

# Meal Plan - 1400 calorie low carb 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

1366 cals ● 111g protein (32%) ● 79g fat (52%) ● 30g carbs (9%) ● 24g fiber (7%)

### Breakfast

155 cals, 9g protein, 7g net carbs, 10g fat



[Pesto scrambled eggs](#)  
1 eggs- 99 cals



[Toast with butter](#)  
1/2 slice(s)- 57 cals

### Snacks

140 cals, 5g protein, 7g net carbs, 9g fat



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



[Mixed nuts](#)  
1/8 cup(s)- 109 cals

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

525 cals, 23g protein, 6g net carbs, 43g fat



[Cheese and guac tacos](#)  
3 taco(s)- 525 cals

### Dinner

380 cals, 38g protein, 9g net carbs, 16g fat



[Roasted tomatoes](#)  
1 1/2 tomato(es)- 89 cals



[Vegan crumbles](#)  
2 cup(s)- 292 cals

## Day 2

1396 cals ● 99g protein (28%) ● 86g fat (55%) ● 34g carbs (10%) ● 22g fiber (6%)

### Breakfast

155 cals, 9g protein, 7g net carbs, 10g fat



[Pesto scrambled eggs](#)  
1 eggs- 99 cals



[Toast with butter](#)  
1/2 slice(s)- 57 cals

### Snacks

140 cals, 5g protein, 7g net carbs, 9g fat



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



[Mixed nuts](#)  
1/8 cup(s)- 109 cals

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

525 cals, 23g protein, 6g net carbs, 43g fat



[Cheese and guac tacos](#)  
3 taco(s)- 525 cals

### Dinner

410 cals, 27g protein, 14g net carbs, 23g fat



[Roasted cauliflower](#)  
116 cals



[Basic tempeh](#)  
4 oz- 295 cals

## Day 3

1357 cal ● 103g protein (30%) ● 62g fat (41%) ● 80g carbs (23%) ● 17g fiber (5%)

### Breakfast

205 cal, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cal

### Snacks

155 cal, 7g protein, 4g net carbs, 12g fat



[Carrots and ranch](#)  
87 cal



[Boiled eggs](#)  
1 egg(s)- 69 cal

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cal

### Lunch

355 cal, 28g protein, 34g net carbs, 9g fat



[Cottage cheese & fruit cup](#)  
1 container- 107 cal



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cal

### Dinner

480 cal, 22g protein, 28g net carbs, 28g fat



[Sesame peanut zoodles](#)  
294 cal



[Milk](#)  
1 1/4 cup(s)- 186 cal

## Day 4

1357 cal ● 103g protein (30%) ● 62g fat (41%) ● 80g carbs (23%) ● 17g fiber (5%)

### Breakfast

205 cal, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cal

### Snacks

155 cal, 7g protein, 4g net carbs, 12g fat



[Carrots and ranch](#)  
87 cal



[Boiled eggs](#)  
1 egg(s)- 69 cal

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cal

### Lunch

355 cal, 28g protein, 34g net carbs, 9g fat



[Cottage cheese & fruit cup](#)  
1 container- 107 cal



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cal

### Dinner

480 cal, 22g protein, 28g net carbs, 28g fat



[Sesame peanut zoodles](#)  
294 cal



[Milk](#)  
1 1/4 cup(s)- 186 cal

## Day 5

1352 cals ● 100g protein (29%) ● 55g fat (37%) ● 87g carbs (26%) ● 28g fiber (8%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Snacks

155 cals, 7g protein, 4g net carbs, 12g fat



[Carrots and ranch](#)  
87 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

450 cals, 23g protein, 30g net carbs, 21g fat



[Buttered green beans](#)  
196 cals



[Veggie burger patty](#)  
2 patty- 254 cals

### Dinner

380 cals, 23g protein, 39g net carbs, 10g fat



[Cottage cheese & fruit cup](#)  
1 container- 107 cals



[Chickpea & kale soup](#)  
273 cals

## Day 6

1471 cals ● 105g protein (29%) ● 74g fat (45%) ● 69g carbs (19%) ● 28g fiber (8%)

