

# Meal Plan - 3100 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

3073 cals ● 246g protein (32%) ● 106g fat (31%) ● 234g carbs (30%) ● 50g fiber (7%)

### Breakfast

200 cals, 14g protein, 6g net carbs, 12g fat



[Basic scrambled eggs](#)

2 egg(s)- 159 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals

### Snacks

350 cals, 22g protein, 24g net carbs, 15g fat



[Strawberries](#)

2 3/4 cup(s)- 143 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

### Lunch

1105 cals, 34g protein, 103g net carbs, 51g fat



[Peach](#)

3 peach(es)- 198 cals



[Eggplant pesto sandwich](#)

2 sandwich(es)- 905 cals

### Dinner

1090 cals, 104g protein, 98g net carbs, 26g fat



[Lentils](#)

347 cals



[Teriyaki seitan wings](#)

10 oz seitan- 743 cals

## Day 2

3073 cals ● 246g protein (32%) ● 106g fat (31%) ● 234g carbs (30%) ● 50g fiber (7%)

### Breakfast

200 cals, 14g protein, 6g net carbs, 12g fat



[Basic scrambled eggs](#)

2 egg(s)- 159 cals



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals

### Snacks

350 cals, 22g protein, 24g net carbs, 15g fat



[Strawberries](#)

2 3/4 cup(s)- 143 cals



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3 egg(s)- 208 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

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1105 cals, 34g protein, 103g net carbs, 51g fat



[Peach](#)

3 peach(es)- 198 cals



[Eggplant pesto sandwich](#)

2 sandwich(es)- 905 cals

### Dinner

1090 cals, 104g protein, 98g net carbs, 26g fat



[Lentils](#)

347 cals



[Teriyaki seitan wings](#)

10 oz seitan- 743 cals

## Day 3

3133 cals ● 205g protein (26%) ● 105g fat (30%) ● 293g carbs (37%) ● 48g fiber (6%)

### Breakfast

510 cals, 20g protein, 60g net carbs, 19g fat



[Large granola bar](#)

2 bar(s)- 352 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals

### Snacks

350 cals, 22g protein, 24g net carbs, 15g fat



[Strawberries](#)

2 3/4 cup(s)- 143 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

### Lunch

895 cals, 57g protein, 67g net carbs, 37g fat



[Pumpkin seeds](#)

183 cals



[Lentils](#)

231 cals



[Vegan sausage & veggie sheet pan](#)

480 cals

### Dinner

1055 cals, 34g protein, 140g net carbs, 33g fat



[Belizean rice & beans](#)

905 cals



[Milk](#)

1 cup(s)- 149 cals

## Day 4

3152 cals ● 198g protein (25%) ● 120g fat (34%) ● 275g carbs (35%) ● 44g fiber (6%)

### Breakfast

510 cals, 20g protein, 60g net carbs, 19g fat



Large granola bar  
2 bar(s)- 352 cals



Lowfat Greek yogurt  
1 container(s)- 155 cals

### Snacks

370 cals, 14g protein, 5g net carbs, 31g fat



Cheesy crisps and guac  
6 crisps- 261 cals



Mixed nuts  
1/8 cup(s)- 109 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake  
3 scoop- 327 cals

### Lunch

895 cals, 57g protein, 67g net carbs, 37g fat



Pumpkin seeds  
183 cals



Lentils  
231 cals



Vegan sausage & veggie sheet pan  
480 cals

### Dinner

1055 cals, 34g protein, 140g net carbs, 33g fat



Belizean rice & beans  
905 cals



Milk  
1 cup(s)- 149 cals

## Day 5

3093 cals ● 237g protein (31%) ● 114g fat (33%) ● 227g carbs (29%) ● 54g fiber (7%)

### Breakfast

520 cals, 22g protein, 63g net carbs, 16g fat



Basic fried eggs  
2 egg(s)- 159 cals



Simple cinnamon oatmeal with water  
361 cals

### Snacks

370 cals, 14g protein, 5g net carbs, 31g fat



Cheesy crisps and guac  
6 crisps- 261 cals



Mixed nuts  
1/8 cup(s)- 109 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake  
3 scoop- 327 cals

