

# Meal Plan - 3500 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

3528 cal ● 230g protein (26%) ● 166g fat (42%) ● 202g carbs (23%) ● 77g fiber (9%)

### Breakfast

645 cal, 9g protein, 30g net carbs, 46g fat



**Banana**  
1 banana(s)- 117 cal



**Avocado**  
351 cal



**Walnuts**  
1/4 cup(s)- 175 cal

### Snacks

400 cal, 40g protein, 29g net carbs, 11g fat



**Green protein shake**  
261 cal



**Boiled eggs**  
2 egg(s)- 139 cal

### Protein Supplement(s)

380 cal, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cal

### Lunch

1250 cal, 64g protein, 73g net carbs, 65g fat



**Asparagus**  
282 cal



**Basic tempeh**  
8 oz- 590 cal



**Baked potato with toppings**  
1 large potato(es)- 379 cal

### Dinner

855 cal, 33g protein, 68g net carbs, 43g fat



**Chunky canned soup (creamy)**  
1 can(s)- 354 cal



**Patty melt**  
1 sandwich(es)- 500 cal

## Day 2

3473 cals ● 220g protein (25%) ● 198g fat (51%) ● 143g carbs (16%) ● 61g fiber (7%)

### Breakfast

645 cals, 9g protein, 30g net carbs, 46g fat



**Banana**  
1 banana(s)- 117 cals



**Avocado**  
351 cals



**Walnuts**  
1/4 cup(s)- 175 cals

### Snacks

400 cals, 40g protein, 29g net carbs, 11g fat



**Green protein shake**  
261 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

1195 cals, 53g protein, 14g net carbs, 97g fat



**Sunflower seeds**  
496 cals



**Cheese and guac tacos**  
4 taco(s)- 700 cals

### Dinner

855 cals, 33g protein, 68g net carbs, 43g fat



**Chunky canned soup (creamy)**  
1 can(s)- 354 cals



**Patty melt**  
1 sandwich(es)- 500 cals

## Day 3

3532 cals ● 269g protein (30%) ● 171g fat (44%) ● 166g carbs (19%) ● 62g fiber (7%)

### Breakfast

520 cals, 32g protein, 55g net carbs, 15g fat



**Protein bar**  
1 bar- 245 cals



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



**Orange**  
1 orange(s)- 85 cals

### Snacks

430 cals, 21g protein, 6g net carbs, 33g fat



**Avocado deviled eggs**  
2 egg(s)- 257 cals



**Roasted peanuts**  
1/6 cup(s)- 173 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

1050 cals, 46g protein, 45g net carbs, 61g fat



**Baked potato with toppings**  
1/2 large potato(es)- 189 cals



**Garlic collard greens**  
518 cals



**Basic tofu**  
8 oz- 342 cals

### Dinner

1150 cals, 86g protein, 58g net carbs, 61g fat



**Milk**  
1 2/3 cup(s)- 248 cals



**Vegan bangers and cauliflower mash**  
2 1/2 sausage link(s)- 902 cals

## Day 4

3532 cals ● 269g protein (30%) ● 171g fat (44%) ● 166g carbs (19%) ● 62g fiber (7%)

### Breakfast

520 cals, 32g protein, 55g net carbs, 15g fat



**Protein bar**  
1 bar- 245 cals



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



**Orange**  
1 orange(s)- 85 cals

### Snacks

430 cals, 21g protein, 6g net carbs, 33g fat



**Avocado deviled eggs**  
2 egg(s)- 257 cals



**Roasted peanuts**  
1/6 cup(s)- 173 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

1050 cals, 46g protein, 45g net carbs, 61g fat



**Baked potato with toppings**  
1/2 large potato(es)- 189 cals



**Garlic collard greens**  
518 cals



**Basic tofu**  
8 oz- 342 cals

### Dinner

1150 cals, 86g protein, 58g net carbs, 61g fat



**Milk**  
1 2/3 cup(s)- 248 cals



**Vegan bangers and cauliflower mash**  
2 1/2 sausage link(s)- 902 cals

## Day 5

3469 cals ● 249g protein (29%) ● 159g fat (41%) ● 190g carbs (22%) ● 70g fiber (8%)

