

Meal Plan - 1100 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
<https://www.strongrfastr.com>

Day 1

1147 cals ● 99g protein (35%) ● 53g fat (42%) ● 55g carbs (19%) ● 14g fiber (5%)

Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



[Simple cinnamon oatmeal with water](#)
108 cals



[Basic fried eggs](#)
1 egg(s)- 80 cals

Dinner

345 cals, 23g protein, 7g net carbs, 23g fat



[Broccoli caesar salad with hard boiled eggs](#)
260 cals



[Walnuts](#)
1/8 cup(s)- 87 cals

Lunch

395 cals, 19g protein, 27g net carbs, 21g fat



[Hummus & veggie deli sandwich](#)
1/2 sandwich(es)- 185 cals



[Roasted cashews](#)
1/4 cup(s)- 209 cals

Protein Supplement(s)

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



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

Day 2

1154 cals ● 103g protein (36%) ● 41g fat (32%) ● 80g carbs (28%) ● 13g fiber (5%)

Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



[Simple cinnamon oatmeal with water](#)
108 cals



[Basic fried eggs](#)
1 egg(s)- 80 cals

Dinner

380 cals, 25g protein, 25g net carbs, 18g fat



[Simple Greek cucumber salad](#)
141 cals



[Vegan sausage & veggie sheet pan](#)
240 cals

Lunch

370 cals, 20g protein, 34g net carbs, 15g fat



[Chik'n nuggets](#)
6 2/3 nuggets- 368 cals

Protein Supplement(s)

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



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

Day 3

1162 cals ● 98g protein (34%) ● 52g fat (40%) ● 64g carbs (22%) ● 12g fiber (4%)

Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



Simple cinnamon oatmeal with water
108 cals



Basic fried eggs
1 egg(s)- 80 cals

Dinner

380 cals, 25g protein, 25g net carbs, 18g fat



Simple Greek cucumber salad
141 cals



Vegan sausage & veggie sheet pan
240 cals

Lunch

375 cals, 15g protein, 18g net carbs, 26g fat



Egg salad sandwich
1/2 sandwich(es)- 271 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1108 cals ● 95g protein (34%) ● 52g fat (42%) ● 50g carbs (18%) ● 16g fiber (6%)

Breakfast

160 cals, 10g protein, 21g net carbs, 3g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



Breakfast cereal
97 cals

Dinner

355 cals, 21g protein, 9g net carbs, 22g fat



Garlic collard greens
159 cals



Cajun tofu
196 cals

Lunch

375 cals, 15g protein, 18g net carbs, 26g fat



Egg salad sandwich
1/2 sandwich(es)- 271 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 5

1093 cals ● 97g protein (36%) ● 23g fat (19%) ● 99g carbs (36%) ● 26g fiber (9%)

Breakfast

160 cals, 10g protein, 21g net carbs, 3g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



Breakfast cereal
97 cals

Dinner

405 cals, 22g protein, 32g net carbs, 16g fat



Lentils
116 cals



Spicy sriracha peanut tofu
171 cals



Tossed salad
121 cals

Lunch

310 cals, 17g protein, 44g net carbs, 2g fat



Sugar snap peas
41 cals



Bbq cauliflower wings
268 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 6

1068 cals ● 106g protein (40%) ● 17g fat (14%) ● 101g carbs (38%) ● 22g fiber (8%)

Breakfast

180 cals, 12g protein, 27g net carbs, 2g fat



Cottage cheese toast
1 toast(s)- 143 cals



Clementine
1 clementine(s)- 39 cals

Dinner

360 cals, 30g protein, 29g net carbs, 12g fat



Mashed sweet potatoes
92 cals



Vegan sausage
1 sausage(s)- 268 cals

Lunch

310 cals, 17g protein, 44g net carbs, 2g fat



Sugar snap peas
41 cals



Bbq cauliflower wings
268 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 7

1146 cals ● 101g protein (35%) ● 20g fat (16%) ● 125g carbs (44%) ● 15g fiber (5%)

