

# Meal Plan - 3300 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

3038 cals ● 206g protein (27%) ● 114g fat (34%) ● 246g carbs (32%) ● 52g fiber (7%)

### Breakfast

570 cals, 29g protein, 32g net carbs, 32g fat



[Smashed raspberry almond butter toast](#)  
2 toast(s)- 405 cals



[String cheese](#)  
2 stick(s)- 165 cals

### Snacks

410 cals, 12g protein, 45g net carbs, 17g fat



[Cucumbers and ranch](#)  
159 cals



[Lowfat yogurt](#)  
1 container(s)- 181 cals



[Raspberries](#)  
1 cup(s)- 72 cals

### Protein Supplement(s)

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



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

### Lunch

1065 cals, 63g protein, 77g net carbs, 49g fat



[Chunky canned soup \(non-creamy\)](#)  
1 can(s)- 247 cals



[Rosemary mushroom cheese sandwich](#)  
2 sandwich(es)- 815 cals

### Dinner

665 cals, 30g protein, 90g net carbs, 14g fat



[Brown rice](#)  
1 cup brown rice, cooked- 229 cals



[Bean & tofu goulash](#)  
437 cals

## Day 2

3329 cal ● 219g protein (26%) ● 149g fat (40%) ● 232g carbs (28%) ● 47g fiber (6%)

### Breakfast

570 cal, 29g protein, 32g net carbs, 32g fat



**Smashed raspberry almond butter toast**  
2 toast(s)- 405 cal



**String cheese**  
2 stick(s)- 165 cal

### Snacks

410 cal, 12g protein, 45g net carbs, 17g fat



**Cucumbers and ranch**  
159 cal



**Lowfat yogurt**  
1 container(s)- 181 cal



**Raspberries**  
1 cup(s)- 72 cal

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cal

### Lunch

1065 cal, 63g protein, 77g net carbs, 49g fat



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cal



**Rosemary mushroom cheese sandwich**  
2 sandwich(es)- 815 cal

### Dinner

955 cal, 43g protein, 76g net carbs, 49g fat



**Simple mozzarella and tomato salad**  
484 cal



**Spinach & hummus pasta**  
473 cal

## Day 3

3308 cal ● 218g protein (26%) ● 173g fat (47%) ● 160g carbs (19%) ● 60g fiber (7%)

### Breakfast

475 cal, 29g protein, 14g net carbs, 33g fat



**Chili and cheese omelet**  
325 cal



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

### Snacks

410 cal, 12g protein, 45g net carbs, 17g fat



**Cucumbers and ranch**  
159 cal



**Lowfat yogurt**  
1 container(s)- 181 cal



**Raspberries**  
1 cup(s)- 72 cal

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cal

### Lunch

1040 cal, 32g protein, 31g net carbs, 83g fat



**Walnuts**  
2/3 cup(s)- 481 cal



**Pesto grilled cheese sandwich**  
1 sandwich(es)- 557 cal

### Dinner

1055 cal, 72g protein, 66g net carbs, 39g fat



**Basic tempeh**  
8 oz- 590 cal



**Easy chickpea salad**  
467 cal

## Day 4

3301 cals ● 227g protein (27%) ● 176g fat (48%) ● 148g carbs (18%) ● 55g fiber (7%)

### Breakfast

475 cals, 29g protein, 14g net carbs, 33g fat



[Chili and cheese omelet](#)  
325 cals



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

### Snacks

405 cals, 21g protein, 34g net carbs, 19g fat



[Toast with butter and jelly](#)  
2 slice(s)- 267 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

1040 cals, 32g protein, 31g net carbs, 83g fat



[Walnuts](#)  
2/3 cup(s)- 481 cals



[Pesto grilled cheese sandwich](#)  
1 sandwich(es)- 557 cals

### Dinner

1055 cals, 72g protein, 66g net carbs, 39g fat



[Basic tempeh](#)  
8 oz- 590 cals



[Easy chickpea salad](#)  
467 cals

## Day 5

3300 cals ● 211g protein (26%) ● 128g fat (35%) ● 260g carbs (32%) ● 66g fiber (8%)

