

# Meal Plan - 1900 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

1904 cals ● 120g protein (25%) ● 63g fat (30%) ● 170g carbs (36%) ● 44g fiber (9%)

### Lunch

800 cals, 35g protein, 73g net carbs, 37g fat



[Broccoli cheddar quesadilla with yogurt dip](#)  
1 quesadilla(s)- 589 cals



[Simple Greek cucumber salad](#)  
211 cals

### Dinner

885 cals, 36g protein, 95g net carbs, 25g fat



[Quinoa and black beans](#)  
584 cals



[Simple mixed greens and tomato salad](#)  
302 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 2

1887 cals ● 121g protein (26%) ● 64g fat (31%) ● 171g carbs (36%) ● 35g fiber (7%)

### Lunch

800 cals, 35g protein, 73g net carbs, 37g fat



[Broccoli cheddar quesadilla with yogurt dip](#)  
1 quesadilla(s)- 589 cals



[Simple Greek cucumber salad](#)  
211 cals

### Dinner

870 cals, 37g protein, 96g net carbs, 26g fat



[Black bean and couscous salad](#)  
671 cals



[Milk](#)  
1 1/3 cup(s)- 199 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 3

1908 cals ● 122g protein (26%) ● 51g fat (24%) ● 201g carbs (42%) ● 39g fiber (8%)

### Lunch

820 cals, 37g protein, 103g net carbs, 24g fat



#### Cheese ravioli

680 cals



#### Simple Greek cucumber salad

141 cals

### Dinner

870 cals, 37g protein, 96g net carbs, 26g fat



#### Black bean and couscous salad

671 cals



#### Milk

1 1/3 cup(s)- 199 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 4

1882 cals ● 145g protein (31%) ● 93g fat (44%) ● 88g carbs (19%) ● 28g fiber (6%)

### Lunch

830 cals, 57g protein, 50g net carbs, 38g fat



#### Broccoli caesar salad with hard boiled eggs

390 cals



#### Lentils

260 cals



#### Sunflower seeds

180 cals

### Dinner

835 cals, 40g protein, 37g net carbs, 54g fat



#### Salsa verde tofu salad

353 cals



#### Milk

2 cup(s)- 298 cals



#### Pumpkin seeds

183 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 5

1933 cals ● 153g protein (32%) ● 92g fat (43%) ● 83g carbs (17%) ● 40g fiber (8%)

### Lunch

830 cals, 57g protein, 50g net carbs, 38g fat



#### Broccoli caesar salad with hard boiled eggs

390 cals



#### Lentils

260 cals



#### Sunflower seeds

180 cals

### Dinner

885 cals, 47g protein, 32g net carbs, 53g fat



#### Milk

1 cup(s)- 149 cals



#### Tomato and avocado salad

293 cals



#### Basic tempeh

6 oz- 443 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 6

1926 cals ● 133g protein (28%) ● 81g fat (38%) ● 122g carbs (25%) ● 44g fiber (9%)

### Lunch

825 cals, 37g protein, 88g net carbs, 27g fat



#### Lentil Soup

722 cals



#### Simple mixed greens salad

102 cals

### Dinner

885 cals, 47g protein, 32g net carbs, 53g fat



#### Milk

1 cup(s)- 149 cals



#### Tomato and avocado salad

293 cals



#### Basic tempeh

6 oz- 443 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

# Day 7

1872 cals ● 127g protein (27%) ● 64g fat (31%) ● 159g carbs (34%) ● 37g fiber (8%)

## Lunch

825 cals, 37g protein, 88g net carbs, 27g fat



**Lentil Soup**  
722 cals



**Simple mixed greens salad**  
102 cals

## Dinner

830 cals, 42g protein, 70g net carbs, 36g fat



**Basic tofu**  
6 oz- 257 cals



**Lentils**  
347 cals



**Simple mixed greens and tomato salad**  
227 cals

## Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

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# Grocery List



## Beverages

- protein powder  
14 scoop (1/3 cup ea) (434g)
- water  
24 1/3 cup(s) (5766mL)

## Cereal Grains and Pasta

- quinoa, uncooked  
1/4 cup (48g)
- couscous, uncooked  
2/3 cup (115g)

## Spices and Herbs

- ground cumin  
1/2 tbsp (4g)
- cayenne pepper  
3/4 dash (0g)
- salt  
2 tsp (13g)
- black pepper  
1/2 tbsp, ground (3g)
- chili powder  
4 dash (1g)
- dried dill weed  
2 tsp (2g)
- red wine vinegar  
2 tsp (10mL)
- dijon mustard  
1 tbsp (15g)
- garlic powder  
5 dash (2g)
- oregano, dried  
1/4 tbsp, leaves (1g)
- basil, dried  
1/4 tbsp, leaves (0g)

