

Meal Plan - 2000 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

1978 cals ● 191g protein (39%) ● 43g fat (19%) ● 166g carbs (34%) ● 41g fiber (8%)

Breakfast

265 cals, 25g protein, 18g net carbs, 9g fat



[Cinnamon french toast with yogurt dip](#)
263 cals

Lunch

540 cals, 23g protein, 43g net carbs, 23g fat



[Chickpea & kale soup](#)
409 cals



[Walnuts](#)
1/6 cup(s)- 131 cals

Snacks

180 cals, 13g protein, 19g net carbs, 6g fat



[Watermelon](#)
2 oz- 20 cals



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



[Milk](#)
2/3 cup(s)- 99 cals

Dinner

555 cals, 34g protein, 82g net carbs, 3g fat



[Bbq cauliflower wings](#)
268 cals



[Lentils](#)
289 cals

Protein Supplement(s)

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



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

Day 2

1972 cals ● 182g protein (37%) ● 32g fat (14%) ● 210g carbs (43%) ● 30g fiber (6%)

Breakfast

265 cals, 25g protein, 18g net carbs, 9g fat



Cinnamon french toast with yogurt dip
263 cals

Snacks

180 cals, 13g protein, 19g net carbs, 6g fat



Watermelon
2 oz- 20 cals



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



Milk
2/3 cup(s)- 99 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

535 cals, 13g protein, 87g net carbs, 12g fat



Fruit juice
1 1/4 cup(s)- 143 cals



Pasta with store-bought sauce
255 cals



Simple mixed greens salad
136 cals

Dinner

555 cals, 34g protein, 82g net carbs, 3g fat



Bbq cauliflower wings
268 cals



Lentils
289 cals

Day 3

1984 cals ● 179g protein (36%) ● 35g fat (16%) ● 198g carbs (40%) ● 41g fiber (8%)

Breakfast

265 cals, 25g protein, 18g net carbs, 9g fat



Cinnamon french toast with yogurt dip
263 cals

Snacks

195 cals, 9g protein, 25g net carbs, 6g fat



Crackers
8 cracker(s)- 135 cals



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

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

535 cals, 13g protein, 87g net carbs, 12g fat



Fruit juice
1 1/4 cup(s)- 143 cals



Pasta with store-bought sauce
255 cals



Simple mixed greens salad
136 cals

Dinner

555 cals, 35g protein, 64g net carbs, 6g fat



Lentil pasta
505 cals



Simple salad with tomatoes and carrots
49 cals

Day 4

2028 cals ● 181g protein (36%) ● 54g fat (24%) ● 156g carbs (31%) ● 47g fiber (9%)

Breakfast

310 cals, 15g protein, 19g net carbs, 17g fat



Avocado toast with egg
1 slice(s)- 238 cals



Milk
1/2 cup(s)- 75 cals

Snacks

195 cals, 9g protein, 25g net carbs, 6g fat



Crackers
8 cracker(s)- 135 cals



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

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

530 cals, 25g protein, 44g net carbs, 23g fat



Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals



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



Lowfat Greek yogurt
1 container(s)- 155 cals

Dinner

555 cals, 35g protein, 64g net carbs, 6g fat



Lentil pasta
505 cals



Simple salad with tomatoes and carrots
49 cals

Day 5

2054 cals ● 181g protein (35%) ● 62g fat (27%) ● 165g carbs (32%) ● 28g fiber (5%)

Breakfast

310 cals, 15g protein, 19g net carbs, 17g fat



[Avocado toast with egg](#)
1 slice(s)- 238 cals



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

Snacks

230 cals, 5g protein, 42g net carbs, 3g fat



[Fruit juice](#)
1 1/4 cup(s)- 143 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Toast with butter](#)
1/2 slice(s)- 57 cals

Protein Supplement(s)

