

Meal Plan - 2600 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

2610 cals ● 251g protein (38%) ● 82g fat (28%) ● 181g carbs (28%) ● 36g fiber (5%)

Breakfast

180 cals, 12g protein, 4g net carbs, 11g fat



[Basic scrambled eggs](#)

2 egg(s)- 142 cals



[Raspberries](#)

1/2 cup(s)- 36 cals

Snacks

290 cals, 16g protein, 36g net carbs, 5g fat



[Crunchy garlicky lentil snack](#)

256 cals



[Cherry tomatoes](#)

9 cherry tomatoes- 32 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

960 cals, 90g protein, 59g net carbs, 37g fat



[Pita bread](#)

2 pita bread(s)- 156 cals



[Vegan sausage](#)

3 sausage(s)- 804 cals

Dinner

910 cals, 73g protein, 80g net carbs, 28g fat



[Simple seitan](#)

7 oz- 426 cals



[Edamame & beet salad](#)

342 cals



[Fruit juice](#)

1 1/4 cup(s)- 143 cals

Day 2

2576 cals ● 217g protein (34%) ● 108g fat (38%) ● 155g carbs (24%) ● 29g fiber (4%)

Breakfast

180 cals, 12g protein, 4g net carbs, 11g fat



Basic scrambled eggs

2 egg(s)- 142 cals



Raspberries

1/2 cup(s)- 36 cals

Snacks

290 cals, 16g protein, 36g net carbs, 5g fat



Crunchy garlicky lentil snack

256 cals



Cherry tomatoes

9 cherry tomatoes- 32 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

960 cals, 90g protein, 59g net carbs, 37g fat



Pita bread

2 pita bread(s)- 156 cals



Vegan sausage

3 sausage(s)- 804 cals

Dinner

880 cals, 39g protein, 54g net carbs, 54g fat



Flatbread margherita pizza

475 cals



Simple mozzarella and tomato salad

403 cals

Day 3

2593 cals ● 174g protein (27%) ● 121g fat (42%) ● 164g carbs (25%) ● 39g fiber (6%)

Breakfast

345 cals, 15g protein, 35g net carbs, 10g fat



Raspberries

3/4 cup(s)- 54 cals



Hummus toast

2 slice(s)- 293 cals

Snacks

290 cals, 16g protein, 36g net carbs, 5g fat



Crunchy garlicky lentil snack

256 cals



Cherry tomatoes

9 cherry tomatoes- 32 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

810 cals, 44g protein, 38g net carbs, 50g fat



Protein bar

1 bar- 245 cals



Beet & mozzarella salad

563 cals

Dinner

880 cals, 39g protein, 54g net carbs, 54g fat



Flatbread margherita pizza

475 cals



Simple mozzarella and tomato salad

403 cals

Day 4

2589 cal ● 173g protein (27%) ● 108g fat (38%) ● 167g carbs (26%) ● 65g fiber (10%)

Breakfast

345 cal, 15g protein, 35g net carbs, 10g fat



Raspberries
3/4 cup(s)- 54 cal



Hummus toast
2 slice(s)- 293 cal

Snacks

370 cal, 15g protein, 36g net carbs, 14g fat



Banana
1 banana(s)- 117 cal



String cheese
1 stick(s)- 83 cal



Bell pepper strips and hummus
170 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

785 cal, 38g protein, 42g net carbs, 48g fat



Rosemary mushroom cheese sandwich
1 1/2 sandwich(es)- 612 cal



Walnuts
1/4 cup(s)- 175 cal

Dinner

815 cal, 44g protein, 53g net carbs, 35g fat



Buttery white rice
121 cal



Tempeh taco salad bowl
693 cal

Day 5

2637 cal ● 171g protein (26%) ● 113g fat (39%) ● 186g carbs (28%) ● 48g fiber (7%)

