

# Meal Plan - vegan meal plan with over 40g 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

962 cals ● 62g protein (26%) ● 40g fat (37%) ● 72g carbs (30%) ● 17g fiber (7%)

### Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Lunch

380 cals, 29g protein, 25g net carbs, 16g fat



[Baked tofu](#)  
5 1/3 oz- 151 cals



[White rice](#)  
83 cals



[Soy milk](#)  
1 3/4 cup(s)- 148 cals

### Dinner

355 cals, 22g protein, 32g net carbs, 12g fat



[Blackberries](#)  
1 cup(s)- 70 cals



[Crispy chik'n tenders](#)  
5 tender(s)- 286 cals

## Day 2

984 cals ● 57g protein (23%) ● 38g fat (35%) ● 91g carbs (37%) ● 13g fiber (5%)

### Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals

### Lunch

380 cals, 29g protein, 25g net carbs, 16g fat



[Baked tofu](#)  
5 1/3 oz- 151 cals



[White rice](#)  
83 cals



[Soy milk](#)  
1 3/4 cup(s)- 148 cals

### Dinner

375 cals, 17g protein, 51g net carbs, 10g fat



[Tofu alfredo pasta with broccoli](#)  
295 cals



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

## Day 3

972 cals ● 42g protein (17%) ● 36g fat (34%) ● 101g carbs (42%) ● 19g fiber (8%)

### Breakfast

220 cals, 8g protein, 31g net carbs, 5g fat



**Soy milk**  
2/3 cup(s)- 56 cals



**Instant oatmeal with water**  
1 packet(s)- 165 cals

### Dinner

375 cals, 17g protein, 51g net carbs, 10g fat



**Tofu alfredo pasta with broccoli**  
295 cals



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

### Lunch

375 cals, 16g protein, 20g net carbs, 21g fat



**Edamame & beet salad**  
257 cals



**Walnuts**  
1/6 cup(s)- 117 cals

## Day 4

1047 cals ● 40g protein (15%) ● 51g fat (44%) ● 84g carbs (32%) ● 23g fiber (9%)

### Breakfast

220 cals, 8g protein, 31g net carbs, 5g fat



**Soy milk**  
2/3 cup(s)- 56 cals



**Instant oatmeal with water**  
1 packet(s)- 165 cals

### Dinner

455 cals, 16g protein, 33g net carbs, 25g fat



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



**Tofu lo-mein**  
226 cals

### Lunch

375 cals, 16g protein, 20g net carbs, 21g fat



**Edamame & beet salad**  
257 cals



**Walnuts**  
1/6 cup(s)- 117 cals

## Day 5

1047 cals ● 63g protein (24%) ● 30g fat (26%) ● 118g carbs (45%) ● 14g fiber (5%)

### Breakfast

220 cals, 8g protein, 31g net carbs, 5g fat



**Soy milk**  
2/3 cup(s)- 56 cals



**Instant oatmeal with water**  
1 packet(s)- 165 cals

### Dinner

475 cals, 15g protein, 62g net carbs, 15g fat



**Spinach & hummus pasta**  
473 cals

### Lunch

355 cals, 39g protein, 25g net carbs, 10g fat



**Simple seitan**  
5 oz- 305 cals



**Beets**  
2 beets- 48 cals

## Day 6

969 cals ● 53g protein (22%) ● 36g fat (34%) ● 81g carbs (33%) ● 27g fiber (11%)

### Breakfast

205 cals, 12g protein, 16g net carbs, 8g fat



**Soy milk**  
2/3 cup(s)- 56 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Dinner

385 cals, 16g protein, 35g net carbs, 15g fat



**Simple kale & avocado salad**  
115 cals



**Lentil Soup**  
271 cals

### Lunch

380 cals, 26g protein, 29g net carbs, 13g fat



**Roasted tofu & veggies**  
264 cals



**Lentils**  
116 cals

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## Day 7

969 cals ● 53g protein (22%) ● 36g fat (34%) ● 81g carbs (33%) ● 27g fiber (11%)

