

# Meal Plan - 2500 calorie high protein vegetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

2532 cals ● 227g protein (36%) ● 87g fat (31%) ● 173g carbs (27%) ● 37g fiber (6%)

### Breakfast

345 cals, 7g protein, 60g net carbs, 6g fat



#### Toast with butter

1 slice(s)- 114 cals



#### Banana

2 banana(s)- 233 cals

### Snacks

270 cals, 19g protein, 12g net carbs, 13g fat



#### Chocolate avocado chia pudding

197 cals



#### Milk

1/2 cup(s)- 75 cals

### Lunch

705 cals, 23g protein, 58g net carbs, 37g fat



#### Grilled peanut butter and banana sandwich

1 sandwich(es)- 485 cals



#### Mixed nuts

1/4 cup(s)- 218 cals

### Dinner

665 cals, 58g protein, 39g net carbs, 28g fat



#### Vegan sausage

2 sausage(s)- 536 cals



#### Sweet potato wedges

130 cals

### Protein Supplement(s)

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



#### Protein shake

5 scoop- 545 cals

## Day 2

2504 cals ● 227g protein (36%) ● 62g fat (22%) ● 220g carbs (35%) ● 39g fiber (6%)

### Breakfast

345 cals, 7g protein, 60g net carbs, 6g fat



#### Toast with butter

1 slice(s)- 114 cals



#### Banana

2 banana(s)- 233 cals

### Lunch

675 cals, 23g protein, 104g net carbs, 13g fat



#### Pear

1 pear(s)- 113 cals



#### Cheese ravioli

408 cals



#### Dinner roll

2 roll(s)- 154 cals

### Snacks

270 cals, 19g protein, 12g net carbs, 13g fat



#### Chocolate avocado chia pudding

197 cals



#### Milk

1/2 cup(s)- 75 cals

### Dinner

665 cals, 58g protein, 39g net carbs, 28g fat



#### Vegan sausage

2 sausage(s)- 536 cals



#### Sweet potato wedges

130 cals

### Protein Supplement(s)

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



#### Protein shake

5 scoop- 545 cals

## Day 3

2483 cals ● 230g protein (37%) ● 100g fat (36%) ● 134g carbs (22%) ● 31g fiber (5%)

### Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



#### Avocado toast

1 slice(s)- 168 cals



#### Basic fried eggs

2 egg(s)- 159 cals

### Snacks

270 cals, 19g protein, 12g net carbs, 13g fat



#### Chocolate avocado chia pudding

197 cals



#### Milk

1/2 cup(s)- 75 cals

### Lunch

655 cals, 36g protein, 47g net carbs, 32g fat



#### Simple plant-based deli wrap

1 wrap(s)- 426 cals



#### Roasted peanuts

1/4 cup(s)- 230 cals

### Dinner

685 cals, 37g protein, 57g net carbs, 32g fat



#### Simple mixed greens and tomato salad

227 cals



#### Crispy chick'n tenders

8 tender(s)- 457 cals

### Protein Supplement(s)

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



#### Protein shake

5 scoop- 545 cals

## Day 4

2512 cals ● 220g protein (35%) ● 92g fat (33%) ● 164g carbs (26%) ● 37g fiber (6%)

### Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



#### Avocado toast

1 slice(s)- 168 cals



#### Basic fried eggs

2 egg(s)- 159 cals

### Snacks

300 cals, 8g protein, 43g net carbs, 5g fat



#### Hummus toast

1 slice(s)- 146 cals



#### Pear

1 pear(s)- 113 cals



#### Carrot sticks

1 1/2 carrot(s)- 41 cals

### Lunch

655 cals, 36g protein, 47g net carbs, 32g fat



#### Simple plant-based deli wrap

1 wrap(s)- 426 cals



#### Roasted peanuts

1/4 cup(s)- 230 cals

### Dinner

685 cals, 37g protein, 57g net carbs, 32g fat



#### Simple mixed greens and tomato salad

227 cals



#### Crispy chik'n tenders

8 tender(s)- 457 cals

### Protein Supplement(s)

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



#### Protein shake

5 scoop- 545 cals

## Day 5

2530 cals ● 223g protein (35%) ● 82g fat (29%) ● 178g carbs (28%) ● 47g fiber (7%)

### Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



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



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

### Lunch

685 cals, 35g protein, 76g net carbs, 23g fat



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



**Tomato soup**  
1 1/2 can(s)- 316 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals

### Snacks

300 cals, 8g protein, 43g net carbs, 5g fat



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



**Pear**  
1 pear(s)- 113 cals



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals

### Dinner

670 cals, 40g protein, 42g net carbs, 31g fat



**Seitan salad**  
359 cals



**Milk**  
1 1/2 cup(s)- 224 cals



**Raspberries**  
1 1/4 cup(s)- 90 cals

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

## Day 6

2464 cals ● 223g protein (36%) ● 77g fat (28%) ● 171g carbs (28%) ● 48g fiber (8%)

### Breakfast

365 cals, 24g protein, 25g net carbs, 15g fat



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



**Chickpea & tomato toasts**  
1 toast(s)- 206 cals

### Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



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



**Avocado**  
176 cals

### Lunch

575 cals, 22g protein, 85g net carbs, 11g fat



**Creamy lentils and sweet potato**  
461 cals



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

### Dinner

670 cals, 40g protein, 42g net carbs, 31g fat



**Seitan salad**  
359 cals



**Milk**  
1 1/2 cup(s)- 224 cals



**Raspberries**  
1 1/4 cup(s)- 90 cals

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

## Day 7

2494 cals ● 233g protein (37%) ● 83g fat (30%) ● 167g carbs (27%) ● 37g fiber (6%)

### Breakfast

365 cals, 24g protein, 25g net carbs, 15g fat



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



**Chickpea & tomato toasts**  
1 toast(s)- 206 cals

### Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



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



**Avocado**  
176 cals

### Lunch

575 cals, 22g protein, 85g net carbs, 11g fat



**Creamy lentils and sweet potato**  
461 cals



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

### Dinner

700 cals, 50g protein, 38g net carbs, 37g fat



**Simple mixed greens and tomato salad**  
189 cals



**Garlic pepper seitan**  
513 cals

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

# Grocery List



## Beverages

- protein powder  
35 3/4 scoop (1/3 cup ea) (1108g)
- water  
35 cup (8410mL)

## Nut and Seed Products

- chia seeds  
3 tbsp (43g)
- mixed nuts  
4 tbsp (34g)
- coconut milk, canned  
4 tbsp (60mL)

## Dairy and Egg Products

- whole milk  
5 1/4 cup(s) (1260mL)
- lowfat greek yogurt  
6 tbsp (105g)
- butter  
2 tsp (9g)
- eggs  
10 large (500g)
- nonfat greek yogurt, plain  
2 tbsp (35g)

## Other

- cacao powder  
1 1/2 tbsp (9g)
- vegan sausage  
4 sausage (400g)
- mixed greens  
13 3/4 cup (413g)
- meatless chik'n tenders  
16 pieces (408g)
- plant-based deli slices  
14 slices (146g)
- nutritional yeast  
2 tsp (3g)
- protein greek yogurt, flavored  
1 container (150g)
- cottage cheese & fruit cup  
2 container (340g)

## Fruits and Fruit Juices

- avocados  
2 1/2 avocado(s) (490g)

## Spices and Herbs

- salt  
1/2 tsp (4g)
- black pepper  
1/2 tsp, ground (1g)
- ground cumin  
1/4 tbsp (2g)

## Vegetables and Vegetable Products

- sweet potatoes  
2 sweetpotato, 5" long (420g)
- tomatoes  
5 2/3 medium whole (2-3/5" dia) (701g)
- ketchup  
4 tbsp (68g)
- carrots  
3 medium (183g)
- fresh spinach  
6 cup(s) (180g)
- onion  
1 1/4 medium (2-1/2" dia) (140g)
- green pepper  
1 1/2 tbsp, chopped (14g)
- garlic  
2 clove(s) (6g)

## Baked Products

- bread  
3/4 lbs (352g)
- Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- flour tortillas  
2 tortilla (approx 10" dia) (144g)

## Legumes and Legume Products

- peanut butter  
2 tbsp (32g)
- hummus  
1/2 cup (135g)
- roasted peanuts  
3/4 cup (110g)
- lentils, raw  
2/3 cup (128g)
- chickpeas, canned  
1/2 can(s) (224g)

