

Meal Plan - 2300 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

2284 cals ● 210g protein (37%) ● 60g fat (24%) ● 192g carbs (34%) ● 33g fiber (6%)

Breakfast

395 cals, 22g protein, 27g net carbs, 19g fat



[Egg & guac sandwich](#)

1 sandwich(es)- 381 cals



[Celery sticks](#)

2 celery stalk- 13 cals

Snacks

345 cals, 18g protein, 36g net carbs, 12g fat



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Mixed nuts](#)

1/8 cup(s)- 109 cals



[Apple](#)

1 apple(s)- 105 cals

Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cals

Lunch

320 cals, 12g protein, 19g net carbs, 17g fat



[Grilled cheese sandwich](#)

1/2 sandwich(es)- 248 cals



[Raspberries](#)

1 cup(s)- 72 cals

Dinner

735 cals, 49g protein, 106g net carbs, 10g fat



[Cottage cheese & honey](#)

1 cup(s)- 249 cals



[Spaghetti and meatless meatballs](#)

332 cals



[Dinner roll](#)

2 roll- 154 cals

Day 2

2191 cals ● 202g protein (37%) ● 90g fat (37%) ● 101g carbs (18%) ● 43g fiber (8%)

Breakfast

395 cals, 22g protein, 27g net carbs, 19g fat



Egg & guac sandwich

1 sandwich(es)- 381 cals



Celery sticks

2 celery stalk- 13 cals

Snacks

345 cals, 18g protein, 36g net carbs, 12g fat



Cottage cheese & fruit cup

1 container- 131 cals



Mixed nuts

1/8 cup(s)- 109 cals



Apple

1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

320 cals, 12g protein, 19g net carbs, 17g fat



Grilled cheese sandwich

1/2 sandwich(es)- 248 cals



Raspberries

1 cup(s)- 72 cals

Dinner

645 cals, 40g protein, 15g net carbs, 40g fat



Buttered broccoli

1 1/2 cup(s)- 200 cals



Basic tempeh

6 oz- 443 cals

Day 3

2319 cals ● 212g protein (37%) ● 96g fat (37%) ● 116g carbs (20%) ● 37g fiber (6%)

Breakfast

395 cals, 22g protein, 27g net carbs, 19g fat



Egg & guac sandwich

1 sandwich(es)- 381 cals



Celery sticks

2 celery stalk- 13 cals

Snacks

230 cals, 8g protein, 11g net carbs, 15g fat



Pistachios

188 cals



Cherry tomatoes

12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

560 cals, 32g protein, 60g net carbs, 20g fat



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cals



Fruit juice

1 3/4 cup(s)- 201 cals

Dinner

645 cals, 40g protein, 15g net carbs, 40g fat



Buttered broccoli

1 1/2 cup(s)- 200 cals



Basic tempeh

6 oz- 443 cals

Day 4

2322 cals ● 239g protein (41%) ● 83g fat (32%) ● 121g carbs (21%) ● 34g fiber (6%)

Breakfast

345 cals, 27g protein, 20g net carbs, 14g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Raspberries
1 cup(s)- 72 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

230 cals, 8g protein, 11g net carbs, 15g fat



Pistachios
188 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

560 cals, 32g protein, 60g net carbs, 20g fat



Vegan bangers and cauliflower mash
1 sausage link(s)- 361 cals



Fruit juice
1 3/4 cup(s)- 201 cals

Dinner

695 cals, 63g protein, 26g net carbs, 32g fat



Garlic collard greens
159 cals



Vegan sausage
2 sausage(s)- 536 cals

Day 5

2362 cals ● 231g protein (39%) ● 102g fat (39%) ● 94g carbs (16%) ● 35g fiber (6%)

Breakfast

345 cals, 27g protein, 20g net carbs, 14g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Raspberries
1 cup(s)- 72 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac
6 crisps- 261 cals

Lunch

570 cals, 22g protein, 42g net carbs, 32g fat



Sweet potato medallions
1 sweet potato- 309 cals



Cajun tofu
262 cals

Dinner

695 cals, 63g protein, 26g net carbs, 32g fat



Garlic collard greens
159 cals



Vegan sausage
2 sausage(s)- 536 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 6

2269 cals ● 205g protein (36%) ● 86g fat (34%) ● 128g carbs (22%) ● 41g fiber (7%)

Breakfast

285 cals, 13g protein, 33g net carbs, 7g fat



Fruit juice

1 cup(s)- 115 cals



Raspberries

1 cup(s)- 72 cals



High protein scrambled eggs

99 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac

6 crisps- 261 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

670 cals, 32g protein, 67g net carbs, 26g fat



Simple mixed greens salad

203 cals



Vegan meatball sub

1 sub(s)- 468 cals

Dinner

560 cals, 40g protein, 21g net carbs, 29g fat



Cooked peppers

3/4 bell pepper(s)- 90 cals



Buffalo tempeh with tzatziki

471 cals

Day 7

2269 cals ● 205g protein (36%) ● 86g fat (34%) ● 128g carbs (22%) ● 41g fiber (7%)

