

# Meal Plan - 2300 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

2312 cals ● 204g protein (35%) ● 72g fat (28%) ● 175g carbs (30%) ● 37g fiber (6%)

### Breakfast

280 cals, 19g protein, 28g net carbs, 8g fat



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



**Blackberries**  
1/2 cup(s)- 35 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Snacks

220 cals, 11g protein, 22g net carbs, 9g fat



**Buttered english muffin**  
1/2 english muffin(s)- 106 cals



**Blackberry & granola parfait**  
115 cals

### Protein Supplement(s)

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



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

### Lunch

675 cals, 32g protein, 84g net carbs, 16g fat



**Beans & greens**  
546 cals



**Naan bread**  
1/2 piece(s)- 131 cals

### Dinner

645 cals, 33g protein, 37g net carbs, 38g fat



**Lentils**  
116 cals



**Tofu piccata**  
530 cals

## Day 2

2261 cals ● 228g protein (40%) ● 45g fat (18%) ● 197g carbs (35%) ● 40g fiber (7%)

### Breakfast

280 cals, 19g protein, 28g net carbs, 8g fat



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



**Blackberries**  
1/2 cup(s)- 35 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Snacks

220 cals, 11g protein, 22g net carbs, 9g fat



**Buttered english muffin**  
1/2 english muffin(s)- 106 cals



**Blackberry & granola parfait**  
115 cals

### Protein Supplement(s)

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



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

### Lunch

675 cals, 32g protein, 84g net carbs, 16g fat



**Beans & greens**  
546 cals



**Naan bread**  
1/2 piece(s)- 131 cals

### Dinner

595 cals, 57g protein, 59g net carbs, 10g fat



**Simple seitan**  
5 oz- 305 cals



**Lentils**  
289 cals

## Day 3

2286 cals ● 223g protein (39%) ● 56g fat (22%) ● 187g carbs (33%) ● 36g fiber (6%)

### Breakfast

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



**Grapefruit**  
1/2 grapefruit- 59 cals



**High-protein granola bar**  
1 bar(s)- 204 cals

### Snacks

260 cals, 9g protein, 3g net carbs, 23g fat



**Walnuts**  
1/8 cup(s)- 87 cals



**Cheese and guac tacos**  
1 taco(s)- 175 cals

### Protein Supplement(s)

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



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

### Lunch

675 cals, 37g protein, 97g net carbs, 9g fat



**Cottage cheese & fruit cup**  
1 container- 131 cals



**Spiced chickpea tabbouleh bowl**  
546 cals

### Dinner

595 cals, 57g protein, 59g net carbs, 10g fat



**Simple seitan**  
5 oz- 305 cals



**Lentils**  
289 cals

## Day 4

2253 cals ● 217g protein (39%) ● 62g fat (25%) ● 179g carbs (32%) ● 28g fiber (5%)

### Breakfast

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



[Grapefruit](#)

1/2 grapefruit- 59 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

### Snacks

260 cals, 9g protein, 3g net carbs, 23g fat



[Walnuts](#)

1/8 cup(s)- 87 cals



[Cheese and guac tacos](#)

1 taco(s)- 175 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cals

### Lunch

675 cals, 37g protein, 97g net carbs, 9g fat



[Cottage cheese & fruit cup](#)

1 container- 131 cals



[Spiced chickpea tabbouleh bowl](#)

546 cals

### Dinner

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

## Day 5

2227 cals ● 203g protein (37%) ● 89g fat (36%) ● 128g carbs (23%) ● 25g fiber (5%)

### Breakfast

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



[Grapefruit](#)

1/2 grapefruit- 59 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

### Snacks

260 cals, 9g protein, 3g net carbs, 23g fat



[Walnuts](#)

1/8 cup(s)- 87 cals



[Cheese and guac tacos](#)

1 taco(s)- 175 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cals

### Lunch

615 cals, 34g protein, 44g net carbs, 30g fat



[Buffalo tofu](#)

355 cals



[Lentils](#)

