

Meal Plan - 2400 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

2424 cals ● 169g protein (28%) ● 140g fat (52%) ● 92g carbs (15%) ● 32g fiber (5%)

Breakfast

395 cals, 23g protein, 26g net carbs, 21g fat



Banana
1 banana(s)- 117 cals



Egg & cheese mini muffin
5 mini muffin(s)- 280 cals

Snacks

330 cals, 8g protein, 39g net carbs, 13g fat



Raisins
1/4 cup- 137 cals



Bell pepper strips and hummus
85 cals



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

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

900 cals, 39g protein, 17g net carbs, 73g fat



Walnut crusted tofu
659 cals



Simple mozzarella and tomato salad
242 cals

Dinner

525 cals, 38g protein, 9g net carbs, 31g fat



Buttered broccoli
2 cup(s)- 267 cals



Vegan crumbles
1 3/4 cup(s)- 256 cals

Day 2

2424 cal ● 169g protein (28%) ● 140g fat (52%) ● 92g carbs (15%) ● 32g fiber (5%)

Breakfast

395 cal, 23g protein, 26g net carbs, 21g fat



Banana
1 banana(s)- 117 cal



Egg & cheese mini muffin
5 mini muffin(s)- 280 cal

Snacks

330 cal, 8g protein, 39g net carbs, 13g fat



Raisins
1/4 cup- 137 cal



Bell pepper strips and hummus
85 cal



Mixed nuts
1/8 cup(s)- 109 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

900 cal, 39g protein, 17g net carbs, 73g fat



Walnut crusted tofu
659 cal



Simple mozzarella and tomato salad
242 cal

Dinner

525 cal, 38g protein, 9g net carbs, 31g fat



Buttered broccoli
2 cup(s)- 267 cal



Vegan crumbles
1 3/4 cup(s)- 256 cal

Day 3

2516 cal ● 183g protein (29%) ● 122g fat (44%) ● 143g carbs (23%) ● 29g fiber (5%)

Breakfast

310 cal, 19g protein, 18g net carbs, 17g fat



Toast with butter
1 1/2 slice(s)- 171 cal



Boiled eggs
2 egg(s)- 139 cal

Snacks

330 cal, 8g protein, 39g net carbs, 13g fat



Raisins
1/4 cup- 137 cal



Bell pepper strips and hummus
85 cal



Mixed nuts
1/8 cup(s)- 109 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

825 cal, 52g protein, 38g net carbs, 50g fat



Cottage cheese & fruit cup
2 container- 261 cal



Beet & mozzarella salad
563 cal

Dinner

780 cal, 44g protein, 45g net carbs, 41g fat



Mediterranean chik'n salad with lemon yogurt dressing
662 cal



Banana
1 banana(s)- 117 cal

Day 4

2438 cals ● 184g protein (30%) ● 115g fat (42%) ● 129g carbs (21%) ● 39g fiber (6%)

Breakfast

310 cals, 19g protein, 18g net carbs, 17g fat



Toast with butter

1 1/2 slice(s)- 171 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

255 cals, 9g protein, 25g net carbs, 6g fat



Raspberries

1 1/2 cup(s)- 108 cals



Hummus toast

1 slice(s)- 146 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

825 cals, 52g protein, 38g net carbs, 50g fat



Cottage cheese & fruit cup

2 container- 261 cals



Beet & mozzarella salad

563 cals

Dinner

780 cals, 44g protein, 45g net carbs, 41g fat



Mediterranean chik'n salad with lemon yogurt dressing

662 cals



Banana

1 banana(s)- 117 cals

Day 5

2316 cals ● 175g protein (30%) ● 95g fat (37%) ● 139g carbs (24%) ● 52g fiber (9%)

Breakfast

310 cals, 19g protein, 18g net carbs, 17g fat



Toast with butter

1 1/2 slice(s)- 171 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

255 cals, 9g protein, 25g net carbs, 6g fat



Raspberries

1 1/2 cup(s)- 108 cals



Hummus toast

1 slice(s)- 146 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

705 cals, 62g protein, 49g net carbs, 25g fat



Beets

7 beets- 169 cals



Vegan sausage

2 sausage(s)- 536 cals

Dinner

775 cals, 25g protein, 44g net carbs, 46g fat



Pecans

1/2 cup- 366 cals



Chickpea & kale soup

409 cals

Day 6

2369 cal ● 171g protein (29%) ● 102g fat (39%) ● 138g carbs (23%) ● 53g fiber (9%)

