

Meal Plan - 3000 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

2881 cals ● 200g protein (28%) ● 100g fat (31%) ● 257g carbs (36%) ● 39g fiber (5%)

Breakfast

485 cals, 34g protein, 58g net carbs, 9g fat



Protein bar
1 bar- 245 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Orange
1 orange(s)- 85 cals

Snacks

350 cals, 19g protein, 49g net carbs, 6g fat



Plain yogurt
1 1/3 cup(s)- 206 cals



Grapes
87 cals



Fruit juice
1/2 cup(s)- 57 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1010 cals, 40g protein, 127g net carbs, 33g fat



Quinoa
1 1/2 cup quinoa, cooked- 313 cals



Milk
1 cup(s)- 149 cals



Spinach parmesan pasta
548 cals

Dinner

710 cals, 35g protein, 20g net carbs, 50g fat



Seitan salad
359 cals



Walnuts
1/2 cup(s)- 350 cals

Day 2

3084 cals ● 209g protein (27%) ● 93g fat (27%) ● 298g carbs (39%) ● 54g fiber (7%)

Breakfast

485 cals, 34g protein, 58g net carbs, 9g fat



Protein bar
1 bar- 245 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Orange
1 orange(s)- 85 cals

Snacks

350 cals, 19g protein, 49g net carbs, 6g fat



Plain yogurt
1 1/3 cup(s)- 206 cals



Grapes
87 cals



Fruit juice
1/2 cup(s)- 57 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

1010 cals, 40g protein, 127g net carbs, 33g fat



Quinoa
1 1/2 cup quinoa, cooked- 313 cals



Milk
1 cup(s)- 149 cals



Spinach parmesan pasta
548 cals

Dinner

910 cals, 44g protein, 61g net carbs, 43g fat



Chickpea & kale soup
546 cals



Pumpkin seeds
366 cals

Day 3

2992 cals ● 192g protein (26%) ● 104g fat (31%) ● 272g carbs (36%) ● 50g fiber (7%)

Breakfast

455 cals, 16g protein, 61g net carbs, 15g fat



Milk

1/2 cup(s)- 75 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Small toasted bagel with butter

1 1/2 bagel(s)- 361 cals

Snacks

390 cals, 26g protein, 36g net carbs, 13g fat



Breakfast cereal with protein milk

165 cals



Boiled eggs

2 egg(s)- 139 cals



Orange

1 orange(s)- 85 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

910 cals, 33g protein, 111g net carbs, 31g fat



Grilled peanut butter and banana sandwich

1 1/2 sandwich(es)- 728 cals



Lowfat yogurt

1 container(s)- 181 cals

Dinner

910 cals, 44g protein, 61g net carbs, 43g fat



Chickpea & kale soup

546 cals



Pumpkin seeds

366 cals

Day 4

3028 cals ● 192g protein (25%) ● 82g fat (24%) ● 322g carbs (43%) ● 60g fiber (8%)

Breakfast

455 cals, 16g protein, 61g net carbs, 15g fat



Milk

1/2 cup(s)- 75 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Small toasted bagel with butter

1 1/2 bagel(s)- 361 cals

Snacks

390 cals, 26g protein, 36g net carbs, 13g fat



Breakfast cereal with protein milk

165 cals



Boiled eggs

2 egg(s)- 139 cals



Orange

1 orange(s)- 85 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

910 cals, 33g protein, 111g net carbs, 31g fat



Grilled peanut butter and banana sandwich

1 1/2 sandwich(es)- 728 cals



Lowfat yogurt

1 container(s)- 181 cals

Dinner

945 cals, 44g protein, 111g net carbs, 21g fat



Quinoa

1 cup quinoa, cooked- 208 cals



Teriyaki chickpea stir fry

738 cals

Day 5

3020 cals ● 190g protein (25%) ● 95g fat (28%) ● 308g carbs (41%) ● 44g fiber (6%)

Breakfast

455 cals, 16g protein, 61g net carbs, 15g fat



Milk

1/2 cup(s)- 75 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Small toasted bagel with butter

1 1/2 bagel(s)- 361 cals

Snacks

390 cals, 26g protein, 36g net carbs, 13g fat



Breakfast cereal with protein milk

165 cals



Boiled eggs

2 egg(s)- 139 cals



Orange

1 orange(s)- 85 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

895 cals, 30g protein, 115g net carbs, 27g fat



Belizean rice & beans

724 cals



Edamame & beet salad

171 cals

Dinner

955 cals, 45g protein, 94g net carbs, 38g fat



Veggie burger

2 burger- 550 cals



Simple mozzarella and tomato salad

403 cals

Day 6

3030 cals ● 189g protein (25%) ● 91g fat (27%) ● 323g carbs (43%) ● 42g fiber (5%)

