

Meal Plan - 3200 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

3131 cals ● 262g protein (33%) ● 98g fat (28%) ● 262g carbs (33%) ● 39g fiber (5%)

Breakfast

480 cals, 31g protein, 26g net carbs, 27g fat



[Boiled eggs](#)
2 egg(s)- 139 cals



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



[Egg & cheese mini muffin](#)
4 mini muffin(s)- 224 cals

Snacks

270 cals, 3g protein, 55g net carbs, 1g fat



[Banana ice cream](#)
2 banana- 268 cals

Protein Supplement(s)

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



[Protein shake](#)
4 scoop- 436 cals

Lunch

995 cals, 69g protein, 95g net carbs, 30g fat



[Protein bar](#)
2 bar- 490 cals



[Simple mixed greens salad](#)
136 cals



[Chunky canned soup \(non-creamy\)](#)
1 1/2 can(s)- 371 cals

Dinner

950 cals, 62g protein, 82g net carbs, 39g fat



[Vegan bangers and cauliflower mash](#)
2 sausage link(s)- 722 cals



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

Day 2

3112 cals ● 248g protein (32%) ● 123g fat (36%) ● 223g carbs (29%) ● 30g fiber (4%)

Breakfast

480 cals, 31g protein, 26g net carbs, 27g fat



Boiled eggs
2 egg(s)- 139 cals



Banana
1 banana(s)- 117 cals



Egg & cheese mini muffin
4 mini muffin(s)- 224 cals

Snacks

270 cals, 3g protein, 55g net carbs, 1g fat



Banana ice cream
2 banana- 268 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

975 cals, 55g protein, 57g net carbs, 55g fat



String cheese
4 stick(s)- 331 cals



Grilled cheese with mushrooms
646 cals

Dinner

950 cals, 62g protein, 82g net carbs, 39g fat



Vegan bangers and cauliflower mash
2 sausage link(s)- 722 cals



Fruit juice
2 cup(s)- 229 cals

Day 3

3153 cals ● 269g protein (34%) ● 122g fat (35%) ● 201g carbs (26%) ● 44g fiber (6%)

Breakfast

435 cals, 25g protein, 69g net carbs, 4g fat



Fruit juice
1 cup(s)- 115 cals



Banana & cottage cheese toast
2 toast(s)- 322 cals

Snacks

335 cals, 16g protein, 35g net carbs, 10g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Hummus toast
2 slice(s)- 293 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

975 cals, 55g protein, 57g net carbs, 55g fat



String cheese
4 stick(s)- 331 cals



Grilled cheese with mushrooms
646 cals

Dinner

970 cals, 77g protein, 38g net carbs, 51g fat



Sunflower seeds
316 cals



Vegan sausage
2 sausage(s)- 536 cals



Easy chickpea salad
117 cals

Day 4

3197 cals ● 241g protein (30%) ● 75g fat (21%) ● 349g carbs (44%) ● 40g fiber (5%)

Breakfast

435 cals, 25g protein, 69g net carbs, 4g fat



Fruit juice

1 cup(s)- 115 cals



Banana & cottage cheese toast

2 toast(s)- 322 cals

Snacks

335 cals, 16g protein, 35g net carbs, 10g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Hummus toast

2 slice(s)- 293 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

970 cals, 39g protein, 139g net carbs, 23g fat



Dinner roll

2 roll- 154 cals



Cheese ravioli

816 cals

Dinner

1020 cals, 65g protein, 103g net carbs, 36g fat



Apple

1 apple(s)- 105 cals



Crispy chik'n tenders

16 tender(s)- 914 cals

Day 5

3180 cals ● 236g protein (30%) ● 98g fat (28%) ● 275g carbs (35%) ● 62g fiber (8%)

