

Meal Plan - 1700 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

1652 cals ● 110g protein (27%) ● 91g fat (50%) ● 75g carbs (18%) ● 23g fiber (6%)

Breakfast

205 cals, 14g protein, 4g net carbs, 14g fat



[Creamy scrambled eggs](#)
182 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals

Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



[Pistachios](#)
188 cals

Protein Supplement(s)

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



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

Lunch

550 cals, 22g protein, 27g net carbs, 37g fat



[Pretzels](#)
110 cals



[Sunflower seeds](#)
90 cals



[Cheese and guac tacos](#)
2 taco(s)- 350 cals

Dinner

550 cals, 31g protein, 37g net carbs, 26g fat



[Milk](#)
1/2 cup(s)- 75 cals



[Roast potatoes](#)
178 cals



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

Day 2

1652 cal ● 110g protein (27%) ● 91g fat (50%) ● 75g carbs (18%) ● 23g fiber (6%)

Breakfast

205 cal, 14g protein, 4g net carbs, 14g fat



Creamy scrambled eggs
182 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

190 cal, 7g protein, 6g net carbs, 14g fat



Pistachios
188 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

550 cal, 22g protein, 27g net carbs, 37g fat



Pretzels
110 cal



Sunflower seeds
90 cal



Cheese and guac tacos
2 taco(s)- 350 cal

Dinner

550 cal, 31g protein, 37g net carbs, 26g fat



Milk
1/2 cup(s)- 75 cal



Roast potatoes
178 cal



Basic tempeh
4 oz- 295 cal

Day 3

1683 cal ● 109g protein (26%) ● 86g fat (46%) ● 92g carbs (22%) ● 26g fiber (6%)

Breakfast

205 cal, 14g protein, 4g net carbs, 14g fat



Creamy scrambled eggs
182 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Snacks

185 cal, 9g protein, 19g net carbs, 6g fat



Grapefruit
1/2 grapefruit- 59 cal



Carrot sticks
1 1/2 carrot(s)- 41 cal



String cheese
1 stick(s)- 83 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

580 cal, 29g protein, 32g net carbs, 34g fat



Pumpkin seeds
183 cal



Green bean, beet, & pepita salad
240 cal



Lowfat Greek yogurt
1 container(s)- 155 cal

Dinner

555 cal, 21g protein, 35g net carbs, 32g fat



Lentil kale salad
389 cal



Roasted almonds
1/6 cup(s)- 166 cal

Day 4

1715 cals ● 120g protein (28%) ● 89g fat (47%) ● 85g carbs (20%) ● 22g fiber (5%)

Breakfast

290 cals, 17g protein, 4g net carbs, 21g fat



[Kale & eggs](#)

189 cals



[Simple sauteed spinach](#)

100 cals

Snacks

185 cals, 9g protein, 19g net carbs, 6g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Carrot sticks](#)

1 1/2 carrot(s)- 41 cals



[String cheese](#)

1 stick(s)- 83 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Lunch

580 cals, 29g protein, 32g net carbs, 34g fat



[Pumpkin seeds](#)

183 cals



[Green bean, beet, & pepita salad](#)

240 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals

Dinner

505 cals, 30g protein, 29g net carbs, 27g fat



[Edamame & beet salad](#)

86 cals



[Seitan in peanut sauce](#)

417 cals

Day 5

1637 cals ● 119g protein (29%) ● 93g fat (51%) ● 57g carbs (14%) ● 23g fiber (6%)

Breakfast

290 cals, 17g protein, 4g net carbs, 21g fat



[Kale & eggs](#)

189 cals



[Simple sauteed spinach](#)

100 cals

Snacks

180 cals, 5g protein, 5g net carbs, 14g fat



[Kale chips](#)

69 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

Lunch

505 cals, 31g protein, 17g net carbs, 30g fat



[Tomato and avocado salad](#)

235 cals



[Vegan sausage](#)

1 sausage(s)- 268 cals

Dinner

505 cals, 30g protein, 29g net carbs, 27g fat



[Edamame & beet salad](#)

86 cals



[Seitan in peanut sauce](#)

417 cals

Day 6

1701 cal ● 115g protein (27%) ● 95g fat (50%) ● 71g carbs (17%) ● 25g fiber (6%)

