

# Meal Plan - vegetarian meal plan with over 120g protein

[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

1467 cals ● 128g protein (35%) ● 56g fat (34%) ● 89g carbs (24%) ● 24g fiber (6%)

### Breakfast

215 cals, 9g protein, 24g net carbs, 4g fat



**Scrambled egg whites**

61 cals



**Grapes**

58 cals



**Carrot sticks**

3 1/2 carrot(s)- 95 cals

### Snacks

185 cals, 10g protein, 12g net carbs, 10g fat



**Toast with butter**

1 slice(s)- 114 cals



**Boiled eggs**

1 egg(s)- 69 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

585 cals, 41g protein, 33g net carbs, 31g fat



**Milk**

1 1/2 cup(s)- 224 cals



**Vegan bangers and cauliflower mash**

1 sausage link(s)- 361 cals

### Dinner

215 cals, 7g protein, 18g net carbs, 10g fat



**Lemony chickpea & zucchini bowl**

214 cals

## Day 2

1459 cal ● 124g protein (34%) ● 62g fat (38%) ● 69g carbs (19%) ● 31g fiber (8%)

### Breakfast

215 cal, 9g protein, 24g net carbs, 4g fat



**Scrambled egg whites**  
61 cal



**Grapes**  
58 cal



**Carrot sticks**  
3 1/2 carrot(s)- 95 cal

### Snacks

185 cal, 10g protein, 12g net carbs, 10g fat



**Toast with butter**  
1 slice(s)- 114 cal



**Boiled eggs**  
1 egg(s)- 69 cal

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

### Lunch

370 cal, 15g protein, 15g net carbs, 26g fat



**Sunflower seeds**  
90 cal



**Pesto grilled cheese sandwich**  
1/2 sandwich(es)- 279 cal

### Dinner

420 cal, 29g protein, 16g net carbs, 21g fat



**Crack slaw with tempeh**  
422 cal

## Day 3

1398 cal ● 136g protein (39%) ● 52g fat (33%) ● 67g carbs (19%) ● 30g fiber (9%)

### Breakfast

210 cal, 9g protein, 7g net carbs, 15g fat



**Carrot sticks**  
1 carrot(s)- 27 cal



**Pumpkin seeds**  
183 cal

### Snacks

200 cal, 8g protein, 9g net carbs, 14g fat



**String cheese**  
1 stick(s)- 83 cal



**Dark chocolate**  
2 square(s)- 120 cal

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

### Lunch

330 cal, 19g protein, 40g net carbs, 6g fat



**Grapefruit**  
1/2 grapefruit- 59 cal



**Easy chickpea salad**  
117 cal



**Lowfat Greek yogurt**  
1 container(s)- 155 cal

### Dinner

380 cal, 38g protein, 9g net carbs, 16g fat



**Cooked peppers**  
3/4 bell pepper(s)- 90 cal



**Vegan crumbles**  
2 cup(s)- 292 cal

## Day 4

1398 cal ● 136g protein (39%) ● 52g fat (33%) ● 67g carbs (19%) ● 30g fiber (9%)

### Breakfast

210 cal, 9g protein, 7g net carbs, 15g fat



**Carrot sticks**  
1 carrot(s)- 27 cal



**Pumpkin seeds**  
183 cal

### Snacks

200 cal, 8g protein, 9g net carbs, 14g fat



**String cheese**  
1 stick(s)- 83 cal



**Dark chocolate**  
2 square(s)- 120 cal

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

### Lunch

330 cal, 19g protein, 40g net carbs, 6g fat



**Grapefruit**  
1/2 grapefruit- 59 cal



**Easy chickpea salad**  
117 cal



**Lowfat Greek yogurt**  
1 container(s)- 155 cal

### Dinner

380 cal, 38g protein, 9g net carbs, 16g fat



**Cooked peppers**  
3/4 bell pepper(s)- 90 cal



**Vegan crumbles**  
2 cup(s)- 292 cal

## Day 5

1485 cal ● 131g protein (35%) ● 48g fat (29%) ● 113g carbs (31%) ● 20g fiber (5%)

