

# Meal Plan - 2100 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

2122 cals ● 185g protein (35%) ● 60g fat (26%) ● 185g carbs (35%) ● 25g fiber (5%)

### Breakfast

310 cals, 12g protein, 36g net carbs, 11g fat



**Banana**  
1 banana(s)- 117 cals



**Basic fried eggs**  
1 egg(s)- 80 cals



**Toast with butter**  
1 slice(s)- 114 cals

### Snacks

200 cals, 14g protein, 11g net carbs, 10g fat



**String cheese**  
1 stick(s)- 83 cals



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



**Blueberries**  
1/2 cup(s)- 47 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

610 cals, 15g protein, 106g net carbs, 12g fat



**Fruit juice**  
2 cup(s)- 229 cals



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

### Dinner

565 cals, 48g protein, 29g net carbs, 25g fat



**Protein greek yogurt**  
1 container- 139 cals



**Simple mixed greens salad**  
68 cals



**Seitan salad**  
359 cals

## Day 2

2147 cals ● 185g protein (34%) ● 64g fat (27%) ● 177g carbs (33%) ● 33g fiber (6%)

### Breakfast

310 cals, 12g protein, 36g net carbs, 11g fat



#### Banana

1 banana(s)- 117 cals



#### Basic fried eggs

1 egg(s)- 80 cals



#### Toast with butter

1 slice(s)- 114 cals

### Snacks

200 cals, 14g protein, 11g net carbs, 10g fat



#### String cheese

1 stick(s)- 83 cals



#### Boiled eggs

1 egg(s)- 69 cals



#### Blueberries

1/2 cup(s)- 47 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

### Lunch

640 cals, 29g protein, 69g net carbs, 23g fat



#### Lowfat Greek yogurt

1 container(s)- 155 cals



#### Grilled peanut butter and banana sandwich

1 sandwich(es)- 485 cals

### Dinner

560 cals, 34g protein, 57g net carbs, 17g fat



#### Naan bread

1/2 piece(s)- 131 cals



#### Simple vegetarian chili

431 cals

## Day 3

2165 cals ● 187g protein (35%) ● 67g fat (28%) ● 172g carbs (32%) ● 30g fiber (6%)

### Breakfast

305 cals, 12g protein, 38g net carbs, 10g fat



#### Egg & guac sandwich

1/2 sandwich(es)- 191 cals



#### Fruit juice

1 cup(s)- 115 cals

### Snacks

255 cals, 10g protein, 17g net carbs, 14g fat



#### Mixed nuts

1/8 cup(s)- 109 cals



#### Hummus toast

1 slice(s)- 146 cals

### Protein Supplement(s)

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



#### Protein shake

4 scoop- 436 cals

### Lunch

605 cals, 34g protein, 57g net carbs, 25g fat



#### Chik'n nuggets

11 nuggets- 607 cals

### Dinner

560 cals, 34g protein, 57g net carbs, 17g fat



#### Naan bread

1/2 piece(s)- 131 cals



#### Simple vegetarian chili

431 cals

## Day 4

2084 cals ● 187g protein (36%) ● 68g fat (30%) ● 157g carbs (30%) ● 24g fiber (5%)

### Breakfast

305 cals, 12g protein, 38g net carbs, 10g fat



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals



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

### Snacks

255 cals, 10g protein, 17g net carbs, 14g fat



**Mixed nuts**  
1/8 cup(s)- 109 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

525 cals, 43g protein, 29g net carbs, 24g fat



**Egg & avocado salad**  
266 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Dinner

560 cals, 25g protein, 69g net carbs, 18g fat



**Flavored rice mix**  
191 cals



**Sriracha ginger tofu tacos**  
2 taco(s)- 370 cals

## Day 5

2049 cals ● 196g protein (38%) ● 82g fat (36%) ● 106g carbs (21%) ● 23g fiber (5%)

