

# Meal Plan - 2200 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

2216 cals ● 256g protein (46%) ● 67g fat (27%) ● 121g carbs (22%) ● 27g fiber (5%)

### Breakfast

370 cals, 36g protein, 14g net carbs, 17g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Protein shake (milk)**  
258 cals

### Snacks

195 cals, 14g protein, 6g net carbs, 10g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Raspberries**  
3/4 cup(s)- 54 cals

### Lunch

560 cals, 51g protein, 52g net carbs, 16g fat



**Teriyaki seitan wings**  
6 oz seitan- 446 cals



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

### Dinner

605 cals, 47g protein, 45g net carbs, 21g fat



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



**Apple**  
1 apple(s)- 105 cals



**Seitan salad**  
359 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

## Day 2

2216 cals ● 256g protein (46%) ● 67g fat (27%) ● 121g carbs (22%) ● 27g fiber (5%)

### Breakfast

370 cals, 36g protein, 14g net carbs, 17g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Protein shake (milk)

258 cals

### Snacks

195 cals, 14g protein, 6g net carbs, 10g fat



#### Boiled eggs

2 egg(s)- 139 cals



#### Raspberries

3/4 cup(s)- 54 cals

### Lunch

560 cals, 51g protein, 52g net carbs, 16g fat



#### Teriyaki seitan wings

6 oz seitan- 446 cals



#### Brown rice

1/2 cup brown rice, cooked- 115 cals

### Dinner

605 cals, 47g protein, 45g net carbs, 21g fat



#### Protein greek yogurt

1 container- 139 cals



#### Apple

1 apple(s)- 105 cals



#### Seitan salad

359 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



#### Protein shake

4 1/2 scoop- 491 cals

## Day 3

2297 cals ● 225g protein (39%) ● 99g fat (39%) ● 97g carbs (17%) ● 29g fiber (5%)

### Breakfast

300 cals, 42g protein, 7g net carbs, 11g fat



**Tomato mushroom egg white omelet**  
299 cals

### Snacks

260 cals, 8g protein, 34g net carbs, 8g fat



**Raspberries**  
1/2 cup(s)- 36 cals



**Milk**  
1/2 cup(s)- 75 cals



**Frozen yogurt**  
152 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

550 cals, 29g protein, 33g net carbs, 31g fat



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Caprese sandwich**  
1/2 sandwich(es)- 230 cals

### Dinner

695 cals, 37g protein, 20g net carbs, 47g fat



**String cheese**  
2 stick(s)- 165 cals



**Salsa verde tofu salad**  
529 cals

## Day 4

2202 cals ● 216g protein (39%) ● 79g fat (32%) ● 132g carbs (24%) ● 25g fiber (5%)

### Breakfast

300 cals, 42g protein, 7g net carbs, 11g fat



**Tomato mushroom egg white omelet**  
299 cals

### Lunch

550 cals, 29g protein, 33g net carbs, 31g fat



**Roasted almonds**  
1/6 cup(s)- 166 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Caprese sandwich**  
1/2 sandwich(es)- 230 cals

### Snacks

260 cals, 8g protein, 34g net carbs, 8g fat



**Raspberries**  
1/2 cup(s)- 36 cals



**Milk**  
1/2 cup(s)- 75 cals



**Frozen yogurt**  
152 cals

### Dinner

600 cals, 27g protein, 54g net carbs, 27g fat



**Pesto tortellini**  
478 cals



**Simple mozzarella and tomato salad**  
121 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

## Day 5

2196 cals ● 211g protein (38%) ● 71g fat (29%) ● 137g carbs (25%) ● 41g fiber (7%)