260 cals

### Dinner

595 cals, 41g protein, 53g net carbs, 22g fat



[Seitan gyro](#)

1 gyro(s)- 385 cals



[Simple Greek cucumber salad](#)

211 cals

## Day 6

2283 cals ● 204g protein (36%) ● 63g fat (25%) ● 191g carbs (33%) ● 35g fiber (6%)

### Breakfast

330 cals, 8g protein, 58g net carbs, 4g fat



Simple cinnamon oatmeal with water  
271 cals



Grapefruit  
1/2 grapefruit- 59 cals

### Snacks

280 cals, 13g protein, 23g net carbs, 12g fat



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



Crunchy garlicky lentil snack  
171 cals

### Protein Supplement(s)

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



Protein shake  
4 1/2 scoop- 491 cals

### Lunch

615 cals, 34g protein, 44g net carbs, 30g fat



Buffalo tofu  
355 cals



Lentils  
260 cals

### Dinner

570 cals, 40g protein, 61g net carbs, 14g fat



Chik'n stir fry  
427 cals



Simple Greek cucumber salad  
141 cals

## Day 7

2259 cals ● 206g protein (36%) ● 54g fat (22%) ● 200g carbs (35%) ● 37g fiber (7%)

### Breakfast

330 cals, 8g protein, 58g net carbs, 4g fat



Simple cinnamon oatmeal with water  
271 cals



Grapefruit  
1/2 grapefruit- 59 cals

### Snacks

280 cals, 13g protein, 23g net carbs, 12g fat



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



Crunchy garlicky lentil snack  
171 cals

### Protein Supplement(s)

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



Protein shake  
4 1/2 scoop- 491 cals

### Lunch

590 cals, 36g protein, 54g net carbs, 21g fat



Tomato cucumber salad  
71 cals



Milk  
1 cup(s)- 149 cals



Chunky canned soup (non-creamy)  
1 1/2 can(s)- 371 cals

### Dinner

570 cals, 40g protein, 61g net carbs, 14g fat



Chik'n stir fry  
427 cals



Simple Greek cucumber salad  
141 cals

## Vegetables and Vegetable Products

- ☐ kale leaves  
3 cup, chopped (120g)
- ☐ garlic  
4 1/2 clove(s) (14g)
- ☐ shallots  
3/4 clove(s) (43g)
- ☐ cucumber  
2 1/2 cucumber (8-1/4") (778g)
- ☐ tomatoes  
1 1/2 medium whole (2-3/5" dia) (168g)
- ☐ fresh parsley  
4 sprigs (4g)
- ☐ red onion  
3/4 medium (2-1/2" dia) (84g)
- ☐ bell pepper  
1 1/2 medium (179g)
- ☐ carrots  
3 small (5-1/2" long) (150g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
3 cup(s) (mL)
- ☐ Frank's Red Hot sauce  
1/3 cup (79mL)
- ☐ chunky canned soup (non-creamy varieties)  
1 1/2 can (~19 oz) (789g)

## Dairy and Egg Products

- ☐ parmesan cheese  
1 1/2 tbsp (8g)
- ☐ butter  
3/8 stick (40g)
- ☐ lowfat greek yogurt  
1/2 cup (140g)
- ☐ cheddar cheese  
3/4 cup, shredded (85g)
- ☐ nonfat greek yogurt, plain  
14 tbsp (245g)
- ☐ whole milk  
1 cup(s) (240mL)

## Spices and Herbs

- ☐ crushed red pepper  
1 tsp (2g)
- ☐ salt  
1/4 tbsp (4g)

## Legumes and Legume Products

- ☐ white beans, canned  
1 1/2 can(s) (659g)
- ☐ lentils, raw  
2 cup (413g)
- ☐ firm tofu  
1 1/2 lbs (695g)
- ☐ chickpeas, canned  
1 can(s) (448g)
- ☐ soy sauce  
2 1/2 tbsp (38mL)

