

# Meal Plan - 2700 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

2688 cals ● 200g protein (30%) ● 132g fat (44%) ● 146g carbs (22%) ● 29g fiber (4%)

### Breakfast

400 cals, 25g protein, 23g net carbs, 21g fat



[Coffee overnight protein oats](#)  
169 cals



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

### Snacks

200 cals, 7g protein, 17g net carbs, 10g fat



[Sunflower seeds](#)  
120 cals



[Clementine](#)  
2 clementine(s)- 78 cals

### Protein Supplement(s)

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



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

### Lunch

930 cals, 46g protein, 53g net carbs, 54g fat



[Pistachios](#)  
188 cals



[Grilled cheese sandwich](#)  
1 sandwich(es)- 495 cals



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cals

### Dinner

890 cals, 62g protein, 51g net carbs, 47g fat



[Milk](#)  
2 1/3 cup(s)- 348 cals



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

## Day 2

2624 cals ● 173g protein (26%) ● 137g fat (47%) ● 122g carbs (19%) ● 52g fiber (8%)

### Breakfast

400 cals, 25g protein, 23g net carbs, 21g fat



Coffee overnight protein oats

169 cals



Roasted peanuts

1/4 cup(s)- 230 cals

### Snacks

200 cals, 7g protein, 17g net carbs, 10g fat



Sunflower seeds

120 cals



Clementine

2 clementine(s)- 78 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

870 cals, 37g protein, 44g net carbs, 52g fat



Roasted almonds

3/8 cup(s)- 333 cals



Simple mixed greens and tomato salad

151 cals



Vegan deli smashed avocado sandwich

1 sandwich(es)- 387 cals

### Dinner

885 cals, 43g protein, 36g net carbs, 53g fat



Chickpea stuffed avocado

1/2 avocado- 481 cals



Simple mozzarella and tomato salad

403 cals

## Day 3

2721 cal ● 172g protein (25%) ● 136g fat (45%) ● 151g carbs (22%) ● 51g fiber (7%)

### Breakfast

480 cal, 22g protein, 5g net carbs, 36g fat



[Hardboiled egg and avocado bowl](#)

481 cal

### Lunch

870 cal, 37g protein, 44g net carbs, 52g fat



[Roasted almonds](#)

3/8 cup(s)- 333 cal



[Simple mixed greens and tomato salad](#)

151 cal



[Vegan deli smashed avocado sandwich](#)

1 sandwich(es)- 387 cal

### Snacks

325 cal, 8g protein, 9g net carbs, 24g fat



[Roasted peanuts](#)

1/8 cup(s)- 115 cal



[Avocado](#)

176 cal



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cal

### Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cal

### Dinner

775 cal, 44g protein, 91g net carbs, 23g fat



[Pasta with spinach and ricotta](#)

564 cal



[Simple Greek cucumber salad](#)

211 cal

## Day 4

2638 cals ● 185g protein (28%) ● 122g fat (42%) ● 157g carbs (24%) ● 44g fiber (7%)

### Breakfast

480 cals, 22g protein, 5g net carbs, 36g fat



Hardboiled egg and avocado bowl  
481 cals

### Snacks

325 cals, 8g protein, 9g net carbs, 24g fat



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



Avocado  
176 cals



Cherry tomatoes  
9 cherry tomatoes- 32 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

785 cals, 50g protein, 51g net carbs, 37g fat



Simple mixed greens salad  
68 cals



Vegan sausage & veggie sheet pan  
720 cals

### Dinner

775 cals, 44g protein, 91g net carbs, 23g fat



Pasta with spinach and ricotta  
564 cals



Simple Greek cucumber salad  
211 cals

## Day 5

2725 cals ● 210g protein (31%) ● 133g fat (44%) ● 128g carbs (19%) ● 45g fiber (7%)

### Breakfast

480 cals, 22g protein, 5g net carbs, 36g fat



Hardboiled egg and avocado bowl  
481 cals

### Snacks

350 cals, 26g protein, 17g net carbs, 19g fat



Milk  
3/4 cup(s)- 112 cals



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



Protein shake (milk)  
129 cals

### Protein Supplement(s)

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



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

785 cals, 50g protein, 51g net carbs, 37g fat



Simple mixed greens salad  
68 cals



Vegan sausage & veggie sheet pan  
720 cals

### Dinner

835 cals, 51g protein, 53g net carbs, 39g fat



Buttery white rice  
243 cals



Basic tempeh  
8 oz- 590 cals

## Day 6

2694 cals ● 195g protein (29%) ● 129g fat (43%) ● 143g carbs (21%) ● 46g fiber (7%)

