

Meal Plan - 1900 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

1873 cals ● 120g protein (26%) ● 91g fat (44%) ● 104g carbs (22%) ● 40g fiber (9%)

Breakfast

315 cals, 15g protein, 3g net carbs, 24g fat



Boiled eggs

2 egg(s)- 139 cals



Avocado

176 cals

Snacks

240 cals, 10g protein, 10g net carbs, 16g fat



Milk

1/2 cup(s)- 75 cals



Pepper strips and guacamole

75 cals



Sunflower seeds

90 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

480 cals, 20g protein, 25g net carbs, 25g fat



Chickpea stuffed avocado

1/2 avocado- 481 cals

Dinner

620 cals, 27g protein, 65g net carbs, 24g fat



Rice cakes with peanut butter

1/2 cake(s)- 120 cals



Chik'n nuggets

6 2/3 nuggets- 368 cals



Peach

2 peach(es)- 132 cals

Day 2

1826 cals ● 122g protein (27%) ● 96g fat (47%) ● 80g carbs (17%) ● 40g fiber (9%)

Breakfast

315 cals, 15g protein, 3g net carbs, 24g fat



Boiled eggs
2 egg(s)- 139 cals



Avocado
176 cals

Snacks

240 cals, 10g protein, 10g net carbs, 16g fat



Milk
1/2 cup(s)- 75 cals



Pepper strips and guacamole
75 cals



Sunflower seeds
90 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

480 cals, 20g protein, 25g net carbs, 25g fat



Chickpea stuffed avocado
1/2 avocado- 481 cals

Dinner

575 cals, 29g protein, 40g net carbs, 29g fat



Simple kale & avocado salad
230 cals



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

Day 3

1853 cals ● 134g protein (29%) ● 95g fat (46%) ● 81g carbs (17%) ● 35g fiber (7%)

Breakfast

315 cals, 15g protein, 3g net carbs, 24g fat



Boiled eggs
2 egg(s)- 139 cals



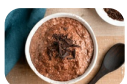
Avocado
176 cals

Snacks

220 cals, 16g protein, 9g net carbs, 9g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Chocolate avocado chia pudding
197 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

530 cals, 26g protein, 27g net carbs, 32g fat



Egg & avocado salad
399 cals



Naan bread
1/2 piece(s)- 131 cals

Dinner

575 cals, 29g protein, 40g net carbs, 29g fat



Simple kale & avocado salad
230 cals



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

Day 4

1870 cals ● 141g protein (30%) ● 79g fat (38%) ● 100g carbs (21%) ● 50g fiber (11%)

Breakfast

300 cals, 14g protein, 4g net carbs, 23g fat



Sauteed Kale
61 cals



Egg in an eggplant
241 cals

Snacks

220 cals, 16g protein, 9g net carbs, 9g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Chocolate avocado chia pudding
197 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

540 cals, 41g protein, 42g net carbs, 16g fat



Mashed sweet potatoes with butter
249 cals



Vegan crumbles
2 cup(s)- 292 cals

Dinner

590 cals, 22g protein, 43g net carbs, 29g fat



Pecans
1/4 cup- 183 cals



Chickpea & kale soup
409 cals

Day 5

1940 cals ● 155g protein (32%) ● 88g fat (41%) ● 89g carbs (18%) ● 42g fiber (9%)

Breakfast

300 cals, 14g protein, 4g net carbs, 23g fat



Sauteed Kale
61 cals



Egg in an eggplant
241 cals

Snacks

220 cals, 16g protein, 9g net carbs, 9g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Chocolate avocado chia pudding
197 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

665 cals, 39g protein, 53g net carbs, 25g fat



Chunky canned soup (non-creamy)
2 can(s)- 494 cals



Simple kale & avocado salad
173 cals

Dinner

535 cals, 37g protein, 21g net carbs, 29g fat



Basic tempeh
4 oz- 295 cals



Caprese salad
142 cals



Milk
2/3 cup(s)- 99 cals

Day 6

1854 cals ● 170g protein (37%) ● 68g fat (33%) ● 117g carbs (25%) ● 24g fiber (5%)

