

# Meal Plan - 1000 calorie 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  
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## Day 1

1014 cals ● 102g protein (40%) ● 26g fat (23%) ● 71g carbs (28%) ● 21g fiber (8%)

### Breakfast

180 cals, 14g protein, 4g net carbs, 11g fat



[Scrambled egg whites](#)  
61 cals



[Pesto scrambled eggs](#)  
1 eggs- 99 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Dinner

175 cals, 7g protein, 17g net carbs, 6g fat



[Mustardy lemony chickpea soup](#)  
173 cals

### Lunch

445 cals, 33g protein, 49g net carbs, 8g fat



[Tempeh & mushroom stir fry](#)  
443 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 2

1075 cals ● 107g protein (40%) ● 30g fat (25%) ● 83g carbs (31%) ● 13g fiber (5%)

### Breakfast

180 cals, 14g protein, 4g net carbs, 11g fat



[Scrambled egg whites](#)  
61 cals



[Pesto scrambled eggs](#)  
1 eggs- 99 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Dinner

350 cals, 20g protein, 40g net carbs, 11g fat



[Seitan Philly cheesesteak](#)  
1/2 sub(s)- 285 cals



[Peach](#)  
1 peach(es)- 66 cals

### Lunch

325 cals, 24g protein, 37g net carbs, 6g fat



[Cottage cheese & fruit cup](#)  
1 container- 131 cals



[Nectarine](#)  
1 nectarine(s)- 70 cals



[Chunky canned soup \(non-creamy\)](#)  
1/2 can(s)- 124 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 3

1062 cals ● 98g protein (37%) ● 27g fat (23%) ● 91g carbs (34%) ● 16g fiber (6%)

### Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



[Avocado toast](#)  
1 slice(s)- 168 cals

### Dinner

350 cals, 20g protein, 40g net carbs, 11g fat



[Seitan Philly cheesesteak](#)  
1/2 sub(s)- 285 cals



[Peach](#)  
1 peach(es)- 66 cals

### Lunch

325 cals, 24g protein, 37g net carbs, 6g fat



[Cottage cheese & fruit cup](#)  
1 container- 131 cals



[Nectarine](#)  
1 nectarine(s)- 70 cals



[Chunky canned soup \(non-creamy\)](#)  
1/2 can(s)- 124 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 4

1019 cals ● 96g protein (38%) ● 31g fat (28%) ● 73g carbs (29%) ● 15g fiber (6%)

### Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



[Avocado toast](#)  
1 slice(s)- 168 cals

### Dinner

265 cals, 21g protein, 30g net carbs, 6g fat



[Chicken tortellini soup](#)  
187 cals



[Dinner roll](#)  
1 roll(s)- 77 cals

### Lunch

370 cals, 22g protein, 29g net carbs, 16g fat



[Cottage cheese & honey](#)  
1/2 cup(s)- 125 cals



[Strawberry avocado goat cheese panini](#)  
244 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 5

997 cals ● 96g protein (38%) ● 22g fat (20%) ● 85g carbs (34%) ● 18g fiber (7%)

### Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



**Avocado toast**  
1 slice(s)- 168 cals

### Dinner

265 cals, 21g protein, 30g net carbs, 6g fat



**Chicken tortellini soup**  
187 cals



**Dinner roll**  
1 roll(s)- 77 cals

### Lunch

345 cals, 22g protein, 41g net carbs, 7g fat



**Buttery lemon rice**  
92 cals



**Veggie burger patty**  
2 patty- 254 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 6

1035 cals ● 95g protein (37%) ● 29g fat (25%) ● 85g carbs (33%) ● 15g fiber (6%)

### Breakfast

195 cals, 5g protein, 25g net carbs, 8g fat



**Large granola bar**  
1 bar(s)- 176 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Dinner

275 cals, 20g protein, 17g net carbs, 13g fat



**Asparagus**  
63 cals



**Cottage cheese & honey**  
1/2 cup(s)- 125 cals



**Basic tofu**  
2 oz- 86 cals

### Lunch

345 cals, 22g protein, 41g net carbs, 7g fat



**Buttery lemon rice**  
92 cals



**Veggie burger patty**  
2 patty- 254 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 7

993 cals ● 102g protein (41%) ● 30g fat (28%) ● 60g carbs (24%) ● 18g fiber (7%)

### Breakfast

195 cals, 5g protein, 25g net carbs, 8g fat



[Large granola bar](#)  
1 bar(s)- 176 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Dinner

