

Meal Plan - 2900 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

2941 cals ● 269g protein (37%) ● 80g fat (24%) ● 244g carbs (33%) ● 43g fiber (6%)

Breakfast

385 cals, 50g protein, 35g net carbs, 4g fat



Lowfat yogurt

1 container(s)- 181 cals



Double chocolate protein shake
206 cals

Snacks

365 cals, 10g protein, 56g net carbs, 8g fat



Small toasted bagel with butter
1 bagel(s)- 241 cals



Carrot sticks
2 carrot(s)- 54 cals



Nectarine
1 nectarine(s)- 70 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

845 cals, 45g protein, 75g net carbs, 33g fat



Milk

1 cup(s)- 149 cals



Tempeh bacon & avocado bagel sandwich
1 bagel(s)- 698 cals

Dinner

850 cals, 54g protein, 74g net carbs, 33g fat



Lemon pepper tofu
14 oz- 504 cals



Lentils
347 cals

Day 2

2941 cals ● 269g protein (37%) ● 80g fat (24%) ● 244g carbs (33%) ● 43g fiber (6%)

Breakfast

385 cals, 50g protein, 35g net carbs, 4g fat



Lowfat yogurt

1 container(s)- 181 cals



Double chocolate protein shake

206 cals

Snacks

365 cals, 10g protein, 56g net carbs, 8g fat



Small toasted bagel with butter

1 bagel(s)- 241 cals



Carrot sticks

2 carrot(s)- 54 cals



Nectarine

1 nectarine(s)- 70 cals

Protein Supplement(s)

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



Protein shake

4 1/2 scoop- 491 cals

Lunch

845 cals, 45g protein, 75g net carbs, 33g fat



Milk

1 cup(s)- 149 cals



Tempeh bacon & avocado bagel sandwich

1 bagel(s)- 698 cals

Dinner

850 cals, 54g protein, 74g net carbs, 33g fat



Lemon pepper tofu

14 oz- 504 cals



Lentils

347 cals

Day 3

2953 cals ● 245g protein (33%) ● 77g fat (23%) ● 262g carbs (35%) ● 59g fiber (8%)

Breakfast

485 cals, 27g protein, 55g net carbs, 11g fat



English bubble & squeak
2 patties- 215 cals



Apple
1 apple(s)- 105 cals



Vegan breakfast sausage patties
2 patties- 166 cals

Snacks

365 cals, 10g protein, 56g net carbs, 8g fat



Small toasted bagel with butter
1 bagel(s)- 241 cals



Carrot sticks
2 carrot(s)- 54 cals



Nectarine
1 nectarine(s)- 70 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

775 cals, 46g protein, 80g net carbs, 26g fat



Crispy chik'n tenders
11 tender(s)- 628 cals



Grapes
145 cals

Dinner

840 cals, 53g protein, 67g net carbs, 30g fat



Protein greek yogurt
1 container- 139 cals



Roasted peanuts
1/6 cup(s)- 153 cals



Chickpea & kale soup
546 cals

Day 4

2858 cals ● 245g protein (34%) ● 79g fat (25%) ● 239g carbs (33%) ● 53g fiber (7%)

Breakfast

485 cals, 27g protein, 55g net carbs, 11g fat



English bubble & squeak
2 patties- 215 cals



Apple
1 apple(s)- 105 cals



Vegan breakfast sausage patties
2 patties- 166 cals

Snacks

270 cals, 10g protein, 33g net carbs, 10g fat



Milk
1/2 cup(s)- 75 cals



Medium toasted bagel with cream cheese
1/2 bagel(s)- 195 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

775 cals, 46g protein, 80g net carbs, 26g fat



Crispy chik'n tenders
11 tender(s)- 628 cals



Grapes
145 cals

Dinner

840 cals, 53g protein, 67g net carbs, 30g fat



Protein greek yogurt
1 container- 139 cals



Roasted peanuts
1/6 cup(s)- 153 cals



Chickpea & kale soup
546 cals

Day 5

2974 cals ● 249g protein (33%) ● 95g fat (29%) ● 199g carbs (27%) ● 81g fiber (11%)

