

Meal Plan - 2600 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

2525 cals ● 228g protein (36%) ● 107g fat (38%) ● 128g carbs (20%) ● 35g fiber (6%)

Breakfast

455 cals, 24g protein, 19g net carbs, 28g fat



[Avocado](#)
176 cals



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals



[Goat cheese & tomato mini egg muffin](#)
2 mini muffin(s)- 122 cals

Snacks

265 cals, 12g protein, 15g net carbs, 16g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[String cheese](#)
1 stick(s)- 83 cals



[Kale chips](#)
138 cals

Protein Supplement(s)

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



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

Lunch

935 cals, 60g protein, 48g net carbs, 51g fat



[Goat cheese and marinara stuffed zucchini](#)
4 zucchini halve(s)- 384 cals



[Pumpkin seeds](#)
366 cals



[Cottage cheese & honey](#)
3/4 cup(s)- 187 cals

Dinner

325 cals, 12g protein, 42g net carbs, 10g fat



[Cheese ravioli](#)
272 cals



[Simple kale salad](#)
1 cup(s)- 55 cals

Day 2

2662 cals ● 246g protein (37%) ● 90g fat (31%) ● 164g carbs (25%) ● 53g fiber (8%)

Breakfast

455 cals, 24g protein, 19g net carbs, 28g fat



Avocado

176 cals



Lowfat Greek yogurt

1 container(s)- 155 cals



Goat cheese & tomato mini egg muffin

2 mini muffin(s)- 122 cals

Snacks

265 cals, 12g protein, 15g net carbs, 16g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



String cheese

1 stick(s)- 83 cals



Kale chips

138 cals

Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

Lunch

670 cals, 51g protein, 30g net carbs, 30g fat



Pita bread

1 pita bread(s)- 78 cals



Basic tempeh

8 oz- 590 cals

Dinner

735 cals, 38g protein, 95g net carbs, 14g fat



Bbq cauliflower wings

535 cals



Milk

1 1/3 cup(s)- 199 cals

Day 3

2559 cals ● 249g protein (39%) ● 110g fat (39%) ● 100g carbs (16%) ● 43g fiber (7%)

Breakfast

335 cals, 20g protein, 25g net carbs, 16g fat



Nectarine

1 nectarine(s)- 70 cals



Veggie mason jar omelet

1 jar(s)- 155 cals



Milk

3/4 cup(s)- 112 cals

Snacks

265 cals, 12g protein, 15g net carbs, 16g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



String cheese

1 stick(s)- 83 cals



Kale chips

138 cals

Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

Lunch

670 cals, 51g protein, 30g net carbs, 30g fat



Pita bread

1 pita bread(s)- 78 cals



Basic tempeh

8 oz- 590 cals

Dinner

745 cals, 46g protein, 27g net carbs, 46g fat



Chunky canned soup (creamy)

1/2 can(s)- 177 cals



Sunflower seeds

180 cals



Broccoli caesar salad with hard boiled eggs

390 cals

Day 4

2657 cals ● 238g protein (36%) ● 110g fat (37%) ● 137g carbs (21%) ● 40g fiber (6%)

Breakfast

335 cals, 20g protein, 25g net carbs, 16g fat



Nectarine

1 nectarine(s)- 70 cals



Veggie mason jar omelet

1 jar(s)- 155 cals



Milk

3/4 cup(s)- 112 cals

Snacks

345 cals, 22g protein, 26g net carbs, 16g fat



Cucumber goat cheese bites

118 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals



Sweet potato chips

13 1/3 chips- 103 cals

Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

Lunch

685 cals, 29g protein, 56g net carbs, 30g fat



Tossed salad

182 cals



Roasted pepper shakshuka

502 cals

Dinner

745 cals, 46g protein, 27g net carbs, 46g fat



Chunky canned soup (creamy)

1/2 can(s)- 177 cals



Sunflower seeds

180 cals



Broccoli caesar salad with hard boiled eggs

390 cals

Day 5

2577 cals ● 232g protein (36%) ● 91g fat (32%) ● 171g carbs (26%) ● 38g fiber (6%)

Breakfast

335 cals, 20g protein, 25g net carbs, 16g fat



Nectarine

1 nectarine(s)- 70 cals



Veggie mason jar omelet

1 jar(s)- 155 cals



Milk

3/4 cup(s)- 112 cals

Snacks

345 cals, 22g protein, 26g net carbs, 16g fat



Cucumber goat cheese bites

118 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals



Sweet potato chips

13 1/3 chips- 103 cals

Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

Lunch

685 cals, 29g protein, 56g net carbs, 30g fat



Tossed salad

182 cals



Roasted pepper shakshuka

502 cals

Dinner

670 cals, 39g protein, 60g net carbs, 26g fat



Curried tofu salad

406 cals



Naan bread

1 piece(s)- 262 cals

Day 6

2526 cals ● 233g protein (37%) ● 90g fat (32%) ● 152g carbs (24%) ● 43g fiber (7%)

