

Meal Plan - 3200 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

3170 cals ● 251g protein (32%) ● 96g fat (27%) ● 278g carbs (35%) ● 48g fiber (6%)

Breakfast

490 cals, 24g protein, 47g net carbs, 21g fat



Simple cinnamon oatmeal with milk
329 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

380 cals, 14g protein, 30g net carbs, 20g fat



Orange
1 orange(s)- 85 cals



Toast with butter
1 slice(s)- 114 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

890 cals, 57g protein, 100g net carbs, 22g fat



Fruit juice
1 1/3 cup(s)- 153 cals



Hummus & veggie deli sandwich
2 sandwich(es)- 739 cals

Dinner

975 cals, 59g protein, 98g net carbs, 32g fat



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



Lowfat Greek yogurt
2 container(s)- 310 cals



Warm Brussels sprout & lentil salad
414 cals

Day 2

3170 cals ● 251g protein (32%) ● 96g fat (27%) ● 278g carbs (35%) ● 48g fiber (6%)

Breakfast

490 cals, 24g protein, 47g net carbs, 21g fat



Simple cinnamon oatmeal with milk
329 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

380 cals, 14g protein, 30g net carbs, 20g fat



Orange
1 orange(s)- 85 cals



Toast with butter
1 slice(s)- 114 cals



Pumpkin seeds
183 cals

Lunch

890 cals, 57g protein, 100g net carbs, 22g fat



Fruit juice
1 1/3 cup(s)- 153 cals



Hummus & veggie deli sandwich
2 sandwich(es)- 739 cals

Dinner

975 cals, 59g protein, 98g net carbs, 32g fat



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



Lowfat Greek yogurt
2 container(s)- 310 cals



Warm brussels sprout & lentil salad
414 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Day 3

3234 cals ● 231g protein (29%) ● 128g fat (36%) ● 246g carbs (30%) ● 43g fiber (5%)

Breakfast

490 cals, 24g protein, 47g net carbs, 21g fat



Simple cinnamon oatmeal with milk
329 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

380 cals, 14g protein, 30g net carbs, 20g fat



Orange
1 orange(s)- 85 cals



Toast with butter
1 slice(s)- 114 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

905 cals, 48g protein, 49g net carbs, 51g fat



Edamame slaw salad bowl
294 cals



Walnuts
1/2 cup(s)- 350 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

1025 cals, 49g protein, 116g net carbs, 35g fat



Fruit juice
1 2/3 cup(s)- 191 cals



Chik'n nuggets
12 nuggets- 662 cals



Edamame & beet salad
171 cals

Day 4

3161 cals ● 282g protein (36%) ● 115g fat (33%) ● 202g carbs (26%) ● 48g fiber (6%)

Breakfast

435 cals, 14g protein, 45g net carbs, 20g fat



String cheese
1 stick(s)- 83 cals



Large granola bar
2 bar(s)- 352 cals

Snacks

345 cals, 70g protein, 6g net carbs, 2g fat



Double chocolate protein shake
343 cals

Lunch

925 cals, 52g protein, 31g net carbs, 56g fat



Mixed nuts
1/3 cup(s)- 290 cals



Crack slaw with tempeh
633 cals

Dinner

1025 cals, 49g protein, 116g net carbs, 35g fat



Fruit juice
1 2/3 cup(s)- 191 cals



Chik'n nuggets
12 nuggets- 662 cals



Edamame & beet salad
171 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Day 5

3157 cals ● 273g protein (35%) ● 99g fat (28%) ● 238g carbs (30%) ● 56g fiber (7%)

Breakfast

435 cals, 14g protein, 45g net carbs, 20g fat



String cheese
1 stick(s)- 83 cals



Large granola bar
2 bar(s)- 352 cals

Snacks

345 cals, 70g protein, 6g net carbs, 2g fat



Double chocolate protein shake
343 cals

Lunch

1020 cals, 48g protein, 58g net carbs, 59g fat



Vegan deli smashed avocado sandwich
1 sandwich(es)- 387 cals



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



Celery and peanut butter
436 cals

Dinner

920 cals, 44g protein, 125g net carbs, 15g fat



Bbq cauliflower wings
803 cals



Roasted tomatoes
2 tomato(es)- 119 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Day 6

3199 cals ● 259g protein (32%) ● 97g fat (27%) ● 271g carbs (34%) ● 51g fiber (6%)

Breakfast

525 cals, 53g protein, 17g net carbs, 27g fat



High protein scrambled eggs
396 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

370 cals, 11g protein, 64g net carbs, 6g fat



Milk
1/2 cup(s)- 75 cals



Pretzels
293 cals

Lunch

945 cals, 54g protein, 62g net carbs, 47g fat



Simple mixed greens and tomato salad
227 cals



Vegan sausage & veggie sheet pan
720 cals

Dinner

920 cals, 44g protein, 125g net carbs, 15g fat



Bbq cauliflower wings
803 cals



Roasted tomatoes
2 tomato(es)- 119 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Day 7

3206 cals ● 267g protein (33%) ● 88g fat (25%) ● 276g carbs (34%) ● 59g fiber (7%)

