

Meal Plan - 2000 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

1978 cals ● 143g protein (29%) ● 97g fat (44%) ● 89g carbs (18%) ● 45g fiber (9%)

Breakfast

170 cals, 9g protein, 9g net carbs, 10g fat



[Egg & avocado salad](#)
133 cals



[Pita bread](#)
1/2 pita bread(s)- 39 cals

Snacks

180 cals, 14g protein, 6g net carbs, 10g fat



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Lunch

700 cals, 29g protein, 56g net carbs, 31g fat



[Tortilla chips](#)
282 cals



[Tempeh taco salad bowl](#)
416 cals

Dinner

710 cals, 42g protein, 16g net carbs, 46g fat



[Buttered broccoli](#)
2 cup(s)- 267 cals



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

Day 2

1962 cals ● 131g protein (27%) ● 103g fat (47%) ● 80g carbs (16%) ● 48g fiber (10%)

Breakfast

170 cals, 9g protein, 9g net carbs, 10g fat



Egg & avocado salad
133 cals



Pita bread
1/2 pita bread(s)- 39 cals

Snacks

180 cals, 14g protein, 6g net carbs, 10g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

680 cals, 18g protein, 48g net carbs, 37g fat



Tomato and avocado salad
391 cals



Lentil chili
290 cals

Dinner

710 cals, 42g protein, 16g net carbs, 46g fat



Buttered broccoli
2 cup(s)- 267 cals



Basic tempeh
6 oz- 443 cals

Day 3

1965 cals ● 130g protein (26%) ● 90g fat (41%) ● 112g carbs (23%) ● 47g fiber (9%)

Breakfast

280 cals, 14g protein, 13g net carbs, 14g fat



Mexican scrambled eggs
282 cals

Snacks

180 cals, 14g protein, 6g net carbs, 10g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Boiled eggs
2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

680 cals, 18g protein, 48g net carbs, 37g fat



Tomato and avocado salad
391 cals



Lentil chili
290 cals

Dinner

605 cals, 35g protein, 43g net carbs, 29g fat



Lentils
260 cals



Basic tofu
8 oz- 342 cals

Day 4

2009 cals ● 153g protein (30%) ● 91g fat (41%) ● 115g carbs (23%) ● 30g fiber (6%)

Breakfast

280 cals, 14g protein, 13g net carbs, 14g fat



Mexican scrambled eggs
282 cals

Snacks

195 cals, 15g protein, 7g net carbs, 11g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



String cheese
2 stick(s)- 165 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

710 cals, 40g protein, 50g net carbs, 36g fat



Avocado
176 cals



Crispy chik'n tenders
9 1/3 tender(s)- 533 cals

Dinner

605 cals, 35g protein, 43g net carbs, 29g fat



Lentils
260 cals



Basic tofu
8 oz- 342 cals

Day 5

1994 cals ● 175g protein (35%) ● 86g fat (39%) ● 102g carbs (20%) ● 28g fiber (6%)

Breakfast

280 cals, 14g protein, 13g net carbs, 14g fat



Mexican scrambled eggs
282 cals

Snacks

195 cals, 15g protein, 7g net carbs, 11g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



String cheese
2 stick(s)- 165 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

710 cals, 40g protein, 50g net carbs, 36g fat



Avocado
176 cals



Crispy chik'n tenders
9 1/3 tender(s)- 533 cals

Dinner

590 cals, 58g protein, 29g net carbs, 24g fat



Vegan sausage
2 sausage(s)- 536 cals



Pita bread
1/2 pita bread(s)- 39 cals



Celery sticks
2 celery stalk- 13 cals

Day 6

1989 cals ● 151g protein (30%) ● 105g fat (48%) ● 80g carbs (16%) ● 29g fiber (6%)

Breakfast

345 cals, 15g protein, 24g net carbs, 18g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Simple sauteed spinach
100 cals



Apple
1 apple(s)- 105 cals

Snacks

245 cals, 8g protein, 14g net carbs, 16g fat



Sunflower seeds
90 cals



Peach
1 peach(es)- 66 cals



Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

590 cals, 22g protein, 12g net carbs, 46g fat



Roasted almonds
1/4 cup(s)- 222 cals



Tofu spinach salad
370 cals

Dinner

590 cals, 58g protein, 29g net carbs, 24g fat



Vegan sausage
2 sausage(s)- 536 cals



Pita bread
1/2 pita bread(s)- 39 cals



Celery sticks
2 celery stalk- 13 cals

Day 7

1979 cals ● 129g protein (26%) ● 103g fat (47%) ● 94g carbs (19%) ● 41g fiber (8%)

