

# Meal Plan - 3400 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

3403 cals ● 230g protein (27%) ● 84g fat (22%) ● 354g carbs (42%) ● 78g fiber (9%)

### Breakfast

570 cals, 27g protein, 47g net carbs, 24g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Egg and pesto stuffed tomato](#)

3 tomato(es)- 388 cals



[Orange](#)

2 orange(s)- 170 cals

### Snacks

165 cals, 4g protein, 29g net carbs, 2g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

### Lunch

1180 cals, 53g protein, 141g net carbs, 40g fat



[Simple mozzarella and tomato salad](#)

363 cals



[Naan bread](#)

2 piece(s)- 524 cals



[Tofu alfredo pasta with broccoli](#)

295 cals

### Dinner

1160 cals, 73g protein, 134g net carbs, 16g fat



[Milk](#)

1 cup(s)- 149 cals



[Lentil pasta](#)

1010 cals

## Day 2

3426 cals ● 225g protein (26%) ● 116g fat (30%) ● 313g carbs (37%) ● 58g fiber (7%)

### Breakfast

570 cals, 27g protein, 47g net carbs, 24g fat



[Celery sticks](#)

2 celery stalk- 13 cals



[Egg and pesto stuffed tomato](#)

3 tomato(es)- 388 cals



[Orange](#)

2 orange(s)- 170 cals

### Snacks

165 cals, 4g protein, 29g net carbs, 2g fat



[Instant oatmeal with water](#)

1 packet(s)- 165 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

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1180 cals, 53g protein, 141g net carbs, 40g fat



[Simple mozzarella and tomato salad](#)

363 cals



[Naan bread](#)

2 piece(s)- 524 cals



[Tofu alfredo pasta with broccoli](#)

295 cals

### Dinner

1180 cals, 68g protein, 93g net carbs, 48g fat



[Pistachios](#)

375 cals



[Cottage cheese & fruit cup](#)

2 container- 261 cals



[Chickpea & kale soup](#)

546 cals

## Day 3

3369 cal ● 220g protein (26%) ● 134g fat (36%) ● 270g carbs (32%) ● 50g fiber (6%)

### Breakfast

540 cal, 8g protein, 39g net carbs, 35g fat



[Small granola bar](#)  
1 bar(s)- 119 cal



[Dark chocolate](#)  
7 square(s)- 419 cal

### Snacks

165 cal, 4g protein, 29g net carbs, 2g fat



[Instant oatmeal with water](#)  
1 packet(s)- 165 cal

### Protein Supplement(s)

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



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

### Lunch

1160 cal, 68g protein, 106g net carbs, 48g fat



[Vegan bangers and cauliflower mash](#)  
1 1/2 sausage link(s)- 541 cal



[Milk](#)  
1 1/2 cup(s)- 224 cal



[Naan bread](#)  
1 1/2 piece(s)- 393 cal

### Dinner

1180 cal, 68g protein, 93g net carbs, 48g fat



[Pistachios](#)  
375 cal



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



[Chickpea & kale soup](#)  
546 cal

## Day 4

3427 cals ● 228g protein (27%) ● 129g fat (34%) ● 291g carbs (34%) ● 47g fiber (6%)

### Breakfast

540 cals, 8g protein, 39g net carbs, 35g fat



[Small granola bar](#)  
1 bar(s)- 119 cals



[Dark chocolate](#)  
7 square(s)- 419 cals

### Snacks

370 cals, 18g protein, 49g net carbs, 8g fat



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



[Kale chips](#)  
69 cals



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

### Protein Supplement(s)

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



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

### Lunch

1160 cals, 68g protein, 106g net carbs, 48g fat



[Vegan bangers and cauliflower mash](#)  
1 1/2 sausage link(s)- 541 cals



[Milk](#)  
1 1/2 cup(s)- 224 cals



[Naan bread](#)  
1 1/2 piece(s)- 393 cals

### Dinner

1035 cals, 60g protein, 95g net carbs, 37g fat



[Flavored rice mix](#)  
382 cals



[Asparagus](#)  
63 cals



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



## Day 5

3398 cals ● 222g protein (26%) ● 147g fat (39%) ● 254g carbs (30%) ● 43g fiber (5%)

