

Meal Plan - 2100 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

2090 cals ● 136g protein (26%) ● 116g fat (50%) ● 95g carbs (18%) ● 30g fiber (6%)

Breakfast

380 cals, 14g protein, 14g net carbs, 28g fat



[Walnuts](#)

1/4 cup(s)- 175 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

Snacks

300 cals, 14g protein, 13g net carbs, 19g fat



[Skillet cauliflower tots](#)

267 cals



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

715 cals, 36g protein, 37g net carbs, 42g fat



[Pumpkin seeds](#)

366 cals



[Tempeh bacon & avocado bagel sandwich](#)

1/2 bagel(s)- 349 cals

Dinner

480 cals, 24g protein, 29g net carbs, 27g fat



[Crispy chik'n tenders](#)

5 1/3 tender(s)- 305 cals



[Avocado](#)

176 cals

Day 2

2090 cals ● 136g protein (26%) ● 116g fat (50%) ● 95g carbs (18%) ● 30g fiber (6%)

Breakfast

380 cals, 14g protein, 14g net carbs, 28g fat



Walnuts
1/4 cup(s)- 175 cals



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

Snacks

300 cals, 14g protein, 13g net carbs, 19g fat



Skillet cauliflower tots
267 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

715 cals, 36g protein, 37g net carbs, 42g fat



Pumpkin seeds
366 cals



Tempeh bacon & avocado bagel sandwich
1/2 bagel(s)- 349 cals

Dinner

480 cals, 24g protein, 29g net carbs, 27g fat



Crispy chik'n tenders
5 1/3 tender(s)- 305 cals



Avocado
176 cals

Day 3

2143 cals ● 155g protein (29%) ● 99g fat (41%) ● 119g carbs (22%) ● 40g fiber (8%)

Breakfast

380 cals, 14g protein, 14g net carbs, 28g fat



Walnuts
1/4 cup(s)- 175 cals



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

Snacks

205 cals, 34g protein, 3g net carbs, 6g fat



Double chocolate protein shake
137 cals



Boiled eggs
1 egg(s)- 69 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

645 cals, 29g protein, 44g net carbs, 33g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Strawberry avocado goat cheese panini
487 cals

Dinner

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



Tortilla chips
282 cals



Tempeh taco salad bowl
416 cals

Day 4

2049 cals ● 163g protein (32%) ● 89g fat (39%) ● 112g carbs (22%) ● 39g fiber (8%)

Breakfast

335 cals, 11g protein, 38g net carbs, 12g fat



Toast with butter

2 1/2 slice(s)- 284 cals



Strawberries

1 cup(s)- 52 cals

Snacks

205 cals, 34g protein, 3g net carbs, 6g fat



Double chocolate protein shake

137 cals



Boiled eggs

1 egg(s)- 69 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

645 cals, 29g protein, 44g net carbs, 33g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Strawberry avocado goat cheese panini

487 cals

Dinner

645 cals, 40g protein, 25g net carbs, 37g fat



Basic tempeh

6 oz- 443 cals



Simple mixed greens salad

203 cals

Day 5

2117 cals ● 144g protein (27%) ● 105g fat (45%) ● 111g carbs (21%) ● 37g fiber (7%)

Breakfast

335 cals, 11g protein, 38g net carbs, 12g fat



Toast with butter

2 1/2 slice(s)- 284 cals



Strawberries

1 cup(s)- 52 cals

Snacks

225 cals, 10g protein, 5g net carbs, 18g fat



Mixed nuts

1/8 cup(s)- 109 cals



Cucumber goat cheese bites

118 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

690 cals, 35g protein, 42g net carbs, 38g fat



Basic tofu

8 oz- 342 cals



Tomato and avocado salad

117 cals



Lentils

231 cals

Dinner

645 cals, 40g protein, 25g net carbs, 37g fat



Basic tempeh

6 oz- 443 cals



Simple mixed greens salad

203 cals

Day 6

2141 cals ● 167g protein (31%) ● 95g fat (40%) ● 103g carbs (19%) ● 50g fiber (9%)