Breakfast

225 cal, 14g protein, 13g net carbs, 13g fat



Egg & cheese mini muffin
3 mini muffin(s)- 168 cal



Grapefruit
1/2 grapefruit- 59 cal

Snacks

180 cal, 5g protein, 5g net carbs, 14g fat



Kale chips
69 cal



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

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

505 cal, 31g protein, 17g net carbs, 30g fat



Tomato and avocado salad
235 cal



Vegan sausage
1 sausage(s)- 268 cal

Dinner

625 cal, 28g protein, 34g net carbs, 38g fat



Sesame peanut zoodles
441 cal



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

Day 7

1678 cal ● 110g protein (26%) ● 90g fat (48%) ● 80g carbs (19%) ● 27g fiber (6%)

Breakfast

225 cal, 14g protein, 13g net carbs, 13g fat



Egg & cheese mini muffin
3 mini muffin(s)- 168 cal



Grapefruit
1/2 grapefruit- 59 cal

Snacks

180 cal, 5g protein, 5g net carbs, 14g fat



Kale chips
69 cal



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

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Lunch

480 cal, 26g protein, 26g net carbs, 25g fat



Goat cheese and marinara stuffed zucchini
5 zucchini halve(s)- 480 cal

Dinner

625 cal, 28g protein, 34g net carbs, 38g fat



Sesame peanut zoodles
441 cal



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

Dairy and Egg Products

- whole milk
1/4 gallon (886mL)
- eggs
13 large (650g)
- butter
1 tbsp (14g)
- cheddar cheese
5 oz (145g)
- string cheese
2 stick (56g)
- lowfat flavored greek yogurt
2 (5.3 oz) container(s) (300g)
- goat cheese
2 1/2 oz (71g)

Fats and Oils

- oil
2 oz (63mL)
- balsamic vinaigrette
5 tbsp (75mL)
- olive oil
2 1/2 tbsp (38mL)

Vegetables and Vegetable Products

- red potatoes
1 1/2 potato medium (2-1/4" to 3-1/4" dia) (320g)
- tomatoes
3 1/2 medium whole (2-3/5" dia) (429g)
- carrots
3 medium (183g)
- garlic
3 clove(s) (9g)
- kale leaves
9 1/2 oz (270g)
- beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- fresh green beans
1 1/2 cup 1/2" pieces (150g)
- edamame, frozen, shelled
1/2 cup (59g)
- fresh ginger
1/4 tbsp (1g)
- onion
5/8 medium (2-1/2" dia) (67g)
- green onions
7/8 bunch (44g)
- fresh spinach
1 1/4 10oz package (353g)

Legumes and Legume Products

- tempeh
1/2 lbs (227g)
- lentils, raw
4 tbsp (48g)
- peanut butter
1/2 cup (112g)
- soy sauce
2 oz (47mL)

Beverages

- water
3/4 gallon (2765mL)
- protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Nut and Seed Products

- pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- sunflower kernels
1 oz (28g)
- almonds
3 oz (23 whole kernels) (87g)
- roasted pumpkin seeds, unsalted
3 oz (89g)
- coconut milk, canned
1/3 can (149mL)
- chia seeds
1/2 tbsp (7g)
- sesame seeds
1/2 tbsp (5g)

Snacks

- pretzels, hard, salted
2 oz (57g)

Other

- guacamole, store-bought
1/2 cup (124g)
- mixed greens
3 cup (90g)
- curry paste
1/3 tsp (2g)
- vegan sausage
2 sausage (200g)
- coleslaw mix
1 1/2 cup (135g)

- zucchini
4 1/3 large (1396g)

Spices and Herbs

- salt
1/2 oz (16g)
- garlic powder
5 dash (2g)
- black pepper
1 tsp, ground (3g)
- onion powder
1/2 dash (0g)
- ground cumin
4 dash (1g)
- crushed red pepper
4 dash (1g)

Fruits and Fruit Juices

- Grapefruit
2 large (approx 4-1/2" dia) (664g)
- lemon juice
1 tbsp (15mL)
- lime juice
1/4 cup (53mL)
- avocados
1 avocado(s) (201g)

Cereal Grains and Pasta

- seitan
1/3 lbs (151g)

Sweets

- sugar
1 tbsp (13g)

Soups, Sauces, and Gravies

- chili garlic sauce
1 1/2 dash (1g)
 - oyster sauce
1 1/2 dash (1g)
 - pasta sauce
10 tbsp (163g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Creamy scrambled eggs

182 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1 tbsp (15mL)

For all 3 meals:

eggs
6 large (300g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
butter
1 tbsp (14g)
whole milk
3 tbsp (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

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 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

Kale & eggs

189 cal ● 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.