Breakfast

180 cals, 12g protein, 27g net carbs, 2g fat



[Cottage cheese toast](#)
1 toast(s)- 143 cals



[Clementine](#)
1 clementine(s)- 39 cals

Dinner

360 cals, 30g protein, 29g net carbs, 12g fat



[Mashed sweet potatoes](#)
92 cals



[Vegan sausage](#)
1 sausage(s)- 268 cals

Lunch

385 cals, 11g protein, 68g net carbs, 6g fat



[Simple Greek cucumber salad](#)
70 cals



[Tomato soup](#)
1 1/2 can(s)- 316 cals

Protein Supplement(s)

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



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



Fruits and Fruit Juices

- ☐ lemon juice
1 tbsp (17mL)
- ☐ clementines
2 fruit (148g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1 tbsp (7g)
- ☐ walnuts
2 tbsp, shelled (13g)
- ☐ roasted cashews
1/2 cup (69g)

Dairy and Egg Products

- ☐ parmesan cheese
1 tbsp (5g)
- ☐ nonfat greek yogurt, plain
1 container (193g)
- ☐ eggs
8 2/3 medium (382g)
- ☐ low fat cottage cheese (1% milkfat)
1 cup (226g)
- ☐ whole milk
1/2 cup(s) (120mL)

Spices and Herbs

- ☐ dijon mustard
1 tsp (5g)
- ☐ cinnamon
1/2 tbsp (4g)
- ☐ red wine vinegar
1 1/4 tsp (6mL)
- ☐ dried dill weed
1 1/4 tsp (1g)
- ☐ yellow mustard
2 dash or 1 packet (1g)
- ☐ paprika
1 dash (1g)
- ☐ black pepper
1 dash (0g)
- ☐ salt
4 1/2 g (4g)
- ☐ cajun seasoning
5 dash (1g)

Vegetables and Vegetable Products

Legumes and Legume Products

- ☐ hummus
1 1/2 tbsp (23g)
- ☐ firm tofu
9 3/4 oz (276g)
- ☐ lentils, raw
2 3/4 tbsp (32g)
- ☐ soy sauce
1/2 tsp (3mL)
- ☐ peanut butter
1/2 tbsp (8g)

Other

- ☐ plant-based deli slices
3 slices (31g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ italian seasoning
4 dash (2g)
- ☐ vegan chik'n nuggets
6 2/3 nuggets (143g)
- ☐ sriracha chili sauce
3/8 tbsp (6g)
- ☐ nutritional yeast
1/2 cup (30g)

Baked Products

- ☐ bread
1/3 lbs (160g)

Beverages

- ☐ water
16 cup(s) (3764mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Sweets

- ☐ sugar
1 1/2 tbsp (20g)
- ☐ honey
4 tsp (28g)

Breakfast Cereals

- ☐ quick oats
3/4 cup (60g)

- ☐ broccoli
1 1/2 cup chopped (137g)
 - ☐ romaine lettuce
1/2 head (344g)
 - ☐ cucumber
1 1/2 cucumber (8-1/4") (427g)
 - ☐ red onion
1/2 medium (2-1/2" dia) (48g)
 - ☐ potatoes
1 small (1-3/4" to 2-1/4" dia.) (92g)
 - ☐ carrots
1 1/2 medium (86g)
 - ☐ ketchup
5 tsp (28g)
 - ☐ onion
1/4 small (18g)
 - ☐ garlic
2 clove(s) (6g)
 - ☐ collard greens
1/2 lbs (227g)
 - ☐ tomatoes
1/2 small whole (2-2/5" dia) (46g)
 - ☐ frozen sugar snap peas
1 1/3 cup (192g)
 - ☐ cauliflower
2 head small (4" dia.) (530g)
 - ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
-

- ☐ breakfast cereal
1 serving (30g)

Fats and Oils

- ☐ oil
1 oz (31mL)
- ☐ olive oil
1 1/4 tbsp (19mL)
- ☐ mayonnaise
2 tbsp (30mL)
- ☐ salad dressing
1 tbsp (14mL)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1/2 cup (143g)
- ☐ condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Simple cinnamon oatmeal with water

