

Meal Plan - 2100 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

2155 cals ● 138g protein (26%) ● 87g fat (36%) ● 171g carbs (32%) ● 34g fiber (6%)

Breakfast

405 cals, 11g protein, 65g net carbs, 8g fat



[Instant oatmeal with water](#)
2 packet(s)- 329 cals



[Milk](#)
1/2 cup(s)- 75 cals

Snacks

140 cals, 16g protein, 8g net carbs, 4g fat



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



[Cherry tomatoes](#)
3 cherry tomatoes- 11 cals

Protein Supplement(s)

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



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

Lunch

670 cals, 27g protein, 15g net carbs, 54g fat



[Beet & mozzarella salad](#)
563 cals



[Celery and peanut butter](#)
109 cals

Dinner

720 cals, 35g protein, 82g net carbs, 20g fat



[Lentil Soup](#)
722 cals

Day 2

2065 cal ● 144g protein (28%) ● 95g fat (42%) ● 127g carbs (25%) ● 31g fiber (6%)

Breakfast

405 cal, 11g protein, 65g net carbs, 8g fat



Instant oatmeal with water
2 packet(s)- 329 cal



Milk
1/2 cup(s)- 75 cal

Snacks

140 cal, 16g protein, 8g net carbs, 4g fat



Protein shake (milk)
129 cal



Cherry tomatoes
3 cherry tomatoes- 11 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

670 cal, 27g protein, 15g net carbs, 54g fat



Beet & mozzarella salad
563 cal



Celery and peanut butter
109 cal

Dinner

630 cal, 40g protein, 38g net carbs, 29g fat



Basic tofu
8 oz- 342 cal



Broccoli
4 cup(s)- 116 cal



Lentils
174 cal

Day 3

2059 cal ● 138g protein (27%) ● 62g fat (27%) ● 206g carbs (40%) ● 30g fiber (6%)

Breakfast

380 cal, 14g protein, 51g net carbs, 12g fat



Celery sticks

2 celery stalk- 13 cal



Boiled eggs

1 egg(s)- 69 cal



Small toasted bagel with butter and jelly

1 bagel(s)- 300 cal

Snacks

140 cal, 16g protein, 8g net carbs, 4g fat



Protein shake (milk)

129 cal



Cherry tomatoes

3 cherry tomatoes- 11 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

685 cal, 19g protein, 108g net carbs, 16g fat



Peanut butter and jelly sandwich

1 1/2 sandwich(es)- 573 cal



Fruit juice

1 cup(s)- 115 cal

Dinner

630 cal, 40g protein, 38g net carbs, 29g fat



Basic tofu

8 oz- 342 cal



Broccoli

4 cup(s)- 116 cal



Lentils

174 cal

Day 4

2125 cal ● 133g protein (25%) ● 107g fat (45%) ● 134g carbs (25%) ● 24g fiber (4%)

Breakfast

380 cal, 14g protein, 51g net carbs, 12g fat



Celery sticks

2 celery stalk- 13 cal



Boiled eggs

1 egg(s)- 69 cal



Small toasted bagel with butter and jelly

1 bagel(s)- 300 cal

Snacks

230 cal, 9g protein, 24g net carbs, 9g fat



Grapes

29 cal



Strawberries

1 cup(s)- 52 cal



Milk

1 cup(s)- 149 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

660 cal, 27g protein, 42g net carbs, 39g fat



Caprese salad

71 cal



Mediterranean chik'n wrap

1 wrap(s)- 406 cal



Pecans

1/4 cup- 183 cal

Dinner

635 cal, 34g protein, 15g net carbs, 46g fat



Simple mozzarella and tomato salad

242 cal



Low carb asian tofu bowl

393 cal

Day 5

2125 cal ● 133g protein (25%) ● 107g fat (45%) ● 134g carbs (25%) ● 24g fiber (4%)

