

Meal Plan - 2400 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

2443 cals ● 163g protein (27%) ● 102g fat (38%) ● 169g carbs (28%) ● 49g fiber (8%)

Breakfast

425 cals, 23g protein, 30g net carbs, 22g fat



[Toast with butter](#)

2 1/2 slice(s)- 284 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Snacks

315 cals, 7g protein, 50g net carbs, 6g fat



[Roasted chickpeas](#)

1/4 cup- 138 cals



[Applesauce](#)

114 cals



[Watermelon](#)

6 oz- 61 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

825 cals, 40g protein, 45g net carbs, 45g fat



[Vegan sausage & veggie sheet pan](#)

480 cals



[Simple kale & avocado salad](#)

345 cals

Dinner

610 cals, 33g protein, 42g net carbs, 28g fat



[Baked feta chickpea pasta](#)

610 cals

Day 2

2535 cals ● 159g protein (25%) ● 120g fat (42%) ● 161g carbs (25%) ● 45g fiber (7%)

Breakfast

425 cals, 23g protein, 30g net carbs, 22g fat



Toast with butter

2 1/2 slice(s)- 284 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

315 cals, 7g protein, 50g net carbs, 6g fat



Roasted chickpeas

1/4 cup- 138 cals



Applesauce

114 cals



Watermelon

6 oz- 61 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

825 cals, 40g protein, 45g net carbs, 45g fat



Vegan sausage & veggie sheet pan

480 cals



Simple kale & avocado salad

345 cals

Dinner

700 cals, 29g protein, 34g net carbs, 46g fat



Avocado

176 cals



Pecans

1/4 cup- 183 cals



Crispy chik'n tenders

6 tender(s)- 343 cals

Day 3

2376 cals ● 155g protein (26%) ● 91g fat (34%) ● 192g carbs (32%) ● 43g fiber (7%)

Breakfast

350 cals, 16g protein, 18g net carbs, 19g fat



Carrot sticks

4 carrot(s)- 108 cals



Egg in an eggplant

241 cals

Snacks

315 cals, 7g protein, 50g net carbs, 6g fat



Roasted chickpeas

1/4 cup- 138 cals



Applesauce

114 cals



Watermelon

6 oz- 61 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

740 cals, 43g protein, 89g net carbs, 18g fat



Clementine

1 clementine(s)- 39 cals



Vegan meatball sub

1 1/2 sub(s)- 702 cals

Dinner

700 cals, 29g protein, 34g net carbs, 46g fat



Avocado

176 cals



Pecans

1/4 cup- 183 cals



Crispy chik'n tenders

6 tender(s)- 343 cals

Day 4

2376 cal ● 159g protein (27%) ● 77g fat (29%) ● 217g carbs (36%) ● 44g fiber (7%)

Breakfast

350 cal, 16g protein, 18g net carbs, 19g fat



Carrot sticks
4 carrot(s)- 108 cal



Egg in an eggplant
241 cal

Snacks

235 cal, 9g protein, 26g net carbs, 9g fat



String cheese
1 stick(s)- 83 cal



Orange
1 orange(s)- 85 cal



Crackers
4 cracker(s)- 68 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cal

Lunch

740 cal, 43g protein, 89g net carbs, 18g fat



Clementine
1 clementine(s)- 39 cal



Vegan meatball sub
1 1/2 sub(s)- 702 cal

Dinner

780 cal, 31g protein, 82g net carbs, 30g fat



Simple mixed greens salad
170 cal



Milk
1 cup(s)- 149 cal



Creamy lentils and sweet potato
461 cal

Day 5

2339 cal ● 166g protein (28%) ● 58g fat (22%) ● 238g carbs (41%) ● 51g fiber (9%)

