

Meal Plan - 3500 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

3559 cals ● 234g protein (26%) ● 162g fat (41%) ● 234g carbs (26%) ● 58g fiber (6%)

Breakfast

635 cals, 36g protein, 35g net carbs, 36g fat



[High-protein granola bar](#)
1 bar(s)- 204 cals



[Basic scrambled eggs](#)
4 egg(s)- 318 cals



[Pear](#)
1 pear(s)- 113 cals

Snacks

530 cals, 28g protein, 68g net carbs, 14g fat



[Plain yogurt](#)
1 3/4 cup(s)- 271 cals



[Large granola bar](#)
1 bar(s)- 176 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

1200 cals, 63g protein, 76g net carbs, 66g fat



[Rosemary mushroom cheese sandwich](#)
2 1/2 sandwich(es)- 1019 cals



[Greek cucumber & feta salad](#)
182 cals

Dinner

810 cals, 23g protein, 52g net carbs, 44g fat



[Black bean quesadillas](#)
426 cals



[Simple kale & avocado salad](#)
384 cals

Day 2

3559 cals ● 234g protein (26%) ● 162g fat (41%) ● 234g carbs (26%) ● 58g fiber (6%)

Breakfast

635 cals, 36g protein, 35g net carbs, 36g fat



[High-protein granola bar](#)
1 bar(s)- 204 cals



[Basic scrambled eggs](#)
4 egg(s)- 318 cals



[Pear](#)
1 pear(s)- 113 cals

Snacks

530 cals, 28g protein, 68g net carbs, 14g fat



[Plain yogurt](#)
1 3/4 cup(s)- 271 cals



[Large granola bar](#)
1 bar(s)- 176 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

1200 cals, 63g protein, 76g net carbs, 66g fat



[Rosemary mushroom cheese sandwich](#)
2 1/2 sandwich(es)- 1019 cals



[Greek cucumber & feta salad](#)
182 cals

Dinner

810 cals, 23g protein, 52g net carbs, 44g fat



[Black bean quesadillas](#)
426 cals



[Simple kale & avocado salad](#)
384 cals



Day 3

3462 cals ● 226g protein (26%) ● 151g fat (39%) ● 228g carbs (26%) ● 72g fiber (8%)

Breakfast

545 cals, 30g protein, 45g net carbs, 25g fat



Breakfast cereal
241 cals



Scrambled eggs with kale, tomatoes, rosemary
304 cals

Snacks

405 cals, 26g protein, 24g net carbs, 22g fat



Boiled eggs
3 egg(s)- 208 cals



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



Milk
1/2 cup(s)- 75 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

995 cals, 43g protein, 84g net carbs, 41g fat



Chickpea & chickpea pasta
859 cals



Simple mixed greens salad
136 cals

Dinner

1135 cals, 43g protein, 71g net carbs, 62g fat



Simple kale & avocado salad
460 cals



Tofu lo-mein
677 cals

Day 4

3446 cals ● 225g protein (26%) ● 128g fat (33%) ● 283g carbs (33%) ● 66g fiber (8%)

Breakfast

545 cals, 30g protein, 45g net carbs, 25g fat



Breakfast cereal
241 cals



Scrambled eggs with kale, tomatoes, rosemary
304 cals

Snacks

405 cals, 26g protein, 24g net carbs, 22g fat



Boiled eggs
3 egg(s)- 208 cals



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



Milk
1/2 cup(s)- 75 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

995 cals, 43g protein, 84g net carbs, 41g fat



Chickpea & chickpea pasta
859 cals



Simple mixed greens salad
136 cals

Dinner

1120 cals, 42g protein, 126g net carbs, 39g fat



Walnuts
1/3 cup(s)- 219 cals



Chickpea bowl with spicy yogurt sauce
903 cals

Day 5

3315 cals ● 259g protein (31%) ● 126g fat (34%) ● 246g carbs (30%) ● 40g fiber (5%)

Breakfast

545 cals, 25g protein, 34g net carbs, 28g fat



Avocado toast
2 slice(s)- 336 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals



String cheese
2 stick(s)- 165 cals

Snacks

405 cals, 26g protein, 24g net carbs, 22g fat



Boiled eggs
3 egg(s)- 208 cals



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



Milk
1/2 cup(s)- 75 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

955 cals, 55g protein, 97g net carbs, 31g fat



Basic tempeh
8 oz- 590 cals



White rice
1 2/3 cup rice, cooked- 367 cals

Dinner

1030 cals, 67g protein, 87g net carbs, 44g fat



Crispy chik'n tenders
16 tender(s)- 914 cals



Simple kale & avocado salad
115 cals



Day 6

3284 cals ● 247g protein (30%) ● 126g fat (35%) ● 247g carbs (30%) ● 42g fiber (5%)

Breakfast

545 cals, 25g protein, 34g net carbs, 28g fat



Avocado toast
2 slice(s)- 336 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals



String cheese
2 stick(s)- 165 cals

Snacks

370 cals, 15g protein, 26g net carbs, 22g fat



Toast with butter
1 slice(s)- 114 cals



Mixed nuts
1/8 cup(s)- 109 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

955 cals, 55g protein, 97g net carbs, 31g fat



Basic tempeh
8 oz- 590 cals



White rice
1 2/3 cup rice, cooked- 367 cals

Dinner

1030 cals, 67g protein, 87g net carbs, 44g fat



Crispy chik'n tenders
16 tender(s)- 914 cals



Simple kale & avocado salad
115 cals

Day 7

3359 cals ● 247g protein (29%) ● 135g fat (36%) ● 237g carbs (28%) ● 53g fiber (6%)

Breakfast

545 cals, 25g protein, 34g net carbs, 28g fat



[Avocado toast](#)
2 slice(s)- 336 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals



[String cheese](#)
2 stick(s)- 165 cals

Snacks

370 cals, 15g protein, 26g net carbs, 22g fat



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



[Mixed nuts](#)
1/8 cup(s)- 109 cals



[Milk](#)
1 cup(s)- 149 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)
3 1/2 scoop- 382 cals

Lunch

1205 cals, 65g protein, 88g net carbs, 53g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Mixed bean salad](#)
666 cals



[Roasted almonds](#)
1/3 cup(s)- 277 cals

Dinner

855 cals, 57g protein, 85g net carbs, 30g fat



[Brown rice](#)
1 1/4 cup brown rice, cooked- 287 cals



[Garlic pepper seitan](#)
571 cals

Dairy and Egg Products

- ☐ cheese
2 3/4 cup, shredded (311g)
- ☐ eggs
23 large (1150g)
- ☐ feta cheese
6 tbsp, crumbled (56g)
- ☐ plain lowfat yogurt
3 1/2 cup (858g)
- ☐ butter
3/8 stick (41g)
- ☐ whole milk
1/3 gallon (1140mL)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ string cheese
6 stick (168g)

Fruits and Fruit Juices

- ☐ avocados
5 avocado(s) (1039g)
- ☐ lemon
3 small (184g)
- ☐ pears
2 medium (356g)
- ☐ orange
2 orange (308g)
- ☐ lemon juice
1 1/2 tbsp (23mL)

Baked Products

- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)
- ☐ bread
1 1/4 lbs (576g)
- ☐ bagel
1 1/2 small bagel (3" dia) (104g)

Soups, Sauces, and Gravies

- ☐ salsa
4 tbsp (65g)
- ☐ oriental flavored ramen
1/2 package with flavor packet (43g)

Legumes and Legume Products

- ☐ black beans
1/2 can(s) (220g)

Snacks

- ☐ high-protein granola bar
2 bar (80g)
- ☐ large granola bar
2 bar (74g)

Beverages

- ☐ water
29 cup (6912mL)
- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)

Spices and Herbs

- ☐ rosemary, dried
2 tsp (2g)
- ☐ dill weed, fresh
1 1/2 tbsp, chopped (2g)
- ☐ black pepper
3 1/2 g (3g)
- ☐ red wine vinegar
3 tbsp (45mL)
- ☐ salt
1/3 oz (10g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ dried dill weed
3 dash (0g)

Other

- ☐ mixed greens
8 1/2 cup (255g)
- ☐ nutritional yeast
1 tbsp (4g)
- ☐ chickpea pasta
6 oz (170g)
- ☐ sriracha chili sauce
2 tsp (10g)
- ☐ meatless chik'n tenders
32 pieces (816g)
- ☐ cottage cheese & fruit cup
2 container (340g)

Breakfast Cereals

- ☐ breakfast cereal
2 1/2 serving (75g)

