

Meal Plan - 2100 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

2190 cals ● 204g protein (37%) ● 70g fat (29%) ● 150g carbs (27%) ● 37g fiber (7%)

Breakfast

365 cals, 16g protein, 40g net carbs, 13g fat



[Milk](#)

1 cup(s)- 149 cals



[English bubble & squeak](#)

2 patties- 215 cals

Snacks

285 cals, 20g protein, 22g net carbs, 12g fat



[Toast with butter and jelly](#)

1/2 slice(s)- 67 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Sunflower seeds](#)

90 cals

Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

Lunch

330 cals, 16g protein, 43g net carbs, 7g fat



[Vegan meatball sub](#)

1/2 sub(s)- 234 cals



[Kiwi](#)

2 kiwi- 94 cals

Dinner

775 cals, 56g protein, 40g net carbs, 36g fat



[Cottage cheese & honey](#)

3/4 cup(s)- 187 cals



[Crack slaw with tempeh](#)

422 cals



[Roasted almonds](#)

1/6 cup(s)- 166 cals

Day 2

2129 cals ● 199g protein (37%) ● 45g fat (19%) ● 193g carbs (36%) ● 39g fiber (7%)

Breakfast

365 cals, 16g protein, 40g net carbs, 13g fat



Milk

1 cup(s)- 149 cals



English bubble & squeak

2 patties- 215 cals

Snacks

285 cals, 20g protein, 22g net carbs, 12g fat



Toast with butter and jelly

1/2 slice(s)- 67 cals



Cottage cheese & fruit cup

1 container- 131 cals



Sunflower seeds

90 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

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



Chunky canned soup (non-creamy)

2 can(s)- 494 cals

Dinner

545 cals, 30g protein, 80g net carbs, 5g fat



Lentil and veggie soup

416 cals



Naan bread

1/2 piece(s)- 131 cals

Day 3

2059 cals ● 196g protein (38%) ● 67g fat (29%) ● 122g carbs (24%) ● 45g fiber (9%)

Breakfast

365 cals, 16g protein, 40g net carbs, 13g fat



Milk

1 cup(s)- 149 cals



English bubble & squeak

2 patties- 215 cals

Snacks

150 cals, 8g protein, 13g net carbs, 5g fat



Carrot sticks

3 carrot(s)- 81 cals



Boiled eggs

1 egg(s)- 69 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

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



Chunky canned soup (non-creamy)

2 can(s)- 494 cals

Dinner

615 cals, 40g protein, 19g net carbs, 34g fat



Basic tempeh

6 oz- 443 cals



Simple kale & avocado salad

173 cals

Day 4

2102 cals ● 199g protein (38%) ● 71g fat (30%) ● 121g carbs (23%) ● 47g fiber (9%)

Breakfast

305 cals, 12g protein, 34g net carbs, 13g fat



Basic fried eggs
1 egg(s)- 80 cals



Medium toasted bagel with butter and jelly
1/2 bagel(s)- 225 cals

Snacks

150 cals, 8g protein, 13g net carbs, 5g fat



Carrot sticks
3 carrot(s)- 81 cals



Boiled eggs
1 egg(s)- 69 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

595 cals, 42g protein, 51g net carbs, 17g fat



Green bean, corn, and tomato salad
183 cals



Vegan crumbles
1 1/4 cup(s)- 183 cals



Lentils
231 cals

Dinner

615 cals, 40g protein, 19g net carbs, 34g fat



Basic tempeh
6 oz- 443 cals



Simple kale & avocado salad
173 cals

Day 5

2141 cals ● 186g protein (35%) ● 55g fat (23%) ● 204g carbs (38%) ● 22g fiber (4%)

Breakfast

305 cals, 12g protein, 34g net carbs, 13g fat



Basic fried eggs
1 egg(s)- 80 cals



Medium toasted bagel with butter and jelly
1/2 bagel(s)- 225 cals

Snacks

235 cals, 17g protein, 28g net carbs, 4g fat



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



Crunchy garlicky lentil snack
171 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

