

# Meal Plan - 1400 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

1412 cals ● 131g protein (37%) ● 40g fat (26%) ● 108g carbs (31%) ● 23g fiber (7%)

### Breakfast

185 cals, 15g protein, 21g net carbs, 3g fat



[Strawberries](#)

1 cup(s)- 52 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals

### Snacks

170 cals, 5g protein, 8g net carbs, 12g fat



[Popcorn](#)

2 cups- 81 cals



[Sunflower seeds](#)

90 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

### Lunch

370 cals, 20g protein, 34g net carbs, 15g fat



[Chik'n nuggets](#)

6 2/3 nuggets- 368 cals

### Dinner

365 cals, 18g protein, 42g net carbs, 9g fat



[Beans & greens](#)

364 cals

## Day 2

1450 cals ● 128g protein (35%) ● 63g fat (39%) ● 70g carbs (19%) ● 23g fiber (6%)

### Breakfast

185 cals, 15g protein, 21g net carbs, 3g fat



**Strawberries**

1 cup(s)- 52 cals



**Cottage cheese & fruit cup**

1 container- 131 cals

### Snacks

170 cals, 5g protein, 8g net carbs, 12g fat



**Popcorn**

2 cups- 81 cals



**Sunflower seeds**

90 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**

3 scoop- 327 cals

### Lunch

350 cals, 15g protein, 27g net carbs, 16g fat



**Basic tempeh**

2 oz- 148 cals



**Simple mixed greens and tomato salad**

76 cals



**Mashed sweet potatoes with butter**

125 cals

### Dinner

420 cals, 20g protein, 11g net carbs, 31g fat



**Mixed nuts**

1/6 cup(s)- 163 cals



**String cheese**

1 stick(s)- 83 cals



**Salsa verde tofu salad**

176 cals

## Day 3

1480 cals ● 124g protein (34%) ● 50g fat (30%) ● 108g carbs (29%) ● 26g fiber (7%)

### Breakfast

185 cals, 8g protein, 26g net carbs, 5g fat



**Boiled eggs**

1 egg(s)- 69 cals



**Fruit juice**

1 cup(s)- 115 cals

### Snacks

160 cals, 6g protein, 21g net carbs, 4g fat



**Sugar snap peas**

1 cup- 27 cals



**Milk**

1/2 cup(s)- 75 cals



**Applesauce**

57 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**

3 scoop- 327 cals

### Lunch

390 cals, 18g protein, 47g net carbs, 8g fat



**Quinoa and black beans**

260 cals



**Brown rice**

1/4 cup brown rice, cooked- 57 cals



**Caprese salad**

71 cals

### Dinner

420 cals, 20g protein, 11g net carbs, 31g fat



**Mixed nuts**

1/6 cup(s)- 163 cals



**String cheese**

1 stick(s)- 83 cals



**Salsa verde tofu salad**

176 cals

## Day 4

1415 cals ● 128g protein (36%) ● 26g fat (17%) ● 143g carbs (40%) ● 24g fiber (7%)

### Breakfast

185 cals, 8g protein, 26g net carbs, 5g fat



**Boiled eggs**  
1 egg(s)- 69 cals



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

### Snacks

160 cals, 6g protein, 21g net carbs, 4g fat



**Sugar snap peas**  
1 cup- 27 cals



**Milk**  
1/2 cup(s)- 75 cals



**Applesauce**  
57 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

390 cals, 18g protein, 47g net carbs, 8g fat



**Quinoa and black beans**  
260 cals



**Brown rice**  
1/4 cup brown rice, cooked- 57 cals



**Caprese salad**  
71 cals

### Dinner

360 cals, 24g protein, 46g net carbs, 7g fat



**Barbeque tempeh sandwiches**  
1/2 sandwich(es)- 227 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

## Day 5

1437 cals ● 145g protein (40%) ● 44g fat (27%) ● 88g carbs (25%) ● 28g fiber (8%)

### Breakfast

230 cals, 12g protein, 13g net carbs, 12g fat



**Scrambled egg whites**  
61 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

170 cals, 17g protein, 12g net carbs, 4g fat



**Protein shake (milk)**  
129 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

325 cals, 13g protein, 50g net carbs, 6g fat



**Caprese salad**  
71 cals



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

### Dinner

385 cals, 31g protein, 10g net carbs, 20g fat



**Vegan crumbles**  
1 1/2 cup(s)- 219 cals



**Pan roasted zucchini**  
166 cals

## Day 6

1366 cals ● 128g protein (37%) ● 36g fat (24%) ● 105g carbs (31%) ● 26g fiber (8%)