Breakfast

395 cals, 19g protein, 9g net carbs, 28g fat



Hardboiled egg and avocado bowl
320 cals



Milk
1/2 cup(s)- 75 cals

Snacks

290 cals, 21g protein, 35g net carbs, 5g fat



Protein bar
1 bar- 245 cals



Blueberries
1/2 cup(s)- 47 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

625 cals, 34g protein, 43g net carbs, 28g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Edamame slaw salad bowl
393 cals



Mixed nuts
1/8 cup(s)- 109 cals

Dinner

670 cals, 39g protein, 60g net carbs, 26g fat



Curried tofu salad
406 cals



Naan bread
1 piece(s)- 262 cals

Day 7

2595 cals ● 234g protein (36%) ● 79g fat (27%) ● 189g carbs (29%) ● 48g fiber (7%)

Breakfast

395 cals, 19g protein, 9g net carbs, 28g fat



Hardboiled egg and avocado bowl
320 cals



Milk
1/2 cup(s)- 75 cals

Snacks

290 cals, 21g protein, 35g net carbs, 5g fat



Protein bar
1 bar- 245 cals



Blueberries
1/2 cup(s)- 47 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

625 cals, 34g protein, 43g net carbs, 28g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Edamame slaw salad bowl
393 cals



Mixed nuts
1/8 cup(s)- 109 cals

Dinner

735 cals, 40g protein, 97g net carbs, 15g fat



Lentils
347 cals



Bbq tofu & pineapple bowl
389 cals

Vegetables and Vegetable Products

- ☐ tomatoes
6 1/3 medium whole (2-3/5" dia) (779g)
- ☐ kale leaves
13 1/2 oz (380g)
- ☐ zucchini
2 large (646g)
- ☐ cauliflower
2 head small (4" dia.) (530g)
- ☐ onion
2/3 medium (2-1/2" dia) (73g)
- ☐ bell pepper
3/4 large (130g)
- ☐ broccoli
2 1/4 cup chopped (205g)
- ☐ romaine lettuce
1 2/3 head (1032g)
- ☐ cucumber
7/8 cucumber (8-1/4") (263g)
- ☐ red onion
3/8 medium (2-1/2" dia) (41g)
- ☐ carrots
6 1/2 medium (395g)
- ☐ canned crushed tomatoes
1 can (405g)
- ☐ garlic
3 2/3 clove(s) (11g)
- ☐ shallots
1/2 shallot (57g)
- ☐ red bell pepper
1 2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (198g)
- ☐ edamame, frozen, shelled
2 cup (236g)

Dairy and Egg Products

- ☐ string cheese
3 stick (84g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ goat cheese
5 oz (141g)
- ☐ eggs
18 large (900g)
- ☐ low fat cottage cheese (1% milkfat)
2 3/4 cup (622g)
- ☐ whole milk
1/4 gallon (1099mL)
- ☐ parmesan cheese
3 tbsp (15g)

Fruits and Fruit Juices

- ☐ avocados
2 avocado(s) (402g)
- ☐ lemon juice
1 3/4 fl oz (52mL)
- ☐ nectarine
3 medium (2-1/2" dia) (426g)
- ☐ blueberries
1 cup (148g)
- ☐ canned pineapple
3/4 cup, chunks (136g)

Beverages

- ☐ water
2 1/3 gallon (8870mL)
- ☐ protein powder
35 scoop (1/3 cup ea) (1085g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
3/8 jar (24 oz) (242g)
- ☐ barbecue sauce
5 1/2 fl oz (195g)
- ☐ chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
3 oz (81g)
- ☐ sunflower kernels
2 oz (57g)
- ☐ mixed nuts
4 tbsp (34g)

Sweets

- ☐ honey
1/4 cup (77g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
4 oz (113g)

Other

- ☐ nutritional yeast
1/2 cup (30g)

- ☐ nonfat greek yogurt, plain
3 tbsp (53g)

Fats and Oils

- ☐ olive oil
2 tbsp (30mL)
- ☐ salad dressing
6 1/4 oz (180mL)
- ☐ oil
2 1/2 oz (74mL)
- ☐ vegan mayonnaise
3 1/3 tbsp (50g)

