

# Meal Plan - 1800 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

1844 cals ● 125g protein (27%) ● 72g fat (35%) ● 134g carbs (29%) ● 39g fiber (9%)

### Breakfast

180 cals, 5g protein, 27g net carbs, 5g fat



[Warm bananas & yogurt](#)  
1 banana(s)- 181 cals

### Snacks

235 cals, 15g protein, 34g net carbs, 3g fat



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



[Apple](#)  
1 apple(s)- 105 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

670 cals, 36g protein, 21g net carbs, 41g fat



[Tomato and avocado salad](#)  
235 cals



[Peanut tempeh](#)  
4 oz tempeh- 434 cals

### Dinner

595 cals, 34g protein, 52g net carbs, 23g fat



[Simple kale & avocado salad](#)  
115 cals



[Spinach lasagna](#)  
480 cals

## Day 2

1826 cals ● 122g protein (27%) ● 84g fat (41%) ● 111g carbs (24%) ● 34g fiber (7%)

### Breakfast

180 cals, 5g protein, 27g net carbs, 5g fat



**Warm bananas & yogurt**  
1 banana(s)- 181 cals

### Lunch

630 cals, 27g protein, 30g net carbs, 42g fat



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



**Grilled cheese sandwich**  
1 sandwich(es)- 495 cals



**Roasted peanuts**  
1/8 cup(s)- 115 cals

### Snacks

235 cals, 15g protein, 34g net carbs, 3g fat



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Apple**  
1 apple(s)- 105 cals

### Dinner

615 cals, 40g protein, 19g net carbs, 34g fat



**Basic tempeh**  
6 oz- 443 cals



**Simple kale & avocado salad**  
173 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals



## Day 3

1903 cals ● 137g protein (29%) ● 93g fat (44%) ● 100g carbs (21%) ● 30g fiber (6%)

### Breakfast

230 cals, 18g protein, 22g net carbs, 7g fat



[Banana & cottage cheese toast](#)

1 toast(s)- 161 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

### Snacks

260 cals, 16g protein, 28g net carbs, 10g fat



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Watermelon](#)

4 oz- 41 cals



[Vegan cheese](#)

1 1" cube- 91 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

630 cals, 27g protein, 30g net carbs, 42g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Grilled cheese sandwich](#)

1 sandwich(es)- 495 cals



[Roasted peanuts](#)

1/8 cup(s)- 115 cals

### Dinner

615 cals, 40g protein, 19g net carbs, 34g fat



[Basic tempeh](#)

6 oz- 443 cals



[Simple kale & avocado salad](#)

173 cals

## Day 4

1851 cals ● 122g protein (26%) ● 74g fat (36%) ● 133g carbs (29%) ● 41g fiber (9%)

### Breakfast

230 cals, 18g protein, 22g net carbs, 7g fat



[Banana & cottage cheese toast](#)

1 toast(s)- 161 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

### Snacks

260 cals, 16g protein, 28g net carbs, 10g fat



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Watermelon](#)

4 oz- 41 cals



[Vegan cheese](#)

1 1" cube- 91 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

595 cals, 23g protein, 30g net carbs, 33g fat



[Simple kale & avocado salad](#)

115 cals



[Chickpea stuffed avocado](#)

1/2 avocado- 481 cals

### Dinner

600 cals, 30g protein, 52g net carbs, 24g fat



[Pumpkin seeds](#)

183 cals



[Hearty tomato soup](#)

416 cals

## Day 5

1864 cals ● 117g protein (25%) ● 81g fat (39%) ● 126g carbs (27%) ● 42g fiber (9%)

### Breakfast

245 cals, 12g protein, 15g net carbs, 13g fat



[Toast with butter](#)  
1 slice(s)- 114 cals



[Chili and cheese omelet](#)  
108 cals



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

### Snacks

260 cals, 16g protein, 28g net carbs, 10g fat



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



[Watermelon](#)  
4 oz- 41 cals



[Vegan cheese](#)  
1 1" cube- 91 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

595 cals, 23g protein, 30g net carbs, 33g fat



[Simple kale & avocado salad](#)  
115 cals



[Chickpea stuffed avocado](#)  
1/2 avocado- 481 cals

### Dinner

600 cals, 30g protein, 52g net carbs, 24g fat



[Pumpkin seeds](#)  
183 cals



[Hearty tomato soup](#)  
416 cals

## Day 6

1839 cals ● 113g protein (25%) ● 53g fat (26%) ● 189g carbs (41%) ● 39g fiber (9%)

