

Meal Plan - 2800 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

2776 cal ● 172g protein (25%) ● 114g fat (37%) ● 225g carbs (32%) ● 40g fiber (6%)

Breakfast

400 cal, 16g protein, 19g net carbs, 25g fat



[Hardboiled egg and avocado bowl](#)

320 cal



[Clementine](#)

2 clementine(s)- 78 cal

Snacks

210 cal, 5g protein, 26g net carbs, 9g fat



[Rice cake](#)

3 cake(s)- 104 cal



[Roasted cashews](#)

1/8 cup(s)- 104 cal

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cal

Lunch

935 cal, 56g protein, 84g net carbs, 35g fat



[Cottage cheese & fruit cup](#)

2 container- 213 cal



[Lemony lentil & mushroom salad](#)

539 cal



[Pumpkin seeds](#)

183 cal

Dinner

960 cal, 35g protein, 94g net carbs, 45g fat



[Bbq tofu & pineapple bowl](#)

779 cal



[Pecans](#)

1/4 cup- 183 cal

Day 2

2785 cals ● 191g protein (27%) ● 128g fat (41%) ● 181g carbs (26%) ● 37g fiber (5%)

Breakfast

400 cals, 16g protein, 19g net carbs, 25g fat



Hardboiled egg and avocado bowl
320 cals



Clementine
2 clementine(s)- 78 cals

Snacks

210 cals, 5g protein, 26g net carbs, 9g fat



Rice cake
3 cake(s)- 104 cals



Roasted cashews
1/8 cup(s)- 104 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

930 cals, 51g protein, 60g net carbs, 47g fat



Chunky canned soup (non-creamy)
2 can(s)- 494 cals



Celery and peanut butter
436 cals

Dinner

975 cals, 59g protein, 74g net carbs, 46g fat



Avocado
176 cals



Crispy chik'n tenders
14 tender(s)- 800 cals

Day 3

2860 cals ● 194g protein (27%) ● 115g fat (36%) ● 225g carbs (31%) ● 37g fiber (5%)

Breakfast

445 cals, 23g protein, 40g net carbs, 19g fat



Clementine
2 clementine(s)- 78 cals



Breakfast burrito with spinach & salsa
366 cals

Snacks

310 cals, 14g protein, 43g net carbs, 7g fat



Banana peanut butter rice cake
1 rice cake(s)- 202 cals



Cottage cheese & fruit cup
1 container- 107 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

930 cals, 51g protein, 60g net carbs, 47g fat



Chunky canned soup (non-creamy)
2 can(s)- 494 cals



Celery and peanut butter
436 cals

Dinner

905 cals, 46g protein, 81g net carbs, 40g fat



Pecans
1/4 cup- 183 cals



Seitan salad
359 cals



Lowfat yogurt
2 container(s)- 362 cals

Day 4

2923 cal ● 185g protein (25%) ● 91g fat (28%) ● 287g carbs (39%) ● 54g fiber (7%)

Breakfast

445 cal, 23g protein, 40g net carbs, 19g fat



Clementine

2 clementine(s)- 78 cal



Breakfast burrito with spinach & salsa

366 cal

Snacks

310 cal, 14g protein, 43g net carbs, 7g fat



Banana peanut butter rice cake

1 rice cake(s)- 202 cal



Cottage cheese & fruit cup

1 container- 107 cal

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cal

Lunch

995 cal, 42g protein, 121g net carbs, 23g fat



Curried chickpea salad

644 cal



Banana

3 banana(s)- 350 cal

Dinner

905 cal, 46g protein, 81g net carbs, 40g fat



Pecans

1/4 cup- 183 cal



Seitan salad

359 cal



Lowfat yogurt

2 container(s)- 362 cal

Day 5

2748 cal ● 172g protein (25%) ● 102g fat (33%) ● 226g carbs (33%) ● 60g fiber (9%)