### Lunch

975 cals, 65g protein, 98g net carbs, 24g fat



Chunky canned soup (non-creamy)  
3 1/2 can(s)- 865 cals



Carrot sticks  
4 carrot(s)- 108 cals

### Dinner

905 cals, 62g protein, 58g net carbs, 41g fat



Sunflower seeds  
301 cals



Lentils  
260 cals



Garlic pepper seitan  
342 cals

## Day 6

3047 cals ● 232g protein (30%) ● 92g fat (27%) ● 261g carbs (34%) ● 61g fiber (8%)

### Breakfast

520 cals, 22g protein, 63g net carbs, 16g fat



**Basic fried eggs**  
2 egg(s)- 159 cals



**Simple cinnamon oatmeal with water**  
361 cals

### Snacks

325 cals, 10g protein, 39g net carbs, 9g fat



**Grapes**  
174 cals



**Milk**  
1 cup(s)- 149 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

975 cals, 65g protein, 98g net carbs, 24g fat



**Chunky canned soup (non-creamy)**  
3 1/2 can(s)- 865 cals



**Carrot sticks**  
4 carrot(s)- 108 cals

### Dinner

905 cals, 62g protein, 58g net carbs, 41g fat



**Sunflower seeds**  
301 cals



**Lentils**  
260 cals



**Garlic pepper seitan**  
342 cals

## Day 7

3051 cals ● 197g protein (26%) ● 132g fat (39%) ● 223g carbs (29%) ● 45g fiber (6%)

### Breakfast

520 cals, 22g protein, 63g net carbs, 16g fat



**Basic fried eggs**  
2 egg(s)- 159 cals



**Simple cinnamon oatmeal with water**  
361 cals

### Snacks

325 cals, 10g protein, 39g net carbs, 9g fat



**Grapes**  
174 cals



**Milk**  
1 cup(s)- 149 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

1035 cals, 53g protein, 66g net carbs, 57g fat



**Avocado**  
351 cals



**Crispy chik'n tenders**  
12 tender(s)- 686 cals

### Dinner

845 cals, 41g protein, 53g net carbs, 48g fat



**Curried lentils**  
482 cals



**String cheese**  
3 stick(s)- 248 cals



**Simple mixed greens and tomato salad**  
113 cals

## Spices and Herbs

- ☐ salt  
1/4 tbsp (5g)
- ☐ cinnamon  
5 tsp (13g)
- ☐ black pepper  
2 dash, ground (1g)

## Beverages

- ☐ water  
2 1/4 gallon (8640mL)
- ☐ protein powder  
21 scoop (1/3 cup ea) (651g)

## Legumes and Legume Products

- ☐ lentils, raw  
2 3/4 cup (528g)
- ☐ kidney beans  
1 1/4 can (560g)

## Other

- ☐ teriyaki sauce  
10 tbsp (150mL)
- ☐ italian seasoning  
1 tsp (4g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ guacamole, store-bought  
6 tbsp (93g)
- ☐ meatless chik'n tenders  
12 pieces (306g)
- ☐ curry paste  
2 tsp (10g)
- ☐ mixed greens  
2 1/4 cup (68g)

## Fats and Oils

- ☐ oil  
2 1/4 oz (69mL)
- ☐ olive oil  
2 oz (60mL)
- ☐ salad dressing  
2 1/4 tbsp (34mL)

## Cereal Grains and Pasta

## Fruits and Fruit Juices

- ☐ strawberries  
8 1/4 cup, whole (1188g)
- ☐ peach  
6 medium (2-2/3" dia) (900g)
- ☐ grapes  
6 cup (552g)
- ☐ avocados  
1 avocado(s) (201g)
- ☐ lemon juice  
1 tsp (5mL)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
4 tbsp (64g)
- ☐ chunky canned soup (non-creamy varieties)  
7 can (~19 oz) (3682g)

