

# Meal Plan - 1800 calorie intermittent fasting vegetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1814 cals ● 120g protein (27%) ● 71g fat (35%) ● 143g carbs (31%) ● 31g fiber (7%)

### Lunch

840 cals, 33g protein, 88g net carbs, 33g fat



**Veggie burger with cheese**  
2 burger- 722 cals



**Cooked peppers**  
1 bell pepper(s)- 120 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

810 cals, 51g protein, 53g net carbs, 37g fat



**Fruit juice**  
1 1/3 cup(s)- 153 cals



**Caprese salad**  
213 cals



**Basic tempeh**  
6 oz- 443 cals

## Day 2

1821 cals ● 128g protein (28%) ● 66g fat (33%) ● 153g carbs (34%) ● 26g fiber (6%)

### Lunch

825 cals, 46g protein, 48g net carbs, 46g fat



**Caprese salad**  
213 cals



**Rosemary mushroom cheese sandwich**  
1 1/2 sandwich(es)- 612 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

835 cals, 45g protein, 104g net carbs, 20g fat



**Tempeh & mushroom stir fry**  
443 cals



**Fruit juice**  
2 cup(s)- 229 cals



**Simple mozzarella and tomato salad**  
161 cals

## Day 3

1807 cals ● 115g protein (25%) ● 59g fat (29%) ● 182g carbs (40%) ● 23g fiber (5%)

### Lunch

855 cals, 43g protein, 94g net carbs, 29g fat



**Lowfat Greek yogurt**

2 container(s)- 310 cals



**Spinach and goat cheese wrap**

1 wrap(s)- 427 cals



**Grapefruit**

1 grapefruit- 119 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

### Dinner

790 cals, 35g protein, 87g net carbs, 29g fat



**Naan bread**

1/2 piece(s)- 131 cals



**Cheese ravioli**

408 cals



**Caprese salad**

249 cals

## Day 4

1807 cals ● 115g protein (25%) ● 59g fat (29%) ● 182g carbs (40%) ● 23g fiber (5%)

### Lunch

855 cals, 43g protein, 94g net carbs, 29g fat



**Lowfat Greek yogurt**

2 container(s)- 310 cals



**Spinach and goat cheese wrap**

1 wrap(s)- 427 cals



**Grapefruit**

1 grapefruit- 119 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

### Dinner

790 cals, 35g protein, 87g net carbs, 29g fat



**Naan bread**

1/2 piece(s)- 131 cals



**Cheese ravioli**

408 cals



**Caprese salad**

249 cals

## Day 5

1827 cals ● 125g protein (27%) ● 68g fat (33%) ● 138g carbs (30%) ● 42g fiber (9%)

### Lunch

825 cals, 35g protein, 84g net carbs, 31g fat



**Moroccan chickpea wrap**  
1 wrap(s)- 469 cals



**Grapefruit**  
1 grapefruit- 119 cals



**Rice cakes with peanut butter**  
1 cake(s)- 240 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

835 cals, 53g protein, 52g net carbs, 36g fat



**Crack slaw with tempeh**  
422 cals



**Lentils**  
231 cals



**Pumpkin seeds**  
183 cals

## Day 6

1854 cals ● 134g protein (29%) ● 56g fat (27%) ● 169g carbs (36%) ● 36g fiber (8%)

### Lunch

855 cals, 44g protein, 115g net carbs, 19g fat



**Fruit juice**  
1 1/3 cup(s)- 153 cals



**Vegan meatball sub**  
1 1/2 sub(s)- 702 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Dinner

835 cals, 53g protein, 52g net carbs, 36g fat



**Crack slaw with tempeh**  
422 cals




**Lentils**  
231 cals



**Pumpkin seeds**  
183 cals


Lunch

855 calsgreen dot44g protein, 115g net carbs, 19g fat



Fruit juice

1 1/3 cup(s)- 153 calsgreen dot




Vegan meatball sub

1 1/2 sub(s)- 702 calsgreen dot

Protein Supplement(s)

165 calsgreen dot36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 calsgreen dot


Dinner

795 calsgreen dot53g protein, 26g net carbs, 51g fat



Tofu parmesan

2 tofu planks- 697 calsgreen dot



Simple sauteed spinach

100 calsgreen dot

# Grocery List



## Fruits and Fruit Juices

- ☐ fruit juice  
48 fl oz (1440mL)
- ☐ Grapefruit  
3 large (approx 4-1/2" dia) (996g)

