

Meal Plan - 3100 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

3088 cals ● 235g protein (30%) ● 89g fat (26%) ● 267g carbs (35%) ● 70g fiber (9%)

Breakfast

515 cals, 29g protein, 31g net carbs, 29g fat



Clementine

2 clementine(s)- 78 cals



Small granola bar

1 bar(s)- 119 cals



Basic scrambled eggs

4 egg(s)- 318 cals

Snacks

305 cals, 16g protein, 28g net carbs, 12g fat



String cheese

2 stick(s)- 165 cals



Nectarine

2 nectarine(s)- 140 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Lunch

950 cals, 41g protein, 74g net carbs, 42g fat



Tomato and avocado salad

293 cals



Bean & tofu goulash

656 cals

Dinner

880 cals, 52g protein, 130g net carbs, 5g fat



Lentils

347 cals



Bbq cauliflower wings

535 cals

Day 2

3132 cals ● 234g protein (30%) ● 99g fat (28%) ● 275g carbs (35%) ● 52g fiber (7%)

Breakfast

515 cals, 29g protein, 31g net carbs, 29g fat



Clementine

2 clementine(s)- 78 cals



Small granola bar

1 bar(s)- 119 cals



Basic scrambled eggs

4 egg(s)- 318 cals

Snacks

305 cals, 16g protein, 28g net carbs, 12g fat



String cheese

2 stick(s)- 165 cals



Nectarine

2 nectarine(s)- 140 cals

Lunch

995 cals, 40g protein, 81g net carbs, 51g fat



Garlic pepper seitan

342 cals



Tomato and avocado salad

235 cals



Buttery brown rice

417 cals

Dinner

880 cals, 52g protein, 130g net carbs, 5g fat



Lentils

347 cals



Bbq cauliflower wings

535 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 3

3121 cals ● 242g protein (31%) ● 113g fat (33%) ● 230g carbs (29%) ● 53g fiber (7%)

Breakfast

510 cals, 28g protein, 14g net carbs, 36g fat



Egg in an eggplant

361 cals



Milk

1 cup(s)- 149 cals

Lunch

875 cals, 44g protein, 109g net carbs, 19g fat



Vegan meatball sub

1 1/2 sub(s)- 702 cals



Grapes

174 cals

Snacks

335 cals, 33g protein, 28g net carbs, 9g fat



Clementine

2 clementine(s)- 78 cals



Protein shake (milk)

258 cals

Dinner

965 cals, 41g protein, 76g net carbs, 47g fat



Southwest lentil & potato skillet

640 cals



Simple mozzarella and tomato salad

322 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 4

3121 cals ● 242g protein (31%) ● 113g fat (33%) ● 230g carbs (29%) ● 53g fiber (7%)

Breakfast

510 cals, 28g protein, 14g net carbs, 36g fat



Egg in an eggplant

361 cals



Milk

1 cup(s)- 149 cals

Snacks

335 cals, 33g protein, 28g net carbs, 9g fat



Clementine

2 clementine(s)- 78 cals



Protein shake (milk)

258 cals

Lunch

875 cals, 44g protein, 109g net carbs, 19g fat



Vegan meatball sub

1 1/2 sub(s)- 702 cals



Grapes

174 cals

Dinner

965 cals, 41g protein, 76g net carbs, 47g fat



Southwest lentil & potato skillet

640 cals



Simple mozzarella and tomato salad

322 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 5

3104 cals ● 255g protein (33%) ● 140g fat (41%) ● 164g carbs (21%) ● 40g fiber (5%)

Breakfast

510 cals, 28g protein, 14g net carbs, 36g fat



Egg in an eggplant

361 cals



Milk

1 cup(s)- 149 cals

Snacks

305 cals, 18g protein, 9g net carbs, 18g fat



Mixed nuts

1/8 cup(s)- 109 cals



Chocolate avocado chia pudding

197 cals

Lunch

915 cals, 59g protein, 95g net carbs, 32g fat



Crispy chik'n tenders

14 tender(s)- 800 cals



Clementine

3 clementine(s)- 117 cals

Dinner

935 cals, 54g protein, 43g net carbs, 53g fat



Peanut tempeh

6 oz tempeh- 651 cals



Cranberry spinach salad

285 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake

4 scoop- 436 cals

Day 6

3094 cals ● 254g protein (33%) ● 132g fat (38%) ● 185g carbs (24%) ● 37g fiber (5%)

Breakfast

500 cals, 26g protein, 34g net carbs, 28g fat



Dried cranberries
1/4 cup- 136 cals



Creamy scrambled eggs
364 cals

Snacks

305 cals, 18g protein, 9g net carbs, 18g fat



Mixed nuts
1/8 cup(s)- 109 cals



Chocolate avocado chia pudding
197 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Lunch

