

# Meal Plan - vegetarian meal plan with over 200g 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

2326 cals ● 203g protein (35%) ● 86g fat (33%) ● 152g carbs (26%) ● 33g fiber (6%)

### Breakfast

285 cals, 13g protein, 13g net carbs, 19g fat



[Kale & eggs](#)  
95 cals



[Milk](#)  
2/3 cup(s)- 99 cals



[Sautéed Kale](#)  
91 cals

### Snacks

170 cals, 5g protein, 13g net carbs, 8g fat



[Sunflower seeds](#)  
90 cals



[Grapes](#)  
77 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 1/2 scoop- 491 cals

### Lunch

660 cals, 22g protein, 91g net carbs, 20g fat



[Pasta with store-bought sauce](#)  
340 cals



[Brown rice](#)  
1/3 cup brown rice, cooked- 76 cals



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

### Dinner

725 cals, 54g protein, 31g net carbs, 37g fat



[Basic tempeh](#)  
6 oz- 443 cals



[Simple Greek cucumber salad](#)  
281 cals

## Day 2

2326 cals ● 203g protein (35%) ● 86g fat (33%) ● 152g carbs (26%) ● 33g fiber (6%)

### Breakfast

285 cals, 13g protein, 13g net carbs, 19g fat



**Kale & eggs**  
95 cals



**Milk**  
2/3 cup(s)- 99 cals



**Sautéed Kale**  
91 cals

### Snacks

170 cals, 5g protein, 13g net carbs, 8g fat



**Sunflower seeds**  
90 cals



**Grapes**  
77 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

660 cals, 22g protein, 91g net carbs, 20g fat



**Pasta with store-bought sauce**  
340 cals



**Brown rice**  
1/3 cup brown rice, cooked- 76 cals



**Greek cucumber & feta salad**  
242 cals

### Dinner

725 cals, 54g protein, 31g net carbs, 37g fat



**Basic tempeh**  
6 oz- 443 cals



**Simple Greek cucumber salad**  
281 cals

## Day 3

2403 cals ● 214g protein (36%) ● 89g fat (33%) ● 160g carbs (27%) ● 27g fiber (4%)

### Breakfast

320 cals, 22g protein, 9g net carbs, 21g fat



**Egg & cheese mini muffin**  
5 mini muffin(s)- 280 cals



**Clementine**  
1 clementine(s)- 39 cals

### Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



**Protein bar**  
1 bar- 245 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

660 cals, 23g protein, 55g net carbs, 38g fat



**Simple Greek cucumber salad**  
70 cals



**Buttery brown rice**  
333 cals



**Basic tofu**  
6 oz- 257 cals

### Dinner

685 cals, 41g protein, 66g net carbs, 23g fat



**Chickpea & kale soup**  
273 cals



**Lowfat Greek yogurt**  
2 container(s)- 310 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

## Day 4

2355 cals ● 212g protein (36%) ● 71g fat (27%) ● 191g carbs (32%) ● 28g fiber (5%)

### Breakfast

320 cals, 22g protein, 9g net carbs, 21g fat



**Egg & cheese mini muffin**  
5 mini muffin(s)- 280 cals



**Clementine**  
1 clementine(s)- 39 cals

### Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



**Protein bar**  
1 bar- 245 cals

### Lunch

615 cals, 20g protein, 86g net carbs, 20g fat



**Tofu curry with rice**  
499 cals



**Fruit juice**  
1 cup(s)- 115 cals

### Dinner

685 cals, 41g protein, 66g net carbs, 23g fat



**Chickpea & kale soup**  
273 cals



**Lowfat Greek yogurt**  
2 container(s)- 310 cals



**Roasted cashews**  
1/8 cup(s)- 104 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

## Day 5

2387 cals ● 216g protein (36%) ● 56g fat (21%) ● 207g carbs (35%) ● 48g fiber (8%)

