

# Meal Plan - 2400 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  
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## Day 1

2375 cals ● 216g protein (36%) ● 57g fat (21%) ● 212g carbs (36%) ● 39g fiber (7%)

### Breakfast

440 cals, 26g protein, 47g net carbs, 13g fat



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals



[Vegan sausage & guac sandwich](#)

1 sandwich(es)- 283 cals

### Snacks

235 cals, 10g protein, 38g net carbs, 3g fat



[Strawberries](#)

1 2/3 cup(s)- 87 cals



[Kefir](#)

150 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)

5 scoop- 545 cals

### Lunch

835 cals, 45g protein, 90g net carbs, 27g fat



[Vegan meatball sub](#)

1 1/2 sub(s)- 702 cals



[Simple mixed greens salad](#)

136 cals

### Dinner

320 cals, 14g protein, 33g net carbs, 11g fat



[Zoodles marinara](#)

169 cals



[Milk](#)

1 cup(s)- 149 cals

## Day 2

2291 cals ● 206g protein (36%) ● 69g fat (27%) ● 176g carbs (31%) ● 36g fiber (6%)

### Breakfast

440 cals, 26g protein, 47g net carbs, 13g fat



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Vegan sausage & guac sandwich**  
1 sandwich(es)- 283 cals

### Snacks

235 cals, 10g protein, 38g net carbs, 3g fat



**Strawberries**  
1 2/3 cup(s)- 87 cals



**Kefir**  
150 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

755 cals, 35g protein, 54g net carbs, 39g fat



**Caprese salad**  
107 cals



**Grilled cheese with mushrooms**  
646 cals

### Dinner

320 cals, 14g protein, 33g net carbs, 11g fat



**Zoodles marinara**  
169 cals



**Milk**  
1 cup(s)- 149 cals

## Day 3

2442 cals ● 252g protein (41%) ● 97g fat (36%) ● 111g carbs (18%) ● 31g fiber (5%)

### Breakfast

340 cals, 21g protein, 14g net carbs, 21g fat



**Creamy scrambled eggs**  
273 cals



**Peach**  
1 peach(es)- 66 cals

### Snacks

200 cals, 17g protein, 13g net carbs, 5g fat



**Raspberries**  
1 cup(s)- 72 cals



**Protein shake (milk)**  
129 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

755 cals, 35g protein, 54g net carbs, 39g fat



**Caprese salad**  
107 cals



**Grilled cheese with mushrooms**  
646 cals

### Dinner

605 cals, 57g protein, 25g net carbs, 29g fat



**Vegan sausage**  
2 sausage(s)- 536 cals



**Simple mixed greens salad**  
68 cals

## Day 4

2387 cals ● 218g protein (37%) ● 100g fat (38%) ● 115g carbs (19%) ● 39g fiber (7%)

### Breakfast

340 cals, 21g protein, 14g net carbs, 21g fat



[Creamy scrambled eggs](#)  
273 cals



[Peach](#)  
1 peach(es)- 66 cals

### Snacks

200 cals, 17g protein, 13g net carbs, 5g fat



[Raspberries](#)  
1 cup(s)- 72 cals



[Protein shake \(milk\)](#)  
129 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)  
5 scoop- 545 cals

### Lunch

685 cals, 33g protein, 31g net carbs, 45g fat



[Caprese salad](#)  
142 cals



[Egg salad sandwich](#)  
1 sandwich(es)- 542 cals

### Dinner

620 cals, 25g protein, 52g net carbs, 27g fat



[Chickpea & kale soup](#)  
409 cals



[Roasted cashews](#)  
1/4 cup(s)- 209 cals

## Day 5

2361 cals ● 213g protein (36%) ● 77g fat (30%) ● 160g carbs (27%) ● 43g fiber (7%)

### Breakfast

340 cals, 21g protein, 14g net carbs, 21g fat



[Creamy scrambled eggs](#)  
273 cals



[Peach](#)  
1 peach(es)- 66 cals

### Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



[Green protein shake](#)  
261 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)  
5 scoop- 545 cals

### Lunch

600 cals, 19g protein, 61g net carbs, 26g fat



[Simple mixed greens and tomato salad](#)  
113 cals



[Grilled peanut butter and banana sandwich](#)  
1 sandwich(es)- 485 cals

### Dinner

620 cals, 25g protein, 52g net carbs, 27g fat



[Chickpea & kale soup](#)  
409 cals



[Roasted cashews](#)  
1/4 cup(s)- 209 cals

## Day 6

2374 cals ● 218g protein (37%) ● 73g fat (28%) ● 167g carbs (28%) ● 44g fiber (7%)

