

# Meal Plan - 2700 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

2717 cals ● 260g protein (38%) ● 102g fat (34%) ● 144g carbs (21%) ● 47g fiber (7%)

### Breakfast

450 cals, 25g protein, 46g net carbs, 13g fat



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



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



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

### Lunch

800 cals, 49g protein, 27g net carbs, 45g fat



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



**Crack slaw with tempeh**  
633 cals

### Snacks

200 cals, 5g protein, 33g net carbs, 5g fat



**Frozen yogurt**  
199 cals

### Dinner

725 cals, 60g protein, 34g net carbs, 36g fat



**Vegan sausage**  
2 sausage(s)- 536 cals



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

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

## Day 2

2717 cals ● 260g protein (38%) ● 102g fat (34%) ● 144g carbs (21%) ● 47g fiber (7%)

### Breakfast

450 cals, 25g protein, 46g net carbs, 13g fat



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



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



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

### Snacks

200 cals, 5g protein, 33g net carbs, 5g fat



**Frozen yogurt**  
199 cals

### Lunch

800 cals, 49g protein, 27g net carbs, 45g fat



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



**Crack slaw with tempeh**  
633 cals

### Dinner

725 cals, 60g protein, 34g net carbs, 36g fat



**Vegan sausage**  
2 sausage(s)- 536 cals



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

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

## Day 3

2738 cals ● 258g protein (38%) ● 86g fat (28%) ● 169g carbs (25%) ● 64g fiber (9%)

### Breakfast

450 cals, 25g protein, 46g net carbs, 13g fat



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



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



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

### Snacks

270 cals, 10g protein, 25g net carbs, 12g fat



**Sunflower seeds**  
90 cals



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



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

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

### Lunch

770 cals, 48g protein, 43g net carbs, 35g fat



**Roasted almonds**  
1/3 cup(s)- 277 cals



**Bbq tempeh lettuce wrap**  
6 lettuce wrap(s)- 494 cals

### Dinner

700 cals, 55g protein, 51g net carbs, 23g fat



**Lentils**  
231 cals



**Buffalo tempeh with tzatziki**  
471 cals

## Day 4

2662 cals ● 245g protein (37%) ● 101g fat (34%) ● 151g carbs (23%) ● 42g fiber (6%)

### Breakfast

375 cals, 28g protein, 15g net carbs, 22g fat



**Veggie mason jar omelet**  
2 jar(s)- 310 cals



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

### Snacks

270 cals, 10g protein, 25g net carbs, 12g fat



**Sunflower seeds**  
90 cals



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



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

### Lunch

770 cals, 48g protein, 43g net carbs, 35g fat



**Roasted almonds**  
1/3 cup(s)- 277 cals



**Bbq tempeh lettuce wrap**  
6 lettuce wrap(s)- 494 cals

### Dinner

700 cals, 38g protein, 64g net carbs, 30g fat



**Chik'n nuggets**  
10 2/3 nuggets- 588 cals



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

## Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

## Day 5

2746 cals ● 232g protein (34%) ● 119g fat (39%) ● 151g carbs (22%) ● 36g fiber (5%)

### Breakfast

375 cals, 28g protein, 15g net carbs, 22g fat



**Veggie mason jar omelet**  
2 jar(s)- 310 cals



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

### Snacks

270 cals, 10g protein, 25g net carbs, 12g fat



**Sunflower seeds**  
90 cals



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



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

### Lunch

780 cals, 32g protein, 32g net carbs, 54g fat



**Roasted almonds**  
1/2 cup(s)- 388 cals



**Caesar salad wrap**  
1 wrap(s)- 393 cals

### Dinner

775 cals, 41g protein, 76g net carbs, 29g fat



**Mediterranean lentil power salad**  
525 cals



**Milk**  
1 2/3 cup(s)- 248 cals

## Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

## Day 6

2678 cals ● 228g protein (34%) ● 60g fat (20%) ● 247g carbs (37%) ● 60g fiber (9%)

### Breakfast

295 cals, 9g protein, 27g net carbs, 6g fat



**Blackberries**  
1 cup(s)- 70 cals



**High fiber cereal**  
227 cals

### Snacks

325 cals, 33g protein, 25g net carbs, 9g fat



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



**Protein shake (milk)**  
258 cals

### Lunch

765 cals, 36g protein, 78g net carbs, 29g fat



**Tempeh bacon & avocado bagel sandwich**  
1/2 bagel(s)- 349 cals



**Milk**  
2 cup(s)- 298 cals



**Grapefruit**  
1 grapefruit- 119 cals

### Dinner

745 cals, 28g protein, 112g net carbs, 14g fat



**Warm brussels sprout & lentil salad**  
414 cals



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



**Fruit juice**  
1 3/4 cup(s)- 201 cals

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

## Day 7

2678 cals ● 228g protein (34%) ● 60g fat (20%) ● 247g carbs (37%) ● 60g fiber (9%)