### Breakfast

315 cals, 17g protein, 25g net carbs, 14g fat



**Blueberry vanilla oatmeal**  
156 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

### Snacks

255 cals, 10g protein, 17g net carbs, 14g fat



**Mixed nuts**  
1/8 cup(s)- 109 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

525 cals, 43g protein, 29g net carbs, 24g fat



**Egg & avocado salad**  
266 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Dinner

515 cals, 29g protein, 30g net carbs, 29g fat



**Lentils**  
174 cals



**Basic tofu**  
8 oz- 342 cals

## Day 6

2122 cals ● 193g protein (36%) ● 93g fat (39%) ● 102g carbs (19%) ● 25g fiber (5%)

### Breakfast

315 cals, 17g protein, 25g net carbs, 14g fat



**Blueberry vanilla oatmeal**  
156 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

### Snacks

210 cals, 19g protein, 13g net carbs, 7g fat



**Protein shake (milk)**  
129 cals



**Carrots and hummus**  
82 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

645 cals, 31g protein, 30g net carbs, 41g fat



**Pumpkin seeds**  
183 cals



**Caprese sandwich**  
1 sandwich(es)- 461 cals

### Dinner

515 cals, 29g protein, 30g net carbs, 29g fat



**Lentils**  
174 cals



**Basic tofu**  
8 oz- 342 cals

## Day 7

2091 cals ● 190g protein (36%) ● 93g fat (40%) ● 99g carbs (19%) ● 23g fiber (4%)

### Breakfast

315 cals, 17g protein, 25g net carbs, 14g fat



**Blueberry vanilla oatmeal**  
156 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

### Snacks

210 cals, 19g protein, 13g net carbs, 7g fat



**Protein shake (milk)**  
129 cals



**Carrots and hummus**  
82 cals

### Protein Supplement(s)

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



**Protein shake**  
4 scoop- 436 cals

### Lunch

645 cals, 31g protein, 30g net carbs, 41g fat



**Pumpkin seeds**  
183 cals



**Caprese sandwich**  
1 sandwich(es)- 461 cals

### Dinner

485 cals, 27g protein, 27g net carbs, 29g fat



**Seitan in peanut sauce**  
417 cals



**Simple mixed greens salad**  
68 cals

# Grocery List



## Other

- protein greek yogurt, flavored  
1 container (150g)
- mixed greens  
4 1/3 cup (130g)
- nutritional yeast  
1 tsp (1g)
- diced tomatoes  
1/3 28oz can (265g)
- ranch dressing mix  
1/3 packet (1 oz) (9g)
- vegan chick'n nuggets  
11 nuggets (237g)
- guacamole, store-bought  
2 tbsp (31g)
- sriracha chili sauce  
1/6 tbsp (2g)
- sesame oil  
1 tsp (5mL)
- coleslaw mix  
1 1/3 oz (38g)
- cottage cheese & fruit cup  
4 container (680g)
- curry paste  
1 1/2 dash (1g)

## Fats and Oils

- salad dressing  
4 tbsp (60mL)
- oil  
2 oz (58mL)
- cooking spray  
1 spray(s) , about 1/3 second each (0g)

## Vegetables and Vegetable Products

- fresh spinach  
3/8 10oz package (117g)
- tomatoes  
1 3/4 medium whole (2-3/5" dia) (210g)
- onion  
3/8 medium (2-1/2" dia) (42g)
- ketchup  
2 3/4 tbsp (47g)
- garlic  
5/6 clove(s) (3g)
- fresh ginger  
4 g (4g)
- baby carrots  
16 medium (160g)

## Baked Products

- bread  
17 oz (480g)
- naan bread  
1 piece(s) (90g)
- corn tortillas  
2 tortilla, medium (approx 6" dia) (52g)

## Beverages

- protein powder  
29 scoop (1/3 cup ea) (899g)
- water  
2 gallon (7603mL)

## Legumes and Legume Products

- peanut butter  
4 tbsp (67g)
- vegetarian burger crumbles  
1/3 package (12 oz) (113g)
- white beans, canned  
1/3 can(s) (146g)
- chili beans  
1/3 can (~16 oz) (149g)
- hummus  
3/4 cup (173g)
- soy sauce  
1/4 oz (6mL)
- firm tofu  
1 1/3 lbs (586g)
- lentils, raw  
1/2 cup (96g)

