

# Meal Plan - 2500 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

2436 cals ● 212g protein (35%) ● 101g fat (37%) ● 122g carbs (20%) ● 48g fiber (8%)

### Breakfast

405 cals, 22g protein, 6g net carbs, 29g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Avocado](#)

176 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

### Snacks

340 cals, 31g protein, 28g net carbs, 10g fat



[Sweet potato chips](#)

10 chips- 77 cals



[Yogurt and cucumber](#)

264 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

### Lunch

865 cals, 43g protein, 43g net carbs, 51g fat



[Chickpea & kale soup](#)

273 cals



[Simple mozzarella and tomato salad](#)

363 cals



[Roasted peanuts](#)

1/4 cup(s)- 230 cals

### Dinner

550 cals, 55g protein, 44g net carbs, 10g fat



[Vegan crumbles](#)

2 cup(s)- 292 cals



[Lentils](#)

260 cals

## Day 2

2472 cals ● 179g protein (29%) ● 116g fat (42%) ● 137g carbs (22%) ● 40g fiber (7%)

### Breakfast

405 cals, 22g protein, 6g net carbs, 29g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Avocado

176 cals



Boiled eggs

3 egg(s)- 208 cals

### Snacks

340 cals, 31g protein, 28g net carbs, 10g fat



Sweet potato chips

10 chips- 77 cals



Yogurt and cucumber

264 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

865 cals, 43g protein, 43g net carbs, 51g fat



Chickpea & kale soup

273 cals



Simple mozzarella and tomato salad

363 cals



Roasted peanuts

1/4 cup(s)- 230 cals

### Dinner

590 cals, 22g protein, 59g net carbs, 25g fat



Ginger coconut chickpea soup

457 cals



Naan bread

1/2 piece(s)- 131 cals

## Day 3

2453 cals ● 174g protein (28%) ● 133g fat (49%) ● 96g carbs (16%) ● 43g fiber (7%)

### Breakfast

335 cals, 9g protein, 25g net carbs, 19g fat



Apple

1 apple(s)- 105 cals



Roasted peanuts

1/4 cup(s)- 230 cals

### Snacks

340 cals, 31g protein, 28g net carbs, 10g fat



Sweet potato chips

10 chips- 77 cals



Yogurt and cucumber

264 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

725 cals, 37g protein, 23g net carbs, 45g fat



Peanut tempeh

4 oz tempeh- 434 cals



Tomato and avocado salad

293 cals

### Dinner

775 cals, 36g protein, 18g net carbs, 58g fat



Low carb asian tofu bowl

589 cals



Pistachios

188 cals

## Day 4

2532 cals ● 177g protein (28%) ● 147g fat (52%) ● 78g carbs (12%) ● 47g fiber (7%)

### Breakfast

335 cals, 9g protein, 25g net carbs, 19g fat



Apple

1 apple(s)- 105 cals



Roasted peanuts

1/4 cup(s)- 230 cals

### Snacks

295 cals, 29g protein, 10g net carbs, 15g fat



Protein shake (milk)

129 cals



String cheese

2 stick(s)- 165 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

855 cals, 41g protein, 24g net carbs, 55g fat



Tomato and avocado salad

411 cals



Basic tempeh

6 oz- 443 cals

### Dinner

775 cals, 36g protein, 18g net carbs, 58g fat



Low carb asian tofu bowl

589 cals



Pistachios

188 cals

## Day 5

2547 cals ● 158g protein (25%) ● 137g fat (48%) ● 135g carbs (21%) ● 35g fiber (5%)

### Breakfast

335 cals, 9g protein, 25g net carbs, 19g fat



Apple

1 apple(s)- 105 cals



Roasted peanuts

1/4 cup(s)- 230 cals

### Snacks

295 cals, 29g protein, 10g net carbs, 15g fat



Protein shake (milk)

129 cals



String cheese

2 stick(s)- 165 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

810 cals, 27g protein, 59g net carbs, 49g fat



Kefir

150 cals



Strawberry avocado goat cheese panini

244 cals



Roasted cashews

1/2 cup(s)- 417 cals

### Dinner

835 cals, 32g protein, 39g net carbs, 54g fat



Pumpkin seeds

183 cals



Milk

2 cup(s)- 298 cals



Zoodles with avocado sauce

353 cals

## Day 6

2589 cals ● 186g protein (29%) ● 130g fat (45%) ● 140g carbs (22%) ● 29g fiber (4%)