### Breakfast

475 cals, 29g protein, 14g net carbs, 33g fat



[Chili and cheese omelet](#)  
325 cals



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

### Snacks

405 cals, 21g protein, 34g net carbs, 19g fat



[Toast with butter and jelly](#)  
2 slice(s)- 267 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

1065 cals, 43g protein, 115g net carbs, 31g fat



[Black bean & sweet potato skillet](#)  
994 cals



[Caprese salad](#)  
71 cals

### Dinner

1030 cals, 45g protein, 95g net carbs, 44g fat



[Quinoa](#)  
2 cup quinoa, cooked- 417 cals



[Olive oil drizzled lima beans](#)  
269 cals



[Basic tofu](#)  
8 oz- 342 cals

## Day 6

3337 cals ● 233g protein (28%) ● 119g fat (32%) ● 278g carbs (33%) ● 57g fiber (7%)

### Breakfast

535 cals, 28g protein, 33g net carbs, 28g fat



Simple sauteed spinach  
100 cals



Scrambled eggs with kale, tomatoes, rosemary  
329 cals



Apple  
1 apple(s)- 105 cals

### Snacks

355 cals, 12g protein, 36g net carbs, 13g fat



Toast with butter  
2 1/2 slice(s)- 284 cals



Raspberries  
1 cup(s)- 72 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 cals

### Lunch

1035 cals, 57g protein, 86g net carbs, 45g fat



Pecans  
1/4 cup- 183 cals



Simple plant-based deli wrap  
2 wrap(s)- 853 cals

### Dinner

1085 cals, 64g protein, 120g net carbs, 32g fat



Milk  
1 cup(s)- 149 cals



Vegan meatball sub  
2 sub(s)- 936 cals

## Day 7

3337 cals ● 233g protein (28%) ● 119g fat (32%) ● 278g carbs (33%) ● 57g fiber (7%)

### Breakfast

535 cals, 28g protein, 33g net carbs, 28g fat



Simple sauteed spinach  
100 cals



Scrambled eggs with kale, tomatoes, rosemary  
329 cals



Apple  
1 apple(s)- 105 cals

### Snacks

355 cals, 12g protein, 36g net carbs, 13g fat



Toast with butter  
2 1/2 slice(s)- 284 cals



Raspberries  
1 cup(s)- 72 cals

### Protein Supplement(s)

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



Protein shake  
3 scoop- 327 cals

### Lunch

1035 cals, 57g protein, 86g net carbs, 45g fat



Pecans  
1/4 cup- 183 cals



Simple plant-based deli wrap  
2 wrap(s)- 853 cals

### Dinner

1085 cals, 64g protein, 120g net carbs, 32g fat



Milk  
1 cup(s)- 149 cals



Vegan meatball sub  
2 sub(s)- 936 cals

## Cereal Grains and Pasta

- ☐ brown rice  
1/3 cup (63g)
- ☐ uncooked dry pasta  
2 2/3 oz (76g)
- ☐ quinoa, uncooked  
1 cup (177g)

## Spices and Herbs

- ☐ salt  
1/4 tbsp (5g)
- ☐ black pepper  
1/4 tbsp, ground (2g)
- ☐ fresh thyme  
2 dash (0g)
- ☐ paprika  
1/2 tbsp (3g)
- ☐ rosemary, dried  
1 3/4 tsp (2g)
- ☐ fresh basil  
1/4 oz (7g)
- ☐ chili powder  
1 tbsp (8g)
- ☐ ground coriander  
3/4 tbsp (4g)
- ☐ balsamic vinegar  
1 1/2 fluid ounce (45mL)