### Breakfast

215 cals, 10g protein, 17g net carbs, 11g fat



[Buttered english muffin](#)  
1/2 english muffin(s)- 106 cals



[Scrambled eggs with kale, tomatoes, rosemary](#)  
110 cals

### Snacks

130 cals, 6g protein, 8g net carbs, 6g fat



[Bell pepper strips and hummus](#)  
128 cals

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

450 cals, 23g protein, 30g net carbs, 21g fat



[Buttered green beans](#)  
196 cals



[Veggie burger patty](#)  
2 patty- 254 cals

### Dinner

515 cals, 30g protein, 13g net carbs, 35g fat



[Pumpkin seeds](#)  
183 cals



[Mediterranean chik'n salad with lemon yogurt dressing](#)  
331 cals

# Day 7

1364 cal ● 106g protein (31%) ● 66g fat (44%) ● 70g carbs (20%) ● 16g fiber (5%)

## Breakfast

215 cal, 10g protein, 17g net carbs, 11g fat



**Buttered english muffin**  
1/2 english muffin(s)- 106 cal



**Scrambled eggs with kale, tomatoes, rosemary**  
110 cal

## Snacks

130 cal, 6g protein, 8g net carbs, 6g fat



**Bell pepper strips and hummus**  
128 cal

## Lunch

345 cal, 24g protein, 31g net carbs, 14g fat



**Crispy chik'n tenders**  
6 tender(s)- 343 cal

## Dinner

515 cal, 30g protein, 13g net carbs, 35g fat



**Pumpkin seeds**  
183 cal



**Mediterranean chik'n salad with lemon yogurt dressing**  
331 cal

## Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cal

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## Vegetables and Vegetable Products

- tomatoes  
5 medium whole (2-3/5" dia) (607g)
- cauliflower  
1/2 head small (4" dia.) (133g)
- baby carrots  
18 medium (180g)
- green onions  
2 tbsp, sliced (16g)
- zucchini  
2 medium (392g)
- garlic  
1 clove(s) (3g)
- kale leaves  
2 cup, chopped (80g)
- frozen green beans  
2 2/3 cup (323g)
- bell pepper  
1 1/2 medium (179g)
- onion  
1/3 small (23g)
- ketchup  
1 1/2 tbsp (26g)

## Fats and Oils

- oil  
2 oz (59mL)
- ranch dressing  
3 tbsp (45mL)

## Legumes and Legume Products

- vegetarian burger crumbles  
2 cup (200g)
- tempeh  
4 oz (113g)
- soy sauce  
2 tbsp (30mL)
- peanut butter  
4 tbsp (64g)
- chickpeas, canned  
2/3 can (304g)
- hummus  
1/2 cup (122g)

## Beverages

- water  
2/3 gallon (2573mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Soups, Sauces, and Gravies

## Baked Products

- bread  
1 slice (32g)
- english muffins  
1 muffin(s) (57g)

## Nut and Seed Products

- mixed nuts  
4 tbsp (34g)
- chia seeds  
1 tsp (5g)
- sesame seeds  
1 tsp (3g)
- roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Other

- guacamole, store-bought  
3/4 cup (185g)
- coleslaw mix  
1 cup (90g)
- cottage cheese & fruit cup  
3 container (399g)
- veggie burger patty  
4 patty (284g)
- vegan chik'n strips  
5 oz (142g)
- mixed greens  
1 1/2 cup (45g)
- meatless chik'n tenders  
6 pieces (153g)

## Spices and Herbs

- thyme, dried  
1/4 tbsp, leaves (1g)
- salt  
2 dash (1g)
- black pepper  
2 dash (0g)
- rosemary  
2 dash (0g)
- balsamic vinegar  
1 tsp (5mL)
- paprika  
4 dash (1g)

## Snacks

- high-protein granola bar  
3 bar (120g)

- pesto sauce  
1 tbsp (16g)
- chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- vegetable broth  
2 cup(s) (mL)

### **Dairy and Egg Products**

- eggs  
8 1/4 medium (362g)
  - butter  
1/2 stick (51g)
  - cheddar cheese  
1 1/2 cup, shredded (170g)
  - whole milk  
2 1/2 cup (600mL)
  - nonfat greek yogurt, plain  
3 tbsp (52g)
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### **Fruits and Fruit Juices**

- lime juice  
1 tbsp (15mL)
- canned black olives  
6 large (26g)
- lemon juice  
1 tbsp (15mL)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