Breakfast

410 cals, 18g protein, 46g net carbs, 15g fat



Basic fried eggs

1 egg(s)- 80 cals



Simple cinnamon oatmeal with milk

329 cals

Snacks

410 cals, 11g protein, 67g net carbs, 7g fat



Orange

2 orange(s)- 170 cals



Breakfast cereal

241 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

885 cals, 40g protein, 50g net carbs, 53g fat



Milk

2 cup(s)- 298 cals



Sesame peanut zoodles

588 cals

Dinner

1000 cals, 47g protein, 157g net carbs, 15g fat



Tofu alfredo pasta with broccoli

883 cals



Fruit juice

1 cup(s)- 115 cals

Day 7

3030 cals ● 189g protein (25%) ● 91g fat (27%) ● 323g carbs (43%) ● 42g fiber (5%)

Breakfast

410 cals, 18g protein, 46g net carbs, 15g fat



Basic fried eggs

1 egg(s)- 80 cals



Simple cinnamon oatmeal with milk

329 cals

Snacks

410 cals, 11g protein, 67g net carbs, 7g fat



Orange

2 orange(s)- 170 cals



Breakfast cereal

241 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

885 cals, 40g protein, 50g net carbs, 53g fat



Milk

2 cup(s)- 298 cals



Sesame peanut zoodles

588 cals

Dinner

1000 cals, 47g protein, 157g net carbs, 15g fat



Tofu alfredo pasta with broccoli

883 cals



Fruit juice

1 cup(s)- 115 cals

Fats and Oils

- ☐ oil
2/3 oz (24mL)
- ☐ salad dressing
1 tbsp (15mL)
- ☐ cooking spray
3 spray(s) , about 1/3 second each (1g)
- ☐ balsamic vinaigrette
1 1/2 oz (40mL)

Other

- ☐ nutritional yeast
1 tsp (1g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ teriyaki sauce
4 tbsp (60mL)
- ☐ veggie burger patty
2 patty (142g)
- ☐ mixed greens
1/2 package (5.5 oz) (87g)
- ☐ coleslaw mix
2 cup (180g)

Fruits and Fruit Juices

- ☐ avocados
1/4 avocado(s) (50g)
- ☐ orange
9 orange (1386g)
- ☐ grapes
3 cup (276g)
- ☐ fruit juice
24 fl oz (720mL)
- ☐ banana
3 medium (7" to 7-7/8" long) (354g)
- ☐ lime juice
2 tbsp (30mL)

Vegetables and Vegetable Products

- ☐ tomatoes
5 medium whole (2-3/5" dia) (636g)
- ☐ fresh spinach
1 10oz package (273g)
- ☐ garlic
9 clove(s) (27g)
- ☐ kale leaves
4 cup, chopped (160g)

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ whole milk
2/3 gallon (2700mL)
- ☐ butter
1/4 cup (64g)
- ☐ parmesan cheese
6 tbsp (38g)
- ☐ plain lowfat yogurt
2 2/3 cup (653g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ eggs
8 large (400g)
- ☐ fresh mozzarella cheese
3 1/3 oz (95g)

Beverages

- ☐ water
24 1/4 cup(s) (5757mL)
- ☐ protein powder
22 scoop (1/3 cup ea) (682g)
- ☐ almond milk, unsweetened
1/2 cup (120mL)

Spices and Herbs

- ☐ salt
2 1/2 g (2g)
- ☐ black pepper
1/2 tbsp, ground (3g)
- ☐ fresh basil
5 tsp, chopped (4g)
- ☐ cinnamon
2 tsp (5g)
- ☐ basil, dried
2 tsp, ground (3g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
8 cup(s) (mL)

Legumes and Legume Products

- ☐ chickpeas, canned
3 can (1344g)
- ☐ peanut butter
14 tbsp (224g)

- ☐ frozen mixed veggies
1 10oz package (284g)
- ☐ ketchup
2 tbsp (34g)
- ☐ onion
1/4 medium (2-1/2" dia) (28g)
- ☐ red bell pepper
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)
- ☐ beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)
- ☐ green onions
4 tbsp, sliced (32g)
- ☐ zucchini
4 medium (784g)
- ☐ frozen broccoli
1 package (284g)

Cereal Grains and Pasta

- ☐ seitan
3 oz (85g)
- ☐ quinoa, uncooked
1 1/3 cup (227g)
- ☐ uncooked dry pasta
18 oz (513g)
- ☐ long-grain white rice
1/2 cup (93g)

Nut and Seed Products

- ☐ walnuts
1/2 cup, shelled (50g)
- ☐ roasted pumpkin seeds, unsalted
1 cup (118g)
- ☐ coconut milk, canned
6 tbsp (91mL)
- ☐ chia seeds
2 tsp (9g)
- ☐ sesame seeds
2 tsp (6g)