### Breakfast

205 cals, 12g protein, 16g net carbs, 8g fat



**Soy milk**  
2/3 cup(s)- 56 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Dinner

385 cals, 16g protein, 35g net carbs, 15g fat



**Simple kale & avocado salad**  
115 cals



**Lentil Soup**  
271 cals

### Lunch

380 cals, 26g protein, 29g net carbs, 13g fat



**Roasted tofu & veggies**  
264 cals



**Lentils**  
116 cals

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## Snacks

- high-protein granola bar  
2 bar (80g)

## Vegetables and Vegetable Products

- tomatoes  
3 medium whole (2-3/5" dia) (357g)
- fresh ginger  
2/3 slices (1" dia) (1g)
- ketchup  
1 1/4 tbsp (21g)
- frozen broccoli  
1/3 package (95g)
- garlic  
2 clove(s) (6g)
- kale leaves  
1/2 lbs (205g)
- beets, precooked (canned or refrigerated)  
8 beets (2" dia, sphere) (400g)
- edamame, frozen, shelled  
1 1/2 cup (177g)
- frozen mixed veggies  
2 2/3 oz (76g)
- onion  
3/4 medium (2-1/2" dia) (78g)
- fresh spinach  
3/4 cup(s) (24g)
- carrots  
2 medium (122g)
- raw celery  
1/2 stalk, medium (7-1/2" - 8" long) (20g)
- canned crushed tomatoes  
1/4 can (14.5 oz) (101g)
- brussels sprouts  
4 oz (113g)
- broccoli  
1/2 cup chopped (46g)
- bell pepper  
1/2 medium (60g)

## Legumes and Legume Products

- extra firm tofu  
1 1/2 lbs (702g)
- soy sauce  
1/4 lbs (82mL)
- firm tofu  
1/3 package (16 oz) (151g)
- hummus  
1/4 lbs (122g)

## Spices and Herbs

- salt  
1/4 oz (7g)
- black pepper  
1/4 tbsp, ground (2g)
- basil  
1 1/4 g (1g)
- oregano, dried  
2 dash, leaves (0g)

## Beverages

- water  
6 1/3 cup(s) (1500mL)
- almond milk, unsweetened  
2 3/4 tbsp (41mL)

## Cereal Grains and Pasta

- long-grain white rice  
4 tbsp (46g)
- uncooked dry pasta  
6 2/3 oz (190g)
- seitan  
5 oz (142g)

## Other

- soy milk, unsweetened  
7 cup (1642mL)
- meatless chik'n tenders  
5 pieces (128g)
- mixed greens  
7 1/2 cup (225g)

## Fruits and Fruit Juices

- blackberries  
1 cup (144g)
- lemon juice  
1 tsp (5mL)
- lemon  
1/2 small (29g)
- avocados  
1/2 avocado(s) (101g)

## Fats and Oils

- salad dressing  
1/2 cup (113mL)

- lentils, raw  
13 1/4 tbsp (160g)

### **Nut and Seed Products**

- sesame seeds  
2 tsp (6g)
- walnuts  
1/3 cup shelled (50 halves) (33g)

- balsamic vinaigrette  
3 tbsp (45mL)

- olive oil  
1 oz (35mL)

- oil  
1/2 oz (16mL)

### **Breakfast Cereals**

- flavored instant oatmeal  
3 packet (129g)

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

- oriental flavored ramen  
1/6 package with flavor packet (14g)

### **Baked Products**

- bread  
2 slice (64g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### High-protein granola bar

1 bar(s) - 204 cal ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. This recipe has no instructions.

### Cherry tomatoes

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



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

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

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Soy milk

2/3 cup(s) - 56 cal ● 5g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

**soy milk, unsweetened**  
2/3 cup (160mL)

For all 3 meals:

**soy milk, unsweetened**  
2 cup (480mL)

1. This recipe has no instructions.
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### Instant oatmeal with water

1 packet(s) - 165 cal ● 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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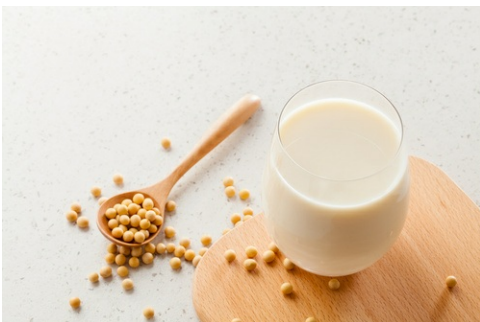
## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Soy milk

