

Meal Plan - 3200 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

3035 cal ● 294g protein (39%) ● 105g fat (31%) ● 187g carbs (25%) ● 40g fiber (5%)

Breakfast

545 cal, 50g protein, 27g net carbs, 26g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cal



[Basic scrambled eggs](#)
4 egg(s)- 285 cal

Snacks

395 cal, 45g protein, 13g net carbs, 18g fat



[Protein shake \(milk\)](#)
258 cal



[Boiled eggs](#)
2 egg(s)- 139 cal

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cal

Lunch

750 cal, 36g protein, 88g net carbs, 20g fat



[Milk](#)
1 cup(s)- 149 cal



[Garlic crumbles stuffed sweet potatoes](#)
2 sweet potato(es)- 602 cal

Dinner

1015 cal, 91g protein, 56g net carbs, 40g fat



[Lentils](#)
260 cal



[Baked tofu](#)
26 2/3 oz- 754 cal

Day 2

3136 cals ● 299g protein (38%) ● 123g fat (35%) ● 177g carbs (23%) ● 30g fiber (4%)

Breakfast

545 cals, 50g protein, 27g net carbs, 26g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Basic scrambled eggs](#)
4 egg(s)- 285 cals

Snacks

395 cals, 45g protein, 13g net carbs, 18g fat



[Protein shake \(milk\)](#)
258 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Lunch

855 cals, 40g protein, 78g net carbs, 38g fat



[Sesame orange tofu](#)
14 oz tofu- 754 cals



[Simple salad with tomatoes and carrots](#)
98 cals

Dinner

1015 cals, 91g protein, 56g net carbs, 40g fat



[Lentils](#)
260 cals



[Baked tofu](#)
26 2/3 oz- 754 cals

Day 3

3198 cals ● 235g protein (29%) ● 114g fat (32%) ● 242g carbs (30%) ● 66g fiber (8%)

Breakfast

535 cals, 29g protein, 35g net carbs, 28g fat



[Orange](#)
2 orange(s)- 170 cals



[Creamy scrambled eggs](#)
364 cals

Snacks

395 cals, 45g protein, 13g net carbs, 18g fat



[Protein shake \(milk\)](#)
258 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Lunch

990 cals, 46g protein, 90g net carbs, 32g fat



[Walnuts](#)
1/4 cup(s)- 175 cals



[Easy chickpea salad](#)
817 cals

Dinner

950 cals, 44g protein, 101g net carbs, 34g fat



[Coconut ginger tofu congee](#)
451 cals



[Lentils](#)
347 cals



[Simple mixed greens and tomato salad](#)
151 cals

Day 4

3207 cals ● 207g protein (26%) ● 113g fat (32%) ● 264g carbs (33%) ● 75g fiber (9%)

Breakfast

535 cals, 29g protein, 35g net carbs, 28g fat



Orange

2 orange(s)- 170 cals



Creamy scrambled eggs

364 cals

Snacks

405 cals, 16g protein, 35g net carbs, 18g fat



Peach and goat cheese bites

2 peach- 325 cals



Carrot sticks

3 carrot(s)- 81 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

990 cals, 46g protein, 90g net carbs, 32g fat



Walnuts

1/4 cup(s)- 175 cals



Easy chickpea salad

817 cals

Dinner

950 cals, 44g protein, 101g net carbs, 34g fat



Coconut ginger tofu congee

451 cals



Lentils

347 cals



Simple mixed greens and tomato salad

151 cals

Day 5

3154 cals ● 236g protein (30%) ● 114g fat (33%) ● 252g carbs (32%) ● 42g fiber (5%)

Breakfast

535 cals, 29g protein, 35g net carbs, 28g fat



Orange

2 orange(s)- 170 cals



Creamy scrambled eggs

364 cals

Snacks

405 cals, 16g protein, 35g net carbs, 18g fat



Peach and goat cheese bites

2 peach- 325 cals



Carrot sticks

3 carrot(s)- 81 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

940 cals, 30g protein, 119g net carbs, 31g fat



Roasted broccoli with nutritional yeast

1 1/3 cup(s)- 143 cals



Veggie burger

2 burger- 550 cals



Tortilla chips

247 cals

Dinner

945 cals, 88g protein, 61g net carbs, 37g fat



Flavored rice mix

143 cals



Vegan sausage

3 sausage(s)- 804 cals

Day 6

3231 cals ● 226g protein (28%) ● 108g fat (30%) ● 260g carbs (32%) ● 80g fiber (10%)

