

# Meal Plan - vegetarian meal plan with over 150g 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

1801 cals ● 166g protein (37%) ● 70g fat (35%) ● 107g carbs (24%) ● 19g fiber (4%)

### Breakfast

215 cals, 7g protein, 29g net carbs, 7g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Medium toasted bagel with butter](#)

1/2 bagel(s)- 196 cals

### Snacks

210 cals, 14g protein, 14g net carbs, 10g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[String cheese](#)

1 stick(s)- 83 cals



[Boiled eggs](#)

1 egg(s)- 69 cals

### Protein Supplement(s)

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



[Protein shake](#)

3 1/2 scoop- 382 cals

### Lunch

510 cals, 29g protein, 25g net carbs, 29g fat



[Lentils](#)

87 cals



[Sugar snap peas](#)

82 cals



[Basic tofu](#)

8 oz- 342 cals

### Dinner

480 cals, 32g protein, 36g net carbs, 22g fat



[Garlic pepper seitan](#)

228 cals



[Simple mozzarella and tomato salad](#)

121 cals



[Naan bread](#)

1/2 piece(s)- 131 cals

## Day 2

1820 cals ● 159g protein (35%) ● 66g fat (33%) ● 115g carbs (25%) ● 34g fiber (7%)

### Breakfast

215 cals, 7g protein, 29g net carbs, 7g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Medium toasted bagel with butter**

1/2 bagel(s)- 196 cals

### Snacks

210 cals, 14g protein, 14g net carbs, 10g fat



**Grapefruit**

1/2 grapefruit- 59 cals



**String cheese**

1 stick(s)- 83 cals



**Boiled eggs**

1 egg(s)- 69 cals

### Protein Supplement(s)

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



**Protein shake**

3 1/2 scoop- 382 cals

### Lunch

510 cals, 29g protein, 25g net carbs, 29g fat



**Lentils**

87 cals



**Sugar snap peas**

82 cals



**Basic tofu**

8 oz- 342 cals

### Dinner

500 cals, 24g protein, 43g net carbs, 18g fat



**Sunflower seeds**

90 cals



**Chickpea & kale soup**

409 cals

## Day 3

1848 cals ● 162g protein (35%) ● 61g fat (30%) ● 131g carbs (28%) ● 32g fiber (7%)

### Breakfast

300 cals, 19g protein, 11g net carbs, 20g fat



**Kale & eggs**

189 cals



**Milk**

3/4 cup(s)- 112 cals

### Snacks

180 cals, 17g protein, 15g net carbs, 3g fat



**Blackberries**

2/3 cup(s)- 46 cals



**Yogurt and cucumber**

132 cals

### Protein Supplement(s)

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



**Protein shake**

3 1/2 scoop- 382 cals

### Lunch

490 cals, 18g protein, 59g net carbs, 18g fat



**Spinach parmesan pasta**

488 cals

### Dinner

500 cals, 24g protein, 43g net carbs, 18g fat



**Sunflower seeds**

90 cals



**Chickpea & kale soup**

409 cals

## Day 4

1826 cals ● 167g protein (37%) ● 64g fat (32%) ● 122g carbs (27%) ● 23g fiber (5%)

### Breakfast

300 cals, 19g protein, 11g net carbs, 20g fat



Kale & eggs

189 cals



Milk

3/4 cup(s)- 112 cals

### Snacks

180 cals, 17g protein, 15g net carbs, 3g fat



Blackberries

2/3 cup(s)- 46 cals



Yogurt and cucumber

132 cals

### Lunch

490 cals, 18g protein, 59g net carbs, 18g fat



Spinach parmesan pasta

488 cals

### Dinner

475 cals, 29g protein, 34g net carbs, 21g fat



Lentils

174 cals



Roasted broccoli with nutritional yeast

1 cup(s)- 108 cals



Cajun tofu

196 cals

### Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

## Day 5

1829 cals ● 171g protein (37%) ● 62g fat (31%) ● 119g carbs (26%) ● 27g fiber (6%)