Breakfast

265 cals, 21g protein, 29g net carbs, 5g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Protein bar

1 bar- 245 cals

Snacks

195 cals, 17g protein, 18g net carbs, 5g fat



Protein shake (milk)

129 cals



Peach

1 peach(es)- 66 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

550 cals, 25g protein, 29g net carbs, 33g fat



Olive oil drizzled broccoli

2 1/2 cup(s)- 175 cals



Lemon ginger tofu chik'n

7 oz tofu- 373 cals

Dinner

630 cals, 58g protein, 39g net carbs, 24g fat



Mashed sweet potatoes

92 cals



Vegan sausage

2 sausage(s)- 536 cals

Day 7

1854 cals ● 170g protein (37%) ● 68g fat (33%) ● 117g carbs (25%) ● 24g fiber (5%)

Breakfast

265 cals, 21g protein, 29g net carbs, 5g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Protein bar

1 bar- 245 cals

Snacks

195 cals, 17g protein, 18g net carbs, 5g fat



Protein shake (milk)

129 cals



Peach

1 peach(es)- 66 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

550 cals, 25g protein, 29g net carbs, 33g fat



Olive oil drizzled broccoli

2 1/2 cup(s)- 175 cals



Lemon ginger tofu chik'n

7 oz tofu- 373 cals

Dinner

630 cals, 58g protein, 39g net carbs, 24g fat



Mashed sweet potatoes

92 cals



Vegan sausage

2 sausage(s)- 536 cals

Legumes and Legume Products

- peanut butter
1 tbsp (16g)
- chickpeas, canned
1 3/4 can (784g)
- vegetarian burger crumbles
2 cup (200g)
- tempeh
4 oz (113g)
- soy sauce
2 tbsp (30mL)
- firm tofu
14 oz (397g)

Snacks

- rice cakes, any flavor
1/2 cakes (5g)

Other

- vegan chik'n nuggets
6 2/3 nuggets (143g)
- guacamole, store-bought
4 tbsp (62g)
- smoked paprika
1/2 tsp (1g)
- meatless chik'n tenders
12 pieces (306g)
- cacao powder
1 1/2 tbsp (9g)
- mixed greens
1/2 package (5.5 oz) (82g)
- protein bar (20g protein)
2 bar (100g)
- vegan sausage
4 sausage (400g)

Vegetables and Vegetable Products

- ketchup
1/3 cup (79g)
- bell pepper
1 medium (119g)
- kale leaves
13 oz (374g)
- tomatoes
4 1/2 medium whole (2-3/5" dia) (560g)
- garlic
3 1/2 clove(s) (11g)

Beverages

- water
14 cup(s) (3318mL)
- protein powder
15 3/4 scoop (1/3 cup ea) (488g)

Dairy and Egg Products

- eggs
13 large (650g)
- whole milk
1/4 gallon (821mL)
- nonfat greek yogurt, plain
4 tbsp (70g)
- lowfat greek yogurt
6 tbsp (105g)
- butter
2 tsp (9g)
- fresh mozzarella cheese
1 oz (28g)

Nut and Seed Products

- sunflower kernels
2 oz (52g)
- chia seeds
3 tbsp (43g)
- pecans
4 tbsp, halves (25g)
- sesame seeds
1 tbsp (9g)

Spices and Herbs

- garlic powder
4 dash (2g)
- fresh basil
2 3/4 tbsp leaves, whole (4g)
- black pepper
1/3 tsp (0g)
- salt
1/3 tsp (1g)

Baked Products

- naan bread
1/2 piece (45g)

Fats and Oils

- sweet potatoes
2 sweetpotato, 5" long (420g)
- eggplant
4 1 inch (2.5 cm) slice(s) (240g)
- frozen broccoli
5 cup (455g)
- fresh ginger
3 1 inch cube (15g)

Fruits and Fruit Juices

- peach
4 medium (2-2/3" dia) (600g)
- avocados
4 1/2 avocado(s) (917g)
- lemon juice
1 3/4 fl oz (52mL)
- lemon
1 1/2 small (80g)

