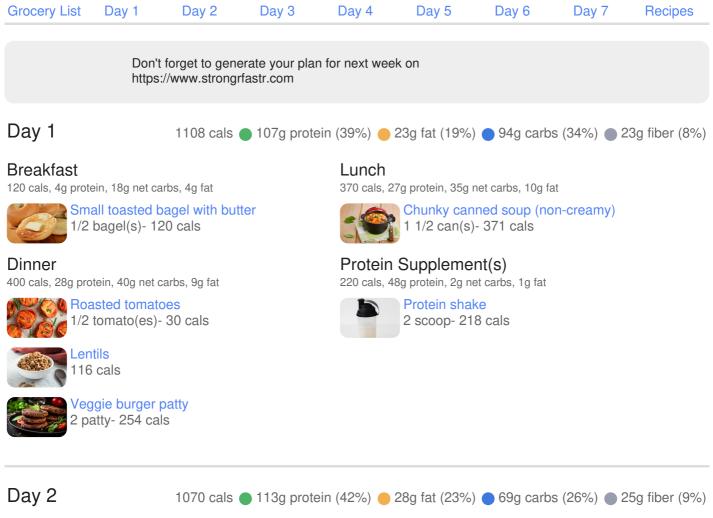
# Meal Plan - 1100 calorie vegetarian meal plan



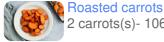


# Breakfast

120 cals, 4g protein, 18g net carbs, 4g fat

Small toasted bagel with butter 1/2 bagel(s)- 120 cals

Dinner 360 cals, 34g protein, 15g net carbs, 13g fat



Vegan crumbles 1 3/4 cup(s)- 256 cals

2 carrots(s)- 106 cals

Lunch

370 cals, 27g protein, 35g net carbs, 10g fat



Chunky canned soup (non-creamy) 1 1/2 can(s)- 371 cals

# Protein Supplement(s)

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



**Protein shake** 2 scoop- 218 cals

# Day 3

# Breakfast

225 cals, 14g protein, 16g net carbs, 10g fat



Grapefruit 1/2 grapefruit- 59 cals

Carrot sticks 1 carrot(s)- 27 cals

Boiled eggs 2 egg(s)- 139 cals

Dinner 325 cals, 23g protein, 11g net carbs, 18g fat



Peanut tempeh 2 oz tempeh- 217 cals

Caprese salad

107 cals

Lunch

295 cals, 12g protein, 45g net carbs, 4g fat



Pita bread 1 pita bread(s)- 78 cals



Tzatziki chickpea tabbouleh salad 215 cals

# Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals





1/2 grapefruit- 59 cals

Grapefruit



Carrot sticks 1 carrot(s)- 27 cals

Boiled eggs 2 egg(s)- 139 cals

Dinner 385 cals, 19g protein, 53g net carbs, 7g fat



Lentil & tomato pasta 316 cals



Caprese salad 71 cals Pita bread 1 pita bread

1 pita bread(s)- 78 cals



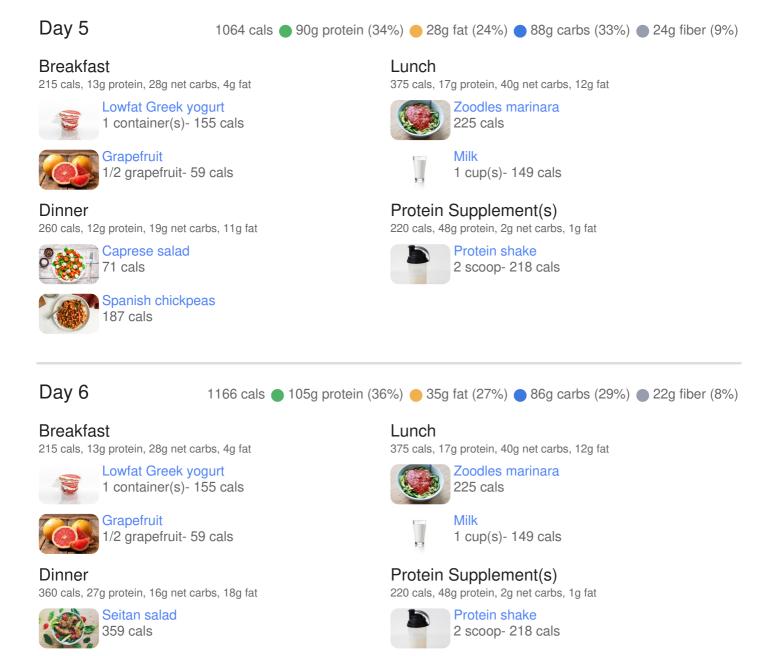
Tzatziki chickpea tabbouleh salad 215 cals

