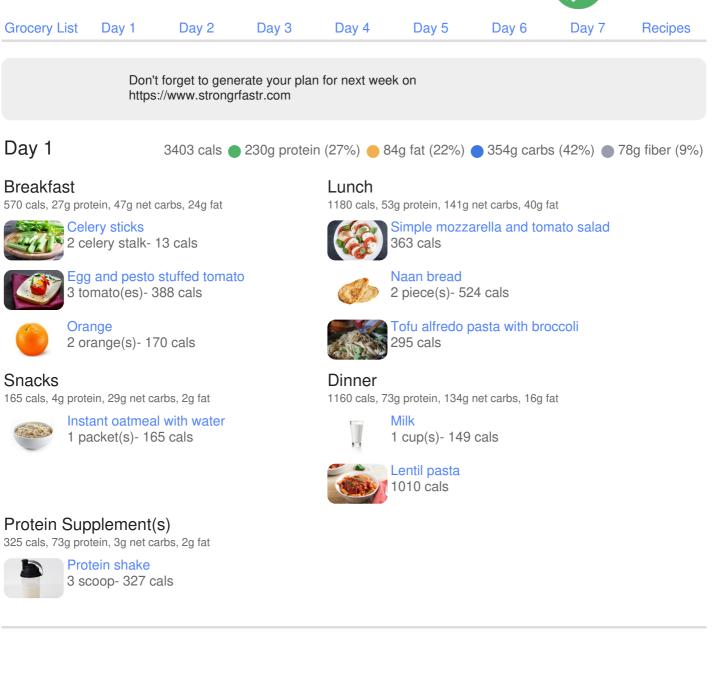
Meal Plan - 3400 calorie vegetarian meal plan





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

Lunch

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



Simple mozzarella and tomato salad 363 cals



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

Protein Supplement(s)

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



Protein shake 3 scoop- 327 cals

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

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

Snacks

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



Instant oatmeal with water 1 packet(s)- 165 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

Protein Supplement(s)

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



Protein shake 3 scoop- 327 cals

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

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

Breakfast

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



2 slice(s)- 336 cals

Basic fried eggs 2 egg(s)- 159 cals



Sauteed Kale 91 cals

Snacks

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



Orange 2 orange(s)- 170 cals



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



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

Breakfast

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



Basic fried eggs

2 slice(s)- 336 cals

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





Pumpkin seeds



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



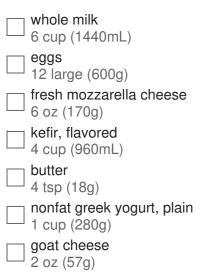
Naan bread 1/2 piece(s)- 131 cals



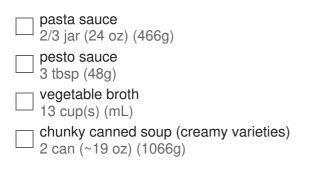
Spinach soup with yogurt 945 cals



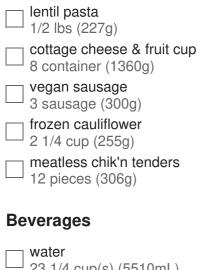
Dairy and Egg Products

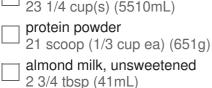


Soups, Sauces, and Gravies



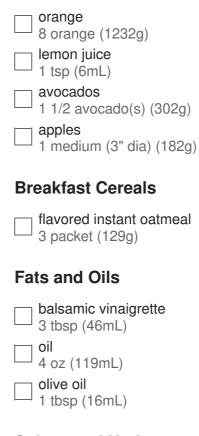
Other



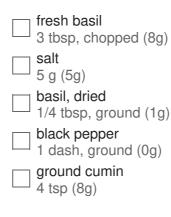


Vegetables and Vegetable Products

Fruits and Fruit Juices



Spices and Herbs



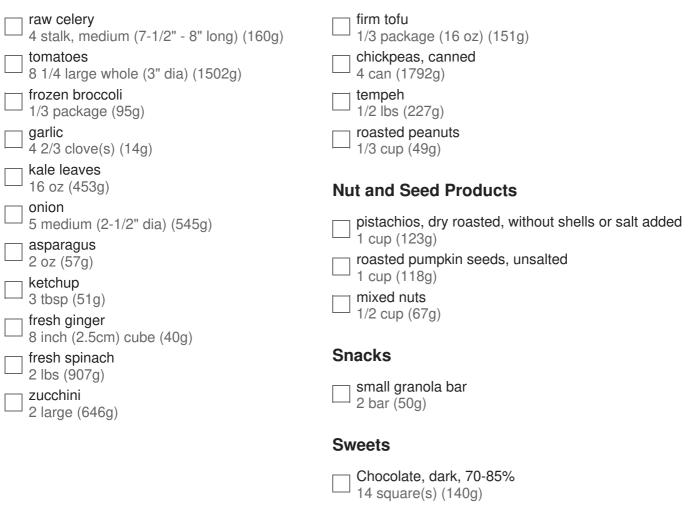
Baked Products



Cereal Grains and Pasta

uncooked dry pasta 4 oz (114g)

Legumes and Legume Products



Meals, Entrees, and Side Dishes

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

Recipes



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



orange 2 orange (308g) For all 2 meals:

orange 4 orange (616g)

1. This recipe has no instructions.

Breakfast 2 🗹

Eat on day 3, day 4

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.