Breakfast

320 cal, 12g protein, 28g net carbs, 15g fat



Carrot sticks

1 1/2 carrot(s)- 41 cal



Avocado toast

1 slice(s)- 168 cal



Milk

3/4 cup(s)- 112 cal

Snacks

235 cal, 9g protein, 26g net carbs, 9g fat



String cheese

1 stick(s)- 83 cal



Orange

1 orange(s)- 85 cal



Crackers

4 cracker(s)- 68 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Lunch

805 cal, 42g protein, 120g net carbs, 6g fat



Bbq cauliflower wings

803 cal

Dinner

710 cal, 43g protein, 62g net carbs, 28g fat



Curried tofu salad

446 cal



Naan bread

1 piece(s)- 262 cal

Day 6

2358 cal ● 163g protein (28%) ● 70g fat (27%) ● 220g carbs (37%) ● 50g fiber (9%)

Breakfast

320 cal, 12g protein, 28g net carbs, 15g fat



Carrot sticks

1 1/2 carrot(s)- 41 cal



Avocado toast

1 slice(s)- 168 cal



Milk

3/4 cup(s)- 112 cal

Snacks

255 cal, 6g protein, 9g net carbs, 20g fat



Kale chips

138 cal



Walnuts

1/6 cup(s)- 117 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Lunch

805 cal, 42g protein, 120g net carbs, 6g fat



Bbq cauliflower wings

803 cal

Dinner

710 cal, 43g protein, 62g net carbs, 28g fat



Curried tofu salad

446 cal



Naan bread

1 piece(s)- 262 cal

Day 7

2435 cal ● 159g protein (26%) ● 103g fat (38%) ● 180g carbs (30%) ● 38g fiber (6%)

Breakfast

320 cal, 12g protein, 28g net carbs, 15g fat



Carrot sticks

1 1/2 carrot(s)- 41 cal



Avocado toast

1 slice(s)- 168 cal



Milk

3/4 cup(s)- 112 cal

Snacks

255 cal, 6g protein, 9g net carbs, 20g fat



Kale chips

138 cal



Walnuts

1/6 cup(s)- 117 cal

Protein Supplement(s)

275 cal, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cal

Lunch

830 cal, 41g protein, 72g net carbs, 33g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cal



Roasted peanuts

1/3 cup(s)- 288 cal



Orange

2 orange(s)- 170 cal

Dinner

760 cal, 41g protein, 69g net carbs, 33g fat



Cranberry spinach salad

190 cal



Seitan Philly cheesesteak

1 sub(s)- 571 cal

Vegetables and Vegetable Products

- garlic
2 1/2 clove(s) (8g)
- fresh spinach
1/3 10oz package (95g)
- tomatoes
7 1/2 oz, cherry tomatoes (213g)
- broccoli
2 cup chopped (182g)
- carrots
16 2/3 medium (1016g)
- potatoes
2 small (1-3/4" to 2-1/4" dia.) (184g)
- kale leaves
3 bunch (482g)
- ketchup
3 tbsp (51g)
- eggplant
4 1 inch (2.5 cm) slice(s) (240g)
- sweet potatoes
1/2 sweetpotato, 5" long (105g)
- onion
3/4 medium (2-1/2" dia) (83g)
- red bell pepper
2 medium (approx 2-3/4" long, 2-1/2 dia.) (218g)
- cauliflower
6 head small (4" dia.) (1590g)
- bell pepper
1/2 small (37g)

Other

- italian seasoning
1 tsp (4g)
- chickpea pasta
3/8 box (74g)
- Roasted chickpeas
3/4 cup (85g)
- vegan sausage
2 sausage (200g)
- meatless chik'n tenders
12 pieces (306g)
- vegan meatballs, frozen
12 meatball(s) (360g)
- nutritional yeast
3 1/3 oz (94g)
- sub roll(s)
4 roll(s) (340g)
- mixed greens
3 3/4 cup (113g)

Beverages

- water
17 1/2 cup(s) (4148mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Baked Products

- bread
8 slice (256g)
- crackers
8 crackers (28g)
- naan bread
2 piece (180g)

Fruits and Fruit Juices

- applesauce
6 to-go container (~4 oz) (732g)
- Watermelon
18 oz (510g)
- lemon
1 1/2 small (87g)
- avocados
3 1/4 avocado(s) (653g)
- lemon juice
1 fl oz (33mL)
- clementines
2 fruit (148g)
- orange
4 orange (616g)
- dried cranberries
4 tsp (13g)

