

# Meal Plan - 2700 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

2736 cals ● 235g protein (34%) ● 57g fat (19%) ● 263g carbs (38%) ● 59g fiber (9%)

### Breakfast

240 cals, 8g protein, 35g net carbs, 6g fat



[Breakfast cereal](#)  
241 cals

### Lunch

830 cals, 43g protein, 95g net carbs, 26g fat



[Quinoa](#)  
1 cup quinoa, cooked- 208 cals



[Fruit juice](#)  
1 1/4 cup(s)- 143 cals



[Vegan sausage & veggie sheet pan](#)  
480 cals

### Snacks

310 cals, 17g protein, 39g net carbs, 8g fat



[Breakfast cereal with protein milk](#)  
124 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals



[Banana](#)  
1 banana(s)- 117 cals

### Dinner

810 cals, 46g protein, 90g net carbs, 15g fat



[Lentil pasta](#)  
673 cals



[Simple mixed greens salad](#)  
136 cals

### Protein Supplement(s)

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



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

## Day 2

2736 cal ● 235g protein (34%) ● 57g fat (19%) ● 263g carbs (38%) ● 59g fiber (9%)

### Breakfast

240 cal, 8g protein, 35g net carbs, 6g fat



[Breakfast cereal](#)

241 cal

### Snacks

310 cal, 17g protein, 39g net carbs, 8g fat



[Breakfast cereal with protein milk](#)

124 cal



[Boiled eggs](#)

1 egg(s)- 69 cal



[Banana](#)

1 banana(s)- 117 cal

### Protein Supplement(s)

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



[Protein shake](#)

5 scoop- 545 cal

### Lunch

830 cal, 43g protein, 95g net carbs, 26g fat



[Quinoa](#)

1 cup quinoa, cooked- 208 cal



[Fruit juice](#)

1 1/4 cup(s)- 143 cal



[Vegan sausage & veggie sheet pan](#)

480 cal

### Dinner

810 cal, 46g protein, 90g net carbs, 15g fat



[Lentil pasta](#)

673 cal



[Simple mixed greens salad](#)

136 cal

## Day 3

2686 cals ● 240g protein (36%) ● 98g fat (33%) ● 168g carbs (25%) ● 43g fiber (6%)

### Breakfast

345 cals, 16g protein, 20g net carbs, 20g fat



Poached egg over avocado toast  
1 toast(s)- 272 cals



Milk  
1/2 cup(s)- 75 cals

### Snacks

375 cals, 15g protein, 22g net carbs, 21g fat



Bell pepper strips and hummus  
128 cals



Sunflower seeds  
180 cals



Peach  
1 peach(es)- 66 cals

### Protein Supplement(s)

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



Protein shake  
5 scoop- 545 cals

### Lunch

705 cals, 28g protein, 45g net carbs, 39g fat



Simple kale & avocado salad  
384 cals



Tofu lasagna  
321 cals

### Dinner

715 cals, 59g protein, 77g net carbs, 17g fat



Chicken tortellini soup  
562 cals



Dinner roll  
2 roll- 154 cals

## Day 4

2686 cals ● 240g protein (36%) ● 98g fat (33%) ● 168g carbs (25%) ● 43g fiber (6%)

### Breakfast

345 cals, 16g protein, 20g net carbs, 20g fat



Poached egg over avocado toast  
1 toast(s)- 272 cals



Milk  
1/2 cup(s)- 75 cals

### Snacks

375 cals, 15g protein, 22g net carbs, 21g fat



Bell pepper strips and hummus  
128 cals



Sunflower seeds  
180 cals



Peach  
1 peach(es)- 66 cals

### Protein Supplement(s)

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



Protein shake  
5 scoop- 545 cals

### Lunch

705 cals, 28g protein, 45g net carbs, 39g fat



Simple kale & avocado salad  
384 cals



Tofu lasagna  
321 cals

### Dinner

715 cals, 59g protein, 77g net carbs, 17g fat



Chicken tortellini soup  
562 cals



Dinner roll  
2 roll- 154 cals

## Day 5

2728 cal ● 239g protein (35%) ● 108g fat (36%) ● 161g carbs (24%) ● 38g fiber (6%)

