

Meal Plan - 3000 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

2969 cals ● 231g protein (31%) ● 69g fat (21%) ● 299g carbs (40%) ● 56g fiber (8%)

Breakfast

410 cals, 18g protein, 45g net carbs, 15g fat



Egg & avocado salad on toast
1 toast(s)- 212 cals



Scrambled egg whites
61 cals



Dried cranberries
1/4 cup- 136 cals

Snacks

370 cals, 20g protein, 59g net carbs, 4g fat



Kiwi
1 kiwi- 47 cals



Cottage cheese & fruit cup
1 container- 131 cals



Pretzels
193 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

835 cals, 44g protein, 91g net carbs, 23g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Blueberries
1 cup(s)- 95 cals



Smashed chickpea & veggie sandwich
1 sandwich(es)- 432 cals

Dinner

865 cals, 41g protein, 100g net carbs, 25g fat



Veggie burger with cheese
2 burger- 722 cals



Peas
141 cals

Day 2

2990 cals ● 257g protein (34%) ● 91g fat (27%) ● 235g carbs (31%) ● 50g fiber (7%)

Breakfast

410 cals, 18g protein, 45g net carbs, 15g fat



Egg & avocado salad on toast
1 toast(s)- 212 cals



Scrambled egg whites
61 cals



Dried cranberries
1/4 cup- 136 cals

Snacks

370 cals, 20g protein, 59g net carbs, 4g fat



Kiwi
1 kiwi- 47 cals



Cottage cheese & fruit cup
1 container- 131 cals



Pretzels
193 cals

Lunch

835 cals, 44g protein, 91g net carbs, 23g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Blueberries
1 cup(s)- 95 cals



Smashed chickpea & veggie sandwich
1 sandwich(es)- 432 cals

Dinner

885 cals, 67g protein, 36g net carbs, 46g fat



String cheese
2 stick(s)- 165 cals



Seitan salad
718 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 3

2993 cals ● 252g protein (34%) ● 130g fat (39%) ● 168g carbs (23%) ● 36g fiber (5%)

Breakfast

405 cals, 19g protein, 34g net carbs, 20g fat



Basic fried eggs
1 egg(s)- 80 cals



Dried cranberries
1/4 cup- 136 cals



Kale & eggs
189 cals

Snacks

330 cals, 7g protein, 48g net carbs, 9g fat



Large granola bar
1 bar(s)- 176 cals



Celery sticks
2 celery stalk- 13 cals



Nectarine
2 nectarine(s)- 140 cals

Lunch

885 cals, 49g protein, 47g net carbs, 53g fat



Protein greek yogurt
1 container- 139 cals



Simple mixed greens salad
203 cals



Egg salad sandwich
1 sandwich(es)- 542 cals

Dinner

885 cals, 67g protein, 36g net carbs, 46g fat



String cheese
2 stick(s)- 165 cals



Seitan salad
718 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 4

3024 cals ● 225g protein (30%) ● 114g fat (34%) ● 232g carbs (31%) ● 44g fiber (6%)

Breakfast

405 cals, 19g protein, 34g net carbs, 20g fat



Basic fried eggs
1 egg(s)- 80 cals



Dried cranberries
1/4 cup- 136 cals



Kale & eggs
189 cals

Snacks

330 cals, 7g protein, 48g net carbs, 9g fat



Large granola bar
1 bar(s)- 176 cals



Celery sticks
2 celery stalk- 13 cals



Nectarine
2 nectarine(s)- 140 cals

Lunch

885 cals, 49g protein, 47g net carbs, 53g fat



Protein greek yogurt
1 container- 139 cals



Simple mixed greens salad
203 cals



Egg salad sandwich
1 sandwich(es)- 542 cals

Dinner

915 cals, 40g protein, 100g net carbs, 30g fat



Garlic crumbles stuffed sweet potatoes
2 sweet potato(es)- 602 cals



Milk
1 1/3 cup(s)- 199 cals



Simple mixed greens and tomato salad
113 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Day 5

3022 cals ● 227g protein (30%) ● 92g fat (27%) ● 273g carbs (36%) ● 48g fiber (6%)

