

# Meal Plan - vegan meal plan with over 30g protein

[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

994 cals ● 50g protein (20%) ● 31g fat (28%) ● 103g carbs (42%) ● 26g fiber (11%)

### Breakfast

220 cals, 5g protein, 43g net carbs, 1g fat



**Pretzels**  
138 cals



**Orange**  
1 orange(s)- 85 cals

### Lunch

430 cals, 28g protein, 22g net carbs, 18g fat



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



**Carrot & grounds stir fry**  
332 cals

### Dinner

340 cals, 17g protein, 38g net carbs, 12g fat



**Chik'n nuggets**  
5 nuggets- 276 cals



**Peach**  
1 peach(es)- 66 cals

## Day 2

952 cals ● 55g protein (23%) ● 31g fat (30%) ● 99g carbs (42%) ● 14g fiber (6%)

### Breakfast

220 cals, 5g protein, 43g net carbs, 1g fat



**Pretzels**  
138 cals



**Orange**  
1 orange(s)- 85 cals

### Lunch

425 cals, 28g protein, 28g net carbs, 18g fat



**Peach**  
1 peach(es)- 66 cals



**Seitan salad**  
359 cals

### Dinner

305 cals, 22g protein, 27g net carbs, 12g fat



**Crispy chik'n tenders**  
5 1/3 tender(s)- 305 cals

## Day 3

974 cals ● 53g protein (22%) ● 51g fat (47%) ● 56g carbs (23%) ● 20g fiber (8%)

### Breakfast

200 cals, 7g protein, 32g net carbs, 4g fat



**Soy milk yogurt**

1 container- 136 cals



**Peach**

1 peach(es)- 66 cals

### Dinner

395 cals, 28g protein, 10g net carbs, 22g fat



**Simple sauteed spinach**

100 cals



**Basic tempeh**

4 oz- 295 cals

### Lunch

380 cals, 18g protein, 14g net carbs, 25g fat



**Basic tofu**

6 oz- 257 cals



**Tossed salad**

121 cals

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## Day 4

974 cals ● 53g protein (22%) ● 51g fat (47%) ● 56g carbs (23%) ● 20g fiber (8%)

### Breakfast

200 cals, 7g protein, 32g net carbs, 4g fat



**Soy milk yogurt**

1 container- 136 cals



**Peach**

1 peach(es)- 66 cals

### Dinner

395 cals, 28g protein, 10g net carbs, 22g fat



**Simple sauteed spinach**

100 cals



**Basic tempeh**

4 oz- 295 cals

### Lunch

380 cals, 18g protein, 14g net carbs, 25g fat



**Basic tofu**

6 oz- 257 cals



**Tossed salad**

121 cals

## Day 5

1028 cals ● 36g protein (14%) ● 46g fat (40%) ● 93g carbs (36%) ● 25g fiber (10%)

### Breakfast

155 cals, 3g protein, 18g net carbs, 5g fat



**Small granola bar**  
1 bar(s)- 119 cals



**Raspberries**  
1/2 cup(s)- 36 cals

### Dinner

435 cals, 17g protein, 54g net carbs, 11g fat



**Lentil & tomato pasta**  
316 cals



**Tomato and avocado salad**  
117 cals

### Lunch

440 cals, 16g protein, 21g net carbs, 29g fat



**Nectarine**  
1 nectarine(s)- 70 cals



**Tofu spinach salad**  
370 cals

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## Day 6

1028 cals ● 36g protein (14%) ● 46g fat (40%) ● 93g carbs (36%) ● 25g fiber (10%)

### Breakfast

155 cals, 3g protein, 18g net carbs, 5g fat



**Small granola bar**  
1 bar(s)- 119 cals



**Raspberries**  
1/2 cup(s)- 36 cals

### Dinner

435 cals, 17g protein, 54g net carbs, 11g fat



**Lentil & tomato pasta**  
316 cals



**Tomato and avocado salad**  
117 cals

### Lunch

440 cals, 16g protein, 21g net carbs, 29g fat



**Nectarine**  
1 nectarine(s)- 70 cals



**Tofu spinach salad**  
370 cals

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# Day 7

987 cals ● 32g protein (13%) ● 26g fat (24%) ● 128g carbs (52%) ● 27g fiber (11%)