2/3 cup(s) - 56 cal ● 5g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

**soy milk, unsweetened**  
2/3 cup (160mL)

For all 2 meals:

**soy milk, unsweetened**  
1 1/3 cup (320mL)

1. This recipe has no instructions.
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## Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**hummus**  
2 1/2 tbsp (38g)  
**bread**  
1 slice (32g)

For all 2 meals:

**hummus**  
5 tbsp (75g)  
**bread**  
2 slice (64g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Baked tofu

5 1/3 oz - 151 cals ● 15g protein ● 8g fat ● 4g carbs ● 2g fiber



For single meal:

**extra firm tofu**  
1/3 lbs (151g)  
**fresh ginger, peeled and grated**  
1/3 slices (1" dia) (1g)  
**sesame seeds**  
1 tsp (3g)  
**soy sauce**  
2 2/3 tbsp (40mL)

For all 2 meals:

**extra firm tofu**  
2/3 lbs (303g)  
**fresh ginger, peeled and grated**  
2/3 slices (1" dia) (1g)  
**sesame seeds**  
2 tsp (6g)  
**soy sauce**  
1/3 cup (80mL)

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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### White rice

83 cals ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber





For single meal:

**salt**  
1 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**long-grain white rice**  
2 tbsp (23g)  
**black pepper**  
3/4 dash, ground (0g)

For all 2 meals:

**salt**  
2 dash (2g)  
**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)  
**black pepper**  
1 1/2 dash, ground (0g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

## Soy milk

1 3/4 cup(s) - 148 cal ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

**soy milk, unsweetened**  
1 3/4 cup (420mL)

For all 2 meals:

**soy milk, unsweetened**  
1/4 gallon (840mL)

1. This recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 3, day 4

### Edamame & beet salad

257 cal ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**beets, precooked (canned or refrigerated), chopped**  
3 beets (2" dia, sphere) (150g)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**mixed greens**  
1 1/2 cup (45g)

For all 2 meals:

**balsamic vinaigrette**  
3 tbsp (45mL)  
**beets, precooked (canned or refrigerated), chopped**  
6 beets (2" dia, sphere) (300g)  
**edamame, frozen, shelled**  
1 1/2 cup (177g)  
**mixed greens**  
3 cup (90g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

### Walnuts

1/6 cup(s) - 117 cal ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 2/3 tbsp shelled (50 halves) (17g)

For all 2 meals:

**walnuts**  
1/3 cup shelled (50 halves) (33g)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 5

### Simple seitan

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



Makes 5 oz

**oil**  
1 1/4 tsp (6mL)  
**seitan**  
5 oz (142g)

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.

### Beets

2 beets - 48 cal ● 2g protein ● 0g fat ● 8g carbs ● 2g fiber



Makes 2 beets

**beets, precooked (canned or refrigerated)**

2 beets (2" dia, sphere) (100g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Roasted tofu & veggies

264 cal ● 18g protein ● 13g fat ● 12g carbs ● 6g fiber



For single meal:

**extra firm tofu**

1/2 block (162g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**brussels sprouts, cut in half**

2 oz (57g)

**carrots, cut as desired**

3/4 medium (46g)

**broccoli, cut as desired**

4 tbsp chopped (23g)

**bell pepper, sliced**

1/4 medium (30g)

**onion, thickly sliced**

1/8 medium (2-1/2" dia) (14g)

**olive oil**

1/2 tbsp (8mL)

For all 2 meals:

**extra firm tofu**

1 block (324g)

**salt**

4 dash (3g)

**black pepper**

4 dash, ground (1g)

**brussels sprouts, cut in half**

4 oz (113g)

**carrots, cut as desired**

1 1/2 medium (92g)

**broccoli, cut as desired**

1/2 cup chopped (46g)

**bell pepper, sliced**

1/2 medium (60g)

**onion, thickly sliced**

1/4 medium (2-1/2" dia) (28g)

