

Meal Plan - 2800 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

2801 cal ● 253g protein (36%) ● 106g fat (34%) ● 167g carbs (24%) ● 41g fiber (6%)

Breakfast

485 cal, 20g protein, 26g net carbs, 26g fat



[Pesto scrambled eggs](#)
2 eggs- 198 cal



[Basic vegan chia pudding](#)
186 cal



[Grapes](#)
102 cal

Snacks

190 cal, 10g protein, 18g net carbs, 8g fat



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cal



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

Protein Supplement(s)

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



[Protein shake](#)
4 1/2 scoop- 491 cal

Lunch

805 cal, 65g protein, 56g net carbs, 32g fat



[Roasted tomatoes](#)
1 tomato(es)- 60 cal



[Vegan sausage](#)
2 sausage(s)- 536 cal



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

Dinner

830 cal, 49g protein, 63g net carbs, 37g fat



[Protein bar](#)
1 bar- 245 cal



[Crunchy Asian tofu salad](#)
587 cal

Day 2

2801 cals ● 253g protein (36%) ● 106g fat (34%) ● 167g carbs (24%) ● 41g fiber (6%)

Breakfast

485 cals, 20g protein, 26g net carbs, 26g fat



Pesto scrambled eggs
2 eggs- 198 cals



Basic vegan chia pudding
186 cals



Grapes
102 cals

Snacks

190 cals, 10g protein, 18g net carbs, 8g fat



Small toasted bagel with butter
1/2 bagel(s)- 120 cals



Boiled eggs
1 egg(s)- 69 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

805 cals, 65g protein, 56g net carbs, 32g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Vegan sausage
2 sausage(s)- 536 cals



Quinoa
1 cup quinoa, cooked- 208 cals

Dinner

830 cals, 49g protein, 63g net carbs, 37g fat



Protein bar
1 bar- 245 cals



Crunchy Asian tofu salad
587 cals

Day 3

2816 cals ● 237g protein (34%) ● 122g fat (39%) ● 164g carbs (23%) ● 28g fiber (4%)

Breakfast

450 cals, 22g protein, 29g net carbs, 24g fat



High-protein granola bar
2 bar(s)- 408 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

190 cals, 10g protein, 18g net carbs, 8g fat



Small toasted bagel with butter
1/2 bagel(s)- 120 cals



Boiled eggs
1 egg(s)- 69 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

860 cals, 39g protein, 30g net carbs, 62g fat



Pumpkin seeds
366 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals

Dinner

825 cals, 57g protein, 83g net carbs, 26g fat



Cottage cheese & fruit cup
2 container- 261 cals



Carrot sticks
2 1/2 carrot(s)- 68 cals



Chik'n nuggets
9 nuggets- 496 cals

Day 4

2895 cals ● 237g protein (33%) ● 122g fat (38%) ● 177g carbs (24%) ● 36g fiber (5%)

Breakfast

450 cals, 22g protein, 29g net carbs, 24g fat



High-protein granola bar
2 bar(s)- 408 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

295 cals, 18g protein, 42g net carbs, 5g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

860 cals, 39g protein, 30g net carbs, 62g fat



Pumpkin seeds
366 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals

Dinner

800 cals, 50g protein, 71g net carbs, 29g fat



Teriyaki seitan with veggies and rice
564 cals



Tomato and avocado salad
235 cals

Day 5

2805 cals ● 245g protein (35%) ● 89g fat (29%) ● 221g carbs (31%) ● 34g fiber (5%)

Breakfast

450 cals, 22g protein, 29g net carbs, 24g fat



High-protein granola bar
2 bar(s)- 408 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

295 cals, 18g protein, 42g net carbs, 5g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

770 cals, 47g protein, 74g net carbs, 30g fat



Vegan bangers and cauliflower mash
1 1/2 sausage link(s)- 541 cals



Fruit juice
2 cup(s)- 229 cals

Dinner

800 cals, 50g protein, 71g net carbs, 29g fat



Teriyaki seitan with veggies and rice
564 cals



Tomato and avocado salad
235 cals

Day 6

2757 cals ● 236g protein (34%) ● 101g fat (33%) ● 182g carbs (26%) ● 43g fiber (6%)

