

# Meal Plan - 2400 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

2443 cals ● 212g protein (35%) ● 82g fat (30%) ● 166g carbs (27%) ● 48g fiber (8%)

### Breakfast

385 cals, 16g protein, 16g net carbs, 25g fat



**Peach**  
1 peach(es)- 66 cals



**Hardboiled egg and avocado bowl**  
320 cals

### Snacks

250 cals, 10g protein, 27g net carbs, 10g fat



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



**Small granola bar**  
1 bar(s)- 119 cals



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

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

625 cals, 34g protein, 56g net carbs, 28g fat



**Milk**  
1 1/4 cup(s)- 186 cals



**Chik'n nuggets**  
8 nuggets- 441 cals

### Dinner

635 cals, 31g protein, 63g net carbs, 17g fat



**Chickpea & chickpea pasta**  
286 cals



**Easy chickpea salad**  
350 cals

## Day 2

2452 cals ● 214g protein (35%) ● 73g fat (27%) ● 193g carbs (31%) ● 43g fiber (7%)

### Breakfast

385 cals, 16g protein, 16g net carbs, 25g fat



**Peach**  
1 peach(es)- 66 cals



**Hardboiled egg and avocado bowl**  
320 cals

### Snacks

250 cals, 10g protein, 27g net carbs, 10g fat



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



**Small granola bar**  
1 bar(s)- 119 cals



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

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

625 cals, 34g protein, 56g net carbs, 28g fat



**Milk**  
1 1/4 cup(s)- 186 cals



**Chik'n nuggets**  
8 nuggets- 441 cals

### Dinner

645 cals, 33g protein, 90g net carbs, 8g fat



**Bbq cauliflower wings**  
535 cals



**Buttered lima beans**  
110 cals

## Day 3

2355 cals ● 217g protein (37%) ● 55g fat (21%) ● 212g carbs (36%) ● 37g fiber (6%)

### Breakfast

355 cals, 23g protein, 14g net carbs, 22g fat



#### Basic fried eggs

1 egg(s)- 80 cals



#### Milk

1 cup(s)- 149 cals



#### Scrambled eggs with spinach, parmesan & tomato

124 cals

### Snacks

250 cals, 10g protein, 27g net carbs, 10g fat



#### Boiled eggs

1 egg(s)- 69 cals



#### Small granola bar

1 bar(s)- 119 cals



#### Grapefruit

1/2 grapefruit- 59 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



#### Protein shake

5 scoop- 545 cals

### Lunch

565 cals, 31g protein, 77g net carbs, 12g fat



#### Pasta with spinach and ricotta

564 cals

### Dinner

645 cals, 33g protein, 90g net carbs, 8g fat



#### Bbq cauliflower wings

535 cals



#### Buttered lima beans

110 cals

## Day 4

2351 cals ● 218g protein (37%) ● 69g fat (27%) ● 171g carbs (29%) ● 43g fiber (7%)

### Breakfast

355 cals, 23g protein, 14g net carbs, 22g fat



#### Basic fried eggs

1 egg(s)- 80 cals



#### Milk

1 cup(s)- 149 cals



#### Scrambled eggs with spinach, parmesan & tomato

124 cals

### Snacks

250 cals, 11g protein, 34g net carbs, 6g fat



#### Grapefruit

1 grapefruit- 119 cals



#### Kale chips

69 cals



#### Cottage cheese & honey

1/4 cup(s)- 62 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



#### Protein shake

5 scoop- 545 cals

### Lunch

670 cals, 29g protein, 82g net carbs, 14g fat



#### Brown rice

1/2 cup brown rice, cooked- 115 cals



#### Teriyaki chickpea stir fry

554 cals

### Dinner

535 cals, 34g protein, 36g net carbs, 25g fat



#### Vegan sausage & veggie sheet pan

480 cals



#### Simple kale salad

1 cup(s)- 55 cals

## Day 5

2416 cals ● 233g protein (38%) ● 80g fat (30%) ● 148g carbs (25%) ● 42g fiber (7%)