Breakfast

380 cal, 14g protein, 51g net carbs, 12g fat



Celery sticks

2 celery stalk- 13 cal



Boiled eggs

1 egg(s)- 69 cal



Small toasted bagel with butter and jelly

1 bagel(s)- 300 cal

Snacks

230 cal, 9g protein, 24g net carbs, 9g fat



Grapes

29 cal



Strawberries

1 cup(s)- 52 cal



Milk

1 cup(s)- 149 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

660 cal, 27g protein, 42g net carbs, 39g fat



Caprese salad

71 cal



Mediterranean chik'n wrap

1 wrap(s)- 406 cal



Pecans

1/4 cup- 183 cal

Dinner

635 cal, 34g protein, 15g net carbs, 46g fat



Simple mozzarella and tomato salad

242 cal



Low carb asian tofu bowl

393 cal

Day 6

2096 cal ● 145g protein (28%) ● 71g fat (30%) ● 177g carbs (34%) ● 43g fiber (8%)

Breakfast

315 cal, 20g protein, 41g net carbs, 6g fat



Breakfast cereal with protein milk

248 cal



Peach

1 peach(es)- 66 cal

Snacks

315 cal, 8g protein, 50g net carbs, 8g fat



Fruit juice

1 cup(s)- 115 cal



Toast with butter and jelly

1 1/2 slice(s)- 200 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

680 cal, 30g protein, 73g net carbs, 19g fat



Carrots and hummus

164 cal



Vegetarian chickpea sandwiches

1 1/2 sandwich(es)- 514 cal

Dinner

570 cal, 40g protein, 12g net carbs, 37g fat



Broccoli caesar salad with hard boiled eggs

390 cal



Pumpkin seeds

183 cal

Day 7

2096 cal ● 145g protein (28%) ● 71g fat (30%) ● 177g carbs (34%) ● 43g fiber (8%)

Breakfast

315 cal, 20g protein, 41g net carbs, 6g fat



Breakfast cereal with protein milk
248 cal



Peach
1 peach(es)- 66 cal

Snacks

315 cal, 8g protein, 50g net carbs, 8g fat



Fruit juice
1 cup(s)- 115 cal



Toast with butter and jelly
1 1/2 slice(s)- 200 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

680 cal, 30g protein, 73g net carbs, 19g fat



Carrots and hummus
164 cal



Vegetarian chickpea sandwiches
1 1/2 sandwich(es)- 514 cal

Dinner

570 cal, 40g protein, 12g net carbs, 37g fat



Broccoli caesar salad with hard boiled eggs
390 cal



Pumpkin seeds
183 cal

Vegetables and Vegetable Products

- onion
5/6 medium (2-1/2" dia) (92g)
- carrots
2/3 medium (41g)
- raw celery
9 2/3 stalk, medium (7-1/2" - 8" long) (387g)
- garlic
2 2/3 clove(s) (8g)
- canned crushed tomatoes
1/3 can (14.5 oz) (135g)
- fresh spinach
1/6 cup(s) (5g)
- tomatoes
4 medium whole (2-3/5" dia) (506g)
- beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- frozen broccoli
8 cup (728g)
- fresh ginger
2 tsp (4g)
- broccoli
2 1/2 cup chopped (228g)
- cucumber
1/2 cup slices (52g)
- baby carrots
32 medium (320g)
- romaine lettuce
6 cup shredded (282g)

Spices and Herbs

- oregano, dried
1/3 tsp, leaves (0g)
- salt
1 tsp (6g)
- black pepper
1/4 tbsp, ground (2g)
- basil
1/3 tsp, leaves (0g)
- thyme, dried
1 tsp, leaves (1g)
- fresh basil
1/3 oz (9g)
- dried dill weed
1 tsp (1g)
- dijon mustard
1 tbsp (15g)

Legumes and Legume Products

Fats and Oils

- olive oil
1 1/2 oz (50mL)
- oil
2 3/4 oz (84mL)
- balsamic vinaigrette
1 1/2 oz (40mL)
- mayonnaise
1 tbsp (15mL)

Breakfast Cereals

- flavored instant oatmeal
4 packet (172g)
- breakfast cereal
2 serving (60g)