- ☐ kidney beans
1/2 can (224g)
- ☐ soy sauce
4 tbsp (60mL)
- ☐ firm tofu
1 package (16 oz) (453g)

Baked Products

- ☐ bread
6 slice (192g)
- ☐ bagel
4 1/2 small bagel (3" dia) (311g)
- ☐ hamburger buns
2 bun(s) (102g)

Breakfast Cereals

- ☐ breakfast cereal
4 1/2 serving (135g)
- ☐ quick oats
1 cup (80g)

Sweets

- ☐ sugar
2 tbsp (26g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Protein bar

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



For single meal:

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

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. This recipe has no instructions.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Milk

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



For single meal:

whole milk
1/2 cup (120mL)

For all 3 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.
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Cherry tomatoes

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



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 3 meals:

tomatoes
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.
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Small toasted bagel with butter

1 1/2 bagel(s) - 361 cals ● 11g protein ● 11g fat ● 53g carbs ● 2g fiber



For single meal:

butter
3/4 tbsp (11g)
bagel
1 1/2 small bagel (3" dia) (104g)

For all 3 meals:

butter
2 1/4 tbsp (32g)
bagel
4 1/2 small bagel (3" dia) (311g)

1. Toast the bagel to desired toastiness.
 2. Spread the butter.
 3. Enjoy.
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Breakfast 3 [↗](#)

Eat on 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 2 meals:

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

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.

Simple cinnamon oatmeal with milk

329 cal ● 11g protein ● 9g fat ● 46g carbs ● 5g fiber



For single meal:

sugar
1 tbsp (13g)
cinnamon
1 tsp (3g)
whole milk
3/4 cup (180mL)
quick oats
1/2 cup (40g)

For all 2 meals:

sugar
2 tbsp (26g)
cinnamon
2 tsp (5g)
whole milk
1 1/2 cup (360mL)
quick oats
1 cup (80g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
 2. Pour the milk over it and microwave for 90 seconds - 2 minutes.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



For single meal:

quinoa, uncooked

1/2 cup (85g)

water

1 cup(s) (237mL)

For all 2 meals:

quinoa, uncooked

1 cup (170g)

water

2 cup(s) (474mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

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.

Spinach parmesan pasta

548 cals ● 20g protein ● 20g fat ● 67g carbs ● 6g fiber



For single meal:

uncooked dry pasta

3 oz (86g)

butter

1 tbsp (16g)

garlic, minced

3/4 clove(s) (2g)

fresh spinach

3/8 10oz package (107g)

parmesan cheese

3 tbsp (19g)

salt

1 1/2 dash (1g)

black pepper

1/4 tbsp, ground (2g)

water

1/8 cup(s) (30mL)

For all 2 meals:

uncooked dry pasta

6 oz (171g)

butter

2 1/4 tbsp (32g)

garlic, minced

1 1/2 clove(s) (5g)

fresh spinach

3/4 10oz package (213g)

parmesan cheese

6 tbsp (38g)

salt

3 dash (2g)

black pepper

1/2 tbsp, ground (3g)

water

1/4 cup(s) (59mL)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Grilled peanut butter and banana sandwich

1 1/2 sandwich(es) - 728 cal ● 25g protein ● 29g fat ● 80g carbs ● 13g fiber



For single meal:

bread

3 slice (96g)

banana, sliced

1 1/2 medium (7" to 7-7/8" long) (177g)

peanut butter

3 tbsp (48g)

cooking spray

1 1/2 spray(s) , about 1/3 second each (0g)

For all 2 meals:

bread

6 slice (192g)

banana, sliced

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

peanut butter

6 tbsp (96g)

cooking spray

3 spray(s) , about 1/3 second each (1g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

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

1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 5

Belizean rice & beans

724 cals ● 21g protein ● 20g fat ● 103g carbs ● 12g fiber



garlic, minced

1 1/2 clove(s) (5g)

onion, chopped

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

red bell pepper, chopped

1/4 medium (approx 2-3/4" long, 2-1/2" dia.) (30g)

long-grain white rice

1/2 cup (93g)

water

3/8 cup(s) (89mL)

kidney beans, drained

1/2 can (224g)

coconut milk, canned

6 tbsp (90mL)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Edamame & beet salad

171 cals ● 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.