Breakfast

470 cals, 18g protein, 54g net carbs, 20g fat



Basic fried eggs
1 egg(s)- 80 cals



Medium toasted bagel with butter
1 bagel(s)- 391 cals

Snacks

310 cals, 19g protein, 38g net carbs, 8g fat



Cottage cheese & fruit cup
1 container- 131 cals



Kiwi
1 kiwi- 47 cals



Toast with butter and jelly
1 slice(s)- 133 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

935 cals, 42g protein, 81g net carbs, 36g fat



Chickpea & chickpea pasta
859 cals



Simple mixed greens and tomato salad
76 cals

Dinner

815 cals, 40g protein, 96g net carbs, 27g fat



Spaghetti and meatless meatballs
443 cals



Milk
2 1/2 cup(s)- 373 cals

Day 6

2966 cals ● 241g protein (32%) ● 81g fat (25%) ● 286g carbs (39%) ● 33g fiber (4%)

Breakfast

470 cals, 18g protein, 54g net carbs, 20g fat



Basic fried eggs
1 egg(s)- 80 cals



Medium toasted bagel with butter
1 bagel(s)- 391 cals

Snacks

310 cals, 19g protein, 38g net carbs, 8g fat



Cottage cheese & fruit cup
1 container- 131 cals



Kiwi
1 kiwi- 47 cals



Toast with butter and jelly
1 slice(s)- 133 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

880 cals, 56g protein, 94g net carbs, 24g fat



Curried veggie burger
1 burger(s)- 314 cals



Simple mixed greens and tomato salad
76 cals



Protein bar
2 bar- 490 cals

Dinner

815 cals, 40g protein, 96g net carbs, 27g fat



Spaghetti and meatless meatballs
443 cals



Milk
2 1/2 cup(s)- 373 cals

Day 7

2965 cals ● 229g protein (31%) ● 98g fat (30%) ● 253g carbs (34%) ● 37g fiber (5%)

Breakfast

470 cals, 18g protein, 54g net carbs, 20g fat



Basic fried eggs
1 egg(s)- 80 cals



Medium toasted bagel with butter
1 bagel(s)- 391 cals

Snacks

310 cals, 19g protein, 38g net carbs, 8g fat



Cottage cheese & fruit cup
1 container- 131 cals



Kiwi
1 kiwi- 47 cals



Toast with butter and jelly
1 slice(s)- 133 cals

Protein Supplement(s)

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



Protein shake
4 1/2 scoop- 491 cals

Lunch

880 cals, 56g protein, 94g net carbs, 24g fat



Curried veggie burger
1 burger(s)- 314 cals



Simple mixed greens and tomato salad
76 cals



Protein bar
2 bar- 490 cals

Dinner

815 cals, 29g protein, 64g net carbs, 44g fat



Curried lentils
723 cals



Sautéed Kale
91 cals

Grocery List



Dairy and Egg Products

- lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- eggs
18 1/2 medium (814g)
- egg whites
1/2 cup (122g)
- sliced cheese
2 slice (3/4 oz ea) (42g)
- string cheese
4 stick (112g)
- whole milk
6 1/3 cup(s) (1519mL)
- butter
5/8 stick (67g)
- nonfat greek yogurt, plain
4 tbsp (70g)

Fruits and Fruit Juices

- blueberries
2 cup (296g)
- avocados
2 avocado(s) (368g)
- lemon juice
2 tsp (10mL)
- kiwi
5 fruit (345g)
- dried cranberries
1 cup (160g)
- nectarine
4 medium (2-1/2" dia) (568g)

Baked Products

- bread
14 2/3 oz (416g)
- hamburger buns
4 bun(s) (204g)
- bagel
3 medium bagel (3-1/2" to 4" dia) (315g)

Vegetables and Vegetable Products

- carrots
1/2 cup, shredded (65g)
- ketchup
2 tbsp (34g)
- frozen peas
1 1/3 cup (179g)

Spices and Herbs

- garlic powder
1 tsp (3g)
- salt
2 1/4 g (2g)
- black pepper
2 dash (0g)
- paprika
2 dash (1g)
- yellow mustard
4 dash or 1 packet (3g)
- curry powder
1 tsp (2g)

Legumes and Legume Products

- hummus
4 tbsp (60g)
- chickpeas, canned
1 1/4 can(s) (576g)
- vegetarian burger crumbles
4 oz (113g)
- lentils, raw
1/2 cup (96g)