## Baked Products

- ☐ naan bread  
1 piece(s) (90g)
- ☐ english muffins  
1 muffin(s) (57g)
- ☐ bread  
2 slice (64g)
- ☐ pita bread  
1 pita, medium (5" dia) (50g)

## Breakfast Cereals

- ☐ granola  
4 tbsp (23g)
- ☐ quick oats  
1 1/4 cup (100g)

## Fruits and Fruit Juices

- ☐ blackberries  
1 1/4 cup (180g)
- ☐ lemon juice  
3 tbsp (43mL)
- ☐ Grapefruit  
2 1/2 large (approx 4-1/2" dia) (830g)

## Beverages

- ☐ water  
42 1/2 cup(s) (10103mL)
- ☐ protein powder  
31 1/2 scoop (1/3 cup ea) (977g)

## Cereal Grains and Pasta

- ☐ cornstarch  
1/2 tbsp (4g)

- ☐ capers  
1 1/2 tbsp, drained (13g)
- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ black pepper  
1 dash, ground (0g)
- ☐ oregano, dried  
1/8 oz (1g)
- ☐ dried dill weed  
1 3/4 tsp (2g)
- ☐ red wine vinegar  
1 3/4 tsp (9mL)
- ☐ garlic powder  
3 dash (1g)
- ☐ cinnamon  
2 1/2 tsp (7g)

### Fats and Oils

- ☐ oil  
2 3/4 oz (84mL)
- ☐ olive oil  
1 3/4 tbsp (26mL)
- ☐ ranch dressing  
4 tbsp (60mL)
- ☐ salad dressing  
1 tbsp (14mL)

- ☐ seitan  
18 2/3 oz (529g)
- ☐ instant couscous, flavored  
1 box (5.8 oz) (164g)
- ☐ brown rice  
3/4 cup (139g)

### Other

- ☐ cottage cheese & fruit cup  
4 container (680g)
- ☐ guacamole, store-bought  
6 tbsp (93g)
- ☐ teriyaki sauce  
3 tbsp (45mL)
- ☐ tzatziki  
1 1/2 tbsp (21g)
- ☐ vegan chik'n strips  
1/2 lbs (213g)

### Snacks

- ☐ high-protein granola bar  
3 bar (120g)

### Nut and Seed Products

- ☐ walnuts  
6 tbsp, shelled (38g)
- ☐ mixed nuts  
4 tbsp (34g)

### Sweets

- ☐ sugar  
2 1/2 tbsp (33g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### 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.

### Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**blackberries**  
1/2 cup (72g)

For all 2 meals:

**blackberries**  
1 cup (144g)

1. Rinse blackberries and serve.

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber





For single meal:  
**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:  
**cottage cheese & fruit cup**  
2 container (340g)

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

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## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Grapefruit

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



For single meal:  
**Grapefruit**  
1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:  
**Grapefruit**  
1 1/2 large (approx 4-1/2" dia)  
(498g)

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

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### High-protein granola bar

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



For single meal:  
**high-protein granola bar**  
1 bar (40g)

For all 3 meals:  
**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Simple cinnamon oatmeal with water

271 cals ● 7g protein ● 4g fat ● 47g carbs ● 6g fiber



For single meal:

**quick oats**  
10 tbsp (50g)  
**sugar**  
1 1/4 tbsp (16g)  
**cinnamon**  
1 1/4 tsp (3g)  
**water**  
1 cup(s) (222mL)

For all 2 meals:

**quick oats**  
1 1/4 cup (100g)  
**sugar**  
2 1/2 tbsp (33g)  
**cinnamon**  
2 1/2 tsp (7g)  
**water**  
2 cup(s) (444mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

### Grapefruit

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



For single meal:

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

For all 2 meals:

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

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

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Beans & greens

546 cals ● 28g protein ● 13g fat ● 62g carbs ● 17g fiber



For single meal:

**kale leaves**  
1 1/2 cup, chopped (60g)  
**vegetable broth**  
1 cup(s) (mL)  
**parmesan cheese**  
3/4 tbsp (4g)  
**crushed red pepper**  
1 1/2 dash (0g)  
**oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)