### Breakfast

295 cals, 9g protein, 27g net carbs, 6g fat



**Blackberries**  
1 cup(s)- 70 cals



**High fiber cereal**  
227 cals

### Snacks

325 cals, 33g protein, 25g net carbs, 9g fat



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



**Protein shake (milk)**  
258 cals

### Lunch

765 cals, 36g protein, 78g net carbs, 29g fat



**Tempeh bacon & avocado bagel sandwich**  
1/2 bagel(s)- 349 cals



**Milk**  
2 cup(s)- 298 cals



**Grapefruit**  
1 grapefruit- 119 cals

### Dinner

745 cals, 28g protein, 112g net carbs, 14g fat



**Warm brussels sprout & lentil salad**  
414 cals



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



**Fruit juice**  
1 3/4 cup(s)- 201 cals

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

# Grocery List



## Beverages

- protein powder  
37 scoop (1/3 cup ea) (1147g)
- water  
41 cup(s) (9677mL)

## Sweets

- frozen yogurt  
1 3/4 cup (305g)
- jelly  
1 tsp (7g)

## Other

- vegan sausage  
4 sausage (400g)
- mixed greens  
7 1/2 cup (225g)
- coleslaw mix  
9 cup (810g)
- tzatziki  
1/6 cup(s) (42g)
- vegan chick'n nuggets  
10 2/3 nuggets (229g)
- high fiber cereal  
1 1/3 cup (80g)

## Vegetables and Vegetable Products

- tomatoes  
3 3/4 medium whole (2-3/5" dia) (465g)
- garlic  
3 clove (9g)
- romaine lettuce  
16 leaf inner (96g)
- bell pepper  
3 1/2 small (259g)
- onion  
3/4 medium (2-1/2" dia) (80g)
- ketchup  
2 2/3 tbsp (45g)
- cucumber  
1/2 cup slices (52g)
- brussels sprouts  
4 1/2 cup, shredded (225g)

## Fats and Oils

- salad dressing  
2/3 cup (158mL)

## Baked Products

- bread  
1/2 lbs (224g)
- flour tortillas  
1 tortilla (approx 7-8" dia) (49g)
- naan bread  
1 piece(s) (90g)
- bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)

## Legumes and Legume Products

- chickpeas, canned  
3/4 can(s) (336g)
- tempeh  
2 lbs (964g)
- lentils, raw  
1 1/2 cup (304g)

## Fruits and Fruit Juices

- apples  
3 medium (3" dia) (546g)
- peach  
5 medium (2-2/3" dia) (750g)
- lemon juice  
1/2 tbsp (8mL)
- black olives  
2 tbsp (17g)
- fruit juice  
28 fl oz (840mL)
- avocados  
1/2 avocado(s) (101g)
- Grapefruit  
2 large (approx 4-1/2" dia) (664g)
- blackberries  
2 cup (288g)

## Nut and Seed Products

- almonds  
1 1/2 cup, whole (206g)
- sunflower kernels  
2 3/4 oz (79g)

## Soups, Sauces, and Gravies

- hot sauce  
1 tbsp (15mL)
- Frank's Red Hot sauce  
3 tbsp (46mL)

**oil**  
2 1/4 oz (69mL)

**caesar salad dressing**  
1 tbsp (15g)

## Dairy and Egg Products

**eggs**  
16 large (800g)

**nonfat greek yogurt, plain**  
3 tbsp (53g)

**butter**  
4 tsp (18g)

**whole milk**  
9 1/2 cup(s) (2261mL)

**feta cheese**  
2 3/4 tbsp, crumbled (25g)

**parmesan cheese**  
1/2 tbsp (3g)

**barbecue sauce**  
6 tbsp (102g)

## Spices and Herbs

**salt**  
3/4 dash (0g)

**red wine vinegar**  
1/2 tbsp (8mL)

**dijon mustard**  
4 dash (3g)

**ground cumin**  
1 dash (0g)

**onion powder**  
1 dash (0g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 3 meals:

**eggs**  
6 large (300g)

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.

### 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 3 meals:

**bread**  
3 slice(s) (96g)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**tomatoes**  
12 slice(s), thin/small (180g)  
**chickpeas, canned, drained & rinsed**  
3/4 can(s) (336g)

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.