Nut and Seed Products

- pecans
1/2 cup, halves (50g)
- coconut milk, canned
2 tbsp (31mL)
- walnuts
1 1/2 oz (43g)

Soups, Sauces, and Gravies

- pasta sauce
3/4 cup (195g)
- vegetable broth
1 cup(s) (mL)
- barbecue sauce
1 1/2 cup (429g)

Dairy and Egg Products

- feta cheese
3 oz (85g)
- butter
5 tsp (23g)
- eggs
8 large (400g)
- whole milk
3 1/4 cup (780mL)
- string cheese
2 stick (56g)
- romano cheese
1/4 tbsp (2g)
- cheese
1 slice (1 oz each) (28g)

Fats and Oils

- oil
2 oz (56mL)
- salad dressing
1/4 cup (56mL)
- vegan mayonnaise
1/4 cup (55g)
- olive oil
4 tsp (20mL)
- raspberry walnut vinaigrette
4 tsp (19mL)

- chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

Legumes and Legume Products

- lentils, raw
1/3 cup (64g)
- soy sauce
2 tbsp (27mL)
- extra firm tofu
22 oz (624g)
- roasted peanuts
5 tbsp (46g)

Spices and Herbs

- ground cumin
3 dash (1g)
- apple cider vinegar
2 tbsp (27g)
- crushed red pepper
1/2 tsp (1g)
- curry powder
2 tsp (4g)
- salt
1 tbsp (17g)

Cereal Grains and Pasta

- seitan
3 oz (85g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Toast with butter

2 1/2 slice(s) - 284 cal ● 10g protein ● 12g fat ● 30g carbs ● 5g fiber



For single meal:

bread
2 1/2 slice (80g)
butter
2 1/2 tsp (11g)

For all 2 meals:

bread
5 slice (160g)
butter
5 tsp (23g)

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

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
 2. Place the eggs in a small sauce pan and cover with water.
 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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Breakfast 2 [↗](#)

Eat on day 3, day 4

Carrot sticks

4 carrot(s) - 108 cal ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots
4 medium (244g)

For all 2 meals:

carrots
8 medium (488g)

1. Cut carrots into strips and serve.
-

Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggs
2 large (100g)
eggplant
2 1 inch (2.5 cm) slice(s) (120g)
oil
2 tsp (10mL)

For all 2 meals:

eggs
4 large (200g)
eggplant
4 1 inch (2.5 cm) slice(s) (240g)
oil
4 tsp (20mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
 2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
 3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
 4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Carrot sticks

1 1/2 carrot(s) - 41 cal ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots
1 1/2 medium (92g)

For all 3 meals:

carrots
4 1/2 medium (275g)

1. Cut carrots into strips and serve.
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Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

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

For all 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

1. Toast the bread.
 2. Top with ripe avocado and use a fork to smash.
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Milk

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



For single meal:

whole milk
3/4 cup (180mL)

For all 3 meals:

whole milk
2 1/4 cup (540mL)

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

Eat on day 1, day 2

Vegan sausage & veggie sheet pan

480 cal ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



For single meal:

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

broccoli, chopped

1 cup chopped (91g)

carrots, sliced

1 medium (61g)

potatoes, cut into wedges

1 small (1-3/4" to 2-1/4" dia.) (92g)

vegan sausage, cut into bite sized pieces

1 sausage (100g)

For all 2 meals:

italian seasoning

1 tsp (4g)

oil

4 tsp (20mL)

broccoli, chopped

2 cup chopped (182g)

carrots, sliced

2 medium (122g)

potatoes, cut into wedges

2 small (1-3/4" to 2-1/4" dia.) (184g)

vegan sausage, cut into bite sized pieces

2 sausage (200g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Simple kale & avocado salad

345 cal ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

kale leaves, chopped

3/4 bunch (128g)

lemon, juiced

3/4 small (44g)

avocados, chopped

3/4 avocado(s) (151g)

For all 2 meals:

kale leaves, chopped

1 1/2 bunch (255g)

lemon, juiced

1 1/2 small (87g)

avocados, chopped

1 1/2 avocado(s) (302g)