# Protein Supplement(s)

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



Protein shake 2 scoop- 218 cals



# Day 7

1142 cals • 104g protein (36%) • 52g fat (41%) • 50g carbs (17%) • 16g fiber (6%)

# Breakfast

215 cals, 13g protein, 28g net carbs, 4g fat



Grapefruit 1/2 grapefruit- 59 cals

1 container(s)- 155 cals

Lowfat Greek yogurt

Dinner 360 cals, 27g protein, 16g net carbs, 18g fat



Seitan salad 359 cals

# Lunch

350 cals, 15g protein, 4g net carbs, 29g fat



Cheese and guac tacos 2 taco(s)- 350 cals

# Protein Supplement(s)

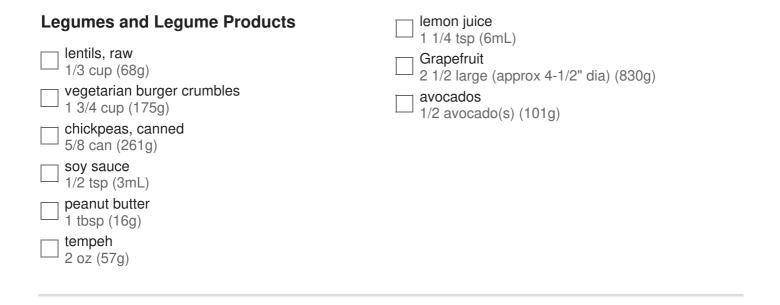
220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake 2 scoop- 218 cals



Beverages	Other
water	veggie burger patty
└── 15 cup(s) (3588mL)	└── 2 patty (142g)
protein powder 14 scoop (1/3 cup ea) (434g)	☐ tzatziki 1/4 cup(s) (56g)
	nutritional yeast
Vegetables and Vegetable Products	└── 3 1/2 g (3g)
	mixed greens
tomatoes 3 medium whole (2-3/5" dia) (363g)	└── 5/8 package (5.5 oz) (90g)
□ carrots	guacamole, store-bought 4 tbsp (62g)
4 1/2 medium (281g)	+ 105p (02g)
Cucumber	Soups, Sauces, and Gravies
└── 1/6 cucumber (8-1/4") (50g)	• • •
fresh parsley	chunky canned soup (non-creamy varieties)
└── 1 1/3 sprigs (1g) ┌── tomato paste	└── 3 can (~19 oz) (1578g) ┌── pasta sauce
3/4 tbsp (12g)	2 cup (520g)
canned crushed tomatoes	
└──┘ 1/4 can (101g)	Dairy and Egg Products
	— huttor
1/4  clove(s) (1g)	☐ butter 1/2 tbsp (7g)
onion 3/8 large (56g)	r fresh mozzarella cheese
resh spinach	└── 1 3/4 oz (50g)
1/2 10oz package (148g)	eggs 4 large (200g)
bell pepper 1/4 large (41g)	Iowfat flavored greek yogurt 3 (5.3 oz ea) container(s) (450g)
☐ zucchini 4 medium (784g)	$rac{1}{1}$ whole milk
4 medium (704g)	2 cup (480mL)
Fats and Oils	🖳 cheddar cheese
	└── 1/2 cup, shredded (57g)
□	Delved Dreducto
balsamic vinaigrette	Baked Products
3 1/2 tsp (18mL)	bagel
salad dressing	└─┘ 1 small bagel (3" dia) (69g)
2 tbsp (30mL)	pita bread
	└── 2 pita, small (4" dia) (56g)
Spices and Herbs	Cereal Grains and Pasta
r salt	
└── 1/3 dash (0g)	instant couscous, flavored
$\square$ ground cumin	└── 1/3 box (5.8 oz) (55g) ┌── uncooked dry pasta
└── 2 1/2 g (2g) ┌─┐ fresh basil	1 oz (32g)
1/4 cup leaves, whole (7g)	r seitan
paprika	└── 6 oz (170g)
5 dash (1g)	
	Fruits and Fruit Juices



