

Meal Plan - 3000 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

2968 cals ● 211g protein (28%) ● 163g fat (49%) ● 127g carbs (17%) ● 38g fiber (5%)

Breakfast

160 cals, 7g protein, 2g net carbs, 12g fat



[Hardboiled egg and avocado bowl](#)
160 cals

Snacks

485 cals, 27g protein, 35g net carbs, 23g fat



[Avocado](#)
176 cals



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

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

985 cals, 62g protein, 63g net carbs, 46g fat



[Pumpkin seeds](#)
366 cals



[Chunky canned soup \(non-creamy\)](#)
2 1/2 can(s)- 618 cals

Dinner

1010 cals, 42g protein, 25g net carbs, 81g fat



[Buffalo tofu](#)
886 cals



[Sauteed peppers and onions](#)
125 cals

Day 2

3002 cals ● 211g protein (28%) ● 156g fat (47%) ● 147g carbs (20%) ● 41g fiber (6%)

Breakfast

160 cals, 7g protein, 2g net carbs, 12g fat



Hardboiled egg and avocado bowl
160 cals

Snacks

485 cals, 27g protein, 35g net carbs, 23g fat



Avocado
176 cals



Lowfat Greek yogurt
2 container(s)- 310 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1075 cals, 43g protein, 28g net carbs, 82g fat



Low carb asian tofu bowl
786 cals



Greek salad
291 cals

Dinner

950 cals, 61g protein, 80g net carbs, 38g fat



Edamame & beet salad
342 cals



Crispy chik'n tenders
10 2/3 tender(s)- 609 cals

Day 3

2942 cals ● 193g protein (26%) ● 168g fat (51%) ● 128g carbs (17%) ● 36g fiber (5%)

Breakfast

160 cals, 7g protein, 2g net carbs, 12g fat



Hardboiled egg and avocado bowl
160 cals

Snacks

425 cals, 9g protein, 16g net carbs, 34g fat



Cucumbers and ranch
239 cals



Pistachios
188 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1075 cals, 43g protein, 28g net carbs, 82g fat



Low carb asian tofu bowl
786 cals



Greek salad
291 cals

Dinner

950 cals, 61g protein, 80g net carbs, 38g fat



Edamame & beet salad
342 cals



Crispy chik'n tenders
10 2/3 tender(s)- 609 cals

Day 4

3006 cals ● 204g protein (27%) ● 147g fat (44%) ● 164g carbs (22%) ● 54g fiber (7%)

Breakfast

460 cals, 26g protein, 20g net carbs, 28g fat



Herb & onion frittata
459 cals

Snacks

425 cals, 9g protein, 16g net carbs, 34g fat



Cucumbers and ranch
239 cals



Pistachios
188 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

850 cals, 44g protein, 31g net carbs, 55g fat



String cheese
3 stick(s)- 248 cals



Edamame slaw salad bowl
294 cals



Roasted peanuts
1/3 cup(s)- 307 cals

Dinner

945 cals, 51g protein, 94g net carbs, 28g fat



Bean & tofu goulash
874 cals



Tomato cucumber salad
71 cals

Day 5

2971 cals ● 247g protein (33%) ● 122g fat (37%) ● 171g carbs (23%) ● 51g fiber (7%)

Breakfast

460 cals, 26g protein, 20g net carbs, 28g fat



Herb & onion frittata
459 cals

Snacks

325 cals, 13g protein, 13g net carbs, 20g fat



Bell pepper strips and hummus
170 cals



Roasted peanuts
1/6 cup(s)- 153 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

905 cals, 47g protein, 93g net carbs, 27g fat



Curried chickpea salad
644 cals



Naan bread
1 piece(s)- 262 cals

Dinner

955 cals, 87g protein, 42g net carbs, 45g fat



Simple mixed greens and tomato salad
151 cals



Vegan sausage
3 sausage(s)- 804 cals

Day 6

2971 cals ● 255g protein (34%) ● 110g fat (33%) ● 185g carbs (25%) ● 54g fiber (7%)

Breakfast

460 cals, 35g protein, 34g net carbs, 17g fat



[Blackberry & granola parfait](#)
459 cals

Snacks

325 cals, 13g protein, 13g net carbs, 20g fat



[Bell pepper strips and hummus](#)
170 cals



[Roasted peanuts](#)
1/6 cup(s)- 153 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

905 cals, 47g protein, 93g net carbs, 27g fat



[Curried chickpea salad](#)
644 cals



[Naan bread](#)
1 piece(s)- 262 cals

Dinner

955 cals, 87g protein, 42g net carbs, 45g fat



[Simple mixed greens and tomato salad](#)
151 cals



[Vegan sausage](#)
3 sausage(s)- 804 cals

Day 7

3067 cals ● 232g protein (30%) ● 149g fat (44%) ● 153g carbs (20%) ● 47g fiber (6%)

