

# Meal Plan - 2000 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

2029 cals ● 195g protein (38%) ● 64g fat (28%) ● 134g carbs (26%) ● 35g fiber (7%)

### Breakfast

315 cals, 24g protein, 31g net carbs, 9g fat



#### Banana

1 banana(s)- 117 cals



#### Boiled eggs

1 egg(s)- 69 cals



#### Protein shake (milk)

129 cals

### Lunch

530 cals, 27g protein, 32g net carbs, 27g fat



#### Chickpea & chickpea pasta

286 cals



#### Simple mozzarella and tomato salad

242 cals

### Snacks

260 cals, 3g protein, 18g net carbs, 15g fat



#### Orange

1 orange(s)- 85 cals



#### Avocado

176 cals

### Dinner

490 cals, 44g protein, 50g net carbs, 11g fat



#### Farro

1/2 cups, cooked- 185 cals



#### Simple seitan

5 oz- 305 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 2

2018 cals ● 176g protein (35%) ● 71g fat (32%) ● 126g carbs (25%) ● 42g fiber (8%)

### Breakfast

315 cals, 24g protein, 31g net carbs, 9g fat



#### Banana

1 banana(s)- 117 cals



#### Boiled eggs

1 egg(s)- 69 cals



#### Protein shake (milk)

129 cals

### Snacks

260 cals, 3g protein, 18g net carbs, 15g fat



#### Orange

1 orange(s)- 85 cals



#### Avocado

176 cals

### Lunch

550 cals, 28g protein, 38g net carbs, 28g fat



#### Milk

1 cup(s)- 149 cals



#### Edamame & beet salad

171 cals



#### Caprese sandwich

1/2 sandwich(es)- 230 cals

### Dinner

455 cals, 24g protein, 36g net carbs, 17g fat



#### Tempeh taco salad bowl

370 cals



#### Brown rice

3/8 cup brown rice, cooked- 86 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 3

1972 cals ● 208g protein (42%) ● 63g fat (29%) ● 112g carbs (23%) ● 31g fiber (6%)

### Breakfast

265 cals, 13g protein, 27g net carbs, 11g fat



#### Roasted peanuts

1/8 cup(s)- 115 cals



#### Kefir

150 cals

### Lunch

550 cals, 28g protein, 38g net carbs, 28g fat



#### Milk

1 cup(s)- 149 cals



#### Edamame & beet salad

171 cals



#### Caprese sandwich

1/2 sandwich(es)- 230 cals

### Snacks

195 cals, 31g protein, 2g net carbs, 6g fat



#### Chocolate protein mug cake

1 mug cake(s)- 195 cals

### Dinner

525 cals, 40g protein, 42g net carbs, 16g fat



#### Lentils

231 cals



#### Basic tempeh

4 oz- 295 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 4

1992 cals ● 205g protein (41%) ● 79g fat (36%) ● 89g carbs (18%) ● 27g fiber (5%)

### Breakfast

265 cals, 13g protein, 27g net carbs, 11g fat



#### Roasted peanuts

1/8 cup(s)- 115 cals



#### Kefir

150 cals

### Snacks

195 cals, 31g protein, 2g net carbs, 6g fat



#### Chocolate protein mug cake

1 mug cake(s)- 195 cals

### Lunch

570 cals, 25g protein, 15g net carbs, 44g fat



#### Buffalo tofu slaw salad

570 cals

### Dinner

525 cals, 40g protein, 42g net carbs, 16g fat



#### Lentils

231 cals



#### Basic tempeh

4 oz- 295 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 5

2038 cals ● 189g protein (37%) ● 83g fat (37%) ● 99g carbs (20%) ● 34g fiber (7%)

### Breakfast

235 cals, 12g protein, 25g net carbs, 5g fat



#### Easy chickpea salad

234 cals

### Lunch

490 cals, 36g protein, 18g net carbs, 26g fat



#### Buffalo tempeh with tzatziki

314 cals



#### Caprese salad

178 cals

### Snacks

250 cals, 12g protein, 14g net carbs, 14g fat



#### String cheese

1 stick(s)- 83 cals



#### Avocado toast

1 slice(s)- 168 cals

### Dinner

625 cals, 32g protein, 39g net carbs, 37g fat



#### Spicy sriracha peanut tofu

512 cals



#### Brown rice

1/2 cup brown rice, cooked- 115 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 6