For all 2 meals:

**kale leaves**  
3 cup, chopped (120g)  
**vegetable broth**  
2 1/4 cup(s) (mL)  
**parmesan cheese**  
1 1/2 tbsp (8g)  
**crushed red pepper**  
3 dash (1g)  
**oil**  
1 1/2 tbsp (23mL)  
**garlic, minced**  
3 clove(s) (9g)  
**white beans, canned, drained & rinsed**  
1 1/2 can(s) (659g)

1. Heat oil in a pot over medium heat.
2. Add the garlic and cook until fragrant, about 1 minute.
3. Stir in the crushed red pepper and a pinch of salt and pepper. Cook for 30 seconds.
4. Add the kale and saute until slightly wilted.
5. Stir in the white beans and vegetable broth.
6. Cover and simmer for 10 minutes. (For a thicker stew, leave the pot uncovered.)
7. Top with parmesan and serve.

### 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.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

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

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

### Spiced chickpea tabbouleh bowl

546 cal ● 23g protein ● 6g fat ● 84g carbs ● 15g fiber



For single meal:

**instant couscous, flavored**  
1/2 box (5.8 oz) (82g)  
**oil**  
1/4 tsp (1mL)  
**ground cumin**  
4 dash (1g)  
**lemon juice**  
1/4 tbsp (4mL)  
**cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)  
**chickpeas, canned, drained & rinsed**  
1/2 can(s) (224g)  
**tomatoes, chopped**  
1/2 roma tomato (40g)  
**fresh parsley, chopped**  
2 sprigs (2g)

For all 2 meals:

**instant couscous, flavored**  
1 box (5.8 oz) (164g)  
**oil**  
1/2 tsp (3mL)  
**ground cumin**  
1 tsp (2g)  
**lemon juice**  
1/2 tbsp (8mL)  
**cucumber, chopped**  
1/2 cucumber (8-1/4") (151g)  
**chickpeas, canned, drained & rinsed**  
1 can(s) (448g)  
**tomatoes, chopped**  
1 roma tomato (80g)  
**fresh parsley, chopped**  
4 sprigs (4g)

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 3 [↗](#)

Eat on day 5 and day 6

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### Buffalo tofu

355 cals ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



For single meal:

**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)

For all 2 meals:

**Frank's Red Hot sauce**  
1/3 cup (79mL)  
**ranch dressing**  
4 tbsp (60mL)  
**oil**  
1 tbsp (15mL)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

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.
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### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**salt**  
3/4 dash (1g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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.
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## Lunch 4 [↗](#)

Eat on day 7

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### Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



#### salad dressing

1 tbsp (15mL)

#### red onion, thinly sliced

1/4 small (18g)

#### cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

#### tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

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### 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.

### Chunky canned soup (non-creamy)

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



Makes 1 1/2 can(s)

#### chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.
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## Snacks 1 [🔗](#)

Eat on day 1 and day 2

### Buttered english muffin

1/2 english muffin(s) - 106 cal● 2g protein ● 5g fat ● 13g carbs ● 1g fiber



For single meal:

**english muffins**  
1/2 muffin(s) (29g)  
**butter**  
1 pat (1" sq, 1/3" high) (5g)

For all 2 meals:

**english muffins**  
1 muffin(s) (57g)  
**butter**  
2 pat (1" sq, 1/3" high) (10g)

1. Slice english muffin through the center.
2. Optional: toast in a toaster oven for a couple minutes.
3. Spread butter on each side.
4. Serve.