### Breakfast

345 cal, 16g protein, 20g net carbs, 20g fat



**Poached egg over avocado toast**  
1 toast(s)- 272 cal



**Milk**  
1/2 cup(s)- 75 cal

### Snacks

375 cal, 15g protein, 22g net carbs, 21g fat



**Bell pepper strips and hummus**  
128 cal



**Sunflower seeds**  
180 cal



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

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cal

### Lunch

745 cal, 43g protein, 49g net carbs, 40g fat



**Cottage cheese & honey**  
3/4 cup(s)- 187 cal



**Pesto grilled cheese sandwich**  
1 sandwich(es)- 557 cal

### Dinner

720 cal, 43g protein, 66g net carbs, 26g fat



**Seitan Philly cheesesteak**  
1 sub(s)- 571 cal



**Simple salad with tomatoes and carrots**  
147 cal

## Day 6

2742 cal ● 235g protein (34%) ● 70g fat (23%) ● 243g carbs (35%) ● 49g fiber (7%)

### Breakfast

380 cal, 16g protein, 44g net carbs, 15g fat



**Fruit juice**  
1 2/3 cup(s)- 191 cal



**Kale & eggs**  
189 cal

### Snacks

275 cal, 24g protein, 32g net carbs, 4g fat



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



**Banana**  
1 banana(s)- 117 cal



**Chocolate protein mug cake**  
1/2 mug cake(s)- 97 cal

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cal

### Lunch

750 cal, 31g protein, 107g net carbs, 17g fat



**Cheese tortellini**  
749 cal

### Dinner

790 cal, 44g protein, 55g net carbs, 32g fat



**Simple mozzarella and tomato salad**  
363 cal



**Smokey black bean stew**  
428 cal

# Day 7

2742 cals ● 235g protein (34%) ● 70g fat (23%) ● 243g carbs (35%) ● 49g fiber (7%)

## Breakfast

380 cals, 16g protein, 44g net carbs, 15g fat



Fruit juice

1 2/3 cup(s)- 191 cals



Kale & eggs

189 cals

## Snacks

275 cals, 24g protein, 32g net carbs, 4g fat



Cottage cheese & honey

1/4 cup(s)- 62 cals



Banana

1 banana(s)- 117 cals



Chocolate protein mug cake

1/2 mug cake(s)- 97 cals

## Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

## Lunch

750 cals, 31g protein, 107g net carbs, 17g fat



Cheese tortellini

749 cals

## Dinner

790 cals, 44g protein, 55g net carbs, 32g fat



Simple mozzarella and tomato salad

363 cals



Smokey black bean stew

428 cals

## Dairy and Egg Products

- whole milk  
1/4 gallon (806mL)
- eggs  
12 medium (529g)
- mozzarella cheese, shredded  
2/3 cup (57g)
- parmesan cheese  
2 3/4 tbsp (17g)
- nonfat greek yogurt, plain  
1/2 cup (140g)
- low fat cottage cheese (1% milkfat)  
1 1/4 cup (283g)
- butter  
1 tbsp (14g)
- cheese  
3 slice (1 oz each) (84g)
- fresh mozzarella cheese  
6 oz (170g)

## Breakfast Cereals

- breakfast cereal  
3 1/2 serving (105g)

## Beverages

- protein powder  
35 1/2 scoop (1/3 cup ea) (1101g)
- water  
2 1/4 gallon (8717mL)

## Fruits and Fruit Juices

- banana  
4 medium (7" to 7-7/8" long) (472g)
- fruit juice  
46 2/3 fl oz (1400mL)
- lemon  
1 2/3 small (97g)
- avocados  
1 2/3 avocado(s) (335g)
- peach  
3 medium (2-2/3" dia) (450g)
- lime juice  
1 1/2 tbsp (23mL)

## Cereal Grains and Pasta

- quinoa, uncooked  
2/3 cup (113g)

