

# Meal Plan - 3300 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

3276 cal ● 259g protein (32%) ● 143g fat (39%) ● 183g carbs (22%) ● 56g fiber (7%)

### Breakfast

560 cal, 13g protein, 48g net carbs, 30g fat



#### Toast with butter

2 1/2 slice(s)- 284 cal



#### Pecans

1/4 cup- 183 cal



#### Blueberries

1 cup(s)- 95 cal

### Snacks

385 cal, 45g protein, 24g net carbs, 11g fat



#### Cottage cheese and pineapple

280 cal



#### Roasted cashews

1/8 cup(s)- 104 cal

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cal

### Lunch

860 cal, 56g protein, 44g net carbs, 42g fat



#### Pumpkin seeds

366 cal



#### Bbq tempeh lettuce wrap

6 lettuce wrap(s)- 494 cal

### Dinner

1145 cal, 72g protein, 64g net carbs, 58g fat



#### Brussel sprout, chik'n & apple salad

773 cal



#### Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cal

## Day 2

3276 cal ● 259g protein (32%) ● 143g fat (39%) ● 183g carbs (22%) ● 56g fiber (7%)

### Breakfast

560 cal, 13g protein, 48g net carbs, 30g fat



#### Toast with butter

2 1/2 slice(s)- 284 cal



#### Pecans

1/4 cup- 183 cal



#### Blueberries

1 cup(s)- 95 cal

### Snacks

385 cal, 45g protein, 24g net carbs, 11g fat



#### Cottage cheese and pineapple

280 cal



#### Roasted cashews

1/8 cup(s)- 104 cal

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cal

### Lunch

860 cal, 56g protein, 44g net carbs, 42g fat



#### Pumpkin seeds

366 cal



#### Bbq tempeh lettuce wrap

6 lettuce wrap(s)- 494 cal

### Dinner

1145 cal, 72g protein, 64g net carbs, 58g fat



#### Brussel sprout, chik'n & apple salad

773 cal



#### Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cal

## Day 3

3255 cal ● 249g protein (31%) ● 138g fat (38%) ● 189g carbs (23%) ● 65g fiber (8%)

### Breakfast

560 cal, 13g protein, 48g net carbs, 30g fat



#### Toast with butter

2 1/2 slice(s)- 284 cal



#### Pecans

1/4 cup- 183 cal



#### Blueberries

1 cup(s)- 95 cal

### Snacks

385 cal, 45g protein, 24g net carbs, 11g fat



#### Cottage cheese and pineapple

280 cal



#### Roasted cashews

1/8 cup(s)- 104 cal

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cal

### Lunch

960 cal, 60g protein, 38g net carbs, 54g fat



#### Sunflower seeds

180 cal



#### Crack slaw with tempeh

633 cal



#### Milk

1 cup(s)- 149 cal

### Dinner

1020 cal, 58g protein, 76g net carbs, 42g fat



#### Mashed sweet potatoes

275 cal



#### Baked parmesan mushrooms

156 cal



#### Basic tempeh

8 oz- 590 cal

## Day 4

3206 cals ● 255g protein (32%) ● 141g fat (40%) ● 172g carbs (21%) ● 58g fiber (7%)

### Breakfast

535 cals, 41g protein, 17g net carbs, 32g fat



Sauteed Kale

91 cals



High protein scrambled eggs

396 cals



Blueberries

1/2 cup(s)- 47 cals

### Snacks

360 cals, 23g protein, 38g net carbs, 12g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Boiled eggs

2 egg(s)- 139 cals



Lowfat yogurt

1 container(s)- 181 cals

### Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

### Lunch

960 cals, 60g protein, 38g net carbs, 54g fat



Sunflower seeds

180 cals



Crack slaw with tempeh

633 cals



Milk

1 cup(s)- 149 cals

### Dinner

1020 cals, 58g protein, 76g net carbs, 42g fat



Mashed sweet potatoes

275 cals



Baked parmesan mushrooms

156 cals



Basic tempeh

8 oz- 590 cals

## Day 5

3345 cals ● 238g protein (28%) ● 182g fat (49%) ● 149g carbs (18%) ● 39g fiber (5%)