Breakfast

330 cal, 13g protein, 19g net carbs, 19g fat



Sunflower seeds
226 cal



Blueberry vanilla oatmeal
104 cal

Snacks

285 cal, 10g protein, 24g net carbs, 11g fat



Carrots and hummus
287 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

705 cal, 62g protein, 49g net carbs, 25g fat



Beets
7 beets- 169 cal



Vegan sausage
2 sausage(s)- 536 cal

Dinner

775 cal, 25g protein, 44g net carbs, 46g fat



Pecans
1/2 cup- 366 cal



Chickpea & kale soup
409 cal

Day 7

2402 cal ● 151g protein (25%) ● 115g fat (43%) ● 136g carbs (23%) ● 54g fiber (9%)

Breakfast

330 cal, 13g protein, 19g net carbs, 19g fat



Sunflower seeds
226 cal



Blueberry vanilla oatmeal
104 cal

Snacks

285 cal, 10g protein, 24g net carbs, 11g fat



Carrots and hummus
287 cal

Lunch

750 cal, 22g protein, 71g net carbs, 36g fat



Grilled peanut butter and banana sandwich
1 sandwich(es)- 485 cal



Simple mixed greens and tomato salad
265 cal

Dinner

765 cal, 45g protein, 20g net carbs, 48g fat



Pistachios
188 cal



Buttered broccoli
1 cup(s)- 134 cal



Basic tempeh
6 oz- 443 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Spices and Herbs

- black pepper
1/3 tsp (0g)
- salt
1/3 tsp (1g)
- dijon mustard
2 tbsp (30g)
- fresh basil
2 tbsp, chopped (5g)
- paprika
1 tsp (2g)
- thyme, dried
2 tsp, leaves (2g)
- vanilla extract
1 tsp (5mL)

Vegetables and Vegetable Products

- frozen broccoli
5 cup (455g)
- bell pepper
1 1/2 medium (179g)
- garlic
7 clove(s) (21g)
- tomatoes
4 1/2 medium whole (2-3/5" dia) (552g)
- onion
2/3 small (47g)
- beets, precooked (canned or refrigerated)
18 beets (2" dia, sphere) (900g)
- kale leaves
3 cup, chopped (120g)
- baby carrots
56 medium (560g)

Dairy and Egg Products

- butter
5/6 stick (91g)
- cheddar cheese
1/2 cup, shredded (53g)
- eggs
11 large (550g)
- fresh mozzarella cheese
10 oz (284g)
- nonfat greek yogurt, plain
6 tbsp (105g)

Legumes and Legume Products

Fruits and Fruit Juices

- banana
5 medium (7" to 7-7/8" long) (590g)
- raisins
3/4 cup, packed (124g)
- lemon juice
2 fl oz (55mL)
- canned black olives
12 large olives (53g)
- raspberries
3 cup (369g)
- blueberries
4 tbsp (37g)

Nut and Seed Products

- mixed nuts
6 tbsp (50g)
- walnuts
1 cup, chopped (116g)
- pecans
1 cup, halves (99g)
- sunflower kernels
2 1/2 oz (71g)
- pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

Fats and Oils

- mayonnaise
4 tbsp (60mL)
- balsamic vinaigrette
2 tbsp (31mL)
- oil
2 2/3 oz (82mL)
- olive oil
2 tbsp (30mL)
- cooking spray
1 spray(s) , about 1/3 second each (0g)
- salad dressing
1/3 cup (79mL)

Baked Products

- bread
8 1/2 slice (272g)

Other

- vegan chik'n strips
10 oz (284g)

vegetarian burger crumbles
3 1/2 cup (350g)

hummus
14 1/3 oz (407g)

firm tofu
1 lbs (454g)

chickpeas, canned
2 can (832g)

peanut butter
2 tbsp (32g)

tempeh
6 oz (170g)

Beverages

water
18 1/4 cup (4378mL)

protein powder
17 1/2 scoop (1/3 cup ea) (543g)

mixed greens
8 1/4 cup (248g)

cottage cheese & fruit cup
4 container (680g)

vegan sausage
4 sausage (400g)

