

Meal Plan - 3300 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

3344 cals ● 244g protein (29%) ● 90g fat (24%) ● 310g carbs (37%) ● 79g fiber (9%)

Breakfast

485 cals, 14g protein, 61g net carbs, 17g fat



Warm bananas & yogurt
2 banana(s)- 362 cals



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



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

305 cals, 16g protein, 30g net carbs, 12g fat



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



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1035 cals, 50g protein, 107g net carbs, 36g fat



Pecans
1/4 cup- 183 cals



Banana
2 banana(s)- 233 cals



Chunky canned soup (non-creamy)
2 1/2 can(s)- 618 cals

Dinner

1085 cals, 68g protein, 108g net carbs, 23g fat



Simple mozzarella and tomato salad
242 cals



Lentil pasta
842 cals

Day 2

3344 cal ● 244g protein (29%) ● 90g fat (24%) ● 310g carbs (37%) ● 79g fiber (9%)

Breakfast

485 cal, 14g protein, 61g net carbs, 17g fat



Warm bananas & yogurt
2 banana(s)- 362 cal



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



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

305 cal, 16g protein, 30g net carbs, 12g fat



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



Boiled eggs
2 egg(s)- 139 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

1035 cal, 50g protein, 107g net carbs, 36g fat



Pecans
1/4 cup- 183 cal



Banana
2 banana(s)- 233 cal



Chunky canned soup (non-creamy)
2 1/2 can(s)- 618 cal

Dinner

1085 cal, 68g protein, 108g net carbs, 23g fat



Simple mozzarella and tomato salad
242 cal



Lentil pasta
842 cal

Day 3

3307 cal ● 245g protein (30%) ● 98g fat (27%) ● 308g carbs (37%) ● 54g fiber (7%)

Breakfast

455 cal, 36g protein, 41g net carbs, 14g fat



Cottage cheese with almonds and cinnamon
232 cal



Cottage cheese & fruit cup
1 container- 107 cal



Banana
1 banana(s)- 117 cal

Snacks

365 cal, 14g protein, 28g net carbs, 19g fat



Sunflower seeds
226 cal



Nectarine
2 nectarine(s)- 140 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

1005 cal, 46g protein, 124g net carbs, 26g fat



Curried chickpea salad
483 cal



Naan bread
2 piece(s)- 524 cal

Dinner

1045 cal, 53g protein, 111g net carbs, 37g fat



Grapefruit
1 grapefruit- 119 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal



Chik'n nuggets
16 nuggets- 882 cal

Day 4

3281 cal ● 253g protein (31%) ● 117g fat (32%) ● 264g carbs (32%) ● 41g fiber (5%)

Breakfast

455 cal, 36g protein, 41g net carbs, 14g fat



Cottage cheese with almonds and cinnamon
232 cal



Cottage cheese & fruit cup
1 container- 107 cal



Banana
1 banana(s)- 117 cal

Snacks

365 cal, 14g protein, 28g net carbs, 19g fat



Sunflower seeds
226 cal



Nectarine
2 nectarine(s)- 140 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

980 cal, 54g protein, 80g net carbs, 45g fat



Egg & avocado salad
531 cal



Kefir
450 cal

Dinner

1045 cal, 53g protein, 111g net carbs, 37g fat



Grapefruit
1 grapefruit- 119 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal



Chik'n nuggets
16 nuggets- 882 cal

Day 5

3295 cal ● 238g protein (29%) ● 106g fat (29%) ● 279g carbs (34%) ● 67g fiber (8%)

Breakfast

470 cal, 29g protein, 15g net carbs, 31g fat



Basic scrambled eggs
2 egg(s)- 142 cal



Cottage cheese & fruit cup
1 container- 107 cal



Roasted almonds
1/4 cup(s)- 222 cal

Snacks

365 cal, 14g protein, 28g net carbs, 19g fat



Sunflower seeds
226 cal



Nectarine
2 nectarine(s)- 140 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

960 cal, 44g protein, 117g net carbs, 20g fat



White bean cassoulet
962 cal

Dinner

1060 cal, 55g protein, 116g net carbs, 35g fat



White rice
441 cal



Caprese salad
178 cal



Basic tempeh
6 oz- 443 cal

Day 6

3310 cals ● 246g protein (30%) ● 133g fat (36%) ● 227g carbs (27%) ● 54g fiber (6%)

