

Meal Plan - 3400 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

3260 cals ● 237g protein (29%) ● 101g fat (28%) ● 292g carbs (36%) ● 59g fiber (7%)

Breakfast

550 cals, 26g protein, 8g net carbs, 44g fat



[Pumpkin seeds](#)
548 cals

Snacks

410 cals, 24g protein, 59g net carbs, 6g fat



[Pretzels](#)
165 cals



[Protein bar](#)
1 bar- 245 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

830 cals, 35g protein, 94g net carbs, 30g fat



[Chunky canned soup \(creamy\)](#)
1 1/2 can(s)- 530 cals



[Kefir](#)
300 cals

Dinner

1090 cals, 67g protein, 129g net carbs, 20g fat



[Lentils](#)
434 cals



[Bean & tofu goulash](#)
656 cals

Day 2

3354 cals ● 269g protein (32%) ● 117g fat (31%) ● 239g carbs (28%) ● 67g fiber (8%)

Breakfast

550 cals, 26g protein, 8g net carbs, 44g fat



Pumpkin seeds
548 cals

Snacks

410 cals, 24g protein, 59g net carbs, 6g fat



Pretzels
165 cals



Protein bar
1 bar- 245 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

925 cals, 67g protein, 41g net carbs, 46g fat



Brown rice
1/4 cup brown rice, cooked- 57 cals



Peanut tempeh
8 oz tempeh- 868 cals

Dinner

1090 cals, 67g protein, 129g net carbs, 20g fat



Lentils
434 cals



Bean & tofu goulash
656 cals

Day 3

3373 cals ● 236g protein (28%) ● 157g fat (42%) ● 216g carbs (26%) ● 39g fiber (5%)

Breakfast

550 cals, 26g protein, 8g net carbs, 44g fat



Pumpkin seeds
548 cals

Snacks

350 cals, 15g protein, 21g net carbs, 19g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Avocado
176 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

1055 cals, 47g protein, 93g net carbs, 49g fat



Egg & avocado salad
531 cals



Naan bread
2 piece(s)- 524 cals

Dinner

1035 cals, 63g protein, 91g net carbs, 44g fat



Buttery brown rice
500 cals



Vegan sausage
2 sausage(s)- 536 cals

Day 4

3335 cals ● 231g protein (28%) ● 133g fat (36%) ● 234g carbs (28%) ● 69g fiber (8%)

Breakfast

565 cals, 26g protein, 54g net carbs, 24g fat



Milk

3/4 cup(s)- 112 cals



Poached egg over avocado toast

1 toast(s)- 272 cals



Lowfat yogurt

1 container(s)- 181 cals

Snacks

350 cals, 15g protein, 21g net carbs, 19g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Avocado

176 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

1020 cals, 43g protein, 49g net carbs, 69g fat



Egg salad sandwich

1 1/2 sandwich(es)- 813 cals



Roasted cashews

1/4 cup(s)- 209 cals

Dinner

1015 cals, 62g protein, 106g net carbs, 19g fat



Lentil pasta

673 cals



Edamame & beet salad

342 cals

Day 5

3396 cals ● 275g protein (32%) ● 121g fat (32%) ● 231g carbs (27%) ● 70g fiber (8%)

Breakfast

565 cals, 26g protein, 54g net carbs, 24g fat



Milk

3/4 cup(s)- 112 cals



Poached egg over avocado toast

1 toast(s)- 272 cals



Lowfat yogurt

1 container(s)- 181 cals

Snacks

350 cals, 15g protein, 21g net carbs, 19g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Avocado

176 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

1085 cals, 87g protein, 47g net carbs, 57g fat



Vegan bangers and cauliflower mash

3 sausage link(s)- 1083 cals

Dinner

1015 cals, 62g protein, 106g net carbs, 19g fat



Lentil pasta

673 cals



Edamame & beet salad

342 cals

Day 6

3378 cals ● 261g protein (31%) ● 98g fat (26%) ● 323g carbs (38%) ● 40g fiber (5%)

Breakfast

530 cals, 20g protein, 53g net carbs, 23g fat



Milk

1/2 cup(s)- 75 cals



Toast with butter

4 slice(s)- 455 cals

Snacks

365 cals, 34g protein, 31g net carbs, 9g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Orange

1 orange(s)- 85 cals



Protein shake (milk)

258 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

1085 cals, 87g protein, 47g net carbs, 57g fat



Vegan bangers and cauliflower mash

3 sausage link(s)- 1083 cals

Dinner

1020 cals, 35g protein, 189g net carbs, 7g fat



Pasta with store-bought sauce

1021 cals

Day 7

3388 cals ● 248g protein (29%) ● 76g fat (20%) ● 374g carbs (44%) ● 53g fiber (6%)