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



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

Lunch

505 cals, 26g protein, 46g net carbs, 19g fat



[Caprese salad](#)
142 cals



[Lentil Soup](#)
361 cals

Dinner

570 cals, 38g protein, 55g net carbs, 21g fat



[Seitan Philly cheesesteak](#)
1 sub(s)- 571 cals

Day 6

2018 cals ● 193g protein (38%) ● 47g fat (21%) ● 174g carbs (35%) ● 32g fiber (6%)

Breakfast

280 cals, 15g protein, 14g net carbs, 16g fat



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

Snacks

230 cals, 5g protein, 42g net carbs, 3g fat



[Fruit juice](#)
1 1/4 cup(s)- 143 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Toast with butter](#)
1/2 slice(s)- 57 cals

Protein Supplement(s)

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



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

Lunch

550 cals, 38g protein, 59g net carbs, 13g fat



[Seitan & bean wrap](#)
1 burrito(s)- 523 cals



[Simple kale salad](#)
1/2 cup(s)- 28 cals

Dinner

520 cals, 39g protein, 56g net carbs, 13g fat



[Teriyaki seitan with veggies and rice](#)
451 cals



[Simple mixed greens salad](#)
68 cals

Day 7

2018 cals ● 193g protein (38%) ● 47g fat (21%) ● 174g carbs (35%) ● 32g fiber (6%)

Breakfast

280 cals, 15g protein, 14g net carbs, 16g fat



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

Snacks

230 cals, 5g protein, 42g net carbs, 3g fat



[Fruit juice](#)
1 1/4 cup(s)- 143 cals



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Toast with butter](#)
1/2 slice(s)- 57 cals

Protein Supplement(s)

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



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

Lunch

550 cals, 38g protein, 59g net carbs, 13g fat



[Seitan & bean wrap](#)
1 burrito(s)- 523 cals



[Simple kale salad](#)
1/2 cup(s)- 28 cals

Dinner

520 cals, 39g protein, 56g net carbs, 13g fat



[Teriyaki seitan with veggies and rice](#)
451 cals



[Simple mixed greens salad](#)
68 cals

Fruits and Fruit Juices

- ☐ Watermelon
4 oz (113g)
- ☐ fruit juice
50 fl oz (1500mL)
- ☐ avocados
1 avocado(s) (201g)

Sweets

- ☐ honey
4 tsp (28g)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
1 cup (226g)
- ☐ whole milk
2 1/3 cup (559mL)
- ☐ eggs
9 1/2 medium (418g)
- ☐ lowfat greek yogurt
1 1/2 cup (420g)
- ☐ butter
1/8 stick (14g)
- ☐ cheese
2 slice (1 oz each) (56g)
- ☐ lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
- ☐ fresh mozzarella cheese
1 oz (28g)

Baked Products

- ☐ bread
2/3 lbs (304g)
- ☐ crackers
16 crackers (56g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Spices and Herbs

- ☐ cinnamon
1/4 tbsp (2g)
- ☐ salt
1 tsp (5g)
- ☐ fresh basil
2 3/4 tbsp leaves, whole (4g)
- ☐ oregano, dried
1 1/2 dash, leaves (0g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
3 cup(s) (mL)
- ☐ barbecue sauce
1/2 cup (143g)
- ☐ pasta sauce
3/4 jar (24 oz) (504g)
- ☐ pesto sauce
1/2 tbsp (8g)
- ☐ salsa
4 tbsp (65g)

Legumes and Legume Products

- ☐ chickpeas, canned
3/4 can (336g)
- ☐ lentils, raw
56 tsp (224g)
- ☐ black beans
1/2 lbs (227g)

Nut and Seed Products

- ☐ walnuts
3 tbsp, shelled (19g)

Beverages

- ☐ water
32 2/3 cup(s) (7743mL)
- ☐ protein powder
28 scoop (1/3 cup ea) (868g)

Other

- ☐ nutritional yeast
1 oz (33g)
- ☐ mixed greens
2 package (5.5 oz) (337g)
- ☐ lentil pasta
1/2 lbs (227g)
- ☐ sub roll(s)
1 roll(s) (85g)
- ☐ teriyaki sauce
1/4 cup (53mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)

