

# Meal Plan - 1200 calorie low carb vegan 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

1242 cals ● 91g protein (29%) ● 61g fat (44%) ● 52g carbs (17%) ● 32g fiber (10%)

### Breakfast

185 cals, 2g protein, 3g net carbs, 15g fat



[Avocado](#)  
176 cals



[Cherry tomatoes](#)  
3 cherry tomatoes- 11 cals

### Dinner

420 cals, 9g protein, 18g net carbs, 30g fat



[Strawberries](#)  
1 cup(s)- 52 cals



[Roasted cabbage steaks with dressing](#)  
214 cals



[Roasted peanuts](#)  
1/6 cup(s)- 153 cals

### Lunch

420 cals, 31g protein, 28g net carbs, 15g fat



[Lentils](#)  
87 cals



[Carrot & grounds stir fry](#)  
332 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 2

1250 cals ● 93g protein (30%) ● 62g fat (45%) ● 40g carbs (13%) ● 40g fiber (13%)

### Breakfast

185 cals, 2g protein, 3g net carbs, 15g fat



[Avocado](#)  
176 cals



[Cherry tomatoes](#)  
3 cherry tomatoes- 11 cals

### Dinner

375 cals, 30g protein, 19g net carbs, 14g fat



[Roasted carrots](#)  
3 carrots(s)- 158 cals



[Vegan crumbles](#)  
1 1/2 cup(s)- 219 cals

### Lunch

470 cals, 12g protein, 16g net carbs, 32g fat



[Roasted peanuts](#)  
1/8 cup(s)- 115 cals



[Zoodles with avocado sauce](#)  
353 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 3

1183 cals ● 95g protein (32%) ● 61g fat (46%) ● 45g carbs (15%) ● 20g fiber (7%)

### Breakfast

185 cals, 2g protein, 3g net carbs, 15g fat



**Avocado**

176 cals



**Cherry tomatoes**

3 cherry tomatoes- 11 cals

### Dinner

425 cals, 25g protein, 24g net carbs, 24g fat



**Mixed vegetables**

1/2 cup(s)- 49 cals



**Lemon pepper tofu**

10 1/2 oz- 378 cals

### Lunch

355 cals, 19g protein, 16g net carbs, 21g fat



**Peanut tempeh**

2 oz tempeh- 217 cals



**Simple mixed greens salad**

136 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

## Day 4

1209 cals ● 104g protein (34%) ● 52g fat (38%) ● 65g carbs (22%) ● 17g fiber (6%)

### Breakfast

205 cals, 8g protein, 14g net carbs, 11g fat



**Smashed raspberry almond butter toast**

1 toast(s)- 203 cals

### Dinner

425 cals, 25g protein, 24g net carbs, 24g fat



**Mixed vegetables**

1/2 cup(s)- 49 cals



**Lemon pepper tofu**

10 1/2 oz- 378 cals

### Lunch

360 cals, 22g protein, 26g net carbs, 16g fat



**Roasted peanuts**

1/8 cup(s)- 115 cals



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

1 can(s)- 247 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**

2 scoop- 218 cals

## Day 5

1183 cals ● 102g protein (34%) ● 49g fat (38%) ● 54g carbs (18%) ● 29g fiber (10%)

### Breakfast

205 cals, 8g protein, 14g net carbs, 11g fat



**Smashed raspberry almond butter toast**  
1 toast(s)- 203 cals

### Lunch

380 cals, 21g protein, 26g net carbs, 16g fat



**Simple salad with tomatoes and carrots**  
98 cals



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals



**Bbq tempeh lettuce wrap**  
2 lettuce wrap(s)- 165 cals

### Dinner

380 cals, 25g protein, 11g net carbs, 22g fat



**Sautéed garlic & herb tomatoes**  
85 cals



**Basic tempeh**  
4 oz- 295 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 6

1163 cals ● 95g protein (33%) ● 58g fat (45%) ● 49g carbs (17%) ● 17g fiber (6%)

### Breakfast

205 cals, 6g protein, 7g net carbs, 16g fat



**Sunflower seeds**  
90 cals



**Super simple green smoothie**  
115 cals

### Lunch

360 cals, 16g protein, 28g net carbs, 19g fat



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



**Crispy chik'n tenders**  
3 tender(s)- 171 cals

### Dinner

380 cals, 25g protein, 11g net carbs, 22g fat



**Sautéed garlic & herb tomatoes**  
85 cals



**Basic tempeh**  
4 oz- 295 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

# Day 7

1204 cal ● 93g protein (31%) ● 55g fat (41%) ● 66g carbs (22%) ● 19g fiber (6%)

