Meal Plan - 1300 calorie low carb vegetarian meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1334 cals · 110g protein (33%) · 62g fat (42%) · 63g carbs (19%) · 22g fiber (6%)

Breakfast

155 cals, 12g protein, 2g net carbs, 11g fat

Basic scrambled eggs
2 egg(s)- 142 cals

Celery sticks
2 celery stalk- 13 cals

Lunch

445 cals, 20g protein, 25g net carbs, 27g fat

Sesame peanut zoodles
294 cals

Milk
1 cup(s)- 149 cals

Snacks

170 cals, 10g protein, 11g net carbs, 9g fat

Cottage cheese & honey
1/4 cup(s)- 62 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Walnuts
1/8 cup(s)- 87 cals

Dinner

400 cals, 32g protein, 24g net carbs, 15g fat

Buffalo tempeh with tzatziki
314 cals

Lentils
87 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat

Protein shake
1 1/2 scoop- 164 cals

Day 2

1250 cals 112g protein (36%) 50g fat (36%) 72g carbs (23%) 17g fiber (5%)

Breakfast

155 cals, 12g protein, 2g net carbs, 11g fat

Basic scrambled eggs
2 egg(s)- 142 cals

Celery sticks
2 celery stalk- 13 cals

Snacks

170 cals, 10g protein, 11g net carbs, 9g fat

Cottage cheese & honey
1/4 cup(s)- 62 cals

Cherry tomatoes
6 cherry tomatoes- 21 cals

Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat

Protein shake
1 1/2 scoop- 164 cals

Lunch

360 cals, 23g protein, 33g net carbs, 14g fat

Milk
1/2 cup(s)- 75 cals

Seitan philly cheesesteak
1/2 sub(s)- 285 cals

Dinner

400 cals, 32g protein, 24g net carbs, 15g fat

Buffalo tempeh with tzatziki
314 cals

Lentils
87 cals

Day 3

1318 cals 109g protein (33%) 56g fat (38%) 70g carbs (21%) 26g fiber (8%)

Breakfast

160 cals, 17g protein, 11g net carbs, 5g fat

Protein shake (milk)
129 cals

Cherry tomatoes
9 cherry tomatoes- 32 cals

Snacks

205 cals, 8g protein, 13g net carbs, 12g fat

Sunflower seeds
90 cals

Toast with butter
1 slice(s)- 114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat

Protein shake
1 1/2 scoop- 164 cals

Lunch

370 cals, 13g protein, 22g net carbs, 20g fat

Raspberries
1 1/4 cup(s)- 90 cals

Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals

Dinner

420 cals, 34g protein, 24g net carbs, 18g fat

Cottage cheese & honey
1/4 cup(s)- 62 cals

Seitan salad
359 cals

Day 4

1297 cals 91g protein (28%) 70g fat (49%) 54g carbs (17%) 22g fiber (7%)

Breakfast

160 cals, 17g protein, 11g net carbs, 5g fat

Protein shake (milk)
129 cals

Cherry tomatoes
9 cherry tomatoes- 32 cals

Snacks

205 cals, 8g protein, 13g net carbs, 12g fat

Sunflower seeds
90 cals

Toast with butter
1 slice(s)- 114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat

Protein shake
1 1/2 scoop- 164 cals

Lunch

370 cals, 13g protein, 22g net carbs, 20g fat

Raspberries
1 1/4 cup(s)- 90 cals

Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals

Dinner

400 cals, 16g protein, 7g net carbs, 33g fat

Caprese salad
71 cals

Walnut crusted tofu
330 cals

Day 5

1308 cals 110g protein (34%) 62g fat (43%) 59g carbs (18%) 19g fiber (6%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat

Basic fried eggs
1 egg(s)- 80 cals

Avocado toast
1 slice(s)- 168 cals

Snacks

205 cals, 8g protein, 13g net carbs, 12g fat

Sunflower seeds
90 cals

Toast with butter
1 slice(s)- 114 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat

Protein shake
1 1/2 scoop- 164 cals

Lunch

335 cals, 29g protein, 15g net carbs, 17g fat

Vegan sausage
1 sausage(s)- 268 cals

Simple mixed greens salad
68 cals

Dinner

360 cals, 25g protein, 17g net carbs, 18g fat

Simple Greek cucumber salad
141 cals

Peanut tempeh
2 oz tempeh- 217 cals

Day 6

1252 cals 98g protein (31%) 62g fat (44%) 55g carbs (17%) 21g fiber (7%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat

Basic fried eggs
1 egg(s)- 80 cals

Avocado toast
1 slice(s)- 168 cals

Lunch

330 cals, 22g protein, 11g net carbs, 20g fat

Cottage cheese & honey
1/4 cup(s)- 62 cals

Egg & avocado salad
266 cals

Snacks

155 cals, 4g protein, 13g net carbs, 8g fat

Apple & peanut butter
1/2 apple(s)- 155 cals

Dinner

360 cals, 25g protein, 17g net carbs, 18g fat

Simple Greek cucumber salad
141 cals

Peanut tempeh
2 oz tempeh- 217 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat

Protein shake
1 1/2 scoop- 164 cals

Day 7

1307 cals 94g protein (29%) 60g fat (41%) 74g carbs (23%) 24g fiber (7%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat

Basic fried eggs
1 egg(s)- 80 cals

Avocado toast
1 slice(s)- 168 cals

Lunch

330 cals, 22g protein, 11g net carbs, 20g fat

Cottage cheese & honey
1/4 cup(s)- 62 cals

Egg & avocado salad
266 cals

Snacks

155 cals, 4g protein, 13g net carbs, 8g fat

Apple & peanut butter
1/2 apple(s)- 155 cals

Dinner

415 cals, 21g protein, 36g net carbs, 17g fat

Caprese salad
142 cals

Lentil Soup
271 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat

Protein shake
1 1/2 scoop- 164 cals

Grocery List

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Fats and Oils

- [ ] oil
  1 oz (32mL)
- [ ] salad dressing
  2 1/2 tbsp (38mL)
- [ ] balsamic vinaigrette
  1 tbsp (15mL)
- [ ] mayonnaise
  1 tbsp (15mL)
- [ ] olive oil
  3/4 oz (22mL)

Other

- [ ] tzatziki
  1/4 cup(s) (56g)
- [ ] coleslaw mix
  1/2 cup (45g)
- [ ] sub roll(s)
  1/2 roll(s) (43g)
- [ ] nutritional yeast
  3 g (3g)
- [ ] mixed greens
  1 package (5.5 oz) (163g)
- [ ] vegan sausage
  1 sausage (100g)

Soups, Sauces, and Gravies

- [ ] Frank's Red Hot sauce
  4 tbsp (60mL)
- [ ] pesto sauce
  1 tbsp (16g)

Legumes and Legume Products

- [ ] tempeh
  3/4 lbs (340g)
- [ ] lentils, raw
  1/2 cup (96g)
- [ ] soy sauce
  1 oz (20mL)
- [ ] peanut butter
  1/4 lbs (96g)
- [ ] firm tofu
  4 oz (113g)

Spices and Herbs

- [ ] salt
  1 1/2 dash (1g)

Vegetables and Vegetable Products

- [ ] raw celery
  4 1/4 stalk, medium (7-1/2" - 8" long) (170g)
- [ ] tomatoes
  6 medium whole (2-3/5" dia) (717g)
- [ ] green onions
  1 tbsp, sliced (8g)
- [ ] zucchini
  1 medium (196g)
- [ ] bell pepper
  1/4 small (19g)
- [ ] onion
  1/4 medium (2-1/2" dia) (28g)
- [ ] fresh spinach
  2 cup(s) (62g)
- [ ] garlic
  1 1/4 clove(s) (4g)
- [ ] purple onions
  1/4 medium (2-1/2" dia) (28g)
- [ ] cucumber
  1 cucumber (8-1/4") (301g)
- [ ] carrots
  1/4 medium (15g)
- [ ] canned crushed tomatoes
  1/8 can (14.5 oz) (51g)