### Breakfast

375 cals, 21g protein, 31g net carbs, 15g fat



**Hummus toast**  
2 slice(s)- 293 cals



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

### Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



**Protein bar**  
1 bar- 245 cals

### Lunch

685 cals, 31g protein, 78g net carbs, 24g fat



**Tofu alfredo pasta with broccoli**  
442 cals



**Greek cucumber & feta salad**  
242 cals

### Dinner

590 cals, 36g protein, 68g net carbs, 9g fat



**Simple kale salad**  
1 cup(s)- 55 cals



**Vegan chunky chili**  
537 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

## Day 6

2359 cals ● 202g protein (34%) ● 53g fat (20%) ● 219g carbs (37%) ● 49g fiber (8%)

### Breakfast

375 cals, 21g protein, 31g net carbs, 15g fat



[Hummus toast](#)  
2 slice(s)- 293 cals



[String cheese](#)  
1 stick(s)- 83 cals

### Snacks

215 cals, 6g protein, 37g net carbs, 3g fat



[Simple cinnamon oatmeal with water](#)  
217 cals

### Lunch

685 cals, 31g protein, 78g net carbs, 24g fat



[Tofu alfredo pasta with broccoli](#)  
442 cals



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

### Dinner

590 cals, 36g protein, 68g net carbs, 9g fat



[Simple kale salad](#)  
1 cup(s)- 55 cals



[Vegan chunky chili](#)  
537 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 1/2 scoop- 491 cals

## Day 7

2381 cals ● 228g protein (38%) ● 64g fat (24%) ● 176g carbs (30%) ● 47g fiber (8%)

### Breakfast

375 cals, 21g protein, 31g net carbs, 15g fat



[Hummus toast](#)  
2 slice(s)- 293 cals



[String cheese](#)  
1 stick(s)- 83 cals

### Snacks

215 cals, 6g protein, 37g net carbs, 3g fat



[Simple cinnamon oatmeal with water](#)  
217 cals

### Lunch

600 cals, 31g protein, 60g net carbs, 16g fat



[Clementine](#)  
3 clementine(s)- 117 cals



[Curried chickpea salad](#)  
483 cals

### Dinner

700 cals, 62g protein, 44g net carbs, 28g fat



[Simple Greek cucumber salad](#)  
70 cals



[Mashed sweet potatoes](#)  
92 cals



[Vegan sausage](#)  
2 sausage(s)- 536 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)  
4 1/2 scoop- 491 cals

## Fats and Oils

- ☐ oil  
5 tbsp (73mL)
- ☐ olive oil  
2 1/2 oz (77mL)
- ☐ salad dressing  
2 tbsp (30mL)

## Legumes and Legume Products

- ☐ tempeh  
3/4 lbs (340g)
- ☐ firm tofu  
19 1/3 oz (548g)
- ☐ chickpeas, canned  
1 3/4 can (784g)
- ☐ hummus  
1 cup (225g)
- ☐ extra firm tofu  
1/2 cup (126g)
- ☐ dry kidney beans  
1/3 cup (61g)
- ☐ dry white beans  
1/3 cup (67g)
- ☐ lentils, raw  
1/3 cup (64g)

## Spices and Herbs

- ☐ red wine vinegar  
1/4 lbs (133mL)
- ☐ dried dill weed  
2 1/2 tsp (3g)
- ☐ salt  
1/4 oz (8g)
- ☐ black pepper  
2 1/2 g (3g)
- ☐ dill weed, fresh  
4 tbsp, chopped (6g)
- ☐ chili powder  
2 tbsp (16g)
- ☐ garlic powder  
1 1/2 dash (1g)
- ☐ onion powder  
1/3 tsp (1g)
- ☐ basil, dried  
1 tsp, ground (1g)
- ☐ cinnamon  
2 tsp (5g)
- ☐ curry powder  
1/4 tbsp (2g)