## Breakfast

205 cal, 6g protein, 7g net carbs, 16g fat



Sunflower seeds  
90 cal



Super simple green smoothie  
115 cal

## Dinner

420 cal, 23g protein, 28g net carbs, 19g fat



Pan roasted zucchini  
166 cal



Veggie burger patty  
2 patty- 254 cal

## Lunch

360 cal, 16g protein, 28g net carbs, 19g fat



Simple mixed greens and tomato salad  
189 cal



Crispy chik'n tenders  
3 tender(s)- 171 cal

## Protein Supplement(s)

220 cal, 48g protein, 2g net carbs, 1g fat



Protein shake  
2 scoop- 218 cal

## Fruits and Fruit Juices

- avocados  
2 1/4 avocado(s) (452g)
- lemon juice  
1 1/2 fl oz (45mL)
- strawberries  
1 cup, whole (144g)
- lime juice  
1 tsp (5mL)
- lemon  
1 1/2 small (87g)
- raspberries  
20 raspberries (38g)
- pineapple, frozen  
1/2 cup, chunks (83g)

## Vegetables and Vegetable Products

- tomatoes  
6 medium whole (2-3/5" dia) (727g)
- cabbage  
1/4 head, small (about 4-1/2" dia) (179g)
- fresh cilantro  
1 tbsp, chopped (3g)
- onion  
1/3 large (50g)
- garlic  
1 1/3 clove(s) (4g)
- carrots  
5 1/2 medium (327g)
- zucchini  
1 1/2 large (438g)
- frozen mixed veggies  
1 cup (135g)
- romaine lettuce  
3/8 head (262g)
- bell pepper  
1/4 small (19g)
- fresh spinach  
1/2 cup(s) (15g)
- ketchup  
1 1/2 tbsp (26g)

## Beverages

- water  
14 3/4 cup (3533mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)

## Fats and Oils

## Spices and Herbs

- black pepper  
4 1/4 g (4g)
- salt  
1 tsp (7g)
- crushed red pepper  
1 1/2 dash (0g)
- fresh basil  
3/4 cup leaves, whole (18g)
- lemon pepper  
1/4 tbsp (2g)
- oregano, dried  
4 dash, ground (1g)
- garlic powder  
4 dash (2g)

## Legumes and Legume Products

- roasted peanuts  
6 3/4 tbsp (61g)
- lentils, raw  
2 tbsp (24g)
- soy sauce  
3/4 oz (17mL)
- vegetarian burger crumbles  
3/4 package (12 oz) (263g)
- firm tofu  
1 1/3 lbs (595g)
- peanut butter  
1 oz (32g)
- tempeh  
3/4 lbs (340g)

## Cereal Grains and Pasta

- cornstarch  
3 tbsp (24g)

## Nut and Seed Products

- flax seeds  
2 dash (2g)
- almond butter  
2 tbsp (32g)
- sunflower kernels  
1 oz (28g)
- coconut milk, canned  
6 tbsp (91mL)

## Baked Products

- ranch dressing  
1 tbsp (15mL)
- oil  
2 1/2 oz (72mL)
- salad dressing  
2/3 cup (169mL)
- olive oil  
2 tbsp (30mL)

### Other

- italian seasoning  
1/4 container (.75 oz) (5g)
- nutritional yeast  
1/4 tbsp (1g)
- mixed greens  
10 1/2 cup (315g)
- coleslaw mix  
1/2 cup (45g)
- meatless chik'n tenders  
6 pieces (153g)
- veggie burger patty  
2 patty (142g)

- bread  
2 slice(s) (64g)

### Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- barbecue sauce  
1 tbsp (17g)

### Snacks

- rice cakes, any flavor  
1/2 cakes (5g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 3 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lemon juice**  
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Cherry tomatoes

3 cherry tomatoes - 11 cal ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**tomatoes**  
3 cherry tomatoes (51g)

For all 3 meals:

**tomatoes**  
9 cherry tomatoes (153g)

1. Rinse tomatoes, remove any stems, and serve.
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## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Smashed raspberry almond butter toast

