

# Meal Plan - 1900 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

1915 cals ● 154g protein (32%) ● 63g fat (30%) ● 159g carbs (33%) ● 25g fiber (5%)

### Breakfast

305 cals, 23g protein, 36g net carbs, 6g fat



[Egg white & salsa wrap](#)  
1 wrap(s)- 305 cals

### Snacks

240 cals, 9g protein, 21g net carbs, 12g fat



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



[Dark chocolate](#)  
1 square(s)- 60 cals



[Sweet potato chips](#)  
15 chips- 116 cals

### Protein Supplement(s)

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



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

### Lunch

615 cals, 52g protein, 61g net carbs, 13g fat



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



[Lentils](#)  
347 cals

### Dinner

540 cals, 22g protein, 40g net carbs, 30g fat



[Farro](#)  
1/2 cups, cooked- 185 cals



[Buffalo tofu](#)  
355 cals

## Day 2

1965 cals ● 127g protein (26%) ● 78g fat (36%) ● 156g carbs (32%) ● 32g fiber (7%)

### Breakfast

305 cals, 23g protein, 36g net carbs, 6g fat



[Egg white & salsa wrap](#)  
1 wrap(s)- 305 cals

### Snacks

240 cals, 9g protein, 21g net carbs, 12g fat



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



[Dark chocolate](#)  
1 square(s)- 60 cals



[Sweet potato chips](#)  
15 chips- 116 cals

### Protein Supplement(s)

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



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

### Lunch

595 cals, 26g protein, 32g net carbs, 36g fat



[Grilled cheese sandwich](#)  
1 sandwich(es)- 495 cals



[Simple salad with tomatoes and carrots](#)  
98 cals

### Dinner

610 cals, 22g protein, 66g net carbs, 23g fat



[Simple kale salad](#)  
1 1/2 cup(s)- 83 cals



[Spicy peanut & bean curry over rice](#)  
529 cals

## Day 3

1888 cals ● 119g protein (25%) ● 90g fat (43%) ● 117g carbs (25%) ● 34g fiber (7%)

### Breakfast

270 cals, 14g protein, 6g net carbs, 19g fat



[Egg in an eggplant](#)  
241 cals



[Carrot sticks](#)  
1 carrot(s)- 27 cals

### Snacks

175 cals, 7g protein, 32g net carbs, 1g fat



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



[Applesauce](#)  
114 cals

### Protein Supplement(s)

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



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

### Lunch

615 cals, 27g protein, 11g net carbs, 47g fat



[Roasted almonds](#)  
1/4 cup(s)- 222 cals



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

### Dinner

610 cals, 22g protein, 66g net carbs, 23g fat



[Simple kale salad](#)  
1 1/2 cup(s)- 83 cals



[Spicy peanut & bean curry over rice](#)  
529 cals

## Day 4

1872 cals ● 120g protein (26%) ● 101g fat (49%) ● 97g carbs (21%) ● 23g fiber (5%)

### Breakfast

270 cals, 14g protein, 6g net carbs, 19g fat



[Egg in an eggplant](#)  
241 cals



[Carrot sticks](#)  
1 carrot(s)- 27 cals

### Snacks

175 cals, 7g protein, 32g net carbs, 1g fat



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



[Applesauce](#)  
114 cals

### Protein Supplement(s)

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



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

### Lunch

615 cals, 27g protein, 11g net carbs, 47g fat



[Roasted almonds](#)  
1/4 cup(s)- 222 cals



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

### Dinner

595 cals, 23g protein, 46g net carbs, 34g fat



[Simple mozzarella and tomato salad](#)  
121 cals



[Flatbread margherita pizza](#)  
475 cals

## Day 5

1909 cals ● 126g protein (26%) ● 69g fat (33%) ● 145g carbs (30%) ● 51g fiber (11%)

### Breakfast

270 cals, 14g protein, 6g net carbs, 19g fat



[Egg in an eggplant](#)  
241 cals



[Carrot sticks](#)  
1 carrot(s)- 27 cals

### Snacks

245 cals, 10g protein, 18g net carbs, 12g fat



[Grapes](#)  
39 cals



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Protein Supplement(s)

