

# Meal Plan - 2200 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

2195 cals ● 144g protein (26%) ● 37g fat (15%) ● 281g carbs (51%) ● 41g fiber (7%)

### Breakfast

360 cals, 19g protein, 53g net carbs, 5g fat



[Instant oatmeal with water](#)  
1 packet(s)- 165 cals



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



[Strawberries](#)  
1 1/4 cup(s)- 65 cals

### Snacks

220 cals, 9g protein, 20g net carbs, 11g fat



[Crackers](#)  
8 cracker(s)- 135 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

680 cals, 34g protein, 93g net carbs, 15g fat



[Vegan meatball sub](#)  
1 sub(s)- 468 cals



[Fruit juice](#)  
1/2 cup(s)- 57 cals



[Dinner roll](#)  
2 roll- 154 cals

### Dinner

720 cals, 34g protein, 114g net carbs, 5g fat



[Corn](#)  
185 cals



[Bbq cauliflower wings](#)  
535 cals

## Day 2

2254 cals ● 144g protein (26%) ● 62g fat (25%) ● 239g carbs (42%) ● 41g fiber (7%)

### Breakfast

360 cals, 19g protein, 53g net carbs, 5g fat



Instant oatmeal with water  
1 packet(s)- 165 cals



Cottage cheese & fruit cup  
1 container- 131 cals



Strawberries  
1 1/4 cup(s)- 65 cals

### Snacks

220 cals, 9g protein, 20g net carbs, 11g fat



Crackers  
8 cracker(s)- 135 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

730 cals, 31g protein, 59g net carbs, 38g fat



Milk  
1 2/3 cup(s)- 248 cals



Curried lentils  
482 cals

### Dinner

730 cals, 37g protein, 106g net carbs, 7g fat



Vegan chunky chili  
537 cals



Fruit juice  
1 2/3 cup(s)- 191 cals

## Day 3

2267 cals ● 170g protein (30%) ● 88g fat (35%) ● 163g carbs (29%) ● 36g fiber (6%)

### Breakfast

390 cals, 46g protein, 26g net carbs, 11g fat



Protein shake (milk)  
258 cals



Cottage cheese & fruit cup  
1 container- 131 cals

### Snacks

245 cals, 10g protein, 24g net carbs, 11g fat



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



Milk  
1/2 cup(s)- 75 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

740 cals, 25g protein, 96g net carbs, 22g fat



Cranberry spinach salad  
190 cals



Veggie burger  
2 burger- 550 cals

### Dinner

675 cals, 41g protein, 15g net carbs, 43g fat



Buttered broccoli  
1 3/4 cup(s)- 234 cals



Basic tempeh  
6 oz- 443 cals

## Day 4

2267 cals ● 170g protein (30%) ● 88g fat (35%) ● 163g carbs (29%) ● 36g fiber (6%)

### Breakfast

390 cals, 46g protein, 26g net carbs, 11g fat



Protein shake (milk)  
258 cals



Cottage cheese & fruit cup  
1 container- 131 cals

### Snacks

245 cals, 10g protein, 24g net carbs, 11g fat



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



Milk  
1/2 cup(s)- 75 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

740 cals, 25g protein, 96g net carbs, 22g fat



Cranberry spinach salad  
190 cals



Veggie burger  
2 burger- 550 cals

### Dinner

675 cals, 41g protein, 15g net carbs, 43g fat



Buttered broccoli  
1 3/4 cup(s)- 234 cals



Basic tempeh  
6 oz- 443 cals

## Day 5

2192 cals ● 150g protein (27%) ● 76g fat (31%) ● 198g carbs (36%) ● 30g fiber (5%)