### Breakfast

245 cals, 12g protein, 15g net carbs, 13g fat



[Toast with butter](#)  
1 slice(s)- 114 cals



[Chili and cheese omelet](#)  
108 cals



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

### Snacks

285 cals, 8g protein, 28g net carbs, 13g fat



[Skillet cauliflower tots](#)  
53 cals



[Banana](#)  
1 banana(s)- 117 cals



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

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

495 cals, 27g protein, 39g net carbs, 21g fat



[Simple Greek cucumber salad](#)  
211 cals



[Chickpea & chickpea pasta](#)  
286 cals

### Dinner

650 cals, 30g protein, 105g net carbs, 4g fat



[Bbq cauliflower wings](#)  
535 cals



[Fruit juice](#)  
1 cup(s)- 115 cals



## Day 7

1839 cals ● 113g protein (25%) ● 53g fat (26%) ● 189g carbs (41%) ● 39g fiber (9%)

### Breakfast

245 cals, 12g protein, 15g net carbs, 13g fat



[Toast with butter](#)  
1 slice(s)- 114 cals



[Chili and cheese omelet](#)  
108 cals



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

### Snacks

285 cals, 8g protein, 28g net carbs, 13g fat



[Skillet cauliflower tots](#)  
53 cals



[Banana](#)  
1 banana(s)- 117 cals



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

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

495 cals, 27g protein, 39g net carbs, 21g fat



[Simple Greek cucumber salad](#)  
211 cals



[Chickpea & chickpea pasta](#)  
286 cals

### Dinner

650 cals, 30g protein, 105g net carbs, 4g fat



[Bbq cauliflower wings](#)  
535 cals



[Fruit juice](#)  
1 cup(s)- 115 cals



## Other

- ☐ cottage cheese & fruit cup  
5 container (850g)
- ☐ nutritional yeast  
2 1/4 oz (63g)
- ☐ vegan cheese, block  
3 1" cube (85g)
- ☐ smoked paprika  
1/2 tsp (1g)
- ☐ chickpea pasta  
2 oz (57g)

## Fruits and Fruit Juices

- ☐ apples  
2 medium (3" dia) (364g)
- ☐ orange juice  
2 tbsp (30mL)
- ☐ banana  
4 2/3 medium (7" to 7-7/8" long) (553g)
- ☐ lime juice  
1 tbsp (15mL)
- ☐ avocados  
3 avocado(s) (603g)
- ☐ lemon juice  
2 1/4 tbsp (34mL)
- ☐ lemon  
1 1/2 small (87g)
- ☐ Watermelon  
12 oz (340g)
- ☐ fruit juice  
16 fl oz (480mL)

## Dairy and Egg Products

- ☐ nonfat greek yogurt, plain  
2 container (350g)
- ☐ butter  
1/2 stick (59g)
- ☐ low fat cottage cheese (1% milkfat)  
13 1/4 tbsp (188g)
- ☐ eggs  
6 1/2 medium (285g)
- ☐ mozzarella cheese, shredded  
1 1/3 oz (38g)
- ☐ parmesan cheese  
2 tsp (4g)
- ☐ sliced cheese  
4 slice (1 oz ea) (112g)
- ☐ cheddar cheese  
1 1/2 tbsp, shredded (11g)

## Fats and Oils

- ☐ olive oil  
1 oz (36mL)
- ☐ oil  
2 oz (56mL)

## Spices and Herbs

- ☐ garlic powder  
2 dash (1g)
- ☐ salt  
1/2 tbsp (9g)
- ☐ black pepper  
1/4 tsp, ground (1g)
- ☐ basil, dried  
3/4 dash, leaves (0g)
- ☐ oregano, dried  
3/4 dash, leaves (0g)
- ☐ cinnamon  
2 dash (1g)
- ☐ chili powder  
1 3/4 tsp (5g)
- ☐ paprika  
1 tsp (2g)
- ☐ apple cider vinegar  
1 tbsp (15g)
- ☐ ground coriander  
1/4 tbsp (1g)
- ☐ red wine vinegar  
1/2 tbsp (8mL)
- ☐ dried dill weed  
1/2 tbsp (2g)

## Legumes and Legume Products

- ☐ soy sauce  
1 tsp (5mL)
- ☐ peanut butter  
2 tbsp (32g)
- ☐ tempeh  
1 lbs (454g)
- ☐ roasted peanuts  
1/2 cup (73g)
- ☐ lentils, raw  
1/2 cup (96g)
- ☐ vegetarian burger crumbles  
1/2 cup (50g)
- ☐ chickpeas, canned  
1 1/2 can (672g)