Breakfast

470 cals, 29g protein, 15g net carbs, 31g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Cottage cheese & fruit cup
1 container- 107 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

375 cals, 16g protein, 45g net carbs, 12g fat



Banana ice cream
1 banana- 134 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1045 cals, 59g protein, 101g net carbs, 34g fat



Smashed chickpea toast
2 toast(s)- 636 cals



Milk
2 3/4 cup(s)- 410 cals

Dinner

980 cals, 46g protein, 63g net carbs, 55g fat



Crispy chik'n tenders
10 tender(s)- 571 cals



Tomato and avocado salad
411 cals

Day 7

3310 cal ● 246g protein (30%) ● 133g fat (36%) ● 227g carbs (27%) ● 54g fiber (6%)

Breakfast

470 cal, 29g protein, 15g net carbs, 31g fat



Basic scrambled eggs
2 egg(s)- 142 cal



Cottage cheese & fruit cup
1 container- 107 cal



Roasted almonds
1/4 cup(s)- 222 cal

Snacks

375 cal, 16g protein, 45g net carbs, 12g fat



Banana ice cream
1 banana- 134 cal



Lowfat Greek yogurt
1 container(s)- 155 cal



Walnuts
1/8 cup(s)- 87 cal

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cal

Lunch

1045 cal, 59g protein, 101g net carbs, 34g fat



Smashed chickpea toast
2 toast(s)- 636 cal



Milk
2 3/4 cup(s)- 410 cal

Dinner

980 cal, 46g protein, 63g net carbs, 55g fat



Crispy chik'n tenders
10 tender(s)- 571 cal



Tomato and avocado salad
411 cal

Vegetables and Vegetable Products

- tomatoes
9 1/2 medium whole (2-3/5" dia) (1162g)
- ketchup
13 tbsp (221g)
- raw celery
1/4 bunch (144g)
- garlic
2 1/2 clove(s) (8g)
- onion
1 3/4 medium (2-1/2" dia) (190g)
- carrots
2 1/2 large (180g)

Dairy and Egg Products

- fresh mozzarella cheese
1/3 lbs (149g)
- nonfat greek yogurt, plain
1 1/3 cup (333g)
- butter
4 pat (1" sq, 1/3" high) (20g)
- eggs
15 medium (664g)
- low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- kefir, flavored
3 cup (720mL)
- whole milk
1/3 gallon (1320mL)
- lowfat flavored greek yogurt
2 (5.3 oz) container(s) (300g)

Fats and Oils

- balsamic vinaigrette
1 1/2 oz (43mL)
- oil
1 1/3 oz (40mL)
- olive oil
2 1/2 tsp (13mL)

Spices and Herbs

- fresh basil
10 1/4 g (10g)
- cinnamon
3 dash (1g)
- curry powder
1/4 tbsp (2g)

Other

- lentil pasta
13 1/3 oz (378g)
- cottage cheese & fruit cup
5 container (665g)
- vegan chik'n nuggets
32 nuggets (688g)
- mixed greens
1 package (5.5 oz) (147g)
- meatless chik'n tenders
20 pieces (510g)

Beverages

- water
31 cup(s) (7307mL)
- protein powder
28 scoop (1/3 cup ea) (868g)

Fruits and Fruit Juices

- orange juice
4 tbsp (60mL)
- banana
12 1/3 medium (7" to 7-7/8" long) (1452g)
- nectarine
6 medium (2-1/2" dia) (852g)
- Grapefruit
2 large (approx 4-1/2" dia) (664g)
- lemon juice
1 1/2 tbsp (23mL)
- avocados
2 1/2 avocado(s) (486g)
- lime juice
1/4 cup (53mL)

Nut and Seed Products

- roasted cashews
4 tbsp, halves and whole (34g)
- pecans
1/2 cup, halves (50g)
- almond butter
1 1/2 tbsp (24g)
- almonds
4 oz (23 whole kernels) (118g)
- sunflower kernels
1/4 lbs (124g)
- walnuts
4 tbsp shelled (50 halves) (25g)

- garlic powder
1/2 tbsp (5g)
- salt
1/2 tbsp (9g)
- black pepper
1/2 tbsp, ground (3g)
- mustard
2 tbsp (30g)
- onion powder
2 tsp (5g)