# Recipes



# Breakfast 1 🗹

Eat on day 1, day 2

### Small toasted bagel with butter

1/2 bagel(s) - 120 cals • 4g protein • 4g fat • 18g carbs • 1g fiber



For single meal:

**butter** 1/4 tbsp (4g) **bagel** 1/2 small bagel (3" dia) (35g) For all 2 meals:

**butter** 1/2 tbsp (7g) **bagel** 1 small bagel (3" dia) (69g)

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

# Breakfast 2 🗹

Eat on day 3, day 4

# Grapefruit

1/2 grapefruit - 59 cals 
1g protein 
0g fat 
12g carbs 
2g fiber

For single meal:

**Grapefruit** 1/2 large (approx 4-1/2" dia) (166g) For all 2 meals:

**Grapefruit** 1 large (approx 4-1/2" dia) (332g)

- 1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
- 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Carrot sticks 1 carrot(s) - 27 cals 
1g protein 
0g fat 
4g carbs 
2g fiber



For single meal: carrots 1 medium (61g) For all 2 meals:

carrots 2 medium (122g)

1. Cut carrots into strips and serve.

# Boiled eggs

2 egg(s) - 139 cals 
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.

# Breakfast 3 2 Eat on day 5, day 6, day 7 Lowfat Greek yogurt 1 container(s) - 155 cals 12g protein 4g fat 16g carbs 2g fiber For single meal: For single meal: Image: Nowfat flavored greek yogurt 1 (5.3 oz ea) container(s) (150g) Image: Nowfat flavored greek yogurt 3 (5.3 oz ea) container(s) (450g)

1. This recipe has no instructions.



For single meal:

Grapefruit 1/2 large (approx 4-1/2" dia) (166g) For all 3 meals:

Grapefruit 1 1/2 large (approx 4-1/2" dia) (498g)

- 1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
- 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

# Lunch 1

Eat on day 1, day 2

# Chunky canned soup (non-creamy)

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



For single meal:

varieties) 1 1/2 can (~19 oz) (789g) For all 2 meals:

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

# 1. Prepare according to instructions on package.

# Lunch 2 🗹

Eat on day 3, day 4

# Pita bread

1 pita bread(s) - 78 cals 
3g protein 
9g fat 
14g carbs 
2g fiber

For single meal:

pita bread 1 pita, small (4" dia) (28g) For all 2 meals:

pita bread 2 pita, small (4" dia) (56g)



1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

### Tzatziki chickpea tabbouleh salad

215 cals 
10g protein 
4g fat 
31g carbs 
5g fiber



For single meal:

tzatziki 1/8 cup(s) (28g) instant couscous, flavored 1/6 box (5.8 oz) (27g) chickpeas, canned, drained & rinsed 1/6 can (75g) oil 1/8 tsp (0mL) ground cumin 1 1/3 dash (0g) cucumber, chopped 1/8 cucumber (8-1/4") (25g) tomatoes, chopped 1/6 roma tomato (13g) fresh parsley, chopped 2/3 sprigs (1g) lemon juice 1/4 tsp (1mL)