Sweets

- [ ] honey
  5 tsp (35g)

Nut and Seed Products

- [ ] walnuts
  1 1/2 oz (14 halves) (44g)
- [ ] chia seeds
  4 dash (2g)
- [ ] sesame seeds
  4 dash (2g)
- [ ] sunflower kernels
  1 1/2 oz (43g)

Fruits and Fruit Juices

- [ ] lime juice
  1/2 tbsp (8mL)
- [ ] avocados
  1 2/3 avocado(s) (335g)
- [ ] raspberries
  2 1/2 cup (308g)

- [ ] fresh basil
  4 tbsp leaves, whole (6g)
- [ ] dijon mustard
  1/2 tbsp (8g)
- [ ] red wine vinegar
  1 tsp (5mL)
- [ ] dried dill weed
  1 tsp (1g)
- [ ] garlic powder
  1/4 tbsp (2g)
- [ ] oregano, dried
  1 dash, leaves (0g)
- [ ] black pepper
  1/2 dash, ground (0g)
- [ ] basil
  1 dash, leaves (0g)

Beverages

- [ ] water
  12 1/2 cup(s) (2963mL)
- [ ] protein powder
  11 1/2 scoop (1/3 cup ea) (357g)

Dairy and Egg Products

- [ ] eggs
  12 medium (526g)
- [ ] low fat cottage cheese (1% milkfat)
  1 1/4 cup (283g)
- [ ] whole milk
  2 1/2 cup (600mL)
- [ ] cheese
  2 1/2 slice (1 oz each) (70g)
- [ ] butter
  1/4 stick (28g)
- [ ] fresh mozzarella cheese
  1 1/2 oz (43g)
- [ ] nonfat greek yogurt, plain
  1/2 cup (140g)
- [ ] lemon juice
  1/2 fl oz (17mL)
- [ ] apples
  1 medium (3" dia) (182g)

Cereal Grains and Pasta

- [ ] seitan
  1/4 lbs (128g)

Baked Products

- [ ] bread
  8 slice (256g)

Recipes

Breakfast 1

Eat on day 1, day 2

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 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

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.

Celery sticks

2 celery stalk - 13 cals 1g protein 0g fat 1g carbs 1g fiber

For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)

1. Slice celery into sticks and serve.

Breakfast 2

Eat on day 3, day 4

Protein shake (milk)

129 cals 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.

Cherry tomatoes

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

For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Breakfast 3

Eat on day 5, day 6, day 7

Basic fried eggs

1 egg(s) - 80 cals 6g protein 6g fat 0g carbs 0g fiber

For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 3 meals:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Avocado toast

1 slice(s) - 168 cals 5g protein 9g fat 13g carbs 5g fiber

For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Lunch 1

Eat on day 1

Sesame peanut zoodles

294 cals 13g protein 19g fat 13g carbs 6g fiber

chia seeds
4 dash (2g)
lime juice
1/2 tbsp (8mL)
green onions
1 tbsp, sliced (8g)
sesame seeds
4 dash (2g)
soy sauce
1 tbsp (15mL)
peanut butter
2 tbsp (32g)
coleslaw mix
1/2 cup (45g)
zucchini, spiralized
1 medium (196g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Milk

1 cup(s) - 149 cals 8g protein 8g fat 12g carbs 0g fiber

Makes 1 cup(s)

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Lunch 2

Eat on day 2

Milk

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

Makes 1/2 cup(s)

whole milk
1/2 cup (120mL)