Breakfast

460 cals, 35g protein, 34g net carbs, 17g fat



[Blackberry & granola parfait](#)
459 cals

Snacks

325 cals, 13g protein, 13g net carbs, 20g fat



[Bell pepper strips and hummus](#)
170 cals



[Roasted peanuts](#)
1/6 cup(s)- 153 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 scoop- 327 cals

Lunch

1020 cals, 54g protein, 65g net carbs, 57g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Pesto grilled cheese sandwich](#)
1 sandwich(es)- 557 cals



[Simple mixed greens salad](#)
203 cals

Dinner

935 cals, 57g protein, 37g net carbs, 54g fat



[Blackberries](#)
1/2 cup(s)- 35 cals



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



[Seitan salad](#)
718 cals

Fats and Oils

- ☐ ranch dressing
2/3 cup (165mL)
- ☐ oil
1/4 lbs (141mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)
- ☐ olive oil
2 oz (60mL)
- ☐ salad dressing
1/2 lbs (248mL)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
6 1/2 tbsp (98mL)
- ☐ chunky canned soup (non-creamy varieties)
2 1/2 can (~19 oz) (1315g)
- ☐ pesto sauce
1 tbsp (16g)

Legumes and Legume Products

- ☐ firm tofu
2 3/4 lbs (1262g)
- ☐ soy sauce
1/2 cup (120mL)
- ☐ white beans, canned
1 can(s) (439g)
- ☐ roasted peanuts
13 1/4 tbsp (122g)
- ☐ chickpeas, canned
2 can (896g)
- ☐ hummus
1 cup (244g)

Vegetables and Vegetable Products

- ☐ onion
6 medium (2-1/2" dia) (660g)
- ☐ bell pepper
3 1/4 large (535g)
- ☐ beets, precooked (canned or refrigerated)
8 beets (2" dia, sphere) (400g)
- ☐ edamame, frozen, shelled
2 3/4 cup (325g)
- ☐ ketchup
1/3 cup (91g)
- ☐ garlic
5 clove (15g)

Fruits and Fruit Juices

- ☐ avocados
2 1/4 avocado(s) (452g)
- ☐ lemon juice
2 fl oz (65mL)
- ☐ green olives
1/2 cup (70g)
- ☐ blackberries
1 1/2 cup (216g)

Spices and Herbs

- ☐ salt
1/2 tsp (2g)
- ☐ black pepper
1/2 tsp (0g)
- ☐ red wine vinegar
1 tbsp (15mL)
- ☐ fresh thyme
4 dash (0g)
- ☐ paprika
1 tbsp (7g)
- ☐ thyme, dried
1/2 tbsp, leaves (2g)
- ☐ curry powder
2 tsp (4g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sesame seeds
4 tsp (12g)
- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- ☐ sunflower kernels
4 tbsp (48g)
- ☐ pecans
4 tbsp, halves (25g)

Other

- ☐ mixed greens
3 1/2 package (5.5 oz) (548g)
- ☐ meatless chik'n tenders
21 1/3 pieces (544g)
- ☐ frozen riced cauliflower
3 cup, prepared (510g)
- ☐ italian seasoning
1 tsp (4g)

- ☐ fresh ginger
4 tsp (8g)
- ☐ broccoli
2 cup chopped (182g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (627g)
- ☐ red onion
1 1/4 small (88g)
- ☐ cucumber
2 3/4 cucumber (8-1/4") (828g)
- ☐ carrots
1 1/2 small (5-1/2" long) (75g)
- ☐ raw celery
4 stalk, small (5" long) (68g)
- ☐ fresh spinach
4 cup(s) (120g)

Beverages

- ☐ water
21 3/4 cup(s) (5155mL)
- ☐ protein powder
21 scoop (1/3 cup ea) (651g)

Dairy and Egg Products

- ☐ eggs
9 large (450g)
- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ string cheese
3 stick (84g)
- ☐ cheese
1/4 lbs (98g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)
- ☐ lowfat greek yogurt
2 cup (560g)
- ☐ butter
1 tbsp (14g)

- ☐ coleslaw mix
2 1/4 cup (203g)
- ☐ vegan sausage
6 sausage (600g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ nutritional yeast
2 tsp (3g)

Baked Products

- ☐ naan bread
2 piece (180g)
- ☐ bread
2 slice (64g)

Breakfast Cereals

- ☐ granola
1 cup (90g)

Cereal Grains and Pasta

- ☐ seitan
6 oz (170g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Hardboiled egg and avocado bowl

160 cal ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

eggs
1 large (50g)
avocados, chopped
1/4 avocado(s) (50g)
onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)

For all 3 meals:

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)

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 2 [↗](#)