590 cals, 29g protein, 79g net carbs, 15g fat



Milk
1 cup(s)- 149 cals



Spaghetti and meatless meatballs
443 cals

Dinner

575 cals, 32g protein, 59g net carbs, 22g fat



Crispy chik'n tenders
7 tender(s)- 400 cals



Simple kale salad
1 1/2 cup(s)- 83 cals



Kiwi
2 kiwi- 94 cals

Day 6

2052 cals ● 203g protein (39%) ● 51g fat (22%) ● 143g carbs (28%) ● 53g fiber (10%)

Breakfast

260 cals, 32g protein, 13g net carbs, 8g fat



Protein shake (milk)
258 cals

Snacks

235 cals, 17g protein, 28g net carbs, 4g fat



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



Crunchy garlicky lentil snack
171 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

505 cals, 24g protein, 50g net carbs, 11g fat



Simple mixed greens and tomato salad
76 cals



Smokey black bean stew
428 cals

Dinner

620 cals, 33g protein, 49g net carbs, 25g fat



Goat cheese and marinara stuffed zucchini
3 zucchini halve(s)- 288 cals



Easy chickpea salad
234 cals



Milk
2/3 cup(s)- 99 cals

Day 7

2052 cals ● 203g protein (39%) ● 51g fat (22%) ● 143g carbs (28%) ● 53g fiber (10%)

Breakfast

260 cals, 32g protein, 13g net carbs, 8g fat



Protein shake (milk)
258 cals

Snacks

235 cals, 17g protein, 28g net carbs, 4g fat



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



Crunchy garlicky lentil snack
171 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

505 cals, 24g protein, 50g net carbs, 11g fat



Simple mixed greens and tomato salad
76 cals



Smokey black bean stew
428 cals

Dinner

620 cals, 33g protein, 49g net carbs, 25g fat



Goat cheese and marinara stuffed zucchini
3 zucchini halve(s)- 288 cals



Easy chickpea salad
234 cals



Milk
2/3 cup(s)- 99 cals

Baked Products

- ☐ bread
1 slice (32g)
- ☐ naan bread
1/2 piece (45g)
- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)

Dairy and Egg Products

- ☐ butter
1/6 stick (19g)
- ☐ whole milk
1/2 gallon (1759mL)
- ☐ nonfat greek yogurt, plain
6 tbsp (105g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- ☐ eggs
4 large (200g)
- ☐ goat cheese
3 oz (85g)

Sweets

- ☐ jelly
1 oz (28g)
- ☐ honey
2 tbsp (42g)

Other

- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ vegan meatballs, frozen
4 meatball(s) (120g)
- ☐ nutritional yeast
3 1/2 g (3g)
- ☐ sub roll(s)
1/2 roll(s) (43g)
- ☐ coleslaw mix
2 cup (180g)
- ☐ meatless chik'n tenders
7 pieces (179g)
- ☐ mixed greens
3 cup (90g)
- ☐ smoked paprika
1 1/2 tsp (3g)
- ☐ diced tomatoes
3/4 can(s) (315g)

Fats and Oils

- ☐ oil
2 1/2 oz (76mL)
- ☐ olive oil
2 tsp (10mL)
- ☐ salad dressing
1/4 cup (68mL)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/2 jar (24 oz) (340g)
- ☐ hot sauce
1 tsp (5mL)
- ☐ vegetable broth
3 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- ☐ apple cider vinegar
1 tbsp (1mL)

Fruits and Fruit Juices

- ☐ kiwi
4 fruit (276g)
- ☐ lemon
3/4 small (44g)
- ☐ avocados
3/4 avocado(s) (151g)
- ☐ canned black olives
4 tsp (11g)
- ☐ lime juice
1 1/2 tbsp (23mL)

Beverages

- ☐ water
30 1/2 cup(s) (7236mL)
- ☐ protein powder
30 scoop (1/3 cup ea) (930g)