Breakfast

465 cals, 22g protein, 38g net carbs, 19g fat



Carrots and hummus

205 cals



Lowfat Greek yogurt

1 container(s)- 155 cals



Roasted cashews

1/8 cup(s)- 104 cals

Snacks

325 cals, 18g protein, 47g net carbs, 5g fat



Plain yogurt

1 1/3 cup(s)- 206 cals



Banana

1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

1010 cals, 48g protein, 94g net carbs, 42g fat



Vegetarian chickpea sandwiches

1 sandwich(es)- 343 cals



Simple mozzarella and tomato salad

403 cals



Naan bread

1 piece(s)- 262 cals

Dinner

950 cals, 51g protein, 92g net carbs, 30g fat



Simple mixed greens and tomato salad

76 cals



Bean & tofu goulash

874 cals

Day 6

3141 cals ● 229g protein (29%) ● 116g fat (33%) ● 236g carbs (30%) ● 60g fiber (8%)

Breakfast

465 cals, 22g protein, 38g net carbs, 19g fat



Carrots and hummus
205 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Roasted cashews
1/8 cup(s)- 104 cals

Snacks

325 cals, 18g protein, 47g net carbs, 5g fat



Plain yogurt
1 1/3 cup(s)- 206 cals



Banana
1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

970 cals, 40g protein, 55g net carbs, 59g fat



Pistachios
563 cals



Mediterranean chik'n wrap
1 wrap(s)- 406 cals

Dinner

950 cals, 51g protein, 92g net carbs, 30g fat



Simple mixed greens and tomato salad
76 cals



Bean & tofu goulash
874 cals

Day 7

3163 cals ● 227g protein (29%) ● 114g fat (33%) ● 246g carbs (31%) ● 61g fiber (8%)

Breakfast

465 cals, 22g protein, 38g net carbs, 19g fat



Carrots and hummus
205 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Roasted cashews
1/8 cup(s)- 104 cals

Snacks

325 cals, 18g protein, 47g net carbs, 5g fat



Plain yogurt
1 1/3 cup(s)- 206 cals



Banana
1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

970 cals, 40g protein, 55g net carbs, 59g fat



Pistachios
563 cals



Mediterranean chik'n wrap
1 wrap(s)- 406 cals

Dinner

970 cals, 49g protein, 103g net carbs, 28g fat



Naan bread
1 piece(s)- 262 cals



Spinach soup with yogurt
709 cals

Vegetables and Vegetable Products

- ☐ onion
5 medium (2-1/2" dia) (552g)
- ☐ mushrooms
2 cup, chopped (140g)
- ☐ tomatoes
6 1/3 medium whole (2-3/5" dia) (777g)
- ☐ fresh parsley
3/4 sprigs (1g)
- ☐ ketchup
4 tbsp (68g)
- ☐ baby carrots
60 medium (600g)
- ☐ garlic
2 clove (6g)
- ☐ raw celery
1/3 stalk, medium (7-1/2" - 8" long) (13g)
- ☐ cucumber
1/2 cup slices (52g)
- ☐ fresh ginger
3 inch (2.5cm) cube (15g)
- ☐ fresh spinach
3/4 lbs (340g)

Other

- ☐ vegan sausage
6 sausage (600g)
- ☐ frozen cauliflower
3 cup (340g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ mixed greens
6 1/2 cup (195g)
- ☐ meatless chik'n tenders
1 1/4 lbs (550g)

Fats and Oils

- ☐ oil
2 1/2 oz (74mL)
- ☐ salad dressing
6 tbsp (90mL)
- ☐ olive oil
2 tbsp (30mL)
- ☐ mayonnaise
1 tsp (5mL)
- ☐ balsamic vinaigrette
5 tsp (24mL)

Fruits and Fruit Juices

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)
- ☐ apple cider vinegar
1/4 tbsp (0mL)
- ☐ pasta sauce
1/2 jar (24 oz) (336g)
- ☐ vegetable broth
2 cup(s) (mL)

Spices and Herbs

- ☐ thyme, dried
4 tsp, ground (6g)
- ☐ cinnamon
4 dash (1g)
- ☐ balsamic vinegar
1/4 tbsp (4mL)
- ☐ fresh thyme
1 tsp (1g)
- ☐ paprika
2 tbsp (14g)
- ☐ dried dill weed
1/3 tsp (0g)
- ☐ salt
1 1/2 dash (1g)
- ☐ black pepper
1 1/2 dash, ground (0g)
- ☐ fresh basil
5 tsp, chopped (4g)
- ☐ ground cumin
1/2 tbsp (3g)