### Breakfast

450 cals, 27g protein, 17g net carbs, 28g fat



[Creamy scrambled eggs](#)  
364 cals



[Grapes](#)  
87 cals

### Snacks

350 cals, 26g protein, 17g net carbs, 19g fat



[Milk](#)  
3/4 cup(s)- 112 cals



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



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

### Protein Supplement(s)

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



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

### Lunch

785 cals, 30g protein, 55g net carbs, 41g fat



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



[Pesto chickpeas & quinoa bowl](#)  
556 cals

### Dinner

835 cals, 51g protein, 53g net carbs, 39g fat



[Buttery white rice](#)  
243 cals



[Basic tempeh](#)  
8 oz- 590 cals

## Day 7

2717 cals ● 174g protein (26%) ● 136g fat (45%) ● 155g carbs (23%) ● 45g fiber (7%)

### Breakfast

450 cals, 27g protein, 17g net carbs, 28g fat



[Creamy scrambled eggs](#)  
364 cals



[Grapes](#)  
87 cals

### Snacks

350 cals, 26g protein, 17g net carbs, 19g fat



[Milk](#)  
3/4 cup(s)- 112 cals



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



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

### Protein Supplement(s)

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



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

### Lunch

785 cals, 30g protein, 55g net carbs, 41g fat



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



[Pesto chickpeas & quinoa bowl](#)  
556 cals

### Dinner

855 cals, 31g protein, 64g net carbs, 46g fat



[Apple & peanut butter](#)  
1 1/2 apple(s)- 465 cals



[Crunchy Asian tofu salad](#)  
391 cals

## Dairy and Egg Products

- ☐ whole milk  
6 1/2 cup (1579mL)
- ☐ butter  
1/2 stick (54g)
- ☐ sliced cheese  
2 slice (1 oz ea) (56g)
- ☐ nonfat greek yogurt, plain  
14 tbsp (245g)
- ☐ fresh mozzarella cheese  
3 1/3 oz (95g)
- ☐ eggs  
17 large (850g)
- ☐ part-skim ricotta cheese  
13 1/4 tbsp (207g)
- ☐ parmesan cheese  
2 1/2 tbsp (13g)

## Vegetables and Vegetable Products

- ☐ onion  
1 medium (2-1/2" dia) (98g)
- ☐ tomatoes  
5 1/2 medium whole (2-3/5" dia) (683g)
- ☐ bell pepper  
1 1/4 large (206g)
- ☐ frozen chopped spinach  
5/6 10 oz package (237g)
- ☐ garlic  
1 2/3 clove(s) (5g)
- ☐ red onion  
3/8 medium (2-1/2" dia) (41g)
- ☐ cucumber  
1 1/2 cucumber (8-1/4") (452g)
- ☐ broccoli  
3 cup chopped (273g)
- ☐ carrots  
3 1/2 medium (214g)
- ☐ potatoes  
3 small (1-3/4" to 2-1/4" dia.) (276g)
- ☐ mushrooms  
2 cup, chopped (140g)
- ☐ cabbage  
1 1/2 cup, shredded (105g)

## Other

- ☐ vegan sausage  
4 1/2 sausage (450g)
- ☐ frozen cauliflower  
1 cup (128g)

## Breakfast Cereals

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

## Sweets

- ☐ maple syrup  
2 tsp (10mL)

## Legumes and Legume Products

- ☐ roasted peanuts  
6 3/4 oz (192g)
- ☐ chickpeas, canned  
1 1/2 can (672g)
- ☐ tempeh  
1 lbs (454g)
- ☐ peanut butter  
2 oz (59g)
- ☐ soy sauce  
2 tsp (10mL)
- ☐ firm tofu  
4 oz (113g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 3/4 oz (50g)
- ☐ pistachios, dry roasted, without shells or salt added  
4 tbsp (31g)
- ☐ almonds  
1 cup, whole (161g)

## Fruits and Fruit Juices

- ☐ clementines  
4 fruit (296g)
- ☐ avocados  
4 1/2 avocado(s) (888g)
- ☐ lemon juice  
3/4 fl oz (24mL)
- ☐ grapes  
3 cup (276g)
- ☐ apples  
1 1/2 medium (3" dia) (273g)
- ☐ lime juice  
2 tsp (10mL)