### Breakfast

230 cals, 12g protein, 13g net carbs, 12g fat



**Scrambled egg whites**  
61 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

170 cals, 17g protein, 12g net carbs, 4g fat



**Protein shake (milk)**  
129 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

325 cals, 13g protein, 50g net carbs, 6g fat



**Caprese salad**  
71 cals



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

### Dinner

315 cals, 14g protein, 28g net carbs, 12g fat



**Chickpea & chickpea pasta**  
286 cals



**Simple kale salad**  
1/2 cup(s)- 28 cals

## Day 7

1360 cals ● 129g protein (38%) ● 40g fat (27%) ● 90g carbs (27%) ● 30g fiber (9%)

### Breakfast

230 cals, 12g protein, 13g net carbs, 12g fat



**Scrambled egg whites**  
61 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

170 cals, 17g protein, 12g net carbs, 4g fat



**Protein shake (milk)**  
129 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

320 cals, 14g protein, 34g net carbs, 10g fat



**Lentil and veggie soup**  
185 cals



**Simple mixed greens salad**  
136 cals

### Dinner

315 cals, 14g protein, 28g net carbs, 12g fat



**Chickpea & chickpea pasta**  
286 cals



**Simple kale salad**  
1/2 cup(s)- 28 cals

## Beverages

- ☐ protein powder  
22 1/2 scoop (1/3 cup ea) (698g)
- ☐ water  
21 1/3 cup(s) (5055mL)

## Other

- ☐ Popcorn, microwave, salted  
4 cup popped (44g)
- ☐ cottage cheese & fruit cup  
3 container (510g)
- ☐ vegan chik'n nuggets  
6 2/3 nuggets (143g)
- ☐ mixed greens  
2 package (5.5 oz) (283g)
- ☐ chickpea pasta  
2 oz (57g)
- ☐ nutritional yeast  
2 1/2 g (3g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 oz (28g)
- ☐ mixed nuts  
6 tbsp (50g)
- ☐ roasted pumpkin seeds, unsalted  
2 tbsp (15g)

## Vegetables and Vegetable Products

- ☐ kale leaves  
2 1/3 cup, chopped (93g)
- ☐ garlic  
4 1/3 clove(s) (13g)
- ☐ ketchup  
5 tsp (28g)
- ☐ tomatoes  
1 1/2 medium whole (2-3/5" dia) (177g)
- ☐ sweet potatoes  
1/2 sweetpotato, 5" long (105g)
- ☐ Sugar snap peas  
2 cup, whole (126g)
- ☐ frozen corn kernels  
1/3 cup (45g)
- ☐ onion  
1 medium (2-1/2" dia) (105g)
- ☐ red bell pepper  
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)

## Spices and Herbs

- ☐ crushed red pepper  
1 dash (0g)
- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ cayenne pepper  
3/4 dash (0g)
- ☐ salt  
1/4 tbsp (5g)
- ☐ black pepper  
4 g (4g)
- ☐ fresh basil  
1/3 cup leaves, whole (8g)
- ☐ oregano, dried  
4 dash, ground (1g)
- ☐ garlic powder  
4 dash (2g)

## Fats and Oils

- ☐ oil  
1 1/3 oz (39mL)
- ☐ salad dressing  
1/3 cup (83mL)
- ☐ balsamic vinaigrette  
4 tsp (20mL)
- ☐ olive oil  
1 tbsp (15mL)

## Legumes and Legume Products

- ☐ white beans, canned  
1/2 can(s) (220g)
- ☐ tempeh  
3 oz (85g)
- ☐ firm tofu  
1 slice(s) (84g)
- ☐ black beans  
3/4 can(s) (323g)
- ☐ vegetarian burger crumbles  
1 1/2 cup (150g)
- ☐ chickpeas, canned  
1/2 can(s) (224g)
- ☐ lentils, raw  
2 3/4 tbsp (32g)

## Fruits and Fruit Juices

- ☐ strawberries  
2 cup, whole (288g)

- ☐ green pepper  
1/8 medium (15g)
- ☐ carrots  
4 1/2 medium (275g)
- ☐ zucchini  
1 medium (196g)
- ☐ frozen mixed veggies  
1/2 cup (68g)

