

Meal Plan - 1600 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

1596 cals ● 119g protein (30%) ● 74g fat (42%) ● 87g carbs (22%) ● 28g fiber (7%)

Breakfast

310 cals, 15g protein, 21g net carbs, 17g fat



Basic fried eggs

1 egg(s)- 80 cals



Sunflower seeds

120 cals



Simple cinnamon oatmeal with water

108 cals

Snacks

215 cals, 11g protein, 13g net carbs, 12g fat



Celery sticks

2 celery stalk- 13 cals



High-protein granola bar

1 bar(s)- 204 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, 29g net carbs, 33g fat



Cherry tomatoes

9 cherry tomatoes- 32 cals



Grilled cheese sandwich

1 sandwich(es)- 495 cals

Dinner

380 cals, 34g protein, 23g net carbs, 11g fat



Mashed sweet potatoes with butter

125 cals



Vegan crumbles

1 3/4 cup(s)- 256 cals

Day 2

1568 cal ● 109g protein (28%) ● 77g fat (44%) ● 85g carbs (22%) ● 26g fiber (7%)

Breakfast

310 cal, 15g protein, 21g net carbs, 17g fat



Basic fried eggs
1 egg(s)- 80 cal



Sunflower seeds
120 cal



Simple cinnamon oatmeal with water
108 cal

Snacks

215 cal, 11g protein, 13g net carbs, 12g fat



Celery sticks
2 celery stalk- 13 cal



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

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

420 cal, 29g protein, 16g net carbs, 21g fat



Crack slaw with tempeh
422 cal

Dinner

460 cal, 18g protein, 34g net carbs, 26g fat



Simple mixed greens and tomato salad
151 cal



General tso's tofu
307 cal

Day 3

1576 cal ● 106g protein (27%) ● 77g fat (44%) ● 95g carbs (24%) ● 20g fiber (5%)

Breakfast

310 cal, 15g protein, 21g net carbs, 17g fat



Basic fried eggs
1 egg(s)- 80 cal



Sunflower seeds
120 cal



Simple cinnamon oatmeal with water
108 cal

Snacks

215 cal, 11g protein, 13g net carbs, 12g fat



Celery sticks
2 celery stalk- 13 cal



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

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

430 cal, 27g protein, 26g net carbs, 21g fat



Pumpkin seeds
183 cal



Chunky canned soup (non-creamy)
1 can(s)- 247 cal

Dinner

460 cal, 18g protein, 34g net carbs, 26g fat



Simple mixed greens and tomato salad
151 cal



General tso's tofu
307 cal

Day 4

1600 cals ● 105g protein (26%) ● 88g fat (49%) ● 74g carbs (19%) ● 23g fiber (6%)

Breakfast

200 cals, 10g protein, 15g net carbs, 10g fat



Herb & onion frittata
153 cals



Kiwi
1 kiwi- 47 cals

Snacks

240 cals, 12g protein, 7g net carbs, 17g fat



Watermelon
2 oz- 20 cals



Boiled eggs
1 egg(s)- 69 cals



Roasted almonds
1/6 cup(s)- 148 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

565 cals, 29g protein, 30g net carbs, 32g fat



Brussel sprout, chik'n & apple salad
387 cals



Chunky canned soup (creamy)
1/2 can(s)- 177 cals

Dinner

435 cals, 19g protein, 22g net carbs, 28g fat



Sautéed corn & lima beans
179 cals



Basic tofu
6 oz- 257 cals

Day 5

1639 cals ● 104g protein (25%) ● 95g fat (52%) ● 74g carbs (18%) ● 17g fiber (4%)

Breakfast

200 cals, 10g protein, 15g net carbs, 10g fat



Herb & onion frittata

153 cals



Kiwi

1 kiwi- 47 cals

Snacks

240 cals, 12g protein, 7g net carbs, 17g fat



Watermelon

2 oz- 20 cals



Boiled eggs

1 egg(s)- 69 cals



Roasted almonds

1/6 cup(s)- 148 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

605 cals, 28g protein, 29g net carbs, 40g fat



Cottage cheese & fruit cup

1 container- 107 cals



Mixed nuts

1/4 cup(s)- 218 cals



Pesto grilled cheese sandwich

1/2 sandwich(es)- 279 cals

Dinner

435 cals, 19g protein, 22g net carbs, 28g fat



Sautéed corn & lima beans

179 cals



Basic tofu

6 oz- 257 cals

Day 6

1568 cals ● 118g protein (30%) ● 70g fat (40%) ● 90g carbs (23%) ● 25g fiber (6%)