For all 2 meals:

tzatziki 1/4 cup(s) (56g)instant couscous, flavored 1/3 box (5.8 oz) (55g) chickpeas, canned, drained & rinsed 1/3 can (149g) oil 1/6 tsp (1mL) ground cumin 1/3 tsp (1g) cucumber, chopped 1/6 cucumber (8-1/4") (50g) tomatoes, chopped 1/3 roma tomato (27g) fresh parsley, chopped 1 1/3 sprigs (1g) lemon juice 1/2 tsp (2mL)

- 1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
- 2. Meanwhile, cook couscous according to package.
- 3. Once cooked, mix couscous with parsley, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve with tzatziki.

# Lunch 3 🗹

Eat on day 5, day 6

# Zoodles marinara

225 cals 
9g protein 
4g fat 
28g carbs 
10g fiber



For single meal:

pasta sauce 1 cup (260g) zucchini 2 medium (392g) For all 2 meals:

pasta sauce 2 cup (520g) zucchini 4 medium (784g)

- 1. Spiralize zucchini.
- 2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
- 3. (optional) Transfer zoodles to towel and pat any excess water off.
- 4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
- 5. Serve.

### 1 cup(s) - 149 cals 8g protein 8g fat 12g carbs 0g fiber

For single meal:

whole milk 1 cup (240mL) For all 2 meals:

whole milk 2 cup (480mL)

1. This recipe has no instructions.

# Lunch 4 🗹

Eat on day 7

# Cheese and guac tacos

2 taco(s) - 350 cals 
15g protein 
29g fat 
4g carbs 
4g fiber



Makes 2 taco(s)

cheddar cheese 1/2 cup, shredded (57g) guacamole, store-bought 4 tbsp (62g)

- 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.

Dinner 1 🗹

Eat on day 1

### Roasted tomatoes

1/2 tomato(es) - 30 cals Og protein Og fat Ig carbs Ig fiber



Makes 1/2 tomato(es)

tomatoes 1/2 small whole (2-2/5" dia) (46g) oil 1/2 tsp (3mL)

- 1. Preheat oven to 450°F (230°C).
- Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
- 3. Bake for 30-35 minutes until soft. Serve.

### Lentils

116 cals Sg protein Sg fat 17g carbs 3g fiber



salt 1/3 dash (0g) water 2/3 cup(s) (158mL) lentils, raw, rinsed 2 2/3 tbsp (32g)

- 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.

# Veggie burger patty

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



Makes 2 patty

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

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

# Dinner 2 🗹

Eat on day 2

### **Roasted carrots**

2 carrots(s) - 106 cals 
1g protein 
5g fat 
10g carbs 
4g fiber



oil 1 tsp (5mL) carrots, sliced 2 large (144g)

Makes 2 carrots(s)

- 1. Preheat oven to 400°F (200°C).
- Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

# Vegan crumbles



1 3/4 cup(s) - 256 cals 
33g protein 
8g fat 
5g carbs 
10g fiber

Makes 1 3/4 cup(s)

**vegetarian burger crumbles** 1 3/4 cup (175g)  Cook crumbles according to package instructions. Season with salt and pepper. Dinner 3 🗹

Eat on day 3

### Peanut tempeh

2 oz tempeh - 217 cals 
16g protein 
11g fat 
7g carbs 
5g fiber



Makes 2 oz tempeh

nutritional yeast 1/4 tbsp (1g) soy sauce 1/2 tsp (3mL) lemon juice 1/4 tbsp (4mL) peanut butter 1 tbsp (16g) tempeh 2 oz (57g)

- Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
- 2. Cut tempeh into nuggetshaped slices.
- In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
- 4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
- 5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
- 6. Drizzle extra sauce on top and serve.