Breakfast

310 cals, 16g protein, 15g net carbs, 18g fat



[Basic scrambled eggs](#)
2 egg(s)- 142 cals



[Simple sauteed spinach](#)
100 cals



[Peach](#)
1 peach(es)- 66 cals

Snacks

225 cals, 10g protein, 5g net carbs, 18g fat



[Mixed nuts](#)
1/8 cup(s)- 109 cals



[Cucumber goat cheese bites](#)
118 cals

Protein Supplement(s)

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



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

Lunch

720 cals, 54g protein, 33g net carbs, 35g fat



[Seitan salad](#)
718 cals

Dinner

670 cals, 39g protein, 48g net carbs, 23g fat



[Caprese salad](#)
284 cals



[Black bean and salsa soup](#)
386 cals

Day 7

2141 cals ● 167g protein (31%) ● 95g fat (40%) ● 103g carbs (19%) ● 50g fiber (9%)

Breakfast

310 cals, 16g protein, 15g net carbs, 18g fat



[Basic scrambled eggs](#)
2 egg(s)- 142 cals



[Simple sauteed spinach](#)
100 cals



[Peach](#)
1 peach(es)- 66 cals

Snacks

225 cals, 10g protein, 5g net carbs, 18g fat



[Mixed nuts](#)
1/8 cup(s)- 109 cals



[Cucumber goat cheese bites](#)
118 cals

Protein Supplement(s)

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



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

Lunch

720 cals, 54g protein, 33g net carbs, 35g fat



[Seitan salad](#)
718 cals

Dinner

670 cals, 39g protein, 48g net carbs, 23g fat



[Caprese salad](#)
284 cals



[Black bean and salsa soup](#)
386 cals

Vegetables and Vegetable Products

- ☐ ketchup
2 2/3 tbsp (45g)
- ☐ garlic
3 1/3 clove(s) (10g)
- ☐ cauliflower
2 1/2 cup(s), riced (320g)
- ☐ tomatoes
7 2/3 medium whole (2-3/5" dia) (943g)
- ☐ onion
1/2 tbsp minced (8g)
- ☐ cucumber
3/4 cucumber (8-1/4") (226g)
- ☐ fresh spinach
16 cup(s) (480g)

Other

- ☐ meatless chik'n tenders
10 2/3 pieces (272g)
- ☐ protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
- ☐ mixed greens
3 package (5.5 oz) (488g)
- ☐ nutritional yeast
4 tsp (5g)

Fruits and Fruit Juices

- ☐ avocados
4 avocado(s) (829g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ strawberries
1 pint (384g)
- ☐ lime juice
1/2 tbsp (8mL)
- ☐ peach
2 medium (2-2/3" dia) (300g)

Beverages

- ☐ water
17 1/3 cup(s) (4150mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Nut and Seed Products

- ☐ walnuts
3/4 cup, shelled (75g)

Dairy and Egg Products

- ☐ eggs
9 1/2 medium (416g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ goat cheese
5 oz (142g)
- ☐ butter
2 1/3 tbsp (32g)
- ☐ fresh mozzarella cheese
4 oz (113g)
- ☐ sour cream
3 tbsp (36g)

Spices and Herbs

- ☐ onion powder
1 dash (0g)
- ☐ ground cumin
1 tsp (2g)
- ☐ taco seasoning mix
3/4 tbsp (6g)
- ☐ garlic powder
1 dash (0g)
- ☐ salt
1/2 tsp (3g)
- ☐ black pepper
3 dash, ground (1g)
- ☐ dried dill weed
1/2 tbsp (2g)
- ☐ fresh basil
2/3 cup leaves, whole (16g)

Legumes and Legume Products

- ☐ tempeh
19 oz (539g)
- ☐ refried beans
6 tbsp (91g)
- ☐ firm tofu
1/2 lbs (227g)
- ☐ lentils, raw
1/3 cup (64g)
- ☐ black beans
1 1/2 can(s) (659g)

