

Meal Plan - 2000 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

2054 cals ● 180g protein (35%) ● 92g fat (40%) ● 96g carbs (19%) ● 30g fiber (6%)

Breakfast

410 cals, 20g protein, 6g net carbs, 31g fat



[Basic scrambled eggs](#)

2 2/3 egg(s)- 212 cals



[Avocado](#)

176 cals



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals

Snacks

170 cals, 9g protein, 2g net carbs, 14g fat



[Walnuts](#)

1/8 cup(s)- 87 cals



[String cheese](#)

1 stick(s)- 83 cals

Protein Supplement(s)

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



[Protein shake](#)

2 scoop- 218 cals

Lunch

605 cals, 40g protein, 48g net carbs, 23g fat



[Chunky canned soup \(non-creamy\)](#)

2 can(s)- 494 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

Dinner

650 cals, 64g protein, 38g net carbs, 24g fat



[Lentils](#)

116 cals



[Vegan sausage](#)

2 sausage(s)- 536 cals

Day 2

2000 cals ● 128g protein (26%) ● 85g fat (38%) ● 143g carbs (29%) ● 38g fiber (8%)

Breakfast

410 cals, 20g protein, 6g net carbs, 31g fat



Basic scrambled eggs
2 2/3 egg(s)- 212 cals



Avocado
176 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

170 cals, 9g protein, 2g net carbs, 14g fat



Walnuts
1/8 cup(s)- 87 cals



String cheese
1 stick(s)- 83 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

640 cals, 23g protein, 54g net carbs, 28g fat



Black bean quesadillas
639 cals

Dinner

565 cals, 28g protein, 79g net carbs, 12g fat



Mushroom quinoa lentil soup
383 cals



Lowfat yogurt
1 container(s)- 181 cals

Day 3

2015 cals ● 128g protein (25%) ● 82g fat (37%) ● 161g carbs (32%) ● 30g fiber (6%)

Breakfast

270 cals, 10g protein, 33g net carbs, 11g fat



Milk
1/2 cup(s)- 75 cals



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals

Snacks

240 cals, 11g protein, 38g net carbs, 4g fat



Pretzels
110 cals



Crackers
4 cracker(s)- 68 cals



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

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

670 cals, 21g protein, 72g net carbs, 30g fat



Dal with rice
538 cals



Naan bread
1/2 piece(s)- 131 cals

Dinner

620 cals, 38g protein, 17g net carbs, 36g fat



Tomato and avocado salad
176 cals



Basic tempeh
6 oz- 443 cals

Day 4

1950 cals ● 126g protein (26%) ● 79g fat (37%) ● 153g carbs (31%) ● 30g fiber (6%)

Breakfast

270 cals, 10g protein, 33g net carbs, 11g fat



Milk

1/2 cup(s)- 75 cals



Medium toasted bagel with butter

1/2 bagel(s)- 196 cals

Snacks

240 cals, 11g protein, 38g net carbs, 4g fat



Pretzels

110 cals



Crackers

4 cracker(s)- 68 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

605 cals, 19g protein, 64g net carbs, 27g fat



Greek cucumber & feta salad

242 cals



Belizean rice & beans

362 cals

Dinner

620 cals, 38g protein, 17g net carbs, 36g fat



Tomato and avocado salad

176 cals



Basic tempeh

6 oz- 443 cals

Day 5

2008 cals ● 146g protein (29%) ● 84g fat (37%) ● 139g carbs (28%) ● 28g fiber (6%)

Breakfast

335 cals, 11g protein, 28g net carbs, 17g fat



Roasted almonds

1/8 cup(s)- 111 cals



Toast with butter

1 1/2 slice(s)- 171 cals



Strawberries

1 cup(s)- 52 cals

Snacks

200 cals, 23g protein, 16g net carbs, 4g fat



Yogurt and cucumber

198 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

630 cals, 30g protein, 34g net carbs, 37g fat



Tomato and avocado salad

235 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals



Egg salad sandwich

1/2 sandwich(es)- 271 cals

Dinner

630 cals, 34g protein, 59g net carbs, 25g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Chik'n nuggets

