

Meal Plan - 1800 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

1865 cals ● 159g protein (34%) ● 67g fat (32%) ● 134g carbs (29%) ● 23g fiber (5%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



[Avocado toast with egg](#)
1 slice(s)- 238 cals

Lunch

505 cals, 19g protein, 30g net carbs, 32g fat



[Vegan deli smashed avocado sandwich](#)
1/2 sandwich(es)- 193 cals



[Roasted cashews](#)
3/8 cup(s)- 313 cals

Snacks

220 cals, 14g protein, 28g net carbs, 4g fat



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals



[Peach](#)
1 peach(es)- 66 cals

Dinner

520 cals, 30g protein, 59g net carbs, 16g fat



[Crispy chik'n tenders](#)
7 tender(s)- 400 cals



[Grapefruit](#)
1 grapefruit- 119 cals

Protein Supplement(s)

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



[Protein shake](#)
3 1/2 scoop- 382 cals

Day 2

1789 cals ● 163g protein (36%) ● 68g fat (34%) ● 111g carbs (25%) ● 22g fiber (5%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



Avocado toast with egg
1 slice(s)- 238 cals

Lunch

505 cals, 19g protein, 30g net carbs, 32g fat



Vegan deli smashed avocado sandwich
1/2 sandwich(es)- 193 cals



Roasted cashews
3/8 cup(s)- 313 cals

Snacks

220 cals, 14g protein, 28g net carbs, 4g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Peach
1 peach(es)- 66 cals

Dinner

445 cals, 34g protein, 36g net carbs, 17g fat



Couscous
100 cals



Garlic pepper seitan
342 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Day 3

1780 cals ● 159g protein (36%) ● 21g fat (10%) ● 207g carbs (47%) ● 32g fiber (7%)

Breakfast

260 cals, 27g protein, 28g net carbs, 1g fat



Green protein shake
261 cals

Lunch

455 cals, 13g protein, 88g net carbs, 3g fat



Fruit juice
1 cup(s)- 115 cals



Pasta with store-bought sauce
340 cals

Snacks

220 cals, 14g protein, 28g net carbs, 4g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Peach
1 peach(es)- 66 cals

Dinner

460 cals, 20g protein, 59g net carbs, 11g fat



Creamy lentils and sweet potato
461 cals

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cals

Day 4

1804 cal ● 174g protein (39%) ● 22g fat (11%) ● 199g carbs (44%) ● 28g fiber (6%)

Breakfast

260 cal, 27g protein, 28g net carbs, 1g fat



Green protein shake
261 cal

Lunch

455 cal, 13g protein, 88g net carbs, 3g fat



Fruit juice
1 cup(s)- 115 cal



Pasta with store-bought sauce
340 cal

Snacks

200 cal, 9g protein, 31g net carbs, 1g fat



Orange
1 orange(s)- 85 cal



Cottage cheese & honey
1/4 cup(s)- 62 cal



Strawberries
1 cup(s)- 52 cal

Dinner

510 cal, 40g protein, 49g net carbs, 15g fat



Goat cheese and marinara stuffed zucchini
2 zucchini halve(s)- 192 cal



White rice
1/4 cup rice, cooked- 55 cal



Cottage cheese & fruit cup
2 container- 261 cal

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cal

Day 5

1767 cal ● 165g protein (37%) ● 38g fat (19%) ● 159g carbs (36%) ● 32g fiber (7%)

Breakfast

200 cal, 9g protein, 17g net carbs, 8g fat



Nectarine
1 nectarine(s)- 70 cal



Egg and pesto stuffed tomato
1 tomato(es)- 129 cal

Lunch

485 cal, 26g protein, 43g net carbs, 20g fat



Cottage cheese & fruit cup
1 container- 131 cal



Chunky canned soup (creamy)
1 can(s)- 354 cal

Snacks

200 cal, 9g protein, 31g net carbs, 1g fat



Orange
1 orange(s)- 85 cal



Cottage cheese & honey
1/4 cup(s)- 62 cal



Strawberries
1 cup(s)- 52 cal

Dinner

505 cal, 35g protein, 64g net carbs, 7g fat



Protein greek yogurt
1 container- 139 cal



Spiced chickpea tabbouleh bowl
364 cal

Protein Supplement(s)