Nut and Seed Products

- ☐ chickpeas, canned
3 can (1288g)
- ☐ soy sauce
1/2 tbsp (8mL)
- ☐ extra firm tofu
1/2 lbs (227g)
- ☐ tempeh
1 lbs (454g)
- ☐ kidney beans
3/4 can (336g)

Fats and Oils

- ☐ oil
3 oz (92mL)
- ☐ olive oil
2 1/2 oz (77mL)
- ☐ salad dressing
6 tbsp (90mL)

Vegetables and Vegetable Products

- ☐ kale leaves
1 1/2 lbs (659g)
- ☐ mushrooms
1/2 lbs (213g)
- ☐ cucumber
2 cucumber (8-1/4") (564g)
- ☐ garlic
9 1/4 clove(s) (28g)
- ☐ onion
2 2/3 medium (2-1/2" dia) (295g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (882g)
- ☐ frozen mixed veggies
1/2 lbs (227g)
- ☐ fresh parsley
4 tbsp chopped (15g)
- ☐ ketchup
1/2 cup (136g)
- ☐ green pepper
5 tsp, chopped (16g)

- ☐ walnuts
5 tbsp, shelled (31g)
- ☐ mixed nuts
4 tbsp (34g)
- ☐ almonds
5 tbsp, whole (45g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 1/2 cup (298g)
 - ☐ brown rice
6 3/4 tbsp (79g)
 - ☐ seitan
6 2/3 oz (189g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. This recipe has no instructions.

Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
oil
1 tsp (5mL)

For all 2 meals:

eggs
8 large (400g)
oil
2 tsp (10mL)

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.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Breakfast cereal

241 cals ● 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.

Scrambled eggs with kale, tomatoes, rosemary

304 cals ● 22g protein ● 18g fat ● 10g carbs ● 3g fiber



For single meal:

kale leaves

1 1/2 cup, chopped (60g)

eggs

3 large (150g)

tomatoes

3/4 cup, chopped (135g)

rosemary, dried

3 dash (0g)

balsamic vinegar

1/2 tbsp (8mL)

water

1/4 cup (68mL)

oil

1/4 tbsp (4mL)

For all 2 meals:

kale leaves

3 cup, chopped (120g)

eggs

6 large (300g)

tomatoes

1 1/2 cup, chopped (270g)

rosemary, dried

1/4 tbsp (1g)

balsamic vinegar

1 tbsp (15mL)

water

1/2 cup (135mL)

oil

1/2 tbsp (8mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 3 [🔗](#)

Eat on day 5, day 6, day 7

Avocado toast

2 slice(s) - 336 cal ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

For all 3 meals:

bread

6 slice (192g)

avocados, ripe, sliced

1 1/2 avocado(s) (302g)

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

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:
tomatoes
12 cherry tomatoes (204g)

For all 3 meals:
tomatoes
36 cherry tomatoes (612g)

- 1. Rinse tomatoes, remove any stems, and serve.

String cheese
2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:
string cheese
2 stick (56g)

For all 3 meals:
string cheese
6 stick (168g)

- 1. This recipe has no instructions.

Lunch 1 [🔗](#)
Eat on day 1, day 2

Rosemary mushroom cheese sandwich
2 1/2 sandwich(es) - 1019 cals ● 57g protein ● 53g fat ● 67g carbs ● 12g fiber



For single meal:
rosemary, dried
5 dash (1g)
mixed greens
1 1/4 cup (38g)
mushrooms
1/4 lbs (106g)
cheese
1 1/4 cup, shredded (141g)
bread
5 slice(s) (160g)

For all 2 meals:
rosemary, dried
1 1/4 tsp (2g)
mixed greens
2 1/2 cup (75g)
mushrooms
1/2 lbs (213g)
cheese
2 1/2 cup, shredded (283g)
bread
10 slice(s) (320g)

- 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.