Legumes and Legume Products

- ☐ tempeh
1 lbs (454g)
- ☐ lentils, raw
1 1/3 cup (251g)
- ☐ vegetarian burger crumbles
1 1/4 cup (125g)
- ☐ black beans
1 1/2 can(s) (659g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (40g)
- ☐ almonds
3 tbsp, whole (27g)

Vegetables and Vegetable Products

- ☐ potatoes
6 small (1-3/4" to 2-1/4" dia.) (552g)
- ☐ brussels sprouts
3 cup, shredded (150g)
- ☐ garlic
3 1/4 clove(s) (10g)
- ☐ kale leaves
1/2 lbs (218g)
- ☐ frozen mixed veggies
1 cup (152g)
- ☐ carrots
6 medium (366g)
- ☐ fresh green beans
2 3/4 oz (76g)
- ☐ frozen corn kernels
1/3 cup (45g)
- ☐ onion
1 1/3 small (93g)
- ☐ tomatoes
2 cup cherry tomatoes (273g)
- ☐ ketchup
1 3/4 tbsp (30g)
- ☐ tomato paste
3/4 tbsp (12g)
- ☐ zucchini
3 large (969g)
- ☐ fresh parsley
3 sprigs (3g)

- ☐ chickpeas, canned
1 can (448g)

Spices and Herbs

- ☐ dijon mustard
1 1/2 dash (1g)
- ☐ sherry vinegar
1/2 tbsp (8mL)
- ☐ salt
2 dash (1g)
- ☐ garlic powder
5 dash (2g)
- ☐ crushed red pepper
1 tsp (2g)
- ☐ oregano, dried
5 dash, ground (1g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ balsamic vinegar
1 tbsp (15mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
2 2/3 oz (76g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 3 meals:

whole milk
3 cup (720mL)

1. This recipe has no instructions.

English bubble & squeak

2 patties - 215 cal ● 8g protein ● 5g fat ● 28g carbs ● 6g fiber



For single meal:

potatoes, peeled & cut into chunks
2 small (1-3/4" to 2-1/4" dia.) (184g)
nonfat greek yogurt, plain
2 tbsp (35g)
oil
1 tsp (5mL)
brussels sprouts, shredded
1 cup, shredded (50g)

For all 3 meals:

potatoes, peeled & cut into chunks
6 small (1-3/4" to 2-1/4" dia.) (552g)
nonfat greek yogurt, plain
6 tbsp (105g)
oil
1 tbsp (15mL)
brussels sprouts, shredded
3 cup, shredded (150g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with a dollop of Greek yogurt.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Basic fried eggs

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



For single meal:

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

For all 2 meals:

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

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.

Medium toasted bagel with butter and jelly

1/2 bagel(s) - 225 cal ● 6g protein ● 7g fat ● 34g carbs ● 1g fiber



For single meal:

bagel
1/2 medium bagel (3-1/2" to 4" dia)
(53g)
butter
1/2 tbsp (7g)
jelly
1/2 serving 1 tbsp (11g)

For all 2 meals:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
butter
1 tbsp (14g)
jelly
1 serving 1 tbsp (21g)

1. Toast the bagel to desired toastiness.
 2. Spread the butter and jelly.
 3. Enjoy.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk

1 cup (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

For all 2 meals:

whole milk

2 cup (480mL)

protein powder

2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
2. Serve.

Lunch 1 [↗](#)

Eat on day 1

Vegan meatball sub

1/2 sub(s) - 234 cals ● 14g protein ● 6g fat ● 27g carbs ● 4g fiber



Makes 1/2 sub(s)

vegan meatballs, frozen

2 meatball(s) (60g)

pasta sauce

2 tbsp (33g)

nutritional yeast

4 dash (1g)

sub roll(s)

1/2 roll(s) (43g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



Makes 2 kiwi

kiwi

2 fruit (138g)

1. Slice the kiwi and serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 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.