## Vegetables and Vegetable Products

- frozen corn kernels  
6 tbsp (51g)
- onion  
1 1/2 medium (2-1/2" dia) (152g)
- garlic  
2 1/2 clove(s) (7g)
- tomatoes  
3 2/3 medium whole (2-3/5" dia) (455g)
- broccoli  
2/3 lbs (307g)

## Fats and Oils

- oil  
2 oz (65mL)
- salad dressing  
1 cup (225mL)
- olive oil  
1/4 lbs (109mL)

## Soups, Sauces, and Gravies

- vegetable broth  
1 1/2 cup(s) (mL)
- pasta sauce  
3/8 jar (24 oz) (280g)
- salsa verde  
1 tbsp (16g)

## Legumes and Legume Products

- black beans  
2 can(s) (945g)
- firm tofu  
1/2 lbs (254g)
- lentils, raw  
2 1/2 cup (496g)
- tempeh  
3/4 lbs (340g)

## Other

- mixed greens  
16 1/2 cup (495g)

## Baked Products

- flour tortillas  
2 tortilla (approx 12" dia) (234g)

## Dairy and Egg Products

- cheddar cheese  
1/2 cup, shredded (57g)
- nonfat greek yogurt, plain  
2 1/2 container (403g)
- whole milk  
6 2/3 cup(s) (1601mL)
- eggs  
6 large (300g)
- parmesan cheese  
3 tbsp (15g)

- red onion**  
1/2 medium (2-1/2" dia) (55g)
- cucumber**  
2 cucumber (8-1/4") (602g)
- red bell pepper**  
2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)
- whole kernel corn**  
2/3 cup (109g)
- romaine lettuce**  
6 cup shredded (282g)
- canned crushed tomatoes**  
2/3 can (270g)
- raw celery**  
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)
- carrots**  
1 1/3 medium (81g)
- fresh spinach**  
1/3 cup(s) (10g)

#### **Fruits and Fruit Juices**

- lemon juice**  
2 1/2 tbsp (38mL)
- lime juice**  
4 tbsp (57mL)
- avocados**  
1 1/2 avocado(s) (301g)

#### **Meals, Entrees, and Side Dishes**

- frozen cheese ravioli**  
10 oz (284g)

#### **Nut and Seed Products**

- roasted pumpkin seeds, unsalted**  
2 1/3 oz (66g)
  - sunflower kernels**  
2 oz (57g)
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## Lunch 1 ↗

Eat on day 1 and day 2

### Broccoli cheddar quesadilla with yogurt dip

1 quesadilla(s) - 589 cals ● 22g protein ● 26g fat ● 59g carbs ● 7g fiber



For single meal:

**flour tortillas**  
1 tortilla (approx 12" dia) (117g)  
**cheddar cheese**  
4 tbsp, shredded (28g)  
**oil**  
1/2 tbsp (8mL)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**chili powder**  
2 dash (1g)  
**broccoli, chopped**  
3 oz (85g)

For all 2 meals:

**flour tortillas**  
2 tortilla (approx 12" dia) (234g)  
**cheddar cheese**  
1/2 cup, shredded (57g)  
**oil**  
1 tbsp (15mL)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**chili powder**  
4 dash (1g)  
**broccoli, chopped**  
6 oz (170g)

1. In a small bowl, mix the Greek yogurt and chili powder. Set aside.
2. Heat about 25% of the oil in a large non-stick skillet over medium-high heat. Add the broccoli, season with salt and pepper, and cook until tender, about 4-6 minutes.
3. Sprinkle cheddar cheese on one half of the tortilla. Top with the cooked broccoli, fold the tortilla in half, and gently press to seal.
4. Wipe the skillet clean, then heat the remaining oil over medium heat. Add the quesadillas and cook until the cheese is melted and the tortillas are golden, about 2-3 minutes per side.
5. Slice the quesadillas and serve with the chili yogurt sauce.

### Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**lemon juice**  
1 tsp (6mL)  
**dried dill weed**  
1/4 tbsp (1g)  
**red wine vinegar**  
1/4 tbsp (4mL)  
**olive oil**  
3/4 tbsp (11mL)  
**red onion, thinly sliced**  
1/6 medium (2-1/2" dia) (21g)  
**cucumber, sliced into half moons**  
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

**nonfat greek yogurt, plain**  
3/4 cup (210g)  
**lemon juice**  
3/4 tbsp (11mL)  
**dried dill weed**  
1/2 tbsp (2g)  
**red wine vinegar**  
1/2 tbsp (8mL)  
**olive oil**  
1 1/2 tbsp (23mL)  
**red onion, thinly sliced**  
3/8 medium (2-1/2" dia) (41g)  
**cucumber, sliced into half moons**  
1 1/2 cucumber (8-1/4") (452g)

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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## Lunch 2 ↗

Eat on day 3

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### Cheese ravioli

680 cals ● 28g protein ● 17g fat ● 94g carbs ● 10g fiber



**pasta sauce**  
3/8 jar (24 oz) (280g)  
**frozen cheese ravioli**  
10 oz (284g)

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

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### Simple Greek cucumber salad

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



**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**lemon juice**  
1/4 tbsp (4mL)  
**dried dill weed**  
4 dash (1g)  
**red wine vinegar**  
1/2 tsp (3mL)  
**olive oil**  
1/2 tbsp (8mL)  
**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.

## Lunch 3 ↗

Eat on day 4 and day 5

### Broccoli caesar salad with hard boiled eggs

390 cals ● 31g protein ● 23g fat ● 9g carbs ● 6g fiber



For single meal:

**romaine lettuce**  
3 cup shredded (141g)  
**eggs**  
3 large (150g)  
**broccoli**  
3/4 cup chopped (68g)  
**nonfat greek yogurt, plain**  
1 1/2 tbsp (26g)  
**dijon mustard**  
1/2 tbsp (8g)  
**parmesan cheese**  
1 1/2 tbsp (8g)  
**roasted pumpkin seeds, unsalted**  
1 1/2 tbsp (11g)  
**lemon juice**  
3/4 tbsp (11mL)

For all 2 meals:

**romaine lettuce**  
6 cup shredded (282g)  
**eggs**  
6 large (300g)  
**broccoli**  
1 1/2 cup chopped (137g)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**dijon mustard**  
1 tbsp (15g)  
**parmesan cheese**  
3 tbsp (15g)  
**roasted pumpkin seeds, unsalted**  
3 tbsp (22g)  
**lemon juice**  
1 1/2 tbsp (23mL)

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

## Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**salt**  
3/4 dash (1g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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.

## Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 2 meals:

**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.

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## Lunch 4 ↗

Eat on day 6 and day 7

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### Lentil Soup

722 cals ● 35g protein ● 20g fat ● 82g carbs ● 19g fiber



For single meal:

**oregano, dried**  
1/3 tsp, leaves (0g)  
**lentils, raw**  
2/3 cup (128g)  
**water**  
2 2/3 cup(s) (632mL)  
**black pepper**  
1 1/3 dash, ground (0g)  
**basil, dried**  
1/3 tsp, leaves (0g)  
**canned crushed tomatoes**  
1/3 can (135g)  
**salt**  
1/3 tsp (2g)  
**olive oil**  
4 tsp (20mL)  
**onion, chopped**  
1/3 medium (2-1/2" dia) (37g)  
**raw celery, chopped**  
2/3 stalk, medium (7-1/2" - 8" long) (27g)  
**garlic, minced**  
2/3 clove(s) (2g)  
**carrots, diced**  
2/3 medium (41g)  
**fresh spinach, thinly sliced**  
1/6 cup(s) (5g)

For all 2 meals:

**oregano, dried**  
1/4 tbsp, leaves (1g)  
**lentils, raw**  
1 1/3 cup (256g)  
**water**  
5 1/3 cup(s) (1264mL)  
**black pepper**  
1/3 tsp, ground (1g)  
**basil, dried**  
1/4 tbsp, leaves (0g)  
**canned crushed tomatoes**  
2/3 can (270g)  
**salt**  
1/4 tbsp (4g)  
**olive oil**  
2 2/3 tbsp (40mL)  
**onion, chopped**  
2/3 medium (2-1/2" dia) (73g)  
**raw celery, chopped**  
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**carrots, diced**  
1 1/3 medium (81g)  
**fresh spinach, thinly sliced**  
1/3 cup(s) (10g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

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### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

1. Mix greens and dressing in a small bowl. Serve.

## Dinner 1 ↗

Eat on day 1

### Quinoa and black beans

584 cals ● 29g protein ● 6g fat ● 74g carbs ● 28g fiber



#### quinoa, uncooked

1/4 cup (48g)

#### ground cumin

3 dash (1g)

#### frozen corn kernels

6 tbsp (51g)

#### oil

3/8 tsp (2mL)

#### vegetable broth

1/2 cup(s) (mL)

#### cayenne pepper

3/4 dash (0g)

#### salt

1 1/2 dash (1g)

#### black pepper

3/4 dash, ground (0g)

#### onion, chopped

3/8 medium (2-1/2" dia) (41g)

#### garlic, chopped

1 clove(s) (3g)

#### black beans, rinsed and drained

3/4 can(s) (329g)

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.