Snacks

- pretzels, hard, salted
1/4 lbs (99g)
- large granola bar
2 bar (74g)

Beverages

- protein powder
31 1/2 scoop (1/3 cup ea) (977g)
- water
32 1/2 cup(s) (7703mL)

Fats and Oils

- oil
2 1/2 oz (78mL)
- salad dressing
1 1/4 cup (296mL)
- mayonnaise
4 tbsp (60mL)

Cereal Grains and Pasta

- fresh spinach**
8 cup(s) (240g)
- tomatoes**
4 2/3 medium whole (2-3/5" dia) (576g)
- kale leaves**
2 1/2 cup, chopped (100g)
- raw celery**
4 stalk, medium (7-1/2" - 8" long) (160g)
- onion**
1 medium (2-1/2" dia) (118g)
- sweet potatoes**
2 sweetpotato, 5" long (420g)
- garlic**
4 clove(s) (12g)

Other

- mixed greens**
3 2/3 package (5.5 oz) (569g)
- cottage cheese & fruit cup**
5 container (850g)
- veggie burger patty**
4 patty (284g)
- nutritional yeast**
2 tbsp (7g)
- protein greek yogurt, flavored**
2 container (300g)
- chickpea pasta**
3 oz (85g)
- vegan meatballs, frozen**
4 meatball(s) (120g)
- protein bar (20g protein)**
4 bar (200g)
- curry paste**
1 tbsp (15g)

- seitan**
3/4 lbs (340g)
- uncooked dry pasta**
1/3 lbs (152g)

Sweets

- jelly**
1 tbsp (21g)

Soups, Sauces, and Gravies

- pasta sauce**
1/3 jar (24 oz) (224g)

Nut and Seed Products

- coconut milk, canned**
3/4 cup (180mL)

Breakfast 1 ↗

Eat on day 1 and day 2

Egg & avocado salad on toast

1 toast(s) - 212 cals ● 11g protein ● 11g fat ● 13g carbs ● 4g fiber



For single meal:

mixed greens
2 2/3 tbsp (5g)
avocados
1/6 avocado(s) (34g)
garlic powder
1 1/3 dash (1g)
bread
1 slice(s) (32g)
eggs, hard-boiled and chilled
1 large (50g)

For all 2 meals:

mixed greens
1/3 cup (10g)
avocados
1/3 avocado(s) (67g)
garlic powder
1/3 tsp (1g)
bread
2 slice(s) (64g)
eggs, hard-boiled and chilled
2 large (100g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Toast bread and top with greens and egg salad mixture. Serve.

Scrambled egg whites

61 cals ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

egg whites
4 tbsp (61g)
oil
1/4 tbsp (4mL)

For all 2 meals:

egg whites
1/2 cup (122g)
oil
1/2 tbsp (8mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

dried cranberries
4 tbsp (40g)

For all 2 meals:

dried cranberries
1/2 cup (80g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3 and day 4

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
oil
1/4 tsp (1mL)

For all 2 meals:

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

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

dried cranberries
4 tbsp (40g)

For all 2 meals:

dried cranberries
1/2 cup (80g)

1. The recipe has no instructions.

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
salt
1 dash (0g)

For all 2 meals:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
oil
1/4 tsp (1mL)

For all 3 meals:

eggs
3 large (150g)
oil
1/4 tbsp (4mL)

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.

Medium toasted bagel with butter

1 bagel(s) - 391 cals ● 11g protein ● 14g fat ● 53g carbs ● 2g fiber



For single meal:

bagel

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

butter

1 tbsp (14g)

For all 3 meals:

bagel

3 medium bagel (3-1/2" to 4" dia)
(315g)

butter

3 tbsp (43g)

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

Lunch 1 ↗

Eat on day 1 and day 2

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt

4 (5.3 oz ea) container(s) (600g)

1. The recipe has no instructions.

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries

1 cup (148g)

For all 2 meals:

blueberries

2 cup (296g)