### Breakfast

535 cals, 41g protein, 17g net carbs, 32g fat



#### Sauteed Kale

91 cals



#### High protein scrambled eggs

396 cals



#### Blueberries

1/2 cup(s)- 47 cals

### Snacks

360 cals, 23g protein, 38g net carbs, 12g fat



#### Cherry tomatoes

12 cherry tomatoes- 42 cals



#### Boiled eggs

2 egg(s)- 139 cals



#### Lowfat yogurt

1 container(s)- 181 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

1035 cals, 37g protein, 48g net carbs, 70g fat



#### Crispy chik'n tenders

6 2/3 tender(s)- 381 cals



#### Pecans

1/2 cup- 366 cals



#### Simple kale & avocado salad

288 cals

### Dinner

1085 cals, 64g protein, 43g net carbs, 66g fat



#### Chunky canned soup (creamy)

1/2 can(s)- 177 cals



#### Broccoli caesar salad with hard boiled eggs

649 cals



#### Roasted cashews

1/3 cup(s)- 261 cals

## Day 6

3326 cals ● 210g protein (25%) ● 166g fat (45%) ● 204g carbs (25%) ● 43g fiber (5%)

### Breakfast

480 cals, 23g protein, 17g net carbs, 33g fat



**Egg & avocado salad**  
266 cals



**Milk**  
3/4 cup(s)- 112 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Snacks

405 cals, 12g protein, 39g net carbs, 21g fat



**Small toasted bagel with butter**  
1 bagel(s)- 241 cals



**Mixed nuts**  
1/6 cup(s)- 163 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1070 cals, 47g protein, 82g net carbs, 52g fat



**Grilled cheese with mushrooms**  
970 cals



**Simple salad with tomatoes and carrots**  
98 cals

### Dinner

1045 cals, 56g protein, 64g net carbs, 58g fat



**Simple mozzarella and tomato salad**  
322 cals



**Chipotle tofu tacos**  
4 taco(s)- 724 cals

## Day 7

3326 cals ● 210g protein (25%) ● 166g fat (45%) ● 204g carbs (25%) ● 43g fiber (5%)

### Breakfast

480 cals, 23g protein, 17g net carbs, 33g fat



**Egg & avocado salad**  
266 cals



**Milk**  
3/4 cup(s)- 112 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Snacks

405 cals, 12g protein, 39g net carbs, 21g fat



**Small toasted bagel with butter**  
1 bagel(s)- 241 cals



**Mixed nuts**  
1/6 cup(s)- 163 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1070 cals, 47g protein, 82g net carbs, 52g fat



**Grilled cheese with mushrooms**  
970 cals



**Simple salad with tomatoes and carrots**  
98 cals

### Dinner

1045 cals, 56g protein, 64g net carbs, 58g fat



**Simple mozzarella and tomato salad**  
322 cals



**Chipotle tofu tacos**  
4 taco(s)- 724 cals

## Other

- vegan chik'n strips  
3/4 lbs (340g)
- coleslaw mix  
9 cup (810g)
- meatless chik'n tenders  
6 2/3 pieces (170g)
- mixed greens  
1 1/3 cup (40g)

## Vegetables and Vegetable Products

- brussels sprouts  
3 cup (264g)
- romaine lettuce  
1 1/3 head (831g)
- bell pepper  
1 1/2 small (111g)
- sweet potatoes  
3 sweetpotato, 5" long (630g)
- garlic  
7 clove(s) (21g)
- mushrooms  
1 lbs (490g)
- tomatoes  
7 1/4 medium whole (2-3/5" dia) (895g)
- kale leaves  
1/2 lbs (226g)
- broccoli  
1 1/4 cup chopped (114g)
- ketchup  
5 tsp (28g)
- carrots  
1/2 medium (31g)
- fresh cilantro  
2 2/3 tbsp, chopped (8g)

## Fruits and Fruit Juices

- apples  
2/3 small (2-3/4" dia) (99g)
- blueberries  
4 cup (592g)
- canned pineapple  
1 cup, chunks (204g)
- lemon  
1 large (78g)
- lemon juice  
1 1/4 tbsp (19mL)
- avocados  
1 1/4 avocado(s) (260g)

## Sweets

- maple syrup  
4 tsp (20mL)

## Fats and Oils

- olive oil  
1/2 cup (113mL)
- oil  
4 oz (119mL)
- salad dressing  
1 1/2 tbsp (23mL)
- balsamic vinaigrette  
2 3/4 tbsp (41mL)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)
- barbecue sauce  
6 tbsp (102g)
- hot sauce  
1 tbsp (15mL)
- chunky canned soup (creamy varieties)  
1/2 can (~19 oz) (267g)

## Beverages

- water  
1 1/3 gallon (5069mL)
- protein powder  
21 scoop (1/3 cup ea) (651g)

## Baked Products

- bread  
1 1/2 lbs (624g)
- bagel  
2 small bagel (3" dia) (138g)
- corn tortilla  
8 tortilla, medium (approx 6" dia) (208g)

