

# Meal Plan - 3200 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

3155 cal ● 213g protein (27%) ● 147g fat (42%) ● 189g carbs (24%) ● 56g fiber (7%)

### Breakfast

485 cal, 23g protein, 34g net carbs, 24g fat



#### Apple

1 apple(s)- 105 cal



#### Avocado toast with egg

1 slice(s)- 238 cal



#### Basic scrambled eggs

2 egg(s)- 142 cal

### Snacks

210 cal, 7g protein, 8g net carbs, 14g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cal



#### Pistachios

188 cal

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cal

### Lunch

1130 cal, 56g protein, 65g net carbs, 68g fat



#### Grilled cheese sandwich

1 sandwich(es)- 495 cal



#### Mixed nuts

3/8 cup(s)- 327 cal



#### Lowfat Greek yogurt

2 container(s)- 310 cal

### Dinner

1000 cal, 54g protein, 80g net carbs, 39g fat



#### Simple mozzarella and tomato salad

484 cal



#### Quinoa and black beans

519 cal

## Day 2

3206 cals ● 218g protein (27%) ● 140g fat (39%) ● 198g carbs (25%) ● 70g fiber (9%)

### Breakfast

485 cals, 23g protein, 34g net carbs, 24g fat



#### Apple

1 apple(s)- 105 cals



#### Avocado toast with egg

1 slice(s)- 238 cals



#### Basic scrambled eggs

2 egg(s)- 142 cals

### Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Pistachios

188 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

1130 cals, 56g protein, 65g net carbs, 68g fat



#### Grilled cheese sandwich

1 sandwich(es)- 495 cals



#### Mixed nuts

3/8 cup(s)- 327 cals



#### Lowfat Greek yogurt

2 container(s)- 310 cals

### Dinner

1055 cals, 59g protein, 88g net carbs, 33g fat



#### Grapes

87 cals



#### Curried chickpea salad

966 cals

## Day 3

3165 cals ● 241g protein (30%) ● 150g fat (43%) ● 160g carbs (20%) ● 53g fiber (7%)

### Breakfast

515 cals, 13g protein, 32g net carbs, 30g fat



#### Toast with butter

1 1/2 slice(s)- 171 cals



#### Avocado toast

1 slice(s)- 168 cals



#### Avocado

176 cals

### Snacks

210 cals, 7g protein, 8g net carbs, 14g fat



#### Cherry tomatoes

6 cherry tomatoes- 21 cals



#### Pistachios

188 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

1050 cals, 92g protein, 43g net carbs, 50g fat



#### Olive oil drizzled sugar snap peas

245 cals



#### Vegan sausage

3 sausage(s)- 804 cals

### Dinner

1065 cals, 56g protein, 73g net carbs, 54g fat



#### Lentils

347 cals



#### Baked feta & greek vegetables

719 cals

## Day 4

3159 cal ● 213g protein (27%) ● 184g fat (52%) ● 118g carbs (15%) ● 45g fiber (6%)

### Breakfast

515 cal, 13g protein, 32g net carbs, 30g fat



**Toast with butter**

1 1/2 slice(s)- 171 cal



**Avocado toast**

1 slice(s)- 168 cal



**Avocado**

176 cal

### Snacks

345 cal, 22g protein, 6g net carbs, 25g fat



**Sunflower seeds**

180 cal



**String cheese**

2 stick(s)- 165 cal

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cal

### Lunch

980 cal, 41g protein, 45g net carbs, 67g fat



**Pesto grilled cheese sandwich**

1 1/2 sandwich(es)- 836 cal



**Caprese salad**

142 cal

### Dinner

995 cal, 64g protein, 32g net carbs, 60g fat



**Mediterranean chik'n salad with lemon yogurt dressing**

993 cal

## Day 5

3138 cal ● 209g protein (27%) ● 167g fat (48%) ● 165g carbs (21%) ● 36g fiber (5%)