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



Protein shake
3 1/2 scoop- 382 cal

Day 6

1796 cals ● 174g protein (39%) ● 38g fat (19%) ● 156g carbs (35%) ● 34g fiber (8%)

Breakfast

200 cals, 9g protein, 17g net carbs, 8g fat



Nectarine

1 nectarine(s)- 70 cals



Egg and pesto stuffed tomato

1 tomato(es)- 129 cals

Snacks

265 cals, 11g protein, 24g net carbs, 12g fat



High-protein granola bar

1 bar(s)- 204 cals



Grapefruit

1/2 grapefruit- 59 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

450 cals, 33g protein, 48g net carbs, 8g fat



Smashed chickpea toast

1 toast(s)- 318 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

505 cals, 35g protein, 64g net carbs, 7g fat



Protein greek yogurt

1 container- 139 cals



Spiced chickpea tabbouleh bowl

364 cals

Day 7

1754 cals ● 160g protein (36%) ● 47g fat (24%) ● 140g carbs (32%) ● 32g fiber (7%)

Breakfast

200 cals, 9g protein, 17g net carbs, 8g fat



Nectarine

1 nectarine(s)- 70 cals



Egg and pesto stuffed tomato

1 tomato(es)- 129 cals

Snacks

265 cals, 11g protein, 24g net carbs, 12g fat



High-protein granola bar

1 bar(s)- 204 cals



Grapefruit

1/2 grapefruit- 59 cals

Protein Supplement(s)

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



Protein shake

3 1/2 scoop- 382 cals

Lunch

450 cals, 33g protein, 48g net carbs, 8g fat



Smashed chickpea toast

1 toast(s)- 318 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

460 cals, 21g protein, 49g net carbs, 16g fat



Harvest beet bowl with goat cheese

461 cals

Other

- ☐ plant-based deli slices
5 slices (52g)
- ☐ mixed greens
1/2 cup (15g)
- ☐ meatless chik'n tenders
7 pieces (179g)
- ☐ cottage cheese & fruit cup
5 container (850g)
- ☐ protein greek yogurt, flavored
2 container (300g)

Baked Products

- ☐ bread
6 3/4 oz (192g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 tsp (5mL)
- ☐ pasta sauce
3/8 jar (24 oz) (289g)
- ☐ vegetable broth
1 cup(s) (mL)
- ☐ chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)
- ☐ pesto sauce
1 1/2 tbsp (24g)

Fruits and Fruit Juices

- ☐ avocados
5/6 avocado(s) (167g)
- ☐ peach
3 medium (2-2/3" dia) (450g)
- ☐ Grapefruit
2 large (approx 4-1/2" dia) (664g)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)
- ☐ orange
4 orange (616g)
- ☐ fruit juice
16 fl oz (480mL)
- ☐ strawberries
2 cup, whole (288g)
- ☐ lemon juice
4 tsp (20mL)
- ☐ nectarine
3 medium (2-1/2" dia) (426g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
5/6 box (5.8 oz) (137g)
- ☐ seitan
4 oz (113g)
- ☐ uncooked dry pasta
1/3 lbs (152g)
- ☐ long-grain white rice
4 tsp (15g)
- ☐ wild rice, raw
2 3/4 tbsp (27g)

Fats and Oils

- ☐ olive oil
3/4 oz (22mL)
- ☐ oil
5 g (5mL)

Spices and Herbs

- ☐ black pepper
1 dash, ground (0g)
- ☐ salt
1/2 dash (0g)
- ☐ ground cumin
2 1/4 g (2g)
- ☐ onion powder
1 tsp (2g)
- ☐ mustard
1 tbsp (15g)
- ☐ apple cider vinegar
4 dash (3g)

Legumes and Legume Products

- ☐ lentils, raw
1/2 cup (96g)
- ☐ chickpeas, canned
1 2/3 can(s) (747g)

Sweets

- ☐ honey
2 tsp (14g)

Snacks

- ☐ high-protein granola bar
2 bar (80g)

Nut and Seed Products

- ☐ roasted cashews
3/4 cup (103g)
- ☐ coconut milk, canned
2 tbsp (31mL)

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ eggs
5 large (250g)
- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- ☐ goat cheese
2 oz (57g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)

Beverages

- ☐ protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- ☐ water
1 1/2 gallon (6029mL)
- ☐ protein powder, vanilla
2 scoop (1/3 cup ea) (62g)