Eat on day 4, day 5

Herb & onion frittata

459 cal ● 26g protein ● 28g fat ● 20g carbs ● 4g fiber



For single meal:

onion
1 1/2 cup, chopped (240g)
thyme, dried
1/4 tbsp, leaves (1g)
cheese
3 tbsp, shredded (21g)
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
eggs
3 large (150g)
olive oil
1/2 tbsp (8mL)
water
3/8 cup(s) (89mL)

For all 2 meals:

onion
3 cup, chopped (480g)
thyme, dried
1/2 tbsp, leaves (2g)
cheese
6 tbsp, shredded (42g)
black pepper
3 dash (0g)
salt
3 dash (1g)
eggs
6 large (300g)
olive oil
1 tbsp (15mL)
water
3/4 cup(s) (178mL)

1. Bring onion and almost all of the water (save about 1 tablespoon for later) to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
2. Uncover and continue cooking until the water evaporates, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion starts to brown, 1 to 2 minutes more.
3. Scramble the eggs and add to pan, reduce heat to medium-low and continue cooking, stirring constantly, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
4. Reduce heat to low. Sprinkle herbs, salt, and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Blackberry & granola parfait

459 cals ● 35g protein ● 17g fat ● 34g carbs ● 8g fiber



For single meal:

blackberries, roughly chopped

1/2 cup (72g)

lowfat greek yogurt

1 cup (280g)

granola

1/2 cup (45g)

For all 2 meals:

blackberries, roughly chopped

1 cup (144g)

lowfat greek yogurt

2 cup (560g)

granola

1 cup (90g)

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.

Lunch 1 [↗](#)

Eat on day 1

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



Makes 2 1/2 can(s)

chunky canned soup (non-creamy varieties)

2 1/2 can (~19 oz) (1315g)

1. Prepare according to instructions on package.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Low carb asian tofu bowl

786 cals ● 40g protein ● 58g fat ● 16g carbs ● 10g fiber



For single meal:

garlic, minced

2 clove (6g)

sesame seeds

2 tsp (6g)

oil

3 tbsp (45mL)

fresh ginger, minced

2 tsp (4g)

soy sauce

4 tbsp (60mL)

frozen riced cauliflower

1 1/2 cup, prepared (255g)

broccoli

1 cup chopped (91g)

firm tofu, drained and patted dry

10 oz (284g)

For all 2 meals:

garlic, minced

4 clove (12g)

sesame seeds

4 tsp (12g)

oil

6 tbsp (90mL)

fresh ginger, minced

4 tsp (8g)

soy sauce

1/2 cup (120mL)

frozen riced cauliflower

3 cup, prepared (510g)

broccoli

2 cup chopped (182g)

firm tofu, drained and patted dry

1 1/4 lbs (567g)

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

Greek salad

291 cals ● 3g protein ● 24g fat ● 12g carbs ● 4g fiber



For single meal:

italian seasoning
4 dash (2g)
red wine vinegar
1/2 tbsp (8mL)
olive oil
1 1/2 tbsp (23mL)
green olives
4 tbsp (35g)
tomatoes, chopped
1 small whole (2-2/5" dia) (91g)
red onion, thinly sliced
1/2 small (35g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

italian seasoning
1 tsp (4g)
red wine vinegar
1 tbsp (15mL)
olive oil
3 tbsp (45mL)
green olives
1/2 cup (70g)
tomatoes, chopped
2 small whole (2-2/5" dia) (182g)
red onion, thinly sliced
1 small (70g)
cucumber, sliced
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the olive oil, red wine vinegar, Italian seasoning, and some salt/pepper. Set dressing aside.
2. Add all remaining ingredients to a large bowl, pour the dressing over salad, toss, and serve.

Lunch 3 [🔗](#)

Eat on day 4

String cheese

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



Makes 3 stick(s)

string cheese
3 stick (84g)

1. This recipe has no instructions.

Edamame slaw salad bowl

294 cals ● 12g protein ● 14g fat ● 20g carbs ● 11g fiber



salad dressing
3 tbsp (45mL)
coleslaw mix
2 1/4 cup (203g)
carrots, sliced into matchsticks
1 1/2 small (5-1/2" long) (75g)
edamame, frozen, shelled
3/4 cup (89g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

roasted peanuts

1/3 cup (49g)

1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Curried chickpea salad

644 cals ● 38g protein ● 21g fat ● 50g carbs ● 25g fiber



For single meal:

mixed greens

2 oz (57g)

sunflower kernels

2 tbsp (24g)

raw celery, sliced

2 stalk, small (5" long) (34g)

curry powder

1 tsp (2g)

nonfat greek yogurt, plain

4 tbsp (70g)

lemon juice, divided

2 tbsp (30mL)

chickpeas, canned, drained & rinsed

1 can (448g)