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### Pesto scrambled eggs

1 eggs - 99 cal ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**pesto sauce**

1/2 tbsp (8g)

**eggs**

1 large (50g)

For all 2 meals:

**pesto sauce**

1 tbsp (16g)

**eggs**

2 large (100g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

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### Toast with butter

1/2 slice(s) - 57 cal ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

**bread**

1/2 slice (16g)

**butter**

4 dash (2g)

For all 2 meals:

**bread**

1 slice (32g)

**butter**

1 tsp (5g)

1. Toast the bread to desired toastiness.
  2. Spread the butter on the bread.
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## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### 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 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. This recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Buttered english muffin

1/2 english muffin(s) - 106 cal ● 2g protein ● 5g fat ● 13g carbs ● 1g fiber



For single meal:

**butter**  
1 pat (1" sq, 1/3" high) (5g)  
**english muffins**  
1/2 muffin(s) (29g)

For all 2 meals:

**butter**  
2 pat (1" sq, 1/3" high) (10g)  
**english muffins**  
1 muffin(s) (57g)

1. Slice english muffin through the center.
2. Optional: toast in a toaster oven for a couple minutes.
3. Spread butter on each side.
4. Serve.

### Scrambled eggs with kale, tomatoes, rosemary

110 cal ● 8g protein ● 7g fat ● 3g carbs ● 1g fiber





For single meal:

**eggs**  
1 extra large (56g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**tomatoes**  
4 tbsp, chopped (45g)  
**rosemary**  
1 dash (0g)  
**oil**  
1/4 tsp (1mL)  
**balsamic vinegar**  
1/2 tsp (3mL)  
**water**  
1 1/2 tbsp (23mL)

For all 2 meals:

**eggs**  
2 extra large (112g)  
**kale leaves**  
1 cup, chopped (40g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**rosemary**  
2 dash (0g)  
**oil**  
1/2 tsp (3mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**water**  
3 tbsp (45mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Cheese and guac tacos

3 taco(s) - 525 cal ● 23g protein ● 43g fat ● 6g carbs ● 6g fiber



For single meal:

**cheddar cheese**  
3/4 cup, shredded (85g)  
**guacamole, store-bought**  
6 tbsp (93g)

For all 2 meals:

**cheddar cheese**  
1 1/2 cup, shredded (170g)  
**guacamole, store-bought**  
3/4 cup (185g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
  2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
  3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
  4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
  5. Serve.
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## Lunch 2 [↗](#)

Eat on day 3, day 4

### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (266g)

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

### Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

## Lunch 3 [↗](#)

Eat on day 5, day 6

### Buttered green beans

196 cal ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



For single meal:

**frozen green beans**  
1 1/3 cup (161g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**butter**  
4 tsp (18g)

For all 2 meals:

**frozen green beans**  
2 2/3 cup (323g)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**butter**  
2 2/3 tbsp (36g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

### Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

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## Lunch 4 [↗](#)

Eat on day 7

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### Crispy chik'n tenders

6 tender(s) - 343 cals ● 24g protein ● 14g fat ● 31g carbs ● 0g fiber



Makes 6 tender(s)

**ketchup**  
1 1/2 tbsp (26g)  
**meatless chik'n tenders**  
6 pieces (153g)

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

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### 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.

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### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 2 meals:

**mixed nuts**  
4 tbsp (34g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Carrots and ranch

87 cal ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**ranch dressing**  
1 tbsp (15mL)  
**baby carrots**  
6 medium (60g)

For all 3 meals:

**ranch dressing**  
3 tbsp (45mL)  
**baby carrots**  
18 medium (180g)

1. slice carrots into thin strips. Serve with ranch to dip in.