1 toast(s) - 203 cal ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

**raspberries**  
10 raspberries (19g)  
**flax seeds**  
1 dash (1g)  
**almond butter**  
1 tbsp (16g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**raspberries**  
20 raspberries (38g)  
**flax seeds**  
2 dash (2g)  
**almond butter**  
2 tbsp (32g)  
**bread**  
2 slice(s) (64g)

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.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:

**sunflower kernels**  
1 oz (28g)

1. This recipe has no instructions.

## Super simple green smoothie

115 cal ● 1g protein ● 9g fat ● 6g carbs ● 1g fiber





For single meal:

**fresh spinach**  
1/4 cup(s) (8g)  
**coconut milk, canned**  
3 tbsp (45mL)  
**pineapple, frozen**  
4 tbsp, chunks (41g)

For all 2 meals:

**fresh spinach**  
1/2 cup(s) (15g)  
**coconut milk, canned**  
6 tbsp (90mL)  
**pineapple, frozen**  
1/2 cup, chunks (83g)

1. Blend coconut milk and spinach in a blender until completely smooth.
2. Add frozen pineapple chunks and blend again, until smooth.
3. Serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



**salt**  
1/4 dash (0g)  
**water**  
1/2 cup(s) (119mL)  
**lentils, raw, rinsed**  
2 tbsp (24g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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### Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



**fresh cilantro, chopped**

3 tsp, chopped (3g)

**oil**

2 tsp (10mL)

**lime juice**

1 tsp (5mL)

**crushed red pepper**

1 1/3 dash (0g)

**water**

2 tsp (10mL)

**soy sauce**

3 tsp (15mL)

**onion, chopped**

1/3 large (50g)

**garlic, minced**

2/3 clove(s) (2g)

**vegetarian burger crumbles**

4 oz (113g)

**carrots**

1 1/3 large (96g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

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## Lunch 2 [↗](#)

Eat on day 2

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### Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber

Makes 1/8 cup(s)

**roasted peanuts**

2 tbsp (18g)



1. This recipe has no instructions.

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### Zoodles with avocado sauce

353 cal ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber



**water**

1/4 cup(s) (59mL)

**lemon juice**

2 1/4 tbsp (34mL)

**tomatoes, halved**

7 1/2 cherry tomatoes (128g)

**fresh basil**

3/4 cup leaves, whole (18g)

**zucchini**

3/4 large (242g)

**avocados, peeled and seed removed**

3/4 avocado(s) (151g)

1. Using a spiralizer or peeler, create the zucchini noodles.
  2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
  3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
  4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.
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## Lunch 3 [↗](#)

Eat on day 3

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### Peanut tempeh

2 oz tempeh - 217 cal ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



Makes 2 oz tempeh

**nutritional yeast**

1/4 tbsp (1g)

**soy sauce**

1/2 tsp (3mL)

**lemon juice**

1/4 tbsp (4mL)

**peanut butter**

1 tbsp (16g)

**tempeh**

2 oz (57g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

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### Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.
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## Lunch 4 [↗](#)

Eat on day 4

### Roasted peanuts

1/8 cup(s) - 115 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber

Makes 1/8 cup(s)

**roasted peanuts**  
2 tbsp (18g)



1. This recipe has no instructions.

### Chunky canned soup (non-creamy)

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



Makes 1 can(s)

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

## Lunch 5 [↗](#)

Eat on day 5

### Simple salad with tomatoes and carrots

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



**salad dressing**  
3/4 tbsp (11 mL)  
**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.

### Rice cakes with peanut butter

1/2 cake(s) - 120 cal ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



Makes 1/2 cake(s)

**peanut butter**  
1 tbsp (16g)  
**rice cakes, any flavor**  
1/2 cakes (5g)

1. Spread peanut butter over top of rice cake.

### Bbq tempeh lettuce wrap

2 lettuce wrap(s) - 165 cal ● 13g protein ● 4g fat ● 13g carbs ● 6g fiber



Makes 2 lettuce wrap(s)

**romaine lettuce**  
2 leaf inner (12g)  
**tempeh, cubed**  
2 oz (57g)  
**barbecue sauce**  
1 tbsp (17g)  
**coleslaw mix**  
1/2 cup (45g)  
**oil**  
1/4 tsp (1mL)  
**bell pepper, deseeded and sliced**  
1/4 small (19g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

