

Meal Plan - 2800 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
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Day 1

2788 cals ● 197g protein (28%) ● 120g fat (39%) ● 173g carbs (25%) ● 57g fiber (8%)

Breakfast

420 cals, 14g protein, 32g net carbs, 25g fat



[Pumpkin seeds](#)
183 cals



[Small granola bar](#)
2 bar(s)- 238 cals

Snacks

250 cals, 17g protein, 13g net carbs, 14g fat



[Toast with butter](#)
1 slice(s)- 114 cals



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

Protein Supplement(s)

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



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

Lunch

860 cals, 45g protein, 57g net carbs, 37g fat



[Buttery brown rice](#)
167 cals



[Tempeh taco salad bowl](#)
693 cals

Dinner

985 cals, 61g protein, 69g net carbs, 43g fat



[Lowfat Greek yogurt](#)
2 container(s)- 310 cals



[Goat cheese and marinara stuffed zucchini](#)
7 zucchini halve(s)- 672 cals

Day 2

2835 cals ● 180g protein (25%) ● 142g fat (45%) ● 150g carbs (21%) ● 60g fiber (9%)

Breakfast

420 cals, 14g protein, 32g net carbs, 25g fat



Pumpkin seeds

183 cals



Small granola bar

2 bar(s)- 238 cals

Snacks

250 cals, 17g protein, 13g net carbs, 14g fat



Toast with butter

1 slice(s)- 114 cals



Boiled eggs

2 egg(s)- 139 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

860 cals, 45g protein, 57g net carbs, 37g fat



Buttery brown rice

167 cals



Tempeh taco salad bowl

693 cals

Dinner

1030 cals, 44g protein, 46g net carbs, 65g fat



Sesame peanut zoodles

1029 cals

Day 3

2826 cals ● 202g protein (29%) ● 153g fat (49%) ● 116g carbs (16%) ● 45g fiber (6%)

Breakfast

445 cals, 9g protein, 20g net carbs, 33g fat



Dark chocolate

5 square(s)- 299 cals



Roasted almonds

1/6 cup(s)- 148 cals

Snacks

315 cals, 22g protein, 10g net carbs, 18g fat



Protein greek yogurt

1 container- 139 cals



Avocado

176 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

850 cals, 48g protein, 26g net carbs, 52g fat



Crack slaw with tempeh

633 cals



Walnuts

1/3 cup(s)- 219 cals

Dinner

940 cals, 62g protein, 58g net carbs, 49g fat



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cals



Simple Greek cucumber salad

281 cals



Milk

2 cup(s)- 298 cals

Day 4

2797 cals ● 190g protein (27%) ● 153g fat (49%) ● 128g carbs (18%) ● 37g fiber (5%)

Breakfast

445 cals, 9g protein, 20g net carbs, 33g fat



Dark chocolate

5 square(s)- 299 cals



Roasted almonds

1/6 cup(s)- 148 cals

Snacks

315 cals, 22g protein, 10g net carbs, 18g fat



Protein greek yogurt

1 container- 139 cals



Avocado

176 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

820 cals, 36g protein, 39g net carbs, 52g fat



Vegan deli smashed avocado sandwich

1 sandwich(es)- 387 cals



Mixed nuts

1/2 cup(s)- 435 cals

Dinner

940 cals, 62g protein, 58g net carbs, 49g fat



Vegan bangers and cauliflower mash

1 sausage link(s)- 361 cals



Simple Greek cucumber salad

281 cals



Milk

2 cup(s)- 298 cals

Day 5

2777 cals ● 207g protein (30%) ● 132g fat (43%) ● 151g carbs (22%) ● 38g fiber (5%)

Breakfast

440 cals, 41g protein, 25g net carbs, 19g fat



Peanut butter chocolate protein shake

441 cals

Lunch

900 cals, 42g protein, 54g net carbs, 50g fat



Egg & avocado salad

531 cals



Orange

2 orange(s)- 170 cals



Milk

1 1/3 cup(s)- 199 cals

Snacks

305 cals, 6g protein, 44g net carbs, 9g fat



Avocado toast

1 slice(s)- 168 cals



Raisins

1/4 cup- 137 cals

Dinner

860 cals, 57g protein, 26g net carbs, 54g fat



Broccoli caesar salad with hard boiled eggs

650 cals



Roasted cashews

1/4 cup(s)- 209 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 6

2777 cals ● 207g protein (30%) ● 132g fat (43%) ● 151g carbs (22%) ● 38g fiber (5%)