Breakfast

395 cal, 18g protein, 39g net carbs, 14g fat



Goat cheese & tomato mini egg muffin

3 mini muffin(s)- 183 cal



Carrot sticks

3 1/2 carrot(s)- 95 cal



Banana

1 banana(s)- 117 cal

Snacks

310 cal, 14g protein, 43g net carbs, 7g fat



Banana peanut butter rice cake

1 rice cake(s)- 202 cal



Cottage cheese & fruit cup

1 container- 107 cal

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cal

Lunch

830 cal, 41g protein, 58g net carbs, 41g fat



Rice cakes with peanut butter

1/2 cake(s)- 120 cal



Sunflower seeds

240 cal



Moroccan chickpea wrap

1 wrap(s)- 469 cal

Dinner

945 cal, 40g protein, 83g net carbs, 38g fat



Chickpea & kale soup

682 cal



Roasted cashews

1/3 cup(s)- 261 cal

Day 6

2698 cals ● 179g protein (27%) ● 78g fat (26%) ● 264g carbs (39%) ● 56g fiber (8%)

Breakfast

395 cals, 18g protein, 39g net carbs, 14g fat



[Goat cheese & tomato mini egg muffin](#)

3 mini muffin(s)- 183 cals



[Carrot sticks](#)

3 1/2 carrot(s)- 95 cals



[Banana](#)

1 banana(s)- 117 cals

Snacks

240 cals, 18g protein, 29g net carbs, 5g fat



[Tropical greek yogurt parfait](#)

239 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

890 cals, 41g protein, 97g net carbs, 27g fat



[Lentil Soup](#)

812 cals



[Simple mixed greens and tomato salad](#)

76 cals

Dinner

905 cals, 42g protein, 96g net carbs, 30g fat



[Caprese salad](#)

213 cals



[Creamy lentils and sweet potato](#)

691 cals

Day 7

2698 cals ● 179g protein (27%) ● 78g fat (26%) ● 264g carbs (39%) ● 56g fiber (8%)

Breakfast

395 cals, 18g protein, 39g net carbs, 14g fat



[Goat cheese & tomato mini egg muffin](#)

3 mini muffin(s)- 183 cals



[Carrot sticks](#)

3 1/2 carrot(s)- 95 cals



[Banana](#)

1 banana(s)- 117 cals

Snacks

240 cals, 18g protein, 29g net carbs, 5g fat



[Tropical greek yogurt parfait](#)

239 cals

Protein Supplement(s)

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



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

890 cals, 41g protein, 97g net carbs, 27g fat



[Lentil Soup](#)

812 cals



[Simple mixed greens and tomato salad](#)

76 cals

Dinner

905 cals, 42g protein, 96g net carbs, 30g fat



[Caprese salad](#)

213 cals



[Creamy lentils and sweet potato](#)

691 cals

Fats and Oils

- oil
2 oz (57mL)
- salad dressing
5 tbsp (75mL)
- olive oil
3 tbsp (46mL)
- balsamic vinaigrette
2 tbsp (30mL)

Soups, Sauces, and Gravies

- barbecue sauce
6 tbsp (105g)
- vegetable broth
9 cup(s) (mL)
- chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- salsa
2 tbsp (36g)

Fruits and Fruit Juices

- canned pineapple
2 cup, chunks (385g)
- avocados
2 avocado(s) (402g)
- clementines
8 fruit (592g)
- lemon juice
2 fl oz (55mL)
- banana
9 medium (7" to 7-7/8" long) (1062g)

Legumes and Legume Products

- firm tofu
3/4 lbs (340g)
- lentils, raw
3 cup (552g)
- peanut butter
2/3 cup (168g)
- chickpeas, canned
2 3/4 can (1232g)

Vegetables and Vegetable Products

- broccoli
1 1/2 cup chopped (137g)
- onion
2 1/2 medium (2-1/2" dia) (276g)