### Breakfast

355 cals, 16g protein, 28g net carbs, 18g fat



**Egg and pesto stuffed tomato**  
1 tomato(es)- 129 cals



**Toast with butter**  
2 slice(s)- 227 cals

### Snacks

250 cals, 11g protein, 34g net carbs, 6g fat



**Grapefruit**  
1 grapefruit- 119 cals



**Kale chips**  
69 cals



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

### Lunch

655 cals, 45g protein, 51g net carbs, 25g fat



**Simple mozzarella and tomato salad**  
161 cals



**Chunky canned soup (non-creamy)**  
2 can(s)- 494 cals

### Dinner

610 cals, 40g protein, 30g net carbs, 30g fat



**Basic tempeh**  
6 oz- 443 cals



**Parmesan & pesto roasted potatoes**  
106 cals



**Sautéed Kale**  
61 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

## Day 6

2400 cals ● 222g protein (37%) ● 91g fat (34%) ● 137g carbs (23%) ● 37g fiber (6%)

### Breakfast

355 cals, 16g protein, 28g net carbs, 18g fat



**Egg and pesto stuffed tomato**  
1 tomato(es)- 129 cals



**Toast with butter**  
2 slice(s)- 227 cals

### Snacks

235 cals, 6g protein, 25g net carbs, 9g fat



**Avocado toast**  
1 slice(s)- 168 cals



**Peach**  
1 peach(es)- 66 cals

### Lunch

655 cals, 45g protein, 51g net carbs, 25g fat



**Simple mozzarella and tomato salad**  
161 cals



**Chunky canned soup (non-creamy)**  
2 can(s)- 494 cals

### Dinner

610 cals, 34g protein, 28g net carbs, 37g fat



**Spicy sriracha peanut tofu**  
512 cals



**Mixed vegetables**  
1 cup(s)- 97 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

# Day 7

2434 cals ● 211g protein (35%) ● 93g fat (35%) ● 148g carbs (24%) ● 40g fiber (7%)

## Breakfast

355 cals, 16g protein, 28g net carbs, 18g fat



**Egg and pesto stuffed tomato**  
1 tomato(es)- 129 cals



**Toast with butter**  
2 slice(s)- 227 cals

## Snacks

235 cals, 6g protein, 25g net carbs, 9g fat



**Avocado toast**  
1 slice(s)- 168 cals



**Peach**  
1 peach(es)- 66 cals

## Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

## Lunch

690 cals, 34g protein, 62g net carbs, 28g fat



**Seitan salad**  
359 cals



**Grapefruit**  
1 grapefruit- 119 cals



**Tomato cucumber salad**  
212 cals

## Dinner

610 cals, 34g protein, 28g net carbs, 37g fat



**Spicy sriracha peanut tofu**  
512 cals



**Mixed vegetables**  
1 cup(s)- 97 cals

# Grocery List



## Beverages

- protein powder  
35 scoop (1/3 cup ea) (1085g)
- water  
36 cup(s) (8492mL)

## Dairy and Egg Products

- eggs  
14 large (700g)
- butter  
1/3 stick (40g)
- whole milk  
4 1/2 cup(s) (1080mL)
- parmesan cheese  
1/4 cup (19g)
- part-skim ricotta cheese  
6 3/4 tbsp (103g)
- low fat cottage cheese (1% milkfat)  
1/2 cup (113g)
- fresh mozzarella cheese  
2 2/3 oz (76g)

## Snacks

- small granola bar  
3 bar (75g)

## Fruits and Fruit Juices

- Grapefruit  
4 1/2 large (approx 4-1/2" dia) (1494g)
- peach  
4 medium (2-2/3" dia) (600g)
- avocados  
1 3/4 avocado(s) (352g)

## Other

- chickpea pasta  
1 oz (28g)
- nutritional yeast  
2 oz (62g)
- vegan chik'n nuggets  
16 nuggets (344g)
- teriyaki sauce  
3 tbsp (46mL)
- italian seasoning  
4 dash (2g)
- vegan sausage  
1 sausage (100g)

## Legumes and Legume Products

- chickpeas, canned  
1 3/4 can(s) (784g)
- tempeh  
6 oz (170g)
- peanut butter  
3 tbsp (48g)
- soy sauce  
1 tbsp (15mL)
- firm tofu  
1 1/3 lbs (595g)

## Spices and Herbs

- balsamic vinegar  
3/4 tbsp (11mL)
- black pepper  
1/8 oz (2g)
- salt  
1/2 oz (14g)
- fresh basil  
4 tsp, chopped (4g)