Breakfast

440 cals, 41g protein, 25g net carbs, 19g fat



Peanut butter chocolate protein shake
441 cals

Lunch

900 cals, 42g protein, 54g net carbs, 50g fat



Egg & avocado salad
531 cals



Orange
2 orange(s)- 170 cals



Milk
1 1/3 cup(s)- 199 cals

Snacks

305 cals, 6g protein, 44g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 cals



Raisins
1/4 cup- 137 cals

Dinner

860 cals, 57g protein, 26g net carbs, 54g fat



Broccoli caesar salad with hard boiled eggs
650 cals



Roasted cashews
1/4 cup(s)- 209 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 7

2817 cals ● 200g protein (28%) ● 143g fat (46%) ● 140g carbs (20%) ● 43g fiber (6%)

Breakfast

440 cals, 41g protein, 25g net carbs, 19g fat



Peanut butter chocolate protein shake
441 cals

Lunch

930 cals, 39g protein, 42g net carbs, 62g fat



Tomato and avocado salad
117 cals



Egg salad sandwich
1 1/2 sandwich(es)- 813 cals

Snacks

305 cals, 6g protein, 44g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 cals



Raisins
1/4 cup- 137 cals

Dinner

865 cals, 53g protein, 27g net carbs, 52g fat



Pan roasted zucchini
277 cals



Basic tempeh
8 oz- 590 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ goat cheese
1/4 lbs (99g)
- ☐ butter
1/4 stick (23g)
- ☐ eggs
29 1/2 medium (1298g)
- ☐ nonfat greek yogurt, plain
2 container (368g)
- ☐ whole milk
12 2/3 cup (3041mL)
- ☐ parmesan cheese
5 tbsp (25g)

Vegetables and Vegetable Products

- ☐ zucchini
6 1/2 large (2143g)
- ☐ green onions
1/4 cup, sliced (28g)
- ☐ onion
1 medium (2-1/2" dia) (104g)
- ☐ red onion
1/2 medium (2-1/2" dia) (55g)
- ☐ cucumber
2 cucumber (8-1/4") (602g)
- ☐ garlic
1 1/2 clove (5g)
- ☐ broccoli
2 1/2 cup chopped (228g)
- ☐ romaine lettuce
10 cup shredded (470g)
- ☐ tomatoes
1/4 medium whole (2-3/5" dia) (31g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
14 tbsp (228g)
- ☐ salsa
1/2 cup (135g)
- ☐ hot sauce
3/8 fl oz (12mL)

Beverages

- ☐ water
18 cup(s) (4306mL)

Spices and Herbs

- ☐ salt
1/4 oz (8g)
- ☐ black pepper
1/4 oz (7g)
- ☐ taco seasoning mix
2 1/2 tbsp (21g)
- ☐ red wine vinegar
2 tsp (10mL)
- ☐ dried dill weed
2 tsp (2g)
- ☐ dijon mustard
5 tsp (25g)
- ☐ garlic powder
3/4 tbsp (7g)
- ☐ paprika
1 1/2 dash (1g)
- ☐ yellow mustard
3 dash or 1 packet (2g)
- ☐ oregano, dried
1/4 tbsp, ground (2g)

Fats and Oils

- ☐ oil
2 oz (55mL)
- ☐ olive oil
1/4 cup (57mL)
- ☐ mayonnaise
3 tbsp (45mL)

Legumes and Legume Products

- ☐ refried beans
1 1/4 cup (303g)
- ☐ tempeh
1 1/2 lbs (680g)
- ☐ soy sauce
1/4 cup (53mL)
- ☐ peanut butter
1/4 lbs (128g)

Other

- ☐ mixed greens
4 1/2 cup (132g)
- ☐ coleslaw mix
4 3/4 cup (428g)
- ☐ protein greek yogurt, flavored
2 container (300g)

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

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/4 lbs (96g)
- ☐ chia seeds
1 3/4 tsp (8g)
- ☐ sesame seeds
1 3/4 tsp (5g)
- ☐ almonds
1/3 cup, whole (48g)
- ☐ sunflower kernels
1 1/2 tbsp (18g)
- ☐ walnuts
5 tbsp, shelled (31g)
- ☐ mixed nuts
1/2 cup (67g)
- ☐ roasted cashews
1/2 cup, halves and whole (69g)

Snacks

- ☐ small granola bar
4 bar (100g)

Baked Products

- ☐ bread
2/3 lbs (320g)

Cereal Grains and Pasta

- ☐ brown rice
1/3 cup (63g)

- ☐ vegan sausage
2 sausage (200g)
- ☐ frozen cauliflower
1 1/2 cup (170g)
- ☐ plant-based deli slices
5 slices (52g)
- ☐ ice cubes
3/4 cup (105g)
- ☐ protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

