

Meal Plan - 1900 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

1907 cals ● 178g protein (37%) ● 61g fat (29%) ● 123g carbs (26%) ● 39g fiber (8%)

Breakfast

260 cals, 12g protein, 25g net carbs, 10g fat



Nectarine

1 nectarine(s)- 70 cals



Egg & guac sandwich

1/2 sandwich(es)- 191 cals

Lunch

455 cals, 26g protein, 23g net carbs, 23g fat



Basic tempeh

4 oz- 295 cals



Roasted carrots

3 carrots(s)- 158 cals

Snacks

235 cals, 14g protein, 30g net carbs, 4g fat



Clementine

1 clementine(s)- 39 cals



Lowfat Greek yogurt

1 container(s)- 155 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals

Dinner

520 cals, 29g protein, 41g net carbs, 22g fat



Lentils

174 cals



Edamame & beet salad

171 cals



Buffalo tofu

177 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 2

1947 cals ● 169g protein (35%) ● 43g fat (20%) ● 189g carbs (39%) ● 32g fiber (6%)

Breakfast

260 cals, 12g protein, 25g net carbs, 10g fat



Nectarine

1 nectarine(s)- 70 cals



Egg & guac sandwich

1/2 sandwich(es)- 191 cals

Snacks

235 cals, 14g protein, 30g net carbs, 4g fat



Clementine

1 clementine(s)- 39 cals



Lowfat Greek yogurt

1 container(s)- 155 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals

Lunch

495 cals, 17g protein, 89g net carbs, 5g fat



Dinner roll

2 roll(s)- 154 cals



Pasta with store-bought sauce

340 cals

Dinner

520 cals, 29g protein, 41g net carbs, 22g fat



Lentils

174 cals



Edamame & beet salad

171 cals



Buffalo tofu

177 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 3

1964 cals ● 177g protein (36%) ● 46g fat (21%) ● 174g carbs (35%) ● 37g fiber (7%)

Breakfast

260 cals, 12g protein, 25g net carbs, 10g fat



Nectarine

1 nectarine(s)- 70 cals



Egg & guac sandwich

1/2 sandwich(es)- 191 cals

Lunch

530 cals, 29g protein, 59g net carbs, 15g fat



String cheese

2 stick(s)- 165 cals



Spiced chickpea tabbouleh bowl

364 cals

Dinner

505 cals, 26g protein, 56g net carbs, 14g fat



Lentils

87 cals



Green dal

417 cals

Snacks

235 cals, 14g protein, 30g net carbs, 4g fat



Clementine

1 clementine(s)- 39 cals



Lowfat Greek yogurt

1 container(s)- 155 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 4

1885 cals ● 173g protein (37%) ● 47g fat (22%) ● 166g carbs (35%) ● 27g fiber (6%)

Breakfast

230 cals, 14g protein, 18g net carbs, 11g fat



High protein scrambled eggs
99 cals



Toast with butter and jelly
1 slice(s)- 133 cals

Snacks

215 cals, 12g protein, 27g net carbs, 5g fat



Clementine
1 clementine(s)- 39 cals



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



Toast with butter
1 slice(s)- 114 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

530 cals, 29g protein, 59g net carbs, 15g fat



String cheese
2 stick(s)- 165 cals



Spiced chickpea tabbouleh bowl
364 cals

Dinner

470 cals, 22g protein, 58g net carbs, 13g fat



Tzatziki chickpea tabbouleh salad
323 cals



Milk
1 cup(s)- 149 cals

Day 5

1868 cals ● 182g protein (39%) ● 57g fat (27%) ● 133g carbs (29%) ● 24g fiber (5%)

Breakfast

230 cals, 14g protein, 18g net carbs, 11g fat



High protein scrambled eggs
99 cals



Toast with butter and jelly
1 slice(s)- 133 cals

Snacks

215 cals, 12g protein, 27g net carbs, 5g fat



Clementine
1 clementine(s)- 39 cals



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



Toast with butter
1 slice(s)- 114 cals

Lunch

520 cals, 32g protein, 63g net carbs, 14g fat



Protein greek yogurt
1 container- 139 cals



Peanut butter and jelly sandwich
1 sandwich(es)- 382 cals

Dinner

465 cals, 28g protein, 22g net carbs, 25g fat



Sugar snap peas
123 cals



Spicy sriracha peanut tofu
341 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Day 6