## Beverages

- ☐ water  
1 1/2 gallon (5875mL)
- ☐ protein powder  
21 scoop (1/3 cup ea) (651g)

## Fats and Oils

- ☐ oil  
3 oz (90mL)
- ☐ ranch dressing  
6 tbsp (90mL)
- ☐ balsamic vinaigrette  
1 1/4 oz (35mL)
- ☐ olive oil  
1 1/2 oz (47mL)

## Vegetables and Vegetable Products

- ☐ garlic  
2 clove(s) (7g)

## Fruits and Fruit Juices

- ☐ raspberries  
1 1/2 lbs (691g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ apples  
2 medium (3" dia) (364g)

## Nut and Seed Products

- ☐ flax seeds  
4 dash (4g)
- ☐ almond butter  
4 tbsp (64g)
- ☐ walnuts  
1 1/2 cup, shelled (138g)
- ☐ roasted pumpkin seeds, unsalted  
1 1/2 tbsp (11g)
- ☐ pecans  
1/2 cup, halves (50g)

## Baked Products

- ☐ bread  
1 3/4 lbs (800g)
- ☐ flour tortillas  
4 tortilla (approx 10" dia) (288g)

## Dairy and Egg Products

- ☐ string cheese  
4 stick (112g)
- ☐ lowfat flavored yogurt  
3 container (6 oz) (510g)
- ☐ cheese  
3/4 lbs (338g)
- ☐ fresh mozzarella cheese  
1/4 lbs (128g)
- ☐ eggs  
22 1/2 medium (986g)
- ☐ cheddar cheese  
1/4 cup, shredded (32g)
- ☐ whole milk  
5 cup (1200mL)
- ☐ butter  
5/8 stick (69g)
- ☐ sour cream  
3 tbsp (43g)

## Soups, Sauces, and Gravies

- ☐ onion  
2 medium (2-1/2" dia) (231g)
- ☐ cucumber  
1 1/2 cucumber (8-1/4") (452g)
- ☐ mushrooms  
6 oz (170g)
- ☐ tomatoes  
9 medium whole (2-3/5" dia) (1087g)
- ☐ fresh spinach  
8 2/3 cup(s) (260g)
- ☐ fresh parsley  
6 sprigs (6g)
- ☐ lima beans, frozen  
5/8 package (10 oz) (178g)
- ☐ bell pepper  
3/4 large (123g)
- ☐ sweet potatoes  
3/4 sweetpotato, 5" long (158g)
- ☐ kale leaves  
3 cup, chopped (120g)

## Legumes and Legume Products

- ☐ firm tofu  
3/4 lbs (326g)
- ☐ white beans, canned  
1/2 can(s) (220g)
- ☐ hummus  
6 oz (167g)
- ☐ tempeh  
1 lbs (454g)
- ☐ chickpeas, canned  
2 can (896g)
- ☐ black beans  
3/4 can(s) (329g)

- ☐ chunky canned soup (non-creamy varieties)  
2 can (~19 oz) (1052g)
- ☐ apple cider vinegar  
2 tbsp (2mL)
- ☐ pesto sauce  
2 tbsp (32g)
- ☐ salsa  
1/4 cup (81g)
- ☐ pasta sauce  
1 cup (260g)

## Other

- ☐ mixed greens  
1 package (5.5 oz) (146g)
- ☐ plant-based deli slices  
28 slices (291g)
- ☐ vegan meatballs, frozen  
16 meatball(s) (480g)
- ☐ nutritional yeast  
4 tsp (5g)
- ☐ sub roll(s)  
4 roll(s) (340g)

## Sweets

- ☐ jelly  
4 tsp (28g)



## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Smashed raspberry almond butter toast

2 toast(s) - 405 cals ● 16g protein ● 21g fat ● 28g carbs ● 10g fiber



For single meal:

#### raspberries

20 raspberries (38g)

#### flax seeds

2 dash (2g)

