

# Meal Plan - 2800 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

2846 cals ● 236g protein (33%) ● 105g fat (33%) ● 199g carbs (28%) ● 39g fiber (5%)

### Breakfast

480 cals, 16g protein, 51g net carbs, 21g fat



**Milk**

1/2 cup(s)- 75 cals



**Toast with butter**

2 slice(s)- 227 cals



**Large granola bar**

1 bar(s)- 176 cals

### Snacks

330 cals, 7g protein, 37g net carbs, 16g fat



**Mixed nuts**

1/8 cup(s)- 109 cals



**Pretzels**

110 cals



**Plantain chips**

113 cals

### Protein Supplement(s)

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



**Protein shake**

4 1/2 scoop- 491 cals

### Lunch

775 cals, 50g protein, 76g net carbs, 28g fat



**Crispy chik'n tenders**

12 tender(s)- 686 cals



**Grapes**

87 cals

### Dinner

775 cals, 55g protein, 31g net carbs, 39g fat



**Buffalo tempeh with tzatziki**

628 cals



**Olive oil drizzled green beans**

145 cals

## Day 2

2846 cals ● 236g protein (33%) ● 105g fat (33%) ● 199g carbs (28%) ● 39g fiber (5%)

### Breakfast

480 cals, 16g protein, 51g net carbs, 21g fat



Milk

1/2 cup(s)- 75 cals



Toast with butter

2 slice(s)- 227 cals



Large granola bar

1 bar(s)- 176 cals

### Snacks

330 cals, 7g protein, 37g net carbs, 16g fat



Mixed nuts

1/8 cup(s)- 109 cals



Pretzels

110 cals



Plantain chips

113 cals

### Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

### Lunch

775 cals, 50g protein, 76g net carbs, 28g fat



Crispy chik'n tenders

12 tender(s)- 686 cals



Grapes

87 cals

### Dinner

775 cals, 55g protein, 31g net carbs, 39g fat



Buffalo tempeh with tzatziki

628 cals



Olive oil drizzled green beans

145 cals

## Day 3

2862 cals ● 243g protein (34%) ● 106g fat (33%) ● 191g carbs (27%) ● 43g fiber (6%)

### Breakfast

435 cals, 16g protein, 37g net carbs, 21g fat



**Milk**

1 cup(s)- 149 cals



**Orange**

1 orange(s)- 85 cals



**Healthy Cereal**

201 cals

### Snacks

330 cals, 7g protein, 37g net carbs, 16g fat



**Mixed nuts**

1/8 cup(s)- 109 cals



**Pretzels**

110 cals



**Plantain chips**

113 cals

### Protein Supplement(s)

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



**Protein shake**

4 1/2 scoop- 491 cals

### Lunch

780 cals, 51g protein, 69g net carbs, 31g fat



**Seitan Philly cheesesteak**

1 sub(s)- 571 cals



**Simple Greek cucumber salad**

211 cals

### Dinner

825 cals, 61g protein, 44g net carbs, 35g fat



**Lentils**

174 cals



**Basic tempeh**

8 oz- 590 cals



**Roasted tomatoes**

1 tomato(es)- 60 cals

## Day 4

2796 cals ● 243g protein (35%) ● 97g fat (31%) ● 198g carbs (28%) ● 40g fiber (6%)

### Breakfast

435 cals, 16g protein, 37g net carbs, 21g fat



Milk

1 cup(s)- 149 cals



Orange

1 orange(s)- 85 cals



Healthy Cereal

201 cals

### Snacks

265 cals, 6g protein, 44g net carbs, 7g fat



Frozen yogurt

265 cals

### Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

### Lunch

780 cals, 51g protein, 69g net carbs, 31g fat



Seitan Philly cheesesteak

1 sub(s)- 571 cals



Simple Greek cucumber salad

211 cals

### Dinner

825 cals, 61g protein, 44g net carbs, 35g fat



Lentils

174 cals



Basic tempeh

8 oz- 590 cals



Roasted tomatoes

1 tomato(es)- 60 cals

## Day 5

2842 cals ● 237g protein (33%) ● 124g fat (39%) ● 154g carbs (22%) ● 41g fiber (6%)

