

# Meal Plan - 1200 calorie high protein vegetarian meal plan



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

1155 cals ● 124g protein (43%) ● 45g fat (35%) ● 49g carbs (17%) ● 15g fiber (5%)

### Breakfast

195 cals, 14g protein, 4g net carbs, 12g fat



**Basic scrambled eggs**  
2 egg(s)- 159 cals



**Blackberries**  
1/2 cup(s)- 35 cals

### Dinner

345 cals, 21g protein, 28g net carbs, 15g fat



**Lentils**  
174 cals



**Basic tofu**  
4 oz- 171 cals

### Lunch

345 cals, 30g protein, 16g net carbs, 17g fat



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



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

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 2

1249 cals ● 107g protein (34%) ● 51g fat (37%) ● 70g carbs (22%) ● 21g fiber (7%)

### Breakfast

195 cals, 14g protein, 4g net carbs, 12g fat



**Basic scrambled eggs**  
2 egg(s)- 159 cals



**Blackberries**  
1/2 cup(s)- 35 cals

### Dinner

390 cals, 16g protein, 45g net carbs, 12g fat



**Bbq cauliflower wings**  
268 cals



**Pan roasted zucchini**  
125 cals

### Lunch

390 cals, 17g protein, 19g net carbs, 26g fat



**Egg salad sandwich**  
1/2 sandwich(es)- 271 cals



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 3

1209 cals ● 117g protein (39%) ● 33g fat (25%) ● 82g carbs (27%) ● 28g fiber (9%)

### Breakfast

195 cals, 14g protein, 4g net carbs, 12g fat



**Basic scrambled eggs**  
2 egg(s)- 159 cals



**Blackberries**  
1/2 cup(s)- 35 cals

### Lunch

350 cals, 27g protein, 32g net carbs, 9g fat



**Vegan crumbles**  
3/4 cup(s)- 110 cals



**Lentils**  
174 cals



**Simple mixed greens salad**  
68 cals

### Dinner

390 cals, 16g protein, 45g net carbs, 12g fat



**Bbq cauliflower wings**  
268 cals



**Pan roasted zucchini**  
125 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 4

1177 cals ● 117g protein (40%) ● 32g fat (25%) ● 81g carbs (27%) ● 25g fiber (8%)

### Breakfast

155 cals, 13g protein, 3g net carbs, 10g fat



**Veggie mason jar omelet**  
1 jar(s)- 155 cals

### Lunch

350 cals, 27g protein, 32g net carbs, 9g fat



**Vegan crumbles**  
3/4 cup(s)- 110 cals



**Lentils**  
174 cals



**Simple mixed greens salad**  
68 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Dinner

400 cals, 16g protein, 44g net carbs, 13g fat



**Naan bread**  
1/2 piece(s)- 131 cals



**Edamame and chickpea salad**  
267 cals

## Day 5

1232 cals ● 121g protein (39%) ● 43g fat (32%) ● 68g carbs (22%) ● 22g fiber (7%)

### Breakfast

155 cals, 13g protein, 3g net carbs, 10g fat



**Veggie mason jar omelet**  
1 jar(s)- 155 cals

### Lunch

370 cals, 23g protein, 19g net carbs, 20g fat



**Pumpkin seeds**  
183 cals



**Hummus & veggie deli sandwich**  
1/2 sandwich(es)- 185 cals

### Dinner

435 cals, 25g protein, 44g net carbs, 13g fat



**Bean & tofu goulash**  
437 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

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## Day 6

1189 cals ● 117g protein (39%) ● 42g fat (32%) ● 65g carbs (22%) ● 21g fiber (7%)

### Breakfast

110 cals, 9g protein, 1g net carbs, 8g fat



**Egg & cheese mini muffin**  
2 mini muffin(s)- 112 cals

### Lunch

370 cals, 23g protein, 19g net carbs, 20g fat



**Pumpkin seeds**  
183 cals



**Hummus & veggie deli sandwich**  
1/2 sandwich(es)- 185 cals

### Dinner

435 cals, 25g protein, 44g net carbs, 13g fat



**Bean & tofu goulash**  
437 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

# Day 7

1157 cals ● 106g protein (36%) ● 52g fat (40%) ● 44g carbs (15%) ● 23g fiber (8%)

## Breakfast

110 cals, 9g protein, 1g net carbs, 8g fat



**Egg & cheese mini muffin**  
2 mini muffin(s)- 112 cals

## Lunch

435 cals, 16g protein, 24g net carbs, 27g fat



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Carrot sticks**  
1 carrot(s)- 27 cals



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals

## Dinner

340 cals, 21g protein, 17g net carbs, 15g fat



**Peanut tempeh**  
2 oz tempeh- 217 cals



**Tossed salad**  
121 cals

## Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

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# Grocery List



## Fats and Oils

- oil  
1 oz (32mL)
- salad dressing  
3 oz (82mL)
- olive oil  
2 tbsp (29mL)
- mayonnaise  
1 tbsp (15mL)

## Dairy and Egg Products

- eggs  
15 medium (666g)
- cheddar cheese  
3 tbsp, shredded (21g)