Soups, Sauces, and Gravies

- pasta sauce
5/6 jar (24 oz) (560g)
- chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)
- vegetable broth
5/8 cup(s) (mL)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Legumes and Legume Products

- chickpeas, canned
2 3/4 can (1232g)
- tempeh
6 oz (170g)
- white beans, canned
1 1/4 can(s) (549g)

Baked Products

- naan bread
2 piece (180g)
- bread
4 slice(s) (128g)

Cereal Grains and Pasta

- long-grain white rice
2/3 cup (123g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Warm bananas & yogurt

2 banana(s) - 362 cal ● 10g protein ● 9g fat ● 53g carbs ● 6g fiber



For single meal:

nonfat greek yogurt, plain

4 tbsp (70g)

orange juice

2 tbsp (30mL)

banana, sliced

2 medium (7" to 7-7/8" long) (236g)

butter

2 pat (1" sq, 1/3" high) (10g)

For all 2 meals:

nonfat greek yogurt, plain

1/2 cup (140g)

orange juice

4 tbsp (60mL)

banana, sliced

4 medium (7" to 7-7/8" long) (472g)

butter

4 pat (1" sq, 1/3" high) (20g)

1. Heat a small skillet over medium-low heat and melt butter.
2. Add banana slices and fry gently for 2 minutes. Be careful not to overcook or else bananas will become very mushy.
3. Add orange juice and cook for about 45 seconds.
4. Transfer bananas to a small bowl and serve with a dollop of Greek yogurt.

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 2 meals:

roasted cashews

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4

Cottage cheese with almonds and cinnamon

232 cal ● 25g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

almond butter

3/4 tbsp (12g)

almonds

4 1/2 almond (5g)

cinnamon

1 1/2 dash (0g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

1 1/2 cup (339g)

almond butter

1 1/2 tbsp (24g)

almonds

9 almond (11g)

cinnamon

3 dash (1g)

1. Mix all ingredients together in a small bowl.
2. Serve.

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (133g)

For all 2 meals:

cottage cheese & fruit cup

2 container (266g)

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

Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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 3 meals:

oil

1/2 tbsp (8mL)

eggs

6 medium (264g)

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.

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (133g)

For all 3 meals:

cottage cheese & fruit cup

3 container (399g)

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

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 3 meals:

almonds
3/4 cup, whole (107g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

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.

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana
2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

banana
4 medium (7" to 7-7/8" long) (472g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



For single meal:

chunky canned soup (non-creamy varieties)

2 1/2 can (~19 oz) (1315g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

5 can (~19 oz) (2630g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 3

Curried chickpea salad

483 cal ● 29g protein ● 16g fat ● 37g carbs ● 19g fiber



mixed greens

1 1/2 oz (43g)

sunflower kernels

1 1/2 tbsp (18g)

raw celery, sliced

1 1/2 stalk, small (5" long) (26g)

curry powder

1/4 tbsp (2g)

nonfat greek yogurt, plain

3 tbsp (53g)

lemon juice, divided

1 1/2 tbsp (23mL)

chickpeas, canned, drained & rinsed

3/4 can (336g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Naan bread

2 piece(s) - 524 cal ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber

Makes 2 piece(s)

naan bread

2 piece (180g)



1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4

Egg & avocado salad

531 cal ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



mixed greens

1 1/3 cup (40g)

avocados

2/3 avocado(s) (134g)

eggs, hard-boiled and chilled

4 large (200g)

garlic powder

1/4 tbsp (2g)

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.

Kefir

450 cal ● 24g protein ● 7g fat ● 74g carbs ● 0g fiber



kefir, flavored

3 cup (720mL)

1. Pour into a glass and drink.
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Lunch 4 [↗](#)

Eat on day 5

White bean cassoulet

962 cal ● 44g protein ● 20g fat ● 117g carbs ● 35g fiber



garlic, minced

2 1/2 clove(s) (8g)

oil

1 1/4 tbsp (19mL)

vegetable broth

5/8 cup(s) (mL)

white beans, canned, drained & rinsed

1 1/4 can(s) (549g)

onion, diced

1 1/4 medium (2-1/2" dia) (138g)

raw celery, thinly sliced

1 1/4 stalk, medium (7-1/2" - 8" long) (50g)

carrots, peeled & slices

2 1/2 large (180g)

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.