### Breakfast

435 cals, 16g protein, 37g net carbs, 21g fat



**Milk**

1 cup(s)- 149 cals



**Orange**

1 orange(s)- 85 cals



**Healthy Cereal**

201 cals

### Snacks

265 cals, 6g protein, 44g net carbs, 7g fat



**Frozen yogurt**

265 cals

### Protein Supplement(s)

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



**Protein shake**

4 1/2 scoop- 491 cals

### Lunch

815 cals, 49g protein, 43g net carbs, 43g fat



**Protein greek yogurt**

1 container- 139 cals



**Roasted almonds**

3/8 cup(s)- 333 cals



**Spinach artichoke grilled cheese sandwich**

1 sandwich(es)- 342 cals

### Dinner

835 cals, 56g protein, 26g net carbs, 51g fat



**Simple mozzarella and tomato salad**

403 cals



**Peanut tempeh**

4 oz tempeh- 434 cals

## Day 6

2751 cals ● 257g protein (37%) ● 102g fat (33%) ● 160g carbs (23%) ● 42g fiber (6%)

### Breakfast

405 cals, 11g protein, 48g net carbs, 11g fat



**Banana**

1 banana(s)- 117 cals



**Carrots and hummus**

287 cals

### Snacks

330 cals, 13g protein, 15g net carbs, 22g fat



**Nectarine**

1 nectarine(s)- 70 cals



**Cheesy crisps and guac**

6 crisps- 261 cals

### Protein Supplement(s)

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



**Protein shake**

4 1/2 scoop- 491 cals

### Lunch

760 cals, 52g protein, 38g net carbs, 42g fat



**Chik'n satay with peanut sauce**

3 skewers- 350 cals



**Milk**

1 1/3 cup(s)- 199 cals



**Simple Greek cucumber salad**

211 cals

### Dinner

765 cals, 72g protein, 55g net carbs, 25g fat



**Vegan sausage**

2 sausage(s)- 536 cals



**Lentils**

231 cals

## Day 7

2751 cals ● 257g protein (37%) ● 102g fat (33%) ● 160g carbs (23%) ● 42g fiber (6%)

### Breakfast

405 cals, 11g protein, 48g net carbs, 11g fat



**Banana**

1 banana(s)- 117 cals



**Carrots and hummus**

287 cals

### Snacks

330 cals, 13g protein, 15g net carbs, 22g fat



**Nectarine**

1 nectarine(s)- 70 cals



**Cheesy crisps and guac**

6 crisps- 261 cals

### Protein Supplement(s)

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



**Protein shake**

4 1/2 scoop- 491 cals

### Lunch

760 cals, 52g protein, 38g net carbs, 42g fat



**Chik'n satay with peanut sauce**

3 skewers- 350 cals



**Milk**

1 1/3 cup(s)- 199 cals



**Simple Greek cucumber salad**

211 cals

### Dinner

765 cals, 72g protein, 55g net carbs, 25g fat



**Vegan sausage**

2 sausage(s)- 536 cals



**Lentils**

231 cals

# Grocery List



## Beverages

- ☐ protein powder  
31 1/2 scoop (1/3 cup ea) (977g)
- ☐ water  
36 cup(s) (8572mL)
- ☐ almond milk, unsweetened  
3/4 cup(s) (180mL)

## Nut and Seed Products

- ☐ mixed nuts  
6 tbsp (50g)
- ☐ roasted pumpkin seeds, unsalted  
1/4 cup (33g)
- ☐ almonds  
2 1/2 oz (74g)
- ☐ chia seeds  
1 1/2 tbsp (21g)

## Snacks

- ☐ pretzels, hard, salted  
3 oz (85g)
- ☐ Plantain chips  
2 1/4 oz (64g)
- ☐ large granola bar  
2 bar (74g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1/2 cup (120mL)

## Other

- ☐ tzatziki  
1/2 cup(s) (112g)
- ☐ meatless chik'n tenders  
24 pieces (612g)
- ☐ sub roll(s)  
2 roll(s) (170g)
- ☐ nutritional yeast  
1/2 tbsp (2g)
- ☐ protein greek yogurt, flavored  
1 container (150g)
- ☐ guacamole, store-bought  
6 tbsp (93g)
- ☐ vegan sausage  
4 sausage (400g)
- ☐ sesame oil  
1 tbsp (15mL)

## Vegetables and Vegetable Products

- ☐ frozen green beans  
2 2/3 cup (323g)
- ☐ ketchup  
6 tbsp (102g)
- ☐ tomatoes  
3 1/3 medium whole (2-3/5" dia) (410g)
- ☐ onion  
1/2 medium (2-1/2" dia) (55g)
- ☐ bell pepper  
1 small (74g)
- ☐ red onion  
3/4 medium (2-1/2" dia) (83g)
- ☐ cucumber  
3 cucumber (8-1/4") (903g)
- ☐ artichokes, canned  
1/4 can, drained (60g)
- ☐ fresh spinach  
2 oz (57g)
- ☐ fresh ginger  
1 inch (2.5cm) cube (5g)
- ☐ baby carrots  
56 medium (560g)

