

Meal Plan - 1700 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

1743 cals ● 152g protein (35%) ● 84g fat (44%) ● 75g carbs (17%) ● 19g fiber (4%)

Breakfast

270 cals, 27g protein, 14g net carbs, 12g fat



Cottage cheese & fruit cup
1 container- 131 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

220 cals, 7g protein, 10g net carbs, 16g fat



Popcorn
2 1/2 cups- 101 cals



Sunflower seeds
120 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

435 cals, 22g protein, 17g net carbs, 29g fat



Basic tofu
8 oz- 342 cals



Green beans
95 cals

Dinner

435 cals, 12g protein, 32g net carbs, 26g fat



Flatbread margherita pizza
317 cals



Tomato and avocado salad
117 cals

Day 2

1710 cals ● 171g protein (40%) ● 69g fat (36%) ● 78g carbs (18%) ● 24g fiber (6%)

Breakfast

270 cals, 27g protein, 14g net carbs, 12g fat



Cottage cheese & fruit cup
1 container- 131 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

220 cals, 7g protein, 10g net carbs, 16g fat



Popcorn
2 1/2 cups- 101 cals



Sunflower seeds
120 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

460 cals, 24g protein, 32g net carbs, 24g fat



Crispy chik'n tenders
5 1/3 tender(s)- 305 cals



Tomato and avocado salad
156 cals

Dinner

375 cals, 29g protein, 20g net carbs, 15g fat



Buffalo tempeh with tzatziki
314 cals



Green beans
63 cals

Day 3

1723 cals ● 165g protein (38%) ● 72g fat (38%) ● 79g carbs (18%) ● 25g fiber (6%)

Breakfast

285 cals, 21g protein, 14g net carbs, 15g fat



Cottage cheese & fruit cup
1 container- 131 cals



Tomato and basil omelet
152 cals

Snacks

220 cals, 7g protein, 10g net carbs, 16g fat



Popcorn
2 1/2 cups- 101 cals



Sunflower seeds
120 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

460 cals, 24g protein, 32g net carbs, 24g fat



Crispy chik'n tenders
5 1/3 tender(s)- 305 cals



Tomato and avocado salad
156 cals

Dinner

375 cals, 29g protein, 20g net carbs, 15g fat



Buffalo tempeh with tzatziki
314 cals



Green beans
63 cals

Day 4

1765 cals ● 160g protein (36%) ● 53g fat (27%) ● 130g carbs (30%) ● 32g fiber (7%)

Breakfast

285 cals, 21g protein, 14g net carbs, 15g fat



Cottage cheese & fruit cup
1 container- 131 cals



Tomato and basil omelet
152 cals

Snacks

195 cals, 13g protein, 22g net carbs, 4g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

520 cals, 23g protein, 44g net carbs, 24g fat



Peanut tempeh
2 oz tempeh- 217 cals



Brown rice
1/2 cup brown rice, cooked- 115 cals



Simple mixed greens and tomato salad
189 cals

Dinner

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



White bean cassoulet
385 cals

Day 5

1700 cals ● 162g protein (38%) ● 61g fat (32%) ● 106g carbs (25%) ● 19g fiber (4%)

Breakfast

285 cals, 21g protein, 14g net carbs, 15g fat



Cottage cheese & fruit cup
1 container- 131 cals



Tomato and basil omelet
152 cals

Snacks

195 cals, 13g protein, 22g net carbs, 4g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



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

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

435 cals, 17g protein, 48g net carbs, 17g fat



Couscous
201 cals



Buttered lima beans
55 cals



Buffalo tofu
177 cals

Dinner

405 cals, 26g protein, 18g net carbs, 23g fat



Edamame & beet salad
171 cals



Cajun tofu
236 cals

Day 6

1700 cals ● 176g protein (41%) ● 57g fat (30%) ● 99g carbs (23%) ● 23g fiber (5%)

Breakfast

205 cals, 11g protein, 8g net carbs, 14g fat



Milk

1/2 cup(s)- 75 cals



Egg & avocado salad

133 cals

Snacks

260 cals, 32g protein, 13g net carbs, 8g fat



Protein shake (milk)

258 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

445 cals, 22g protein, 58g net carbs, 10g fat



String cheese

1 stick(s)- 83 cals



Spiced chickpea tabbouleh bowl

364 cals

Dinner

405 cals, 26g protein, 18g net carbs, 23g fat



Edamame & beet salad

171 cals



Cajun tofu

236 cals

Day 7

1704 cals ● 166g protein (39%) ● 46g fat (25%) ● 128g carbs (30%) ● 27g fiber (6%)

