

# Meal Plan - 1900 calorie vegetarian meal plan



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Don't forget to generate your plan for next week on  
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## Day 1

1853 cals ● 140g protein (30%) ● 56g fat (27%) ● 170g carbs (37%) ● 28g fiber (6%)

### Breakfast

360 cals, 31g protein, 21g net carbs, 14g fat



[Protein shake \(milk\)](#)  
129 cals



[Carrot sticks](#)  
3 1/2 carrot(s)- 95 cals



[Boiled eggs](#)  
2 egg(s)- 139 cals

### Snacks

195 cals, 6g protein, 28g net carbs, 5g fat



[Breakfast cereal](#)  
193 cals

### Protein Supplement(s)

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



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

### Lunch

650 cals, 37g protein, 43g net carbs, 33g fat



[Mixed vegetables](#)  
1 1/2 cup(s)- 146 cals



[Lemon pepper tofu](#)  
14 oz- 504 cals

### Dinner

430 cals, 17g protein, 76g net carbs, 3g fat



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



[Lentil & tomato pasta](#)  
316 cals

## Day 2

1870 cals ● 145g protein (31%) ● 69g fat (33%) ● 127g carbs (27%) ● 40g fiber (9%)

### Breakfast

360 cals, 31g protein, 21g net carbs, 14g fat



Protein shake (milk)  
129 cals



Carrot sticks  
3 1/2 carrot(s)- 95 cals



Boiled eggs  
2 egg(s)- 139 cals

### Snacks

195 cals, 6g protein, 28g net carbs, 5g fat



Breakfast cereal  
193 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

550 cals, 40g protein, 16g net carbs, 30g fat



Roasted broccoli with nutritional yeast  
1 cup(s)- 108 cals



Basic tempeh  
6 oz- 443 cals

### Dinner

545 cals, 20g protein, 60g net carbs, 19g fat



Tossed salad  
182 cals



Spinach parmesan pasta  
365 cals

## Day 3

1925 cals ● 152g protein (32%) ● 84g fat (39%) ● 115g carbs (24%) ● 25g fiber (5%)

### Breakfast

310 cals, 15g protein, 19g net carbs, 17g fat



Avocado toast with egg  
1 slice(s)- 238 cals



Milk  
1/2 cup(s)- 75 cals

### Snacks

215 cals, 5g protein, 22g net carbs, 11g fat



Sugar snap peas  
1/2 cup- 14 cals



Walnuts  
1/6 cup(s)- 117 cals



Fruit juice  
3/4 cup(s)- 86 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

550 cals, 40g protein, 16g net carbs, 30g fat



Roasted broccoli with nutritional yeast  
1 cup(s)- 108 cals



Basic tempeh  
6 oz- 443 cals

### Dinner

630 cals, 45g protein, 57g net carbs, 25g fat



Crispy chik'n tenders  
11 tender(s)- 628 cals

## Day 4

1910 cals ● 139g protein (29%) ● 81g fat (38%) ● 138g carbs (29%) ● 19g fiber (4%)

### Breakfast

310 cals, 15g protein, 19g net carbs, 17g fat



**Avocado toast with egg**  
1 slice(s)- 238 cals



**Milk**  
1/2 cup(s)- 75 cals

### Snacks

215 cals, 5g protein, 22g net carbs, 11g fat



**Sugar snap peas**  
1/2 cup- 14 cals



**Walnuts**  
1/6 cup(s)- 117 cals



**Fruit juice**  
3/4 cup(s)- 86 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

### Lunch

535 cals, 26g protein, 39g net carbs, 27g fat



**Roasted carrots**  
2 carrots(s)- 106 cals



**Basic tofu**  
6 oz- 257 cals



**Lentils**  
174 cals

### Dinner

630 cals, 45g protein, 57g net carbs, 25g fat



**Crispy chik'n tenders**  
11 tender(s)- 628 cals



## Day 5

1912 cals ● 126g protein (26%) ● 74g fat (35%) ● 161g carbs (34%) ● 25g fiber (5%)

### Breakfast

250 cals, 14g protein, 5g net carbs, 19g fat



Sauteed Kale

61 cals



Kale & eggs

189 cals

### Snacks

305 cals, 7g protein, 63g net carbs, 2g fat



Fruit juice

1 cup(s)- 115 cals



Pretzels

193 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

535 cals, 26g protein, 39g net carbs, 27g fat



Roasted carrots

2 carrots(s)- 106 cals



Basic tofu

6 oz- 257 cals



Lentils

174 cals

### Dinner

600 cals, 30g protein, 53g net carbs, 25g fat



Chik'n nuggets

6 nuggets- 331 cals



Tossed salad

121 cals



Milk

1 cup(s)- 149 cals

## Day 6

1948 cals ● 131g protein (27%) ● 67g fat (31%) ● 170g carbs (35%) ● 36g fiber (7%)

