

Meal Plan - 2900 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

2862 cals ● 202g protein (28%) ● 130g fat (41%) ● 152g carbs (21%) ● 68g fiber (10%)

Breakfast

515 cals, 27g protein, 28g net carbs, 30g fat



Milk

1 1/4 cup(s)- 186 cals



Avocado toast

1 slice(s)- 168 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Snacks

85 cals, 4g protein, 5g net carbs, 4g fat



Bell pepper strips and hummus

85 cals

Lunch

990 cals, 52g protein, 98g net carbs, 24g fat



Tomato and avocado salad

235 cals



Lentil pasta

757 cals

Dinner

1000 cals, 59g protein, 19g net carbs, 71g fat



Broccoli caesar salad with hard boiled eggs

650 cals



Walnuts

1/2 cup(s)- 350 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 2

2910 cals ● 187g protein (26%) ● 73g fat (23%) ● 321g carbs (44%) ● 54g fiber (7%)

Breakfast

515 cals, 27g protein, 28g net carbs, 30g fat



Milk

1 1/4 cup(s)- 186 cals



Avocado toast

1 slice(s)- 168 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Snacks

85 cals, 4g protein, 5g net carbs, 4g fat



Bell pepper strips and hummus

85 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

990 cals, 39g protein, 156g net carbs, 14g fat



Spiced chickpea tabbouleh bowl

728 cals



Naan bread

1 piece(s)- 262 cals

Dinner

1050 cals, 57g protein, 130g net carbs, 24g fat



Pear

1 pear(s)- 113 cals



Vegan meatball sub

2 sub(s)- 936 cals

Day 3

2904 cal ● 197g protein (27%) ● 95g fat (29%) ● 259g carbs (36%) ● 57g fiber (8%)

Breakfast

480 cal, 23g protein, 17g net carbs, 32g fat



Veggie mason jar omelet

1 jar(s)- 155 cal



Milk

1 cup(s)- 149 cal



Avocado

176 cal

Snacks

325 cal, 9g protein, 54g net carbs, 6g fat



Boiled eggs

1 egg(s)- 69 cal



Fruit juice

1 1/4 cup(s)- 143 cal



Pear

1 pear(s)- 113 cal

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cal

Lunch

920 cal, 44g protein, 125g net carbs, 15g fat



Cooked peppers

1 bell pepper(s)- 120 cal



Bbq cauliflower wings

803 cal

Dinner

905 cal, 61g protein, 62g net carbs, 41g fat



Mashed sweet potatoes with butter

249 cal



Roasted tomatoes

2 tomato(es)- 119 cal



Vegan sausage

2 sausage(s)- 536 cal

Day 4

2898 cal ● 184g protein (25%) ● 127g fat (40%) ● 213g carbs (29%) ● 41g fiber (6%)

Breakfast

480 cal, 23g protein, 17g net carbs, 32g fat



Veggie mason jar omelet
1 jar(s)- 155 cal



Milk
1 cup(s)- 149 cal



Avocado
176 cal

Snacks

325 cal, 9g protein, 54g net carbs, 6g fat



Boiled eggs
1 egg(s)- 69 cal



Fruit juice
1 1/4 cup(s)- 143 cal



Pear
1 pear(s)- 113 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

915 cal, 31g protein, 78g net carbs, 48g fat



Pistachios
188 cal



Grilled cheese sandwich
1 sandwich(es)- 495 cal



Banana
2 banana(s)- 233 cal

Dinner

905 cal, 61g protein, 62g net carbs, 41g fat



Mashed sweet potatoes with butter
249 cal



Roasted tomatoes
2 tomato(es)- 119 cal



Vegan sausage
2 sausage(s)- 536 cal

Day 5

2848 cals ● 228g protein (32%) ● 119g fat (38%) ● 160g carbs (22%) ● 57g fiber (8%)

Breakfast

415 cals, 49g protein, 24g net carbs, 13g fat



Cucumber slices

1/2 cucumber- 30 cals



Protein shake (milk)

387 cals

Snacks

325 cals, 9g protein, 54g net carbs, 6g fat



Boiled eggs

1 egg(s)- 69 cals



Fruit juice

1 1/4 cup(s)- 143 cals



Pear

1 pear(s)- 113 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

935 cals, 58g protein, 28g net carbs, 55g fat



Sunflower seeds

301 cals



Crack slaw with tempeh

633 cals

Dinner

900 cals, 51g protein, 52g net carbs, 44g fat



Sweet potato medallions

1 sweet potato- 309 cals



Basic tempeh

8 oz- 590 cals

Day 6

2836 cals ● 230g protein (32%) ● 134g fat (43%) ● 125g carbs (18%) ● 53g fiber (7%)