1. This recipe has no instructions.

Seitan philly cheesesteak

1/2 sub(s) - 285 cals 19g protein 10g fat 28g carbs 2g fiber

Makes 1/2 sub(s)

cheese
1/2 slice (1 oz each) (14g)
seitan, cut into strips
1 1/2 oz (43g)
bell pepper, sliced
1/4 small (19g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
oil
1/4 tbsp (4mL)
sub roll(s)
1/2 roll(s) (43g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to carmelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Lunch 3

Eat on day 3, day 4

Raspberries

1 1/4 cup(s) - 90 cals 2g protein 1g fat 8g carbs 10g fiber

For single meal:

raspberries
1 1/4 cup (154g)

For all 2 meals:

raspberries
2 1/2 cup (308g)

1. Rinse raspberries and serve.

Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cals 11g protein 19g fat 13g carbs 2g fiber

For single meal:

bread
1 slice (32g)
butter, softened
1/2 tbsp (7g)
pesto sauce
1/2 tbsp (8g)
cheese
1 slice (1 oz each) (28g)
tomatoes
1 slice(s), thin/small (15g)

For all 2 meals:

bread
2 slice (64g)
butter, softened
1 tbsp (14g)
pesto sauce
1 tbsp (16g)
cheese
2 slice (1 oz each) (56g)
tomatoes
2 slice(s), thin/small (30g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Lunch 4

Eat on day 5

Vegan sausage

1 sausage(s) - 268 cals 28g protein 12g fat 11g carbs 2g fiber

Makes 1 sausage(s)

vegan sausage
1 sausage (100g)

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

Simple mixed greens salad

68 cals 1g protein 5g fat 4g carbs 1g fiber

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Lunch 5

Eat on day 6, day 7

Cottage cheese & honey

1/4 cup(s) - 62 cals 7g protein 1g fat 7g carbs 0g fiber

For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 2 meals:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Egg & avocado salad

266 cals 15g protein 19g fat 3g carbs 5g fiber

For single meal:

mixed greens
2/3 cup (20g)
avocados
1/3 avocado(s) (67g)
eggs, hard-boiled and chilled
2 large (100g)
garlic powder
1/3 tsp (1g)

For all 2 meals:

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.

Snacks 1

Eat on day 1, day 2

Cottage cheese & honey

1/4 cup(s) - 62 cals 7g protein 1g fat 7g carbs 0g fiber

For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 2 meals:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

1. Serve cottage cheese in a bowl and drizzle with honey.

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.

Walnuts

1/8 cup(s) - 87 cals 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.

Snacks 2

Eat on day 3, day 4, day 5

Sunflower seeds

90 cals 4g protein 7g fat 1g carbs 1g fiber

For single meal:

sunflower kernels
1/2 oz (14g)

For all 3 meals:

sunflower kernels
1 1/2 oz (43g)

1. This recipe has no instructions.

Toast with butter

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

For single meal:

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

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

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

Snacks 3

Eat on day 6, day 7

Apple & peanut butter

1/2 apple(s) - 155 cals 4g protein 8g fat 13g carbs 3g fiber

For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 2 meals:

apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Dinner 1

Eat on day 1, day 2

Buffalo tempeh with tzatziki

314 cals 26g protein 15g fat 12g carbs 8g fiber

For single meal:

oil
1/2 tbsp (8mL)
tzatziki
1/8 cup(s) (28g)
Frank's Red Hot sauce
2 tbsp (30mL)
tempeh, roughly chopped
4 oz (113g)

For all 2 meals:

oil
1 tbsp (15mL)
tzatziki
1/4 cup(s) (56g)
Frank's Red Hot sauce
4 tbsp (60mL)
tempeh, roughly chopped
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Lentils

87 cals 6g protein 0g fat 13g carbs 3g fiber

For single meal:

salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

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.