1891 cals ● 184g protein (39%) ● 55g fat (26%) ● 140g carbs (30%) ● 25g fiber (5%)

Breakfast

315 cals, 11g protein, 41g net carbs, 10g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Milk
1 cup(s)- 149 cals

Snacks

155 cals, 17g protein, 10g net carbs, 4g fat



Protein shake (milk)
129 cals



Carrot sticks
1 carrot(s)- 27 cals

Lunch

520 cals, 32g protein, 63g net carbs, 14g fat



Protein greek yogurt
1 container- 139 cals



Peanut butter and jelly sandwich
1 sandwich(es)- 382 cals

Dinner

465 cals, 28g protein, 22g net carbs, 25g fat



Sugar snap peas
123 cals



Spicy sriracha peanut tofu
341 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Day 7

1928 cals ● 178g protein (37%) ● 76g fat (35%) ● 105g carbs (22%) ● 29g fiber (6%)

Breakfast

315 cals, 11g protein, 41g net carbs, 10g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Milk
1 cup(s)- 149 cals

Snacks

155 cals, 17g protein, 10g net carbs, 4g fat



Protein shake (milk)
129 cals



Carrot sticks
1 carrot(s)- 27 cals

Lunch

500 cals, 28g protein, 26g net carbs, 26g fat



Carrot & grounds stir fry
332 cals



Simple mixed greens salad
170 cals

Dinner

520 cals, 25g protein, 24g net carbs, 33g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Pumpkin seeds
183 cals



Roasted cabbage steaks with dressing
214 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Grocery List



Legumes and Legume Products

- tempeh
4 oz (113g)
- lentils, raw
10 tbsp (120g)
- firm tofu
1 1/3 lbs (595g)
- chickpeas, canned
1 can(s) (411g)
- red lentils, raw
6 tbsp (72g)
- peanut butter
4 tbsp (64g)
- soy sauce
1 oz (25mL)
- vegetarian burger crumbles
4 oz (113g)

Fats and Oils

- oil
2 1/4 oz (69mL)
- balsamic vinaigrette
2 tbsp (30mL)
- ranch dressing
3 tbsp (45mL)
- salad dressing
1/4 cup (56mL)

Vegetables and Vegetable Products

- carrots
11 1/2 medium (708g)
- edamame, frozen, shelled
1 cup (118g)
- beets, precooked (canned or refrigerated)
4 beet(s) (200g)
- cucumber
1/2 cucumber (8-1/4") (138g)
- tomatoes
1 roma tomato (73g)
- fresh parsley
3 2/3 sprigs (4g)
- fresh spinach
3/8 cup(s) (11g)
- fresh cilantro
1/2 bunch (15g)
- fresh ginger
1 tsp (2g)
- garlic
3 1/2 clove(s) (10g)

Beverages

- protein powder
29 scoop (1/3 cup ea) (899g)
- water
2 gallon (7757mL)

Other

- guacamole, store-bought
3 tbsp (46g)
- mixed greens
5 3/4 cup (173g)
- tzatziki
1/6 cup(s) (42g)
- protein greek yogurt, flavored
2 container (300g)
- sriracha chili sauce
1 1/2 tbsp (23g)
- italian seasoning
2 dash (1g)

Baked Products

- bread
3/4 lbs (352g)
- Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)

Spices and Herbs

- salt
3 1/4 dash (2g)
- ground cumin
1 tsp (2g)
- turmeric, ground
3 dash (1g)
- curry powder
1/4 tbsp (2g)
- black pepper
2 dash, ground (1g)
- crushed red pepper
1 1/2 dash (0g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
2 3/4 tbsp (41mL)
- pasta sauce
1/6 jar (24 oz) (112g)
- vegetable broth
1 cup(s) (mL)

- frozen sugar snap peas
4 cup (576g)
- cabbage
1/4 head, small (about 4-1/2" dia) (179g)
- onion
1/3 large (50g)