2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.

3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

### Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



#### mixed greens

6 cup (180g)

#### tomatoes

1 cup cherry tomatoes (149g)

#### salad dressing

6 tbsp (90mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

## Dinner 2 ↗

Eat on day 2 and day 3

### Black bean and couscous salad

671 cals ● 27g protein ● 16g fat ● 80g carbs ● 25g fiber



For single meal:

**olive oil**  
3 tsp (15mL)  
**ground cumin**  
1 1/3 dash (0g)  
**salt**  
1 1/3 dash (1g)  
**vegetable broth**  
3/8 cup(s) (mL)  
**black pepper**  
1 1/3 dash, ground (0g)  
**couscous, uncooked**  
1/3 cup (58g)  
**lime juice**  
2 tsp (10mL)  
**red bell pepper, seeded and chopped**  
1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)  
**black beans, drained**  
2/3 can(s) (293g)  
**whole kernel corn, drained**  
1/3 cup (55g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**ground cumin**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**vegetable broth**  
5/6 cup(s) (mL)  
**black pepper**  
1/3 tsp, ground (1g)  
**couscous, uncooked**  
2/3 cup (115g)  
**lime juice**  
4 tsp (20mL)  
**red bell pepper, seeded and chopped**  
2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)  
**black beans, drained**  
1 1/3 can(s) (585g)  
**whole kernel corn, drained**  
2/3 cup (109g)

1. Bring vegetable broth to a boil in a 2 quart or larger sauce pan and stir in the couscous. Cover the pot and remove from heat. Let stand for 5 minutes.
2. In a large bowl, whisk together the olive oil, lime juice, and cumin. Add red pepper, corn and beans and toss to coat.
3. Fluff the couscous well, breaking up any chunks. Add to the bowl with the vegetables and mix well.
4. Season with salt and pepper to taste and serve at once or refrigerate until ready to serve.

### Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/3 cup(s) (320mL)

For all 2 meals:

**whole milk**  
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

## Dinner 3 ↗

Eat on day 4

### Salsa verde tofu salad

353 cals ● 16g protein ● 24g fat ● 11g carbs ● 8g fiber



#### **firm tofu**

1 slice(s) (84g)

#### **oil**

1 tsp (5mL)

#### **mixed greens**

1 1/2 cup (45g)

#### **roasted pumpkin seeds, unsalted**

2 tbsp (15g)

#### **ground cumin**

1 tsp (2g)

#### **salsa verde**

1 tbsp (16g)

#### **avocados, sliced**

2 slices (50g)

#### **black beans, drained and rinsed**

2 tbsp (30g)

#### **tomatoes, chopped**

1/2 roma tomato (40g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

### Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber

Makes 2 cup(s)

#### **whole milk**

2 cup(s) (480mL)



1. The recipe has no instructions.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. The recipe has no  
instructions.

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## Dinner 4 ↗

Eat on day 5 and day 6

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### Milk

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



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no  
instructions.

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### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



For single meal:

**onion**  
1 1/4 tbsp minced (19g)  
**lime juice**  
1 1/4 tbsp (19mL)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**avocados, cubed**  
5/8 avocado(s) (126g)  
**tomatoes, diced**  
5/8 medium whole (2-3/5" dia)  
(77g)

For all 2 meals:

**onion**  
2 1/2 tbsp minced (38g)  
**lime juice**  
2 1/2 tbsp (38mL)  
**olive oil**  
2 tsp (9mL)  
**garlic powder**  
5 dash (2g)  
**salt**  
5 dash (4g)  
**black pepper**  
5 dash, ground (1g)  
**avocados, cubed**  
1 1/4 avocado(s) (251g)  
**tomatoes, diced**  
1 1/4 medium whole (2-3/5" dia)  
(154g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Basic tempeh

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



For single meal:

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

For all 2 meals:

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

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 5 ↗

Eat on day 7

### Basic tofu

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



Makes 6 oz

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

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.

### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**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.

### Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)  
**salad dressing**  
1/4 cup (68mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:

**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.