Breakfast

415 cals, 36g protein, 26g net carbs, 17g fat



Protein shake (milk)
258 cals



Apple & peanut butter
1/2 apple(s)- 155 cals

Snacks

270 cals, 10g protein, 33g net carbs, 10g fat



Milk
1/2 cup(s)- 75 cals



Medium toasted bagel with cream cheese
1/2 bagel(s)- 195 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

930 cals, 45g protein, 52g net carbs, 53g fat



Tofu palak curry
757 cals



Lentils
174 cals

Dinner

870 cals, 48g protein, 84g net carbs, 13g fat



Black bean and salsa soup
772 cals



Simple salad with tomatoes and carrots
98 cals

Day 6

2855 cals ● 235g protein (33%) ● 74g fat (23%) ● 198g carbs (28%) ● 113g fiber (16%)

Breakfast

415 cals, 36g protein, 26g net carbs, 17g fat



Protein shake (milk)
258 cals



Apple & peanut butter
1/2 apple(s)- 155 cals

Snacks

230 cals, 3g protein, 10g net carbs, 15g fat



Carrot sticks
2 carrot(s)- 54 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

850 cals, 39g protein, 74g net carbs, 27g fat



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



Black bean & sweet potato stew
622 cals

Dinner

870 cals, 48g protein, 84g net carbs, 13g fat



Black bean and salsa soup
772 cals



Simple salad with tomatoes and carrots
98 cals

Day 7

2881 cals ● 225g protein (31%) ● 100g fat (31%) ● 208g carbs (29%) ● 63g fiber (9%)

Breakfast

415 cals, 36g protein, 26g net carbs, 17g fat



Protein shake (milk)
258 cals



Apple & peanut butter
1/2 apple(s)- 155 cals

Snacks

230 cals, 3g protein, 10g net carbs, 15g fat



Carrot sticks
2 carrot(s)- 54 cals



Avocado
176 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

850 cals, 39g protein, 74g net carbs, 27g fat



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



Black bean & sweet potato stew
622 cals

Dinner

895 cals, 38g protein, 94g net carbs, 38g fat



Spinach parmesan pasta
548 cals



Milk
2 1/3 cup(s)- 348 cals

Beverages

- ☐ protein powder
34 1/2 scoop (1/3 cup ea) (1070g)
- ☐ water
43 cup(s) (10191mL)

Dairy and Egg Products

- ☐ butter
2 1/2 tbsp (37g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ nonfat greek yogurt, plain
10 tbsp (175g)
- ☐ whole milk
8 1/3 cup(s) (1999mL)
- ☐ cream cheese
2 tbsp (29g)
- ☐ sour cream
6 tbsp (72g)
- ☐ parmesan cheese
3 tbsp (19g)

Baked Products

- ☐ bagel
5 medium bagel (3-1/2" to 4" dia) (522g)

Vegetables and Vegetable Products

- ☐ carrots
10 1/2 medium (641g)
- ☐ kale leaves
5 1/2 cup, chopped (220g)
- ☐ garlic
8 1/4 clove(s) (25g)
- ☐ brussels sprouts
2 cup, shredded (100g)
- ☐ potatoes
4 small (1-3/4" to 2-1/4" dia.) (368g)
- ☐ ketchup
1/3 cup (94g)
- ☐ romaine lettuce
1 hearts (500g)
- ☐ tomatoes
1 medium whole (2-3/5" dia) (123g)
- ☐ tomato paste
1/4 cup (56g)
- ☐ fresh spinach
1 10oz package (277g)

Cereal Grains and Pasta

- ☐ cornstarch
4 tbsp (32g)
- ☐ uncooked dry pasta
3 oz (86g)

Fats and Oils

- ☐ oil
2 3/4 oz (84mL)
- ☐ salad dressing
1 1/2 tbsp (23mL)