Dairy and Egg Products

- eggs
14 3/4 medium (649g)
- cheese
4 tbsp, shredded (28g)
- lowfat flavored yogurt
4 container (6 oz) (680g)
- nonfat greek yogurt, plain
1 container (163g)
- goat cheese
1/4 cup (63g)
- lowfat greek yogurt
1 1/4 cup (350g)
- fresh mozzarella cheese
3 oz (85g)

Spices and Herbs

- salt
1/4 oz (6g)
- black pepper
1 1/4 g (1g)
- curry powder
1 tsp (2g)
- ground ginger
1 dash (0g)
- cinnamon
1 dash (0g)
- ground cumin
3 1/2 g (3g)
- oregano, dried
1/4 tbsp, leaves (1g)
- basil
1/4 tbsp, leaves (1g)
- fresh basil
1/2 cup leaves, whole (12g)

Beverages

- water
1 1/2 gallon (5645mL)
- protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Other

- cottage cheese & fruit cup
5 container (665g)
- mixed greens
2 1/4 package (5.5 oz) (347g)

- bell pepper
1/3 large (56g)
- garlic
5 1/2 clove(s) (17g)
- shallots
3/4 shallot (85g)
- mushrooms
6 oz (170g)
- ketchup
1/4 cup (60g)
- raw celery
5/6 bunch (414g)
- fresh spinach
8 cup(s) (236g)
- tomatoes
4 medium whole (2-3/5" dia) (495g)
- carrots
12 medium (732g)
- kale leaves
2 1/2 cup, chopped (100g)
- fresh parsley
5 sprigs (5g)
- canned crushed tomatoes
3/4 can (14.5 oz) (304g)
- sweet potatoes
1 1/2 sweetpotato, 5" long (315g)

Nut and Seed Products

- pecans
3/4 cup, halves (74g)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)
- roasted cashews
1/2 cup, halves and whole (77g)
- sunflower kernels
2 oz (62g)
- coconut flakes
2 1/2 tbsp (13g)
- coconut milk, canned
6 tbsp (91mL)

- meatless chik'n tenders
14 pieces (357g)
- nutritional yeast
2 tsp (3g)

Snacks

- rice cakes, any flavor
3 oz (86g)

Baked Products

- flour tortillas
3 tortilla (approx 7-8" dia) (145g)

Cereal Grains and Pasta

- seitan
6 oz (170g)

Sweets

- honey
1 1/4 tbsp (26g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Hardboiled egg and avocado bowl

320 cal ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

eggs
2 large (100g)
avocados, chopped
1/2 avocado(s) (101g)
onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
salt
1 dash (0g)
black pepper
1 dash (0g)

For all 2 meals:

eggs
4 large (200g)
avocados, chopped
1 avocado(s) (201g)
onion
2 tbsp chopped (20g)
bell pepper
2 tbsp, diced (19g)
salt
2 dash (1g)
black pepper
2 dash (0g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Clementine

2 clementine(s) - 78 cal ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

clementines
2 fruit (148g)

For all 2 meals:

clementines
4 fruit (296g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Clementine

2 clementine(s) - 78 cal ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

clementines

2 fruit (148g)

For all 2 meals:

clementines

4 fruit (296g)

1. This recipe has no instructions.

Breakfast burrito with spinach & salsa

366 cal ● 22g protein ● 19g fat ● 24g carbs ● 2g fiber



For single meal:

eggs

2 extra large (112g)

fresh spinach

1/4 cup(s) (8g)

flour tortillas

1 tortilla (48g)

cheese

2 tbsp, shredded (14g)

salt

1 dash (0g)

black pepper

1 dash (0g)

salsa

1 tbsp (18g)

For all 2 meals:

eggs

4 extra large (224g)

fresh spinach

1/2 cup(s) (15g)

flour tortillas

2 tortilla (96g)

cheese

4 tbsp, shredded (28g)

salt

2 dash (1g)

black pepper

2 dash (0g)

salsa

2 tbsp (36g)