### Breakfast

520 cals, 32g protein, 55g net carbs, 15g fat



[Protein bar](#)  
1 bar- 245 cals



[Egg & guac sandwich](#)  
1/2 sandwich(es)- 191 cals



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

### Snacks

445 cals, 13g protein, 4g net carbs, 39g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)  
3 1/2 scoop- 382 cals

### Lunch

1040 cals, 52g protein, 53g net carbs, 60g fat



[Vegan deli smashed avocado sandwich](#)  
1 1/2 sandwich(es)- 580 cals



[Roasted peanuts](#)  
1/2 cup(s)- 460 cals

### Dinner

1085 cals, 67g protein, 75g net carbs, 44g fat



[Lentils](#)  
289 cals



[Crack slaw with tempeh](#)  
633 cals



[Walnut almond trail mix](#)  
1/6 cup(s)- 162 cals

## Day 6

3549 cals ● 269g protein (30%) ● 192g fat (49%) ● 144g carbs (16%) ● 41g fiber (5%)

### Breakfast

630 cals, 68g protein, 28g net carbs, 26g fat



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals



[Protein shake \(milk\)](#)  
516 cals

### Snacks

445 cals, 13g protein, 4g net carbs, 39g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)  
3 1/2 scoop- 382 cals

### Lunch

1025 cals, 45g protein, 75g net carbs, 53g fat



[Banana](#)  
2 banana(s)- 233 cals



[Milk](#)  
1 3/4 cup(s)- 261 cals



[Egg & avocado salad](#)  
531 cals

### Dinner

1065 cals, 57g protein, 35g net carbs, 72g fat



[Simple Greek cucumber salad](#)  
281 cals



[Low carb asian tofu bowl](#)  
786 cals

## Day 7

3549 cals ● 269g protein (30%) ● 192g fat (49%) ● 144g carbs (16%) ● 41g fiber (5%)

### Breakfast

630 cals, 68g protein, 28g net carbs, 26g fat



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals



[Protein shake \(milk\)](#)  
516 cals

### Snacks

445 cals, 13g protein, 4g net carbs, 39g fat



[Cheesy crisps and guac](#)  
6 crisps- 261 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)  
3 1/2 scoop- 382 cals

### Lunch

1025 cals, 45g protein, 75g net carbs, 53g fat



[Banana](#)  
2 banana(s)- 233 cals



[Milk](#)  
1 3/4 cup(s)- 261 cals



[Egg & avocado salad](#)  
531 cals

### Dinner

1065 cals, 57g protein, 35g net carbs, 72g fat



[Simple Greek cucumber salad](#)  
281 cals



[Low carb asian tofu bowl](#)  
786 cals

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)  
2 can (~19 oz) (1066g)
- ☐ hot sauce  
1/2 fl oz (15mL)

## Fats and Oils

- ☐ oil  
9 oz (279mL)
- ☐ vegan mayonnaise  
4 tbsp (60g)
- ☐ olive oil  
1/4 cup (55mL)

## Spices and Herbs

- ☐ dijon mustard  
1 tbsp (15g)
- ☐ salt  
1/3 oz (10g)
- ☐ black pepper  
1 1/2 g (1g)
- ☐ garlic powder  
1/2 tbsp (4g)
- ☐ red wine vinegar  
2 tsp (10mL)
- ☐ dried dill weed  
2 tsp (2g)