### Breakfast

390 cals, 46g protein, 26g net carbs, 11g fat



Protein shake (milk)  
258 cals



Cottage cheese & fruit cup  
1 container- 131 cals

### Snacks

245 cals, 10g protein, 24g net carbs, 11g fat



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



Milk  
1/2 cup(s)- 75 cals

### Protein Supplement(s)

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



Protein shake  
2 scoop- 218 cals

### Lunch

725 cals, 19g protein, 68g net carbs, 38g fat



Simple mixed greens and tomato salad  
76 cals



Plantain chips  
113 cals



Dal with rice  
538 cals

### Dinner

615 cals, 27g protein, 79g net carbs, 14g fat



Creamy lentils and sweet potato  
614 cals

## Day 6

2158 cals ● 166g protein (31%) ● 78g fat (32%) ● 167g carbs (31%) ● 32g fiber (6%)

### Breakfast

335 cals, 16g protein, 35g net carbs, 10g fat



[Hummus toast](#)  
2 slice(s)- 293 cals



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals

### Snacks

290 cals, 10g protein, 39g net carbs, 8g fat



[Instant oatmeal with milk](#)  
1 packet(s)- 276 cals



[Celery sticks](#)  
2 celery stalk- 13 cals

### Protein Supplement(s)

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



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

### Lunch

635 cals, 33g protein, 37g net carbs, 35g fat



[Chunky canned soup \(non-creamy\)](#)  
1 1/2 can(s)- 371 cals



[Walnuts](#)  
3/8 cup(s)- 262 cals

### Dinner

685 cals, 59g protein, 53g net carbs, 24g fat



[White rice](#)  
2/3 cup rice, cooked- 147 cals



[Vegan sausage](#)  
2 sausage(s)- 536 cals

## Day 7

2158 cals ● 166g protein (31%) ● 78g fat (32%) ● 167g carbs (31%) ● 32g fiber (6%)

### Breakfast

335 cals, 16g protein, 35g net carbs, 10g fat



[Hummus toast](#)  
2 slice(s)- 293 cals



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cals

### Snacks

290 cals, 10g protein, 39g net carbs, 8g fat



[Instant oatmeal with milk](#)  
1 packet(s)- 276 cals



[Celery sticks](#)  
2 celery stalk- 13 cals

### Protein Supplement(s)

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



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

### Lunch

635 cals, 33g protein, 37g net carbs, 35g fat



[Chunky canned soup \(non-creamy\)](#)  
1 1/2 can(s)- 371 cals



[Walnuts](#)  
3/8 cup(s)- 262 cals

### Dinner

685 cals, 59g protein, 53g net carbs, 24g fat



[White rice](#)  
2/3 cup rice, cooked- 147 cals



[Vegan sausage](#)  
2 sausage(s)- 536 cals

## Vegetables and Vegetable Products

- ☐ frozen corn kernels  
1 1/3 cup (181g)
- ☐ cauliflower  
2 head small (4" dia.) (530g)
- ☐ tomatoes  
6 1/2 medium whole (2-3/5" dia) (805g)
- ☐ green pepper  
2 3/4 tbsp, chopped (25g)
- ☐ red bell pepper  
2 3/4 tbsp, chopped (25g)
- ☐ onion  
1 medium (2-1/2" dia) (109g)
- ☐ mushrooms  
1/3 cup, chopped (23g)
- ☐ fresh green beans  
2 3/4 tbsp 1/2" pieces (17g)
- ☐ raw celery  
1/3 bunch (177g)
- ☐ frozen broccoli  
3 1/2 cup (319g)
- ☐ fresh spinach  
1/2 10oz package (125g)
- ☐ ketchup  
4 tbsp (68g)
- ☐ sweet potatoes  
2/3 sweetpotato, 5" long (140g)
- ☐ garlic  
1 clove(s) (3g)

## Soups, Sauces, and Gravies

- ☐ barbecue sauce  
1/2 cup (143g)
- ☐ pasta sauce  
4 tbsp (65g)
- ☐ vegetable broth  
1 1/3 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)

## Spices and Herbs

- ☐ salt  
1/3 oz (8g)
- ☐ chili powder  
1 tbsp (8g)
- ☐ garlic powder  
1/3 tsp (1g)
- ☐ black pepper  
1 1/2 g (2g)

