

# Meal Plan - 3500 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

3490 cals ● 233g protein (27%) ● 112g fat (29%) ● 328g carbs (38%) ● 61g fiber (7%)

### Breakfast

195 cals, 5g protein, 34g net carbs, 2g fat



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



[Cherry tomatoes](#)  
9 cherry tomatoes- 32 cals

### Snacks

430 cals, 19g protein, 15g net carbs, 29g fat



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



[Avocado](#)  
176 cals



[Toast with butter](#)  
1 slice(s)- 114 cals

### Protein Supplement(s)

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



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

### Lunch

1300 cals, 59g protein, 103g net carbs, 64g fat



[Pistachios](#)  
375 cals



[Avocado egg salad sandwich](#)  
1 sandwich(es)- 562 cals



[Lowfat yogurt](#)  
2 container(s)- 362 cals

### Dinner

1185 cals, 65g protein, 174g net carbs, 14g fat



[Kefir](#)  
450 cals



[Lentil pasta](#)  
505 cals



[Dinner roll](#)  
3 roll- 231 cals

## Day 2

3487 cal ● 263g protein (30%) ● 138g fat (36%) ● 254g carbs (29%) ● 43g fiber (5%)

### Breakfast

195 cal, 5g protein, 34g net carbs, 2g fat



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



**Cherry tomatoes**  
9 cherry tomatoes- 32 cal

### Snacks

430 cal, 19g protein, 15g net carbs, 29g fat



**Boiled eggs**  
2 egg(s)- 139 cal



**Avocado**  
176 cal



**Toast with butter**  
1 slice(s)- 114 cal

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cal

### Lunch

1300 cal, 59g protein, 103g net carbs, 64g fat



**Pistachios**  
375 cal



**Avocado egg salad sandwich**  
1 sandwich(es)- 562 cal



**Lowfat yogurt**  
2 container(s)- 362 cal

### Dinner

1180 cal, 96g protein, 100g net carbs, 41g fat



**White rice**  
1/4 cup rice, cooked- 55 cal



**Maple seitan lettuce cups**  
4 lettuce cup(s)- 1127 cal

## Day 3

3408 cal ● 229g protein (27%) ● 81g fat (22%) ● 395g carbs (46%) ● 45g fiber (5%)

### Breakfast

195 cal, 5g protein, 34g net carbs, 2g fat



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



**Cherry tomatoes**  
9 cherry tomatoes- 32 cal

### Snacks

415 cal, 14g protein, 28g net carbs, 24g fat



**High-protein granola bar**  
1 bar(s)- 204 cal



**Walnuts**  
1/6 cup(s)- 131 cal



**Clementine**  
2 clementine(s)- 78 cal

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cal

### Lunch

1125 cal, 59g protein, 150g net carbs, 25g fat



**Vegan meatball sub**  
2 sub(s)- 936 cal



**Fruit juice**  
1 2/3 cup(s)- 191 cal

### Dinner

1290 cal, 67g protein, 179g net carbs, 28g fat



**Tofu alfredo pasta with broccoli**  
1104 cal



**Milk**  
1 1/4 cup(s)- 186 cal

## Day 4

3484 cal ● 238g protein (27%) ● 119g fat (31%) ● 288g carbs (33%) ● 76g fiber (9%)

### Breakfast

615 cal, 27g protein, 38g net carbs, 28g fat



**Avocado toast with egg**  
2 slice(s)- 475 cal



**Blackberries**  
2 cup(s)- 139 cal

### Snacks

415 cal, 14g protein, 28g net carbs, 24g fat



**High-protein granola bar**  
1 bar(s)- 204 cal



**Walnuts**  
1/6 cup(s)- 131 cal



**Clementine**  
2 clementine(s)- 78 cal

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cal

### Lunch

1125 cal, 59g protein, 150g net carbs, 25g fat



**Vegan meatball sub**  
2 sub(s)- 936 cal



**Fruit juice**  
1 2/3 cup(s)- 191 cal

### Dinner

950 cal, 54g protein, 68g net carbs, 40g fat



**White rice**  
2/3 cup rice, cooked- 147 cal



**Roasted carrots**  
4 carrots(s)- 211 cal



**Basic tempeh**  
8 oz- 590 cal

## Day 5

3467 cal ● 238g protein (27%) ● 103g fat (27%) ● 304g carbs (35%) ● 93g fiber (11%)