Spices and Herbs

- ☐ salt
1/2 oz (17g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ dried dill weed
1 tsp (1g)
- ☐ oregano, dried
1 tsp, leaves (1g)
- ☐ thyme, dried
1 tsp, leaves (1g)
- ☐ ground cumin
1 tsp (2g)
- ☐ apple cider vinegar
5 tsp (25g)
- ☐ crushed red pepper
1/2 tsp (1g)
- ☐ curry powder
1/2 tbsp (3g)
- ☐ black pepper
2 dash (0g)

- ☐ sweet potato chips
26 2/3 chips (38g)
- ☐ roasted red peppers
4 oz (113g)
- ☐ coleslaw mix
6 cup (540g)
- ☐ protein bar (20g protein)
2 bar (100g)

Baked Products

- ☐ pita bread
3/8 package (120g)
- ☐ naan bread
2 piece (180g)

Legumes and Legume Products

- ☐ tempeh
1 lbs (454g)
 - ☐ firm tofu
1 1/4 lbs (567g)
 - ☐ soy sauce
5 tsp (25mL)
 - ☐ extra firm tofu
1 1/4 lbs (567g)
 - ☐ lentils, raw
1/2 cup (96g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Avocado

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



For single meal:

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

For all 2 meals:

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

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

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.

Goat cheese & tomato mini egg muffin

2 mini muffin(s) - 122 cal ● 9g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

tomatoes, chopped
1 slice(s), thin/small (15g)
goat cheese
3 tsp (14g)
eggs
1 large (50g)
water
1 tsp (5mL)

For all 2 meals:

tomatoes, chopped
2 slice(s), thin/small (30g)
goat cheese
2 tbsp (28g)
eggs
2 large (100g)
water
2 tsp (10mL)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Nectarine

1 nectarine(s) - 70 cal ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 3 meals:

nectarine, pitted
3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.

Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

onion, diced
1/4 small (18g)
bell pepper, chopped
1/2 small (37g)
eggs
2 large (100g)

For all 3 meals:

onion, diced
3/4 small (53g)
bell pepper, chopped
1 1/2 small (111g)
eggs
6 large (300g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

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 3 meals:

whole milk
2 1/4 cup (540mL)

1. This recipe has no instructions.
-

Breakfast 3 [↗](#)

Eat on day 6, day 7

Hardboiled egg and avocado bowl

320 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

eggs
2 large (100g)
avocados, chopped
1/2 avocado(s) (101g)
onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
salt
1 dash (0g)
black pepper
1 dash (0g)

For all 2 meals:

eggs
4 large (200g)
avocados, chopped
1 avocado(s) (201g)
onion
2 tbsp chopped (20g)
bell pepper
2 tbsp, diced (19g)
salt
2 dash (1g)
black pepper
2 dash (0g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

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.

Lunch 1 [↗](#)

Eat on day 1

Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cals ● 21g protein ● 20g fat ● 21g carbs ● 9g fiber



Makes 4 zucchini halve(s)

zucchini

2 large (646g)

pasta sauce

1/2 cup (130g)

goat cheese

2 oz (57g)

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.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

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.
-

Lunch 2 [↗](#)

Eat on day 2, day 3

Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

pita bread

1 pita, small (4" dia) (28g)

For all 2 meals:

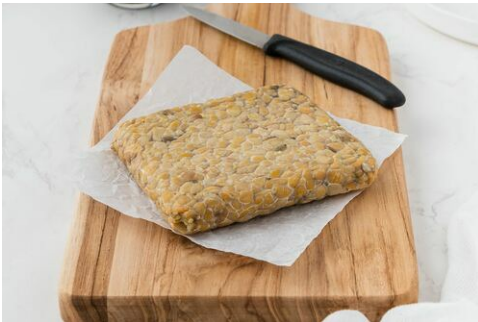
pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
-

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

oil

4 tsp (20mL)

tempeh

1/2 lbs (227g)

For all 2 meals:

oil

2 2/3 tbsp (40mL)

tempeh

1 lbs (454g)

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.
-

Lunch 3 [🔗](#)

Eat on day 4, day 5

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



For single meal:

red onion, sliced

1/6 medium (2-1/2" dia) (21g)

cucumber, sliced or diced

1/6 cucumber (8-1/4") (56g)

romaine lettuce, shredded

3/4 hearts (375g)

carrots, peeled and shredded or sliced

3/4 small (5-1/2" long) (38g)

tomatoes, diced

3/4 small whole (2-2/5" dia) (68g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

red onion, sliced

3/8 medium (2-1/2" dia) (41g)

cucumber, sliced or diced

3/8 cucumber (8-1/4") (113g)

romaine lettuce, shredded

1 1/2 hearts (750g)

carrots, peeled and shredded or sliced

1 1/2 small (5-1/2" long) (75g)

tomatoes, diced

1 1/2 small whole (2-2/5" dia) (137g)

salad dressing

3 tbsp (45mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Roasted pepper shakshuka