Breakfast

285 cals, 13g protein, 33g net carbs, 7g fat



Fruit juice

1 cup(s)- 115 cals



Raspberries

1 cup(s)- 72 cals



High protein scrambled eggs

99 cals

Snacks

260 cals, 11g protein, 3g net carbs, 22g fat



Cheesy crisps and guac

6 crisps- 261 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

670 cals, 32g protein, 67g net carbs, 26g fat



Simple mixed greens salad

203 cals



Vegan meatball sub

1 sub(s)- 468 cals

Dinner

560 cals, 40g protein, 21g net carbs, 29g fat



Cooked peppers

3/4 bell pepper(s)- 90 cals



Buffalo tempeh with tzatziki

471 cals

Other

- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ guacamole, store-bought
1 cup (232g)
- ☐ vegan meatballs, frozen
9 1/2 meatball(s) (285g)
- ☐ vegan sausage
6 sausage (600g)
- ☐ frozen cauliflower
1 1/2 cup (170g)
- ☐ mixed greens
9 cup (270g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ sub roll(s)
2 roll(s) (170g)
- ☐ tzatziki
3/8 cup(s) (84g)

Nut and Seed Products

- ☐ mixed nuts
4 tbsp (34g)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Fruits and Fruit Juices

- ☐ apples
2 medium (3" dia) (364g)
- ☐ raspberries
6 cup (738g)
- ☐ fruit juice
44 fl oz (1320mL)

Fats and Oils

- ☐ oil
1/4 lbs (133mL)
- ☐ salad dressing
1/2 cup (135mL)

Dairy and Egg Products

- ☐ eggs
13 medium (576g)
- ☐ butter
4 tbsp (57g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)

Vegetables and Vegetable Products

- ☐ raw celery
6 stalk, medium (7-1/2" - 8" long) (240g)
- ☐ frozen broccoli
3 cup (273g)
- ☐ onion
1 small (70g)
- ☐ tomatoes
24 cherry tomatoes (408g)
- ☐ collard greens
1 lbs (454g)
- ☐ garlic
3 clove(s) (9g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
- ☐ bell pepper
1 1/2 large (246g)

Beverages

- ☐ water
31 1/2 cup(s) (7466mL)
- ☐ protein powder
31 1/2 scoop (1/3 cup ea) (977g)

Sweets

- ☐ honey
4 tsp (28g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
2 oz (57g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/3 jar (24 oz) (214g)
- ☐ Frank's Red Hot sauce
6 tbsp (91mL)

Spices and Herbs

- ☐ black pepper
1 1/2 dash (0g)
- ☐ salt
2 g (2g)
- ☐ cajun seasoning
1/4 tbsp (2g)

☐ low fat cottage cheese (1% milkfat)
1 1/4 cup (283g)

☐ cheese
1 cup, shredded (126g)

Baked Products

☐ bread
9 oz (256g)

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

Legumes and Legume Products

☐ tempeh
1 1/2 lbs (680g)

☐ firm tofu
1/2 lbs (236g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Egg & guac sandwich

1 sandwich(es) - 381 cal ● 22g protein ● 19g fat ● 25g carbs ● 6g fiber



For single meal:

oil
1/2 tsp (3mL)
guacamole, store-bought
2 tbsp (31g)
eggs
2 large (100g)
bread
2 slice(s) (64g)

For all 3 meals:

oil
1/2 tbsp (8mL)
guacamole, store-bought
6 tbsp (93g)
eggs
6 large (300g)
bread
6 slice(s) (192g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Celery sticks

2 celery stalk - 13 cal ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

raw celery
6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Cottage cheese & fruit cup

1 container - 131 cal ● 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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice

8 fl oz (240mL)

For all 2 meals:

fruit juice

16 fl oz (480mL)

1. This recipe has no instructions.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 2 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.

High protein scrambled eggs

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



For single meal:

oil

1/4 tsp (1mL)

low fat cottage cheese (1% milkfat)

2 tbsp (28g)

eggs

1 large (50g)

For all 2 meals:

oil

1/2 tsp (3mL)

low fat cottage cheese (1% milkfat)

4 tbsp (57g)

eggs

2 large (100g)

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



For single meal:

bread

1 slice (32g)

butter

1/2 tbsp (7g)

sliced cheese

1 slice (1 oz ea) (28g)

For all 2 meals:

bread

2 slice (64g)

butter

1 tbsp (14g)

sliced cheese

2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 2 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



For single meal:

onion, thinly sliced

1/2 small (35g)

vegan sausage

1 sausage (100g)

oil

1/2 tbsp (8mL)

frozen cauliflower

3/4 cup (85g)