Baked Products

- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)
- ☐ mixed nuts
6 tbsp (50g)

Snacks

- ☐ high-protein granola bar
3 bar (120g)
- ☐ tortilla chips
2 oz (57g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 1/4 tbsp (19mL)
- ☐ salsa
1/2 jar (236g)
- ☐ vegetable broth
1 cup(s) (mL)

Fats and Oils

- ☐ oil
7 tbsp (104mL)
- ☐ salad dressing
13 tbsp (195mL)
- ☐ olive oil
1 tbsp (17mL)
- ☐ balsamic vinaigrette
2 2/3 tbsp (40mL)

- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ bread
9 slice (288g)

Sweets

- ☐ cocoa powder
2 tsp (4g)

Cereal Grains and Pasta

- ☐ seitan
3/4 lbs (340g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 3 meals:

walnuts

3/4 cup, shelled (75g)

1. This recipe has no instructions.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar

1 bar (40g)

For all 3 meals:

high-protein granola bar

3 bar (120g)

1. This recipe has no instructions.

Breakfast 2

Eat on day 4, day 5

Toast with butter

2 1/2 slice(s) - 284 cals  10g protein  12g fat  30g carbs  5g fiber



For single meal:

bread
2 1/2 slice (80g)
butter
2 1/2 tsp (11g)

For all 2 meals:

bread
5 slice (160g)
butter
5 tsp (23g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Strawberries

1 cup(s) - 52 cals  1g protein  0g fat  8g carbs  3g fiber



For single meal:

strawberries
1 cup, whole (144g)

For all 2 meals:

strawberries
2 cup, whole (288g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Basic scrambled eggs

2 egg(s) - 142 cal ● 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 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.

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.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1 cup (118g)

1. This recipe has no instructions.

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cal ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



For single meal:

onion powder

1/2 dash (0g)

oil

1/4 tsp (1mL)

ground cumin

1/2 dash (0g)

tempeh, cut into strips

2 oz (57g)

avocados, sliced

1/4 avocado(s) (50g)

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

For all 2 meals:

onion powder

1 dash (0g)

oil

1/2 tsp (3mL)

ground cumin

1 dash (0g)

tempeh, cut into strips

4 oz (113g)

avocados, sliced

1/2 avocado(s) (101g)

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

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 ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.
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Strawberry avocado goat cheese panini

487 cal ● 17g protein ● 29g fat ● 28g carbs ● 12g fiber



For single meal:

bread

2 slice (64g)

strawberries, hulled and thinly sliced

4 medium (1-1/4" dia) (48g)

avocados, sliced

1/2 avocado(s) (101g)

goat cheese

1 oz (28g)

butter

1 tsp (5g)

For all 2 meals:

bread

4 slice (128g)

strawberries, hulled and thinly sliced

8 medium (1-1/4" dia) (96g)

avocados, sliced

1 avocado(s) (201g)

goat cheese

2 oz (57g)

butter

2 tsp (9g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
 2. Butter 1 side of each slice of bread.
 3. Spread the goat cheese on the non-buttered side of each piece of bread.
 4. Lay the strawberries on top of the goat cheese on both pieces of bread.
 5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
 6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
 7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
 8. Serve.
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Lunch 3 [↗](#)

Eat on day 5

Basic tofu

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



Makes 8 oz

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

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.

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

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.

Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



salt

2/3 dash (0g)

water

1 1/3 cup(s) (319mL)

lentils, raw, rinsed

1/3 cup (64g)

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.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

For all 2 meals:

oil
4 tsp (20mL)
nutritional yeast
4 tsp (5g)
salad dressing
4 tbsp (60mL)
avocados, sliced
1 avocado(s) (201g)
tomatoes, halved
24 cherry tomatoes (408g)
fresh spinach
8 cup(s) (240g)
seitan, sliced
3/4 lbs (340g)

1. Heat oil in a skillet over medium heat.
 2. Add in sliced seitan and cook until browned, about 5 minutes.
 3. Transfer to a bed of spinach.
 4. Top with tomatoes, avocado, salad dressing and nutritional yeast.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Skillet cauliflower tots