- oil
2 oz (65mL)
- balsamic vinaigrette
2 tsp (10mL)
- olive oil
5 tsp (25mL)

Soups, Sauces, and Gravies

- vegetable broth
3 cup(s) (mL)
- chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

Sweets

- agave
2 tsp (14g)

Cereal Grains and Pasta

- cornstarch
3 tbsp (24g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

Avocado

176 cal ● 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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Sauteed Kale

61 cal ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
kale leaves
1 cup, chopped (40g)

For all 2 meals:

oil
2 tsp (10mL)
kale leaves
2 cup, chopped (80g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.
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Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggs
2 large (100g)
eggplant
2 1 inch (2.5 cm) slice(s) (120g)
oil
2 tsp (10mL)

For all 2 meals:

eggs
4 large (200g)
eggplant
4 1 inch (2.5 cm) slice(s) (240g)
oil
4 tsp (20mL)

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.
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Breakfast 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.
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Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)

1 bar (50g)

For all 2 meals:

protein bar (20g protein)

2 bar (100g)

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

Eat on day 1, day 2

Chickpea stuffed avocado

1/2 avocado - 481 cals ● 20g protein ● 25g fat ● 25g carbs ● 18g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

sunflower kernels

1 tbsp (12g)

smoked paprika

1/4 tsp (1g)

nonfat greek yogurt, plain

2 tbsp (35g)

lemon juice

1/2 tbsp (8mL)

chickpeas, canned, drained & rinsed

1/2 can (224g)

For all 2 meals:

avocados

1 avocado(s) (201g)

sunflower kernels

2 tbsp (24g)

smoked paprika

1/2 tsp (1g)

nonfat greek yogurt, plain

4 tbsp (70g)

lemon juice

1 tbsp (15mL)

chickpeas, canned, drained & rinsed

1 can (448g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
2. Slice open the avocado and discard the pit.
3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.

Lunch 2 [↗](#)

Eat on day 3

Egg & avocado salad

399 cals ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



mixed greens

1 cup (30g)

avocados

1/2 avocado(s) (101g)

eggs, hard-boiled and chilled

3 large (150g)

garlic powder

4 dash (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

naan bread

1/2 piece (45g)



1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4

Mashed sweet potatoes with butter

249 cal ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



butter

2 tsp (9g)

sweet potatoes

1 sweetpotato, 5" long (210g)

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

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



Makes 2 cup(s)

vegetarian burger crumbles

2 cup (200g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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Lunch 4 [↗](#)

Eat on day 5

Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Simple kale & avocado salad

173 cal ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped

3/8 bunch (64g)

lemon, juiced

3/8 small (22g)

avocados, chopped

3/8 avocado(s) (75g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Lunch 5 [↗](#)

Eat on day 6, day 7

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cal ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



For single meal:

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

black pepper

1/3 tsp (0g)

salt

1/3 tsp (1g)

frozen broccoli

5 cup (455g)

olive oil

5 tsp (25mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lemon ginger tofu chik'n

7 oz tofu - 373 cal ● 19g protein ● 22g fat ● 25g carbs ● 1g fiber



For single meal:

agave
1 tsp (7g)
sesame seeds
1/2 tbsp (5g)
garlic, minced
1 clove(s) (3g)
fresh ginger, peeled & minced
1 1/2 1 inch cube (8g)
oil
3/4 tbsp (11mL)
lemon juice
1 tbsp (15mL)
cornstarch
1 1/2 tbsp (12g)
soy sauce, divided
1 tbsp (15mL)
firm tofu, patted dry
1/2 lbs (198g)

For all 2 meals:

agave
2 tsp (14g)
sesame seeds
1 tbsp (9g)
garlic, minced
2 clove(s) (6g)
fresh ginger, peeled & minced
3 1 inch cube (15g)
oil
1 1/2 tbsp (23mL)
lemon juice
2 tbsp (30mL)
cornstarch
3 tbsp (24g)
soy sauce, divided
2 tbsp (30mL)
firm tofu, patted dry
14 oz (397g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
5. both bowls aside.
6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Milk

1/2 cup(s) - 75 cals ● 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.