For all 2 meals:

onion, thinly sliced

1 small (70g)

vegan sausage

2 sausage (200g)

oil

1 tbsp (15mL)

frozen cauliflower

1 1/2 cup (170g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Fruit juice

1 3/4 cup(s) - 201 cals ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

fruit juice

14 fl oz (420mL)

For all 2 meals:

fruit juice

28 fl oz (840mL)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 5

Sweet potato medallions

1 sweet potato - 309 cals ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato

sweet potatoes, sliced

1 sweet potato, 5" long (210g)

oil

1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Cajun tofu

262 cals ● 19g protein ● 18g fat ● 6g carbs ● 1g fiber



oil

1/2 tbsp (8mL)

cajun seasoning

1 tsp (2g)

firm tofu, patted dry & cubed

1/2 lbs (236g)

1. Preheat oven to 425°F (220°C).
 2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
 3. Bake until crisp, 20-25 minutes. Serve.
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Lunch 4 [🔗](#)

Eat on day 6, day 7

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

For all 2 meals:

mixed greens
9 cup (270g)
salad dressing
1/2 cup (135mL)

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

Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



For single meal:

vegan meatballs, frozen
4 meatball(s) (120g)
pasta sauce
4 tbsp (65g)
nutritional yeast
1 tsp (1g)
sub roll(s)
1 roll(s) (85g)

For all 2 meals:

vegan meatballs, frozen
8 meatball(s) (240g)
pasta sauce
1/2 cup (130g)
nutritional yeast
2 tsp (3g)
sub roll(s)
2 roll(s) (170g)

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.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Cottage cheese & fruit cup

1 container - 131 cal● 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.

Mixed nuts

1/8 cup(s) - 109 cal● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 2 meals:

mixed nuts
4 tbsp (34g)

1. This recipe has no instructions.

Apple

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

Snacks 2

Eat on day 3, day 4

Pistachios

188 cals  7g protein  14g fat  6g carbs  3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

- 1. This recipe has no instructions.

Cherry tomatoes

12 cherry tomatoes - 42 cals  2g protein  0g fat  6g carbs  2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

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

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese

6 tbsp, shredded (42g)

guacamole, store-bought

3 tbsp (46g)

For all 3 meals:

cheese

1 cup, shredded (126g)

guacamole, store-bought

1/2 cup (139g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

Dinner 1 [↗](#)

Eat on day 1

Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

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

Spaghetti and meatless meatballs

332 cals ● 16g protein ● 5g fat ● 50g carbs ● 5g fiber



vegan meatballs, frozen

1 1/2 meatball(s) (45g)

uncooked dry pasta

2 oz (57g)

pasta sauce

1/8 jar (24 oz) (84g)

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

Dinner roll

2 roll - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll

Roll

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

1. Enjoy.

Dinner 2 [↗](#)

Eat on day 2, day 3

Buttered broccoli

1 1/2 cup(s) - 200 cals ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen broccoli

1 1/2 cup (137g)

butter

1 1/2 tbsp (21g)

For all 2 meals:

black pepper

1 1/2 dash (0g)

salt

1 1/2 dash (1g)

frozen broccoli

3 cup (273g)

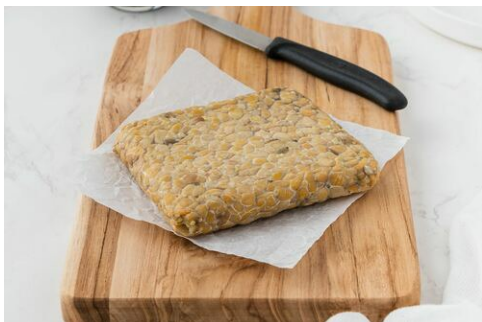
butter

3 tbsp (43g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Basic tempeh

6 oz - 443 cals ● 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.
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Dinner 3 [🔗](#)

Eat on day 4, day 5

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



For single meal:

collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

garlic, minced

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

salt

1 dash (1g)

For all 2 meals:

collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Vegan sausage

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



For single meal:

vegan sausage

2 sausage (200g)

For all 2 meals:

vegan sausage

4 sausage (400g)

1. Prepare according to package instructions.
 2. Serve.
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Dinner 4 [🔗](#)

Eat on day 6, day 7

Cooked peppers

3/4 bell pepper(s) - 90 cal ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil
1/2 tbsp (8mL)
bell pepper, seeded & cut into strips
3/4 large (123g)

For all 2 meals:

oil
1 tbsp (15mL)
bell pepper, seeded & cut into strips
1 1/2 large (246g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Buffalo tempeh with tzatziki

471 cal ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



For single meal:

oil
3/4 tbsp (11mL)
tzatziki
1/6 cup(s) (42g)
Frank's Red Hot sauce
3 tbsp (45mL)
tempeh, roughly chopped
6 oz (170g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
tzatziki
3/8 cup(s) (84g)
Frank's Red Hot sauce
6 tbsp (90mL)
tempeh, roughly chopped
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
 2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
 3. Serve tofu with tzatziki.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 1/2 scoop - 491 cal● 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.