Lunch 3 [↗](#)

Eat on day 4

Green bean, corn, and tomato salad

183 cals ● 3g protein ● 11g fat ● 14g carbs ● 4g fiber



fresh green beans, trimmed and halved

2 2/3 oz (76g)

dijon mustard

1 1/3 dash (1g)

sherry vinegar

1/2 tbsp (7mL)

olive oil

2 tsp (10mL)

frozen corn kernels

1/3 cup (45g)

onion, sliced

1/8 small (6g)

tomatoes

1/3 cup cherry tomatoes (50g)

canned black olives, sliced

4 tsp (11g)

1. Prepare vinaigrette by whisking together mustard, vinegar, oil, (salt and pepper if desired). Set aside.
2. Pan fry corn kernels with a few drops of oil until slightly toasted. Let corn cool and move to bowl.
3. Add beans, tomatoes, olives (optional), and onion to corn; toss to combine.
4. Drizzle vinaigrette over salad when serving.

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

vegetarian burger crumbles

1 1/4 cup (125g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

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.

Lunch 4 [↗](#)

Eat on day 5

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)

whole milk
1 cup (240mL)



1. This recipe has no instructions.

Spaghetti and meatless meatballs

443 cals ● 21g protein ● 7g fat ● 67g carbs ● 7g fiber



vegan meatballs, frozen
2 meatball(s) (60g)
uncooked dry pasta
2 2/3 oz (76g)
pasta sauce
1/6 jar (24 oz) (112g)

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

Lunch 5 [🔗](#)

Eat on day 6, day 7

Simple mixed greens and tomato salad

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



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Smokey black bean stew

428 cals ● 23g protein ● 7g fat ● 45g carbs ● 24g fiber



For single meal:

smoked paprika

3/4 tsp (2g)

lime juice

3/4 tbsp (11mL)

vegetable broth

3/4 cup(s) (mL)

oil

1 tsp (6mL)

tomato paste

1 tsp (6g)

ground cumin

3 dash (1g)

garlic, minced

3/4 clove(s) (2g)

onion, diced

3/8 small (26g)

diced tomatoes

3/8 can(s) (158g)

black beans, drained and rinsed

3/4 can(s) (329g)

For all 2 meals:

smoked paprika

1 1/2 tsp (3g)

lime juice

1 1/2 tbsp (23mL)

vegetable broth

1 1/2 cup(s) (mL)

oil

3/4 tbsp (11mL)

tomato paste

3/4 tbsp (12g)

ground cumin

1/4 tbsp (2g)

garlic, minced

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

onion, diced

3/4 small (53g)

diced tomatoes

3/4 can(s) (315g)

black beans, drained and rinsed

1 1/2 can(s) (659g)

1. Heat oil in a large pot over medium heat. Add in onion and garlic and cook until softened.
2. Add in spices and stir, toasting them for about 1 minute.
3. Add in broth, beans, tomatoes, and tomato paste. Stir and simmer for 15 minutes. Season with salt/pepper to taste.
4. Spritz some lime juice on top and serve.

Snacks 1 [🔗](#)

Eat on day 1, day 2

Toast with butter and jelly

1/2 slice(s) - 67 cals ● 2g protein ● 2g fat ● 8g carbs ● 1g fiber



For single meal:

bread

1/2 slice (16g)

butter

4 dash (2g)

jelly

4 dash (4g)

For all 2 meals:

bread

1 slice (32g)

butter

1 tsp (5g)

jelly

1 tsp (7g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly on the bread.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels

1/2 oz (14g)

For all 2 meals:

sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

carrots
3 medium (183g)

For all 2 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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 5, day 6, day 7

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.