Breakfast

520 cals, 37g protein, 27g net carbs, 28g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Chili and cheese omelet](#)
325 cals



[Peach](#)
1 peach(es)- 66 cals

Snacks

400 cals, 14g protein, 15g net carbs, 28g fat



[Pistachios](#)
375 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Lunch

1025 cals, 43g protein, 109g net carbs, 34g fat



[Vegetarian chickpea sandwiches](#)
2 1/2 sandwich(es)- 857 cals



[Simple mixed greens salad](#)
170 cals

Dinner

955 cals, 60g protein, 107g net carbs, 16g fat



[Milk](#)
1 cup(s)- 149 cals



[Vegan chunky chili](#)
805 cals

Day 7

3231 cals ● 226g protein (28%) ● 108g fat (30%) ● 260g carbs (32%) ● 80g fiber (10%)

Breakfast

520 cals, 37g protein, 27g net carbs, 28g fat



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Chili and cheese omelet](#)
325 cals



[Peach](#)
1 peach(es)- 66 cals

Snacks

400 cals, 14g protein, 15g net carbs, 28g fat



[Pistachios](#)
375 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Lunch

1025 cals, 43g protein, 109g net carbs, 34g fat



[Vegetarian chickpea sandwiches](#)
2 1/2 sandwich(es)- 857 cals



[Simple mixed greens salad](#)
170 cals

Dinner

955 cals, 60g protein, 107g net carbs, 16g fat



[Milk](#)
1 cup(s)- 149 cals



[Vegan chunky chili](#)
805 cals

Spices and Herbs

- ☐ salt
3/4 oz (18g)
- ☐ garlic powder
4 dash (2g)
- ☐ black pepper
3/4 tbsp, ground (5g)
- ☐ balsamic vinegar
1/4 cup (53mL)
- ☐ chili powder
1 oz (28g)
- ☐ ground coriander
1/2 tbsp (3g)
- ☐ dried dill weed
1/2 tbsp (2g)
- ☐ onion powder
4 dash (1g)

Beverages

- ☐ water
35 cup(s) (8295mL)
- ☐ protein powder
24 scoop (1/3 cup ea) (744g)

Legumes and Legume Products

- ☐ lentils, raw
2 1/4 cup (432g)
- ☐ soy sauce
18 oz (430mL)
- ☐ extra firm tofu
3 3/4 lbs (1701g)
- ☐ vegetarian burger crumbles
4 oz (113g)
- ☐ firm tofu
1 1/2 lbs (680g)
- ☐ chickpeas, canned
5 can (2315g)
- ☐ dry kidney beans
1/2 cup (92g)
- ☐ dry white beans
1/2 cup (101g)

Vegetables and Vegetable Products

- ☐ fresh ginger
1 oz (25g)
- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)

Nut and Seed Products

- ☐ sesame seeds
1 1/4 oz (36g)
- ☐ coconut milk, canned
1/2 cup (120mL)
- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ pistachios, dry roasted, without shells or salt added
1 cup (123g)

Other

- ☐ cottage cheese & fruit cup
6 container (1020g)
- ☐ sesame oil
1 tbsp (15mL)
- ☐ sriracha chili sauce
1 oz (25g)
- ☐ mixed greens
3 package (5.5 oz) (462g)
- ☐ vegan sausage
3 sausage (300g)
- ☐ nutritional yeast
2 tsp (2g)
- ☐ veggie burger patty
2 patty (142g)

Fats and Oils

- ☐ oil
1 1/4 oz (37mL)
- ☐ salad dressing
1 cup (214mL)
- ☐ olive oil
1 tbsp (15mL)
- ☐ mayonnaise
5 tsp (25mL)

Dairy and Egg Products

- ☐ eggs
35 1/4 medium (1552g)
- ☐ whole milk
6 1/2 cup (1531mL)
- ☐ butter
2 tbsp (27g)
- ☐ goat cheese
1/2 cup (112g)
- ☐ cheddar cheese
3 tbsp, shredded (21g)