Breakfast

440 cal, 19g protein, 39g net carbs, 21g fat



Fruit juice
1 cup(s)- 115 cal



Avocado toast
1 slice(s)- 168 cal



Basic fried eggs
2 egg(s)- 159 cal

Snacks

370 cal, 15g protein, 36g net carbs, 14g fat



Banana
1 banana(s)- 117 cal



String cheese
1 stick(s)- 83 cal



Bell pepper strips and hummus
170 cal

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cal

Lunch

800 cal, 31g protein, 46g net carbs, 47g fat



Raspberries
1 cup(s)- 72 cal



Pecans
1/4 cup- 183 cal



Grilled cheese with sun dried tomatoes & spinach
1 sandwich(es)- 547 cal

Dinner

750 cal, 44g protein, 64g net carbs, 30g fat



Caprese salad
284 cal



Vegan meatball sub
1 sub(s)- 468 cal

Day 6

2617 cals ● 177g protein (27%) ● 87g fat (30%) ● 227g carbs (35%) ● 55g fiber (8%)

Breakfast

440 cals, 19g protein, 39g net carbs, 21g fat



Fruit juice
1 cup(s)- 115 cals



Avocado toast
1 slice(s)- 168 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

280 cals, 12g protein, 6g net carbs, 22g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Cheesy crisps and guac
6 crisps- 261 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

870 cals, 41g protein, 117g net carbs, 13g fat



Smashed chickpea toast
2 toast(s)- 636 cals



Banana
2 banana(s)- 233 cals

Dinner

750 cals, 44g protein, 64g net carbs, 30g fat



Caprese salad
284 cals



Vegan meatball sub
1 sub(s)- 468 cals

Day 7

2573 cals ● 171g protein (27%) ● 76g fat (27%) ● 233g carbs (36%) ● 68g fiber (11%)

Breakfast

440 cals, 19g protein, 39g net carbs, 21g fat



Fruit juice
1 cup(s)- 115 cals



Avocado toast
1 slice(s)- 168 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

280 cals, 12g protein, 6g net carbs, 22g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Cheesy crisps and guac
6 crisps- 261 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

870 cals, 41g protein, 117g net carbs, 13g fat



Smashed chickpea toast
2 toast(s)- 636 cals



Banana
2 banana(s)- 233 cals

Dinner

705 cals, 38g protein, 70g net carbs, 20g fat



Pita bread
1 1/2 pita bread(s)- 117 cals



Spinach soup with yogurt
591 cals

Fats and Oils

- oil
1 1/2 oz (49mL)
- balsamic vinaigrette
4 oz (120mL)
- olive oil
1 3/4 oz (54mL)

Cereal Grains and Pasta

- seitan
1/2 lbs (198g)
- long-grain white rice
2 tbsp (23g)

Vegetables and Vegetable Products

- beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)
- edamame, frozen, shelled
1 cup (118g)
- tomatoes
12 1/4 medium whole (2-3/5" dia) (1501g)
- garlic
4 1/2 clove(s) (14g)
- mushrooms
2 1/4 oz (64g)
- bell pepper
2 medium (238g)
- sun-dried tomatoes
1 oz (28g)
- fresh spinach
1 10oz package (291g)
- raw celery
4 stalk, small (5" long) (68g)
- onion
1 1/4 medium (2-1/2" dia) (138g)
- fresh ginger
2 1/2 1 inch cube (13g)

Other

- mixed greens
2 package (5.5 oz) (308g)
- vegan sausage
6 sausage (600g)
- protein bar (20g protein)
1 bar (50g)
- sub roll(s)
2 roll(s) (170g)

Beverages

- water
19 1/2 cup(s) (4633mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Baked Products

- pita bread
5 1/2 pita, small (4" dia) (154g)
- naan bread
1 1/2 piece (135g)
- bread
1 lbs (512g)

Legumes and Legume Products

- lentils, raw
1 cup (173g)
- hummus
2/3 lbs (312g)
- refried beans
10 tbsp (151g)
- tempeh
5 oz (142g)
- chickpeas, canned
2 1/2 can (1176g)

Spices and Herbs

- garlic powder
1 tsp (3g)
- crushed red pepper
2 tsp (3g)
- oregano, dried
1 tsp, ground (2g)
- salt
3 g (3g)
- fresh basil
1 oz (29g)
- balsamic vinegar
2 1/4 tbsp (34mL)
- black pepper
1/4 g (0g)
- thyme, dried
4 dash, leaves (1g)
- taco seasoning mix
1 1/4 tbsp (11g)
- rosemary
3 dash (0g)