### Breakfast

615 cal, 27g protein, 38g net carbs, 28g fat



[Avocado toast with egg](#)  
2 slice(s)- 475 cal



[Blackberries](#)  
2 cup(s)- 139 cal

### Snacks

405 cal, 24g protein, 51g net carbs, 10g fat



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



[Cottage cheese & fruit cup](#)  
1 container- 131 cal

### Protein Supplement(s)

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



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

### Lunch

1115 cal, 50g protein, 143g net carbs, 22g fat



[White bean cassoulet](#)  
962 cal



[Dinner roll](#)  
2 roll- 154 cal

### Dinner

950 cal, 54g protein, 68g net carbs, 40g fat



[White rice](#)  
2/3 cup rice, cooked- 147 cal



[Roasted carrots](#)  
4 carrots(s)- 211 cal



[Basic tempeh](#)  
8 oz- 590 cal

## Day 6

3515 cal ● 254g protein (29%) ● 72g fat (19%) ● 373g carbs (42%) ● 89g fiber (10%)

### Breakfast

555 cal, 50g protein, 39g net carbs, 19g fat



[Cottage cheese with almonds and cinnamon](#)  
309 cal



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



[Protein shake \(milk\)](#)  
129 cal

### Snacks

405 cal, 24g protein, 51g net carbs, 10g fat



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



[Cottage cheese & fruit cup](#)  
1 container- 131 cal

### Protein Supplement(s)

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



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

### Lunch

1115 cal, 50g protein, 143g net carbs, 22g fat



[White bean cassoulet](#)  
962 cal



[Dinner roll](#)  
2 roll- 154 cal

### Dinner

1055 cal, 46g protein, 137g net carbs, 18g fat



[Tossed salad](#)  
424 cal



[Lentil & tomato pasta](#)  
631 cal

# Day 7

3482 cal ● 242g protein (28%) ● 62g fat (16%) ● 423g carbs (49%) ● 66g fiber (8%)

## Breakfast

555 cal, 50g protein, 39g net carbs, 19g fat



**Cottage cheese with almonds and cinnamon**  
309 cal



**Banana**  
1 banana(s)- 117 cal



**Protein shake (milk)**  
129 cal

## Snacks

405 cal, 24g protein, 51g net carbs, 10g fat



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



**Cottage cheese & fruit cup**  
1 container- 131 cal

## Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cal

## Lunch

1085 cal, 37g protein, 193g net carbs, 12g fat



**Fruit juice**  
3 2/3 cup(s)- 420 cal



**Spaghetti and meatless meatballs**  
664 cal

## Dinner

1055 cal, 46g protein, 137g net carbs, 18g fat



**Tossed salad**  
424 cal



**Lentil & tomato pasta**  
631 cal

## Dairy and Egg Products

- kefir, flavored  
3 cup (720mL)
- eggs  
14 large (700g)
- butter  
2 tsp (9g)
- lowfat flavored yogurt  
4 container (6 oz) (680g)
- whole milk  
1/4 gallon (1080mL)
- low fat cottage cheese (1% milkfat)  
2 cup (452g)

## Soups, Sauces, and Gravies

- pasta sauce  
1 jar (24 oz) (596g)
- vegetable broth  
1 1/4 cup(s) (mL)

## Other

- lentil pasta  
4 oz (113g)
- smoked paprika  
1 tsp (2g)
- vegan meatballs, frozen  
19 meatball(s) (570g)
- nutritional yeast  
4 tsp (5g)
- sub roll(s)  
4 roll(s) (340g)
- cottage cheese & fruit cup  
3 container (510g)

## Baked Products

- Roll  
7 pan, dinner, or small roll (2" square, 2" high)  
(196g)
- bread  
10 slice (320g)

## Beverages

- water  
28 2/3 cup(s) (6797mL)
- protein powder  
25 1/2 scoop (1/3 cup ea) (791g)

## Fruits and Fruit Juices

- avocados  
3 avocado(s) (603g)
- lemon juice  
1 tsp (5mL)
- clementines  
4 fruit (296g)
- fruit juice  
56 fl oz (1680mL)
- blackberries  
4 cup (576g)
- banana  
2 medium (7" to 7-7/8" long) (236g)

## Nut and Seed Products

- pistachios, dry roasted, without shells or salt  
added  
1 cup (123g)
- walnuts  
6 tbsp, shelled (38g)
- almond butter  
2 tbsp (32g)
- almonds  
12 almond (14g)