Lunch 5 [↗](#)

Eat on day 6, day 7

Smashed chickpea toast

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



For single meal:

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)

For all 2 meals:

nonfat greek yogurt, plain

1/2 cup (140g)

mustard

2 tbsp (30g)

onion powder

2 tsp (5g)

raw celery, diced

4 stalk, small (5" long) (68g)

chickpeas, canned, drained & rinsed

2 can (896g)

bread

4 slice(s) (128g)

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.

Milk

2 3/4 cup(s) - 410 cal ● 21g protein ● 22g fat ● 32g carbs ● 0g fiber



For single meal:
whole milk
2 3/4 cup (660mL)

For all 2 meals:
whole milk
1/3 gallon (1320mL)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Boiled eggs

2 egg(s) - 139 cal ● 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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Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/4 oz (35g)

For all 3 meals:

sunflower kernels
1/4 lbs (106g)

1. This recipe has no instructions.
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Nectarine

2 nectarine(s) - 140 cal ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 3 meals:

nectarine, pitted
6 medium (2-1/2" dia) (852g)

1. Remove nectarine pit, slice, and serve.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Banana ice cream

1 banana - 134 cal ● 2g protein ● 0g fat ● 28g carbs ● 4g fiber



For single meal:

banana, sliced & frozen

1 large (8" to 8-7/8" long) (136g)

For all 2 meals:

banana, sliced & frozen

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

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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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) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt

2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

Walnuts

1/8 cup(s) - 87 cal ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp shelled (50 halves) (13g)

For all 2 meals:

walnuts

4 tbsp shelled (50 halves) (25g)

1. This recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Simple mozzarella and tomato salad

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



For single meal:

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)

For all 2 meals:

tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

fresh mozzarella cheese, sliced

4 oz (113g)

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

2 tbsp, chopped (5g)

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

Lentil pasta

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



For single meal:

pasta sauce

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

lentil pasta

6 2/3 oz (189g)

For all 2 meals:

pasta sauce

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

lentil pasta

13 1/3 oz (378g)

1. Cook lentil pasta according to package.
 2. Top with sauce and serve.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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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.
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Chik'n nuggets

16 nuggets - 882 cal ● 49g protein ● 36g fat ● 82g carbs ● 8g fiber



For single meal:

vegan chik'n nuggets

16 nuggets (344g)

ketchup

4 tbsp (68g)

For all 2 meals:

vegan chik'n nuggets

32 nuggets (688g)

ketchup

1/2 cup (136g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 3 [↗](#)

Eat on day 5

White rice

441 cal ● 9g protein ● 1g fat ● 98g carbs ● 2g fiber



salt

1/4 tbsp (4g)

water

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

long-grain white rice

2/3 cup (123g)

black pepper

4 dash, ground (1g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. 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.

Caprese salad

178 cal ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



balsamic vinaigrette

2 1/2 tsp (13mL)

fresh basil

1/4 cup leaves, whole (5g)

tomatoes, halved

6 2/3 tbsp cherry tomatoes (62g)

mixed greens

3/8 package (5.5 oz) (65g)

fresh mozzarella cheese

1 1/4 oz (35g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Basic tempeh

6 oz - 443 cal ● 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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Crispy chik'n tenders

10 tender(s) - 571 cal ● 41g protein ● 23g fat ● 52g carbs ● 0g fiber



For single meal:

ketchup
2 1/2 tbsp (43g)
meatless chik'n tenders
10 pieces (255g)

For all 2 meals:

ketchup
5 tbsp (85g)
meatless chik'n tenders
20 pieces (510g)

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

Tomato and avocado salad

411 cal ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

onion
1 3/4 tbsp minced (26g)
lime juice
1 3/4 tbsp (26mL)
avocados, cubed
7/8 avocado(s) (176g)
tomatoes, diced
7/8 medium whole (2-3/5" dia)
(108g)
olive oil
1/2 tbsp (7mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)

For all 2 meals:

onion
1/4 cup minced (53g)
lime juice
1/4 cup (53mL)
avocados, cubed
1 3/4 avocado(s) (352g)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia)
(215g)
olive oil
2 1/2 tsp (13mL)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)

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.

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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