### 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 3 meals:  
**apples**  
3 medium (3" dia) (546g)

1. The recipe has no instructions.

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## Breakfast 2 ↗

Eat on day 4 and day 5

### Veggie mason jar omelet

2 jar(s) - 310 cals ● 26g protein ● 19g fat ● 6g carbs ● 2g fiber



For single meal:  
**eggs**  
4 large (200g)  
**bell pepper, chopped**  
1 small (74g)  
**onion, diced**  
1/2 small (35g)

For all 2 meals:  
**eggs**  
8 large (400g)  
**bell pepper, chopped**  
2 small (148g)  
**onion, diced**  
1 small (70g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

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### 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 2 meals:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)  
**jelly**  
1 tsp (7g)

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

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## Breakfast 3 ↗

Eat on day 6 and day 7

### Blackberries

1 cup(s) - 70 cals ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

**blackberries**  
1 cup (144g)

For all 2 meals:

**blackberries**  
2 cup (288g)

1. Rinse blackberries and serve.

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### High fiber cereal

227 cals ● 7g protein ● 5g fat ● 21g carbs ● 18g fiber



For single meal:

**high fiber cereal**  
2/3 cup (40g)  
**whole milk**  
1/2 cup(s) (120mL)

For all 2 meals:

**high fiber cereal**  
1 1/3 cup (80g)  
**whole milk**  
1 cup(s) (240mL)

1. Add cereal and milk to a bowl and serve.

## Lunch 1 ↗

Eat on day 1 and day 2

### 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.

### Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

**coleslaw mix**  
3 cup (270g)  
**hot sauce**  
1/2 tbsp (8mL)  
**sunflower kernels**  
1 1/2 tbsp (18g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
1 1/2 clove (5g)  
**tempeh, cubed**  
6 oz (170g)

For all 2 meals:

**coleslaw mix**  
6 cup (540g)  
**hot sauce**  
1 tbsp (15mL)  
**sunflower kernels**  
3 tbsp (36g)  
**oil**  
2 tbsp (30mL)  
**garlic, minced**  
3 clove (9g)  
**tempeh, cubed**  
3/4 lbs (340g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Lunch 2 ↗

Eat on day 3 and day 4

### Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

**almonds**  
5 tbsp, whole (45g)

For all 2 meals:

**almonds**  
10 tbsp, whole (89g)

1. The recipe has no instructions.

### Bbq tempeh lettuce wrap

6 lettuce wrap(s) - 494 cals ● 38g protein ● 13g fat ● 39g carbs ● 17g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**coleslaw mix**  
1 1/2 cup (135g)  
**barbecue sauce**  
3 tbsp (51g)  
**romaine lettuce**  
6 leaf inner (36g)  
**tempeh, cubed**  
6 oz (170g)  
**bell pepper, deseeded and sliced**  
3/4 small (56g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**coleslaw mix**  
3 cup (270g)  
**barbecue sauce**  
6 tbsp (102g)  
**romaine lettuce**  
12 leaf inner (72g)  
**tempeh, cubed**  
3/4 lbs (340g)  
**bell pepper, deseeded and sliced**  
1 1/2 small (111g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

## Lunch 3 ↗

Eat on day 5

### Roasted almonds

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



Makes 1/2 cup(s)

#### almonds

1/2 cup, whole (63g)

1. The recipe has no instructions.

### Caesar salad wrap

1 wrap(s) - 393 cals ● 18g protein ● 23g fat ● 26g carbs ● 3g fiber



Makes 1 wrap(s)

#### parmesan cheese

1/2 tbsp (3g)

#### onion

1 tbsp, chopped (10g)

#### flour tortillas

1 tortilla (approx 7-8" dia) (49g)

#### caesar salad dressing

1 tbsp (15g)

#### tomatoes, sliced

1/2 plum tomato (31g)

#### eggs, hard-boiled and sliced

2 large (100g)

#### romaine lettuce, torn into bite-sized pieces

4 leaf inner (24g)

1. Toss romaine, onion, cheese and dressing to coat.
2. Spread romaine mixture evenly down center of each tortilla. Top with the sliced hard-boiled eggs and tomatoes.
3. Fold up one end of tortilla about 1 inch over filling; fold right and left sides over folded end, overlapping. Secure with toothpick if necessary.