Breakfast

395 cals, 19g protein, 17g net carbs, 25g fat



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cals



[Roasted peanuts](#)
1/8 cup(s)- 115 cals

Snacks

330 cals, 15g protein, 19g net carbs, 19g fat



[Plain yogurt](#)
1 cup(s)- 155 cals



[Avocado](#)
176 cals

Protein Supplement(s)

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



[Protein shake](#)
4 1/2 scoop- 491 cals

Lunch

770 cals, 47g protein, 74g net carbs, 30g fat



[Vegan bangers and cauliflower mash](#)
1 1/2 sausage link(s)- 541 cals



[Fruit juice](#)
2 cup(s)- 229 cals

Dinner

770 cals, 46g protein, 68g net carbs, 26g fat



[Lentils](#)
289 cals



[Goat cheese and marinara stuffed zucchini](#)
5 zucchini halve(s)- 480 cals

Day 7

2805 cals ● 229g protein (33%) ● 101g fat (32%) ● 185g carbs (26%) ● 61g fiber (9%)

Breakfast

395 cals, 19g protein, 17g net carbs, 25g fat



[Avocado egg salad sandwich](#)
1/2 sandwich(es)- 281 cals



[Roasted peanuts](#)
1/8 cup(s)- 115 cals

Snacks

330 cals, 15g protein, 19g net carbs, 19g fat



[Plain yogurt](#)
1 cup(s)- 155 cals



[Avocado](#)
176 cals

Protein Supplement(s)

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



[Protein shake](#)
4 1/2 scoop- 491 cals

Lunch

820 cals, 40g protein, 77g net carbs, 29g fat



[Simple mozzarella and tomato salad](#)
242 cals



[White bean cassoulet](#)
577 cals

Dinner

770 cals, 46g protein, 68g net carbs, 26g fat



[Lentils](#)
289 cals



[Goat cheese and marinara stuffed zucchini](#)
5 zucchini halve(s)- 480 cals

Dairy and Egg Products

- ☐ butter
2 3/4 tbsp (39g)
- ☐ eggs
10 large (500g)
- ☐ sliced cheese
4 slice (1 oz ea) (112g)
- ☐ goat cheese
5 oz (142g)
- ☐ plain lowfat yogurt
2 cup (490g)
- ☐ fresh mozzarella cheese
2 oz (57g)

Baked Products

- ☐ bagel
1 1/2 small bagel (3" dia) (104g)
- ☐ bread
6 slice (192g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
2 tbsp (32g)
- ☐ pasta sauce
1 1/4 cup (325g)
- ☐ vegetable broth
3/8 cup(s) (mL)

Sweets

- ☐ maple syrup
2 tsp (10mL)

Spices and Herbs

- ☐ cinnamon
4 dash (1g)
- ☐ vanilla extract
1 tsp (5mL)
- ☐ garlic powder
1 tsp (3g)
- ☐ salt
1/4 tbsp (4g)
- ☐ black pepper
4 dash, ground (1g)
- ☐ fresh basil
1 tbsp, chopped (3g)

Beverages

Fats and Oils

- ☐ oil
2 oz (56mL)
- ☐ olive oil
1/2 tbsp (8mL)
- ☐ balsamic vinaigrette
1 tbsp (14mL)

Other

- ☐ vegan sausage
7 sausage (700g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ sesame oil
1 tbsp (15mL)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ vegan chik'n nuggets
9 nuggets (194g)
- ☐ teriyaki sauce
1/4 cup (67mL)
- ☐ frozen cauliflower
2 1/4 cup (255g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1 cup (177g)
- ☐ seitan
10 oz (284g)
- ☐ long-grain white rice
6 3/4 tbsp (77g)

Legumes and Legume Products

- ☐ soy sauce
2 tbsp (30mL)
- ☐ roasted peanuts
2 1/4 oz (64g)
- ☐ peanut butter
2 tbsp (32g)
- ☐ firm tofu
3/4 lbs (340g)
- ☐ lentils, raw
13 1/4 tbsp (160g)
- ☐ white beans, canned
3/4 can(s) (329g)

Snacks

- ☐ almond milk, unsweetened
1 cup(s) (240mL)
- ☐ water
37 2/3 cup(s) (8928mL)
- ☐ protein powder
31 1/2 scoop (1/3 cup ea) (977g)

- ☐ high-protein granola bar
6 bar (240g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Nut and Seed Products

- ☐ chia seeds
3 tbsp (43g)
- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)

