

Meal Plan - 2600 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

2514 cals ● 194g protein (31%) ● 149g fat (54%) ● 66g carbs (11%) ● 31g fiber (5%)

Breakfast

400 cals, 22g protein, 5g net carbs, 29g fat



[Egg & avocado salad](#)
399 cals

Snacks

280 cals, 15g protein, 16g net carbs, 16g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Celery and ranch](#)
148 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

775 cals, 51g protein, 18g net carbs, 48g fat



[Simple sauteed spinach](#)
398 cals



[Baked tofu](#)
13 1/3 oz- 377 cals

Dinner

790 cals, 46g protein, 24g net carbs, 55g fat



[Spicy sriracha peanut tofu](#)
682 cals



[Caprese salad](#)
107 cals

Day 2

2637 cals ● 172g protein (26%) ● 158g fat (54%) ● 93g carbs (14%) ● 41g fiber (6%)

Breakfast

400 cals, 22g protein, 5g net carbs, 29g fat



[Egg & avocado salad](#)
399 cals

Snacks

280 cals, 15g protein, 16g net carbs, 16g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Celery and ranch](#)
148 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

800 cals, 40g protein, 46g net carbs, 46g fat



[Pistachios](#)
188 cals



[Rosemary mushroom cheese sandwich](#)
1 1/2 sandwich(es)- 612 cals

Dinner

890 cals, 34g protein, 23g net carbs, 65g fat



[Salsa verde tofu salad](#)
705 cals



[Pecans](#)
1/4 cup- 183 cals

Day 3

2618 cals ● 174g protein (27%) ● 143g fat (49%) ● 116g carbs (18%) ● 43g fiber (6%)

Breakfast

365 cals, 21g protein, 24g net carbs, 19g fat



[Toast with butter](#)
2 slice(s)- 227 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

290 cals, 19g protein, 21g net carbs, 11g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Blackberries](#)
3/4 cup(s)- 52 cals



[Celery and peanut butter](#)
109 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

800 cals, 40g protein, 46g net carbs, 46g fat



[Pistachios](#)
188 cals



[Rosemary mushroom cheese sandwich](#)
1 1/2 sandwich(es)- 612 cals

Dinner

890 cals, 34g protein, 23g net carbs, 65g fat



[Salsa verde tofu salad](#)
705 cals



[Pecans](#)
1/4 cup- 183 cals

Day 4

2608 cals ● 191g protein (29%) ● 136g fat (47%) ● 117g carbs (18%) ● 38g fiber (6%)

Breakfast

365 cals, 21g protein, 24g net carbs, 19g fat



[Toast with butter](#)
2 slice(s)- 227 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

290 cals, 19g protein, 21g net carbs, 11g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Blackberries](#)
3/4 cup(s)- 52 cals



[Celery and peanut butter](#)
109 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

875 cals, 37g protein, 11g net carbs, 71g fat



[Cheese and guac tacos](#)
4 taco(s)- 700 cals



[Roasted peanuts](#)
1/6 cup(s)- 173 cals

Dinner

805 cals, 53g protein, 59g net carbs, 33g fat



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



[Tempeh & mushroom stir fry](#)
443 cals

Day 5

2582 cals ● 183g protein (28%) ● 118g fat (41%) ● 151g carbs (23%) ● 47g fiber (7%)

Breakfast

365 cals, 21g protein, 24g net carbs, 19g fat



[Toast with butter](#)
2 slice(s)- 227 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

290 cals, 19g protein, 21g net carbs, 11g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Blackberries](#)
3/4 cup(s)- 52 cals



[Celery and peanut butter](#)
109 cals

Protein Supplement(s)

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



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

845 cals, 29g protein, 44g net carbs, 53g fat



[Roasted peanuts](#)
1/8 cup(s)- 115 cals



[Strawberry avocado goat cheese panini](#)
731 cals

Dinner

805 cals, 53g protein, 59g net carbs, 33g fat



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



[Tempeh & mushroom stir fry](#)
443 cals

Day 6

2580 cals ● 180g protein (28%) ● 119g fat (42%) ● 151g carbs (23%) ● 45g fiber (7%)

Breakfast

385 cals, 16g protein, 34g net carbs, 18g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Nectarine
2 nectarine(s)- 140 cals