### Breakfast

285 cals, 12g protein, 31g net carbs, 11g fat



Banana

1 banana(s)- 117 cals



Milk

1/2 cup(s)- 75 cals



Kale & eggs

95 cals

### Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



Green protein shake

261 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

### Lunch

635 cals, 30g protein, 30g net carbs, 42g fat



Grilled cheese sandwich

1 sandwich(es)- 495 cals



Caprese salad

142 cals

### Dinner

645 cals, 28g protein, 74g net carbs, 17g fat



White bean cassoulet

577 cals



Simple mixed greens salad

68 cals

## Day 7

2374 cals ● 218g protein (37%) ● 73g fat (28%) ● 167g carbs (28%) ● 44g fiber (7%)

### Breakfast

285 cals, 12g protein, 31g net carbs, 11g fat



Banana

1 banana(s)- 117 cals



Milk

1/2 cup(s)- 75 cals



Kale & eggs

95 cals

### Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



Green protein shake

261 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

### Lunch

635 cals, 30g protein, 30g net carbs, 42g fat



Grilled cheese sandwich

1 sandwich(es)- 495 cals



Caprese salad

142 cals

### Dinner

645 cals, 28g protein, 74g net carbs, 17g fat



White bean cassoulet

577 cals



Simple mixed greens salad

68 cals

## Fruits and Fruit Juices

- ☐ strawberries  
3 1/3 cup, whole (480g)
- ☐ peach  
3 medium (2-2/3" dia) (450g)
- ☐ raspberries  
2 cup (246g)
- ☐ banana  
4 1/2 medium (7" to 7-7/8" long) (531g)
- ☐ orange  
3 orange (462g)

## Dairy and Egg Products

- ☐ kefir, flavored  
2 cup (480mL)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ whole milk  
1/4 gallon (1027mL)
- ☐ fresh mozzarella cheese  
1/4 lbs (128g)
- ☐ sliced cheese  
7 oz (196g)
- ☐ eggs  
15 1/2 medium (682g)
- ☐ butter  
3/8 stick (49g)

## Baked Products

- ☐ english muffins  
2 muffin(s) (114g)
- ☐ bread  
18 oz (512g)

## Other

- ☐ guacamole, store-bought  
4 tbsp (62g)
- ☐ vegan breakfast sausage patties  
2 patties (76g)
- ☐ vegan meatballs, frozen  
6 meatball(s) (180g)
- ☐ nutritional yeast  
1/2 tbsp (2g)
- ☐ sub roll(s)  
1 1/2 roll(s) (128g)
- ☐ mixed greens  
3 1/2 package (5.5 oz) (525g)

## Beverages

- ☐ water  
35 3/4 cup(s) (8473mL)
- ☐ protein powder  
36 scoop (1/3 cup ea) (1116g)
- ☐ protein powder, vanilla  
3 scoop (1/3 cup ea) (93g)

## Vegetables and Vegetable Products

- ☐ zucchini  
3 medium (588g)
- ☐ tomatoes  
2 cup cherry tomatoes (279g)
- ☐ mushrooms  
2 cup, chopped (140g)
- ☐ garlic  
6 clove(s) (18g)
- ☐ kale leaves  
3 1/2 cup, chopped (140g)
- ☐ onion  
1 2/3 medium (2-1/2" dia) (183g)
- ☐ fresh spinach  
3 cup(s) (90g)
- ☐ raw celery  
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
- ☐ carrots  
3 large (216g)

## Spices and Herbs

- ☐ fresh basil  
3/4 cup leaves, whole (18g)
- ☐ thyme, dried  
4 tsp, ground (6g)
- ☐ salt  
4 1/4 g (4g)
- ☐ black pepper  
1 1/2 g (1g)
- ☐ paprika  
1 dash (1g)
- ☐ yellow mustard  
2 dash or 1 packet (1g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1 1/2 can (672g)
- ☐ peanut butter  
2 tbsp (32g)

☐ vegan sausage  
2 sausage (200g)

☐ white beans, canned  
1 1/2 can(s) (659g)

### **Soups, Sauces, and Gravies**

☐ pasta sauce  
2 cup (488g)

☐ vegetable broth  
6 3/4 cup(s) (mL)

### **Nut and Seed Products**

☐ roasted cashews  
1/2 cup, halves and whole (69g)

### **Fats and Oils**

☐ salad dressing  
9 3/4 tbsp (146mL)

☐ balsamic vinaigrette  
3 tbsp (45mL)

☐ olive oil  
2 tbsp (30mL)

☐ oil  
1 oz (35mL)

☐ mayonnaise  
2 tbsp (30mL)

☐ cooking spray  
1 spray(s) , about 1/3 second each (0g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Lowfat Greek yogurt

1 container(s) - 155 cal ● 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.