## Vegetables and Vegetable Products

- broccoli  
2 cup chopped (182g)
- carrots  
2 1/2 medium (145g)
- potatoes  
2 small (1-3/4" to 2-1/4" dia.) (184g)
- kale leaves  
13 1/2 oz (384g)
- bell pepper  
2 large (305g)
- tomato paste  
1 1/2 tbsp (24g)
- garlic  
4 1/2 clove(s) (14g)
- onion  
1 3/4 medium (2-1/2" dia) (193g)
- tomatoes  
4 1/3 medium whole (2-3/5" dia) (532g)
- romaine lettuce  
3/4 hearts (375g)

## Soups, Sauces, and Gravies

- pasta sauce  
1 1/2 jar (24 oz) (1095g)
- vegetable broth  
5 1/4 cup(s) (mL)
- pesto sauce  
1 tbsp (16g)

## Spices and Herbs

- salt  
1/8 oz (2g)
- black pepper  
1/3 tsp, ground (1g)
- fresh basil  
3 tbsp, chopped (8g)
- ground cumin  
1/4 tbsp (2g)

## Legumes and Legume Products

- firm tofu  
4 oz (113g)
- hummus  
3/4 cup (183g)
- black beans  
1 1/2 can (659g)

dry lasagna noodles  
2 oz (57g)

seitan  
3 oz (85g)

### Other

italian seasoning  
1/2 tbsp (5g)

vegan sausage  
2 sausage (200g)

lentil pasta  
2/3 lbs (302g)

mixed greens  
6 cup (180g)

guacamole, store-bought  
3/4 cup (185g)

diced tomatoes  
1 1/2 can(s) (630g)

sub roll(s)  
1 roll(s) (85g)

smoked paprika  
1 1/2 tsp (3g)

calorie-free sweetener  
2 tsp (7g)

protein powder, chocolate  
1 scoop (1/3 cup ea) (31g)

### Fats and Oils

oil  
2 oz (59mL)

salad dressing  
1/2 cup (107mL)

balsamic vinaigrette  
3 tbsp (46mL)

### Baked Products

bread  
5 slice (160g)

Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)

baking powder  
4 dash (3g)

### Nut and Seed Products

sunflower kernels  
3 oz (85g)

### Meals, Entrees, and Side Dishes

frozen cheese tortellini  
1 2/3 lbs (758g)

### Poultry Products

boneless skinless chicken breast, raw  
2/3 lbs (298g)

### Sweets

honey  
5 tsp (35g)

cocoa powder  
2 tsp (4g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Breakfast cereal

241 cal ● 8g protein ● 6g fat ● 35g carbs ● 3g fiber



For single meal:

**breakfast cereal**  
1 1/4 serving (38g)  
**whole milk**  
10 tbsp (150mL)

For all 2 meals:

**breakfast cereal**  
2 1/2 serving (75g)  
**whole milk**  
1 1/4 cup (300mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Poached egg over avocado toast

1 toast(s) - 272 cal ● 12g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

**eggs**  
1 large (50g)  
**guacamole, store-bought**  
4 tbsp (62g)  
**bread**  
1 slice (32g)

For all 3 meals:

**eggs**  
3 large (150g)  
**guacamole, store-bought**  
3/4 cup (185g)  
**bread**  
3 slice (96g)

1. Crack egg into a small measuring cup. Set aside.
2. Bring medium sized pot full of water to a boil then remove from heat.
3. Using a utensil, swirl the water to create a small whirlpool and then gently plop the egg in the middle and cook for 3 minutes.
4. Meanwhile toast bread and then top with guacamole.
5. When egg is done, remove it with a slotted spoon and place egg on paper towel and gently dry.
6. Transfer egg to top of avocado toast and serve.