Breakfast

530 cals, 20g protein, 53g net carbs, 23g fat



Milk

1/2 cup(s)- 75 cals



Toast with butter

4 slice(s)- 455 cals

Snacks

365 cals, 34g protein, 31g net carbs, 9g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Orange

1 orange(s)- 85 cals



Protein shake (milk)

258 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

1095 cals, 74g protein, 98g net carbs, 35g fat



Roasted cashews

1/8 cup(s)- 104 cals



Chunky canned soup (non-creamy)

4 can(s)- 988 cals

Dinner

1020 cals, 35g protein, 189g net carbs, 7g fat



Pasta with store-bought sauce

1021 cals

Spices and Herbs

- ☐ salt
5 g (5g)
- ☐ fresh thyme
1/4 tbsp (1g)
- ☐ paprika
11 g (11g)
- ☐ black pepper
1 g (1g)
- ☐ garlic powder
1/4 tbsp (2g)
- ☐ yellow mustard
3 dash or 1 packet (2g)

Beverages

- ☐ water
30 2/3 cup(s) (7269mL)
- ☐ protein powder
26 1/2 scoop (1/3 cup ea) (822g)

Legumes and Legume Products

- ☐ lentils, raw
1 1/4 cup (240g)
- ☐ firm tofu
2/3 lbs (298g)
- ☐ white beans, canned
1 1/2 can(s) (659g)
- ☐ soy sauce
2 tsp (10mL)
- ☐ peanut butter
4 tbsp (65g)
- ☐ tempeh
1/2 lbs (227g)

Fats and Oils

- ☐ oil
1/4 cup (68mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)
- ☐ mayonnaise
3 tbsp (45mL)

Vegetables and Vegetable Products

- ☐ garlic
1 1/2 clove (5g)
- ☐ onion
3 2/3 medium (2-1/2" dia) (401g)

Other

- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ nutritional yeast
1 tbsp (4g)
- ☐ vegan sausage
8 sausage (800g)
- ☐ mixed greens
5 1/3 cup (160g)
- ☐ lentil pasta
2/3 lbs (302g)
- ☐ guacamole, store-bought
1/2 cup (124g)
- ☐ frozen cauliflower
4 1/2 cup (510g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)
1 1/2 can (~19 oz) (800g)
- ☐ pasta sauce
1 2/3 jar (24 oz) (1120g)
- ☐ chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

Dairy and Egg Products

- ☐ kefir, flavored
2 cup (480mL)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ butter
1/2 stick (57g)
- ☐ eggs
11 1/3 medium (498g)
- ☐ whole milk
1/4 gallon (1080mL)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)

Cereal Grains and Pasta

- ☐ brown rice
9 1/4 tbsp (111g)
- ☐ uncooked dry pasta
1 lbs (456g)

Fruits and Fruit Juices

- ☐ lemon juice
3/4 fl oz (23mL)

- ☐ tomatoes
30 cherry tomatoes (510g)
- ☐ beets, precooked (canned or refrigerated)
8 beets (2" dia, sphere) (400g)
- ☐ edamame, frozen, shelled
2 cup (236g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
2 1/4 cup (266g)
- ☐ roasted cashews
6 tbsp, halves and whole (51g)

Snacks

- ☐ pretzels, hard, salted
3 oz (85g)
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- ☐ avocados
2 avocado(s) (436g)
- ☐ orange
2 orange (308g)

Baked Products

- ☐ naan bread
2 piece (180g)
- ☐ bread
13 slice (416g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Pumpkin seeds

548 cals ● 26g protein ● 44g fat ● 8g carbs ● 6g fiber



For single meal:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

For all 3 meals:

roasted pumpkin seeds, unsalted
2 1/4 cup (266g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup (180mL)

For all 2 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

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 2 meals:

eggs
2 large (100g)
guacamole, store-bought
1/2 cup (124g)
bread
2 slice (64g)

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.

Lowfat yogurt

1 container(s) - 181 cal● 8g protein● 2g fat● 32g carbs● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Milk

1/2 cup(s) - 75 cal● 4g protein● 4g fat● 6g carbs● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Toast with butter

4 slice(s) - 455 cals ● 16g protein ● 19g fat ● 47g carbs ● 8g fiber



For single meal:

bread

4 slice (128g)

butter

4 tsp (18g)

For all 2 meals:

bread

8 slice (256g)

butter

2 2/3 tbsp (36g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Lunch 1 [🔗](#)

Eat on day 1

Chunky canned soup (creamy)

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



Makes 1 1/2 can(s)

chunky canned soup (creamy varieties)

1 1/2 can (~19 oz) (800g)

1. Prepare according to instructions on package.

Kefir

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



kefir, flavored

2 cup (480mL)

1. Pour into a glass and drink.
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Lunch 2 [🔗](#)

Eat on day 2

Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



Makes 1/4 cup brown rice, cooked

brown rice

4 tsp (16g)

salt

1/2 dash (0g)

water

1/6 cup(s) (39mL)

black pepper

1/2 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Peanut tempeh

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



Makes 8 oz tempeh

nutritional yeast

1 tbsp (4g)

soy sauce

2 tsp (10mL)

lemon juice

1 tbsp (15mL)

peanut butter

4 tbsp (65g)

tempeh

1/2 lbs (227g)

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

Lunch 3 [🔗](#)

Eat on day 3

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.