Scrambled eggs with spinach, parmesan & tomato
124 cals

Snacks

285 cals, 22g protein, 22g net carbs, 10g fat



Blackberry & granola parfait
287 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

845 cals, 29g protein, 44g net carbs, 53g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Strawberry avocado goat cheese panini
731 cals

Dinner

790 cals, 53g protein, 49g net carbs, 37g fat



Vegan sausage & veggie sheet pan
720 cals



Caprese salad
71 cals

Day 7

2549 cals ● 189g protein (30%) ● 107g fat (38%) ● 154g carbs (24%) ● 54g fiber (8%)

Breakfast

385 cals, 16g protein, 34g net carbs, 18g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Nectarine
2 nectarine(s)- 140 cals



Scrambled eggs with spinach, parmesan & tomato
124 cals

Snacks

285 cals, 22g protein, 22g net carbs, 10g fat



Blackberry & granola parfait
287 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

815 cals, 38g protein, 48g net carbs, 41g fat



Garlic collard greens
438 cals



Sesame orange tofu
7 oz tofu- 377 cals

Dinner

790 cals, 53g protein, 49g net carbs, 37g fat



Vegan sausage & veggie sheet pan
720 cals



Caprese salad
71 cals

Beverages

- ☐ water
18 cup(s) (4226mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Fats and Oils

- ☐ oil
2 3/4 oz (84mL)
- ☐ balsamic vinaigrette
2 oz (62mL)
- ☐ olive oil
1 oz (35mL)
- ☐ ranch dressing
4 tbsp (60mL)

Legumes and Legume Products

- ☐ soy sauce
6 1/2 oz (155mL)
- ☐ peanut butter
1/2 cup (112g)
- ☐ firm tofu
2 lbs (931g)
- ☐ extra firm tofu
13 1/3 oz (378g)
- ☐ black beans
1/2 cup (120g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ roasted peanuts
1/2 cup (64g)

Other

- ☐ sriracha chili sauce
2 tbsp (30g)
- ☐ mixed greens
2 1/2 package (5.5 oz) (375g)
- ☐ cottage cheese & fruit cup
5 container (850g)
- ☐ guacamole, store-bought
1/2 cup (124g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ italian seasoning
1/2 tbsp (5g)
- ☐ sesame oil
1/2 tbsp (8mL)

Dairy and Egg Products

- ☐ fresh mozzarella cheese
1/2 lbs (220g)
- ☐ eggs
14 large (700g)
- ☐ cheese
1 1/2 cup, shredded (170g)
- ☐ butter
3 tbsp (41g)
- ☐ cheddar cheese
1 cup, shredded (113g)
- ☐ goat cheese
3 oz (85g)
- ☐ lowfat greek yogurt
1 1/4 cup (350g)
- ☐ parmesan cheese
2 tbsp (10g)

Nut and Seed Products

- ☐ sesame seeds
10 1/2 g (11g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ pecans
1/2 cup, halves (50g)
- ☐ pistachios, shelled
1/2 cup (62g)

Fruits and Fruit Juices

- ☐ avocados
3 1/2 avocado(s) (703g)
- ☐ blackberries
3 cup (414g)
- ☐ strawberries
12 medium (1-1/4" dia) (144g)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)
- ☐ orange
1/4 fruit (2-7/8" dia) (35g)

Soups, Sauces, and Gravies

- ☐ salsa verde
4 tbsp (64g)

Baked Products

- ☐ bread
1 1/4 lbs (576g)

Vegetables and Vegetable Products

- ☐ garlic
9 1/2 clove(s) (29g)
- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (694g)
- ☐ fresh spinach
18 cup(s) (540g)
- ☐ fresh ginger
5/6 slices (1" dia) (2g)
- ☐ raw celery
9 stalk, medium (7-1/2" - 8" long) (360g)
- ☐ mushrooms
9 1/2 oz (268g)
- ☐ bell pepper
1 large (164g)
- ☐ potatoes
3 small (1-3/4" to 2-1/4" dia.) (276g)
- ☐ broccoli
3 cup chopped (273g)
- ☐ carrots
3 medium (183g)
- ☐ collard greens
22 oz (624g)

