

Meal Plan - 2100 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

2055 cals ● 135g protein (26%) ● 94g fat (41%) ● 131g carbs (25%) ● 38g fiber (7%)

Breakfast

300 cals, 13g protein, 26g net carbs, 12g fat



[Watermelon](#)
2 oz- 20 cals



[Chickpea scramble](#)
280 cals

Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



[Pumpkin seeds](#)
183 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

675 cals, 34g protein, 35g net carbs, 38g fat



[Roasted peanuts](#)
1/3 cup(s)- 288 cals



[Vegan deli smashed avocado sandwich](#)
1 sandwich(es)- 387 cals

Dinner

625 cals, 19g protein, 65g net carbs, 28g fat



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



[Creamy mushroom pasta](#)
323 cals

Day 2

2055 cals ● 135g protein (26%) ● 94g fat (41%) ● 131g carbs (25%) ● 38g fiber (7%)

Breakfast

300 cals, 13g protein, 26g net carbs, 12g fat



Watermelon
2 oz- 20 cals



Chickpea scramble
280 cals

Snacks

185 cals, 9g protein, 3g net carbs, 15g fat



Pumpkin seeds
183 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

675 cals, 34g protein, 35g net carbs, 38g fat



Roasted peanuts
1/3 cup(s)- 288 cals



Vegan deli smashed avocado sandwich
1 sandwich(es)- 387 cals

Dinner

625 cals, 19g protein, 65g net carbs, 28g fat



Simple mixed greens and tomato salad
302 cals



Creamy mushroom pasta
323 cals

Day 3

2062 cals ● 152g protein (29%) ● 87g fat (38%) ● 126g carbs (24%) ● 41g fiber (8%)

Breakfast

295 cals, 12g protein, 15g net carbs, 19g fat



Sunflower seeds
240 cals



Applesauce
57 cals

Snacks

315 cals, 5g protein, 9g net carbs, 24g fat



Kale chips
138 cals



Avocado
176 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

590 cals, 48g protein, 36g net carbs, 24g fat



Corn
139 cals



Baked tofu
16 oz- 452 cals

Dinner

585 cals, 26g protein, 63g net carbs, 18g fat



Simple vegan garlic bread
2 slice(s)- 252 cals



Lentil pasta
252 cals



Simple kale salad
1 1/2 cup(s)- 83 cals

Day 4

2062 cals ● 152g protein (29%) ● 87g fat (38%) ● 126g carbs (24%) ● 41g fiber (8%)

Breakfast

295 cals, 12g protein, 15g net carbs, 19g fat



Sunflower seeds
240 cals



Applesauce
57 cals

Snacks

315 cals, 5g protein, 9g net carbs, 24g fat



Kale chips
138 cals



Avocado
176 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

590 cals, 48g protein, 36g net carbs, 24g fat



Corn
139 cals



Baked tofu
16 oz- 452 cals

Dinner

585 cals, 26g protein, 63g net carbs, 18g fat



Simple vegan garlic bread
2 slice(s)- 252 cals



Lentil pasta
252 cals



Simple kale salad
1 1/2 cup(s)- 83 cals

Day 5

2069 cals ● 167g protein (32%) ● 99g fat (43%) ● 100g carbs (19%) ● 27g fiber (5%)

Breakfast

355 cals, 14g protein, 17g net carbs, 23g fat



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



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

Snacks

315 cals, 5g protein, 9g net carbs, 24g fat



Kale chips
138 cals



Avocado
176 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

615 cals, 65g protein, 41g net carbs, 20g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Teriyaki seitan wings
8 oz seitan- 595 cals

Dinner

510 cals, 22g protein, 30g net carbs, 31g fat



Cajun tofu
196 cals



Simple vegan garlic bread
1 slice(s)- 126 cals



Simple mixed greens and tomato salad
189 cals

Day 6

2065 cals ● 137g protein (26%) ● 104g fat (45%) ● 92g carbs (18%) ● 54g fiber (10%)

Breakfast

355 cals, 14g protein, 17g net carbs, 23g fat



[Smashed raspberry almond butter toast](#)
1 toast(s)- 203 cals



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

Snacks

255 cals, 4g protein, 19g net carbs, 15g fat



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



[Vegan cheese](#)
2 1" cube- 182 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

595 cals, 46g protein, 32g net carbs, 27g fat



[Roasted brussels sprouts](#)
290 cals



[Simple seitan](#)
5 oz- 305 cals

Dinner

590 cals, 13g protein, 22g net carbs, 39g fat



[Zoodles with avocado sauce](#)
588 cals

Day 7

2065 cals ● 137g protein (26%) ● 104g fat (45%) ● 92g carbs (18%) ● 54g fiber (10%)