Breakfast

265 cals, 25g protein, 18g net carbs, 9g fat



Cinnamon french toast with yogurt dip
263 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

445 cals, 22g protein, 30g net carbs, 24g fat



Chips and guacamole
131 cals



Caprese salad
142 cals



Crispy chik'n tenders
3 tender(s)- 171 cals

Dinner

490 cals, 27g protein, 33g net carbs, 22g fat



Basic tempeh
4 oz- 295 cals



Baked fries
193 cals

Day 7

1568 cals ● 118g protein (30%) ● 70g fat (40%) ● 90g carbs (23%) ● 25g fiber (6%)

Breakfast

265 cals, 25g protein, 18g net carbs, 9g fat



Cinnamon french toast with yogurt dip
263 cals

Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Pistachios
188 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

445 cals, 22g protein, 30g net carbs, 24g fat



Chips and guacamole
131 cals



Caprese salad
142 cals



Crispy chik'n tenders
3 tender(s)- 171 cals

Dinner

490 cals, 27g protein, 33g net carbs, 22g fat



Basic tempeh
4 oz- 295 cals



Baked fries
193 cals

Vegetables and Vegetable Products

- raw celery
6 stalk, medium (7-1/2" - 8" long) (240g)
- tomatoes
5 medium whole (2-3/5" dia) (620g)
- sweet potatoes
1/2 sweetpotato, 5" long (105g)
- garlic
3 1/2 clove(s) (11g)
- fresh ginger
2 1/2 tbsp (15g)
- onion
1 cup, chopped (160g)
- lima beans, frozen
3/4 cup (120g)
- frozen corn kernels
3/4 cup (102g)
- brussels sprouts
3/4 cup (66g)
- ketchup
1 1/2 tbsp (26g)
- potatoes
1 large (3" to 4-1/4" dia.) (369g)

Snacks

- high-protein granola bar
3 bar (120g)
- tortilla chips
1 oz (28g)

Fats and Oils

- oil
3 oz (95mL)
- salad dressing
6 tbsp (90mL)
- olive oil
1 oz (31mL)
- balsamic vinaigrette
4 tsp (20mL)

Dairy and Egg Products

- eggs
10 1/2 medium (462g)
- butter
1/4 stick (26g)
- sliced cheese
2 slice (1 oz) (56g)

Spices and Herbs

- cinnamon
2 tsp (5g)
- apple cider vinegar
1 1/2 tbsp (22g)
- thyme, dried
4 dash, leaves (1g)
- black pepper
1/2 g (1g)
- salt
2 g (2g)
- fresh basil
1/3 cup leaves, whole (8g)

Sweets

- sugar
2 3/4 tbsp (36g)
- maple syrup
1 tsp (5mL)

Breakfast Cereals

- quick oats
3/4 cup (60g)

Baked Products

- bread
1/3 lbs (160g)

Legumes and Legume Products

- vegetarian burger crumbles
1 3/4 cup (175g)
- firm tofu
1 1/2 lbs (695g)
- soy sauce
2 1/2 tsp (13mL)
- tempeh
3/4 lbs (340g)

Other

- mixed greens
2 package (5.5 oz) (283g)
- coleslaw mix
2 cup (180g)
- vegan chik'n strips
3 oz (85g)

- cheese
1 1/2 oz (42g)
- lowfat greek yogurt
1 cup (280g)
- fresh mozzarella cheese
2 oz (57g)

Nut and Seed Products

- sunflower kernels
2 1/2 oz (69g)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)
- almonds
1/3 cup, whole (48g)
- walnuts
2 tbsp, chopped (14g)
- mixed nuts
4 tbsp (34g)
- pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Beverages

- water
12 cup(s) (2816mL)
- protein powder
10 1/2 scoop (1/3 cup ea) (326g)

- cottage cheese & fruit cup
1 container (133g)
- guacamole, store-bought
4 tbsp (62g)
- meatless chik'n tenders
6 pieces (153g)

Cereal Grains and Pasta

- cornstarch
2 1/2 tbsp (20g)

Soups, Sauces, and Gravies

- hot sauce
1 tsp (5mL)
- chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)
- chunky canned soup (creamy varieties)
1/2 can (~19 oz) (267g)
- pesto sauce
1/2 tbsp (8g)

Fruits and Fruit Juices

- Watermelon
4 oz (113g)
 - kiwi
2 fruit (138g)
 - apples
1/6 small (2-3/4" dia) (25g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Basic fried eggs

1 egg(s) - 80 cal ● 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.