Spices and Herbs

- ☐ fresh basil
1/2 oz (15g)
 - ☐ salt
1 tsp (5g)
 - ☐ black pepper
4 dash, ground (1g)
 - ☐ garlic powder
2 tsp (6g)
 - ☐ ground cumin
4 tsp (8g)
 - ☐ rosemary, dried
1/4 tbsp (1g)
 - ☐ ground ginger
4 dash (1g)
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Cereal Grains and Pasta

- ☐ brown rice
1/2 cup (95g)
- ☐ cornstarch
1 1/2 tbsp (12g)

Breakfast Cereals

- ☐ granola
10 tbsp (56g)

Snacks

- ☐ rice cakes, any flavor
1 cakes (9g)

Sweets

- ☐ sugar
1 tbsp (13g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Egg & avocado salad

399 cal ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



Translation missing:
en.for_single_meal

eggs, hard-boiled and chilled

3 large (150g)

mixed greens

1 cup (30g)

avocados

1/2 avocado(s) (101g)

garlic powder

4 dash (2g)

For all 2 meals:

eggs, hard-boiled and chilled

6 large (300g)

mixed greens

2 cup (60g)

avocados

1 avocado(s) (201g)

garlic powder

1 tsp (3g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Toast with butter

2 slice(s) - 227 cal ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



Translation missing:
en.for_single_meal

butter

2 tsp (9g)

bread

2 slice (64g)

For all 3 meals:

butter

2 tbsp (27g)

bread

6 slice (192g)

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



Translation missing:
en.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 and day 7

Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



Translation missing:
en.for_single_meal

rice cakes, any flavor
1/2 cakes (5g)
peanut butter
1 tbsp (16g)

For all 2 meals:

rice cakes, any flavor
1 cakes (9g)
peanut butter
2 tbsp (32g)

1. Spread peanut butter over top of rice cake.

Nectarine

2 nectarine(s) - 140 cal ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Translation missing:
en.for_single_meal

nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:

nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Scrambled eggs with spinach, parmesan & tomato

124 cal ● 9g protein ● 9g fat ● 2g carbs ● 1g fiber



Translation missing:
en.for_single_meal

garlic, minced
2 dash (1g)
tomatoes, halved
2 tbsp cherry tomatoes (19g)
parmesan cheese
1 tbsp (5g)
fresh spinach
1 cup(s) (30g)
olive oil
1/2 tsp (3mL)
eggs
1 large (50g)

For all 2 meals:

garlic, minced
4 dash (1g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
parmesan cheese
2 tbsp (10g)
fresh spinach
2 cup(s) (60g)
olive oil
1 tsp (5mL)
eggs
2 large (100g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Lunch 1 [↗](#)

Eat on day 1

Simple sauteed spinach

398 cals ● 14g protein ● 29g fat ● 9g carbs ● 11g fiber



garlic, diced
2 clove (6g)
fresh spinach
16 cup(s) (480g)
olive oil
2 tbsp (30mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)

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.

Baked tofu

13 1/3 oz - 377 cals ● 37g protein ● 20g fat ● 9g carbs ● 5g fiber



Makes 13 1/3 oz

fresh ginger, peeled and grated
5/6 slices (1" dia) (2g)
extra firm tofu
13 1/3 oz (378g)
sesame seeds
2 1/2 tsp (8g)
soy sauce
6 2/3 tbsp (100mL)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Lunch 2 [🔗](#)

Eat on day 2 and day 3

Pistachios

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



Translation missing:
en.for_single_meal

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cals ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



Translation missing:
en.for_single_meal

mixed greens
3/4 cup (23g)
rosemary, dried
3 dash (0g)
mushrooms
2 1/4 oz (64g)
cheese
3/4 cup, shredded (85g)
bread
3 slice(s) (96g)

For all 2 meals:

mixed greens
1 1/2 cup (45g)
rosemary, dried
1/4 tbsp (1g)
mushrooms
1/4 lbs (128g)
cheese
1 1/2 cup, shredded (170g)
bread
6 slice(s) (192g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Lunch 3 [🔗](#)

Eat on day 4

Cheese and guac tacos

4 taco(s) - 700 cals ● 30g protein ● 58g fat ● 8g carbs ● 8g fiber



Makes 4 taco(s)

guacamole, store-bought
1/2 cup (124g)
cheddar cheese
1 cup, shredded (113g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



Makes 1/6 cup(s)

roasted peanuts
3 tbsp (27g)