- ☐ garlic
5 clove(s) (15g)
- ☐ tomatoes
14 3/4 medium whole (2-3/5" dia) (1812g)
- ☐ carrots
8 1/4 medium (503g)
- ☐ romaine lettuce
1/2 hearts (250g)
- ☐ fresh parsley
10 1/2 sprigs (11g)
- ☐ onion
2 1/2 medium (2-1/2" dia) (269g)
- ☐ broccoli
1 1/3 cup chopped (121g)
- ☐ ketchup
2 tbsp (34g)
- ☐ raw celery
1/4 bunch (117g)
- ☐ green pepper
1/2 cup, chopped (75g)
- ☐ red bell pepper
1/2 cup, chopped (75g)
- ☐ mushrooms
1 cup, chopped (70g)
- ☐ fresh green beans
1/2 cup 1/2" pieces (50g)

Cereal Grains and Pasta

- ☐ cornstarch
3 tbsp (24g)
- ☐ quinoa, uncooked
2 3/4 tbsp (28g)
- ☐ long-grain white rice
1/3 cup (62g)

Sweets

- ☐ sugar
2 tbsp (26g)

Fruits and Fruit Juices

- ☐ orange
6 1/2 orange (994g)
- ☐ peach
6 medium (2-2/3" dia) (870g)
- ☐ lemon juice
5 tsp (25mL)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
3 1/2 tbsp (3mL)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1/4 pouch (~5.6 oz) (40g)

Baked Products

- ☐ hamburger buns
2 bun(s) (102g)
- ☐ bread
10 slice (320g)

Snacks

- ☐ tortilla chips
1 3/4 oz (50g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

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

Basic scrambled eggs

4 egg(s) - 285 cals ● 22g protein ● 21g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
4 medium (176g)

For all 2 meals:

oil
2 tsp (10mL)
eggs
8 medium (352g)

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, day 5

Orange

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



For single meal:

orange
2 orange (308g)

For all 3 meals:

orange
6 orange (924g)

1. This recipe has no instructions.
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Creamy scrambled eggs

364 cals ● 26g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
2 tbsp (30mL)

For all 3 meals:

eggs
12 large (600g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
butter
2 tbsp (27g)
whole milk
6 tbsp (90mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
 2. Heat butter 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.
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Breakfast 3 [🔗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Chili and cheese omelet

325 cal ● 22g protein ● 25g fat ● 2g carbs ● 1g fiber



For single meal:

chili powder
1/4 tbsp (2g)
ground coriander
1/4 tbsp (1g)
eggs, beaten
3 large (150g)
olive oil
1/2 tbsp (8mL)
cheddar cheese
1 1/2 tbsp, shredded (11g)

For all 2 meals:

chili powder
1/2 tbsp (4g)
ground coriander
1/2 tbsp (3g)
eggs, beaten
6 large (300g)
olive oil
1 tbsp (15mL)
cheddar cheese
3 tbsp, shredded (21g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Milk

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

Makes 1 cup(s)

whole milk

1 cup (240mL)



1. This recipe has no instructions.

Garlic crumbles stuffed sweet potatoes

2 sweet potato(es) - 602 cals ● 28g protein ● 12g fat ● 76g carbs ● 19g fiber



Makes 2 sweet potato(es)

vegetarian burger crumbles

4 oz (113g)

sweet potatoes

2 sweetpotato, 5" long (420g)

garlic powder

2 dash (1g)

garlic, minced

1 clove(s) (3g)

oil

1/2 tbsp (8mL)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).
2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add garlic powder and crumbles and cook crumbles according to skillet directions on their package.
4. Once crumbles are fully cooked, split open sweet potatoes with a knife and stuff with the garlicky crumbles mixture. Serve.

Lunch 2 [🔗](#)

Eat on day 2

Sesame orange tofu

14 oz tofu - 754 cals ● 37g protein ● 35g fat ● 71g carbs ● 3g fiber



Makes 14 oz tofu

sesame oil

1 tbsp (15mL)

sesame seeds

2 tsp (6g)

cornstarch

3 tbsp (24g)

firm tofu, patted dry & cubed

14 oz (397g)

sriracha chili sauce

1 tbsp (15g)

sugar

2 tbsp (26g)

soy sauce

2 tbsp (30mL)

orange, juiced

1/2 fruit (2-7/8" dia) (70g)

garlic, minced

2 clove(s) (6g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

tomatoes, diced

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

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. This recipe has no instructions.

