

Meal Plan - 2500 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
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Day 1

2479 cal ● 177g protein (29%) ● 101g fat (37%) ● 167g carbs (27%) ● 48g fiber (8%)

Breakfast

415 cal, 17g protein, 21g net carbs, 24g fat



[Buttered english muffin](#)

1/2 english muffin(s)- 106 cal



[Blackberries](#)

1 cup(s)- 70 cal



[Egg in an eggplant](#)

241 cal

Snacks

345 cal, 27g protein, 11g net carbs, 20g fat



[String cheese](#)

1 stick(s)- 83 cal



[Carrot sticks](#)

2 carrot(s)- 54 cal



[Boiled eggs](#)

3 egg(s)- 208 cal

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cal

Lunch

825 cal, 46g protein, 91g net carbs, 22g fat



[Vegan meatball sub](#)

1 1/2 sub(s)- 702 cal



[Tossed salad](#)

121 cal

Dinner

620 cal, 26g protein, 42g net carbs, 34g fat



[Lentil kale salad](#)

487 cal



[Sunflower seeds](#)

135 cal

Day 2

2479 cals ● 177g protein (29%) ● 101g fat (37%) ● 167g carbs (27%) ● 48g fiber (8%)

Breakfast

415 cals, 17g protein, 21g net carbs, 24g fat



[Buttered english muffin](#)

1/2 english muffin(s)- 106 cals



[Blackberries](#)

1 cup(s)- 70 cals



[Egg in an eggplant](#)

241 cals

Snacks

345 cals, 27g protein, 11g net carbs, 20g fat



[String cheese](#)

1 stick(s)- 83 cals



[Carrot sticks](#)

2 carrot(s)- 54 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

825 cals, 46g protein, 91g net carbs, 22g fat



[Vegan meatball sub](#)

1 1/2 sub(s)- 702 cals



[Tossed salad](#)

121 cals

Dinner

620 cals, 26g protein, 42g net carbs, 34g fat



[Lentil kale salad](#)

487 cals



[Sunflower seeds](#)

135 cals

Day 3

2496 cals ● 217g protein (35%) ● 98g fat (35%) ● 155g carbs (25%) ● 31g fiber (5%)

Breakfast

425 cals, 24g protein, 10g net carbs, 30g fat



[Pumpkin seeds](#)

183 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Pesto scrambled eggs](#)

2 eggs- 198 cals

Snacks

315 cals, 27g protein, 23g net carbs, 11g fat



[Watermelon](#)

8 oz- 82 cals



[Cottage cheese with almonds and cinnamon](#)

232 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

675 cals, 52g protein, 46g net carbs, 23g fat



[Lentils](#)

231 cals



[Basic tempeh](#)

6 oz- 443 cals

Dinner

815 cals, 54g protein, 74g net carbs, 32g fat



[Crispy chik'n tenders](#)

13 tender(s)- 743 cals



[Tomato cucumber salad](#)

71 cals

Day 4

2458 cals ● 205g protein (33%) ● 91g fat (33%) ● 176g carbs (29%) ● 29g fiber (5%)

Breakfast

425 cals, 24g protein, 10g net carbs, 30g fat



[Pumpkin seeds](#)

183 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Pesto scrambled eggs](#)

2 eggs- 198 cals

Snacks

315 cals, 27g protein, 23g net carbs, 11g fat



[Watermelon](#)

8 oz- 82 cals



[Cottage cheese with almonds and cinnamon](#)

232 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

635 cals, 39g protein, 66g net carbs, 16g fat



[Goat cheese and marinara stuffed zucchini](#)

3 zucchini halve(s)- 288 cals



[Lentils](#)

347 cals

Dinner

815 cals, 54g protein, 74g net carbs, 32g fat



[Crispy chik'n tenders](#)

13 tender(s)- 743 cals



[Tomato cucumber salad](#)

71 cals

Day 5

2523 cals ● 187g protein (30%) ● 71g fat (25%) ● 231g carbs (37%) ● 52g fiber (8%)