Breakfast

345 cals, 15g protein, 24g net carbs, 18g fat



Basic scrambled eggs
2 egg(s)- 142 cals



Simple sauteed spinach
100 cals



Apple
1 apple(s)- 105 cals

Snacks

245 cals, 8g protein, 14g net carbs, 16g fat



Sunflower seeds
90 cals



Peach
1 peach(es)- 66 cals



Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

590 cals, 22g protein, 12g net carbs, 46g fat



Roasted almonds
1/4 cup(s)- 222 cals



Tofu spinach salad
370 cals

Dinner

580 cals, 35g protein, 43g net carbs, 22g fat



Baked fries
290 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals



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

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
1/3 oz (10g)
- ☐ garlic powder
1 tsp (4g)
- ☐ taco seasoning mix
3/4 tbsp (6g)
- ☐ chili powder
1/4 oz (7g)
- ☐ ground cumin
4 g (4g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
5 cup (455g)
- ☐ tomatoes
10 medium whole (2-3/5" dia) (1225g)
- ☐ onion
3/4 medium (2-1/2" dia) (87g)
- ☐ garlic
4 1/3 clove(s) (13g)
- ☐ canned whole tomatoes
2/3 cup (160g)
- ☐ ketchup
1/3 cup (79g)
- ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ fresh spinach
11 cup(s) (330g)
- ☐ potatoes
3/4 large (3" to 4-1/4" dia.) (277g)

Dairy and Egg Products

- ☐ butter
4 tbsp (57g)
- ☐ eggs
16 1/2 medium (726g)
- ☐ string cheese
4 stick (112g)

Fats and Oils

- ☐ oil
1/4 lbs (129mL)
- ☐ olive oil
1 oz (32mL)

Beverages

- ☐ water
17 cup(s) (4029mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Other

- ☐ mixed greens
1 cup (31g)
- ☐ meatless chik'n tenders
18 2/3 pieces (476g)
- ☐ vegan sausage
4 sausage (400g)

Fruits and Fruit Juices

- ☐ avocados
4 1/2 avocado(s) (930g)
- ☐ lime juice
3 1/3 tbsp (50mL)
- ☐ lemon juice
1 1/6 fl oz (35mL)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ peach
2 medium (2-2/3" dia) (300g)

Baked Products

- ☐ pita bread
2 pita, small (4" dia) (56g)

Snacks

- ☐ tortilla chips
2 oz (57g)

Soups, Sauces, and Gravies

- ☐ salsa
6 3/4 tbsp (122g)
- ☐ vegetable broth
1 cup(s) (mL)

Cereal Grains and Pasta

- ☐ dry bulgur wheat
1/3 cup (47g)

Nut and Seed Products

Legumes and Legume Products

- ☐ tempeh
15 oz (425g)
- ☐ refried beans
6 tbsp (91g)
- ☐ lentils, raw
1 cup (208g)
- ☐ black beans
3/4 can(s) (329g)
- ☐ firm tofu
1 1/2 lbs (680g)
- ☐ soy sauce
2 tbsp (30mL)
- ☐ vegetarian burger crumbles
1 1/2 cup (150g)

- ☐ almonds
1/2 cup, whole (72g)
 - ☐ sunflower kernels
1 1/4 oz (34g)
 - ☐ walnuts
4 tbsp, shelled (25g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg & avocado salad

133 cals ● 7g protein ● 10g fat ● 2g carbs ● 3g fiber



For single meal:

mixed greens

1/3 cup (10g)

avocados

1/6 avocado(s) (34g)

eggs, hard-boiled and chilled

1 large (50g)

garlic powder

1 1/3 dash (1g)

For all 2 meals:

mixed greens

2/3 cup (20g)

avocados

1/3 avocado(s) (67g)

eggs, hard-boiled and chilled

2 large (100g)

garlic powder

1/3 tsp (1g)

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.