Fruits and Fruit Juices

- ☐ grapes
3 1/2 cup (322g)
- ☐ lime juice
2 fl oz (60mL)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ fruit juice
32 fl oz (960mL)
- ☐ lemon juice
1 tsp (5mL)

Vegetables and Vegetable Products

- ☐ tomatoes
9 medium whole (2-3/5" dia) (1109g)
 - ☐ cabbage
4 1/2 cup, shredded (315g)
 - ☐ carrots
5 3/4 medium (352g)
 - ☐ ketchup
2 1/4 tbsp (38g)
 - ☐ frozen mixed veggies
5/6 package (10 oz ea) (240g)
 - ☐ onion
2 medium (2-1/2" dia) (218g)
 - ☐ zucchini
5 large (1615g)
 - ☐ garlic
1 1/2 clove(s) (5g)
 - ☐ raw celery
3/4 stalk, medium (7-1/2" - 8" long) (30g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Pesto scrambled eggs

2 eggs - 198 cals ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce

1 tbsp (16g)

eggs

2 large (100g)

For all 2 meals:

pesto sauce

2 tbsp (32g)

eggs

4 large (200g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Basic vegan chia pudding

186 cals ● 6g protein ● 10g fat ● 9g carbs ● 8g fiber



For single meal:

maple syrup

1 tsp (5mL)

cinnamon

2 dash (1g)

vanilla extract

1/2 tsp (3mL)

almond milk, unsweetened

1/2 cup(s) (120mL)

chia seeds

1 1/2 tbsp (21g)

For all 2 meals:

maple syrup

2 tsp (10mL)

cinnamon

4 dash (1g)

vanilla extract

1 tsp (5mL)

almond milk, unsweetened

1 cup(s) (240mL)

chia seeds

3 tbsp (43g)

1. Mix all ingredients together in a small container. Cover and refrigerate mixture 2 hours to overnight, until chia seeds plump up. Serve.

Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

grapes

1 3/4 cup (161g)

For all 2 meals:

grapes

3 1/2 cup (322g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

High-protein granola bar

2 bar(s) - 408 cals ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



For single meal:

high-protein granola bar
2 bar (80g)

For all 3 meals:

high-protein granola bar
6 bar (240g)

- 1. This recipe has no instructions.

Cherry tomatoes

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



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 3 meals:

tomatoes
36 cherry tomatoes (612g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

tomatoes, halved

3 tbsp cherry tomatoes (28g)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

eggs, hard-boiled and chilled

1 1/2 large (75g)

For all 2 meals:

tomatoes, halved

6 tbsp cherry tomatoes (56g)

garlic powder

4 dash (2g)

avocados

1/2 avocado(s) (101g)

bread

2 slice (64g)

eggs, hard-boiled and chilled

3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts

2 tbsp (18g)

For all 2 meals:

roasted peanuts

4 tbsp (37g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

For all 2 meals:

tomatoes

2 small whole (2-2/5" dia) (182g)

oil

2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Vegan sausage

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



For single meal:

vegan sausage

2 sausage (200g)

For all 2 meals:

vegan sausage

4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

Quinoa

1 cup quinoa, cooked - 208 cals ● 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 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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. This recipe has no instructions.

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.

Lunch 3 [↗](#)

Eat on day 5, day 6

Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cals ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



For single meal:

onion, thinly sliced
3/4 small (53g)
vegan sausage
1 1/2 sausage (150g)
oil
3/4 tbsp (11mL)
frozen cauliflower
1 cup (128g)

For all 2 meals:

onion, thinly sliced
1 1/2 small (105g)
vegan sausage
3 sausage (300g)
oil
1 1/2 tbsp (23mL)
frozen cauliflower
2 1/4 cup (255g)

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

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

fruit juice

16 fl oz (480mL)

For all 2 meals:

fruit juice

32 fl oz (960mL)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Simple mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



tomatoes, sliced

3/4 large whole (3" dia) (137g)

fresh mozzarella cheese, sliced

2 oz (57g)

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

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

White bean cassoulet

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



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)

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.

