

# Meal Plan - 1700 calorie vegetarian 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

1716 cals ● 119g protein (28%) ● 55g fat (29%) ● 150g carbs (35%) ● 37g fiber (9%)

### Breakfast

325 cals, 14g protein, 22g net carbs, 16g fat



[Poached egg over avocado toast](#)

1 toast(s)- 272 cals



[Carrot sticks](#)

2 carrot(s)- 54 cals

### Snacks

150 cals, 13g protein, 2g net carbs, 10g fat



[Boiled eggs](#)

2 egg(s)- 139 cals



[Celery sticks](#)

2 celery stalk- 13 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

525 cals, 34g protein, 42g net carbs, 18g fat



[Veggie burger patty](#)

2 patty- 254 cals



[Edamame & beet salad](#)

171 cals



[Milk](#)

2/3 cup(s)- 99 cals

### Dinner

550 cals, 22g protein, 82g net carbs, 10g fat



[Veggie burger](#)

2 burger- 550 cals

## Day 2

1743 cals ● 113g protein (26%) ● 69g fat (36%) ● 137g carbs (31%) ● 31g fiber (7%)

### Breakfast

325 cals, 14g protein, 22g net carbs, 16g fat



Poached egg over avocado toast

1 toast(s)- 272 cals



Carrot sticks

2 carrot(s)- 54 cals

### Snacks

150 cals, 13g protein, 2g net carbs, 10g fat



Boiled eggs

2 egg(s)- 139 cals



Celery sticks

2 celery stalk- 13 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

### Lunch

575 cals, 24g protein, 70g net carbs, 18g fat



Orange

2 orange(s)- 170 cals



Mediterranean chik'n wrap

1 wrap(s)- 406 cals

### Dinner

525 cals, 26g protein, 41g net carbs, 25g fat



Milk

1/2 cup(s)- 75 cals



Tofu lo-mein

451 cals

## Day 3

1678 cals ● 114g protein (27%) ● 66g fat (35%) ● 126g carbs (30%) ● 32g fiber (8%)

### Breakfast

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds

226 cals

### Snacks

275 cals, 21g protein, 28g net carbs, 7g fat



Cottage cheese & fruit cup

1 container- 131 cals



Hummus toast

1 slice(s)- 146 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

### Lunch

485 cals, 20g protein, 53g net carbs, 15g fat



Simple mixed greens salad

102 cals



White bean cassoulet

385 cals

### Dinner

525 cals, 26g protein, 41g net carbs, 25g fat



Milk

1/2 cup(s)- 75 cals



Tofu lo-mein

451 cals

## Day 4

1694 cals ● 121g protein (29%) ● 59g fat (31%) ● 142g carbs (34%) ● 28g fiber (7%)

### Breakfast

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds  
226 cals

### Snacks

275 cals, 21g protein, 28g net carbs, 7g fat



Cottage cheese & fruit cup  
1 container- 131 cals



Hummus toast  
1 slice(s)- 146 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals

### Lunch

485 cals, 20g protein, 53g net carbs, 15g fat



Simple mixed greens salad  
102 cals



White bean cassoulet  
385 cals

### Dinner

540 cals, 34g protein, 57g net carbs, 18g fat



Crispy chik'n tenders  
8 tender(s)- 457 cals



Orange  
1 orange(s)- 85 cals

## Day 5

1685 cals ● 116g protein (27%) ● 64g fat (34%) ● 133g carbs (32%) ● 28g fiber (7%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs  
1 egg(s)- 80 cals



Avocado toast  
1 slice(s)- 168 cals

### Snacks

275 cals, 21g protein, 28g net carbs, 7g fat



Cottage cheese & fruit cup  
1 container- 131 cals



Hummus toast  
1 slice(s)- 146 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals

### Lunch

455 cals, 13g protein, 34g net carbs, 24g fat



Carrot sticks  
3 1/2 carrot(s)- 95 cals



Green bean, beet, & pepita salad  
360 cals

### Dinner

540 cals, 34g protein, 57g net carbs, 18g fat



Crispy chik'n tenders  
8 tender(s)- 457 cals



Orange  
1 orange(s)- 85 cals

## Day 6

1681 cals ● 121g protein (29%) ● 70g fat (37%) ● 119g carbs (28%) ● 23g fiber (6%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