### Breakfast

440 cals, 28g protein, 16g net carbs, 28g fat



[Strawberries](#)

1 1/2 cup(s)- 78 cals



[Creamy scrambled eggs](#)

364 cals

### Snacks

310 cals, 8g protein, 26g net carbs, 17g fat



[Apple & peanut butter](#)

1 apple(s)- 310 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

### Lunch

760 cals, 48g protein, 43g net carbs, 41g fat



[Cottage cheese & fruit cup](#)

2 container- 261 cals



[Walnuts](#)

1/3 cup(s)- 219 cals



[Avocado egg salad sandwich](#)

1/2 sandwich(es)- 281 cals

### Dinner

805 cals, 42g protein, 53g net carbs, 43g fat



[Broccoli](#)

2 cup(s)- 58 cals



[Lemon ginger tofu chik'n](#)

14 oz tofu- 746 cals

## Day 7

2589 cals ● 186g protein (29%) ● 130g fat (45%) ● 140g carbs (22%) ● 29g fiber (4%)

### Breakfast

440 cals, 28g protein, 16g net carbs, 28g fat



[Strawberries](#)

1 1/2 cup(s)- 78 cals



[Creamy scrambled eggs](#)

364 cals

### Snacks

310 cals, 8g protein, 26g net carbs, 17g fat



[Apple & peanut butter](#)

1 apple(s)- 310 cals

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

### Lunch

760 cals, 48g protein, 43g net carbs, 41g fat



[Cottage cheese & fruit cup](#)

2 container- 261 cals



[Walnuts](#)

1/3 cup(s)- 219 cals



[Avocado egg salad sandwich](#)

1/2 sandwich(es)- 281 cals

### Dinner

805 cals, 42g protein, 53g net carbs, 43g fat



[Broccoli](#)

2 cup(s)- 58 cals



[Lemon ginger tofu chik'n](#)

14 oz tofu- 746 cals

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
2 cup (200g)
- ☐ lentils, raw  
10 tbsp (120g)
- ☐ chickpeas, canned  
1 1/6 can (523g)
- ☐ roasted peanuts  
1 1/4 cup (183g)
- ☐ soy sauce  
6 1/2 oz (155mL)
- ☐ firm tofu  
2 2/3 lbs (1219g)
- ☐ peanut butter  
1/4 lbs (96g)
- ☐ tempeh  
10 oz (284g)

## Spices and Herbs

- ☐ salt  
1/2 tbsp (8g)
- ☐ fresh basil  
1 oz (26g)
- ☐ turmeric, ground  
3/4 dash (0g)
- ☐ curry powder  
1 tsp (2g)
- ☐ garlic powder  
1 1/4 tsp (4g)
- ☐ black pepper  
1 1/4 tsp, ground (3g)

## Beverages

- ☐ water  
20 cup(s) (4759mL)
- ☐ protein powder  
18 1/2 scoop (1/3 cup ea) (574g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
8 medium whole (2-3/5" dia) (981g)
- ☐ cucumber  
3 cucumber (8-1/4") (903g)
- ☐ garlic  
9 2/3 clove(s) (29g)
- ☐ kale leaves  
2 cup, chopped (80g)

## Dairy and Egg Products

- ☐ eggs  
17 large (850g)
- ☐ lowfat greek yogurt  
3 cup (840g)
- ☐ fresh mozzarella cheese  
6 oz (170g)
- ☐ whole milk  
3 1/4 cup (780mL)
- ☐ string cheese  
4 stick (112g)
- ☐ kefir, flavored  
1 cup (240mL)
- ☐ goat cheese  
1/2 oz (14g)
- ☐ butter  
1 1/2 tbsp (20g)

## Other

- ☐ sweet potato chips  
30 chips (43g)
- ☐ frozen riced cauliflower  
2 1/4 cup, prepared (383g)
- ☐ nutritional yeast  
1/2 tbsp (2g)
- ☐ cottage cheese & fruit cup  
4 container (680g)