11 nuggets- 607 cals

Day 6

1986 cals ● 134g protein (27%) ● 94g fat (43%) ● 129g carbs (26%) ● 22g fiber (5%)

Breakfast

335 cals, 11g protein, 28g net carbs, 17g fat



[Roasted almonds](#)
1/8 cup(s)- 111 cals



[Toast with butter](#)
1 1/2 slice(s)- 171 cals



[Strawberries](#)
1 cup(s)- 52 cals

Snacks

200 cals, 23g protein, 16g net carbs, 4g fat



[Yogurt and cucumber](#)
198 cals

Lunch

575 cals, 24g protein, 62g net carbs, 22g fat



[Greek cucumber & feta salad](#)
242 cals



[Spaghetti and meatless meatballs](#)
332 cals

Dinner

660 cals, 27g protein, 21g net carbs, 50g fat



[Pan roasted zucchini](#)
208 cals



[Milk](#)
3/4 cup(s)- 112 cals



[Basic tofu](#)
8 oz- 342 cals

Protein Supplement(s)

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



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



Day 7

1986 cals ● 134g protein (27%) ● 94g fat (43%) ● 129g carbs (26%) ● 22g fiber (5%)

Breakfast

335 cals, 11g protein, 28g net carbs, 17g fat



[Roasted almonds](#)
1/8 cup(s)- 111 cals



[Toast with butter](#)
1 1/2 slice(s)- 171 cals



[Strawberries](#)
1 cup(s)- 52 cals

Snacks

200 cals, 23g protein, 16g net carbs, 4g fat



[Yogurt and cucumber](#)
198 cals

Protein Supplement(s)

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



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

Lunch

575 cals, 24g protein, 62g net carbs, 22g fat



[Greek cucumber & feta salad](#)
242 cals



[Spaghetti and meatless meatballs](#)
332 cals

Dinner

660 cals, 27g protein, 21g net carbs, 50g fat



[Pan roasted zucchini](#)
208 cals



[Milk](#)
3/4 cup(s)- 112 cals



[Basic tofu](#)
8 oz- 342 cals

Spices and Herbs

- ☐ salt
1/2 oz (13g)
- ☐ rosemary, dried
1 dash (0g)
- ☐ paprika
1/2 g (1g)
- ☐ garlic powder
2 tsp (7g)
- ☐ black pepper
10 1/2 g (10g)
- ☐ ground cumin
4 dash (1g)
- ☐ curry powder
3 dash (1g)
- ☐ dill weed, fresh
3 tbsp, chopped (5g)
- ☐ red wine vinegar
6 tbsp (90mL)
- ☐ yellow mustard
1 dash or 1 packet (1g)
- ☐ oregano, dried
1 1/4 tsp, ground (2g)

Beverages

- ☐ water
15 cup(s) (3579mL)
- ☐ protein powder
14 scoop (1/3 cup ea) (434g)

Legumes and Legume Products

- ☐ lentils, raw
9 1/4 tbsp (112g)
- ☐ black beans
3/8 can(s) (165g)
- ☐ tempeh
3/4 lbs (340g)
- ☐ kidney beans
1/4 can (112g)
- ☐ firm tofu
1 lbs (454g)

Other

- ☐ vegan sausage
2 sausage (200g)
- ☐ italian seasoning
2 dash (1g)

Fruits and Fruit Juices

- ☐ avocados
2 1/2 avocado(s) (528g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ lime juice
2 1/2 tbsp (38mL)
- ☐ strawberries
3 cup, whole (432g)

Vegetables and Vegetable Products

- ☐ tomatoes
3 3/4 medium whole (2-3/5" dia) (460g)
- ☐ garlic
3 1/4 clove(s) (10g)
- ☐ onion
1 medium (2-1/2" dia) (113g)
- ☐ mushrooms
2 cup, pieces or slices (140g)
- ☐ cucumber
5 1/4 cucumber (8-1/4") (1580g)
- ☐ red bell pepper
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)
- ☐ ketchup
2 3/4 tbsp (47g)
- ☐ zucchini
2 1/2 medium (490g)