### Breakfast

585 cals, 24g protein, 30g net carbs, 36g fat



[Avocado toast](#)  
2 slice(s)- 336 cals



[Basic fried eggs](#)  
2 egg(s)- 159 cals



[Sautéed Kale](#)  
91 cals

### Snacks

370 cals, 18g protein, 49g net carbs, 8g fat



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



[Kale chips](#)  
69 cals



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

### Protein Supplement(s)

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



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

### Lunch

1020 cals, 46g protein, 84g net carbs, 50g fat



[Kefir](#)  
300 cals



[Pumpkin seeds](#)  
366 cals



[Chunky canned soup \(creamy\)](#)  
1 can(s)- 354 cals

### Dinner

1095 cals, 61g protein, 89g net carbs, 52g fat



[Crispy chik'n tenders](#)  
12 tender(s)- 686 cals



[Apple](#)  
1 apple(s)- 105 cals



[Roasted peanuts](#)  
1/3 cup(s)- 307 cals

## Day 6

3385 cals ● 217g protein (26%) ● 139g fat (37%) ● 252g carbs (30%) ● 66g fiber (8%)

### Breakfast

585 cals, 24g protein, 30g net carbs, 36g fat



**Avocado toast**  
2 slice(s)- 336 cals



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



**Sauteed Kale**  
91 cals

### Snacks

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



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



**Toast with butter**  
2 slice(s)- 227 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1020 cals, 46g protein, 84g net carbs, 50g fat



**Kefir**  
300 cals



**Pumpkin seeds**  
366 cals



**Chunky canned soup (creamy)**  
1 can(s)- 354 cals

### Dinner

1075 cals, 58g protein, 101g net carbs, 33g fat



**Naan bread**  
1/2 piece(s)- 131 cals



**Spinach soup with yogurt**  
945 cals

## Day 7

3446 cals ● 233g protein (27%) ● 150g fat (39%) ● 225g carbs (26%) ● 67g fiber (8%)

### Breakfast

585 cals, 24g protein, 30g net carbs, 36g fat



**Avocado toast**  
2 slice(s)- 336 cals



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



**Sauteed Kale**  
91 cals

### Snacks

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



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



**Toast with butter**  
2 slice(s)- 227 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1080 cals, 62g protein, 56g net carbs, 61g fat



**Cottage cheese & fruit cup**  
2 container- 261 cals



**Goat cheese and marinara stuffed zucchini**  
4 zucchini halve(s)- 384 cals



**Mixed nuts**  
1/2 cup(s)- 435 cals

### Dinner

1075 cals, 58g protein, 101g net carbs, 33g fat



**Naan bread**  
1/2 piece(s)- 131 cals



**Spinach soup with yogurt**  
945 cals

## Dairy and Egg Products

- ☐ whole milk  
6 cup (1440mL)
- ☐ eggs  
12 large (600g)
- ☐ fresh mozzarella cheese  
6 oz (170g)
- ☐ kefir, flavored  
4 cup (960mL)
- ☐ butter  
4 tsp (18g)
- ☐ nonfat greek yogurt, plain  
1 cup (280g)
- ☐ goat cheese  
2 oz (57g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
2/3 jar (24 oz) (466g)
- ☐ pesto sauce  
3 tbsp (48g)
- ☐ vegetable broth  
13 cup(s) (mL)
- ☐ chunky canned soup (creamy varieties)  
2 can (~19 oz) (1066g)

## Other

- ☐ lentil pasta  
1/2 lbs (227g)
- ☐ cottage cheese & fruit cup  
8 container (1360g)
- ☐ vegan sausage  
3 sausage (300g)
- ☐ frozen cauliflower  
2 1/4 cup (255g)
- ☐ meatless chik'n tenders  
12 pieces (306g)

## Beverages

- ☐ water  
23 1/4 cup(s) (5510mL)
- ☐ protein powder  
21 scoop (1/3 cup ea) (651g)
- ☐ almond milk, unsweetened  
2 3/4 tbsp (41mL)

## Vegetables and Vegetable Products

## Fruits and Fruit Juices

- ☐ orange  
8 orange (1232g)
- ☐ lemon juice  
1 tsp (6mL)
- ☐ avocados  
1 1/2 avocado(s) (302g)
- ☐ apples  
1 medium (3" dia) (182g)