### Breakfast

250 cals, 14g protein, 5g net carbs, 19g fat



Sauteed Kale

61 cals



Kale & eggs

189 cals

### Snacks

305 cals, 7g protein, 63g net carbs, 2g fat



Fruit juice

1 cup(s)- 115 cals



Pretzels

193 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

570 cals, 31g protein, 48g net carbs, 20g fat



Raspberries

1 1/2 cup(s)- 108 cals



Seitan salad

359 cals



Tomato soup

1/2 can(s)- 105 cals

### Dinner

600 cals, 30g protein, 53g net carbs, 25g fat



Chik'n nuggets

6 nuggets- 331 cals



Tossed salad

121 cals



Milk

1 cup(s)- 149 cals

## Day 7

1872 cals ● 121g protein (26%) ● 55g fat (26%) ● 186g carbs (40%) ● 36g fiber (8%)

### Breakfast

250 cals, 14g protein, 5g net carbs, 19g fat



Sauteed Kale

61 cals



Kale & eggs

189 cals

### Snacks

305 cals, 7g protein, 63g net carbs, 2g fat



Fruit juice

1 cup(s)- 115 cals



Pretzels

193 cals

### Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

### Lunch

570 cals, 31g protein, 48g net carbs, 20g fat



Raspberries

1 1/2 cup(s)- 108 cals



Seitan salad

359 cals



Tomato soup

1/2 can(s)- 105 cals

### Dinner

525 cals, 21g protein, 69g net carbs, 14g fat



Tossed salad

121 cals



Milk

1 cup(s)- 149 cals



Pasta with store-bought sauce

255 cals

## Fruits and Fruit Juices

- ☐ fruit juice  
44 fl oz (1320mL)
- ☐ lemon  
1 small (58g)
- ☐ avocados  
1 avocado(s) (201g)
- ☐ raspberries  
3 cup (369g)

## Vegetables and Vegetable Products

- ☐ tomato paste  
1/4 tbsp (4g)
- ☐ canned crushed tomatoes  
1/4 can (101g)
- ☐ carrots  
14 medium (843g)
- ☐ garlic  
3/4 clove(s) (2g)
- ☐ onion  
1/8 large (19g)
- ☐ frozen mixed veggies  
1 1/2 cup (203g)
- ☐ red onion  
1/2 medium (2-1/2" dia) (62g)
- ☐ cucumber  
1/2 cucumber (8-1/4") (169g)
- ☐ romaine lettuce  
2 1/4 hearts (1125g)
- ☐ tomatoes  
3 1/3 medium whole (2-3/5" dia) (409g)
- ☐ fresh spinach  
2/3 10oz package (191g)
- ☐ broccoli  
2 cup chopped (182g)
- ☐ Sugar snap peas  
1 cup, whole (63g)
- ☐ ketchup  
1/2 cup (145g)
- ☐ kale leaves  
4 1/2 cup, chopped (180g)

## Fats and Oils

- ☐ oil  
1/4 lbs (137mL)
- ☐ salad dressing  
1/4 lbs (97mL)

## Spices and Herbs

## Beverages

- ☐ water  
16 1/3 cup(s) (3863mL)
- ☐ protein powder  
15 scoop (1/3 cup ea) (465g)

## Legumes and Legume Products

- ☐ lentils, raw  
2/3 cup (132g)
- ☐ firm tofu  
26 oz (737g)
- ☐ tempeh  
3/4 lbs (340g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
5 oz (146g)
- ☐ cornstarch  
2 tbsp (16g)
- ☐ seitan  
6 oz (170g)

## Dairy and Egg Products

- ☐ whole milk  
6 cup (1440mL)
- ☐ eggs  
12 large (600g)
- ☐ butter  
3/4 tbsp (11g)
- ☐ parmesan cheese  
2 tbsp (13g)

## Breakfast Cereals

- ☐ breakfast cereal  
2 serving (60g)

## Other

- ☐ nutritional yeast  
1/4 oz (6g)
- ☐ meatless chik'n tenders  
22 pieces (561g)
- ☐ vegan chik'n nuggets  
12 nuggets (258g)

## Baked Products

- ☐ ground cumin  
1 dash (0g)
- ☐ paprika  
1 dash (0g)
- ☐ lemon pepper  
4 dash (1g)
- ☐ salt  
3 g (3g)
- ☐ black pepper  
4 dash, ground (1g)

- ☐ bread  
2 slice (64g)

## Nut and Seed Products

- ☐ walnuts  
1/3 cup, shelled (33g)