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



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

### Lunch

565 cals, 25g protein, 57g net carbs, 19g fat



[Black bean and corn quesadillas](#)  
1/2 quesadilla(s)- 332 cals



[Easy chickpea salad](#)  
234 cals

### Dinner

615 cals, 29g protein, 63g net carbs, 18g fat



[Black bean & tofu taco pizza](#)  
1 taco pizza(s)- 616 cals

## Day 6

1898 cals ● 169g protein (36%) ● 64g fat (30%) ● 129g carbs (27%) ● 34g fiber (7%)

### Breakfast

285 cals, 18g protein, 13g net carbs, 17g fat



**Grapefruit**

1/2 grapefruit- 59 cals



**Egg & cheese mini muffin**

4 mini muffin(s)- 224 cals

### Snacks

245 cals, 10g protein, 18g net carbs, 12g fat



**Grapes**

39 cals



**High-protein granola bar**

1 bar(s)- 204 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

### Lunch

605 cals, 48g protein, 54g net carbs, 17g fat



**Lentils**

260 cals



**Garlic pepper seitan**

342 cals

### Dinner

550 cals, 44g protein, 42g net carbs, 16g fat



**Vegan crumbles**

2 cup(s)- 292 cals



**Roasted carrots**

2 carrots(s)- 106 cals



**Dinner roll**

2 roll(s)- 154 cals

## Day 7

1898 cals ● 169g protein (36%) ● 64g fat (30%) ● 129g carbs (27%) ● 34g fiber (7%)

### Breakfast

285 cals, 18g protein, 13g net carbs, 17g fat



**Grapefruit**

1/2 grapefruit- 59 cals



**Egg & cheese mini muffin**

4 mini muffin(s)- 224 cals

### Snacks

245 cals, 10g protein, 18g net carbs, 12g fat



**Grapes**

39 cals



**High-protein granola bar**

1 bar(s)- 204 cals

### Protein Supplement(s)

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



**Protein shake**

2 scoop- 218 cals

### Lunch

605 cals, 48g protein, 54g net carbs, 17g fat



**Lentils**

260 cals



**Garlic pepper seitan**

342 cals

### Dinner

550 cals, 44g protein, 42g net carbs, 16g fat



**Vegan crumbles**

2 cup(s)- 292 cals



**Roasted carrots**

2 carrots(s)- 106 cals



**Dinner roll**

2 roll(s)- 154 cals

## Baked Products

- ☐ flour tortillas  
4 tortilla (approx 7-8" dia) (193g)
- ☐ bread  
2 slice (64g)
- ☐ naan bread  
3/4 piece(s) (68g)
- ☐ corn tortillas  
3 tortilla, medium (approx 6" dia) (78g)
- ☐ Roll  
4 pan, dinner, or small roll (2" square, 2" high) (112g)

## Soups, Sauces, and Gravies

- ☐ salsa  
1/4 jar (116g)
- ☐ Frank's Red Hot sauce  
2 3/4 tbsp (41mL)
- ☐ apple cider vinegar  
1/2 tbsp (0mL)

## Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)  
10 oz (283g)
- ☐ egg whites  
1 cup (243g)
- ☐ sliced cheese  
2 slice (1 oz ea) (56g)
- ☐ butter  
1 1/4 tbsp (18g)
- ☐ eggs  
10 large (500g)
- ☐ fresh mozzarella cheese  
1 oz (28g)
- ☐ mozzarella cheese, shredded  
6 tbsp (32g)
- ☐ cheddar cheese  
1/2 cup, shredded (56g)
- ☐ mexican blend cheese  
3 tbsp shredded (21g)

## Beverages

- ☐ water  
22 1/4 cup (5338mL)
- ☐ protein powder  
14 scoop (1/3 cup ea) (434g)

## Other

## Sweets

- ☐ honey  
4 tsp (28g)
- ☐ chocolate, dark, 70-85%  
2 square(s) (20g)