### Breakfast

300 cals, 42g protein, 7g net carbs, 11g fat



**Tomato mushroom egg white omelet**  
299 cals

### Lunch

555 cals, 24g protein, 41g net carbs, 25g fat



**Greek chickpea tzatziki salad**  
553 cals

### Snacks

230 cals, 9g protein, 22g net carbs, 9g fat



**Milk**  
3/4 cup(s)- 112 cals



**Raspberries**  
3/4 cup(s)- 54 cals



**Toast with butter and jelly**  
1/2 slice(s)- 67 cals

### Dinner

620 cals, 27g protein, 63g net carbs, 24g fat



**Spinach parmesan pasta**  
365 cals



**Edamame & beet salad**  
257 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

## Day 6

2243 cals ● 219g protein (39%) ● 83g fat (33%) ● 113g carbs (20%) ● 43g fiber (8%)

### Breakfast

240 cals, 24g protein, 3g net carbs, 13g fat



**Double chocolate protein shake**  
69 cals



**Scrambled egg whites**  
61 cals



**Roasted almonds**  
1/8 cup(s)- 111 cals

### Snacks

230 cals, 9g protein, 22g net carbs, 9g fat



**Milk**  
3/4 cup(s)- 112 cals



**Raspberries**  
3/4 cup(s)- 54 cals



**Toast with butter and jelly**  
1/2 slice(s)- 67 cals

### Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

660 cals, 49g protein, 20g net carbs, 35g fat



**Simple mixed greens salad**  
68 cals



**Basic tempeh**  
8 oz- 590 cals

### Dinner

620 cals, 27g protein, 63g net carbs, 24g fat



**Spinach parmesan pasta**  
365 cals



**Edamame & beet salad**  
257 cals

# Day 7

2224 cals ● 225g protein (41%) ● 78g fat (31%) ● 113g carbs (20%) ● 43g fiber (8%)

## Breakfast

240 cals, 24g protein, 3g net carbs, 13g fat



**Double chocolate protein shake**  
69 cals



**Scrambled egg whites**  
61 cals



**Roasted almonds**  
1/8 cup(s)- 111 cals

## Snacks

230 cals, 9g protein, 22g net carbs, 9g fat



**Milk**  
3/4 cup(s)- 112 cals



**Raspberries**  
3/4 cup(s)- 54 cals



**Toast with butter and jelly**  
1/2 slice(s)- 67 cals

## Lunch

660 cals, 49g protein, 20g net carbs, 35g fat



**Simple mixed greens salad**  
68 cals



**Basic tempeh**  
8 oz- 590 cals

## Dinner

605 cals, 34g protein, 63g net carbs, 19g fat



**Brown rice**  
3/4 cup brown rice, cooked- 172 cals



**Veggie burger patty**  
2 patty- 254 cals



**Caprese salad**  
178 cals

## Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



**Protein shake**  
4 1/2 scoop- 491 cals

# Grocery List



## Cereal Grains and Pasta

- seitan**  
18 oz (510g)
- brown rice**  
9 1/4 tbsp (111g)
- uncooked dry pasta**  
4 oz (114g)

## Fats and Oils

- oil**  
3 oz (97mL)
- salad dressing**  
5 tbsp (75mL)
- balsamic vinaigrette**  
2 1/4 oz (65mL)

## Other

- teriyaki sauce**  
6 tbsp (90mL)
- protein greek yogurt, flavored**  
2 container (300g)
- nutritional yeast**  
2 tsp (3g)
- mixed greens**  
2 package (5.5 oz) (312g)
- tzatziki**  
2 1/4 tbsp (32g)
- protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)
- veggie burger patty**  
2 patty (142g)

## Spices and Herbs

- salt**  
1/4 tbsp (4g)
- black pepper**  
5 g (5g)
- ground cumin**  
1/2 tbsp (3g)
- fresh basil**  
1/4 oz (6g)

## Beverages

- water**  
34 cup(s) (8018mL)
- protein powder**  
33 1/2 scoop (1/3 cup ea) (1039g)