## Snacks

- ☐ pretzels, hard, salted  
1/3 lbs (149g)

## Soups, Sauces, and Gravies

- ☐ condensed canned tomato soup  
1 can (10.5 oz) (298g)
  - ☐ pasta sauce  
1/8 jar (24 oz) (84g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

#### **whole milk**

1/2 cup (120mL)

#### **protein powder**

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

#### **whole milk**

1 cup (240mL)

#### **protein powder**

1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

### Carrot sticks

3 1/2 carrot(s) - 95 cal ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



For single meal:

#### **carrots**

3 1/2 medium (214g)

For all 2 meals:

#### **carrots**

7 medium (427g)

1. Cut carrots into strips and serve.

### Boiled eggs

2 egg(s) - 139 cal ● 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.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

**avocados, ripe, sliced**  
1/4 avocado(s) (50g)  
**eggs**  
1 large (50g)  
**bread**  
1 slice (32g)

For all 2 meals:

**avocados, ripe, sliced**  
1/2 avocado(s) (101g)  
**eggs**  
2 large (100g)  
**bread**  
2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

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### Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup (120mL)

For all 2 meals:

**whole milk**  
1 cup (240mL)

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**kale leaves**  
1 cup, chopped (40g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**kale leaves**  
3 cup, chopped (120g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

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### Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**oil**  
1 tsp (5mL)

For all 3 meals:

**salt**  
3 dash (1g)  
**eggs**  
6 large (300g)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**oil**  
1 tbsp (15mL)

1. Crack the eggs in a small bowl and whisk together.
  2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
  3. Heat your oil of choice in a frying pan over medium heat.
  4. Add egg mixture and cook to your preferred consistency.
  5. Serve.
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## Lunch 1 [↗](#)

Eat on day 1

### Mixed vegetables

1 1/2 cup(s) - 146 cal ● 7g protein ● 1g fat ● 19g carbs ● 8g fiber



Makes 1 1/2 cup(s)

#### frozen mixed veggies

1 1/2 cup (203g)

1. Prepare according to instructions on package.

### Lemon pepper tofu

14 oz - 504 cal ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



Makes 14 oz

#### lemon pepper

4 dash (1g)

#### oil

1 tbsp (15mL)

#### cornstarch

2 tbsp (16g)

#### lemon, zested

1 small (58g)

#### firm tofu, patted dry & cubed

14 oz (397g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Roasted broccoli with nutritional yeast

1 cup(s) - 108 cal ● 4g protein ● 7g fat ● 4g carbs ● 3g fiber



For single meal:

#### nutritional yeast

1/2 tbsp (2g)

#### oil

1/2 tbsp (8mL)

#### broccoli

1 cup chopped (91g)

For all 2 meals:

#### nutritional yeast

1 tbsp (4g)

#### oil

1 tbsp (15mL)

#### broccoli

2 cup chopped (182g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

## Basic tempeh

6 oz - 443 cal ● 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.

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## Lunch 3 [↗](#)

Eat on day 4, day 5

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### Roasted carrots

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



For single meal:

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

For all 2 meals:

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

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 about 30 minutes until soft. Serve.

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## Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber





For single meal:

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

For all 2 meals:

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

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

## Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**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 4 [🔗](#)

Eat on day 6, day 7

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### Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

**raspberries**  
1 1/2 cup (185g)

For all 2 meals:

**raspberries**  
3 cup (369g)

1. Rinse raspberries and serve.

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### Seitan salad

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



For single meal:

**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.

Tomato soup

1/2 can(s) - 105 cals ● 2g protein ● 1g fat ● 21g carbs ● 2g fiber



For single meal:

**condensed canned tomato soup**  
1/2 can (10.5 oz) (149g)

For all 2 meals:

**condensed canned tomato soup**  
1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.
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## Snacks 1 [↗](#)

Eat on day 1, day 2

### Breakfast cereal

193 cals ● 6g protein ● 5g fat ● 28g carbs ● 3g fiber



For single meal:

#### **breakfast cereal**

1 serving (30g)

#### **whole milk**

1/2 cup (120mL)

For all 2 meals:

#### **breakfast cereal**

2 serving (60g)

#### **whole milk**

1 cup (240mL)

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.