- ☐ black pepper
3/4 dash, ground (0g)
- ☐ basil, dried
1 1/2 dash, leaves (0g)
- ☐ garlic powder
4 dash (2g)
- ☐ ground cumin
2 tsp (4g)

- ☐ seitan
1 lbs (482g)
- ☐ long-grain white rice
1/3 cup (62g)

Fats and Oils

- ☐ oil
1 oz (26mL)
- ☐ salad dressing
2/3 cup (161mL)
- ☐ balsamic vinaigrette
2 tsp (10mL)
- ☐ olive oil
2 tsp (10mL)

Vegetables and Vegetable Products

- ☐ garlic
2 clove(s) (6g)
 - ☐ kale leaves
2 1/2 cup, chopped (100g)
 - ☐ cauliflower
2 head small (4" dia.) (530g)
 - ☐ tomatoes
5 1/4 medium whole (2-3/5" dia) (641g)
 - ☐ carrots
4 medium (249g)
 - ☐ romaine lettuce
1/2 hearts (250g)
 - ☐ onion
3/8 medium (2-1/2" dia) (46g)
 - ☐ raw celery
1/3 stalk, medium (7-1/2" - 8" long) (13g)
 - ☐ canned crushed tomatoes
1/6 can (68g)
 - ☐ fresh spinach
1/8 cup(s) (3g)
 - ☐ bell pepper
1/2 small (37g)
 - ☐ frozen mixed veggies
2/3 package (10 oz ea) (192g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Cinnamon french toast with yogurt dip

263 cal ● 25g protein ● 9g fat ● 18g carbs ● 2g fiber



For single meal:

bread

1 slice(s) (32g)

eggs

1 extra large (56g)

cinnamon

2 dash (1g)

lowfat greek yogurt

1/2 cup (140g)

For all 3 meals:

bread

3 slice(s) (96g)

eggs

3 extra large (168g)

cinnamon

1/4 tbsp (2g)

lowfat greek yogurt

1 1/2 cup (420g)

1. Crack the egg into a bowl and whisk with a fork until well combined.
2. Spray a skillet with a non-stick spray and place skillet over medium heat.
3. Dredge the bread in the egg until fully coated and soaked.
4. Place bread in skillet and cook for about a minute or two on each side until golden.
5. Remove bread and sprinkle with cinnamon and serve with the yogurt as a dipping sauce.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Avocado toast with egg

1 slice(s) - 238 cal ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

avocados, ripe, sliced

1/4 avocado(s) (50g)

eggs

1 large (50g)

bread

1 slice (32g)

For all 2 meals:

avocados, ripe, sliced

1/2 avocado(s) (101g)

eggs

2 large (100g)

bread

2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

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 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Avocado egg salad sandwich

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



For single meal:

tomatoes, halved
3 tbsp cherry tomatoes (28g)
garlic powder
2 dash (1g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

For all 2 meals:

tomatoes, halved
6 tbsp cherry tomatoes (56g)
garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
eggs, hard-boiled and chilled
3 large (150g)

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)
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Lunch 1 [↗](#)

Eat on day 1

Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



oil

1/4 tbsp (4mL)

garlic, minced

1 1/2 clove(s) (5g)

vegetable broth

3 cup(s) (mL)

kale leaves, chopped

1 1/2 cup, chopped (60g)

chickpeas, canned, drained

3/4 can (336g)

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.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber

Makes 1/6 cup(s)

walnuts

3 tbsp, shelled (19g)



1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2, day 3

Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



For single meal:

fruit juice

10 fl oz (300mL)

For all 2 meals:

fruit juice

20 fl oz (600mL)

1. This recipe has no instructions.

Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

uncooked dry pasta
2 oz (57g)
pasta sauce
1/8 jar (24 oz) (84g)