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

For all 2 meals:

garlic, diced
1 clove (3g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
 2. Add the garlic and sauté for a minute or two until fragrant.
 3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
 4. Serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Egg & cheese mini muffin

3 mini muffin(s) - 168 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

cheddar cheese
2 1/4 tbsp, shredded (16g)
water
1/2 tbsp (8mL)
eggs
1 1/2 large (75g)

For all 2 meals:

cheddar cheese
1/4 cup, shredded (32g)
water
1 tbsp (15mL)
eggs
3 large (150g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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Lunch 1 [↗](#)

Eat on day 1, day 2

Pretzels

110 cal ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. This recipe has no instructions.

Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. This recipe has no instructions.

Cheese and guac tacos

2 taco(s) - 350 cal ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



For single meal:

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

For all 2 meals:

cheddar cheese
1 cup, shredded (113g)
guacamole, store-bought
1/2 cup (124g)

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

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.
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Green bean, beet, & pepita salad

240 cal ● 8g protein ● 16g fat ● 13g carbs ● 5g fiber



For single meal:

balsamic vinaigrette
2 tbsp (30mL)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
beets, precooked (canned or refrigerated), chopped
1 beets (2" dia, sphere) (50g)
fresh green beans, ends trimmed and discarded
3/4 cup 1/2" pieces (75g)
mixed greens
1 cup (30g)

For all 2 meals:

balsamic vinaigrette
4 tbsp (60mL)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
fresh green beans, ends trimmed and discarded
1 1/2 cup 1/2" pieces (150g)
mixed greens
2 cup (60g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5, day 6

Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Vegan sausage

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



For single meal:

vegan sausage
1 sausage (100g)

For all 2 meals:

vegan sausage
2 sausage (200g)

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

Lunch 4 [↗](#)

Eat on day 7

Goat cheese and marinara stuffed zucchini

5 zucchini halve(s) - 480 cal ● 26g protein ● 25g fat ● 26g carbs ● 11g fiber



Makes 5 zucchini halve(s)

zucchini
2 1/2 large (808g)
pasta sauce
10 tbsp (163g)
goat cheese
2 1/2 oz (71g)

1. Preheat oven to 400°F (200°C).
 2. Cut a zucchini in half from stem to base.
 3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
 4. Add the pasta sauce to the cavity and top with the goat cheese.
 5. Place on a baking sheet and cook for about 15-20 minutes. Serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Pistachios

188 cals ● 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.

Snacks 2 [↗](#)

Eat on day 3, day 4

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots

1 1/2 medium (92g)

For all 2 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese

1 stick (28g)

For all 2 meals:

string cheese

2 stick (56g)

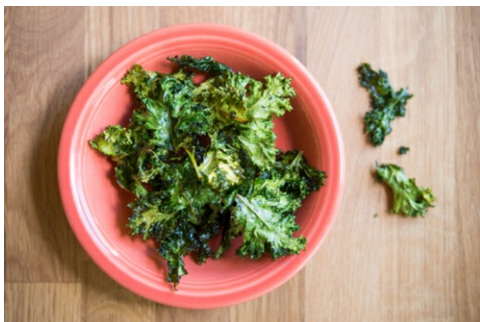
1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

kale leaves

1/3 bunch (57g)

olive oil

1 tsp (5mL)

salt

1/3 tsp (2g)

For all 3 meals:

kale leaves

1 bunch (170g)

olive oil

1 tbsp (15mL)

salt

1 tsp (6g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

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 3 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Milk

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



For single meal:

whole milk

1/2 cup (120mL)

For all 2 meals:

whole milk

1 cup (240mL)

1. This recipe has no instructions.

Roast potatoes

178 cal ● 3g protein ● 7g fat ● 23g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

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

1. Preheat the oven to 450 F (230 C).
2. Clean and cut the potatoes into 1/2"-1" cubes.
3. In a large bowl, toss the potatoes with the oil and spices. Spread the potatoes in the bottom of the prepared baking pan.
4. Bake at 450 degrees 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.
5. Serve warm.