## Fruits and Fruit Juices

- blackberries  
1 1/2 cup (216g)
- dried cranberries  
1/2 tbsp (4g)
- lemon juice  
1/4 tbsp (4mL)

## Beverages

- protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- water  
1 1/4 gallon (4915mL)

## Other

- vegan sausage  
1 sausage (100g)
- mixed greens  
4 1/2 cup (135g)
- nutritional yeast  
1 oz (31g)
- italian seasoning  
1 dash (1g)
- plant-based deli slices  
6 slices (62g)

## Vegetables and Vegetable Products

- tomatoes  
2/3 medium whole (2-3/5" dia) (83g)

## Spices and Herbs

- salt  
1/3 oz (9g)
- black pepper  
5 g (5g)
- oregano, dried  
1/4 tbsp, ground (1g)
- garlic powder  
1/4 tbsp (2g)
- paprika  
1/4 oz (7g)
- yellow mustard  
1 dash or 1 packet (1g)
- vinegar  
1/6 tsp (1mL)
- fresh thyme  
4 dash (0g)

## Legumes and Legume Products

- lentils, raw  
3/4 cup (144g)
- firm tofu  
2/3 lbs (312g)
- peanut butter  
1 oz (32g)
- vegetarian burger crumbles  
1 1/2 cup (150g)
- chickpeas, canned  
3/8 can(s) (179g)
- white beans, canned  
1 can(s) (439g)
- hummus  
3 tbsp (45g)
- roasted peanuts  
4 tbsp (37g)
- tempeh  
2 oz (57g)
- soy sauce  
1/2 tsp (3mL)

## Soups, Sauces, and Gravies

- barbecue sauce  
1/2 cup (143g)
- chunky canned soup (creamy varieties)  
1/2 can (~19 oz) (267g)

## Baked Products

- cauliflower**  
2 head small (4" dia.) (530g)
- zucchini**  
1 1/2 medium (294g)
- onion**  
1 1/2 medium (2-1/2" dia) (154g)
- bell pepper**  
5/8 large (98g)
- edamame beans, frozen**  
2 1/2 tbsp (23g)
- carrots**  
1 1/2 medium (98g)
- garlic**  
1 clove (3g)
- cucumber**  
1/4 cucumber (8-1/4") (64g)
- romaine lettuce**  
1/2 hearts (250g)
- red onion**  
1/8 medium (2-1/2" dia) (14g)

- bread**  
1/4 lbs (96g)
- naan bread**  
1/2 piece(s) (45g)

## **Snacks**

- rice cakes, any flavor**  
1/2 cakes (5g)

## **Nut and Seed Products**

- roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 large (300g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

### Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**blackberries**  
1/2 cup (72g)

For all 3 meals:

**blackberries**  
1 1/2 cup (216g)

1. Rinse blackberries and serve.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

**eggs**  
2 large (100g)  
**bell pepper, chopped**  
1/2 small (37g)  
**onion, diced**  
1/4 small (18g)

For all 2 meals:

**eggs**  
4 large (200g)  
**bell pepper, chopped**  
1 small (74g)  
**onion, diced**  
1/2 small (35g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Egg & cheese mini muffin

2 mini muffin(s) - 112 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**water**  
1 tsp (5mL)  
**cheddar cheese**  
1 1/2 tbsp, shredded (11g)

For all 2 meals:

**eggs**  
2 large (100g)  
**water**  
2 tsp (10mL)  
**cheddar cheese**  
3 tbsp, shredded (21g)

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.

## Lunch 1 ↗

Eat on day 1

### 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.

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Lunch 2 ↗

Eat on day 2

### Egg salad sandwich

1/2 sandwich(es) - 271 cals ● 13g protein ● 18g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

**eggs**  
1 1/2 medium (66g)  
**mayonnaise**  
1 tbsp (15mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**bread**  
1 slice (32g)  
**paprika**  
1/2 dash (0g)  
**onion, chopped**  
1/8 small (9g)  
**yellow mustard**  
1 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

### Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



Makes 1/2 cake(s)

**peanut butter**  
1 tbsp (16g)  
**rice cakes, any flavor**  
1/2 cakes (5g)

1. Spread peanut butter over top of rice cake.

## Lunch 3 ↗

Eat on day 3 and day 4

### Vegan crumbles

3/4 cup(s) - 110 cals ● 14g protein ● 3g fat ● 2g carbs ● 4g fiber



For single meal:

**vegetarian burger crumbles**  
3/4 cup (75g)

For all 2 meals:

**vegetarian burger crumbles**  
1 1/2 cup (150g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

### Lentils

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



For single meal:

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

For all 2 meals:

**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 salad

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



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

## Lunch 4 ↗

Eat on day 5 and day 6

### 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.

### Hummus & veggie deli sandwich

1/2 sandwich(es) - 185 cals ● 14g protein ● 5g fat ● 16g carbs ● 4g fiber



For single meal:

**bread**  
1 slice(s) (32g)  
**plant-based deli slices**  
3 slices (31g)  
**hummus**  
1 1/2 tbsp (23g)  
**cucumber**  
2 tbsp slices (13g)

For all 2 meals:

**bread**  
2 slice(s) (64g)  
**plant-based deli slices**  
6 slices (62g)  
**hummus**  
3 tbsp (45g)  
**cucumber**  
4 tbsp slices (26g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich.