## Breakfast Cereals

- ☐ flavored instant oatmeal  
3 packet (129g)

## Fats and Oils

- ☐ balsamic vinaigrette  
3 tbsp (46mL)
- ☐ oil  
4 oz (119mL)
- ☐ olive oil  
1 tbsp (16mL)

## Spices and Herbs

- ☐ fresh basil  
3 tbsp, chopped (8g)
- ☐ salt  
5 g (5g)
- ☐ basil, dried  
1/4 tbsp, ground (1g)
- ☐ black pepper  
1 dash, ground (0g)
- ☐ ground cumin  
4 tsp (8g)

## Baked Products

- ☐ naan bread  
8 piece (720g)
- ☐ bread  
10 slice (320g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
4 oz (114g)

## Legumes and Legume Products

- ☐ raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ tomatoes  
8 1/4 large whole (3" dia) (1502g)
- ☐ frozen broccoli  
1/3 package (95g)
- ☐ garlic  
4 2/3 clove(s) (14g)
- ☐ kale leaves  
16 oz (453g)
- ☐ onion  
5 medium (2-1/2" dia) (545g)
- ☐ asparagus  
2 oz (57g)
- ☐ ketchup  
3 tbsp (51g)
- ☐ fresh ginger  
8 inch (2.5cm) cube (40g)
- ☐ fresh spinach  
2 lbs (907g)
- ☐ zucchini  
2 large (646g)

- ☐ firm tofu  
1/3 package (16 oz) (151g)
- ☐ chickpeas, canned  
4 can (1792g)
- ☐ tempeh  
1/2 lbs (227g)
- ☐ roasted peanuts  
1/3 cup (49g)

### **Nut and Seed Products**

- ☐ pistachios, dry roasted, without shells or salt added  
1 cup (123g)
- ☐ roasted pumpkin seeds, unsalted  
1 cup (118g)
- ☐ mixed nuts  
1/2 cup (67g)

### **Snacks**

- ☐ small granola bar  
2 bar (50g)

### **Sweets**

- ☐ Chocolate, dark, 70-85%  
14 square(s) (140g)

### **Meals, Entrees, and Side Dishes**

- ☐ flavored rice mix  
2/3 pouch (~5.6 oz) (105g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

#### raw celery

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

#### raw celery

4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

### Egg and pesto stuffed tomato

3 tomato(es) - 388 cals ● 24g protein ● 24g fat ● 14g carbs ● 6g fiber



For single meal:

#### eggs

3 large (150g)

#### pesto sauce

1 1/2 tbsp (24g)

#### tomatoes

3 large whole (3" dia) (546g)

For all 2 meals:

#### eggs

6 large (300g)

#### pesto sauce

3 tbsp (48g)

#### tomatoes

6 large whole (3" dia) (1092g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

### Orange

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



For single meal:

**orange**  
2 orange (308g)

For all 2 meals:

**orange**  
4 orange (616g)

1. This recipe has no instructions.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. This recipe has no instructions.

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### Dark chocolate

7 square(s) - 419 cals ● 6g protein ● 30g fat ● 25g carbs ● 8g fiber



For single meal:

**Chocolate, dark, 70-85%**  
7 square(s) (70g)

For all 2 meals:

**Chocolate, dark, 70-85%**  
14 square(s) (140g)

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

#### bread

2 slice (64g)

#### avocados, ripe, sliced

1/2 avocado(s) (101g)

For all 3 meals:

#### bread

6 slice (192g)

#### avocados, ripe, sliced

1 1/2 avocado(s) (302g)

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

### 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.

### Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

#### oil

1/2 tbsp (8mL)

#### kale leaves

1 1/2 cup, chopped (60g)

For all 3 meals:

#### oil

1 1/2 tbsp (23mL)

#### kale leaves

4 1/2 cup, chopped (180g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

## Lunch 1 [🔗](#)

Eat on day 1, day 2

### Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

**tomatoes, sliced**

1 large whole (3" dia) (205g)

**fresh mozzarella cheese, sliced**

3 oz (85g)

**balsamic vinaigrette**

1 1/2 tbsp (23mL)

