tsp (2g)
- ☐ fresh basil
1/6 oz (6g)
- ☐ salt
1/2 dash (0g)
- ☐ cinnamon
2 dash (1g)
- ☐ ground ginger
2 dash (0g)
- ☐ rosemary, dried
2 dash (0g)

Beverages

- ☐ water
31 1/2 cup(s) (7437mL)
- ☐ protein powder
29 scoop (1/3 cup ea) (899g)

- ☐ firm tofu
2/3 lbs (312g)

Fats and Oils

- ☐ oil
2 tbsp (30mL)
- ☐ balsamic vinaigrette
1 oz (25mL)
- ☐ olive oil
1/2 tbsp (8mL)

Baked Products

- ☐ bread
6 3/4 oz (192g)
 - ☐ hamburger buns
2 bun(s) (102g)
 - ☐ kaiser rolls
1 roll (3-1/2" dia) (57g)
 - ☐ Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Cottage cheese & honey

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



For single meal:

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

For all 3 meals:

honey
1 tbsp (21g)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)

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

Blueberry vanilla oatmeal

313 cals ● 8g protein ● 4g fat ● 49g carbs ● 8g fiber



For single meal:

oatmeal, old-fashioned oats, rolled oats
3/4 cup(s) (61g)
blueberries
6 tbsp (56g)
vanilla extract
1/2 tbsp (8mL)
maple syrup
1/2 tbsp (8mL)
water
1 cup(s) (267mL)

For all 3 meals:

oatmeal, old-fashioned oats, rolled oats
2 1/4 cup(s) (182g)
blueberries
1 cup (167g)
vanilla extract
1 1/2 tbsp (23mL)
maple syrup
1 1/2 tbsp (23mL)
water
3 1/2 cup(s) (800mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Breakfast cereal with protein milk

248 cals ● 18g protein ● 5g fat ● 29g carbs ● 3g fiber



For single meal:

whole milk
1/2 cup (120mL)
breakfast cereal
1 serving (30g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup (240mL)
breakfast cereal
2 serving (60g)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. 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 pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Ginger oatmeal with greek yogurt

197 cals ● 9g protein ● 6g fat ● 24g carbs ● 3g fiber



For single meal:

salt
1/4 dash (0g)
maple syrup
1/4 tbsp (4mL)
lowfat flavored greek yogurt
1/4 (5.3 oz ea) container(s) (38g)
whole milk
1/2 cup (105mL)
cinnamon
1 dash (0g)
ground ginger
1 dash (0g)
oatmeal, old-fashioned oats, rolled oats
1/4 cup(s) (20g)

For all 2 meals:

salt
1/2 dash (0g)
maple syrup
1/2 tbsp (8mL)
lowfat flavored greek yogurt
1/2 (5.3 oz ea) container(s) (75g)
whole milk
14 tbsp (210mL)
cinnamon
2 dash (1g)
ground ginger
2 dash (0g)
oatmeal, old-fashioned oats, rolled oats
1/2 cup(s) (41g)

1. STOVE: In a saucepan over low heat, add the oats, milk, salt, spices, and maple syrup. Mix.
2. Bring to a simmer and cook for about 5 minutes until oats are soft. If desired, add a splash of water to make it less thick.
3. Transfer oats to a bowl and top with greek yogurt.
4. MICROWAVE OPTION: In a microwave-safe bowl, add oats, milk, salt, spices and maple syrup. Mix. Microwave on high for 2.5-3 minutes, watching closely, until oats are soft. Top with greek yogurt and serve.

Milk

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



For single meal:

whole milk

1/2 cup (120mL)

For all 2 meals:

whole milk

1 cup (240mL)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Zoodles marinara

225 cals ● 9g protein ● 4g fat ● 28g carbs ● 10g fiber



pasta sauce

1 cup (260g)

zucchini

2 medium (392g)

1. Spiralize zucchini.
 2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
 3. (optional) Transfer zoodles to towel and pat any excess water off.
 4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
 5. Serve.
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Lunch 2 [↗](#)

Eat on day 2

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

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.

Broccoli

1 cup(s) - 29 cals ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

frozen broccoli

1 cup (91g)

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

Eat on day 3

Spiced tofu & pesto sandwich

1 sandwich(es) - 380 cals ● 17g protein ● 20g fat ● 28g carbs ● 6g fiber



Makes 1 sandwich(es)

firm tofu

3 oz (85g)

crushed red pepper

2 dash (0g)

mixed greens

1/2 cup (15g)

chili powder

4 dash (1g)

ground cumin

1 tsp (2g)

oil

1 tsp (5mL)

pesto sauce

1 1/2 tbsp (24g)

bread

2 slice(s) (64g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

Caprese salad

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



balsamic vinaigrette

1 tsp (5mL)

fresh basil

4 tsp leaves, whole (2g)

tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

mixed greens

1/6 package (5.5 oz) (26g)

fresh mozzarella cheese

1/2 oz (14g)

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

Lunch 4 [↗](#)

Eat on day 4

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.