1. Lightly beat eggs.
 2. Grease a skillet with cooking spray and set it over medium heat.
 3. When heated, add the eggs and spinach.
 4. Stir while cooking for about 2 minutes, until spinach is wilted and eggs are cooked.
 5. Remove from stove and stir in salsa, salt, and pepper.
 6. Microwave tortilla for about 10 seconds to soften and warm it.
 7. Spread cheese in the center of the tortilla and put egg mixture on top.
 8. Fold into a burrito by folding the sides of the wrap and tightly rolling up from the bottom.
 9. Serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Goat cheese & tomato mini egg muffin

3 mini muffin(s) - 183 cal ● 14g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

tomatoes, chopped

1 1/2 slice(s), thin/small (23g)

goat cheese

1 1/2 tbsp (21g)

eggs

1 1/2 large (75g)

water

1/2 tbsp (8mL)

For all 3 meals:

tomatoes, chopped

4 1/2 slice(s), thin/small (68g)

goat cheese

1/4 cup (63g)

eggs

4 1/2 large (225g)

water

1 1/2 tbsp (23mL)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Carrot sticks

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



For single meal:

carrots

3 1/2 medium (214g)

For all 3 meals:

carrots

10 1/2 medium (641g)

1. Cut carrots into strips and serve.

Banana

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



For single meal:

banana

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

For all 3 meals:

banana

3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1

Cottage cheese & fruit cup

2 container - 213 cal ● 20g protein ● 5g fat ● 22g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (266g)

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

Lemony lentil & mushroom salad

539 cal ● 27g protein ● 15g fat ● 60g carbs ● 13g fiber



mixed greens
1 1/2 cup (45g)
lemon juice
1 1/2 tbsp (23mL)
garlic, minced
1 1/2 clove(s) (5g)
shallots, minced
3/4 shallot (85g)
oil
1 tbsp (15mL)
mushrooms, sliced
6 oz (170g)
vegetable broth
1 cup(s) (mL)
lentils, raw
6 tbsp (72g)

1. Add lentils and broth to a saucepan over medium heat. Cover and cook for 15-25 minutes or until soft. If there is excess liquid, drain, then set aside to cool.
2. Meanwhile, in a skillet over medium heat, add the oil, shallot, and garlic and cook 1-2 minutes until fragrant.
3. Add the mushrooms to the skillet and cook for 5-7 minutes until mushrooms are softened.
4. Turn off the heat and add the lemon juice and a hefty pinch of salt and pepper. Set aside to cool.
5. Once everything has cooled down, mix lentils in with the mushroom mixture and serve over a bed of greens.

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



roasted pumpkin seeds, unsalted
4 tbsp (30g)

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

Eat on day 2, day 3

Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.
-

Celery and peanut butter

436 cal ● 15g protein ● 33g fat ● 13g carbs ● 6g fiber



For single meal:

raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

peanut butter

4 tbsp (64g)

For all 2 meals:

raw celery

8 stalk, medium (7-1/2" - 8" long)
(320g)

peanut butter

1/2 cup (128g)

1. Clean celery and slice to desired lengths
 2. spread peanut butter along center
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Lunch 3 [↗](#)

Eat on day 4

Curried chickpea salad

644 cals ● 38g protein ● 21g fat ● 50g carbs ● 25g fiber



mixed greens

2 oz (57g)

sunflower kernels

2 tbsp (24g)

raw celery, sliced

2 stalk, small (5" long) (34g)

curry powder

1 tsp (2g)

nonfat greek yogurt, plain

4 tbsp (70g)

lemon juice, divided

2 tbsp (30mL)

chickpeas, canned, drained & rinsed

1 can (448g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber

Makes 3 banana(s)

banana

3 medium (7" to 7-7/8" long) (354g)



1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



Makes 1/2 cake(s)

peanut butter

1 tbsp (16g)

rice cakes, any flavor

1/2 cakes (5g)

1. Spread peanut butter over top of rice cake.

Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



sunflower kernels

1 1/3 oz (38g)