## Beverages

- ☐ water  
19 1/3 cup(s) (4576mL)
- ☐ protein powder  
17 scoop (1/3 cup ea) (527g)

## Breakfast Cereals

- ☐ flavored instant oatmeal  
4 packet (172g)

## Fruits and Fruit Juices

- ☐ strawberries  
2 1/2 cup, whole (360g)
- ☐ fruit juice  
17 1/3 fl oz (520mL)
- ☐ dried cranberries  
2 3/4 tbsp (27g)

## Baked Products

- ☐ crackers  
16 crackers (56g)
- ☐ Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- ☐ bread  
8 1/2 slice (272g)
- ☐ hamburger buns  
4 bun(s) (204g)

## Dairy and Egg Products

- ☐ string cheese  
2 stick (56g)
- ☐ whole milk  
1/2 gallon (1841mL)
- ☐ butter  
5/8 stick (70g)
- ☐ romano cheese  
1/2 tbsp (3g)

## Legumes and Legume Products

- ☐ extra firm tofu  
4 tbsp (63g)
- ☐ dry kidney beans  
2 3/4 tbsp (31g)
- ☐ dry white beans  
2 3/4 tbsp (34g)

- ☐ onion powder  
1 1/2 dash (0g)
- ☐ ground cumin  
2 g (2g)
- ☐ curry powder  
3 dash (1g)

## Other

- ☐ nutritional yeast  
1 oz (31g)
- ☐ cottage cheese & fruit cup  
5 container (850g)
- ☐ vegan meatballs, frozen  
4 meatball(s) (120g)
- ☐ sub roll(s)  
1 roll(s) (85g)
- ☐ curry paste  
2 tsp (10g)
- ☐ veggie burger patty  
4 patty (284g)
- ☐ mixed greens  
1 package (5.5 oz) (158g)
- ☐ vegan sausage  
4 sausage (400g)

- ☐ lentils, raw  
1 1/3 cup (229g)
- ☐ tempeh  
3/4 lbs (340g)
- ☐ hummus  
10 tbsp (150g)

## Nut and Seed Products

- ☐ coconut milk, canned  
56 tsp (281mL)
- ☐ walnuts  
3 1/3 oz (94g)

## Fats and Oils

- ☐ oil  
1 oz (36mL)
- ☐ raspberry walnut vinaigrette  
2 3/4 tbsp (41mL)
- ☐ salad dressing  
1 1/2 tbsp (23mL)

## Snacks

- ☐ Plantain chips  
3/4 oz (21g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
1/2 cup (105g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

#### flavored instant oatmeal

1 packet (43g)

#### water

3/4 cup(s) (178mL)

For all 2 meals:

#### flavored instant oatmeal

2 packet (86g)

#### water

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

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

### Cottage cheese & fruit cup

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



For single meal:

#### cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

#### cottage cheese & fruit cup

2 container (340g)

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

### Strawberries

1 1/4 cup(s) - 65 cals ● 1g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

#### strawberries

1 1/4 cup, whole (180g)

For all 2 meals:

#### strawberries

2 1/2 cup, whole (360g)

1. This recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Protein shake (milk)

258 cal ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

**whole milk**  
3 cup (720mL)  
**protein powder**  
3 scoop (1/3 cup ea) (93g)

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

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### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 3 meals:

**cottage cheese & fruit cup**  
3 container (510g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

**hummus**

5 tbsp (75g)

**bread**

2 slice (64g)

For all 2 meals:

**hummus**

10 tbsp (150g)

**bread**

4 slice (128g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

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

## Lunch 1 [↗](#)

Eat on day 1

### Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



Makes 1 sub(s)

**vegan meatballs, frozen**

4 meatball(s) (120g)

**pasta sauce**

4 tbsp (65g)

**nutritional yeast**

1 tsp (1g)

**sub roll(s)**

1 roll(s) (85g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

## Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



Makes 1/2 cup(s)

### fruit juice

4 fl oz (120mL)