### Breakfast

515 cal, 13g protein, 32g net carbs, 30g fat



**Toast with butter**

1 1/2 slice(s)- 171 cal



**Avocado toast**

1 slice(s)- 168 cal



**Avocado**

176 cal

### Snacks

345 cal, 22g protein, 6g net carbs, 25g fat



**Sunflower seeds**

180 cal



**String cheese**

2 stick(s)- 165 cal

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cal

### Lunch

980 cal, 41g protein, 45g net carbs, 67g fat



**Pesto grilled cheese sandwich**

1 1/2 sandwich(es)- 836 cal



**Caprese salad**

142 cal

### Dinner

970 cal, 60g protein, 79g net carbs, 43g fat



**Simple kale & avocado salad**

173 cal



**Crispy chik'n tenders**

14 tender(s)- 800 cal

## Day 6

3163 cals ● 226g protein (29%) ● 152g fat (43%) ● 176g carbs (22%) ● 47g fiber (6%)

### Breakfast

495 cals, 10g protein, 27g net carbs, 35g fat



**Apple & peanut butter**  
1 apple(s)- 310 cals



**Pecans**  
1/4 cup- 183 cals

### Snacks

310 cals, 20g protein, 23g net carbs, 15g fat



**Cottage cheese & fruit cup**  
1 container- 107 cals



**High-protein granola bar**  
1 bar(s)- 204 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1060 cals, 63g protein, 44g net carbs, 59g fat



**Lentils**  
174 cals



**Basic tempeh**  
6 oz- 443 cals



**Roasted almonds**  
1/2 cup(s)- 443 cals

### Dinner

970 cals, 60g protein, 79g net carbs, 43g fat



**Simple kale & avocado salad**  
173 cals



**Crispy chik'n tenders**  
14 tender(s)- 800 cals

## Day 7

3217 cals ● 210g protein (26%) ● 156g fat (44%) ● 177g carbs (22%) ● 66g fiber (8%)

### Breakfast

495 cals, 10g protein, 27g net carbs, 35g fat



**Apple & peanut butter**  
1 apple(s)- 310 cals



**Pecans**  
1/4 cup- 183 cals

### Snacks

310 cals, 20g protein, 23g net carbs, 15g fat



**Cottage cheese & fruit cup**  
1 container- 107 cals



**High-protein granola bar**  
1 bar(s)- 204 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1060 cals, 63g protein, 44g net carbs, 59g fat



**Lentils**  
174 cals



**Basic tempeh**  
6 oz- 443 cals



**Roasted almonds**  
1/2 cup(s)- 443 cals

### Dinner

1025 cals, 45g protein, 80g net carbs, 47g fat



**Ginger coconut chickpea soup**  
685 cals



**Edamame & beet salad**  
342 cals

## Vegetables and Vegetable Products

- tomatoes  
9 medium whole (2-3/5" dia) (1128g)
- onion  
1 1/2 medium (2-1/2" dia) (168g)
- garlic  
2 clove(s) (6g)
- frozen corn kernels  
1/3 cup (45g)
- raw celery  
3 stalk, small (5" long) (51g)
- broccoli  
13 1/4 tbsp chopped (76g)
- frozen sugar snap peas  
2 cup (288g)
- kale leaves  
3/4 bunch (128g)
- ketchup  
1/2 cup (119g)
- fresh ginger  
1/4 slices (1" dia) (1g)
- beets, precooked (canned or refrigerated)  
4 beets (2" dia, sphere) (200g)
- edamame, frozen, shelled  
1 cup (118g)

## Dairy and Egg Products

- fresh mozzarella cheese  
6 oz (170g)
- eggs  
6 1/4 medium (276g)
- butter  
5/6 stick (91g)
- sliced cheese  
4 slice (1 oz) (112g)
- lowfat flavored greek yogurt  
4 (5.3 oz) container(s) (600g)
- nonfat greek yogurt, plain  
2/3 cup (184g)
- feta cheese  
6 2/3 oz (189g)
- string cheese  
4 stick (112g)
- cheese  
6 slice (1 oz each) (168g)

## Fats and Oils

- balsamic vinaigrette  
2 3/4 oz (80mL)

## Cereal Grains and Pasta

- quinoa, uncooked  
4 tbsp (42g)

## Soups, Sauces, and Gravies

- vegetable broth  
1/2 cup(s) (mL)
- pesto sauce  
3 tbsp (48g)