Pita bread

1/2 pita bread(s) - 39 cals ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



For single meal:

pita bread

1/2 pita, small (4" dia) (14g)

For all 2 meals:

pita bread

1 pita, small (4" dia) (28g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Mexican scrambled eggs

282 cals ● 14g protein ● 14g fat ● 13g carbs ● 12g fiber



For single meal:

oil
1/4 tsp (1mL)
salsa
1 1/2 tbsp (27g)
avocados, pitted and peeled
1/4 avocado(s) (50g)
ground cumin
1 dash (0g)
chili powder
2 dash (1g)
black beans, drained
1/4 can(s) (110g)
eggs
1 large (50g)

For all 3 meals:

oil
1/4 tbsp (4mL)
salsa
1/4 cup (81g)
avocados, pitted and peeled
3/4 avocado(s) (151g)
ground cumin
3 dash (1g)
chili powder
1/4 tbsp (2g)
black beans, drained
3/4 can(s) (329g)
eggs
3 large (150g)

1. Add beans and spices to a small saucepan or skillet and cook over low heat, until heated through. Set aside.
2. Meanwhile, scramble eggs with a fork in a small bowl. Heat oil in a small skillet over low heat. Pour in eggs and once they start to set, scramble. Cook until firm.
3. Arrange spiced beans, egg, avocado, and salsa on a plate. Season with a pinch of salt/pepper. Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Basic scrambled eggs

2 egg(s) - 142 cals ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Simple sauteed spinach

100 cals ● 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.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

- apples**
1 medium (3" dia) (182g)

For all 2 meals:

- apples**
2 medium (3" dia) (364g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Tortilla chips

282 cals ● 4g protein ● 13g fat ● 36g carbs ● 3g fiber

- tortilla chips**
2 oz (57g)

1. This recipe has no instructions.



Tempeh taco salad bowl

416 cals ● 26g protein ● 18g fat ● 21g carbs ● 17g fiber



oil
3/8 tsp (2mL)
refried beans
6 tbsp (91g)
salsa
2 1/4 tbsp (41g)
mixed greens
6 tbsp (11g)
avocados, cubed
3/8 avocado(s) (75g)
taco seasoning mix
3/4 tbsp (6g)
tempeh
3 oz (85g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
 2. Heat refried beans in the microwave or a separate pan; set aside.
 3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
 4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



For single meal:

onion

5 tsp minced (25g)

lime juice

5 tsp (25mL)

avocados, cubed

5/6 avocado(s) (168g)

tomatoes, diced

5/6 medium whole (2-3/5" dia)
(103g)

olive oil

1 1/4 tsp (6mL)

garlic powder

1/2 tsp (1g)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

For all 2 meals:

onion

1/4 cup minced (50g)

lime juice

1/4 cup (50mL)

avocados, cubed

1 2/3 avocado(s) (335g)

tomatoes, diced

1 2/3 medium whole (2-3/5" dia)
(205g)

olive oil

2 1/2 tsp (13mL)

garlic powder

1 tsp (3g)

salt

1 tsp (5g)

black pepper

1 tsp, ground (2g)

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.

Lentil chili

290 cals ● 13g protein ● 6g fat ● 37g carbs ● 9g fiber



For single meal:

oil
1 tsp (5mL)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
garlic, minced
2/3 clove(s) (2g)
lentils, raw
2 2/3 tbsp (32g)
chili powder
1 tsp (3g)
ground cumin
4 dash (1g)
salt
2/3 dash (1g)
black pepper
1/3 dash, ground (0g)
canned whole tomatoes, chopped
1/3 cup (80g)
dry bulgur wheat
2 2/3 tbsp (23g)
vegetable broth
1/2 cup(s) (mL)

For all 2 meals:

oil
2 tsp (10mL)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
garlic, minced
1 1/3 clove(s) (4g)
lentils, raw
1/3 cup (64g)
chili powder
2 tsp (5g)
ground cumin
1 tsp (2g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)
canned whole tomatoes, chopped
2/3 cup (160g)
dry bulgur wheat
1/3 cup (47g)
vegetable broth
1 cup(s) (mL)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Lunch 3 [🔗](#)

Eat on day 4, day 5

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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

Crispy chik'n tenders

9 1/3 tender(s) - 533 cals ● 38g protein ● 21g fat ● 48g carbs ● 0g fiber



For single meal:

ketchup
2 1/3 tbsp (40g)
meatless chick'n tenders
9 1/3 pieces (238g)

For all 2 meals:

ketchup
1/4 cup (79g)
meatless chick'n tenders
18 2/3 pieces (476g)

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

Lunch 4 [↗](#)

Eat on day 6, day 7

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. This recipe has no instructions.