Nut and Seed Products

- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ almonds
1/2 cup, whole (72g)
- ☐ coconut milk, canned
2/3 cup (166mL)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- ☐ vegetable broth
2 cup(s) (mL)
- ☐ salsa
3 tbsp (49g)
- ☐ pasta sauce
1/4 jar (24 oz) (168g)

Cereal Grains and Pasta

- ☐ vegan chik'n nuggets
11 nuggets (237g)
- ☐ vegan meatballs, frozen
3 meatball(s) (90g)

Dairy and Egg Products

- ☐ eggs
7 1/2 medium (333g)
- ☐ string cheese
2 stick (56g)
- ☐ whole milk
2 3/4 cup (660mL)
- ☐ lowfat flavored yogurt
1 container (6 oz) (170g)
- ☐ cheese
3 tbsp, shredded (21g)
- ☐ butter
1/3 stick (34g)
- ☐ low fat cottage cheese (1% milkfat)
1 cup (226g)
- ☐ feta cheese
3/4 cup, crumbled (113g)
- ☐ lowfat greek yogurt
2 1/4 cup (630g)

Fats and Oils

- ☐ oil
6 tbsp (88mL)
- ☐ olive oil
2 1/2 oz (77mL)
- ☐ mayonnaise
1 tbsp (15mL)

- ☐ quinoa, uncooked
2 3/4 tbsp (28g)
- ☐ long-grain white rice
6 tbsp (69g)
- ☐ uncooked dry pasta
4 oz (114g)

Baked Products

- ☐ flour tortillas
1 1/2 tortilla (approx 7-8" dia) (74g)
- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ crackers
8 crackers (28g)
- ☐ naan bread
1/2 piece (45g)
- ☐ bread
5 1/2 slice (176g)

Snacks

- ☐ pretzels, hard, salted
2 oz (57g)

Sweets

- ☐ honey
4 tsp (28g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 2/3 large (133g)
oil
1/4 tbsp (3mL)

For all 2 meals:

eggs
5 1/3 large (267g)
oil
1/2 tbsp (7mL)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

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.

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:
bagel
1/2 medium bagel (3-1/2" to 4" dia)
(53g)
butter
1/2 tbsp (7g)

For all 2 meals:
bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
butter
1 tbsp (14g)

1. Toast the bagel to desired toastiness.
 2. Spread the butter.
 3. Enjoy.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 3 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Toast with butter

1 1/2 slice(s) - 171 cals ● 6g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

butter

1/2 tbsp (7g)

bread

1 1/2 slice (48g)

For all 3 meals:

butter

1 1/2 tbsp (20g)

bread

4 1/2 slice (144g)

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

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

strawberries

1 cup, whole (144g)

For all 3 meals:

strawberries

3 cup, whole (432g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.
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Lunch 2 [↗](#)

Eat on day 2

Black bean quesadillas

639 cals ● 23g protein ● 28g fat ● 54g carbs ● 20g fiber



cheese

3 tbsp, shredded (21g)

avocados, ripe

3/8 avocado(s) (75g)

flour tortillas

1 1/2 tortilla (approx 7-8" dia) (74g)

salsa, divided

3 tbsp (49g)

black beans, drained and rinsed

3/8 can(s) (165g)

oil

1/4 tbsp (4mL)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

Lunch 3 [↗](#)

Eat on day 3

Dal with rice

538 cals ● 17g protein ● 27g fat ● 50g carbs ● 6g fiber



lentils, raw

4 tbsp (48g)

coconut milk, canned

1/2 cup (120mL)

water

1/4 cup(s) (59mL)

onion, chopped

1/4 small (18g)

oil

1/2 tsp (3mL)

garlic, minced

1 clove(s) (3g)

garlic powder

2 dash (1g)

ground cumin

4 dash (1g)

curry powder

3 dash (1g)

long-grain white rice

2 tbsp (23g)

1. Cook rice according to package.
2. In a saucepan, add the water and coconut milk and bring to a simmer. Add the lentils and let cook for 20 minutes, covered. Add more water if needed.
3. Meanwhile, in a skillet, heat the oil and add in the oil and garlic and cook until soft. Add in the spices and stir for a minute or two. Set aside.
4. When lentils are done, add in onion mixture and stir until well-combined.
5. Serve over rice.