Breakfast

355 cals, 14g protein, 17g net carbs, 23g fat



[Smashed raspberry almond butter toast](#)
1 toast(s)- 203 cals



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

Snacks

255 cals, 4g protein, 19g net carbs, 15g fat



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



[Vegan cheese](#)
2 1" cube- 182 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)
2 1/2 scoop- 273 cals

Lunch

595 cals, 46g protein, 32g net carbs, 27g fat



[Roasted brussels sprouts](#)
290 cals



[Simple seitan](#)
5 oz- 305 cals

Dinner

590 cals, 13g protein, 22g net carbs, 39g fat



[Zoodles with avocado sauce](#)
588 cals

Fats and Oils

- ☐ salad dressing
56 1/4 tsp (281mL)
- ☐ olive oil
1/4 lbs (107mL)
- ☐ oil
1 1/2 oz (48mL)

Other

- ☐ mixed greens
17 1/2 cup (522g)
- ☐ silken tofu
1/4 package (16 oz) (113g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ plant-based deli slices
10 slices (104g)
- ☐ lentil pasta
4 oz (113g)
- ☐ teriyaki sauce
4 tbsp (60mL)
- ☐ vegan cheese, block
4 1" cube (113g)

Vegetables and Vegetable Products

- ☐ tomatoes
7 1/2 medium whole (2-3/5" dia) (918g)
- ☐ frozen peas
4 tbsp (34g)
- ☐ garlic
5 3/4 clove(s) (17g)
- ☐ mushrooms
3 oz (85g)
- ☐ kale leaves
16 1/4 oz (460g)
- ☐ frozen corn kernels
2 cup (272g)
- ☐ fresh ginger
2 slices (1" dia) (4g)
- ☐ brussels sprouts
1 1/4 lbs (567g)
- ☐ zucchini
2 1/2 large (808g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)

Legumes and Legume Products

- ☐ soy sauce
2/3 lbs (248mL)
- ☐ chickpeas, canned
1 can (448g)
- ☐ roasted peanuts
1 cup (164g)
- ☐ extra firm tofu
2 lbs (907g)
- ☐ firm tofu
6 1/4 oz (177g)

Beverages

- ☐ water
18 1/3 cup(s) (4344mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Spices and Herbs

- ☐ ground cumin
4 dash (1g)
- ☐ turmeric, ground
4 dash (2g)
- ☐ salt
2 1/2 tsp (16g)
- ☐ cajun seasoning
5 dash (1g)
- ☐ black pepper
1/2 tsp, ground (1g)
- ☐ fresh basil
2 1/2 cup leaves, whole (60g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ sunflower kernels
2 2/3 oz (76g)
- ☐ sesame seeds
2 tbsp (18g)
- ☐ flax seeds
3 dash (3g)
- ☐ almond butter
3 tbsp (48g)

Soups, Sauces, and Gravies

- ☐ hot sauce
2 tsp (10mL)

☐ seitan
18 oz (510g)

☐ pasta sauce
1/4 jar (24 oz) (168g)

Fruits and Fruit Juices

☐ lemon juice
4 fl oz (124mL)

☐ Watermelon
4 oz (113g)

☐ avocados
4 2/3 avocado(s) (938g)

☐ applesauce
2 to-go container (~4 oz) (244g)

☐ raspberries
2/3 lbs (303g)

Baked Products

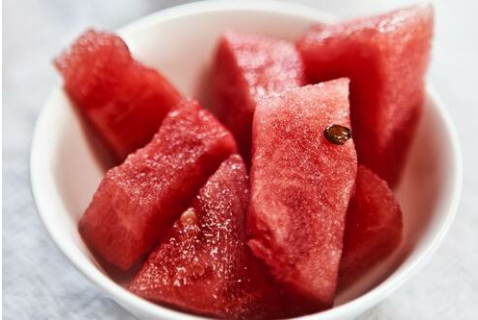
☐ bread
13 1/2 oz (384g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Watermelon

2 oz - 20 cal ● 1g protein ● 0g fat ● 4g carbs ● 0g fiber



For single meal:

Watermelon
2 oz (57g)

For all 2 meals:

Watermelon
4 oz (113g)

1. Slice watermelon and serve.

Chickpea scramble

280 cal ● 12g protein ● 12g fat ● 21g carbs ● 11g fiber



For single meal:

nutritional yeast
1 tsp (1g)
mixed greens
1/3 cup (10g)
ground cumin
2 dash (1g)
turmeric, ground
2 dash (1g)
oil
1/2 tbsp (8mL)
chickpeas, canned, drained
1/2 can (224g)

For all 2 meals:

nutritional yeast
2 tsp (3g)
mixed greens
2/3 cup (20g)
ground cumin
4 dash (1g)
turmeric, ground
4 dash (2g)
oil
1 tbsp (15mL)
chickpeas, canned, drained
1 can (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and mash using the back of a fork. Add turmeric, cumin, and a pinch of salt/pepper, and cook for about 4 minutes, stirring occasionally.
2. Add in a splash of water, the nutritional yeast and the greens and cook until the greens have wilted, 1-2 minutes. Serve!