275 cals, 20g protein, 17g net carbs, 13g fat



[Asparagus](#)  
63 cals



[Cottage cheese & honey](#)  
1/2 cup(s)- 125 cals



[Basic tofu](#)  
2 oz- 86 cals

### Lunch

305 cals, 29g protein, 16g net carbs, 9g fat



[Honey glazed carrots](#)  
85 cals



[Vegan crumbles](#)  
1 1/2 cup(s)- 219 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals



## Beverages

- ☐ water  
14 1/3 cup(s) (3396mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Fruits and Fruit Juices

- ☐ lemon juice  
2 1/2 tbsp (38mL)
- ☐ nectarine  
2 medium (2-1/2" dia) (284g)
- ☐ peach  
2 medium (2-2/3" dia) (300g)
- ☐ avocados  
1 avocado(s) (201g)
- ☐ strawberries  
2 medium (1-1/4" dia) (24g)

## Other

- ☐ italian seasoning  
1 dash (0g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ sub roll(s)  
1 roll(s) (85g)
- ☐ diced tomatoes  
1/4 can(s) (105g)
- ☐ veggie burger patty  
4 patty (284g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
2 cup(s) (mL)
- ☐ pesto sauce  
1 tbsp (16g)
- ☐ chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)

## Fats and Oils

- ☐ oil  
1 oz (32mL)
- ☐ olive oil  
3/4 tbsp (11mL)

## Spices and Herbs

## Legumes and Legume Products

- ☐ chickpeas, canned  
1/4 can (112g)
- ☐ soy sauce  
1 tbsp (15mL)
- ☐ tempeh  
4 oz (113g)
- ☐ firm tofu  
4 oz (113g)
- ☐ vegetarian burger crumbles  
1 1/2 cup (150g)

## Cereal Grains and Pasta

- ☐ brown rice  
4 tbsp (48g)
- ☐ seitan  
3 oz (85g)
- ☐ long-grain white rice  
4 tbsp (46g)

## Dairy and Egg Products

- ☐ egg whites  
1/2 cup (122g)
- ☐ eggs  
2 large (100g)
- ☐ cheese  
1 slice (1 oz each) (28g)
- ☐ nonfat greek yogurt, plain  
2 3/4 tbsp (47g)
- ☐ low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)
- ☐ goat cheese  
1/2 oz (14g)
- ☐ butter  
1/8 stick (6g)

## Baked Products

- ☐ bread  
4 slice (128g)
- ☐ Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)

## Meals, Entrees, and Side Dishes

- ☐ frozen cheese tortellini  
2 1/4 oz (64g)

## Poultry Products

- ☐ dijon mustard  
1/2 tsp (3g)
- ☐ ground ginger  
2 dash (0g)
- ☐ garlic powder  
4 dash (2g)
- ☐ lemon pepper  
1/3 tsp (1g)
- ☐ salt  
1/3 tsp (2g)
- ☐ black pepper  
2 dash, ground (1g)

- ☐ boneless skinless chicken breast, raw  
1/4 lbs (99g)

## Sweets

- ☐ honey  
1 2/3 oz (47g)

## Snacks

- ☐ large granola bar  
2 bar (74g)

## Vegetables and Vegetable Products

- ☐ garlic  
1 1/2 clove(s) (5g)
  - ☐ broccoli  
4 tbsp chopped (23g)
  - ☐ leeks  
1/4 leek (22g)
  - ☐ bell pepper  
3/4 large (119g)
  - ☐ mushrooms  
1 cup, chopped (70g)
  - ☐ tomatoes  
24 cherry tomatoes (408g)
  - ☐ onion  
5/8 medium (2-1/2" dia) (65g)
  - ☐ kale leaves  
1/2 cup, chopped (20g)
  - ☐ tomato paste  
1/4 tbsp (4g)
  - ☐ asparagus  
4 oz (113g)
  - ☐ carrots  
4 oz (113g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Scrambled egg whites

61 cal ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**egg whites**  
4 tbsp (61g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**egg whites**  
1/2 cup (122g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

### Pesto scrambled eggs

1 eggs - 99 cal ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**pesto sauce**  
1/2 tbsp (8g)  
**eggs**  
1 large (50g)

For all 2 meals:

**pesto sauce**  
1 tbsp (16g)  
**eggs**  
2 large (100g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

### 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 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

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

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## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Avocado toast

1 slice(s) - 168 cals ● 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.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**  
1 bar (37g)

For all 2 meals:

**large granola bar**  
2 bar (74g)

1. This recipe has no instructions.

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Cherry tomatoes



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



For single meal:

**tomatoes**

6 cherry tomatoes (102g)

For all 2 meals:

**tomatoes**

12 cherry tomatoes (204g)

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

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## Lunch 1 [🔗](#)

Eat on day 1

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### Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



**soy sauce**

1 tbsp (15mL)

**bell pepper, sliced**

1/2 large (82g)

**mushrooms, chopped**

1 cup, chopped (70g)

**brown rice**

4 tbsp (48g)

**ground ginger**

2 dash (0g)

**garlic powder**

4 dash (2g)

**tempeh, sliced**

4 oz (113g)

1. Cook rice according to its package instructions. Set aside.
  2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
  3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
  4. Combine rice with the tempeh and vegetable mixture. Serve.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

**nectarine, pitted**  
1 medium (2-1/2" dia) (142g)

For all 2 meals:

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1/2 can (~19 oz) (263g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

## Lunch 3 [🔗](#)

Eat on day 4

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### Cottage cheese & honey

1/2 cup(s) - 125 cal ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

#### **honey**

2 tsp (14g)

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

1/2 cup (113g)

1. Serve cottage cheese in a bowl and drizzle with honey.

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### Strawberry avocado goat cheese panini

244 cal ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



#### **bread**

1 slice (32g)

#### **strawberries, hulled and thinly sliced**

2 medium (1-1/4" dia) (24g)

#### **avocados, sliced**

1/4 avocado(s) (50g)

#### **goat cheese**

1/2 oz (14g)

#### **butter**

4 dash (2g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
  2. Butter 1 side of each slice of bread.
  3. Spread the goat cheese on the non-buttered side of each piece of bread.
  4. Lay the strawberries on top of the goat cheese on both pieces of bread.
  5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
  6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
  7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
  8. Serve.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

### Buttery lemon rice

92 cals ● 2g protein ● 1g fat ● 19g carbs ● 0g fiber



For single meal:

**butter**  
1 1/2 dash (1g)  
**lemon pepper**  
1 1/4 dash (0g)  
**lemon juice**  
1/4 tbsp (4mL)  
**long-grain white rice**  
2 tbsp (23g)  
**water**  
1/8 cup(s) (30mL)  
**vegetable broth**  
1/8 cup(s) (mL)

For all 2 meals:

**butter**  
3 dash (2g)  
**lemon pepper**  
1/3 tsp (1g)  
**lemon juice**  
1/2 tbsp (8mL)  
**long-grain white rice**  
4 tbsp (46g)  
**water**  
1/4 cup(s) (59mL)  
**vegetable broth**  
1/4 cup(s) (mL)

1. Combine all ingredients except lemon pepper in saucepan.
2. Bring to a boil, then reduce heat.
3. Cover pot and allow to simmer slowly for 20 minutes, or until liquid is absorbed.
4. Sprinkle with lemon pepper before serving.

### Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

**veggie burger patty**  
2 patty (142g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

## Lunch 5 [↗](#)

Eat on day 7

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### Honey glazed carrots

85 cals ● 1g protein ● 2g fat ● 12g carbs ● 3g fiber



#### **butter**

4 dash (2g)

#### **carrots**

4 oz (113g)

#### **water**

1/8 cup(s) (20mL)

#### **honey**

1/4 tbsp (5g)

#### **salt**

1/2 dash (0g)

#### **lemon juice**

1/4 tbsp (4mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

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### Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

#### **vegetarian burger crumbles**

1 1/2 cup (150g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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## Dinner 1 [🔗](#)

Eat on day 1

### Mustardy lemony chickpea soup

173 cals ● 7g protein ● 6g fat ● 17g carbs ● 6g fiber



#### **lemon juice**

1 tbsp (15mL)

#### **italian seasoning**

1 dash (0g)

#### **vegetable broth**

1/2 cup(s) (mL)

#### **oil**

1/4 tbsp (4mL)

#### **dijon mustard**

1/2 tsp (3g)

#### **garlic, minced**

1/2 clove(s) (2g)

#### **broccoli, chopped**

4 tbsp chopped (23g)

#### **leeks, sliced**

1/4 leek (22g)

#### **chickpeas, canned**

1/4 can (112g)

1. Heat oil in a large pot. Add leeks, garlic, and some salt. Stir and cook 5-7 minutes until softened.
2. Stir in broth, chickpeas (including the liquid), and Italian seasoning. Bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes.
3. Take about 1/4th of the mixture and puree in a blender until smooth. Return puree back to the pot and stir.
4. Add broccoli, cover, and cook 10 minutes. Turn off heat. Stir in dijon and lemon juice. Season with salt and pepper to taste. Serve.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Seitan Philly cheesesteak