Dark chocolate



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.

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



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.

whole milk 1 1/2 cup (360mL) For all 2 meals:

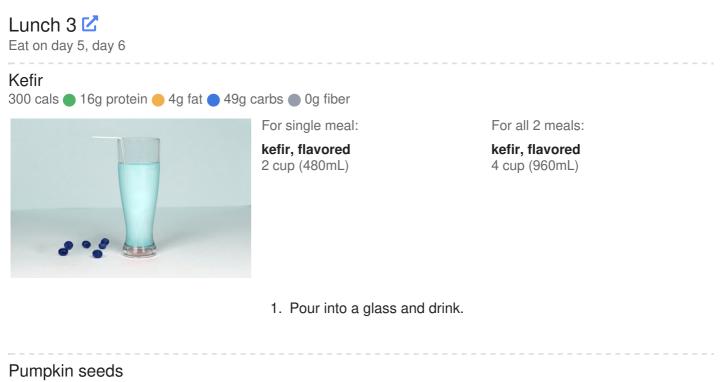
whole milk 3 cup (720mL)



1. This recipe has no instructions.



1. This recipe has no instructions.





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

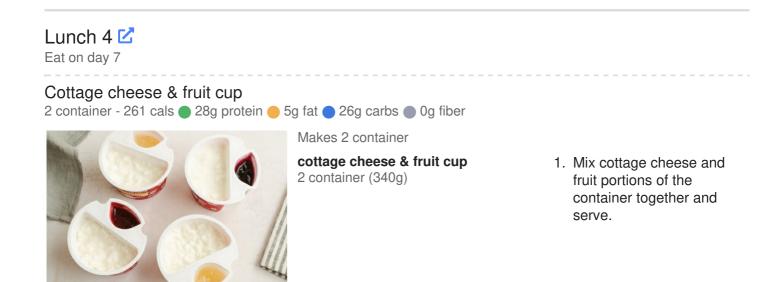


For single meal:

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.



Goat cheese and marinara stuffed zucchini 4 zucchini halve(s) - 384 cals • 21g protein • 20g 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.
- 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.

Snacks 1 🗹

Eat on day 1, day 2, day 3

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.

Snacks 2 🗹

Eat on day 4, day 5

Orange

2 orange(s) - 170 cals
3g protein
90g 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

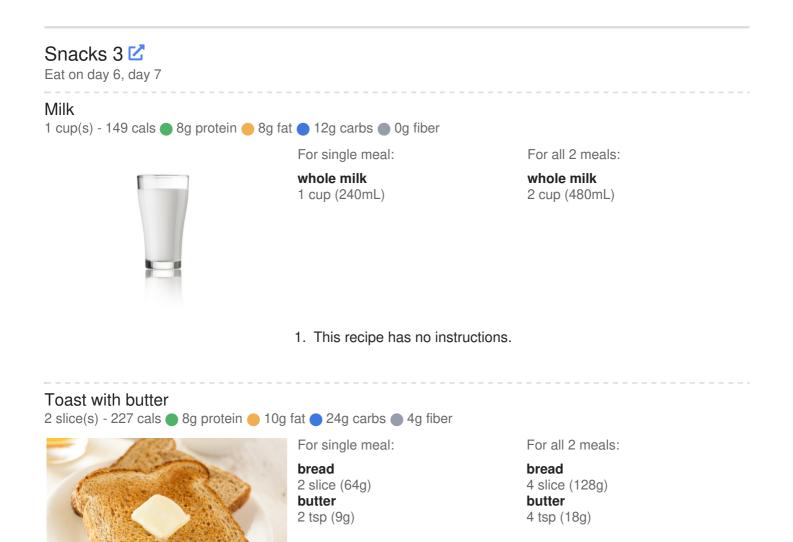
1 container - 131 cals
14g protein
3g fat
13g carbs
0g fiber



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.



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

Dinner 1 🗹

Eat on day 1



Lentil pasta

1010 cals
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 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.

Cottage cheese & fruit cup 2 container - 261 cals • 28g protein • 5g fat • 26g carbs • 0g fiber



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.



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)

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. 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.

- 1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
- 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 4 🗹

Eat on day 5

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.

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.



Dinner 5 Eat on day 6, day 7 Naan bread 1/2 piece(s) - 131 cals • 4g protein • 3g fat • 22g carbs • 1g fiber For single meal: For all 2 meals: naan bread 1/2 piece (45g) 1 piece (90g) 1. This recipe has no instructions.

Spinach soup with yogurt 945 cals • 54g protein • 31g fat • 79g carbs • 34g fiber



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 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.