

Meal Plan - 2200 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

2100 cals ● 198g protein (38%) ● 52g fat (22%) ● 175g carbs (33%) ● 35g fiber (7%)

Breakfast

260 cals, 8g protein, 38g net carbs, 7g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Small toasted bagel with butter](#)

1 bagel(s)- 241 cals

Snacks

225 cals, 6g protein, 31g net carbs, 7g fat



[Medium toasted bagel with butter](#)

1/2 bagel(s)- 196 cals



[Carrot sticks](#)

1 carrot(s)- 27 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 1/2 scoop- 491 cals

Lunch

575 cals, 30g protein, 59g net carbs, 22g fat



[Brown rice](#)

1/3 cup brown rice, cooked- 76 cals



[Buttered corn](#)

317 cals



[Simple seitan](#)

3 oz- 183 cals

Dinner

550 cals, 45g protein, 43g net carbs, 13g fat



[Honey glazed carrots](#)

170 cals



[Lentils](#)

87 cals



[Vegan crumbles](#)

2 cup(s)- 292 cals

Day 2

2171 cals ● 191g protein (35%) ● 71g fat (29%) ● 171g carbs (31%) ● 22g fiber (4%)

Breakfast

260 cals, 8g protein, 38g net carbs, 7g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Small toasted bagel with butter

1 bagel(s)- 241 cals

Snacks

225 cals, 6g protein, 31g net carbs, 7g fat



Medium toasted bagel with butter

1/2 bagel(s)- 196 cals



Carrot sticks

1 carrot(s)- 27 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

575 cals, 30g protein, 59g net carbs, 22g fat



Brown rice

1/3 cup brown rice, cooked- 76 cals



Buttered corn

317 cals



Simple seitan

3 oz- 183 cals

Dinner

620 cals, 38g protein, 39g net carbs, 32g fat



Lima beans

116 cals



Lemon pepper tofu

14 oz- 504 cals

Day 3

2239 cals ● 207g protein (37%) ● 69g fat (28%) ● 155g carbs (28%) ● 44g fiber (8%)

Breakfast

245 cals, 13g protein, 23g net carbs, 10g fat



Waffles & Greek yogurt
1 waffle(s)- 119 cals



Basic fried eggs
1 egg(s)- 80 cals



Kiwi
1 kiwi- 47 cals

Snacks

245 cals, 9g protein, 20g net carbs, 12g fat



Sunflower seeds
90 cals



Grapes
44 cals



Toast with butter
1 slice(s)- 114 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

635 cals, 38g protein, 69g net carbs, 12g fat



Smashed chickpea toast
2 toast(s)- 636 cals

Dinner

620 cals, 38g protein, 39g net carbs, 32g fat



Lima beans
116 cals



Lemon pepper tofu
14 oz- 504 cals

Day 4

2190 cals ● 193g protein (35%) ● 69g fat (28%) ● 159g carbs (29%) ● 40g fiber (7%)

Breakfast

245 cals, 13g protein, 23g net carbs, 10g fat



[Waffles & Greek yogurt](#)
1 waffle(s)- 119 cals



[Basic fried eggs](#)
1 egg(s)- 80 cals



[Kiwi](#)
1 kiwi- 47 cals

Snacks

245 cals, 9g protein, 20g net carbs, 12g fat



[Sunflower seeds](#)
90 cals



[Grapes](#)
44 cals



[Toast with butter](#)
1 slice(s)- 114 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 1/2 scoop- 491 cals

Lunch

635 cals, 38g protein, 69g net carbs, 12g fat



[Smashed chickpea toast](#)
2 toast(s)- 636 cals

Dinner

570 cals, 24g protein, 44g net carbs, 32g fat



[Simple mozzarella and tomato salad](#)
121 cals



[Coconut ginger tofu congee](#)
451 cals



Day 5

2175 cals ● 198g protein (37%) ● 65g fat (27%) ● 166g carbs (30%) ● 33g fiber (6%)

Breakfast

245 cals, 13g protein, 23g net carbs, 10g fat



Waffles & Greek yogurt
1 waffle(s)- 119 cals



Basic fried eggs
1 egg(s)- 80 cals



Kiwi
1 kiwi- 47 cals

Snacks

175 cals, 9g protein, 19g net carbs, 5g fat



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



Dark chocolate
1 square(s)- 60 cals



Carrot sticks
2 carrot(s)- 54 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