Greek cucumber & feta salad
182 cals ● 6g protein ● 13g fat ● 9g carbs ● 1g fiber



For single meal:

cucumber
3/4 cucumber (8-1/4") (226g)
dill weed, fresh
3/4 tbsp, chopped (1g)
black pepper
3/4 dash (0g)
feta cheese
3 tbsp, crumbled (28g)
red wine vinegar
1 1/2 tbsp (23mL)
olive oil
1/2 tbsp (8mL)
salt
3/4 dash (0g)

For all 2 meals:

cucumber
1 1/2 cucumber (8-1/4") (452g)
dill weed, fresh
1 1/2 tbsp, chopped (2g)
black pepper
1 1/2 dash (0g)
feta cheese
6 tbsp, crumbled (56g)
red wine vinegar
3 tbsp (45mL)
olive oil
1 tbsp (15mL)
salt
1 1/2 dash (1g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Chickpea & chickpea pasta

859 cals ● 40g protein ● 31g fat ● 76g carbs ● 29g fiber



For single meal:

nutritional yeast
1/2 tbsp (2g)
butter
3/4 tbsp (11g)
oil
3/4 tbsp (11mL)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, drained & rinsed
3/4 can (336g)
chickpea pasta
3 oz (85g)
onion, thinly sliced
3/4 medium (2-1/2" dia) (83g)

For all 2 meals:

nutritional yeast
1 tbsp (4g)
butter
1 1/2 tbsp (21g)
oil
1 1/2 tbsp (23mL)
garlic, minced
6 clove(s) (18g)
chickpeas, canned, drained & rinsed
1 1/2 can (672g)
chickpea pasta
6 oz (170g)
onion, thinly sliced
1 1/2 medium (2-1/2" dia) (165g)

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.

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

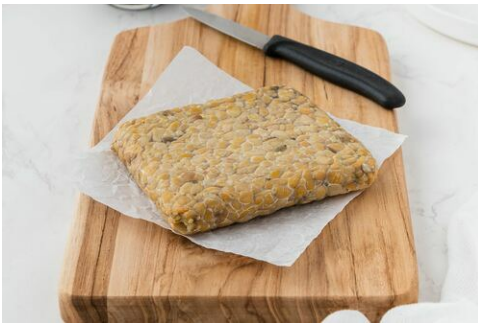
1. Mix greens and dressing in a small bowl. Serve.

Lunch 3 [↗](#)

Eat on day 5, day 6

Basic tempeh

8 oz - 590 cal ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

oil
4 tsp (20mL)
tempeh
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
tempeh
1 lbs (454g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

White rice

1 2/3 cup rice, cooked - 367 cal ● 7g protein ● 1g fat ● 81g carbs ● 2g fiber



For single meal:

long-grain white rice

1/2 cup (103g)

water

1 cup(s) (263mL)

salt

1/2 tsp (3g)

black pepper

3 1/3 dash, ground (1g)

For all 2 meals:

long-grain white rice

1 cup (206g)

water

2 1/4 cup(s) (527mL)

salt

1 tsp (7g)

black pepper

1/4 tbsp, ground (2g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. 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.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Lunch 4 [🔗](#)

Eat on day 7

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

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

Mixed bean salad

666 cals ● 28g protein ● 26g fat ● 58g carbs ● 23g fiber



garlic, minced

1 clove(s) (3g)

dried dill weed

3 dash (0g)

lemon juice

1 1/2 tbsp (23mL)

olive oil

1 1/2 tbsp (23mL)

cucumber, chopped

3/8 cucumber (8-1/4") (113g)

onion, diced

3/8 small (26g)

chickpeas, canned, rinsed & drained

3/8 can (168g)

kidney beans, rinsed & drained

3/4 can (336g)

1. Make dressing by mixing the olive oil, lemon juice, garlic, and some salt & pepper together in a small bowl. Set aside.
2. In a large bowl, combine the chickpeas, kidney beans, onion, cucumber, and dill.
3. Pour dressing over the bean mixture and toss to coat. Serve.

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

almonds

5 tbsp, whole (45g)

1. This recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2

Plain yogurt

1 3/4 cup(s) - 271 cals ● 23g protein ● 7g fat ● 30g carbs ● 0g fiber



For single meal:

plain lowfat yogurt

1 3/4 cup (429g)

For all 2 meals:

plain lowfat yogurt

3 1/2 cup (858g)

1. This recipe has no instructions.

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar

1 bar (37g)

For all 2 meals:

large granola bar

2 bar (74g)

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.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 3 meals:

eggs
9 large (450g)

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.

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 3 meals:

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

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

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.

