

Meal Plan - 2300 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

2319 cals ● 151g protein (26%) ● 113g fat (44%) ● 130g carbs (22%) ● 43g fiber (7%)

Breakfast

360 cals, 16g protein, 18g net carbs, 21g fat



[Simple sauteed spinach](#)
100 cals



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[Avocado toast with egg](#)
1 slice(s)- 238 cals

Snacks

360 cals, 20g protein, 30g net carbs, 14g fat



[Hummus toast](#)
2 slice(s)- 293 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

810 cals, 52g protein, 42g net carbs, 44g fat



[Protein bar](#)
1 bar- 245 cals



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

Dinner

570 cals, 14g protein, 39g net carbs, 33g fat



[Simple kale & avocado salad](#)
230 cals



[Avocado & greens quesadilla](#)
1/2 quesadilla(s)- 342 cals

Day 2

2341 cals ● 156g protein (27%) ● 125g fat (48%) ● 99g carbs (17%) ● 49g fiber (8%)

Breakfast

360 cals, 16g protein, 18g net carbs, 21g fat



Simple sauteed spinach
100 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals



Avocado toast with egg
1 slice(s)- 238 cals

Snacks

360 cals, 20g protein, 30g net carbs, 14g fat



Hummus toast
2 slice(s)- 293 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

700 cals, 38g protein, 34g net carbs, 42g fat



Cottage cheese & fruit cup
1 container- 131 cals



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals



Mixed nuts
1/3 cup(s)- 290 cals

Dinner

700 cals, 34g protein, 15g net carbs, 47g fat



Garlic collard greens
358 cals



Basic tofu
8 oz- 342 cals

Day 3

2292 cals ● 147g protein (26%) ● 130g fat (51%) ● 85g carbs (15%) ● 48g fiber (8%)

Breakfast

360 cals, 16g protein, 18g net carbs, 21g fat



Simple sauteed spinach
100 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals



Avocado toast with egg
1 slice(s)- 238 cals

Snacks

315 cals, 12g protein, 16g net carbs, 19g fat



Smashed raspberry almond butter toast
1 toast(s)- 203 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

700 cals, 38g protein, 34g net carbs, 42g fat



Cottage cheese & fruit cup
1 container- 131 cals



Avocado egg salad sandwich
1/2 sandwich(es)- 281 cals



Mixed nuts
1/3 cup(s)- 290 cals

Dinner

700 cals, 34g protein, 15g net carbs, 47g fat



Garlic collard greens
358 cals



Basic tofu
8 oz- 342 cals

Day 4

2274 cals ● 178g protein (31%) ● 93g fat (37%) ● 131g carbs (23%) ● 48g fiber (8%)

Breakfast

320 cals, 30g protein, 39g net carbs, 1g fat



Cucumber slices
1 cucumber- 60 cals



Green protein shake
261 cals

Snacks

315 cals, 12g protein, 16g net carbs, 19g fat



Smashed raspberry almond butter toast
1 toast(s)- 203 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

730 cals, 47g protein, 41g net carbs, 36g fat



Greek cucumber & feta salad
182 cals



Peanut tempeh
4 oz tempeh- 434 cals



Lentils
116 cals

Dinner

690 cals, 41g protein, 35g net carbs, 36g fat



Avocado
176 cals



Seitan salad
359 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Day 5

2215 cals ● 184g protein (33%) ● 82g fat (33%) ● 133g carbs (24%) ● 53g fiber (10%)

Breakfast

320 cals, 30g protein, 39g net carbs, 1g fat



Cucumber slices
1 cucumber- 60 cals



Green protein shake
261 cals

Snacks

220 cals, 4g protein, 16g net carbs, 13g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Dark chocolate
3 square(s)- 180 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

765 cals, 60g protein, 42g net carbs, 31g fat



Lentils
174 cals



Basic tempeh
8 oz- 590 cals

Dinner

690 cals, 41g protein, 35g net carbs, 36g fat



Avocado
176 cals



Seitan salad
359 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Day 6

2278 cals ● 167g protein (29%) ● 99g fat (39%) ● 124g carbs (22%) ● 56g fiber (10%)

Breakfast

370 cals, 21g protein, 20g net carbs, 19g fat



Carrots and hummus
205 cals



String cheese
2 stick(s)- 165 cals

Snacks

220 cals, 4g protein, 16g net carbs, 13g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Dark chocolate
3 square(s)- 180 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