## Dairy and Egg Products

- ☐ fresh mozzarella cheese  
1/2 lbs (222g)
- ☐ sliced cheese  
2 slice (3/4 oz ea) (42g)
- ☐ cheese  
1 cup, shredded (113g)
- ☐ lowfat flavored greek yogurt  
4 (5.3 oz ea) container(s) (600g)
- ☐ goat cheese  
4 tbsp (56g)
- ☐ nonfat greek yogurt, plain  
1/3 cup (93g)
- ☐ mozzarella cheese, shredded  
2 oz (57g)

## Other

- ☐ mixed greens  
2 2/3 package (5.5 oz) (415g)
- ☐ veggie burger patty  
2 patty (142g)
- ☐ roasted red peppers  
4 tbsp, diced (56g)
- ☐ coleslaw mix  
4 cup (360g)
- ☐ sub roll(s)  
3 roll(s) (255g)
- ☐ nutritional yeast  
11 1/2 g (11g)
- ☐ vegan meatballs, frozen  
12 meatball(s) (360g)

## Spices and Herbs

- ☐ fresh basil  
1 oz (28g)
- ☐ rosemary, dried  
3 dash (0g)
- ☐ garlic powder  
4 dash (2g)
- ☐ ground ginger  
1/8 oz (1g)

## Legumes and Legume Products

- ☐ tempeh  
18 oz (510g)
- ☐ soy sauce  
1 tbsp (15mL)
- ☐ chickpeas, canned  
1/2 can(s) (224g)
- ☐ peanut butter  
2 tbsp (32g)
- ☐ lentils, raw  
2/3 cup (128g)
- ☐ firm tofu  
14 oz (397g)

## Baked Products

- ☐ hamburger buns  
2 bun(s) (102g)
- ☐ bread  
3 slice(s) (96g)
- ☐ naan bread  
1 piece(s) (90g)
- ☐ flour tortillas  
4 tortilla (approx 7-8" dia) (193g)

## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
13 cup(s) (3121mL)

## Cereal Grains and Pasta

- ☐ brown rice  
4 tbsp (48g)
- ☐ cornstarch  
1 tbsp (8g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
3/4 jar (24 oz) (531g)
- ☐ hot sauce  
2 tsp (10mL)
- ☐ pizza sauce  
3 tbsp (47g)

## Meals, Entrees, and Side Dishes

- ☐ **ground cumin**  
4 dash (1g)
- ☐ **cinnamon**  
1 dash (0g)
- ☐ **salt**  
1/4 tsp (2g)
- ☐ **black pepper**  
1 dash, ground (0g)

### Fats and Oils

- ☐ **balsamic vinaigrette**  
3 oz (90mL)
- ☐ **oil**  
2 oz (63mL)
- ☐ **olive oil**  
1/2 tbsp (8mL)

### Vegetables and Vegetable Products

- ☐ **tomatoes**  
4 1/2 medium whole (2-3/5" dia) (550g)
- ☐ **ketchup**  
2 tbsp (34g)
- ☐ **bell pepper**  
1 3/4 large (283g)
- ☐ **mushrooms**  
1/3 lbs (134g)
- ☐ **fresh spinach**  
6 cup(s) (180g)
- ☐ **fresh parsley**  
5 sprigs (5g)
- ☐ **onion**  
1/8 small (9g)
- ☐ **garlic**  
2 1/2 clove (8g)

- ☐ **frozen cheese ravioli**  
3/4 lbs (340g)

### Snacks

- ☐ **rice cakes, any flavor**  
1 cakes (9g)

### Nut and Seed Products

- ☐ **sunflower kernels**  
2 tbsp (24g)
  - ☐ **roasted pumpkin seeds, unsalted**  
1/2 cup (59g)
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## Lunch 1 [↗](#)

Eat on day 1

### Veggie burger with cheese

2 burger - 722 cals ● 32g protein ● 24g fat ● 83g carbs ● 11g fiber



Makes 2 burger

**hamburger buns**

2 bun(s) (102g)

**ketchup**

2 tbsp (34g)

**mixed greens**

2 oz (57g)

**veggie burger patty**

2 patty (142g)

**sliced cheese**

2 slice (3/4 oz ea) (42g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

### Cooked peppers

1 bell pepper(s) - 120 cals ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



Makes 1 bell pepper(s)

**oil**

2 tsp (10mL)

**bell pepper, seeded & cut into strips**

1 large (164g)

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.