Fruits and Fruit Juices

- ☐ avocados
5 avocado(s) (988g)
- ☐ lime juice
2 1/4 tbsp (34mL)
- ☐ lemon juice
2 fl oz (58mL)
- ☐ orange
4 orange (616g)
- ☐ raisins
3/4 cup, packed (124g)

Sweets

- ☐ Chocolate, dark, 70-85%
10 square(s) (100g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

small granola bar
2 bar (50g)

For all 2 meals:

small granola bar
4 bar (100g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Dark chocolate

5 square(s) - 299 cal● 4g protein ● 21g fat ● 18g carbs ● 6g fiber



For single meal:

Chocolate, dark, 70-85%
5 square(s) (50g)

For all 2 meals:

Chocolate, dark, 70-85%
10 square(s) (100g)

1. This recipe has no instructions.

Roasted almonds

1/6 cup(s) - 148 cal● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Peanut butter chocolate protein shake

441 cals ● 41g protein ● 19g fat ● 25g carbs ● 1g fiber



For single meal:

peanut butter
1 tsp (5g)
ice cubes
4 tbsp (35g)
whole milk
2 cup (480mL)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

peanut butter
1 tbsp (16g)
ice cubes
3/4 cup (105g)
whole milk
6 cup (1440mL)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in the blender.
2. Mix until well-combined.
3. Serve cold.

Lunch 1 [↗](#)

Eat on day 1, day 2

Buttery brown rice

167 cals ● 2g protein ● 7g fat ● 23g carbs ● 1g fiber



For single meal:

butter
1/2 tbsp (7g)
brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)

For all 2 meals:

butter
1 tbsp (14g)
brown rice
1/3 cup (63g)
salt
2 dash (2g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Tempeh taco salad bowl

693 cals ● 43g protein ● 30g fat ● 34g carbs ● 29g fiber



For single meal:

oil
1/4 tbsp (3mL)
refried beans
10 tbsp (151g)
salsa
1/4 cup (68g)
mixed greens
10 tbsp (19g)
avocados, cubed
5/8 avocado(s) (126g)
taco seasoning mix
1 1/4 tbsp (11g)
tempeh
5 oz (142g)

For all 2 meals:

oil
1 1/4 tsp (6mL)
refried beans
1 1/4 cup (303g)
salsa
1/2 cup (135g)
mixed greens
1 1/4 cup (38g)
avocados, cubed
1 1/4 avocado(s) (251g)
taco seasoning mix
2 1/2 tbsp (21g)
tempeh
10 oz (284g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Lunch 2 [🔗](#)

Eat on day 3

Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



tempeh, cubed
6 oz (170g)
coleslaw mix
3 cup (270g)
hot sauce
1/2 tbsp (8mL)
sunflower kernels
1 1/2 tbsp (18g)
oil
1 tbsp (15mL)
garlic, minced
1 1/2 clove (5g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Walnuts

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

Makes 1/3 cup(s)

walnuts

5 tbsp, shelled (31g)



1. This recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4

Vegan deli smashed avocado sandwich

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



Makes 1 sandwich(es)

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)

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.

Mixed nuts

1/2 cup(s) - 435 cals ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



Makes 1/2 cup(s)

mixed nuts

1/2 cup (67g)

1. This recipe has no instructions.
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Lunch 4 [🔗](#)

Eat on day 5, day 6

Egg & avocado salad

531 cals ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber



For single meal:

mixed greens

1 1/3 cup (40g)

avocados

2/3 avocado(s) (134g)

eggs, hard-boiled and chilled

4 large (200g)

garlic powder

1/4 tbsp (2g)

For all 2 meals:

mixed greens

2 2/3 cup (80g)

avocados

1 1/3 avocado(s) (268g)

eggs, hard-boiled and chilled

8 large (400g)

garlic powder

1/2 tbsp (4g)

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.

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange

2 orange (308g)

For all 2 meals:

orange

4 orange (616g)

1. This recipe has no instructions.

Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

whole milk

1 1/3 cup (320mL)

For all 2 meals:

whole milk

2 2/3 cup (640mL)

1. This recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 7

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

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.

Egg salad sandwich

1 1/2 sandwich(es) - 813 cals ● 38g protein ● 53g fat ● 39g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

eggs

4 1/2 medium (198g)

mayonnaise

3 tbsp (45mL)

onion, chopped

3/8 small (26g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bread

3 slice (96g)

paprika

1 1/2 dash (1g)

yellow mustard

3 dash or 1 packet (2g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Snacks 1 [↗](#)

Eat on day 1, day 2

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread

1 slice (32g)

butter

1 tsp (5g)

For all 2 meals:

bread

2 slice (64g)

butter

2 tsp (9g)

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

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



For single meal:

eggs

2 large (100g)

For all 2 meals:

eggs

4 large (200g)

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.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
 2. Sprinkle with lemon or lime juice as desired.
 3. Serve and eat.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 3 meals:

bread

3 slice (96g)

avocados, ripe, sliced

3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Raisins

1/4 cup - 137 cals ● 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.

