

Meal Plan - 2200 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

2110 cals ● 151g protein (29%) ● 100g fat (43%) ● 120g carbs (23%) ● 31g fiber (6%)

Breakfast

390 cals, 19g protein, 18g net carbs, 24g fat



[Hummus toast](#)

1 slice(s)- 146 cals



[Basic fried eggs](#)

1 egg(s)- 80 cals



[Roasted almonds](#)

1/6 cup(s)- 166 cals

Snacks

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



[Boiled eggs](#)

2 egg(s)- 139 cals



[Avocado](#)

176 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

500 cals, 21g protein, 36g net carbs, 24g fat



[Raspberries](#)

1 1/2 cup(s)- 108 cals



[Caesar salad wrap](#)

1 wrap(s)- 393 cals

Dinner

685 cals, 49g protein, 62g net carbs, 27g fat



[Crispy chik'n tenders](#)

12 tender(s)- 686 cals

Day 2

2261 cals ● 156g protein (28%) ● 110g fat (44%) ● 132g carbs (23%) ● 29g fiber (5%)

Breakfast

390 cals, 19g protein, 18g net carbs, 24g fat



Hummus toast

1 slice(s)- 146 cals



Basic fried eggs

1 egg(s)- 80 cals



Roasted almonds

1/6 cup(s)- 166 cals

Snacks

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



Boiled eggs

2 egg(s)- 139 cals



Avocado

176 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

650 cals, 26g protein, 48g net carbs, 34g fat



Chunky canned soup (creamy)

1 1/2 can(s)- 530 cals



Simple mozzarella and tomato salad

121 cals

Dinner

685 cals, 49g protein, 62g net carbs, 27g fat



Crispy chik'n tenders

12 tender(s)- 686 cals

Day 3

2246 cals ● 162g protein (29%) ● 106g fat (42%) ● 131g carbs (23%) ● 30g fiber (5%)

Breakfast

335 cals, 25g protein, 18g net carbs, 16g fat



[Double chocolate protein shake](#)
69 cals



[Roasted almonds](#)
1/6 cup(s)- 148 cals



[Waffles & Greek yogurt](#)
1 waffle(s)- 119 cals

Snacks

250 cals, 7g protein, 20g net carbs, 13g fat



[Celery sticks](#)
2 celery stalk- 13 cals



[Kiwi](#)
2 kiwi- 94 cals



[Mixed nuts](#)
1/6 cup(s)- 145 cals

Protein Supplement(s)

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



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

Lunch

650 cals, 26g protein, 48g net carbs, 34g fat



[Chunky canned soup \(creamy\)](#)
1 1/2 can(s)- 530 cals



[Simple mozzarella and tomato salad](#)
121 cals

Dinner

790 cals, 56g protein, 43g net carbs, 42g fat



[Milk](#)
1 2/3 cup(s)- 248 cals



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



Day 4

2222 cals ● 175g protein (32%) ● 98g fat (40%) ● 124g carbs (22%) ● 35g fiber (6%)

Breakfast

335 cals, 25g protein, 18g net carbs, 16g fat



Double chocolate protein shake
69 cals



Roasted almonds
1/6 cup(s)- 148 cals



Waffles & Greek yogurt
1 waffle(s)- 119 cals

Snacks

250 cals, 7g protein, 20g net carbs, 13g fat



Celery sticks
2 celery stalk- 13 cals



Kiwi
2 kiwi- 94 cals



Mixed nuts
1/6 cup(s)- 145 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

625 cals, 38g protein, 41g net carbs, 26g fat



Simple salad with tomatoes and carrots
147 cals



Vegan sausage & veggie sheet pan
480 cals

Dinner

790 cals, 56g protein, 43g net carbs, 42g fat



Milk
1 2/3 cup(s)- 248 cals



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

Day 5

2190 cals ● 158g protein (29%) ● 105g fat (43%) ● 115g carbs (21%) ● 39g fiber (7%)

Breakfast

305 cals, 16g protein, 21g net carbs, 16g fat



Carrot sticks
1 carrot(s)- 27 cals



Toast with butter and jelly
1 slice(s)- 133 cals



Basic scrambled eggs
2 egg(s)- 142 cals

Snacks

280 cals, 33g protein, 15g net carbs, 9g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Protein shake (milk)
258 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