## Baked Products

- ☐ smoked paprika  
1/4 tsp (1g)
- ☐ mixed greens  
10 cup (300g)
- ☐ plant-based deli slices  
10 slices (104g)
- ☐ italian seasoning  
1/2 tbsp (5g)
- ☐ sesame oil  
1 tsp (5mL)

## Fats and Oils

- ☐ oil  
3 oz (88mL)
- ☐ balsamic vinaigrette  
5 tsp (24mL)
- ☐ salad dressing  
1/2 cup (135mL)
- ☐ olive oil  
1 1/2 tbsp (23mL)

## Beverages

- ☐ water  
18 1/2 cup(s) (4385mL)
- ☐ protein powder  
20 scoop (1/3 cup ea) (620g)
- ☐ coffee, brewed  
3 tbsp (44g)

- ☐ bread  
6 3/4 oz (192g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- ☐ hot sauce  
2 tsp (10mL)
- ☐ pesto sauce  
4 tbsp (62g)

## Spices and Herbs

- ☐ fresh basil  
5 tsp, chopped (4g)
- ☐ salt  
1/3 oz (9g)
- ☐ black pepper  
1/8 oz (4g)
- ☐ red wine vinegar  
1/2 tbsp (8mL)
- ☐ dried dill weed  
1/2 tbsp (2g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
6 2/3 oz (190g)
  - ☐ long-grain white rice  
1/2 cup (93g)
  - ☐ quinoa, uncooked  
10 tbsp (106g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Coffee overnight protein oats

169 cals ● 16g protein ● 3g fat ● 18g carbs ● 3g fiber



For single meal:

**coffee, brewed**  
1 1/2 tbsp (22g)  
**oatmeal, old-fashioned oats, rolled oats**  
4 tbsp (20g)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)  
**whole milk**  
2 tbsp (30mL)  
**maple syrup**  
1 tsp (5mL)

For all 2 meals:

**coffee, brewed**  
3 tbsp (44g)  
**oatmeal, old-fashioned oats, rolled oats**  
1/2 cup (41g)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)  
**whole milk**  
4 tbsp (60mL)  
**maple syrup**  
2 tsp (10mL)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight or for at least 4 hours. Serve.

### 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.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Hardboiled egg and avocado bowl

481 cal ● 22g protein ● 36g fat ● 5g carbs ● 11g fiber



For single meal:

**eggs**  
3 large (150g)  
**avocados, chopped**  
3/4 avocado(s) (151g)  
**onion**  
1 1/2 tbsp chopped (15g)  
**bell pepper**  
1 1/2 tbsp, diced (14g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)

For all 3 meals:

**eggs**  
9 large (450g)  
**avocados, chopped**  
2 1/4 avocado(s) (452g)  
**onion**  
1/4 cup chopped (45g)  
**bell pepper**  
1/4 cup, diced (42g)  
**salt**  
1/2 tsp (2g)  
**black pepper**  
1/2 tsp (0g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Creamy scrambled eggs

364 cal ● 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.

## Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

### grapes

1 1/2 cup (138g)

For all 2 meals:

### grapes

3 cup (276g)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1

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### Pistachios

188 cals ● 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.

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### Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber

Makes 1 sandwich(es)



#### bread

2 slice (64g)

#### butter

1 tbsp (14g)

#### sliced cheese

2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

**chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

**almonds**

6 tbsp, whole (54g)

For all 2 meals:

**almonds**

3/4 cup, whole (107g)

1. This recipe has no instructions.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**salad dressing**

3 tbsp (45mL)

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

For all 2 meals:

**salad dressing**

6 tbsp (90mL)

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

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

Vegan deli smashed avocado sandwich

1 sandwich(es) - 387 cals ● 23g protein ● 16g fat ● 29g carbs ● 10g fiber



For single meal:

**mixed greens**  
1/2 cup (15g)  
**hot sauce**  
1 tsp (5mL)  
**avocados, peeled & deseeded**  
1/3 avocado(s) (67g)  
**bread**  
2 slice(s) (64g)  
**plant-based deli slices**  
5 slices (52g)

For all 2 meals:

**mixed greens**  
16 tbs (30g)  
**hot sauce**  
2 tsp (10mL)  
**avocados, peeled & deseeded**  
2/3 avocado(s) (134g)  
**bread**  
4 slice(s) (128g)  
**plant-based deli slices**  
10 slices (104g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

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## Lunch 3 [🔗](#)

Eat on day 4, day 5

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbs (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbs (45mL)

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

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### Vegan sausage & veggie sheet pan

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





For single meal:

**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)  
**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)

For all 2 meals:

**italian seasoning**  
1/2 tbsp (5g)  
**oil**  
2 tbsp (30mL)  
**broccoli, chopped**  
3 cup chopped (273g)  
**carrots, sliced**  
3 medium (183g)  
**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)

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

## Lunch 4 [🔗](#)

Eat on day 6, day 7

### 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.

### Pesto chickpeas & quinoa bowl

556 cals ● 21g protein ● 23g fat ● 50g carbs ● 16g fiber



For single meal:

**bell pepper, sliced**  
1/2 large (82g)  
**mushrooms**  
1 cup, chopped (70g)  
**oil**  
1 tsp (5mL)  
**pesto sauce**  
2 tbsp (31g)  
**quinoa, uncooked**  
4 tbsp (43g)  
**chickpeas, canned, drained and rinsed**  
1/2 can (224g)

For all 2 meals:

**bell pepper, sliced**  
1 large (164g)  
**mushrooms**  
2 cup, chopped (140g)  
**oil**  
2 tsp (10mL)  
**pesto sauce**  
4 tbsp (62g)  
**quinoa, uncooked**  
1/2 cup (85g)  
**chickpeas, canned, drained and rinsed**  
1 can (448g)

1. Cook quinoa according to package. Set aside.
2. Preheat oven to 400°F (200°C). Place chickpeas, mushrooms, and bell pepper strips on a sheet pan. Drizzle with oil, sprinkle some salt/pepper, and toss to coat.
3. Roast chickpeas and veggies for about 20 minutes, stirring once halfway through.
4. Remove chickpeas and veggies from oven and toss with pesto. Serve with the quinoa.

### Snacks 1 [↗](#)

Eat on day 1, day 2

#### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
2/3 oz (19g)

For all 2 meals:

**sunflower kernels**  
1 1/3 oz (38g)

1. This recipe has no instructions.

#### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. This recipe has no instructions.

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## Snacks 2 [🔗](#)

Eat on day 3, day 4

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### Roasted peanuts

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



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. This recipe has no instructions.
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### 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.

### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**  
9 cherry tomatoes (153g)

For all 2 meals:

**tomatoes**  
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup (180mL)

For all 3 meals:

**whole milk**  
2 1/4 cup (540mL)

1. This recipe has no instructions.

### 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 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. This recipe has no instructions.

### Protein shake (milk)

129 cals ● 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 3 meals:

**whole milk**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

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



## Dinner 1 [🔗](#)

Eat on day 1

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### Milk

2 1/3 cup(s) - 348 cals ● 18g protein ● 18g fat ● 27g carbs ● 0g fiber

Makes 2 1/3 cup(s)

#### **whole milk**

2 1/3 cup (560mL)



1. This recipe has no instructions.

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### Vegan bangers and cauliflower mash

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



Makes 1 1/2 sausage link(s)

#### **onion, thinly sliced**

3/4 small (53g)

#### **vegan sausage**

1 1/2 sausage (150g)

#### **oil**

3/4 tbsp (11mL)

#### **frozen cauliflower**

1 cup (128g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
  2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
  3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
  4. When all elements are done, plate and serve.
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## Dinner 2 [↗](#)

Eat on day 2

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### Chickpea stuffed avocado

1/2 avocado - 481 cal ● 20g protein ● 25g fat ● 25g carbs ● 18g fiber



Makes 1/2 avocado

#### **avocados**

1/2 avocado(s) (101g)

#### **sunflower kernels**

1 tbsp (12g)

#### **smoked paprika**

1/4 tsp (1g)

#### **nonfat greek yogurt, plain**

2 tbsp (35g)

#### **lemon juice**

1/2 tbsp (8mL)

#### **chickpeas, canned, drained & rinsed**

1/2 can (224g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
2. Slice open the avocado and discard the pit.
3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.

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### Simple mozzarella and tomato salad

403 cal ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



#### **tomatoes, sliced**

1 1/4 large whole (3" dia) (228g)

#### **fresh mozzarella cheese, sliced**

1/4 lbs (95g)

#### **balsamic vinaigrette**

5 tsp (25mL)

#### **fresh basil**

5 tsp, chopped (4g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
  2. Sprinkle the basil over the slices and drizzle with dressing.
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## Dinner 3 [🔗](#)

Eat on day 3, day 4

### Pasta with spinach and ricotta

564 cals ● 31g protein ● 12g fat ● 77g carbs ● 7g fiber



For single meal:

**uncooked dry pasta**

1/4 lbs (95g)