- nutritional yeast
2 tsp (3g)
- vegan meatballs, frozen
8 meatball(s) (240g)
- guacamole, store-bought
6 tbsp (93g)

Fruits and Fruit Juices

- fruit juice
34 fl oz (1020mL)
- raspberries
3 1/2 cup (431g)
- lemon juice
1/2 tbsp (8mL)
- avocados
1 1/2 avocado(s) (276g)
- banana
6 medium (7" to 7-7/8" long) (708g)

Dairy and Egg Products

- eggs
11 medium (476g)
- mozzarella cheese, shredded
3/4 cup (65g)
- fresh mozzarella cheese
3/4 lbs (387g)
- butter
1 tsp (5g)
- cheese
6 oz (169g)
- string cheese
2 stick (56g)
- provolone cheese
2 slice(s) (56g)
- nonfat greek yogurt, plain
1 1/3 container (228g)

- mustard
2 tbsp (30g)
- onion powder
2 tsp (5g)
- ground cumin
1 1/4 tsp (3g)

Nut and Seed Products

- walnuts
1 1/2 oz (14 halves) (44g)
- pecans
4 tbsp, halves (25g)

Soups, Sauces, and Gravies

- salsa
1/4 cup (68g)
 - pasta sauce
1/2 cup (130g)
 - pesto sauce
1 tbsp (16g)
 - vegetable broth
1 1/2 cup(s) (mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

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 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Raspberries

3/4 cup(s) - 54 cal ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries
3/4 cup (92g)

For all 2 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Fruit juice

1 cup(s) - 115 cal ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 3 meals:

fruit juice
24 fl oz (720mL)

1. This recipe has no instructions.

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.

Basic fried eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

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.

Lunch 1 [↗](#)

Eat on day 1, day 2

Pita bread

2 pita bread(s) - 156 cal ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



For single meal:

pita bread
2 pita, small (4" dia) (56g)

For all 2 meals:

pita bread
4 pita, small (4" dia) (112g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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Vegan sausage

3 sausage(s) - 804 cal ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Lunch 2 [↗](#)

Eat on day 3

Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



Makes 1 bar

protein bar (20g protein)
1 bar (50g)

1. This recipe has no instructions.

Beet & mozzarella salad

563 cal ● 24g protein ● 45g fat ● 12g carbs ● 4g fiber



beets, precooked (canned or refrigerated), sliced
2 beets (2" dia, sphere) (100g)
fresh mozzarella cheese, cut into chunks
3 oz (85g)
walnuts
2 1/2 tbsp, chopped (19g)
olive oil
1 tbsp (15mL)
lemon juice
1/2 tbsp (8mL)
thyme, dried
4 dash, leaves (1g)

1. In a small bowl, mix together the olive oil, lemon juice, thyme and salt/pepper to taste. Set aside.
 2. In a larger bowl, toss the beets, mozzarella, and walnuts together. Top with dressing and serve.
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Lunch 3 [↗](#)

Eat on day 4

Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cal ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

rosemary

3 dash (0g)

mixed greens

3/4 cup (23g)

mushrooms

2 1/4 oz (64g)

cheese

3/4 cup, shredded (85g)

bread

3 slice(s) (96g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



Makes 1/4 cup(s)

walnuts

4 tbsp shelled (50 halves) (25g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Raspberries

1 cup(s) - 72 cal ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



Makes 1 cup(s)

raspberries

1 cup (123g)

1. Rinse raspberries and serve.

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. This recipe has no instructions.

Grilled cheese with sun dried tomatoes & spinach

1 sandwich(es) - 547 cal ● 27g protein ● 28g fat ● 38g carbs ● 8g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

pesto sauce

1 tbsp (16g)

sun-dried tomatoes

1 oz (28g)

fresh spinach

1/4 cup(s) (8g)

olive oil

1 tsp (5mL)

provone cheese

2 slice(s) (56g)

1. Divide the olive oil over the outside of each slice of bread.
2. On one slice, spread the pesto, then layer a slice of cheese, topped with the tomatoes and spinach. Place the second slice of the cheese on top and close the sandwich.
3. Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.