## Dairy and Egg Products

- butter  
3/8 stick (48g)
- low fat cottage cheese (1% milkfat)  
5 1/2 cup (1243g)
- parmesan cheese  
1/4 cup (18g)

## Nut and Seed Products

- walnuts  
1/2 cup, chopped (56g)
- pecans  
1 1/4 cup, halves (124g)
- roasted cashews  
1 cup, halves and whole (128g)
- roasted pumpkin seeds, unsalted  
5 oz (136g)
- sunflower kernels  
3 1/4 oz (93g)
- mixed nuts  
6 tbsp (50g)
- almond butter  
2 2/3 tbsp (43g)

## Spices and Herbs

- apple cider vinegar  
1 tbsp (15g)
- thyme, dried  
2 1/3 tbsp, ground (10g)
- black pepper  
3 dash, ground (1g)
- salt  
3 dash (2g)
- dijon mustard  
2 1/2 tsp (13g)
- garlic powder  
1/4 tbsp (2g)
- fresh basil  
2 2/3 tbsp, chopped (7g)
- chipotle seasoning  
1/2 tbsp (3g)

- whole milk  
1/4 gallon (840mL)
- eggs  
21 large (1050g)
- lowfat flavored yogurt  
2 container (6 oz) (340g)
- nonfat greek yogurt, plain  
1/2 cup (137g)
- sliced cheese  
6 slice (3/4 oz) (126g)
- fresh mozzarella cheese  
1/3 lbs (151g)

## Legumes and Legume Products

- tempeh  
2 1/2 lbs (1134g)
  - soy sauce  
1 tbsp (13mL)
  - firm tofu  
18 2/3 oz (529g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Toast with butter

2 1/2 slice(s) - 284 cal ● 10g protein ● 12g fat ● 30g carbs ● 5g fiber



For single meal:

**bread**  
2 1/2 slice (80g)  
**butter**  
2 1/2 tsp (11g)

For all 3 meals:

**bread**  
7 1/2 slice (240g)  
**butter**  
2 1/2 tbsp (34g)

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

### Pecans

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



For single meal:

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

For all 3 meals:

**pecans**  
3/4 cup, halves (74g)

1. This recipe has no instructions.

### Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

**blueberries**  
1 cup (148g)

For all 3 meals:

**blueberries**  
3 cup (444g)

1. Rinse off blueberries and serve.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

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### Sauteed Kale

91 cal ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**kale leaves**  
1 1/2 cup, chopped (60g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**kale leaves**  
3 cup, chopped (120g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.
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### High protein scrambled eggs

396 cal ● 39g protein ● 25g fat ● 4g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**eggs**  
4 large (200g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**eggs**  
8 large (400g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
  2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
  3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.
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### Blueberries

1/2 cup(s) - 47 cal ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Egg & avocado salad

266 cal ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

**mixed greens**

2/3 cup (20g)

**avocados**

1/3 avocado(s) (67g)

**eggs, hard-boiled and chilled**

2 large (100g)

**garlic powder**

1/3 tsp (1g)

For all 2 meals:

**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)

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.

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### Milk

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



For single meal:

**whole milk**

3/4 cup (180mL)

For all 2 meals:

**whole milk**

1 1/2 cup (360mL)

1. This recipe has no instructions.

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### Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**

2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**

4 tbsp, halves and whole (34g)

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

Eat on day 1, day 2

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### Pumpkin seeds

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



For single meal:

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

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. This recipe has no instructions.

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### Bbq tempeh lettuce wrap

6 lettuce wrap(s) - 494 cal ● 38g protein ● 13g fat ● 39g carbs ● 17g fiber



For single meal:

**romaine lettuce**  
6 leaf inner (36g)  
**tempeh, cubed**  
6 oz (170g)  
**barbecue sauce**  
3 tbsp (51g)  
**coleslaw mix**  
1 1/2 cup (135g)  
**oil**  
1/4 tbsp (4mL)  
**bell pepper, deseeded and sliced**  
3/4 small (56g)

For all 2 meals:

**romaine lettuce**  
12 leaf inner (72g)  
**tempeh, cubed**  
3/4 lbs (340g)  
**barbecue sauce**  
6 tbsp (102g)  
**coleslaw mix**  
3 cup (270g)  
**oil**  
1/2 tbsp (8mL)  
**bell pepper, deseeded and sliced**  
1 1/2 small (111g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
  2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
  3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.
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## Lunch 2 [↗](#)

Eat on day 3, day 4

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### 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.