765 cals, 60g protein, 42g net carbs, 31g fat



Lentils
174 cals



Basic tempeh
8 oz- 590 cals

Dinner

705 cals, 34g protein, 44g net carbs, 36g fat



Buffalo tofu
355 cals



Easy chickpea salad
350 cals

Day 7

2323 cals ● 145g protein (25%) ● 104g fat (40%) ● 141g carbs (24%) ● 61g fiber (11%)

Breakfast

370 cals, 21g protein, 20g net carbs, 19g fat



[Carrots and hummus](#)
205 cals



[String cheese](#)
2 stick(s)- 165 cals

Snacks

220 cals, 4g protein, 16g net carbs, 13g fat



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



[Dark chocolate](#)
3 square(s)- 180 cals

Protein Supplement(s)

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



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

Lunch

810 cals, 38g protein, 58g net carbs, 35g fat



[Caprese salad](#)
249 cals



[Spanish chickpeas](#)
560 cals

Dinner

705 cals, 34g protein, 44g net carbs, 36g fat



[Buffalo tofu](#)
355 cals



[Easy chickpea salad](#)
350 cals



Vegetables and Vegetable Products

- ☐ kale leaves
1/2 bunch (85g)
- ☐ fresh spinach
2 1/4 10oz package (639g)
- ☐ garlic
8 1/4 clove(s) (25g)
- ☐ tomatoes
14 2/3 medium whole (2-3/5" dia) (1807g)
- ☐ collard greens
2 1/4 lbs (1021g)
- ☐ cucumber
2 3/4 cucumber (8-1/4") (828g)
- ☐ baby carrots
40 medium (400g)
- ☐ fresh parsley
4 1/2 sprigs (5g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (165g)
- ☐ tomato paste
1 1/2 tbsp (24g)
- ☐ bell pepper
3/4 large (123g)

Fruits and Fruit Juices

- ☐ lemon
1/2 small (29g)
- ☐ avocados
3 1/2 avocado(s) (704g)
- ☐ raspberries
20 raspberries (38g)
- ☐ lemon juice
3/8 fl oz (13mL)
- ☐ orange
2 orange (308g)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)

Dairy and Egg Products

- ☐ cheddar cheese
2 tbsp, shredded (14g)
- ☐ eggs
8 large (400g)
- ☐ fresh mozzarella cheese
6 1/2 oz (182g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ feta cheese
3 tbsp, crumbled (28g)

Beverages

- ☐ water
18 cup(s) (4247mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ protein powder, vanilla
2 scoop (1/3 cup ea) (62g)

Spices and Herbs

- ☐ black pepper
1/8 oz (1g)
- ☐ salt
1/4 oz (7g)
- ☐ fresh basil
1/2 oz (13g)
- ☐ garlic powder
4 dash (2g)
- ☐ dill weed, fresh
3/4 tbsp, chopped (1g)
- ☐ red wine vinegar
1 1/2 tbsp (23mL)
- ☐ balsamic vinegar
1 1/2 tbsp (23mL)
- ☐ ground cumin
3/4 tbsp (5g)
- ☐ paprika
1/2 tbsp (3g)

Legumes and Legume Products

- ☐ hummus
1 1/4 cup (300g)
- ☐ firm tofu
30 oz (851g)
- ☐ soy sauce
1 tsp (5mL)
- ☐ peanut butter
2 tbsp (32g)
- ☐ tempeh
1 1/4 lbs (567g)
- ☐ lentils, raw
2/3 cup (128g)
- ☐ chickpeas, canned
2 1/4 can (1008g)

Other

- ☐ protein bar (20g protein)
1 bar (50g)

- ☐ string cheese
4 stick (112g)

Baked Products

- ☐ flour tortillas
1/2 tortilla (approx 12" dia) (59g)
- ☐ bread
3/4 lbs (352g)

Fats and Oils

- ☐ oil
5 oz (148mL)
- ☐ olive oil
1 oz (30mL)
- ☐ balsamic vinaigrette
2 oz (52mL)
- ☐ salad dressing
2 tbsp (30mL)
- ☐ ranch dressing
4 tbsp (60mL)

Soups, Sauces, and Gravies

- ☐ salsa
1 tbsp (18g)
- ☐ Frank's Red Hot sauce
1/3 cup (79mL)
- ☐ apple cider vinegar
1 1/2 tbsp (1mL)

- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ nutritional yeast
4 1/4 g (4g)
- ☐ mixed greens
5/8 package (5.5 oz) (90g)

Nut and Seed Products

- ☐ mixed nuts
2/3 cup (89g)
- ☐ flax seeds
2 dash (2g)
- ☐ almond butter
2 tbsp (32g)
- ☐ almonds
4 tbsp, whole (36g)

Cereal Grains and Pasta

- ☐ seitan
6 oz (170g)

Sweets

- ☐ Chocolate, dark, 70-85%
9 square(s) (90g)



Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 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.

