# Meal Plan - vegetarian meal plan with over 150g protein



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

### Lunch

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

Lentils
87 cals

Sugar snap peas
82 cals

Basic tofu
8 oz- 342 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

### 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

### Protein Supplement(s)

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

Protein shake
3 1/2 scoop- 382 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

### Lunch

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

Lentils
87 cals

Sugar snap peas
82 cals

Basic tofu
8 oz- 342 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

### Dinner

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

Sunflower seeds
90 cals

Chickpea & kale soup
409 cals

### Protein Supplement(s)

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

Protein shake
3 1/2 scoop- 382 cals

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## 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

### Lunch

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

Spinach parmesan pasta
488 cals

### Snacks

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

Blackberries
2/3 cup(s)- 46 cals

Yogurt and cucumber
132 cals

### Dinner

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

Sunflower seeds
90 cals

Chickpea & kale soup
409 cals

### Protein Supplement(s)

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

Protein shake
3 1/2 scoop- 382 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

### Lunch

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

Spinach parmesan pasta
488 cals

### Snacks

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

Blackberries
2/3 cup(s)- 46 cals

Yogurt and cucumber
132 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

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## 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

### Lunch

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

Teriyaki seitan wings
4 oz seitan- 297 cals

Lentils
174 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

### 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

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## 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

### Lunch

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

Teriyaki seitan wings
4 oz seitan- 297 cals

Lentils
174 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

### 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

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## 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

### 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

### 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

### 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

### Protein Supplement(s)

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

Protein shake
3 1/2 scoop- 382 cals

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# Grocery List

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## 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)
- [ ] purple onions
  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)

# Recipes

## 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

### 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.

### 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)

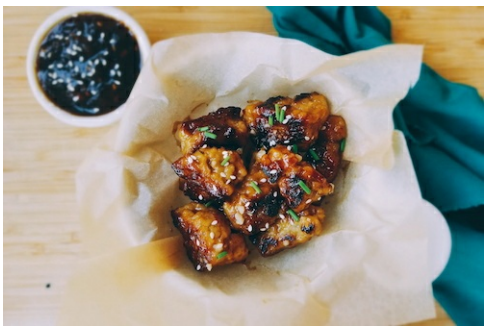
1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan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

## Lunch 4

Eat on day 7

### 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.

### 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

### Grapefruit

1/2 grapefruit - 59 cals 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)

### String cheese

1 stick(s) - 83 cals 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 cals 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.

## Snacks 2

Eat on day 3, day 4

### 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.

### 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.

## Snacks 3

Eat on day 5, day 6, day 7

### 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.

### 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.

# 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

### 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.

### 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.

# Dinner 3

Eat on day 4

## 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.

## 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.

## Dinner 4

Eat on day 5, day 6

### 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)
**purple onions, 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)
**purple onions, 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.

### 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)
**purple onions, 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 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.