### Soups, Sauces, and Gravies

- ☐ vegetable broth  
2 cup(s) (mL)
- ☐ salsa verde  
1 tbsp (16g)
- ☐ barbecue sauce  
2 tbsp (36g)
- ☐ pasta sauce  
1/4 jar (24 oz) (168g)

### Dairy and Egg Products

- ☐ parmesan cheese  
1/2 tbsp (3g)
- ☐ butter  
1/8 stick (12g)
- ☐ string cheese  
2 stick (56g)
- ☐ eggs  
2 large (100g)
- ☐ whole milk  
2 1/2 cup(s) (600mL)
- ☐ fresh mozzarella cheese  
2 oz (57g)
- ☐ egg whites  
3/4 cup (182g)

- ☐ avocados  
1 avocado(s) (201g)
- ☐ fruit juice  
16 fl oz (480mL)
- ☐ applesauce  
2 to-go container (~4 oz) (244g)

### Cereal Grains and Pasta

- ☐ quinoa, uncooked  
4 tbsp (43g)
- ☐ brown rice  
2 3/4 tbsp (32g)
- ☐ uncooked dry pasta  
4 oz (114g)

### Baked Products

- ☐ kaiser rolls  
1/2 roll (3-1/2" dia) (29g)
  - ☐ bread  
3 slice (96g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Strawberries

1 cup(s) - 52 cal ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 2 meals:

**strawberries**  
2 cup, whole (288g)

1. The recipe has no instructions.

### Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.



## Breakfast 2 [↗](#)

Eat on day 3 and day 4

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### Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
  2. Place the eggs in a small sauce pan and cover with water.
  3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
  4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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### Fruit juice

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



For single meal:

**fruit juice**  
8 fl oz (240mL)

For all 2 meals:

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

1. The recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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### Scrambled egg whites

61 cal ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

**egg whites**

4 tbsp (61g)

**oil**

1/4 tbsp (4mL)

For all 3 meals:

**egg whites**

3/4 cup (182g)

**oil**

3/4 tbsp (11mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
  2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
  3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.
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### Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**

1 slice (32g)

**avocados, ripe, sliced**

1/4 avocado(s) (50g)

For all 3 meals:

**bread**

3 slice (96g)

**avocados, ripe, sliced**

3/4 avocado(s) (151g)

1. Toast the bread.
  2. Top with ripe avocado and use a fork to smash.
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## Lunch 1 [↗](#)

Eat on day 1

### Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



Makes 6 2/3 nuggets

#### ketchup

5 tsp (28g)

#### vegan chik'n nuggets

6 2/3 nuggets (143g)

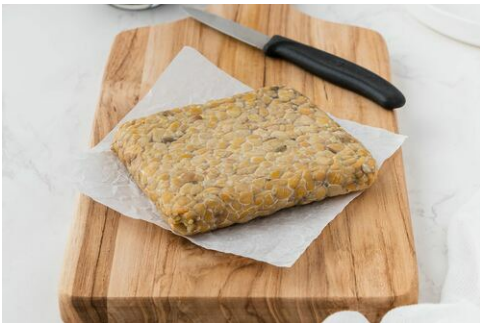
1. Cook chik'n tenders according to package.
2. Serve with ketchup.

## Lunch 2 [↗](#)

Eat on day 2

### Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



Makes 2 oz

#### tempeh

2 oz (57g)

#### oil

1 tsp (5mL)

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 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.

### Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



**sweet potatoes**

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

**butter**

1 tsp (5g)

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, top with butter, and serve.
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## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Quinoa and black beans

260 cals ● 13g protein ● 3g fat ● 33g carbs ● 12g fiber



For single meal:

**quinoa, uncooked**  
2 tbsp (21g)  
**ground cumin**  
1 1/3 dash (0g)  
**frozen corn kernels**  
2 2/3 tbsp (23g)  
**oil**  
1/6 tsp (1mL)  
**vegetable broth**  
1/4 cup(s) (mL)  
**cayenne pepper**  
1/3 dash (0g)  
**salt**  
2/3 dash (1g)  
**black pepper**  
1/3 dash, ground (0g)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**garlic, chopped**  
1/2 clove(s) (2g)  
**black beans, rinsed and drained**  
1/3 can(s) (146g)

For all 2 meals:

**quinoa, uncooked**  
4 tbsp (43g)  
**ground cumin**  
1/3 tsp (1g)  
**frozen corn kernels**  
1/3 cup (45g)  
**oil**  
1/3 tsp (2mL)  
**vegetable broth**  
1/2 cup(s) (mL)  
**cayenne pepper**  
2/3 dash (0g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
2/3 dash, ground (0g)  
**onion, chopped**  
1/3 medium (2-1/2" dia) (37g)  
**garlic, chopped**  
1 clove(s) (3g)  
**black beans, rinsed and drained**  
2/3 can(s) (293g)

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.

### Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1/6 cup(s) (39mL)  
**black pepper**  
1/2 dash, ground (0g)  
**brown rice**  
4 tsp (16g)

For all 2 meals:

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

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.

Caprese salad

71 cal ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**fresh mozzarella cheese**  
1/2 oz (14g)  
**mixed greens**  
1/6 package (5.5 oz) (26g)  
**fresh basil**  
4 tsp leaves, whole (2g)  
**balsamic vinaigrette**  
1 tsp (5mL)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

**fresh mozzarella cheese**  
1 oz (28g)  
**mixed greens**  
1/3 package (5.5 oz) (52g)  
**fresh basil**  
2 2/3 tbsp leaves, whole (4g)  
**balsamic vinaigrette**  
2 tsp (10mL)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

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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## Lunch 4 [↗](#)

Eat on day 5 and day 6

### Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**fresh mozzarella cheese**

1/2 oz (14g)

**mixed greens**

1/6 package (5.5 oz) (26g)

**fresh basil**

4 tsp leaves, whole (2g)

**balsamic vinaigrette**

1 tsp (5mL)

**tomatoes, halved**

2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

**fresh mozzarella cheese**

1 oz (28g)

**mixed greens**

1/3 package (5.5 oz) (52g)

**fresh basil**

2 2/3 tbsp leaves, whole (4g)

**balsamic vinaigrette**

2 tsp (10mL)

**tomatoes, halved**

1/3 cup cherry tomatoes (50g)

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

### Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**

2 oz (57g)

**pasta sauce**

1/8 jar (24 oz) (84g)

For all 2 meals:

**uncooked dry pasta**

4 oz (114g)

**pasta sauce**

1/4 jar (24 oz) (168g)

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

## Lunch 5 [↗](#)

Eat on day 7

### Lentil and veggie soup

185 cals ● 12g protein ● 1g fat ● 26g carbs ● 7g fiber



**lentils, raw**  
2 2/3 tbsp (32g)  
**vegetable broth**  
2/3 cup(s) (mL)  
**kale leaves**  
1/3 cup, chopped (13g)  
**nutritional yeast**  
1 tsp (1g)  
**garlic**  
1/3 clove(s) (1g)  
**frozen mixed veggies**  
1/2 cup (68g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



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

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

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Popcorn

2 cups - 81 cals ● 1g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

**Popcorn, microwave, salted**  
2 cup popped (22g)

For all 2 meals:

**Popcorn, microwave, salted**  
4 cup popped (44g)

1. Follow instructions on package.

### 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. The recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3 and day 4

**Sugar snap peas**  
1 cup - 27 cal● 2g protein ● 0g fat ● 3g carbs ● 2g fiber



For single meal:  
**Sugar snap peas**  
1 cup, whole (63g)

For all 2 meals:  
**Sugar snap peas**  
2 cup, whole (126g)

1. Season with salt if desired and serve raw.

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**Milk**  
1/2 cup(s) - 75 cal● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:  
**whole milk**  
1/2 cup(s) (120mL)

For all 2 meals:  
**whole milk**  
1 cup(s) (240mL)

1. The recipe has no instructions.

**Applesauce**  
57 cal● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**

1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

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## Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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### Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**

1/2 cup(s) (120mL)

**protein powder**

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**whole milk**

1 1/2 cup(s) (360mL)

**protein powder**

1 1/2 scoop (1/3 cup ea) (47g)

1. Mix until well-combined.
2. Serve.

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### Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**carrots**

1 1/2 medium (92g)

For all 3 meals:

**carrots**

4 1/2 medium (275g)

1. Cut carrots into strips and serve.
-

## Dinner 1 [↗](#)

Eat on day 1

### Beans & greens

364 cals ● 18g protein ● 9g fat ● 42g carbs ● 11g fiber



#### kale leaves

1 cup, chopped (40g)

#### vegetable broth

3/4 cup(s) (mL)

#### parmesan cheese

1/2 tbsp (3g)

#### crushed red pepper

1 dash (0g)

#### oil

1/2 tbsp (8mL)

#### garlic, minced

1 clove(s) (3g)

#### white beans, canned, drained & rinsed

1/2 can(s) (220g)