## Vegetables and Vegetable Products

- ☐ onion  
3 1/2 small (245g)
- ☐ fresh spinach  
2 cup(s) (60g)
- ☐ asparagus  
1/2 lbs (255g)
- ☐ potatoes  
2 large (3" to 4-1/4" dia.) (738g)
- ☐ fresh cilantro  
4 tsp, chopped (4g)
- ☐ collard greens  
3 1/4 lbs (1474g)
- ☐ garlic  
15 1/4 clove(s) (46g)
- ☐ red onion  
1/2 medium (2-1/2" dia) (55g)
- ☐ cucumber  
2 cucumber (8-1/4") (602g)

## Baked Products

- ☐ bread  
10 slice(s) (320g)

## Beverages

- ☐ water  
26 2/3 cup(s) (6321mL)
- ☐ protein powder  
28 1/2 scoop (1/3 cup ea) (884g)
- ☐ protein powder, vanilla  
2 scoop (1/3 cup ea) (62g)

## Fruits and Fruit Juices

- ☐ banana  
7 medium (7" to 7-7/8" long) (826g)
- ☐ avocados  
4 1/2 avocado(s) (905g)
- ☐ lemon juice  
1 2/3 fl oz (50mL)
- ☐ orange  
5 orange (770g)
- ☐ lime juice  
1/2 tbsp (7mL)
- ☐ raisins  
1/2 tbsp (not packed) (5g)

## Nut and Seed Products

- ☐ walnuts  
2 oz (57g)
- ☐ sunflower kernels  
1/4 lbs (96g)
- ☐ almonds  
1 tbsp, whole (9g)
- ☐ pecans  
3/4 cup, halves (74g)
- ☐ sesame seeds  
4 tsp (12g)

## Dairy and Egg Products

- ☐ eggs  
19 large (950g)
- ☐ sour cream  
2 tbsp (24g)
- ☐ butter  
2 tsp (9g)
- ☐ cheese  
1/3 lbs (154g)

- ☐ fresh ginger  
4 tsp (8g)
- ☐ broccoli  
2 cup chopped (182g)

## Other

- ☐ veggie burger patty  
2 patty (142g)
- ☐ guacamole, store-bought  
1 1/4 cup (309g)
- ☐ protein bar (20g protein)  
3 bar (150g)
- ☐ vegan sausage  
5 sausage (500g)
- ☐ frozen cauliflower  
3 3/4 cup (425g)
- ☐ coleslaw mix  
3 cup (270g)
- ☐ chocolate chips  
1/2 tbsp (7g)
- ☐ mixed greens  
3 1/2 cup (102g)
- ☐ plant-based deli slices  
7 1/2 slices (78g)
- ☐ frozen riced cauliflower  
3 cup, prepared (510g)

- ☐ cheddar cheese  
1 cup, shredded (113g)
- ☐ whole milk  
2/3 gallon (2599mL)
- ☐ nonfat greek yogurt, plain  
1 cup (280g)

## Legumes and Legume Products

- ☐ tempeh  
14 oz (397g)
  - ☐ roasted peanuts  
1 cup (164g)
  - ☐ firm tofu  
2 1/4 lbs (1021g)
  - ☐ lentils, raw  
6 3/4 tbsp (80g)
  - ☐ soy sauce  
1/2 cup (120mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

#### **banana**

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

#### **banana**

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

### 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 2 meals:

#### **avocados**

2 avocado(s) (402g)

#### **lemon juice**

2 tsp (10mL)

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

### Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

#### **walnuts**

4 tbsp, shelled (25g)

For all 2 meals:

#### **walnuts**

1/2 cup, shelled (50g)

1. This recipe has no instructions.



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## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Protein bar

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



For single meal:

**protein bar (20g protein)**

1 bar (50g)

For all 3 meals:

**protein bar (20g protein)**

3 bar (150g)

1. This recipe has no instructions.
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### Egg & guac sandwich

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



For single meal:

**oil**

1/4 tsp (1mL)

**guacamole, store-bought**

1 tbsp (15g)

**eggs**

1 large (50g)

**bread**

1 slice(s) (32g)

