

Meal Plan - 2500 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

2532 cals ● 227g protein (36%) ● 87g fat (31%) ● 173g carbs (27%) ● 37g fiber (6%)

Breakfast

345 cals, 7g protein, 60g net carbs, 6g fat



Banana

2 banana(s)- 233 cals



Toast with butter

1 slice(s)- 114 cals

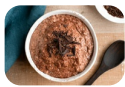
Snacks

270 cals, 19g protein, 12g net carbs, 13g fat



Milk

1/2 cup(s)- 75 cals



Chocolate avocado chia pudding

197 cals

Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

Lunch

705 cals, 23g protein, 58g net carbs, 37g fat



Mixed nuts

1/4 cup(s)- 218 cals



Grilled peanut butter and banana sandwich

1 sandwich(es)- 485 cals

Dinner

665 cals, 58g protein, 39g net carbs, 28g fat



Sweet potato wedges

130 cals



Vegan sausage

2 sausage(s)- 536 cals

Day 2

2504 cals ● 227g protein (36%) ● 62g fat (22%) ● 220g carbs (35%) ● 39g fiber (6%)

Breakfast

345 cals, 7g protein, 60g net carbs, 6g fat



Banana
2 banana(s)- 233 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

270 cals, 19g protein, 12g net carbs, 13g fat



Milk
1/2 cup(s)- 75 cals



Chocolate avocado chia pudding
197 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

675 cals, 23g protein, 104g net carbs, 13g fat



Dinner roll
2 roll(s)- 154 cals



Cheese ravioli
408 cals



Pear
1 pear(s)- 113 cals

Dinner

665 cals, 58g protein, 39g net carbs, 28g fat



Sweet potato wedges
130 cals



Vegan sausage
2 sausage(s)- 536 cals

Day 3

2483 cals ● 230g protein (37%) ● 100g fat (36%) ● 134g carbs (22%) ● 31g fiber (5%)

Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



Basic fried eggs
2 egg(s)- 159 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

270 cals, 19g protein, 12g net carbs, 13g fat



Milk
1/2 cup(s)- 75 cals



Chocolate avocado chia pudding
197 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

655 cals, 36g protein, 47g net carbs, 32g fat



Roasted peanuts
1/4 cup(s)- 230 cals



Simple plant-based deli wrap
1 wrap(s)- 426 cals

Dinner

685 cals, 37g protein, 57g net carbs, 32g fat



Crispy chik'n tenders
8 tender(s)- 457 cals



Simple mixed greens and tomato salad
227 cals

Day 4

2512 cals ● 220g protein (35%) ● 92g fat (33%) ● 164g carbs (26%) ● 37g fiber (6%)

Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



Basic fried eggs
2 egg(s)- 159 cals



Avocado toast
1 slice(s)- 168 cals

Snacks

300 cals, 8g protein, 43g net carbs, 5g fat



Carrot sticks
1 1/2 carrot(s)- 41 cals



Pear
1 pear(s)- 113 cals



Hummus toast
1 slice(s)- 146 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

655 cals, 36g protein, 47g net carbs, 32g fat



Roasted peanuts
1/4 cup(s)- 230 cals



Simple plant-based deli wrap
1 wrap(s)- 426 cals

Dinner

685 cals, 37g protein, 57g net carbs, 32g fat



Crispy chik'n tenders
8 tender(s)- 457 cals



Simple mixed greens and tomato salad
227 cals

Day 5

2530 cals ● 223g protein (35%) ● 82g fat (29%) ● 178g carbs (28%) ● 47g fiber (7%)

Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



Basic fried eggs

2 egg(s)- 159 cals



Avocado toast

1 slice(s)- 168 cals

Snacks

300 cals, 8g protein, 43g net carbs, 5g fat



Carrot sticks

1 1/2 carrot(s)- 41 cals



Pear

1 pear(s)- 113 cals



Hummus toast

1 slice(s)- 146 cals

Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

Lunch

685 cals, 35g protein, 76g net carbs, 23g fat



Roasted peanuts

1/4 cup(s)- 230 cals



Tomato soup

1 1/2 can(s)- 316 cals



Protein greek yogurt

1 container- 139 cals

Dinner

670 cals, 40g protein, 42g net carbs, 31g fat



Raspberries

1 1/4 cup(s)- 90 cals



Milk

1 1/2 cup(s)- 224 cals



Seitan salad

359 cals

Day 6

2464 cals ● 223g protein (36%) ● 77g fat (28%) ● 171g carbs (28%) ● 48g fiber (8%)