502 cals ● 23g protein ● 24g fat ● 40g carbs ● 8g fiber



For single meal:

oregano, dried
4 dash, leaves (1g)
thyme, dried
4 dash, leaves (1g)
pita bread, cut into wedges
1/2 pita, large (6-1/2" dia) (32g)
oil
1 tbsp (15mL)
canned crushed tomatoes
1/2 can (203g)
roasted red peppers, drained & cut into strips
2 oz (57g)
ground cumin
4 dash (1g)
garlic, minced
1 clove(s) (3g)
shallots, sliced
1/4 shallot (28g)
firm tofu, patted dry
1/2 lbs (198g)

For all 2 meals:

oregano, dried
1 tsp, leaves (1g)
thyme, dried
1 tsp, leaves (1g)
pita bread, cut into wedges
1 pita, large (6-1/2" dia) (64g)
oil
2 tbsp (30mL)
canned crushed tomatoes
1 can (405g)
roasted red peppers, drained & cut into strips
4 oz (113g)
ground cumin
1 tsp (2g)
garlic, minced
2 clove(s) (6g)
shallots, sliced
1/2 shallot (57g)
firm tofu, patted dry
14 oz (397g)

1. Preheat oven to 400°F (200°C).
2. Line a baking sheet with parchment paper. Crumble the tofu on the baking sheet and toss with thyme, oregano, only half of the oil, and some salt and pepper. Bake 10-12 minutes until browned.
3. Meanwhile, make the sauce. Heat remaining oil in a skillet over medium heat. Add the shallot, garlic, and cumin. Cook for 1-2 minutes until fragrant.
4. Stir in the peppers, crushed tomato, and some salt and pepper. Simmer for 5-8 minutes.
5. Add tofu to the sauce and simmer 2-3 minutes. Serve with pita on the side.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Cottage cheese & honey

1/2 cup(s) - 125 cal ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

For all 2 meals:

honey
4 tsp (28g)
low fat cottage cheese (1% milkfat)
1 cup (226g)

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

Edamame slaw salad bowl

393 cal ● 16g protein ● 18g fat ● 26g carbs ● 15g fiber



For single meal:

salad dressing
4 tbsp (60mL)
coleslaw mix
3 cup (270g)
carrots, sliced into matchsticks
2 small (5-1/2" long) (100g)
edamame, frozen, shelled
1 cup (118g)

For all 2 meals:

salad dressing
1/2 cup (120mL)
coleslaw mix
6 cup (540g)
carrots, sliced into matchsticks
4 small (5-1/2" long) (200g)
edamame, frozen, shelled
2 cup (236g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

Mixed nuts

1/8 cup(s) - 109 cals ● 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.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

tomatoes
36 cherry tomatoes (612g)

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

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. This recipe has no instructions.

Kale chips

138 cals ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

olive oil
2 tsp (10mL)
kale leaves
2/3 bunch (113g)
salt
1/4 tbsp (4g)

For all 3 meals:

olive oil
2 tbsp (30mL)
kale leaves
2 bunch (340g)
salt
2 tsp (12g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
 2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
 3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
 4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
 5. Spread the leaves over the baking sheet and sprinkle with salt.
 6. Bake about 10-15 minutes- until edges are browned but not burnt.
 7. Serve
-

Snacks 2 [↗](#)

Eat on day 4, day 5

Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber, sliced
1/4 cucumber (8-1/4") (75g)
goat cheese
1 oz (28g)
dried dill weed
4 dash (1g)

For all 2 meals:

cucumber, sliced
1/2 cucumber (8-1/4") (151g)
goat cheese
2 oz (57g)
dried dill weed
1 tsp (1g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

For all 2 meals:

honey
4 tsp (28g)
low fat cottage cheese (1% milkfat)
1 cup (226g)

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

Sweet potato chips

13 1/3 chips - 103 cals ● 1g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

sweet potato chips
13 1/3 chips (19g)

For all 2 meals:

sweet potato chips
26 2/3 chips (38g)

1. Serve chips in a bowl and enjoy.

Snacks 3 [↗](#)

Eat on day 6, day 7

Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)

1 bar (50g)

For all 2 meals:

protein bar (20g protein)

2 bar (100g)

1. This recipe has no instructions.

Blueberries

1/2 cup(s) - 47 cal ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries

1/2 cup (74g)