Lunch 5 [↗](#)

Eat on day 6, day 7

Smashed chickpea toast

2 toast(s) - 636 cal ● 38g protein ● 12g fat ● 69g carbs ● 25g fiber



For single meal:

nonfat greek yogurt, plain
4 tbsp (70g)
mustard
1 tbsp (15g)
onion powder
1 tsp (2g)
raw celery, diced
2 stalk, small (5" long) (34g)
chickpeas, canned, drained & rinsed
1 can (448g)
bread
2 slice(s) (64g)

For all 2 meals:

nonfat greek yogurt, plain
1/2 cup (140g)
mustard
2 tbsp (30g)
onion powder
2 tsp (5g)
raw celery, diced
4 stalk, small (5" long) (68g)
chickpeas, canned, drained & rinsed
2 can (896g)
bread
4 slice(s) (128g)

1. Toast bread (optional).
2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
3. Mix in the remaining whole chickpeas.
4. Top the toast with the chickpea mixture and serve.

Banana

2 banana(s) - 233 cal ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana
2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

banana
4 medium (7" to 7-7/8" long) (472g)

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

Eat on day 1, day 2, day 3

Crunchy garlicky lentil snack

256 cal ● 15g protein ● 5g fat ● 31g carbs ● 7g fiber



For single meal:

lentils, raw, rinsed
5 tbsp (58g)
oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
crushed red pepper
5 dash (1g)
oregano, dried
1/3 tsp, ground (1g)
salt
1/2 dash (0g)
water
5/8 cup(s) (142mL)

For all 3 meals:

lentils, raw, rinsed
1 cup (173g)
oil
1 tbsp (14mL)
garlic powder
1 tsp (3g)
crushed red pepper
2 tsp (3g)
oregano, dried
1 tsp, ground (2g)
salt
2 dash (1g)
water
2 cup(s) (427mL)

1. Place rinsed lentils in a pot and add water. Cover and bring to a boil. Reduce heat to low and cook for 20 minutes, stirring occasionally.
2. Meanwhile, preheat the oven to 425 F (220 C).
3. Drain the lentils, put them back in the pot and mix in all remaining ingredients.
4. Line a baking sheet (or two) with parchment paper (or foil). Spread lentils over in an even layer. Bake for 12 minutes, stir lentils around, and then bake for another 12 minutes or so. Keep an eye on them towards the end to make sure they don't burn, but make sure they are completely crunchy and have no moisture before removing.
5. Serve.
6. To store: Let lentils cool completely and then store in an airtight container. Can last up to 2 weeks.

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 3 meals:

tomatoes
27 cherry tomatoes (459g)

1. Rinse tomatoes, remove any stems, and serve.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.
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String cheese

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



For single meal:

string cheese

1 stick (28g)

For all 2 meals:

string cheese

2 stick (56g)

1. This recipe has no instructions.
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Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus

1/3 cup (81g)

bell pepper

1 medium (119g)

For all 2 meals:

hummus

2/3 cup (162g)

bell pepper

2 medium (238g)

1. Cut bell pepper into strips.
 2. Serve with hummus to dip in.
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Snacks 3 [↗](#)

Eat on day 6, day 7

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.
-

Cheesy crisps and guac

6 crisps - 261 cal ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese

6 tbsp, shredded (42g)

guacamole, store-bought

3 tbsp (46g)

For all 2 meals:

cheese

3/4 cup, shredded (84g)

guacamole, store-bought

6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
 2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
 3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
 4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
 5. Serve with guacamole.
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Dinner 1 [↗](#)

Eat on day 1

Simple seitan

7 oz - 426 cal ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



Makes 7 oz

oil
1 3/4 tsp (9mL)
seitan
1/2 lbs (198g)

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.