700 cals, 36g protein, 37g net carbs, 38g fat



Cottage cheese & fruit cup
1 container- 131 cals



Edamame slaw salad bowl
294 cals



Roasted almonds
1/3 cup(s)- 277 cals

Dinner

690 cals, 25g protein, 40g net carbs, 41g fat



Milk
2 1/4 cup(s)- 335 cals



Zoodles with avocado sauce
353 cals

Day 6

2163 cals ● 152g protein (28%) ● 103g fat (43%) ● 125g carbs (23%) ● 31g fiber (6%)

Breakfast

305 cals, 16g protein, 21g net carbs, 16g fat



Carrot sticks
1 carrot(s)- 27 cals



Toast with butter and jelly
1 slice(s)- 133 cals



Basic scrambled eggs
2 egg(s)- 142 cals

Snacks

280 cals, 33g protein, 15g net carbs, 9g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Protein shake (milk)
258 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

700 cals, 36g protein, 37g net carbs, 38g fat



Cottage cheese & fruit cup
1 container- 131 cals



Edamame slaw salad bowl
294 cals



Roasted almonds
1/3 cup(s)- 277 cals

Dinner

660 cals, 20g protein, 50g net carbs, 40g fat



Caesar pasta salad
432 cals



Roasted peanuts
1/4 cup(s)- 230 cals

Day 7

2157 cals ● 166g protein (31%) ● 100g fat (42%) ● 115g carbs (21%) ● 34g fiber (6%)

Breakfast

305 cals, 16g protein, 21g net carbs, 16g fat



[Carrot sticks](#)

1 carrot(s)- 27 cals



[Toast with butter and jelly](#)

1 slice(s)- 133 cals



[Basic scrambled eggs](#)

2 egg(s)- 142 cals

Snacks

280 cals, 33g protein, 15g net carbs, 9g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Protein shake \(milk\)](#)

258 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

695 cals, 49g protein, 26g net carbs, 35g fat



[Roasted carrots](#)

2 carrot(s)- 106 cals



[Basic tempeh](#)

8 oz- 590 cals

Dinner

660 cals, 20g protein, 50g net carbs, 40g fat



[Caesar pasta salad](#)

432 cals



[Roasted peanuts](#)

1/4 cup(s)- 230 cals

Vegetables and Vegetable Products

- ☐ ketchup
6 tbsp (102g)
- ☐ romaine lettuce
5/8 head (399g)
- ☐ onion
1 medium (2-1/2" dia) (115g)
- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (805g)
- ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ carrots
9 medium (561g)
- ☐ broccoli
1 cup chopped (91g)
- ☐ potatoes
1 small (1-3/4" to 2-1/4" dia.) (92g)
- ☐ zucchini
3/4 large (242g)
- ☐ edamame, frozen, shelled
1 1/2 cup (177g)
- ☐ kale leaves
1/4 bunch (43g)

Other

- ☐ meatless chik'n tenders
24 pieces (612g)
- ☐ protein powder, chocolate
1 scoop (1/3 cup ea) (31g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ frozen cauliflower
2 1/4 cup (255g)
- ☐ italian seasoning
4 dash (2g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ coleslaw mix
4 1/2 cup (405g)

Beverages

- ☐ water
15 1/4 cup(s) (3614mL)
- ☐ protein powder
17 scoop (1/3 cup ea) (527g)

Legumes and Legume Products

Fats and Oils

- ☐ oil
2 oz (66mL)
- ☐ caesar salad dressing
5 tbsp (73g)
- ☐ balsamic vinaigrette
1 tbsp (14mL)
- ☐ salad dressing
1/2 cup (107mL)
- ☐ olive oil
1/4 tbsp (4mL)

Dairy and Egg Products

- ☐ eggs
15 medium (664g)
- ☐ parmesan cheese
1/2 oz (15g)
- ☐ fresh mozzarella cheese
2 oz (57g)
- ☐ nonfat greek yogurt, plain
5/8 container (105g)
- ☐ whole milk
1/2 gallon (2059mL)
- ☐ butter
1 tbsp (14g)

Nut and Seed Products

- ☐ almonds
1 1/3 cup, whole (191g)
- ☐ mixed nuts
1/3 cup (45g)

Fruits and Fruit Juices

- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ lemon juice
1 1/4 fl oz (39mL)
- ☐ raspberries
1 1/2 cup (185g)
- ☐ kiwi
4 fruit (276g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)
3 can (~19 oz) (1599g)

Spices and Herbs

- ☐ hummus
5 tbsp (75g)
- ☐ roasted peanuts
1/2 cup (73g)
- ☐ tempeh
1/2 lbs (227g)