Dinner 2

Eat on day 3

Cottage cheese & honey

1/4 cup(s) - 62 cals 7g protein 1g fat 7g carbs 0g fiber

Makes 1/4 cup(s)

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Seitan salad

359 cals 27g protein 18g fat 16g carbs 7g fiber

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
avocados, sliced
1/4 avocado(s) (50g)
tomatoes, halved
6 cherry tomatoes (102g)
fresh spinach
2 cup(s) (60g)
seitan, sliced
3 oz (85g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Dinner 3

Eat on day 4

Caprese salad

71 cals 4g protein 5g fat 2g carbs 1g fiber

balsamic vinaigrette
1 tsp (5mL)
fresh basil
4 tsp leaves, whole (2g)
tomatoes, halved
2 2/3 tbsp cherry tomatoes (25g)
mixed greens
1/6 package (5.5 oz) (26g)
fresh mozzarella cheese
1/2 oz (14g)

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

Walnut crusted tofu

330 cals 12g protein 28g fat 5g carbs 2g fiber

mayonnaise
1 tbsp (15mL)
firm tofu, drained
4 oz (113g)
walnuts
2 1/2 tbsp, chopped (19g)
dijon mustard
1/2 tbsp (8g)
garlic, diced
1 clove(s) (3g)
lemon juice
1/2 tsp (3mL)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Dinner 4

Eat on day 5, day 6

Simple Greek cucumber salad

141 cals 9g protein 7g fat 9g carbs 1g fiber

For single meal:

olive oil
1/2 tbsp (8mL)
red wine vinegar
1/2 tsp (3mL)
dried dill weed
4 dash (1g)
lemon juice
1/4 tbsp (4mL)
nonfat greek yogurt, plain
4 tbsp (70g)
purple onions, thinly sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced into half moons
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

olive oil
1 tbsp (15mL)
red wine vinegar
1 tsp (5mL)
dried dill weed
1 tsp (1g)
lemon juice
1/2 tbsp (8mL)
nonfat greek yogurt, plain
1/2 cup (140g)
purple onions, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Peanut tempeh

2 oz tempeh - 217 cals 16g protein 11g fat 7g carbs 5g fiber

For single meal:

nutritional yeast
1/4 tbsp (1g)
soy sauce
1/2 tsp (3mL)
lemon juice
1/4 tbsp (4mL)
peanut butter
1 tbsp (16g)
tempeh
2 oz (57g)

For all 2 meals:

nutritional yeast
1/2 tbsp (2g)
soy sauce
1 tsp (5mL)
lemon juice
1/2 tbsp (8mL)
peanut butter
2 tbsp (32g)
tempeh
4 oz (113g)

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.

Dinner 5

Eat on day 7

Caprese salad

142 cals 8g protein 9g fat 5g carbs 2g fiber

balsamic vinaigrette
2 tsp (10mL)
fresh basil
2 2/3 tbsp leaves, whole (4g)
tomatoes, halved
1/3 cup cherry tomatoes (50g)
mixed greens
1/3 package (5.5 oz) (52g)
fresh mozzarella cheese
1 oz (28g)

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

Lentil Soup

271 cals 13g protein 8g fat 31g carbs 7g fiber

onion, chopped
1/8 medium (2-1/2" dia) (14g)
carrots, diced
1/4 medium (15g)
raw celery, chopped
1/4 stalk, medium (7-1/2" - 8" long) (10g)
garlic, minced
1/4 clove(s) (1g)
oregano, dried
1 dash, leaves (0g)
canned crushed tomatoes
1/8 can (14.5 oz) (51g)
lentils, raw
4 tbsp (48g)
water
1 cup(s) (237mL)
fresh spinach, thinly sliced
1/8 cup(s) (2g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)
olive oil
1/2 tbsp (8mL)
basil
1 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Protein Supplement(s)

Eat every day

Protein shake

1 1/2 scoop - 164 cals 36g protein 1g fat 1g carbs 2g fiber

For single meal:

water
1 1/2 cup(s) (356mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

water
10 1/2 cup(s) (2489mL)
protein powder
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.