Breakfast

205 cals, 11g protein, 8g net carbs, 14g fat



Milk

1/2 cup(s)- 75 cals



Egg & avocado salad

133 cals

Snacks

260 cals, 32g protein, 13g net carbs, 8g fat



Protein shake (milk)

258 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Lunch

445 cals, 22g protein, 58g net carbs, 10g fat



String cheese

1 stick(s)- 83 cals



Spiced chickpea tabbouleh bowl

364 cals

Dinner

410 cals, 16g protein, 47g net carbs, 13g fat



Greek white bean & quinoa bowl

326 cals



Simple salad with celery, cucumber & tomato

85 cals

Fats and Oils

- ☐ oil
2 oz (62mL)
- ☐ olive oil
3 1/4 tbsp (48mL)
- ☐ salad dressing
1/3 cup (71mL)
- ☐ ranch dressing
1 tbsp (15mL)
- ☐ balsamic vinaigrette
2 tbsp (30mL)

Legumes and Legume Products

- ☐ firm tofu
1 2/3 lbs (751g)
- ☐ tempeh
10 oz (284g)
- ☐ peanut butter
1 tbsp (16g)
- ☐ soy sauce
1/2 tsp (3mL)
- ☐ white beans, canned
3/4 can(s) (329g)
- ☐ chickpeas, canned
2/3 can(s) (299g)

Vegetables and Vegetable Products

- ☐ frozen green beans
4 2/3 cup (565g)
- ☐ tomatoes
3 2/3 medium whole (2-3/5" dia) (455g)
- ☐ garlic
2 1/2 clove(s) (8g)
- ☐ onion
3/4 medium (2-1/2" dia) (83g)
- ☐ ketchup
2 2/3 tbsp (45g)
- ☐ green onions
1 1/2 tbsp chopped (9g)
- ☐ carrots
4 medium (255g)
- ☐ raw celery
1 1/6 stalk, medium (7-1/2" - 8" long) (47g)
- ☐ lima beans, frozen
1/8 package (10 oz) (36g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ beets, precooked (canned or refrigerated)
4 beet(s) (200g)

Nut and Seed Products

- ☐ sunflower kernels
2 oz (57g)

Beverages

- ☐ protein powder
26 1/2 scoop (1/3 cup ea) (822g)
- ☐ water
25 cup(s) (5961mL)

Dairy and Egg Products

- ☐ eggs
9 large (450g)
- ☐ mozzarella cheese, shredded
4 tbsp (22g)
- ☐ cheddar cheese
1 1/2 tbsp, shredded (11g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ butter
4 dash (2g)
- ☐ whole milk
3 cup(s) (720mL)
- ☐ string cheese
2 stick (56g)

Baked Products

- ☐ naan bread
1/2 piece(s) (45g)

Spices and Herbs

- ☐ fresh basil
9 leaves (5g)
- ☐ balsamic vinegar
3/4 tbsp (11mL)
- ☐ salt
4 g (4g)
- ☐ black pepper
1 1/2 g (1g)
- ☐ garlic powder
1/4 tbsp (2g)
- ☐ cajun seasoning
1/2 tbsp (3g)
- ☐ ground cumin
1/4 tbsp (1g)
- ☐ dried dill weed
1 dash (0g)

- ☐ **cucumber**
2/3 cucumber (8-1/4") (201g)
- ☐ **fresh parsley**
2 2/3 sprigs (3g)

Other

- ☐ **Popcorn, microwave, salted**
7 1/2 cup popped (83g)
- ☐ **cottage cheese & fruit cup**
5 container (850g)
- ☐ **meatless chik'n tenders**
10 2/3 pieces (272g)
- ☐ **tzatziki**
1/3 cup(s) (70g)
- ☐ **nutritional yeast**
1/4 tbsp (1g)
- ☐ **mixed greens**
1 1/2 package (5.5 oz) (244g)

- ☐ **oregano, dried**
1 dash, leaves (0g)

Fruits and Fruit Juices

- ☐ **lime juice**
2 tbsp (27mL)
- ☐ **avocados**
1 1/4 avocado(s) (251g)
- ☐ **lemon juice**
1 tbsp (16mL)

Soups, Sauces, and Gravies

- ☐ **Frank's Red Hot sauce**
1/3 cup (79mL)
- ☐ **vegetable broth**
1/4 cup(s) (mL)

Cereal Grains and Pasta

- ☐ **brown rice**
2 3/4 tbsp (32g)
 - ☐ **instant couscous, flavored**
1 box (5.8 oz) (164g)
 - ☐ **quinoa, uncooked**
3 tbsp (32g)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

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.