## Spices and Herbs

- garlic powder  
1 tsp (3g)
- salt  
3 1/2 g (3g)
- black pepper  
3 dash, ground (1g)
- basil, dried  
1 1/4 tsp, ground (2g)
- cinnamon  
4 dash (1g)
- ground cumin  
4 dash (1g)
- paprika  
4 dash (1g)

## Cereal Grains and Pasta

- long-grain white rice  
1/2 cup (98g)
- seitan  
3/4 lbs (340g)
- uncooked dry pasta  
1 lbs (456g)

- almond milk, unsweetened  
5 tbsp (74mL)

## Breakfast Cereals

- flavored instant oatmeal  
6 packet (258g)

## Vegetables and Vegetable Products

- tomatoes  
7 1/4 medium whole (2-3/5" dia) (889g)
- romaine lettuce  
3 head (1774g)
- cucumber  
1 1/6 cucumber (8-1/4") (347g)
- shallots  
1 shallot (113g)
- frozen broccoli  
5/8 package (178g)
- garlic  
7 1/4 clove(s) (22g)
- carrots  
19 1/4 medium (1172g)
- onion  
3 medium (2-1/2" dia) (350g)
- raw celery  
2 1/2 stalk, medium (7-1/2" - 8" long) (100g)
- red onion  
7/8 medium (2-1/2" dia) (96g)
- tomato paste  
1 tbsp (16g)
- canned crushed tomatoes  
1 can (405g)

## Fats and Oils

- oil  
4 oz (119mL)
- ranch dressing  
2 tbsp (30mL)
- salad dressing  
1/2 cup (106mL)

## Sweets

- maple syrup  
2 tbsp (30mL)

## Snacks

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

## Legumes and Legume Products

- firm tofu  
5/8 package (16 oz) (283g)
  - tempeh  
1 lbs (454g)
  - white beans, canned  
2 1/2 can(s) (1098g)
  - lentils, raw  
3/4 cup (144g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### 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 3 meals:

**flavored instant oatmeal**

3 packet (129g)

**water**

2 1/4 cup(s) (533mL)

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

### Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**

9 cherry tomatoes (153g)

For all 3 meals:

**tomatoes**

27 cherry tomatoes (459g)

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



## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Avocado toast with egg

2 slice(s) - 475 cals ● 23g protein ● 26g fat ● 26g carbs ● 11g fiber



For single meal:

**avocados, ripe, sliced**

1/2 avocado(s) (101g)

**eggs**

2 large (100g)

**bread**

2 slice (64g)

For all 2 meals:

**avocados, ripe, sliced**

1 avocado(s) (201g)

**eggs**

4 large (200g)

**bread**

4 slice (128g)

1. Cook the egg however you prefer.
  2. Toast the bread.
  3. Top with ripe avocado and use a fork to smash it around the bread.
  4. Top avocado with the cooked egg. Serve.
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### Blackberries

2 cup(s) - 139 cals ● 4g protein ● 1g fat ● 12g carbs ● 15g fiber



For single meal:

**blackberries**

2 cup (288g)

For all 2 meals:

**blackberries**

4 cup (576g)

1. Rinse blackberries and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Cottage cheese with almonds and cinnamon

309 cal ● 33g protein ● 15g fat ● 8g carbs ● 3g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**

1 cup (226g)

**almond butter**

1 tbsp (16g)

**almonds**

6 almond (7g)

**cinnamon**

2 dash (1g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**

2 cup (452g)

**almond butter**

2 tbsp (32g)

**almonds**

12 almond (14g)

**cinnamon**

4 dash (1g)

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

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### 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.

### Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**

1/2 cup (120mL)

**protein powder**

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**whole milk**

1 cup (240mL)

**protein powder**

1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
  2. Serve.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Pistachios

375 cal ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

**pistachios, dry roasted, without shells or salt added**

1/2 cup (62g)

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**

1 cup (123g)

1. This recipe has no instructions.

### Avocado egg salad sandwich

1 sandwich(es) - 562 cal ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



For single meal:

**tomatoes, halved**

6 tbsp cherry tomatoes (56g)

**garlic powder**

4 dash (2g)

**avocados**

1/2 avocado(s) (101g)

**bread**

2 slice (64g)

**eggs, hard-boiled and chilled**

3 large (150g)

For all 2 meals:

**tomatoes, halved**

3/4 cup cherry tomatoes (112g)

**garlic powder**

1 tsp (3g)

**avocados**

1 avocado(s) (201g)

**bread**

4 slice (128g)