Dairy and Egg Products

- whole milk
1/3 gallon (1320mL)
- fresh mozzarella cheese
2/3 lbs (312g)
- eggs
9 large (450g)
- butter
1/3 stick (35g)
- feta cheese
4 tbsp (38g)
- parmesan cheese
3 tbsp (15g)
- nonfat greek yogurt, plain
3 tbsp (53g)

Nut and Seed Products

- walnuts
1/3 cup, chopped (39g)
- sesame seeds
2 tsp (6g)
- pecans
1/2 cup, halves (50g)
- roasted pumpkin seeds, unsalted
3 oz (81g)

Fruits and Fruit Juices

- lemon juice
1/4 cup (53mL)
- fruit juice
24 fl oz (720mL)

- lentils, raw
56 tsp (224g)
- peanut butter
1/4 cup (56g)
- firm tofu
1 1/2 lbs (737g)
- soy sauce
4 tbsp (60mL)
- hummus
3/4 cup (180g)
- chickpeas, canned
1 can (448g)

Beverages

- water
21 2/3 cup(s) (5136mL)
- protein powder
16 1/2 scoop (1/3 cup ea) (512g)

- grapes
1 cup (92g)
- strawberries
2 cup, whole (288g)
- peach
2 medium (2-2/3" dia) (300g)

Baked Products

- bagel
3 small bagel (3" dia) (207g)
- bread
12 slice (384g)
- flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Sweets

- jelly
5 oz (147g)

Other

- frozen riced cauliflower
1 1/2 cup, prepared (255g)
 - mixed greens
3/8 package (5.5 oz) (67g)
 - meatless chik'n tenders
5 oz (142g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Instant oatmeal with water

2 packet(s) - 329 cal ● 7g protein ● 4g fat ● 59g carbs ● 7g fiber



For single meal:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

For all 2 meals:

flavored instant oatmeal

4 packet (172g)

water

3 cup(s) (711mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Milk

1/2 cup(s) - 75 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 3 meals:

raw celery

6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.
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Boiled eggs

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



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

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.

Small toasted bagel with butter and jelly

1 bagel(s) - 300 cals ● 7g protein ● 7g fat ● 50g carbs ● 2g fiber



For single meal:

bagel
1 small bagel (3" dia) (69g)
butter
1/2 tbsp (7g)
jelly
1 serving 1 tbsp (21g)

For all 3 meals:

bagel
3 small bagel (3" dia) (207g)
butter
1 1/2 tbsp (21g)
jelly
3 serving 1 tbsp (63g)

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

Breakfast 3 [↗](#)

Eat on day 6, day 7

Breakfast cereal with protein milk

248 cal ● 18g protein ● 5g fat ● 29g carbs ● 3g fiber



For single meal:

whole milk
1/2 cup (120mL)
breakfast cereal
1 serving (30g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup (240mL)
breakfast cereal
2 serving (60g)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. 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 pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Beet & mozzarella salad

563 cal ● 24g protein ● 45g fat ● 12g carbs ● 4g fiber



For single meal:

beets, precooked (canned or refrigerated), sliced
2 beets (2" dia, sphere) (100g)
fresh mozzarella cheese, cut into chunks
3 oz (85g)
walnuts
2 1/2 tbsp, chopped (19g)
olive oil
1 tbsp (15mL)
lemon juice
1/2 tbsp (8mL)
thyme, dried
4 dash, leaves (1g)

For all 2 meals:

beets, precooked (canned or refrigerated), sliced
4 beets (2" dia, sphere) (200g)
fresh mozzarella cheese, cut into chunks
6 oz (170g)
walnuts
1/3 cup, chopped (39g)
olive oil
2 tbsp (30mL)
lemon juice
1 tbsp (15mL)
thyme, dried
1 tsp, leaves (1g)

1. In a small bowl, mix together the olive oil, lemon juice, thyme and salt/pepper to taste. Set aside.
 2. In a larger bowl, toss the beets, mozzarella, and walnuts together. Top with dressing and serve.
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Celery and peanut butter