## Sweets

- jelly  
2 tbsp (42g)
- maple syrup  
3/4 tbsp (11mL)
- sugar  
1/2 tbsp (7g)

## Spices and Herbs

- taco seasoning mix  
1/3 packet (12g)
- garlic powder  
1/4 tbsp (2g)
- vanilla extract  
3/4 tbsp (11mL)

green onions  
2/3 medium (4-1/8" long) (10g)

salt  
1 dash (1g)

## Cereal Grains and Pasta

seitan  
5 2/3 oz (161g)

## Fruits and Fruit Juices

avocados  
1 avocado(s) (184g)

banana  
3 medium (7" to 7-7/8" long) (354g)

fruit juice  
32 fl oz (960mL)

blueberries  
1 1/2 cup (231g)

## Dairy and Egg Products

eggs  
16 large (800g)

butter  
2 tsp (9g)

string cheese  
2 stick (56g)

mexican blend cheese  
2 2/3 oz (76g)

lowfat flavored greek yogurt  
1 (5.3 oz ea) container(s) (150g)

nonfat greek yogurt, plain  
4 tsp (23g)

whole milk  
1 cup(s) (240mL)

fresh mozzarella cheese  
4 slices (113g)

## Nut and Seed Products

mixed nuts  
6 tbsp (50g)

roasted pumpkin seeds, unsalted  
1/2 cup (59g)

coconut milk, canned  
1/6 can (77mL)

## Meals, Entrees, and Side Dishes

flavored rice mix  
1/3 pouch (~5.6 oz) (53g)

## Breakfast Cereals

oatmeal, old-fashioned oats, rolled oats  
1 cup(s) (91g)

## Soups, Sauces, and Gravies

pesto sauce  
4 tbsp (64g)

chili garlic sauce  
3/4 dash (1g)

oyster sauce  
3/4 dash (1g)

## 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.

### Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**

1 large (50g)

**oil**

1/4 tsp (1mL)

For all 2 meals:

**eggs**

2 large (100g)

**oil**

1/2 tsp (3mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

### 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.

---

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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 2 meals:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)  
**guacamole, store-bought**  
2 tbsp (31g)  
**bread**  
2 slice(s) (64g)

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.

---

### Fruit juice

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Blueberry vanilla oatmeal

156 cals ● 4g protein ● 2g fat ● 25g carbs ● 4g fiber



For single meal:

**oatmeal, old-fashioned oats, rolled oats**  
3/8 cup(s) (30g)  
**blueberries**  
3 tbsp (28g)  
**vanilla extract**  
1/4 tbsp (4mL)  
**maple syrup**  
1/4 tbsp (4mL)  
**water**  
1/2 cup(s) (133mL)

For all 3 meals:

**oatmeal, old-fashioned oats, rolled oats**  
1 cup(s) (91g)  
**blueberries**  
1/2 cup (83g)  
**vanilla extract**  
3/4 tbsp (11mL)  
**maple syrup**  
3/4 tbsp (11mL)  
**water**  
1 2/3 cup(s) (400mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

### Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)

For all 3 meals:

**eggs**  
6 large (300g)  
**oil**  
1/2 tbsp (8mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

## Lunch 1 ↗

Eat on day 1

### Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber

Makes 2 cup(s)



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

1. The recipe has no instructions.

### Peanut butter and jelly sandwich

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

Makes 1 sandwich(es)



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

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 2 ↗

Eat on day 2

### Lowfat Greek yogurt

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

Makes 1 container(s)



**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)

1. The recipe has no instructions.

### Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cals ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



Makes 1 sandwich(es)

**bread**

2 slice (64g)

**peanut butter**

2 tbsp (32g)

**cooking spray**

1 spray(s) , about 1/3 second each (0g)