1. Heat oil in a pot over medium heat.
2. Add the garlic and cook until fragrant, about 1 minute.
3. Stir in the crushed red pepper and a pinch of salt and pepper. Cook for 30 seconds.
4. Add the kale and saute until slightly wilted.
5. Stir in the white beans and vegetable broth.
6. Cover and simmer for 10 minutes. (For a thicker stew, leave the pot uncovered.)
7. Top with parmesan and serve.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

#### mixed nuts

3 tbsp (25g)

For all 2 meals:

#### mixed nuts

6 tbsp (50g)

1. The recipe has no instructions.

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

## Salsa verde tofu salad

176 cals ● 8g protein ● 12g fat ● 6g carbs ● 4g fiber



For single meal:

**firm tofu**  
1/2 slice(s) (42g)  
**oil**  
1/2 tsp (3mL)  
**mixed greens**  
3/4 cup (23g)  
**roasted pumpkin seeds, unsalted**  
1 tbsp (7g)  
**ground cumin**  
4 dash (1g)  
**salsa verde**  
1/2 tbsp (8g)  
**avocados, sliced**  
1 slices (25g)  
**black beans, drained and rinsed**  
1 tbsp (15g)  
**tomatoes, chopped**  
1/4 roma tomato (20g)

For all 2 meals:

**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.
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## Dinner 3 [🔗](#)

Eat on day 4

### Barbeque tempeh sandwiches

1/2 sandwich(es) - 227 cals ● 10g protein ● 5g fat ● 33g carbs ● 4g fiber



Makes 1/2 sandwich(es)

#### **barbecue sauce**

2 tbsp (36g)

#### **oil**

3/8 tsp (2mL)

#### **kaiser rolls**

1/2 roll (3-1/2" dia) (29g)

#### **tempeh, crumbled**

1 oz (28g)

#### **red bell pepper, seeded and chopped**

1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)

#### **onion, chopped**

1/8 medium (2-1/2" dia) (14g)

#### **green pepper, seeded and chopped**

1/8 medium (15g)

1. Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.
2. Heat oil in a skillet over medium heat. Add the red and green peppers, and the onion. Cook, stirring frequently until tender. Stir in the tempeh and barbeque sauce, and heat through.
3. Spoon the tempeh mixture onto kaiser rolls, and serve.

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

#### **cottage cheese & fruit cup**

1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.



## Dinner 4 [↗](#)

Eat on day 5

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### Vegan crumbles

1 1/2 cup(s) - 219 cal ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

#### vegetarian burger crumbles

1 1/2 cup (150g)

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

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### Pan roasted zucchini

166 cal ● 3g protein ● 13g fat ● 6g carbs ● 3g fiber



#### zucchini

1 medium (196g)

#### black pepper

1/2 tbsp, ground (3g)

#### oregano, dried

4 dash, ground (1g)

#### garlic powder

4 dash (2g)

#### salt

4 dash (3g)

#### olive oil

1 tbsp (15mL)

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 5 [↗](#)

Eat on day 6 and day 7

### Chickpea & chickpea pasta

286 cals ● 13g protein ● 10g fat ● 25g carbs ● 10g fiber



For single meal:

**chickpea pasta**  
1 oz (28g)  
**oil**  
1/4 tbsp (4mL)  
**butter**  
1/4 tbsp (4g)  
**nutritional yeast**  
4 dash (1g)  
**onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, drained & rinsed**  
1/4 can(s) (112g)

For all 2 meals:

**chickpea pasta**  
2 oz (57g)  
**oil**  
1/2 tbsp (8mL)  
**butter**  
1/2 tbsp (7g)  
**nutritional yeast**  
1 tsp (1g)  
**onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
2 clove(s) (6g)  
**chickpeas, canned, drained & rinsed**  
1/2 can(s) (224g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

### Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

**kale leaves**  
1/2 cup, chopped (20g)  
**salad dressing**  
1/2 tbsp (8mL)

For all 2 meals:

**kale leaves**  
1 cup, chopped (40g)  
**salad dressing**  
1 tbsp (15mL)

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

# Protein Supplement(s)

Eat every day

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## Protein shake

3 scoop - 327 cals  73g protein  2g fat  3g carbs  3g fiber



For single meal:

**protein powder**  
3 scoop (1/3 cup ea) (93g)  
**water**  
3 cup(s) (711mL)

For all 7 meals:

**protein powder**  
21 scoop (1/3 cup ea) (651g)  
**water**  
21 cup(s) (4977mL)

1. The recipe has no instructions.
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