## Spices and Herbs

- ☐ salt  
3 g (3g)
- ☐ crushed red pepper  
4 dash (1g)
- ☐ ground cumin  
2 1/2 tsp (5g)
- ☐ fresh basil  
1/8 oz (4g)
- ☐ black pepper  
1/2 g (1g)
- ☐ balsamic vinegar  
5 tsp (24mL)
- ☐ chili powder  
4 dash (1g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
4 1/2 medium whole (2-3/5" dia) (543g)
- ☐ romaine lettuce  
1/2 hearts (250g)
- ☐ carrots  
8 medium (486g)
- ☐ kale leaves  
3 cup, chopped (120g)
- ☐ garlic  
11 3/4 clove(s) (35g)
- ☐ onion  
1 3/4 medium (2-1/2" dia) (195g)
- ☐ fresh ginger  
2 tsp (4g)
- ☐ broccoli  
1 cup chopped (91g)
- ☐ eggplant  
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ whole kernel corn  
1/8 11oz can (24g)
- ☐ fresh parsley  
1 1/2 sprigs (2g)
- ☐ green pepper  
2 tbsp, chopped (19g)

## Cereal Grains and Pasta

- ☐ farro  
4 tbsp (52g)
- ☐ sweet potato chips  
30 chips (43g)
- ☐ vegan sausage  
1 sausage (100g)
- ☐ frozen riced cauliflower  
1 1/2 cup, prepared (255g)

## Legumes and Legume Products

- ☐ firm tofu  
1 1/4 lbs (553g)
- ☐ lentils, raw  
1 1/4 cup (240g)
- ☐ kidney beans  
1 can (448g)
- ☐ peanut butter  
2 tbsp (32g)
- ☐ soy sauce  
4 tbsp (60mL)
- ☐ black beans  
5/8 can(s) (274g)
- ☐ chickpeas, canned  
1/2 can (224g)
- ☐ vegetarian burger crumbles  
4 cup (400g)

## Fats and Oils

- ☐ oil  
1/4 lbs (114mL)
- ☐ ranch dressing  
2 tbsp (30mL)
- ☐ salad dressing  
1/4 cup (56mL)
- ☐ balsamic vinaigrette  
1/2 tbsp (7mL)
- ☐ olive oil  
1 1/2 oz (48mL)

- ☐ long-grain white rice  
1/3 cup (62g)
- ☐ seitan  
1/2 lbs (227g)

## Fruits and Fruit Juices

- ☐ applesauce  
4 to-go container (~4 oz) (488g)
- ☐ grapes  
2 cup (184g)
- ☐ Grapefruit  
1 large (approx 4-1/2" dia) (332g)

## Nut and Seed Products

- ☐ almonds  
1/2 cup, whole (72g)
- ☐ sesame seeds  
2 tsp (6g)

## Snacks

- ☐ high-protein granola bar  
3 bar (120g)



## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Egg white & salsa wrap

1 wrap(s) - 305 cal ● 23g protein ● 6g fat ● 36g carbs ● 3g fiber



Translation missing:  
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#### flour tortillas

1 tortilla (approx 10" dia) (72g)

#### salsa

1 1/2 tbsp (27g)

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

2 tbsp (28g)

#### egg whites

1/2 cup (122g)

For all 2 meals:

#### flour tortillas

2 tortilla (approx 10" dia) (144g)

#### salsa

3 tbsp (54g)

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

4 tbsp (57g)

#### egg whites

1 cup (243g)

1. Heat a non-stick skillet over medium-low heat. Pour egg whites into the skillet and season with some salt and pepper.
2. Flip the egg whites halfway, or scramble them, until cooked. Remove from heat.
3. Spread cottage cheese and salsa onto the tortilla. Add the cooked eggs, fold the tortilla and serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



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#### eggs

2 large (100g)

#### oil

2 tsp (10mL)

#### eggplant

2 1 inch (2.5 cm) slice(s) (120g)

For all 3 meals:

#### eggs

6 large (300g)

#### oil

2 tbsp (30mL)

#### eggplant

6 1 inch (2.5 cm) slice(s) (360g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber





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**carrots**  
1 medium (61g)

For all 3 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### Grapefruit

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



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**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)

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### Egg & cheese mini muffin

4 mini muffin(s) - 224 cals ● 17g protein ● 17g fat ● 1g carbs ● 0g fiber





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**cheddar cheese**  
3 tbsp, shredded (21g)  
**water**  
2 tsp (10mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**cheddar cheese**  
6 tbsp, shredded (42g)  
**water**  
4 tsp (20mL)  
**eggs**  
4 large (200g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

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## Lunch 1 [↗](#)

Eat on day 1

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### Vegan sausage

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



Makes 1 sausage(s)

**vegan sausage**  
1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

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### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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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## Lunch 2 [↗](#)

Eat on day 2

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### Grilled cheese sandwich

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



Makes 1 sandwich(es)

#### **sliced cheese**

2 slice (1 oz ea) (56g)

#### **butter**

1 tbsp (14g)

#### **bread**

2 slice (64g)

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.

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### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



#### **tomatoes, diced**

1/2 medium whole (2-3/5" dia) (62g)

#### **romaine lettuce, roughly chopped**

1/2 hearts (250g)

#### **carrots, sliced**

1/4 medium (15g)

#### **salad dressing**

3/4 tbsp (11mL)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Translation missing:  
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**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

### Low carb asian tofu bowl

393 cals ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber



Translation missing:  
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**fresh ginger, minced**  
1 tsp (2g)  
**garlic, minced**  
1 clove (3g)  
**firm tofu, drained and patted dry**  
5 oz (142g)  
**sesame seeds**  
1 tsp (3g)  
**oil**  
1 1/2 tbsp (23mL)  
**soy sauce**  
2 tbsp (30mL)  
**frozen riced cauliflower**  
3/4 cup, prepared (128g)  
**broccoli**  
1/2 cup chopped (46g)

For all 2 meals:

**fresh ginger, minced**  
2 tsp (4g)  
**garlic, minced**  
2 clove (6g)  
**firm tofu, drained and patted dry**  
10 oz (284g)  
**sesame seeds**  
2 tsp (6g)  
**oil**  
3 tbsp (45mL)  
**soy sauce**  
4 tbsp (60mL)  
**frozen riced cauliflower**  
1 1/2 cup, prepared (255g)  
**broccoli**  
1 cup chopped (91g)

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.

## Lunch 4 [🔗](#)

Eat on day 5

### Black bean and corn quesadillas

1/2 quesadilla(s) - 332 cals ● 13g protein ● 14g fat ● 31g carbs ● 6g fiber



Makes 1/2 quesadilla(s)

**black beans, rinsed and drained**

1/8 can(s) (55g)

**whole kernel corn, drained**

1/8 11oz can (24g)

**mexican blend cheese**

3 tbsp shredded (21g)

**flour tortillas**

1 tortilla (approx 7-8" dia) (49g)

**butter**

1/4 tbsp (4g)

**salsa**

1/2 tbsp (8g)

**olive oil**

1/4 tsp (1mL)

1. Heat oil in a large saucepan over medium heat. Stir in beans and corn, then add the salsa; mix well. Cook until heated through, about 3 minutes.
2. Melt some of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Melt more butter as needed, and repeat with remaining tortillas and filling.
3. Note: For leftovers, store the bean mixture in the fridge in an airtight container. When ready to eat, reheat bean mixture in microwave and start at Step 2.

### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



**fresh parsley, chopped**

1 1/2 sprigs (2g)

**tomatoes, halved**

1/2 cup cherry tomatoes (75g)

**onion, thinly sliced**

1/4 small (18g)

**chickpeas, canned, drained and rinsed**

1/2 can (224g)

**apple cider vinegar**

1/2 tbsp (0mL)

**balsamic vinegar**

1/2 tbsp (8mL)

1. Add all ingredients to a bowl and toss. Serve!



## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



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**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**salt**  
1 1/2 dash (1g)  
**water**  
3 cup(s) (711mL)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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.

### Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



Translation missing:  
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**garlic, minced**  
1 1/4 clove(s) (4g)  
**seitan, chicken style**  
4 oz (113g)  
**salt**  
1/2 dash (0g)  
**water**  
1/2 tbsp (8mL)  
**black pepper**  
1 dash, ground (0g)  
**green pepper**  
1 tbsp, chopped (9g)  
**onion**  
2 tbsp, chopped (20g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**garlic, minced**  
2 1/2 clove(s) (8g)  
**seitan, chicken style**  
1/2 lbs (227g)  
**salt**  
1 dash (1g)  
**water**  
1 tbsp (15mL)  
**black pepper**  
2 dash, ground (1g)  
**green pepper**  
2 tbsp, chopped (19g)  
**onion**  
4 tbsp, chopped (40g)  
**olive oil**  
2 tbsp (30mL)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Cottage cheese & honey

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



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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.

### Dark chocolate

1 square(s) - 60 cals ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



Translation missing:  
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#### **chocolate, dark, 70-85%**

1 square(s) (10g)

For all 2 meals:

#### **chocolate, dark, 70-85%**

2 square(s) (20g)

1. The recipe has no instructions.

### Sweet potato chips

15 chips - 116 cals ● 1g protein ● 8g fat ● 10g carbs ● 2g fiber



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#### **sweet potato chips**

15 chips (21g)

For all 2 meals:

#### **sweet potato chips**

30 chips (43g)

1. Serve chips in a bowl and enjoy.

## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Cottage cheese & honey

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



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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.

### Applesauce

114 cals ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



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#### **applesauce**

2 to-go container (~4 oz) (244g)

For all 2 meals:

#### **applesauce**

4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### Grapes

39 cals ● 0g protein ● 0g fat ● 6g carbs ● 2g fiber



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#### **grapes**

2/3 cup (61g)

For all 3 meals:

#### **grapes**

2 cup (184g)

1. The recipe has no instructions.

### High-protein granola bar



1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



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**high-protein granola bar**  
1 bar (40g)

For all 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Farro

1/2 cups, cooked - 185 cals ● 6g protein ● 1g fat ● 33g carbs ● 5g fiber



Makes 1/2 cups, cooked

**water**

2 cup(s) (474mL)

**farro**

4 tbsp (52g)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

### Buffalo tofu

355 cals ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



**firm tofu, patted dry & cubed**

1/2 lbs (198g)

**oil**

1/2 tbsp (8mL)

**ranch dressing**

2 tbsp (30mL)

**Frank's Red Hot sauce**

2 1/2 tbsp (40mL)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



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#### salad dressing

1 1/2 tbsp (23mL)

#### kale leaves

1 1/2 cup, chopped (60g)

For all 2 meals:

#### salad dressing

3 tbsp (45mL)

#### kale leaves

3 cup, chopped (120g)

1. Toss kale in dressing of your choice and serve.

### Spicy peanut & bean curry over rice

529 cals ● 20g protein ● 18g fat ● 59g carbs ● 14g fiber



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#### garlic, diced

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

#### onion, diced

1/2 medium (2-1/2" dia) (55g)

#### kidney beans, drained and rinsed

1/2 can (224g)

#### oil

1/2 tbsp (8mL)

#### crushed red pepper

2 dash (0g)

#### long-grain white rice

2 2/3 tbsp (31g)

#### peanut butter

1 tbsp (16g)

#### water

1/2 cup(s) (119mL)

#### ground cumin

1/4 tbsp (2g)

#### tomatoes, chopped

1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

#### garlic, diced

3 clove(s) (9g)

#### onion, diced

1 medium (2-1/2" dia) (110g)

#### kidney beans, drained and rinsed

1 can (448g)

#### oil

1 tbsp (15mL)

#### crushed red pepper

4 dash (1g)

#### long-grain white rice

1/3 cup (62g)

#### peanut butter

2 tbsp (32g)

#### water

1 cup(s) (237mL)

#### ground cumin

1/2 tbsp (3g)

#### tomatoes, chopped

2 medium whole (2-3/5" dia) (246g)

