

Meal Plan - 3400 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

3375 cal ● 223g protein (26%) ● 177g fat (47%) ● 173g carbs (20%) ● 48g fiber (6%)

Breakfast

270 cal, 7g protein, 29g net carbs, 11g fat



[Blueberry almond overnight oats](#)

271 cal

Lunch

1070 cal, 58g protein, 89g net carbs, 48g fat



[Lowfat Greek yogurt](#)

2 container(s)- 310 cal



[Spiced tofu & pesto sandwich](#)

2 sandwich(es)- 760 cal

Snacks

500 cal, 31g protein, 17g net carbs, 31g fat



[Roasted almonds](#)

1/4 cup(s)- 222 cal



[Yogurt & blueberry dessert bowl](#)

276 cal

Dinner

1210 cal, 54g protein, 36g net carbs, 87g fat



[Simple mixed greens and tomato salad](#)

227 cal



[Low carb asian tofu bowl](#)

982 cal

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cal

Day 2

3335 cals ● 223g protein (27%) ● 157g fat (42%) ● 206g carbs (25%) ● 49g fiber (6%)

Breakfast

270 cals, 7g protein, 29g net carbs, 11g fat



Blueberry almond overnight oats
271 cals

Snacks

500 cals, 31g protein, 17g net carbs, 31g fat



Roasted almonds
1/4 cup(s)- 222 cals



Yogurt & blueberry dessert bowl
276 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1070 cals, 58g protein, 89g net carbs, 48g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Spiced tofu & pesto sandwich
2 sandwich(es)- 760 cals

Dinner

1170 cals, 54g protein, 69g net carbs, 67g fat



Ginger coconut chickpea soup
685 cals



Simple mozzarella and tomato salad
484 cals

Day 3

3462 cals ● 240g protein (28%) ● 170g fat (44%) ● 194g carbs (22%) ● 49g fiber (6%)

Breakfast

505 cals, 36g protein, 35g net carbs, 21g fat



Protein bar
1 bar- 245 cals



Egg and pesto stuffed tomato
2 tomato(es)- 259 cals

Snacks

370 cals, 26g protein, 15g net carbs, 22g fat



Roasted almonds
1/6 cup(s)- 166 cals



Protein shake (milk)
129 cals



Milk
1/2 cup(s)- 75 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1090 cals, 52g protein, 73g net carbs, 59g fat



Grilled cheese with mushrooms
808 cals



Caprese salad
284 cals

Dinner

1170 cals, 54g protein, 69g net carbs, 67g fat



Ginger coconut chickpea soup
685 cals



Simple mozzarella and tomato salad
484 cals

Day 4

3354 cals ● 239g protein (29%) ● 165g fat (44%) ● 182g carbs (22%) ● 45g fiber (5%)

Breakfast

505 cals, 36g protein, 35g net carbs, 21g fat



Protein bar
1 bar- 245 cals



Egg and pesto stuffed tomato
2 tomato(es)- 259 cals

Snacks

370 cals, 26g protein, 15g net carbs, 22g fat



Roasted almonds
1/6 cup(s)- 166 cals



Protein shake (milk)
129 cals



Milk
1/2 cup(s)- 75 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1090 cals, 52g protein, 73g net carbs, 59g fat



Grilled cheese with mushrooms
808 cals



Caprese salad
284 cals

Dinner

1060 cals, 53g protein, 56g net carbs, 63g fat



Pumpkin seeds
183 cals



Lentils
231 cals



Baked feta & greek vegetables
647 cals

Day 5

3439 cals ● 216g protein (25%) ● 186g fat (49%) ● 181g carbs (21%) ● 43g fiber (5%)

Breakfast

625 cals, 24g protein, 6g net carbs, 50g fat



Creamy scrambled eggs
273 cals



Avocado
351 cals

Snacks

385 cals, 18g protein, 30g net carbs, 19g fat



Banana ice cream
1 banana- 134 cals



Boiled eggs
2 egg(s)- 139 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1040 cals, 49g protein, 86g net carbs, 53g fat