Sunflower seeds

120 cal ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
2/3 oz (19g)

For all 3 meals:

sunflower kernels
2 oz (57g)

1. This recipe has no instructions.

Simple cinnamon oatmeal with water

108 cal ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

water
3/8 cup(s) (89mL)
cinnamon
4 dash (1g)
sugar
1/2 tbsp (7g)
quick oats
4 tbsp (20g)

For all 3 meals:

water
1 cup(s) (267mL)
cinnamon
1/2 tbsp (4g)
sugar
1 1/2 tbsp (20g)
quick oats
3/4 cup (60g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Herb & onion frittata

153 cal ● 9g protein ● 9g fat ● 7g carbs ● 1g fiber



For single meal:

onion
1/2 cup, chopped (80g)
thyme, dried
2 dash, leaves (0g)
cheese
1 tbsp, shredded (7g)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
eggs
1 large (50g)
olive oil
1/2 tsp (3mL)
water
1/8 cup(s) (30mL)

For all 2 meals:

onion
1 cup, chopped (160g)
thyme, dried
4 dash, leaves (1g)
cheese
2 tbsp, shredded (14g)
black pepper
1 dash (0g)
salt
1 dash (0g)
eggs
2 large (100g)
olive oil
1 tsp (5mL)
water
1/4 cup(s) (59mL)

1. Bring onion and almost all of the water (save about 1 tablespoon for later) to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
2. Uncover and continue cooking until the water evaporates, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion starts to brown, 1 to 2 minutes more.
3. Scramble the eggs and add to pan, reduce heat to medium-low and continue cooking, stirring constantly, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
4. Reduce heat to low. Sprinkle herbs, salt, and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

Kiwi

1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 2 meals:

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Cinnamon french toast with yogurt dip

263 cals ● 25g protein ● 9g fat ● 18g carbs ● 2g fiber



For single meal:

bread
1 slice(s) (32g)
eggs
1 extra large (56g)
cinnamon
2 dash (1g)
lowfat greek yogurt
1/2 cup (140g)

For all 2 meals:

bread
2 slice(s) (64g)
eggs
2 extra large (112g)
cinnamon
4 dash (1g)
lowfat greek yogurt
1 cup (280g)

1. Crack the egg into a bowl and whisk with a fork until well combined.
2. Spray a skillet with a non-stick spray and place skillet over medium heat.
3. Dredge the bread in the egg until fully coated and soaked.
4. Place bread in skillet and cook for about a minute or two on each side until golden.
5. Remove bread and sprinkle with cinnamon and serve with the yogurt as a dipping sauce.

Lunch 1 [↗](#)

Eat on day 1

Cherry tomatoes

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



Makes 9 cherry tomatoes

tomatoes
9 cherry tomatoes (153g)

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

Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

butter

1 tbsp (14g)

sliced cheese

2 slice (1 oz) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Lunch 2 [↗](#)

Eat on day 2

Crack slaw with tempeh

422 cal ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



tempeh, cubed

4 oz (113g)

coleslaw mix

2 cup (180g)

hot sauce

1 tsp (5mL)

sunflower kernels

1 tbsp (12g)

oil

2 tsp (10mL)

garlic, minced

1 clove (3g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
 2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
 3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
 4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
 5. Season with salt and pepper to taste. Serve hot or cold.
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Lunch 3 [↗](#)

Eat on day 3

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

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



Makes 1 can(s)

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

1. Prepare according to instructions on package.
-

Lunch 4 [↗](#)

Eat on day 4

Brussel sprout, chik'n & apple salad

387 cal ● 23g protein ● 24g fat ● 15g carbs ● 6g fiber



vegan chik'n strips

3 oz (85g)

brussels sprouts, ends trimmed and discarded

3/4 cup (66g)

apples, chopped

1/6 small (2-3/4" dia) (25g)

walnuts

2 tbsp, chopped (14g)

apple cider vinegar

1/4 tbsp (4g)

maple syrup

1 tsp (5mL)

olive oil

3/4 tbsp (11mL)

1. Cook chik'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Chunky canned soup (creamy)

1/2 can(s) - 177 cal ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



Makes 1/2 can(s)

chunky canned soup (creamy varieties)

1/2 can (~19 oz) (267g)

1. Prepare according to instructions on package.
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Lunch 5 [↗](#)

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.

