

Meal Plan - 2300 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

2260 cals ● 151g protein (27%) ● 75g fat (30%) ● 199g carbs (35%) ● 45g fiber (8%)

Breakfast

445 cals, 21g protein, 18g net carbs, 28g fat



Egg in an eggplant

361 cals



Orange

1 orange(s)- 85 cals

Snacks

240 cals, 13g protein, 11g net carbs, 15g fat



Sunflower seeds

120 cals



String cheese

1 stick(s)- 83 cals



Clementine

1 clementine(s)- 39 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

790 cals, 47g protein, 86g net carbs, 18g fat



Grapes

174 cals



Chunky canned soup (non-creamy)

2 1/2 can(s)- 618 cals

Dinner

560 cals, 22g protein, 83g net carbs, 13g fat



Cheese ravioli

408 cals



Dinner roll

2 roll- 154 cals

Day 2

2260 cals ● 151g protein (27%) ● 75g fat (30%) ● 199g carbs (35%) ● 45g fiber (8%)

Breakfast

445 cals, 21g protein, 18g net carbs, 28g fat



Egg in an eggplant
361 cals



Orange
1 orange(s)- 85 cals

Snacks

240 cals, 13g protein, 11g net carbs, 15g fat



Sunflower seeds
120 cals



String cheese
1 stick(s)- 83 cals



Clementine
1 clementine(s)- 39 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

790 cals, 47g protein, 86g net carbs, 18g fat



Grapes
174 cals



Chunky canned soup (non-creamy)
2 1/2 can(s)- 618 cals

Dinner

560 cals, 22g protein, 83g net carbs, 13g fat



Cheese ravioli
408 cals



Dinner roll
2 roll- 154 cals

Day 3

2323 cal ● 154g protein (27%) ● 69g fat (27%) ● 229g carbs (39%) ● 43g fiber (7%)

Breakfast

325 cal, 18g protein, 17g net carbs, 19g fat



Egg and pesto stuffed tomato
1 tomato(es)- 129 cal



Basic fried eggs
1 egg(s)- 80 cal



Toast with butter
1 slice(s)- 114 cal

Snacks

240 cal, 13g protein, 11g net carbs, 15g fat



Sunflower seeds
120 cal



String cheese
1 stick(s)- 83 cal



Clementine
1 clementine(s)- 39 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

780 cal, 31g protein, 107g net carbs, 16g fat



Chickpea bowl with spicy yogurt sauce
752 cal



Carrot sticks
1 carrot(s)- 27 cal

Dinner

760 cal, 43g protein, 93g net carbs, 18g fat



Grapefruit
1/2 grapefruit- 59 cal



Vegan meatball sub
1 1/2 sub(s)- 702 cal

Day 4

2261 cal ● 144g protein (25%) ● 92g fat (37%) ● 181g carbs (32%) ● 34g fiber (6%)

Breakfast

325 cal, 18g protein, 17g net carbs, 19g fat



Egg and pesto stuffed tomato
1 tomato(es)- 129 cal



Basic fried eggs
1 egg(s)- 80 cal



Toast with butter
1 slice(s)- 114 cal

Snacks

315 cal, 11g protein, 27g net carbs, 16g fat



Small toasted bagel with butter
1/2 bagel(s)- 120 cal



Carrots and hummus
82 cal



Roasted peanuts
1/8 cup(s)- 115 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

640 cal, 23g protein, 43g net carbs, 39g fat



Pesto grilled cheese sandwich
1 sandwich(es)- 557 cal



Orange
1 orange(s)- 85 cal

Dinner

760 cal, 43g protein, 93g net carbs, 18g fat



Grapefruit
1/2 grapefruit- 59 cal



Vegan meatball sub
1 1/2 sub(s)- 702 cal

Day 5

2288 cal ● 167g protein (29%) ● 113g fat (45%) ● 114g carbs (20%) ● 37g fiber (6%)

Breakfast

325 cal, 18g protein, 17g net carbs, 19g fat



[Egg and pesto stuffed tomato](#)
1 tomato(es)- 129 cal



[Basic fried eggs](#)
1 egg(s)- 80 cal



[Toast with butter](#)
1 slice(s)- 114 cal

Snacks

315 cal, 11g protein, 27g net carbs, 16g fat



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cal



[Carrots and hummus](#)
82 cal



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

Protein Supplement(s)