Kefir
300 cals



Grilled cheese sandwich
1 1/2 sandwich(es)- 743 cals

Dinner

1060 cals, 53g protein, 56g net carbs, 63g fat



Pumpkin seeds
183 cals



Lentils
231 cals



Baked feta & greek vegetables
647 cals

Day 6

3435 cal ● 225g protein (26%) ● 165g fat (43%) ● 209g carbs (24%) ● 55g fiber (6%)

Breakfast

625 cal, 24g protein, 6g net carbs, 50g fat



Creamy scrambled eggs
273 cal



Avocado
351 cal

Snacks

385 cal, 18g protein, 30g net carbs, 19g fat



Banana ice cream
1 banana- 134 cal



Boiled eggs
2 egg(s)- 139 cal



Roasted almonds
1/8 cup(s)- 111 cal

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cal

Lunch

1040 cal, 49g protein, 86g net carbs, 53g fat



Kefir
300 cal



Grilled cheese sandwich
1 1/2 sandwich(es)- 743 cal

Dinner

1060 cal, 62g protein, 84g net carbs, 41g fat



Lentils
289 cal



Goat cheese and marinara stuffed zucchini
8 zucchini halve(s)- 768 cal

Day 7

3378 cal ● 218g protein (26%) ● 173g fat (46%) ● 174g carbs (21%) ● 64g fiber (8%)

Breakfast

625 cal, 24g protein, 6g net carbs, 50g fat



Creamy scrambled eggs
273 cal



Avocado
351 cal

Snacks

385 cal, 18g protein, 30g net carbs, 19g fat



Banana ice cream
1 banana- 134 cal



Boiled eggs
2 egg(s)- 139 cal



Roasted almonds
1/8 cup(s)- 111 cal

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cal

Lunch

985 cal, 42g protein, 51g net carbs, 61g fat



Simple kale & avocado salad
384 cal



Milk
1 1/2 cup(s)- 224 cal



Lemon pepper tofu
10 1/2 oz- 378 cal

Dinner

1060 cal, 62g protein, 84g net carbs, 41g fat



Lentils
289 cal



Goat cheese and marinara stuffed zucchini
8 zucchini halve(s)- 768 cal

Fats and Oils

- salad dressing
1/4 cup (68mL)
- oil
4 oz (124mL)
- balsamic vinaigrette
1/4 lbs (100mL)
- olive oil
2 1/2 tbsp (38mL)

Other

- mixed greens
2 1/2 package (5.5 oz) (402g)
- frozen riced cauliflower
2 cup, prepared (319g)
- protein bar (20g protein)
2 bar (100g)

Vegetables and Vegetable Products

- tomatoes
16 1/2 medium whole (2-3/5" dia) (2031g)
- garlic
4 1/2 clove(s) (14g)
- fresh ginger
1/4 oz (6g)
- broccoli
2 3/4 cup chopped (250g)
- onion
1 1/2 medium (2-1/2" dia) (180g)
- mushrooms
2 1/2 cup, chopped (175g)
- zucchini
8 large (2584g)
- kale leaves
5/6 bunch (142g)

Nut and Seed Products

- sesame seeds
2 1/2 tsp (8g)
- almonds
1/2 lbs (23 whole kernels) (199g)
- chia seeds
1/2 tbsp (7g)
- almond butter
2 tbsp (32g)
- coconut milk, canned
1/2 can (226mL)

Spices and Herbs

- vanilla extract
1/2 tbsp (8mL)
- cinnamon
2 dash (1g)
- crushed red pepper
1 tsp (2g)
- chili powder
2 tsp (5g)
- ground cumin
4 tsp (8g)
- turmeric, ground
2 dash (1g)
- curry powder
1 tbsp (6g)
- fresh basil
1 oz (27g)
- thyme, dried
5 tsp, ground (7g)
- salt
1 tsp (6g)
- oregano, dried
1/4 tbsp, ground (1g)
- black pepper
1/2 tsp, ground (1g)
- lemon pepper
3 dash (1g)