1. The recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5 and day 6

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Translation missing:
en.for_single_meal

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Strawberry avocado goat cheese panini

731 cals ● 25g protein ● 44g fat ● 42g carbs ● 17g fiber



Translation missing:
en.for_single_meal

avocados, sliced
3/4 avocado(s) (151g)
strawberries, hulled and thinly sliced
6 medium (1-1/4" dia) (72g)
butter
1/2 tbsp (7g)
goat cheese
1 1/2 oz (43g)
bread
3 slice (96g)

For all 2 meals:

avocados, sliced
1 1/2 avocado(s) (302g)
strawberries, hulled and thinly sliced
12 medium (1-1/4" dia) (144g)
butter
1 tbsp (14g)
goat cheese
3 oz (85g)
bread
6 slice (192g)

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.

Lunch 5 [↗](#)

Eat on day 7

Garlic collard greens

438 cals ● 20g protein ● 23g fat ● 13g carbs ● 25g fiber



garlic, minced
4 clove(s) (12g)
salt
1/3 tsp (2g)
oil
4 tsp (21mL)
collard greens
22 oz (624g)

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.

Sesame orange tofu

7 oz tofu - 377 cals ● 18g protein ● 17g fat ● 35g carbs ● 2g fiber



Makes 7 oz tofu

firm tofu, patted dry & cubed

1/2 lbs (198g)

sesame oil

1/2 tbsp (8mL)

sesame seeds

1 tsp (3g)

cornstarch

1 1/2 tbsp (12g)

sriracha chili sauce

1/2 tbsp (8g)

sugar

1 tbsp (13g)

soy sauce

1 tbsp (15mL)

orange, juiced

1/4 fruit (2-7/8" dia) (35g)

garlic, minced

1 clove(s) (3g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Translation missing:
en.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.

Celery and ranch

148 cals ● 1g protein ● 14g fat ● 3g carbs ● 2g fiber



Translation missing:
en.for_single_meal

raw celery, sliced into strips

3 stalk, medium (7-1/2" - 8" long)
(120g)

ranch dressing

2 tbsp (30mL)

For all 2 meals:

raw celery, sliced into strips

6 stalk, medium (7-1/2" - 8" long)
(240g)

ranch dressing

4 tbsp (60mL)

1. Slice celery into strips. Serve with ranch to dip into.

Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Translation missing:
en.for_single_meal

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Blackberries

3/4 cup(s) - 52 cals ● 2g protein ● 1g fat ● 5g carbs ● 6g fiber



Translation missing:
en.for_single_meal

blackberries
3/4 cup (108g)

For all 3 meals:

blackberries
2 1/4 cup (324g)

1. Rinse blackberries and serve.
-

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



Translation missing:
en.for_single_meal

peanut butter
1 tbsp (16g)
raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 3 meals:

peanut butter
3 tbsp (48g)
raw celery
3 stalk, medium (7-1/2" - 8" long)
(120g)

1. Clean celery and slice to desired lengths
 2. spread peanut butter along center
-

Snacks 3 [↗](#)

Eat on day 6 and day 7

Blackberry & granola parfait

287 cals ● 22g protein ● 10g fat ● 22g carbs ● 5g fiber



Translation missing:
en.for_single_meal

blackberries, roughly chopped
5 tbsp (45g)
granola
5 tbsp (28g)
lowfat greek yogurt
10 tbsp (175g)

For all 2 meals:

blackberries, roughly chopped
10 tbsp (90g)
granola
10 tbsp (56g)
lowfat greek yogurt
1 1/4 cup (350g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Dinner 1 [↗](#)

Eat on day 1

Spicy sriracha peanut tofu

682 cals ● 39g protein ● 48g fat ● 21g carbs ● 2g fiber



oil
1 tbsp (15mL)
water
1/3 cup(s) (79mL)
soy sauce
2 tsp (10mL)
peanut butter
2 tbsp (32g)
sriracha chili sauce
1 1/2 tbsp (23g)
garlic, minced
2 clove (6g)
firm tofu, patted dry & cubed
14 oz (397g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Caprese salad

107 cals ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



tomatoes, halved
4 tbsp cherry tomatoes (37g)
balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
2 tbsp leaves, whole (3g)
mixed greens
1/4 package (5.5 oz) (39g)
fresh mozzarella cheese
3/4 oz (21g)