## Lunch 4 ↗

Eat on day 6 and day 7

### Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



For single meal:

**bagel**  
1/2 medium bagel (3-1/2" to 4" dia)  
(53g)  
**ground cumin**  
1/2 dash (0g)  
**oil**  
1/4 tsp (1mL)  
**onion powder**  
1/2 dash (0g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**tempeh, cut into strips**  
2 oz (57g)

For all 2 meals:

**bagel**  
1 medium bagel (3-1/2" to 4" dia)  
(105g)  
**ground cumin**  
1 dash (0g)  
**oil**  
1/2 tsp (3mL)  
**onion powder**  
1 dash (0g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**tempeh, cut into strips**  
4 oz (113g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

### Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

**whole milk**  
2 cup(s) (480mL)

For all 2 meals:

**whole milk**  
4 cup(s) (960mL)

1. The recipe has no instructions.

### 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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## Snacks 1 ↗

Eat on day 1 and day 2

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### Frozen yogurt

199 cals ● 5g protein ● 5g fat ● 33g carbs ● 0g fiber



For single meal:

**frozen yogurt**

14 tbsp (152g)

For all 2 meals:

**frozen yogurt**

1 3/4 cup (305g)

1. The recipe has no instructions.

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## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 3 meals:

**sunflower kernels**  
1 1/2 oz (43g)

1. The recipe has no instructions.

### 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 3 meals:

**peach**  
3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.

### 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 3 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)

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

## Snacks 3

Eat on day 6 and day 7

### 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.

### 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.

## 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.

### Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)  
**salad dressing**  
1/2 cup (113mL)

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

## Dinner 2 ↗

Eat on day 3

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (0g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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.

### Buffalo tempeh with tzatziki

471 cals ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



**Frank's Red Hot sauce**  
3 tbsp (45mL)  
**tzatziki**  
1/6 cup(s) (42g)  
**oil**  
3/4 tbsp (11mL)  
**tempeh, roughly chopped**  
6 oz (170g)

1. Heat oil in a skillet over medium heat. Add tempeh 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 tzatziki.

## Dinner 3 ↗

Eat on day 4

### Chik'n nuggets

10 2/3 nuggets - 588 cals ● 33g protein ● 24g fat ● 55g carbs ● 6g fiber



Makes 10 2/3 nuggets  
**ketchup**  
2 2/3 tbsp (45g)  
**vegan chik'n nuggets**  
10 2/3 nuggets (229g)

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

### Milk

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

Makes 3/4 cup(s)

**whole milk**  
3/4 cup(s) (180mL)

1. The recipe has no instructions.



## Dinner 4 ↗

Eat on day 5

### Mediterranean lentil power salad

525 cals ● 29g protein ● 15g fat ● 56g carbs ● 12g fiber



**feta cheese**  
2 1/2 tbsp, crumbled (25g)  
**oil**  
1/2 tbsp (8mL)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw**  
1/2 cup (96g)  
**red wine vinegar**  
1/2 tbsp (8mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**dijon mustard**  
4 dash (3g)  
**cucumber, chopped**  
1/2 cup slices (52g)  
**black olives, chopped**  
2 tbsp (17g)  
**tomatoes, chopped**  
4 cherry tomatoes (68g)

1. In a pot, cover lentils with water. Bring to a boil. Reduce heat and simmer covered for 20-30 minutes or according to package instructions. Drain and set aside to cool.
2. Combine lentils with all remaining ingredients in a large bowl. Toss until well-mixed. Season with salt/pepper to taste.
3. Serve.

## Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber

Makes 1 2/3 cup(s)

**whole milk**  
1 2/3 cup(s) (400mL)

1. The recipe has no instructions.



## Dinner 5 ↗

Eat on day 6 and day 7

### Warm brussels sprout & lentil salad

414 cals ● 21g protein ● 11g fat ● 46g carbs ● 12g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**brussels sprouts**  
2 1/4 cup, shredded (113g)  
**water**  
1 1/2 cup(s) (356mL)  
**salad dressing**  
1 1/2 tbsp (23mL)  
**lentils, raw**  
6 tbsp (72g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**brussels sprouts**  
4 1/2 cup, shredded (225g)  
**water**  
3 cup(s) (711mL)  
**salad dressing**  
3 tbsp (45mL)  
**lentils, raw**  
3/4 cup (144g)

1. Cook lentils in the water according to package instructions, then drain and set aside.
2. Heat oil in a skillet over medium heat. Add shredded brussels sprouts with some salt and cook until tender and lightly browned, about 4-5 minutes.
3. Stir in the cooked lentils and cook for another 1-2 minutes.
4. Toss with your salad dressing of choice, season with salt and pepper to taste, 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.

### Fruit juice

1 3/4 cup(s) - 201 cals ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

**fruit juice**

14 fl oz (420mL)

For all 2 meals:

**fruit juice**

28 fl oz (840mL)

1. The recipe has no instructions.

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## Protein Supplement(s)

Eat every day

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### 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.