#### almond butter

2 tbsp (32g)

#### bread

2 slice(s) (64g)

For all 2 meals:

#### raspberries

40 raspberries (76g)

#### flax seeds

4 dash (4g)

#### almond butter

4 tbsp (64g)

#### bread

4 slice(s) (128g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

#### string cheese

2 stick (56g)

For all 2 meals:

#### string cheese

4 stick (112g)

1. This recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### 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 3 meals:

**chili powder**  
3/4 tbsp (6g)  
**ground coriander**  
3/4 tbsp (4g)  
**eggs, beaten**  
9 large (450g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**cheddar cheese**  
1/4 cup, shredded (32g)

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.

### Milk

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



For single meal:

**whole milk**  
1 cup (240mL)

For all 3 meals:

**whole milk**  
3 cup (720mL)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

**garlic, diced**  
1/2 clove (2g)  
**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)

For all 2 meals:

**garlic, diced**  
1 clove (3g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**olive oil**  
1 tbsp (15mL)  
**fresh spinach**  
8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

### Scrambled eggs with kale, tomatoes, rosemary

329 cals ● 24g protein ● 20g fat ● 10g carbs ● 3g fiber



For single meal:

**water**  
1/4 cup (68mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**rosemary, dried**  
3 dash (0g)  
**tomatoes**  
3/4 cup, chopped (135g)  
**eggs**  
3 extra large (168g)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**oil**  
1/4 tbsp (4mL)

For all 2 meals:

**water**  
1/2 cup (135mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**rosemary, dried**  
1/4 tbsp (1g)  
**tomatoes**  
1 1/2 cup, chopped (270g)  
**eggs**  
6 extra large (336g)  
**kale leaves**  
3 cup, chopped (120g)  
**oil**  
1/2 tbsp (8mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**

1 medium (3" dia) (182g)

For all 2 meals:

**apples**

2 medium (3" dia) (364g)

1. This recipe has no instructions.

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## Lunch 1 [🔗](#)

Eat on day 1, day 2

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### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

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### Rosemary mushroom cheese sandwich

2 sandwich(es) - 815 cals ● 45g protein ● 43g fat ● 54g carbs ● 9g fiber



For single meal:

**rosemary, dried**

4 dash (1g)

**mixed greens**

1 cup (30g)

**mushrooms**

3 oz (85g)

**cheese**

1 cup, shredded (113g)

**bread**

4 slice(s) (128g)

For all 2 meals:

**rosemary, dried**

1 tsp (1g)

**mixed greens**

2 cup (60g)

**mushrooms**

6 oz (170g)

**cheese**

2 cup, shredded (226g)

**bread**

8 slice(s) (256g)

1. Heat a skillet over medium heat.
  2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
  3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.
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## Lunch 2 [↗](#)

Eat on day 3, day 4

### Walnuts

2/3 cup(s) - 481 cals ● 10g protein ● 45g fat ● 5g carbs ● 5g fiber



For single meal:

#### walnuts

2/3 cup, shelled (69g)

For all 2 meals:

#### walnuts

1 1/2 cup, shelled (138g)

1. This recipe has no instructions.

### Pesto grilled cheese sandwich

1 sandwich(es) - 557 cals ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



For single meal:

#### bread

2 slice (64g)

#### butter, softened

1 tbsp (14g)

#### pesto sauce

1 tbsp (16g)

#### cheese

2 slice (1 oz each) (56g)

#### tomatoes

2 slice(s), thin/small (30g)

For all 2 meals:

#### bread

4 slice (128g)

#### butter, softened

2 tbsp (28g)

#### pesto sauce

2 tbsp (32g)

#### cheese

4 slice (1 oz each) (112g)

#### tomatoes

4 slice(s), thin/small (60g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

## Lunch 3 [↗](#)

Eat on day 5

### Black bean & sweet potato skillet

994 cals ● 39g protein ● 26g fat ● 112g carbs ● 38g fiber



#### sour cream

3 tbsp (43g)