160 cals, 2g protein, 12g net carbs, 11g fat



**Dark chocolate**  
1 square(s)- 60 cals



**Popcorn**  
2 1/2 cups- 101 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

575 cals, 42g protein, 45g net carbs, 20g fat



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



**Seitan salad**  
359 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Dinner

535 cals, 29g protein, 48g net carbs, 24g fat



**Chik'n nuggets**  
7 nuggets- 386 cals



**Milk**  
1 cup(s)- 149 cals

## Day 7

1681 cals ● 121g protein (29%) ● 70g fat (37%) ● 119g carbs (28%) ● 23g fiber (6%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

160 cals, 2g protein, 12g net carbs, 11g fat



**Dark chocolate**  
1 square(s)- 60 cals



**Popcorn**  
2 1/2 cups- 101 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

575 cals, 42g protein, 45g net carbs, 20g fat



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



**Seitan salad**  
359 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Dinner

535 cals, 29g protein, 48g net carbs, 24g fat



**Chik'n nuggets**  
7 nuggets- 386 cals



**Milk**  
1 cup(s)- 149 cals



## Other

- ☐ veggie burger patty  
4 patty (284g)
- ☐ mixed greens  
1 3/4 package (5.5 oz) (274g)
- ☐ guacamole, store-bought  
1/2 cup (124g)
- ☐ meatless chik'n tenders  
17 oz (479g)
- ☐ cottage cheese & fruit cup  
5 container (850g)
- ☐ Popcorn, microwave, salted  
5 cup popped (55g)
- ☐ nutritional yeast  
2 tsp (3g)
- ☐ vegan chik'n nuggets  
14 nuggets (301g)

## Baked Products

- ☐ hamburger buns  
2 bun(s) (102g)
- ☐ bread  
8 slice (256g)
- ☐ flour tortillas  
1 tortilla (approx 7-8" dia) (49g)

## Vegetables and Vegetable Products

- ☐ ketchup  
9 1/2 tbsp (162g)
- ☐ carrots  
10 medium (602g)
- ☐ beets, precooked (canned or refrigerated)  
3 1/2 beets (2" dia, sphere) (175g)
- ☐ edamame, frozen, shelled  
1/2 cup (59g)
- ☐ raw celery  
5 stalk, medium (7-1/2" - 8" long) (200g)
- ☐ frozen mixed veggies  
2/3 lbs (302g)
- ☐ cucumber  
4 tbsp slices (26g)
- ☐ tomatoes  
1 3/4 medium whole (2-3/5" dia) (219g)
- ☐ garlic  
2 clove(s) (6g)
- ☐ onion  
1 medium (2-1/2" dia) (110g)
- ☐ fresh green beans  
1 cup 1/2" pieces (113g)
- ☐ fresh spinach  
4 cup(s) (120g)

## Dairy and Egg Products

- ☐ eggs  
9 large (450g)
- ☐ whole milk  
1/4 gallon (881mL)
- ☐ feta cheese  
2 tbsp (19g)

## Beverages

- ☐ water  
11 1/2 cup(s) (2726mL)
- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Fats and Oils

- ☐ balsamic vinaigrette  
4 tbsp (60mL)
- ☐ olive oil  
4 tsp (20mL)
- ☐ salad dressing  
6 1/2 tbsp (98mL)
- ☐ oil  
1 oz (28mL)

## Legumes and Legume Products

- ☐ soy sauce  
2 tsp (10mL)
- ☐ extra firm tofu  
2/3 lbs (302g)
- ☐ hummus  
9 1/2 tbsp (143g)
- ☐ white beans, canned  
1 can(s) (439g)

## Soups, Sauces, and Gravies

- ☐ oriental flavored ramen  
2/3 package with flavor packet (57g)
- ☐ vegetable broth  
1/2 cup(s) (mL)

## Fruits and Fruit Juices

- ☐ orange  
6 orange (924g)
- ☐ avocados  
1 1/4 avocado(s) (251g)

## Nut and Seed Products

- ☐ sunflower kernels  
2 1/2 oz (71g)

☐ roasted pumpkin seeds, unsalted  
3 tbsp (22g)

### **Sweets**

☐ Chocolate, dark, 70-85%  
2 square(s) (20g)

### **Cereal Grains and Pasta**

☐ seitan  
6 oz (170g)

---

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Poached egg over avocado toast

1 toast(s) - 272 cals ● 12g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

#### eggs

1 large (50g)

#### guacamole, store-bought

4 tbsp (62g)

#### bread

1 slice (32g)

For all 2 meals:

#### eggs

2 large (100g)

#### guacamole, store-bought

1/2 cup (124g)

#### bread

2 slice (64g)

1. Crack egg into a small measuring cup. Set aside.
2. Bring medium sized pot full of water to a boil then remove from heat.
3. Using a utensil, swirl the water to create a small whirlpool and then gently plop the egg in the middle and cook for 3 minutes.
4. Meanwhile toast bread and then top with guacamole.
5. When egg is done, remove it with a slotted spoon and place egg on paper towel and gently dry.
6. Transfer egg to top of avocado toast and serve.

### Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

#### carrots

2 medium (122g)

For all 2 meals:

#### carrots

4 medium (244g)

1. Cut carrots into strips and serve.



## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Sunflower seeds

226 cal ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

#### **sunflower kernels**

1 1/4 oz (35g)

For all 2 meals:

#### **sunflower kernels**

2 1/2 oz (71g)

1. This recipe has no instructions.

## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**eggs**  
1 large (50g)

For all 3 meals:

**oil**  
1/4 tbsp (4mL)  
**eggs**  
3 large (150g)

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.

### Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 3 meals:

**bread**  
3 slice (96g)  
**avocados, ripe, sliced**  
3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Lunch 1 [↗](#)

Eat on day 1

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.

Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



**balsamic vinaigrette**  
1 tbsp (15mL)  
**beets, precooked (canned or refrigerated), chopped**  
2 beets (2" dia, sphere) (100g)  
**edamame, frozen, shelled**  
1/2 cup (59g)  
**mixed greens**  
1 cup (30g)

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

Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



Makes 2/3 cup(s)

**whole milk**  
2/3 cup (160mL)

1. This recipe has no instructions.

---

## Lunch 2 [🔗](#)

Eat on day 2

---

### Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

#### orange

2 orange (308g)

1. This recipe has no instructions.

---

### Mediterranean chik'n wrap

1 wrap(s) - 406 cals ● 21g protein ● 17g fat ● 38g carbs ● 4g fiber



Makes 1 wrap(s)

#### meatless chik'n tenders

2 1/2 oz (71g)

#### flour tortillas

1 tortilla (approx 7-8" dia) (49g)

#### mixed greens

4 tbsp (8g)

#### hummus

2 tbsp (30g)

#### cucumber, chopped

4 tbsp slices (26g)

#### feta cheese

2 tbsp (19g)

#### tomatoes, chopped

1 slice(s), thin/small (15g)

1. Cook chik'n according to package.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chik'n. Wrap tortilla up and serve.

---

## Lunch 3 [🔗](#)

Eat on day 3, day 4

---

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

#### mixed greens

2 1/4 cup (68g)

#### salad dressing

2 1/4 tbsp (34mL)

For all 2 meals:

#### mixed greens

4 1/2 cup (135g)

#### salad dressing

1/4 cup (68mL)

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

---

### White bean cassoulet

385 cals ● 18g protein ● 8g fat ● 47g carbs ● 14g fiber



For single meal:

**garlic, minced**

1 clove(s) (3g)

**oil**

1/2 tbsp (8mL)

**vegetable broth**

1/4 cup(s) (mL)

**white beans, canned, drained & rinsed**

1/2 can(s) (220g)

**onion, diced**

1/2 medium (2-1/2" dia) (55g)

**raw celery, thinly sliced**

1/2 stalk, medium (7-1/2" - 8" long) (20g)

**carrots, peeled & slices**

1 large (72g)

For all 2 meals:

**garlic, minced**

2 clove(s) (6g)

**oil**

1 tbsp (15mL)

**vegetable broth**

1/2 cup(s) (mL)

**white beans, canned, drained & rinsed**

1 can(s) (439g)

**onion, diced**

1 medium (2-1/2" dia) (110g)

**raw celery, thinly sliced**

1 stalk, medium (7-1/2" - 8" long) (40g)

**carrots, peeled & slices**

2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

---

## Lunch 4 [🔗](#)

Eat on day 5

---

### Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



Makes 3 1/2 carrot(s)

**carrots**

3 1/2 medium (214g)

1. Cut carrots into strips and serve.

---

### Green bean, beet, & pepita salad

360 cals ● 11g protein ● 23g fat ● 20g carbs ● 7g fiber





**balsamic vinaigrette**  
3 tbsp (45mL)  
**roasted pumpkin seeds, unsalted**  
3 tbsp (22g)  
**beets, precooked (canned or refrigerated), chopped**  
1 1/2 beets (2" dia, sphere) (75g)  
**fresh green beans, ends trimmed and discarded**  
1 cup 1/2" pieces (113g)  
**mixed greens**  
1 1/2 cup (45g)

1. Add green beans to a saucepan and cover with water. Bring to a boil and cook for 4-7 minutes. Drain, rinse with cold water, and set aside.
2. Assemble salad with greens, green beans, and beets. Top with pumpkin seeds, drizzle balsamic vinaigrette on top and serve.