108 cal ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



Translation missing:
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water
3/8 cup(s) (89mL)
cinnamon
4 dash (1g)
sugar
1/2 tbsp (7g)
quick oats
4 tbsp (20g)

For all 3 meals:

water
1 cup(s) (267mL)
cinnamon
1/2 tbsp (4g)
sugar
1 1/2 tbsp (20g)
quick oats
3/4 cup (60g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



Translation missing:
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oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 3 meals:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



Translation missing:
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honey

1 tsp (7g)

low fat cottage cheese (1% milkfat)

4 tbsp (57g)

For all 2 meals:

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.

Breakfast cereal

97 cals ● 3g protein ● 3g fat ● 14g carbs ● 1g fiber



Translation missing:
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breakfast cereal

1/2 serving (15g)

whole milk

1/4 cup(s) (60mL)

For all 2 meals:

breakfast cereal

1 serving (30g)

whole milk

1/2 cup(s) (120mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Cottage cheese toast

1 toast(s) - 143 cals ● 11g protein ● 2g fat ● 19g carbs ● 2g fiber



Translation missing:
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honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
bread
1 slice(s) (32g)

For all 2 meals:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
bread
2 slice(s) (64g)

1. Toast the bread, if desired.
2. Spread cottage cheese on top of the bread, drizzle with honey, and serve.

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



Translation missing:
en.for_single_meal

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Hummus & veggie deli sandwich

1/2 sandwich(es) - 185 cals ● 14g protein ● 5g fat ● 16g carbs ● 4g fiber



Makes 1/2 sandwich(es)

cucumber
2 tbsp slices (13g)
hummus
1 1/2 tbsp (23g)
plant-based deli slices
3 slices (31g)
bread
1 slice(s) (32g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich. Serve.

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



Makes 1/4 cup(s)

roasted cashews

4 tbsp (34g)

1. The recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 2

Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



Makes 6 2/3 nuggets

vegan chik'n nuggets

6 2/3 nuggets (143g)

ketchup

5 tsp (28g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Lunch 3 [↗](#)

Eat on day 3 and day 4

Egg salad sandwich

1/2 sandwich(es) - 271 cals ● 13g protein ● 18g fat ● 13g carbs ● 2g fiber



Translation missing:
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yellow mustard
1 dash or 1 packet (1g)
paprika
1/2 dash (0g)
bread
1 slice (32g)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
onion, chopped
1/8 small (9g)
mayonnaise
1 tbsp (15mL)
eggs
1 1/2 medium (66g)

For all 2 meals:

yellow mustard
2 dash or 1 packet (1g)
paprika
1 dash (1g)
bread
2 slice (64g)
black pepper
1 dash (0g)
salt
1 dash (0g)
onion, chopped
1/4 small (18g)
mayonnaise
2 tbsp (30mL)
eggs
3 medium (132g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Roasted cashews

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



Translation missing:
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roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 5 and day 6

Sugar snap peas

41 cal ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



Translation missing:
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frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Bbq cauliflower wings

268 cal ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



Translation missing:
en.for_single_meal

cauliflower
1 head small (4" dia.) (265g)
nutritional yeast
4 tbsp (15g)
salt
2 dash (2g)
barbecue sauce
4 tbsp (72g)

For all 2 meals:

cauliflower
2 head small (4" dia.) (530g)
nutritional yeast
1/2 cup (30g)
salt
4 dash (3g)
barbecue sauce
1/2 cup (143g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Lunch 5 [🔗](#)

Eat on day 7

Simple Greek cucumber salad

70 cals ● 4g protein ● 4g fat ● 5g carbs ● 1g fiber



cucumber, sliced into half moons

1/4 cucumber (8-1/4") (75g)

olive oil

1/4 tbsp (4mL)

red wine vinegar

1/4 tsp (1mL)

dried dill weed

2 dash (0g)

lemon juice

3/8 tsp (2mL)

nonfat greek yogurt, plain

2 tbsp (35g)

red onion, thinly sliced

1/8 medium (2-1/2" dia) (7g)

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.

Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

condensed canned tomato soup

1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.
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Dinner 1 [🔗](#)

Eat on day 1

Broccoli caesar salad with hard boiled eggs

260 cals ● 21g protein ● 15g fat ● 6g carbs ● 4g fiber



lemon juice

1/2 tbsp (8mL)

roasted pumpkin seeds, unsalted

1 tbsp (7g)

parmesan cheese

1 tbsp (5g)

dijon mustard

1 tsp (5g)

nonfat greek yogurt, plain

1 tbsp (18g)

broccoli

1/2 cup chopped (46g)

eggs

2 large (100g)

romaine lettuce

2 cup shredded (94g)

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.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber

Makes 1/8 cup(s)

walnuts

2 tbsp, shelled (13g)



1. The recipe has no instructions.

Dinner 2 [🔗](#)

Eat on day 2 and day 3

Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



Translation missing:
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cucumber, sliced into half moons

1/2 cucumber (8-1/4") (151g)

olive oil

1/2 tbsp (8mL)

red wine vinegar

1/2 tsp (3mL)

dried dill weed

4 dash (1g)

lemon juice

1/4 tbsp (4mL)

nonfat greek yogurt, plain

4 tbsp (70g)

red onion, thinly sliced

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

For all 2 meals:

cucumber, sliced into half moons

1 cucumber (8-1/4") (301g)

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)

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.

Vegan sausage & veggie sheet pan

240 cals ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



Translation missing:
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potatoes, cut into wedges

1/2 small (1-3/4" to 2-1/4" dia.) (46g)

vegan sausage, cut into bite sized pieces

1/2 sausage (50g)

italian seasoning

2 dash (1g)

oil

1 tsp (5mL)

broccoli, chopped

1/2 cup chopped (46g)

carrots, sliced

1/2 medium (31g)

For all 2 meals:

potatoes, cut into wedges

1 small (1-3/4" to 2-1/4" dia.) (92g)

vegan sausage, cut into bite sized pieces

1 sausage (100g)

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

broccoli, chopped

1 cup chopped (91g)

carrots, sliced

1 medium (61g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Dinner 3 [↗](#)

Eat on day 4

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



garlic, minced

1 1/2 clove(s) (5g)

salt

1 dash (1g)

oil

1/2 tbsp (8mL)

collard greens

1/2 lbs (227g)

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.

Cajun tofu

196 cals ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



firm tofu, patted dry & cubed

6 1/4 oz (177g)

oil

1 1/4 tsp (6mL)

cajun seasoning

5 dash (1g)

1. Preheat oven to 425°F (220°C).
 2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
 3. Bake until crisp, 20-25 minutes. Serve.
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Dinner 4 [🔗](#)

Eat on day 5

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



salt

1/3 dash (0g)

water

2/3 cup(s) (158mL)

lentils, raw, rinsed

2 2/3 tbsp (32g)

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.

Spicy sriracha peanut tofu

171 cals ● 10g protein ● 12g fat ● 5g carbs ● 1g fiber



oil

1/4 tbsp (4mL)

water

1/8 cup(s) (20mL)

soy sauce

1/2 tsp (3mL)

peanut butter

1/2 tbsp (8g)

sriracha chili sauce

3/8 tbsp (6g)

garlic, minced

1/2 clove (2g)

firm tofu, patted dry & cubed

1/4 lbs (99g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

red onion, sliced

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

salad dressing

1 tbsp (15mL)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

romaine lettuce, shredded

1/2 hearts (250g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



Translation missing:
en.for_single_meal

sweet potatoes
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

sweet potatoes
1 sweetpotato, 5" long (210g)

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.

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Translation missing:
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vegan sausage
1 sausage (100g)

For all 2 meals:

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
 2. Serve.
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Protein Supplement(s)

Eat every day

Protein shake

2 scoop - 218 cals  48g protein  1g fat  2g carbs  2g fiber



Translation missing:
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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. The recipe has no instructions.