Meal Plan - 1500 calorie low carb vegetarian meal plan

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

Day 1

1464 cals · 97g protein (27%) · 76g fat (47%) · 62g carbs (17%) · 36g fiber (10%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat

Avocado toast with egg
1 slice(s)- 238 cals

Lunch

370 cals, 12g protein, 21g net carbs, 23g fat

Pistachios
188 cals

Vegetable and hummus sandwich
1/2 sandwich(es)- 182 cals

Snacks

205 cals, 3g protein, 13g net carbs, 13g fat

Dark chocolate & raspberries
206 cals

Dinner

485 cals, 35g protein, 14g net carbs, 26g fat

Buttered sugar snap peas
268 cals

Vegan crumbles
1 1/2 cup(s)- 219 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 2

1470 cals 102g protein (28%) 69g fat (42%) 70g carbs (19%) 41g fiber (11%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat

Avocado toast with egg
1 slice(s)- 238 cals

Lunch

375 cals, 17g protein, 29g net carbs, 16g fat

Carrot sticks
3 1/2 carrot(s)- 95 cals

Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals

Snacks

205 cals, 3g protein, 13g net carbs, 13g fat

Dark chocolate & raspberries
206 cals

Dinner

485 cals, 35g protein, 14g net carbs, 26g fat

Buttered sugar snap peas
268 cals

Vegan crumbles
1 1/2 cup(s)- 219 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 3

1511 cals 95g protein (25%) 70g fat (42%) 88g carbs (23%) 36g fiber (10%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat

Avocado toast with egg
1 slice(s)- 238 cals

Lunch

375 cals, 17g protein, 29g net carbs, 16g fat

Carrot sticks
3 1/2 carrot(s)- 95 cals

Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals

Snacks

205 cals, 3g protein, 13g net carbs, 13g fat

Dark chocolate & raspberries
206 cals

Dinner

530 cals, 27g protein, 32g net carbs, 27g fat

Simple mozzarella and tomato salad
242 cals

Chickpea & chickpea pasta
286 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 4

1467 cals 109g protein (30%) 61g fat (37%) 94g carbs (26%) 27g fiber (7%)

Breakfast

275 cals, 15g protein, 19g net carbs, 15g fat

Small toasted bagel with cream cheese
1/2 bagel(s)- 133 cals

Basic scrambled eggs
2 egg(s)- 142 cals

Lunch

510 cals, 23g protein, 37g net carbs, 27g fat

Garlic pepper seitan
171 cals

Buttered sugar snap peas
161 cals

Roast potatoes
178 cals

Snacks

95 cals, 2g protein, 12g net carbs, 3g fat

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

Grapes
39 cals

Dinner

425 cals, 33g protein, 25g net carbs, 16g fat

Lentils
87 cals

Sugar snap peas
41 cals

Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 5

1467 cals 109g protein (30%) 61g fat (37%) 94g carbs (26%) 27g fiber (7%)

Breakfast

275 cals, 15g protein, 19g net carbs, 15g fat

Small toasted bagel with cream cheese
1/2 bagel(s)- 133 cals

Basic scrambled eggs
2 egg(s)- 142 cals

Lunch

510 cals, 23g protein, 37g net carbs, 27g fat

Garlic pepper seitan
171 cals

Buttered sugar snap peas
161 cals

Roast potatoes
178 cals

Snacks

95 cals, 2g protein, 12g net carbs, 3g fat

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

Grapes
39 cals

Dinner

425 cals, 33g protein, 25g net carbs, 16g fat

Lentils
87 cals

Sugar snap peas
41 cals

Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 6

1490 cals 106g protein (28%) 74g fat (45%) 75g carbs (20%) 24g fiber (7%)

Breakfast

260 cals, 15g protein, 15g net carbs, 15g fat

Nectarine
1 nectarine(s)- 70 cals

Kale & eggs
189 cals

Snacks

155 cals, 17g protein, 10g net carbs, 4g fat

Protein shake (milk)
129 cals

Carrot sticks
1 carrot(s)- 27 cals

Lunch

430 cals, 25g protein, 29g net carbs, 22g fat

Basic tofu
6 oz- 257 cals

Lentils
174 cals

Dinner

480 cals, 14g protein, 20g net carbs, 33g fat

Roasted almonds
1/8 cup(s)- 111 cals

Avocado
176 cals

Lentil kale salad
195 cals

Protein Supplement(s)