Fruits and Fruit Juices

- clementines
5 fruit (370g)
- nectarine
3 medium (2-1/2" dia) (426g)
- lemon juice
1/2 tbsp (7mL)
- lime juice
1 tsp (5mL)

Dairy and Egg Products

- lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- eggs
5 large (250g)
- string cheese
4 stick (112g)
- low fat cottage cheese (1% milkfat)
1 1/4 cup (283g)
- butter
4 tsp (18g)
- whole milk
4 cup(s) (960mL)

Cereal Grains and Pasta

- uncooked dry pasta
2 2/3 oz (76g)
- instant couscous, flavored
1 box (5.8 oz) (151g)

Nut and Seed Products

- coconut milk, canned
4 tbsp (60mL)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)

Sweets

- honey
4 tsp (28g)
- jelly
1/4 lbs (98g)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

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 & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

eggs

1 large (50g)

oil

1/4 tsp (1mL)

guacamole, store-bought

1 tbsp (15g)

bread

1 slice(s) (32g)

For all 3 meals:

eggs

3 large (150g)

oil

1/4 tbsp (4mL)

guacamole, store-bought

3 tbsp (46g)

bread

3 slice(s) (96g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Breakfast 2 ↗

Eat on day 4 and day 5

High protein scrambled eggs

99 cals ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
oil
1/4 tsp (1mL)
low fat cottage cheese (1% milkfat)
2 tbsp (28g)

For all 2 meals:

eggs
2 large (100g)
oil
1/2 tsp (3mL)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)
jelly
2 tsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly on the bread.

Breakfast 3 ↗

Eat on day 6 and day 7

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Milk

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



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

tempeh

4 oz (113g)

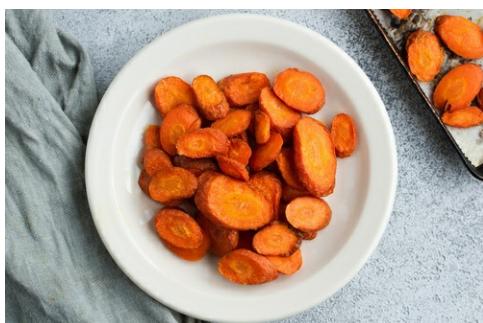
oil

2 tsp (10mL)

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.

Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



Makes 3 carrots(s)

oil

1/2 tbsp (8mL)

carrots, sliced

3 large (216g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Lunch 2 ↗

Eat on day 2

Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll(s)

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

Pasta with store-bought sauce

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



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

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

Lunch 3 ↗

Eat on day 3 and day 4

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

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.

Lunch 4

Eat on day 5 and day 6

Protein greek yogurt

1 container - 139 cals  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.

Peanut butter and jelly sandwich

1 sandwich(es) - 382 cals  12g protein  11g fat  55g carbs  5g fiber



For single meal:

peanut butter
1 tbsp (16g)
bread
2 slice (64g)
jelly
2 tbsp (42g)

For all 2 meals:

peanut butter
2 tbsp (32g)
bread
4 slice (128g)
jelly
4 tbsp (84g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Lunch 5

Eat on day 7

Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



carrots
1 1/3 large (96g)
vegetarian burger crumbles
4 oz (113g)
soy sauce
3 tsp (15mL)
water
2 tsp (10mL)
crushed red pepper
1 1/3 dash (0g)
lime juice
1 tsp (5mL)
oil
2 tsp (10mL)
garlic, minced
2/3 clove(s) (2g)
onion, chopped
1/3 large (50g)
fresh cilantro, chopped
3 tsp, chopped (3g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



mixed greens
3 3/4 cup (113g)
salad dressing
1/4 cup (56mL)

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

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 3 meals:

clementines
3 fruit (222g)

1. The recipe has no instructions.

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 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

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 3 meals:

carrots

4 1/2 medium (275g)

1. Cut carrots into strips and serve.

Snacks 2 ↗

Eat on day 4 and day 5

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 2 meals:

clementines

2 fruit (148g)

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.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Snacks 3 ↗

Eat on day 6 and day 7

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 2 meals:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

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

Carrot sticks

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



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Dinner 1 ↗

Eat on day 1 and day 2

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.