Snacks 1 [🔗](#)

Eat on day 1, day 2, day 3

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 3 meals:

butter

3/4 tbsp (11g)

bagel

1 1/2 small bagel (3" dia) (104g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Boiled eggs

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



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

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.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Snacks 3 [↗](#)

Eat on day 6, day 7

Plain yogurt

1 cup(s) - 155 cal ● 13g protein ● 4g fat ● 17g carbs ● 0g fiber



For single meal:

plain lowfat yogurt

1 cup (245g)

For all 2 meals:

plain lowfat yogurt

2 cup (490g)

1. This recipe has no instructions.

Avocado

176 cals ● 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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Protein bar

1 bar - 245 cals ● 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.

Crunchy Asian tofu salad

587 cals ● 29g protein ● 32g fat ● 37g carbs ● 10g fiber



For single meal:

cabbage, shredded
2 1/4 cup, shredded (158g)
lime juice
1 tbsp (15mL)
soy sauce
1 tbsp (15mL)
roasted peanuts
1 1/2 tbsp (14g)
peanut butter
1 tbsp (16g)
carrots, cut into matchsticks
3/4 medium (46g)
quinoa, uncooked
3 tbsp (32g)
sesame oil
1/2 tbsp (8mL)
firm tofu, drained
6 oz (170g)

For all 2 meals:

cabbage, shredded
4 1/2 cup, shredded (315g)
lime juice
2 tbsp (30mL)
soy sauce
2 tbsp (30mL)
roasted peanuts
3 tbsp (27g)
peanut butter
2 tbsp (32g)
carrots, cut into matchsticks
1 1/2 medium (92g)
quinoa, uncooked
6 tbsp (64g)
sesame oil
1 tbsp (15mL)
firm tofu, drained
3/4 lbs (340g)

1. Cook quinoa according to its package instructions. Set aside.
2. In a small bowl, make the sauce by whisking together the peanut butter, soy sauce, lime juice, and some salt to taste. Add a splash of water if necessary to make it less thick. Set aside.
3. Wrap tofu in some paper towels and press gently to remove any extra water. Cube the tofu.
4. Heat sesame oil to a skillet over medium-low heat and add the tofu cubes. Fry for about 5-7 minutes, flipping occasionally, until the tofu is golden and crisp on the outside. Remove from heat and set aside.
5. Toss the cabbage, quinoa, carrots, peanuts and tofu in a bowl. Drizzle with the peanut dressing. Serve.

Dinner 2 [↗](#)

Eat on day 3

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



Makes 2 1/2 carrot(s)

carrots

2 1/2 medium (153g)

1. Cut carrots into strips and serve.

Chik'n nuggets

9 nuggets - 496 cal ● 27g protein ● 20g fat ● 46g carbs ● 5g fiber



Makes 9 nuggets

vegan chik'n nuggets

9 nuggets (194g)

ketchup

2 1/4 tbsp (38g)

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

Dinner 3 [↗](#)

Eat on day 4, day 5

Teriyaki seitan with veggies and rice

564 cal ● 47g protein ● 11g fat ● 65g carbs ● 6g fiber



For single meal:

seitan, cut into strips

5 oz (142g)

oil

1 1/4 tsp (6mL)

teriyaki sauce

2 1/4 tbsp (33mL)

frozen mixed veggies

3/8 package (10 oz ea) (120g)

long-grain white rice

1/4 cup (39g)

For all 2 meals:

seitan, cut into strips

10 oz (284g)

oil

2 1/2 tsp (13mL)

teriyaki sauce

1/4 cup (67mL)

frozen mixed veggies

5/6 package (10 oz ea) (240g)

long-grain white rice

6 2/3 tbsp (77g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

salt
1 dash (1g)
water
1 2/3 cup(s) (395mL)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

salt
1/4 tsp (1g)
water
3 1/3 cup(s) (790mL)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Goat cheese and marinara stuffed zucchini

5 zucchini halve(s) - 480 cals ● 26g protein ● 25g fat ● 26g carbs ● 11g fiber



For single meal:

zucchini
2 1/2 large (808g)
pasta sauce
10 tbsp (163g)
goat cheese
2 1/2 oz (71g)

For all 2 meals:

zucchini
5 large (1615g)
pasta sauce
1 1/4 cup (325g)
goat cheese
5 oz (142g)

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 1/2 scoop - 491 cal ● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

water
4 1/2 cup(s) (1067mL)
protein powder
4 1/2 scoop (1/3 cup ea) (140g)

For all 7 meals:

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

1. This recipe has no instructions.
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