Breakfast 2 [↗](#)

Eat on day 3, day 4

Sunflower seeds

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/3 oz (38g)

For all 2 meals:

sunflower kernels

2 2/3 oz (76g)

1. This recipe has no instructions.

Applesauce

57 cal ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce

1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 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 3 meals:

raspberries

30 raspberries (57g)

flax seeds

3 dash (3g)

almond butter

3 tbsp (48g)

bread

3 slice(s) (96g)

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.

Roasted peanuts

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



For single meal:

roasted peanuts

2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts

1/2 cup (73g)

1. This recipe has no instructions.
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Lunch 1 [🔗](#)

Eat on day 1, day 2

Roasted peanuts

1/3 cup(s) - 288 cal ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts

5 tbsp (46g)

For all 2 meals:

roasted peanuts

10 tbsp (91g)

1. This recipe has no instructions.

Vegan deli smashed avocado sandwich

1 sandwich(es) - 387 cal ● 23g protein ● 16g fat ● 29g carbs ● 10g fiber



For single meal:

mixed greens

1/2 cup (15g)

hot sauce

1 tsp (5mL)

avocados, peeled & deseeded

1/3 avocado(s) (67g)

bread

2 slice(s) (64g)

plant-based deli slices

5 slices (52g)

For all 2 meals:

mixed greens

16 tbsp (30g)

hot sauce

2 tsp (10mL)

avocados, peeled & deseeded

2/3 avocado(s) (134g)

bread

4 slice(s) (128g)

plant-based deli slices

10 slices (104g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Corn

139 cals ● 4g protein ● 1g fat ● 25g carbs ● 3g fiber



For single meal:

frozen corn kernels

1 cup (136g)

For all 2 meals:

frozen corn kernels

2 cup (272g)

1. Prepare according to instructions on package.
-

Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



For single meal:

soy sauce

1/2 cup (120mL)

extra firm tofu

1 lbs (454g)

fresh ginger, peeled and grated

1 slices (1" dia) (2g)

sesame seeds

1 tbsp (9g)

For all 2 meals:

soy sauce

1 cup (240mL)

extra firm tofu

2 lbs (907g)

fresh ginger, peeled and grated

2 slices (1" dia) (4g)

sesame seeds

2 tbsp (18g)

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

Eat on day 5

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

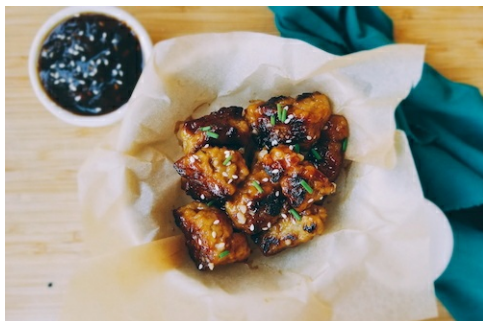
tomatoes

6 cherry tomatoes (102g)

1. Rinse tomatoes, remove any stems, and serve.

Teriyaki seitan wings

8 oz seitan - 595 cals ● 64g protein ● 20g fat ● 38g carbs ● 1g fiber



Makes 8 oz seitan

teriyaki sauce

4 tbsp (60mL)

oil

1 tbsp (15mL)

seitan

1/2 lbs (227g)

1. Cut seitan into bite-sized shapes
 2. Heat oil in a pan over medium heat.
 3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
 4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
 5. Remove and serve.
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Lunch 4 [↗](#)

Eat on day 6, day 7

Roasted brussels sprouts

290 cals ● 9g protein ● 17g fat ● 15g carbs ● 11g fiber



For single meal:

brussels sprouts

10 oz (284g)

olive oil

1 1/4 tbsp (19mL)

salt

1/3 tsp (2g)

black pepper

1/4 tsp, ground (0g)

For all 2 meals:

brussels sprouts

1 1/4 lbs (567g)

olive oil

2 1/2 tbsp (37mL)

salt

5 dash (4g)

black pepper

3 1/3 dash, ground (1g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



For single meal:

oil

1 1/4 tsp (6mL)

seitan

5 oz (142g)

For all 2 meals:

oil

2 1/2 tsp (13mL)

seitan

10 oz (284g)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
 2. Season with salt, pepper, or seasonings of choice. Serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Kale chips

138 cals ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

olive oil
2 tbsp (30mL)
kale leaves
2 bunch (340g)
salt
2 tsp (12g)

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

Avocado

176 cals ● 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 tbs (8mL)

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

Snacks 3 [🔗](#)

Eat on day 6, day 7

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.