For all 3 meals:

**oil**

1/4 tbsp (4mL)

**guacamole, store-bought**

3 tbsp (46g)

**eggs**

3 large (150g)

**bread**

3 slice(s) (96g)

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

### Orange

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



For single meal:

**orange**

1 orange (154g)

For all 3 meals:

**orange**

3 orange (462g)

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

Eat on day 6, day 7

### Roasted peanuts

1/8 cup(s) - 115 cal● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

#### roasted peanuts

2 tbsp (18g)

For all 2 meals:

#### roasted peanuts

4 tbsp (37g)

1. This recipe has no instructions.

### Protein shake (milk)

516 cal● 64g protein ● 17g fat ● 25g carbs ● 2g fiber



For single meal:

#### whole milk

2 cup (480mL)

#### protein powder

2 scoop (1/3 cup ea) (62g)

For all 2 meals:

#### whole milk

4 cup (960mL)

#### protein powder

4 scoop (1/3 cup ea) (124g)

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

## Lunch 1 [↗](#)

Eat on day 1

### Asparagus

282 cal● 6g protein ● 23g fat ● 7g carbs ● 6g fiber



#### asparagus

1/2 lbs (255g)

#### lemon juice

5 tsp (25mL)

#### salt

1/2 tsp (3g)

#### black pepper

1/2 tsp, ground (1g)

#### olive oil

5 tsp (25mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

### Basic tempeh

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



Makes 8 oz

**oil**

4 tsp (20mL)

**tempeh**

1/2 lbs (227g)

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.

## Baked potato with toppings

1 large potato(es) - 379 cals ● 10g protein ● 12g fat ● 50g carbs ● 9g fiber



Makes 1 large potato(es)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**sour cream**

1 tbsp (12g)

**potatoes**

1 large (3" to 4-1/4" dia.) (369g)

**oil**

1/2 tsp (3mL)

**butter**

1 tsp (5g)

**cheese**

2 tbsp, shredded (14g)

1. OVEN:
  2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
  3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
  4. MICROWAVE:
  5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
  6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
  7. Top with butter, salt to taste, pepper to taste, sour cream and cheese.
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## Lunch 2 [↗](#)

Eat on day 2

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### Sunflower seeds

496 cal ● 23g protein ● 39g fat ● 6g carbs ● 7g fiber



#### sunflower kernels

2 3/4 oz (78g)

1. This recipe has no instructions.

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### Cheese and guac tacos

4 taco(s) - 700 cal ● 30g protein ● 58g fat ● 8g carbs ● 8g fiber



Makes 4 taco(s)

#### cheddar cheese

1 cup, shredded (113g)

#### guacamole, store-bought

1/2 cup (124g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
  2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
  3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
  4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
  5. Serve.
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## Lunch 3 [🔗](#)

Eat on day 3, day 4

### Baked potato with toppings

1/2 large potato(es) - 189 cals ● 5g protein ● 6g fat ● 25g carbs ● 4g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**sour cream**  
1/2 tbsp (6g)  
**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)  
**oil**  
1/4 tsp (1mL)  
**butter**  
4 dash (2g)  
**cheese**  
1 tbsp, shredded (7g)

For all 2 meals:

**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**sour cream**  
1 tbsp (12g)  
**potatoes**  
1 large (3" to 4-1/4" dia.) (369g)  
**oil**  
1/2 tsp (3mL)  
**butter**  
1 tsp (5g)  
**cheese**  
2 tbsp, shredded (14g)

1. OVEN:
2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. MICROWAVE:
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top with butter, salt to taste, pepper to taste, sour cream and cheese.