**eggs, hard-boiled and chilled**

6 large (300g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

### Lowfat yogurt

2 container(s) - 362 cal ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**lowfat flavored yogurt**  
4 container (6 oz) (680g)

1. This recipe has no instructions.

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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### Vegan meatball sub

2 sub(s) - 936 cal ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



For single meal:

**vegan meatballs, frozen**  
8 meatball(s) (240g)  
**pasta sauce**  
1/2 cup (130g)  
**nutritional yeast**  
2 tsp (3g)  
**sub roll(s)**  
2 roll(s) (170g)

For all 2 meals:

**vegan meatballs, frozen**  
16 meatball(s) (480g)  
**pasta sauce**  
1 cup (260g)  
**nutritional yeast**  
4 tsp (5g)  
**sub roll(s)**  
4 roll(s) (340g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

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### Fruit juice

1 2/3 cup(s) - 191 cal ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



For single meal:

**fruit juice**  
13 1/3 fl oz (400mL)

For all 2 meals:

**fruit juice**  
26 2/3 fl oz (800mL)

1. This recipe has no instructions.
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## Lunch 3 [↗](#)

Eat on day 5, day 6

### White bean cassoulet

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



For single meal:

**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)

For all 2 meals:

**garlic, minced**  
5 clove(s) (15g)  
**oil**  
2 1/2 tbsp (38mL)  
**vegetable broth**  
1 1/4 cup(s) (mL)  
**white beans, canned, drained & rinsed**  
2 1/2 can(s) (1098g)  
**onion, diced**  
2 1/2 medium (2-1/2" dia) (275g)  
**raw celery, thinly sliced**  
2 1/2 stalk, medium (7-1/2" - 8" long) (100g)  
**carrots, peeled & slices**  
5 large (360g)

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.

### Dinner roll

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



For single meal:

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

For all 2 meals:

**Roll**  
4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

## Lunch 4 [↗](#)

Eat on day 7

### Fruit juice

3 2/3 cup(s) - 420 cal ● 6g protein ● 2g fat ● 93g carbs ● 2g fiber



Makes 3 2/3 cup(s)

#### fruit juice

29 1/3 fl oz (880mL)

1. This recipe has no instructions.

### Spaghetti and meatless meatballs

664 cal ● 31g protein ● 11g fat ● 100g carbs ● 11g fiber



#### vegan meatballs, frozen

3 meatball(s) (90g)

#### uncooked dry pasta

4 oz (114g)

#### pasta sauce

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

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### 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.

## Avocado

176 cal ● 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 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

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

## Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

For all 2 meals:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

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

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### High-protein granola bar

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



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

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

1. This recipe has no instructions.

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### Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
3 tbsp, shelled (19g)

For all 2 meals:

**walnuts**  
6 tbsp, shelled (38g)

1. This recipe has no instructions.

## Clementine

2 clementine(s) - 78 cal ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Instant oatmeal with milk

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



For single meal:

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

For all 3 meals:

**flavored instant oatmeal**  
3 packet (129g)  
**whole milk**  
2 1/4 cup (540mL)

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

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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 3 meals:  
**cottage cheese & fruit cup**  
3 container (510g)

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

## Dinner 1 [↗](#)

Eat on day 1

### Kefir

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



**kefir, flavored**  
3 cup (720mL)

1. Pour into a glass and drink.

### Lentil pasta

505 cal ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



**pasta sauce**  
1/4 jar (24 oz) (168g)  
**lentil pasta**  
4 oz (113g)

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

### Dinner roll

3 roll - 231 cal ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



Makes 3 roll

**Roll**  
3 pan, dinner, or small roll (2" square,  
2" high) (84g)

1. Enjoy.

## Dinner 2 [↗](#)

Eat on day 2

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### White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



Makes 1/4 cup rice, cooked

#### **long-grain white rice**

4 tsp (15g)

#### **water**

1/6 cup(s) (39mL)

#### **salt**

2/3 dash (0g)

#### **black pepper**

1/2 dash, ground (0g)

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

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### Maple seitan lettuce cups

4 lettuce cup(s) - 1127 cal ● 95g protein ● 41g fat ● 88g carbs ● 7g fiber



Makes 4 lettuce cup(s)

**smoked paprika**

1 tsp (2g)

**oil**

4 tsp (20mL)

**ranch dressing**

2 tbsp (30mL)

**romaine lettuce**

4 leaf inner (24g)

**cucumber, diced**

12 slices (84g)

**maple syrup**

2 tbsp (30mL)

**shallots, sliced**

1 shallot (113g)

**seitan, crumbled**

3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
2. Add shallot and some salt and pepper to the skillet. Cook 1-2 minutes until softened. Add seitan and paprika and stir until coated. Cook undisturbed for 4-5 or until seitan starts becoming crispy. Stir and cook another 4-5 minutes until all of the seitan is crispy.
3. Turn off heat. Stir in maple syrup.
4. Add seitan to lettuce cups and top with cucumber and a drizzle of ranch. Serve.