## Legumes and Legume Products

- black beans  
2/3 can (293g)
- chickpeas, canned  
2 can (904g)
- lentils, raw  
1 1/2 cup (264g)
- peanut butter  
4 tbsp (64g)
- tempeh  
3/4 lbs (340g)

## Beverages

- water  
26 1/4 cup(s) (6221mL)
- protein powder  
21 scoop (1/3 cup ea) (651g)

## Fruits and Fruit Juices

- apples  
4 medium (3" dia) (728g)
- avocados  
3 1/2 avocado(s) (704g)
- grapes  
1 1/2 cup (138g)
- lemon juice  
2 1/2 fl oz (75mL)
- lemon  
1 1/3 large (114g)
- canned black olives  
9 large (40g)

## Baked Products

- bread  
19 1/2 slice (624g)

- oil  
3 1/3 oz (100mL)
- olive oil  
1 tbsp (15mL)

### Spices and Herbs

- fresh basil  
1/2 oz (13g)
- ground cumin  
1/3 tsp (1g)
- cayenne pepper  
3/4 dash (0g)
- salt  
3 g (3g)
- black pepper  
1/4 g (0g)
- curry powder  
1/4 oz (6g)
- oregano, dried  
1/2 tsp, ground (1g)
- paprika  
1/4 tbsp (2g)
- thyme, dried  
1/4 tbsp, leaves (1g)
- turmeric, ground  
1 dash (0g)

### Nut and Seed Products

- pistachios, dry roasted, without shells or salt added  
3/4 cup (92g)
- mixed nuts  
3/4 cup (101g)
- sunflower kernels  
3 1/4 oz (93g)
- pecans  
1/2 cup, halves (50g)
- almonds  
1 cup, whole (143g)
- coconut milk, canned  
1/4 can (113mL)

### Other

- mixed greens  
2 package (5.5 oz) (316g)
- vegan sausage  
3 sausage (300g)
- vegan chik'n strips  
1/2 lbs (213g)
- meatless chik'n tenders  
28 pieces (714g)
- cottage cheese & fruit cup  
2 container (266g)

### Snacks

- high-protein granola bar  
2 bar (80g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Apple

1 apple(s) - 105 cal ● 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.

### Avocado toast with egg

1 slice(s) - 238 cal ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

#### avocados, ripe, sliced

1/4 avocado(s) (50g)

#### eggs

1 large (50g)

#### bread

1 slice (32g)

For all 2 meals:

#### avocados, ripe, sliced

1/2 avocado(s) (101g)

#### eggs

2 large (100g)

#### bread

2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

### 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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Toast with butter

1 1/2 slice(s) - 171 cal ● 6g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

**bread**  
1 1/2 slice (48g)  
**butter**  
1/2 tbsp (7g)

For all 3 meals:

**bread**  
4 1/2 slice (144g)  
**butter**  
1 1/2 tbsp (20g)

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

### 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.



## 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.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Apple & peanut butter

1 apple(s) - 310 cal ● 8g protein ● 17g fat ● 26g carbs ● 6g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)  
**peanut butter**  
2 tbsp (32g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)  
**peanut butter**  
4 tbsp (64g)

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

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## Pecans

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



For single meal:

**pecans**  
4 tbsp, halves (25g)

For all 2 meals:

**pecans**  
1/2 cup, halves (50g)

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

Eat on day 1, day 2

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### Grilled cheese sandwich

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



For single meal:

**bread**  
2 slice (64g)  
**butter**  
1 tbsp (14g)  
**sliced cheese**  
2 slice (1 oz) (56g)

For all 2 meals:

**bread**  
4 slice (128g)  
**butter**  
2 tbsp (28g)  
**sliced cheese**  
4 slice (1 oz) (112g)

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.