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### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 3 meals:

**eggs**  
3 large (150g)

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 3 [↗](#)

Eat on day 6, day 7

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### Bell pepper strips and hummus

128 cals ● 6g protein ● 6g fat ● 8g carbs ● 5g fiber



For single meal:

**hummus**  
4 tbsp (61g)  
**bell pepper**  
3/4 medium (89g)

For all 2 meals:

**hummus**  
1/2 cup (122g)  
**bell pepper**  
1 1/2 medium (179g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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## Dinner 1 [↗](#)

Eat on day 1

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### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

**tomatoes**  
1 1/2 small whole (2-2/5" dia) (137g)  
**oil**  
1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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### Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



Makes 2 cup(s)

**vegetarian burger crumbles**  
2 cup (200g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

## Dinner 2 [↗](#)

Eat on day 2

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### Roasted cauliflower

116 cal ● 3g protein ● 8g fat ● 6g carbs ● 3g fiber



**thyme, dried**

2 dash, leaves (0g)

**cauliflower, cut into florets**

1/2 head small (4" dia.) (133g)

**oil**

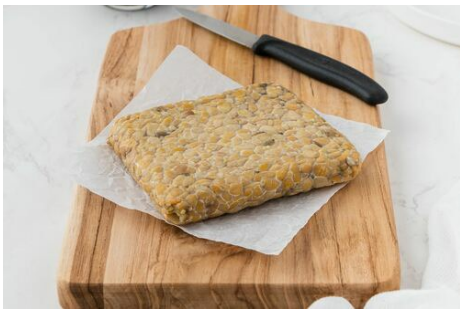
1/2 tbsp (8mL)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

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### Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

**oil**

2 tsp (10mL)

**tempeh**

4 oz (113g)

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 3 [↗](#)

Eat on day 3, day 4

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### Sesame peanut zoodles

294 cal ● 13g protein ● 19g fat ● 13g carbs ● 6g fiber



For single meal:

**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)

For all 2 meals:

**chia seeds**  
1 tsp (5g)  
**lime juice**  
1 tbsp (15mL)  
**green onions**  
2 tbsp, sliced (16g)  
**sesame seeds**  
1 tsp (3g)  
**soy sauce**  
2 tbsp (30mL)  
**peanut butter**  
4 tbsp (64g)  
**coleslaw mix**  
1 cup (90g)  
**zucchini, spiralized**  
2 medium (392g)

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.

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### Milk

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



For single meal:

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

For all 2 meals:

**whole milk**  
2 1/2 cup (600mL)

1. This recipe has no instructions.
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## Dinner 4 [↗](#)

Eat on day 5

### Cottage cheese & fruit cup

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



Makes 1 container

#### cottage cheese & fruit cup

1 container (133g)

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

### Chickpea & kale soup

273 cal ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



#### oil

1/2 tsp (3mL)

#### garlic, minced

1 clove(s) (3g)

#### vegetable broth

2 cup(s) (mL)

#### kale leaves, chopped

1 cup, chopped (40g)

#### chickpeas, canned, drained

1/2 can (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

#### roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

#### roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

### Mediterranean chik'n salad with lemon yogurt dressing

331 cal ● 21g protein ● 20g fat ● 11g carbs ● 5g fiber





For single meal:

**vegan chik'n strips**  
2 1/2 oz (71g)  
**mixed greens**  
3/4 cup (23g)  
**chickpeas, canned, drained and rinsed**  
2 2/3 tbsp (40g)  
**canned black olives, pitted**  
3 large (13g)  
**nonfat greek yogurt, plain**  
1 1/2 tbsp (26g)  
**tomatoes, chopped**  
4 tbsp cherry tomatoes (37g)  
**onion, thinly sliced**  
1/6 small (12g)  
**lemon juice**  
1/2 tbsp (8mL)  
**oil**  
1 tbsp (15mL)  
**paprika**  
2 dash (1g)  
**thyme, dried**  
2 dash, leaves (0g)

For all 2 meals:

**vegan chik'n strips**  
5 oz (142g)  
**mixed greens**  
1 1/2 cup (45g)  
**chickpeas, canned, drained and rinsed**  
1/3 cup (80g)  
**canned black olives, pitted**  
6 large (26g)  
**nonfat greek yogurt, plain**  
3 tbsp (52g)  
**tomatoes, chopped**  
1/2 cup cherry tomatoes (74g)  
**onion, thinly sliced**  
1/3 small (23g)  
**lemon juice**  
1 tbsp (15mL)  
**oil**  
2 tbsp (30mL)  
**paprika**  
4 dash (1g)  
**thyme, dried**  
4 dash, leaves (0g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
3. Add the remaining oil to the skillet and cook the chik'n for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.
4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cal ● 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.
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