1. Rinse off blueberries and serve.

Smashed chickpea & veggie sandwich

1 sandwich(es) - 432 cals ● 18g protein ● 15g fat ● 41g carbs ● 16g fiber



For single meal:

bread
2 slice(s) (64g)
avocados
1/4 avocado(s) (50g)
carrots
4 tbsp, shredded (33g)
mixed greens
4 tbsp (8g)
lemon juice
1 tsp (5mL)
garlic powder
2 dash (1g)
hummus
2 tbsp (30g)
chickpeas, canned, drained & rinsed
1/2 cup(s) (120g)

For all 2 meals:

bread
4 slice(s) (128g)
avocados
1/2 avocado(s) (101g)
carrots
1/2 cup, shredded (65g)
mixed greens
1/2 cup (15g)
lemon juice
2 tsp (10mL)
garlic powder
4 dash (2g)
hummus
4 tbsp (60g)
chickpeas, canned, drained & rinsed
1 cup(s) (240g)

1. Toast the bread, if desired.
2. In a medium bowl, mash the chickpeas and avocado together using the back of a fork. Stir in the shredded carrots, lemon juice, garlic powder, and some salt and pepper. Mix until well combined.
3. Spread the chickpea mixture onto one slice of bread and top with mixed greens.
4. Spread hummus on the other slice of bread and close the sandwich. Serve.

Lunch 2 ↗

Eat on day 3 and day 4

Protein greek yogurt

1 container - 139 cals ● 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.

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

For all 2 meals:

mixed greens
9 cup (270g)
salad dressing
1/2 cup (135mL)

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

Egg salad sandwich

1 sandwich(es) - 542 cals ● 25g protein ● 36g fat ● 26g carbs ● 4g fiber



For single meal:

eggs
3 medium (132g)
mayonnaise
2 tbsp (30mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bread
2 slice (64g)
paprika
1 dash (1g)
onion, chopped
1/4 small (18g)
yellow mustard
2 dash or 1 packet (1g)

For all 2 meals:

eggs
6 medium (264g)
mayonnaise
4 tbsp (60mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
bread
4 slice (128g)
paprika
2 dash (1g)
onion, chopped
1/2 small (35g)
yellow mustard
4 dash or 1 packet (3g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Lunch 3 ↗

Eat on day 5

Chickpea & chickpea pasta

859 cals ● 40g protein ● 31g fat ● 76g carbs ● 29g fiber



chickpea pasta

3 oz (85g)
oil
3/4 tbsp (11mL)
butter
3/4 tbsp (11g)
nutritional yeast
1/2 tbsp (2g)
onion, thinly sliced
3/4 medium (2-1/2" dia) (83g)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



mixed greens

1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

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

Lunch 4 ↗

Eat on day 6 and day 7

Curried veggie burger

1 burger(s) - 314 cals ● 14g protein ● 10g fat ● 37g carbs ● 6g fiber



For single meal:

nonfat greek yogurt, plain
2 tbsp (35g)
curry powder
4 dash (1g)
veggie burger patty
1 patty (71g)
mixed greens
4 tbsp (8g)
oil
1 tsp (5mL)
hamburger buns
1 bun(s) (51g)

For all 2 meals:

nonfat greek yogurt, plain
4 tbsp (70g)
curry powder
1 tsp (2g)
veggie burger patty
2 patty (142g)
mixed greens
1/2 cup (15g)
oil
2 tsp (10mL)
hamburger buns
2 bun(s) (102g)

1. In a small bowl, mix the Greek yogurt and curry powder. Set aside.
2. Heat oil in a skillet over medium-heat. Add veggie burger and cook until golden brown using time listed on package instructions.
3. Spread curry sauce on the bottom half of the bun. Add veggie burger and mixed greens and top with remaining bun half. Serve.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

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

Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:

protein bar (20g protein)
2 bar (100g)

For all 2 meals:

protein bar (20g protein)
4 bar (200g)

1. The recipe has no instructions.

Snacks 1 ↗

Eat on day 1 and day 2

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 2 meals:

kiwi
2 fruit (138g)

1. Slice the kiwi and serve.

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.