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



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

Lunch

735 cal, 31g protein, 33g net carbs, 47g fat



[Sesame peanut zoodles](#)
735 cal

Dinner

695 cal, 58g protein, 36g net carbs, 32g fat



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



[Vegan sausage](#)
2 sausage(s)- 536 cal

Day 6

2267 cal ● 156g protein (28%) ● 97g fat (39%) ● 150g carbs (27%) ● 41g fiber (7%)

Breakfast

330 cal, 14g protein, 37g net carbs, 10g fat



[Clementine](#)
1 clementine(s)- 39 cal



[Hummus toast](#)
2 slice(s)- 293 cal

Snacks

290 cal, 4g protein, 43g net carbs, 9g fat



[Orange](#)
1 orange(s)- 85 cal



[Crackers](#)
12 cracker(s)- 203 cal

Protein Supplement(s)

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



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

Lunch

735 cal, 31g protein, 33g net carbs, 47g fat



[Sesame peanut zoodles](#)
735 cal

Dinner

695 cal, 58g protein, 36g net carbs, 32g fat



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



[Vegan sausage](#)
2 sausage(s)- 536 cal

Day 7

2346 cal ● 146g protein (25%) ● 80g fat (31%) ● 201g carbs (34%) ● 59g fiber (10%)

Breakfast

330 cal, 14g protein, 37g net carbs, 10g fat



Clementine

1 clementine(s)- 39 cal



Hummus toast

2 slice(s)- 293 cal

Snacks

290 cal, 4g protein, 43g net carbs, 9g fat



Orange

1 orange(s)- 85 cal



Crackers

12 cracker(s)- 203 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal

Lunch

815 cal, 41g protein, 57g net carbs, 38g fat



Simple mozzarella and tomato salad

242 cal



Chickpea & chickpea pasta

573 cal

Dinner

695 cal, 38g protein, 62g net carbs, 23g fat



Bean & tofu goulash

437 cal



Edamame & beet salad

257 cal

Soups, Sauces, and Gravies

- pasta sauce
3/4 jar (24 oz) (531g)
- chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)
- pesto sauce
2 1/2 tbsp (40g)

Meals, Entrees, and Side Dishes

- frozen cheese ravioli
3/4 lbs (340g)

Baked Products

- Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)
- bread
9 slice (288g)
- bagel
1 small bagel (3" dia) (69g)
- crackers
24 crackers (84g)

Dairy and Egg Products

- eggs
12 large (600g)
- string cheese
3 stick (84g)
- nonfat greek yogurt, plain
3 1/3 tbsp (58g)
- butter
3/8 stick (42g)
- cheese
2 slice (1 oz each) (56g)
- fresh mozzarella cheese
2 oz (57g)

Vegetables and Vegetable Products

- eggplant
6 1 inch (2.5 cm) slice(s) (360g)
- onion
1 1/2 medium (2-1/2" dia) (168g)
- fresh parsley
1/4 cup chopped (13g)
- carrots
8 medium (493g)
- tomatoes
5 3/4 medium whole (2-3/5" dia) (713g)

Beverages

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

Nut and Seed Products

- sunflower kernels
2 oz (57g)
- chia seeds
2 1/2 tsp (12g)
- sesame seeds
2 1/2 tsp (8g)

Other

- sriracha chili sauce
1/2 tbsp (8g)
- sub roll(s)
3 roll(s) (255g)
- nutritional yeast
4 tsp (5g)
- vegan meatballs, frozen
12 meatball(s) (360g)
- vegan sausage
4 sausage (400g)
- coleslaw mix
2 1/2 cup (225g)
- chickpea pasta
2 oz (57g)
- mixed greens
1 1/2 cup (45g)

Legumes and Legume Products

- chickpeas, canned
1 1/3 can (597g)
- hummus
14 tbsp (210g)
- roasted peanuts
4 tbsp (37g)
- soy sauce
5 tbsp (75mL)
- peanut butter
10 tbsp (160g)
- firm tofu
1/4 lbs (99g)
- white beans, canned
1/2 can(s) (220g)