## Baked Products

- ☐ kaiser rolls  
4 roll (3-1/2" dia) (228g)

## Snacks

- ☐ large granola bar  
4 bar (148g)

## Nut and Seed Products

- ☐ coconut milk, canned  
1 1/2 cup (346mL)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ mixed nuts  
4 tbsp (34g)
- ☐ sunflower kernels  
3 1/3 oz (94g)

## Sweets

- ☐ sugar  
5 tbsp (65g)

## Breakfast Cereals

- ☐ quick oats  
2 1/2 cup (200g)

- ☐ seitan  
1 3/4 lbs (794g)
- ☐ long-grain white rice  
1 1/4 cup (231g)

## **Dairy and Egg Products**

- ☐ eggs  
19 large (950g)
- ☐ cheese  
7 oz (196g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ whole milk  
4 cup (960mL)
- ☐ string cheese  
3 stick (84g)

## **Vegetables and Vegetable Products**

- ☐ tomatoes  
5 1/4 medium whole (2-3/5" dia) (644g)
  - ☐ eggplant  
2 small (916g)
  - ☐ garlic  
10 1/4 clove(s) (31g)
  - ☐ onion  
1 medium (2-1/2" dia) (109g)
  - ☐ red bell pepper  
5/8 medium (approx 2-3/4" long, 2-1/2 dia.) (74g)
  - ☐ broccoli  
2 cup chopped (182g)
  - ☐ carrots  
10 medium (610g)
  - ☐ potatoes  
2 small (1-3/4" to 2-1/4" dia.) (184g)
  - ☐ green pepper  
2 tbsp, chopped (19g)
  - ☐ ketchup  
3 tbsp (51g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Basic scrambled eggs

2 egg(s) - 159 cals ● 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.

### 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.

# Breakfast 2

Eat on day 3, day 4

## Large granola bar

2 bar(s) - 352 cals  7g protein  15g fat  44g carbs  4g fiber



For single meal:

**large granola bar**  
2 bar (74g)

For all 2 meals:

**large granola bar**  
4 bar (148g)

1. This recipe has no instructions.

## Lowfat Greek yogurt

1 container(s) - 155 cals  12g protein  4g fat  16g carbs  2g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Basic fried eggs

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



For single meal:

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

For all 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 large (300g)

1. Heat oil in a skillet over medium low heat.
  2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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### Simple cinnamon oatmeal with water

361 cals ● 9g protein ● 5g fat ● 62g carbs ● 9g fiber



For single meal:

**water**  
1 1/4 cup(s) (296mL)  
**cinnamon**  
1/2 tbsp (4g)  
**sugar**  
5 tsp (22g)  
**quick oats**  
13 1/3 tbsp (67g)

For all 3 meals:

**water**  
3 3/4 cup(s) (889mL)  
**cinnamon**  
5 tsp (13g)  
**sugar**  
5 tbsp (65g)  
**quick oats**  
2 1/2 cup (200g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
  2. Pour the water over it and microwave for 90 seconds - 2 minutes.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



For single meal:

#### peach

3 medium (2-2/3" dia) (450g)

For all 2 meals:

#### peach

6 medium (2-2/3" dia) (900g)

1. This recipe has no instructions.

### Eggplant pesto sandwich

2 sandwich(es) - 905 cals ● 29g protein ● 49g fat ● 67g carbs ● 18g fiber



For single meal:

#### eggplant, halved and sliced

1 small (458g)

#### olive oil

1 tbsp (15mL)

#### pesto sauce

2 tbsp (32g)

#### garlic

2 clove (6g)

#### kaiser rolls

2 roll (3-1/2" dia) (114g)

#### tomatoes

6 slice(s), thin/small (90g)

#### cheese

2 slice (1 oz each) (56g)

For all 2 meals:

#### eggplant, halved and sliced

2 small (916g)

#### olive oil

2 tbsp (30mL)

#### pesto sauce

4 tbsp (64g)

#### garlic

4 clove (12g)

#### kaiser rolls

4 roll (3-1/2" dia) (228g)

#### tomatoes

12 slice(s), thin/small (180g)

#### cheese

4 slice (1 oz each) (112g)

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

## Lunch 2 [↗](#)

Eat on day 3, day 4

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### 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.