## Lunch 2 [↗](#)

Eat on day 2

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### Caprese salad

213 cals ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



**fresh mozzarella cheese**

1 1/2 oz (43g)

**mixed greens**

1/2 package (5.5 oz) (78g)

**fresh basil**

4 tbsp leaves, whole (6g)

**balsamic vinaigrette**

1 tbsp (15mL)

**tomatoes, halved**

1/2 cup cherry tomatoes (75g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

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### Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cals ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

**bread**

3 slice(s) (96g)

**cheese**

3/4 cup, shredded (85g)

**mushrooms**

2 1/4 oz (64g)

**rosemary, dried**

3 dash (0g)

**mixed greens**

3/4 cup (23g)

1. Heat a skillet over medium heat.
  2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
  3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.
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## Lunch 3 [↗](#)

Eat on day 3 and day 4

### 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. The recipe has no instructions.

### Spinach and goat cheese wrap

1 wrap(s) - 427 cals ● 17g protein ● 21g fat ● 39g carbs ● 4g fiber



For single meal:

**fresh spinach**  
1 cup(s) (30g)  
**tomatoes**  
4 cherry tomatoes (68g)  
**cheese**  
2 tbsp, shredded (14g)  
**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**roasted red peppers**  
2 tbsp, diced (28g)  
**goat cheese, crumbled**  
2 tbsp (28g)

For all 2 meals:

**fresh spinach**  
2 cup(s) (60g)  
**tomatoes**  
8 cherry tomatoes (136g)  
**cheese**  
4 tbsp, shredded (28g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**flour tortillas**  
2 tortilla (approx 10" dia) (144g)  
**roasted red peppers**  
4 tbsp, diced (56g)  
**goat cheese, crumbled**  
4 tbsp (56g)

1. Lay the tortilla out flat, and arrange the spinach across the tortilla. Sprinkle the cherry tomatoes, goat cheese, roasted red pepper, and shredded cheese evenly across the greens. Drizzle with balsamic vinaigrette.
2. Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the wrap tightly.

### Grapefruit

1 grapefruit - 119 cals ● 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)

## Lunch 4 [🔗](#)

Eat on day 5

### Moroccan chickpea wrap

1 wrap(s) - 469 cals ● 25g protein ● 14g fat ● 49g carbs ● 13g fiber



Makes 1 wrap(s)

#### flour tortillas

1 tortilla (approx 7-8" dia) (49g)

#### nonfat greek yogurt, plain

1/3 cup (93g)

#### ground cumin

4 dash (1g)

#### fresh parsley

5 sprigs (5g)

#### cinnamon

1 dash (0g)

#### ground ginger

1 dash (0g)

#### oil

1 tsp (5mL)

#### chickpeas, canned, drained

1/2 can(s) (224g)

#### bell pepper, deseeded, sliced

1/2 small (37g)

#### onion, sliced

1/8 small (9g)

1. Preheat oven to 350F (180C) and line a baking sheet with parchment paper.
2. Toss chickpeas with oil, spread evenly on the baking sheet and roast for 15 minutes.
3. Add sliced onions and pepper to the baking sheet and continue roasting for 15 more minutes.
4. Once slightly cooled, sprinkle with cumin, ginger, cinnamon, and salt/pepper to taste.
5. Assemble wrap by spreading the greek yogurt on the tortilla and adding the chickpeas, pepper, onion, and parsley. Serve.

### 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)

**Rice cakes with peanut butter**

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



Makes 1 cake(s)

**peanut butter**

2 tbsp (32g)

**rice cakes, any flavor**

1 cakes (9g)

1. Spread peanut butter over top of rice cake.

**Lunch 5** [↗](#)

Eat on day 6 and day 7

**Fruit juice**

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



For single meal:

**fruit juice**

10 2/3 fl oz (320mL)

For all 2 meals:

**fruit juice**

21 1/3 fl oz (640mL)

1. The recipe has no instructions.

**Vegan meatball sub**

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

**sub roll(s)**  
1 1/2 roll(s) (128g)  
**nutritional yeast**  
1/2 tbsp (2g)  
**pasta sauce**  
6 tbsp (98g)  
**vegan meatballs, frozen**  
6 meatball(s) (180g)

For all 2 meals:

**sub roll(s)**  
3 roll(s) (255g)  
**nutritional yeast**  
1 tbsp (4g)  
**pasta sauce**  
3/4 cup (195g)  
**vegan meatballs, frozen**  
12 meatball(s) (360g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

## Dinner 1 [↗](#)

Eat on day 1

### Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



Makes 1 1/3 cup(s)

**fruit juice**  
10 2/3 fl oz (320mL)

1. The recipe has no instructions.

### Caprese salad

213 cals ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



**fresh mozzarella cheese**  
1 1/2 oz (43g)  
**mixed greens**  
1/2 package (5.5 oz) (78g)  
**fresh basil**  
4 tbsp leaves, whole (6g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

### Basic tempeh

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





Makes 6 oz

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

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.