Spices and Herbs

- ☐ lemon pepper
1 tsp (2g)
- ☐ salt
4 dash (3g)
- ☐ ground cumin
1 tbsp (7g)
- ☐ onion powder
2 dash (1g)
- ☐ curry powder
1 tbsp (6g)
- ☐ black pepper
1/4 tbsp, ground (2g)

Legumes and Legume Products

- ☐ firm tofu
2 1/2 lbs (1091g)
- ☐ lentils, raw
1 1/4 cup (240g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ roasted peanuts
13 1/4 tbsp (122g)
- ☐ chickpeas, canned
2 can(s) (896g)
- ☐ black beans
5 can(s) (2195g)
- ☐ peanut butter
3 tbsp (48g)

Sweets

- ☐ cocoa powder
1 tbsp (5g)

Other

- ☐ **onion**
1 1/2 medium (2-1/2" dia) (153g)
- ☐ **jalapeno pepper**
1 1/2 pepper(s) (21g)
- ☐ **fresh ginger**
1 1/2 inch (2.5cm) cube (8g)
- ☐ **sweet potatoes**
1 sweetpotato, 5" long (210g)

Fruits and Fruit Juices

- ☐ **nectarine**
3 medium (2-1/2" dia) (426g)
- ☐ **lemon**
2 small (116g)
- ☐ **avocados**
2 avocado(s) (402g)
- ☐ **apples**
3 1/2 medium (3" dia) (637g)
- ☐ **grapes**
5 cup (460g)
- ☐ **lemon juice**
1 1/2 fl oz (42mL)

- ☐ **protein powder, chocolate**
3 scoop (1/3 cup ea) (93g)
- ☐ **protein greek yogurt, flavored**
2 container (300g)
- ☐ **vegan breakfast sausage patties**
4 patties (152g)
- ☐ **meatless chik'n tenders**
22 pieces (561g)

Soups, Sauces, and Gravies

- ☐ **vegetable broth**
10 1/4 cup(s) (mL)
- ☐ **salsa**
1 1/2 cup (390g)

Nut and Seed Products

- ☐ **coconut milk, canned**
1/2 cup (120mL)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt

1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt

2 container (6 oz) (340g)

1. The recipe has no instructions.

Double chocolate protein shake

206 cals ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

water

1 1/2 cup(s) (356mL)

cocoa powder

1/2 tbsp (3g)

nonfat greek yogurt, plain

3 tbsp (53g)

protein powder, chocolate

1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

water

3 cup(s) (711mL)

cocoa powder

1 tbsp (5g)

nonfat greek yogurt, plain

6 tbsp (105g)

protein powder, chocolate

3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

English bubble & squeak

2 patties - 215 cals ● 8g protein ● 5g fat ● 28g carbs ● 6g fiber



For single meal:

oil

1 tsp (5mL)

nonfat greek yogurt, plain

2 tbsp (35g)

brussels sprouts, shredded

1 cup, shredded (50g)

potatoes, peeled & cut into chunks

2 small (1-3/4" to 2-1/4" dia.)

(184g)

For all 2 meals:

oil

2 tsp (10mL)

nonfat greek yogurt, plain

4 tbsp (70g)

brussels sprouts, shredded

2 cup, shredded (100g)

potatoes, peeled & cut into chunks

4 small (1-3/4" to 2-1/4" dia.)

(368g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with a dollop of Greek yogurt.

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 2 meals:

apples

2 medium (3" dia) (364g)

1. The recipe has no instructions.

Vegan breakfast sausage patties

2 patties - 166 cals ● 18g protein ● 6g fat ● 6g carbs ● 4g fiber



For single meal:

vegan breakfast sausage patties
2 patties (76g)

For all 2 meals:

vegan breakfast sausage patties
4 patties (152g)

1. Cook patties according to package instructions.
Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Protein shake (milk)

258 cal ● 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 3 meals:

whole milk
3 cup(s) (720mL)
protein powder
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

Apple & peanut butter

1/2 apple(s) - 155 cal ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 3 meals:

apples
1 1/2 medium (3" dia) (273g)
peanut butter
3 tbsp (48g)

1. Slice an apple and spread peanut butter evenly over each slice.
-

Lunch 1 [↗](#)

Eat on day 1 and day 2

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.

