

Meal Plan - 2900 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

2895 cal ● 197g protein (27%) ● 151g fat (47%) ● 145g carbs (20%) ● 42g fiber (6%)

Breakfast

535 cal, 18g protein, 27g net carbs, 33g fat



Avocado
176 cal



Avocado toast
1 slice(s)- 168 cal



Egg & guac sandwich
1/2 sandwich(es)- 191 cal

Snacks

385 cal, 19g protein, 14g net carbs, 27g fat



Boiled eggs
2 egg(s)- 139 cal



Walnuts
1/6 cup(s)- 131 cal



Toast with butter
1 slice(s)- 114 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

995 cal, 74g protein, 91g net carbs, 31g fat



Quinoa
2 cup quinoa, cooked- 417 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal



Vegan sausage
2 sausage(s)- 536 cal

Dinner

710 cal, 26g protein, 10g net carbs, 60g fat



Basic tofu
8 oz- 342 cal



Buttered broccoli
2 3/4 cup(s)- 367 cal

Day 2

2868 cal ● 201g protein (28%) ● 136g fat (43%) ● 160g carbs (22%) ● 51g fiber (7%)

Breakfast

535 cal, 18g protein, 27g net carbs, 33g fat



Avocado
176 cal



Avocado toast
1 slice(s)- 168 cal



Egg & guac sandwich
1/2 sandwich(es)- 191 cal

Snacks

385 cal, 19g protein, 14g net carbs, 27g fat



Boiled eggs
2 egg(s)- 139 cal



Walnuts
1/6 cup(s)- 131 cal



Toast with butter
1 slice(s)- 114 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

870 cal, 51g protein, 80g net carbs, 33g fat



Vegan sausage & veggie sheet pan
720 cal



Fruit juice
1 1/3 cup(s)- 153 cal

Dinner

805 cal, 52g protein, 36g net carbs, 43g fat



Pan roasted zucchini
208 cal



Basic tempeh
6 oz- 443 cal



Lowfat Greek yogurt
1 container(s)- 155 cal

Day 3

2838 cal ● 202g protein (28%) ● 127g fat (40%) ● 171g carbs (24%) ● 52g fiber (7%)

Breakfast

535 cal, 18g protein, 27g net carbs, 33g fat



Avocado
176 cal



Avocado toast
1 slice(s)- 168 cal



Egg & guac sandwich
1/2 sandwich(es)- 191 cal

Snacks

355 cal, 20g protein, 25g net carbs, 17g fat



Cottage cheese & fruit cup
1 container- 107 cal



Sunflower seeds
180 cal



Peach
1 peach(es)- 66 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

870 cal, 51g protein, 80g net carbs, 33g fat



Vegan sausage & veggie sheet pan
720 cal



Fruit juice
1 1/3 cup(s)- 153 cal

Dinner

805 cal, 52g protein, 36g net carbs, 43g fat



Pan roasted zucchini
208 cal



Basic tempeh
6 oz- 443 cal



Lowfat Greek yogurt
1 container(s)- 155 cal

Day 4

2908 cal ● 243g protein (33%) ● 114g fat (35%) ● 174g carbs (24%) ● 54g fiber (7%)

Breakfast

450 cal, 32g protein, 18g net carbs, 27g fat



Basic scrambled eggs
2 egg(s)- 142 cal



Fruit juice
1/2 cup(s)- 57 cal



String cheese
3 stick(s)- 248 cal

Snacks

355 cal, 20g protein, 25g net carbs, 17g fat



Cottage cheese & fruit cup
1 container- 107 cal



Sunflower seeds
180 cal



Peach
1 peach(es)- 66 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

890 cal, 63g protein, 85g net carbs, 24g fat



Chunky canned soup (non-creamy)
3 1/2 can(s)- 865 cal



Carrot sticks
1 carrot(s)- 27 cal

Dinner

945 cal, 67g protein, 43g net carbs, 44g fat



Roasted carrots
3 carrot(s)- 158 cal



Buffalo tempeh with tzatziki
785 cal

Day 5

2908 cal ● 243g protein (33%) ● 114g fat (35%) ● 174g carbs (24%) ● 54g fiber (7%)