## Fats and Oils

- ☐ oil  
1/4 lbs (137mL)
- ☐ balsamic vinaigrette  
3 tbsp (46mL)
- ☐ olive oil  
3/4 tbsp (11mL)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
4 cup(s) (mL)

## Nut and Seed Products

- ☐ coconut milk, canned  
1/6 can (77mL)
- ☐ sesame seeds  
1 oz (27g)
- ☐ pistachios, dry roasted, without shells or salt added  
1/2 cup (62g)

- ☐ fresh ginger  
1 1/4 oz (36g)
- ☐ onion  
5/8 medium (2-1/2" dia) (70g)
- ☐ broccoli  
1 1/2 cup chopped (137g)
- ☐ zucchini  
3/4 large (242g)
- ☐ frozen broccoli  
4 cup (364g)

## Fruits and Fruit Juices

- ☐ avocados  
4 avocado(s) (804g)
- ☐ lemon juice  
3 1/2 fl oz (106mL)
- ☐ apples  
5 medium (3" dia) (910g)
- ☐ lime juice  
3 tbsp (45mL)
- ☐ strawberries  
1 1/4 pint (456g)

- ☐ roasted pumpkin seeds, unsalted  
4 tbsp (30g)
- ☐ roasted cashews  
1/2 cup, halves and whole (69g)
- ☐ walnuts  
10 tbsp, shelled (63g)

## Baked Products

- ☐ naan bread  
1/2 piece (45g)
- ☐ bread  
3 slice (96g)

## Sweets

- ☐ agave  
4 tsp (28g)

## Cereal Grains and Pasta

- ☐ cornstarch  
6 tbsp (48g)
-

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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 2 meals:

#### tomatoes

12 cherry tomatoes (204g)

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

### 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.

### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber





For single meal:

**eggs**  
3 large (150g)

For all 2 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 2 [↗](#)

Eat on day 3, day 4, day 5

---

### Apple

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



For single meal:

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

For all 3 meals:

**apples**  
3 medium (3" dia) (546g)

1. This recipe has no instructions.

---

### 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 3 meals:

**roasted peanuts**  
3/4 cup (110g)

1. This recipe has no instructions.
-



## Breakfast 3 [↗](#)

Eat on day 6, day 7

---

### Strawberries

1 1/2 cup(s) - 78 cals ● 2g protein ● 1g fat ● 12g carbs ● 4g fiber



For single meal:

#### **strawberries**

1 1/2 cup, whole (216g)

For all 2 meals:

#### **strawberries**

3 cup, whole (432g)

1. This recipe has no instructions.

---

### Creamy scrambled eggs

364 cals ● 26g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

#### **eggs**

4 large (200g)

#### **salt**

2 dash (2g)

#### **black pepper**

2 dash, ground (1g)

#### **butter**

2 tsp (9g)

#### **whole milk**

2 tbsp (30mL)

For all 2 meals:

#### **eggs**

8 large (400g)

#### **salt**

4 dash (3g)

#### **black pepper**

4 dash, ground (1g)

#### **butter**

4 tsp (18g)

#### **whole milk**

4 tbsp (60mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
  2. Heat butter 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.
-

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**garlic, minced**  
1 clove(s) (3g)  
**vegetable broth**  
2 cup(s) (mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**chickpeas, canned, drained**  
1/2 can (224g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**garlic, minced**  
2 clove(s) (6g)  
**vegetable broth**  
4 cup(s) (mL)  
**kale leaves, chopped**  
2 cup, chopped (80g)  
**chickpeas, canned, drained**  
1 can (448g)

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.

### Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

**tomatoes, sliced**  
1 large whole (3" dia) (205g)  
**fresh mozzarella cheese, sliced**  
3 oz (85g)  
**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**fresh basil**  
1 1/2 tbsp, chopped (4g)

For all 2 meals:

**tomatoes, sliced**  
2 1/4 large whole (3" dia) (410g)  
**fresh mozzarella cheese, sliced**  
6 oz (170g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**fresh basil**  
3 tbsp, chopped (8g)

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

## Lunch 2 [↗](#)

Eat on day 3

### 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.

### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



#### **onion**

1 1/4 tbsp minced (19g)

#### **lime juice**

1 1/4 tbsp (19mL)

#### **avocados, cubed**

5/8 avocado(s) (126g)

#### **tomatoes, diced**

5/8 medium whole (2-3/5" dia) (77g)

#### **olive oil**

1 tsp (5mL)

#### **garlic powder**

1/3 tsp (1g)

#### **salt**

1/3 tsp (2g)

#### **black pepper**

1/3 tsp, ground (1g)

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.