1. This recipe has no instructions.

## Dinner roll

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



Makes 2 roll

### Roll

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

1. Enjoy.

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## Lunch 2 [↗](#)

Eat on day 2

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## Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



Makes 1 2/3 cup(s)

### whole milk

1 2/3 cup (400mL)

1. This recipe has no instructions.

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## Curried lentils

482 cals ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



**lentils, raw**  
1/3 cup (64g)  
**water**  
2/3 cup(s) (158mL)  
**salt**  
2/3 dash (1g)  
**coconut milk, canned**  
1/2 cup (120mL)  
**curry paste**  
2 tsp (10g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

## Lunch 3 [↗](#)

Eat on day 3, day 4

### Cranberry spinach salad

190 cals ● 3g protein ● 12g fat ● 14g carbs ● 2g fiber



For single meal:

**dried cranberries**  
4 tsp (13g)  
**walnuts**  
4 tsp, chopped (10g)  
**fresh spinach**  
1/4 6oz package (43g)  
**raspberry walnut vinaigrette**  
4 tsp (20mL)  
**romano cheese, finely shredded**  
1/4 tbsp (2g)

For all 2 meals:

**dried cranberries**  
2 2/3 tbsp (27g)  
**walnuts**  
2 2/3 tbsp, chopped (19g)  
**fresh spinach**  
1/2 6oz package (85g)  
**raspberry walnut vinaigrette**  
2 2/3 tbsp (40mL)  
**romano cheese, finely shredded**  
1/2 tbsp (3g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

### Veggie burger

2 burger - 550 cals ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

**veggie burger patty**  
2 patty (142g)  
**hamburger buns**  
2 bun(s) (102g)  
**ketchup**  
2 tbsp (34g)  
**mixed greens**  
2 oz (57g)

For all 2 meals:

**veggie burger patty**  
4 patty (284g)  
**hamburger buns**  
4 bun(s) (204g)  
**ketchup**  
4 tbsp (68g)  
**mixed greens**  
4 oz (113g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

## Lunch 4 [🔗](#)

Eat on day 5

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### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



#### salad dressing

1 1/2 tbsp (23mL)

#### mixed greens

1 1/2 cup (45g)

#### tomatoes

4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

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### Plantain chips

113 cals ● 0g protein ● 6g fat ● 13g carbs ● 1g fiber



#### Plantain chips

3/4 oz (21g)

1. Approximately 3/4 cup = 1 oz

### 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 onion 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.



## Lunch 5 [↗](#)

Eat on day 6, day 7

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

1 1/2 can (~19 oz) (789g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

### Walnuts

3/8 cup(s) - 262 cals ● 6g protein ● 24g fat ● 3g carbs ● 3g fiber



For single meal:

**walnuts**

6 tbsp, shelled (38g)

For all 2 meals:

**walnuts**

3/4 cup, shelled (75g)

1. This recipe has no instructions.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### Crackers

8 cracker(s) - 135 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

**crackers**

8 crackers (28g)

For all 2 meals:

**crackers**

16 crackers (56g)

1. Enjoy.

### 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, day 5

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### Toast with butter

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



For single meal:

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

For all 3 meals:

**bread**  
4 1/2 slice (144g)  
**butter**  
1 1/2 tbsp (20g)

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

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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 3 meals:

**whole milk**  
1 1/2 cup (360mL)

1. This recipe has no instructions.

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## Snacks 3 [🔗](#)

Eat on day 6, day 7

### Instant oatmeal with milk

1 packet(s) - 276 cals ● 10g protein ● 8g fat ● 38g carbs ● 4g fiber



For single meal:

#### flavored instant oatmeal

1 packet (43g)

#### whole milk

3/4 cup (180mL)

For all 2 meals:

#### flavored instant oatmeal

2 packet (86g)

#### whole milk

1 1/2 cup (360mL)

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

### 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 2 meals:

#### raw celery

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

## Dinner 1 [🔗](#)

Eat on day 1

### Corn

185 cals ● 5g protein ● 1g fat ● 34g carbs ● 4g fiber



#### frozen corn kernels

1 1/3 cup (181g)