Sweets

- maple syrup
3/4 tbsp (11mL)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats
1/2 cup(s) (40g)

Dairy and Egg Products

- lowfat greek yogurt
2 7oz container (400g)
- lowfat flavored greek yogurt
4 (5.3 oz) container(s) (600g)
- fresh mozzarella cheese
3/4 lbs (340g)
- eggs
19 large (950g)
- whole milk
1/4 gallon (907mL)

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

Legumes and Legume Products

- soy sauce
5 tbsp (75mL)
- firm tofu
2 lbs (992g)
- lentils, raw
2 1/4 cup (432g)
- chickpeas, canned
1/2 can (224g)

Beverages

- water
29 1/2 cup(s) (6992mL)
- protein powder
22 scoop (1/3 cup ea) (682g)
- almond milk, unsweetened
3/4 cup (180mL)

Fruits and Fruit Juices

- banana
4 medium (7" to 7-7/8" long) (452g)
- blueberries
1 cup (148g)
- lemon
2 1/2 large (218g)
- avocados
4 avocado(s) (771g)
- lemon juice
1 tbsp (15mL)

- sliced cheese
9 1/2 oz (273g)

- feta cheese
3/4 lbs (340g)
- butter
1/2 stick (63g)
- kefir, flavored
4 cup (960mL)
- goat cheese
1/2 lbs (227g)

Soups, Sauces, and Gravies

- pesto sauce
1/2 cup (128g)
- pasta sauce
2 cup (520g)

Baked Products

- bread
1 2/3 lbs (768g)

Cereal Grains and Pasta

- cornstarch
1 1/2 tbsp (12g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Blueberry almond overnight oats

271 cal ● 7g protein ● 11g fat ● 29g carbs ● 6g fiber



For single meal:

banana
1/6 medium (7" to 7-7/8" long) (22g)
blueberries
4 tbsp (37g)
almonds
1 1/2 tbsp, slivered (10g)
vanilla extract
1/4 tbsp (4mL)
maple syrup
1 tsp (6mL)
almond milk, unsweetened
6 tbsp (90mL)
oatmeal, old-fashioned oats, rolled oats
1/4 cup(s) (20g)
chia seeds
1/4 tbsp (4g)

For all 2 meals:

banana
3/8 medium (7" to 7-7/8" long) (44g)
blueberries
1/2 cup (74g)
almonds
3 tbsp, slivered (20g)
vanilla extract
1/2 tbsp (8mL)
maple syrup
3/4 tbsp (11mL)
almond milk, unsweetened
3/4 cup (180mL)
oatmeal, old-fashioned oats, rolled oats
1/2 cup(s) (40g)
chia seeds
1/2 tbsp (7g)

- Note: must refrigerate overnight
- In an airtight container, mix oats, chia seeds, almond milk, maple syrup and vanilla. Seal and place in fridge overnight.
- In the morning, stir the oats. Slice up banana, and top the oats with the banana, blueberries, and almonds.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

- This recipe has no instructions.

Egg and pesto stuffed tomato

2 tomato(es) - 259 cals ● 16g protein ● 16g fat ● 9g carbs ● 4g fiber



For single meal:

eggs
2 large (100g)
pesto sauce
1 tbsp (16g)
tomatoes
2 large whole (3" dia) (364g)

For all 2 meals:

eggs
4 large (200g)
pesto sauce
2 tbsp (32g)
tomatoes
4 large whole (3" dia) (728g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Creamy scrambled eggs

273 cals ● 20g protein ● 20g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
butter
1/2 tbsp (7g)
whole milk
1 1/2 tbsp (23mL)

For all 3 meals:

eggs
9 large (450g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
butter
1 1/2 tbsp (20g)
whole milk
1/4 cup (68mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

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

For all 3 meals:

avocados
3 avocado(s) (603g)
lemon juice
1 tbsp (15mL)