## Dairy and Egg Products

- ☐ whole milk  
6 2/3 cup(s) (1601mL)
- ☐ butter  
4 tsp (18g)
- ☐ cheese  
5 oz (140g)
- ☐ nonfat greek yogurt, plain  
1 1/2 cup (420g)
- ☐ fresh mozzarella cheese  
3 1/3 oz (95g)
- ☐ mozzarella cheese, shredded  
1 oz (28g)

## Baked Products

- ☐ bread  
6 3/4 oz (192g)

## Fruits and Fruit Juices

- ☐ grapes  
3 cup (276g)
- ☐ orange  
3 orange (462g)

- ☐ **vegan chik'n strips**  
1/2 lbs (227g)
- ☐ **skewer(s)**  
6 skewer(s) (6g)

## Fats and Oils

- ☐ **oil**  
3 1/4 oz (98mL)
- ☐ **olive oil**  
2 oz (65mL)
- ☐ **balsamic vinaigrette**  
5 tsp (24mL)

## Legumes and Legume Products

- ☐ **tempeh**  
2 1/4 lbs (1021g)
- ☐ **lentils, raw**  
56 tsp (224g)
- ☐ **peanut butter**  
2 1/4 oz (64g)
- ☐ **soy sauce**  
1 tsp (5mL)
- ☐ **hummus**  
14 tbsp (210g)

## Spices and Herbs

- ☐ **black pepper**  
2 dash (0g)
- ☐ **salt**  
2 1/2 g (3g)
- ☐ **dried dill weed**  
1 tbsp (3g)
- ☐ **red wine vinegar**  
1 tbsp (15mL)
- ☐ **fresh basil**  
5 tsp, chopped (4g)

- ☐ **banana**  
2 3/4 medium (7" to 7-7/8" long) (325g)
- ☐ **lemon juice**  
2 tbsp (30mL)
- ☐ **nectarine**  
2 medium (2-1/2" dia) (284g)
- ☐ **lime juice**  
1 1/2 tbsp (23mL)

## Cereal Grains and Pasta

- ☐ **seitan**  
6 oz (170g)

## Sweets

- ☐ **frozen yogurt**  
2 1/3 cup (406g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Milk

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



For single meal:

**whole milk**

1/2 cup(s) (120mL)

For all 2 meals:

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.

### 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 2 meals:

**bread**

4 slice (128g)

**butter**

4 tsp (18g)

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

### Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**  
1 bar (37g)

For all 2 meals:

**large granola bar**  
2 bar (74g)

1. The recipe has no instructions.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 3 meals:

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

1. The recipe has no instructions.

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### Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 3 meals:

**orange**  
3 orange (462g)

1. The recipe has no instructions.

### Healthy Cereal

201 cal ● 7g protein ● 13g fat ● 9g carbs ● 5g fiber



For single meal:

- roasted pumpkin seeds, unsalted**  
1 1/2 tbsp (11g)
- almonds**  
1 tbsp, slivered (7g)
- chia seeds**  
1/2 tbsp (7g)
- almond milk, unsweetened**  
1/4 cup(s) (60mL)
- banana, sliced**  
1/4 medium (7" to 7-7/8" long) (30g)

For all 3 meals:

- roasted pumpkin seeds, unsalted**  
1/4 cup (33g)
- almonds**  
3 tbsp, slivered (20g)
- chia seeds**  
1 1/2 tbsp (21g)
- almond milk, unsweetened**  
3/4 cup(s) (180mL)
- banana, sliced**  
3/4 medium (7" to 7-7/8" long) (89g)

1. Add almond milk and chia seeds to a bowl. Let sit for 4 minutes or so to thicken.
2. While it thickens, add pumpkin seeds and almonds to food processor (or hand chop). Blend for a few seconds. It should still be chunky- a granola-type consistency.
3. Add to milk and top with sliced banana (or any other fruit).
4. Serve.
5. (For bulk cooking: Chop almonds and pumpkin seeds and keep in air-tight container. Then follow the steps for the milk, chia seeds, and fruit when serving.)