1. Prepare according to instructions on package.

### Bbq cauliflower wings

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





**barbecue sauce**

1/2 cup (143g)

**salt**

4 dash (3g)

**nutritional yeast**

1/2 cup (30g)

**cauliflower**

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

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

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Dinner 2 [↗](#)

Eat on day 2

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Vegan chunky chili

537 cals ● 35g protein ● 6g fat ● 64g carbs ● 23g fiber



**extra firm tofu**  
4 tbsp (63g)  
**chili powder**  
3 tsp (8g)  
**garlic powder**  
2/3 dash (0g)  
**tomatoes**  
2 cup, chopped (360g)  
**water**  
2 cup(s) (474mL)  
**green pepper**  
2 2/3 tbsp, chopped (25g)  
**red bell pepper**  
2 2/3 tbsp, chopped (25g)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**dry kidney beans, soaked overnight**  
2 2/3 tbsp (31g)  
**dry white beans, soaked overnight**  
2 2/3 tbsp (34g)  
**lentils, raw, soaked overnight**  
2 2/3 tbsp (32g)  
**mushrooms**  
1/3 cup, chopped (23g)  
**fresh green beans**  
2 2/3 tbsp 1/2" pieces (17g)  
**raw celery**  
2 2/3 tbsp chopped (17g)  
**onion powder**  
1 1/3 dash (0g)

1. Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.
2. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.
3. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.

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### Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



Makes 1 2/3 cup(s)

**fruit juice**  
13 1/3 fl oz (400mL)

1. This recipe has no instructions.
-

## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



For single meal:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

1 3/4 cup (159g)

**butter**

1 3/4 tbsp (25g)

For all 2 meals:

**black pepper**

1/4 tsp (0g)

**salt**

1/4 tsp (1g)

**frozen broccoli**

3 1/2 cup (319g)

**butter**

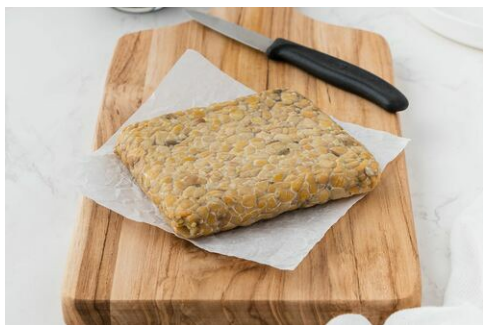
1/4 cup (50g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### 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

### Creamy lentils and sweet potato

614 cals ● 27g protein ● 14g fat ● 79g carbs ● 16g fiber



#### **lentils, raw**

1/2 cup (85g)

#### **sweet potatoes, chopped into bite-sized pieces**

2/3 sweetpotato, 5" long (140g)

#### **vegetable broth**

1 1/3 cup(s) (mL)

#### **fresh spinach**

1 1/3 cup(s) (40g)

#### **onion, diced**

2/3 medium (2-1/2" dia) (73g)

#### **coconut milk, canned**

2 2/3 tbsp (40mL)

#### **oil**

1 tsp (5mL)

#### **ground cumin**

4 dash (1g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### White rice

2/3 cup rice, cooked - 147 cals ● 3g protein ● 0g fat ● 32g carbs ● 1g fiber



For single meal:

#### **long-grain white rice**

1/4 cup (41g)

#### **water**

1/2 cup(s) (105mL)

#### **salt**

1/4 tsp (1g)

#### **black pepper**

1 1/3 dash, ground (0g)

For all 2 meals:

#### **long-grain white rice**

1/2 cup (82g)

#### **water**

7/8 cup(s) (211mL)

#### **salt**

1/2 tsp (3g)

#### **black pepper**

1/3 tsp, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

## Vegan sausage

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



For single meal:  
**vegan sausage**  
2 sausage (200g)

For all 2 meals:  
**vegan sausage**  
4 sausage (400g)

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

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.