For all 2 meals:

uncooked dry pasta
4 oz (114g)
pasta sauce
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.
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Lunch 3 [↗](#)

Eat on day 4

Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cals ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

bread

1 slice (32g)

butter, softened

1/2 tbsp (7g)

pesto sauce

1/2 tbsp (8g)

cheese

1 slice (1 oz each) (28g)

tomatoes

1 slice(s), thin/small (15g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Carrot sticks

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



Makes 3 1/2 carrot(s)

carrots

3 1/2 medium (214g)

1. Cut carrots into strips and serve.

Lowfat Greek yogurt

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



Makes 1 container(s)

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

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Caprese salad

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



balsamic vinaigrette

2 tsp (10mL)

fresh basil

2 2/3 tbsp leaves, whole (4g)

tomatoes, halved

1/3 cup cherry tomatoes (50g)

mixed greens

1/3 package (5.5 oz) (52g)

fresh mozzarella cheese

1 oz (28g)

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

Lentil Soup

361 cals ● 18g protein ● 10g fat ● 41g carbs ● 9g fiber



onion, chopped

1/6 medium (2-1/2" dia) (18g)

carrots, diced

1/3 medium (20g)

raw celery, chopped

1/3 stalk, medium (7-1/2" - 8" long) (13g)

garlic, minced

1/3 clove(s) (1g)

oregano, dried

1 1/3 dash, leaves (0g)

canned crushed tomatoes

1/6 can (68g)

lentils, raw

1/3 cup (64g)

water

1 1/3 cup(s) (316mL)

fresh spinach, thinly sliced

1/8 cup(s) (3g)

salt

1 1/3 dash (1g)

black pepper

2/3 dash, ground (0g)

olive oil

2 tsp (10mL)

basil, dried

1 1/3 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Lunch 5 [↗](#)

Eat on day 6, day 7

Seitan & bean wrap

1 burrito(s) - 523 cals ● 37g protein ● 11g fat ● 57g carbs ● 12g fiber



For single meal:

oil
1/2 tsp (3mL)
nutritional yeast
1 tsp (1g)
mixed greens
4 tbsp (8g)
ground cumin
1 tsp (2g)
salsa
2 tbsp (32g)
black beans
4 oz (113g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
seitan, cut into strips
3 oz (85g)

For all 2 meals:

oil
1 tsp (5mL)
nutritional yeast
2 tsp (3g)
mixed greens
1/2 cup (15g)
ground cumin
2 tsp (4g)
salsa
4 tbsp (65g)
black beans
1/2 lbs (227g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
seitan, cut into strips
6 oz (170g)

1. Heat oil in a pan over medium heat. Add the seitan strips and cook until browned and crispy, a few minutes on each side.
2. Remove seitan from the pan and set aside.
3. Add the black beans, salsa, cumin, and nutritional yeast to the skillet and cook for a few minutes until warmed through.
4. On the tortilla, place the mixed greens in the center and top with seitan, and then bean mixture.
5. Wrap up tortilla and serve.
6. Leftover Notes: Once ingredients have cooled you can make the burrito, wrap it in plastic wrap, freeze it, and use the microwave when ready to reheat. Alternatively you can store seitan and bean mixtures in an airtight container in the fridge then reheat and make the burrito.

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

salad dressing
1/2 tbsp (8mL)
kale leaves
1/2 cup, chopped (20g)

For all 2 meals:

salad dressing
1 tbsp (15mL)
kale leaves
1 cup, chopped (40g)

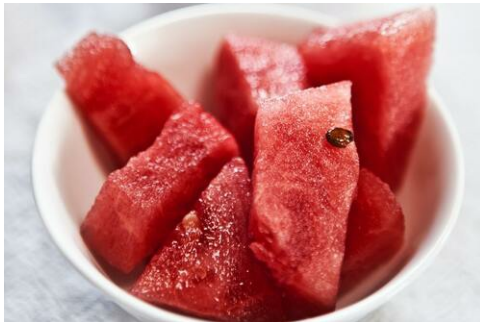
1. Toss kale in dressing of your choice and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Watermelon

2 oz - 20 cal● 1g protein ● 0g fat ● 4g carbs ● 0g fiber



For single meal:

Watermelon

2 oz (57g)

For all 2 meals:

Watermelon

4 oz (113g)

1. Slice watermelon and serve.

Cottage cheese & honey

1/4 cup(s) - 62 cal● 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 2 meals:

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.