267 cals ● 13g protein ● 19g fat ● 9g carbs ● 3g fiber



For single meal:

hot sauce

2 tsp (9mL)

oil

2 1/2 tsp (13mL)

garlic, diced

1 1/4 tsp (4g)

eggs

1 1/4 extra large (70g)

cauliflower

1 1/4 cup(s), riced (160g)

For all 2 meals:

hot sauce

1 1/4 tbsp (19mL)

oil

5 tsp (25mL)

garlic, diced

2 1/2 tsp (7g)

eggs

2 1/2 extra large (140g)

cauliflower

2 1/2 cup(s), riced (320g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

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.

Snacks 2 [↗](#)

Eat on day 3, day 4

Double chocolate protein shake

137 cal ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (239mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

water
2 cup(s) (479mL)
cocoa powder
2 tsp (4g)
nonfat greek yogurt, plain
4 tbsp (70g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
 2. Place the eggs in a small sauce pan and cover with water.
 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Mixed nuts

1/8 cup(s) - 109 cal● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts

2 tbsp (17g)

For all 3 meals:

mixed nuts

6 tbsp (50g)

1. This recipe has no instructions.
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Cucumber goat cheese bites

118 cal● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber, sliced

1/4 cucumber (8-1 1/4") (75g)

goat cheese

1 oz (28g)

dried dill weed

4 dash (1g)

For all 3 meals:

cucumber, sliced

3/4 cucumber (8-1 1/4") (226g)

goat cheese

3 oz (85g)

dried dill weed

1/2 tbsp (2g)

1. Top sliced cucumber with goat cheese and dill.
 2. Serve.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



For single meal:

ketchup

4 tsp (23g)

meatless chik'n tenders

5 1/3 pieces (136g)

For all 2 meals:

ketchup

2 2/3 tbsp (45g)

meatless chik'n tenders

10 2/3 pieces (272g)

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

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.

Dinner 2 [↗](#)

Eat on day 3

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)

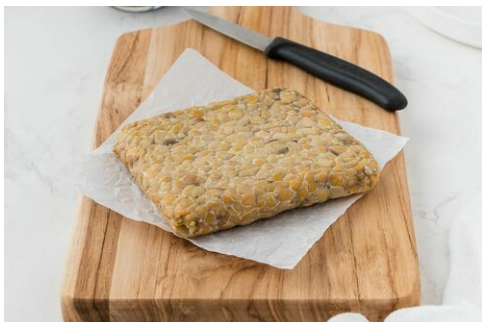
1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; 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.

Dinner 3 [↗](#)

Eat on day 4, day 5

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.

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

For all 2 meals:

mixed greens
9 cup (270g)
salad dressing
1/2 cup (135mL)

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

Dinner 4 [↗](#)

Eat on day 6, day 7

Caprese salad

284 cals ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

balsamic vinaigrette
2 2/3 tbsp (40mL)
fresh basil
2/3 cup leaves, whole (16g)
tomatoes, halved
1 1/3 cup cherry tomatoes (199g)
mixed greens
1 1/3 package (5.5 oz) (207g)
fresh mozzarella cheese
4 oz (113g)

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

Black bean and salsa soup

386 cals ● 22g protein ● 5g fat ● 39g carbs ● 25g fiber



For single meal:

black beans
3/4 can(s) (329g)
vegetable broth
1/2 cup(s) (mL)
salsa, chunky
6 tbsp (98g)
ground cumin
3 dash (1g)
sour cream
1 1/2 tbsp (18g)

For all 2 meals:

black beans
1 1/2 can(s) (659g)
vegetable broth
1 cup(s) (mL)
salsa, chunky
3/4 cup (195g)
ground cumin
1/4 tbsp (2g)
sour cream
3 tbsp (36g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

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) (479mL)
- protein powder**
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

- water**
14 cup(s) (3353mL)
- protein powder**
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