Breakfast

415 cals, 49g protein, 24g net carbs, 13g fat



Cucumber slices

1/2 cucumber- 30 cals



Protein shake (milk)

387 cals

Snacks

315 cals, 12g protein, 18g net carbs, 21g fat



Rice cakes with peanut butter

1 cake(s)- 240 cals



Milk

1/2 cup(s)- 75 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

935 cals, 58g protein, 28g net carbs, 55g fat



Sunflower seeds

301 cals



Crack slaw with tempeh

633 cals

Dinner

900 cals, 51g protein, 52g net carbs, 44g fat



Sweet potato medallions

1 sweet potato- 309 cals



Basic tempeh

8 oz- 590 cals

Day 7

2902 cal ● 206g protein (28%) ● 70g fat (22%) ● 307g carbs (42%) ● 54g fiber (7%)

Breakfast

415 cal, 49g protein, 24g net carbs, 13g fat



Cucumber slices

1/2 cucumber- 30 cal



Protein shake (milk)

387 cal

Snacks

315 cal, 12g protein, 18g net carbs, 21g fat



Rice cakes with peanut butter

1 cake(s)- 240 cal



Milk

1/2 cup(s)- 75 cal

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cal

Lunch

960 cal, 54g protein, 129g net carbs, 9g fat



Vegan chunky chili

805 cal



Fruit juice

1 1/3 cup(s)- 153 cal

Dinner

940 cal, 31g protein, 133g net carbs, 26g fat



Spinach & hummus pasta

709 cal



Dinner roll

3 roll- 231 cal

Fruits and Fruit Juices

- lemon juice
1 1/3 fl oz (36mL)
- avocados
2 avocado(s) (402g)
- lime juice
1 tbsp (15mL)
- pears
4 medium (712g)
- fruit juice
40 2/3 fl oz (1220mL)
- banana
2 medium (7" to 7-7/8" long) (236g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
2 1/2 tbsp (18g)
- walnuts
1/2 cup, shelled (50g)
- pistachios, dry roasted, without shells or salt added
4 tbsp (31g)
- sunflower kernels
1/4 lbs (130g)

Dairy and Egg Products

- parmesan cheese
2 1/2 tbsp (13g)
- nonfat greek yogurt, plain
2 1/2 tbsp (44g)
- eggs
16 large (800g)
- whole milk
10 cup (2400mL)
- butter
1/4 stick (32g)
- sliced cheese
2 slice (1 oz ea) (56g)

Spices and Herbs

- dijon mustard
2 1/2 tsp (13g)
- garlic powder
3 dash (1g)
- salt
1/2 tbsp (8g)
- black pepper
5 dash, ground (1g)

Beverages

- water
20 1/2 cup(s) (4859mL)
- protein powder
22 scoop (1/3 cup ea) (682g)

Baked Products

- bread
4 slice (128g)
- naan bread
1 piece (90g)
- Roll
3 pan, dinner, or small roll (2" square, 2" high) (84g)

Fats and Oils

- oil
5 oz (148mL)
- olive oil
1/4 tbsp (4mL)

Legumes and Legume Products

- hummus
1/3 lbs (152g)
- chickpeas, canned
2/3 can (299g)
- tempeh
1 3/4 lbs (794g)
- peanut butter
4 tbsp (64g)
- extra firm tofu
6 tbsp (95g)
- dry kidney beans
4 tbsp (46g)
- dry white beans
4 tbsp (51g)
- lentils, raw
4 tbsp (48g)

Soups, Sauces, and Gravies

- pasta sauce
1/2 jar (24 oz) (382g)
- barbecue sauce
3/4 cup (215g)
- hot sauce
1 tbsp (15mL)

- ground cumin
1/4 tbsp (1g)
- chili powder
1 1/2 tbsp (12g)
- onion powder
2 dash (1g)

Vegetables and Vegetable Products

- broccoli
1 1/4 cup chopped (114g)
- romaine lettuce
5 cup shredded (235g)
- bell pepper
2 large (357g)
- onion
1 medium (2-1/2" dia) (113g)
- tomatoes
8 3/4 medium whole (2-3/5" dia) (1080g)
- fresh parsley
2 2/3 sprigs (3g)
- cucumber
2 cucumber (8-1/4") (552g)
- sweet potatoes
4 sweetpotato, 5" long (840g)
- cauliflower
3 head small (4" dia.) (795g)
- garlic
4 clove(s) (12g)
- green pepper
4 tbsp, chopped (37g)
- red bell pepper
4 tbsp, chopped (37g)
- mushrooms
1/2 cup, chopped (35g)
- fresh green beans
4 tbsp 1/2" pieces (25g)
- raw celery
4 tbsp chopped (25g)
- fresh spinach
1 cup(s) (30g)