1/2 sub(s) - 285 cals ● 19g protein ● 10g fat ● 28g carbs ● 2g fiber



For single meal:

#### **cheese**

1/2 slice (1 oz each) (14g)

#### **seitan, cut into strips**

1 1/2 oz (43g)

#### **bell pepper, sliced**

1/4 small (19g)

#### **onion, chopped**

1/8 medium (2-1/2" dia) (14g)

#### **oil**

1/4 tbsp (4mL)

#### **sub roll(s)**

1/2 roll(s) (43g)

For all 2 meals:

#### **cheese**

1 slice (1 oz each) (28g)

#### **seitan, cut into strips**

3 oz (85g)

#### **bell pepper, sliced**

1/2 small (37g)

#### **onion, chopped**

1/4 medium (2-1/2" dia) (28g)

#### **oil**

1/2 tbsp (8mL)

#### **sub roll(s)**

1 roll(s) (85g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

#### **peach**

1 medium (2-2/3" dia) (150g)

For all 2 meals:

#### **peach**

2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

## Dinner 3 [↗](#)

Eat on day 4, day 5

### Chicken tortellini soup

187 cals ● 18g protein ● 5g fat ● 17g carbs ● 1g fiber



For single meal:

**nonfat greek yogurt, plain**

4 tsp (23g)

**frozen cheese tortellini**

1 oz (32g)

**kale leaves**

4 tbsp, chopped (10g)

**vegetable broth**

5/8 cup(s) (mL)

**boneless skinless chicken breast, raw**

1 3/4 oz (50g)

**diced tomatoes**

1/8 can(s) (53g)

**tomato paste**

3 dash (2g)

**garlic, minced**

1/2 clove(s) (2g)

**onion, minced**

1/8 large (19g)

**oil**

3/8 tsp (2mL)

For all 2 meals:

**nonfat greek yogurt, plain**

2 2/3 tbsp (47g)

**frozen cheese tortellini**

2 1/4 oz (64g)

**kale leaves**

1/2 cup, chopped (20g)

**vegetable broth**

1 1/4 cup(s) (mL)

**boneless skinless chicken breast, raw**

1/4 lbs (99g)

**diced tomatoes**

1/4 can(s) (105g)

**tomato paste**

1/4 tbsp (4g)

**garlic, minced**

1 clove(s) (3g)

**onion, minced**

1/4 large (38g)

**oil**

1/4 tbsp (4mL)

1. Put chicken breasts into a pot and cover with water. Heat to a simmer and cook for about 10-15 minutes until chicken is cooked through. Remove chicken from the water and set aside to lightly cool then shred the chicken with two forks. Set aside.
2. Meanwhile, heat oil in a large pot over medium heat, add the onion, garlic, and some salt and pepper. Cook for about 5-6 minutes until vegetables have softened somewhat.
3. Stir in tomato paste and cook for about 2 minutes.
4. Stir in diced tomatoes, shredded chicken, and broth. Bring to a simmer, reduce the heat, and cover. Simmer 15-20 minutes.
5. Spoon some broth out of the pot and place into a bowl. Stir in greek yogurt. Once greek yogurt has been fully incorporated with the broth, return the mixture to the pot and stir.
6. Stir in chopped kale and tortellini. Simmer for time listed on tortellini package. Season with salt and pepper to taste and serve.

### Dinner roll

1 roll(s) - 77 cals ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber





For single meal:

**Roll**

1 pan, dinner, or small roll (2" square, 2" high) (28g)

For all 2 meals:

**Roll**

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Asparagus

63 cals ● 1g protein ● 5g fat ● 1g carbs ● 1g fiber



For single meal:

**asparagus**

2 oz (57g)

**lemon juice**

1 tsp (6mL)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

**olive oil**

1 tsp (6mL)

For all 2 meals:

**asparagus**

4 oz (113g)

**lemon juice**

3/4 tbsp (11mL)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**olive oil**

3/4 tbsp (11mL)

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.

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

**honey**

2 tsp (14g)

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

1/2 cup (113g)

For all 2 meals:

**honey**

4 tsp (28g)

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

1 cup (226g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Basic tofu

2 oz - 86 cals ● 4g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**firm tofu**  
2 oz (57g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**firm tofu**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cal● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**water**  
2 cup(s) (474mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

**water**  
14 cup(s) (3318mL)  
**protein powder**  
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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