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### Mixed nuts

3/8 cup(s) - 327 cal ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

**mixed nuts**  
6 tbsp (50g)

For all 2 meals:

**mixed nuts**  
3/4 cup (101g)

1. This recipe has no instructions.

### Lowfat Greek yogurt

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



For single meal:

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

For all 2 meals:

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

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

Eat on day 3

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### Olive oil drizzled sugar snap peas

245 cal ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**frozen sugar snap peas**

2 cup (288g)

**olive oil**

1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

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### Vegan sausage

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



Makes 3 sausage(s)

**vegan sausage**

3 sausage (300g)

1. Prepare according to package instructions.
  2. Serve.
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## Lunch 3 [↗](#)

Eat on day 4, day 5

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### Pesto grilled cheese sandwich

1 1/2 sandwich(es) - 836 cal ● 33g protein ● 57g fat ● 40g carbs ● 7g fiber



For single meal:

**bread**  
3 slice (96g)  
**butter, softened**  
1 1/2 tbsp (21g)  
**pesto sauce**  
1 1/2 tbsp (24g)  
**cheese**  
3 slice (1 oz each) (84g)  
**tomatoes**  
3 slice(s), thin/small (45g)

For all 2 meals:

**bread**  
6 slice (192g)  
**butter, softened**  
3 tbsp (43g)  
**pesto sauce**  
3 tbsp (48g)  
**cheese**  
6 slice (1 oz each) (168g)  
**tomatoes**  
6 slice(s), thin/small (90g)

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.

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### Caprese salad

142 cal ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

**balsamic vinaigrette**  
2 tsp (10mL)  
**fresh basil**  
2 2/3 tbsp leaves, whole (4g)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)  
**mixed greens**  
1/3 package (5.5 oz) (52g)  
**fresh mozzarella cheese**  
1 oz (28g)

For all 2 meals:

**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
1/3 cup leaves, whole (8g)  
**tomatoes, halved**  
2/3 cup cherry tomatoes (99g)  
**mixed greens**  
2/3 package (5.5 oz) (103g)  
**fresh mozzarella cheese**  
2 oz (57g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
  2. When serving, top with mozzarella and balsamic vinaigrette.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

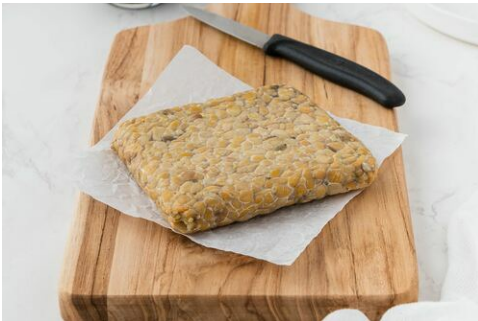
**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

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### Basic tempeh

6 oz - 443 cals ● 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.

### Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



For single meal:

**almonds**  
1/2 cup, whole (72g)

For all 2 meals:

**almonds**  
1 cup, whole (143g)

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

Eat on day 1, day 2, day 3

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

#### tomatoes

6 cherry tomatoes (102g)

For all 3 meals:

#### tomatoes

18 cherry tomatoes (306g)

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

### Pistachios

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



For single meal:

#### pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 3 meals:

#### pistachios, dry roasted, without shells or salt added

3/4 cup (92g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Sunflower seeds

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



For single meal:

#### sunflower kernels

1 oz (28g)

For all 2 meals:

#### sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 2 meals:

**string cheese**  
4 stick (112g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Cottage cheese & fruit cup

1 container - 107 cals ● 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.

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### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. This recipe has no instructions.

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## Dinner 1 [↗](#)

Eat on day 1

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### Simple mozzarella and tomato salad

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



**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)

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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### Quinoa and black beans

519 cal ● 26g protein ● 6g fat ● 66g carbs ● 25g fiber



**oil**

1/3 tsp (2mL)

**onion, chopped**

1/3 medium (2-1/2" dia) (37g)

**garlic, chopped**

1 clove(s) (3g)

**quinoa, uncooked**

4 tbsp (42g)

**vegetable broth**

1/2 cup(s) (mL)

**ground cumin**

1/3 tsp (1g)

**cayenne pepper**

2/3 dash (0g)

**salt**

1 1/3 dash (1g)

**black pepper**

2/3 dash, ground (0g)

**frozen corn kernels**

1/3 cup (45g)

**black beans, rinsed and drained**

2/3 can (293g)

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
  2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
  3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.
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## Dinner 2 [↗](#)

Eat on day 2

### Grapes

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



**grapes**  
1 1/2 cup (138g)

1. This recipe has no instructions.

### Curried chickpea salad

966 cal ● 58g protein ● 32g fat ● 74g carbs ● 37g fiber



**mixed greens**  
3 oz (85g)  
**sunflower kernels**  
3 tbsp (36g)  
**raw celery, sliced**  
3 stalk, small (5" long) (51g)  
**curry powder**  
1/2 tbsp (3g)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**lemon juice, divided**  
3 tbsp (45mL)  
**chickpeas, canned, drained & rinsed**  
1 1/2 can (672g)

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.

