

Meal Plan - 3100 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

2951 cals ● 233g protein (32%) ● 95g fat (29%) ● 223g carbs (30%) ● 68g fiber (9%)

Breakfast

485 cals, 28g protein, 39g net carbs, 22g fat



[Boiled eggs](#)

3 egg(s)- 208 cals



[Instant oatmeal with milk](#)

1 packet(s)- 276 cals

Snacks

360 cals, 13g protein, 31g net carbs, 15g fat



[Carrots and hummus](#)

82 cals



[Roasted chickpeas](#)

1/2 cup- 276 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



[Protein shake](#)

4 scoop- 436 cals

Lunch

1120 cals, 57g protein, 113g net carbs, 33g fat



[Moroccan chickpea wrap](#)

2 wrap(s)- 938 cals



[Tossed salad](#)

182 cals

Dinner

555 cals, 38g protein, 36g net carbs, 23g fat



[White rice](#)

1/2 cup rice, cooked- 110 cals



[Basic tempeh](#)

6 oz- 443 cals

Day 2

3180 cal ● 246g protein (31%) ● 139g fat (39%) ● 188g carbs (24%) ● 49g fiber (6%)

Breakfast

485 cal, 28g protein, 39g net carbs, 22g fat



Boiled eggs
3 egg(s)- 208 cal



Instant oatmeal with milk
1 packet(s)- 276 cal

Snacks

360 cal, 13g protein, 31g net carbs, 15g fat



Carrots and hummus
82 cal



Roasted chickpeas
1/2 cup- 276 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cal

Lunch

975 cal, 49g protein, 72g net carbs, 48g fat



Cottage cheese & fruit cup
2 container- 261 cal



Chunky canned soup (creamy)
1 1/2 can(s)- 530 cal



Pecans
1/4 cup- 183 cal

Dinner

925 cal, 59g protein, 43g net carbs, 51g fat



Roasted cashews
1/4 cup(s)- 209 cal



Seitan salad
718 cal

Day 3

3175 cal ● 236g protein (30%) ● 101g fat (29%) ● 266g carbs (34%) ● 64g fiber (8%)

Breakfast

460 cal, 20g protein, 32g net carbs, 23g fat



Hummus toast
2 slice(s)- 293 cal



Roasted almonds
1/6 cup(s)- 166 cal

Snacks

330 cal, 16g protein, 14g net carbs, 22g fat



Sunflower seeds
180 cal



Milk
1 cup(s)- 149 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cal

Lunch

975 cal, 49g protein, 72g net carbs, 48g fat



Cottage cheese & fruit cup
2 container- 261 cal



Chunky canned soup (creamy)
1 1/2 can(s)- 530 cal



Pecans
1/4 cup- 183 cal

Dinner

975 cal, 54g protein, 145g net carbs, 6g fat



Lentils
174 cal



Bbq cauliflower wings
803 cal

Day 4

3126 cal ● 228g protein (29%) ● 117g fat (34%) ● 234g carbs (30%) ● 57g fiber (7%)

Breakfast

460 cal, 20g protein, 32g net carbs, 23g fat



Hummus toast
2 slice(s)- 293 cal



Roasted almonds
1/6 cup(s)- 166 cal

Snacks

330 cal, 16g protein, 14g net carbs, 22g fat



Sunflower seeds
180 cal



Milk
1 cup(s)- 149 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cal

Lunch

925 cal, 41g protein, 40g net carbs, 64g fat



Pumpkin seeds
183 cal



Grilled cheese sandwich
1 1/2 sandwich(es)- 743 cal

Dinner

975 cal, 54g protein, 145g net carbs, 6g fat



Lentils
174 cal



Bbq cauliflower wings
803 cal

Day 5

3136 cal ● 255g protein (33%) ● 118g fat (34%) ● 186g carbs (24%) ● 77g fiber (10%)

Breakfast

535 cal, 40g protein, 40g net carbs, 21g fat



Cottage cheese & fruit cup
2 container- 261 cal



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

Snacks

330 cal, 16g protein, 14g net carbs, 22g fat



Sunflower seeds
180 cal



Milk
1 cup(s)- 149 cal

Protein Supplement(s)

435 cal, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cal

Lunch

915 cal, 45g protein, 83g net carbs, 33g fat



Smashed chickpea toast
2 toast(s)- 636 cal



Roasted cashews
1/3 cup(s)- 278 cal

Dinner

925 cal, 57g protein, 46g net carbs, 40g fat



Tempeh taco salad bowl
924 cal

Day 6

3123 cals ● 238g protein (31%) ● 126g fat (36%) ● 198g carbs (25%) ● 62g fiber (8%)