Baked Products

- ☐ bread
1 1/4 lbs (576g)
- ☐ Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- ☐ naan bread
2 piece (180g)
- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Legumes and Legume Products

- ☐ hummus
2 cup (435g)
- ☐ chickpeas, canned
1 1/3 can (597g)

- ☐ fruit juice
48 fl oz (1440mL)
- ☐ banana
11 medium (7" to 7-7/8" long) (1296g)
- ☐ apples
1 medium (3" dia) (182g)
- ☐ lemon juice
1 tsp (5mL)

Beverages

- ☐ water
1 3/4 gallon (6720mL)
- ☐ protein powder
28 scoop (1/3 cup ea) (868g)

Dairy and Egg Products

- ☐ eggs
8 large (400g)
- ☐ cheddar cheese
6 tbsp, shredded (42g)
- ☐ string cheese
8 stick (224g)
- ☐ sliced cheese
4 slice (3/4 oz ea) (84g)
- ☐ low fat cottage cheese (1% milkfat)
1 cup (226g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ fresh mozzarella cheese
3 1/3 oz (95g)
- ☐ plain lowfat yogurt
4 cup (980g)
- ☐ feta cheese
4 tbsp (38g)
- ☐ nonfat greek yogurt, plain
6 tbsp (105g)

- ☐ firm tofu
14 oz (397g)
- ☐ white beans, canned
2 can(s) (878g)

Nut and Seed Products

- ☐ sunflower kernels
1 3/4 oz (50g)
- ☐ roasted cashews
6 tbsp, halves and whole (51g)
- ☐ pistachios, dry roasted, without shells or salt added
1 1/2 cup (185g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese ravioli
3/4 lbs (340g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

Banana

1 banana(s) - 117 cals ● 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.

Egg & cheese mini muffin

4 mini muffin(s) - 224 cals ● 17g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

cheddar cheese
3 tbsp, shredded (21g)
water
2 tsp (10mL)
eggs
2 large (100g)

For all 2 meals:

cheddar cheese
6 tbsp, shredded (42g)
water
4 tsp (20mL)
eggs
4 large (200g)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. This recipe has no instructions.

Banana & cottage cheese toast

2 toast(s) - 322 cals ● 23g protein ● 4g fat ● 43g carbs ● 6g fiber



For single meal:

cinnamon
2 dash (1g)
banana, sliced
1 extra small (less than 6" long)
(81g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
bread
2 slice (64g)

For all 2 meals:

cinnamon
4 dash (1g)
banana, sliced
2 extra small (less than 6" long)
(162g)
low fat cottage cheese (1% milkfat)
1 cup (226g)
bread
4 slice (128g)

1. Toast bread.
2. Top toast with cottage cheese and sliced banana.
3. Sprinkle cinnamon on top and serve!

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Carrots and hummus

205 cal● 7g protein● 8g fat● 17g carbs● 10g fiber



For single meal:

hummus
5 tbsp (75g)
baby carrots
20 medium (200g)

For all 3 meals:

hummus
1 cup (225g)
baby carrots
60 medium (600g)

1. Serve carrots with hummus.

Lowfat Greek yogurt

1 container(s) - 155 cal● 12g protein● 4g fat● 16g carbs● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

1. This recipe has no instructions.

Roasted cashews

1/8 cup(s) - 104 cal● 3g protein● 8g fat● 5g carbs● 1g fiber



For single meal:

roasted cashews

2 tbsp, halves and whole (17g)

For all 3 meals:

roasted cashews

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



Makes 2 bar

protein bar (20g protein)

2 bar (100g)

1. This recipe has no instructions.

Simple mixed greens salad

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



mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

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

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.
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Lunch 2 [↗](#)

Eat on day 2, day 3

String cheese

4 stick(s) - 331 cal ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



For single meal:

string cheese
4 stick (112g)