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

Protein shake
1 1/2 scoop- 164 cals

Day 7

1490 cals 106g protein (28%) 74g fat (45%) 75g carbs (20%) 24g fiber (7%)

Breakfast

260 cals, 15g protein, 15g net carbs, 15g fat

Nectarine
1 nectarine(s)- 70 cals

Kale & eggs
189 cals

Snacks

155 cals, 17g protein, 10g net carbs, 4g fat

Protein shake (milk)
129 cals

Carrot sticks
1 carrot(s)- 27 cals

Lunch

430 cals, 25g protein, 29g net carbs, 22g fat

Basic tofu
6 oz- 257 cals

Lentils
174 cals

Dinner

480 cals, 14g protein, 20g net carbs, 33g fat

Roasted almonds
1/8 cup(s)- 111 cals

Avocado
176 cals

Lentil kale salad
195 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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Spices and Herbs

- [ ] black pepper
  1/8 oz (1g)
- [ ] salt
  1/4 oz (6g)
- [ ] garlic powder
  5 dash (2g)
- [ ] fresh basil
  1 tbsp, chopped (3g)
- [ ] onion powder
  1/2 dash (0g)
- [ ] ground cumin
  4 dash (1g)
- [ ] crushed red pepper
  4 dash (1g)

Dairy and Egg Products

- [ ] butter
  3/4 stick (80g)
- [ ] eggs
  15 1/2 medium (676g)
- [ ] fresh mozzarella cheese
  2 oz (57g)
- [ ] cream cheese
  1 1/2 tbsp (22g)
- [ ] whole milk
  1 cup (240mL)

Vegetables and Vegetable Products

- [ ] frozen sugar snap peas
  6 2/3 cup (960g)
- [ ] tomatoes
  2 medium whole (2-3/5" dia) (223g)
- [ ] carrots
  9 1/2 medium (574g)
- [ ] fresh spinach
  1/4 cup(s) (8g)
- [ ] garlic
  3 1/4 clove(s) (10g)
- [ ] onion
  3/8 medium (2-1/2" dia) (48g)
- [ ] green pepper
  1 tbsp, chopped (9g)
- [ ] red potatoes
  1 1/2 potato medium (2-1/4" to 3-1/4" dia) (320g)
- [ ] kale leaves
  2 1/2 cup, chopped (100g)

Legumes and Legume Products

Beverages

- [ ] water
  1 gallon (3494mL)
- [ ] protein powder
  11 1/2 scoop (1/3 cup ea) (357g)

Fruits and Fruit Juices

- [ ] avocados
  2 1/4 avocado(s) (452g)
- [ ] raspberries
  1 cup (138g)
- [ ] lemon juice
  3/4 fl oz (23mL)
- [ ] grapes
  1 1/3 cup (123g)
- [ ] nectarine
  2 medium (2-1/2" dia) (284g)

Baked Products

- [ ] bread
  7 slice (224g)
- [ ] bagel
  1 small bagel (3" dia) (69g)

Sweets

- [ ] Chocolate, dark, 70-85%
  9 square(s) (90g)

Nut and Seed Products

- [ ] pistachios, dry roasted, without shells or salt added
  4 tbsp (31g)
- [ ] almonds
  1 1/2 oz (43g)

Fats and Oils

- [ ] olive oil
  3/4 oz (22mL)
- [ ] balsamic vinaigrette
  1 tbsp (14mL)
- [ ] oil
  3 oz (96mL)

Other

- [ ] nutritional yeast
  4 dash (1g)

- [ ] vegetarian burger crumbles
  3 cup (300g)
- [ ] hummus
  3/4 tbsp (11g)
- [ ] chickpeas, canned
  1/4 can (112g)
- [ ] lentils, raw
  1 cup (192g)
- [ ] tempeh
  1/2 lbs (227g)
- [ ] firm tofu
  3/4 lbs (340g)
- [ ] chickpea pasta
  1 oz (28g)

Cereal Grains and Pasta

- [ ] seitan
  4 oz (113g)

Recipes

Breakfast 1

Eat on day 1, day 2, day 3

Avocado toast with egg

1 slice(s) - 238 cals 11g protein 13g fat 13g carbs 5g fiber

For single meal:

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

For all 3 meals:

avocados, ripe, sliced
3/4 avocado(s) (151g)
eggs
3 large (150g)
bread
3 slice (96g)

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.