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

naan bread

1/2 piece (45g)



1. This recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 4

Greek cucumber & feta salad

242 cal ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



cucumber

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

dill weed, fresh

1 tbsp, chopped (2g)

black pepper

1 dash (0g)

feta cheese

4 tbsp, crumbled (38g)

red wine vinegar

2 tbsp (30mL)

olive oil

2 tsp (10mL)

salt

1 dash (0g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Belizean rice & beans

362 cal ● 10g protein ● 10g fat ● 51g carbs ● 6g fiber



garlic, minced

3/4 clove(s) (2g)

onion, chopped

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

red bell pepper, chopped

1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)

long-grain white rice

4 tbsp (46g)

water

1/6 cup(s) (44mL)

kidney beans, drained

1/4 can (112g)

coconut milk, canned

3 tbsp (45mL)

1. Add all ingredients to a pot and season with some salt.
 2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
 3. Serve.
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Lunch 5 [🔗](#)

Eat on day 5

Tomato and avocado salad

235 cals ● 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.

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

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.

Egg salad sandwich

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



Makes 1/2 sandwich(es)

eggs

1 1/2 medium (66g)

mayonnaise

1 tbsp (15mL)

onion, chopped

1/8 small (9g)

salt

1/2 dash (0g)

black pepper

1/2 dash (0g)

bread

1 slice (32g)

paprika

1/2 dash (0g)

yellow mustard

1 dash or 1 packet (1g)

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

Lunch 6 [🔗](#)

Eat on day 6, day 7

Greek cucumber & feta salad

242 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

cucumber

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

dill weed, fresh

1 tbsp, chopped (2g)

black pepper

1 dash (0g)

feta cheese

4 tbsp, crumbled (38g)

red wine vinegar

2 tbsp (30mL)

olive oil

2 tsp (10mL)

salt

1 dash (0g)

For all 2 meals:

cucumber

2 cucumber (8-1/4") (602g)

dill weed, fresh

2 tbsp, chopped (3g)

black pepper

2 dash (0g)

feta cheese

1/2 cup, crumbled (75g)

red wine vinegar

4 tbsp (60mL)

olive oil

4 tsp (20mL)

salt

2 dash (1g)

1. Cut cucumber to preferred size.
 2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
 3. Drizzle over cucumbers.
 4. Sprinkle dill and feta on top.
 5. Serve.
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Spaghetti and meatless meatballs

332 cals ● 16g protein ● 5g fat ● 50g carbs ● 5g fiber



For single meal:

vegan meatballs, frozen

1 1/2 meatball(s) (45g)

uncooked dry pasta

2 oz (57g)

pasta sauce

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

For all 2 meals:

vegan meatballs, frozen

3 meatball(s) (90g)

uncooked dry pasta

4 oz (114g)

pasta sauce

1/4 jar (24 oz) (168g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Snacks 1 [↗](#)

Eat on day 1, day 2

Walnuts

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



For single meal:

walnuts

2 tbsp, shelled (13g)

For all 2 meals:

walnuts

4 tbsp, shelled (25g)

1. This recipe has no instructions.

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese

1 stick (28g)

For all 2 meals:

string cheese

2 stick (56g)

1. This recipe has no instructions.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. This recipe has no instructions.
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Crackers

4 cracker(s) - 68 cals ● 1g protein ● 3g fat ● 9g carbs ● 1g fiber



For single meal:

crackers
4 crackers (14g)

For all 2 meals:

crackers
8 crackers (28g)

1. Enjoy.
-

Cottage cheese & honey

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



For single meal:

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.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Yogurt and cucumber

198 cals ● 23g protein ● 4g fat ● 16g carbs ● 1g fiber



For single meal:

cucumber

3/4 cucumber (8-1/4") (226g)

lowfat greek yogurt

3/4 cup (210g)

For all 3 meals:

cucumber

2 1/4 cucumber (8-1/4") (677g)

lowfat greek yogurt

2 1/4 cup (630g)

1. Slice cucumber and dip in yogurt.

Dinner 1 [↗](#)

Eat on day 1

Lentils

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



salt

1/3 dash (0g)

water

2/3 cup(s) (158mL)

lentils, raw, rinsed

2 2/3 tbsp (32g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

vegan sausage

2 sausage (200g)

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

Dinner 2 [↗](#)

Eat on day 2

Mushroom quinoa lentil soup

383 cals ● 20g protein ● 9g fat ● 47g carbs ● 8g fiber



oil
1 tsp (5mL)
whole milk
4 tbsp (60mL)
rosemary, dried
1 dash (0g)
italian seasoning
2 dash (1g)
garlic, diced
1 1/2 clove(s) (5g)
paprika
1 dash (0g)
onion, diced
1/2 small (35g)
lentils, raw
2 1/2 tbsp (32g)
quinoa, uncooked
2 1/2 tbsp (28g)
mushrooms, roughly chopped
2 cup, pieces or slices (140g)
vegetable broth
2 cup(s) (mL)

1. In a saucepan over medium heat, saute onions and garlic in oil until soft, a few minutes.
2. Add in mushrooms and spices and stir, cooking for a minute or two.
3. Add all remaining ingredients and bring to a simmer. Cook uncovered for about 20-25 minutes or until quinoa and lentils are soft. Serve.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



Makes 1 container(s)

lowfat flavored yogurt
1 container (6 oz) (170g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3, day 4

Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

onion
3/4 tbsp minced (11g)
lime juice
3/4 tbsp (11mL)
avocados, cubed
3/8 avocado(s) (75g)
tomatoes, diced
3/8 medium whole (2-3/5" dia) (46g)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)

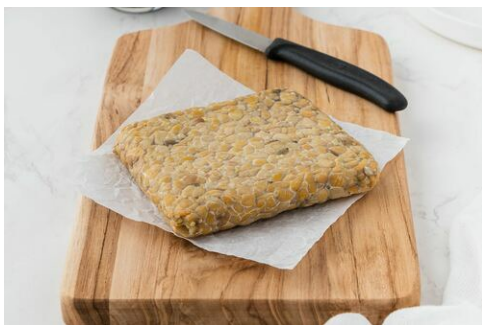
For all 2 meals:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 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.

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.

Dinner 4 [🔗](#)

Eat on day 5

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

tomatoes

6 cherry tomatoes (102g)

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

Chik'n nuggets

11 nuggets - 607 cals ● 34g protein ● 25g fat ● 57g carbs ● 6g fiber



Makes 11 nuggets

vegan chik'n nuggets

11 nuggets (237g)

ketchup

2 3/4 tbsp (47g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 5 [🔗](#)

Eat on day 6, day 7

Pan roasted zucchini

208 cals ● 4g protein ● 16g fat ● 8g carbs ● 4g fiber



For single meal:

zucchini
1 1/4 medium (245g)
black pepper
2 tsp, ground (4g)
oregano, dried
5 dash, ground (1g)
garlic powder
5 dash (2g)
salt
5 dash (4g)
olive oil
1 1/4 tbsp (19mL)

For all 2 meals:

zucchini
2 1/2 medium (490g)
black pepper
1 1/4 tbsp, ground (9g)
oregano, dried
1 1/4 tsp, ground (2g)
garlic powder
1 1/4 tsp (4g)
salt
1 1/4 tsp (8g)
olive oil
2 1/2 tbsp (38mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup (180mL)

For all 2 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

firm tofu
1/2 lbs (227g)
oil
4 tsp (20mL)

For all 2 meals:

firm tofu
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

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.

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.
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