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### Crack slaw with tempeh

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



For single meal:

**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)

For all 2 meals:

**tempeh, cubed**

3/4 lbs (340g)

**coleslaw mix**

6 cup (540g)

**hot sauce**

1 tbsp (15mL)

**sunflower kernels**

3 tbsp (36g)

**oil**

2 tbsp (30mL)

**garlic, minced**

3 clove (9g)

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.

### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup (240mL)

For all 2 meals:

**whole milk**  
2 cup (480mL)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 5

### Crispy chik'n tenders

6 2/3 tender(s) - 381 cal ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



Makes 6 2/3 tender(s)

**ketchup**  
5 tsp (28g)  
**meatless chik'n tenders**  
6 2/3 pieces (170g)

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

### Pecans

1/2 cup - 366 cal ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

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

1. This recipe has no instructions.

### Simple kale & avocado salad

288 cal ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



**kale leaves, chopped**  
5/8 bunch (106g)  
**lemon, juiced**  
5/8 small (36g)  
**avocados, chopped**  
5/8 avocado(s) (126g)

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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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Grilled cheese with mushrooms

970 cals ● 43g protein ● 49g fat ● 75g carbs ● 14g fiber



For single meal:

**mushrooms**  
1 1/2 cup, chopped (105g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**thyme, dried**  
1 tbsp, ground (4g)  
**bread**  
6 slice(s) (192g)  
**sliced cheese**  
3 slice (3/4 oz) (63g)

For all 2 meals:

**mushrooms**  
3 cup, chopped (210g)  
**olive oil**  
3 tbsp (45mL)  
**thyme, dried**  
2 tbsp, ground (8g)  
**bread**  
12 slice(s) (384g)  
**sliced cheese**  
6 slice (3/4 oz) (126g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

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### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

**salad dressing**  
3/4 tbsp (11mL)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**carrots, sliced**  
1/4 medium (15g)  
**romaine lettuce, roughly chopped**  
1/2 hearts (250g)

For all 2 meals:

**salad dressing**  
1 1/2 tbsp (23mL)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Cottage cheese and pineapple

280 cals ● 42g protein ● 3g fat ● 19g carbs ● 1g fiber



For single meal:

#### **low fat cottage cheese (1% milkfat)**

1 1/2 cup (339g)

#### **canned pineapple, drained**

6 tbsp, chunks (68g)

For all 3 meals:

#### **low fat cottage cheese (1% milkfat)**

4 1/2 cup (1017g)

#### **canned pineapple, drained**

1 cup, chunks (204g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

#### **roasted cashews**

2 tbsp, halves and whole (17g)

For all 3 meals:

#### **roasted cashews**

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 4, day 5

### Cherry tomatoes

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



For single meal:

#### **tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

#### **tomatoes**

24 cherry tomatoes (408g)

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



## 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.

## Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

**lowfat flavored yogurt**  
1 container (6 oz) (170g)

For all 2 meals:

**lowfat flavored yogurt**  
2 container (6 oz) (340g)

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

Eat on day 6, day 7

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### Small toasted bagel with butter

1 bagel(s) - 241 cal ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

**butter**

1/2 tbsp (7g)

**bagel**

1 small bagel (3" dia) (69g)

For all 2 meals:

**butter**

1 tbsp (14g)

**bagel**

2 small bagel (3" dia) (138g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

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### Mixed nuts

1/6 cup(s) - 163 cal ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

**mixed nuts**

3 tbsp (25g)

For all 2 meals:

**mixed nuts**

6 tbsp (50g)

1. This recipe has no instructions.
-

## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Brussel sprout, chik'n & apple salad

773 cals ● 45g protein ● 47g fat ● 29g carbs ● 12g fiber



For single meal:

**vegan chik'n strips**  
6 oz (170g)  
**brussels sprouts, ends trimmed and discarded**  
1 1/2 cup (132g)  
**apples, chopped**  
1/3 small (2-3/4" dia) (50g)  
**walnuts**  
4 tbsp, chopped (28g)  
**apple cider vinegar**  
1/2 tbsp (7g)  
**maple syrup**  
2 tsp (10mL)  
**olive oil**  
1 1/2 tbsp (23mL)

For all 2 meals:

**vegan chik'n strips**  
3/4 lbs (340g)  
**brussels sprouts, ends trimmed and discarded**  
3 cup (264g)  
**apples, chopped**  
2/3 small (2-3/4" dia) (99g)  
**walnuts**  
1/2 cup, chopped (56g)  
**apple cider vinegar**  
1 tbsp (15g)  
**maple syrup**  
4 tsp (20mL)  
**olive oil**  
3 tbsp (45mL)

1. Cook chik'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

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### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 1/2 can (~19 oz) (789g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.
-

## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**sweet potatoes**  
3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

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### Baked parmesan mushrooms

156 cal ● 6g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

**lemon**  
1/4 large (21g)  
**parmesan cheese**  
1/2 tbsp (3g)  
**thyme, dried**  
4 dash, ground (1g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**olive oil**  
3/4 tbsp (11mL)  
**mushrooms, thinly sliced**  
2 cup, pieces or slices (140g)

For all 2 meals:

**lemon**  
1/2 large (42g)  
**parmesan cheese**  
1 tbsp (5g)  
**thyme, dried**  
1 tsp, ground (1g)  
**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**mushrooms, thinly sliced**  
4 cup, pieces or slices (280g)

1. Preheat oven to 375 F (190 C) and grease a baking sheet.
2. Place mushrooms in a layer on the sheet.
3. Zest about half the lemon and sprinkle it on the mushrooms.
4. Juice the whole lemon and add the juice to the mushrooms.
5. Sprinkle parmesan, garlic, and seasonings over the mushrooms and toss to coat.
6. Bake for 12-15 minutes, until brown and soft. Stir occasionally.
7. Serve.

### Basic tempeh

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



For single meal:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**tempeh**  
1 lbs (454g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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## Dinner 3 [↗](#)

Eat on day 5

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### Chunky canned soup (creamy)

1/2 can(s) - 177 cal ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



Makes 1/2 can(s)

**chunky canned soup (creamy varieties)**

1/2 can (~19 oz) (267g)

1. Prepare according to instructions on package.

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### Broccoli caesar salad with hard boiled eggs

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



**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)

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

1/3 cup(s) - 261 cal ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



Makes 1/3 cup(s)

**roasted cashews**  
5 tbsp, halves and whole (43g)

1. This recipe has no instructions.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

### Simple mozzarella and tomato salad

322 cal ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



For single meal:

**tomatoes, sliced**  
1 large whole (3" dia) (182g)  
**fresh mozzarella cheese, sliced**  
2 2/3 oz (76g)  
**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
4 tsp, chopped (4g)

For all 2 meals:

**tomatoes, sliced**  
2 large whole (3" dia) (364g)  
**fresh mozzarella cheese, sliced**  
1/3 lbs (151g)  
**balsamic vinaigrette**  
2 2/3 tbsp (40mL)  
**fresh basil**  
2 2/3 tbsp, chopped (7g)

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

### Chipotle tofu tacos

4 taco(s) - 724 cal ● 37g protein ● 36g fat ● 55g carbs ● 9g fiber



For single meal:

**nonfat greek yogurt, plain**  
2 2/3 tbsp (47g)  
**water**  
4 tsp (20mL)  
**chipotle seasoning**  
1/4 tbsp (2g)  
**soy sauce**  
1/2 tbsp (7mL)  
**almond butter**  
4 tsp (21g)  
**romaine lettuce, thinly sliced**  
2 leaf inner (12g)  
**oil**  
2 tsp (10mL)  
**fresh cilantro**  
4 tsp, chopped (4g)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**firm tofu, patted dry & cubed**  
9 1/3 oz (265g)  
**corn tortilla**  
4 tortilla, medium (approx 6" dia)  
(104g)

For all 2 meals:

**nonfat greek yogurt, plain**  
1/3 cup (93g)  
**water**  
2 2/3 tbsp (40mL)  
**chipotle seasoning**  
1/2 tbsp (3g)  
**soy sauce**  
2 2/3 tsp (13mL)  
**almond butter**  
2 2/3 tbsp (43g)  
**romaine lettuce, thinly sliced**  
4 leaf inner (24g)  
**oil**  
4 tsp (20mL)  
**fresh cilantro**  
2 2/3 tbsp, chopped (8g)  
**garlic, minced**  
2 2/3 clove(s) (8g)  
**firm tofu, patted dry & cubed**  
18 2/3 oz (529g)  
**corn tortilla**  
8 tortilla, medium (approx 6" dia)  
(208g)

1. Make cilantro yogurt sauce by mixing together the greek yogurt, cilantro, only half of the minced garlic, and some salt in a small bowl. Set aside.
2. Make the chipotle sauce by mixing together in a medium bowl the remaining minced garlic, almond butter, soy sauce, chipotle seasoning, and water. Set aside.
3. Heat oil in a skillet over medium heat. Add cubed tofu and cook until crispy, about 5 minutes. Pour in sauce and cook until browned in places, stirring occasionally.
4. Spread cilantro yogurt sauce on each tortilla. Top with chipotle tofu and shredded romaine. Serve.

## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

3 scoop - 327 cals ● 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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