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

Lunch 1 [↗](#)

Eat on day 1, day 2

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) container(s) (300g)

For all 2 meals:

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

1. This recipe has no instructions.

Spiced tofu & pesto sandwich

2 sandwich(es) - 760 cals ● 33g protein ● 40g fat ● 56g carbs ● 11g fiber



For single meal:

firm tofu
6 oz (170g)
crushed red pepper
4 dash (1g)
mixed greens
1 cup (30g)
chili powder
1 tsp (3g)
ground cumin
2 tsp (4g)
oil
2 tsp (10mL)
pesto sauce
3 tbsp (48g)
bread
4 slice(s) (128g)

For all 2 meals:

firm tofu
3/4 lbs (340g)
crushed red pepper
1 tsp (2g)
mixed greens
2 cup (60g)
chili powder
2 tsp (5g)
ground cumin
4 tsp (8g)
oil
4 tsp (20mL)
pesto sauce
6 tbsp (96g)
bread
8 slice(s) (256g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Grilled cheese with mushrooms

808 cal ● 36g protein ● 41g fat ● 63g carbs ● 12g fiber



For single meal:

mushrooms
1 1/4 cup, chopped (88g)
olive oil
1 1/4 tbsp (19mL)
thyme, dried
2 1/2 tsp, ground (4g)
bread
5 slice(s) (160g)
sliced cheese
2 1/2 slice (3/4 oz) (53g)

For all 2 meals:

mushrooms
2 1/2 cup, chopped (175g)
olive oil
2 1/2 tbsp (38mL)
thyme, dried
5 tsp, ground (7g)
bread
10 slice(s) (320g)
sliced cheese
5 slice (3/4 oz) (105g)

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.

Caprese salad

284 cal ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



For single meal:

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)

For all 2 meals:

balsamic vinaigrette
2 2/3 tbsp (40mL)
fresh basil
2/3 cup leaves, whole (16g)
tomatoes, halved
1 1/3 cup cherry tomatoes (199g)
mixed greens
1 1/3 package (5.5 oz) (207g)
fresh mozzarella cheese
4 oz (113g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Lunch 3 [↗](#)

Eat on day 5, day 6

Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

kefir, flavored
2 cup (480mL)

For all 2 meals:

kefir, flavored
4 cup (960mL)

1. Pour into a glass and drink.

Grilled cheese sandwich

1 1/2 sandwich(es) - 743 cal ● 33g protein ● 49g fat ● 37g carbs ● 6g fiber



For single meal:

bread
3 slice (96g)
butter
1 1/2 tbsp (21g)
sliced cheese
3 slice (1 oz) (84g)

For all 2 meals:

bread
6 slice (192g)
butter
3 tbsp (43g)
sliced cheese
6 slice (1 oz) (168g)

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.

Lunch 4 [↗](#)

Eat on day 7

Simple kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



kale leaves, chopped

5/6 bunch (142g)

lemon, juiced

5/6 small (48g)

avocados, chopped

5/6 avocado(s) (168g)

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.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Makes 1 1/2 cup(s)

whole milk

1 1/2 cup (360mL)

1. This recipe has no instructions.

Lemon pepper tofu

10 1/2 oz - 378 cals ● 23g protein ● 24g fat ● 18g carbs ● 1g fiber



Makes 10 1/2 oz

lemon pepper

3 dash (1g)

oil

3/4 tbsp (11mL)

cornstarch

1 1/2 tbsp (12g)

lemon, zested

3/4 small (44g)

firm tofu, patted dry & cubed

2/3 lbs (298g)

1. Preheat oven to 450°F (220°C).
 2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
 3. Bake 20-25 minutes until tofu is golden and crispy. Serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. This recipe has no instructions.