### Vegan sausage & guac sandwich

1 sandwich(es) - 283 cal ● 14g protein ● 9g fat ● 31g carbs ● 6g fiber



For single meal:

#### english muffins, toasted

1 muffin(s) (57g)

#### guacamole, store-bought

2 tbsp (31g)

#### vegan breakfast sausage patties

1 patties (38g)

For all 2 meals:

#### english muffins, toasted

2 muffin(s) (114g)

#### guacamole, store-bought

4 tbsp (62g)

#### vegan breakfast sausage patties

2 patties (76g)

1. Cook vegan sausage patty according to package instructions.
2. Spread guac inside of the english muffin. Top with cooked sausage and english muffin top. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Creamy scrambled eggs

273 cals ● 20g protein ● 20g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**butter**  
1/2 tbsp (7g)  
**whole milk**  
1 1/2 tbsp (23mL)

For all 3 meals:

**eggs**  
9 large (450g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**butter**  
1 1/2 tbsp (20g)  
**whole milk**  
1/4 cup (68mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 3 meals:

**peach**  
3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

#### **banana**

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

#### **banana**

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

### 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.

### Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

#### **salt**

1/2 dash (0g)

#### **eggs**

1 large (50g)

#### **kale leaves**

4 tbsp, chopped (10g)

#### **oil**

1/2 tsp (3mL)

For all 2 meals:

#### **salt**

1 dash (0g)

#### **eggs**

2 large (100g)

#### **kale leaves**

1/2 cup, chopped (20g)

#### **oil**

1 tsp (5mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



Makes 1 1/2 sub(s)

**vegan meatballs, frozen**

6 meatball(s) (180g)

**pasta sauce**

6 tbsp (98g)

**nutritional yeast**

1/2 tbsp (2g)

**sub roll(s)**

1 1/2 roll(s) (128g)

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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### Simple mixed greens salad

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



**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

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

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Caprese salad

107 cals ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

**balsamic vinaigrette**

1/2 tbsp (8mL)

**fresh basil**

2 tbsp leaves, whole (3g)

**tomatoes, halved**

4 tbsp cherry tomatoes (37g)

**mixed greens**

1/4 package (5.5 oz) (39g)

**fresh mozzarella cheese**

3/4 oz (21g)

For all 2 meals:

**balsamic vinaigrette**

1 tbsp (15mL)

**fresh basil**

4 tbsp leaves, whole (6g)

**tomatoes, halved**

1/2 cup cherry tomatoes (75g)

**mixed greens**

1/2 package (5.5 oz) (78g)

**fresh mozzarella cheese**

1 1/2 oz (43g)

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

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### Grilled cheese with mushrooms

646 cal ● 29g protein ● 33g fat ● 50g carbs ● 9g fiber



For single meal:

**mushrooms**  
1 cup, chopped (70g)  
**olive oil**  
1 tbsp (15mL)  
**thyme, dried**  
2 tsp, ground (3g)  
**bread**  
4 slice(s) (128g)  
**sliced cheese**  
2 slice (3/4 oz ea) (42g)

For all 2 meals:

**mushrooms**  
2 cup, chopped (140g)  
**olive oil**  
2 tbsp (30mL)  
**thyme, dried**  
4 tsp, ground (6g)  
**bread**  
8 slice(s) (256g)  
**sliced cheese**  
4 slice (3/4 oz ea) (84g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

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## Lunch 3 [↗](#)

Eat on day 4

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### Caprese salad

142 cal ● 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.

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### Egg salad sandwich

1 sandwich(es) - 542 cal ● 25g protein ● 36g fat ● 26g carbs ● 4g fiber



Makes 1 sandwich(es)

**eggs**

3 medium (132g)

**mayonnaise**

2 tbsp (30mL)

**onion, chopped**

1/4 small (18g)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**bread**

2 slice (64g)

**paprika**

1 dash (1g)

**yellow mustard**

2 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

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## Lunch 4 [🔗](#)

Eat on day 5

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### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



**salad dressing**

2 1/4 tbsp (34mL)

**mixed greens**

2 1/4 cup (68g)

**tomatoes**

6 tbsp cherry tomatoes (56g)

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

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### Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cals ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber





Makes 1 sandwich(es)

**bread**

2 slice (64g)

**banana, sliced**

1 medium (7" to 7-7/8" long) (118g)

**peanut butter**

2 tbsp (32g)

**cooking spray**

1 spray(s) , about 1/3 second each (0g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

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## Lunch 5 [🔗](#)

Eat on day 6, day 7

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### Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



For single meal:

**bread**

2 slice (64g)

**butter**

1 tbsp (14g)

**sliced cheese**

2 slice (1 oz ea) (56g)

For all 2 meals:

**bread**

4 slice (128g)

**butter**

2 tbsp (28g)

**sliced cheese**

4 slice (1 oz ea) (112g)

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.