## Fruits and Fruit Juices

- raspberries**  
4 3/4 cup (584g)
- apples**  
2 medium (3" dia) (364g)
- avocados**  
7/8 avocado(s) (176g)
- black olives**  
6 small olives (19g)

## Vegetables and Vegetable Products

- fresh spinach**  
1 10oz package (262g)
- tomatoes**  
5 1/4 medium whole (2-3/5" dia) (641g)
- mushrooms**  
1 cup, pieces or slices (70g)
- frozen mixed veggies**  
3/8 10oz package (107g)
- cucumber**  
3/8 cucumber (8-1/4") (113g)
- garlic**  
1 clove(s) (3g)
- edamame, frozen, shelled**  
1 1/2 cup (177g)
- beets, precooked (canned or refrigerated)**  
6 beet(s) (300g)

## Sweets

- frozen yogurt**  
1 1/3 cup (232g)
- jelly**  
1/2 tbsp (11g)
- cocoa powder**  
1 tsp (2g)

## Baked Products

- bread**  
4 oz (112g)

## Soups, Sauces, and Gravies

- pesto sauce**  
2 oz (55g)
- salsa verde**  
1 1/2 tbsp (24g)

## Legumes and Legume Products

## Nut and Seed Products

- almonds**  
14 tbsp, whole (125g)
- roasted pumpkin seeds, unsalted**  
3 tbsp (22g)

## Dairy and Egg Products

- whole milk**  
5 1/4 cup(s) (1260mL)
- eggs**  
10 large (500g)
- low fat cottage cheese (1% milkfat)**  
1 1/2 cup (339g)
- egg whites**  
15 2/3 large (518g)
- lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)
- fresh mozzarella cheese**  
1/4 lbs (120g)
- string cheese**  
2 stick (56g)
- mozzarella cheese, shredded**  
3 tbsp (16g)
- butter**  
1/4 stick (28g)
- feta cheese**  
3/4 oz (21g)
- parmesan cheese**  
4 tbsp (25g)
- nonfat greek yogurt, plain**  
2 tbsp (35g)

- firm tofu**  
1 1/2 slice(s) (126g)
- black beans**  
3 tbsp (45g)
- chickpeas, canned**  
3/4 can(s) (336g)
- tempeh**  
1 lbs (454g)

## Meals, Entrees, and Side Dishes

- frozen cheese tortellini**  
1/4 lbs (128g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Protein shake (milk)

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



For single meal:

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

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

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

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Tomato mushroom egg white omelet

299 cals ● 42g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**black pepper**  
2 dash, ground (1g)  
**egg whites**  
4 large (132g)  
**eggs**  
2 large (100g)  
**mushrooms, chopped**  
1/3 cup, pieces or slices (23g)  
**tomatoes, chopped**  
1/2 small whole (2-2/5" dia) (46g)

For all 3 meals:

**low fat cottage cheese (1% milkfat)**  
1 1/2 cup (339g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**egg whites**  
12 large (396g)  
**eggs**  
6 large (300g)  
**mushrooms, chopped**  
1 cup, pieces or slices (70g)  
**tomatoes, chopped**  
1 1/2 small whole (2-2/5" dia) (137g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Double chocolate protein shake

69 cals ● 14g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**water**  
1/2 cup(s) (119mL)  
**cocoa powder**  
4 dash (1g)  
**nonfat greek yogurt, plain**  
1 tbsp (18g)  
**protein powder, chocolate**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**water**  
1 cup(s) (237mL)  
**cocoa powder**  
1 tsp (2g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

### Scrambled egg whites

61 cals ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

**egg whites**  
4 tbsp (61g)  
**oil**  
1/4 tbsp (4mL)

For all 2 meals:

**egg whites**  
1/2 cup (122g)  
**oil**  
1/2 tbsp (8mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

## Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1 and day 2

### Teriyaki seitan wings

6 oz seitan - 446 cals ● 48g protein ● 15g fat ● 28g carbs ● 1g fiber



For single meal:

**seitan**  
6 oz (170g)  
**oil**  
3/4 tbsp (11mL)  
**teriyaki sauce**  
3 tbsp (45mL)

For all 2 meals:

**seitan**  
3/4 lbs (340g)  
**oil**  
1 1/2 tbsp (23mL)  
**teriyaki sauce**  
6 tbsp (90mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

### Brown rice

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



For single meal:

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2 dash (1g)  
**water**  
2/3 cup(s) (158mL)  
**black pepper**  
2 dash, ground (1g)  
**brown rice**  
1/3 cup (63g)

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.