Other

- lentil pasta
6 oz (170g)
- vegan meatballs, frozen
8 meatball(s) (240g)
- nutritional yeast
1 2/3 oz (48g)
- sub roll(s)
2 roll(s) (170g)
- vegan sausage
4 sausage (400g)
- coleslaw mix
6 cup (540g)

Cereal Grains and Pasta

- instant couscous, flavored
2/3 box (5.8 oz) (110g)
- uncooked dry pasta
4 oz (114g)

Snacks

- rice cakes, any flavor
2 cakes (18g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

whole milk

1 1/4 cup (300mL)

For all 2 meals:

whole milk

2 1/2 cup (600mL)

1. This recipe has no instructions.

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 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

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

Basic scrambled eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
oil
1/2 tsp (3mL)

For all 2 meals:

eggs
4 large (200g)
oil
1 tsp (5mL)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

onion, diced
1/4 small (18g)
bell pepper, chopped
1/2 small (37g)
eggs
2 large (100g)

For all 2 meals:

onion, diced
1/2 small (35g)
bell pepper, chopped
1 small (74g)
eggs
4 large (200g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Milk

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



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Avocado

176 cal ● 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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Cucumber slices

1/2 cucumber - 30 cal ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

cucumber
1 1/2 cucumber (8-1/4") (452g)

1. Slice cucumber into rounds and serve.

Protein shake (milk)

387 cal ● 48g protein ● 13g fat ● 19g carbs ● 2g fiber



For single meal:

whole milk

1 1/2 cup (360mL)

protein powder

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

For all 3 meals:

whole milk

1/4 gallon (1080mL)

protein powder

4 1/2 scoop (1/3 cup ea) (140g)

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

Lunch 1 [↗](#)

Eat on day 1

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion

1 tbsp minced (15g)

lime juice

1 tbsp (15mL)

avocados, cubed

1/2 avocado(s) (101g)

tomatoes, diced

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

olive oil

1/4 tbsp (4mL)

garlic powder

2 dash (1g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lentil pasta

757 cals ● 49g protein ● 6g fat ● 91g carbs ● 36g fiber



pasta sauce

3/8 jar (24 oz) (252g)

lentil pasta

6 oz (170g)

1. Cook lentil pasta according to package.
 2. Top with sauce and serve.
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Lunch 2 [↗](#)

Eat on day 2

Spiced chickpea tabbouleh bowl

728 cals ● 31g protein ● 8g fat ● 112g carbs ● 20g fiber



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.

Naan bread

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

Makes 1 piece(s)

naan bread

1 piece (90g)



1. This recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 3

Cooked peppers

1 bell pepper(s) - 120 cal ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



Makes 1 bell pepper(s)

oil

2 tsp (10mL)

bell pepper, seeded & cut into strips

1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Bbq cauliflower wings

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



barbecue sauce

3/4 cup (215g)

salt

1/4 tbsp (5g)

nutritional yeast

3/4 cup (45g)

cauliflower

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

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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Lunch 4 [↗](#)

Eat on day 4

Pistachios

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



pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

1. This recipe has no instructions.

Grilled cheese sandwich

1 sandwich(es) - 495 cal ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

butter

1 tbsp (14g)

sliced cheese

2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Banana

2 banana(s) - 233 cal ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



Makes 2 banana(s)

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 5, day 6

Sunflower seeds

301 cal ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



For single meal:

sunflower kernels

1 2/3 oz (47g)

For all 2 meals:

sunflower kernels

1/4 lbs (94g)

1. This recipe has no instructions.
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Crack slaw with tempeh

633 cal ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

tempeh, cubed

6 oz (170g)

coleslaw mix

3 cup (270g)

hot sauce

1/2 tbsp (8mL)

sunflower kernels

1 1/2 tbsp (18g)

oil

1 tbsp (15mL)

garlic, minced

1 1/2 clove (5g)

For all 2 meals:

tempeh, cubed

3/4 lbs (340g)

coleslaw mix

6 cup (540g)

hot sauce

1 tbsp (15mL)

sunflower kernels

3 tbsp (36g)

oil

2 tbsp (30mL)

garlic, minced

3 clove (9g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
 2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
 3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
 4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
 5. Season with salt and pepper to taste. Serve hot or cold.
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Lunch 6 [↗](#)