Breakfast

450 cal, 32g protein, 18g net carbs, 27g fat



Basic scrambled eggs
2 egg(s)- 142 cal



Fruit juice
1/2 cup(s)- 57 cal



String cheese
3 stick(s)- 248 cal

Snacks

355 cal, 20g protein, 25g net carbs, 17g fat



Cottage cheese & fruit cup
1 container- 107 cal



Sunflower seeds
180 cal



Peach
1 peach(es)- 66 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

890 cal, 63g protein, 85g net carbs, 24g fat



Chunky canned soup (non-creamy)
3 1/2 can(s)- 865 cal



Carrot sticks
1 carrot(s)- 27 cal

Dinner

945 cal, 67g protein, 43g net carbs, 44g fat



Roasted carrots
3 carrot(s)- 158 cal



Buffalo tempeh with tzatziki
785 cal

Day 6

2899 cal ● 190g protein (26%) ● 142g fat (44%) ● 173g carbs (24%) ● 40g fiber (6%)

Breakfast

430 cal, 25g protein, 28g net carbs, 21g fat



[Egg in an eggplant](#)
241 cal



[Cottage cheese & fruit cup](#)
1 container- 107 cal



[Orange](#)
1 orange(s)- 85 cal

Snacks

315 cal, 6g protein, 37g net carbs, 12g fat



[Carrot sticks](#)
2 carrot(s)- 54 cal



[Roasted cashews](#)
1/6 cup(s)- 156 cal



[Apple](#)
1 apple(s)- 105 cal

Protein Supplement(s)

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



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

Lunch

935 cal, 43g protein, 47g net carbs, 59g fat



[Simple mozzarella and tomato salad](#)
484 cal



[Eggplant pesto sandwich](#)
1 sandwich(es)- 452 cal

Dinner

940 cal, 57g protein, 59g net carbs, 49g fat



[Spicy sriracha peanut tofu](#)
682 cal



[Lentils](#)
260 cal

Day 7

2899 cal ● 190g protein (26%) ● 142g fat (44%) ● 173g carbs (24%) ● 40g fiber (6%)

Breakfast

430 cal, 25g protein, 28g net carbs, 21g fat



Egg in an eggplant
241 cal



Cottage cheese & fruit cup
1 container- 107 cal



Orange
1 orange(s)- 85 cal

Snacks

315 cal, 6g protein, 37g net carbs, 12g fat



Carrot sticks
2 carrot(s)- 54 cal



Roasted cashews
1/6 cup(s)- 156 cal



Apple
1 apple(s)- 105 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

935 cal, 43g protein, 47g net carbs, 59g fat



Simple mozzarella and tomato salad
484 cal



Eggplant pesto sandwich
1 sandwich(es)- 452 cal

Dinner

940 cal, 57g protein, 59g net carbs, 49g fat



Spicy sriracha peanut tofu
682 cal



Lentils
260 cal

Dairy and Egg Products

- eggs
16 1/2 medium (726g)
- butter
3/8 stick (48g)
- lowfat flavored greek yogurt
2 (5.3 oz) container(s) (300g)
- string cheese
6 stick (168g)
- fresh mozzarella cheese
1/2 lbs (227g)
- cheese
2 slice (1 oz each) (56g)

Nut and Seed Products

- walnuts
6 tbsp shelled (50 halves) (38g)
- sunflower kernels
3 oz (85g)
- roasted cashews
6 tbsp, halves and whole (51g)

Baked Products

- bread
1/2 lbs (256g)
- kaiser rolls
2 roll (3-1/2" dia) (114g)

Fruits and Fruit Juices

- avocados
2 1/4 avocado(s) (452g)
- lemon juice
1/2 tbsp (8mL)
- fruit juice
29 1/3 fl oz (880mL)
- peach
3 medium (2-2/3" dia) (450g)
- orange
2 orange (308g)
- apples
2 medium (3" dia) (364g)

Fats and Oils

- oil
6 oz (187mL)
- olive oil
1/4 cup (53mL)

Cereal Grains and Pasta

- quinoa, uncooked
2/3 cup (113g)

Beverages

- water
22 1/2 cup(s) (5333mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Vegetables and Vegetable Products

- tomatoes
7 medium whole (2-3/5" dia) (840g)
- frozen broccoli
2 3/4 cup (250g)
- zucchini
2 1/2 medium (490g)
- broccoli
3 cup chopped (273g)
- carrots
16 medium (981g)
- potatoes
3 small (1-3/4" to 2-1/4" dia.) (276g)
- eggplant
1 1/4 eggplant, unpeeled (approx 1-1/4 lb) (698g)
- garlic
6 clove (18g)

Legumes and Legume Products

- firm tofu
2 1/4 lbs (1021g)
- tempeh
2 lbs (907g)
- soy sauce
4 tsp (20mL)
- peanut butter
4 tbsp (64g)
- lentils, raw
3/4 cup (144g)