#### onion, thinly sliced

3/4 medium (2-1/2" dia) (83g)

#### bell pepper, thinly sliced

3/4 large (123g)

#### sweet potatoes, cubed

3/4 sweetpotato, 5" long (158g)

#### quinoa, uncooked

6 tbsp (64g)

#### black beans, drained & rinsed

3/4 can(s) (329g)

#### salsa

1/4 cup (81g)

#### roasted pumpkin seeds, unsalted

1 1/2 tbsp (11g)

#### oil

1/2 tbsp (8mL)

#### water

1 cup(s) (222mL)

#### chili powder

1/4 tbsp (2g)

1. Heat oil in a large skillet over medium-high heat. Add onion, pepper, sweet potato, chili powder, and some salt and pepper. Cook until pepper starts to soften, 3-4 minutes.
2. Add water, quinoa, and black beans to the skillet. Bring to a boil, cover, reduce heat to low, and let simmer until quinoa is cooked and potatoes are tender, about 18-20 minutes.
3. Stir in salsa. Top with sour cream and pepitas. Serve.

### Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



#### balsamic vinaigrette

1 tsp (5mL)

#### fresh basil

4 tsp leaves, whole (2g)

#### tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

#### mixed greens

1/6 package (5.5 oz) (26g)

#### fresh mozzarella cheese

1/2 oz (14g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.



## Lunch 4 [↗](#)

Eat on day 6, day 7

### Pecans

1/4 cup - 183 cal● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

#### pecans

4 tbsp, halves (25g)

For all 2 meals:

#### pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.

### Simple plant-based deli wrap

2 wrap(s) - 853 cal● 54g protein ● 27g fat ● 85g carbs ● 13g fiber



For single meal:

#### hummus

4 tbsp (60g)

#### tomatoes

4 slice(s), thin/small (60g)

#### mixed greens

1 cup (30g)

#### flour tortillas

2 tortilla (approx 10" dia) (144g)

#### plant-based deli slices

14 slices (146g)

For all 2 meals:

#### hummus

1/2 cup (120g)

#### tomatoes

8 slice(s), thin/small (120g)

#### mixed greens

2 cup (60g)

#### flour tortillas

4 tortilla (approx 10" dia) (288g)

#### plant-based deli slices

28 slices (291g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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### Cucumbers and ranch

159 cal ● 2g protein ● 13g fat ● 7g carbs ● 1g fiber



For single meal:

**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**ranch dressing**  
2 tbsp (30mL)

For all 3 meals:

**cucumber, sliced**  
1 1/2 cucumber (8-1/4") (452g)  
**ranch dressing**  
6 tbsp (90mL)

1. Slice the cucumber and serve with ranch to dip into.

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### Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

**lowfat flavored yogurt**  
1 container (6 oz) (170g)

For all 3 meals:

**lowfat flavored yogurt**  
3 container (6 oz) (510g)

1. This recipe has no instructions.

### Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**  
1 cup (123g)

For all 3 meals:

**raspberries**  
3 cup (369g)

1. Rinse raspberries and serve.
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## Snacks 2 [↗](#)

Eat on day 4, day 5

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### Toast with butter and jelly

2 slice(s) - 267 cals ● 8g protein ● 10g fat ● 33g carbs ● 4g fiber



For single meal:

**bread**

2 slice (64g)

**butter**

2 tsp (9g)

**jelly**

2 tsp (14g)

For all 2 meals:

**bread**

4 slice (128g)

**butter**

4 tsp (18g)

**jelly**

4 tsp (28g)

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

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### Boiled eggs

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



For single meal:

**eggs**

2 large (100g)

For all 2 meals:

**eggs**

4 large (200g)

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

Eat on day 6, day 7

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### Toast with butter

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



For single meal:

**bread**

2 1/2 slice (80g)