695 cals, 46g protein, 64g net carbs, 22g fat



Lentils
116 cals



Chunky canned soup (non-creamy)
2 can(s)- 494 cals



Walnuts
1/8 cup(s)- 87 cals

Dinner

565 cals, 22g protein, 56g net carbs, 25g fat



Milk
3/4 cup(s)- 112 cals



Corn
92 cals



Curried lentils
362 cals

Day 6

2225 cals ● 204g protein (37%) ● 72g fat (29%) ● 155g carbs (28%) ● 35g fiber (6%)

Breakfast

295 cals, 18g protein, 12g net carbs, 18g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



Kiwi
1 kiwi- 47 cals

Snacks

175 cals, 9g protein, 19g net carbs, 5g fat



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



Dark chocolate
1 square(s)- 60 cals



Carrot sticks
2 carrot(s)- 54 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

695 cals, 46g protein, 64g net carbs, 22g fat



Lentils
116 cals



Chunky canned soup (non-creamy)
2 can(s)- 494 cals



Walnuts
1/8 cup(s)- 87 cals

Dinner

565 cals, 22g protein, 56g net carbs, 25g fat



Milk
3/4 cup(s)- 112 cals



Corn
92 cals



Curried lentils
362 cals

Day 7

2173 cals ● 221g protein (41%) ● 54g fat (22%) ● 170g carbs (31%) ● 32g fiber (6%)

Breakfast

295 cals, 18g protein, 12g net carbs, 18g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



Kiwi
1 kiwi- 47 cals

Snacks

175 cals, 9g protein, 19g net carbs, 5g fat



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



Dark chocolate
1 square(s)- 60 cals



Carrot sticks
2 carrot(s)- 54 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

585 cals, 20g protein, 108g net carbs, 5g fat



Dinner roll
1 roll- 77 cals



Pasta with store-bought sauce
510 cals

Dinner

625 cals, 64g protein, 27g net carbs, 24g fat



Vegan sausage
2 sausage(s)- 536 cals



Broccoli
3 cup(s)- 87 cals

Baked Products

- ☐ bagel
2 1/3 medium bagel (3-1/2" to 4" dia) (243g)
- ☐ bread
6 3/4 oz (192g)
- ☐ frozen waffles
3 waffles (105g)
- ☐ Roll
1 pan, dinner, or small roll (2" square, 2" high) (28g)

Dairy and Egg Products

- ☐ butter
2/3 stick (78g)
- ☐ nonfat greek yogurt, plain
1 1/2 container (245g)
- ☐ eggs
7 large (350g)
- ☐ fresh mozzarella cheese
1 oz (28g)
- ☐ low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- ☐ whole milk
1 1/2 cup (360mL)
- ☐ parmesan cheese
4 tbsp (20g)

Vegetables and Vegetable Products

- ☐ carrots
11 3/4 medium (715g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (347g)
- ☐ frozen corn kernels
4 cup (544g)
- ☐ lima beans, frozen
3/4 package (10 oz) (213g)
- ☐ raw celery
4 stalk, small (5" long) (68g)
- ☐ garlic
2 clove(s) (6g)
- ☐ fresh ginger
1 1/2 tbsp (9g)
- ☐ fresh spinach
4 cup(s) (120g)
- ☐ frozen broccoli
3 cup (273g)

Cereal Grains and Pasta

Beverages

- ☐ water
35 1/2 cup(s) (8402mL)
- ☐ protein powder
31 1/2 scoop (1/3 cup ea) (977g)

Fats and Oils

- ☐ oil
1 1/2 oz (46mL)
- ☐ balsamic vinaigrette
1/2 tbsp (7mL)
- ☐ olive oil
2 tsp (10mL)

Sweets

- ☐ honey
1 oz (32g)
- ☐ Chocolate, dark, 70-85%
3 square(s) (30g)

Fruits and Fruit Juices

- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ lemon
2 small (116g)
- ☐ kiwi
5 fruit (345g)
- ☐ grapes
1 1/2 cup (138g)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (184g)
- ☐ vegetarian burger crumbles
2 cup (200g)
- ☐ firm tofu
2 lbs (936g)
- ☐ chickpeas, canned
2 can (896g)

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)
- ☐ coconut milk, canned
1 cup (240mL)

- ☐ brown rice
1/4 cup (42g)
- ☐ seitan
6 oz (170g)
- ☐ cornstarch
4 tbsp (32g)
- ☐ quinoa, uncooked
4 tsp (14g)
- ☐ long-grain white rice
2 3/4 tbsp (31g)
- ☐ uncooked dry pasta
4 oz (114g)

Spices and Herbs

- ☐ salt
1/4 oz (6g)
- ☐ black pepper
1 g (1g)
- ☐ lemon pepper
1 tsp (2g)
- ☐ mustard
2 tbsp (30g)
- ☐ onion powder
2 tsp (5g)
- ☐ fresh basil
1/2 tbsp, chopped (1g)

- ☐ walnuts
4 tbsp, shelled (25g)

Other

- ☐ sriracha chili sauce
1 tsp (5g)
- ☐ curry paste
1 tbsp (15g)
- ☐ vegan sausage
2 sausage (200g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- ☐ pasta sauce
1/4 jar (24 oz) (168g)



Breakfast 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 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.