**fresh basil**

1 1/2 tbsp, chopped (4g)

For all 2 meals:

**tomatoes, sliced**

2 1/4 large whole (3" dia) (410g)

**fresh mozzarella cheese, sliced**

6 oz (170g)

**balsamic vinaigrette**

3 tbsp (45mL)

**fresh basil**

3 tbsp, chopped (8g)

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

### Naan bread

2 piece(s) - 524 cals ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber



For single meal:

**naan bread**

2 piece (180g)

For all 2 meals:

**naan bread**

4 piece (360g)

1. This recipe has no instructions.

### Tofu alfredo pasta with broccoli

295 cals ● 15g protein ● 5g fat ● 44g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**

2 oz (57g)

**firm tofu**

1/6 package (16 oz) (76g)

**frozen broccoli**

1/6 package (47g)

**garlic**

1/3 clove(s) (1g)

**salt**

1/8 dash (0g)

**almond milk, unsweetened**

4 tsp (20mL)

**basil, dried**

1/3 tsp, ground (0g)

For all 2 meals:

**uncooked dry pasta**

4 oz (114g)

**firm tofu**

1/3 package (16 oz) (151g)

**frozen broccoli**

1/3 package (95g)

**garlic**

2/3 clove(s) (2g)

**salt**

1/6 dash (0g)

**almond milk, unsweetened**

2 2/3 tbsp (40mL)

**basil, dried**

1/4 tbsp, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cals ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



For single meal:

**onion, thinly sliced**

3/4 small (53g)

**vegan sausage**

1 1/2 sausage (150g)

**oil**

3/4 tbsp (11mL)

**frozen cauliflower**

1 cup (128g)

For all 2 meals:

**onion, thinly sliced**

1 1/2 small (105g)

**vegan sausage**

3 sausage (300g)

**oil**

1 1/2 tbsp (23mL)

**frozen cauliflower**

2 1/4 cup (255g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

## Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber





For single meal:  
**whole milk**  
1 1/2 cup (360mL)

For all 2 meals:  
**whole milk**  
3 cup (720mL)

1. This recipe has no instructions.

## Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

**naan bread**  
1 1/2 piece (135g)

For all 2 meals:

**naan bread**  
3 piece (270g)

1. This recipe has no instructions.

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## Lunch 3 [↗](#)

Eat on day 5, day 6

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### Kefir

300 cal ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

**kefir, flavored**  
2 cup (480mL)

For all 2 meals:

**kefir, flavored**  
4 cup (960mL)

1. Pour into a glass and drink.

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### Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

For all 2 meals:  
**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. This recipe has no instructions.

Chunky canned soup (creamy)

1 can(s) - 354 cals ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



For single meal:  
**chunky canned soup (creamy varieties)**  
1 can (~19 oz) (533g)

For all 2 meals:  
**chunky canned soup (creamy varieties)**  
2 can (~19 oz) (1066g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 7

Cottage cheese & fruit cup

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



Makes 2 container  
**cottage cheese & fruit cup**  
2 container (340g)

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

Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cals ● 21g protein ● 30g fat ● 21g carbs ● 9g fiber



Makes 4 zucchini halve(s)

**zucchini**  
2 large (646g)  
**pasta sauce**  
1/2 cup (130g)  
**goat cheese**  
2 oz (57g)

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

## Mixed nuts

1/2 cup(s) - 435 cals ● 13g protein ● 36g fat ● 10g carbs ● 5g fiber



Makes 1/2 cup(s)

**mixed nuts**  
1/2 cup (67g)

1. This recipe has no instructions.

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## Snacks 1 [🔗](#)

Eat on day 1, day 2, day 3

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### Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**  
1 packet (43g)  
**water**  
3/4 cup(s) (178mL)

For all 3 meals:

**flavored instant oatmeal**  
3 packet (129g)  
**water**  
2 1/4 cup(s) (533mL)

1. Put the oatmeal in a bowl and pour the water over it.
  2. Microwave for 90 seconds - 2 minutes.
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## Snacks 2 [↗](#)

Eat on 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 2 meals:

**orange**  
4 orange (616g)

1. This recipe has no instructions.

### Kale chips

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



For single meal:

**olive oil**  
1 tsp (5mL)  
**kale leaves**  
1/3 bunch (57g)  
**salt**  
1/3 tsp (2g)

For all 2 meals:

**olive oil**  
2 tsp (10mL)  
**kale leaves**  
2/3 bunch (113g)  
**salt**  
1/4 tbsp (4g)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

### Cottage cheese & fruit cup

1 container - 131 cals ● 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.