## Beverages



## Vegetables and Vegetable Products

- ☐ onion  
2 medium (2-1/2" dia) (229g)
- ☐ tomatoes  
4 2/3 medium whole (2-3/5" dia) (572g)
- ☐ kale leaves  
1 1/2 bunch (255g)
- ☐ frozen chopped spinach  
1/3 10 oz package (95g)
- ☐ garlic  
5 clove(s) (14g)
- ☐ canned stewed tomatoes  
1 can (~14.5 oz) (405g)
- ☐ tomato paste  
1 tbsp (16g)
- ☐ carrots  
1 large (72g)
- ☐ red onion  
3/8 medium (2-1/2" dia) (41g)
- ☐ cucumber  
1 1/2 cucumber (8-1/4") (452g)
- ☐ cauliflower  
2 head medium (5-6" dia.) (1124g)

- ☐ water  
10 3/4 cup(s) (2548mL)
- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/6 jar (32 oz) (151g)
- ☐ vegetable broth  
2 cup(s) (mL)
- ☐ barbecue sauce  
1 cup (286g)
- ☐ hot sauce  
1/4 tbsp (4mL)

## Cereal Grains and Pasta

- ☐ dry lasagna noodles  
1 1/3 oz (38g)

## Baked Products

- ☐ bread  
9 slice (288g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
  - ☐ sunflower kernels  
2 tbsp (24g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Warm bananas & yogurt

1 banana(s) - 181 cal ● 5g protein ● 5g fat ● 27g carbs ● 3g fiber



For single meal:

**nonfat greek yogurt, plain**

2 tbsp (35g)

**orange juice**

1 tbsp (15mL)

**banana, sliced**

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

**butter**

1 pat (1" sq, 1/3" high) (5g)

For all 2 meals:

**nonfat greek yogurt, plain**

4 tbsp (70g)

**orange juice**

2 tbsp (30mL)

**banana, sliced**

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

**butter**

2 pat (1" sq, 1/3" high) (10g)

1. Heat a small skillet over medium-low heat and melt butter.
2. Add banana slices and fry gently for 2 minutes. Be careful not to overcook or else bananas will become very mushy.
3. Add orange juice and cook for about 45 seconds.
4. Transfer bananas to a small bowl and serve with a dollop of Greek yogurt.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Banana & cottage cheese toast

1 toast(s) - 161 cal ● 11g protein ● 2g fat ● 22g carbs ● 3g fiber



For single meal:

**cinnamon**

1 dash (0g)

**banana, sliced**

1/2 extra small (less than 6" long) (41g)

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

4 tbsp (57g)

**bread**

1 slice (32g)

For all 2 meals:

**cinnamon**

2 dash (1g)

**banana, sliced**

1 extra small (less than 6" long) (81g)

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

1/2 cup (113g)

**bread**

2 slice (64g)

1. Toast bread.
2. Top toast with cottage cheese and sliced banana.
3. Sprinkle cinnamon on top and serve!

### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

For all 3 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

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### Chili and cheese omelet

108 cals ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**chili powder**  
2 dash (1g)  
**ground coriander**  
2 dash (0g)  
**eggs, beaten**  
1 large (50g)  
**olive oil**  
1/2 tsp (3mL)  
**cheddar cheese**  
1/2 tbsp, shredded (4g)

For all 3 meals:

**chili powder**  
1/4 tbsp (2g)  
**ground coriander**  
1/4 tbsp (1g)  
**eggs, beaten**  
3 large (150g)  
**olive oil**  
1/2 tbsp (8mL)  
**cheddar cheese**  
1 1/2 tbsp, shredded (11g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and 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 3 meals:

**tomatoes**  
18 cherry tomatoes (306g)

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

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## Lunch 1 [↗](#)

Eat on day 1

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### Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
  2. Meanwhile, prepare the avocado and tomato.
  3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
  4. Serve chilled.
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## Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

### nutritional yeast

1/2 tbsp (2g)

### soy sauce

1 tsp (5mL)

### lemon juice

1/2 tbsp (8mL)

### peanut butter

2 tbsp (32g)

### tempeh

4 oz (113g)

1. 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 nugget-shaped slices.
3. 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.