## Breakfast

155 cals, 3g protein, 18g net carbs, 5g fat



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



[Raspberries](#)  
1/2 cup(s)- 36 cals

## Dinner

440 cals, 15g protein, 70g net carbs, 6g fat



[Simple salad with tomatoes and carrots](#)  
98 cals



[Pasta with store-bought sauce](#)  
340 cals

## Lunch

395 cals, 14g protein, 40g net carbs, 15g fat



[Moroccan chickpea soup](#)  
394 cals

## Snacks

- pretzels, hard, salted  
2 1/2 oz (71g)
- small granola bar  
3 bar (75g)

## Fruits and Fruit Juices

- orange  
2 orange (308g)
- lime juice  
2/3 fl oz (20mL)
- peach  
4 medium (2-2/3" dia) (600g)
- avocados  
1 1/4 avocado(s) (251g)
- nectarine  
2 medium (2-1/2" dia) (284g)
- lemon juice  
2 3/4 tbsp (41mL)
- raspberries  
1 1/2 cup (185g)

## Fats and Oils

- salad dressing  
2 1/3 oz (67mL)
- oil  
1/4 lbs (106mL)
- olive oil  
1 1/4 tbsp (19mL)

## Vegetables and Vegetable Products

- tomatoes  
4 medium whole (2-3/5" dia) (480g)
- carrots  
3 1/2 medium (207g)
- romaine lettuce  
2 hearts (1000g)
- fresh cilantro  
1 tbsp, chopped (3g)
- onion  
1 2/3 medium (2-1/2" dia) (185g)
- garlic  
4 clove(s) (12g)
- ketchup  
2 1/2 tbsp (44g)
- fresh spinach  
13 cup(s) (390g)

## Spices and Herbs

- crushed red pepper  
1 1/2 dash (0g)
- black pepper  
4 dash, ground (1g)
- salt  
4 dash (3g)
- ground cumin  
3/4 tbsp (5g)
- paprika  
1 tsp (2g)
- garlic powder  
2 dash (1g)

## Beverages

- water  
1/2 cup (115mL)

## Legumes and Legume Products

- soy sauce  
3 tbsp (45mL)
- vegetarian burger crumbles  
4 oz (113g)
- tempeh  
1/2 lbs (227g)
- firm tofu  
1 1/4 lbs (567g)
- lentils, raw  
6 tbsp (72g)
- chickpeas, canned  
3/8 can (168g)

## Other

- vegan chik'n nuggets  
5 nuggets (108g)
- nutritional yeast  
1 tsp (1g)
- meatless chik'n tenders  
5 1/3 pieces (136g)
- soy milk yogurt  
2 container(s) (301g)
- diced tomatoes  
3/8 28oz can (298g)

## Cereal Grains and Pasta

- seitan  
3 oz (85g)

- purple onions  
1/4 medium (2-1/2" dia) (28g)
- cucumber  
1/4 cucumber (8-1/4") (75g)
- tomato paste  
1/2 tbsp (8g)
- canned crushed tomatoes  
1/2 can (14.5 oz) (203g)
- raw celery  
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)

- uncooked dry pasta  
5 oz (140g)

### **Nut and Seed Products**

- sunflower kernels  
1/2 tbsp (6g)

### **Soups, Sauces, and Gravies**

- vegetable broth  
1 1/2 cup(s) (mL)
  - pasta sauce  
1/6 jar (24 oz) (112g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Pretzels

138 cal ● 4g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:

**pretzels, hard, salted**  
1 1/4 oz (35g)

For all 2 meals:

**pretzels, hard, salted**  
2 1/2 oz (71g)

1. This recipe has no instructions.

### Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. This recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Soy milk yogurt

1 container - 136 cal ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

**soy milk yogurt**  
1 container(s) (150g)

For all 2 meals:

**soy milk yogurt**  
2 container(s) (301g)

1. This recipe has no instructions.

### Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Small granola bar

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



For single meal:

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

For all 3 meals:

**small granola bar**  
3 bar (75g)

1. This recipe has no instructions.

### Raspberries



1/2 cup(s) - 36 cal ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**raspberries**  
1/2 cup (62g)