Eggplant pesto sandwich

1 sandwich(es) - 452 cals ● 15g protein ● 25g fat ● 34g carbs ● 9g fiber



Makes 1 sandwich(es)

eggplant, halved and sliced

1/2 small (229g)

olive oil

1/2 tbsp (8mL)

pesto sauce

1 tbsp (16g)

garlic

1 clove (3g)

kaiser rolls

1 roll (3-1/2" dia) (57g)

tomatoes

3 slice(s), thin/small (45g)

cheese

1 slice (1 oz each) (28g)

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

Lunch 5 [🔗](#)

Eat on day 5, day 6

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

oil

1/2 tsp (3mL)

garlic, minced

1 clove(s) (3g)

vegetable broth

2 cup(s) (mL)

kale leaves, chopped

1 cup, chopped (40g)

chickpeas, canned, drained

1/2 can (224g)

For all 2 meals:

oil

1 tsp (5mL)

garlic, minced

2 clove(s) (6g)

vegetable broth

4 cup(s) (mL)

kale leaves, chopped

2 cup, chopped (80g)

chickpeas, canned, drained

1 can (448g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

Lunch 6 [🔗](#)

Eat on day 7

Cottage cheese & honey

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



Makes 1/2 cup(s)

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

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

Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

rosemary, dried

2 dash (0g)

mixed greens

1/2 cup (15g)

mushrooms

1 1/2 oz (43g)

cheese

1/2 cup, shredded (57g)

bread

2 slice(s) (64g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Dark chocolate

1 square(s) - 60 cals ● 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. This recipe has no instructions.

Cottage cheese and pineapple

140 cals ● 21g protein ● 2g fat ● 9g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

canned pineapple, drained

3 tbsp, chunks (34g)

For all 3 meals:

low fat cottage cheese (1% milkfat)

2 1/4 cup (509g)

canned pineapple, drained

1/2 cup, chunks (102g)

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.

Snacks 2 [↗](#)

Eat on day 4, day 5

Grapes

39 cals ● 0g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

grapes
2/3 cup (61g)

For all 2 meals:

grapes
1 1/3 cup (123g)

1. This recipe has no instructions.
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Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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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Snacks 3 [↗](#)

Eat on day 6, day 7

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 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

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

Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



For single meal:

carrots

3 1/2 medium (214g)

For all 2 meals:

carrots

7 medium (427g)

1. Cut carrots into strips and serve.

Dinner 1 [↗](#)

Eat on day 1

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Makes 1 1/2 cup(s)

whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Chik'n nuggets

4 nuggets - 221 cals ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



Makes 4 nuggets

vegan chik'n nuggets

4 nuggets (86g)

ketchup

1 tbsp (17g)

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

Dinner 2 [↗](#)

Eat on day 2, day 3

Chickpea stuffed avocado

1/2 avocado - 481 cals ● 20g protein ● 25g fat ● 25g carbs ● 18g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

sunflower kernels

1 tbsp (12g)

smoked paprika

1/4 tsp (1g)

nonfat greek yogurt, plain

2 tbsp (35g)

lemon juice

1/2 tbsp (8mL)

chickpeas, canned, drained & rinsed

1/2 can (224g)

For all 2 meals:

avocados

1 avocado(s) (201g)

sunflower kernels

2 tbsp (24g)

smoked paprika

1/2 tsp (1g)

nonfat greek yogurt, plain

4 tbsp (70g)

lemon juice

1 tbsp (15mL)

chickpeas, canned, drained & rinsed

1 can (448g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
2. Slice open the avocado and discard the pit.
3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Simple mozzarella and tomato salad

161 cals ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

tomatoes, sliced

1/2 large whole (3" dia) (91g)

fresh mozzarella cheese, sliced

1 1/3 oz (38g)

balsamic vinaigrette

2 tsp (10mL)

fresh basil

2 tsp, chopped (2g)

For all 2 meals:

tomatoes, sliced

1 large whole (3" dia) (182g)

fresh mozzarella cheese, sliced

2 2/3 oz (76g)

balsamic vinaigrette

4 tsp (20mL)

fresh basil

4 tsp, chopped (4g)

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

Veggie burger with cheese

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



For single meal:

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)

For all 2 meals:

hamburger buns

2 bun(s) (102g)

ketchup

2 tbsp (34g)

mixed greens

2 oz (57g)

veggie burger patty

2 patty (142g)

sliced cheese

2 slice (3/4 oz ea) (42g)

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.
-

Dinner 4 [↗](#)

Eat on day 6, day 7

Goat cheese and marinara stuffed zucchini

2 zucchini halve(s) - 192 cals ● 11g protein ● 10g fat ● 10g carbs ● 5g fiber



For single meal:

zucchini
1 large (323g)
pasta sauce
4 tbsp (65g)
goat cheese
1 oz (28g)

For all 2 meals:

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.

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. This recipe has no instructions.

Dinner roll

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



For single meal:

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

For all 2 meals:

Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Protein Supplement(s)

Eat every day

Protein shake

4 scoop - 436 cals  97g protein  2g fat  4g carbs  4g fiber



For single meal:

- water**
4 cup(s) (948mL)
- protein powder**
4 scoop (1/3 cup ea) (124g)

For all 7 meals:

- water**
28 cup(s) (6636mL)
- protein powder**
28 scoop (1/3 cup ea) (868g)

1. This recipe has no instructions.