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Tomato and basil omelet

152 cal ● 7g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

cheddar cheese
1/2 tbsp, shredded (4g)
green onions
1/2 tbsp chopped (3g)
olive oil
1/2 tbsp (8mL)
fresh basil, teared
2 leaves (1g)
tomatoes, finely chopped
1/2 plum tomato (31g)
eggs, beaten
1 large (50g)

For all 3 meals:

cheddar cheese
1 1/2 tbsp, shredded (11g)
green onions
1 1/2 tbsp chopped (9g)
olive oil
1 1/2 tbsp (23mL)
fresh basil, teared
6 leaves (3g)
tomatoes, finely chopped
1 1/2 plum tomato (93g)
eggs, beaten
3 large (150g)

1. In a small bowl, mix the tomato, cheese, basil, onion, half of the oil, and some salt and pepper together.
2. Heat remaining oil in a small frying pan and pour in an even layer of the eggs. Once cooked, spoon tomato mixture over half of the omelette, and fold the other half of the omelette over it.
3. Keep on the heat for another 30 seconds or so and then remove and plate.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Milk

1/2 cup(s) - 75 cals ● 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.
-

Egg & avocado salad

133 cals ● 7g protein ● 10g fat ● 2g carbs ● 3g fiber



For single meal:

garlic powder
1 1/3 dash (1g)
avocados
1/6 avocado(s) (34g)
mixed greens
1/3 cup (10g)
eggs, hard-boiled and chilled
1 large (50g)

For all 2 meals:

garlic powder
1/3 tsp (1g)
avocados
1/3 avocado(s) (67g)
mixed greens
2/3 cup (20g)
eggs, hard-boiled and chilled
2 large (100g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
 2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
 3. Serve on top of bed of greens.
-

Lunch 1 [↗](#)

Eat on day 1

Basic tofu

8 oz - 342 cal ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

oil

4 tsp (20mL)

firm tofu

1/2 lbs (227g)

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.

Green beans

95 cal ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



frozen green beans

2 cup (242g)

1. Prepare according to instructions on package.
-

Lunch 2 [↗](#)

Eat on day 2 and day 3

Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



For single meal:

meatless chik'n tenders

5 1/3 pieces (136g)

ketchup

4 tsp (23g)

For all 2 meals:

meatless chik'n tenders

10 2/3 pieces (272g)

ketchup

2 2/3 tbsp (45g)

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

Tomato and avocado salad

156 cals ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

onion

2 tsp minced (10g)

lime juice

2 tsp (10mL)

olive oil

1/2 tsp (3mL)

garlic powder

1 1/3 dash (1g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

avocados, cubed

1/3 avocado(s) (67g)

tomatoes, diced

1/3 medium whole (2-3/5" dia)
(41g)

For all 2 meals:

onion

4 tsp minced (20g)

lime juice

4 tsp (20mL)

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

2/3 avocado(s) (134g)

tomatoes, diced

2/3 medium whole (2-3/5" dia)
(82g)

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.

Lunch 3 [↗](#)

Eat on day 4

Peanut tempeh

2 oz tempeh - 217 cal ● 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.

Brown rice

1/2 cup brown rice, cooked - 115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

- 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.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



- mixed greens**
3 3/4 cup (113g)
- tomatoes**
10 tbsp cherry tomatoes (93g)
- salad dressing**
1/4 cup (56mL)

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

Lunch 4 [↗](#)

Eat on day 5

Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



- instant couscous, flavored**
1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

Buttered lima beans

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



salt
1/2 dash (0g)
lima beans, frozen
1/8 package (10 oz) (36g)
butter
4 dash (2g)
black pepper
1/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Buffalo tofu

177 cals ● 8g protein ● 15g fat ● 3g carbs ● 0g fiber



Frank's Red Hot sauce
4 tsp (20mL)
ranch dressing
1 tbsp (15mL)
oil
1/4 tbsp (4mL)
firm tofu, patted dry & cubed
1/4 lbs (99g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

Lunch 5 [↗](#)

Eat on day 6 and day 7

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.

Spiced chickpea tabbouleh bowl

364 cals ● 15g protein ● 4g fat ● 56g carbs ● 10g fiber



For single meal:

instant couscous, flavored
1/3 box (5.8 oz) (55g)
oil
1/6 tsp (1mL)
ground cumin
1/3 tsp (1g)
lemon juice
1/2 tsp (2mL)
cucumber, chopped
1/6 cucumber (8-1/4") (50g)
chickpeas, canned, drained & rinsed
1/3 can(s) (149g)
tomatoes, chopped
1/3 roma tomato (27g)
fresh parsley, chopped
1 1/3 sprigs (1g)