Serve.

## Lunch 5 ↗

Eat on day 7

### Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber

Makes 1/4 cup(s)

**roasted peanuts**  
4 tbsp (37g)



1. The recipe has no instructions.

## Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 1 carrot(s)

**carrots**

1 medium (61g)

1. Cut carrots into strips and serve.

## Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



Makes 1/2 can(s)

**chunky canned soup (creamy varieties)**

1/2 can (~19 oz) (267g)

1. Prepare according to instructions on package.

## Dinner 1 ↗

Eat on day 1

### Lentils

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



**water**

1 cup(s) (237mL)

**salt**

1/2 dash (0g)

**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.

### Basic tofu

4 oz - 171 cals ● 9g protein ● 14g fat ● 2g carbs ● 0g fiber



Makes 4 oz

**oil**  
2 tsp (10mL)  
**firm tofu**  
4 oz (113g)

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.

## Dinner 2 ↗

Eat on day 2 and day 3

### Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



For single meal:

**barbecue sauce**  
4 tbsp (72g)  
**salt**  
2 dash (2g)  
**nutritional yeast**  
4 tbsp (15g)  
**cauliflower**  
1 head small (4" dia.) (265g)

For all 2 meals:

**barbecue sauce**  
1/2 cup (143g)  
**salt**  
4 dash (3g)  
**nutritional yeast**  
1/2 cup (30g)  
**cauliflower**  
2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

### Pan roasted zucchini

125 cals ● 2g protein ● 10g fat ● 5g carbs ● 3g fiber



For single meal:

**zucchini**  
3/4 medium (147g)  
**black pepper**  
1 tsp, ground (3g)  
**oregano, dried**  
3 dash, ground (1g)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
3/4 tbsp (11mL)

For all 2 meals:

**zucchini**  
1 1/2 medium (294g)  
**black pepper**  
3/4 tbsp, ground (5g)  
**oregano, dried**  
1/4 tbsp, ground (1g)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (5g)  
**olive oil**  
1 1/2 tbsp (23mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

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## Dinner 3

Eat on day 4

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### 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(s) (45g)

1. The recipe has no  
instructions.



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### Edamame and chickpea salad

267 cals ● 12g protein ● 10g fat ● 22g carbs ● 10g fiber



**dried cranberries**  
1 tsp (4g)  
**olive oil**  
1 tsp (6mL)  
**vinegar**  
1/6 tsp (1mL)  
**italian seasoning**  
1 dash (1g)  
**edamame beans, frozen**  
2 1/2 tbsp (23g)  
**chickpeas, canned, drained and rinsed**  
3/8 can(s) (179g)  
**bell pepper, diced**  
1/6 medium (24g)  
**carrots, diced**  
1/6 medium (12g)

1. Cook the edamame according to its package. Discard any pods.
2. In a large bowl, add the rinsed chickpeas, edamame beans, pepper, carrots, and cranberries. Set aside.
3. In a small bowl, mix together the olive oil, vinegar, and seasoning until blended.
4. Pour dressing over chickpea mixture and toss.
5. Best served chilled.

## Dinner 4

Eat on day 5 and day 6

### Bean & tofu goulash

437 cals ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**paprika**  
1/2 tbsp (3g)  
**fresh thyme**  
2 dash (0g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
1/2 clove (2g)  
**firm tofu, drained and diced**  
1/4 lbs (99g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**paprika**  
1 tbsp (7g)  
**fresh thyme**  
4 dash (0g)  
**white beans, canned, drained & rinsed**  
1 can(s) (439g)  
**onion, diced**  
1 medium (2-1/2" dia) (110g)  
**garlic, minced**  
1 clove (3g)  
**firm tofu, drained and diced**  
1/2 lbs (198g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

## Dinner 5 ↗

Eat on day 7

### Peanut tempeh

2 oz tempeh - 217 cals ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



Makes 2 oz tempeh

**tempeh**  
2 oz (57g)  
**peanut butter**  
1 tbsp (16g)  
**lemon juice**  
1/4 tbsp (4mL)  
**soy sauce**  
1/2 tsp (3mL)  
**nutritional yeast**  
1/4 tbsp (1g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

### Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



**romaine lettuce, shredded**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 small whole (2-2/5" dia) (46g)  
**salad dressing**  
1 tbsp (15mL)  
**red onion, sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (38g)  
**carrots, peeled and shredded or sliced**  
1/2 small (5-1/2" long) (25g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Protein Supplement(s)

Eat every day

### Protein shake

2 1/2 scoop - 273 cals  61g protein  1g fat  2g carbs  3g fiber



For single meal:

**protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)  
**water**  
2 1/2 cup(s) (593mL)

For all 7 meals:

**protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)  
**water**  
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.