### Snacks 3 [↗](#)

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.

#### Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:  
**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

For all 2 meals:  
**bread**  
4 slice (128g)  
**butter**  
4 tsp (18g)

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

## Dinner 1 [↗](#)

Eat on day 1

### Milk

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

Makes 1 cup(s)

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



1. This recipe has no instructions.

### Lentil pasta

1010 cal ● 65g protein ● 8g fat ● 122g carbs ● 48g fiber



**pasta sauce**  
1/2 jar (24 oz) (336g)  
**lentil pasta**  
1/2 lbs (227g)

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

## Dinner 2 [↗](#)

Eat on day 2, day 3

### Pistachios

375 cal ● 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.

### Cottage cheese & fruit cup

2 container - 261 cal ● 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.

### Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



For single meal:  
**oil**  
 1 tsp (5mL)  
**garlic, minced**  
 2 clove(s) (6g)  
**vegetable broth**  
 4 cup(s) (mL)  
**kale leaves, chopped**  
 2 cup, chopped (80g)  
**chickpeas, canned, drained**  
 1 can (448g)

For all 2 meals:  
**oil**  
 2 tsp (10mL)  
**garlic, minced**  
 4 clove(s) (12g)  
**vegetable broth**  
 8 cup(s) (mL)  
**kale leaves, chopped**  
 4 cup, chopped (160g)  
**chickpeas, canned, drained**  
 2 can (896g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

### Dinner 3 [↗](#)

Eat on day 4

#### Flavored rice mix

382 cals ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



**flavored rice mix**  
 2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

#### Asparagus

63 cals ● 1g protein ● 5g fat ● 1g carbs ● 1g fiber



**asparagus**  
2 oz (57g)  
**lemon juice**  
1 tsp (6mL)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**olive oil**  
1 tsp (6mL)

1. Heat olive oil in a pan over medium-high heat.
2. Add asparagus and cook for 5 minutes, until tender.
3. Add in lemon juice and seasoning; stir.
4. Remove from heat and serve.

### Basic tempeh

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



Makes 8 oz

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

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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## Dinner 4 [↗](#)

Eat on day 5

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### 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.

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### Apple

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





Makes 1 apple(s)

**apples**

1 medium (3" dia) (182g)

1. This recipe has no instructions.

**Roasted peanuts**

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

**roasted peanuts**

1/3 cup (49g)

1. This recipe has no instructions.

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**Dinner 5** [🔗](#)

Eat on day 6, day 7

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**Naan bread**

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

**naan bread**

1/2 piece (45g)

For all 2 meals:

**naan bread**

1 piece (90g)

1. This recipe has no instructions.

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**Spinach soup with yogurt**

945 cals ● 54g protein ● 31g fat ● 79g carbs ● 34g fiber



For single meal:

- nonfat greek yogurt, plain**  
1/2 cup (140g)
- chickpeas, canned, drained & rinsed**  
1 can (448g)
- oil**  
4 tsp (20mL)
- onion, chopped**  
2 medium (2-1/2" dia) (220g)
- fresh ginger, minced**  
4 inch (2.5cm) cube (20g)
- fresh spinach**  
1 lbs (454g)
- vegetable broth**  
2 1/2 cup(s) (mL)
- ground cumin**  
2 tsp (4g)

For all 2 meals:

- nonfat greek yogurt, plain**  
1 cup (280g)
- chickpeas, canned, drained & rinsed**  
2 can (896g)
- oil**  
2 2/3 tbsp (40mL)
- onion, chopped**  
4 medium (2-1/2" dia) (440g)
- fresh ginger, minced**  
8 inch (2.5cm) cube (40g)
- fresh spinach**  
2 lbs (907g)
- vegetable broth**  
5 cup(s) (mL)
- ground cumin**  
4 tsp (8g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Stir in greek yogurt and serve.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

3 scoop - 327 cal● 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.