For all 3 meals:

**raspberries**  
1 1/2 cup (185g)

1. Rinse raspberries and serve.

## Lunch 1 [↗](#)

Eat on day 1

### Simple salad with tomatoes and carrots

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



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

### Carrot & grounds stir fry

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



**fresh cilantro, chopped**  
1 tbsp, 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**  
1 tbsp (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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### Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1 peach(es)

#### peach

1 medium (2-2/3" dia) (150g)

1. This recipe has no instructions.

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### Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



#### oil

1 tsp (5mL)

#### nutritional yeast

1 tsp (1g)

#### salad dressing

1 tbsp (15mL)

#### avocados, sliced

1/4 avocado(s) (50g)

#### tomatoes, halved

6 cherry tomatoes (102g)

#### fresh spinach

2 cup(s) (60g)

#### seitan, sliced

3 oz (85g)

1. Heat oil in a skillet over medium heat.
  2. Add in sliced seitan and cook until browned, about 5 minutes.
  3. Transfer to a bed of spinach.
  4. Top with tomatoes, avocado, salad dressing and nutritional yeast.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

**firm tofu**  
6 oz (170g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**firm tofu**  
3/4 lbs (340g)  
**oil**  
2 tbsp (30mL)

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.
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### Tossed salad

121 cal ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

**purple onions, sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (38g)  
**romaine lettuce, shredded**  
1/2 hearts (250g)  
**carrots, peeled and shredded or sliced**  
1/2 small (5-1/2" long) (25g)  
**tomatoes, diced**  
1/2 small whole (2-2/5" dia) (46g)  
**salad dressing**  
1 tbsp (15mL)

For all 2 meals:

**purple onions, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced or diced**  
1/4 cucumber (8-1/4") (75g)  
**romaine lettuce, shredded**  
1 hearts (500g)  
**carrots, peeled and shredded or sliced**  
1 small (5-1/2" long) (50g)  
**tomatoes, diced**  
1 small whole (2-2/5" dia) (91g)  
**salad dressing**  
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.
  2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Nectarine

1 nectarine(s) - 70 cal ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

**nectarine, pitted**

1 medium (2-1/2" dia) (142g)

For all 2 meals:

**nectarine, pitted**

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

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### Tofu spinach salad

370 cal ● 15g protein ● 28g fat ● 9g carbs ● 6g fiber



For single meal:

**firm tofu, drained, pressed, and cubed**

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

**fresh spinach, chopped**

1 1/2 cup(s) (45g)

**tomatoes**

3 cherry tomatoes (51g)

**oil, divided**

1 tbsp (15mL)

**lemon juice**

1 tbsp (15mL)

**ground cumin**

2 dash (1g)

**soy sauce**

1 tbsp (15mL)

**garlic, minced**

1 clove(s) (3g)

**sunflower kernels**

1/4 tbsp (3g)

**avocados, cubed**

1/4 avocado(s) (50g)

For all 2 meals:

**firm tofu, drained, pressed, and cubed**

1/2 package (16 oz) (227g)

**fresh spinach, chopped**

3 cup(s) (90g)

**tomatoes**

6 cherry tomatoes (102g)

**oil, divided**

2 tbsp (30mL)

**lemon juice**

2 tbsp (30mL)

**ground cumin**

4 dash (1g)

**soy sauce**

2 tbsp (30mL)

**garlic, minced**

2 clove(s) (6g)

**sunflower kernels**

1/2 tbsp (6g)

**avocados, cubed**

1/2 avocado(s) (101g)

1. Preheat the oven to 400°F (200°C).
2. In a small bowl, mix together the soy sauce, garlic, cumin, and half of the oil.
3. Add in the cubed tofu and mix until well-coated.
4. Optional: wrap in plastic and marinate in the refrigerator for a few hours or overnight.
5. Place some greased parchment paper onto a baking sheet. Add tofu.
6. Bake in oven for 30 minutes, flipping halfway through.
7. Assemble salad by placing the tofu, tomatoes, and avocado on a bed of spinach.
8. Top with lemon juice, sunflower kernels, remaining oil, and salt/pepper to taste.
9. Toss and serve.
10. Storage note: if meal prepping, store extra tofu in an airtight container in the fridge. Mix the dressing and store separately also in an airtight container in the fridge. Mix all elements together right before eating.