Breakfast

365 cals, 24g protein, 25g net carbs, 15g fat



Chickpea & tomato toasts
1 toast(s)- 206 cals



Basic scrambled eggs
2 egg(s)- 159 cals

Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



Avocado
176 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

575 cals, 22g protein, 85g net carbs, 11g fat



Fruit juice
1 cup(s)- 115 cals



Creamy lentils and sweet potato
461 cals

Dinner

670 cals, 40g protein, 42g net carbs, 31g fat



Raspberries
1 1/4 cup(s)- 90 cals



Milk
1 1/2 cup(s)- 224 cals



Seitan salad
359 cals

Day 7

2494 cals ● 233g protein (37%) ● 83g fat (30%) ● 167g carbs (27%) ● 37g fiber (6%)

Breakfast

365 cals, 24g protein, 25g net carbs, 15g fat



Chickpea & tomato toasts
1 toast(s)- 206 cals



Basic scrambled eggs
2 egg(s)- 159 cals

Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



Avocado
176 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

575 cals, 22g protein, 85g net carbs, 11g fat



Fruit juice
1 cup(s)- 115 cals



Creamy lentils and sweet potato
461 cals

Dinner

700 cals, 50g protein, 38g net carbs, 37g fat



Garlic pepper seitan
513 cals



Simple mixed greens and tomato salad
189 cals

Fruits and Fruit Juices

- ☐ banana
5 medium (7" to 7-7/8" long) (590g)
- ☐ avocados
2 1/2 avocado(s) (490g)
- ☐ pears
3 medium (534g)
- ☐ raspberries
2 1/2 cup (308g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ fruit juice
16 fl oz (480mL)

Dairy and Egg Products

- ☐ butter
2 tsp (9g)
- ☐ whole milk
5 1/4 cup(s) (1260mL)
- ☐ lowfat greek yogurt
6 tbsp (105g)
- ☐ eggs
10 large (500g)
- ☐ nonfat greek yogurt, plain
2 tbsp (35g)

Baked Products

- ☐ bread
3/4 lbs (352g)
- ☐ Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)

Beverages

- ☐ protein powder
35 3/4 scoop (1/3 cup ea) (1108g)
- ☐ water
35 cup (8410mL)

Other

- ☐ cacao powder
1 1/2 tbsp (9g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ meatless chik'n tenders
16 pieces (408g)

Vegetables and Vegetable Products

- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)
- ☐ ketchup
4 tbsp (68g)
- ☐ tomatoes
5 2/3 medium whole (2-3/5" dia) (701g)
- ☐ carrots
3 medium (183g)
- ☐ fresh spinach
6 cup(s) (180g)
- ☐ onion
1 1/4 medium (2-1/2" dia) (140g)
- ☐ garlic
2 clove(s) (6g)
- ☐ green pepper
1 1/2 tbsp, chopped (14g)

Fats and Oils

- ☐ oil
1 1/3 oz (40mL)
- ☐ cooking spray
1 spray(s) , about 1/3 second each (0g)
- ☐ salad dressing
1 cup (221mL)
- ☐ olive oil
1 1/2 tbsp (22mL)

Spices and Herbs

- ☐ black pepper
1/2 tsp, ground (1g)
- ☐ salt
1/2 tsp (4g)
- ☐ ground cumin
1/4 tbsp (2g)

Legumes and Legume Products

- ☐ peanut butter
2 tbsp (32g)
- ☐ roasted peanuts
3/4 cup (110g)
- ☐ hummus
1/2 cup (135g)
- ☐ lentils, raw
2/3 cup (128g)
- ☐ chickpeas, canned
1/2 can (224g)

- ☐ mixed greens
13 3/4 cup (413g)
- ☐ plant-based deli slices
14 slices (146g)
- ☐ protein greek yogurt, flavored
1 container (150g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ cottage cheese & fruit cup
2 container (340g)

Nut and Seed Products

- ☐ chia seeds
3 tbsp (43g)
- ☐ mixed nuts
4 tbsp (34g)
- ☐ coconut milk, canned
4 tbsp (60mL)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
6 oz (170g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/4 jar (24 oz) (168g)
- ☐ condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)
- ☐ vegetable broth
2 cup(s) (mL)

Cereal Grains and Pasta

- ☐ seitan
3/4 lbs (340g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



Translation missing:
en.for_single_meal

banana

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

For all 2 meals:

banana

4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

Toast with butter

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



Translation missing:
en.for_single_meal

butter

1 tsp (5g)

bread

1 slice (32g)

For all 2 meals:

butter

2 tsp (9g)

bread

2 slice (64g)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



Translation missing:
en.for_single_meal

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

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

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.