## Snacks 2 [↗](#)

Eat on day 3, day 4

### Sugar snap peas

1/2 cup - 14 cals ● 1g protein ● 0g fat ● 2g carbs ● 1g fiber



For single meal:

#### **Sugar snap peas**

1/2 cup, whole (32g)

For all 2 meals:

#### **Sugar snap peas**

1 cup, whole (63g)

1. Season with salt if desired and serve raw.

### Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

#### **walnuts**

2 2/3 tbsp, shelled (17g)

For all 2 meals:

#### **walnuts**

1/3 cup, shelled (33g)

1. This recipe has no instructions.



Fruit juice

3/4 cup(s) - 86 cals 1g protein 0g fat 19g carbs 0g fiber



For single meal:

fruit juice  
6 fl oz (180mL)

For all 2 meals:

fruit juice  
12 fl oz (360mL)

1. This recipe has no instructions.

Snacks 3

Eat on day 5, day 6, day 7

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 3 meals:

fruit juice  
24 fl oz (720mL)

1. This recipe has no instructions.

Pretzels

193 cals 5g protein 1g fat 38g carbs 2g fiber



For single meal:

pretzels, hard, salted  
1 3/4 oz (50g)

For all 3 meals:

pretzels, hard, salted  
1/3 lbs (149g)

1. This recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

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### Fruit juice

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



Makes 1 cup(s)

#### fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.

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### Lentil & tomato pasta

316 cal ● 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)

1. 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.
4. 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.

## Dinner 2 [↗](#)

Eat on day 2

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### Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



**red onion, sliced**

1/6 medium (2-1/2" dia) (21g)

**cucumber, sliced or diced**

1/6 cucumber (8-1/4") (56g)

**romaine lettuce, shredded**

3/4 hearts (375g)

**carrots, peeled and shredded or sliced**

3/4 small (5-1/2" long) (38g)

**tomatoes, diced**

3/4 small whole (2-2/5" dia) (68g)

**salad dressing**

1 1/2 tbsp (23mL)

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.

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### Spinach parmesan pasta

365 cals ● 13g protein ● 13g fat ● 44g carbs ● 4g fiber



**uncooked dry pasta**

2 oz (57g)

**butter**

3/4 tbsp (11g)

**garlic, minced**

1/2 clove(s) (2g)

**fresh spinach**

1/4 10oz package (71g)

**parmesan cheese**

2 tbsp (13g)

**salt**

1 dash (1g)

**black pepper**

4 dash, ground (1g)

**water**

1/8 cup(s) (20mL)

1. Cook pasta according to its package. Set pasta aside when finished.
  2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
  3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
  4. Stir in parmesan and season with salt and pepper.
  5. Serve.
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## Dinner 3 [🔗](#)

Eat on day 3, day 4

### Crispy chik'n tenders

11 tender(s) - 628 cals ● 45g protein ● 25g fat ● 57g carbs ● 0g fiber



For single meal:

#### **ketchup**

2 3/4 tbsp (47g)

#### **meatless chik'n tenders**

11 pieces (281g)

For all 2 meals:

#### **ketchup**

1/3 cup (94g)

#### **meatless chik'n tenders**

22 pieces (561g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

## Dinner 4 [🔗](#)

Eat on day 5, day 6

### Chik'n nuggets

6 nuggets - 331 cals ● 18g protein ● 14g fat ● 31g carbs ● 3g fiber



For single meal:

#### **vegan chik'n nuggets**

6 nuggets (129g)

#### **ketchup**

1 1/2 tbsp (26g)

For all 2 meals:

#### **vegan chik'n nuggets**

12 nuggets (258g)

#### **ketchup**

3 tbsp (51g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

### Tossed salad

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



For single meal:

**red onion, sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (38g)  
**romaine lettuce, shredded**  
1/2 hearts (250g)  
**carrots, peeled and shredded or sliced**  
1/2 small (5-1/2" long) (25g)  
**tomatoes, diced**  
1/2 small whole (2-2/5" dia) (46g)  
**salad dressing**  
1 tbsp (15mL)

For all 2 meals:

**red onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced or diced**  
1/4 cucumber (8-1/4") (75g)  
**romaine lettuce, shredded**  
1 hearts (500g)  
**carrots, peeled and shredded or sliced**  
1 small (5-1/2" long) (50g)  
**tomatoes, diced**  
1 small whole (2-2/5" dia) (91g)  
**salad dressing**  
2 tbsp (30mL)

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.

### Milk

1 cup(s) - 149 cal● 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.
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## Dinner 5 [↗](#)

Eat on day 7

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### Tossed salad

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



**red onion, sliced**

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

**cucumber, sliced or diced**

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

**romaine lettuce, shredded**

1/2 hearts (250g)

**carrots, peeled and shredded or sliced**

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

**tomatoes, diced**

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

**salad dressing**

1 tbsp (15mL)

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.

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### Milk

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



Makes 1 cup(s)

**whole milk**

1 cup (240mL)

1. This recipe has no instructions.

### Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



**uncooked dry pasta**

2 oz (57g)

**pasta sauce**

1/8 jar (24 oz) (84g)

1. Cook the pasta as directed on the package.
  2. Top with sauce and 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



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.