Spices and Herbs

- black pepper
1/3 oz (9g)
- salt
1/3 oz (9g)
- oregano, dried
1 1/4 tsp, ground (2g)

- balsamic vinaigrette
4 tbsp (60mL)

Other

- guacamole, store-bought
3 tbsp (46g)
- vegan sausage
5 sausage (500g)
- italian seasoning
1/2 tbsp (5g)
- cottage cheese & fruit cup
5 container (665g)
- tzatziki
5/8 cup(s) (140g)
- sriracha chili sauce
3 tbsp (45g)

- garlic powder
1 1/4 tsp (4g)
- fresh basil
4 tbsp, chopped (11g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
10 tbsp (151mL)
 - chunky canned soup (non-creamy varieties)
7 can (~19 oz) (3682g)
 - pesto sauce
2 tbsp (32g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Avocado toast

1 slice(s) - 168 cal ● 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.

Egg & guac sandwich

1/2 sandwich(es) - 191 cal ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

oil
1/4 tsp (1mL)
guacamole, store-bought
1 tbsp (15g)
eggs
1 large (50g)
bread
1 slice(s) (32g)

For all 3 meals:

oil
1/4 tbsp (4mL)
guacamole, store-bought
3 tbsp (46g)
eggs
3 large (150g)
bread
3 slice(s) (96g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice

4 fl oz (120mL)

For all 2 meals:

fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.

String cheese

3 stick(s) - 248 cal ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese

3 stick (84g)

For all 2 meals:

string cheese

6 stick (168g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggs

2 large (100g)

eggplant

2 1 inch (2.5 cm) slice(s) (120g)

oil

2 tsp (10mL)

For all 2 meals:

eggs

4 large (200g)

eggplant

4 1 inch (2.5 cm) slice(s) (240g)

oil

4 tsp (20mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (133g)

For all 2 meals:

cottage cheese & fruit cup

2 container (266g)

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

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

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

Eat on day 1

Quinoa

2 cup quinoa, cooked - 417 cal ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



Makes 2 cup quinoa, cooked

quinoa, uncooked

2/3 cup (113g)

water

1 1/3 cup(s) (316mL)

1. (Note: Follow quinoa package's instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

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

Vegan sausage

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



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

1. Prepare according to package instructions.
 2. Serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Vegan sausage & veggie sheet pan

720 cal ● 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.

Fruit juice

1 1/3 cup(s) - 153 cal ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



For single meal:

fruit juice

10 2/3 fl oz (320mL)

For all 2 meals:

fruit juice

21 1/3 fl oz (640mL)

1. This recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Chunky canned soup (non-creamy)

3 1/2 can(s) - 865 cal ● 63g protein ● 24g fat ● 81g carbs ● 19g fiber



For single meal:

chunky canned soup (non-creamy varieties)

3 1/2 can (~19 oz) (1841g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

7 can (~19 oz) (3682g)

1. Prepare according to instructions on package.

Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 2 meals:

carrots

2 medium (122g)

1. Cut carrots into strips and serve.

Lunch 4 [↗](#)

Eat on day 6, day 7

Simple mozzarella and tomato salad

484 cal ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



For single meal:

tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

fresh mozzarella cheese, sliced

4 oz (113g)

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

2 tbsp, chopped (5g)

For all 2 meals:

tomatoes, sliced

3 large whole (3" dia) (546g)

fresh mozzarella cheese, sliced

1/2 lbs (227g)

balsamic vinaigrette

4 tbsp (60mL)

fresh basil

4 tbsp, chopped (11g)

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

Eggplant pesto sandwich

1 sandwich(es) - 452 cal ● 15g protein ● 25g fat ● 34g carbs ● 9g fiber



For single meal:

eggplant, halved and sliced

1/2 small eggplant (229g)

olive oil

1/2 tbsp (8mL)

pesto sauce

1 tbsp (16g)

garlic

1 clove (3g)

kaiser rolls

1 roll (3-1/2" dia) (57g)

tomatoes

3 slice(s), thin/small (45g)

cheese

1 slice (1 oz each) (28g)

For all 2 meals:

eggplant, halved and sliced

1 small eggplant (458g)

olive oil

1 tbsp (15mL)

pesto sauce

2 tbsp (32g)

garlic

2 clove (6g)

kaiser rolls

2 roll (3-1/2" dia) (114g)

tomatoes

6 slice(s), thin/small (90g)

cheese

2 slice (1 oz each) (56g)

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Boiled eggs

2 egg(s) - 139 cal ● 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.

Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

3 tbsp shelled (50 halves) (19g)

For all 2 meals:

walnuts

6 tbsp shelled (50 halves) (38g)

1. This recipe has no instructions.

Toast with butter

1 slice(s) - 114 cal ● 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.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (133g)

For all 3 meals:

cottage cheese & fruit cup

3 container (399g)

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

Sunflower seeds

180 cal ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:
sunflower kernels
1 oz (28g)

For all 3 meals:
sunflower kernels
3 oz (85g)

1. This recipe has no instructions.

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:
peach
1 medium (2-2/3" dia) (150g)

For all 3 meals:
peach
3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Carrot sticks

2 carrot(s) - 54 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:
carrots
2 medium (122g)

For all 2 meals:
carrots
4 medium (244g)

1. Cut carrots into strips and serve.

Roasted cashews

1/6 cup(s) - 156 cal ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

roasted cashews

3 tbsp, halves and whole (26g)

For all 2 meals:

roasted cashews

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

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 2 meals:

apples

2 medium (3" dia) (364g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

firm tofu

1/2 lbs (227g)

oil

4 tsp (20mL)

1. Slice tofu 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.

Buttered broccoli

2 3/4 cup(s) - 367 cals ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



Makes 2 3/4 cup(s)

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
2 3/4 cup (250g)
butter
2 3/4 tbsp (39g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Dinner 2 [↗](#)

Eat on day 2, day 3

Pan roasted zucchini

208 cal ● 4g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

zucchini
1 1/4 medium (245g)
black pepper
2 tsp, ground (4g)
oregano, dried
5 dash, ground (1g)
garlic powder
5 dash (2g)
salt
5 dash (4g)
olive oil
1 1/4 tbsp (19mL)

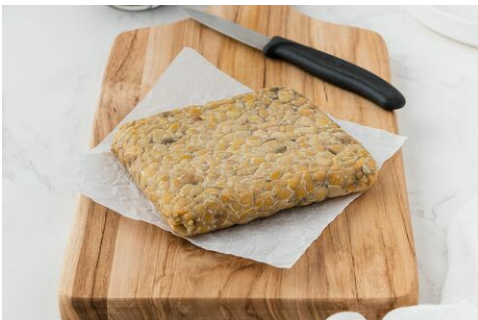
For all 2 meals:

zucchini
2 1/2 medium (490g)
black pepper
1 1/4 tbsp, ground (9g)
oregano, dried
1 1/4 tsp, ground (2g)
garlic powder
1 1/4 tsp (4g)
salt
1 1/4 tsp (8g)
olive oil
2 1/2 tbsp (38mL)

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

6 oz - 443 cal ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt

1 (5.3 oz) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt

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

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4, day 5

Roasted carrots

3 carrots(s) - 158 cal ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



For single meal:

oil
1/2 tbsp (8mL)
carrots, sliced
3 large (216g)

For all 2 meals:

oil
1 tbsp (15mL)
carrots, sliced
6 large (432g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

Buffalo tempeh with tzatziki

785 cal ● 65g protein ● 37g fat ● 29g carbs ● 20g fiber



For single meal:

oil
1 1/4 tbsp (19mL)
tzatziki
1/3 cup(s) (70g)
Frank's Red Hot sauce
5 tbsp (75mL)
tempeh, roughly chopped
10 oz (284g)

For all 2 meals:

oil
2 1/2 tbsp (38mL)
tzatziki
5/8 cup(s) (140g)
Frank's Red Hot sauce
10 tbsp (150mL)
tempeh, roughly chopped
1 1/4 lbs (567g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Dinner 4 [↗](#)

Eat on day 6, day 7

Spicy sriracha peanut tofu

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



For single meal:

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)

For all 2 meals:

oil
2 tbsp (30mL)
water
2/3 cup(s) (158mL)
soy sauce
4 tsp (20mL)
peanut butter
4 tbsp (64g)
sriracha chili sauce
3 tbsp (45g)
garlic, minced
4 clove (12g)
firm tofu, patted dry & cubed
1 3/4 lbs (794g)

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.

Lentils

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



For single meal:

salt
3/4 dash (1g)
water
1 1/2 cup(s) (356mL)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
3 cup(s) (711mL)
lentils, raw, rinsed
3/4 cup (144g)

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.

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.
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