1979 cals ● 184g protein (37%) ● 70g fat (32%) ● 107g carbs (22%) ● 46g fiber (9%)

### Breakfast

235 cals, 12g protein, 25g net carbs, 5g fat



#### Easy chickpea salad

234 cals

### Lunch

520 cals, 30g protein, 45g net carbs, 20g fat



#### Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



#### Simple mixed greens and tomato salad

151 cals

### Snacks

250 cals, 12g protein, 14g net carbs, 14g fat



#### String cheese

1 stick(s)- 83 cals



#### Avocado toast

1 slice(s)- 168 cals

### Dinner

535 cals, 33g protein, 18g net carbs, 30g fat



#### Roasted peanuts

1/8 cup(s)- 115 cals



#### Crack slaw with tempeh

422 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

## Day 7

1979 cals ● 184g protein (37%) ● 70g fat (32%) ● 107g carbs (22%) ● 46g fiber (9%)

### Breakfast

235 cals, 12g protein, 25g net carbs, 5g fat



#### Easy chickpea salad

234 cals

### Lunch

520 cals, 30g protein, 45g net carbs, 20g fat



#### Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



#### Simple mixed greens and tomato salad

151 cals

### Snacks

250 cals, 12g protein, 14g net carbs, 14g fat



#### String cheese

1 stick(s)- 83 cals



#### Avocado toast

1 slice(s)- 168 cals

### Dinner

535 cals, 33g protein, 18g net carbs, 30g fat



#### Roasted peanuts

1/8 cup(s)- 115 cals



#### Crack slaw with tempeh

422 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

# Grocery List



## Other

- chickpea pasta  
1 oz (28g)
- nutritional yeast  
4 dash (1g)
- farro  
4 tbsp (52g)
- mixed greens  
2 package (5.5 oz) (315g)
- protein powder, chocolate  
2 scoop (1/3 cup ea) (62g)
- calorie-free sweetener  
4 tsp (14g)
- coleslaw mix  
5 1/2 cup (495g)
- tzatziki  
1/8 cup(s) (28g)
- sriracha chili sauce  
1 tbsp (17g)

## Fats and Oils

- oil  
2 1/2 oz (80mL)
- balsamic vinaigrette  
2 oz (58mL)
- ranch dressing  
3 tbsp (45mL)
- salad dressing  
6 tbsp (90mL)

## Dairy and Egg Products

- butter  
1/4 tbsp (4g)
- fresh mozzarella cheese  
1/3 lbs (149g)
- eggs  
4 large (200g)
- whole milk  
3 cup(s) (720mL)
- kefir, flavored  
2 cup (480mL)
- string cheese  
3 stick (84g)

## Vegetables and Vegetable Products

- onion  
3/4 medium (2-1/2" dia) (80g)

## Spices and Herbs

- fresh basil  
1/4 oz (8g)
- taco seasoning mix  
2 tsp (6g)
- salt  
3 dash (2g)
- black pepper  
1/4 tsp, ground (1g)
- balsamic vinegar  
1 1/2 tbsp (23mL)

## Fruits and Fruit Juices

- orange  
2 orange (308g)
- avocados  
2 avocado(s) (419g)
- lemon juice  
1 tsp (5mL)
- banana  
2 medium (7" to 7-7/8" long) (236g)

## Beverages

- protein powder  
29 scoop (1/3 cup ea) (899g)
- water  
2 gallon (8026mL)

## Cereal Grains and Pasta

- seitan  
5 oz (142g)
- brown rice  
1/4 cup (55g)

## Baked Products

- bread  
1/3 lbs (160g)
- baking powder  
1 tsp (5g)

## Soups, Sauces, and Gravies

- pesto sauce  
2 tbsp (32g)
- salsa  
2 tbsp (36g)

- garlic**  
4 1/2 clove(s) (14g)
- tomatoes**  
5 1/3 medium whole (2-3/5" dia) (653g)
- edamame, frozen, shelled**  
1 cup (118g)
- beets, precooked (canned or refrigerated)**  
4 beet(s) (200g)
- fresh parsley**  
4 1/2 sprigs (5g)