### Garlic collard greens

518 cals ● 23g protein ● 27g fat ● 15g carbs ● 30g fiber





For single meal:

**collard greens**  
26 oz (737g)  
**oil**  
5 tsp (24mL)  
**garlic, minced**  
5 clove(s) (15g)  
**salt**  
3 1/4 dash (2g)

For all 2 meals:

**collard greens**  
3 1/4 lbs (1474g)  
**oil**  
3 1/4 tbsp (49mL)  
**garlic, minced**  
9 3/4 clove(s) (29g)  
**salt**  
1/4 tbsp (5g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

## Basic tofu

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



For single meal:

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

For all 2 meals:

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

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

## Lunch 4 [🔗](#)

Eat on day 5

### Vegan deli smashed avocado sandwich

1 1/2 sandwich(es) - 580 cals ● 34g protein ● 23g fat ● 44g carbs ● 15g fiber



Makes 1 1/2 sandwich(es)

**mixed greens**  
3/4 cup (23g)  
**hot sauce**  
1/2 tbsp (8mL)  
**avocados, peeled & deseeded**  
1/2 avocado(s) (101g)  
**bread**  
3 slice(s) (96g)  
**plant-based deli slices**  
7 1/2 slices (78g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

## Roasted peanuts

1/2 cup(s) - 460 cals ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber

Makes 1/2 cup(s)

### roasted peanuts

1/2 cup (73g)



1. This recipe has no instructions.

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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber

For single meal:

#### banana

2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

#### banana

4 medium (7" to 7-7/8" long) (472g)



1. This recipe has no instructions.

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### Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber

For single meal:

#### whole milk

1 3/4 cup (420mL)

For all 2 meals:

#### whole milk

1/4 gallon (840mL)



1. This recipe has no instructions.

## Egg & avocado salad

531 cals ● 29g protein ● 39g fat ● 7g carbs ● 10g fiber





For single meal:

**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)

For all 2 meals:

**mixed greens**  
2 2/3 cup (80g)  
**avocados**  
1 1/3 avocado(s) (268g)  
**eggs, hard-boiled and chilled**  
8 large (400g)  
**garlic powder**  
1/2 tbsp (4g)

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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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Green protein shake

261 cal ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

**fresh spinach**  
1 cup(s) (30g)  
**water**  
1/4 cup(s) (59mL)  
**orange, peeled, sliced, and deseeded**  
1 orange (154g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen**  
1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:

**fresh spinach**  
2 cup(s) (60g)  
**water**  
1/2 cup(s) (119mL)  
**orange, peeled, sliced, and deseeded**  
2 orange (308g)  
**protein powder, vanilla**  
2 scoop (1/3 cup ea) (62g)  
**banana, frozen**  
1 medium (7" to 7-7/8" long) (118g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

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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 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.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Avocado deviled eggs

2 egg(s) - 257 cal ● 14g protein ● 19g fat ● 2g carbs ● 5g fiber



For single meal:

**fresh cilantro, chopped**  
2 tsp, chopped (2g)  
**lime juice**  
1/4 tbsp (3mL)  
**avocados**  
1/3 avocado(s) (67g)  
**eggs**  
2 large (100g)

For all 2 meals:

**fresh cilantro, chopped**  
4 tsp, chopped (4g)  
**lime juice**  
1/2 tbsp (7mL)  
**avocados**  
2/3 avocado(s) (134g)  
**eggs**  
4 large (200g)

1. Hard boil eggs by placing eggs in a pot covered in cold water.
2. Bring to a boil and let cook for 1 minute. Remove from heat, cover with a lid, and let sit 9 minutes.
3. Remove eggs, cool in a cold-water bath, and peel.
4. Slice eggs in half and spoon the yolk into a small bowl.
5. Add in the avocado, cilantro, lime juice, and salt/pepper to taste. Mash together thoroughly.
6. Spoon mixture into the holes of the egg whites.
7. Serve.
8. To store: sprinkle more lime juice on top and cover in plastic wrap. Store in refrigerator.