Breakfast

390 cals, 17g protein, 17g net carbs, 26g fat



High-protein granola bar
1 bar(s)- 204 cals



Pistachios
188 cals

Snacks

315 cals, 27g protein, 23g net carbs, 11g fat



Watermelon
8 oz- 82 cals



Cottage cheese with almonds and cinnamon
232 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

800 cals, 38g protein, 125g net carbs, 5g fat



Lentil pasta
337 cals



Couscous
402 cals



Tossed salad
61 cals

Dinner

745 cals, 45g protein, 63g net carbs, 28g fat



Quinoa
1 1/2 cup quinoa, cooked- 313 cals



Peanut tempeh
4 oz tempeh- 434 cals

Day 6

2481 cals ● 173g protein (28%) ● 69g fat (25%) ● 240g carbs (39%) ● 51g fiber (8%)

Breakfast

390 cals, 17g protein, 17g net carbs, 26g fat



High-protein granola bar
1 bar(s)- 204 cals



Pistachios
188 cals

Snacks

320 cals, 32g protein, 34g net carbs, 6g fat



Yogurt and cucumber
264 cals



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

800 cals, 38g protein, 125g net carbs, 5g fat



Lentil pasta
337 cals



Couscous
402 cals



Tossed salad
61 cals

Dinner

695 cals, 27g protein, 61g net carbs, 31g fat



Spiced chickpea tabbouleh bowl
364 cals



Roasted almonds
3/8 cup(s)- 333 cals

Day 7

2470 cals ● 163g protein (26%) ● 93g fat (34%) ● 193g carbs (31%) ● 52g fiber (8%)

Breakfast

390 cals, 17g protein, 17g net carbs, 26g fat



High-protein granola bar
1 bar(s)- 204 cals



Pistachios
188 cals

Snacks

320 cals, 32g protein, 34g net carbs, 6g fat



Yogurt and cucumber
264 cals



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

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

790 cals, 27g protein, 78g net carbs, 29g fat



Grilled peanut butter and banana sandwich
1 sandwich(es)- 485 cals



Tossed salad
303 cals

Dinner

695 cals, 27g protein, 61g net carbs, 31g fat



Spiced chickpea tabbouleh bowl
364 cals



Roasted almonds
3/8 cup(s)- 333 cals

Spices and Herbs

- ☐ ground cumin
2 tsp (4g)
- ☐ crushed red pepper
1 1/4 tsp (2g)
- ☐ cinnamon
1/2 tsp (1g)
- ☐ salt
1/4 tsp (1g)

Beverages

- ☐ water
24 1/3 cup(s) (5766mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Vegetables and Vegetable Products

- ☐ garlic
2 1/2 clove(s) (8g)
- ☐ kale leaves
3 3/4 cup, chopped (150g)
- ☐ eggplant
4 1 inch (2.5 cm) slice(s) (240g)
- ☐ carrots
6 1/4 medium (382g)
- ☐ red onion
1 medium (2-1/2" dia) (111g)
- ☐ cucumber
3 1/2 cucumber (8-1/4") (1060g)
- ☐ romaine lettuce
2 3/4 hearts (1375g)
- ☐ tomatoes
6 3/4 medium whole (2-3/5" dia) (835g)
- ☐ ketchup
6 1/2 tbsp (111g)
- ☐ zucchini
1 1/2 large (485g)
- ☐ fresh parsley
2 2/3 sprigs (3g)

Fruits and Fruit Juices

- ☐ lemon juice
3 1/3 tbsp (50mL)
- ☐ blackberries
2 cup (288g)
- ☐ Watermelon
24 oz (680g)

Fats and Oils

- ☐ oil
2 1/2 oz (73mL)
- ☐ salad dressing
1/2 cup (113mL)
- ☐ cooking spray
1 spray(s) , about 1/3 second each (0g)

Legumes and Legume Products

- ☐ lentils, raw
1 1/2 cup (280g)
- ☐ tempeh
10 oz (284g)
- ☐ soy sauce
1 tsp (5mL)
- ☐ peanut butter
2 1/4 oz (64g)
- ☐ chickpeas, canned
2/3 can (299g)