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### Lentils

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



For single meal:

**salt**  
2/3 dash (0g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**water**  
2 2/3 cup(s) (632mL)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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.

### Vegan sausage & veggie sheet pan

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



For single meal:	For all 2 meals:
<b>italian seasoning</b>	<b>italian seasoning</b>
4 dash (2g)	1 tsp (4g)
<b>oil</b>	<b>oil</b>
2 tsp (10mL)	4 tsp (20mL)
<b>broccoli, chopped</b>	<b>broccoli, chopped</b>
1 cup chopped (91g)	2 cup chopped (182g)
<b>carrots, sliced</b>	<b>carrots, sliced</b>
1 medium (61g)	2 medium (122g)
<b>potatoes, cut into wedges</b>	<b>potatoes, cut into wedges</b>
1 small (1-3/4" to 2-1/4" dia.) (92g)	2 small (1-3/4" to 2-1/4" dia.) (184g)
<b>vegan sausage, cut into bite sized pieces</b>	<b>vegan sausage, cut into bite sized pieces</b>
1 sausage (100g)	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.

### Lunch 3 [🔗](#)

Eat on day 5, day 6

#### Chunky canned soup (non-creamy)

3 1/2 can(s) - 865 cals ● 63g protein ● 24g fat ● 81g carbs ● 19g fiber



For single meal:	For all 2 meals:
<b>chunky canned soup (non-creamy varieties)</b>	<b>chunky canned soup (non-creamy varieties)</b>
3 1/2 can (~19 oz) (1841g)	7 can (~19 oz) (3682g)

1. Prepare according to instructions on package.

#### Carrot sticks

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



For single meal:	For all 2 meals:
<b>carrots</b>	<b>carrots</b>
4 medium (244g)	8 medium (488g)

1. Cut carrots into strips and serve.



## Lunch 4 [↗](#)

Eat on day 7

### Avocado

351 cals ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



#### 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.

### Crispy chik'n tenders

12 tender(s) - 686 cals ● 49g protein ● 27g fat ● 62g carbs ● 0g fiber



Makes 12 tender(s)

#### ketchup

3 tbsp (51g)

#### meatless chik'n tenders

12 pieces (306g)

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

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

### Strawberries

2 3/4 cup(s) - 143 cals ● 3g protein ● 1g fat ● 23g carbs ● 8g fiber



For single meal:

#### strawberries

2 3/4 cup, whole (396g)

For all 3 meals:

#### strawberries

8 1/4 cup, whole (1188g)

1. This recipe has no instructions.

### Boiled eggs

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



For single meal:

**eggs**  
3 large (150g)

For all 3 meals:

**eggs**  
9 large (450g)

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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## Snacks 2 [↗](#)

Eat on day 4, day 5

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### Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

**cheese**  
6 tbsp, shredded (42g)  
**guacamole, store-bought**  
3 tbsp (46g)

For all 2 meals:

**cheese**  
3/4 cup, shredded (84g)  
**guacamole, store-bought**  
6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

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### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:  
**mixed nuts**  
2 tbsp (17g)

For all 2 meals:  
**mixed nuts**  
4 tbsp (34g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Grapes

174 calsgreen 2g proteinorange 1g fatblue 28g carbsgrey 11g fiber



For single meal:  
**grapes**  
3 cup (276g)

For all 2 meals:  
**grapes**  
6 cup (552g)

1. This recipe has no instructions.

Milk

1 cup(s) - 149 calsgreen 8g proteinorange 8g fatblue 12g carbsgrey 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.

## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Lentils

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



For single meal:

**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

For all 2 meals:

**salt**  
2 dash (2g)  
**water**  
4 cup(s) (948mL)  
**lentils, raw, rinsed**  
1 cup (192g)

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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### Teriyaki seitan wings

10 oz seitan - 743 cals ● 81g protein ● 25g fat ● 47g carbs ● 2g fiber



For single meal:

**teriyaki sauce**  
5 tbsp (75mL)  
**oil**  
1 1/4 tbsp (19mL)  
**seitan**  
10 oz (284g)

For all 2 meals:

**teriyaki sauce**  
10 tbsp (150mL)  
**oil**  
2 1/2 tbsp (38mL)  
**seitan**  
1 1/4 lbs (567g)

1. Cut seitan into bite-sized shapes
  2. Heat oil in a pan over medium heat.
  3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
  4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
  5. Remove and serve.
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## Dinner 2 [↗](#)

Eat on day 3, day 4

### Belizean rice & beans

905 cals ● 26g protein ● 25g fat ● 128g carbs ● 15g fiber



For single meal:

**garlic, minced**

2 clove(s) (6g)

**onion, chopped**

1/3 medium (2-1/2" dia) (34g)

**red bell pepper, chopped**

1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (37g)

**long-grain white rice**

10 tbsp (116g)

**water**

1/2 cup(s) (111mL)

**kidney beans, drained**

5/8 can (280g)

**coconut milk, canned**

1/2 cup (113mL)

For all 2 meals:

**garlic, minced**

3 3/4 clove(s) (11g)

**onion, chopped**

5/8 medium (2-1/2" dia) (69g)

**red bell pepper, chopped**

5/8 medium (approx 2-3/4" long, 2-1/2 dia.) (74g)

**long-grain white rice**

1 1/4 cup (231g)

**water**

1 cup(s) (222mL)

**kidney beans, drained**

1 1/4 can (560g)

**coconut milk, canned**

1 cup (225mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

### Milk

1 cup(s) - 149 cals ● 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.

## Dinner 3 [↗](#)

Eat on day 5, day 6

### Sunflower seeds

301 cals ● 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.

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**salt**

3/4 dash (1g)

**water**

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

**lentils, raw, rinsed**

6 tbsp (72g)

For all 2 meals:

**salt**

1 1/2 dash (1g)

**water**

3 cup(s) (711mL)

**lentils, raw, rinsed**

3/4 cup (144g)

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.

### Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



For single meal:

**olive oil**  
1 tbsp (15mL)  
**onion**  
2 tbsp, chopped (20g)  
**garlic, minced**  
1 1/4 clove(s) (4g)  
**green pepper**  
1 tbsp, chopped (9g)  
**seitan, chicken style**  
4 oz (113g)  
**black pepper**  
1 dash, ground (0g)  
**water**  
1/2 tbsp (8mL)  
**salt**  
1/2 dash (0g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**onion**  
4 tbsp, chopped (40g)  
**garlic, minced**  
2 1/2 clove(s) (8g)  
**green pepper**  
2 tbsp, chopped (19g)  
**seitan, chicken style**  
1/2 lbs (227g)  
**black pepper**  
2 dash, ground (1g)  
**water**  
1 tbsp (15mL)  
**salt**  
1 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

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## Dinner 4 [↗](#)

Eat on day 7

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### Curried lentils

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



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

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

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### String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



Makes 3 stick(s)

**string cheese**

3 stick (84g)

1. This recipe has no instructions.

**Simple mixed greens and tomato salad**

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



**salad dressing**

2 1/4 tbsp (34mL)

**mixed greens**

2 1/4 cup (68g)

**tomatoes**

6 tbsp cherry tomatoes (56g)

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

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**Protein Supplement(s)** [🔗](#)

Eat every day

**Protein shake**

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

**water**

3 cup(s) (711mL)

**protein powder**

3 scoop (1/3 cup ea) (93g)

For all 7 meals:

**water**

21 cup(s) (4977mL)

**protein powder**

21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.
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