**banana, sliced**

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

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

---

## Lunch 3

Eat on day 3

---

### Chik'n nuggets

11 nuggets - 607 cals ● 34g protein ● 25g fat ● 57g carbs ● 6g fiber



Makes 11 nuggets

**ketchup**

2 3/4 tbsp (47g)

**vegan chik'n nuggets**

11 nuggets (237g)

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

---

## Lunch 4 ↗

Eat on day 4 and day 5

### Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

**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)

For all 2 meals:

**garlic powder**  
1/4 tbsp (2g)  
**avocados**  
2/3 avocado(s) (134g)  
**mixed greens**  
1 1/3 cup (40g)  
**eggs, hard-boiled and chilled**  
4 large (200g)

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.

### Cottage cheese & fruit cup

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



For single meal:

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

For all 2 meals:

**cottage cheese & fruit cup**  
4 container (680g)

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

## Lunch 5 ↗

Eat on day 6 and day 7

### Pumpkin seeds

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



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

### Caprese sandwich

1 sandwich(es) - 461 cals ● 22g protein ● 27g fat ● 28g carbs ● 5g fiber



For single meal:

**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)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**tomatoes**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**fresh mozzarella cheese**  
4 slices (113g)  
**pesto sauce**  
4 tbsp (64g)

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.

## Snacks 1 ↗

Eat on day 1 and day 2

### 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.

### 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.

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**

1/2 cup (74g)

For all 2 meals:

**blueberries**

1 cup (148g)

1. Rinse off blueberries and serve.

---

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**

2 tbsp (17g)

For all 3 meals:

**mixed nuts**

6 tbsp (50g)

1. The recipe has no instructions.

---

## Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**bread**

1 slice (32g)

**hummus**

2 1/2 tbsp (38g)

For all 3 meals:

**bread**

3 slice (96g)

**hummus**

1/2 cup (113g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

## 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.

### Carrots and hummus

82 cals  3g protein  3g fat  7g carbs  4g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**baby carrots**  
8 medium (80g)

For all 2 meals:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

1. Serve carrots with hummus.

## Dinner 1

Eat on day 1

### Protein greek yogurt

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



Makes 1 container

**protein greek yogurt, flavored**  
1 container (150g)

1. Enjoy.

## Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



**oil**  
1 tsp (5mL)  
**nutritional yeast**  
1 tsp (1g)  
**salad dressing**  
1 tbsp (15mL)  
**fresh spinach**  
2 cup(s) (60g)  
**seitan, crumbled or sliced**  
3 oz (85g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

## Dinner 2 ↗

Eat on day 2 and day 3

### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

**naan bread**  
1/2 piece(s) (45g)

For all 2 meals:

**naan bread**  
1 piece(s) (90g)

1. The recipe has no instructions.

## Simple vegetarian chili

431 cals ● 30g protein ● 14g fat ● 35g carbs ● 11g fiber



For single meal:

**diced tomatoes**  
1/6 28oz can (132g)  
**taco seasoning mix**  
1/6 packet (6g)  
**vegetarian burger crumbles**  
1/6 package (12 oz) (57g)  
**ranch dressing mix**  
1/6 packet (1 oz) (5g)  
**mexican blend cheese**  
1 1/3 oz (38g)  
**onion, diced**  
1/6 small (12g)  
**white beans, canned, drained**  
1/6 can(s) (73g)  
**chili beans, with liquid**  
1/6 can (~16 oz) (75g)

For all 2 meals:

**diced tomatoes**  
1/3 28oz can (265g)  
**taco seasoning mix**  
1/3 packet (12g)  
**vegetarian burger crumbles**  
1/3 package (12 oz) (113g)  
**ranch dressing mix**  
1/3 packet (1 oz) (9g)  
**mexican blend cheese**  
2 2/3 oz (76g)  
**onion, diced**  
1/3 small (23g)  
**white beans, canned, drained**  
1/3 can(s) (146g)  
**chili beans, with liquid**  
1/3 can (~16 oz) (149g)

1. Mix the tomatoes, onion, white beans, chili beans, taco seasoning mix, and ranch dressing mix in a large pot over medium heat. Bring to a boil.
2. Reduce heat to low, mix in the burger crumbles, and continue cooking until heated through.
3. Top with cheese to serve.