Soups, Sauces, and Gravies

vegetable broth
6 cup(s) (mL)

Breakfast Cereals

oatmeal, old-fashioned oats, rolled oats
1/2 cup(s) (41g)

Sweets

maple syrup
1 tsp (5mL)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Egg & cheese mini muffin

5 mini muffin(s) - 280 cal ● 22g protein ● 21g fat ● 2g carbs ● 0g fiber



For single meal:

cheddar cheese

1/4 cup, shredded (26g)

water

2 1/2 tsp (12mL)

eggs

2 1/2 large (125g)

For all 2 meals:

cheddar cheese

1/2 cup, shredded (53g)

water

5 tsp (25mL)

eggs

5 large (250g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Toast with butter

1 1/2 slice(s) - 171 cal ● 6g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)

For all 3 meals:

bread
4 1/2 slice (144g)
butter
1 1/2 tbsp (20g)

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

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

Blueberry vanilla oatmeal

104 cal ● 3g protein ● 1g fat ● 16g carbs ● 3g fiber



For single meal:

**oatmeal, old-fashioned oats,
rolled oats**

1/4 cup(s) (20g)

blueberries

2 tbsp (19g)

vanilla extract

1/2 tsp (3mL)

maple syrup

1/2 tsp (3mL)

water

3/8 cup(s) (89mL)

For all 2 meals:

**oatmeal, old-fashioned oats,
rolled oats**

1/2 cup(s) (41g)

blueberries

4 tbsp (37g)

vanilla extract

1 tsp (5mL)

maple syrup

1 tsp (5mL)

water

3/4 cup(s) (178mL)

1. Add all ingredients and microwave for about 2-3 minutes.
 2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Walnut crusted tofu

659 cal ● 25g protein ● 56g fat ● 10g carbs ● 4g fiber



For single meal:

mayonnaise
2 tbsp (30mL)
firm tofu, drained
1/2 lbs (227g)
walnuts
1/3 cup, chopped (39g)
dijon mustard
1 tbsp (15g)
garlic, diced
2 clove(s) (6g)
lemon juice
1 tsp (5mL)

For all 2 meals:

mayonnaise
4 tbsp (60mL)
firm tofu, drained
1 lbs (454g)
walnuts
2/3 cup, chopped (77g)
dijon mustard
2 tbsp (30g)
garlic, diced
4 clove(s) (12g)
lemon juice
2 tsp (10mL)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

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)

For all 2 meals:

tomatoes, sliced
1 1/2 large whole (3" dia) (273g)
fresh mozzarella cheese, sliced
4 oz (113g)
balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)

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 3, day 4

Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

2 container (340g)

For all 2 meals:

cottage cheese & fruit cup

4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Beet & mozzarella salad

563 cal ● 24g protein ● 45g fat ● 12g carbs ● 4g fiber



For single meal:

beets, precooked (canned or refrigerated), sliced

2 beets (2" dia, sphere) (100g)

fresh mozzarella cheese, cut into chunks

3 oz (85g)

walnuts

2 1/2 tbsp, chopped (19g)

olive oil

1 tbsp (15mL)

lemon juice

1/2 tbsp (8mL)

thyme, dried

4 dash, leaves (1g)

For all 2 meals:

beets, precooked (canned or refrigerated), sliced

4 beets (2" dia, sphere) (200g)

fresh mozzarella cheese, cut into chunks

6 oz (170g)

walnuts

1/3 cup, chopped (39g)

olive oil

2 tbsp (30mL)

lemon juice

1 tbsp (15mL)

thyme, dried

1 tsp, leaves (1g)

1. In a small bowl, mix together the olive oil, lemon juice, thyme and salt/pepper to taste. Set aside.
 2. In a larger bowl, toss the beets, mozzarella, and walnuts together. Top with dressing and serve.
-

Lunch 3 [↗](#)

Eat on day 5, day 6

Beets

7 beets - 169 cal ● 6g protein ● 1g fat ● 28g carbs ● 7g fiber



For single meal:

beets, precooked (canned or refrigerated)

7 beets (2" dia, sphere) (350g)

For all 2 meals:

beets, precooked (canned or refrigerated)

14 beets (2" dia, sphere) (700g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.
-

Vegan sausage

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



For single meal:

vegan sausage

2 sausage (200g)

For all 2 meals:

vegan sausage

4 sausage (400g)