Baked Products

- ☐ bread
5 slice (160g)
- ☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)
- ☐ frozen waffles
2 waffles (70g)

- ☐ fresh basil
3/4 oz (21g)
- ☐ salt
2 dash (2g)
- ☐ black pepper
2 dash, ground (1g)

Sweets

- ☐ cocoa powder
1 tsp (2g)
- ☐ jelly
1 tbsp (21g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

hummus
2 1/2 tbsp (38g)
bread
1 slice (32g)

For all 2 meals:

hummus
5 tbsp (75g)
bread
2 slice (64g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 2 meals:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Roasted almonds

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



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Double chocolate protein shake

69 cals ● 14g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

water
1/2 cup(s) (119mL)
cocoa powder
4 dash (1g)
nonfat greek yogurt, plain
1 tbsp (18g)
protein powder, chocolate
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

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

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. This recipe has no instructions.

Waffles & Greek yogurt

1 waffle(s) - 119 cals ● 6g protein ● 4g fat ● 15g carbs ● 0g fiber



For single meal:

nonfat greek yogurt, plain
2 tbsp (35g)
frozen waffles
1 waffles (35g)

For all 2 meals:

nonfat greek yogurt, plain
4 tbsp (70g)
frozen waffles
2 waffles (70g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 3 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.

Toast with butter and jelly

1 slice(s) - 133 cal ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

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

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 3 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.

Lunch 1 [↗](#)

Eat on day 1

Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



Makes 1 1/2 cup(s)

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Caesar salad wrap

1 wrap(s) - 393 cals ● 18g protein ● 23g fat ● 26g carbs ● 3g fiber



Makes 1 wrap(s)

eggs, hard-boiled and sliced
2 large (100g)
caesar salad dressing
1 tbsp (15g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
romaine lettuce, torn into bite-sized pieces
4 leaf inner (24g)
parmesan cheese
1/2 tbsp (3g)
onion
1 tbsp, chopped (10g)
tomatoes, sliced
1/2 plum tomato (31g)

1. Toss romaine, onion, cheese and dressing to coat.
2. Spread romaine mixture evenly down center of each tortilla. Top with the sliced hard-boiled eggs and tomatoes.
3. Fold up one end of tortilla about 1 inch over filling; fold right and left sides over folded end, overlapping. Secure with toothpick if necessary.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Chunky canned soup (creamy)

1 1/2 can(s) - 530 cal ● 19g protein ● 26g fat ● 45g carbs ● 12g fiber



For single meal:

chunky canned soup (creamy varieties)

1 1/2 can (~19 oz) (800g)

For all 2 meals:

chunky canned soup (creamy varieties)

3 can (~19 oz) (1599g)

1. Prepare according to instructions on package.

Simple mozzarella and tomato salad

121 cal ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes, sliced

3/8 large whole (3" dia) (68g)

fresh mozzarella cheese, sliced

1 oz (28g)

balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

1/2 tbsp, chopped (1g)

For all 2 meals:

tomatoes, sliced

3/4 large whole (3" dia) (137g)

fresh mozzarella cheese, sliced

2 oz (57g)

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

1 tbsp, chopped (3g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lunch 3 [🔗](#)

Eat on day 4

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



salad dressing

1 tbsp (17mL)

tomatoes, diced

3/4 medium whole (2-3/5" dia) (92g)

carrots, sliced

3/8 medium (23g)

romaine lettuce, roughly chopped

3/4 hearts (375g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Vegan sausage & veggie sheet pan

480 cal ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



italian seasoning
4 dash (2g)
oil
2 tsp (10mL)
broccoli, chopped
1 cup chopped (91g)
carrots, sliced
1 medium (61g)
potatoes, cut into wedges
1 small (1-3/4" to 2-1/4" dia.) (92g)
vegan sausage, cut into bite sized pieces
1 sausage (100g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Lunch 4 [↗](#)

Eat on day 5, day 6

Cottage cheese & fruit cup

1 container - 131 cals ● 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.