## Lunch 5 [🔗](#)

Eat on day 6, day 7

### Orange

1 orange(s) - 85 cals ● 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.

### Seitan salad

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



For single meal:

**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)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (3g)  
**salad dressing**  
2 tbsp (30mL)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**fresh spinach**  
4 cup(s) (120g)  
**seitan, sliced**  
6 oz (170g)

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.

Cottage cheese & fruit cup

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



For single meal:

**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.
-

## Snacks 1 [↗](#)

Eat on day 1, day 2

---

### Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

---

### Celery sticks

2 celery stalk - 13 cal ● 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.
-

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 3 meals:

**cottage cheese & fruit cup**  
3 container (510g)

1. Mix cottage cheese and fruit portions of the container together and serve.

### 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 3 meals:

**hummus**  
1/2 cup (113g)  
**bread**  
3 slice (96g)

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

## Snacks 3 [↗](#)

Eat on day 6, day 7

### Dark chocolate

1 square(s) - 60 cals ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

**Chocolate, dark, 70-85%**  
1 square(s) (10g)

For all 2 meals:

**Chocolate, dark, 70-85%**  
2 square(s) (20g)

1. This recipe has no instructions.



## Popcorn

2 1/2 cups - 101 cal ● 1g protein ● 6g fat ● 8g carbs ● 2g fiber



For single meal:

**Popcorn, microwave, salted**  
2 1/2 cup popped (28g)

For all 2 meals:

**Popcorn, microwave, salted**  
5 cup popped (55g)

1. Follow instructions on package.

---

## Dinner 1 [↗](#)

Eat on day 1

---

### Veggie burger

2 burger - 550 cal ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



Makes 2 burger

**veggie burger patty**

2 patty (142g)

**hamburger buns**

2 bun(s) (102g)

**ketchup**

2 tbsp (34g)

**mixed greens**

2 oz (57g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

---

## Dinner 2 [↗](#)

Eat on day 2, day 3

---

### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**

1/2 cup (120mL)

For all 2 meals:

**whole milk**

1 cup (240mL)

1. This recipe has no instructions.

---

## Tofu lo-mein

451 cal ● 22g protein ● 21g fat ● 35g carbs ● 8g fiber



For single meal:	For all 2 meals:
<b>frozen mixed veggies</b> 1/3 lbs (151g)	<b>frozen mixed veggies</b> 2/3 lbs (302g)
<b>olive oil</b> 2 tsp (10mL)	<b>olive oil</b> 4 tsp (20mL)
<b>water</b> 1/2 cup(s) (118mL)	<b>water</b> 1 cup(s) (237mL)
<b>soy sauce</b> 1 tsp (5mL)	<b>soy sauce</b> 2 tsp (10mL)
<b>oriental flavored ramen</b> 1/3 package with flavor packet (28g)	<b>oriental flavored ramen</b> 2/3 package with flavor packet (57g)
<b>extra firm tofu</b> 1/3 lbs (151g)	<b>extra firm tofu</b> 2/3 lbs (302g)

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.

---

### Dinner 3 [🔗](#)

Eat on day 4, day 5

---

#### Crispy chik'n tenders

8 tender(s) - 457 cal● 32g protein ● 18g fat ● 41g carbs ● 0g fiber



For single meal:	For all 2 meals:
<b>ketchup</b> 2 tbsp (34g)	<b>ketchup</b> 4 tbsp (68g)
<b>meatless chik'n tenders</b> 8 pieces (204g)	<b>meatless chik'n tenders</b> 16 pieces (408g)

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

---

#### 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.

---

## Dinner 4 [↗](#)

Eat on day 6, day 7

---

### Chik'n nuggets

7 nuggets - 386 cals ● 21g protein ● 16g fat ● 36g carbs ● 4g fiber



For single meal:

**vegan chik'n nuggets**  
7 nuggets (151g)  
**ketchup**  
1 3/4 tbsp (30g)

For all 2 meals:

**vegan chik'n nuggets**  
14 nuggets (301g)  
**ketchup**  
1/4 cup (60g)

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

---

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup (240mL)

For all 2 meals:

**whole milk**  
2 cup (480mL)

1. This recipe has no instructions.
-

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- water**  
1 1/2 cup(s) (356mL)
- protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

- water**  
10 1/2 cup(s) (2489mL)
- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.