Breakfast 2

Eat on day 4, day 5

Small toasted bagel with cream cheese

1/2 bagel(s) - 133 cals 4g protein 4g fat 18g carbs 1g fiber

For single meal:

bagel
1/2 small bagel (3" dia) (35g)
cream cheese
3/4 tbsp (11g)

For all 2 meals:

bagel
1 small bagel (3" dia) (69g)
cream cheese
1 1/2 tbsp (22g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

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.

Breakfast 3

Eat on day 6, day 7

Nectarine

1 nectarine(s) - 70 cals 2g protein 1g fat 13g carbs 2g fiber

For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Kale & eggs

189 cals 13g protein 14g fat 2g carbs 0g fiber

For single meal:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

For all 2 meals:

salt
2 dash (1g)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
oil
2 tsp (10mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Lunch 1

Eat on day 1

Pistachios

188 cals 7g protein 14g fat 6g carbs 3g fiber

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

1. This recipe has no instructions.

Vegetable and hummus sandwich

1/2 sandwich(es) - 182 cals 6g protein 9g fat 15g carbs 4g fiber

Makes 1/2 sandwich(es)

lemon juice
1/2 tsp (3mL)
tomatoes, slices
1/2 plum tomato (31g)
hummus
3/4 tbsp (11g)
olive oil
1/2 tbsp (8mL)
carrots, peeled and grated
1/2 small (5-1/2" long) (25g)
fresh spinach
1/4 cup(s) (8g)
bread
1 slice (32g)

1. Toast bread.
2. In a small bowl combine the spinach, carrot, olive oil, and lemon juice.
3. Spread hummus on bread and top with spinach mixture and tomato slices.
4. Place other slice on top and serve.

Lunch 2

Eat on day 2, day 3

Carrot sticks

3 1/2 carrot(s) - 95 cals 2g protein 0g fat 14g carbs 6g fiber

For single meal:

carrots
3 1/2 medium (214g)

For all 2 meals:

carrots
7 medium (427g)

1. Cut carrots into strips and serve.

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals 15g protein 16g fat 14g carbs 6g fiber

For single meal:

tomatoes, halved
3 tbsp cherry tomatoes (28g)
garlic powder
2 dash (1g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

For all 2 meals:

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)

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)

Lunch 3

Eat on day 4, day 5

Garlic pepper seitan

171 cals 15g protein 8g fat 8g carbs 1g fiber

For single meal:

olive oil
1/2 tbsp (8mL)
onion
1 tbsp, chopped (10g)
garlic, minced
5/8 clove(s) (2g)
green pepper
1/2 tbsp, chopped (5g)
seitan, chicken style
2 oz (57g)
black pepper
1/2 dash, ground (0g)
water
1/4 tbsp (4mL)
salt
1/4 dash (0g)

For all 2 meals:

olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
garlic, minced
1 1/4 clove(s) (4g)
green pepper
1 tbsp, chopped (9g)
seitan, chicken style
4 oz (113g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Buttered sugar snap peas

161 cals 4g protein 11g fat 6g carbs 5g fiber

For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
butter
1 tbsp (14g)
frozen sugar snap peas
1 cup (144g)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
butter
2 tbsp (27g)
frozen sugar snap peas
2 cup (288g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Roast potatoes

178 cals 3g protein 7g fat 23g carbs 3g fiber

For single meal:

onion powder
1/4 dash (0g)
black pepper
1/4 dash, ground (0g)
garlic powder
1/2 dash (0g)
salt
1 1/2 dash (1g)
red potatoes, cubed
3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)
oil
1/2 tbsp (8mL)

For all 2 meals:

onion powder
1/2 dash (0g)
black pepper
1/2 dash, ground (0g)
garlic powder
1 dash (0g)
salt
3 dash (2g)
red potatoes, cubed
1 1/2 potato medium (2-1/4" to 3-1/4" dia) (320g)
oil
1 tbsp (15mL)

1. Preheat the oven to 450°F (230°C).
2. In a large bowl, toss the potatoes with the oil and spices. Spread the potatoes in the bottom of the prepared baking pan.
3. Bake for 25-30 minutes, or until potatoes are tender. Stir the potatoes once after about 15 minutes of baking so they brown on all sides.
4. Serve warm.