Breakfast

535 cals, 40g protein, 40g net carbs, 21g fat



Cottage cheese & fruit cup
2 container- 261 cals



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

Snacks

380 cals, 14g protein, 14g net carbs, 28g fat



High-protein granola bar
1 bar(s)- 204 cals



Walnuts
1/4 cup(s)- 175 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

850 cals, 31g protein, 95g net carbs, 34g fat



Cranberry spinach salad
253 cals



Milk
1 cup(s)- 149 cals



Cheese tortellini
450 cals

Dinner

925 cals, 57g protein, 46g net carbs, 40g fat



Tempeh taco salad bowl
924 cals

Day 7

3139 cals ● 240g protein (31%) ● 95g fat (27%) ● 260g carbs (33%) ● 70g fiber (9%)

Breakfast

535 cals, 40g protein, 40g net carbs, 21g fat



Cottage cheese & fruit cup
2 container- 261 cals



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

Snacks

380 cals, 14g protein, 14g net carbs, 28g fat



High-protein granola bar
1 bar(s)- 204 cals



Walnuts
1/4 cup(s)- 175 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

850 cals, 31g protein, 95g net carbs, 34g fat



Cranberry spinach salad
253 cals



Milk
1 cup(s)- 149 cals



Cheese tortellini
450 cals

Dinner

940 cals, 58g protein, 109g net carbs, 10g fat



Simple salad with tomatoes and carrots
98 cals



Lentil pasta
842 cals

Cereal Grains and Pasta

- ☐ long-grain white rice
2 3/4 tbsp (31g)
- ☐ seitan
6 oz (170g)

Beverages

- ☐ water
30 1/3 cup(s) (7188mL)
- ☐ protein powder
28 scoop (1/3 cup ea) (868g)

Spices and Herbs

- ☐ salt
1 3/4 tsp (11g)
- ☐ black pepper
1 dash, ground (0g)
- ☐ ground ginger
2 dash (1g)
- ☐ cinnamon
2 dash (1g)
- ☐ ground cumin
1 tsp (2g)
- ☐ taco seasoning mix
3 1/3 tbsp (29g)
- ☐ mustard
1 tbsp (15g)
- ☐ onion powder
1 tsp (2g)

Fats and Oils

- ☐ oil
3 tbsp (43mL)
- ☐ salad dressing
2 oz (64mL)
- ☐ raspberry walnut vinaigrette
1/4 cup (53mL)

Legumes and Legume Products

- ☐ tempeh
1 1/4 lbs (548g)
- ☐ hummus
14 tbsp (210g)
- ☐ chickpeas, canned
2 can (896g)
- ☐ lentils, raw
1/2 cup (96g)

Other

- ☐ Roasted chickpeas
1 cup (113g)
- ☐ nutritional yeast
3 1/4 oz (93g)
- ☐ cottage cheese & fruit cup
10 container (1700g)
- ☐ guacamole, store-bought
3/4 cup (185g)
- ☐ mixed greens
1 2/3 cup (50g)
- ☐ lentil pasta
6 2/3 oz (189g)

Baked Products

- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)
- ☐ bread
13 1/2 oz (384g)

Nut and Seed Products

- ☐ roasted cashews
9 1/4 tbsp, halves and whole (80g)
- ☐ pecans
1/2 cup, halves (50g)
- ☐ almonds
6 tbsp, whole (54g)
- ☐ sunflower kernels
3 oz (85g)
- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)
- ☐ walnuts
2 2/3 oz (76g)

Fruits and Fruit Juices

- ☐ avocados
2 avocado(s) (436g)
- ☐ dried cranberries
1/4 cup (36g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)
3 can (~19 oz) (1599g)
- ☐ barbecue sauce
1 1/2 cup (429g)
- ☐ salsa
10 tbsp (180g)

- ☐ refried beans
1 2/3 cup (403g)

- ☐ pasta sauce
1 jar (24 oz) (616g)

Dairy and Egg Products

- ☐ eggs
9 large (450g)
- ☐ whole milk
6 1/2 cup (1560mL)
- ☐ nonfat greek yogurt, plain
1 1/2 container (256g)
- ☐ butter
1 1/2 tbsp (21g)
- ☐ sliced cheese
3 slice (1 oz ea) (84g)
- ☐ romano cheese
2 tsp (4g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Vegetables and Vegetable Products

- ☐ baby carrots
16 medium (160g)
- ☐ fresh parsley
10 sprigs (10g)
- ☐ onion
1/4 small (18g)
- ☐ bell pepper
1 small (74g)
- ☐ red onion
1/6 medium (2-1/2" dia) (21g)
- ☐ cucumber
1/6 cucumber (8-1/4") (56g)
- ☐ romaine lettuce
1 1/4 hearts (625g)
- ☐ carrots
7/8 medium (53g)
- ☐ tomatoes
2 3/4 medium whole (2-3/5" dia) (334g)
- ☐ fresh spinach
5/6 10oz package (233g)
- ☐ cauliflower
6 head small (4" dia.) (1590g)
- ☐ raw celery
2 stalk, small (5" long) (34g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese tortellini
3/4 lbs (340g)

Snacks

- ☐ high-protein granola bar
2 bar (80g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Boiled eggs

3 egg(s) - 208 cal ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

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.