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

Dinner 2 [↗](#)

Eat on day 2 and day 3

Salsa verde tofu salad

705 cals ● 31g protein ● 47g fat ● 22g carbs ● 16g fiber



Translation missing:
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tomatoes, chopped

1 roma tomato (80g)

black beans, drained and rinsed

4 tbsp (60g)

avocados, sliced

4 slices (100g)

salsa verde

2 tbsp (32g)

ground cumin

2 tsp (4g)

roasted pumpkin seeds, unsalted

4 tbsp (30g)

mixed greens

3 cup (90g)

oil

2 tsp (10mL)

firm tofu

2 slice(s) (168g)

For all 2 meals:

tomatoes, chopped

2 roma tomato (160g)

black beans, drained and rinsed

1/2 cup (120g)

avocados, sliced

8 slices (200g)

salsa verde

4 tbsp (64g)

ground cumin

4 tsp (8g)

roasted pumpkin seeds, unsalted

1/2 cup (59g)

mixed greens

6 cup (180g)

oil

4 tsp (20mL)

firm tofu

4 slice(s) (336g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Translation missing:
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pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.
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Dinner 3 [↗](#)

Eat on day 4 and day 5

Simple mozzarella and tomato salad

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



Translation missing:
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tomatoes, sliced

1 large whole (3" dia) (205g)

fresh mozzarella cheese, sliced

3 oz (85g)

fresh basil

1 1/2 tbsp, chopped (4g)

balsamic vinaigrette

1 1/2 tbsp (23mL)

For all 2 meals:

tomatoes, sliced

2 1/4 large whole (3" dia) (410g)

fresh mozzarella cheese, sliced

6 oz (170g)

fresh basil

3 tbsp, chopped (8g)

balsamic vinaigrette

3 tbsp (45mL)

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

Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



Translation missing:
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bell pepper, sliced

1/2 large (82g)

tempeh, sliced

4 oz (113g)

ground ginger

2 dash (0g)

mushrooms, chopped

1 cup, chopped (70g)

garlic powder

4 dash (2g)

soy sauce

1 tbsp (15mL)

brown rice

4 tbsp (48g)

For all 2 meals:

bell pepper, sliced

1 large (164g)

tempeh, sliced

1/2 lbs (227g)

ground ginger

4 dash (1g)

mushrooms, chopped

2 cup, chopped (140g)

garlic powder

1 tsp (3g)

soy sauce

2 tbsp (30mL)

brown rice

1/2 cup (95g)

1. Cook rice according to its package instructions. Set aside.
 2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
 3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
 4. Combine rice with the tempeh and vegetable mixture. Serve.
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Dinner 4 [🔗](#)

Eat on day 6 and day 7

Vegan sausage & veggie sheet pan

720 cals ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



Translation missing:
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potatoes, cut into wedges

1 1/2 small (1-3/4" to 2-1/4" dia.)
(138g)

vegan sausage, cut into bite sized pieces

1 1/2 sausage (150g)

italian seasoning

1/4 tbsp (3g)

oil

1 tbsp (15mL)

broccoli, chopped

1 1/2 cup chopped (137g)

carrots, sliced

1 1/2 medium (92g)

For all 2 meals:

potatoes, cut into wedges

3 small (1-3/4" to 2-1/4" dia.) (276g)

vegan sausage, cut into bite sized pieces

3 sausage (300g)

italian seasoning

1/2 tbsp (5g)

oil

2 tbsp (30mL)

broccoli, chopped

3 cup chopped (273g)

carrots, sliced

3 medium (183g)

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.

Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



Translation missing:
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tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

balsamic vinaigrette

1 tsp (5mL)

fresh basil

4 tsp leaves, whole (2g)

mixed greens

1/6 package (5.5 oz) (26g)

fresh mozzarella cheese

1/2 oz (14g)

For all 2 meals:

tomatoes, halved

1/3 cup cherry tomatoes (50g)

balsamic vinaigrette

2 tsp (10mL)

fresh basil

2 2/3 tbsp leaves, whole (4g)

mixed greens

1/3 package (5.5 oz) (52g)

fresh mozzarella cheese

1 oz (28g)

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

Protein Supplement(s)

Eat every day

Protein shake

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



Translation missing:
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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. The recipe has no instructions.