1. This recipe has no instructions.

Moroccan chickpea wrap

1 wrap(s) - 469 cal ● 25g protein ● 14g fat ● 49g carbs ● 13g fiber



Makes 1 wrap(s)

oil

1 tsp (5mL)

ground ginger

1 dash (0g)

cinnamon

1 dash (0g)

fresh parsley

5 sprigs (5g)

ground cumin

4 dash (1g)

nonfat greek yogurt, plain

1/3 cup (93g)

onion, sliced

1/8 small (9g)

bell pepper, deseeded, sliced

1/2 small (37g)

chickpeas, canned, drained

1/2 can (224g)

flour tortillas

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

1. Preheat oven to 350F (180C) and line a baking sheet with parchment paper.
2. Toss chickpeas with oil, spread evenly on the baking sheet and roast for 15 minutes.
3. Add sliced onions and pepper to the baking sheet and continue roasting for 15 more minutes.
4. Once slightly cooled, sprinkle with cumin, ginger, cinnamon, and salt/pepper to taste.
5. Assemble wrap by spreading the greek yogurt on the tortilla and adding the chickpeas, pepper, onion, and parsley. Serve.

Lunch 5 [↗](#)

Eat on day 6, day 7

Lentil Soup

812 cals ● 39g protein ● 23g fat ● 92g carbs ● 21g fiber



For single meal:

onion, chopped
3/8 medium (2-1/2" dia) (41g)
carrots, diced
3/4 medium (46g)
raw celery, chopped
3/4 stalk, medium (7-1/2" - 8" long) (30g)
garlic, minced
3/4 clove(s) (2g)
oregano, dried
3 dash, leaves (0g)
canned crushed tomatoes
3/8 can (14.5 oz) (152g)
lentils, raw
3/4 cup (144g)
water
3 cup(s) (711mL)
fresh spinach, thinly sliced
1/6 cup(s) (6g)
salt
3 dash (2g)
black pepper
1 1/2 dash, ground (0g)
olive oil
1 1/2 tbsp (23mL)
basil
3 dash, leaves (0g)

For all 2 meals:

onion, chopped
3/4 medium (2-1/2" dia) (83g)
carrots, diced
1 1/2 medium (92g)
raw celery, chopped
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
garlic, minced
1 1/2 clove(s) (5g)
oregano, dried
1/4 tbsp, leaves (1g)
canned crushed tomatoes
3/4 can (14.5 oz) (304g)
lentils, raw
1 1/2 cup (288g)
water
6 cup(s) (1422mL)
fresh spinach, thinly sliced
3/8 cup(s) (11g)
salt
1/4 tbsp (5g)
black pepper
3 dash, ground (1g)
olive oil
3 tbsp (45mL)
basil
1/4 tbsp, leaves (1g)

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.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2

Rice cake

3 cake(s) - 104 cal ● 2g protein ● 1g fat ● 21g carbs ● 1g fiber



For single meal:

rice cakes, any flavor

3 cake (27g)

For all 2 meals:

rice cakes, any flavor

6 cake (54g)

1. Enjoy.

Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews

2 tbsp, halves and whole (17g)

For all 2 meals:

roasted cashews

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Banana peanut butter rice cake

1 rice cake(s) - 202 cal ● 4g protein ● 5g fat ● 32g carbs ● 4g fiber



For single meal:

rice cakes, any flavor

1 cake (9g)

peanut butter

1/2 tbsp (8g)

banana

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

For all 3 meals:

rice cakes, any flavor

3 cake (27g)

peanut butter

1 1/2 tbsp (24g)

banana

3 medium (7" to 7-7/8" long) (354g)

1. Top the rice cake with peanut butter and banana slices.
2. After slicing the banana, if there is still some banana left, just eat it on the side.