---

## Lunch 3 [🔗](#)

Eat on day 4

---

### Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



#### onion

1 3/4 tbsp minced (26g)

#### lime juice

1 3/4 tbsp (26mL)

#### avocados, cubed

7/8 avocado(s) (176g)

#### tomatoes, diced

7/8 medium whole (2-3/5" dia) (108g)

#### olive oil

1/2 tbsp (7mL)

#### garlic powder

1/2 tsp (1g)

#### salt

1/2 tsp (3g)

#### black pepper

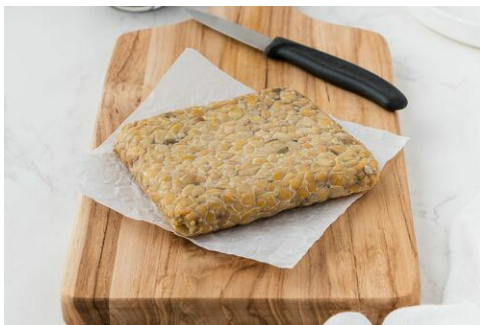
1/2 tsp, ground (1g)

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.

---

### Basic tempeh

6 oz - 443 cals ● 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.
-



## Lunch 4 [↗](#)

Eat on day 5

### Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



**kefir, flavored**  
1 cup (240mL)

1. Pour into a glass and drink.

### Strawberry avocado goat cheese panini

244 cals ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



**bread**  
1 slice (32g)  
**strawberries, hulled and thinly sliced**  
2 medium (1-1/4" dia) (24g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**goat cheese**  
1/2 oz (14g)  
**butter**  
4 dash (2g)

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.

### Roasted cashews

1/2 cup(s) - 417 cals ● 10g protein ● 32g fat ● 20g carbs ● 2g fiber



Makes 1/2 cup(s)

### roasted cashews

1/2 cup, halves and whole (69g)

1. This recipe has no instructions.

## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Cottage cheese & fruit cup

2 container - 261 cals ● 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.

## Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

### walnuts

5 tbsp, shelled (31g)

For all 2 meals:

### walnuts

10 tbsp, shelled (63g)

1. This recipe has no instructions.

## Avocado egg salad sandwich

1/2 sandwich(es) - 281 cals ● 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)

---

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

---

### Sweet potato chips

10 chips - 77 cal ● 1g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

**sweet potato chips**  
10 chips (14g)

For all 3 meals:

**sweet potato chips**  
30 chips (43g)

1. Serve chips in a bowl and enjoy.

---

### Yogurt and cucumber

264 cal ● 31g protein ● 5g fat ● 22g carbs ● 2g fiber





For single meal:

**cucumber**  
1 cucumber (8-1/4") (301g)  
**lowfat greek yogurt**  
1 cup (280g)

For all 3 meals:

**cucumber**  
3 cucumber (8-1/4") (903g)  
**lowfat greek yogurt**  
3 cup (840g)

1. Slice cucumber and dip in yogurt.

---

## Snacks 2 [↗](#)

Eat on day 4, day 5

---

### Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**whole milk**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

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

---

### String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 2 meals:

**string cheese**  
4 stick (112g)

1. This recipe has no instructions.
-

## Snacks 3 [↗](#)

Eat on day 6, day 7

### Apple & peanut butter

1 apple(s) - 310 cals ● 8g protein ● 17g fat ● 26g carbs ● 6g fiber



For single meal:

#### apples

1 medium (3" dia) (182g)

#### peanut butter

2 tbsp (32g)

For all 2 meals:

#### apples

2 medium (3" dia) (364g)

#### peanut butter

4 tbsp (64g)

1. Slice an apple and spread peanut butter evenly over each slice.

## Dinner 1 [↗](#)

Eat on day 1

### Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



Makes 2 cup(s)

#### vegetarian burger crumbles

2 cup (200g)

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

### Lentils

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



#### salt

3/4 dash (1g)

#### water

1 1/2 cup(s) (356mL)

#### lentils, raw, rinsed

6 tbsp (72g)

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.