### Milk

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





For single meal:

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

For all 3 meals:

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

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Fruit juice

1 2/3 cup(s) - 191 cal ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



For single meal:

**fruit juice**  
13 1/3 fl oz (400mL)

For all 2 meals:

**fruit juice**  
26 2/3 fl oz (800mL)

1. This recipe has no instructions.

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### Kale & eggs

189 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**salt**  
2 dash (1g)  
**eggs**  
4 large (200g)  
**kale leaves**  
1 cup, chopped (40g)  
**oil**  
2 tsp (10mL)

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, day 2

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### Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



For single meal:

**quinoa, uncooked**

1/3 cup (57g)

**water**

2/3 cup(s) (158mL)

For all 2 meals:

**quinoa, uncooked**

2/3 cup (113g)

**water**

1 1/3 cup(s) (316mL)

1. (Note: Follow quinoa package's instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

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### Fruit juice

1 1/4 cup(s) - 143 cal ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



For single meal:

**fruit juice**

10 fl oz (300mL)

For all 2 meals:

**fruit juice**

20 fl oz (600mL)

1. This recipe has no instructions.

### Vegan sausage & veggie sheet pan

480 cal ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



For single meal:

- italian seasoning**  
4 dash (2g)
- oil**  
2 tsp (10mL)
- broccoli, chopped**  
1 cup chopped (91g)
- carrots, sliced**  
1 medium (61g)
- potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)
- vegan sausage, cut into bite sized pieces**  
1 sausage (100g)

For all 2 meals:

- italian seasoning**  
1 tsp (4g)
- oil**  
4 tsp (20mL)
- broccoli, chopped**  
2 cup chopped (182g)
- carrots, sliced**  
2 medium (122g)
- potatoes, cut into wedges**  
2 small (1-3/4" to 2-1/4" dia.) (184g)
- vegan sausage, cut into bite sized pieces**  
2 sausage (200g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Simple kale & avocado salad

384 cal ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



For single meal:

- kale leaves, chopped**  
5/6 bunch (142g)
- lemon, juiced**  
5/6 small (48g)
- avocados, chopped**  
5/6 avocado(s) (168g)

For all 2 meals:

- kale leaves, chopped**  
1 2/3 bunch (284g)
- lemon, juiced**  
1 2/3 small (97g)
- avocados, chopped**  
1 2/3 avocado(s) (335g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

### Tofu lasagna

321 cal ● 20g protein ● 13g fat ● 29g carbs ● 2g fiber



For single meal:

**dry lasagna noodles**

1 oz (29g)

**eggs**

1/3 medium (15g)

**whole milk**

1 tsp (5mL)

**pasta sauce**

2 2/3 tbsp (43g)

**mozzarella cheese, shredded**

1/3 cup (29g)

**salt**

2/3 dash (1g)

**black pepper**

1 1/3 dash, ground (0g)

**parmesan cheese**

4 tsp (8g)

**firm tofu, crumbled**

2 oz (57g)

**italian seasoning**

1 1/3 dash (1g)

For all 2 meals:

**dry lasagna noodles**

2 oz (57g)

**eggs**

2/3 medium (29g)

**whole milk**

2 tsp (10mL)

**pasta sauce**

1/3 cup (87g)

**mozzarella cheese, shredded**

2/3 cup (57g)

**salt**

1 1/3 dash (1g)

**black pepper**

1/3 tsp, ground (1g)

**parmesan cheese**

2 2/3 tbsp (17g)

**firm tofu, crumbled**

4 oz (113g)

**italian seasoning**

1/3 tsp (1g)

1. Preheat oven to 350°F (175°C).
2. Bring a large pot of lightly salted water to a boil. Add lasagna and cook for 8 to 10 minutes or until al dente; drain.
3. In a medium bowl combine tofu, eggs, salt, pepper, milk, spaghetti sauce, Italian seasoning, and half of the mozzarella cheese. Spread a layer in the bottom of a baking dish.
4. Layer lasagna noodles with the sauce mixture, ending with sauce. Sprinkle with remaining mozzarella and parmesan cheese.
5. Bake for 25 to 35 minutes.

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## Lunch 3 [↗](#)

Eat on day 5

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### Cottage cheese & honey

3/4 cup(s) - 187 cal ● 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.

