

Meal Plan - 1800 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

1799 cals ● 129g protein (29%) ● 84g fat (42%) ● 95g carbs (21%) ● 37g fiber (8%)

Breakfast

280 cals, 18g protein, 32g net carbs, 8g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Small granola bar](#)
1 bar(s)- 119 cals



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

Snacks

270 cals, 10g protein, 32g net carbs, 11g fat



[Walnuts](#)
1/8 cup(s)- 87 cals



[Lowfat yogurt](#)
1 container(s)- 181 cals

Protein Supplement(s)

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



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

Lunch

510 cals, 37g protein, 16g net carbs, 27g fat



[Basic tempeh](#)
6 oz- 443 cals



[Simple mixed greens salad](#)
68 cals

Dinner

575 cals, 27g protein, 13g net carbs, 38g fat



[Garlic collard greens](#)
319 cals



[Basic tofu](#)
6 oz- 257 cals

Day 2

1832 cals ● 131g protein (29%) ● 88g fat (43%) ● 93g carbs (20%) ● 35g fiber (8%)

Breakfast

280 cals, 18g protein, 32g net carbs, 8g fat



Cottage cheese & fruit cup
1 container- 131 cals



Small granola bar
1 bar(s)- 119 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Snacks

270 cals, 10g protein, 32g net carbs, 11g fat



Walnuts
1/8 cup(s)- 87 cals



Lowfat yogurt
1 container(s)- 181 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

545 cals, 40g protein, 15g net carbs, 32g fat



Buttered green beans
196 cals



Vegan crumbles
1 1/4 cup(s)- 183 cals



String cheese
2 stick(s)- 165 cals

Dinner

575 cals, 27g protein, 13g net carbs, 38g fat



Garlic collard greens
319 cals



Basic tofu
6 oz- 257 cals

Day 3

1762 cals ● 135g protein (31%) ● 92g fat (47%) ● 74g carbs (17%) ● 24g fiber (6%)

Breakfast

295 cals, 10g protein, 23g net carbs, 17g fat



Egg in an eggplant
120 cals



Large granola bar
1 bar(s)- 176 cals

Snacks

215 cals, 5g protein, 13g net carbs, 15g fat



Cherry tomatoes
3 cherry tomatoes- 11 cals



Kale chips
206 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

545 cals, 40g protein, 15g net carbs, 32g fat



Buttered green beans
196 cals



Vegan crumbles
1 1/4 cup(s)- 183 cals



String cheese
2 stick(s)- 165 cals

Dinner

540 cals, 44g protein, 23g net carbs, 29g fat



Vegan bangers and cauliflower mash
1 1/2 sausage link(s)- 541 cals

Day 4

1853 cals ● 112g protein (24%) ● 99g fat (48%) ● 93g carbs (20%) ● 34g fiber (7%)

Breakfast

295 cals, 10g protein, 23g net carbs, 17g fat



Egg in an eggplant
120 cals



Large granola bar
1 bar(s)- 176 cals

Snacks

215 cals, 5g protein, 13g net carbs, 15g fat



Cherry tomatoes
3 cherry tomatoes- 11 cals



Kale chips
206 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

630 cals, 31g protein, 37g net carbs, 36g fat



Caprese salad
249 cals



Spiced tofu & pesto sandwich
1 sandwich(es)- 380 cals

Dinner

550 cals, 29g protein, 20g net carbs, 31g fat



Garlic collard greens
279 cals



Milk
3/4 cup(s)- 112 cals



Cajun tofu
157 cals

Day 5

1825 cals ● 121g protein (27%) ● 88g fat (43%) ● 103g carbs (23%) ● 34g fiber (8%)

Breakfast

295 cals, 10g protein, 23g net carbs, 17g fat



Egg in an eggplant
120 cals



Large granola bar
1 bar(s)- 176 cals

Snacks

190 cals, 15g protein, 22g net carbs, 3g fat



Grapes
58 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

630 cals, 31g protein, 37g net carbs, 36g fat



Caprese salad
249 cals



Spiced tofu & pesto sandwich
1 sandwich(es)- 380 cals

Dinner

550 cals, 29g protein, 20g net carbs, 31g fat



Garlic collard greens
279 cals



Milk
3/4 cup(s)- 112 cals



Cajun tofu
157 cals

Day 6

1860 cals ● 163g protein (35%) ● 75g fat (36%) ● 105g carbs (23%) ● 28g fiber (6%)