---

## Dinner 3 ↗

Eat on day 4

---

### Flavored rice mix

191 cals ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



**flavored rice mix**  
1/3 pouch (~5.6 oz) (53g)

1. Prepare according to instructions on package.

---

### Sriracha ginger tofu tacos

2 taco(s) - 370 cals ● 19g protein ● 17g fat ● 30g carbs ● 4g fiber



Makes 2 taco(s)

**sriracha chili sauce**

1/6 tbsp (2g)

**peanut butter**

2 tsp (11g)

**soy sauce**

1 tsp (5mL)

**sesame oil**

1 tsp (5mL)

**corn tortillas**

2 tortilla, medium (approx 6" dia) (52g)

**nonfat greek yogurt, plain**

4 tsp (23g)

**coleslaw mix**

1 1/3 oz (38g)

**garlic, minced**

1/3 clove(s) (1g)

**fresh ginger, peeled & minced**

2/3 inch (2.5cm) cube (3g)

**water, warmed**

2 tsp (10mL)

**firm tofu, patted dry & cubed**

1/4 lbs (132g)

1. Make sauce by whisking together the garlic, ginger, sriracha, soy sauce peanut butter, water, and some salt in a small bowl. Set aside.

2. Heat sesame oil in a large skillet over medium heat. Add tofu and cook until browned, 3-5 minutes. Pour the sauce in and cook 2-3 minutes until it gets crispy in places.

3. Make slaw by mixing together coleslaw mix, greek yogurt, and some salt and pepper. Toss.

4. Top tortillas with tofu and slaw. Serve.

## Dinner 4 ↗

Eat on day 5 and day 6

### 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.

### Basic tofu

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



For single meal:

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

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**firm tofu**  
1 lbs (454g)

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.

---

## Dinner 5 ↗

Eat on day 7

---

### Seitan in peanut sauce

417 cals ● 25g protein ● 24g fat ● 22g carbs ● 3g fiber



**coconut milk, canned**  
1/6 can (75mL)  
**peanut butter**  
1/2 tbsp (8g)  
**sugar**  
1/2 tbsp (7g)  
**oil**  
1/2 tsp (3mL)  
**curry paste**  
1 1/3 dash (1g)  
**soy sauce**  
1/6 tsp (1mL)  
**chili garlic sauce**  
2/3 dash (1g)  
**oyster sauce**  
2/3 dash (1g)  
**fresh ginger, chopped**  
1/3 tsp (1g)  
**garlic, chopped**  
1/2 clove(s) (2g)  
**seitan, chicken-style**  
2 2/3 oz (76g)  
**onion, chopped**  
1/6 medium (2-1/2" dia) (18g)  
**fresh spinach, chopped**  
1/6 bunch (57g)  
**green onions, chopped**  
2/3 medium (4-1/8" long) (10g)

1. Combine the ginger, garlic, and curry paste in small bowl. Slowly pour in 1/4 cup coconut milk; stirring until the mixture is smooth. Gently stir in the seitan, coating the seitan with the marinade. Refrigerate for 30 minutes to 1 hour. The longer you let it soak, the more flavorful the seitan will taste!
2. Stir together the remaining coconut milk, peanut butter, sugar, vegetable oil, soy sauce, chili garlic sauce, and oyster sauce in a medium bowl. Don't worry if it's not completely blended: when you cook it, the various substances will meld wonderfully. Set sauce aside.
3. Lightly coat a large skillet with cooking spray; add the chopped onion; cook over high heat for 3 to 4 minutes, or until the onion is tender. Stir in the seitan, and cook until the seitan is heated through, about 7 minutes. Pour in the sauce, and stir to combine. Mix in the spinach and green onions; cook 3 minutes, or until the sauce has thickened and the spinach is cooked.

---

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## 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.