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.

Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

avocados, ripe, sliced
1/4 avocado(s) (50g)
eggs
1 large (50g)
bread
1 slice (32g)

For all 3 meals:

avocados, ripe, sliced
3/4 avocado(s) (151g)
eggs
3 large (150g)
bread
3 slice (96g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Cucumber slices

1 cucumber - 60 cal ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)

For all 2 meals:

cucumber
2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.

Green protein shake

261 cal ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

fresh spinach
1 cup(s) (30g)
water
1/4 cup(s) (59mL)
orange, peeled, sliced, and deseeded
1 orange (154g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
banana, frozen
1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

fresh spinach
2 cup(s) (60g)
water
1/2 cup(s) (119mL)
orange, peeled, sliced, and deseeded
2 orange (308g)
protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
banana, frozen
1 medium (7" to 7-7/8" long) (118g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Carrots and hummus

205 cals ● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



For single meal:

hummus
5 tbsp (75g)
baby carrots
20 medium (200g)

For all 2 meals:

hummus
10 tbsp (150g)
baby carrots
40 medium (400g)

1. Serve carrots with hummus.
-

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 1 [↗](#)

Eat on day 1

Protein bar

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



Makes 1 bar

protein bar (20g protein)
1 bar (50g)

1. This recipe has no instructions.
-

Simple mozzarella and tomato salad

564 cals ● 32g protein ● 39g fat ● 16g carbs ● 4g fiber



tomatoes, sliced
1 3/4 large whole (3" dia) (318g)
fresh mozzarella cheese, sliced
1/4 lbs (132g)
balsamic vinaigrette
2 1/3 tbsp (35mL)
fresh basil
2 1/3 tbsp, chopped (6g)

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

Lunch 2 [🔗](#)

Eat on day 2, day 3

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.

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cal ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

tomatoes, halved
3 tbsp cherry tomatoes (28g)
garlic powder
2 dash (1g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

For all 2 meals:

tomatoes, halved
6 tbsp cherry tomatoes (56g)
garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
eggs, hard-boiled and chilled
3 large (150g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Mixed nuts

1/3 cup(s) - 290 cals ● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



For single meal:

mixed nuts
1/3 cup (45g)

For all 2 meals:

mixed nuts
2/3 cup (89g)

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 4

Greek cucumber & feta salad

182 cals ● 6g protein ● 13g fat ● 9g carbs ● 1g fiber



cucumber

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

dill weed, fresh

3/4 tbsp, chopped (1g)

black pepper

3/4 dash (0g)

feta cheese

3 tbsp, crumbled (28g)

red wine vinegar

1 1/2 tbsp (23mL)

olive oil

1/2 tbsp (8mL)

salt

3/4 dash (0g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

nutritional yeast

1/2 tbsp (2g)

soy sauce

1 tsp (5mL)

lemon juice

1/2 tbsp (8mL)

peanut butter

2 tbsp (32g)

tempeh

4 oz (113g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



salt

1/3 dash (0g)

water

2/3 cup(s) (158mL)

lentils, raw, rinsed

2 2/3 tbsp (32g)

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 5, day 6

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

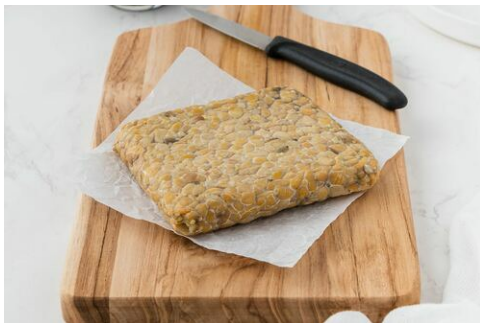
For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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 tempeh

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



For single meal:

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

For all 2 meals:

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

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.
-

Lunch 5 [🔗](#)

Eat on day 7

Caprese salad

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



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)

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

Spanish chickpeas

560 cals ● 24g protein ● 19g fat ● 50g carbs ● 23g fiber



ground cumin

3/4 tbsp (5g)

paprika

1/2 tbsp (3g)

oil

3/4 tbsp (11mL)

water

3/4 cup(s) (178mL)

fresh spinach

3 oz (85g)

chickpeas, canned, drained & rinsed

3/4 can (336g)

tomato paste

1 1/2 tbsp (24g)

bell pepper, deseeded & sliced

3/4 large (123g)

onion, sliced

3/4 large (113g)

