

# Meal Plan - 3000 calorie high protein vegetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

3013 cals ● 239g protein (32%) ● 96g fat (29%) ● 233g carbs (31%) ● 65g fiber (9%)

### Breakfast

460 cals, 33g protein, 9g net carbs, 31g fat



#### Cherry tomatoes

12 cherry tomatoes- 42 cals



#### Creamy scrambled eggs

273 cals



#### Basic scrambled eggs

2 egg(s)- 142 cals

### Snacks

420 cals, 14g protein, 32g net carbs, 25g fat



#### Small granola bar

2 bar(s)- 238 cals



#### Pumpkin seeds

183 cals

### Protein Supplement(s)

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



#### Protein shake

4 1/2 scoop- 491 cals

### Lunch

550 cals, 19g protein, 41g net carbs, 28g fat



#### Eggplant pesto sandwich

1 sandwich(es)- 452 cals



#### Simple salad with tomatoes and carrots

98 cals

### Dinner

1095 cals, 65g protein, 148g net carbs, 10g fat



#### Lentil and veggie soup

1018 cals



#### Simple mixed greens and tomato salad

76 cals

## Day 2

2966 cal ● 227g protein (31%) ● 152g fat (46%) ● 136g carbs (18%) ● 35g fiber (5%)

### Breakfast

460 cal, 33g protein, 9g net carbs, 31g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cal



[Creamy scrambled eggs](#)

273 cal



[Basic scrambled eggs](#)

2 egg(s)- 142 cal

### Snacks

420 cal, 14g protein, 32g net carbs, 25g fat



[Small granola bar](#)

2 bar(s)- 238 cal



[Pumpkin seeds](#)

183 cal

### Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cal

### Lunch

875 cal, 40g protein, 56g net carbs, 48g fat



[Egg & avocado salad](#)

399 cal



[Kefir](#)

300 cal



[Avocado](#)

176 cal

### Dinner

725 cal, 32g protein, 35g net carbs, 46g fat



[Roasted carrots](#)

4 carrot(s)- 211 cal



[Spicy sriracha peanut tofu](#)

512 cal

## Day 3

2984 cals ● 227g protein (30%) ● 110g fat (33%) ● 223g carbs (30%) ● 49g fiber (7%)

### Breakfast

455 cals, 22g protein, 11g net carbs, 34g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Mixed nuts**  
1/3 cup(s)- 290 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Snacks

310 cals, 17g protein, 45g net carbs, 5g fat



**Plain yogurt**  
1 1/4 cup(s)- 193 cals



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

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

875 cals, 40g protein, 56g net carbs, 48g fat



**Egg & avocado salad**  
399 cals



**Kefir**  
300 cals



**Avocado**  
176 cals

### Dinner

855 cals, 39g protein, 106g net carbs, 21g fat



**Tossed salad**  
242 cals



**Vegan meatball sub**  
1 sub(s)- 468 cals



**Fruit juice**  
1 1/4 cup(s)- 143 cals

## Day 4

3040 cals ● 237g protein (31%) ● 108g fat (32%) ● 234g carbs (31%) ● 46g fiber (6%)

### Breakfast

455 cals, 22g protein, 11g net carbs, 34g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Mixed nuts**  
1/3 cup(s)- 290 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Snacks

310 cals, 17g protein, 45g net carbs, 5g fat



**Plain yogurt**  
1 1/4 cup(s)- 193 cals



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

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

930 cals, 50g protein, 68g net carbs, 46g fat



**Cottage cheese & fruit cup**  
2 container- 261 cals



**Lentil kale salad**  
487 cals



**Pecans**  
1/4 cup- 183 cals

### Dinner

855 cals, 39g protein, 106g net carbs, 21g fat



**Tossed salad**  
242 cals



**Vegan meatball sub**  
1 sub(s)- 468 cals



**Fruit juice**  
1 1/4 cup(s)- 143 cals

## Day 5

3073 cals ● 262g protein (34%) ● 116g fat (34%) ● 195g carbs (25%) ● 49g fiber (6%)