For all 2 meals:

blueberries

1 cup (148g)

1. Rinse off blueberries and serve.

Dinner 1 [↗](#)

Eat on day 1

Cheese ravioli

272 cal ● 11g protein ● 7g fat ● 38g carbs ● 4g fiber



pasta sauce

1/6 jar (24 oz) (112g)

frozen cheese ravioli

4 oz (113g)

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

Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)

salad dressing

1 tbsp (15mL)

kale leaves

1 cup, chopped (40g)

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

Dinner 2 [↗](#)

Eat on day 2

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



barbecue sauce

1/2 cup (143g)

salt

4 dash (3g)

nutritional yeast

1/2 cup (30g)

cauliflower

2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



Makes 1 1/3 cup(s)

whole milk

1 1/3 cup (320mL)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3, day 4

Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

chunky canned soup (creamy varieties)

1/2 can (~19 oz) (267g)

For all 2 meals:

chunky canned soup (creamy varieties)

1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

1 oz (28g)

For all 2 meals:

sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

Broccoli caesar salad with hard boiled eggs

390 cals ● 31g protein ● 23g fat ● 9g carbs ● 6g fiber



For single meal:

lemon juice

3/4 tbsp (11mL)

roasted pumpkin seeds, unsalted

1 1/2 tbsp (11g)

parmesan cheese

1 1/2 tbsp (8g)

dijon mustard

1/2 tbsp (8g)

nonfat greek yogurt, plain

1 1/2 tbsp (26g)

broccoli

3/4 cup chopped (68g)

eggs

3 large (150g)

romaine lettuce

3 cup shredded (141g)

For all 2 meals:

lemon juice

1 1/2 tbsp (23mL)

roasted pumpkin seeds, unsalted

3 tbsp (22g)

parmesan cheese

3 tbsp (15g)

dijon mustard

1 tbsp (15g)

nonfat greek yogurt, plain

3 tbsp (53g)

broccoli

1 1/2 cup chopped (137g)

eggs

6 large (300g)

romaine lettuce

6 cup shredded (282g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Curried tofu salad

406 cals ● 31g protein ● 21g fat ● 17g carbs ● 8g fiber



- For single meal:

 - apple cider vinegar**
2 1/2 tsp (12g)
 - vegan mayonnaise**
5 tsp (25g)
 - garlic, minced**
5/6 clove (2g)
 - red bell pepper, chopped**
5/6 medium (approx 2-3/4" long, 2-1/2 dia.) (99g)
 - carrots, grated**
5/6 large (60g)
 - soy sauce**
2 1/2 tsp (12mL)
 - crushed red pepper**
1 2/3 dash (0g)
 - extra firm tofu, drained and cubed**
10 oz (283g)
 - curry powder**
1/4 tbsp (2g)
 - lemon juice**
2 1/2 tsp (12mL)
- For all 2 meals:

 - apple cider vinegar**
5 tsp (25g)
 - vegan mayonnaise**
1/4 cup (50g)
 - garlic, minced**
1 2/3 clove (5g)
 - red bell pepper, chopped**
1 2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (198g)
 - carrots, grated**
1 2/3 large (120g)
 - soy sauce**
5 tsp (25mL)
 - crushed red pepper**
3 1/3 dash (1g)
 - extra firm tofu, drained and cubed**
1 1/4 lbs (567g)
 - curry powder**
1/2 tbsp (3g)
 - lemon juice**
5 tsp (25mL)

1. Preheat an oven to 350°F (175°C). Place tofu on a lightly greased baking sheet.
2. Bake tofu in the preheated oven for 25 minutes, stirring halfway through the cooking time. Remove tofu from the oven and allow to cool.
3. Mix curry powder, lemon juice, vegan mayonnaise, apple cider vinegar, red pepper flakes, and soy sauce in a small bowl. Set aside. Combine tofu, carrots, red pepper, and garlic in a large bowl. Top with sauce and mix thoroughly. Serve immediately or chill for up to an hour before serving.

Naan bread

1 piece(s) - 262 cal● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



- For single meal:

 - naan bread**
1 piece (90g)
- For all 2 meals:

 - naan bread**
2 piece (180g)

1. This recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 7

Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

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.

Bbq tofu & pineapple bowl

389 cal ● 16g protein ● 14g fat ● 47g carbs ● 4g fiber



oil

1 tsp (6mL)

barbecue sauce

3 tbsp (52g)

canned pineapple

3/4 cup, chunks (136g)

firm tofu

6 oz (170g)

broccoli

3/4 cup chopped (68g)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
 2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
 3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
 4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.
-

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.