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.

Buffalo tofu

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



For single meal:

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)

For all 2 meals:

Frank's Red Hot sauce
2 1/2 tbsp (40mL)
ranch dressing
2 tbsp (30mL)
oil
1/2 tbsp (8mL)
firm tofu, patted dry & cubed
1/2 lbs (198g)

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.

Dinner 2 ↗

Eat on day 3

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

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.

Green dal

417 cals ● 20g protein ● 14g fat ● 43g carbs ● 10g fiber



red lentils, raw
6 tbsp (72g)
coconut milk, canned
4 tbsp (60mL)
fresh spinach
3/8 cup(s) (11g)
vegetable broth
1 cup(s) (mL)
turmeric, ground
3 dash (1g)
curry powder
1/4 tbsp (2g)
fresh cilantro
3/8 bunch (12g)
fresh ginger, minced
1 tsp (2g)
garlic, minced
3/4 clove(s) (2g)

1. Bring the vegetable broth to a boil in a saucepan. Add the lentils, garlic, ginger, turmeric, and curry powder. Simmer uncovered for 15 minutes.
2. Meanwhile, blend the cilantro and coconut milk in a blender until smooth.
3. Stir the cilantro mixture and spinach into the cooked lentils. Mix well and season to taste with salt and pepper. If the mixture is too thick, add a splash of water. Cook on low for 2-3 minutes until the spinach wilts and everything is heated through. Enjoy!

Dinner 3 ↗

Eat on day 4

Tzatziki chickpea tabbouleh salad

323 cals ● 14g protein ● 5g fat ● 47g carbs ● 8g fiber



lemon juice
3/8 tsp (2mL)
ground cumin
2 dash (1g)
oil
1/8 tsp (1mL)
instant couscous, flavored
1/4 box (5.8 oz) (41g)
tzatziki
1/6 cup(s) (42g)
fresh parsley, chopped
1 sprigs (1g)
tomatoes, chopped
1/4 roma tomato (20g)
cucumber, chopped
1/8 cucumber (8-1/4") (38g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)

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.
3. Once cooked, mix couscous with parsley, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve with tzatziki.

Milk

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

Makes 1 cup(s)



whole milk
1 cup(s) (240mL)

1. The recipe has no
instructions.

Dinner 4 ↗

Eat on day 5 and day 6

Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



For single meal:

frozen sugar snap peas
2 cup (288g)

For all 2 meals:

frozen sugar snap peas
4 cup (576g)

1. Prepare according to instructions on package.

Spicy sriracha peanut tofu

341 cals ● 20g protein ● 24g fat ● 10g carbs ● 1g fiber



For single meal:

sriracha chili sauce
3/4 tbsp (11g)
peanut butter
1 tbsp (16g)
soy sauce
1 tsp (5mL)
water
1/6 cup(s) (39mL)
oil
1/2 tbsp (8mL)
firm tofu, patted dry & cubed
1/2 lbs (198g)
garlic, minced
1 clove (3g)

For all 2 meals:

sriracha chili sauce
1 1/2 tbsp (23g)
peanut butter
2 tbsp (32g)
soy sauce
2 tsp (10mL)
water
1/3 cup(s) (79mL)
oil
1 tbsp (15mL)
firm tofu, patted dry & cubed
14 oz (397g)
garlic, minced
2 clove (6g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Dinner 5 ↗

Eat on day 7

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

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.

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. The recipe has no instructions.

Roasted cabbage steaks with dressing

214 cals ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber



salt
2 dash (2g)
black pepper
2 dash, ground (1g)
italian seasoning
2 dash (1g)
ranch dressing
1 tbsp (15mL)
oil
3/4 tbsp (11mL)
cabbage
1/4 head, small (about 4-1/2" dia)
(179g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

Protein Supplement(s)

Eat every day

Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

protein powder
4 scoop (1/3 cup ea) (124g)
water
4 cup(s) (948mL)

For all 7 meals:

protein powder
28 scoop (1/3 cup ea) (868g)
water
28 cup(s) (6636mL)

1. The recipe has no instructions.