915 cals, 59g protein, 95g net carbs, 32g fat



Crispy chick'n tenders
14 tender(s)- 800 cals



Clementine
3 clementine(s)- 117 cals

Dinner

935 cals, 54g protein, 43g net carbs, 53g fat



Peanut tempeh
6 oz tempeh- 651 cals



Cranberry spinach salad
285 cals

Day 7

3067 cals ● 227g protein (30%) ● 108g fat (32%) ● 228g carbs (30%) ● 69g fiber (9%)

Breakfast

500 cals, 26g protein, 34g net carbs, 28g fat



Dried cranberries
1/4 cup- 136 cals



Creamy scrambled eggs
364 cals

Snacks

305 cals, 18g protein, 9g net carbs, 18g fat



Mixed nuts
1/8 cup(s)- 109 cals



Chocolate avocado chia pudding
197 cals

Lunch

920 cals, 35g protein, 101g net carbs, 27g fat



Spanish chickpeas
746 cals



Brown rice
3/4 cup brown rice, cooked- 172 cals

Dinner

905 cals, 51g protein, 80g net carbs, 33g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Chickpea & kale soup
409 cals



Pistachios
188 cals

Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



Protein shake
4 scoop- 436 cals

Grocery List



Vegetables and Vegetable Products

- onion
2 1/2 medium (2-1/2" dia) (286g)
- tomatoes
4 medium whole (2-3/5" dia) (502g)
- garlic
3 1/2 clove(s) (11g)
- cauliflower
4 head small (4" dia.) (1060g)
- green pepper
1 tbsp, chopped (9g)
- eggplant
9 1 inch (2.5 cm) slice(s) (540g)
- jalapeno pepper
4 pepper(s) (56g)
- potatoes
4 small (1-3/4" to 2-1/4" dia.) (368g)
- bell pepper
3 large (492g)
- ketchup
1/2 cup (119g)
- fresh spinach
5/6 10oz package (241g)
- kale leaves
1 1/2 cup, chopped (60g)
- tomato paste
2 tbsp (32g)

Fruits and Fruit Juices

- lime juice
2 1/4 tbsp (34mL)
- avocados
1 1/3 avocado(s) (264g)
- nectarine
4 medium (2-1/2" dia) (568g)
- clementines
14 fruit (1036g)
- grapes
6 cup (552g)
- lemon juice
1 1/2 tbsp (23mL)
- dried cranberries
3/4 cup (120g)

Fats and Oils

- olive oil
3/4 oz (23mL)
- oil
1/4 lbs (113mL)

Dairy and Egg Products

- string cheese
4 stick (112g)
- eggs
25 large (1250g)
- butter
1/3 stick (36g)
- whole milk
6 cup(s) (1440mL)
- sour cream
1/2 cup (96g)
- fresh mozzarella cheese
1/3 lbs (151g)
- lowfat greek yogurt
6 tbsp (105g)
- romano cheese
3/4 tbsp (5g)
- lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

Beverages

- protein powder
30 3/4 scoop (1/3 cup ea) (953g)
- water
2 1/4 gallon (8486mL)

Snacks

- small granola bar
2 bar (50g)

Soups, Sauces, and Gravies

- barbecue sauce
1 cup (286g)
- pasta sauce
3/4 cup (195g)
- vegetable broth
3 cup(s) (mL)

Other

- nutritional yeast
2 1/2 oz (69g)
- sub roll(s)
3 roll(s) (255g)
- vegan meatballs, frozen
12 meatball(s) (360g)
- cacao powder
1 1/2 tbsp (9g)

- balsamic vinaigrette**
2 3/4 tbsp (41mL)
- raspberry walnut vinaigrette**
4 tbsp (60mL)

Spices and Herbs

- garlic powder**
1/2 tsp (2g)
- salt**
1 tbsp (17g)
- black pepper**
1/2 tbsp, ground (4g)
- paprika**
2 tbsp (14g)
- fresh thyme**
3 dash (0g)
- fresh basil**
2 2/3 tbsp, chopped (7g)
- ground cumin**
1 tbsp (6g)

Legumes and Legume Products

- white beans, canned**
3/4 can(s) (329g)
- firm tofu**
1/3 lbs (149g)
- lentils, raw**
1 2/3 cup (320g)
- tempeh**
3/4 lbs (340g)
- peanut butter**
6 tbsp (97g)
- soy sauce**
1 tbsp (15mL)
- chickpeas, canned**
1 3/4 can(s) (784g)

- meatless chik'n tenders**
28 pieces (714g)

Cereal Grains and Pasta

- seitan**
4 oz (113g)
- brown rice**
2/3 cup (127g)

Nut and Seed Products

- mixed nuts**
6 tbsp (50g)
- chia seeds**
3 tbsp (43g)
- walnuts**
4 tbsp, chopped (29g)
- pistachios, shelled**
4 tbsp (31g)

Breakfast 1 ↗

Eat on day 1 and day 2

Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

clementines
2 fruit (148g)

For all 2 meals:

clementines
4 fruit (296g)

1. The recipe has no instructions.

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. The recipe has no instructions.

Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

oil
2 tsp (10mL)
eggs
8 large (400g)

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

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Egg in an eggplant

361 cals ● 20g protein ● 28g fat ● 2g carbs ● 5g fiber



For single meal:

eggplant
3 1 inch (2.5 cm) slice(s) (180g)
oil
1 tbsp (15mL)
eggs
3 large (150g)

For all 3 meals:

eggplant
9 1 inch (2.5 cm) slice(s) (540g)
oil
3 tbsp (45mL)
eggs
9 large (450g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

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 3 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

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.

Creamy scrambled eggs

364 cals ● 26g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
1/8 cup(s) (30mL)

For all 2 meals:

eggs
8 large (400g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
butter
4 tsp (18g)
whole milk
1/4 cup(s) (60mL)

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

Lunch 1 ↗

Eat on day 1

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion
1 1/4 tbsp minced (19g)
lime juice
1 1/4 tbsp (19mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
5/8 avocado(s) (126g)
tomatoes, diced
5/8 medium whole (2-3/5" dia) (77g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Bean & tofu goulash

656 cals ● 37g protein ● 19g fat ● 65g carbs ● 19g fiber



oil
3/4 tbsp (11mL)
paprika
3/4 tbsp (5g)
fresh thyme
3 dash (0g)
white beans, canned, drained & rinsed
3/4 can(s) (329g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
garlic, minced
3/4 clove (2g)
firm tofu, drained and diced
1/3 lbs (149g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Lunch 2 ↗

Eat on day 2

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
green pepper
1 tbsp, chopped (9g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)
seitan, chicken style
4 oz (113g)
garlic, minced
1 1/4 clove(s) (4g)

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

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Buttery brown rice

417 cals ● 6g protein ● 17g fat ● 58g carbs ● 3g fiber



butter
1 1/4 tbsp (18g)
brown rice
6 2/3 tbsp (79g)
salt
1/3 tsp (2g)
water
5/6 cup(s) (198mL)
black pepper
1/3 tsp, ground (1g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Lunch 3 ↗

Eat on day 3 and day 4

Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

sub roll(s)
1 1/2 roll(s) (128g)
nutritional yeast
1/2 tbsp (2g)
pasta sauce
6 tbsp (98g)
vegan meatballs, frozen
6 meatball(s) (180g)

For all 2 meals:

sub roll(s)
3 roll(s) (255g)
nutritional yeast
1 tbsp (4g)
pasta sauce
3/4 cup (195g)
vegan meatballs, frozen
12 meatball(s) (360g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Grapes

174 cals ● 2g protein ● 1g fat ● 28g carbs ● 11g fiber



For single meal:

grapes
3 cup (276g)

For all 2 meals:

grapes
6 cup (552g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 5 and day 6

Crispy chik'n tenders

14 tender(s) - 800 cals ● 57g protein ● 32g fat ● 72g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
14 pieces (357g)
ketchup
1/4 cup (60g)

For all 2 meals:

meatless chik'n tenders
28 pieces (714g)
ketchup
1/2 cup (119g)

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

Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

clementines
3 fruit (222g)

For all 2 meals:

clementines
6 fruit (444g)

1. The recipe has no instructions.

Lunch 5 ↗

Eat on day 7

Spanish chickpeas

746 cals ● 31g protein ● 26g fat ● 66g carbs ● 31g fiber



tomato paste
2 tbsp (32g)
fresh spinach
4 oz (113g)
water
1 cup(s) (237mL)
oil
1 tbsp (15mL)
paprika
2 tsp (5g)
ground cumin
1 tbsp (6g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)
onion, sliced
1 large (150g)
bell pepper, deseeded & sliced
1 large (164g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



Makes 3/4 cup brown rice, cooked

salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)
brown rice
4 tbsp (48g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Snacks 1 ↗

Eat on day 1 and day 2

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.

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 2 ↗

Eat on day 3 and day 4

Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

clementines
2 fruit (148g)

For all 2 meals:

clementines
4 fruit (296g)

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.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Mixed nuts

1/8 cup(s) - 109 cals ● 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.