### Caprese salad

107 cals 
6g protein 
7g fat 
4g carbs 
1g fiber



balsamic vinaigrette 1/2 tbsp (8mL) fresh basil 2 tbsp leaves, whole (3g) tomatoes, halved 4 tbsp cherry tomatoes (37g) mixed greens 1/4 package (5.5 oz) (39g) fresh mozzarella cheese 3/4 oz (21g)

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

Dinner 4 🗹

Eat on day 4

### Lentil & tomato pasta

316 cals 
15g protein 
2g fat 
51g carbs 
8g fiber



tomato paste 1/4 tbsp (4g) oil 1/6 tsp (1mL) ground cumin 1 dash (0g) paprika 1 dash (0g) water 1/4 cup(s) (52mL) canned crushed tomatoes 1/4 can (101g) carrots, chopped 1/4 medium (15g) garlic, minced 1/4 clove(s) (1g) onion, diced 1/8 large (19g) lentils, raw 3 tbsp (36g) uncooked dry pasta 1 oz (32g)

- Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
- 2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
- 3. Stir in tomato paste, crushed tomatoes, water, and lentils.
- Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
- 5. Meanwhile, cook pasta according to its package and set aside.
- 6. Mix pasta and sauce together and serve.

# Caprese salad

71 cals 🔵 4g protein 😑 5g fat 🔵 2g carbs 🌑 1g fiber



balsamic vinaigrette 1 tsp (5mL) fresh basil 4 tsp leaves, whole (2g) tomatoes, halved 2 2/3 tbsp cherry tomatoes (25g) mixed greens 1/6 package (5.5 oz) (26g) fresh mozzarella cheese 1/2 oz (14g)

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

# Dinner 5 🗹

Eat on day 5

### Caprese salad

71 cals • 4g protein • 5g fat • 2g carbs • 1g fiber



balsamic vinaigrette 1 tsp (5mL) fresh basil 4 tsp leaves, whole (2g) tomatoes, halved 2 2/3 tbsp cherry tomatoes (25g) mixed greens 1/6 package (5.5 oz) (26g) fresh mozzarella cheese 1/2 oz (14g)

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

### Spanish chickpeas

187 cals 
8g protein 
6g fat 
17g carbs 
8g fiber



ground cumin 1/4 tbsp (2g) paprika 4 dash (1g) oil 1/4 tbsp (4mL) water 1/4 cup(s) (59mL) fresh spinach 1 oz (28g) chickpeas, canned, drained & rinsed 1/4 can (112g) tomato paste 1/2 tbsp (8g) bell pepper, deseeded & sliced 1/4 large (41g) onion, sliced 1/4 large (38g)

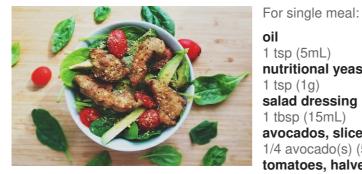
- Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
- Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
- Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
- Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

# Dinner 6 🗹

Eat on day 6, day 7

### Seitan salad

359 cals 
27g protein 
18g fat 
16g carbs 
7g fiber



oil 1 tsp (5mL) nutritional yeast 1 tsp (1g) salad dressing 1 tbsp (15mL) avocados, sliced 1/4 avocado(s) (50g) tomatoes, halved 6 cherry tomatoes (102g) fresh spinach 2 cup(s) (60g) seitan, sliced 3 oz (85g) For all 2 meals:

oil 2 tsp (10mL) nutritional yeast 2 tsp (3g) salad dressing 2 tbsp (30mL) avocados, sliced 1/2 avocado(s) (101g) tomatoes, halved 12 cherry tomatoes (204g) fresh spinach 4 cup(s) (120g) seitan, sliced 6 oz (170g)

- 1. Heat oil in a skillet over medium heat.
- 2. Add in sliced seitan and cook until browned, about 5 minutes.
- 3. Transfer to a bed of spinach.
- 4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

# Protein Supplement(s)

Eat every day

### Protein shake

2 scoop - 218 cals 
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.