For all 2 meals:

string cheese
8 stick (224g)

1. This recipe has no instructions.

Grilled cheese with mushrooms

646 cal ● 29g protein ● 33g fat ● 50g carbs ● 9g fiber



For single meal:

mushrooms
1 cup, chopped (70g)
olive oil
1 tbsp (15mL)
thyme, dried
2 tsp, ground (3g)
bread
4 slice(s) (128g)
sliced cheese
2 slice (3/4 oz ea) (42g)

For all 2 meals:

mushrooms
2 cup, chopped (140g)
olive oil
2 tbsp (30mL)
thyme, dried
4 tsp, ground (6g)
bread
8 slice(s) (256g)
sliced cheese
4 slice (3/4 oz ea) (84g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
 2. Put the cheese on one slice of bread and put the mushrooms on top.
 3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
 4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.
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Lunch 3 [↗](#)

Eat on day 4

Dinner roll

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



Makes 2 roll

Roll

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

1. Enjoy.

Cheese ravioli

816 cals ● 33g protein ● 20g fat ● 113g carbs ● 12g fiber



pasta sauce

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

frozen cheese ravioli

3/4 lbs (340g)

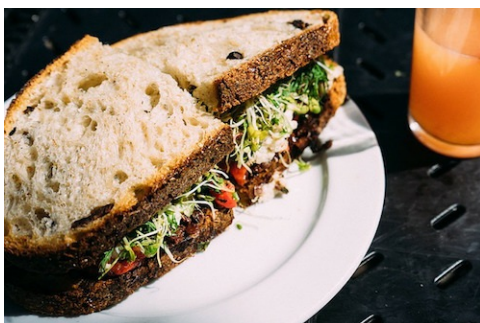
1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Lunch 4 [↗](#)

Eat on day 5

Vegetarian chickpea sandwiches

1 sandwich(es) - 343 cals ● 16g protein ● 9g fat ● 39g carbs ● 11g fiber



Makes 1 sandwich(es)

raw celery, chopped

1/3 stalk, medium (7-1/2" - 8" long) (13g)

onion, chopped

1/6 medium (2-1/2" dia) (18g)

mayonnaise

1 tsp (5mL)

lemon juice

1 tsp (5mL)

dried dill weed

1/3 tsp (0g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

bread

2 slice (64g)

chickpeas, canned

1/3 can (149g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



tomatoes, sliced

1 1/4 large whole (3" dia) (228g)

fresh mozzarella cheese, sliced

1/4 lbs (95g)

balsamic vinaigrette

5 tsp (25mL)

fresh basil

5 tsp, chopped (4g)

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

Naan bread

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



Makes 1 piece(s)

naan bread

1 piece (90g)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Pistachios

563 cals ● 20g protein ● 42g fat ● 17g carbs ● 10g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

3/4 cup (92g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1 1/2 cup (185g)

1. This recipe has no instructions.

Mediterranean chik'n wrap

1 wrap(s) - 406 cals ● 21g protein ● 17g fat ● 38g carbs ● 4g fiber



For single meal:

meatless chik'n tenders

2 1/2 oz (71g)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

mixed greens

4 tbsp (8g)

hummus

2 tbsp (30g)

cucumber, chopped

4 tbsp slices (26g)

feta cheese

2 tbsp (19g)

tomatoes, chopped

1 slice(s), thin/small (15g)

For all 2 meals:

meatless chik'n tenders

5 oz (142g)

flour tortillas

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

mixed greens

1/2 cup (15g)

hummus

4 tbsp (60g)

cucumber, chopped

1/2 cup slices (52g)

feta cheese

4 tbsp (38g)

tomatoes, chopped

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

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Banana ice cream

2 banana - 268 cals ● 3g protein ● 1g fat ● 55g carbs ● 7g fiber



For single meal:

banana, sliced & frozen

2 large (8" to 8-7/8" long) (272g)

For all 2 meals:

banana, sliced & frozen

4 large (8" to 8-7/8" long) (544g)