## **Legumes and Legume Products**

- chickpeas, canned**  
1 3/4 can(s) (784g)
- tempeh**  
1 1/2 lbs (643g)
- refried beans**  
1/3 cup (81g)
- roasted peanuts**  
1/2 cup (73g)
- lentils, raw**  
2/3 cup (128g)
- firm tofu**  
1 1/3 lbs (595g)
- peanut butter**  
1 1/2 tbsp (24g)
- soy sauce**  
1/2 tbsp (8mL)

- Frank's Red Hot sauce**  
5 tbsp (74mL)
- apple cider vinegar**  
1 1/2 tbsp (1mL)
- hot sauce**  
2 tsp (10mL)
- chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

## **Sweets**

- cocoa powder**  
4 tsp (7g)

## **Nut and Seed Products**

- sunflower kernels**  
2 tbsp (24g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

**banana**

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

**banana**

2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

### 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.

### 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.

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## Breakfast 2

Eat on day 3 and day 4

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### Roasted peanuts

1/8 cup(s) - 115 cals  4g protein  9g fat  2g carbs  2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

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

1. The recipe has no instructions.

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### Kefir

150 cals  8g protein  2g fat  25g carbs  0g fiber



For single meal:

**kefir, flavored**  
1 cup (240mL)

For all 2 meals:

**kefir, flavored**  
2 cup (480mL)

1. Pour into a glass and drink.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

**balsamic vinegar**  
1/2 tbsp (8mL)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)  
**onion, thinly sliced**  
1/4 small (18g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**fresh parsley, chopped**  
1 1/2 sprigs (2g)

For all 3 meals:

**balsamic vinegar**  
1 1/2 tbsp (23mL)  
**apple cider vinegar**  
1 1/2 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 1/2 can(s) (672g)  
**onion, thinly sliced**  
3/4 small (53g)  
**tomatoes, halved**  
1 1/2 cup cherry tomatoes (224g)  
**fresh parsley, chopped**  
4 1/2 sprigs (5g)

1. Add all ingredients to a bowl and toss.  
Serve!

## Lunch 1 ↗

Eat on day 1

### Chickpea & chickpea pasta

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



**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)

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 mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



**balsamic vinaigrette**  
1 tbsp (15mL)  
**fresh basil**  
1 tbsp, chopped (3g)  
**fresh mozzarella cheese, sliced**  
2 oz (57g)  
**tomatoes, sliced**  
3/4 large whole (3" dia) (137g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

## Lunch 2 ↗

Eat on day 2 and day 3

### 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.

### 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.

### Caprese sandwich

1/2 sandwich(es) - 230 cals ● 11g protein ● 13g fat ● 14g carbs ● 3g fiber



For single meal:

**bread**  
1 slice(s) (32g)  
**tomatoes**  
1 slice(s), thick/large (1/2" thick)  
(27g)  
**fresh mozzarella cheese**  
1 slices (28g)  
**pesto sauce**  
1 tbsp (16g)

For all 2 meals:

**bread**  
2 slice(s) (64g)  
**tomatoes**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**fresh mozzarella cheese**  
2 slices (57g)  
**pesto sauce**  
2 tbsp (32g)

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

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## Lunch 3 ↗

Eat on day 4

### Buffalo tofu slaw salad

570 cals ● 25g protein ● 44g fat ● 15g carbs ● 4g fiber



**coleslaw mix**  
1 1/2 cup (135g)  
**Frank's Red Hot sauce**  
3 tbsp (45mL)  
**ranch dressing**  
3 tbsp (45mL)  
**oil**  
3/4 tbsp (11mL)  
**tomatoes, halved**  
3 tbsp cherry tomatoes (28g)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)

1. Season the tofu cubes with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add the tofu and cook for 4-6 minutes, turning occasionally, until golden brown on all sides. Remove from heat and let cool slightly, then toss with hot sauce.
3. Serve the tofu over a bed of coleslaw and cherry tomatoes. Drizzle with ranch and serve.
4. Meal Prep Tip: Store the tofu and ranch separately from the coleslaw. Combine everything just before serving to keep the slaw fresh and crisp.

## Lunch 4 ↗

Eat on day 5

### Buffalo tempeh with tzatziki

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



#### 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)

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.