Crunchy garlicky lentil snack

171 cals ● 10g protein ● 3g fat ● 21g carbs ● 5g fiber



For single meal:

lentils, raw, rinsed
3 tbsp (38g)
oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
crushed red pepper
3 dash (1g)
oregano, dried
1 1/2 dash, ground (0g)
salt
3/8 dash (0g)
water
3/8 cup(s) (95mL)

For all 3 meals:

lentils, raw, rinsed
9 1/2 tbsp (115g)
oil
2 tsp (9mL)
garlic powder
5 dash (2g)
crushed red pepper
1 tsp (2g)
oregano, dried
5 dash, ground (1g)
salt
1 dash (1g)
water
1 1/3 cup(s) (284mL)

1. Place rinsed lentils in a pot and add water. Cover and bring to a boil. Reduce heat to low and cook for 20 minutes, stirring occasionally.
2. Meanwhile, preheat the oven to 425 F (220 C).
3. Drain the lentils, put them back in the pot and mix in all remaining ingredients.
4. Line a baking sheet (or two) with parchment paper (or foil). Spread lentils over in an even layer. Bake for 12 minutes, stir lentils around, and then bake for another 12 minutes or so. Keep an eye on them towards the end to make sure they don't burn, but make sure they are completely crunchy and have no moisture before removing.
5. Serve.
6. To store: Let lentils cool completely and then store in an airtight container. Can last up to 2 weeks.

Dinner 1 [🔗](#)

Eat on day 1

Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



Makes 3/4 cup(s)

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.

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



tempeh, cubed

4 oz (113g)

coleslaw mix

2 cup (180g)

hot sauce

1 tsp (5mL)

sunflower kernels

1 tbsp (12g)

oil

2 tsp (10mL)

garlic, minced

1 clove (3g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds

3 tbsp, whole (27g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Lentil and veggie soup

416 cal ● 26g protein ● 2g fat ● 58g carbs ● 15g fiber



lentils, raw
6 tbsp (72g)
vegetable broth
1 1/2 cup(s) (mL)
kale leaves
3/4 cup, chopped (30g)
nutritional yeast
3/4 tbsp (3g)
garlic
3/4 clove(s) (2g)
frozen mixed veggies
1 cup (152g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)



naan bread
1/2 piece (45g)

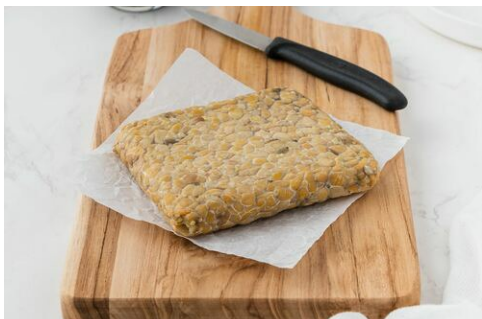
1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3, day 4

Basic tempeh

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

kale leaves, chopped
3/8 bunch (64g)
lemon, juiced
3/8 small (22g)
avocados, chopped
3/8 avocado(s) (75g)

For all 2 meals:

kale leaves, chopped
3/4 bunch (128g)
lemon, juiced
3/4 small (44g)
avocados, chopped
3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 4 [↗](#)

Eat on day 5

Crispy chik'n tenders

7 tender(s) - 400 cals ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



Makes 7 tender(s)

ketchup
1 3/4 tbsp (30g)
meatless chik'n tenders
7 pieces (179g)

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

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



Makes 1 1/2 cup(s)

salad dressing
1 1/2 tbsp (23mL)
kale leaves
1 1/2 cup, chopped (60g)

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

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



Makes 2 kiwi

kiwi

2 fruit (138g)

1. Slice the kiwi and serve.

Dinner 5 [↗](#)

Eat on day 6, day 7

Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cal ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



For single meal:

zucchini

1 1/2 large (485g)

pasta sauce

6 tbsp (98g)

goat cheese

1 1/2 oz (43g)

For all 2 meals:

zucchini

3 large (969g)

pasta sauce

3/4 cup (195g)

goat cheese

3 oz (85g)

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.

Easy chickpea salad

234 cal ● 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!

Milk

2/3 cup(s) - 99 cals ● 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.

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.