Instant oatmeal with milk

1 packet(s) - 276 cal ● 10g protein ● 8g fat ● 38g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
whole milk
3/4 cup (180mL)

For all 2 meals:

flavored instant oatmeal
2 packet (86g)
whole milk
1 1/2 cup (360mL)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

hummus
10 tbsp (150g)
bread
4 slice (128g)

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

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 3 meals:

cottage cheese & fruit cup
6 container (1020g)

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

Poached egg over avocado toast

1 toast(s) - 272 cals ● 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.

Lunch 1 [🔗](#)

Eat on day 1

Moroccan chickpea wrap

2 wrap(s) - 938 cals ● 51g protein ● 27g fat ● 98g carbs ● 26g fiber



Makes 2 wrap(s)

oil

2 tsp (10mL)

ground ginger

2 dash (1g)

cinnamon

2 dash (1g)

fresh parsley

10 sprigs (10g)

ground cumin

1 tsp (2g)

nonfat greek yogurt, plain

2/3 cup (186g)

onion, sliced

1/4 small (18g)

bell pepper, deseeded, sliced

1 small (74g)

chickpeas, canned, drained

1 can (448g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

1. Preheat oven to 350F (180C) and line a baking sheet with parchment paper.
2. Toss chickpeas with oil, spread evenly on the baking sheet and roast for 15 minutes.
3. Add sliced onions and pepper to the baking sheet and continue roasting for 15 more minutes.
4. Once slightly cooled, sprinkle with cumin, ginger, cinnamon, and salt/pepper to taste.
5. Assemble wrap by spreading the greek yogurt on the tortilla and adding the chickpeas, pepper, onion, and parsley. Serve.

Tossed salad

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



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)

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.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Cottage cheese & fruit cup

2 container - 261 cals ● 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.

Chunky canned soup (creamy)

1 1/2 can(s) - 530 cals ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



For single meal:

chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)

For all 2 meals:

chunky canned soup (creamy varieties)
3 can (~19 oz) (1599g)

1. Prepare according to instructions on package.

Pecans

1/4 cup - 183 cals ● 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.

Lunch 3 [🔗](#)

Eat on day 4

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. This recipe has no instructions.

Grilled cheese sandwich

1 1/2 sandwich(es) - 743 cals ● 33g protein ● 49g fat ● 37g carbs ● 6g fiber

Makes 1 1/2 sandwich(es)



bread
3 slice (96g)
butter
1 1/2 tbsp (21g)
sliced cheese
3 slice (1 oz ea) (84g)

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.
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Lunch 4 [🔗](#)

Eat on day 5

Smashed chickpea toast

2 toast(s) - 636 cals ● 38g protein ● 12g fat ● 69g carbs ● 25g fiber



Makes 2 toast(s)

nonfat greek yogurt, plain

4 tbsp (70g)

mustard

1 tbsp (15g)

onion powder

1 tsp (2g)

raw celery, diced

2 stalk, small (5" long) (34g)

chickpeas, canned, drained & rinsed

1 can (448g)

bread

2 slice(s) (64g)

1. Toast bread (optional).
2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
3. Mix in the remaining whole chickpeas.
4. Top the toast with the chickpea mixture and serve.

Roasted cashews

1/3 cup(s) - 278 cals ● 7g protein ● 21g fat ● 14g carbs ● 1g fiber



Makes 1/3 cup(s)

roasted cashews

1/3 cup, halves and whole (46g)

1. This recipe has no instructions.
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Lunch 5 [🔗](#)

Eat on day 6, day 7

Cranberry spinach salad

253 cals ● 4g protein ● 17g fat ● 19g carbs ● 3g fiber



For single meal:

dried cranberries

1 3/4 tbsp (18g)

walnuts

1 3/4 tbsp, chopped (13g)

fresh spinach

1/3 6oz package (57g)

raspberry walnut vinaigrette

1 3/4 tbsp (27mL)

romano cheese, finely shredded

1 tsp (2g)

For all 2 meals:

dried cranberries

1/4 cup (36g)

walnuts

1/4 cup, chopped (26g)

fresh spinach

2/3 6oz package (113g)

raspberry walnut vinaigrette

1/4 cup (53mL)

romano cheese, finely shredded

2 tsp (4g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk

1 cup (240mL)