109 cal ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)
peanut butter
1 tbsp (16g)

For all 2 meals:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)
peanut butter
2 tbsp (32g)

1. Clean celery and slice to desired lengths
 2. spread peanut butter along center
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Lunch 2 [↗](#)

Eat on day 3

Peanut butter and jelly sandwich

1 1/2 sandwich(es) - 573 cal ● 17g protein ● 16g fat ● 83g carbs ● 8g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

peanut butter

1 1/2 tbsp (24g)

jelly

3 serving 1 tbsp (63g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

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.

Lunch 3 [↗](#)

Eat on day 4, day 5

Caprese salad

71 cal ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

balsamic vinaigrette

1 tsp (5mL)

fresh basil

4 tsp leaves, whole (2g)

tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

mixed greens

1/6 package (5.5 oz) (26g)

fresh mozzarella cheese

1/2 oz (14g)

For all 2 meals:

balsamic vinaigrette

2 tsp (10mL)

fresh basil

2 2/3 tbsp leaves, whole (4g)

tomatoes, halved

1/3 cup cherry tomatoes (50g)

mixed greens

1/3 package (5.5 oz) (52g)

fresh mozzarella cheese

1 oz (28g)

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

Mediterranean chik'n wrap

1 wrap(s) - 406 cal ● 21g protein ● 17g fat ● 38g carbs ● 4g fiber



For single meal:

- meatless chik'n tenders**
2 1/2 oz (71g)
- flour tortillas**
1 tortilla (approx 7-8" dia) (49g)
- mixed greens**
4 tbsp (8g)
- hummus**
2 tbsp (30g)
- cucumber, chopped**
4 tbsp slices (26g)
- feta cheese**
2 tbsp (19g)
- tomatoes, chopped**
1 slice(s), thin/small (15g)

For all 2 meals:

- meatless chik'n tenders**
5 oz (142g)
- flour tortillas**
2 tortilla (approx 7-8" dia) (98g)
- mixed greens**
1/2 cup (15g)
- hummus**
4 tbsp (60g)
- cucumber, chopped**
1/2 cup slices (52g)
- feta cheese**
4 tbsp (38g)
- tomatoes, chopped**
2 slice(s), thin/small (30g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

- pecans**
4 tbsp, halves (25g)

For all 2 meals:

- pecans**
1/2 cup, halves (50g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 6, day 7

Carrots and hummus

164 cals ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

- hummus**
4 tbsp (60g)
- baby carrots**
16 medium (160g)

For all 2 meals:

- hummus**
1/2 cup (120g)
- baby carrots**
32 medium (320g)

1. Serve carrots with hummus.

Vegetarian chickpea sandwiches

1 1/2 sandwich(es) - 514 cal ● 24g protein ● 13g fat ● 59g carbs ● 17g fiber



For single meal:

raw celery, chopped

1/2 stalk, medium (7-1/2" - 8" long) (20g)

onion, chopped

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

mayonnaise

1/2 tbsp (8mL)

lemon juice

1/2 tbsp (8mL)

dried dill weed

4 dash (1g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

bread

3 slice (96g)

chickpeas, canned

1/2 can (224g)

For all 2 meals:

raw celery, chopped

1 stalk, medium (7-1/2" - 8" long) (40g)

onion, chopped

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

mayonnaise

1 tbsp (15mL)

lemon juice

1 tbsp (15mL)

dried dill weed

1 tsp (1g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

bread

6 slice (192g)

chickpeas, canned

1 can (448g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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 3 meals:

whole milk

1 1/2 cup (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

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

Cherry tomatoes

3 cherry tomatoes - 11 cal ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes
3 cherry tomatoes (51g)

For all 3 meals:

tomatoes
9 cherry tomatoes (153g)

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

Snacks 2 [↗](#)

Eat on day 4, day 5

Grapes

29 cal ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

grapes
1/2 cup (46g)

For all 2 meals:

grapes
1 cup (92g)

1. This recipe has no instructions.

Strawberries

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



For single meal:

strawberries
1 cup, whole (144g)

For all 2 meals:

strawberries
2 cup, whole (288g)

1. This recipe has no instructions.

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Fruit juice

1 cup(s) - 115 cal ● 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.