Vegetables and Vegetable Products

- ☐ ketchup
1 3/4 tbsp (30g)
- ☐ onion
2/3 medium (2-1/2" dia) (75g)
- ☐ green pepper
1 tbsp, chopped (9g)
- ☐ garlic
2 1/4 clove(s) (7g)
- ☐ fresh spinach
3 cup(s) (90g)
- ☐ sweet potatoes
1/2 sweetpotato, 5" long (105g)
- ☐ zucchini
1 large (323g)
- ☐ cucumber
1/3 cucumber (8-1/4") (100g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (599g)
- ☐ fresh parsley
2 2/3 sprigs (3g)
- ☐ raw celery
2 stalk, small (5" long) (34g)
- ☐ kale leaves
2 oz (57g)

☐ beets, precooked (canned or refrigerated)
2 beet(s) (100g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Avocado toast with egg

1 slice(s) - 238 cal ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
eggs
1 large (50g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
eggs
2 large (100g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Green protein shake

261 cal ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

water
1/4 cup(s) (59mL)
fresh spinach
1 cup(s) (30g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
banana, frozen
1/2 medium (7" to 7-7/8" long) (59g)
orange, peeled, sliced, and deseeded
1 orange (154g)

For all 2 meals:

water
1/2 cup(s) (119mL)
fresh spinach
2 cup(s) (60g)
protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
banana, frozen
1 medium (7" to 7-7/8" long) (118g)
orange, peeled, sliced, and deseeded
2 orange (308g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted

1 medium (2-1/2" dia) (142g)

For all 3 meals:

nectarine, pitted

3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.
-

Egg and pesto stuffed tomato

1 tomato(es) - 129 cals ● 8g protein ● 8g fat ● 5g carbs ● 2g fiber



For single meal:

pesto sauce

1/2 tbsp (8g)

eggs

1 large (50g)

tomatoes

1 large whole (3" dia) (182g)

For all 3 meals:

pesto sauce

1 1/2 tbsp (24g)

eggs

3 large (150g)

tomatoes

3 large whole (3" dia) (546g)

1. Preheat oven to 400°F (200°C).
 2. Slice tops of tomatoes off and spoon out insides to make bowls.
 3. Place tomatoes in a baking dish.
 4. Put pesto in the bottom of each tomato and then crack an egg into each.
 5. Season with salt and pepper.
 6. Bake for 20 minutes.
 7. Serve.
-

Lunch 1 [🔗](#)

Eat on day 1 and day 2

Vegan deli smashed avocado sandwich

1/2 sandwich(es) - 193 cals ● 11g protein ● 8g fat ● 15g carbs ● 5g fiber



For single meal:

plant-based deli slices

2 1/2 slices (26g)

bread

1 slice(s) (32g)

hot sauce

1/2 tsp (3mL)

mixed greens

4 tbsp (8g)

avocados, peeled & deseeded

1/6 avocado(s) (34g)

For all 2 meals:

plant-based deli slices

5 slices (52g)

bread

2 slice(s) (64g)

hot sauce

1 tsp (5mL)

mixed greens

1/2 cup (15g)

avocados, peeled & deseeded

1/3 avocado(s) (67g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and serve.

Roasted cashews

3/8 cup(s) - 313 cals ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



For single meal:

roasted cashews

6 tbsp (51g)

For all 2 meals:

roasted cashews

3/4 cup (103g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Fruit juice

1 cup(s) - 115 cal ● 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.

Pasta with store-bought sauce

340 cal ● 12g protein ● 2g fat ● 63g carbs ● 5g fiber



For single meal:

uncooked dry pasta
2 2/3 oz (76g)
pasta sauce
1/6 jar (24 oz) (112g)

For all 2 meals:

uncooked dry pasta
1/3 lbs (152g)
pasta sauce
1/3 jar (24 oz) (224g)

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

Lunch 3 [↗](#)

Eat on day 5

Cottage cheese & fruit cup

1 container - 131 cal ● 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.