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## Lunch 2 [↗](#)

Eat on day 2, day 3

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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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## Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber





For single meal:

**bread**  
2 slice (64g)  
**butter**  
1 tbsp (14g)  
**sliced cheese**  
2 slice (1 oz ea) (56g)

For all 2 meals:

**bread**  
4 slice (128g)  
**butter**  
2 tbsp (28g)  
**sliced cheese**  
4 slice (1 oz ea) (112g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

## 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.

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## Lunch 3 [🔗](#)

Eat on day 4, day 5

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### Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**lemon, juiced**  
1/4 small (15g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**lemon, juiced**  
1/2 small (29g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
  2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
  3. Season with salt and pepper if desired. Serve.
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## Chickpea stuffed avocado

1/2 avocado - 481 cals ● 20g protein ● 25g fat ● 25g carbs ● 18g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**sunflower kernels**  
1 tbsp (12g)  
**smoked paprika**  
1/4 tsp (1g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**lemon juice**  
1/2 tbsp (8mL)  
**chickpeas, canned, drained & rinsed**  
1/2 can (224g)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**sunflower kernels**  
2 tbsp (24g)  
**smoked paprika**  
1/2 tsp (1g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**lemon juice**  
1 tbsp (15mL)  
**chickpeas, canned, drained & rinsed**  
1 can (448g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
2. Slice open the avocado and discard the pit.
3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.

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## Lunch 4 [🔗](#)

Eat on day 6, day 7

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### Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

**olive oil**  
3/4 tbsp (11mL)  
**red wine vinegar**  
1/4 tbsp (4mL)  
**dried dill weed**  
1/4 tbsp (1g)  
**lemon juice**  
1 tsp (6mL)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**red onion, thinly sliced**  
1/6 medium (2-1/2" dia) (21g)  
**cucumber, sliced into half moons**  
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

**olive oil**  
1 1/2 tbsp (23mL)  
**red wine vinegar**  
1/2 tbsp (8mL)  
**dried dill weed**  
1/2 tbsp (2g)  
**lemon juice**  
3/4 tbsp (11mL)  
**nonfat greek yogurt, plain**  
3/4 cup (210g)  
**red onion, thinly sliced**  
3/8 medium (2-1/2" dia) (41g)  
**cucumber, sliced into half moons**  
1 1/2 cucumber (8-1/4") (452g)

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.

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## Chickpea & chickpea pasta

286 cals ● 13g protein ● 10g fat ● 25g carbs ● 10g fiber



For single meal:

**nutritional yeast**  
4 dash (1g)  
**butter**  
1/4 tbsp (4g)  
**oil**  
1/4 tbsp (4mL)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, drained & rinsed**  
1/4 can (112g)  
**chickpea pasta**  
1 oz (28g)  
**onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)

For all 2 meals:

**nutritional yeast**  
1 tsp (1g)  
**butter**  
1/2 tbsp (7g)  
**oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
2 clove(s) (6g)  
**chickpeas, canned, drained & rinsed**  
1/2 can (224g)  
**chickpea pasta**  
2 oz (57g)  
**onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

## Snacks 1 [🔗](#)

Eat on day 1, day 2

### Cottage cheese & fruit cup

1 container - 131 cal ● 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.

### Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber





For single meal:

**apples**

1 medium (3" dia) (182g)

For all 2 meals:

**apples**

2 medium (3" dia) (364g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**

1 container (170g)

For all 3 meals:

**cottage cheese & fruit cup**

3 container (510g)

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

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### Watermelon

4 oz - 41 cal ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

**Watermelon**

4 oz (113g)

For all 3 meals:

**Watermelon**

12 oz (340g)

1. Slice watermelon and serve.

### Vegan cheese

1 1" cube - 91 cal ● 1g protein ● 7g fat ● 6g carbs ● 0g fiber



For single meal:

**vegan cheese, block**  
1 1" cube (28g)

For all 3 meals:

**vegan cheese, block**  
3 1" cube (85g)

1. Slice and enjoy.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Skillet cauliflower tots

53 cals ● 3g protein ● 4g fat ● 2g carbs ● 1g fiber



For single meal:

**hot sauce**  
3/8 tsp (2mL)  
**oil**  
1/2 tsp (3mL)  
**garlic, diced**  
2 dash (1g)  
**eggs**  
1/4 extra large (14g)  
**cauliflower**  
1/4 cup(s), riced (32g)

For all 2 meals:

**hot sauce**  
1/4 tbsp (4mL)  
**oil**  
1 tsp (5mL)  
**garlic, diced**  
4 dash (1g)  
**eggs**  
1/2 extra large (28g)  
**cauliflower**  
1/2 cup(s), riced (64g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

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## 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.