Tofu spinach salad

370 cals ● 15g protein ● 28g fat ● 9g carbs ● 6g fiber



For single meal:

firm tofu, drained, pressed, and cubed

1/4 package (16 oz) (113g)

fresh spinach, chopped

1 1/2 cup(s) (45g)

tomatoes

3 cherry tomatoes (51g)

oil, divided

1 tbsp (15mL)

lemon juice

1 tbsp (15mL)

ground cumin

2 dash (1g)

soy sauce

1 tbsp (15mL)

garlic, minced

1 clove(s) (3g)

sunflower kernels

1/4 tbsp (3g)

avocados, cubed

1/4 avocado(s) (50g)

For all 2 meals:

firm tofu, drained, pressed, and cubed

1/2 package (16 oz) (227g)

fresh spinach, chopped

3 cup(s) (90g)

tomatoes

6 cherry tomatoes (102g)

oil, divided

2 tbsp (30mL)

lemon juice

2 tbsp (30mL)

ground cumin

4 dash (1g)

soy sauce

2 tbsp (30mL)

garlic, minced

2 clove(s) (6g)

sunflower kernels

1/2 tbsp (6g)

avocados, cubed

1/2 avocado(s) (101g)

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together the soy sauce, garlic, cumin, and half of the oil.
3. Add in the cubed tofu and mix until well-coated.
4. Optional: wrap in plastic and marinate in the refrigerator for a few hours or overnight.
5. Place some greased parchment paper onto a baking sheet. Add tofu.
6. Bake in oven for 30 minutes, flipping halfway through.
7. Assemble salad by placing the tofu, tomatoes, and avocado on a bed of spinach.
8. Top with lemon juice, sunflower kernels, remaining oil, and salt/pepper to taste.
9. Toss and serve.
10. Storage note: if meal prepping, store extra tofu in an airtight container in the fridge. Mix the dressing and store separately also in an airtight container in the fridge. Mix all elements together right before eating.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 3 meals:

tomatoes

36 cherry tomatoes (612g)

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

2 egg(s) - 139 cals ● 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.

Snacks 2 [↗](#)

Eat on day 4, day 5

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 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.

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.

Snacks 3

Eat on day 6, day 7

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.

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.

Walnuts

1/8 cup(s) - 87 cal● 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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Buttered broccoli

2 cup(s) - 267 cals ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

butter

2 tbsp (28g)

For all 2 meals:

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen broccoli

4 cup (364g)

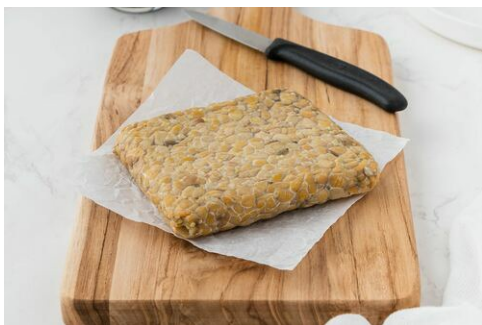
butter

4 tbsp (57g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Basic tempeh

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



For single meal:

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

For all 2 meals:

oil

2 tbsp (30mL)

tempeh

3/4 lbs (340g)

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, day 4

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

salt
3/4 dash (1g)
water
1 1/2 cup(s) (356mL)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
3 cup(s) (711mL)
lentils, raw, rinsed
3/4 cup (144g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

firm tofu
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

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 3 [🔗](#)

Eat on day 5, day 6

Vegan sausage

2 sausage(s) - 536 cals ● 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.

Pita bread

1/2 pita bread(s) - 39 cals ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



For single meal:

pita bread
1/2 pita, small (4" dia) (14g)

For all 2 meals:

pita bread
1 pita, small (4" dia) (28g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Celery sticks

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



For single meal:

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

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Dinner 4 [↗](#)

Eat on day 7

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



oil

3/4 tbsp (11mL)

potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

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.

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

olive oil

1 tsp (5mL)

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

Vegan crumbles

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



Makes 1 1/2 cup(s)

vegetarian burger crumbles

1 1/2 cup (150g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cals ● 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.