Chunky canned soup (creamy)

1 can(s) - 354 cal ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



Makes 1 can(s)

chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Smashed chickpea toast

1 toast(s) - 318 cal ● 19g protein ● 6g fat ● 35g carbs ● 13g fiber



For single meal:

bread
1 slice(s) (32g)
onion powder
4 dash (1g)
mustard
1/2 tbsp (8g)
nonfat greek yogurt, plain
2 tbsp (35g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)
raw celery, diced
1 stalk, small (5" long) (17g)

For all 2 meals:

bread
2 slice(s) (64g)
onion powder
1 tsp (2g)
mustard
1 tbsp (15g)
nonfat greek yogurt, plain
4 tbsp (70g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)
raw celery, diced
2 stalk, small (5" long) (34g)

1. Toast bread (optional).
2. Meanwhile, put half of the chickpeas (reserving the rest for later) in a bowl and mash with the back of a fork until chunky. Stir in the Greek yogurt, mustard, onion powder, celery, and a dash of salt/pepper and mix well.
3. Mix in the remaining whole chickpeas.
4. Top the toast with the chickpea mixture and serve.

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.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Lowfat Greek yogurt

1 container(s) - 155 cal● 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 3 meals:
lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

Peach

1 peach(es) - 66 cal● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:
peach
1 medium (2-2/3" dia) (150g)

For all 3 meals:
peach
3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.
-

Snacks 2 [↗](#)

Eat on day 4 and day 5

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. The recipe has no instructions.

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)

4 tbsp (57g)

honey

1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

honey

2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Strawberries

1 cup(s) - 52 cals ● 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.

Snacks 3 [↗](#)

Eat on day 6 and day 7

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Dinner 1 [↗](#)

Eat on day 1

Crispy chik'n tenders

7 tender(s) - 400 cals ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



Makes 7 tender(s)

meatless chik'n tenders
7 pieces (179g)
ketchup
1 3/4 tbsp (30g)

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

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Dinner 2 [↗](#)

Eat on day 2

Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



instant couscous, flavored

1/6 box (5.8 oz) (27g)

1. Follow instructions on package.

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
green pepper
1 tbsp, chopped (9g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)
seitan, chicken style
4 oz (113g)
garlic, minced
1 1/4 clove(s) (4g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Dinner 3 [🔗](#)

Eat on day 3

Creamy lentils and sweet potato

461 cals ● 20g protein ● 11g fat ● 59g carbs ● 12g fiber



lentils, raw
1/3 cup (64g)
vegetable broth
1 cup(s) (mL)
fresh spinach
1 cup(s) (30g)
coconut milk, canned
2 tbsp (30mL)
oil
1/4 tbsp (4mL)
ground cumin
3 dash (1g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
sweet potatoes, chopped into bite-sized pieces
1/2 sweetpotato, 5" long (105g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

Dinner 4 [↗](#)

Eat on day 4

Goat cheese and marinara stuffed zucchini

2 zucchini halve(s) - 192 cals ● 11g protein ● 10g fat ● 10g carbs ● 5g fiber



Makes 2 zucchini halve(s)

pasta sauce

4 tbsp (65g)

goat cheese

1 oz (28g)

zucchini

1 large (323g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



Makes 1/4 cup rice, cooked

water

1/6 cup(s) (39mL)

long-grain white rice

4 tsp (15g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

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

Dinner 5 [🔗](#)

Eat on day 5 and day 6

Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Spiced chickpea tabbouleh bowl

364 cal ● 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.
-

Dinner 6 [↗](#)

Eat on day 7

Harvest beet bowl with goat cheese

461 cals ● 21g protein ● 16g fat ● 49g carbs ● 8g fiber



apple cider vinegar
4 dash (3g)
olive oil
1/2 tbsp (8mL)
lemon juice
1 tbsp (15mL)
kale leaves
2 oz (57g)
lentils, raw
2 2/3 tbsp (32g)
wild rice, raw
2 2/3 tbsp (27g)
goat cheese
1 oz (28g)
garlic, minced
1 clove(s) (3g)
beets, precooked (canned or refrigerated), quartered
2 beet(s) (100g)

1. Cook wild rice and lentils according to package instructions. Drain, if needed, and set aside.
2. Heat oil in a saucepan over medium heat. Add garlic and cook for 1 minute until fragrant. Add kale and cook for 3-5 minutes until wilted.
3. Stir the lentils and rice in with the kale, mixing everything together. Cook for 2-3 minutes until heated through. Turn off the heat and stir in lemon juice. Season with salt and pepper to taste.
4. In a small bowl, toss the quartered beets with apple cider vinegar. Season with salt and pepper.
5. Serve the rice and lentil mixture topped with the beets and crumbled goat cheese. Enjoy!

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.