## 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.

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## Dinner 1 [↗](#)

Eat on day 1

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### Simple kale & avocado salad

115 cal● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



**kale leaves, chopped**

1/4 bunch (43g)

**lemon, juiced**

1/4 small (15g)

**avocados, chopped**

1/4 avocado(s) (50g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Spinach lasagna

480 cal● 31g protein ● 15g fat ● 47g carbs ● 8g fiber



**low fat cottage cheese (1% milkfat)**  
1/3 cup (75g)  
**basil, dried**  
2/3 dash, leaves (0g)  
**eggs**  
1/6 medium (7g)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (9g)  
**mozzarella cheese, shredded, shredded**  
1 1/3 oz (38g)  
**water**  
1/4 cup(s) (59mL)  
**oregano, dried**  
2/3 dash, leaves (0g)  
**olive oil**  
1/2 tsp (3mL)  
**frozen chopped spinach**  
1/3 10 oz package (95g)  
**garlic, crushed**  
1/3 clove(s) (1g)  
**pasta sauce**  
1/6 jar (32 oz) (151g)  
**dry lasagna noodles**  
1 1/3 oz (38g)  
**parmesan cheese**  
2 tsp (4g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1/3 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. In a large pot over medium heat saute spinach, onion, oregano, basil and garlic in the olive oil. Pour in spaghetti sauce and water; simmer 20 minutes.
3. In a large bowl mix cottage cheese, mozzarella cheese, parmesan cheese, salt, pepper and egg.
4. Place a small amount of sauce in the bottom of a lasagna pan. Place some uncooked noodles on top of sauce and top with layer of sauce. Add more noodles and layer with 1/2 sauce and 1/2 cheese mixture, noodles and repeat until all is layered, finishing with sauce.
5. Cover with foil and bake in a preheated oven for 55 minutes. Remove foil and bake another 15 minutes. Let sit 10 minutes before serving.

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**tempeh**  
3/4 lbs (340g)

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.

### Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:  
**kale leaves, chopped**  
3/8 bunch (64g)  
**lemon, juiced**  
3/8 small (22g)  
**avocados, chopped**  
3/8 avocado(s) (75g)

For all 2 meals:  
**kale leaves, chopped**  
3/4 bunch (128g)  
**lemon, juiced**  
3/4 small (44g)  
**avocados, chopped**  
3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Dinner 3 [↗](#)

Eat on day 4, day 5

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#### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. This recipe has no instructions.

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#### Hearty tomato soup

416 cals ● 21g protein ● 10g fat ● 49g carbs ● 12g fiber





For single meal:

**chili powder**  
4 dash (1g)  
**paprika**  
4 dash (1g)  
**apple cider vinegar**  
1/2 tbsp (7g)  
**garlic, minced**  
1 clove(s) (3g)  
**vegetable broth**  
1 cup(s) (mL)  
**canned stewed tomatoes**  
1/2 can (~14.5 oz) (203g)  
**tomato paste**  
1/2 tbsp (8g)  
**lentils, raw**  
4 tbsp (48g)  
**vegetarian burger crumbles**  
4 tbsp (25g)  
**onion, diced**  
1/2 large (75g)  
**carrots, chopped**  
1/2 large (36g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**chili powder**  
1 tsp (3g)  
**paprika**  
1 tsp (2g)  
**apple cider vinegar**  
1 tbsp (15g)  
**garlic, minced**  
2 clove(s) (6g)  
**vegetable broth**  
2 cup(s) (mL)  
**canned stewed tomatoes**  
1 can (~14.5 oz) (405g)  
**tomato paste**  
1 tbsp (16g)  
**lentils, raw**  
1/2 cup (96g)  
**vegetarian burger crumbles**  
1/2 cup (50g)  
**onion, diced**  
1 large (150g)  
**carrots, chopped**  
1 large (72g)  
**oil**  
1 tbsp (15mL)

1. Heat oil in a thick-walled pot over medium heat. Add in carrots and onion and saute for about 8 minutes until softened.
  2. Stir in tomato paste. Then stir in garlic, crumbles, and lentils and cook mixture for about 3 minutes.
  3. Stir in broth, tomatoes, spices, and a hefty pinch of salt. Bring to a simmer and cover, cooking for about 15 minutes or until lentils are soft. Turn off heat and stir in apple cider vinegar. Serve.
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## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

**barbecue sauce**

1/2 cup (143g)

**salt**

4 dash (3g)

**nutritional yeast**

1/2 cup (30g)

**cauliflower**

2 head small (4" dia.) (530g)

For all 2 meals:

**barbecue sauce**

1 cup (286g)

**salt**

1 tsp (6g)

**nutritional yeast**

1 cup (60g)

**cauliflower**

4 head small (4" dia.) (1060g)

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.

### Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

**fruit juice**

8 fl oz (240mL)

For all 2 meals:

**fruit juice**

16 fl oz (480mL)

1. This recipe has no instructions.

# Protein Supplement(s)

Eat every day

## Protein shake

1 1/2 scoop - 164 cal● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- water**  
1 1/2 cup(s) (356mL)
- protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

- water**  
10 1/2 cup(s) (2489mL)
- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.