Chocolate avocado chia pudding

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



For single meal:

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

For all 3 meals:

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

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

Dinner 1 ↗

Eat on day 1 and day 2

Lentils

347 cals ● 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.

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

Dinner 2 ↗

Eat on day 3 and day 4

Southwest lentil & potato skillet

640 cals ● 22g protein ● 25g fat ● 67g carbs ● 16g fiber



For single meal:

lentils, raw
1/3 cup (64g)
water
1/2 cup(s) (119mL)
paprika
1 tsp (2g)
sour cream
4 tbsp (48g)
oil
1 tbsp (15mL)
jalapeno pepper, sliced
2 pepper(s) (28g)
potatoes, thinly sliced
2 small (1-3/4" to 2-1/4" dia.)
(184g)
bell pepper, deseeded & sliced
1 large (164g)

For all 2 meals:

lentils, raw
2/3 cup (128g)
water
1 cup(s) (237mL)
paprika
2 tsp (5g)
sour cream
1/2 cup (96g)
oil
2 tbsp (30mL)
jalapeno pepper, sliced
4 pepper(s) (56g)
potatoes, thinly sliced
4 small (1-3/4" to 2-1/4" dia.)
(368g)
bell pepper, deseeded & sliced
2 large (328g)

1. Preheat oven to 400°F (200°C).
2. Combine lentils and water in a small saucepan. Cook according to package instructions. Drain any remaining water. Set aside.
3. Coat the potatoes and peppers separately with the oil and season them with paprika and some salt and pepper. Place the potato slices on one side of a baking sheet and bake for 10 minutes. After the initial 10 minutes, add the peppers to the other side of the same baking sheet. Continue baking both the potatoes and peppers for an additional 20 minutes until they are soft.
4. Mix the cooked peppers with the lentils and season with some salt and pepper. Top the lentil and pepper mixture with the potatoes, sour cream, and jalapeno. Serve.

Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



For single meal:

balsamic vinaigrette
4 tsp (20mL)
fresh basil
4 tsp, chopped (4g)
fresh mozzarella cheese, sliced
2 2/3 oz (76g)
tomatoes, sliced
1 large whole (3" dia) (182g)

For all 2 meals:

balsamic vinaigrette
2 2/3 tbsp (40mL)
fresh basil
2 2/3 tbsp, chopped (7g)
fresh mozzarella cheese, sliced
1/3 lbs (151g)
tomatoes, sliced
2 large whole (3" dia) (364g)

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

Dinner 3 ↗

Eat on day 5 and day 6

Peanut tempeh

6 oz tempeh - 651 cals ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

tempeh
6 oz (170g)
peanut butter
3 tbsp (48g)
lemon juice
3/4 tbsp (11mL)
soy sauce
1/2 tbsp (8mL)
nutritional yeast
3/4 tbsp (3g)

For all 2 meals:

tempeh
3/4 lbs (340g)
peanut butter
6 tbsp (97g)
lemon juice
1 1/2 tbsp (23mL)
soy sauce
1 tbsp (15mL)
nutritional yeast
1 1/2 tbsp (6g)

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.

Cranberry spinach salad

285 cals ● 5g protein ● 19g fat ● 21g carbs ● 3g fiber



For single meal:

dried cranberries
2 tbsp (20g)
walnuts
2 tbsp, chopped (15g)
fresh spinach
3/8 6oz package (64g)
raspberry walnut vinaigrette
2 tbsp (30mL)
romano cheese, finely shredded
1 tsp (2g)

For all 2 meals:

dried cranberries
4 tbsp (40g)
walnuts
4 tbsp, chopped (29g)
fresh spinach
3/4 6oz package (128g)
raspberry walnut vinaigrette
4 tbsp (60mL)
romano cheese, finely shredded
3/4 tbsp (5g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Dinner 4 ↗

Eat on day 7

Lowfat Greek yogurt

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

Makes 2 container(s)



lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



vegetable broth
3 cup(s) (mL)
oil
1/4 tbsp (4mL)
kale leaves, chopped
1 1/2 cup, chopped (60g)
garlic, minced
1 1/2 clove(s) (5g)
chickpeas, canned, drained
3/4 can(s) (336g)

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.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, shelled
4 tbsp (31g)

1. The recipe has no instructions.

Protein Supplement(s) ↗

Eat every day

Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

protein powder
4 scoop (1/3 cup ea) (124g)
water
4 cup(s) (948mL)

For all 7 meals:

protein powder
28 scoop (1/3 cup ea) (868g)
water
28 cup(s) (6636mL)

1. The recipe has no instructions.