- baby carrots
16 medium (160g)
- green onions
5 tbsp, sliced (40g)
- zucchini
5 medium (980g)
- garlic
2 1/2 clove(s) (8g)
- beets, precooked (canned or refrigerated)
3 beets (2" dia, sphere) (150g)
- edamame, frozen, shelled
3/4 cup (89g)

Fats and Oils

- oil
2 1/3 oz (70mL)
- balsamic vinaigrette
1 1/3 oz (38mL)

Fruits and Fruit Juices

- orange
5 orange (770g)
 - grapes
6 cup (552g)
 - clementines
5 fruit (370g)
 - Grapefruit
1 large (approx 4-1/2" dia) (332g)
 - lime juice
2 1/2 tbsp (38mL)
-

Cereal Grains and Pasta

- long-grain white rice
6 3/4 tbsp (77g)

Spices and Herbs

- fresh basil
1 tbsp, chopped (3g)
- fresh thyme
2 dash (0g)
- paprika
1/2 tbsp (3g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg in an eggplant

361 cal ● 20g protein ● 28g fat ● 2g carbs ● 5g fiber



For single meal:

eggs
3 large (150g)
eggplant
3 1 inch (2.5 cm) slice(s) (180g)
oil
1 tbsp (15mL)

For all 2 meals:

eggs
6 large (300g)
eggplant
6 1 inch (2.5 cm) slice(s) (360g)
oil
2 tbsp (30mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

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, day 5

Egg and pesto stuffed tomato

1 tomato(es) - 129 cals ● 8g protein ● 8g fat ● 5g carbs ● 2g fiber



For single meal:

eggs
1 large (50g)
pesto sauce
1/2 tbsp (8g)
tomatoes
1 large whole (3" dia) (182g)

For all 3 meals:

eggs
3 large (150g)
pesto sauce
1 1/2 tbsp (24g)
tomatoes
3 large whole (3" dia) (546g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

Basic fried eggs

1 egg(s) - 80 cals ● 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.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. This recipe has no instructions.

Hummus toast

2 slice(s) - 293 cal ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

hummus
10 tbsp (150g)
bread
4 slice (128g)

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Grapes

174 cals ● 2g protein ● 1g fat ● 28g carbs ● 11g fiber



For single meal:

grapes
3 cup (276g)

For all 2 meals:

grapes
6 cup (552g)

1. This recipe has no instructions.
-

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



For single meal:

chunky canned soup (non-creamy varieties)
2 1/2 can (~19 oz) (1315g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)

1. Prepare according to instructions on package.
-

Lunch 2 [↗](#)

Eat on day 3

Chickpea bowl with spicy yogurt sauce

752 cal ● 31g protein ● 16g fat ● 103g carbs ● 19g fiber



onion, diced

5/6 small (58g)

sriracha chili sauce

1/2 tbsp (8g)

nonfat greek yogurt, plain

1/4 cup (58g)

chickpeas, canned, rinsed & drained

5/6 can (373g)

long-grain white rice

6 2/3 tbsp (77g)

fresh parsley, chopped

1/4 cup chopped (13g)

oil

1/2 tbsp (8mL)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 1 carrot(s)

carrots

1 medium (61g)

1. Cut carrots into strips and serve.
-

Lunch 3 [↗](#)

Eat on day 4

Pesto grilled cheese sandwich

1 sandwich(es) - 557 cal ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

butter, softened

1 tbsp (14g)

pesto sauce

1 tbsp (16g)

cheese

2 slice (1 oz each) (56g)

tomatoes

2 slice(s), thin/small (30g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Orange

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



Makes 1 orange(s)

orange

1 orange (154g)

1. This recipe has no instructions.
-

Lunch 4 [↗](#)

Eat on day 5, day 6

Sesame peanut zoodles

735 cal ● 31g protein ● 47g fat ● 33g carbs ● 16g fiber



For single meal:

chia seeds
1 1/4 tsp (6g)
lime juice
1 1/4 tbsp (19mL)
green onions
2 1/2 tbsp, sliced (20g)
sesame seeds
1 1/4 tsp (4g)
soy sauce
2 1/2 tbsp (38mL)
peanut butter
5 tbsp (80g)
coleslaw mix
1 1/4 cup (113g)
zucchini, spiralized
2 1/2 medium (490g)