## Dinner 2 [↗](#)

Eat on day 2

### Ginger coconut chickpea soup

457 cals ● 18g protein ● 22g fat ● 37g carbs ● 10g fiber



**turmeric, ground**

2/3 dash (0g)

**water**

5/6 cup(s) (198mL)

**lentils, raw, rinsed**

4 tbsp (48g)

**coconut milk, canned**

1/6 can (75mL)

**chickpeas, canned, drained**

1/6 can (75g)

**curry powder**

1 tsp (2g)

**fresh ginger, diced**

1/6 slices (1" dia) (0g)

**garlic, diced**

2/3 clove(s) (2g)

**onion, diced**

1/6 large (25g)

**oil**

1 tsp (5mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

**naan bread**

1/2 piece (45g)



1. This recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 3, day 4

### Low carb asian tofu bowl

589 cals ● 30g protein ● 44g fat ● 12g carbs ● 8g fiber



For single meal:

**garlic, minced**  
1 1/2 clove (5g)  
**sesame seeds**  
1/2 tbsp (5g)  
**oil**  
2 1/4 tbsp (34mL)  
**fresh ginger, minced**  
1/2 tbsp (3g)  
**soy sauce**  
3 tbsp (45mL)  
**frozen riced cauliflower**  
1 cup, prepared (191g)  
**broccoli**  
3/4 cup chopped (68g)  
**firm tofu, drained and patted dry**  
1/2 lbs (213g)

For all 2 meals:

**garlic, minced**  
3 clove (9g)  
**sesame seeds**  
1 tbsp (9g)  
**oil**  
1/4 cup (68mL)  
**fresh ginger, minced**  
1 tbsp (6g)  
**soy sauce**  
6 tbsp (90mL)  
**frozen riced cauliflower**  
2 1/4 cup, prepared (383g)  
**broccoli**  
1 1/2 cup chopped (137g)  
**firm tofu, drained and patted dry**  
15 oz (425g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

### Pistachios

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



For single meal:

**pistachios, dry roasted, without shells or salt added**  
4 tbsp (31g)

For all 2 meals:

**pistachios, dry roasted, without shells or salt added**  
1/2 cup (62g)

1. This recipe has no instructions.



## Dinner 4 [🔗](#)

Eat on day 5

---

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. This recipe has no instructions.

---

### Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



Makes 2 cup(s)

**whole milk**  
2 cup (480mL)

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 5 [🔗](#)

Eat on day 6, day 7

### Broccoli

2 cup(s) - 58 cal ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

**frozen broccoli**

2 cup (182g)

For all 2 meals:

**frozen broccoli**

4 cup (364g)

1. Prepare according to instructions on package.

### Lemon ginger tofu chik'n

14 oz tofu - 746 cal ● 37g protein ● 43g fat ● 49g carbs ● 3g fiber



For single meal:

**agave**

2 tsp (14g)

**sesame seeds**

1 tbsp (9g)

**garlic, minced**

2 clove(s) (6g)

**fresh ginger, peeled & minced**

3 inch (2.5cm) cube (15g)

**oil**

1 1/2 tbsp (23mL)

**lemon juice**

2 tbsp (30mL)

**cornstarch**

3 tbsp (24g)

**soy sauce, divided**

2 tbsp (30mL)

**firm tofu, patted dry**

14 oz (397g)

For all 2 meals:

**agave**

4 tsp (28g)

**sesame seeds**

2 tbsp (18g)

**garlic, minced**

4 clove(s) (12g)

**fresh ginger, peeled & minced**

6 inch (2.5cm) cube (30g)

**oil**

3 tbsp (45mL)

**lemon juice**

4 tbsp (60mL)

**cornstarch**

6 tbsp (48g)

**soy sauce, divided**

4 tbsp (60mL)

**firm tofu, patted dry**

1 3/4 lbs (794g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set
5. both bowls aside.
6. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
7. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
8. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

---

# 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.

---