Cottage cheese & fruit cup

1 container - 107 cal ● 10g protein ● 3g fat ● 11g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 3 meals:

cottage cheese & fruit cup
3 container (399g)

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

Snacks 3 [↗](#)

Eat on day 6, day 7

Tropical greek yogurt parfait

239 cal ● 18g protein ● 5g fat ● 29g carbs ● 1g fiber



For single meal:

lowfat greek yogurt
10 tbsp (175g)
canned pineapple, drained
5 tbsp, chunks (57g)
coconut flakes
1 1/4 tbsp (7g)
honey
2 tsp (13g)

For all 2 meals:

lowfat greek yogurt
1 1/4 cup (350g)
canned pineapple, drained
10 tbsp, chunks (113g)
coconut flakes
2 1/2 tbsp (13g)
honey
1 1/4 tbsp (26g)

1. Mix yogurt and honey.
 2. You can layer the pineapple and coconut with the yogurt, or mix all together.
-

Dinner 1 [↗](#)

Eat on day 1

Bbq tofu & pineapple bowl

779 cal ● 32g protein ● 27g fat ● 93g carbs ● 8g fiber



oil
3/4 tbsp (11 mL)
barbecue sauce
6 tbsp (105g)
canned pineapple
1 1/2 cup, chunks (272g)
firm tofu
3/4 lbs (340g)
broccoli
1 1/2 cup chopped (137g)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

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.
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Dinner 2 [↗](#)

Eat on day 2

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Crispy chik'n tenders

14 tender(s) - 800 cal ● 57g protein ● 32g fat ● 72g carbs ● 0g fiber



Makes 14 tender(s)

ketchup

1/4 cup (60g)

meatless chik'n tenders

14 pieces (357g)

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

Dinner 3 [↗](#)

Eat on day 3, day 4

Pecans

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



For single meal:

pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.

Seitan salad

359 cal ● 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.

Lowfat yogurt

2 container(s) - 362 cal ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

- lowfat flavored yogurt**
2 container (6 oz) (340g)

For all 2 meals:

- lowfat flavored yogurt**
4 container (6 oz) (680g)

1. This recipe has no instructions.
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Dinner 4 [↗](#)

Eat on day 5

Chickpea & kale soup

682 cal ● 34g protein ● 18g fat ● 70g carbs ● 27g fiber



oil

1 1/4 tsp (6mL)

garlic, minced

2 1/2 clove(s) (8g)

vegetable broth

5 cup(s) (mL)

kale leaves, chopped

2 1/2 cup, chopped (100g)

chickpeas, canned, drained

1 1/4 can (560g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Roasted cashews

1/3 cup(s) - 261 cal ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



Makes 1/3 cup(s)

roasted cashews

5 tbsp, halves and whole (43g)

1. This recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 6, day 7

Caprese salad

213 cal ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

balsamic vinaigrette

1 tbsp (15mL)

fresh basil

4 tbsp leaves, whole (6g)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

mixed greens

1/2 package (5.5 oz) (78g)

fresh mozzarella cheese

1 1/2 oz (43g)

For all 2 meals:

balsamic vinaigrette

2 tbsp (30mL)

fresh basil

1/2 cup leaves, whole (12g)

tomatoes, halved

1 cup cherry tomatoes (149g)

mixed greens

1 package (5.5 oz) (155g)

fresh mozzarella cheese

3 oz (85g)

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

Creamy lentils and sweet potato

691 cal ● 30g protein ● 16g fat ● 89g carbs ● 18g fiber



For single meal:

lentils, raw
1/2 cup (96g)
sweet potatoes, chopped into bite-sized pieces
3/4 sweetpotato, 5" long (158g)
vegetable broth
1 1/2 cup(s) (mL)
fresh spinach
1 1/2 cup(s) (45g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
coconut milk, canned
3 tbsp (45mL)
oil
1 tsp (6mL)
ground cumin
1/2 tsp (1g)

For all 2 meals:

lentils, raw
1 cup (192g)
sweet potatoes, chopped into bite-sized pieces
1 1/2 sweetpotato, 5" long (315g)
vegetable broth
3 cup(s) (mL)
fresh spinach
3 cup(s) (90g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
coconut milk, canned
6 tbsp (90mL)
oil
3/4 tbsp (11mL)
ground cumin
1 tsp (2g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. 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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