### Breakfast

405 cals, 19g protein, 44g net carbs, 13g fat



**Tempeh bacon & avocado bagel sandwich**  
1/2 bagel(s)- 349 cals



**Fruit juice**  
1/2 cup(s)- 57 cals

### Snacks

310 cals, 17g protein, 45g net carbs, 5g fat



**Plain yogurt**  
1 1/4 cup(s)- 193 cals



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

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

930 cals, 50g protein, 68g net carbs, 46g fat



**Cottage cheese & fruit cup**  
2 container- 261 cals



**Lentil kale salad**  
487 cals



**Pecans**  
1/4 cup- 183 cals

### Dinner

935 cals, 67g protein, 33g net carbs, 50g fat



**Simple mixed greens salad**  
68 cals



**Peanut tempeh**  
8 oz tempeh- 868 cals

## Day 6

3069 cals ● 255g protein (33%) ● 87g fat (25%) ● 257g carbs (34%) ● 60g fiber (8%)

### Breakfast

405 cals, 19g protein, 44g net carbs, 13g fat



**Tempeh bacon & avocado bagel sandwich**  
1/2 bagel(s)- 349 cals



**Fruit juice**  
1/2 cup(s)- 57 cals

### Snacks

340 cals, 5g protein, 51g net carbs, 9g fat



**Applesauce**  
228 cals



**Roasted almonds**  
1/8 cup(s)- 111 cals

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

900 cals, 55g protein, 124g net carbs, 12g fat



**Cottage cheese & fruit cup**  
2 container- 261 cals



**Spiced chickpea tabbouleh bowl**  
637 cals

### Dinner

935 cals, 67g protein, 33g net carbs, 50g fat



**Simple mixed greens salad**  
68 cals



**Peanut tempeh**  
8 oz tempeh- 868 cals

# Day 7

3000 cal ● 238g protein (32%) ● 66g fat (20%) ● 303g carbs (40%) ● 59g fiber (8%)

## Breakfast

405 cal, 19g protein, 44g net carbs, 13g fat



**Tempeh bacon & avocado bagel sandwich**  
1/2 bagel(s)- 349 cal



**Fruit juice**  
1/2 cup(s)- 57 cal

## Snacks

340 cal, 5g protein, 51g net carbs, 9g fat



**Applesauce**  
228 cal



**Roasted almonds**  
1/8 cup(s)- 111 cal

## Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cal

## Lunch

900 cal, 55g protein, 124g net carbs, 12g fat



**Cottage cheese & fruit cup**  
2 container- 261 cal



**Spiced chickpea tabbouleh bowl**  
637 cal

## Dinner

865 cal, 51g protein, 79g net carbs, 29g fat



**Bean & tofu goulash**  
656 cal



**Simple Greek cucumber salad**  
211 cal

## Legumes and Legume Products

- lentils, raw  
1 1/2 cup (296g)
- soy sauce  
2 tbsp (28mL)
- peanut butter  
1/3 lbs (153g)
- firm tofu  
15 3/4 oz (447g)
- tempeh  
22 oz (624g)
- chickpeas, canned  
1 1/6 can (523g)
- white beans, canned  
3/4 can(s) (329g)

## Soups, Sauces, and Gravies

- vegetable broth  
3 2/3 cup(s) (mL)
- pesto sauce  
1 tbsp (16g)
- pasta sauce  
1/2 cup (130g)

## Vegetables and Vegetable Products

- kale leaves  
5 1/2 cup, chopped (223g)
- garlic  
7 1/2 clove(s) (23g)
- frozen mixed veggies  
2 3/4 cup (371g)
- tomatoes  
6 3/4 medium whole (2-3/5" dia) (827g)
- eggplant  
1/2 small (229g)
- carrots  
8 1/2 medium (525g)
- romaine lettuce  
2 1/2 hearts (1250g)
- red onion  
2/3 medium (2-1/2" dia) (76g)
- cucumber  
2 cucumber (8-1/4") (552g)
- fresh parsley  
4 2/3 sprigs (5g)
- onion  
3/4 medium (2-1/2" dia) (83g)

## Other

## Dairy and Egg Products

- eggs  
22 medium (976g)
- butter  
1 tbsp (14g)
- whole milk  
3 tbsp (46mL)
- cheese  
1 slice (1 oz each) (28g)
- kefir, flavored  
4 cup (960mL)
- plain lowfat yogurt  
3 3/4 cup (919g)
- nonfat greek yogurt, plain  
6 tbsp (105g)

