

# 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 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



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2 egg(s)- 139 cals

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4 scoop- 436 cals

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**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 3

3331 cals ● 249g protein (30%) ● 98g fat (26%) ● 310g carbs (37%) ● 54g fiber (6%)

### Breakfast

480 cals, 40g protein, 43g net carbs, 14g fat



Cottage cheese with almonds and cinnamon  
232 cals



Cottage cheese & fruit cup  
1 container- 131 cals



Banana  
1 banana(s)- 117 cals

### Snacks

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



Sunflower seeds  
226 cals



Nectarine  
2 nectarine(s)- 140 cals

### Protein Supplement(s)

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



Protein shake  
4 scoop- 436 cals

### Lunch

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



Curried chickpea salad  
483 cals



Naan bread  
2 piece(s)- 524 cals

### Dinner

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



Grapefruit  
1 grapefruit- 119 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Chik'n nuggets  
16 nuggets- 882 cals

## Day 4

3305 cals ● 257g protein (31%) ● 117g fat (32%) ● 266g carbs (32%) ● 41g fiber (5%)

### Breakfast

480 cals, 40g protein, 43g net carbs, 14g fat



Cottage cheese with almonds and cinnamon  
232 cals



Cottage cheese & fruit cup  
1 container- 131 cals



Banana  
1 banana(s)- 117 cals

### Snacks

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



Sunflower seeds  
226 cals



Nectarine  
2 nectarine(s)- 140 cals

### Protein Supplement(s)

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



Protein shake  
4 scoop- 436 cals

### Lunch

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



Egg & avocado salad  
531 cals



Kefir  
450 cals

### Dinner

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



Grapefruit  
1 grapefruit- 119 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Chik'n nuggets  
16 nuggets- 882 cals



## Day 5

3172 cals ● 239g protein (30%) ● 106g fat (30%) ● 249g carbs (31%) ● 67g fiber (8%)

### Breakfast

495 cals, 33g protein, 17g net carbs, 31g fat



[Basic scrambled eggs](#)

2 egg(s)- 142 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Roasted almonds](#)

1/4 cup(s)- 222 cals

### Snacks

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



[Sunflower seeds](#)

226 cals



[Nectarine](#)

2 nectarine(s)- 140 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 scoop- 436 cals

### Lunch

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



[White bean cassoulet](#)

962 cals

### Dinner

915 cals, 52g protein, 83g net carbs, 34g fat



[White rice](#)

1 1/3 cup rice, cooked- 294 cals



[Caprese salad](#)

178 cals



[Basic tempeh](#)

6 oz- 443 cals

## Day 6

3334 cal ● 250g protein (30%) ● 133g fat (36%) ● 229g carbs (28%) ● 54g fiber (6%)

### Breakfast

495 cal, 33g protein, 17g net carbs, 31g fat



[Basic scrambled eggs](#)

2 egg(s)- 142 cal



[Cottage cheese & fruit cup](#)

1 container- 131 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

## Day 7

3334 cals ● 250g protein (30%) ● 133g fat (36%) ● 229g carbs (28%) ● 54g fiber (6%)

### Breakfast

495 cals, 33g protein, 17g net carbs, 31g fat



[Basic scrambled eggs](#)

2 egg(s)- 142 cals



[Cottage cheese & fruit cup](#)

1 container- 131 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

## 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 ea) 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 (850g)
- ☐ vegan chik'n nuggets  
32 nuggets (688g)
- ☐ mixed greens  
1 package (5.5 oz) (147g)
- ☐ meatless chik'n tenders  
20 pieces (510g)

## Beverages

- ☐ water  
30 1/2 cup(s) (7202mL)
- ☐ 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 (118g)
- ☐ sunflower kernels  
1/4 lbs (124g)
- ☐ walnuts  
4 tbsp, shelled (25g)



- ☐ garlic powder  
1/2 tbsp (5g)
- ☐ salt  
1/2 tbsp (8g)
- ☐ black pepper  
1 1/4 tsp, 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  
1/2 cup (82g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Warm bananas & yogurt

2 banana(s) - 362 cals ● 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 cals ● 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 cals ● 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.

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## 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.

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Cottage cheese & fruit cup  
1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:  
**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:  
**cottage cheese & fruit cup**  
2 container (340g)

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

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.

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## Breakfast 3 [🔗](#)

Eat on day 5, day 6, day 7

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### Basic scrambled eggs

2 egg(s) - 142 cals ● 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.

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### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**

1 container (170g)

For all 3 meals:

**cottage cheese & fruit cup**

3 container (510g)

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.

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## Lunch 1 [🔗](#)

Eat on day 1, day 2

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### 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.

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### 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 cals 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 cals 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

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### Egg & avocado salad

531 cals ● 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.

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### Kefir

450 cals ● 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 cals ● 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 cals ● 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 cals ● 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.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Instant oatmeal with water

1 packet(s) - 165 cals ● 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.

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### 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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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Sunflower seeds

226 cals ● 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 cals ● 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

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### Banana ice cream

1 banana - 134 cals ● 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 cals ● 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 2 meals:

**lowfat flavored greek yogurt**

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

1. This recipe has no instructions.

### Walnuts

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



For single meal:

**walnuts**

2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**

4 tbsp, shelled (25g)

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

Eat on day 1, day 2

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### Simple mozzarella and tomato salad

242 cals ● 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.

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### Lentil pasta

842 cals ● 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

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### Grapefruit

1 grapefruit - 119 cals ● 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 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.

### Chik'n nuggets

16 nuggets - 882 cals ● 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

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### White rice

1 1/3 cup rice, cooked - 294 cal ● 6g protein ● 1g fat ● 65g carbs ● 1g fiber

Makes 1 1/3 cup rice, cooked

#### long-grain white rice

1/2 cup (82g)

#### water

1 cup(s) (211mL)

#### salt

1/2 tsp (3g)

#### black pepper

1/3 tsp, ground (1g)



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.

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### 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 cals ● 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 cals ● 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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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