Small toasted bagel with butter

1 bagel(s) - 241 cals ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

butter

1/2 tbsp (7g)

bagel

1 small bagel (3" dia) (69g)

For all 2 meals:

butter

1 tbsp (14g)

bagel

2 small bagel (3" dia) (138g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Waffles & Greek yogurt

1 waffle(s) - 119 cals ● 6g protein ● 4g fat ● 15g carbs ● 0g fiber



For single meal:

nonfat greek yogurt, plain

2 tbsp (35g)

frozen waffles

1 waffles (35g)

For all 3 meals:

nonfat greek yogurt, plain

6 tbsp (105g)

frozen waffles

3 waffles (105g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Basic fried eggs

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



For single meal:

oil

1/4 tsp (1mL)

eggs

1 large (50g)

For all 3 meals:

oil

1/4 tbsp (4mL)

eggs

3 large (150g)

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.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi

1 fruit (69g)

For all 3 meals:

kiwi

3 fruit (207g)

1. Slice the kiwi and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Scrambled eggs with spinach, parmesan & tomato

249 cal ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

eggs

2 large (100g)

olive oil

1 tsp (5mL)

fresh spinach

2 cup(s) (60g)

parmesan cheese

2 tbsp (10g)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

garlic, minced

4 dash (1g)

For all 2 meals:

eggs

4 large (200g)

olive oil

2 tsp (10mL)

fresh spinach

4 cup(s) (120g)

parmesan cheese

4 tbsp (20g)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

garlic, minced

1 tsp (3g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Kiwi

1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi

1 fruit (69g)

For all 2 meals:

kiwi

2 fruit (138g)

1. Slice the kiwi and serve.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Brown rice

1/3 cup brown rice, cooked - 76 cal ● 2g protein ● 1g fat ● 15g carbs ● 1g fiber



For single meal:

brown rice
1 3/4 tbsp (21g)
salt
2/3 dash (1g)
water
1/4 cup(s) (53mL)
black pepper
2/3 dash, ground (0g)

For all 2 meals:

brown rice
1/4 cup (42g)
salt
1 1/3 dash (1g)
water
1/2 cup(s) (105mL)
black pepper
1 1/3 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Buttered corn

317 cal ● 6g protein ● 16g fat ● 34g carbs ● 4g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
butter
4 tsp (18g)
frozen corn kernels
1 1/3 cup (181g)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
butter
2 2/3 tbsp (36g)
frozen corn kernels
2 2/3 cup (363g)

1. Prepare corn according to instructions on package.
2. Top with butter and season with salt and pepper to taste.

Simple seitan

3 oz - 183 cal ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
seitan
3 oz (85g)

For all 2 meals:

oil
1/2 tbsp (8mL)
seitan
6 oz (170g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Smashed chickpea toast

2 toast(s) - 636 cals ● 38g protein ● 12g fat ● 69g carbs ● 25g fiber



For single meal:

nonfat greek yogurt, plain
4 tbsp (70g)
mustard
1 tbsp (15g)
onion powder
1 tsp (2g)
raw celery, diced
2 stalk, small (5" long) (34g)
chickpeas, canned, drained & rinsed
1 can (448g)
bread
2 slice(s) (64g)

For all 2 meals:

nonfat greek yogurt, plain
1/2 cup (140g)
mustard
2 tbsp (30g)
onion powder
2 tsp (5g)
raw celery, diced
4 stalk, small (5" long) (68g)
chickpeas, canned, drained & rinsed
2 can (896g)
bread
4 slice(s) (128g)

1. Toast bread (optional).
 2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
 3. Mix in the remaining whole chickpeas.
 4. Top the toast with the chickpea mixture and serve.
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Lunch 3 [🔗](#)

Eat on day 5, day 6

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

salt
1/3 dash (0g)
water
2/3 cup(s) (158mL)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

salt
2/3 dash (1g)
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.

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.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

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.

Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia) (53g)

butter

1/2 tbsp (7g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia) (105g)

butter

1 tbsp (14g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Snacks 2 [↗](#)

Eat on day 3, day 4

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.

Grapes

44 cals ● 1g protein ● 0g fat ● 7g carbs ● 3g fiber



For single meal:

grapes
3/4 cup (69g)

For all 2 meals:

grapes
1 1/2 cup (138g)

1. This recipe has no instructions.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

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

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.

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.

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 3 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

Dinner 1 [↗](#)

Eat on day 1

Honey glazed carrots

170 cals ● 2g protein ● 4g fat ● 24g carbs ● 6g fiber



butter
1 tsp (5g)
carrots
1/2 lbs (227g)
water
1/6 cup(s) (39mL)
honey
1/2 tbsp (11g)
salt
1 dash (1g)
lemon juice
1/2 tbsp (8mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

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.

Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



Makes 2 cup(s)

vegetarian burger crumbles

2 cup (200g)

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

Dinner 2 [↗](#)

Eat on day 2, day 3

Lima beans

116 cals ● 7g protein ● 0g fat ● 15g carbs ● 6g fiber



For single meal:

lima beans, frozen

3/8 package (10 oz) (107g)

salt

1 1/2 dash (1g)

black pepper

3/4 dash, ground (0g)

For all 2 meals:

lima beans, frozen

3/4 package (10 oz) (213g)

salt

3 dash (2g)

black pepper

1 1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Lemon pepper tofu

14 oz - 504 cals ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



For single meal:

lemon pepper

4 dash (1g)

oil

1 tbsp (15mL)

cornstarch

2 tbsp (16g)

lemon, zested

1 small (58g)

firm tofu, patted dry & cubed

14 oz (397g)

For all 2 meals:

lemon pepper

1 tsp (2g)

oil

2 tbsp (30mL)

cornstarch

4 tbsp (32g)

lemon, zested

2 small (116g)

firm tofu, patted dry & cubed

1 3/4 lbs (794g)

1. Preheat oven to 450°F (220°C).
 2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
 3. Bake 20-25 minutes until tofu is golden and crispy. Serve.
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Dinner 3 [🔗](#)

Eat on day 4

Simple mozzarella and tomato salad

121 cal ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



tomatoes, sliced

3/8 large whole (3" dia) (68g)

fresh mozzarella cheese, sliced

1 oz (28g)

balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

1/2 tbsp, chopped (1g)

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

Coconut ginger tofu congee

451 cal ● 17g protein ● 24g fat ● 40g carbs ● 2g fiber



garlic, minced

1 clove(s) (3g)

sriracha chili sauce

1 tsp (5g)

water

1/2 cup(s) (118mL)

oil

1 tsp (5mL)

fresh ginger, minced

1 1/2 tbsp (9g)

firm tofu, patted dry & cubed

5 oz (142g)

coconut milk, canned

4 tbsp (60mL)

quinoa, uncooked

4 tsp (14g)

long-grain white rice

2 2/3 tbsp (31g)

1. Combine rice, quinoa, ginger, garlic, coconut milk, water, and some salt in a saucepan. Bring to a boil, cover, reduce heat to low and cook until grains are tender and water is mostly absorbed, about 15-20 minutes.
 2. Meanwhile, heat the oil in a skillet. Add tofu and season with some salt and pepper. Cook until lightly browned, 4-6 minutes.
 3. Transfer the rice to a bowl and top with tofu. Drizzle sriracha on top and serve.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Milk

3/4 cup(s) - 112 cals ● 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.

Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

frozen corn kernels
2/3 cup (91g)

For all 2 meals:

frozen corn kernels
1 1/3 cup (181g)

1. Prepare according to instructions on package.

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



For single meal:

lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

For all 2 meals:

lentils, raw
1/2 cup (96g)
water
1 cup(s) (237mL)
salt
1 dash (1g)
coconut milk, canned
3/4 cup (180mL)
curry paste
1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Dinner 5 [🔗](#)

Eat on day 7

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

frozen broccoli

3 cup (273g)

1. Prepare according to instructions on package.

Protein Supplement(s) [🔗](#)

Eat every day

Protein shake

4 1/2 scoop - 491 cals ● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

water

4 1/2 cup(s) (1067mL)

protein powder

4 1/2 scoop (1/3 cup ea) (140g)

For all 7 meals:

water

31 1/2 cup(s) (7466mL)

protein powder

31 1/2 scoop (1/3 cup ea) (977g)

1. This recipe has no instructions.