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



Translation missing:
en.for_single_meal

avocados, ripe, sliced
1/4 avocado(s) (50g)
bread
1 slice (32g)

For all 3 meals:

avocados, ripe, sliced
3/4 avocado(s) (151g)
bread
3 slice (96g)

1. Toast the bread.
 2. Top with ripe avocado and use a fork to smash.
-

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Chickpea & tomato toasts

1 toast(s) - 206 cals ● 12g protein ● 4g fat ● 24g carbs ● 8g fiber



Translation missing:
en.for_single_meal

chickpeas, canned, drained & rinsed

1/4 can (112g)

tomatoes

4 slice(s), thin/small (60g)

nonfat greek yogurt, plain

1 tbsp (18g)

bread

1 slice(s) (32g)

For all 2 meals:

chickpeas, canned, drained & rinsed

1/2 can (224g)

tomatoes

8 slice(s), thin/small (120g)

nonfat greek yogurt, plain

2 tbsp (35g)

bread

2 slice(s) (64g)

1. Toast bread, if desired.
2. In a medium bowl, mash chickpeas with the back of a fork until they start to become creamy.
3. Stir in Greek yogurt, and add salt and pepper to taste.
4. Spread the chickpea mixture on the bread and top with tomato slices. Serve.

Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



Translation missing:
en.for_single_meal

eggs

2 large (100g)

oil

1/2 tsp (3mL)

For all 2 meals:

eggs

4 large (200g)

oil

1 tsp (5mL)

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.

Lunch 1 [↗](#)

Eat on day 1

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 1/4 cup(s)

mixed nuts

4 tbsp (34g)

1. The recipe has no instructions.

Grilled peanut butter and banana sandwich

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



Makes 1 sandwich(es)

banana, sliced

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

cooking spray

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

peanut butter

2 tbsp (32g)

bread

2 slice (64g)

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.

Lunch 2 [↗](#)

Eat on day 2

Dinner roll

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



Makes 2 roll(s)

Roll

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

1. Enjoy.

Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



frozen cheese ravioli
6 oz (170g)
pasta sauce
1/4 jar (24 oz) (168g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)
pears
1 medium (178g)

1. The recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 3 and day 4

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Translation missing:
en.for_single_meal
roasted peanuts
4 tbsp (37g)

For all 2 meals:
roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



Translation missing:
en.for_single_meal

hummus
2 tbsp (30g)
tomatoes
2 slice(s), thin/small (30g)
mixed greens
1/2 cup (15g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
plant-based deli slices
7 slices (73g)

For all 2 meals:

hummus
4 tbsp (60g)
tomatoes
4 slice(s), thin/small (60g)
mixed greens
1 cup (30g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
plant-based deli slices
14 slices (146g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Lunch 4 [🔗](#)

Eat on day 5

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Makes 1/4 cup(s)

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container
protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Lunch 5 [🔗](#)

Eat on day 6 and day 7

Fruit juice

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



Translation missing:
en.for_single_meal

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Creamy lentils and sweet potato

461 cals ● 20g protein ● 11g fat ● 59g carbs ● 12g fiber



Translation missing:
en.for_single_meal

sweet potatoes, chopped into bite-sized pieces
1/2 sweetpotato, 5" long (105g)
ground cumin
3 dash (1g)
oil
1/4 tbsp (4mL)
coconut milk, canned
2 tbsp (30mL)
onion, diced
1/2 medium (2-1/2" dia) (55g)
fresh spinach
1 cup(s) (30g)
vegetable broth
1 cup(s) (mL)
lentils, raw
1/3 cup (64g)

For all 2 meals:

sweet potatoes, chopped into bite-sized pieces
1 sweetpotato, 5" long (210g)
ground cumin
1/4 tbsp (2g)
oil
1/2 tbsp (8mL)
coconut milk, canned
4 tbsp (60mL)
onion, diced
1 medium (2-1/2" dia) (110g)
fresh spinach
2 cup(s) (60g)
vegetable broth
2 cup(s) (mL)
lentils, raw
2/3 cup (128g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Translation missing:
en.for_single_meal

whole milk
1/2 cup(s) (120mL)

For all 3 meals:

whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



Translation missing:
en.for_single_meal

protein powder
1/4 scoop (1/3 cup ea) (8g)

lowfat greek yogurt
2 tbsp (35g)

avocados
1/2 slices (13g)

cacao powder
1/2 tbsp (3g)

whole milk
1/4 cup(s) (60mL)

chia seeds
1 tbsp (14g)

For all 3 meals:

protein powder
3/4 scoop (1/3 cup ea) (23g)

lowfat greek yogurt
6 tbsp (105g)

avocados
1 1/2 slices (38g)

cacao powder
1 1/2 tbsp (9g)

whole milk
3/4 cup(s) (180mL)

chia seeds
3 tbsp (43g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Carrot sticks
1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



Translation missing:
en.for_single_meal

carrots
1 1/2 medium (92g)

For all 2 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.