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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Dinner 2 [↗](#)

Eat on day 3

Lentil kale salad

389 cals ● 16g protein ● 19g fat ● 32g carbs ● 8g fiber



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.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



Makes 1/6 cup(s)

almonds
3 tbsp, whole (27g)

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

Eat on day 4, day 5

Edamame & beet salad

86 cal ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
beets, precooked (canned or refrigerated), chopped
1 beets (2" dia, sphere) (50g)
edamame, frozen, shelled
4 tbsp (30g)
mixed greens
1/2 cup (15g)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

1. Cook edamame according to package instructions.
 2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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Seitan in peanut sauce

417 cal ● 25g protein ● 24g fat ● 22g carbs ● 3g fiber



For single meal:

fresh ginger, chopped
1/3 tsp (1g)
garlic, chopped
1/2 clove(s) (2g)
coconut milk, canned
1/6 can (75mL)
seitan, chicken-style
2 2/3 oz (76g)
peanut butter
1/2 tbsp (8g)
sugar
1/2 tbsp (7g)
oil
1/2 tsp (3mL)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
green onions, chopped
2/3 medium (4-1/8" long) (10g)
curry paste
1 1/3 dash (1g)
soy sauce
1/6 tsp (1mL)
chili garlic sauce
2/3 dash (1g)
oyster sauce
2/3 dash (1g)
fresh spinach, chopped
1/6 bunch (57g)

For all 2 meals:

fresh ginger, chopped
1/4 tbsp (1g)
garlic, chopped
1 clove(s) (3g)
coconut milk, canned
1/3 can (151mL)
seitan, chicken-style
1/3 lbs (151g)
peanut butter
1 tbsp (16g)
sugar
1 tbsp (13g)
oil
1 tsp (5mL)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
green onions, chopped
1 1/3 medium (4-1/8" long) (20g)
curry paste
1/3 tsp (2g)
soy sauce
1/3 tsp (2mL)
chili garlic sauce
1 1/3 dash (1g)
oyster sauce
1 1/3 dash (1g)
fresh spinach, chopped
1/3 bunch (113g)

1. Combine the ginger, garlic, and curry paste in small bowl. Slowly pour in 1/4 cup coconut milk; stirring until the mixture is smooth. Gently stir in the seitan, coating the seitan with the marinade. Refrigerate for 30 minutes to 1 hour. The longer you let it soak, the more flavorful the seitan will taste!
 2. Stir together the remaining coconut milk, peanut butter, sugar, vegetable oil, soy sauce, chili garlic sauce, and oyster sauce in a medium bowl. Don't worry if it's not completely blended: when you cook it, the various substances will meld wonderfully. Set sauce aside.
 3. Lightly coat a large skillet with cooking spray; add the chopped onion; cook over high heat for 3 to 4 minutes, or until the onion is tender. Stir in the seitan, and cook until the seitan is heated through, about 7 minutes. Pour in the sauce, and stir to combine. Mix in the spinach and green onions; cook 3 minutes, or until the sauce has thickened and the spinach is cooked.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Sesame peanut zoodles

441 cal ● 19g protein ● 28g fat ● 20g carbs ● 9g fiber



For single meal:

chia seeds
1/4 tbsp (4g)
lime juice
3/4 tbsp (11 mL)
green onions
1 1/2 tbsp, sliced (12g)
sesame seeds
1/4 tbsp (2g)
soy sauce
1 1/2 tbsp (23mL)
peanut butter
3 tbsp (48g)
coleslaw mix
3/4 cup (68g)
zucchini, spiralized
1 1/2 medium (294g)

For all 2 meals:

chia seeds
1/2 tbsp (7g)
lime juice
1 1/2 tbsp (23mL)
green onions
3 tbsp, sliced (24g)
sesame seeds
1/2 tbsp (5g)
soy sauce
3 tbsp (45mL)
peanut butter
6 tbsp (96g)
coleslaw mix
1 1/2 cup (135g)
zucchini, spiralized
3 medium (588g)

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 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.

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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