### Breakfast

225 cal, 16g protein, 31g net carbs, 3g fat



**Applesauce**  
57 cal



**Coffee overnight protein oats**  
169 cal

### Snacks

125 cal, 7g protein, 17g net carbs, 2g fat



**Plain yogurt**  
1/2 cup(s)- 77 cal



**Kiwi**  
1 kiwi- 47 cal

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

### Lunch

490 cal, 22g protein, 56g net carbs, 17g fat



**Milk**  
1 cup(s)- 149 cal



**Chik'n nuggets**  
4 nuggets- 221 cal



**Grapefruit**  
1 grapefruit- 119 cal

### Dinner

375 cal, 25g protein, 9g net carbs, 24g fat



**Broccoli caesar salad with hard boiled eggs**  
260 cal



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

## Day 6

1422 cal ● 126g protein (35%) ● 28g fat (18%) ● 129g carbs (36%) ● 36g fiber (10%)

### Breakfast

225 cal, 16g protein, 31g net carbs, 3g fat



**Applesauce**  
57 cal



**Coffee overnight protein oats**  
169 cal

### Snacks

125 cal, 7g protein, 17g net carbs, 2g fat



**Plain yogurt**  
1/2 cup(s)- 77 cal



**Kiwi**  
1 kiwi- 47 cal

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

### Lunch

360 cal, 21g protein, 32g net carbs, 11g fat



**Roasted carrots**  
2 carrots(s)- 106 cal



**Veggie burger patty**  
2 patty- 254 cal

### Dinner

440 cal, 21g protein, 48g net carbs, 11g fat



**Grapefruit**  
1 grapefruit- 119 cal



**Curried chickpea salad**  
322 cal

## Day 7

1422 cal ● 126g protein (35%) ● 28g fat (18%) ● 129g carbs (36%) ● 36g fiber (10%)

### Breakfast

225 cal, 16g protein, 31g net carbs, 3g fat



**Applesauce**  
57 cal



**Coffee overnight protein oats**  
169 cal

### Snacks

125 cal, 7g protein, 17g net carbs, 2g fat



**Plain yogurt**  
1/2 cup(s)- 77 cal



**Kiwi**  
1 kiwi- 47 cal

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cal

### Lunch

360 cal, 21g protein, 32g net carbs, 11g fat



**Roasted carrots**  
2 carrots(s)- 106 cal



**Veggie burger patty**  
2 patty- 254 cal

### Dinner

440 cal, 21g protein, 48g net carbs, 11g fat



**Grapefruit**  
1 grapefruit- 119 cal



**Curried chickpea salad**  
322 cal

## Other

- italian seasoning  
1 dash (0g)
- vegan sausage  
1 sausage (100g)
- frozen cauliflower  
3/4 cup (85g)
- coleslaw mix  
2 cup (180g)
- vegan chik'n nuggets  
4 nuggets (86g)
- veggie burger patty  
4 patty (284g)
- mixed greens  
2 oz (57g)

## Fats and Oils

- oil  
2 oz (56mL)

## Vegetables and Vegetable Products

- garlic  
1 1/2 clove(s) (5g)
- zucchini  
1/4 large (81g)
- fresh parsley  
4 sprigs (4g)
- onion  
1 medium (2-1/2" dia) (108g)
- carrots  
13 3/4 medium (837g)
- tomatoes  
3/4 medium whole (2-3/5" dia) (90g)
- bell pepper  
1 1/2 large (246g)
- broccoli  
1/2 cup chopped (46g)
- romaine lettuce  
2 cup shredded (94g)
- ketchup  
1 tbsp (17g)
- raw celery  
2 stalk, small (5" long) (34g)

## Legumes and Legume Products

- chickpeas, canned  
1 3/4 can (784g)

## Dairy and Egg Products

- egg whites  
1/2 cup (122g)
- whole milk  
3 cup (691mL)
- butter  
1/8 stick (16g)
- eggs  
4 large (200g)
- cheese  
1 slice (1 oz each) (28g)
- lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)
- string cheese  
2 stick (56g)
- parmesan cheese  
1 tbsp (5g)
- nonfat greek yogurt, plain  
5 tbsp (88g)
- plain lowfat yogurt  
1 1/2 cup (368g)

## Beverages

- water  
17 1/2 cup(s) (4148mL)
- protein powder  
19 scoop (1/3 cup ea) (589g)
- coffee, brewed  
1/4 cup (67g)

## Baked Products

- bread  
3 slice (96g)

## Soups, Sauces, and Gravies

- hot sauce  
1 tsp (5mL)
- pesto sauce  
1/2 tbsp (8g)
- apple cider vinegar  
1/2 tbsp (0mL)

## Nut and Seed Products

- sunflower kernels  
1 3/4 oz (50g)
- roasted pumpkin seeds, unsalted  
2 1/3 oz (66g)