## Soups, Sauces, and Gravies

- banana**  
5 medium (7" to 7-7/8" long) (590g)
- pears**  
3 medium (534g)
- raspberries**  
2 1/2 cup (308g)
- lemon juice**  
1 tsp (5mL)
- fruit juice**  
16 fl oz (480mL)

## Fats and Oils

- oil**  
1 1/3 oz (40mL)
  - cooking spray**  
1 spray(s) , about 1/3 second each (0g)
  - salad dressing**  
1 cup (221mL)
  - olive oil**  
1 1/2 tbsp (22mL)
- 

- pasta sauce**  
1/4 jar (24 oz) (168g)
- condensed canned tomato soup**  
1 1/2 can (10.5 oz) (447g)
- vegetable broth**  
2 cup(s) (mL)

## Meals, Entrees, and Side Dishes

- frozen cheese ravioli**  
6 oz (170g)

## Cereal Grains and Pasta

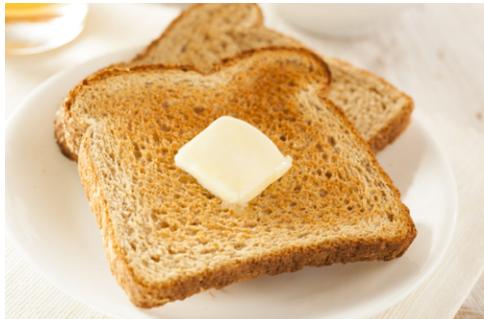
- seitan**  
3/4 lbs (340g)

## 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.

### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

**banana**  
4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 3 meals:

**bread**  
3 slice (96g)  
**avocados, ripe, sliced**  
3/4 avocado(s) (151g)

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

### 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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Basic scrambled eggs

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



For single meal:

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

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

### Chickpea & tomato toasts

1 toast(s) - 206 cals ● 12g protein ● 4g fat ● 24g carbs ● 8g fiber



For single meal:

**bread**  
1 slice(s) (32g)  
**nonfat greek yogurt, plain**  
1 tbsp (18g)  
**tomatoes**  
4 slice(s), thin/small (60g)  
**chickpeas, canned, drained & rinsed**  
1/4 can(s) (112g)

For all 2 meals:

**bread**  
2 slice(s) (64g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**tomatoes**  
8 slice(s), thin/small (120g)  
**chickpeas, canned, drained & rinsed**  
1/2 can(s) (224g)

1. Toast bread, if desired.
2. In a medium bowl, mash chickpeas with the back of a fork until they start to become creamy.
3. Stir in Greek yogurt, and add salt and pepper to taste.
4. Spread the chickpea mixture on the bread and top with tomato slices. Serve.

## Lunch 1 ↗

Eat on day 1

### 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.

## Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 1/4 cup(s)

**mixed nuts**

4 tbsp (34g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 2

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

**pears**

1 medium (178g)

1. The recipe has no instructions.

### Cheese ravioli

408 cals ● 17g protein ● 10g fat ● 56g carbs ● 6g fiber



**pasta sauce**  
1/4 jar (24 oz) (168g)  
**frozen cheese ravioli**  
6 oz (170g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

## Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll(s)

**Roll**  
2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

## Lunch 3 ↗

Eat on day 3 and day 4

### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



For single meal:

**plant-based deli slices**  
7 slices (73g)  
**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**mixed greens**  
1/2 cup (15g)  
**tomatoes**  
2 slice(s), thin/small (30g)  
**hummus**  
2 tbsp (30g)

For all 2 meals:

**plant-based deli slices**  
14 slices (146g)  
**flour tortillas**  
2 tortilla (approx 10" dia) (144g)  
**mixed greens**  
1 cup (30g)  
**tomatoes**  
4 slice(s), thin/small (60g)  
**hummus**  
4 tbsp (60g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

### Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

1. The recipe has no instructions.

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## Lunch 4

Eat on day 5

### 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.

### Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

**condensed canned tomato soup**  
1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.

### Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Makes 1/4 cup(s)

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

1. The recipe has no instructions.

## Lunch 5 ↗

Eat on day 6 and day 7

### Creamy lentils and sweet potato

461 cals ● 20g protein ● 11g fat ● 59g carbs ● 12g fiber



For single meal:

**lentils, raw**  
1/3 cup (64g)  
**vegetable broth**  
1 cup(s) (mL)  
**fresh spinach**  
1 cup(s) (30g)  
**coconut milk, canned**  
2 tbsp (30mL)  
**oil**  
1/4 tbsp (4mL)  
**ground cumin**  
3 dash (1g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**sweet potatoes, chopped into bite-sized pieces**  
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**lentils, raw**  
2/3 cup (128g)  
**vegetable broth**  
2 cup(s) (mL)  
**fresh spinach**  
2 cup(s) (60g)  
**coconut milk, canned**  
4 tbsp (60mL)  
**oil**  
1/2 tbsp (8mL)  
**ground cumin**  
1/4 tbsp (2g)  
**onion, diced**  
1 medium (2-1/2" dia) (110g)  
**sweet potatoes, chopped into bite-sized pieces**  
1 sweetpotato, 5" long (210g)

1. In a soup pan, heat oil over medium heat and add diced onion. Sauté for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
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.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

**chia seeds**  
1 tbsp (14g)  
**whole milk**  
1/4 cup(s) (60mL)  
**cacao powder**  
1/2 tbsp (3g)  
**avocados**  
1/2 slices (13g)  
**lowfat greek yogurt**  
2 tbsp (35g)  
**protein powder**  
1/4 scoop (1/3 cup ea) (8g)

For all 3 meals:

**chia seeds**  
3 tbsp (43g)  
**whole milk**  
3/4 cup(s) (180mL)  
**cacao powder**  
1 1/2 tbsp (9g)  
**avocados**  
1 1/2 slices (38g)  
**lowfat greek yogurt**  
6 tbsp (105g)  
**protein powder**  
3/4 scoop (1/3 cup ea) (23g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

### 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 3 meals:

**whole milk**  
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 4 and day 5

### 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 2 meals:

**bread**

2 slice (64g)

**hummus**

5 tbsp (75g)

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

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**

1 medium (178g)

For all 2 meals:

**pears**

2 medium (356g)

1. The recipe has no instructions.

### Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**carrots**

1 1/2 medium (92g)

For all 2 meals:

**carrots**

3 medium (183g)

1. Cut carrots into strips and serve.

## Snacks 3 ↗

Eat on day 6 and day 7

### 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.

### Avocado

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



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

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

## Dinner 1 ↗

Eat on day 1 and day 2

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

**vegan sausage**  
2 sausage (200g)

For all 2 meals:

**vegan sausage**  
4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

### Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**sweet potatoes, cut into wedges**  
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
1 sweetpotato, 5" long (210g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

## Dinner 2 ↗

Eat on day 3 and day 4

### Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**tomatoes**  
1 1/2 cup cherry tomatoes (224g)  
**salad dressing**  
1/2 cup (135mL)

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

### Crispy chik'n tenders

8 tender(s) - 457 cals ● 32g protein ● 18g fat ● 41g carbs ● 0g fiber



For single meal:

**meatless chik'n tenders**  
8 pieces (204g)  
**ketchup**  
2 tbsp (34g)

For all 2 meals:

**meatless chik'n tenders**  
16 pieces (408g)  
**ketchup**  
4 tbsp (68g)

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

## Dinner 3 ↗

Eat on day 5 and day 6

### 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.

### Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/2 cup(s) (360mL)

For all 2 meals:

**whole milk**  
3 cup(s) (720mL)

1. The recipe has no instructions.

### Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

**raspberries**  
1 1/4 cup (154g)

For all 2 meals:

**raspberries**  
2 1/2 cup (308g)

1. Rinse raspberries and serve.

## Dinner 4 ↗

Eat on day 7

### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)  
**salad dressing**  
1/4 cup (56mL)

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

### Garlic pepper seitan

513 cals ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



**olive oil**  
1 1/2 tbsp (23mL)  
**onion**  
3 tbsp, chopped (30g)  
**green pepper**  
1 1/2 tbsp, chopped (14g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**water**  
3/4 tbsp (11mL)  
**salt**  
3/4 dash (1g)  
**seitan, chicken style**  
6 oz (170g)  
**garlic, minced**  
2 clove(s) (6g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

## 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.