Breakfast

365 cals, 22g protein, 4g net carbs, 27g fat



[Basic scrambled eggs](#)
3 egg(s)- 213 cals



[Simple sauteed spinach](#)
149 cals

Snacks

190 cals, 15g protein, 22g net carbs, 3g fat



[Grapes](#)
58 cals



[Cottage cheese & fruit cup](#)
1 container- 131 cals

Protein Supplement(s)

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



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

Lunch

595 cals, 64g protein, 38g net carbs, 20g fat



[Teriyaki seitan wings](#)
8 oz seitan- 595 cals

Dinner

550 cals, 26g protein, 39g net carbs, 24g fat



[Spanish chickpeas](#)
373 cals



[Caprese salad](#)
178 cals

Day 7

1860 cals ● 163g protein (35%) ● 75g fat (36%) ● 105g carbs (23%) ● 28g fiber (6%)

Breakfast

365 cals, 22g protein, 4g net carbs, 27g fat



[Basic scrambled eggs](#)
3 egg(s)- 213 cals



[Simple sauteed spinach](#)
149 cals

Snacks

190 cals, 15g protein, 22g net carbs, 3g fat



[Grapes](#)
58 cals



[Cottage cheese & fruit cup](#)
1 container- 131 cals

Protein Supplement(s)

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



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

Lunch

595 cals, 64g protein, 38g net carbs, 20g fat



[Teriyaki seitan wings](#)
8 oz seitan- 595 cals

Dinner

550 cals, 26g protein, 39g net carbs, 24g fat



[Spanish chickpeas](#)
373 cals



[Caprese salad](#)
178 cals

Vegetables and Vegetable Products

- ☐ collard greens
3 3/4 lbs (1701g)
- ☐ garlic
12 3/4 clove(s) (38g)
- ☐ tomatoes
5 3/4 medium whole (2-3/5" dia) (706g)
- ☐ frozen green beans
2 2/3 cup (323g)
- ☐ eggplant
3 1 inch (2.5 cm) slice(s) (180g)
- ☐ kale leaves
2 bunch (340g)
- ☐ onion
2 medium (2-1/2" dia) (203g)
- ☐ fresh spinach
1 2/3 10oz package (473g)
- ☐ tomato paste
2 tbsp (32g)
- ☐ bell pepper
1 large (164g)

Fats and Oils

- ☐ oil
6 1/2 oz (197mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)
- ☐ olive oil
1/4 cup (53mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)

Spices and Herbs

- ☐ salt
3/4 oz (21g)
- ☐ black pepper
1 g (1g)
- ☐ cajun seasoning
1 tsp (2g)
- ☐ fresh basil
1 cup leaves, whole (24g)
- ☐ crushed red pepper
4 dash (1g)
- ☐ chili powder
1 tsp (3g)
- ☐ ground cumin
10 1/4 g (10g)
- ☐ paprika
2 tsp (5g)

Beverages

- ☐ water
11 1/2 cup(s) (2726mL)
- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Other

- ☐ cottage cheese & fruit cup
5 container (850g)
- ☐ mixed greens
2 1/2 package (5.5 oz) (385g)
- ☐ vegan sausage
1 1/2 sausage (150g)
- ☐ frozen cauliflower
1 cup (128g)
- ☐ teriyaki sauce
1/2 cup (120mL)

Snacks

- ☐ small granola bar
2 bar (50g)
- ☐ large granola bar
3 bar (111g)

Nut and Seed Products

- ☐ walnuts
4 tbsp, shelled (25g)

Dairy and Egg Products

- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ butter
2 2/3 tbsp (36g)
- ☐ string cheese
4 stick (112g)
- ☐ eggs
9 1/2 medium (414g)
- ☐ whole milk
1 1/2 cup (360mL)
- ☐ fresh mozzarella cheese
6 oz (170g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
3 tbsp (48g)

Legumes and Legume Products

- ☐ firm tofu
1 3/4 lbs (794g)
- ☐ tempeh
6 oz (170g)
- ☐ vegetarian burger crumbles
2 1/2 cup (250g)
- ☐ chickpeas, canned
1 can (448g)

Baked Products

- ☐ bread
4 slice(s) (128g)

Fruits and Fruit Juices

- ☐ grapes
3 cup (276g)

Cereal Grains and Pasta

- ☐ seitan
1 lbs (454g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Small granola bar

1 bar(s) - 119 cal ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. This recipe has no instructions.