Lunch 4 [↗](#)

Eat on day 6, day 7

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

whole milk
2 cup (480mL)

For all 2 meals:

whole milk
4 cup (960mL)

1. This recipe has no instructions.

Sesame peanut zoodles

588 cals ● 25g protein ● 37g fat ● 26g carbs ● 12g fiber



For single meal:

chia seeds
1 tsp (5g)
lime juice
1 tbsp (15mL)
green onions
2 tbsp, sliced (16g)
sesame seeds
1 tsp (3g)
soy sauce
2 tbsp (30mL)
peanut butter
4 tbsp (64g)
coleslaw mix
1 cup (90g)
zucchini, spiralized
2 medium (392g)

For all 2 meals:

chia seeds
2 tsp (9g)
lime juice
2 tbsp (30mL)
green onions
4 tbsp, sliced (32g)
sesame seeds
2 tsp (6g)
soy sauce
4 tbsp (60mL)
peanut butter
1/2 cup (128g)
coleslaw mix
2 cup (180g)
zucchini, spiralized
4 medium (784g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Plain yogurt

1 1/3 cup(s) - 206 cals ● 17g protein ● 5g fat ● 23g carbs ● 0g fiber



For single meal:

plain lowfat yogurt
1 1/3 cup (327g)

For all 2 meals:

plain lowfat yogurt
2 2/3 cup (653g)

1. This recipe has no instructions.

Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

grapes
1 1/2 cup (138g)

For all 2 meals:

grapes
3 cup (276g)

1. This recipe has no instructions.

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Breakfast cereal with protein milk

165 cals ● 12g protein ● 3g fat ● 19g carbs ● 2g fiber



For single meal:

whole milk

1/3 cup (80mL)

breakfast cereal

2/3 serving (20g)

protein powder

1/3 scoop (1/3 cup ea) (10g)

For all 3 meals:

whole milk

1 cup (240mL)

breakfast cereal

2 serving (60g)

protein powder

1 scoop (1/3 cup ea) (31g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Boiled eggs

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



For single meal:

eggs

2 large (100g)

For all 3 meals:

eggs

6 large (300g)

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.

Orange

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



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Orange

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



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. This recipe has no instructions.

Breakfast cereal

241 cal ● 8g protein ● 6g fat ● 35g carbs ● 3g fiber



For single meal:

breakfast cereal
1 1/4 serving (38g)
whole milk
10 tbsp (150mL)

For all 2 meals:

breakfast cereal
2 1/2 serving (75g)
whole milk
1 1/4 cup (300mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.
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Dinner 1 [↗](#)

Eat on day 1

Seitan salad

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



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)

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.

Walnuts

1/2 cup(s) - 350 cals ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber

Makes 1/2 cup(s)

walnuts

1/2 cup, shelled (50g)



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

Eat on day 2, day 3

Chickpea & kale soup

546 cals ● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



For single meal:

oil

1 tsp (5mL)

garlic, minced

2 clove(s) (6g)

vegetable broth

4 cup(s) (mL)

kale leaves, chopped

2 cup, chopped (80g)

chickpeas, canned, drained

1 can (448g)

For all 2 meals:

oil

2 tsp (10mL)

garlic, minced

4 clove(s) (12g)

vegetable broth

8 cup(s) (mL)

kale leaves, chopped

4 cup, chopped (160g)

chickpeas, canned, drained

2 can (896g)

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.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1 cup (118g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

quinoa, uncooked

1/3 cup (57g)

water

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Teriyaki chickpea stir fry

738 cal ● 36g protein ● 17g fat ● 79g carbs ● 31g fiber



chickpeas, canned, drained and rinsed

1 can (448g)

teriyaki sauce

4 tbsp (60mL)

oil

1/2 tbsp (8mL)

frozen mixed veggies

1 10oz package (284g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
 2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
 3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.
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Dinner 4 [↗](#)

Eat on day 5

Veggie burger

2 burger - 550 cals ● 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.

Simple mozzarella and tomato salad

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



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)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
 2. Sprinkle the basil over the slices and drizzle with dressing.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Tofu alfredo pasta with broccoli

883 cals ● 46g protein ● 15g fat ● 132g carbs ● 11g fiber



For single meal:

uncooked dry pasta

6 oz (171g)

firm tofu

1/2 package (16 oz) (227g)

frozen broccoli

1/2 package (142g)

garlic

1 clove(s) (3g)

salt

1/4 dash (0g)

almond milk, unsweetened

4 tbsp (60mL)

basil, dried

1 tsp, ground (1g)

For all 2 meals:

uncooked dry pasta

3/4 lbs (342g)

firm tofu

1 package (16 oz) (453g)

frozen broccoli

1 package (284g)

garlic

2 clove(s) (6g)

salt

1/2 dash (0g)

almond milk, unsweetened

1/2 cup (120mL)

basil, dried

2 tsp, ground (3g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Fruit juice

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



For single meal:

fruit juice

8 fl oz (240mL)

For all 2 meals:

fruit juice

16 fl oz (480mL)

1. This recipe has no instructions.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

- water**
3 cup(s) (711mL)
- protein powder**
3 scoop (1/3 cup ea) (93g)

For all 7 meals:

- water**
21 cup(s) (4977mL)
- protein powder**
21 scoop (1/3 cup ea) (651g)

1. This recipe has no instructions.