Dairy and Egg Products

- ☐ butter
2 pat (1" sq, 1/3" high) (10g)
- ☐ eggs
14 large (700g)
- ☐ string cheese
2 stick (56g)
- ☐ low fat cottage cheese (1% milkfat)
2 1/4 cup (509g)
- ☐ goat cheese
1 1/2 oz (43g)
- ☐ lowfat greek yogurt
2 cup (560g)

Baked Products

- ☐ english muffins
1 muffin(s) (57g)
- ☐ bread
2 slice (64g)

Other

- ☐ vegan meatballs, frozen
12 meatball(s) (360g)
- ☐ nutritional yeast
1/6 oz (6g)
- ☐ sub roll(s)
3 roll(s) (255g)

- ☐ fruit juice
8 fl oz (240mL)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)

Nut and Seed Products

- ☐ almonds
5 oz (140g)
- ☐ sunflower kernels
1 1/2 oz (43g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ almond butter
2 1/4 tbsp (36g)
- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

- ☐ meatless chik'n tenders
26 pieces (663g)
- ☐ lentil pasta
1/3 lbs (151g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
3/4 jar (24 oz) (517g)
- ☐ pesto sauce
2 tbsp (32g)

Snacks

- ☐ high-protein granola bar
3 bar (120g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/2 cup (85g)
 - ☐ instant couscous, flavored
2 box (5.8 oz) (329g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Buttered english muffin

1/2 english muffin(s) - 106 cal ● 2g protein ● 5g fat ● 13g carbs ● 1g fiber



For single meal:

butter

1 pat (1" sq, 1/3" high) (5g)

english muffins

1/2 muffin(s) (29g)

For all 2 meals:

butter

2 pat (1" sq, 1/3" high) (10g)

english muffins

1 muffin(s) (57g)

1. Slice english muffin through the center.
2. Optional: toast in a toaster oven for a couple minutes.
3. Spread butter on each side.
4. Serve.

Blackberries

1 cup(s) - 70 cal ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

blackberries

1 cup (144g)

For all 2 meals:

blackberries

2 cup (288g)

1. Rinse blackberries 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g 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.

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.

Pesto scrambled eggs

2 eggs - 198 cals ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce

1 tbsp (16g)

eggs

2 large (100g)

For all 2 meals:

pesto sauce

2 tbsp (32g)

eggs

4 large (200g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar

1 bar (40g)

For all 3 meals:

high-protein granola bar

3 bar (120g)

1. This recipe has no instructions.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 3 meals:

pistachios, dry roasted, without shells or salt added

3/4 cup (92g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 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.

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

red onion, sliced

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

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

romaine lettuce, shredded

1/2 hearts (250g)

carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

salad dressing

1 tbsp (15mL)

For all 2 meals:

red onion, sliced

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

cucumber, sliced or diced

1/4 cucumber (8-1/4") (75g)

romaine lettuce, shredded

1 hearts (500g)

carrots, peeled and shredded or sliced

1 small (5-1/2" long) (50g)

tomatoes, diced

1 small whole (2-2/5" dia) (91g)

salad dressing

2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Lunch 2 [↗](#)

Eat on day 3

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



salt

2/3 dash (0g)

water

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

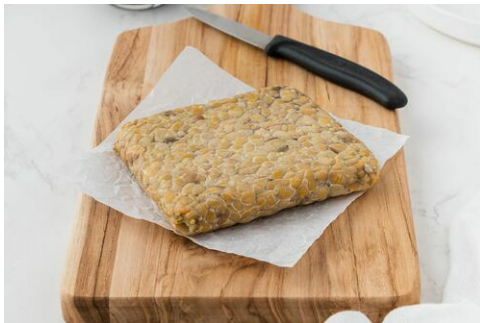
lentils, raw, rinsed

1/3 cup (64g)

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.