Mixed nuts

1/4 cup(s) - 218 cal ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 1/4 cup(s)

mixed nuts

4 tbsp (34g)

1. This recipe has no instructions.

Pesto grilled cheese sandwich

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



Makes 1/2 sandwich(es)

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)

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 6 [↗](#)

Eat on day 6, day 7

Chips and guacamole

131 cal ● 2g protein ● 8g fat ● 10g carbs ● 3g fiber



For single meal:

tortilla chips

1/2 oz (14g)

guacamole, store-bought

2 tbsp (31g)

For all 2 meals:

tortilla chips

1 oz (28g)

guacamole, store-bought

4 tbsp (62g)

1. Serve guacamole with the tortilla chips.

Caprese salad

142 cal ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

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)

For all 2 meals:

balsamic vinaigrette
4 tsp (20mL)
fresh basil
1/3 cup leaves, whole (8g)
tomatoes, halved
2/3 cup cherry tomatoes (99g)
mixed greens
2/3 package (5.5 oz) (103g)
fresh mozzarella cheese
2 oz (57g)

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

Crispy chik'n tenders

3 tender(s) - 171 cal ● 12g protein ● 7g fat ● 15g carbs ● 0g fiber



For single meal:

ketchup
3/4 tbsp (13g)
meatless chik'n tenders
3 pieces (77g)

For all 2 meals:

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.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Celery sticks

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



For single meal:

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

For all 3 meals:

raw celery
6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.

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)

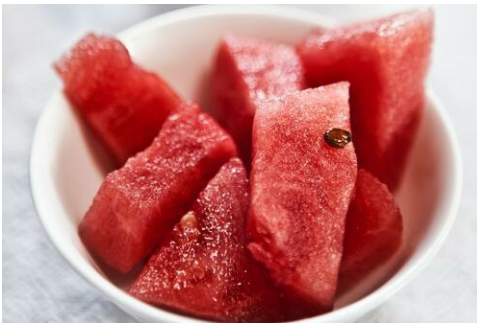
1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Watermelon

2 oz - 20 cal ● 1g protein ● 0g fat ● 4g carbs ● 0g fiber



For single meal:
Watermelon
2 oz (57g)

For all 2 meals:
Watermelon
4 oz (113g)

1. Slice watermelon and serve.

Boiled eggs

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



For single meal:
eggs
1 large (50g)

For all 2 meals:
eggs
2 large (100g)

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.

Roasted almonds

1/6 cup(s) - 148 cal ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds

1/3 cup, whole (48g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

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

Eat on day 1

Mashed sweet potatoes with butter

125 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



butter

1 tsp (5g)

sweet potatoes

1/2 sweetpotato, 5" long (105g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Vegan crumbles

1 3/4 cup(s) - 256 cal ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



Makes 1 3/4 cup(s)

vegetarian burger crumbles

1 3/4 cup (175g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing

3 tbsp (45mL)

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing

6 tbsp (90mL)

mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

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

General tso's tofu

307 cal ● 15g protein ● 17g fat ● 24g carbs ● 1g fiber



For single meal:

oil

2 tsp (9mL)

cornstarch

1 1/4 tbsp (10g)

firm tofu, patted dry & cubed

6 1/4 oz (177g)

apple cider vinegar

2 tsp (9g)

sugar

2 tsp (8g)

garlic, minced

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

soy sauce

1 1/4 tsp (6mL)

fresh ginger, minced

1 1/4 tbsp (8g)

For all 2 meals:

oil

1 1/4 tbsp (19mL)

cornstarch

2 1/2 tbsp (20g)

firm tofu, patted dry & cubed

3/4 lbs (354g)

apple cider vinegar

1 1/4 tbsp (19g)

sugar

1 1/4 tbsp (16g)

garlic, minced

2 1/2 clove(s) (8g)

soy sauce

2 1/2 tsp (13mL)

fresh ginger, minced

2 1/2 tbsp (15g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
 2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
 3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
 4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.
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Dinner 3 [↗](#)

Eat on day 4, day 5

Sauteed corn & lima beans

179 cal ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
lima beans, frozen
6 tbsp (60g)
frozen corn kernels
6 tbsp (51g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
lima beans, frozen
3/4 cup (120g)
frozen corn kernels
3/4 cup (102g)
olive oil
1 tbsp (15mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Basic tofu

6 oz - 257 cal ● 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.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Basic tempeh

4 oz - 295 cal ● 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.
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Baked fries

193 cal ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
potatoes
1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:

oil
1 tbsp (15mL)
potatoes
1 large (3" to 4-1/4" dia.) (369g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
 2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
 3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.
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Protein Supplement(s) [↗](#)

Eat every day

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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