Pretzels

193 cals ● 5g protein ● 1g fat ● 38g carbs ● 2g fiber



For single meal:

pretzels, hard, salted
1 3/4 oz (50g)

For all 2 meals:

pretzels, hard, salted
1/4 lbs (99g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

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.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks and serve.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:
nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:
nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



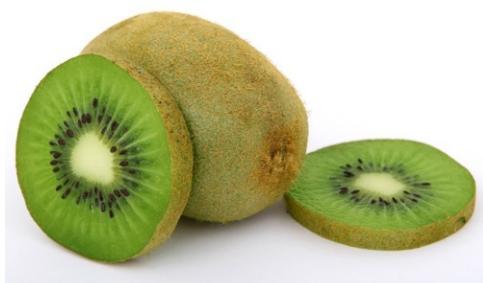
For single meal:
cottage cheese & fruit cup
1 container (170g)

For all 3 meals:
cottage cheese & fruit cup
3 container (510g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:
kiwi
1 fruit (69g)

For all 3 meals:
kiwi
3 fruit (207g)

1. Slice the kiwi and serve.

Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

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

Dinner 1 ↗

Eat on day 1

Veggie burger with cheese

2 burger - 722 cals ● 32g protein ● 24g fat ● 83g carbs ● 11g fiber



Makes 2 burger

hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)
veggie burger patty
2 patty (142g)
sliced cheese
2 slice (3/4 oz ea) (42g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

Peas

141 cals ● 9g protein ● 1g fat ● 16g carbs ● 8g fiber

frozen peas
1 1/3 cup (179g)

1. Prepare according to instructions on package.



Dinner 2 ↗

Eat on day 2 and day 3

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 2 meals:

string cheese

4 stick (112g)

1. The recipe has no instructions.

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

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)

For all 2 meals:

oil

4 tsp (20mL)

nutritional yeast

4 tsp (5g)

salad dressing

4 tbsp (60mL)

fresh spinach

8 cup(s) (240g)

seitan, crumbled or sliced

3/4 lbs (340g)

tomatoes, halved

24 cherry tomatoes (408g)

avocados, chopped

1 avocado(s) (201g)

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.

Dinner 3 ↗

Eat on day 4

Garlic crumbles stuffed sweet potatoes

2 sweet potato(es) - 602 cals ● 28g protein ● 12g fat ● 76g carbs ● 19g fiber



Makes 2 sweet potato(es)

oil

1/2 tbsp (8mL)

garlic powder

2 dash (1g)

sweet potatoes

2 sweetpotato, 5" long (420g)

vegetarian burger crumbles

4 oz (113g)

garlic, minced

1 clove(s) (3g)

1. Pierce sweet potato(es) with a fork a few times. Place sweet potato(es) on a plate and microwave on high for about 5-8 minutes per sweet potato or until soft. Set aside. (Alternatively you can bake the sweet potato(es) in the oven for about 40-75 minutes at 400°F (200°C) until soft).

2. Heat the oil in a skillet over medium heat. Add the minced garlic and cook until fragrant, about 1 minute.
3. Add garlic powder and crumbles and cook crumbles according to skillet directions on their package.
4. Once crumbles are fully cooked, split open sweet potatoes with a knife and stuff with the garlicky crumbles mixture. Serve.

Milk

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

Makes 1 1/3 cup(s)



whole milk

1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

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

Dinner 4 ↗

Eat on day 5 and day 6

Spaghetti and meatless meatballs

443 cals ● 21g protein ● 7g fat ● 67g carbs ● 7g fiber



For single meal:

pasta sauce
1/6 jar (24 oz) (112g)
uncooked dry pasta
2 2/3 oz (76g)
vegan meatballs, frozen
2 meatball(s) (60g)

For all 2 meals:

pasta sauce
1/3 jar (24 oz) (224g)
uncooked dry pasta
1/3 lbs (152g)
vegan meatballs, frozen
4 meatball(s) (120g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Milk

2 1/2 cup(s) - 373 cals ● 19g protein ● 20g fat ● 29g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

whole milk
5 cup(s) (1200mL)

1. The recipe has no instructions.

Dinner 5

Eat on day 7

Curried lentils

723 cals ● 27g protein ● 37g fat ● 60g carbs ● 10g fiber



lentils, raw
1/2 cup (96g)
water
1 cup(s) (237mL)
salt
1 dash (1g)
coconut milk, canned
3/4 cup (180mL)
curry paste
1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Sautéed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



kale leaves
1 1/2 cup, chopped (60g)
oil
1/2 tbsp (8mL)

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

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.