## Vegetables and Vegetable Products

- ☐ red onion  
5/8 medium (2-1/2" dia) (69g)
- ☐ cucumber  
6 1/2 cucumber (8-1/4") (1957g)
- ☐ kale leaves  
7 1/2 cup, chopped (300g)
- ☐ garlic  
3 clove(s) (9g)
- ☐ tomatoes  
4 cup, chopped (720g)
- ☐ green pepper  
1/3 cup, chopped (50g)
- ☐ red bell pepper  
1/3 cup, chopped (50g)
- ☐ onion  
1/3 medium (2-1/2" dia) (37g)
- ☐ mushrooms  
2/3 cup, chopped (47g)
- ☐ fresh green beans  
1/3 cup 1/2" pieces (33g)
- ☐ raw celery  
1/8 bunch (59g)
- ☐ frozen broccoli  
1/2 package (142g)
- ☐ sweet potatoes  
1/2 sweetpotato, 5" long (105g)

## Beverages

- ☐ water  
2 1/2 gallon (9139mL)
- ☐ protein powder  
31 1/2 scoop (1/3 cup ea) (977g)
- ☐ almond milk, unsweetened  
4 tbsp (60mL)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
3/4 lbs (323g)
- ☐ brown rice  
1/2 cup (106g)
- ☐ long-grain white rice  
1/3 cup (62g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/3 jar (24 oz) (224g)

## Fruits and Fruit Juices

- ☐ lemon juice  
2 3/4 tbsp (41mL)
- ☐ grapes  
2 2/3 cup (245g)
- ☐ clementines  
5 fruit (370g)
- ☐ fruit juice  
8 fl oz (240mL)

## Dairy and Egg Products

- ☐ nonfat greek yogurt, plain  
2 1/2 container (403g)
- ☐ eggs  
7 large (350g)
- ☐ whole milk  
1 1/3 cup (319mL)
- ☐ feta cheese  
1 cup, crumbled (150g)
- ☐ butter  
1 tbsp (14g)
- ☐ cheddar cheese  
1/2 cup, shredded (53g)
- ☐ lowfat flavored greek yogurt  
4 (5.3 oz ea) container(s) (600g)
- ☐ string cheese  
3 stick (84g)

- ☐ vegetable broth  
4 cup(s) (mL)

## Nut and Seed Products

- ☐ sunflower kernels  
1 1/2 oz (46g)
- ☐ roasted cashews  
4 tbsp, halves and whole (34g)

## Other

- ☐ protein bar (20g protein)  
3 bar (150g)
- ☐ curry sauce  
1/3 jar (15 oz) (142g)
- ☐ mixed greens  
1 1/2 oz (43g)
- ☐ vegan sausage  
2 sausage (200g)

## Baked Products

- ☐ bread  
6 slice (192g)

## Sweets

- ☐ sugar  
2 tbsp (26g)

## Breakfast Cereals

- ☐ quick oats  
1 cup (80g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**salt**

1/2 dash (0g)

**eggs**

1 large (50g)

**kale leaves**

4 tbsp, chopped (10g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**salt**

1 dash (0g)

**eggs**

2 large (100g)

**kale leaves**

1/2 cup, chopped (20g)

**oil**

1 tsp (5mL)

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

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

**whole milk**

2/3 cup (160mL)

For all 2 meals:

**whole milk**

1 1/3 cup (320mL)

1. This recipe has no instructions.

### Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber





For single meal:

**oil**  
1/2 tbsp (8mL)  
**kale leaves**  
1 1/2 cup, chopped (60g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**kale leaves**  
3 cup, chopped (120g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Egg & cheese mini muffin

5 mini muffin(s) - 280 cal ● 22g protein ● 21g fat ● 2g carbs ● 0g fiber



For single meal:

**cheddar cheese**  
1/4 cup, shredded (26g)  
**water**  
2 1/2 tsp (12mL)  
**eggs**  
2 1/2 large (125g)

For all 2 meals:

**cheddar cheese**  
1/2 cup, shredded (53g)  
**water**  
5 tsp (25mL)  
**eggs**  
5 large (250g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

### Clementine

1 clementine(s) - 39 cal ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

**hummus**  
5 tbsp (75g)  
**bread**  
2 slice (64g)

For all 3 meals:

**hummus**  
1 cup (225g)  
**bread**  
6 slice (192g)

1. (Optional) Toast bread.
  2. Spread hummus over bread and serve.
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### 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 3 meals:

**string cheese**  
3 stick (84g)

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

Eat on day 1, day 2

### Pasta with store-bought sauce

340 cals ● 12g protein ● 2g fat ● 63g carbs ● 5g fiber



For single meal:

**uncooked dry pasta**

2 2/3 oz (76g)

**pasta sauce**

1/6 jar (24 oz) (112g)

For all 2 meals:

**uncooked dry pasta**

1/3 lbs (152g)

**pasta sauce**

1/3 jar (24 oz) (224g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

### Brown rice

1/3 cup brown rice, cooked - 76 cals ● 2g protein ● 1g fat ● 15g carbs ● 1g fiber



For single meal:

**brown rice**

1 3/4 tbsp (21g)

**salt**

2/3 dash (1g)

**water**

1/4 cup(s) (53mL)

**black pepper**

2/3 dash, ground (0g)

For all 2 meals:

**brown rice**

1/4 cup (42g)

**salt**

1 1/3 dash (1g)

**water**

1/2 cup(s) (105mL)

**black pepper**

1 1/3 dash, ground (0g)

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.

### Greek cucumber & feta salad

242 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

**cucumber**  
1 cucumber (8-1/4") (301g)  
**dill weed, fresh**  
1 tbsp, chopped (2g)  
**black pepper**  
1 dash (0g)  
**feta cheese**  
4 tbsp, crumbled (38g)  
**red wine vinegar**  
2 tbsp (30mL)  
**olive oil**  
2 tsp (10mL)  
**salt**  
1 dash (0g)

For all 2 meals:

**cucumber**  
2 cucumber (8-1/4") (602g)  
**dill weed, fresh**  
2 tbsp, chopped (3g)  
**black pepper**  
2 dash (0g)  
**feta cheese**  
1/2 cup, crumbled (75g)  
**red wine vinegar**  
4 tbsp (60mL)  
**olive oil**  
4 tsp (20mL)  
**salt**  
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

### Simple Greek cucumber salad

70 cals ● 4g protein ● 4g fat ● 5g carbs ● 1g fiber



**olive oil**  
1/4 tbsp (4mL)  
**red wine vinegar**  
1/4 tsp (1mL)  
**dried dill weed**  
2 dash (0g)  
**lemon juice**  
3/8 tsp (2mL)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (7g)  
**cucumber, sliced into half moons**  
1/4 cucumber (8-1/4") (75g)

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.

### Buttery brown rice

333 cals ● 5g protein ● 13g fat ● 46g carbs ● 2g fiber



**butter**  
1 tbsp (14g)  
**brown rice**  
1/3 cup (63g)  
**salt**  
2 dash (1g)  
**water**  
2/3 cup(s) (158mL)  
**black pepper**  
2 dash, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

## Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz  
**firm tofu**  
6 oz (170g)  
**oil**  
1 tbsp (15mL)

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.
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## Lunch 3 [🔗](#)

Eat on day 4

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### Tofu curry with rice

499 cals ● 18g protein ● 19g fat ● 60g carbs ● 3g fiber



#### curry sauce

1/3 jar (15 oz) (142g)

#### oil

1/4 tbsp (3mL)

#### firm tofu

1/3 lbs (151g)

#### long-grain white rice

1/3 cup (62g)

1. Cook rice according to package.
2. Drain and rinse tofu. Pat dry and press gently to get any extra liquid.
3. Cube tofu into rough, bite-sized chunks.
4. Heat oil in skillet over high heat. Add tofu and do not stir until the bottoms are browned, about 5 minutes.
5. Then gently stir and continue cooking tofu until all sides are browned.
6. Pour in curry sauce. Bring to a simmer and cook until heated through.
7. Serve tofu curry over rice.