## Lunch 5 [↗](#)

Eat on day 7

### Moroccan chickpea soup

394 cals ● 14g protein ● 15g fat ● 40g carbs ● 11g fiber



#### **diced tomatoes**

3/8 28oz can (298g)

#### **paprika**

1/4 tbsp (2g)

#### **ground cumin**

1/2 tbsp (3g)

#### **vegetable broth**

1 1/2 cup(s) (mL)

#### **oil**

3/4 tbsp (11mL)

#### **chickpeas, canned, drained**

3/8 can (168g)

#### **lemon juice**

3/4 tbsp (11mL)

#### **raw celery, chopped**

1 1/2 stalk, medium (7-1/2" - 8" long)  
(60g)

#### **onion, chopped**

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

1. Heat oil in a large pot over low heat. Add onions and celery and cook until softened, stirring frequently, about 10 minutes.
2. Add cumin and paprika. Stir and cook for about 1-2 minutes, until spices are fragrant.
3. Add chickpeas, tomatoes, and vegetable broth. Bring to a simmer over medium heat and cover. Simmer for about 10 minutes.
4. Add lemon juice and salt/pepper to taste. Add more water or broth if too thick. Serve.

## Dinner 1 [↗](#)

Eat on day 1

### Chik'n nuggets

5 nuggets - 276 cals ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



Makes 5 nuggets

#### **vegan chik'n nuggets**

5 nuggets (108g)

#### **ketchup**

1 1/4 tbsp (21g)

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

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1 peach(es)

**peach**

1 medium (2-2/3" dia) (150g)

1. This recipe has no instructions.

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## Dinner 2 [↗](#)

Eat on day 2

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### Crispy chik'n tenders

5 1/3 tender(s) - 305 cal ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



Makes 5 1/3 tender(s)

**ketchup**

4 tsp (23g)

**meatless chik'n tenders**

5 1/3 pieces (136g)

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

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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Simple sauteed spinach

100 cal ● 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.

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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 4 [↗](#)

Eat on day 5, day 6

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### Lentil & tomato pasta

316 cals ● 15g protein ● 2g fat ● 51g carbs ● 8g fiber



For single meal:

**tomato paste**  
1/4 tbsp (4g)  
**oil**  
1/6 tsp (1mL)  
**ground cumin**  
1 dash (0g)  
**paprika**  
1 dash (0g)  
**water**  
1/4 cup(s) (52mL)  
**canned crushed tomatoes**  
1/4 can (14.5 oz) (101g)  
**carrots, chopped**  
1/4 medium (15g)  
**garlic, minced**  
1/4 clove(s) (1g)  
**onion, diced**  
1/8 large (19g)  
**lentils, raw**  
3 tbsp (36g)  
**uncooked dry pasta**  
1 oz (32g)

For all 2 meals:

**tomato paste**  
1/2 tbsp (8g)  
**oil**  
3/8 tsp (2mL)  
**ground cumin**  
2 dash (1g)  
**paprika**  
2 dash (1g)  
**water**  
1/2 cup(s) (104mL)  
**canned crushed tomatoes**  
1/2 can (14.5 oz) (203g)  
**carrots, chopped**  
1/2 medium (31g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**onion, diced**  
1/4 large (38g)  
**lentils, raw**  
6 tbsp (72g)  
**uncooked dry pasta**  
2 1/4 oz (64g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
  2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
  3. Stir in tomato paste, crushed tomatoes, water, and lentils.
  4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
  5. Meanwhile, cook pasta according to its package and set aside.
  6. Mix pasta and sauce together and serve.
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## Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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## Dinner 5 [↗](#)

Eat on day 7

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### Simple salad with tomatoes and carrots

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



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

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### Pasta with store-bought sauce

340 cal ● 12g protein ● 2g fat ● 63g carbs ● 5g fiber



**uncooked dry pasta**  
2 2/3 oz (76g)  
**pasta sauce**  
1/6 jar (24 oz) (112g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.