For all 2 meals:

mixed greens

4 oz (113g)

sunflower kernels

4 tbsp (48g)

raw celery, sliced

4 stalk, small (5" long) (68g)

curry powder

2 tsp (4g)

nonfat greek yogurt, plain

1/2 cup (140g)

lemon juice, divided

4 tbsp (60mL)

chickpeas, canned, drained & rinsed

2 can (896g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread

1 piece (90g)

For all 2 meals:

naan bread

2 piece (180g)

1. This recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 7

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

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

Pesto grilled cheese sandwich

1 sandwich(es) - 557 cals ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

bread
2 slice (64g)
butter, softened
1 tbsp (14g)
pesto sauce
1 tbsp (16g)
cheese
2 slice (1 oz each) (56g)
tomatoes
2 slice(s), thin/small (30g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Lowfat Greek yogurt

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



For single meal:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)

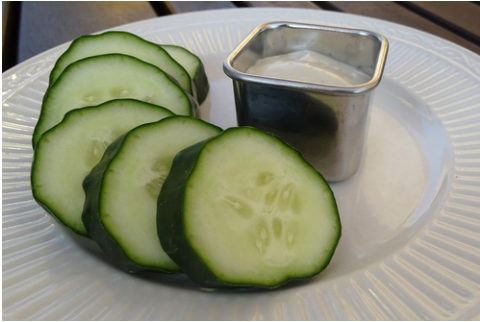
1. This recipe has no instructions.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Cucumbers and ranch

239 cals ● 3g protein ● 20g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber, sliced
3/4 cucumber (8-1/4") (226g)
ranch dressing
3 tbsp (45mL)

For all 2 meals:

cucumber, sliced
1 1/2 cucumber (8-1/4") (452g)
ranch dressing
6 tbsp (90mL)

1. Slice the cucumber and serve with ranch to dip into.

Pistachios

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

For all 3 meals:

hummus
1 cup (244g)
bell pepper
3 medium (357g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts
1/2 cup (73g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Buffalo tofu

886 cal ● 40g protein ● 73g fat ● 16g carbs ● 1g fiber



ranch dressing

5 tbsp (75mL)

oil

1 1/4 tbsp (19mL)

Frank's Red Hot sauce

6 1/2 tbsp (99mL)

firm tofu, patted dry & cubed

17 1/2 oz (496g)

1. Heat oil in a skillet over medium heat. Add cubed tofu 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 ranch.

Sauteed peppers and onions

125 cal ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



oil

1/2 tbsp (8mL)

onion, sliced

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

bell pepper, sliced into strips

1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
 2. Season with some salt and pepper and serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinaigrette

2 tbsp (30mL)

beets, precooked (canned or refrigerated), chopped

4 beets (2" dia, sphere) (200g)

edamame, frozen, shelled

1 cup (118g)

mixed greens

2 cup (60g)

For all 2 meals:

balsamic vinaigrette

4 tbsp (60mL)

beets, precooked (canned or refrigerated), chopped

8 beets (2" dia, sphere) (400g)

edamame, frozen, shelled

2 cup (236g)

mixed greens

4 cup (120g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Crispy chik'n tenders

10 2/3 tender(s) - 609 cals ● 43g protein ● 24g fat ● 55g carbs ● 0g fiber



For single meal:

ketchup

2 2/3 tbsp (45g)

meatless chik'n tenders

10 2/3 pieces (272g)

For all 2 meals:

ketchup

1/3 cup (91g)

meatless chik'n tenders

21 1/3 pieces (544g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
-

Dinner 3 [↗](#)

Eat on day 4

Bean & tofu goulash

874 cals ● 50g protein ● 25g fat ● 87g carbs ● 26g fiber



fresh thyme

4 dash (0g)

paprika

1 tbsp (7g)

oil

1 tbsp (15mL)

garlic, minced

1 clove (3g)

onion, diced

1 medium (2-1/2" dia) (110g)

firm tofu, drained and diced

1/2 lbs (198g)

white beans, canned, drained & rinsed

1 can(s) (439g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

red onion, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.

Dinner 4 [↗](#)

Eat on day 5, day 6

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 sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

1. Prepare according to package instructions.
2. Serve.

Dinner 5 [🔗](#)

Eat on day 7

Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1/2 cup(s)

blackberries
1/2 cup (72g)

1. Rinse blackberries and serve.

Pecans

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



Makes 1/4 cup

pecans
4 tbsp, halves (25g)

1. This recipe has no instructions.

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
avocados, sliced
1/2 avocado(s) (101g)
tomatoes, halved
12 cherry tomatoes (204g)
fresh spinach
4 cup(s) (120g)
seitan, sliced
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

water
3 cup(s) (711mL)
protein powder
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

water
21 cup(s) (4977mL)
protein powder
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.
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