**olive oil**

1 tbsp (15mL)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

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### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**salt**  
1/3 dash (0g)  
**water**  
2/3 cup(s) (158mL)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2/3 dash (1g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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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## Dinner 1 [↗](#)

Eat on day 1

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### Blackberries

1 cup(s) - 70 cal ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



Makes 1 cup(s)

**blackberries**  
1 cup (144g)

1. Rinse blackberries and serve.

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### Crispy chik'n tenders

5 tender(s) - 286 cal ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

**ketchup**  
1 1/4 tbsp (21g)  
**meatless chik'n tenders**  
5 pieces (128g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### 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**

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**

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.

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### 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 4

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### Simple mixed greens and tomato salad

227 cal ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



#### salad dressing

1/4 cup (68mL)

#### mixed greens

4 1/2 cup (135g)

#### tomatoes

3/4 cup cherry tomatoes (112g)

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

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### Tofu lo-mein

226 cal ● 11g protein ● 11g fat ● 17g carbs ● 4g fiber



#### frozen mixed veggies

2 2/3 oz (76g)

#### olive oil

1 tsp (5mL)

#### water

1/4 cup(s) (59mL)

#### soy sauce

1/2 tsp (3mL)

#### oriental flavored ramen

1/6 package with flavor packet (14g)

#### extra firm tofu

2 2/3 oz (76g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
  2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
  3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.
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## Dinner 4 [↗](#)

Eat on day 5

### Spinach & hummus pasta

473 cal ● 15g protein ● 15g fat ● 62g carbs ● 7g fiber



#### uncooked dry pasta

2 2/3 oz (76g)

#### lemon juice

1 tsp (5mL)

#### onion, diced

1/3 small (23g)

#### fresh spinach

2/3 cup(s) (20g)

#### tomatoes, chopped

1/3 medium whole (2-3/5" dia) (41g)

#### oil

2 tsp (10mL)

#### garlic, diced

2/3 clove(s) (2g)

#### hummus

1 2/3 oz (47g)

1. Cook pasta according to directions on package.
2. Heat oil in a large skillet over medium heat and cook onions for about 5 minutes.
3. Add in garlic, spinach, lemon juice and tomatoes and stir, cooking for about 3 minutes.
4. Add in hummus and mix well. Add a splash of water if needed.
5. Mix in pasta and season with salt/pepper to taste. Serve.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

#### kale leaves, chopped

1/4 bunch (43g)

#### lemon, juiced

1/4 small (15g)

#### avocados, chopped

1/4 avocado(s) (50g)

For all 2 meals:

#### kale leaves, chopped

1/2 bunch (85g)

#### lemon, juiced

1/2 small (29g)

#### avocados, chopped

1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

## Lentil Soup

271 cal ● 13g protein ● 8g fat ● 31g carbs ● 7g fiber



For single meal:

**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**carrots, diced**  
1/4 medium (15g)  
**raw celery, chopped**  
1/4 stalk, medium (7-1/2" - 8" long)  
(10g)  
**garlic, minced**  
1/4 clove(s) (1g)  
**oregano, dried**  
1 dash, leaves (0g)  
**canned crushed tomatoes**  
1/8 can (14.5 oz) (51g)  
**lentils, raw**  
4 tbsp (48g)  
**water**  
1 cup(s) (237mL)  
**fresh spinach, thinly sliced**  
1/8 cup(s) (2g)  
**salt**  
1 dash (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
1/2 tbsp (8mL)  
**basil**  
1 dash, leaves (0g)

For all 2 meals:

**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**carrots, diced**  
1/2 medium (31g)  
**raw celery, chopped**  
1/2 stalk, medium (7-1/2" - 8" long)  
(20g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**oregano, dried**  
2 dash, leaves (0g)  
**canned crushed tomatoes**  
1/4 can (14.5 oz) (101g)  
**lentils, raw**  
1/2 cup (96g)  
**water**  
2 cup(s) (474mL)  
**fresh spinach, thinly sliced**  
1/8 cup(s) (4g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**olive oil**  
1 tbsp (15mL)  
**basil**  
2 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
  2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.
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