Snacks 3 [↗](#)

Eat on day 6, day 7

Toast with butter

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



For single meal:

butter

1 tsp (5g)

bread

1 slice (32g)

For all 2 meals:

butter

2 tsp (9g)

bread

2 slice (64g)

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

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts

2 tbsp (17g)

For all 2 meals:

mixed nuts

4 tbsp (34g)

1. This recipe has no instructions.

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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Black bean quesadillas

426 cals ● 15g protein ● 19g fat ● 36g carbs ● 13g fiber



For single meal:

cheese
2 tbsp, shredded (14g)
avocados, ripe
1/4 avocado(s) (50g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
salsa, divided
2 tbsp (32g)
black beans, drained and rinsed
1/4 can(s) (110g)
oil
1/2 tsp (3mL)

For all 2 meals:

cheese
4 tbsp, shredded (28g)
avocados, ripe
1/2 avocado(s) (101g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
salsa, divided
4 tbsp (65g)
black beans, drained and rinsed
1/2 can(s) (220g)
oil
1 tsp (5mL)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

Simple kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



For single meal:

kale leaves, chopped
5/6 bunch (142g)
lemon, juiced
5/6 small (48g)
avocados, chopped
5/6 avocado(s) (168g)

For all 2 meals:

kale leaves, chopped
1 2/3 bunch (284g)
lemon, juiced
1 2/3 small (97g)
avocados, chopped
1 2/3 avocado(s) (335g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 2 [↗](#)

Eat on day 3

Simple kale & avocado salad

460 cals ● 9g protein ● 31g fat ● 19g carbs ● 18g fiber



kale leaves, chopped
1 bunch (170g)
lemon, juiced
1 small (58g)
avocados, chopped
1 avocado(s) (201g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Tofu lo-mein

677 cals ● 33g protein ● 32g fat ● 52g carbs ● 12g fiber

**frozen mixed veggies**

1/2 lbs (227g)

olive oil

1 tbsp (15mL)

water

3/4 cup(s) (178mL)

soy sauce

1/2 tbsp (8mL)

oriental flavored ramen

1/2 package with flavor packet (43g)

extra firm tofu

1/2 lbs (227g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

Dinner 3 [🔗](#)

Eat on day 4

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber

Makes 1/3 cup(s)

walnuts

5 tbsp, shelled (31g)



1. This recipe has no instructions.

Chickpea bowl with spicy yogurt sauce

903 cals ● 37g protein ● 19g fat ● 124g carbs ● 23g fiber



onion, diced
1 small (70g)
sriracha chili sauce
2 tsp (10g)
nonfat greek yogurt, plain
4 tbsp (70g)
chickpeas, canned, rinsed & drained
1 can (448g)
long-grain white rice
1/2 cup (93g)
fresh parsley, chopped
4 tbsp chopped (15g)
oil
2 tsp (10mL)

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.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Crispy chik'n tenders

16 tender(s) - 914 cals ● 65g protein ● 36g fat ● 82g carbs ● 0g fiber



For single meal:

ketchup
4 tbsp (68g)
meatless chik'n tenders
16 pieces (408g)

For all 2 meals:

ketchup
1/2 cup (136g)
meatless chik'n tenders
32 pieces (816g)

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

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped
1/4 bunch (43g)
lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 5 [🔗](#)

Eat on day 7

Brown rice

1 1/4 cup brown rice, cooked - 287 cals ● 6g protein ● 2g fat ● 58g carbs ● 3g fiber



Makes 1 1/4 cup brown rice, cooked

brown rice
6 2/3 tbsp (79g)
salt
1/3 tsp (2g)
water
5/6 cup(s) (198mL)
black pepper
1/3 tsp, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Garlic pepper seitan

571 cals ● 51g protein ● 28g fat ● 27g carbs ● 2g fiber



olive oil
5 tsp (25mL)
onion
1/4 cup, chopped (33g)
garlic, minced
2 clove(s) (6g)
green pepper
5 tsp, chopped (16g)
seitan, chicken style
6 2/3 oz (189g)
black pepper
1/4 tsp, ground (0g)
water
2 1/2 tsp (13mL)
salt
1 dash (1g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:
water
3 1/2 cup(s) (830mL)
protein powder
3 1/2 scoop (1/3 cup ea) (109g)

For all 7 meals:
water
24 1/2 cup(s) (5807mL)
protein powder
24 1/2 scoop (1/3 cup ea) (760g)

1. This recipe has no instructions.