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### Roasted peanuts

1/6 cup(s) - 173 cal ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
3 tbsp (27g)

For all 2 meals:

**roasted peanuts**  
6 tbsp (55g)

1. This recipe has no instructions.

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## Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

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### Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

**cheese**  
6 tbsp, shredded (42g)  
**guacamole, store-bought**  
3 tbsp (46g)

For all 3 meals:

**cheese**  
1 cup, shredded (126g)  
**guacamole, store-bought**  
1/2 cup (139g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

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### Pecans

1/4 cup - 183 cals ● 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.
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## Dinner 1 [🔗](#)

Eat on day 1, day 2

### Chunky canned soup (creamy)

1 can(s) - 354 cal ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



For single meal:

#### **chunky canned soup (creamy varieties)**

1 can (~19 oz) (533g)

For all 2 meals:

#### **chunky canned soup (creamy varieties)**

2 can (~19 oz) (1066g)

1. Prepare according to instructions on package.

### Patty melt

1 sandwich(es) - 500 cal ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**vegan mayonnaise**  
2 tbsp (30g)  
**dijon mustard**  
1/2 tbsp (8g)  
**onion, thinly sliced**  
1/2 small (35g)  
**veggie burger patty**  
1 patty (71g)  
**bread**  
2 slice(s) (64g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**vegan mayonnaise**  
4 tbsp (60g)  
**dijon mustard**  
1 tbsp (15g)  
**onion, thinly sliced**  
1 small (70g)  
**veggie burger patty**  
2 patty (142g)  
**bread**  
4 slice(s) (128g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

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### Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

**whole milk**  
1 2/3 cup (400mL)

For all 2 meals:

**whole milk**  
1/4 gallon (800mL)

1. This recipe has no instructions.

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### Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cals ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



For single meal:

**onion, thinly sliced**  
1 1/4 small (88g)  
**vegan sausage**  
2 1/2 sausage (250g)  
**oil**  
1 1/4 tbsp (19mL)  
**frozen cauliflower**  
2 cup (213g)

For all 2 meals:

**onion, thinly sliced**  
2 1/2 small (175g)  
**vegan sausage**  
5 sausage (500g)  
**oil**  
2 1/2 tbsp (38mL)  
**frozen cauliflower**  
3 3/4 cup (425g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
  2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
  3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
  4. When all elements are done, plate and serve.
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## Dinner 3 [↗](#)

Eat on day 5

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### Lentils

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



#### salt

1 dash (1g)

#### water

1 2/3 cup(s) (395mL)

#### lentils, raw, rinsed

6 2/3 tbsp (80g)

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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### Crack slaw with tempeh

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



#### 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)

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.

### Walnut almond trail mix

1/6 cup(s) - 162 cals ● 4g protein ● 11g fat ● 9g carbs ● 2g fiber



Makes 1/6 cup(s)

**walnuts**  
1 tbsp, chopped (7g)  
**almonds**  
1 tbsp, whole (9g)  
**chocolate chips**  
1/2 tbsp (7g)  
**raisins**  
1/2 tbsp (not packed) (5g)

1. Mix the ingredients together. Store any leftovers in a cool area.

## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

**olive oil**  
1 tbsp (15mL)  
**red wine vinegar**  
1 tsp (5mL)  
**dried dill weed**  
1 tsp (1g)  
**lemon juice**  
1/2 tbsp (8mL)  
**nonfat greek yogurt, plain**  
1/2 cup (140g)  
**red onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced into half moons**  
1 cucumber (8-1/4") (301g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**red wine vinegar**  
2 tsp (10mL)  
**dried dill weed**  
2 tsp (2g)  
**lemon juice**  
1 tbsp (15mL)  
**nonfat greek yogurt, plain**  
1 cup (280g)  
**red onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)  
**cucumber, sliced into half moons**  
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

### 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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

3 1/2 scoop - 382 cal ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

**water**

3 1/2 cup(s) (830mL)

**protein powder**

3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:

**water**

24 1/2 cup(s) (5807mL)

**protein powder**

24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.
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