- tempeh  
4 oz (113g)
- vegetarian burger crumbles  
4 cup (400g)
- roasted peanuts  
2 tbsp (18g)

### Spices and Herbs

- basil  
1 dash, leaves (0g)
- balsamic vinegar  
1/2 tbsp (8mL)
- dijon mustard  
1 tsp (5g)
- curry powder  
1 tsp (2g)

### Fruits and Fruit Juices

- lemon juice  
1/4 cup (53mL)
  - grapes  
2 cup (184g)
  - Grapefruit  
4 large (approx 4-1/2" dia) (1328g)
  - applesauce  
3 to-go container (~4 oz) (366g)
  - kiwi  
3 fruit (207g)
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### Sweets

- Chocolate, dark, 70-85%  
4 square(s) (40g)
- maple syrup  
1 tbsp (15mL)

### Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats  
3/4 cup (61g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Scrambled egg whites

61 cal ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**egg whites**  
4 tbsp (61g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**egg whites**  
1/2 cup (122g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

### Grapes

58 cal ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

**grapes**  
1 cup (92g)

For all 2 meals:

**grapes**  
2 cup (184g)

1. This recipe has no instructions.

### 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 2 meals:  
**carrots**  
7 medium (427g)

1. Cut carrots into strips and serve.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Carrot sticks

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



For single meal:  
**carrots**  
1 medium (61g)

For all 2 meals:  
**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

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### Pumpkin seeds

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



For single meal:  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. This recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Applesauce

57 cal ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**  
1 to-go container (~4 oz) (122g)

For all 3 meals:

**applesauce**  
3 to-go container (~4 oz) (366g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

### Coffee overnight protein oats

169 cal ● 16g protein ● 3g fat ● 18g carbs ● 3g fiber



For single meal:

**whole milk**  
2 tbsp (30mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)  
**oatmeal, old-fashioned oats, rolled oats**  
4 tbsp (20g)  
**coffee, brewed**  
1 1/2 tbsp (22g)  
**maple syrup**  
1 tsp (5mL)

For all 3 meals:

**whole milk**  
6 tbsp (90mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)  
**oatmeal, old-fashioned oats, rolled oats**  
3/4 cup (61g)  
**coffee, brewed**  
1/4 cup (67g)  
**maple syrup**  
1 tbsp (15mL)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight.
3. Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Makes 1 1/2 cup(s)

**whole milk**  
1 1/2 cup (360mL)

1. This recipe has no instructions.

## Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cal ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



Makes 1 sausage link(s)

### onion, thinly sliced

1/2 small (35g)

### vegan sausage

1 sausage (100g)

### oil

1/2 tbsp (8mL)

### frozen cauliflower

3/4 cup (85g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

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## Lunch 2 [↗](#)

Eat on day 2

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### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



### sunflower kernels

1/2 oz (14g)

1. This recipe has no instructions.

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## Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cal ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

**bread**

1 slice (32g)

**butter, softened**

1/2 tbsp (7g)

**pesto sauce**

1/2 tbsp (8g)

**cheese**

1 slice (1 oz each) (28g)

**tomatoes**

1 slice(s), thin/small (15g)

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

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## Lunch 3 [🔗](#)

Eat on day 3, day 4

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### Grapefruit

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



For single meal:

**Grapefruit**

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

For all 2 meals:

**Grapefruit**

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

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

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### Easy chickpea salad

117 cal ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



For single meal:

- fresh parsley, chopped**  
3/4 sprigs (1g)
- apple cider vinegar**  
1/4 tbsp (0mL)
- balsamic vinegar**  
1/4 tbsp (4mL)
- tomatoes, halved**  
4 tbsp cherry tomatoes (37g)
- onion, thinly sliced**  
1/8 small (9g)
- chickpeas, canned, drained and rinsed**  
1/4 can (112g)

For all 2 meals:

- fresh parsley, chopped**  
1 1/2 sprigs (2g)
- apple cider vinegar**  
1/2 tbsp (0mL)
- balsamic vinegar**  
1/2 tbsp (8mL)
- tomatoes, halved**  
1/2 cup cherry tomatoes (75g)
- onion, thinly sliced**  
1/4 small (18g)
- chickpeas, canned, drained and rinsed**  
1/2 can (224g)

1. Add all ingredients to a bowl and toss. Serve!

### Lowfat Greek yogurt

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



For single meal:

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

For all 2 meals:

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

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5

### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber

Makes 1 cup(s)

- whole milk**  
1 cup (240mL)



1. This recipe has no instructions.

### Chik'n nuggets

4 nuggets - 221 cal ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



Makes 4 nuggets

**vegan chik'n nuggets**

4 nuggets (86g)

**ketchup**

1 tbsp (17g)

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

**Grapefruit**

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

**Grapefruit**

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

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

**Lunch 5** [🔗](#)

Eat on day 6, day 7

**Roasted carrots**

2 carrots - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

**oil**  
 1 tsp (5mL)  
**carrots, sliced**  
 2 large (144g)

For all 2 meals:

**oil**  
 2 tsp (10mL)  
**carrots, sliced**  
 4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

**Veggie burger patty**

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber





For single meal:  
**veggie burger patty**  
2 patty (142g)

For all 2 meals:  
**veggie burger patty**  
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Toast with butter

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



For single meal:

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

For all 2 meals:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

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

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### Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### String cheese

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



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. This recipe has no instructions.

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### Dark chocolate

2 square(s) - 120 cal ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

**Chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 2 meals:

**Chocolate, dark, 70-85%**  
4 square(s) (40g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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### Plain yogurt

1/2 cup(s) - 77 cal ● 6g protein ● 2g fat ● 9g carbs ● 0g fiber



For single meal:

**plain lowfat yogurt**  
1/2 cup (123g)

For all 3 meals:

**plain lowfat yogurt**  
1 1/2 cup (368g)

1. This recipe has no instructions.

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## Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 3 meals:

**kiwi**  
3 fruit (207g)

1. Slice the kiwi and serve.

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## Dinner 1 [↗](#)

Eat on day 1

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### Lemony chickpea & zucchini bowl

214 cals ● 7g protein ● 10g fat ● 18g carbs ● 7g fiber



**italian seasoning**

1 dash (0g)

**oil**

1/2 tbsp (8mL)

**garlic, minced**

1/2 clove(s) (2g)

**chickpeas, canned, rinsed and drained**

1/4 can (112g)

**zucchini, sliced into rounds**

1/4 large (81g)

**basil**

1 dash, leaves (0g)

**fresh parsley, chopped**

2 1/2 sprigs (3g)

**lemon juice**

1 tbsp (15mL)

**onion, thinly sliced**

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

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

## Dinner 2 [↗](#)

Eat on day 2

### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



**tempeh, cubed**  
4 oz (113g)  
**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Dinner 3 [↗](#)

Eat on day 3, day 4

### Cooked peppers

3/4 bell pepper(s) - 90 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**bell pepper, seeded & cut into strips**  
3/4 large (123g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**bell pepper, seeded & cut into strips**  
1 1/2 large (246g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

## Vegan crumbles

2 cup(s) - 292 cal ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

## Dinner 4 [↗](#)

Eat on day 5

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### Broccoli caesar salad with hard boiled eggs

260 cal ● 21g protein ● 15g fat ● 6g carbs ● 4g fiber



**lemon juice**

1/2 tbsp (8mL)

**roasted pumpkin seeds, unsalted**

1 tbsp (7g)

**parmesan cheese**

1 tbsp (5g)

**dijon mustard**

1 tsp (5g)

**nonfat greek yogurt, plain**

1 tbsp (18g)

**broccoli**

1/2 cup chopped (46g)

**eggs**

2 large (100g)

**romaine lettuce**

2 cup shredded (94g)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

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### Roasted peanuts

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



Makes 1/8 cup(s)

**roasted peanuts**  
2 tbsp (18g)

1. This recipe has no instructions.

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## Dinner 5 [↗](#)

Eat on day 6, day 7

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### Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

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

For all 2 meals:

**Grapefruit**  
2 large (approx 4-1/2" dia) (664g)

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

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### Curried chickpea salad

322 cal ● 19g protein ● 11g fat ● 25g carbs ● 12g fiber



For single meal:

**mixed greens**  
1 oz (28g)  
**sunflower kernels**  
1 tbsp (12g)  
**raw celery, sliced**  
1 stalk, small (5" long) (17g)  
**curry powder**  
4 dash (1g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**lemon juice, divided**  
1 tbsp (15mL)  
**chickpeas, canned, drained & rinsed**  
1/2 can (224g)

For all 2 meals:

**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.

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## Protein Supplement(s) [↗](#)

Eat every day

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### 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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