For all 2 meals:

whole milk

2 cup (480mL)

1. This recipe has no instructions.

Cheese tortellini

450 cals ● 19g protein ● 10g fat ● 64g carbs ● 7g fiber



For single meal:

pasta sauce

1/4 jar (24 oz) (168g)

frozen cheese tortellini

6 oz (170g)

For all 2 meals:

pasta sauce

1/2 jar (24 oz) (336g)

frozen cheese tortellini

3/4 lbs (340g)

1. Prepare tortellini according to instructions on package.
2. Top with sauce and enjoy.

Snacks 1 [↗](#)

Eat on day 1, day 2

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 2 meals:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

1. Serve carrots with hummus.

Roasted chickpeas

1/2 cup - 276 cals ● 10g protein ● 12g fat ● 24g carbs ● 8g fiber



For single meal:

Roasted chickpeas
1/2 cup (57g)

For all 2 meals:

Roasted chickpeas
1 cup (113g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 3 meals:

whole milk
3 cup (720mL)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. This recipe has no instructions.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
4 tbsp, shelled (25g)

For all 2 meals:

walnuts
1/2 cup, shelled (50g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

White rice

1/2 cup rice, cooked - 110 cals ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber

Makes 1/2 cup rice, cooked

long-grain white rice

2 2/3 tbsp (31g)

water

1/3 cup(s) (79mL)

salt

1 1/3 dash (1g)

black pepper

1 dash, ground (0g)



1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber

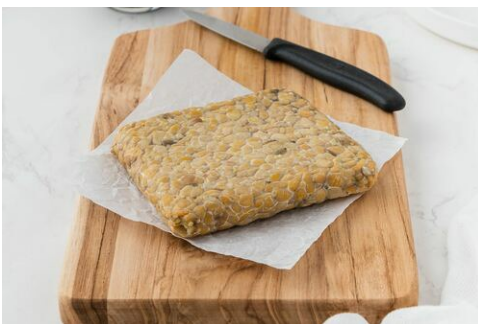
Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)



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.
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Dinner 2 [↗](#)

Eat on day 2

Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber

Makes 1/4 cup(s)

roasted cashews

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.



Seitan salad

718 cal ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



oil

2 tsp (10mL)

nutritional yeast

2 tsp (3g)

salad dressing

2 tbsp (30mL)

avocados, sliced

1/2 avocado(s) (101g)

tomatoes, halved

12 cherry tomatoes (204g)

fresh spinach

4 cup(s) (120g)

seitan, sliced

6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Dinner 3 [↗](#)

Eat on day 3, day 4

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt

1/2 dash (0g)

water

1 cup(s) (237mL)

lentils, raw, rinsed

4 tbsp (48g)

For all 2 meals:

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 cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



For single meal:

barbecue sauce
3/4 cup (215g)
salt
1/4 tbsp (5g)
nutritional yeast
3/4 cup (45g)
cauliflower
3 head small (4" dia.) (795g)

For all 2 meals:

barbecue sauce
1 1/2 cup (429g)
salt
1/2 tbsp (9g)
nutritional yeast
1 1/2 cup (90g)
cauliflower
6 head small (4" dia.) (1590g)

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.

Dinner 4 [↗](#)

Eat on day 5, day 6

Tempeh taco salad bowl

924 cals ● 57g protein ● 40g fat ● 46g carbs ● 38g fiber



For single meal:

oil
1 tsp (4mL)
refried beans
13 1/3 tbsp (202g)
salsa
5 tbsp (90g)
mixed greens
13 1/3 tbsp (25g)
avocados, cubed
5/6 avocado(s) (168g)
taco seasoning mix
5 tsp (14g)
tempeh
6 2/3 oz (189g)

For all 2 meals:

oil
1/2 tbsp (8mL)
refried beans
1 2/3 cup (403g)
salsa
10 tbsp (180g)
mixed greens
1 2/3 cup (50g)
avocados, cubed
1 2/3 avocado(s) (335g)
taco seasoning mix
1/4 cup (29g)
tempeh
13 1/3 oz (378g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
 2. Heat refried beans in the microwave or a separate pan; set aside.
 3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
 4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.
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Dinner 5 [🔗](#)

Eat on day 7

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.

Lentil pasta

842 cals ● 54g protein ● 7g fat ● 102g carbs ● 40g fiber



pasta sauce

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

lentil pasta

6 2/3 oz (189g)

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

Protein Supplement(s) [🔗](#)

Eat every day

Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

water

4 cup(s) (948mL)

protein powder

4 scoop (1/3 cup ea) (124g)

For all 7 meals:

water

28 cup(s) (6636mL)

protein powder

28 scoop (1/3 cup ea) (868g)

1. This recipe has no instructions.