### Caprese salad

178 cals ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



#### fresh mozzarella cheese

1 1/4 oz (35g)  
**mixed greens**  
3/8 package (5.5 oz) (65g)  
**fresh basil**  
1/4 cup leaves, whole (5g)  
**balsamic vinaigrette**  
2 1/2 tsp (13mL)  
**tomatoes, halved**  
6 2/3 tbsp cherry tomatoes (62g)

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

## Lunch 5 ↗

Eat on day 6 and day 7

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 1/2 can (~19 oz) (789g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

**salad dressing**

3 tbsp (45mL)

For all 2 meals:

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

**salad dressing**

6 tbsp (90mL)

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

## Snacks 1 ↗

Eat on day 1 and day 2

### 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.

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**

1/2 avocado(s) (101g)

**lemon juice**

1/2 tsp (3mL)

For all 2 meals:

**avocados**

1 avocado(s) (201g)

**lemon juice**

1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

## Snacks 2 ↗

Eat on day 3 and day 4

### Chocolate protein mug cake

1 mug cake(s) - 195 cals ● 31g protein ● 6g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)  
**baking powder**  
4 dash (3g)  
**cocoa powder**  
2 tsp (4g)  
**eggs**  
1 large (50g)  
**water**  
2 tsp (10mL)  
**calorie-free sweetener**  
2 tsp (7g)

For all 2 meals:

**protein powder, chocolate**  
2 scoop (1/3 cup ea) (62g)  
**baking powder**  
1 tsp (5g)  
**cocoa powder**  
4 tsp (7g)  
**eggs**  
2 large (100g)  
**water**  
4 tsp (20mL)  
**calorie-free sweetener**  
4 tsp (14g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

## Snacks 3 ↗

Eat on day 5, 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 3 meals:

**string cheese**  
3 stick (84g)

1. The recipe has no instructions.

### Avocado toast

1 slice(s) - 168 cals ● 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.

## Dinner 1 ↗

Eat on day 1

### Farro

1/2 cups, cooked - 185 cals ● 6g protein ● 1g fat ● 33g carbs ● 5g fiber



Makes 1/2 cups, cooked

**farro**

4 tbsp (52g)

**water**

2 cup(s) (474mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

### Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



Makes 5 oz

**seitan**

5 oz (142g)

**oil**

1 1/4 tsp (6mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

## Dinner 2 ↗

Eat on day 2

### Tempeh taco salad bowl

370 cals ● 23g protein ● 16g fat ● 18g carbs ● 15g fiber



**tempeh**  
2 2/3 oz (76g)  
**taco seasoning mix**  
2 tsp (6g)  
**mixed greens**  
1/3 cup (10g)  
**salsa**  
2 tbsp (36g)  
**refried beans**  
1/3 cup (81g)  
**oil**  
1/3 tsp (2mL)  
**avocados, cubed**  
1/3 avocado(s) (67g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

### Brown rice

3/8 cup brown rice, cooked - 86 cals ● 2g protein ● 1g fat ● 17g carbs ● 1g fiber



Makes 3/8 cup brown rice, cooked

**salt**  
3/4 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**black pepper**  
3/4 dash, ground (0g)  
**brown rice**  
2 tbsp (24g)

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.

## Dinner 3 ↗

Eat on day 3 and day 4

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (0g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Basic tempeh

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



For single meal:

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

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

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.

## Dinner 4 ↗

Eat on day 5

### Spicy sriracha peanut tofu

512 cals ● 30g protein ● 36g fat ● 16g carbs ● 2g fiber



#### **sriracha chili sauce**

1 tbsp (17g)

#### **peanut butter**

1 1/2 tbsp (24g)

#### **soy sauce**

1/2 tbsp (8mL)

#### **water**

1/4 cup(s) (59mL)

#### **oil**

3/4 tbsp (11mL)

#### **firm tofu, patted dry & cubed**

2/3 lbs (298g)

#### **garlic, minced**

1 1/2 clove (5g)

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.

### Brown rice

1/2 cup brown rice, cooked - 115 cals ● 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.

## Dinner 5 ↗

Eat on day 6 and day 7

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

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

1. The recipe has no instructions.

### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)  
**tempeh, cubed**  
4 oz (113g)

For all 2 meals:

**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)  
**tempeh, cubed**  
1/2 lbs (227g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## 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.