### Breakfast

275 cals, 9g protein, 28g net carbs, 10g fat



Raspberries

2/3 cup(s)- 48 cals



Toast with butter

2 slice(s)- 227 cals

### Snacks

170 cals, 4g protein, 26g net carbs, 4g fat



Small toasted bagel with butter

1/2 bagel(s)- 120 cals



Blueberries

1/2 cup(s)- 47 cals

### Lunch

470 cals, 44g protein, 44g net carbs, 11g fat



Teriyaki seitan wings

4 oz seitan- 297 cals



Lentils

174 cals

### Dinner

535 cals, 29g protein, 17g net carbs, 36g fat



Simple Greek cucumber salad

141 cals



Low carb asian tofu bowl

393 cals

### Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

## Day 6

1829 cals ● 171g protein (37%) ● 62g fat (31%) ● 119g carbs (26%) ● 27g fiber (6%)

### Breakfast

275 cals, 9g protein, 28g net carbs, 10g fat



**Raspberries**  
2/3 cup(s)- 48 cals



**Toast with butter**  
2 slice(s)- 227 cals

### Snacks

170 cals, 4g protein, 26g net carbs, 4g fat



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



**Blueberries**  
1/2 cup(s)- 47 cals

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

470 cals, 44g protein, 44g net carbs, 11g fat



**Teriyaki seitan wings**  
4 oz seitan- 297 cals



**Lentils**  
174 cals

### Dinner

535 cals, 29g protein, 17g net carbs, 36g fat



**Simple Greek cucumber salad**  
141 cals



**Low carb asian tofu bowl**  
393 cals

## Day 7

1760 cals ● 151g protein (34%) ● 55g fat (28%) ● 135g carbs (31%) ● 31g fiber (7%)

### Breakfast

275 cals, 9g protein, 28g net carbs, 10g fat



**Raspberries**  
2/3 cup(s)- 48 cals



**Toast with butter**  
2 slice(s)- 227 cals

### Snacks

170 cals, 4g protein, 26g net carbs, 4g fat



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



**Blueberries**  
1/2 cup(s)- 47 cals

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

455 cals, 34g protein, 39g net carbs, 14g fat



**Lima beans**  
77 cals



**Baked sweet potatoes**  
1/2 sweet potato(s)- 108 cals



**Vegan sausage**  
1 sausage(s)- 268 cals

### Dinner

480 cals, 19g protein, 39g net carbs, 25g fat



**Simple Greek cucumber salad**  
141 cals



**Avocado & greens quesadilla**  
1/2 quesadilla(s)- 342 cals

## Fats and Oils

- ☐ olive oil  
1 oz (32mL)
- ☐ balsamic vinaigrette  
1/2 tbsp (7mL)
- ☐ oil  
1/4 lbs (132mL)

## Vegetables and Vegetable Products

- ☐ onion  
4 tsp, chopped (13g)
- ☐ garlic  
7 clove(s) (22g)
- ☐ green pepper  
2 tsp, chopped (6g)
- ☐ tomatoes  
2 1/4 medium whole (2-3/5" dia) (272g)
- ☐ frozen sugar snap peas  
2 2/3 cup (384g)
- ☐ kale leaves  
4 cup, chopped (160g)
- ☐ fresh spinach  
3/4 10oz package (204g)
- ☐ cucumber  
2 1/2 cucumber (8-1/4") (753g)
- ☐ broccoli  
2 cup chopped (182g)
- ☐ red onion  
3/8 medium (2-1/2" dia) (41g)
- ☐ fresh ginger  
2 tsp (4g)
- ☐ lima beans, frozen  
1/4 package (10 oz) (71g)
- ☐ sweet potatoes  
1/2 sweetpotato, 5" long (105g)

## Cereal Grains and Pasta

- ☐ seitan  
2/3 lbs (302g)
- ☐ uncooked dry pasta  
1/3 lbs (152g)

## Spices and Herbs

- ☐ black pepper  
1/2 tbsp, ground (3g)
- ☐ salt  
5 1/2 g (5g)

## Baked Products

- ☐ naan bread  
1/2 piece (45g)
- ☐ bagel  
2 medium bagel (3-1/2" to 4" dia) (209g)
- ☐ bread  
6 slice (192g)
- ☐ flour tortillas  
1/2 tortilla (approx 12" dia) (59g)

## Legumes and Legume Products

- ☐ lentils, raw  
1 cup (192g)
- ☐ firm tofu  
2 lbs (914g)
- ☐ chickpeas, canned  
1 1/2 can (672g)
- ☐ soy sauce  
4 tbsp (60mL)