1. Add all ingredients into a bowl.
 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
 3. Season with salt and pepper if desired. Serve.
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Lunch 2 [↗](#)

Eat on day 3, day 4

Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

1. This recipe has no instructions.
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Vegan meatball sub

1 1/2 sub(s) - 702 cal ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

vegan meatballs, frozen

6 meatball(s) (180g)

pasta sauce

6 tbsp (98g)

nutritional yeast

1/2 tbsp (2g)

sub roll(s)

1 1/2 roll(s) (128g)

For all 2 meals:

vegan meatballs, frozen

12 meatball(s) (360g)

pasta sauce

3/4 cup (195g)

nutritional yeast

1 tbsp (4g)

sub roll(s)

3 roll(s) (255g)

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.
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Lunch 3 [↗](#)

Eat on day 5, day 6

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



For single meal:

barbecue sauce

3/4 cup (215g)

salt

1/4 tbsp (5g)

nutritional yeast

3/4 cup (45g)

cauliflower

3 head small (4" dia.) (795g)

For all 2 meals:

barbecue sauce

1 1/2 cup (429g)

salt

1/2 tbsp (9g)

nutritional yeast

1 1/2 cup (90g)

cauliflower

6 head small (4" dia.) (1590g)

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.

Lunch 4 [↗](#)

Eat on day 7

Chunky canned soup (non-creamy)

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



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)

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

1. Prepare according to instructions on package.

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

roasted peanuts

5 tbsp (46g)

1. This recipe has no instructions.

Orange

2 orange(s) - 170 cal ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

orange
2 orange (308g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Roasted chickpeas

1/4 cup - 138 cal ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

Roasted chickpeas
4 tbsp (28g)

For all 3 meals:

Roasted chickpeas
3/4 cup (85g)

1. This recipe has no instructions.

Applesauce

114 cal ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce
2 to-go container (~4 oz) (244g)

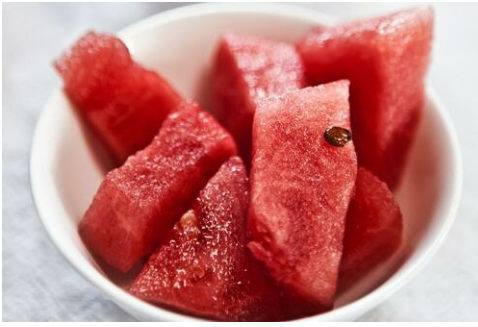
For all 3 meals:

applesauce
6 to-go container (~4 oz) (732g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Watermelon

6 oz - 61 cal ● 2g protein ● 0g fat ● 13g carbs ● 1g fiber



For single meal:

Watermelon
6 oz (170g)

For all 3 meals:

Watermelon
18 oz (510g)

1. Slice watermelon and serve.

Snacks 2 [↗](#)

Eat on day 4, day 5

String cheese

1 stick(s) - 83 cal ● 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.

Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Crackers

4 cracker(s) - 68 cal ● 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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

olive oil

2 tsp (10mL)

kale leaves

2/3 bunch (113g)

salt

1/4 tbsp (4g)

For all 2 meals:

olive oil

4 tsp (20mL)

kale leaves

1 1/3 bunch (227g)

salt

1/2 tbsp (8g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Walnuts

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



For single meal:

walnuts

2 2/3 tbsp, shelled (17g)

For all 2 meals:

walnuts

1/3 cup, shelled (33g)

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

Eat on day 1

Baked feta chickpea pasta

610 cals ● 33g protein ● 28g fat ● 42g carbs ● 14g fiber



garlic, peeled & smashed

3/4 clove(s) (2g)

italian seasoning

1 1/2 dash (1g)

chickpea pasta

3/8 box (74g)

fresh spinach

3/4 cup(s) (23g)

feta cheese, drained

3 oz (85g)

oil

1 tsp (6mL)

tomatoes

7 1/2 oz, cherry tomatoes (213g)

1. Preheat oven to 400°F (200°C).
2. In a baking dish, add the tomatoes, garlic, and the feta (do not crumble). Drizzle with the oil and season with some salt/pepper. Bake for 30-35 minutes until tomatoes are bursting.
3. Meanwhile cook chickpea pasta according to package instructions. Set aside.
4. Remove the baking dish from the oven and smash everything with a fork until the feta is creamy, but the tomatoes are still a bit chunky.
5. Add spinach and hot pasta into the baking dish and toss gently until spinach wilts and pasta is coated. Garnish with Italian seasoning and serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

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.