For all 2 meals:

instant couscous, flavored
2/3 box (5.8 oz) (110g)
oil
1/3 tsp (2mL)
ground cumin
1/4 tbsp (1g)
lemon juice
1 tsp (5mL)
cucumber, chopped
1/3 cucumber (8-1/4") (100g)
chickpeas, canned, drained & rinsed
2/3 can(s) (299g)
tomatoes, chopped
2/3 roma tomato (53g)
fresh parsley, chopped
2 2/3 sprigs (3g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

Popcorn

2 1/2 cups - 101 cals ● 1g protein ● 6g fat ● 8g carbs ● 2g fiber



For single meal:

Popcorn, microwave, salted
2 1/2 cup popped (28g)

For all 3 meals:

Popcorn, microwave, salted
7 1/2 cup popped (83g)

1. Follow instructions on package.

Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:
sunflower kernels
2/3 oz (19g)

For all 3 meals:
sunflower kernels
2 oz (57g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:
lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:
lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

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 2 meals:
carrots
3 medium (183g)

1. Cut carrots into strips and serve.
-

Snacks 3 [↗](#)

Eat on day 6 and day 7

Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk

1 cup(s) (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

For all 2 meals:

whole milk

2 cup(s) (480mL)

protein powder

2 scoop (1/3 cup ea) (62g)

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

Dinner 1 [↗](#)

Eat on day 1

Flatbread margherita pizza

317 cals ● 10g protein ● 17g fat ● 29g carbs ● 2g fiber



naan bread
1/2 piece(s) (45g)
mozzarella cheese, shredded
4 tbsp (22g)
fresh basil
3 leaves (2g)
olive oil
3/4 tbsp (11mL)
balsamic vinegar
3/4 tbsp (11mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)
garlic, finely diced
1 1/2 clove(s) (5g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

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.
-

Dinner 2 [↗](#)

Eat on day 2 and day 3

Buffalo tempeh with tzatziki

314 cals ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



For single meal:

Frank's Red Hot sauce
2 tbsp (30mL)
tzatziki
1/8 cup(s) (28g)
oil
1/2 tbsp (8mL)
tempeh, roughly chopped
4 oz (113g)

For all 2 meals:

Frank's Red Hot sauce
4 tbsp (60mL)
tzatziki
1/4 cup(s) (56g)
oil
1 tbsp (15mL)
tempeh, roughly chopped
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:

frozen green beans
1 1/3 cup (161g)

For all 2 meals:

frozen green beans
2 2/3 cup (323g)

1. Prepare according to instructions on package.

Dinner 3 [↗](#)

Eat on day 4

White bean cassoulet

385 cals ● 18g protein ● 8g fat ● 47g carbs ● 14g fiber



vegetable broth
1/4 cup(s) (mL)
oil
1/2 tbsp (8mL)
raw celery, thinly sliced
1/2 stalk, medium (7-1/2" - 8" long) (20g)
carrots, peeled & slices
1 large (72g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
garlic, minced
1 clove(s) (3g)
white beans, canned, drained & rinsed
1/2 can(s) (220g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

For all 2 meals:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Cajun tofu

236 cals ● 17g protein ● 16g fat ● 5g carbs ● 0g fiber



For single meal:

cajun seasoning
1/4 tbsp (2g)
oil
1/2 tbsp (8mL)
firm tofu, patted dry & cubed
1/2 lbs (213g)

For all 2 meals:

cajun seasoning
1/2 tbsp (3g)
oil
1 tbsp (15mL)
firm tofu, patted dry & cubed
15 oz (425g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Dinner 5 [🔗](#)

Eat on day 7

Greek white bean & quinoa bowl

326 cals ● 14g protein ● 10g fat ● 38g carbs ● 8g fiber



quinoa, uncooked
3 tbsp (32g)
dried dill weed
1 dash (0g)
tzatziki
1/8 cup(s) (14g)
lemon juice
1/2 tbsp (8mL)
olive oil
1/2 tbsp (8mL)
oregano, dried
1 dash, leaves (0g)
water
1/3 cup(s) (74mL)
white beans, canned, drained & rinsed
1/4 can(s) (110g)

1. Combine quinoa, water, and a pinch of salt in a saucepan over high heat. Bring to a boil, cover, reduce heat to low and cook until quinoa is soft and water is absorbed, about 10-20 minutes (or follow the package instructions). Set aside.
2. In a medium bowl, add the white beans, dill, oregano, lemon juice, olive oil, and some salt and pepper. Stir to coat the beans.
3. Serve the quinoa with Greek white beans and tzatziki.

Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



salad dressing
3 tsp (15mL)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long) (27g)
mixed greens
1/3 package (5.5 oz) (52g)
cucumber, sliced
1/3 cucumber (8-1/4") (100g)
tomatoes, diced
1/3 medium whole (2-3/5" dia) (41g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

water

3 1/2 cup(s) (830mL)

For all 7 meals:

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

water

24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.
-