## Fruits and Fruit Juices

- ☐ Grapefruit  
1 large (approx 4-1/2" dia) (332g)
- ☐ blackberries  
1 1/3 cup (192g)
- ☐ raspberries  
2 cup (246g)
- ☐ lemon juice  
3/4 tbsp (11mL)
- ☐ blueberries  
1 1/2 cup (222g)
- ☐ avocados  
1/4 avocado(s) (50g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 oz (28g)
- ☐ sesame seeds  
2 tsp (6g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
6 cup(s) (mL)
- ☐ salsa  
1 tbsp (18g)

## Other

- ☐ fresh basil  
1/2 tbsp, chopped (1g)
- ☐ cajun seasoning  
5 dash (1g)
- ☐ red wine vinegar  
1/2 tbsp (8mL)
- ☐ dried dill weed  
1/2 tbsp (2g)
- ☐ oregano, dried  
1/4 dash, ground (0g)

- ☐ nutritional yeast  
1/2 tbsp (2g)
- ☐ frozen riced cauliflower  
1 1/2 cup, prepared (255g)
- ☐ teriyaki sauce  
4 tbsp (60mL)
- ☐ vegan sausage  
1 sausage (100g)

## Beverages

- ☐ water  
1 3/4 gallon (6874mL)
- ☐ protein powder  
24 1/2 scoop (1/3 cup ea) (760g)

## Dairy and Egg Products

- ☐ fresh mozzarella cheese  
1 oz (28g)
  - ☐ butter  
3/4 stick (80g)
  - ☐ string cheese  
2 stick (56g)
  - ☐ eggs  
6 large (300g)
  - ☐ parmesan cheese  
1/3 cup (33g)
  - ☐ whole milk  
1 1/2 cup (360mL)
  - ☐ lowfat greek yogurt  
1 cup (280g)
  - ☐ nonfat greek yogurt, plain  
3/4 cup (210g)
  - ☐ cheddar cheese  
2 tbsp, shredded (14g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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 2 meals:

#### tomatoes

12 cherry tomatoes (204g)

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

### Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

#### bagel

1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

#### butter

1/2 tbsp (7g)

For all 2 meals:

#### bagel

1 medium bagel (3-1/2" to 4" dia)  
(105g)

#### butter

1 tbsp (14g)

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



## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**salt**

1 dash (0g)

**eggs**

2 large (100g)

**kale leaves**

1/2 cup, chopped (20g)

**oil**

1 tsp (5mL)

For all 2 meals:

**salt**

2 dash (1g)

**eggs**

4 large (200g)

**kale leaves**

1 cup, chopped (40g)

**oil**

2 tsp (10mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**

3/4 cup (180mL)

For all 2 meals:

**whole milk**

1 1/2 cup (360mL)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

#### **raspberries**

2/3 cup (82g)

For all 3 meals:

#### **raspberries**

2 cup (246g)

1. Rinse raspberries and serve.
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### Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

#### **bread**

2 slice (64g)

#### **butter**

2 tsp (9g)

For all 3 meals:

#### **bread**

6 slice (192g)

#### **butter**

2 tbsp (27g)

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

## Lunch 1 [↗](#)

Eat on day 1, day 2

### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

**salt**  
1/4 dash (0g)  
**water**  
1/2 cup(s) (119mL)  
**lentils, raw, rinsed**  
2 tbsp (24g)

For all 2 meals:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

**firm tofu**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

For all 2 meals:

**firm tofu**  
1 lbs (454g)  
**oil**  
2 2/3 tbsp (40mL)

1. Slice tofu 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.

## Lunch 2 [↗](#)

Eat on day 3, day 4

### Spinach parmesan pasta

488 cals ● 18g protein ● 18g fat ● 59g carbs ● 5g fiber



For single meal:

#### uncooked dry pasta

2 2/3 oz (76g)

#### butter

1 tbsp (14g)

#### garlic, minced

2/3 clove(s) (2g)

#### fresh spinach

1/3 10oz package (95g)

#### parmesan cheese

2 2/3 tbsp (17g)

#### salt

1 1/3 dash (1g)

#### black pepper

1/4 tbsp, ground (2g)

#### water

1/8 cup(s) (26mL)

For all 2 meals:

#### uncooked dry pasta

1/3 lbs (152g)