## Spices and Herbs

- salt  
3 dash (2g)
- black pepper  
3 dash, ground (1g)
- garlic powder  
1 tsp (3g)
- ground cumin  
2 1/2 tsp (5g)
- crushed red pepper  
1 1/4 tsp (2g)
- onion powder  
1 1/2 dash (0g)
- fresh thyme  
3 dash (0g)
- paprika  
3/4 tbsp (5g)
- red wine vinegar  
1/4 tbsp (4mL)
- dried dill weed  
1/4 tbsp (1g)

## Snacks

- small granola bar  
4 bar (100g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- mixed nuts  
2/3 cup (89g)

- nutritional yeast  
1/2 oz (17g)
- mixed greens  
6 1/2 cup (195g)
- sriracha chili sauce  
1 tbsp (17g)
- vegan meatballs, frozen  
8 meatball(s) (240g)
- sub roll(s)  
2 roll(s) (170g)
- cottage cheese & fruit cup  
8 container (1360g)

### **Fats and Oils**

- salad dressing  
1/3 lbs (139mL)
- oil  
2 2/3 oz (81mL)
- olive oil  
1 1/4 tbsp (19mL)

### **Beverages**

- water  
34 1/4 cup(s) (8117mL)
- protein powder  
31 1/2 scoop (1/3 cup ea) (977g)

- almonds  
2 oz (53g)
- pecans  
1/2 cup, halves (50g)

### **Baked Products**

- kaiser rolls  
1 roll (3-1/2" dia) (57g)
- bagel  
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

### **Fruits and Fruit Juices**

- avocados  
2 3/4 avocado(s) (553g)
- lemon juice  
3 fl oz (87mL)
- banana  
3 medium (7" to 7-7/8" long) (354g)
- fruit juice  
32 fl oz (960mL)
- applesauce  
8 to-go container (~4 oz) (976g)

### **Cereal Grains and Pasta**

- instant couscous, flavored  
1 1/6 box (5.8 oz) (192g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Cherry tomatoes

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



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

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

### Creamy scrambled eggs

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



For single meal:

**eggs**

3 large (150g)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash, ground (0g)

**butter**

1/2 tbsp (7g)

**whole milk**

1 1/2 tbsp (23mL)

For all 2 meals:

**eggs**

6 large (300g)

**salt**

3 dash (2g)

**black pepper**

3 dash, ground (1g)

**butter**

1 tbsp (14g)

**whole milk**

3 tbsp (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

### Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 medium (88g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 medium (176g)

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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

### Mixed nuts

1/3 cup(s) - 290 cal ● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



For single meal:

**mixed nuts**  
1/3 cup (45g)

For all 2 meals:

**mixed nuts**  
2/3 cup (89g)

1. This recipe has no instructions.

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



For single meal:

**onion powder**  
1/2 dash (0g)  
**oil**  
1/4 tsp (1mL)  
**ground cumin**  
1/2 dash (0g)  
**tempeh, cut into strips**  
2 oz (57g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**bagel**  
1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

For all 3 meals:

**onion powder**  
1 1/2 dash (0g)  
**oil**  
1/4 tbsp (4mL)  
**ground cumin**  
1 1/2 dash (0g)  
**tempeh, cut into strips**  
6 oz (170g)  
**avocados, sliced**  
3/4 avocado(s) (151g)  
**bagel**  
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

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### Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**

4 fl oz (120mL)

For all 3 meals:

**fruit juice**

12 fl oz (360mL)

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Eggplant pesto sandwich

1 sandwich(es) - 452 cals ● 15g protein ● 25g fat ● 34g carbs ● 9g fiber



Makes 1 sandwich(es)

**eggplant, halved and sliced**

1/2 small (229g)

**olive oil**

1/2 tbsp (8mL)

**pesto sauce**

1 tbsp (16g)

**garlic**

1 clove (3g)

**kaiser rolls**

1 roll (3-1/2" dia) (57g)

**tomatoes**

3 slice(s), thin/small (45g)

**cheese**

1 slice (1 oz each) (28g)

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



**salad dressing**

3/4 tbsp (11mL)

**tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

**carrots, sliced**

1/4 medium (15g)

**romaine lettuce, roughly chopped**

1/2 hearts (250g)

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



## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Egg & avocado salad

399 cal ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



For single meal:

**mixed greens**

1 cup (30g)

**avocados**

1/2 avocado(s) (101g)

**eggs, hard-boiled and chilled**

3 large (150g)