Lunch 4

Eat on day 6, day 7

Basic tofu

6 oz - 257 cals 13g protein 21g fat 4g carbs 0g fiber

For single meal:

firm tofu
6 oz (170g)
oil
1 tbsp (15mL)

For all 2 meals:

firm tofu
3/4 lbs (340g)
oil
2 tbsp (30mL)

1. Slice tofu 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.

Lentils

174 cals 12g protein 1g fat 25g carbs 5g fiber

For single meal:

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

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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.

Snacks 1

Eat on day 1, day 2, day 3

Dark chocolate & raspberries

206 cals 3g protein 13g fat 13g carbs 6g fiber

For single meal:

raspberries
6 tbsp (46g)
Chocolate, dark, 70-85%
3 square(s) (30g)

For all 3 meals:

raspberries
1 cup (138g)
Chocolate, dark, 70-85%
9 square(s) (90g)

1. This recipe has no instructions.

Snacks 2

Eat on day 4, day 5

Toast with butter

1/2 slice(s) - 57 cals 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.

Grapes
39 cals 0g protein 0g fat 6g carbs 2g fiber

For single meal:

grapes
2/3 cup (61g)

For all 2 meals:

grapes
1 1/3 cup (123g)

1. This recipe has no instructions.

Snacks 3
Eat on day 6, day 7

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.

Carrot sticks
1 carrot(s) - 27 cals 1g protein 0g fat 4g carbs 2g fiber

For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Dinner 1

Eat on day 1, day 2

Buttered sugar snap peas

268 cals 7g protein 19g fat 10g carbs 8g fiber

For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
butter
5 tsp (23g)
frozen sugar snap peas
1 2/3 cup (240g)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
butter
3 1/3 tbsp (45g)
frozen sugar snap peas
3 1/3 cup (480g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Vegan crumbles

1 1/2 cup(s) - 219 cals 28g protein 7g fat 4g carbs 8g fiber

For single meal:

vegetarian burger crumbles
1 1/2 cup (150g)

For all 2 meals:

vegetarian burger crumbles
3 cup (300g)

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

Dinner 2

Eat on day 3

Simple mozzarella and tomato salad

242 cals 14g protein 17g fat 7g carbs 2g fiber

tomatoes, sliced
3/4 large whole (3" dia) (137g)
fresh mozzarella cheese, sliced
2 oz (57g)
balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Chickpea & chickpea pasta

286 cals 13g protein 10g fat 25g carbs 10g fiber

nutritional yeast
4 dash (1g)
butter
1/4 tbsp (4g)
oil
1/4 tbsp (4mL)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, drained & rinsed
1/4 can (112g)
chickpea pasta
1 oz (28g)
onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Dinner 3

Eat on day 4, day 5

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.

Sugar snap peas

41 cals 3g protein 0g fat 4g carbs 3g fiber

For single meal:

frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Basic tempeh

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

For single meal:

oil
2 tsp (10mL)
tempeh
4 oz (113g)

For all 2 meals:

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

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

Dinner 4

Eat on day 6, day 7

Roasted almonds

1/8 cup(s) - 111 cals 4g protein 9g fat 2g carbs 2g fiber

For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

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 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.

Lentil kale salad

195 cals 8g protein 9g fat 16g carbs 4g fiber

For single meal:

ground cumin
2 dash (1g)
water
1/2 cup(s) (119mL)
crushed red pepper
2 dash (0g)
garlic, diced
1/2 clove(s) (2g)
lemon juice
1/2 tbsp (8mL)
almonds
1/2 tbsp, slivered (3g)
oil
1/2 tbsp (8mL)
kale leaves
3/4 cup, chopped (30g)
lentils, raw
2 tbsp (24g)

For all 2 meals:

ground cumin
4 dash (1g)
water
1 cup(s) (237mL)
crushed red pepper
4 dash (1g)
garlic, diced
1 clove(s) (3g)
lemon juice
1 tbsp (15mL)
almonds
1 tbsp, slivered (7g)
oil
1 tbsp (15mL)
kale leaves
1 1/2 cup, chopped (60g)
lentils, raw
4 tbsp (48g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

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.