#### butter

2 tbsp (28g)

#### garlic, minced

1 1/3 clove(s) (4g)

#### fresh spinach

2/3 10oz package (189g)

#### parmesan cheese

1/3 cup (33g)

#### salt

1/3 tsp (2g)

#### black pepper

1/2 tbsp, ground (3g)

#### water

1/4 cup(s) (53mL)

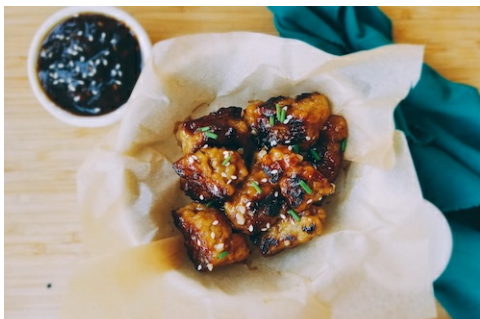
1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan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

## Lunch 3 [↗](#)

Eat on day 5, day 6

### Teriyaki seitan wings

4 oz seitan - 297 cals ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



For single meal:

#### teriyaki sauce

2 tbsp (30mL)

#### oil

1/2 tbsp (8mL)

#### seitan

4 oz (113g)

For all 2 meals:

#### teriyaki sauce

4 tbsp (60mL)

#### oil

1 tbsp (15mL)

#### seitan

1/2 lbs (227g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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## Lunch 4 [↗](#)

Eat on day 7

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### Lima beans

77 cals ● 5g protein ● 0g fat ● 10g carbs ● 4g fiber



**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**salt**  
1 dash (1g)  
**black pepper**  
1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

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### Baked sweet potatoes

1/2 sweet potato(s) - 108 cals ● 2g protein ● 2g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato(s)

**oil**

3/8 tsp (2mL)

**oregano, dried**

1/4 dash, ground (0g)

**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

**salt**

1/4 dash (0g)

**black pepper**

1/4 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. Option 1: Whole Sweet Potatoes: Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. Option 2: Cubed Sweet Potatoes: Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

## Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

**vegan sausage**

1 sausage (100g)

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



## Snacks 1 [↗](#)

Eat on day 1, day 2

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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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### 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.

### 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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### Blackberries

2/3 cup(s) - 46 cals ● 1g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

**blackberries**  
2/3 cup (96g)

For all 2 meals:

**blackberries**  
1 1/3 cup (192g)

1. Rinse blackberries and serve.

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### Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

**cucumber**  
1/2 cucumber (8-1/4") (151g)  
**lowfat greek yogurt**  
1/2 cup (140g)

For all 2 meals:

**cucumber**  
1 cucumber (8-1/4") (301g)  
**lowfat greek yogurt**  
1 cup (280g)

1. Slice cucumber and dip in yogurt.
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## Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

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### 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.

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### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**

1/2 cup (74g)

For all 3 meals:

**blueberries**

1 1/2 cup (222g)

1. Rinse off blueberries and serve.
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## Dinner 1 [↗](#)

Eat on day 1

### Garlic pepper seitan

228 cals ● 20g protein ● 11g fat ● 11g carbs ● 1g fiber



**olive oil**  
2 tsp (10mL)  
**onion**  
4 tsp, chopped (13g)  
**garlic, minced**  
5/6 clove(s) (3g)  
**green pepper**  
2 tsp, chopped (6g)  
**seitan, chicken style**  
2 2/3 oz (76g)  
**black pepper**  
2/3 dash, ground (0g)  
**water**  
1 tsp (5mL)  
**salt**  
1/3 dash (0g)

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.

### Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



**tomatoes, sliced**  
3/8 large whole (3" dia) (68g)  
**fresh mozzarella cheese, sliced**  
1 oz (28g)  
**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**fresh basil**  
1/2 tbsp, chopped (1g)

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

### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)



**naan bread**  
1/2 piece (45g)

1. This recipe has no instructions.

## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Sunflower seeds

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



For single meal:

**sunflower kernels**

1/2 oz (14g)

For all 2 meals:

**sunflower kernels**

1 oz (28g)

1. This recipe has no instructions.

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### Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



For single meal:

**oil**

1/4 tbsp (4mL)

**garlic, minced**

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

**vegetable broth**

3 cup(s) (mL)