1. Prepare according to package instructions.
 2. Serve.
-

Lunch 4 [↗](#)

Eat on day 7

Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cal ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

banana, sliced

1 medium (7" to 7-7/8" long) (118g)

peanut butter

2 tbsp (32g)

cooking spray

1 spray(s) , about 1/3 second each (0g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Simple mixed greens and tomato salad

265 cal ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



salad dressing

1/3 cup (79mL)

mixed greens

5 1/4 cup (158g)

tomatoes

14 tbsp cherry tomatoes (130g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Raisins

1/4 cup - 137 cal ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

raisins

4 tbsp, packed (41g)

For all 3 meals:

raisins

3/4 cup, packed (124g)

1. This recipe has no instructions.

Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

hummus
2 1/2 tbsp (41g)
bell pepper
1/2 medium (60g)

For all 3 meals:

hummus
1/2 cup (122g)
bell pepper
1 1/2 medium (179g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Mixed nuts

1/8 cup(s) - 109 cals ● 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.

Snacks 2 [↗](#)

Eat on day 4, day 5

Raspberries

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



For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Carrots and hummus

287 cals ● 10g protein ● 11g fat ● 24g carbs ● 14g fiber



For single meal:

hummus
1/2 cup (105g)
baby carrots
28 medium (280g)

For all 2 meals:

hummus
14 tbsp (210g)
baby carrots
56 medium (560g)

1. Serve carrots with hummus.

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.

Vegan crumbles

1 3/4 cup(s) - 256 cal ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

vegetarian burger crumbles

1 3/4 cup (175g)

For all 2 meals:

vegetarian burger crumbles

3 1/2 cup (350g)

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

Dinner 2 [↗](#)

Eat on day 3, day 4

Mediterranean chik'n salad with lemon yogurt dressing

662 cal ● 43g protein ● 40g fat ● 22g carbs ● 11g fiber



For single meal:

vegan chik'n strips
5 oz (142g)
mixed greens
1 1/2 cup (45g)
chickpeas, canned, drained and rinsed
1/3 cup(s) (80g)
canned black olives, pitted
6 large olives (26g)
nonfat greek yogurt, plain
3 tbsp (52g)
tomatoes, chopped
1/2 cup cherry tomatoes (74g)
onion, thinly sliced
1/3 small (23g)
lemon juice
3 tsp (15mL)
oil
2 tbsp (30mL)
paprika
4 dash (1g)
thyme, dried
4 dash, leaves (0g)

For all 2 meals:

vegan chik'n strips
10 oz (284g)
mixed greens
3 cup (90g)
chickpeas, canned, drained and rinsed
2/3 cup(s) (160g)
canned black olives, pitted
12 large olives (53g)
nonfat greek yogurt, plain
6 tbsp (105g)
tomatoes, chopped
16 tbsp cherry tomatoes (149g)
onion, thinly sliced
2/3 small (47g)
lemon juice
2 tbsp (30mL)
oil
4 tbsp (60mL)
paprika
1 tsp (2g)
thyme, dried
1 tsp, leaves (1g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
3. Add the remaining oil to the skillet and cook the chik'n for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.
4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.

Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana
2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.
-

Dinner 3 [↗](#)

Eat on day 5, day 6

Pecans

1/2 cup - 366 cal ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

pecans
1/2 cup, halves (50g)

For all 2 meals:

pecans
1 cup, halves (99g)

1. This recipe has no instructions.
-

Chickpea & kale soup

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



For single meal:

oil
1/4 tbsp (4mL)
garlic, minced
1 1/2 clove(s) (5g)
vegetable broth
3 cup(s) (mL)
kale leaves, chopped
1 1/2 cup, chopped (60g)
chickpeas, canned, drained
3/4 can (336g)

For all 2 meals:

oil
1/2 tbsp (8mL)
garlic, minced
3 clove(s) (9g)
vegetable broth
6 cup(s) (mL)
kale leaves, chopped
3 cup, chopped (120g)
chickpeas, canned, drained
1 1/2 can (672g)

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

Dinner 4 [↗](#)

Eat on day 7

Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

1. This recipe has no instructions.

Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g 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)

butter

1 tbsp (14g)

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 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

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.
-

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water

2 1/2 cup(s) (593mL)

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water

17 1/2 cup(s) (4148mL)

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
-