1. Add the frozen banana slices to a food processor or blender and blend. Scrape down the sides as needed and continue to blend until the bananas turn into a creamy, ice cream consistency.
 2. Serve immediately for a soft-serve consistency, or transfer the banana ice cream to a container and freeze for 1-2 hours for a firmer texture.
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Snacks 2 [↗](#)

Eat on day 3, day 4

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 2 meals:

tomatoes

24 cherry tomatoes (408g)

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

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.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Plain yogurt

1 1/3 cup(s) - 206 cals ● 17g protein ● 5g fat ● 23g carbs ● 0g fiber



For single meal:

plain lowfat yogurt

1 1/3 cup (327g)

For all 3 meals:

plain lowfat yogurt

4 cup (980g)

1. This recipe has no instructions.

Banana

1 banana(s) - 117 cals ● 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.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:

onion, thinly sliced

1 small (70g)

vegan sausage

2 sausage (200g)

oil

1 tbsp (15mL)

frozen cauliflower

1 1/2 cup (170g)

For all 2 meals:

onion, thinly sliced

2 small (140g)

vegan sausage

4 sausage (400g)

oil

2 tbsp (30mL)

frozen cauliflower

3 cup (340g)

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.
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Dinner 2 [↗](#)

Eat on day 3

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



sunflower kernels

1 3/4 oz (50g)

1. This recipe has no instructions.

Vegan sausage

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



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

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

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



fresh parsley, chopped

3/4 sprigs (1g)

apple cider vinegar

1/4 tbsp (0mL)

balsamic vinegar

1/4 tbsp (4mL)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

onion, thinly sliced

1/8 small (9g)

chickpeas, canned, drained and rinsed

1/4 can (112g)

1. Add all ingredients to a bowl and toss. Serve!
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Dinner 3 [↗](#)

Eat on day 4

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

1. This recipe has no instructions.

Crispy chik'n tenders

16 tender(s) - 914 cals ● 65g protein ● 36g fat ● 82g carbs ● 0g fiber



Makes 16 tender(s)

ketchup

4 tbsp (68g)

meatless chik'n tenders

16 pieces (408g)

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

Dinner 4 [↗](#)

Eat on day 5, day 6

Simple mixed greens and tomato salad

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



For single meal:

salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

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

Bean & tofu goulash

874 cals ● 50g protein ● 25g fat ● 87g carbs ● 26g fiber



For single meal:

- fresh thyme**
4 dash (0g)
- paprika**
1 tbsp (7g)
- oil**
1 tbsp (15mL)
- garlic, minced**
1 clove (3g)
- onion, diced**
1 medium (2-1/2" dia) (110g)
- firm tofu, drained and diced**
1/2 lbs (198g)
- white beans, canned, drained & rinsed**
1 can(s) (439g)

For all 2 meals:

- fresh thyme**
1 tsp (1g)
- paprika**
2 tbsp (14g)
- oil**
2 tbsp (30mL)
- garlic, minced**
2 clove (6g)
- onion, diced**
2 medium (2-1/2" dia) (220g)
- firm tofu, drained and diced**
14 oz (397g)
- white beans, canned, drained & rinsed**
2 can(s) (878g)

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.

Dinner 5 [↗](#)

Eat on day 7

Naan bread

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

Makes 1 piece(s)

- naan bread**
1 piece (90g)



1. This recipe has no instructions.

Spinach soup with yogurt

709 cals ● 41g protein ● 23g fat ● 59g carbs ● 26g fiber



nonfat greek yogurt, plain
6 tbsp (105g)
chickpeas, canned, drained & rinsed
3/4 can (336g)
oil
1 tbsp (15mL)
onion, chopped
1 1/2 medium (2-1 1/2" dia) (165g)
fresh ginger, minced
3 inch (2.5cm) cube (15g)
fresh spinach
3/4 lbs (340g)
vegetable broth
2 cup(s) (mL)
ground cumin
1/2 tbsp (3g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Stir in greek yogurt and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake
4 scoop - 436 cal● 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.
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