## Lunch 6 [🔗](#)

Eat on day 6, day 7

### Simple mixed greens and tomato salad

189 cal ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**salad dressing**  
1/4 cup (56mL)  
**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)

For all 2 meals:

**salad dressing**  
1/2 cup (113mL)  
**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)

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

### Crispy chik'n tenders

3 tender(s) - 171 cal ● 12g protein ● 7g fat ● 15g carbs ● 0g fiber



For single meal:

**ketchup**  
3/4 tbsp (13g)  
**meatless chik'n tenders**  
3 pieces (77g)

For all 2 meals:

**ketchup**  
1 1/2 tbsp (26g)  
**meatless chik'n tenders**  
6 pieces (153g)

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

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## Dinner 1 [↗](#)

Eat on day 1

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### Strawberries

1 cup(s) - 52 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



Makes 1 cup(s)

**strawberries**  
1 cup, whole (144g)

1. This recipe has no instructions.

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### Roasted cabbage steaks with dressing

214 cal ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber



**ranch dressing**  
1 tbsp (15mL)  
**italian seasoning**  
2 dash (1g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**oil**  
3/4 tbsp (11mL)  
**cabbage**  
1/4 head, small (about 4-1/2" dia)  
(179g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

## Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

**roasted peanuts**  
2 2/3 tbsp (24g)



1. This recipe has no instructions.

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## Dinner 2 [↗](#)

Eat on day 2

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### Roasted carrots

3 carrots(s) - 158 cal ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



Makes 3 carrots(s)

**oil**  
1/2 tbsp (8mL)  
**carrots, sliced**  
3 large (216g)

1. Preheat oven to 400°F (200°C).
  2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.
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## Vegan crumbles

1 1/2 cup(s) - 219 cal ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

### vegetarian burger crumbles

1 1/2 cup (150g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Mixed vegetables

1/2 cup(s) - 49 cal ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

#### frozen mixed veggies

1/2 cup (68g)

For all 2 meals:

#### frozen mixed veggies

1 cup (135g)

1. Prepare according to instructions on package.

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### Lemon pepper tofu

10 1/2 oz - 378 cal ● 23g protein ● 24g fat ● 18g carbs ● 1g fiber



For single meal:

#### lemon pepper

3 dash (1g)

#### oil

3/4 tbsp (11mL)

#### cornstarch

1 1/2 tbsp (12g)

#### lemon, zested

3/4 small (44g)

#### firm tofu, patted dry & cubed

2/3 lbs (298g)

For all 2 meals:

#### lemon pepper

1/4 tbsp (2g)

#### oil

1 1/2 tbsp (23mL)

#### cornstarch

3 tbsp (24g)

#### lemon, zested

1 1/2 small (87g)

#### firm tofu, patted dry & cubed

1 1/3 lbs (595g)

1. Preheat oven to 450°F (220°C).
  2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
  3. Bake 20-25 minutes until tofu is golden and crispy. Serve.
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## Dinner 4 [↗](#)

Eat on day 5, day 6

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### Sauteed garlic & herb tomatoes

85 cal ● 1g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1/3 dash, ground (0g)  
**olive oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
1/3 clove(s) (1g)  
**tomatoes**  
1/3 pint, cherry tomatoes (99g)  
**italian seasoning**  
4 dash (2g)  
**salt**  
1 1/3 dash (1g)

For all 2 meals:

**black pepper**  
2/3 dash, ground (0g)  
**olive oil**  
1 tbsp (15mL)  
**garlic, minced**  
2/3 clove(s) (2g)  
**tomatoes**  
2/3 pint, cherry tomatoes (199g)  
**italian seasoning**  
1 tsp (4g)  
**salt**  
1/3 tsp (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

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### Basic tempeh

4 oz - 295 cal ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**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 5 [↗](#)

Eat on day 7

### Pan roasted zucchini

166 cal ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



**zucchini**  
1 medium (196g)  
**black pepper**  
1/2 tbsp, ground (3g)  
**oregano, dried**  
4 dash, ground (1g)  
**garlic powder**  
4 dash (2g)  
**salt**  
4 dash (3g)  
**olive oil**  
1 tbsp (15mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

### Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

**veggie burger patty**  
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

2 scoop - 218 cal ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**water**  
2 cup(s) (474mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

**water**  
14 cup(s) (3318mL)  
**protein powder**  
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.