Vegan cheese

2 1" cube - 182 cals ● 2g protein ● 14g fat ● 12g carbs ● 0g fiber



For single meal:

vegan cheese, block
2 1" cube (57g)

For all 2 meals:

vegan cheese, block
4 1" cube (113g)

1. Slice and enjoy.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



For single meal:

salad dressing

6 tbsp (90mL)

mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

For all 2 meals:

salad dressing

3/4 cup (180mL)

mixed greens

12 cup (360g)

tomatoes

2 cup cherry tomatoes (298g)

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

Creamy mushroom pasta

323 cals ● 13g protein ● 9g fat ● 45g carbs ● 3g fiber



For single meal:

uncooked dry pasta

2 oz (57g)

lemon juice

3/8 tsp (2mL)

frozen peas

2 tbsp (17g)

garlic, minced

3/8 clove(s) (1g)

mushrooms, sliced

1 1/2 oz (43g)

soy sauce

1/4 tbsp (4mL)

olive oil

1/2 tbsp (8mL)

silken tofu

1/8 package (16 oz) (57g)

For all 2 meals:

uncooked dry pasta

4 oz (114g)

lemon juice

1/4 tbsp (4mL)

frozen peas

4 tbsp (34g)

garlic, minced

3/4 clove(s) (2g)

mushrooms, sliced

3 oz (85g)

soy sauce

1/2 tbsp (8mL)

olive oil

1 tbsp (15mL)

silken tofu

1/4 package (16 oz) (113g)

1. In a blender, add the tofu, soy sauce, and half of the olive oil (reserving the rest for later). Blend until smooth. Set aside.
2. Cook pasta according to package directions. Drain and set aside.
3. Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the mushrooms and saute until softened, about 10 minutes.
4. Add the garlic to the mushrooms and cook for another 5 minutes. Then add the tofu mixture and peas and bring to a simmer. Remove from heat.
5. Add lemon juice to the sauce and season with a big pinch of salt and a lot of fresh cracked pepper.
6. Pour sauce over pasta and serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Simple vegan garlic bread

2 slice(s) - 252 cals ● 8g protein ● 11g fat ● 25g carbs ● 4g fiber



For single meal:

garlic, minced

2 clove(s) (6g)

olive oil

2 tsp (10mL)

bread

2 slice (64g)

For all 2 meals:

garlic, minced

4 clove(s) (12g)

olive oil

4 tsp (20mL)

bread

4 slice (128g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



For single meal:

pasta sauce

1/8 jar (24 oz) (84g)

lentil pasta

2 oz (57g)

For all 2 meals:

pasta sauce

1/4 jar (24 oz) (168g)

lentil pasta

4 oz (113g)

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

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

kale leaves

1 1/2 cup, chopped (60g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

kale leaves

3 cup, chopped (120g)

1. Toss kale in dressing of your choice and serve.
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Dinner 3 [↗](#)

Eat on day 5

Cajun tofu

196 cals ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



oil

1 1/4 tsp (6mL)

cajun seasoning

5 dash (1g)

firm tofu, patted dry & cubed

6 1/4 oz (177g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Simple vegan garlic bread

1 slice(s) - 126 cals ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



Makes 1 slice(s)

garlic, minced

1 clove(s) (3g)

olive oil

1 tsp (5mL)

bread

1 slice (32g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Simple mixed greens and tomato salad

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



salad dressing

1/4 cup (56mL)

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

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

Dinner 4 [↗](#)

Eat on day 6, day 7

Zoodles with avocado sauce

588 cals ● 13g protein ● 39g fat ● 22g carbs ● 25g fiber



For single meal:

water
3/8 cup(s) (99mL)
lemon juice
1/4 cup (56mL)
tomatoes, halved
12 1/2 cherry tomatoes (213g)
fresh basil
1 1/4 cup leaves, whole (30g)
zucchini
1 1/4 large (404g)
avocados, peeled and seed removed
1 1/4 avocado(s) (251g)

For all 2 meals:

water
5/6 cup(s) (197mL)
lemon juice
1/2 cup (113mL)
tomatoes, halved
25 cherry tomatoes (425g)
fresh basil
2 1/2 cup leaves, whole (60g)
zucchini
2 1/2 large (808g)
avocados, peeled and seed removed
2 1/2 avocado(s) (503g)

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cals ● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

water
2 1/2 cup(s) (593mL)
protein powder
2 1/2 scoop (1/3 cup ea) (78g)

For all 7 meals:

water
17 1/2 cup(s) (4148mL)
protein powder
17 1/2 scoop (1/3 cup ea) (543g)

1. This recipe has no instructions.