Cherry tomatoes

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



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Egg in an eggplant

120 cals ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

eggs

1 large (50g)

eggplant

1 1 inch (2.5 cm) slice(s) (60g)

oil

1 tsp (5mL)

For all 3 meals:

eggs

3 large (150g)

eggplant

3 1 inch (2.5 cm) slice(s) (180g)

oil

1 tbsp (15mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar

1 bar (37g)

For all 3 meals:

large granola bar

3 bar (111g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Basic scrambled eggs

3 egg(s) - 213 cal ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
eggs
3 medium (132g)

For all 2 meals:

oil
1/2 tbsp (8mL)
eggs
6 medium (264g)

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.

Simple sauteed spinach

149 cal ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

garlic, diced
3/4 clove (2g)
black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)

For all 2 meals:

garlic, diced
1 1/2 clove (5g)
black pepper
3 dash, ground (1g)
salt
3 dash (2g)
olive oil
1 1/2 tbsp (23mL)
fresh spinach
12 cup(s) (360g)

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.

Lunch 1 [↗](#)

Eat on day 1

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

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.

Simple mixed greens salad

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



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

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

Lunch 2 [↗](#)

Eat on day 2, day 3

Buttered green beans

196 cals ● 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.

Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



For single meal:

vegetarian burger crumbles

1 1/4 cup (125g)

For all 2 meals:

vegetarian burger crumbles

2 1/2 cup (250g)

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

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 2 meals:

string cheese

4 stick (112g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Caprese salad

249 cals ● 14g protein ● 16g fat ● 9g carbs ● 3g fiber



For single meal:

balsamic vinaigrette

3 1/2 tsp (17mL)

fresh basil

1/4 cup leaves, whole (7g)

tomatoes, halved

9 1/3 tbsp cherry tomatoes (87g)

mixed greens

5/8 package (5.5 oz) (90g)

fresh mozzarella cheese

1 3/4 oz (50g)

For all 2 meals:

balsamic vinaigrette

2 1/3 tbsp (35mL)

fresh basil

9 1/3 tbsp leaves, whole (14g)

tomatoes, halved

56 tsp cherry tomatoes (174g)

mixed greens

1 1/6 package (5.5 oz) (181g)

fresh mozzarella cheese

1/4 lbs (99g)

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

Spiced tofu & pesto sandwich

1 sandwich(es) - 380 cals ● 17g protein ● 20g fat ● 28g carbs ● 6g fiber



For single meal:

firm tofu
3 oz (85g)
crushed red pepper
2 dash (0g)
mixed greens
1/2 cup (15g)
chili powder
4 dash (1g)
ground cumin
1 tsp (2g)
oil
1 tsp (5mL)
pesto sauce
1 1/2 tbsp (24g)
bread
2 slice(s) (64g)

For all 2 meals:

firm tofu
6 oz (170g)
crushed red pepper
4 dash (1g)
mixed greens
1 cup (30g)
chili powder
1 tsp (3g)
ground cumin
2 tsp (4g)
oil
2 tsp (10mL)
pesto sauce
3 tbsp (48g)
bread
4 slice(s) (128g)

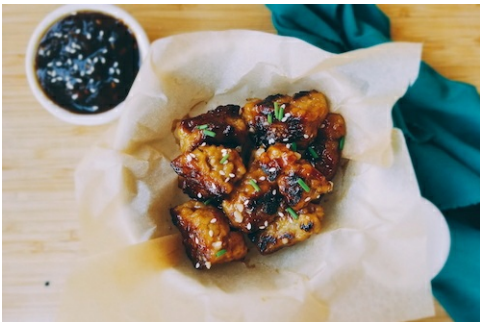
1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Teriyaki seitan wings

8 oz seitan - 595 cal ● 64g protein ● 20g fat ● 38g carbs ● 1g fiber



For single meal:

teriyaki sauce
4 tbsp (60mL)
oil
1 tbsp (15mL)
seitan
1/2 lbs (227g)

For all 2 meals:

teriyaki sauce
1/2 cup (120mL)
oil
2 tbsp (30mL)
seitan
1 lbs (454g)