**butter**

2 1/2 tsp (11g)

For all 2 meals:

**bread**

5 slice (160g)

**butter**

5 tsp (23g)

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

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**

1 cup (123g)

For all 2 meals:

**raspberries**

2 cup (246g)

1. Rinse raspberries and serve.
-

## Dinner 1 [🔗](#)

Eat on day 1

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### Brown rice

1 cup brown rice, cooked - 229 cal ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



Makes 1 cup brown rice, cooked

**brown rice**

1/3 cup (63g)

**salt**

2 dash (1g)

**water**

2/3 cup(s) (158mL)

**black pepper**

2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

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### Bean & tofu goulash

437 cal ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



**fresh thyme**

2 dash (0g)

**paprika**

1/2 tbsp (3g)

**oil**

1/2 tbsp (8mL)

**garlic, minced**

1/2 clove (2g)

**onion, diced**

1/2 medium (2-1/2" dia) (55g)

**firm tofu, drained and diced**

1/4 lbs (99g)

**white beans, canned, drained & rinsed**

1/2 can(s) (220g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
  2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
  3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.
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## Dinner 2 [↗](#)

Eat on day 2

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### Simple mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



#### tomatoes, sliced

1 1/2 large whole (3" dia) (273g)

#### fresh mozzarella cheese, sliced

4 oz (113g)

#### balsamic vinaigrette

2 tbsp (30mL)

#### fresh basil

2 tbsp, chopped (5g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

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### Spinach & hummus pasta

473 cals ● 15g protein ● 15g fat ● 62g carbs ● 7g fiber



#### uncooked dry pasta

2 2/3 oz (76g)

#### lemon juice

1 tsp (5mL)

#### onion, diced

1/3 small (23g)

#### fresh spinach

2/3 cup(s) (20g)

#### tomatoes, chopped

1/3 medium whole (2-3/5" dia) (41g)

#### oil

2 tsp (10mL)

#### garlic, diced

2/3 clove(s) (2g)

#### hummus

1 2/3 oz (47g)

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.
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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Basic tempeh

8 oz - 590 cals ● 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.

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### Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

**fresh parsley, chopped**  
3 sprigs (3g)  
**apple cider vinegar**  
1 tbsp (1mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**onion, thinly sliced**  
1/2 small (35g)  
**chickpeas, canned, drained and rinsed**  
1 can (448g)

For all 2 meals:

**fresh parsley, chopped**  
6 sprigs (6g)  
**apple cider vinegar**  
2 tbsp (2mL)  
**balsamic vinegar**  
2 tbsp (30mL)  
**tomatoes, halved**  
2 cup cherry tomatoes (298g)  
**onion, thinly sliced**  
1 small (70g)  
**chickpeas, canned, drained and rinsed**  
2 can (896g)

1. Add all ingredients to a bowl and toss. Serve!
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## Dinner 4 [↗](#)

Eat on day 5

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### Quinoa

2 cup quinoa, cooked - 417 cals ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



Makes 2 cup quinoa, cooked

#### **quinoa, uncooked**

2/3 cup (113g)

#### **water**

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

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.

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### Olive oil drizzled lima beans

269 cals ● 12g protein ● 9g fat ● 26g carbs ● 10g fiber



#### **black pepper**

1 1/4 dash, ground (0g)

#### **salt**

1/3 tsp (2g)

#### **lima beans, frozen**

5/8 package (10 oz) (178g)

#### **olive oil**

2 tsp (9mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber





Makes 8 oz

**firm tofu**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

1. Slice tofu 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 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 meatball sub

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



For single meal:

**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)

For all 2 meals:

**vegan meatballs, frozen**  
16 meatball(s) (480g)  
**pasta sauce**  
1 cup (260g)  
**nutritional yeast**  
4 tsp (5g)  
**sub roll(s)**  
4 roll(s) (340g)

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.

# 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.