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.
-

Snacks 1 [↗](#)

Eat on day 1, day 2

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

hummus
10 tbsp (150g)
bread
4 slice (128g)

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

Boiled eggs

1 egg(s) - 69 cals ● 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.
-

Snacks 2 [↗](#)

Eat on day 3, day 4

Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

raspberries

10 raspberries (19g)

flax seeds

1 dash (1g)

almond butter

1 tbsp (16g)

bread

1 slice(s) (32g)

For all 2 meals:

raspberries

20 raspberries (38g)

flax seeds

2 dash (2g)

almond butter

2 tbsp (32g)

bread

2 slice(s) (64g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.
-

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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.

Dark chocolate

3 square(s) - 180 cals ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

Chocolate, dark, 70-85%

3 square(s) (30g)

For all 3 meals:

Chocolate, dark, 70-85%

9 square(s) (90g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Simple kale & avocado salad

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



kale leaves, chopped

1/2 bunch (85g)

lemon, juiced

1/2 small (29g)

avocados, chopped

1/2 avocado(s) (101g)

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.

Avocado & greens quesadilla

1/2 quesadilla(s) - 342 cals ● 10g protein ● 18g fat ● 29g carbs ● 6g fiber



Makes 1/2 quesadilla(s)

cheddar cheese

2 tbsp, shredded (14g)

flour tortillas

1/2 tortilla (approx 12" dia) (59g)

avocados, thinly sliced

1/4 avocado(s) (50g)

fresh spinach

1/2 oz (14g)

oil

1/4 tsp (1mL)

salsa

1 tbsp (18g)

1. Add cheese, spinach, and avocado slices to one half of the tortilla. Fold tortilla in half and gently press together.
2. Heat oil in a skillet over medium heat. Add quesadilla and cook until golden, about 2-3 minutes per side.
3. Slice and serve with salsa.

Dinner 2 [↗](#)

Eat on day 2, day 3

Garlic collard greens

358 cals ● 16g protein ● 19g fat ● 10g carbs ● 21g fiber



For single meal:

collard greens

18 oz (510g)

oil

1 tbsp (17mL)

garlic, minced

3 1/2 clove(s) (10g)

salt

1/4 tsp (2g)

For all 2 meals:

collard greens

2 1/4 lbs (1021g)

oil

2 1/4 tbsp (34mL)

garlic, minced

6 3/4 clove(s) (20g)

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.

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.

Dinner 3 [↗](#)

Eat on day 4, day 5

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.

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

- oil**
1 tsp (5mL)
- nutritional yeast**
1 tsp (1g)
- salad dressing**
1 tbsp (15mL)
- avocados, sliced**
1/4 avocado(s) (50g)
- tomatoes, halved**
6 cherry tomatoes (102g)
- fresh spinach**
2 cup(s) (60g)
- seitan, sliced**
3 oz (85g)

For all 2 meals:

- 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)

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.

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.
-

Dinner 4 [🔗](#)

Eat on day 6, day 7

Buffalo tofu

355 cals ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



For single meal:

ranch dressing

2 tbsp (30mL)

oil

1/2 tbsp (8mL)

Frank's Red Hot sauce

2 1/2 tbsp (40mL)

firm tofu, patted dry & cubed

1/2 lbs (198g)

For all 2 meals:

ranch dressing

4 tbsp (60mL)

oil

1 tbsp (15mL)

Frank's Red Hot sauce

1/3 cup (79mL)

firm tofu, patted dry & cubed

14 oz (397g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

fresh parsley, chopped

2 1/4 sprigs (2g)

apple cider vinegar

3/4 tbsp (1mL)

balsamic vinegar

3/4 tbsp (11mL)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

onion, thinly sliced

3/8 small (26g)

chickpeas, canned, drained and rinsed

3/4 can (336g)

For all 2 meals:

fresh parsley, chopped

4 1/2 sprigs (5g)

apple cider vinegar

1 1/2 tbsp (1mL)

balsamic vinegar

1 1/2 tbsp (23mL)

tomatoes, halved

1 1/2 cup cherry tomatoes (224g)

onion, thinly sliced

3/4 small (53g)

chickpeas, canned, drained and rinsed

1 1/2 can (672g)

1. Add all ingredients to a bowl and toss. Serve!

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.