

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

2171 cals ● 140g protein (26%) ● 37g fat (15%) ● 279g carbs (51%) ● 41g fiber (7%)

Breakfast

335 cals, 15g protein, 51g net carbs, 5g fat



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



[Cottage cheese & fruit cup](#)
1 container- 107 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

2230 cal ● 140g protein (25%) ● 62g fat (25%) ● 237g carbs (43%) ● 41g fiber (7%)

Breakfast

335 cal, 15g protein, 51g net carbs, 5g fat



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



Cottage cheese & fruit cup
1 container- 107 cal



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

Snacks

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



Crackers
8 cracker(s)- 135 cal



String cheese
1 stick(s)- 83 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

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



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



Curried lentils
482 cal

Dinner

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



Vegan chunky chili
537 cal



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

Day 3

2243 cal ● 166g protein (30%) ● 88g fat (35%) ● 161g carbs (29%) ● 36g fiber (6%)

Breakfast

365 cal, 42g protein, 24g net carbs, 11g fat



Protein shake (milk)
258 cal



Cottage cheese & fruit cup
1 container- 107 cal

Snacks

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



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



Milk
1/2 cup(s)- 75 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

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



Cranberry spinach salad
190 cal



Veggie burger
2 burger- 550 cal

Dinner

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



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



Basic tempeh
6 oz- 443 cal

Day 4

2243 cal ● 166g protein (30%) ● 88g fat (35%) ● 161g carbs (29%) ● 36g fiber (6%)

Breakfast

365 cal, 42g protein, 24g net carbs, 11g fat



Protein shake (milk)
258 cal



Cottage cheese & fruit cup
1 container- 107 cal

Snacks

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



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



Milk
1/2 cup(s)- 75 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

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



Cranberry spinach salad
190 cal



Veggie burger
2 burger- 550 cal

Dinner

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



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



Basic tempeh
6 oz- 443 cal

Day 5

2168 cal ● 146g protein (27%) ● 76g fat (31%) ● 196g carbs (36%) ● 30g fiber (6%)

Breakfast

365 cal, 42g protein, 24g net carbs, 11g fat



Protein shake (milk)
258 cal



Cottage cheese & fruit cup
1 container- 107 cal

Snacks

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



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



Milk
1/2 cup(s)- 75 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

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



Simple mixed greens and tomato salad
76 cal



Plantain chips
113 cal



Dal with rice
538 cal

Dinner

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



Creamy lentils and sweet potato
614 cal

Day 6

2232 cals ● 167g protein (30%) ● 78g fat (31%) ● 184g carbs (33%) ● 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

755 cals, 60g protein, 70g net carbs, 24g fat



White rice
220 cals



Vegan sausage
2 sausage(s)- 536 cals

Day 7

2232 cals ● 167g protein (30%) ● 78g fat (31%) ● 184g carbs (33%) ● 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

755 cals, 60g protein, 70g net carbs, 24g fat



White rice
220 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 (10g)
- chili powder
1 tbsp (8g)
- garlic powder
1/3 tsp (1g)
- black pepper
2 g (2g)

Beverages

- water
19 3/4 cup(s) (4681mL)
- 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 (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 (665g)
- sub roll(s)
1 roll(s) (85g)
- vegan meatballs, frozen
4 meatball(s) (120g)
- 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 (14 halves) (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
3/4 cup (146g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Instant oatmeal with water

1 packet(s) - 165 cal ● 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 - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

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

Strawberries

1 1/4 cup(s) - 65 cal ● 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

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 - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 3 meals:

cottage cheese & fruit cup
3 container (399g)

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 cal ● 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 cal ● 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 cal ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



Makes 1 sub(s)

sub roll(s)
1 roll(s) (85g)
nutritional yeast
1 tsp (1g)
pasta sauce
4 tbsp (65g)
vegan meatballs, frozen
4 meatball(s) (120g)

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 cal ● 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 cal ● 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.

Lunch 2 [↗](#)

Eat on day 2

Milk

1 2/3 cup(s) - 248 cal ● 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.

Curried lentils

482 cal ● 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 cal ● 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 cal ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

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

For all 2 meals:

veggie burger patty
4 patty (284g)
hamburger buns
4 bun (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.
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Lunch 4 [↗](#)

Eat on day 5

Simple mixed greens and tomato salad

76 cal ● 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.

Plantain chips

113 cal ● 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 cal ● 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 cal(s) ● 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 cal(s) ● 6g protein ● 24g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts

6 tbsp shelled (50 halves) (38g)

For all 2 meals:

walnuts

3/4 cup shelled (50 halves) (75g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2

Crackers

8 cracker(s) - 135 cal(s) ● 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.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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.

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 cal ● 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 cal ● 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 cal ● 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 cal ● 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.

Dinner 2 [↗](#)

Eat on day 2

Vegan chunky chili

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



extra firm tofu
4 tbsp (63g)
chili powder
1 tbsp (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.

Fruit juice

1 2/3 cup(s) - 191 cal ● 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.
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Dinner 3 [↗](#)

Eat on day 3, day 4

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.
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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

220 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

salt

1/3 tsp (2g)

water

2/3 cup(s) (158mL)

long-grain white rice

1/3 cup (62g)

black pepper

2 dash, ground (1g)

For all 2 meals:

salt

1/4 tbsp (4g)

water

1 1/3 cup(s) (316mL)

long-grain white rice

2/3 cup (123g)

black pepper

4 dash, ground (1g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. 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 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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