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### Pesto grilled cheese sandwich

1 sandwich(es) - 557 cal ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

**bread**

2 slice (64g)

**butter, softened**

1 tbsp (14g)

**pesto sauce**

1 tbsp (16g)

**cheese**

2 slice (1 oz each) (56g)

**tomatoes**

2 slice(s), thin/small (30g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Cheese tortellini

749 cal ● 31g protein ● 17g fat ● 107g carbs ● 12g fiber



For single meal:

**pasta sauce**

3/8 jar (24 oz) (280g)

**frozen cheese tortellini**

10 oz (284g)

For all 2 meals:

**pasta sauce**

5/6 jar (24 oz) (560g)

**frozen cheese tortellini**

1 1/4 lbs (567g)

1. Prepare tortellini according to instructions on package.
  2. Top with sauce and enjoy.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Breakfast cereal with protein milk

124 cal ● 9g protein ● 3g fat ● 14g carbs ● 2g fiber



For single meal:

**whole milk**  
4 tbsp (60mL)  
**breakfast cereal**  
1/2 serving (15g)  
**protein powder**  
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

**whole milk**  
1/2 cup (120mL)  
**breakfast cereal**  
1 serving (30g)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

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### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Banana

1 banana(s) - 117 cal ● 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.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Bell pepper strips and hummus

128 cals ● 6g protein ● 6g fat ● 8g carbs ● 5g fiber



For single meal:

**hummus**

4 tbsp (61g)

**bell pepper**

3/4 medium (89g)

For all 3 meals:

**hummus**

3/4 cup (183g)

**bell pepper**

2 1/4 medium (268g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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### Sunflower seeds

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



For single meal:

**sunflower kernels**

1 oz (28g)

For all 3 meals:

**sunflower kernels**

3 oz (85g)

1. This recipe has no instructions.

### 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.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Cottage cheese & honey

1/4 cup(s) - 62 cal ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

**honey**

1 tsp (7g)

**low fat cottage cheese (1% milkfat)**

4 tbsp (57g)

For all 2 meals:

**honey**

2 tsp (14g)

**low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

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

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### Banana

1 banana(s) - 117 cal ● 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.

### Chocolate protein mug cake

1/2 mug cake(s) - 97 cal ● 16g protein ● 3g fat ● 1g carbs ● 1g fiber





For single meal:

- calorie-free sweetener**  
1 tsp (4g)
- water**  
1 tsp (5mL)
- eggs**  
1/2 large (25g)
- cocoa powder**  
1 tsp (2g)
- baking powder**  
2 dash (1g)
- protein powder, chocolate**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

- calorie-free sweetener**  
2 tsp (7g)
- water**  
2 tsp (10mL)
- eggs**  
1 large (50g)
- cocoa powder**  
2 tsp (4g)
- baking powder**  
4 dash (3g)
- protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

## Dinner 1 [↗](#)

Eat on day 1, day 2

### Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



For single meal:

- pasta sauce**  
1/3 jar (24 oz) (224g)
- lentil pasta**  
1/3 lbs (151g)

For all 2 meals:

- pasta sauce**  
2/3 jar (24 oz) (448g)
- lentil pasta**  
2/3 lbs (302g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

### Simple mixed greens salad

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



For single meal:

- mixed greens**  
3 cup (90g)
- salad dressing**  
3 tbsp (45mL)

For all 2 meals:

- mixed greens**  
6 cup (180g)
- salad dressing**  
6 tbsp (90mL)

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

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## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Chicken tortellini soup

562 cal ● 54g protein ● 15g fat ● 50g carbs ● 4g fiber



For single meal:

**nonfat greek yogurt, plain**

4 tbsp (70g)

**frozen cheese tortellini**

1/4 lbs (96g)

**kale leaves**

3/4 cup, chopped (30g)

**vegetable broth**

2 cup(s) (mL)

**boneless skinless chicken breast, raw**

1/3 lbs (149g)

**diced tomatoes**

3/8 can(s) (158g)

**tomato paste**

1 tsp (6g)

**garlic, minced**

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

**onion, minced**

3/8 large (56g)

**oil**

1 tsp (6mL)

For all 2 meals:

**nonfat greek yogurt, plain**

1/2 cup (140g)

**frozen cheese tortellini**

6 3/4 oz (191g)