## Soups, Sauces, and Gravies

- apple cider vinegar  
3/4 tbsp (1mL)
- barbecue sauce  
1 cup (286g)
- pesto sauce  
1 3/4 tbsp (28g)
- chunky canned soup (non-creamy varieties)  
4 can (~19 oz) (2104g)

## Cereal Grains and Pasta

- uncooked dry pasta  
3 1/3 oz (95g)
- brown rice  
2 3/4 tbsp (32g)
- seitan  
3 oz (85g)

## Sweets

- honey  
2 tsp (14g)

## Baked Products

**sriracha chili sauce**  
2 1/4 tbsp (34g)

**bread**  
8 slice (256g)

## Fats and Oils

- oil**  
2 1/4 oz (68mL)
- olive oil**  
1/2 oz (15mL)
- salad dressing**  
2 1/2 oz (75mL)
- balsamic vinaigrette**  
4 tsp (19mL)

## Vegetables and Vegetable Products

- onion**  
2/3 medium (2-1/2" dia) (74g)
- garlic**  
5 1/3 clove(s) (16g)
- tomatoes**  
9 1/2 medium whole (2-3/5" dia) (1164g)
- fresh parsley**  
2 1/4 sprigs (2g)
- bell pepper**  
2 tbsp, diced (19g)
- ketchup**  
4 tbsp (68g)
- cauliflower**  
4 head small (4" dia.) (1060g)
- lima beans, frozen**  
1/2 package (10 oz) (142g)
- fresh spinach**  
4 cup(s) (120g)
- frozen chopped spinach**  
3/8 10 oz package (118g)
- kale leaves**  
7 oz (193g)
- frozen mixed veggies**  
1 lbs (483g)
- carrots**  
1 medium (61g)
- broccoli**  
1 cup chopped (91g)
- potatoes**  
1/2 lbs (206g)
- red onion**  
3/4 small (53g)
- cucumber**  
3/4 cucumber (8-1/4") (226g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**

1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**

2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

### Hardboiled egg and avocado bowl

320 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

**onion**

1 tbsp chopped (10g)

**bell pepper**

1 tbsp, diced (9g)

**black pepper**

1 dash (0g)

**eggs**

2 large (100g)

**salt**

1 dash (0g)

**avocados, chopped**

1/2 avocado(s) (101g)

For all 2 meals:

**onion**

2 tbsp chopped (20g)

**bell pepper**

2 tbsp, diced (19g)

**black pepper**

2 dash (0g)

**eggs**

4 large (200g)

**salt**

2 dash (1g)

**avocados, chopped**

1 avocado(s) (201g)

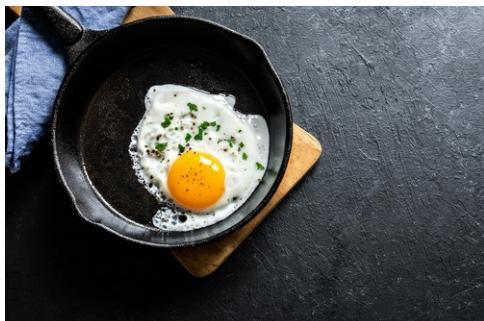
1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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.

### 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.

### Scrambled eggs with spinach, parmesan & tomato

124 cals ● 9g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**eggs**  
1 large (50g)  
**olive oil**  
1/2 tsp (3mL)  
**fresh spinach**  
1 cup(s) (30g)  
**parmesan cheese**  
1 tbsp (5g)  
**tomatoes, halved**  
2 tbsp cherry tomatoes (19g)  
**garlic, minced**  
2 dash (1g)

For all 2 meals:

**eggs**  
2 large (100g)  
**olive oil**  
1 tsp (5mL)  
**fresh spinach**  
2 cup(s) (60g)  
**parmesan cheese**  
2 tbsp (10g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)  
**garlic, minced**  
4 dash (1g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

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## Breakfast 3

Eat on day 5, day 6, and day 7

### Egg and pesto stuffed tomato

1 tomato(es) - 129 cals ● 8g protein ● 8g fat ● 5g carbs ● 2g fiber



For single meal:

**pesto sauce**  
1/2 tbsp (8g)  
**eggs**  
1 large (50g)  
**tomatoes**  
1 large whole (3" dia) (182g)

For all 3 meals:

**pesto sauce**  
1 1/2 tbsp (24g)  
**eggs**  
3 large (150g)  
**tomatoes**  
3 large whole (3" dia) (546g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

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### Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

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

For all 3 meals:

**bread**  
6 slice (192g)  
**butter**  
2 tbsp (27g)

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

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## Lunch 1 ↗

Eat on day 1 and day 2

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### Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/4 cup(s) (300mL)

For all 2 meals:

**whole milk**  
2 1/2 cup(s) (600mL)

1. The recipe has no instructions.

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## Chik'n nuggets

8 nuggets - 441 cals ● 24g protein ● 18g fat ● 41g carbs ● 4g fiber



For single meal:

**ketchup**  
2 tbsp (34g)  
**vegan chik'n nuggets**  
8 nuggets (172g)

For all 2 meals:

**ketchup**  
4 tbsp (68g)  
**vegan chik'n nuggets**  
16 nuggets (344g)

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

## Lunch 2 ↗

Eat on day 3

### Pasta with spinach and ricotta

564 cals ● 31g protein ● 12g fat ● 77g carbs ● 7g fiber



#### uncooked dry pasta

1/4 lbs (95g)

#### part-skim ricotta cheese

6 2/3 tbsp (103g)

#### salt

1 dash (1g)

#### black pepper

1/3 tsp, ground (1g)

#### frozen chopped spinach, thawed and drained

3/8 10 oz package (118g)

#### garlic, minced

5/6 clove(s) (3g)

#### parmesan cheese, divided

1 1/4 tbsp (6g)

1. Cook the pasta according to directions on package; drain.
2. While pasta cooks, coat skillet with cooking spray. Over medium-low heat, add the spinach and garlic. Cook for about 5 minutes, stirring frequently.
3. Stir in the ricotta cheese, half of the parmesan cheese, salt, pepper, and just enough water to make it creamy.
4. Add cooked pasta to the skillet and stir.
5. Serve and top with remaining parmesan cheese.

## Lunch 3 ↗

Eat on day 4

### 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.

## Teriyaki chickpea stir fry

554 cals ● 27g protein ● 13g fat ● 59g carbs ● 23g fiber



**frozen mixed veggies**  
3/4 10oz package (213g)  
**oil**  
1 tsp (6mL)  
**teriyaki sauce**  
3 tbsp (45mL)  
**chickpeas, canned, drained and rinsed**  
3/4 can(s) (336g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### Simple mozzarella and tomato salad

161 cals ● 9g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

**balsamic vinaigrette**  
2 tsp (10mL)  
**fresh basil**  
2 tsp, chopped (2g)  
**fresh mozzarella cheese, sliced**  
1 1/3 oz (38g)  
**tomatoes, sliced**  
1/2 large whole (3" dia) (91g)

For all 2 meals:

**balsamic vinaigrette**  
4 tsp (20mL)  
**fresh basil**  
4 tsp, chopped (4g)  
**fresh mozzarella cheese, sliced**  
2 2/3 oz (76g)  
**tomatoes, sliced**  
1 large whole (3" dia) (182g)

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

### Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

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

2 can (~19 oz) (1052g)

For all 2 meals:

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

4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

## Lunch 5

Eat on day 7

### 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.

### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

**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)

### Tomato cucumber salad

212 cals ● 5g protein ● 10g fat ● 22g carbs ● 4g fiber



**salad dressing**  
3 tbsp (45mL)  
**red onion, thinly sliced**  
3/4 small (53g)  
**cucumber, thinly sliced**  
3/4 cucumber (8-1/4") (226g)  
**tomatoes, thinly sliced**  
1 1/2 medium whole (2-3/5" dia) (185g)

1. Mix ingredients together in a bowl and serve.

## Snacks 1

Eat on day 1, day 2, and day 3

### Boiled eggs

1 egg(s) - 69 cals  6g protein  5g fat  0g carbs  0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 3 meals:

**eggs**  
3 large (150g)

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.