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### Caprese salad

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



For single meal:

**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)

For all 2 meals:

**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
1/3 cup leaves, whole (8g)  
**tomatoes, halved**  
2/3 cup cherry tomatoes (99g)  
**mixed greens**  
2/3 package (5.5 oz) (103g)  
**fresh mozzarella cheese**  
2 oz (57g)

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

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Strawberries

1 2/3 cup(s) - 87 cals ● 2g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

**strawberries**  
1 2/3 cup, whole (240g)

For all 2 meals:

**strawberries**  
3 1/3 cup, whole (480g)

1. This recipe has no instructions.

### Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

**kefir, flavored**  
1 cup (240mL)

For all 2 meals:

**kefir, flavored**  
2 cup (480mL)

1. Pour into a glass and drink.

## Snacks 2 [↗](#)

Eat on day 3, day 4

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### 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.
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### Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

#### **whole milk**

1/2 cup (120mL)

#### **protein powder**

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

#### **whole milk**

1 cup (240mL)

#### **protein powder**

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

1. Mix until well-combined.
  2. Serve.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Green protein shake

261 cal ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

**fresh spinach**

1 cup(s) (30g)

**water**

1/4 cup(s) (59mL)

**orange, peeled, sliced, and  
deseeded**

1 orange (154g)

**protein powder, vanilla**

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

**banana, frozen**

1/2 medium (7" to 7-7/8" long) (59g)

For all 3 meals:

**fresh spinach**

3 cup(s) (90g)

**water**

3/4 cup(s) (178mL)

**orange, peeled, sliced, and  
deseeded**

3 orange (462g)

**protein powder, vanilla**

3 scoop (1/3 cup ea) (93g)

**banana, frozen**

1 1/2 medium (7" to 7-7/8" long)  
(177g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Zoodles marinara

169 cal ● 7g protein ● 3g fat ● 21g carbs ● 8g fiber



For single meal:

**pasta sauce**

3/4 cup (195g)

**zucchini**

1 1/2 medium (294g)

For all 2 meals:

**pasta sauce**

1 1/2 cup (390g)

**zucchini**

3 medium (588g)

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.

### Milk

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





For single meal:

**whole milk**  
1 cup (240mL)

For all 2 meals:

**whole milk**  
2 cup (480mL)

1. This recipe has no instructions.

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## Dinner 2 [🔗](#)

Eat on day 3

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### 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.

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### Simple mixed greens salad

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



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Chickpea & kale soup

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



For single meal:

**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)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
3 clove(s) (9g)  
**vegetable broth**  
6 cup(s) (mL)  
**kale leaves, chopped**  
3 cup, chopped (120g)  
**chickpeas, canned, drained**  
1 1/2 can (672g)

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.

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### Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

**roasted cashews**  
4 tbsp, halves and whole (34g)

For all 2 meals:

**roasted cashews**  
1/2 cup, halves and whole (69g)

1. This recipe has no instructions.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

### White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



For single meal:

**garlic, minced**  
1 1/2 clove(s) (5g)  
**oil**  
3/4 tbsp (11mL)  
**vegetable broth**  
3/8 cup(s) (mL)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**raw celery, thinly sliced**  
3/4 stalk, medium (7-1/2" - 8" long) (30g)  
**carrots, peeled & slices**  
1 1/2 large (108g)

For all 2 meals:

**garlic, minced**  
3 clove(s) (9g)  
**oil**  
1 1/2 tbsp (23mL)  
**vegetable broth**  
3/4 cup(s) (mL)  
**white beans, canned, drained & rinsed**  
1 1/2 can(s) (659g)  
**onion, diced**  
1 1/2 medium (2-1/2" dia) (165g)  
**raw celery, thinly sliced**  
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)  
**carrots, peeled & slices**  
3 large (216g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

### 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

5 scoop - 545 cals ● 121g protein ● 3g fat ● 5g carbs ● 5g fiber



For single meal:

- water**  
5 cup(s) (1185mL)
- protein powder**  
5 scoop (1/3 cup ea) (155g)

For all 7 meals:

- water**  
35 cup(s) (8295mL)
- protein powder**  
35 scoop (1/3 cup ea) (1085g)

1. This recipe has no instructions.