Edamame slaw salad bowl

294 cals ● 12g protein ● 14g fat ● 20g carbs ● 11g fiber



For single meal:

salad dressing
3 tbsp (45mL)
coleslaw mix
2 1/4 cup (203g)
carrots, sliced into matchsticks
1 1/2 small (5-1/2" long) (75g)
edamame, frozen, shelled
3/4 cup (89g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
coleslaw mix
4 1/2 cup (405g)
carrots, sliced into matchsticks
3 small (5-1/2" long) (150g)
edamame, frozen, shelled
1 1/2 cup (177g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

almonds

5 tbsp, whole (45g)

For all 2 meals:

almonds

10 tbsp, whole (89g)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 7

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

oil

1 tsp (5mL)

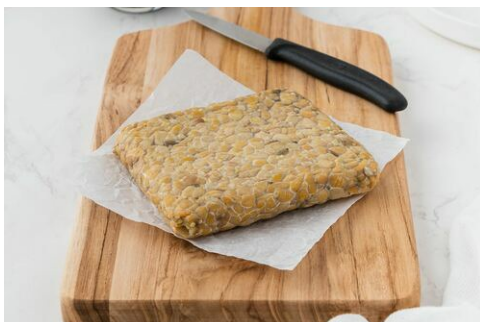
carrots, sliced

2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

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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Snacks 1 [↗](#)

Eat on day 1, day 2

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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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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 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.
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Snacks 2 [↗](#)

Eat on day 3, day 4

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.
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Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi

2 fruit (138g)

For all 2 meals:

kiwi

4 fruit (276g)

1. Slice the kiwi and serve.
-

Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

mixed nuts

2 2/3 tbsp (22g)

For all 2 meals:

mixed nuts

1/3 cup (45g)

1. This recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

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.

Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk

1 cup (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

For all 3 meals:

whole milk

3 cup (720mL)

protein powder

3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

Crispy chik'n tenders

12 tender(s) - 686 cals ● 49g protein ● 27g fat ● 62g carbs ● 0g fiber



For single meal:

ketchup

3 tbsp (51g)

meatless chik'n tenders

12 pieces (306g)

For all 2 meals:

ketchup

6 tbsp (102g)

meatless chik'n tenders

24 pieces (612g)

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

Dinner 2 [↗](#)

Eat on day 3, day 4

Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk

1 2/3 cup (400mL)

For all 2 meals:

whole milk

1/4 gallon (800mL)

1. This recipe has no instructions.

Vegan bangers and cauliflower mash

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



For single meal:

onion, thinly sliced
 3/4 small (53g)
vegan sausage
 1 1/2 sausage (150g)
oil
 3/4 tbsp (11mL)
frozen cauliflower
 1 cup (128g)

For all 2 meals:

onion, thinly sliced
 1 1/2 small (105g)
vegan sausage
 3 sausage (300g)
oil
 1 1/2 tbsp (23mL)
frozen cauliflower
 2 1/4 cup (255g)

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 5

Milk

2 1/4 cup(s) - 335 cals ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber

Makes 2 1/4 cup(s)

whole milk
 2 1/4 cup (540mL)

1. This recipe has no instructions.



Zoodles with avocado sauce

353 cals ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber



water
 1/4 cup(s) (59mL)
lemon juice
 2 1/4 tbsp (34mL)
tomatoes, halved
 7 1/2 cherry tomatoes (128g)
fresh basil
 3/4 cup leaves, whole (18g)
zucchini
 3/4 large (242g)
avocados, peeled and seed removed
 3/4 avocado(s) (151g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Dinner 4 [↗](#)

Eat on day 6, day 7

Caesar pasta salad

432 cals ● 11g protein ● 22g fat ● 45g carbs ● 3g fiber



For single meal:

uncooked dry pasta

2 oz (57g)

tomatoes

6 tbsp cherry tomatoes (56g)

olive oil

3/8 tsp (2mL)

kale leaves

1/8 bunch (21g)

parmesan cheese

1 tbsp (6g)

caesar salad dressing

2 tbsp (29g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

For all 2 meals:

uncooked dry pasta

4 oz (114g)

tomatoes

3/4 cup cherry tomatoes (112g)

olive oil

1/4 tbsp (4mL)

kale leaves

1/4 bunch (43g)

parmesan cheese

2 tbsp (13g)

caesar salad dressing

4 tbsp (59g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

1. Cook pasta according to package. Drain and place in bowl and let cool completely.
2. Preheat oven to 425 F (220 C).
3. Toss tomatoes with olive oil and place on baking tray. Cook for 8-10 minutes until soft and bursting. Remove and let cool.
4. Rip kale into pieces and add to the cooled pasta.
5. Add tomatoes, salt and pepper into pasta bowl and mix.
6. Refrigerate bowl.
7. Serve with parmesan and dressing.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts

4 tbsp (37g)

For all 2 meals:

roasted peanuts

1/2 cup (73g)

1. This recipe has no instructions.
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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.