Toast with butter and jelly

1 1/2 slice(s) - 200 cal ● 6g protein ● 7g fat ● 25g carbs ● 3g fiber



For single meal:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)
jelly
1/2 tbsp (11g)

For all 2 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

1. Toast the bread to desired toastiness.
 2. Spread the butter and jelly on the bread.
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Dinner 1 [↗](#)

Eat on day 1

Lentil Soup

722 cals ● 35g protein ● 20g fat ● 82g carbs ● 19g fiber



onion, chopped
1/3 medium (2-1/2" dia) (37g)
carrots, diced
2/3 medium (41g)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long)
(27g)
garlic, minced
2/3 clove(s) (2g)
oregano, dried
1/3 tsp, leaves (0g)
canned crushed tomatoes
1/3 can (14.5 oz) (135g)
lentils, raw
2/3 cup (128g)
water
2 2/3 cup(s) (632mL)
fresh spinach, thinly sliced
1/6 cup(s) (5g)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)
olive oil
4 tsp (20mL)
basil
1/3 tsp, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

Dinner 2 [↗](#)

Eat on day 2, day 3

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.

Broccoli

4 cup(s) - 116 cals ● 11g protein ● 0g fat ● 8g carbs ● 11g fiber



For single meal:

frozen broccoli
4 cup (364g)

For all 2 meals:

frozen broccoli
8 cup (728g)

1. Prepare according to instructions on package.

Lentils

174 cal ● 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.

Dinner 3 [↗](#)

Eat on day 4, day 5

Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

tomatoes, sliced
3/4 large whole (3" dia) (137g)
fresh mozzarella cheese, sliced
2 oz (57g)
balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)

For all 2 meals:

tomatoes, sliced
1 1/2 large whole (3" dia) (273g)
fresh mozzarella cheese, sliced
4 oz (113g)
balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)

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

Low carb asian tofu bowl

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



For single meal:

garlic, minced

1 clove (3g)

sesame seeds

1 tsp (3g)

oil

1 1/2 tbsp (23mL)

fresh ginger, minced

1 tsp (2g)

soy sauce

2 tbsp (30mL)

frozen riced cauliflower

3/4 cup, prepared (128g)

broccoli

1/2 cup chopped (46g)

firm tofu, drained and patted dry

5 oz (142g)

For all 2 meals:

garlic, minced

2 clove (6g)

sesame seeds

2 tsp (6g)

oil

3 tbsp (45mL)

fresh ginger, minced

2 tsp (4g)

soy sauce

4 tbsp (60mL)

frozen riced cauliflower

1 1/2 cup, prepared (255g)

broccoli

1 cup chopped (91g)

firm tofu, drained and patted dry

10 oz (284g)

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.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Broccoli caesar salad with hard boiled eggs

390 cals ● 31g protein ● 23g fat ● 9g carbs ● 6g fiber



For single meal:

lemon juice
3/4 tbsp (11mL)
roasted pumpkin seeds, unsalted
1 1/2 tbsp (11g)
parmesan cheese
1 1/2 tbsp (8g)
dijon mustard
1/2 tbsp (8g)
nonfat greek yogurt, plain
1 1/2 tbsp (26g)
broccoli
3/4 cup chopped (68g)
eggs
3 large (150g)
romaine lettuce
3 cup shredded (141g)

For all 2 meals:

lemon juice
1 1/2 tbsp (23mL)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
parmesan cheese
3 tbsp (15g)
dijon mustard
1 tbsp (15g)
nonfat greek yogurt, plain
3 tbsp (53g)
broccoli
1 1/2 cup chopped (137g)
eggs
6 large (300g)
romaine lettuce
6 cup shredded (282g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 2g 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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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal● 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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