Tempeh bacon & avocado bagel sandwich

1 bagel(s) - 698 cals ● 37g protein ● 25g fat ● 63g carbs ● 17g fiber



For single meal:

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)

For all 2 meals:

bagel
2 medium bagel (3-1/2" to 4" dia)
(210g)
ground cumin
2 dash (1g)
oil
1 tsp (5mL)
onion powder
2 dash (1g)
avocados, sliced
1 avocado(s) (201g)
tempeh, cut into strips
1/2 lbs (227g)

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.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Crispy chik'n tenders

11 tender(s) - 628 cals ● 45g protein ● 25g fat ● 57g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
11 pieces (281g)
ketchup
2 3/4 tbsp (47g)

For all 2 meals:

meatless chik'n tenders
22 pieces (561g)
ketchup
1/3 cup (94g)

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

Grapes

145 cals ● 2g protein ● 1g fat ● 23g carbs ● 9g fiber



For single meal:

grapes
2 1/2 cup (230g)

For all 2 meals:

grapes
5 cup (460g)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5

Tofu palak curry

757 cals ● 34g protein ● 53g fat ● 27g carbs ● 11g fiber



curry powder

1 tbsp (6g)

tomato paste

1 1/2 tbsp (24g)

coconut milk, canned

1/2 cup (120mL)

fresh spinach

6 oz (170g)

oil

1 tbsp (15mL)

water

3/8 cup(s) (89mL)

lemon juice

1 1/2 tbsp (23mL)

garlic, minced

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

onion, diced

3/4 medium (2-1/2" dia) (83g)

firm tofu, patted dry & cubed

2/3 lbs (298g)

jalapeno pepper, deseeded & chopped

1 1/2 pepper(s) (21g)

fresh ginger, minced

1 1/2 inch (2.5cm) cube (8g)

1. Preheat oven to 425°F (220°C).
2. On a baking sheet, add tofu, just half of the curry powder, just half of the oil, and some salt and pepper. Toss until evenly coated. Bake 15-20 minutes until golden. Transfer to a plate and set aside.
3. Heat remaining half of the oil in a saucepan over medium heat. Add the onion, ginger, jalapeno, and garlic and cook until softened, 3-5 minutes.
4. Stir in tomato paste and the remaining half of the curry powder. Cook until fragrant, about 1 minute.
5. To the saucepan add the coconut milk, water, and some salt and pepper. Bring to a boil. Add in spinach and stir. Reduce heat to low and cover. Cook until spinach wilts, about 3-5 minutes.
6. Transfer palak sauce to a blender. Add lemon juice and some salt and pulse until partially smooth, about 3-5 pulses.
7. Serve tofu with palak sauce.

Lentils

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



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

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.

Lunch 4 [↗](#)

Eat on day 6 and day 7

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.

Black bean & sweet potato stew

622 cals ● 31g protein ● 9g fat ● 69g carbs ● 35g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
ground cumin
1/4 tbsp (2g)
lemon juice
1/2 tbsp (8mL)
kale leaves
3/4 cup, chopped (30g)
oil
1/2 tbsp (8mL)
tomato paste
1 tbsp (16g)
black beans, drained
1 can(s) (439g)
sweet potatoes, cubed
1/2 sweetpotato, 5" long (105g)
onion, chopped
1/2 small (35g)
garlic, diced
1 clove(s) (3g)

For all 2 meals:

water
3 cup(s) (711mL)
ground cumin
1/2 tbsp (3g)
lemon juice
1 tbsp (15mL)
kale leaves
1 1/2 cup, chopped (60g)
oil
1 tbsp (15mL)
tomato paste
2 tbsp (32g)
black beans, drained
2 can(s) (878g)
sweet potatoes, cubed
1 sweetpotato, 5" long (210g)
onion, chopped
1 small (70g)
garlic, diced
2 clove(s) (6g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Small toasted bagel with butter

1 bagel(s) - 241 cals ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

butter
1/2 tbsp (7g)
bagel
1 small bagel (3" dia) (69g)

For all 3 meals:

butter
1 1/2 tbsp (21g)
bagel
3 small bagel (3" dia) (207g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:
carrots
2 medium (122g)

For all 3 meals:
carrots
6 medium (366g)

1. Cut carrots into strips and serve.

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 3 meals:
nectarine, pitted
3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.