Yogurt & blueberry dessert bowl

276 cal ● 24g protein ● 13g fat ● 14g carbs ● 3g fiber



For single meal:

cinnamon
1 dash (0g)
blueberries
4 tbsp (37g)
almond butter
1 tbsp (16g)
lowfat greek yogurt
1 7oz container (200g)

For all 2 meals:

cinnamon
2 dash (1g)
blueberries
1/2 cup (74g)
almond butter
2 tbsp (32g)
lowfat greek yogurt
2 7oz container (400g)

1. Add Greek yogurt and almond butter to a bowl; mix until well-combined.
2. Top with blueberries and sprinkling of cinnamon. Serve.

Snacks 2 [↗](#)

Eat on day 3, day 4

Roasted almonds

1/6 cup(s) - 166 cal ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.

Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Banana ice cream

1 banana - 134 cal ● 2g protein ● 0g fat ● 28g carbs ● 4g fiber



For single meal:

banana, sliced & frozen
1 large (8" to 8-7/8" long) (136g)

For all 3 meals:

banana, sliced & frozen
3 large (8" to 8-7/8" long) (408g)

1. Add the frozen banana slices to a food processor or blender and blend. Scrape down the sides as needed and continue to blend until the bananas turn into a creamy, ice cream consistency.
 2. Serve immediately for a soft-serve consistency, or transfer the banana ice cream to a container and freeze for 1-2 hours for a firmer texture.
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Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 3 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Simple mixed greens and tomato salad

227 cal ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



salad dressing
1/4 cup (68mL)
mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)

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

Low carb asian tofu bowl

982 cal ● 50g protein ● 73g fat ● 20g carbs ● 13g fiber

**garlic, minced**

2 1/2 clove (8g)

sesame seeds

2 1/2 tsp (8g)

oil

1/4 cup (56mL)

fresh ginger, minced

2 1/2 tsp (5g)

soy sauce

5 tbsp (75mL)

frozen riced cauliflower

2 cup, prepared (319g)

broccoli

1 1/4 cup chopped (114g)

firm tofu, drained and patted dry

3/4 lbs (354g)

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.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Ginger coconut chickpea soup

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



For single meal:

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)

For all 2 meals:

turmeric, ground

2 dash (1g)

water

2 1/2 cup(s) (593mL)

lentils, raw, rinsed

3/4 cup (144g)

coconut milk, canned

1/2 can (226mL)

chickpeas, canned, drained

1/2 can (224g)

curry powder

1 tbsp (6g)

fresh ginger, diced

1/2 slices (1" dia) (1g)

garlic, diced

2 clove(s) (6g)

onion, diced

1/2 large (75g)

oil

1 tbsp (15mL)

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.

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.
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Dinner 3 [↗](#)

Eat on day 4, day 5

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

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

1. This recipe has no instructions.

Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

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

647 cal ● 29g protein ● 47g fat ● 20g carbs ● 6g fiber



For single meal:

broccoli
3/4 cup chopped (68g)
oregano, dried
3 dash, ground (1g)
feta cheese
6 oz (170g)
onion
3/4 small (53g)
tomatoes
3/4 pint, cherry tomatoes (224g)
lemon
3/4 large (63g)
oil
3/4 tbsp (11mL)

For all 2 meals:

broccoli
1 1/2 cup chopped (137g)
oregano, dried
1/4 tbsp, ground (1g)
feta cheese
3/4 lbs (340g)
onion
1 1/2 small (105g)
tomatoes
1 1/2 pint, cherry tomatoes (447g)
lemon
1 1/2 large (126g)
oil
1 1/2 tbsp (23mL)

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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

salt
1 dash (1g)
water
1 2/3 cup(s) (395mL)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

salt
1/4 tsp (1g)
water
3 1/3 cup(s) (790mL)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Goat cheese and marinara stuffed zucchini

8 zucchini halve(s) - 768 cal ● 42g protein ● 40g fat ● 42g carbs ● 18g fiber



For single meal:

zucchini
4 large (1292g)
pasta sauce
1 cup (260g)
goat cheese
4 oz (113g)

For all 2 meals:

zucchini
8 large (2584g)
pasta sauce
2 cup (520g)
goat cheese
1/2 lbs (227g)

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

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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