Pepper strips and guacamole

75 cals ● 2g protein ● 5g fat ● 3g carbs ● 3g fiber



For single meal:

bell pepper, sliced
1/2 medium (60g)
guacamole, store-bought
2 tbsp (31g)

For all 2 meals:

bell pepper, sliced
1 medium (119g)
guacamole, store-bought
4 tbsp (62g)

1. Slice the peppers into strips and remove the seeds.
2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.

Sunflower seeds

90 cals ● 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.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 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.

Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

- protein powder**
1/4 scoop (1/3 cup ea) (8g)
- lowfat greek yogurt**
2 tbsp (35g)
- avocados**
1/2 slices (13g)
- cacao powder**
1/2 tbsp (3g)
- whole milk**
4 tbsp (60mL)
- chia seeds**
1 tbsp (14g)

For all 3 meals:

- protein powder**
3/4 scoop (1/3 cup ea) (23g)
- lowfat greek yogurt**
6 tbsp (105g)
- avocados**
1 1/2 slices (38g)
- cacao powder**
1 1/2 tbsp (9g)
- whole milk**
3/4 cup (180mL)
- chia seeds**
3 tbsp (43g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Snacks 3 [↗](#)

Eat on day 6, day 7

Protein shake (milk)

129 cal ● 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.

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

- peach**
1 medium (2-2/3" dia) (150g)

For all 2 meals:

- peach**
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



Makes 1/2 cake(s)

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

1. Spread peanut butter over top of rice cake.

Chik'n nuggets

6 2/3 nuggets - 368 cal ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



Makes 6 2/3 nuggets

vegan chik'n nuggets
6 2/3 nuggets (143g)
ketchup
5 tsp (28g)

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

Peach

2 peach(es) - 132 cal ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



Makes 2 peach(es)

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Simple kale & avocado salad

230 cal ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
lemon, juiced
1 small (58g)
avocados, chopped
1 avocado(s) (201g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Crispy chik'n tenders

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



For single meal:

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

For all 2 meals:

ketchup
3 tbsp (51g)
meatless chik'n tenders
12 pieces (306g)

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

Dinner 3 [↗](#)

Eat on day 4

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans
4 tbsp, halves (25g)

1. This recipe has no instructions.

Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



oil

1/4 tbsp (4mL)

garlic, minced

1 1/2 clove(s) (5g)

vegetable broth

3 cup(s) (mL)

kale leaves, chopped

1 1/2 cup, chopped (60g)

chickpeas, canned, drained

3/4 can (336g)

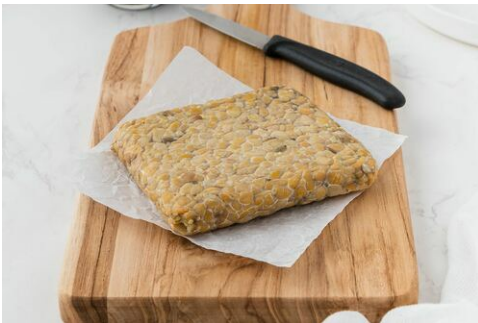
1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Dinner 4 [↗](#)

Eat on day 5

Basic tempeh

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



Makes 4 oz

oil

2 tsp (10mL)

tempeh

4 oz (113g)

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

Caprese salad

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



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)

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

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



Makes 2/3 cup(s)

whole milk
2/3 cup (160mL)

1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 6, day 7

Mashed sweet potatoes

92 cal ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

sweet potatoes
1 sweetpotato, 5" long (210g)

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 and serve.

Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

vegan sausage
2 sausage (200g)

For all 2 meals:

vegan sausage
4 sausage (400g)

1. Prepare according to package instructions.
 2. Serve.
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

water

2 cup(s) (474mL)

protein powder

2 scoop (1/3 cup ea) (62g)

For all 7 meals:

water

14 cup(s) (3318mL)

protein powder

14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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