1. Cut seitan into bite-sized shapes
 2. Heat oil in a pan over medium heat.
 3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
 4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
 5. Remove and serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 2 meals:

walnuts

4 tbsp, shelled (25g)

1. This recipe has no instructions.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt

1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt

2 container (6 oz) (340g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Cherry tomatoes

3 cherry tomatoes - 11 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes

3 cherry tomatoes (51g)

For all 2 meals:

tomatoes

6 cherry tomatoes (102g)

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

Kale chips

206 cal ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

olive oil
1 tbsp (15mL)
kale leaves
1 bunch (170g)
salt
1 tsp (6g)

For all 2 meals:

olive oil
2 tbsp (30mL)
kale leaves
2 bunch (340g)
salt
2 tsp (12g)

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

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Grapes

58 cal ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 3 meals:

grapes
3 cup (276g)

1. This recipe has no instructions.

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Dinner 1 [↗](#)

Eat on day 1, day 2

Garlic collard greens

319 cal ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

collard greens

1 lbs (454g)

oil

1 tbsp (15mL)

garlic, minced

3 clove(s) (9g)

salt

2 dash (2g)

For all 2 meals:

collard greens

2 lbs (907g)

oil

2 tbsp (30mL)

garlic, minced

6 clove(s) (18g)

salt

4 dash (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and 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 2 [🔗](#)

Eat on day 3

Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cals ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



Makes 1 1/2 sausage link(s)

onion, thinly sliced

3/4 small (53g)

vegan sausage

1 1/2 sausage (150g)

oil

3/4 tbsp (11mL)

frozen cauliflower

1 cup (128g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Dinner 3 [🔗](#)

Eat on day 4, day 5

Garlic collard greens

279 cals ● 12g protein ● 15g fat ● 8g carbs ● 16g fiber



For single meal:

collard greens

14 oz (397g)

oil

2 1/2 tsp (13mL)

garlic, minced

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

salt

1/4 tsp (1g)

For all 2 meals:

collard greens

1 3/4 lbs (794g)

oil

1 3/4 tbsp (26mL)

garlic, minced

5 1/4 clove(s) (16g)

salt

1/2 tsp (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup (180mL)

For all 2 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Cajun tofu

157 cal ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
cajun seasoning
4 dash (1g)
firm tofu, patted dry & cubed
5 oz (142g)

For all 2 meals:

oil
2 tsp (10mL)
cajun seasoning
1 tsp (2g)
firm tofu, patted dry & cubed
10 oz (284g)

1. Preheat oven to 425°F (220°C).
 2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
 3. Bake until crisp, 20-25 minutes. Serve.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Spanish chickpeas

373 cals ● 16g protein ● 13g fat ● 33g carbs ● 16g fiber



For single meal:

ground cumin

1/2 tbsp (3g)

paprika

1 tsp (2g)

oil

1/2 tbsp (8mL)

water

1/2 cup(s) (119mL)

fresh spinach

2 oz (57g)

chickpeas, canned, drained & rinsed

1/2 can (224g)

tomato paste

1 tbsp (16g)

bell pepper, deseeded & sliced

1/2 large (82g)

onion, sliced

1/2 large (75g)

For all 2 meals:

ground cumin

1 tbsp (6g)

paprika

2 tsp (5g)

oil

1 tbsp (15mL)

water

1 cup(s) (237mL)

fresh spinach

4 oz (113g)

chickpeas, canned, drained & rinsed

1 can (448g)

tomato paste

2 tbsp (32g)

bell pepper, deseeded & sliced

1 large (164g)

onion, sliced

1 large (150g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

Caprese salad

178 cals ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

balsamic vinaigrette

2 1/2 tsp (13mL)

fresh basil

1/4 cup leaves, whole (5g)

tomatoes, halved

6 2/3 tbsp cherry tomatoes (62g)

mixed greens

3/8 package (5.5 oz) (65g)

fresh mozzarella cheese

1 1/4 oz (35g)

For all 2 meals:

balsamic vinaigrette

5 tsp (25mL)

fresh basil

6 2/3 tbsp leaves, whole (10g)

tomatoes, halved

13 1/3 tbsp cherry tomatoes (124g)

mixed greens

5/6 package (5.5 oz) (129g)

fresh mozzarella cheese

2 1/2 oz (71g)

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

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.