**garlic powder**

4 dash (2g)

For all 2 meals:

**mixed greens**

2 cup (60g)

**avocados**

1 avocado(s) (201g)

**eggs, hard-boiled and chilled**

6 large (300g)

**garlic powder**

1 tsp (3g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

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### Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

**kefir, flavored**

2 cup (480mL)

For all 2 meals:

**kefir, flavored**

4 cup (960mL)

1. Pour into a glass and drink.

### 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.

## Lunch 3 [↗](#)

Eat on day 4, day 5

### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:

**cottage cheese & fruit cup**  
4 container (680g)

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

### Lentil kale salad

487 cal ● 19g protein ● 23g fat ● 41g carbs ● 9g fiber



For single meal:

**ground cumin**  
5 dash (1g)  
**water**  
1 1/4 cup(s) (296mL)  
**crushed red pepper**  
5 dash (1g)  
**garlic, diced**  
1 1/4 clove(s) (4g)  
**lemon juice**  
1 1/4 tbsp (19mL)  
**almonds**  
1 1/4 tbsp, slivered (8g)  
**oil**  
1 1/4 tbsp (19mL)  
**kale leaves**  
2 cup, chopped (75g)  
**lentils, raw**  
5 tbsp (60g)

For all 2 meals:

**ground cumin**  
1 1/4 tsp (3g)  
**water**  
2 1/2 cup(s) (593mL)  
**crushed red pepper**  
1 1/4 tsp (2g)  
**garlic, diced**  
2 1/2 clove(s) (8g)  
**lemon juice**  
2 1/2 tbsp (38mL)  
**almonds**  
2 1/2 tbsp, slivered (17g)  
**oil**  
2 1/2 tbsp (38mL)  
**kale leaves**  
3 3/4 cup, chopped (150g)  
**lentils, raw**  
10 tbsp (120g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

### Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

**pecans**  
4 tbsp, halves (25g)

For all 2 meals:

**pecans**  
1/2 cup, halves (50g)

1. This recipe has no instructions.

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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:

**cottage cheese & fruit cup**  
4 container (680g)

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

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### Spiced chickpea tabbouleh bowl

637 cal ● 27g protein ● 7g fat ● 98g carbs ● 18g fiber



For single meal:

**lemon juice**

1 tsp (4mL)

**fresh parsley, chopped**

2 1/3 sprigs (2g)

**tomatoes, chopped**

5/8 roma tomato (47g)

**cucumber, chopped**

1/4 cucumber (8-1/4") (88g)

**ground cumin**

1/2 tsp (1g)

**oil**

1/4 tsp (1mL)

**chickpeas, canned, drained & rinsed**

5/8 can (261g)

**instant couscous, flavored**

5/8 box (5.8 oz) (96g)

For all 2 meals:

**lemon juice**

1 3/4 tsp (9mL)

**fresh parsley, chopped**

4 2/3 sprigs (5g)

**tomatoes, chopped**

1 1/6 roma tomato (93g)

**cucumber, chopped**

5/8 cucumber (8-1/4") (176g)

**ground cumin**

1 tsp (2g)

**oil**

1/2 tsp (3mL)

**chickpeas, canned, drained & rinsed**

1 1/6 can (523g)

**instant couscous, flavored**

1 1/6 box (5.8 oz) (192g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Small granola bar

2 bar(s) - 238 cal ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

**small granola bar**

2 bar (50g)

For all 2 meals:

**small granola bar**

4 bar (100g)

1. This recipe has no instructions.

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### Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber





For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

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

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Plain yogurt

1 1/4 cup(s) - 193 cal ● 16g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:

**plain lowfat yogurt**  
1 1/4 cup (306g)

For all 3 meals:

**plain lowfat yogurt**  
3 3/4 cup (919g)

1. This recipe has no instructions.

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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 3 meals:

**banana**  
3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

### Applesauce

228 cal ● 1g protein ● 0g fat ● 50g carbs ● 5g fiber



For single meal:

**applesauce**  
4 to-go container (~4 oz) (488g)

For all 2 meals:

**applesauce**  
8 to-go container (~4 oz) (976g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

### Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Lentil and veggie soup

1018 cal ● 64g protein ● 5g fat ● 143g carbs ● 37g fiber



**lentils, raw**  
1 cup (176g)  
**vegetable broth**  
3 2/3 cup(s) (mL)  
**kale leaves**  
2 cup, chopped (73g)  
**nutritional yeast**  
2 tbsp (7g)  
**garlic**  
2 clove(s) (6g)  
**frozen mixed veggies**  
2 3/4 cup (371g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

### Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**salad dressing**  
1 1/2 tbsp (23mL)  
**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)

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

## Dinner 2 [↗](#)

Eat on day 2

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### Roasted carrots

4 carrots(s) - 211 cal ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)

**oil**  
2 tsp (10mL)  
**carrots, sliced**  
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

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### Spicy sriracha peanut tofu

512 cal ● 30g protein ● 36g fat ● 16g carbs ● 2g fiber



**oil**  
3/4 tbsp (11mL)  
**water**  
1/4 cup(s) (59mL)  
**soy sauce**  
1/2 tbsp (8mL)  
**peanut butter**  
1 1/2 tbsp (24g)  
**sriracha chili sauce**  
1 tbsp (17g)  
**garlic, minced**  
1 1/2 clove (5g)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
  2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
  3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
  4. Serve.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Tossed salad

242 cal ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



For single meal:

**red onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced or diced**  
1/4 cucumber (8-1/4") (75g)  
**romaine lettuce, shredded**  
1 hearts (500g)  
**carrots, peeled and shredded or sliced**  
1 small (5-1/2" long) (50g)  
**tomatoes, diced**  
1 small whole (2-2/5" dia) (91g)  
**salad dressing**  
2 tbsp (30mL)

For all 2 meals:

**red onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**cucumber, sliced or diced**  
1/2 cucumber (8-1/4") (151g)  
**romaine lettuce, shredded**  
2 hearts (1000g)  
**carrots, peeled and shredded or sliced**  
2 small (5-1/2" long) (100g)  
**tomatoes, diced**  
2 small whole (2-2/5" dia) (182g)  
**salad dressing**  
4 tbsp (60mL)

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.
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### Vegan meatball sub

1 sub(s) - 468 cal ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



For single meal:

**vegan meatballs, frozen**  
4 meatball(s) (120g)  
**pasta sauce**  
4 tbsp (65g)  
**nutritional yeast**  
1 tsp (1g)  
**sub roll(s)**  
1 roll(s) (85g)

For all 2 meals:

**vegan meatballs, frozen**  
8 meatball(s) (240g)  
**pasta sauce**  
1/2 cup (130g)  
**nutritional yeast**  
2 tsp (3g)  
**sub roll(s)**  
2 roll(s) (170g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

### 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.

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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

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

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

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### Peanut tempeh

8 oz tempeh - 868 cal ● 66g protein ● 45g fat ● 29g carbs ● 20g fiber





For single meal:

**nutritional yeast**

1 tbsp (4g)

**soy sauce**

2 tsp (10mL)

**lemon juice**

1 tbsp (15mL)

**peanut butter**

4 tbsp (65g)

**tempeh**

1/2 lbs (227g)

For all 2 meals:

**nutritional yeast**

2 tbsp (8g)

**soy sauce**

4 tsp (20mL)

**lemon juice**

2 tbsp (30mL)

**peanut butter**

1/2 cup (129g)

**tempeh**

1 lbs (454g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

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## Dinner 5 [↗](#)

Eat on day 7

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### Bean & tofu goulash

656 cal ● 37g protein ● 19g fat ● 65g carbs ● 19g fiber



**fresh thyme**

3 dash (0g)

**paprika**

3/4 tbsp (5g)

**oil**

3/4 tbsp (11mL)

**garlic, minced**

3/4 clove (2g)

**onion, diced**

3/4 medium (2-1/2" dia) (83g)

**firm tofu, drained and diced**

1/3 lbs (149g)

**white beans, canned, drained & rinsed**

3/4 can(s) (329g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

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### Simple Greek cucumber salad

211 cal ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



**olive oil**  
3/4 tbsp (11mL)  
**red wine vinegar**  
1/4 tbsp (4mL)  
**dried dill weed**  
1/4 tbsp (1g)  
**lemon juice**  
1 tsp (6mL)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**red onion, thinly sliced**  
1/6 medium (2-1/2" dia) (21g)  
**cucumber, sliced into half moons**  
3/4 cucumber (8-1/4") (226g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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