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 4 [🔗](#)

Eat on day 4

Egg salad sandwich

1 1/2 sandwich(es) - 813 cals ● 38g protein ● 53g fat ● 39g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

eggs

4 1/2 medium (198g)

mayonnaise

3 tbsp (45mL)

onion, chopped

3/8 small (26g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bread

3 slice (96g)

paprika

1 1/2 dash (1g)

yellow mustard

3 dash or 1 packet (2g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Roasted cashews

1/4 cup(s) - 209 cals ● 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.



Lunch 5 [↗](#)

Eat on day 5, day 6

Vegan bangers and cauliflower mash

3 sausage link(s) - 1083 cals ● 87g protein ● 57g fat ● 47g carbs ● 8g fiber



For single meal:

onion, thinly sliced

1 1/2 small (105g)

vegan sausage

3 sausage (300g)

oil

1 1/2 tbsp (23mL)

frozen cauliflower

2 1/4 cup (255g)

For all 2 meals:

onion, thinly sliced

3 small (210g)

vegan sausage

6 sausage (600g)

oil

3 tbsp (45mL)

frozen cauliflower

4 1/2 cup (510g)

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.

Lunch 6 [↗](#)

Eat on day 7

Roasted cashews

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



Makes 1/8 cup(s)

roasted cashews

2 tbsp, halves and whole (17g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



Makes 4 can(s)

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.
-

Snacks 1 [↗](#)

Eat on day 1, day 2

Pretzels

165 cals ● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



For single meal:

pretzels, hard, salted
1 1/2 oz (43g)

For all 2 meals:

pretzels, hard, salted
3 oz (85g)

1. This recipe has no instructions.

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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 3 meals:

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

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

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.

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

whole milk
2 cup (480mL)
protein powder
2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
2. Serve.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Lentils

434 cals ● 30g protein ● 1g fat ● 63g carbs ● 13g fiber



For single meal:

salt
1 1/4 dash (1g)
water
2 1/2 cup(s) (593mL)
lentils, raw, rinsed
10 tbsp (120g)

For all 2 meals:

salt
1/3 tsp (2g)
water
5 cup(s) (1185mL)
lentils, raw, rinsed
1 1/4 cup (240g)

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.

Bean & tofu goulash

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



For single meal:

fresh thyme

3 dash (0g)

paprika

3/4 tbsp (5g)

oil

3/4 tbsp (11mL)

garlic, minced

3/4 clove (2g)

onion, diced

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

firm tofu, drained and diced

1/3 lbs (149g)

white beans, canned, drained & rinsed

3/4 can(s) (329g)

For all 2 meals:

fresh thyme

1/4 tbsp (1g)

paprika

1 1/2 tbsp (10g)

oil

1 1/2 tbsp (23mL)

garlic, minced

1 1/2 clove (5g)

onion, diced

1 1/2 medium (2-1/2" dia) (165g)

firm tofu, drained and diced

2/3 lbs (298g)

white beans, canned, drained & rinsed

1 1/2 can(s) (659g)

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 2 [↗](#)

Eat on day 3

Buttery brown rice

500 cals ● 7g protein ● 20g fat ● 70g carbs ● 3g fiber



butter

1 1/2 tbsp (21g)

brown rice

1/2 cup (95g)

salt

3 dash (2g)

water

1 cup(s) (237mL)

black pepper

3 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

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.

Dinner 3 [↗](#)

Eat on day 4, day 5

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



For single meal:

pasta sauce
1/3 jar (24 oz) (224g)
lentil pasta
1/3 lbs (151g)

For all 2 meals:

pasta sauce
2/3 jar (24 oz) (448g)
lentil pasta
2/3 lbs (302g)

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

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

For all 2 meals:

balsamic vinaigrette
4 tbsp (60mL)
beets, precooked (canned or refrigerated), chopped
8 beets (2" dia, sphere) (400g)
edamame, frozen, shelled
2 cup (236g)
mixed greens
4 cup (120g)

1. Cook edamame according to package instructions.
 2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Pasta with store-bought sauce

1021 cals ● 35g protein ● 7g fat ● 189g carbs ● 15g fiber



For single meal:

uncooked dry pasta

1/2 lbs (228g)

pasta sauce

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

For all 2 meals:

uncooked dry pasta

1 lbs (456g)

pasta sauce

1 jar (24 oz) (672g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

water

3 1/2 cup(s) (830mL)

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

water

24 1/2 cup(s) (5807mL)

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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