Edamame & beet salad

342 cal ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

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

Fruit juice

1 1/4 cup(s) - 143 cal ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



Makes 1 1/4 cup(s)

fruit juice
10 fl oz (300mL)

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

Eat on day 2, day 3

Flatbread margherita pizza

475 cal ● 16g protein ● 26g fat ● 43g carbs ● 3g fiber



For single meal:

naan bread
3/4 piece (68g)
mozzarella cheese, shredded
6 tbsp (32g)
tomatoes, thinly sliced
3/4 medium whole (2-3/5" dia) (92g)
fresh basil
4 1/2 leaves (2g)
olive oil
1 tbsp (17mL)
balsamic vinegar
1 tbsp (17mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
garlic, finely diced
2 1/4 clove(s) (7g)

For all 2 meals:

naan bread
1 1/2 piece (135g)
mozzarella cheese, shredded
3/4 cup (65g)
tomatoes, thinly sliced
1 1/2 medium whole (2-3/5" dia) (185g)
fresh basil
9 leaves (5g)
olive oil
2 1/4 tbsp (34mL)
balsamic vinegar
2 1/4 tbsp (34mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
garlic, finely diced
4 1/2 clove(s) (14g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

Simple mozzarella and tomato salad

403 cal ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



For single meal:

tomatoes, sliced
1 1/4 large whole (3" dia) (228g)
fresh mozzarella cheese, sliced
1/4 lbs (95g)
balsamic vinaigrette
5 tsp (25mL)
fresh basil
5 tsp, chopped (4g)

For all 2 meals:

tomatoes, sliced
2 1/2 large whole (3" dia) (455g)
fresh mozzarella cheese, sliced
6 2/3 oz (189g)
balsamic vinaigrette
1/4 cup (50mL)
fresh basil
1/4 cup, chopped (9g)

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

Dinner 3 [↗](#)

Eat on day 4

Buttery white rice

121 cal ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



black pepper

1/2 dash, ground (0g)

butter

1 tsp (5g)

salt

1 dash (1g)

water

1/4 cup(s) (59mL)

long-grain white rice

2 tbsp (23g)

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, mix in butter, and season to taste with pepper. Serve.

Tempeh taco salad bowl

693 cal ● 43g protein ● 30g fat ● 34g carbs ● 29g fiber



oil
5/8 tsp (3mL)
refried beans
10 tbsp (151g)
salsa
1/4 cup (68g)
mixed greens
10 tbsp (19g)
avocados, cubed
5/8 avocado(s) (126g)
taco seasoning mix
1 1/4 tbsp (11g)
tempeh
5 oz (142g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Dinner 4 [↗](#)

Eat on day 5, day 6

Caprese salad

284 cals ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



For single meal:

balsamic vinaigrette
4 tsp (20mL)
fresh basil
1/3 cup leaves, whole (8g)
tomatoes, halved
2/3 cup cherry tomatoes (99g)
mixed greens
2/3 package (5.5 oz) (103g)
fresh mozzarella cheese
2 oz (57g)

For all 2 meals:

balsamic vinaigrette
2 2/3 tbsp (40mL)
fresh basil
2/3 cup leaves, whole (16g)
tomatoes, halved
1 1/3 cup cherry tomatoes (199g)
mixed greens
1 1/3 package (5.5 oz) (207g)
fresh mozzarella cheese
4 oz (113g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



For single meal:

sub roll(s)
1 roll(s) (85g)
nutritional yeast
1 tsp (1g)
pasta sauce
4 tbsp (65g)
vegan meatballs, frozen
4 meatball(s) (120g)

For all 2 meals:

sub roll(s)
2 roll(s) (170g)
nutritional yeast
2 tsp (3g)
pasta sauce
1/2 cup (130g)
vegan meatballs, frozen
8 meatball(s) (240g)

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 5 [↗](#)

Eat on day 7

Pita bread

1 1/2 pita bread(s) - 117 cal ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



Makes 1 1/2 pita bread(s)

pita bread

1 1/2 pita, small (4" dia) (42g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Spinach soup with yogurt

591 cal ● 34g protein ● 19g fat ● 49g carbs ● 22g fiber



nonfat greek yogurt, plain

5 tbsp (88g)

chickpeas, canned, drained & rinsed

5/8 can (280g)

oil

2 1/2 tsp (13mL)

onion, chopped

1 1/4 medium (2-1/2" dia) (138g)

fresh ginger, minced

2 1/2 1 inch cube (13g)

fresh spinach

10 oz (284g)

vegetable broth

1 1/2 cup(s) (mL)

ground cumin

1 1/4 tsp (3g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Stir in greek yogurt and serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 1/2 scoop - 273 cal ● 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.
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