1. Cook rice according to package instructions. Set aside.
2. Heat oil in a large skillet over medium heat. Add onions and garlic and saute until softened, about 10 minutes.
3. Add in tomatoes, cumin, crushed red pepper, and a hefty pinch of salt. Feel free to add more/less crushed red pepper depending on your preferred spice level. Stir and toast spices, about 1 minute.
4. Add in kidney beans, water, and peanut butter. Stir peanut butter into the water and break it apart and turn it into a sauce-like consistency. Cook for 5-8 more minutes until beans are heated through and sauce is bubbly.
5. Add rice to a plate and spoon the curry on top. Serve.

## Dinner 3 [↗](#)

Eat on day 4

### Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



#### tomatoes, sliced

3/8 large whole (3" dia) (68g)

#### fresh mozzarella cheese, sliced

1 oz (28g)

#### fresh basil

1/2 tbsp, chopped (1g)

#### balsamic vinaigrette

1/2 tbsp (8mL)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

### Flatbread margherita pizza

475 cals ● 16g protein ● 26g fat ● 43g carbs ● 3g fiber



#### garlic, finely diced

2 1/4 clove(s) (7g)

#### tomatoes, thinly sliced

3/4 medium whole (2-3/5" dia) (92g)

#### black pepper

3/4 dash (0g)

#### salt

3/4 dash (0g)

#### balsamic vinegar

1 tbsp (17mL)

#### olive oil

1 tbsp (17mL)

#### fresh basil

4 1/2 leaves (2g)

#### mozzarella cheese, shredded

6 tbsp (32g)

#### naan bread

3/4 piece(s) (68g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

## Dinner 4 [↗](#)

Eat on day 5

### Black bean & tofu taco pizza

1 taco pizza(s) - 616 cal ● 29g protein ● 18g fat ● 63g carbs ● 22g fiber



Makes 1 taco pizza(s)

**black beans, drained & rinsed**

1/2 can(s) (220g)

**garlic, minced**

2 clove(s) (6g)

**onion, diced**

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

**firm tofu, patted dry & crumbed**

2 1/2 oz (71g)

**water**

1/8 cup(s) (30mL)

**oil**

1/2 tbsp (8mL)

**chili powder**

4 dash (1g)

**ground cumin**

1 tsp (2g)

**cheddar cheese**

2 tbsp, shredded (14g)

**salsa**

3 tbsp (54g)

**corn tortillas**

3 tortilla, medium (approx 6" dia) (78g)

1. Preheat the oven to 425°F (220°C).
2. Heat oil in a skillet over medium-high heat. Add the onion and cook for 5-7 minutes until softened. Stir in the chili powder, half of the garlic, and half of the cumin, and cook for 1 minute until fragrant.
3. Add the crumbled tofu, season with salt and pepper, and cook for 4-6 minutes until the tofu begins to crisp. Stir in just half of the salsa, then remove from heat and cover to keep warm.
4. In a small saucepan over medium heat, combine the black beans, remaining garlic, remaining cumin, water, salt, and pepper. Cook, mashing the beans with a fork, until heated through with only a few whole beans left, 3-5 minutes.
5. On a baking sheet, place one tortilla for each pizza. Spread an even layer of mashed beans on top, then add a second tortilla. Spread the tofu mixture over this second layer, and top with a third tortilla.
6. Finish with the remaining salsa and cheese on top. Bake for 8-10 minutes, until the cheese is melted and the tortillas are crisping around the edges. Serve and enjoy!
7. Meal Prep Tip: Cook the tofu and bean mixture in bulk and store them in separate airtight containers in the fridge for up to 3-4 days. When you're ready to eat, simply warm the fillings, assemble the pizzas, and heat them in the oven.



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## Dinner 5 [↗](#)

Eat on day 6 and day 7

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### Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



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**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
- 

### Roasted carrots

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



Translation missing:  
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**carrots, sliced**  
2 large (144g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**carrots, sliced**  
4 large (288g)  
**oil**  
2 tsp (10mL)

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

### Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



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

For all 2 meals:

**Roll**  
4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.
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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.