Eat on day 7

Vegan chunky chili

805 cal ● 52g protein ● 9g fat ● 95g carbs ● 35g fiber



extra firm tofu

6 tbsp (95g)

chili powder

1 1/2 tbsp (12g)

garlic powder

1 dash (0g)

tomatoes

3 cup, chopped (540g)

water

3 cup(s) (711mL)

green pepper

4 tbsp, chopped (37g)

red bell pepper

4 tbsp, chopped (37g)

onion, chopped

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

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

dry kidney beans, soaked overnight

4 tbsp (46g)

dry white beans, soaked overnight

4 tbsp (51g)

lentils, raw, soaked overnight

4 tbsp (48g)

mushrooms

1/2 cup, chopped (35g)

fresh green beans

4 tbsp 1/2" pieces (25g)

raw celery

4 tbsp chopped (25g)

onion powder

2 dash (1g)

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 1/3 cup(s) - 153 cal ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



Makes 1 1/3 cup(s)

fruit juice

10 2/3 fl oz (320mL)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2

Bell pepper strips and hummus

85 cal ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

hummus
2 1/2 tbsp (41g)
bell pepper
1/2 medium (60g)

For all 2 meals:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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

Fruit juice

1 1/4 cup(s) - 143 cal ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



For single meal:

fruit juice
10 fl oz (300mL)

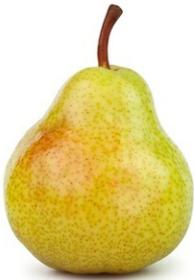
For all 3 meals:

fruit juice
30 fl oz (900mL)

1. This recipe has no instructions.

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Rice cakes with peanut butter

1 cake(s) - 240 cal ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

For all 2 meals:

peanut butter
4 tbsp (64g)
rice cakes, any flavor
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Broccoli caesar salad with hard boiled eggs

650 cal ● 52g protein ● 38g fat ● 16g carbs ● 10g fiber



lemon juice

1 1/4 tbsp (19mL)

roasted pumpkin seeds, unsalted

2 1/2 tbsp (18g)

parmesan cheese

2 1/2 tbsp (13g)

dijon mustard

2 1/2 tsp (13g)

nonfat greek yogurt, plain

2 1/2 tbsp (44g)

broccoli

1 1/4 cup chopped (114g)

eggs

5 large (250g)

romaine lettuce

5 cup shredded (235g)

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

Walnuts

1/2 cup(s) - 350 cal ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber

Makes 1/2 cup(s)

walnuts

1/2 cup, shelled (50g)



1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

pears

1 medium (178g)

1. This recipe has no instructions.

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



Makes 2 sub(s)

vegan meatballs, frozen

8 meatball(s) (240g)

pasta sauce

1/2 cup (130g)

nutritional yeast

2 tsp (3g)

sub roll(s)

2 roll(s) (170g)

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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Dinner 3 [↗](#)

Eat on day 3, day 4

Mashed sweet potatoes with butter

249 cal ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

butter

2 tsp (9g)

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

butter

4 tsp (18g)

sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Roasted tomatoes

2 tomato(es) - 119 cal ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

tomatoes

2 small whole (2-2/5" dia) (182g)

oil

2 tsp (10mL)

For all 2 meals:

tomatoes

4 small whole (2-2/5" dia) (364g)

oil

4 tsp (20mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Vegan sausage

2 sausage(s) - 536 cal ● 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.

Dinner 4 [↗](#)

Eat on day 5, day 6

Sweet potato medallions

1 sweet potato - 309 cal ● 3g protein ● 14g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes, sliced
1 sweetpotato, 5" long (210g)
oil
1 tbsp (15mL)

For all 2 meals:

sweet potatoes, sliced
2 sweetpotato, 5" long (420g)
oil
2 tbsp (30mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Basic tempeh

8 oz - 590 cal ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tempeh
1 lbs (454g)

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 5 [↗](#)

Eat on day 7

Spinach & hummus pasta

709 cals ● 23g protein ● 23g fat ● 94g carbs ● 10g fiber



uncooked dry pasta

4 oz (114g)

lemon juice

1/2 tbsp (8mL)

onion, diced

1/2 small (35g)

fresh spinach

1 cup(s) (30g)

tomatoes, chopped

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

oil

1 tbsp (15mL)

garlic, diced

1 clove(s) (3g)

hummus

2 1/2 oz (71g)

1. Cook pasta according to directions on package.
2. Heat oil in a large skillet over medium heat and cook onions for about 5 minutes.
3. Add in garlic, spinach, lemon juice and tomatoes and stir, cooking for about 3 minutes.
4. Add in hummus and mix well. Add a splash of water if needed.
5. Mix in pasta and season with salt/pepper to taste. Serve.

Dinner roll

3 roll - 231 cals ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



Makes 3 roll

Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

1. Enjoy.

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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