### Breakfast 3 [↗](#)

Eat on day 6 and day 7

#### Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

- banana**  
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

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

1. The recipe has no instructions.

#### Carrots and hummus

287 cal ● 10g protein ● 11g fat ● 24g carbs ● 14g fiber



For single meal:

**hummus**  
1/2 cup (105g)  
**baby carrots**  
28 medium (280g)

For all 2 meals:

**hummus**  
14 tbsp (210g)  
**baby carrots**  
56 medium (560g)

1. Serve carrots with hummus.

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## Lunch 1 [🔗](#)

Eat on day 1 and day 2

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### Crispy chik'n tenders

12 tender(s) - 686 cals ● 49g protein ● 27g fat ● 62g carbs ● 0g fiber



For single meal:

**meatless chik'n tenders**  
12 pieces (306g)  
**ketchup**  
3 tbsp (51g)

For all 2 meals:

**meatless chik'n tenders**  
24 pieces (612g)  
**ketchup**  
6 tbsp (102g)

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

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## Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

**grapes**  
1 1/2 cup (138g)

For all 2 meals:

**grapes**  
3 cup (276g)

1. The recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Seitan Philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



For single meal:

**sub roll(s)**  
1 roll(s) (85g)  
**oil**  
1/2 tbsp (8mL)  
**cheese**  
1 slice (1 oz each) (28g)  
**seitan, cut into strips**  
3 oz (85g)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, sliced**  
1/2 small (37g)

For all 2 meals:

**sub roll(s)**  
2 roll(s) (170g)  
**oil**  
1 tbsp (15mL)  
**cheese**  
2 slice (1 oz each) (56g)  
**seitan, cut into strips**  
6 oz (170g)  
**onion, chopped**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, sliced**  
1 small (74g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

### Simple Greek cucumber salad

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



For single meal:

**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)

For all 2 meals:

**nonfat greek yogurt, plain**  
3/4 cup (210g)  
**lemon juice**  
3/4 tbsp (11mL)  
**dried dill weed**  
1/2 tbsp (2g)  
**red wine vinegar**  
1/2 tbsp (8mL)  
**olive oil**  
1 1/2 tbsp (23mL)  
**red onion, thinly sliced**  
3/8 medium (2-1/2" dia) (41g)  
**cucumber, sliced into half moons**  
1 1/2 cucumber (8-1/4") (452g)

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.

Lunch 3 [↗](#)  
Eat on day 5

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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.

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Roasted almonds

3/8 cup(s) - 333 cals ● 11g protein ● 27g fat ● 5g carbs ● 7g fiber



Makes 3/8 cup(s)

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

1. The recipe has no instructions.

Spinach artichoke grilled cheese sandwich

1 sandwich(es) - 342 cals ● 18g protein ● 13g fat ● 30g carbs ● 9g fiber





Makes 1 sandwich(es)

**oil**

1 tsp (5mL)

**artichokes, canned**

1/4 can, drained (60g)

**fresh spinach**

2 oz (57g)

**bread**

2 slice(s) (64g)

**mozzarella cheese, shredded**

1 oz (28g)

1. Heat just half of the oil in a non-stick skillet over medium heat. Add the artichokes and cook until they start to brown in places, about 5-6 minutes.
  2. Add spinach and some salt and pepper to the skillet and stir until spinach wilts, about 2 minutes.
  3. Transfer spinach artichoke mixture to a bowl and wipe the skillet clean.
  4. Add the spinach artichoke mixture and the cheese to a slice of bread and top with other slice of bread.
  5. Heat remaining oil in the skillet over medium heat. Add sandwich and cook until golden brown, 2-3 minutes per side.
  6. Cut sandwich in half and serve.
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## Lunch 4 [🔗](#)

Eat on day 6 and day 7

### Chik'n satay with peanut sauce

3 skewers - 350 cals ● 28g protein ● 21g fat ● 8g carbs ● 3g fiber



For single meal:

**peanut butter**  
1 tbsp (16g)  
**lime juice**  
3/4 tbsp (11mL)  
**sesame oil**  
1/2 tbsp (8mL)  
**vegan chik'n strips**  
4 oz (113g)  
**skewer(s)**  
3 skewer(s) (3g)  
**fresh ginger, grated or minced**  
1/2 inch (2.5cm) cube (3g)

For all 2 meals:

**peanut butter**  
2 tbsp (32g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**sesame oil**  
1 tbsp (15mL)  
**vegan chik'n strips**  
1/2 lbs (227g)  
**skewer(s)**  
6 skewer(s) (6g)  
**fresh ginger, grated or minced**  
1 inch (2.5cm) cube (5g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

### Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/3 cup(s) (320mL)

For all 2 meals:

**whole milk**  
2 2/3 cup(s) (640mL)

1. The recipe has no instructions.

### Simple Greek cucumber salad

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





For single meal:

- 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)

For all 2 meals:

- nonfat greek yogurt, plain  
3/4 cup (210g)
- lemon juice  
3/4 tbsp (11mL)
- dried dill weed  
1/2 tbsp (2g)
- red wine vinegar  
1/2 tbsp (8mL)
- olive oil  
1 1/2 tbsp (23mL)
- red onion, thinly sliced  
3/8 medium (2-1/2" dia) (41g)
- cucumber, sliced into half moons  
1 1/2 cucumber (8-1/4") (452g)

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.

## Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

### 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 3 meals:

- mixed nuts  
6 tbsp (50g)

1. The recipe has no instructions.

### Pretzels

110 cal ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:  
**pretzels, hard, salted**  
1 oz (28g)

For all 3 meals:  
**pretzels, hard, salted**  
3 oz (85g)

- 1. The recipe has no instructions.

**Plantain chips**

113 cal ● 0g protein ● 6g fat ● 13g carbs ● 1g fiber



For single meal:  
**Plantain chips**  
3/4 oz (21g)

For all 3 meals:  
**Plantain chips**  
2 1/4 oz (64g)

- 1. Approximately 3/4 cup = 1 oz

**Snacks 2** [↗](#)

Eat on day 4 and day 5

**Frozen yogurt**

265 cal ● 6g protein ● 7g fat ● 44g carbs ● 0g fiber



For single meal:  
**frozen yogurt**  
56 tsp (203g)

For all 2 meals:  
**frozen yogurt**  
2 1/3 cup (406g)

- 1. The recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6 and day 7

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### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

**nectarine, pitted**

1 medium (2-1/2" dia) (142g)

For all 2 meals:

**nectarine, pitted**

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.
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### Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

**cheese**

6 tbsp, shredded (42g)

**guacamole, store-bought**

3 tbsp (46g)

For all 2 meals:

**cheese**

3/4 cup, shredded (84g)

**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 in little circles in the pan, about 1 tbsp per crisp.
  3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
  4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
  5. Serve with guacamole.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Buffalo tempeh with tzatziki

628 cals ● 52g protein ● 29g fat ● 23g carbs ● 16g fiber



For single meal:

**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**tzatziki**  
1/4 cup(s) (56g)  
**oil**  
1 tbsp (15mL)  
**tempeh, roughly chopped**  
1/2 lbs (227g)

For all 2 meals:

**Frank's Red Hot sauce**  
1/2 cup (120mL)  
**tzatziki**  
1/2 cup(s) (112g)  
**oil**  
2 tbsp (30mL)  
**tempeh, roughly chopped**  
1 lbs (454g)

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.

### Olive oil drizzled green beans

145 cals ● 3g protein ● 9g fat ● 8g carbs ● 4g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen green beans**  
1 1/3 cup (161g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen green beans**  
2 2/3 cup (323g)  
**olive oil**  
4 tsp (20mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

### Basic tempeh

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



For single meal:

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

For all 2 meals:

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

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

### Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber





For single meal:

**oil**

1 tsp (5mL)

**tomatoes**

1 small whole (2-2/5" dia) (91g)

For all 2 meals:

**oil**

2 tsp (10mL)

**tomatoes**

2 small whole (2-2/5" dia) (182g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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## Dinner 3 [↗](#)

Eat on day 5

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### Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



**balsamic vinaigrette**

5 tsp (25mL)

**fresh basil**

5 tsp, chopped (4g)

**fresh mozzarella cheese, sliced**

1/4 lbs (95g)

**tomatoes, sliced**

1 1/4 large whole (3" dia) (228g)

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

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### Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

**tempeh**

4 oz (113g)

**peanut butter**

2 tbsp (32g)

**lemon juice**

1/2 tbsp (8mL)

**soy sauce**

1 tsp (5mL)

**nutritional yeast**

1/2 tbsp (2g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

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## Dinner 4 [🔗](#)

Eat on day 6 and day 7

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### 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.

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### Lentils

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



For single meal:

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

For all 2 meals:

- water**  
2 2/3 cup(s) (632mL)
- salt**  
1 1/3 dash (1g)
- lentils, raw, rinsed**  
2/3 cup (128g)

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.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

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



For single meal:

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

For all 7 meals:

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

1. The recipe has no instructions.