**frozen chopped spinach, thawed and drained**

3/8 10 oz package (118g)

**garlic, minced**

5/6 clove(s) (3g)

**part-skim ricotta cheese**

6 2/3 tbsp (103g)

**parmesan cheese, divided**

1 1/4 tbsp (6g)

**salt**

1 dash (1g)

**black pepper**

1/3 tsp, ground (1g)

For all 2 meals:

**uncooked dry pasta**

6 2/3 oz (190g)

**frozen chopped spinach, thawed and drained**

5/6 10 oz package (237g)

**garlic, minced**

1 2/3 clove(s) (5g)

**part-skim ricotta cheese**

13 1/3 tbsp (207g)

**parmesan cheese, divided**

2 1/2 tbsp (13g)

**salt**

1/4 tsp (1g)

**black pepper**

5 dash, ground (1g)

1. Cook the pasta according to directions on package; drain.
2. While pasta cooks, coat skillet with cooking spray. Over medium-low heat, add the spinach and garlic. Cook for about 5 minutes, stirring frequently.
3. Stir in the ricotta cheese, half of the parmesan cheese, salt, pepper, and just enough water to make it creamy.
4. Add cooked pasta to the skillet and stir.
5. Serve and top with remaining parmesan cheese.

### Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

**olive oil**

3/4 tbsp (11mL)

**red wine vinegar**

1/4 tbsp (4mL)

**dried dill weed**

1/4 tbsp (1g)

**lemon juice**

1 tsp (6mL)

**nonfat greek yogurt, plain**

6 tbsp (105g)

**red onion, thinly sliced**

1/6 medium (2-1/2" dia) (21g)

**cucumber, sliced into half moons**

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

For all 2 meals:

**olive oil**

1 1/2 tbsp (23mL)

**red wine vinegar**

1/2 tbsp (8mL)

**dried dill weed**

1/2 tbsp (2g)

**lemon juice**

3/4 tbsp (11mL)

**nonfat greek yogurt, plain**

3/4 cup (210g)

**red onion, thinly sliced**

3/8 medium (2-1/2" dia) (41g)

**cucumber, sliced into half moons**

1 1/2 cucumber (8-1/4") (452g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

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## Dinner 4 [🔗](#)

Eat on day 5, day 6

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### Buttery white rice

243 cals ● 3g protein ● 9g fat ● 37g carbs ● 1g fiber



For single meal:

**black pepper**  
1 dash, ground (0g)  
**butter**  
3/4 tbsp (11g)  
**salt**  
2 dash (2g)  
**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

For all 2 meals:

**black pepper**  
2 dash, ground (1g)  
**butter**  
1 1/2 tbsp (21g)  
**salt**  
4 dash (3g)  
**water**  
1 cup(s) (237mL)  
**long-grain white rice**  
1/2 cup (93g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

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### 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.
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## Dinner 5 [🔗](#)

Eat on day 7

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### Apple & peanut butter

1 1/2 apple(s) - 465 cal ● 11g protein ● 25g fat ● 39g carbs ● 9g fiber



Makes 1 1/2 apple(s)

#### apples

1 1/2 medium (3" dia) (273g)

#### peanut butter

3 tbsp (48g)

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

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### Crunchy Asian tofu salad

391 cal ● 19g protein ● 21g fat ● 25g carbs ● 7g fiber



#### cabbage, shredded

1 1/2 cup, shredded (105g)

#### lime juice

2 tsp (10mL)

#### soy sauce

2 tsp (10mL)

#### roasted peanuts

1 tbsp (9g)

#### peanut butter

2 tsp (11g)

#### carrots, cut into matchsticks

1/2 medium (31g)

#### quinoa, uncooked

2 tbsp (21g)

#### sesame oil

1 tsp (5mL)

#### firm tofu, drained

4 oz (113g)

1. Cook quinoa according to its package instructions. Set aside.
  2. In a small bowl, make the sauce by whisking together the peanut butter, soy sauce, lime juice, and some salt to taste. Add a splash of water if necessary to make it less thick. Set aside.
  3. Wrap tofu in some paper towels and press gently to remove any extra water. Cube the tofu.
  4. Heat sesame oil to a skillet over medium-low heat and add the tofu cubes. Fry for about 5-7 minutes, flipping occasionally, until the tofu is golden and crisp on the outside. Remove from heat and set aside.
  5. Toss the cabbage, quinoa, carrots, peanuts and tofu in a bowl. Drizzle with the peanut dressing. Serve.
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# 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.