For all 2 meals:

chia seeds
2 1/2 tsp (12g)
lime juice
2 1/2 tbsp (38mL)
green onions
5 tbsp, sliced (40g)
sesame seeds
2 1/2 tsp (8g)
soy sauce
5 tbsp (75mL)
peanut butter
10 tbsp (160g)
coleslaw mix
2 1/2 cup (225g)
zucchini, spiralized
5 medium (980g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

Lunch 5 [↗](#)

Eat on day 7

Simple mozzarella and tomato salad

242 cal ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



tomatoes, sliced
3/4 large whole (3" dia) (137g)
fresh mozzarella cheese, sliced
2 oz (57g)
balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Chickpea & chickpea pasta

573 cal ● 27g protein ● 21g fat ● 51g carbs ● 19g fiber

**nutritional yeast**

1 tsp (1g)

butter

1/2 tbsp (7g)

oil

1/2 tbsp (8mL)

garlic, minced

2 clove(s) (6g)

chickpeas, canned, drained & rinsed

1/2 can (224g)

chickpea pasta

2 oz (57g)

onion, thinly sliced

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

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Sunflower seeds

120 cal ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

2/3 oz (19g)

For all 3 meals:

sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

String cheese

1 stick(s) - 83 cal ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese

1 stick (28g)

For all 3 meals:

string cheese

3 stick (84g)

1. This recipe has no instructions.

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 3 meals:

clementines
3 fruit (222g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter
1/4 tbsp (4g)
bagel
1/2 small bagel (3" dia) (35g)

For all 2 meals:

butter
1/2 tbsp (7g)
bagel
1 small bagel (3" dia) (69g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 2 meals:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

1. Serve carrots with hummus.

Roasted peanuts

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



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

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.

Crackers

12 cracker(s) - 203 cal ● 3g protein ● 9g fat ● 27g carbs ● 2g fiber



For single meal:

crackers
12 crackers (42g)

For all 2 meals:

crackers
24 crackers (84g)

1. Enjoy.

Dinner 1 [↗](#)

Eat on day 1, day 2

Cheese ravioli

408 cal ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



For single meal:

pasta sauce

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

frozen cheese ravioli

6 oz (170g)

For all 2 meals:

pasta sauce

1/2 jar (24 oz) (336g)

frozen cheese ravioli

3/4 lbs (340g)

1. Prepare the ravioli as instructed on the package.
 2. Top with pasta sauce and enjoy.
-

Dinner roll

2 roll - 154 cal ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.
-

Dinner 2 [↗](#)

Eat on day 3, day 4

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
-

Vegan meatball sub

1 1/2 sub(s) - 702 cal ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

sub roll(s)

1 1/2 roll(s) (128g)

nutritional yeast

1/2 tbsp (2g)

pasta sauce

6 tbsp (98g)

vegan meatballs, frozen

6 meatball(s) (180g)

For all 2 meals:

sub roll(s)

3 roll(s) (255g)

nutritional yeast

1 tbsp (4g)

pasta sauce

3/4 cup (195g)

vegan meatballs, frozen

12 meatball(s) (360g)

1. Cook vegan meatballs according to package.
 2. Heat up pasta sauce on stove or in microwave.
 3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
 4. Serve.
-

Dinner 3 [↗](#)

Eat on day 5, day 6

Roasted carrots

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



For single meal:

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

For all 2 meals:

oil
1 tbsp (15mL)
carrots, sliced
6 large (432g)

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 about 30 minutes until soft. Serve.
-

Vegan sausage

2 sausage(s) - 536 cal ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

vegan sausage
2 sausage (200g)

For all 2 meals:

vegan sausage
4 sausage (400g)

1. Prepare according to package instructions.
 2. Serve.
-

Dinner 4 [↗](#)

Eat on day 7

Bean & tofu goulash

437 cal ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



fresh thyme

2 dash (0g)

paprika

1/2 tbsp (3g)

oil

1/2 tbsp (8mL)

garlic, minced

1/2 clove (2g)

onion, diced

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

firm tofu, drained and diced

1/4 lbs (99g)

white beans, canned, drained & rinsed

1/2 can(s) (220g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Edamame & beet salad

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



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)

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