## Lunch 2 ↗

Eat on day 3 and day 4

### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
3 tbsp, whole (27g)

For all 2 meals:

**almonds**  
6 tbsp, whole (54g)

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 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

### 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.

## Lunch 3 ↗

Eat on day 5

### Greek chickpea tzatziki salad

553 cals ● 24g protein ● 25g fat ● 41g carbs ● 17g fiber



#### black olives

6 small olives (19g)

#### feta cheese

3/4 oz (21g)

#### tzatziki

2 1/4 tbsp (32g)

#### oil

3/4 tbsp (11mL)

#### cucumber, chopped

3/8 cucumber (8-1/4") (113g)

#### chickpeas, canned, drained & rinsed

3/4 can(s) (336g)

#### tomatoes, halved

6 tbsp cherry tomatoes (56g)

1. Heat oil in a skillet over medium heat. Add chickpeas and some salt and pepper. Fry until golden, about 5-8 minutes. Set aside to cool.

2. Add chickpeas, cucumber, tomatoes, and olives to a bowl. Top with feta and tzatziki. Serve.

## Lunch 4 ↗

Eat on day 6 and day 7

### Simple mixed greens salad

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



#### For single meal:

#### mixed greens

1 1/2 cup (45g)

#### salad dressing

1 1/2 tbsp (23mL)

#### For all 2 meals:

#### mixed greens

3 cup (90g)

#### salad dressing

3 tbsp (45mL)

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

## Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

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

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.

---

## Snacks 1 ↗

Eat on day 1 and day 2

---

### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

---

## Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**raspberries**

3/4 cup (92g)

For all 2 meals:

**raspberries**

1 1/2 cup (185g)

1. Rinse raspberries and serve.

---

## Snacks 2 ↗

Eat on day 3 and day 4

---

### Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**raspberries**

1/2 cup (62g)

For all 2 meals:

**raspberries**

1 cup (123g)

1. Rinse raspberries and serve.

---

### Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**

1/2 cup(s) (120mL)

For all 2 meals:

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.

---

### Frozen yogurt

152 cals ● 3g protein ● 4g fat ● 25g carbs ● 0g fiber



For single meal:

**frozen yogurt**

2/3 cup (116g)

For all 2 meals:

**frozen yogurt**

1 1/3 cup (232g)

1. The recipe has no instructions.

---

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

---

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**

3/4 cup(s) (180mL)

For all 3 meals:

**whole milk**

2 1/4 cup(s) (540mL)

1. The recipe has no instructions.

---

## Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**raspberries**

3/4 cup (92g)

For all 3 meals:

**raspberries**

2 1/4 cup (277g)

1. Rinse raspberries and serve.

---

## Toast with butter and jelly

1/2 slice(s) - 67 cals ● 2g protein ● 2g fat ● 8g carbs ● 1g fiber



For single meal:

**bread**  
1/2 slice (16g)  
**butter**  
4 dash (2g)  
**jelly**  
4 dash (4g)

For all 3 meals:

**bread**  
1 1/2 slice (48g)  
**butter**  
1/2 tbsp (7g)  
**jelly**  
1/2 tbsp (11g)

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

---

## Dinner 1 ↗

Eat on day 1 and day 2

### 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.

---

## Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)

1. The recipe has no instructions.

---

## Seitan salad

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



For single meal:

**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)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (3g)  
**salad dressing**  
2 tbsp (30mL)  
**fresh spinach**  
4 cup(s) (120g)  
**seitan, crumbled or sliced**  
6 oz (170g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

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 3

### String cheese

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



Makes 2 stick(s)

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### Salsa verde tofu salad

529 cals ● 23g protein ● 36g fat ● 17g carbs ● 12g fiber



**firm tofu**  
1 1/2 slice(s) (126g)  
**oil**  
1/2 tbsp (8mL)  
**mixed greens**  
2 1/4 cup (68g)  
**roasted pumpkin seeds, unsalted**  
3 tbsp (22g)  
**ground cumin**  
1/2 tbsp (3g)  
**salsa verde**  
1 1/2 tbsp (24g)  
**avocados, sliced**  
3 slices (75g)  
**black beans, drained and rinsed**  
3 tbsp (45g)  
**tomatoes, chopped**  
3/4 roma tomato (60g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

## Dinner 3

Eat on day 4

### Pesto tortellini

478 cals ● 20g protein ● 18g fat ● 51g carbs ● 7g fiber



**pesto sauce**  
1 1/2 tbsp (23g)  
**frozen cheese tortellini**  
1/4 lbs (128g)  
**black pepper**  
3/8 dash (0g)  
**mozzarella cheese, shredded**  
3 tbsp (16g)  
**frozen mixed veggies**  
3/8 10oz package (107g)

1. Cook tortellini and vegetables according to packages.
2. Mix tortellini, vegetables, pepper, and pesto together in a pan over medium heat. Stir together and cook for a couple minutes until everything is heated through.
3. Top with cheese when serving.

### Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**fresh basil**  
1/2 tbsp, chopped (1g)  
**fresh mozzarella cheese, sliced**  
1 oz (28g)  
**tomatoes, sliced**  
3/8 large whole (3" dia) (68g)

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

## Dinner 4 ↗

Eat on day 5 and day 6

### Spinach parmesan pasta

365 cals ● 13g protein ● 13g fat ● 44g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**  
2 oz (57g)  
**butter**  
3/4 tbsp (11g)  
**fresh spinach**  
1/4 10oz package (71g)  
**parmesan cheese**  
2 tbsp (13g)  
**salt**  
1 dash (1g)  
**black pepper**  
4 dash, ground (1g)  
**water**  
1/8 cup(s) (20mL)  
**garlic, minced**  
1/2 clove(s) (2g)

For all 2 meals:

**uncooked dry pasta**  
4 oz (114g)  
**butter**  
1 1/2 tbsp (21g)  
**fresh spinach**  
1/2 10oz package (142g)  
**parmesan cheese**  
4 tbsp (25g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 tsp, ground (2g)  
**water**  
1/6 cup(s) (39mL)  
**garlic, minced**  
1 clove(s) (3g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

### Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**beets, precooked (canned or refrigerated), chopped**  
3 beet(s) (150g)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**edamame, frozen, shelled**  
1 1/2 cup (177g)  
**beets, precooked (canned or refrigerated), chopped**  
6 beet(s) (300g)

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

---

## Dinner 5 ↗

Eat on day 7

### Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



Makes 3/4 cup brown rice, cooked

**salt**  
1 1/2 dash (1g)  
**water**  
1/2 cup(s) (119mL)  
**black pepper**  
1 1/2 dash, ground (0g)  
**brown rice**  
4 tbsp (48g)

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.

---

### Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

**veggie burger patty**  
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

## 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.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

4 1/2 scoop - 491 cals ● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

**protein powder**  
4 1/2 scoop (1/3 cup ea) (140g)  
**water**  
4 1/2 cup(s) (1067mL)

For all 7 meals:

**protein powder**  
31 1/2 scoop (1/3 cup ea) (977g)  
**water**  
31 1/2 cup(s) (7466mL)

1. The recipe has no instructions.