**kale leaves**

1 1/2 cup, chopped (60g)

**vegetable broth**

3 3/4 cup(s) (mL)

**boneless skinless chicken breast, raw**

2/3 lbs (298g)

**diced tomatoes**

3/4 can(s) (315g)

**tomato paste**

3/4 tbsp (12g)

**garlic, minced**

3 clove(s) (9g)

**onion, minced**

3/4 large (113g)

**oil**

3/4 tbsp (11mL)

1. Put chicken breasts into a pot and cover with water. Heat to a simmer and cook for about 10-15 minutes until chicken is cooked through. Remove chicken from the water and set aside to lightly cool then shred the chicken with two forks. Set aside.
2. Meanwhile, heat oil in a large pot over medium heat, add the onion, garlic, and some salt and pepper. Cook for about 5-6 minutes until vegetables have softened somewhat.
3. Stir in tomato paste and cook for about 2 minutes.
4. Stir in diced tomatoes, shredded chicken, and broth. Bring to a simmer, reduce the heat, and cover. Simmer 15-20 minutes.
5. Spoon some broth out of the pot and place into a bowl. Stir in greek yogurt. Once greek yogurt has been fully incorporated with the broth, return the mixture to the pot and stir.
6. Stir in chopped kale and tortellini. Simmer for time listed on tortellini package. Season with salt and pepper to taste and serve.

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### Dinner roll

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



For single meal:

**Roll**

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

For all 2 meals:

**Roll**

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

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## Dinner 3 [↗](#)

Eat on day 5

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### Seitan Philly cheesesteak

1 sub(s) - 571 cal ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



Makes 1 sub(s)

**cheese**

1 slice (1 oz each) (28g)

**seitan, cut into strips**

3 oz (85g)

**bell pepper, sliced**

1/2 small (37g)

**onion, chopped**

1/4 medium (2-1/2" dia) (28g)

**oil**

1/2 tbsp (8mL)

**sub roll(s)**

1 roll(s) (85g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

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### Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



**salad dressing**  
1 tbsp (17mL)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)  
**carrots, sliced**  
3/8 medium (23g)  
**romaine lettuce, roughly chopped**  
3/4 hearts (375g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Dinner 4 [↗](#)

Eat on day 6, day 7

### Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

**tomatoes, sliced**  
1 large whole (3" dia) (205g)  
**fresh mozzarella cheese, sliced**  
3 oz (85g)  
**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**fresh basil**  
1 1/2 tbsp, chopped (4g)

For all 2 meals:

**tomatoes, sliced**  
2 1/4 large whole (3" dia) (410g)  
**fresh mozzarella cheese, sliced**  
6 oz (170g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**fresh basil**  
3 tbsp, chopped (8g)

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

### Smokey black bean stew

428 cals ● 23g protein ● 7g fat ● 45g carbs ● 24g fiber



For single meal:

**smoked paprika**  
3/4 tsp (2g)  
**lime juice**  
3/4 tbsp (11mL)  
**vegetable broth**  
3/4 cup(s) (mL)  
**oil**  
1 tsp (6mL)  
**tomato paste**  
1 tsp (6g)  
**ground cumin**  
3 dash (1g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**onion, diced**  
3/8 small (26g)  
**diced tomatoes**  
3/8 can(s) (158g)  
**black beans, drained and rinsed**  
3/4 can (329g)

For all 2 meals:

**smoked paprika**  
1 1/2 tsp (3g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**oil**  
3/4 tbsp (11mL)  
**tomato paste**  
3/4 tbsp (12g)  
**ground cumin**  
1/4 tbsp (2g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**onion, diced**  
3/4 small (53g)  
**diced tomatoes**  
3/4 can(s) (315g)  
**black beans, drained and rinsed**  
1 1/2 can (659g)

1. Heat oil in a large pot over medium heat. Add in onion and garlic and cook until softened.
2. Add in spices and stir, toasting them for about 1 minute.
3. Add in broth, beans, tomatoes, and tomato paste. Stir and simmer for 15 minutes. Season with salt/pepper to taste.
4. Spritz some lime juice on top and serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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.
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