## Dinner 3 [↗](#)

Eat on day 3

### Tofu alfredo pasta with broccoli

1104 cal ● 57g protein ● 18g fat ● 165g carbs ● 13g fiber



**uncooked dry pasta**

1/2 lbs (214g)

**firm tofu**

5/8 package (16 oz) (283g)

**frozen broccoli**

5/8 package (178g)

**garlic**

1 1/4 clove(s) (4g)

**salt**

1/3 dash (0g)

**almond milk, unsweetened**

5 tbsp (75mL)

**basil, dried**

1 1/4 tsp, ground (2g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

### Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



Makes 1 1/4 cup(s)

**whole milk**  
1 1/4 cup (300mL)

1. This recipe has no instructions.

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## Dinner 4 [↗](#)

Eat on day 4, day 5

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### White rice

2/3 cup rice, cooked - 147 cal ● 3g protein ● 0g fat ● 32g carbs ● 1g fiber



For single meal:

**long-grain white rice**  
1/4 cup (41g)  
**water**  
1/2 cup(s) (105mL)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1 1/3 dash, ground (0g)

For all 2 meals:

**long-grain white rice**  
1/2 cup (82g)  
**water**  
7/8 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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### Roasted carrots

4 carrots(s) - 211 cal ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**carrots, sliced**  
4 large (288g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**carrots, sliced**  
8 large (576g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

## Basic tempeh

8 oz - 590 cal ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**tempeh**  
1 lbs (454g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Tossed salad

424 cal ● 15g protein ● 14g fat ● 35g carbs ● 24g fiber



For single meal:

**red onion, sliced**  
1/2 medium (2-1/2" dia) (48g)  
**cucumber, sliced or diced**  
1/2 cucumber (8-1/4") (132g)  
**romaine lettuce, shredded**  
1 3/4 hearts (875g)  
**carrots, peeled and shredded or sliced**  
1 3/4 small (5-1/2" long) (88g)  
**tomatoes, diced**  
1 3/4 small whole (2-2/5" dia) (159g)  
**salad dressing**  
1/4 cup (53mL)

For all 2 meals:

**red onion, sliced**  
7/8 medium (2-1/2" dia) (96g)  
**cucumber, sliced or diced**  
7/8 cucumber (8-1/4") (263g)  
**romaine lettuce, shredded**  
3 1/2 hearts (1750g)  
**carrots, peeled and shredded or sliced**  
3 1/2 small (5-1/2" long) (175g)  
**tomatoes, diced**  
3 1/2 small whole (2-2/5" dia) (319g)  
**salad dressing**  
1/2 cup (105mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

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## Lentil & tomato pasta

631 cal ● 31g protein ● 4g fat ● 102g carbs ● 16g fiber



For single meal:

- tomato paste**  
1/2 tbsp (8g)
- oil**  
3/8 tsp (2mL)
- ground cumin**  
2 dash (1g)
- paprika**  
2 dash (1g)
- water**  
1/2 cup(s) (104mL)
- canned crushed tomatoes**  
1/2 can (203g)
- carrots, chopped**  
1/2 medium (31g)
- garlic, minced**  
1/2 clove(s) (2g)
- onion, diced**  
1/4 large (38g)
- lentils, raw**  
6 tbsp (72g)
- uncooked dry pasta**  
2 1/4 oz (64g)

For all 2 meals:

- tomato paste**  
1 tbsp (16g)
- oil**  
1/4 tbsp (4mL)
- ground cumin**  
4 dash (1g)
- paprika**  
4 dash (1g)
- water**  
7/8 cup(s) (207mL)
- canned crushed tomatoes**  
1 can (405g)
- carrots, chopped**  
1 medium (61g)
- garlic, minced**  
1 clove(s) (3g)
- onion, diced**  
1/2 large (75g)
- lentils, raw**  
3/4 cup (144g)
- uncooked dry pasta**  
1/4 lbs (128g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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