## Dinner 2 [↗](#)

Eat on day 2

### Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



**brown rice**  
4 tbsp (48g)  
**soy sauce**  
1 tbsp (15mL)  
**garlic powder**  
4 dash (2g)  
**ground ginger**  
2 dash (0g)  
**mushrooms, chopped**  
1 cup, chopped (70g)  
**tempeh, sliced**  
4 oz (113g)  
**bell pepper, sliced**  
1/2 large (82g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

### Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



Makes 2 cup(s)

**fruit juice**  
16 fl oz (480mL)

1. The recipe has no instructions.

### Simple mozzarella and tomato salad

161 cals ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



**balsamic vinaigrette**  
2 tsp (10mL)  
**fresh basil**  
2 tsp, chopped (2g)  
**fresh mozzarella cheese, sliced**  
1 1/3 oz (38g)  
**tomatoes, sliced**  
1/2 large whole (3" dia) (91g)

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

## Dinner 3 [🔗](#)

Eat on day 3 and day 4

### Naan bread

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



For single meal:

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

For all 2 meals:

**naan bread**  
1 piece(s) (90g)

1. The recipe has no instructions.

### Cheese ravioli

408 cal ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



For single meal:

**pasta sauce**  
1/4 jar (24 oz) (168g)  
**frozen cheese ravioli**  
6 oz (170g)

For all 2 meals:

**pasta sauce**  
1/2 jar (24 oz) (336g)  
**frozen cheese ravioli**  
3/4 lbs (340g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

### Caprese salad

249 cal ● 14g protein ● 16g fat ● 9g carbs ● 3g fiber



For single meal:

**fresh mozzarella cheese**  
 1 3/4 oz (50g)  
**mixed greens**  
 5/8 package (5.5 oz) (90g)  
**fresh basil**  
 1/4 cup leaves, whole (7g)  
**balsamic vinaigrette**  
 3 1/2 tsp (17mL)  
**tomatoes, halved**  
 9 1/3 tbsp cherry tomatoes (87g)

For all 2 meals:

**fresh mozzarella cheese**  
 1/4 lbs (99g)  
**mixed greens**  
 1 1/6 package (5.5 oz) (181g)  
**fresh basil**  
 9 1/3 tbsp leaves, whole (14g)  
**balsamic vinaigrette**  
 2 1/3 tbsp (35mL)  
**tomatoes, halved**  
 56 tsp cherry tomatoes (174g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Crack slaw with tempeh

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



For single meal:

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

For all 2 meals:

**coleslaw mix**  
 4 cup (360g)  
**hot sauce**  
 2 tsp (10mL)  
**sunflower kernels**  
 2 tbsp (24g)  
**oil**  
 4 tsp (20mL)  
**garlic, minced**  
 2 clove (6g)  
**tempeh, cubed**  
 1/2 lbs (227g)

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.

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (0g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g 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. The recipe has no instructions.
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## Dinner 5 [🔗](#)

Eat on day 7

### Tofu parmesan

2 tofu planks - 697 cals ● 49g protein ● 44g fat ● 24g carbs ● 3g fiber



Makes 2 tofu planks

**nutritional yeast**

2 tbsp (8g)

**cornstarch**

1 tbsp (8g)

**oil**

1 tbsp (15mL)

**pizza sauce**

3 tbsp (47g)

**mozzarella cheese, shredded**

2 oz (57g)

**firm tofu, patted dry**

14 oz (397g)

1. Preheat the oven to 450°F (230°C).
2. Slice the tofu lengthwise into flat, wide planks that resemble rectangular slabs. A 14oz (397g) block of tofu will yield two 7oz (198g) planks.
3. In a shallow plate, whisk together cornstarch, nutritional yeast, and a pinch of salt and pepper. Press the tofu planks into the mixture, ensuring all sides are fully coated.
4. Heat oil in a skillet over medium-high heat. Add the tofu and cook until golden brown and crispy, about 3-4 minutes per side.
5. Transfer the tofu planks to a baking sheet. Spread pizza sauce over each plank and sprinkle with cheese.
6. Roast in the oven until the cheese is melted and slightly crispy, about 8-10 minutes. Serve.

### Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



**black pepper**

1 dash, ground (0g)

**salt**

1 dash (1g)

**olive oil**

1/2 tbsp (8mL)

**fresh spinach**

4 cup(s) (120g)

**garlic, diced**

1/2 clove (2g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

# Protein Supplement(s)

Eat every day

## Protein shake

1 1/2 scoop - 164 cals  36g protein  1g fat  1g carbs  2g fiber



For single meal:

- protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)
- water**  
1 1/2 cup(s) (356mL)

For all 7 meals:

- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)
- water**  
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.