### Blackberry & granola parfait

115 cal● 9g protein ● 4g fat ● 9g carbs ● 2g fiber



For single meal:

**lowfat greek yogurt**  
4 tbsp (70g)  
**granola**  
2 tbsp (11g)  
**blackberries, roughly chopped**  
2 tbsp (18g)

For all 2 meals:

**lowfat greek yogurt**  
1/2 cup (140g)  
**granola**  
4 tbsp (23g)  
**blackberries, roughly chopped**  
4 tbsp (36g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 3 meals:

**walnuts**  
6 tbsp, shelled (38g)

1. The recipe has no instructions.
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### Cheese and guac tacos

1 taco(s) - 175 cals ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**cheddar cheese**  
4 tbsp, shredded (28g)  
**guacamole, store-bought**  
2 tbsp (31g)

For all 3 meals:

**cheddar cheese**  
3/4 cup, shredded (85g)  
**guacamole, store-bought**  
6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
  2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
  3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
  4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
  5. Serve.
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## Snacks 3 [↗](#)

Eat on day 6 and day 7

### Mixed nuts

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



For single meal:

**mixed nuts**  
2 tbsp (17g)

For all 2 meals:

**mixed nuts**  
4 tbsp (34g)

1. The recipe has no instructions.

### Crunchy garlicky lentil snack

171 cal ● 10g protein ● 3g fat ● 21g carbs ● 5g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**crushed red pepper**  
3 dash (1g)  
**oregano, dried**  
1 1/2 dash, ground (0g)  
**salt**  
3/8 dash (0g)  
**water**  
3/8 cup(s) (95mL)  
**lentils, raw, rinsed**  
3 tbsp (38g)

For all 2 meals:

**oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**crushed red pepper**  
1/4 tbsp (1g)  
**oregano, dried**  
3 dash, ground (1g)  
**salt**  
2/3 dash (1g)  
**water**  
5/6 cup(s) (190mL)  
**lentils, raw, rinsed**  
6 1/2 tbsp (77g)

1. Place rinsed lentils in a pot and add water. Cover and bring to a boil. Reduce heat to low and cook for 20 minutes, stirring occasionally.
2. Meanwhile, preheat the oven to 425 F (220 C).
3. Drain the lentils, put them back in the pot and mix in all remaining ingredients.
4. Line a baking sheet (or two) with parchment paper (or foil). Spread lentils over in an even layer. Bake for 12 minutes, stir lentils around, and then bake for another 12 minutes or so. Keep an eye on them towards the end to make sure they don't burn, but make sure they are completely crunchy and have no moisture before removing.
5. Serve.
6. To store: Let lentils cool completely and then store in an airtight container. Can last up to 2 weeks.

## Dinner 1 [↗](#)

Eat on day 1

### Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



#### water

2/3 cup(s) (158mL)

#### salt

1/3 dash (0g)

#### lentils, raw, rinsed

2 2/3 tbsp (32g)

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.

### Tofu piccata

530 cals ● 25g protein ● 38g fat ● 20g carbs ● 2g fiber



#### capers

1 1/2 tbsp, drained (13g)

#### oil

1/2 tbsp (8mL)

#### cornstarch

1/2 tbsp (4g)

#### lemon juice

1 1/2 tbsp (23mL)

#### butter

1 1/2 tbsp (21g)

#### garlic, minced

1 1/2 clove(s) (5g)

#### firm tofu, cut into planks

2/3 lbs (298g)

#### vegetable broth, warmed

3/4 cup(s) (mL)

#### shallots, thinly sliced

3/4 clove(s) (43g)

1. In a bowl, whisk together the warmed vegetable broth, cornstarch, and lemon juice. Set aside.
2. Heat oil in a nonstick skillet over medium heat. Season the tofu planks with a pinch of salt and add them to the skillet. Cook until browned and crisp, 4-6 minutes per side. Transfer the tofu to a plate and cover to keep warm. Wipe the skillet clean.
3. In the same skillet, heat the butter over medium heat. Add garlic, shallot, and a pinch of salt and pepper. Cook until fragrant, 1-2 minutes. Stir in the broth mixture and bring to a boil. Simmer until the sauce thickens slightly, 2-3 minutes. Stir in the capers.
4. Return the crispy tofu to the skillet and spoon the sauce over the top. Simmer until warmed through, 1-2 minutes, then serve.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

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### Simple seitan

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



For single meal:

**seitan**  
5 oz (142g)  
**oil**  
1 1/4 tsp (6mL)

For all 2 meals:

**seitan**  
10 oz (284g)  
**oil**  
2 1/2 tsp (13mL)

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.
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### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**water**  
1 2/3 cup(s) (395mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**water**  
3 1/3 cup(s) (790mL)  
**salt**  
1/4 tsp (1g)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

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.
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## Dinner 3 [↗](#)

Eat on day 4

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### Teriyaki seitan wings

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



Makes 6 oz seitan

**seitan**

6 oz (170g)

**oil**

3/4 tbsp (11mL)

**teriyaki sauce**

3 tbsp (45mL)

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.

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### Brown rice

1/2 cup brown rice, cooked - 115 cal ● 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.
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## Dinner 4 [↗](#)

Eat on day 5

### Seitan gyro

1 gyro(s) - 385 cals ● 27g protein ● 11g fat ● 39g carbs ● 4g fiber



Makes 1 gyro(s)

#### **pita bread**

1 pita, medium (5" dia) (50g)

#### **red onion**

2 slice, thin (18g)

#### **tzatziki**

1 1/2 tbsp (21g)

#### **oil**

1/2 tbsp (7mL)

#### **oregano, dried**

1 1/3 dash, leaves (0g)

#### **ground cumin**

1/3 tsp (1g)

#### **cucumber, thinly sliced**

1/8 cucumber (8-1/4") (25g)

#### **seitan, thinly sliced**

2 2/3 oz (76g)

#### **tomatoes, thinly sliced**

1/3 roma tomato (27g)

1. Heat oil in a skillet over medium-high heat. Add seitan and cook until crispy in places, about 4-6 minutes. Season with oregano, cumin, salt and pepper and cook, stirring frequently, until fragrant, about 1 minute.
2. Top pitas with seitan, cucumber, onion, and tomato. Drizzle with tzatziki. Fold up and serve.

### Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



#### **nonfat greek yogurt, plain**

6 tbsp (105g)

#### **lemon juice**

1 tsp (6mL)

#### **dried dill weed**

1/4 tbsp (1g)

#### **red wine vinegar**

1/4 tbsp (4mL)

#### **olive oil**

3/4 tbsp (11mL)

#### **red onion, thinly sliced**

1/6 medium (2-1/2" dia) (21g)

#### **cucumber, sliced into half moons**

3/4 cucumber (8-1/4") (226g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.



## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



For single meal:

**brown rice**  
1/4 cup (53g)  
**water**  
1/2 cup(s) (133mL)  
**soy sauce**  
1 1/4 tbsp (19mL)  
**vegan chik'n strips**  
1/4 lbs (106g)  
**bell pepper, deseeded & cut into thin strips**  
3/4 medium (89g)  
**carrots, cut into thin strips**  
1 1/2 small (5-1/2" long) (75g)

For all 2 meals:

**brown rice**  
1/2 cup (107g)  
**water**  
1 cup(s) (267mL)  
**soy sauce**  
2 1/2 tbsp (37mL)  
**vegan chik'n strips**  
1/2 lbs (213g)  
**bell pepper, deseeded & cut into thin strips**  
1 1/2 medium (179g)  
**carrots, cut into thin strips**  
3 small (5-1/2" long) (150g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

### Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**lemon juice**  
1/4 tbsp (4mL)  
**dried dill weed**  
4 dash (1g)  
**red wine vinegar**  
1/2 tsp (3mL)  
**olive oil**  
1/2 tbsp (8mL)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced into half moons**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

**nonfat greek yogurt, plain**  
1/2 cup (140g)  
**lemon juice**  
1/2 tbsp (8mL)  
**dried dill weed**  
1 tsp (1g)  
**red wine vinegar**  
1 tsp (5mL)  
**olive oil**  
1 tbsp (15mL)  
**red onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced into half moons**  
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

# Protein Supplement(s)

Eat every day

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## Protein shake

4 1/2 scoop - 491 cal● 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.
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