Dinner 1 [↗](#)

Eat on day 1

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Goat cheese and marinara stuffed zucchini

7 zucchini halve(s) - 672 cals ● 37g protein ● 35g fat ● 36g carbs ● 16g fiber



Makes 7 zucchini halve(s)

zucchini

3 1/2 large (1131g)

pasta sauce

14 tbsp (228g)

goat cheese

1/4 lbs (99g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Dinner 2 [↗](#)

Eat on day 2

Sesame peanut zoodles

1029 cals ● 44g protein ● 65g fat ● 46g carbs ● 22g fiber



chia seeds

1 3/4 tsp (8g)

lime juice

1 3/4 tbsp (26mL)

green onions

1/4 cup, sliced (28g)

sesame seeds

1 3/4 tsp (5g)

soy sauce

1/4 cup (53mL)

peanut butter

1/2 cup (112g)

coleslaw mix

1 3/4 cup (158g)

zucchini, spiralized

3 1/2 medium (686g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
 2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
 3. Pour peanut butter mixture over zoodles and mix well.
 4. Top with green onions, sesame seeds, and chia seeds (optional).
 5. Serve.
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Dinner 3 [🔗](#)

Eat on day 3, day 4

Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



For single meal:

onion, thinly sliced

1/2 small (35g)

vegan sausage

1 sausage (100g)

oil

1/2 tbsp (8mL)

frozen cauliflower

3/4 cup (85g)

For all 2 meals:

onion, thinly sliced

1 small (70g)

vegan sausage

2 sausage (200g)

oil

1 tbsp (15mL)

frozen cauliflower

1 1/2 cup (170g)

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.

Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

olive oil

1 tbsp (15mL)

red wine vinegar

1 tsp (5mL)

dried dill weed

1 tsp (1g)

lemon juice

1/2 tbsp (8mL)

nonfat greek yogurt, plain

1/2 cup (140g)

red onion, thinly sliced

1/4 medium (2-1/2" dia) (28g)

cucumber, sliced into half moons

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

For all 2 meals:

olive oil

2 tbsp (30mL)

red wine vinegar

2 tsp (10mL)

dried dill weed

2 tsp (2g)

lemon juice

1 tbsp (15mL)

nonfat greek yogurt, plain

1 cup (280g)

red onion, thinly sliced

1/2 medium (2-1/2" dia) (55g)

cucumber, sliced into half moons

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

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.

Milk

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



For single meal:

whole milk
2 cup (480mL)

For all 2 meals:

whole milk
4 cup (960mL)

1. This recipe has no instructions.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Broccoli caesar salad with hard boiled eggs

650 cal ● 52g protein ● 38g fat ● 16g carbs ● 10g fiber



For single meal:

lemon juice
1 1/4 tbsp (19mL)
roasted pumpkin seeds, unsalted
2 1/2 tbsp (18g)
parmesan cheese
2 1/2 tbsp (13g)
dijon mustard
2 1/2 tsp (13g)
nonfat greek yogurt, plain
2 1/2 tbsp (44g)
broccoli
1 1/4 cup chopped (114g)
eggs
5 large (250g)
romaine lettuce
5 cup shredded (235g)

For all 2 meals:

lemon juice
2 1/2 tbsp (38mL)
roasted pumpkin seeds, unsalted
5 tbsp (37g)
parmesan cheese
5 tbsp (25g)
dijon mustard
5 tsp (25g)
nonfat greek yogurt, plain
5 tbsp (88g)
broccoli
2 1/2 cup chopped (228g)
eggs
10 large (500g)
romaine lettuce
10 cup shredded (470g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Roasted cashews

1/4 cup(s) - 209 cal ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews

4 tbsp, halves and whole (34g)

For all 2 meals:

roasted cashews

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

1. This recipe has no instructions.

Dinner 5 [🔗](#)

Eat on day 7

Pan roasted zucchini

277 cals ● 5g protein ● 22g fat ● 10g carbs ● 6g fiber



zucchini

1 2/3 medium (327g)

black pepper

2 1/2 tsp, ground (6g)

oregano, dried

1 tsp, ground (2g)

garlic powder

1 tsp (3g)

salt

1 tsp (5g)

olive oil

5 tsp (25mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Basic tempeh

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



Makes 8 oz

oil

4 tsp (20mL)

tempeh

1/2 lbs (227g)

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.