### Small granola bar

1 bar(s) - 119 cals  3g protein  5g fat  15g carbs  1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 3 meals:

**small granola bar**  
3 bar (75g)

1. The recipe has no instructions.

### 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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## Snacks 2 ↗

Eat on day 4 and day 5

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### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

**Grapefruit**

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

For all 2 meals:

**Grapefruit**

2 large (approx 4-1/2" dia) (664g)

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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### Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**salt**  
1/3 tsp (2g)  
**kale leaves**  
1/3 bunch (57g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**salt**  
1/4 tbsp (4g)  
**kale leaves**  
2/3 bunch (113g)  
**olive oil**  
2 tsp (10mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

## Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**honey**  
1 tsp (7g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**honey**  
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

## Snacks 3 ↗

Eat on day 6 and day 7

### 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 2 meals:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

## Dinner 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.

### Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



#### balsamic vinegar

3/4 tbsp (11mL)  
**apple cider vinegar**  
3/4 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
3/4 can(s) (336g)  
**onion, thinly sliced**  
3/8 small (26g)  
**tomatoes, halved**  
3/4 cup cherry tomatoes (112g)  
**fresh parsley, chopped**  
2 1/4 sprigs (2g)

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

## Dinner 2 ↗

Eat on day 2 and day 3

### Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

**barbecue sauce**  
1/2 cup (143g)  
**salt**  
4 dash (3g)  
**nutritional yeast**  
1/2 cup (30g)  
**cauliflower**  
2 head small (4" dia.) (530g)

For all 2 meals:

**barbecue sauce**  
1 cup (286g)  
**salt**  
1 tsp (6g)  
**nutritional yeast**  
1 cup (60g)  
**cauliflower**  
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

### Buttered lima beans

110 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

**salt**  
1 dash (1g)  
**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**butter**  
1 tsp (5g)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

**salt**  
2 dash (2g)  
**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**butter**  
2 tsp (9g)  
**black pepper**  
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

## Dinner 3 ↗

Eat on day 4

### Vegan sausage & veggie sheet pan

480 cals ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)  
**carrots, sliced**  
1 medium (61g)  
**broccoli, chopped**  
1 cup chopped (91g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

### Simple kale salad

1 cup(s) - 55 cals ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)  
**kale leaves**  
1 cup, chopped (40g)  
**salad dressing**  
1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

## Dinner 4 ↗

Eat on day 5

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

**tempeh**  
6 oz (170g)  
**oil**  
1 tbsp (15mL)

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.

### Parmesan & pesto roasted potatoes

106 cals ● 3g protein ● 2g fat ● 16g carbs ● 3g fiber



**pesto sauce**  
1/4 tbsp (4g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**parmesan cheese, grated**  
1/2 tbsp (3g)  
**potatoes, washed, cut into bite-sized pieces**  
4 oz (114g)

1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss potatoes and pesto together until potatoes are covered.
3. Spread over a baking sheet and season with salt and pepper.
4. Bake for 20 minutes and remove from oven.
5. Sprinkle the potatoes with the grated parmesan and place back in oven for an additional 10-15 minutes- or until potatoes are tender and crispy. Serve.

### Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



**kale leaves**  
1 cup, chopped (40g)  
**oil**  
1 tsp (5mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

## Dinner 5 ↗

Eat on day 6 and day 7

### Spicy sriracha peanut tofu

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



For single meal:

**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)

For all 2 meals:

**sriracha chili sauce**  
2 1/4 tbsp (34g)  
**peanut butter**  
3 tbsp (48g)  
**soy sauce**  
1 tbsp (15mL)  
**water**  
1/2 cup(s) (118mL)  
**oil**  
1 1/2 tbsp (23mL)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)  
**garlic, minced**  
3 clove (9g)

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.

### Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



For single meal:

**frozen mixed veggies**  
1 cup (135g)

For all 2 meals:

**frozen mixed veggies**  
2 cup (270g)

1. Prepare according to instructions on package.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

5 scoop - 545 cals ● 121g protein ● 3g fat ● 5g carbs ● 5g fiber



For single meal:

**protein powder**  
5 scoop (1/3 cup ea) (155g)  
**water**  
5 cup(s) (1185mL)

For all 7 meals:

**protein powder**  
35 scoop (1/3 cup ea) (1085g)  
**water**  
35 cup(s) (8295mL)

1. The recipe has no instructions.