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.
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Snacks 2

Eat on day 3, day 4

Crackers

8 cracker(s) - 135 cals 2g protein 6g fat 18g carbs 1g fiber



- For single meal:
crackers
8 crackers (28g)
- For all 2 meals:
crackers
16 crackers (56g)

1. Enjoy.

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 2 meals:
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.

Snacks 3

Eat on day 5, day 6, day 7

Fruit juice

1 1/4 cup(s) - 143 cals 2g protein 1g fat 32g carbs 1g fiber



- For single meal:
fruit juice
10 fl oz (300mL)
- For all 3 meals:
fruit juice
30 fl oz (900mL)

1. This recipe has no instructions.

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 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.

Toast with butter

1/2 slice(s) - 57 cals ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

butter

4 dash (2g)

bread

1/2 slice (16g)

For all 3 meals:

butter

1/2 tbsp (7g)

bread

1 1/2 slice (48g)

1. Toast the bread to desired toastiness.
 2. Spread the butter on the bread.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



For single meal:

barbecue sauce

4 tbsp (72g)

salt

2 dash (2g)

nutritional yeast

4 tbsp (15g)

cauliflower

1 head small (4" dia.) (265g)

For all 2 meals:

barbecue sauce

1/2 cup (143g)

salt

4 dash (3g)

nutritional yeast

1/2 cup (30g)

cauliflower

2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

salt

1 dash (1g)

water

1 2/3 cup(s) (395mL)

lentils, raw, rinsed

6 2/3 tbsp (80g)

For all 2 meals:

salt

1/4 tsp (1g)

water

3 1/3 cup(s) (790mL)

lentils, raw, rinsed

13 1/3 tbsp (160g)

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Lentil pasta

505 cal ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



For single meal:

pasta sauce

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

lentil pasta

4 oz (113g)

For all 2 meals:

pasta sauce

1/2 jar (24 oz) (336g)

lentil pasta

1/2 lbs (227g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Simple salad with tomatoes and carrots

49 cal ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



For single meal:

salad dressing

1 tsp (6mL)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

carrots, sliced

1/8 medium (8g)

romaine lettuce, roughly chopped

1/4 hearts (125g)

For all 2 meals:

salad dressing

3/4 tbsp (11mL)

tomatoes, diced

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

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
 2. Pour dressing over when serving.
-

Dinner 3 [🔗](#)

Eat on day 5

Seitan Philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



Makes 1 sub(s)

cheese

1 slice (1 oz each) (28g)

seitan, cut into strips

3 oz (85g)

bell pepper, sliced

1/2 small (37g)

onion, chopped

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

oil

1/2 tbsp (8mL)

sub roll(s)

1 roll(s) (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!

Dinner 4 [🔗](#)

Eat on day 6, day 7

Teriyaki seitan with veggies and rice

451 cals ● 37g protein ● 8g fat ● 52g carbs ● 5g fiber



For single meal:

seitan, cut into strips

4 oz (113g)

oil

1 tsp (5mL)

teriyaki sauce

1 3/4 tbsp (27mL)

frozen mixed veggies

1/3 package (10 oz ea) (96g)

long-grain white rice

2 2/3 tbsp (31g)

For all 2 meals:

seitan, cut into strips

1/2 lbs (227g)

oil

2 tsp (10mL)

teriyaki sauce

1/4 cup (53mL)

frozen mixed veggies

2/3 package (10 oz ea) (192g)

long-grain white rice

1/3 cup (62g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

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

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.