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

oil

1 tbsp (15mL)

tempeh

6 oz (170g)

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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Lunch 3 [↗](#)

Eat on day 4

Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cals ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



Makes 3 zucchini halve(s)

zucchini

1 1/2 large (485g)

pasta sauce

6 tbsp (98g)

goat cheese

1 1/2 oz (43g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



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.
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Lunch 4 [↗](#)

Eat on day 5, day 6

Lentil pasta

337 cal ● 22g protein ● 3g fat ● 41g carbs ● 16g fiber



For single meal:

pasta sauce

1/6 jar (24 oz) (112g)

lentil pasta

2 2/3 oz (76g)

For all 2 meals:

pasta sauce

1/3 jar (24 oz) (224g)

lentil pasta

1/3 lbs (151g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Couscous

402 cal ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



For single meal:

instant couscous, flavored

2/3 box (5.8 oz) (110g)

For all 2 meals:

instant couscous, flavored

1 1/3 box (5.8 oz) (219g)

1. Follow instructions on package.

Tossed salad

61 cal ● 2g protein ● 2g fat ● 5g carbs ● 3g fiber



For single meal:

red onion, sliced
1/8 medium (2-1/2" dia) (7g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (19g)
romaine lettuce, shredded
1/4 hearts (125g)
carrots, peeled and shredded or sliced
1/4 small (5-1/2" long) (13g)
tomatoes, diced
1/4 small whole (2-2/5" dia) (23g)
salad dressing
1/2 tbsp (8mL)

For all 2 meals:

red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
romaine lettuce, shredded
1/2 hearts (250g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Lunch 5 [🔗](#)

Eat on day 7

Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cals ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



Makes 1 sandwich(es)

bread
2 slice (64g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)
peanut butter
2 tbsp (32g)
cooking spray
1 spray(s) , about 1/3 second each (0g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Tossed salad

303 cals ● 11g protein ● 10g fat ● 25g carbs ● 17g fiber



red onion, sliced
1/3 medium (2-1/2" dia) (34g)
cucumber, sliced or diced
1/3 cucumber (8-1/4") (94g)
romaine lettuce, shredded
1 1/4 hearts (625g)
carrots, peeled and shredded or sliced
1 1/4 small (5-1/2" long) (63g)
tomatoes, diced
1 1/4 small whole (2-2/5" dia) (114g)
salad dressing
2 1/2 tbsp (38mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Snacks 1 [↗](#)

Eat on day 1, day 2

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.

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 2 meals:

carrots
4 medium (244g)

1. Cut carrots into strips and serve.

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

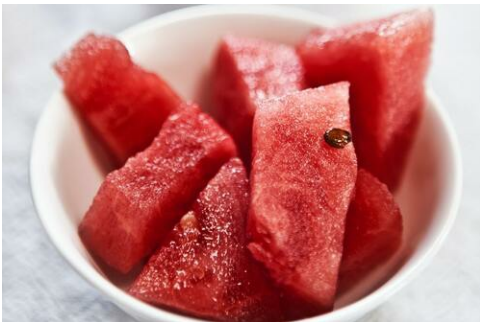
1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of 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.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:

Watermelon
8 oz (227g)

For all 3 meals:

Watermelon
24 oz (680g)

1. Slice watermelon and serve.

Cottage cheese with almonds and cinnamon

232 cals ● 25g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
almond butter
3/4 tbsp (12g)
almonds
4 1/2 almond (5g)
cinnamon
1 1/2 dash (0g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
2 1/4 cup (509g)
almond butter
2 1/4 tbsp (36g)
almonds
13 1/2 almond (16g)
cinnamon
1/2 tsp (1g)

1. Mix all ingredients together in a small bowl.
 2. Serve.
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Snacks 3

Eat on day 6, day 7

Yogurt and cucumber

264 cals  31g protein  5g fat  22g carbs  2g fiber



For single meal:

- cucumber**
1 cucumber (8-1/4") (301g)
- lowfat greek yogurt**
1 cup (280g)

For all 2 meals:

- cucumber**
2 cucumber (8-1/4") (602g)
- lowfat greek yogurt**
2 cup (560g)

1. Slice cucumber and dip in yogurt.

Fruit juice

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



For single meal:

- fruit juice**
4 fl oz (120mL)

For all 2 meals:

- fruit juice**
8 fl oz (240mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Lentil kale salad

487 cals ● 19g protein ● 23g fat ● 41g carbs ● 9g fiber



For single meal:

ground cumin
5 dash (1g)
water
1 1/4 cup(s) (296mL)
crushed red pepper
5 dash (1g)
garlic, diced
1 1/4 clove(s) (4g)
lemon juice
1 1/4 tbsp (19mL)
almonds
1 1/4 tbsp, slivered (8g)
oil
1 1/4 tbsp (19mL)
kale leaves
2 cup, chopped (75g)
lentils, raw
5 tbsp (60g)

For all 2 meals:

ground cumin
1 1/4 tsp (3g)
water
2 1/2 cup(s) (593mL)
crushed red pepper
1 1/4 tsp (2g)
garlic, diced
2 1/2 clove(s) (8g)
lemon juice
2 1/2 tbsp (38mL)
almonds
2 1/2 tbsp, slivered (17g)
oil
2 1/2 tbsp (38mL)
kale leaves
3 3/4 cup, chopped (150g)
lentils, raw
10 tbsp (120g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
3/4 oz (21g)

For all 2 meals:

sunflower kernels
1 1/2 oz (43g)

1. This recipe has no instructions.

Dinner 2 [🔗](#)

Eat on day 3, day 4

Crispy chik'n tenders

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



For single meal:

ketchup

3 1/4 tbsp (55g)

meatless chik'n tenders

13 pieces (332g)

For all 2 meals:

ketchup

6 1/2 tbsp (111g)

meatless chik'n tenders

26 pieces (663g)

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

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

red onion, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

For all 2 meals:

tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

cucumber, thinly sliced

1/2 cucumber (8-1/4") (151g)

red onion, thinly sliced

1/2 small (35g)

salad dressing

2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
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Dinner 3 [↗](#)

Eat on day 5

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



Makes 1 1/2 cup quinoa, cooked

quinoa, uncooked

1/2 cup (85g)

water

1 cup(s) (237mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

nutritional yeast

1/2 tbsp (2g)

soy sauce

1 tsp (5mL)

lemon juice

1/2 tbsp (8mL)

peanut butter

2 tbsp (32g)

tempeh

4 oz (113g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
 2. Cut tempeh into nugget-shaped slices.
 3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
 4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
 5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
 6. Drizzle extra sauce on top and serve.
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Dinner 4 [↗](#)

Eat on day 6, day 7

Spiced chickpea tabbouleh bowl

364 cals ● 15g protein ● 4g fat ● 56g carbs ● 10g fiber



For single meal:

lemon juice

1/2 tsp (2mL)

fresh parsley, chopped

1 1/3 sprigs (1g)

tomatoes, chopped

1/3 roma tomato (27g)

cucumber, chopped

1/6 cucumber (8-1/4") (50g)

ground cumin

1/3 tsp (1g)

oil

1/6 tsp (1mL)

chickpeas, canned, drained & rinsed

1/3 can (149g)

instant couscous, flavored

1/3 box (5.8 oz) (55g)

For all 2 meals:

lemon juice

1 tsp (5mL)

fresh parsley, chopped

2 2/3 sprigs (3g)

tomatoes, chopped

2/3 roma tomato (53g)

cucumber, chopped

1/3 cucumber (8-1/4") (100g)

ground cumin

1/4 tbsp (1g)

oil

1/3 tsp (2mL)

chickpeas, canned, drained & rinsed

2/3 can (299g)

instant couscous, flavored

2/3 box (5.8 oz) (110g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



For single meal:

almonds

6 tbsp, whole (54g)

For all 2 meals:

almonds

3/4 cup, whole (107g)

1. This recipe has no instructions.

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.