Easy chickpea salad

817 cal ● 42g protein ● 16g fat ● 88g carbs ● 39g fiber



For single meal:

fresh parsley, chopped

5 1/4 sprigs (5g)

apple cider vinegar

1 3/4 tbsp (1mL)

balsamic vinegar

1 3/4 tbsp (26mL)

tomatoes, halved

1 3/4 cup cherry tomatoes (261g)

onion, thinly sliced

7/8 small (61g)

chickpeas, canned, drained and rinsed

1 3/4 can (784g)

For all 2 meals:

fresh parsley, chopped

10 1/2 sprigs (11g)

apple cider vinegar

3 1/2 tbsp (3mL)

balsamic vinegar

1/4 cup (53mL)

tomatoes, halved

3 1/2 cup cherry tomatoes (522g)

onion, thinly sliced

1 3/4 small (123g)

chickpeas, canned, drained and rinsed

3 1/2 can (1568g)

1. Add all ingredients to a bowl and toss. Serve!

Lunch 4 [↗](#)

Eat on day 5

Roasted broccoli with nutritional yeast

1 1/3 cup(s) - 143 cals ● 5g protein ● 10g fat ● 5g carbs ● 4g fiber



Makes 1 1/3 cup(s)

nutritional yeast

2 tsp (2g)

oil

2 tsp (10mL)

broccoli

1 1/3 cup chopped (121g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

Veggie burger

2 burger - 550 cals ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



Makes 2 burger

veggie burger patty

2 patty (142g)

hamburger buns

2 bun(s) (102g)

ketchup

2 tbsp (34g)

mixed greens

2 oz (57g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Tortilla chips

247 cals ● 3g protein ● 11g fat ● 31g carbs ● 2g fiber

tortilla chips

1 3/4 oz (50g)

1. This recipe has no instructions.



Lunch 5 [🔗](#)

Eat on day 6, day 7

Vegetarian chickpea sandwiches

2 1/2 sandwich(es) - 857 cals ● 40g protein ● 22g fat ● 98g carbs ● 28g fiber



For single meal:

raw celery, chopped

5/6 stalk, medium (7-1/2" - 8" long)
(33g)

onion, chopped

3/8 medium (2-1/2" dia) (46g)

mayonnaise

2 1/2 tsp (12mL)

lemon juice

2 1/2 tsp (12mL)

dried dill weed

1/4 tbsp (1g)

salt

3 1/3 dash (2g)

black pepper

3 1/3 dash, ground (1g)

bread

5 slice (160g)

chickpeas, canned

5/6 can (373g)

For all 2 meals:

raw celery, chopped

1 2/3 stalk, medium (7-1/2" - 8" long)
(67g)

onion, chopped

5/6 medium (2-1/2" dia) (92g)

mayonnaise

5 tsp (25mL)

lemon juice

5 tsp (25mL)

dried dill weed

1/2 tbsp (2g)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

bread

10 slice (320g)

chickpeas, canned

1 2/3 can (747g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Simple mixed greens salad

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



For single meal:

mixed greens

3 3/4 cup (113g)

salad dressing

1/4 cup (56mL)

For all 2 meals:

mixed greens

7 1/2 cup (225g)

salad dressing

1/2 cup (113mL)

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

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk

1 cup (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

For all 3 meals:

whole milk

3 cup (720mL)

protein powder

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

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

Boiled eggs

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



For single meal:

eggs

2 large (100g)

For all 3 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.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Peach and goat cheese bites

2 peach - 325 cals ● 15g protein ● 17g fat ● 23g carbs ● 4g fiber



For single meal:

peach

2 medium (2-2/3" dia) (285g)

goat cheese

4 tbsp (56g)

salt

2 dash (1g)

For all 2 meals:

peach

4 medium (2-2/3" dia) (570g)

goat cheese

1/2 cup (112g)

salt

4 dash (2g)

1. Slice peach from top to bottom to make thin strips.
2. Put goat cheese and a dash of salt (sea salt is preferred but any type will do) in between 2 strips of peach to make a sandwich. Serve.

Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

carrots

3 medium (183g)

For all 2 meals:

carrots

6 medium (366g)

1. Cut carrots into strips and serve.
-

Snacks 3 [↗](#)

Eat on day 6, day 7

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added
1 cup (123g)

1. This recipe has no instructions.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Dinner 1 [↗](#)

Eat on day 1, day 2

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.

Baked tofu

26 2/3 oz - 754 cals ● 74g protein ● 39g fat ● 18g carbs ● 9g fiber



For single meal:

soy sauce
13 1/3 tbsp (200mL)
extra firm tofu
1 2/3 lbs (756g)
fresh ginger, peeled and grated
1 2/3 slices (1" dia) (4g)
sesame seeds
5 tsp (15g)

For all 2 meals:

soy sauce
1 2/3 cup (400mL)
extra firm tofu
3 1/3 lbs (1512g)
fresh ginger, peeled and grated
3 1/3 slices (1" dia) (7g)
sesame seeds
3 1/3 tbsp (30g)

1. Lay tofu cubes onto several layers of paper towel; top with more paper towel. Place something heavy onto the tofu to squeeze excess water from the tofu; let sit until the tofu is drained, 20 to 30 minutes.
 2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
 3. Heat a small skillet over medium heat. Toast sesame seeds in hot skillet until fragrant, about 5 minutes.
 4. Mix soy sauce, ginger, and sesame seeds together in a large pan. Marinate tofu in the soy sauce mixture until it absorbs some of the sauce, about 12 minutes per side.
 5. Spread marinated tofu onto the prepared baking sheet.
 6. Bake tofu in preheated oven for 15 minutes, flip, and continue baking until firm and heated through, about 15 minutes more.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Coconut ginger tofu congee

451 cals ● 17g protein ● 24g fat ● 40g carbs ● 2g fiber



For single meal:

garlic, minced
1 clove(s) (3g)
sriracha chili sauce
1 tsp (5g)
water
1/2 cup(s) (118mL)
oil
1 tsp (5mL)
fresh ginger, minced
1 1/2 tbsp (9g)
firm tofu, patted dry & cubed
5 oz (142g)
coconut milk, canned
4 tbsp (60mL)
quinoa, uncooked
4 tsp (14g)
long-grain white rice
2 2/3 tbsp (31g)

For all 2 meals:

garlic, minced
2 clove(s) (6g)
sriracha chili sauce
2 tsp (10g)
water
1 cup(s) (237mL)
oil
2 tsp (10mL)
fresh ginger, minced
3 tbsp (18g)
firm tofu, patted dry & cubed
10 oz (284g)
coconut milk, canned
1/2 cup (120mL)
quinoa, uncooked
2 2/3 tbsp (28g)
long-grain white rice
1/3 cup (62g)

1. Combine rice, quinoa, ginger, garlic, coconut milk, water, and some salt in a saucepan. Bring to a boil, cover, reduce heat to low and cook until grains are tender and water is mostly absorbed, about 15-20 minutes.
2. Meanwhile, heat the oil in a skillet. Add tofu and season with some salt and pepper. Cook until lightly browned, 4-6 minutes.
3. Transfer the rice to a bowl and top with tofu. Drizzle sriracha on top and serve.

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.

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

For all 2 meals:

salad dressing
6 tbsp (90mL)
mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)

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

Dinner 3 [🔗](#)

Eat on day 5

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



flavored rice mix
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



Makes 3 sausage(s)

vegan sausage
3 sausage (300g)

1. Prepare according to package instructions.
 2. Serve.
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Dinner 4 [↗](#)

Eat on day 6, day 7

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.

Vegan chunky chili

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



For single meal:

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)

For all 2 meals:

extra firm tofu
3/4 cup (189g)
chili powder
3 tbsp (24g)
garlic powder
2 dash (1g)
tomatoes
6 cup, chopped (1080g)
water
6 cup(s) (1422mL)
green pepper
1/2 cup, chopped (75g)
red bell pepper
1/2 cup, chopped (75g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
dry kidney beans, soaked overnight
1/2 cup (92g)
dry white beans, soaked overnight
1/2 cup (101g)
lentils, raw, soaked overnight
1/2 cup (96g)
mushrooms
1 cup, chopped (70g)
fresh green beans
1/2 cup 1/2" pieces (50g)
raw celery
1/2 cup chopped (51g)
onion powder
4 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.
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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.