Pear
1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Translation missing:
en.for_single_meal

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. The recipe has no instructions.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



Translation missing:
en.for_single_meal

hummus
2 1/2 tbsp (38g)
bread
1 slice (32g)

For all 2 meals:

hummus
5 tbsp (75g)
bread
2 slice (64g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



Translation missing:
en.for_single_meal

lemon juice
1/2 tsp (3mL)
avocados
1/2 avocado(s) (101g)

For all 2 meals:

lemon juice
1 tsp (5mL)
avocados
1 avocado(s) (201g)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Cottage cheese & fruit cup

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



Translation missing:
en.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.
-

Dinner 1 [🔗](#)

Eat on day 1 and day 2

Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



Translation missing:
en.for_single_meal

sweet potatoes, cut into wedges

1/2 sweetpotato, 5" long (105g)

oil

1 tsp (6mL)

black pepper

1 dash, ground (0g)

salt

2 dash (2g)

For all 2 meals:

sweet potatoes, cut into wedges

1 sweetpotato, 5" long (210g)

oil

3/4 tbsp (11mL)

black pepper

2 dash, ground (1g)

salt

4 dash (3g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Vegan sausage

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



Translation missing:
en.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.
-

Dinner 2 [↗](#)

Eat on day 3 and day 4

Crispy chik'n tenders

8 tender(s) - 457 cals ● 32g protein ● 18g fat ● 41g carbs ● 0g fiber



Translation missing:
en.for_single_meal

ketchup

2 tbsp (34g)

meatless chik'n tenders

8 pieces (204g)

For all 2 meals:

ketchup

4 tbsp (68g)

meatless chik'n tenders

16 pieces (408g)

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

Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



Translation missing:
en.for_single_meal

salad dressing

1/4 cup (68mL)

tomatoes

3/4 cup cherry tomatoes (112g)

mixed greens

4 1/2 cup (135g)

For all 2 meals:

salad dressing

1/2 cup (135mL)

tomatoes

1 1/2 cup cherry tomatoes (224g)

mixed greens

9 cup (270g)

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

Dinner 3 [↗](#)

Eat on day 5 and day 6

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



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raspberries

1 1/4 cup (154g)

For all 2 meals:

raspberries

2 1/2 cup (308g)

1. Rinse raspberries and serve.

Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



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whole milk

1 1/2 cup(s) (360mL)

For all 2 meals:

whole milk

3 cup(s) (720mL)

1. The recipe has no instructions.

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



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avocados, chopped

1/4 avocado(s) (50g)

tomatoes, halved

6 cherry tomatoes (102g)

seitan, crumbled or sliced

3 oz (85g)

fresh spinach

2 cup(s) (60g)

salad dressing

1 tbsp (15mL)

nutritional yeast

1 tsp (1g)

oil

1 tsp (5mL)

For all 2 meals:

avocados, chopped

1/2 avocado(s) (101g)

tomatoes, halved

12 cherry tomatoes (204g)

seitan, crumbled or sliced

6 oz (170g)

fresh spinach

4 cup(s) (120g)

salad dressing

2 tbsp (30mL)

nutritional yeast

2 tsp (3g)

oil

2 tsp (10mL)

1. Heat the oil in a skillet over medium heat.
 2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
 3. Place the seitan on a bed of spinach.
 4. Top with tomatoes, avocado, and salad dressing. Serve.
-

Dinner 4 [↗](#)

Eat on day 7

Garlic pepper seitan

513 cals ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



garlic, minced

2 clove(s) (6g)

seitan, chicken style

6 oz (170g)

salt

3/4 dash (1g)

water

3/4 tbsp (11mL)

black pepper

1 1/2 dash, ground (0g)

green pepper

1 1/2 tbsp, chopped (14g)

onion

3 tbsp, chopped (30g)

olive oil

1 1/2 tbsp (23mL)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



salad dressing

1/4 cup (56mL)

tomatoes

10 tbsp cherry tomatoes (93g)

mixed greens

3 3/4 cup (113g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



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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. The recipe has no instructions.