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### Fruit juice

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



Makes 1 cup(s)

#### fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

### Tofu alfredo pasta with broccoli

442 cals ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



For single meal:

**uncooked dry pasta**

3 oz (86g)

**firm tofu**

1/4 package (16 oz) (113g)

**frozen broccoli**

1/4 package (71g)

**garlic**

1/2 clove(s) (2g)

**salt**

1/8 dash (0g)

**almond milk, unsweetened**

2 tbsp (30mL)

**basil, dried**

4 dash, ground (1g)

For all 2 meals:

**uncooked dry pasta**

6 oz (171g)

**firm tofu**

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

**frozen broccoli**

1/2 package (142g)

**garlic**

1 clove(s) (3g)

**salt**

1/4 dash (0g)

**almond milk, unsweetened**

4 tbsp (60mL)

**basil, dried**

1 tsp, ground (1g)

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

### Greek cucumber & feta salad

242 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

**cucumber**

1 cucumber (8-1/4") (301g)

**dill weed, fresh**

1 tbsp, chopped (2g)

**black pepper**

1 dash (0g)

**feta cheese**

4 tbsp, crumbled (38g)

**red wine vinegar**

2 tbsp (30mL)

**olive oil**

2 tsp (10mL)

**salt**

1 dash (0g)

For all 2 meals:

**cucumber**

2 cucumber (8-1/4") (602g)

**dill weed, fresh**

2 tbsp, chopped (3g)

**black pepper**

2 dash (0g)

**feta cheese**

1/2 cup, crumbled (75g)

**red wine vinegar**

4 tbsp (60mL)

**olive oil**

4 tsp (20mL)

**salt**

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 5 [↗](#)

Eat on day 7

### Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 3 clementine(s)

#### clementines

3 fruit (222g)

1. This recipe has no instructions.

### Curried chickpea salad

483 cals ● 29g protein ● 16g fat ● 37g carbs ● 19g fiber



#### mixed greens

1 1/2 oz (43g)

#### sunflower kernels

1 1/2 tbsp (18g)

#### raw celery, sliced

1 1/2 stalk, small (5" long) (26g)

#### curry powder

1/4 tbsp (2g)

#### nonfat greek yogurt, plain

3 tbsp (53g)

#### lemon juice, divided

1 1/2 tbsp (23mL)

#### chickpeas, canned, drained & rinsed

3/4 can (336g)

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.

## Snacks 1 [↗](#)

Eat on day 1, day 2

### 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.

## Grapes



77 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

**grapes**  
1 1/3 cup (123g)

For all 2 meals:

**grapes**  
2 2/3 cup (245g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Protein bar

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



For single meal:

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

For all 3 meals:

**protein bar (20g protein)**  
3 bar (150g)

1. This recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Simple cinnamon oatmeal with water

217 cals ● 6g protein ● 3g fat ● 37g carbs ● 5g fiber



For single meal:

**water**  
3/4 cup(s) (178mL)  
**cinnamon**  
1 tsp (3g)  
**sugar**  
1 tbsp (13g)  
**quick oats**  
1/2 cup (40g)

For all 2 meals:

**water**  
1 1/2 cup(s) (356mL)  
**cinnamon**  
2 tsp (5g)  
**sugar**  
2 tbsp (26g)  
**quick oats**  
1 cup (80g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
  2. Pour the water over it and microwave for 90 seconds - 2 minutes.
-

## Dinner 1 [🔗](#)

Eat on day 1, day 2

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**tempeh**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**tempeh**  
3/4 lbs (340g)

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.

### Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

**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)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**red wine vinegar**  
2 tsp (10mL)  
**dried dill weed**  
2 tsp (2g)  
**lemon juice**  
1 tbsp (15mL)  
**nonfat greek yogurt, plain**  
1 cup (280g)  
**red onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)  
**cucumber, sliced into half moons**  
2 cucumber (8-1/4") (602g)

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.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**garlic, minced**  
1 clove(s) (3g)  
**vegetable broth**  
2 cup(s) (mL)  
**kale leaves, chopped**  
1 cup, chopped (40g)  
**chickpeas, canned, drained**  
1/2 can (224g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**garlic, minced**  
2 clove(s) (6g)  
**vegetable broth**  
4 cup(s) (mL)  
**kale leaves, chopped**  
2 cup, chopped (80g)  
**chickpeas, canned, drained**  
1 can (448g)

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.

### Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

**lowfat flavored greek yogurt**  
4 (5.3 oz ea) container(s) (600g)

1. This recipe has no instructions.

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

## Dinner 3 [🔗](#)

Eat on day 5, day 6

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### Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



For single meal:

**salad dressing**

1 tbsp (15mL)

**kale leaves**

1 cup, chopped (40g)

For all 2 meals:

**salad dressing**

2 tbsp (30mL)

**kale leaves**

2 cup, chopped (80g)

1. Toss kale in dressing of your choice and serve.
- 

### Vegan chunky chili

537 cal ● 35g protein ● 6g fat ● 64g carbs ● 23g fiber



For single meal:

**extra firm tofu**  
4 tbsp (63g)  
**chili powder**  
3 tsp (8g)  
**garlic powder**  
2/3 dash (0g)  
**tomatoes**  
2 cup, chopped (360g)  
**water**  
2 cup(s) (474mL)  
**green pepper**  
2 2/3 tbsp, chopped (25g)  
**red bell pepper**  
2 2/3 tbsp, chopped (25g)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**dry kidney beans, soaked overnight**  
2 2/3 tbsp (31g)  
**dry white beans, soaked overnight**  
2 2/3 tbsp (34g)  
**lentils, raw, soaked overnight**  
2 2/3 tbsp (32g)  
**mushrooms**  
1/3 cup, chopped (23g)  
**fresh green beans**  
2 2/3 tbsp 1/2" pieces (17g)  
**raw celery**  
2 2/3 tbsp chopped (17g)  
**onion powder**  
1 1/3 dash (0g)

For all 2 meals:

**extra firm tofu**  
1/2 cup (126g)  
**chili powder**  
2 tbsp (16g)  
**garlic powder**  
1 1/3 dash (1g)  
**tomatoes**  
4 cup, chopped (720g)  
**water**  
4 cup(s) (948mL)  
**green pepper**  
1/3 cup, chopped (50g)  
**red bell pepper**  
1/3 cup, chopped (50g)  
**onion, chopped**  
1/3 medium (2-1/2" dia) (37g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**dry kidney beans, soaked overnight**  
1/3 cup (61g)  
**dry white beans, soaked overnight**  
1/3 cup (67g)  
**lentils, raw, soaked overnight**  
1/3 cup (64g)  
**mushrooms**  
2/3 cup, chopped (47g)  
**fresh green beans**  
1/3 cup 1/2" pieces (33g)  
**raw celery**  
1/3 cup chopped (34g)  
**onion powder**  
1/3 tsp (1g)

1. Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.
  2. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.
  3. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.
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## Dinner 4 [🔗](#)

Eat on day 7

### Simple Greek cucumber salad

70 cals ● 4g protein ● 4g fat ● 5g carbs ● 1g fiber



**olive oil**  
1/4 tbsp (4mL)  
**red wine vinegar**  
1/4 tsp (1mL)  
**dried dill weed**  
2 dash (0g)  
**lemon juice**  
3/8 tsp (2mL)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (7g)  
**cucumber, sliced into half moons**  
1/4 cucumber (8-1/4") (75g)

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.

### Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



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

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

**vegan sausage**  
2 sausage (200g)

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

# Protein Supplement(s) [↗](#)

Eat every day

## Protein shake

4 1/2 scoop - 491 cals ● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

- water**  
4 1/2 cup(s) (1067mL)
- protein powder**  
4 1/2 scoop (1/3 cup ea) (140g)

For all 7 meals:

- water**  
31 1/2 cup(s) (7466mL)
- protein powder**  
31 1/2 scoop (1/3 cup ea) (977g)

1. This recipe has no instructions.