Pecans

1/4 cup - 183 cal ● 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.

Crispy chik'n tenders

6 tender(s) - 343 cal ● 24g protein ● 14g fat ● 31g carbs ● 0g fiber



For single meal:

ketchup
1 1/2 tbsp (26g)
meatless chik'n tenders
6 pieces (153g)

For all 2 meals:

ketchup
3 tbsp (51g)
meatless chik'n tenders
12 pieces (306g)

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

Dinner 3 [↗](#)

Eat on day 4

Simple mixed greens salad

170 cal ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



mixed greens
3 3/4 cup (113g)
salad dressing
1/4 cup (56mL)

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

Milk

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



Makes 1 cup(s)

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Creamy lentils and sweet potato

461 cal ● 20g protein ● 11g fat ● 59g carbs ● 12g fiber



lentils, raw
1/3 cup (64g)
sweet potatoes, chopped into bite-sized pieces
1/2 sweetpotato, 5" long (105g)
vegetable broth
1 cup(s) (mL)
fresh spinach
1 cup(s) (30g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
coconut milk, canned
2 tbsp (30mL)
oil
1/4 tbsp (4mL)
ground cumin
3 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.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Curried tofu salad

446 cal ● 34g protein ● 23g fat ● 18g carbs ● 9g fiber



For single meal:

apple cider vinegar
1 tbsp (14g)
vegan mayonnaise
2 tbsp (28g)
garlic, minced
1 clove (3g)
red bell pepper, chopped
1 medium (approx 2-3/4" long, 2-1/2 dia.) (109g)
carrots, grated
1 large (66g)
soy sauce
1 tbsp (14mL)
crushed red pepper
2 dash (0g)
extra firm tofu, drained and cubed
2/3 lbs (312g)
curry powder
1 tsp (2g)
lemon juice
1 tbsp (14mL)

For all 2 meals:

apple cider vinegar
2 tbsp (27g)
vegan mayonnaise
1/4 cup (55g)
garlic, minced
2 clove (5g)
red bell pepper, chopped
2 medium (approx 2-3/4" long, 2-1/2 dia.) (218g)
carrots, grated
2 large (132g)
soy sauce
2 tbsp (27mL)
crushed red pepper
1/2 tsp (1g)
extra firm tofu, drained and cubed
22 oz (624g)
curry powder
2 tsp (4g)
lemon juice
2 tbsp (27mL)

1. Preheat an oven to 350°F (175°C). Place tofu on a lightly greased baking sheet.
2. Bake tofu in the preheated oven for 25 minutes, stirring halfway through the cooking time. Remove tofu from the oven and allow to cool.
3. Mix curry powder, lemon juice, vegan mayonnaise, apple cider vinegar, red pepper flakes, and soy sauce in a small bowl. Set aside. Combine tofu, carrots, red pepper, and garlic in a large bowl. Top with sauce and mix thoroughly. Serve immediately or chill for up to an hour before serving.

Naan bread

1 piece(s) - 262 cal ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece (90g)

For all 2 meals:

naan bread
2 piece (180g)

1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 7

Cranberry spinach salad

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

**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)

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.

Seitan Philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



Makes 1 sub(s)

cheese

1 slice (1 oz each) (28g)

seitan, cut into strips

3 oz (85g)

bell pepper, sliced

1/2 small (37g)

onion, chopped

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

oil

1/2 tbsp (8mL)

sub roll(s)

1 roll(s) (85g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
 2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
 3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
 4. When the seitan is done, add the veggies back in and mix until well-combined.
 5. Add the filling to the bun and serve!
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Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water

2 1/2 cup(s) (593mL)

protein powder

2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water

17 1/2 cup(s) (4148mL)

protein powder

17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.
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