Snacks 2 [↗](#)

Eat on day 4 and day 5

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.

Medium toasted bagel with cream cheese

1/2 bagel(s) - 195 cals ● 6g protein ● 6g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

cream cheese

1 tbsp (15g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

cream cheese

2 tbsp (29g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots

2 medium (122g)

For all 2 meals:

carrots

4 medium (244g)

1. Cut carrots into strips 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

Lemon pepper tofu

14 oz - 504 cal ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



For single meal:

cornstarch
2 tbsp (16g)
oil
1 tbsp (15mL)
lemon pepper
4 dash (1g)
lemon, zested
1 small (58g)
firm tofu, patted dry & cubed
14 oz (397g)

For all 2 meals:

cornstarch
4 tbsp (32g)
oil
2 tbsp (30mL)
lemon pepper
1 tsp (2g)
lemon, zested
2 small (116g)
firm tofu, patted dry & cubed
1 3/4 lbs (794g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

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

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.
-

Dinner 2 [↗](#)

Eat on day 3 and day 4

Protein greek yogurt

1 container - 139 cal● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Roasted peanuts

1/6 cup(s) - 153 cal● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Chickpea & kale soup

546 cal● 27g protein ● 14g fat ● 56g carbs ● 21g fiber



For single meal:

vegetable broth
4 cup(s) (mL)
oil
1 tsp (5mL)
kale leaves, chopped
2 cup, chopped (80g)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, drained
1 can(s) (448g)

For all 2 meals:

vegetable broth
8 cup(s) (mL)
oil
2 tsp (10mL)
kale leaves, chopped
4 cup, chopped (160g)
garlic, minced
4 clove(s) (12g)
chickpeas, canned, drained
2 can(s) (896g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Black bean and salsa soup

772 cals ● 44g protein ● 10g fat ● 77g carbs ● 49g fiber



For single meal:

vegetable broth
1 cup(s) (mL)
black beans
1 1/2 can(s) (659g)
ground cumin
1/4 tbsp (2g)
sour cream
3 tbsp (36g)
salsa, chunky
3/4 cup (195g)

For all 2 meals:

vegetable broth
2 1/4 cup(s) (mL)
black beans
3 can(s) (1317g)
ground cumin
1/2 tbsp (3g)
sour cream
6 tbsp (72g)
salsa, chunky
1 1/2 cup (390g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

salad dressing
3/4 tbsp (11mL)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)
tomatoes, diced
1/2 medium whole (2-3/5" dia)
(62g)

For all 2 meals:

salad dressing
1 1/2 tbsp (23mL)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
 2. Pour dressing over when serving.
-

Dinner 4 [🔗](#)

Eat on day 7

Spinach parmesan pasta

548 cal ● 20g protein ● 20g fat ● 67g carbs ● 6g fiber



uncooked dry pasta

3 oz (86g)

butter

1 tbsp (16g)

fresh spinach

3/8 10oz package (107g)

parmesan cheese

3 tbsp (19g)

salt

1 1/2 dash (1g)

black pepper

1/4 tbsp, ground (2g)

water

1/8 cup(s) (30mL)

garlic, minced

3/4 clove(s) (2g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

Milk

2 1/3 cup(s) - 348 cal ● 18g protein ● 18g fat ● 27g carbs ● 0g fiber



Makes 2 1/3 cup(s)

whole milk

2 1/3 cup(s) (560mL)

1. The recipe has no instructions.

Protein Supplement(s)

Eat every day

Protein shake

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



For single meal:

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

For all 7 meals:

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

1. The recipe has no instructions.
-