## Dinner 3 [↗](#)

Eat on day 3

### Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

### Baked feta & greek vegetables

719 cal ● 32g protein ● 53g fat ● 23g carbs ● 7g fiber

**broccoli**

13 1/3 tbsp chopped (76g)

**oregano, dried**

1/2 tsp, ground (1g)

**feta cheese**

6 2/3 oz (189g)

**onion**

5/6 small (58g)

**tomatoes**

5/6 pint, cherry tomatoes (248g)

**lemon**

5/6 large (70g)

**oil**

2 1/2 tsp (13mL)

1. Preheat oven to 400°F (200°C).
2. Cut feta into chunks and place on a baking sheet. Add tomatoes, onion, and broccoli to the baking sheet. Drizzle with oil, season with oregano and some salt/pepper and toss until everything is evenly coated.
3. Slice half of the lemon(s) and add the slices to the baking sheet. Reserve the remaining lemon for later.
4. Bake for 15-20 minutes.
5. Squeeze juice from remaining lemon onto the vegetables and serve.

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## Dinner 4 [↗](#)

Eat on day 4

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### Mediterranean chik'n salad with lemon yogurt dressing

993 cals ● 64g protein ● 60g fat ● 32g carbs ● 16g fiber

**vegan chik'n strips**

1/2 lbs (213g)

**mixed greens**

2 1/4 cup (68g)

**chickpeas, canned, drained and rinsed**

1/2 cup (120g)

**canned black olives, pitted**

9 large (40g)

**nonfat greek yogurt, plain**

1/4 cup (79g)

**tomatoes, chopped**

3/4 cup cherry tomatoes (112g)

**onion, thinly sliced**

1/2 small (35g)

**lemon juice**

1 1/2 tbsp (23mL)

**oil**

3 tbsp (45mL)

**paprika**

1/4 tbsp (2g)

**thyme, dried**

1/4 tbsp, leaves (1g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
  2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
  3. Add the remaining oil to the skillet and cook the chik'n for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.
  4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
  5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.
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## Dinner 5 [↗](#)

Eat on day 5, day 6

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### Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

**kale leaves, chopped**

3/8 bunch (64g)

**lemon, juiced**

3/8 small (22g)

**avocados, chopped**

3/8 avocado(s) (75g)

For all 2 meals:

**kale leaves, chopped**

3/4 bunch (128g)

**lemon, juiced**

3/4 small (44g)

**avocados, chopped**

3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Crispy chik'n tenders

14 tender(s) - 800 cals ● 57g protein ● 32g fat ● 72g carbs ● 0g fiber



For single meal:

**ketchup**

1/4 cup (60g)

**meatless chik'n tenders**

14 pieces (357g)

For all 2 meals:

**ketchup**

1/2 cup (119g)

**meatless chik'n tenders**

28 pieces (714g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Dinner 6 [↗](#)

Eat on day 7

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### Ginger coconut chickpea soup

685 cal ● 27g protein ● 33g fat ● 55g carbs ● 15g fiber



**turmeric, ground**

1 dash (0g)

**water**

1 1/4 cup(s) (296mL)

**lentils, raw, rinsed**

6 tbsp (72g)

**coconut milk, canned**

1/4 can (113mL)

**chickpeas, canned, drained**

1/4 can (112g)

**curry powder**

1/2 tbsp (3g)

**fresh ginger, diced**

1/4 slices (1" dia) (1g)

**garlic, diced**

1 clove(s) (3g)

**onion, diced**

1/4 large (38g)

**oil**

1/2 tbsp (8mL)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

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### Edamame & beet salad

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



**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)

1. Cook edamame according to package instructions.
  2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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