**kale leaves, chopped**

1 1/2 cup, chopped (60g)

**chickpeas, canned, drained**

3/4 can (336g)

For all 2 meals:

**oil**

1/2 tbsp (8mL)

**garlic, minced**

3 clove(s) (9g)

**vegetable broth**

6 cup(s) (mL)

**kale leaves, chopped**

3 cup, chopped (120g)

**chickpeas, canned, drained**

1 1/2 can (672g)

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.
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## Dinner 3 [🔗](#)

Eat on day 4

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



#### salt

1/2 dash (0g)

#### water

1 cup(s) (237mL)

#### lentils, raw, rinsed

4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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### Roasted broccoli with nutritional yeast

1 cup(s) - 108 cals ● 4g protein ● 7g fat ● 4g carbs ● 3g fiber



Makes 1 cup(s)

#### nutritional yeast

1/2 tbsp (2g)

#### oil

1/2 tbsp (8mL)

#### broccoli

1 cup chopped (91g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

### Cajun tofu

196 cals ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



#### oil

1 1/4 tsp (6mL)

#### cajun seasoning

5 dash (1g)

#### firm tofu, patted dry & cubed

6 1/4 oz (177g)

1. Preheat oven to 425°F (220°C).
  2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
  3. Bake until crisp, 20-25 minutes. Serve.
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## Dinner 4 [🔗](#)

Eat on day 5, day 6

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### Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

**olive oil**  
1/2 tbsp (8mL)  
**red wine vinegar**  
1/2 tsp (3mL)  
**dried dill weed**  
4 dash (1g)  
**lemon juice**  
1/4 tbsp (4mL)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced into half moons**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

**olive oil**  
1 tbsp (15mL)  
**red wine vinegar**  
1 tsp (5mL)  
**dried dill weed**  
1 tsp (1g)  
**lemon juice**  
1/2 tbsp (8mL)  
**nonfat greek yogurt, plain**  
1/2 cup (140g)  
**red onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced into half moons**  
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

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### Low carb asian tofu bowl

393 cals ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber





For single meal:

**garlic, minced**  
1 clove (3g)  
**sesame seeds**  
1 tsp (3g)  
**oil**  
1 1/2 tbsp (23mL)  
**fresh ginger, minced**  
1 tsp (2g)  
**soy sauce**  
2 tbsp (30mL)  
**frozen riced cauliflower**  
3/4 cup, prepared (128g)  
**broccoli**  
1/2 cup chopped (46g)  
**firm tofu, drained and patted dry**  
5 oz (142g)

For all 2 meals:

**garlic, minced**  
2 clove (6g)  
**sesame seeds**  
2 tsp (6g)  
**oil**  
3 tbsp (45mL)  
**fresh ginger, minced**  
2 tsp (4g)  
**soy sauce**  
4 tbsp (60mL)  
**frozen riced cauliflower**  
1 1/2 cup, prepared (255g)  
**broccoli**  
1 cup chopped (91g)  
**firm tofu, drained and patted dry**  
10 oz (284g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

## Dinner 5 [🔗](#)

Eat on day 7

### Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



**olive oil**  
1/2 tbsp (8mL)  
**red wine vinegar**  
1/2 tsp (3mL)  
**dried dill weed**  
4 dash (1g)  
**lemon juice**  
1/4 tbsp (4mL)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced into half moons**  
1/2 cucumber (8-1/4") (151g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

### Avocado & greens quesadilla

1/2 quesadilla(s) - 342 cals ● 10g protein ● 18g fat ● 29g carbs ● 6g fiber



Makes 1/2 quesadilla(s)

- cheddar cheese**  
2 tbsp, shredded (14g)
- flour tortillas**  
1/2 tortilla (approx 12" dia) (59g)
- avocados, thinly sliced**  
1/4 avocado(s) (50g)
- fresh spinach**  
1/2 oz (14g)
- oil**  
1/4 tsp (1mL)
- salsa**  
1 tbsp (18g)

1. Add cheese, spinach, and avocado slices to one half of the tortilla. Fold tortilla in half and gently press together.
2. Heat oil in a skillet over medium heat. Add quesadilla and cook until golden, about 2-3 minutes per side.
3. Slice and serve with salsa.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

3 1/2 scoop - 382 cal● 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.