Breakfast

525 cals, 53g protein, 17g net carbs, 27g fat



High protein scrambled eggs
396 cals



Cottage cheese & fruit cup
1 container- 131 cals

Lunch

945 cals, 54g protein, 62g net carbs, 47g fat



Simple mixed greens and tomato salad
227 cals



Vegan sausage & veggie sheet pan
720 cals

Snacks

370 cals, 11g protein, 64g net carbs, 6g fat



Milk
1/2 cup(s)- 75 cals



Pretzels
293 cals

Dinner

930 cals, 51g protein, 129g net carbs, 7g fat



Fruit juice
1 1/2 cup(s)- 172 cals



Lentil pasta
757 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Grocery List



Fruits and Fruit Juices

- fruit juice
60 fl oz (1800mL)
- orange
3 orange (462g)
- avocados
1/3 avocado(s) (67g)

Baked Products

- bread
14 2/3 oz (416g)

Other

- plant-based deli slices
29 slices (302g)
- coleslaw mix
5 1/4 cup (473g)
- cottage cheese & fruit cup
4 container (680g)
- vegan chick'n nuggets
24 nuggets (516g)
- mixed greens
11 1/2 cup (345g)
- protein powder, chocolate
5 scoop (1/3 cup ea) (155g)
- nutritional yeast
1 1/2 cup (90g)
- italian seasoning
1/2 tbsp (5g)
- vegan sausage
3 sausage (300g)
- lentil pasta
6 oz (170g)

Legumes and Legume Products

- hummus
3/4 cup (180g)
- lentils, raw
3/4 cup (144g)
- tempeh
6 oz (170g)
- peanut butter
4 tbsp (64g)

Vegetables and Vegetable Products

- cucumber
1 cup slices (104g)

Dairy and Egg Products

- butter
1 tbsp (14g)
- whole milk
8 cup(s) (1901mL)
- eggs
14 large (700g)
- lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- nonfat greek yogurt, plain
10 tbsp (175g)
- string cheese
2 stick (56g)
- low fat cottage cheese (1% milkfat)
1 cup (226g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
3/4 cup (89g)
- walnuts
1/2 cup, shelled (50g)
- mixed nuts
1/3 cup (45g)
- sunflower kernels
1 1/2 tbsp (18g)

Beverages

- protein powder
28 scoop (1/3 cup ea) (868g)
- water
36 cup(s) (8532mL)

Sweets

- sugar
3 tbsp (39g)
- cocoa powder
5 tsp (9g)

Spices and Herbs

- cinnamon
1 tbsp (8g)
- salt
1/2 tbsp (9g)

Breakfast Cereals

- brussels sprouts**
4 1/2 cup, shredded (225g)
- edamame, frozen, shelled**
1 3/4 cup (207g)
- carrots**
4 1/4 medium (258g)
- ketchup**
6 tbsp (102g)
- beets, precooked (canned or refrigerated)**
4 beet(s) (200g)
- garlic**
1 1/2 clove (5g)
- raw celery**
4 stalk, medium (7-1/2" - 8" long) (160g)
- cauliflower**
6 head small (4" dia.) (1590g)
- tomatoes**
4 3/4 medium whole (2-3/5" dia) (588g)
- broccoli**
3 cup chopped (273g)
- potatoes**
3 small (1-3/4" to 2-1/4" dia.) (276g)

- quick oats**
1 1/2 cup (120g)

Fats and Oils

- oil**
3 oz (91mL)
- salad dressing**
1 cup (225mL)
- balsamic vinaigrette**
2 tbsp (30mL)

Soups, Sauces, and Gravies

- hot sauce**
3/8 fl oz (12mL)
- barbecue sauce**
1 1/2 cup (429g)
- pasta sauce**
3/8 jar (24 oz) (252g)

Snacks

- large granola bar**
4 bar (148g)
- pretzels, hard, salted**
1/3 lbs (151g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Simple cinnamon oatmeal with milk

329 cals ● 11g protein ● 9g fat ● 46g carbs ● 5g fiber



For single meal:

sugar
1 tbsp (13g)
cinnamon
1 tsp (3g)
whole milk
3/4 cup(s) (180mL)
quick oats
1/2 cup (40g)

For all 3 meals:

sugar
3 tbsp (39g)
cinnamon
1 tbsp (8g)
whole milk
2 1/4 cup(s) (540mL)
quick oats
1 1/2 cup (120g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 3 meals:

eggs
6 large (300g)
oil
1/2 tbsp (8mL)

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.

Breakfast 2 ↗

Eat on day 4 and day 5

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Large granola bar

2 bar(s) - 352 cals ● 7g protein ● 15g fat ● 44g carbs ● 4g fiber



For single meal:

large granola bar
2 bar (74g)

For all 2 meals:

large granola bar
4 bar (148g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

High protein scrambled eggs

396 cals ● 39g protein ● 25g fat ● 4g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
oil
1 tsp (5mL)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

For all 2 meals:

eggs
8 large (400g)
oil
2 tsp (10mL)
low fat cottage cheese (1% milkfat)
1 cup (226g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

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.

Lunch 1 ↗

Eat on day 1 and day 2

Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber

For single meal:



fruit juice

10 2/3 fl oz (320mL)

For all 2 meals:

fruit juice

21 1/3 fl oz (640mL)

1. The recipe has no instructions.

Hummus & veggie deli sandwich

2 sandwich(es) - 739 cals ● 55g protein ● 22g fat ● 66g carbs ● 16g fiber



For single meal:

bread

4 slice(s) (128g)

plant-based deli slices

12 slices (125g)

hummus

6 tbsp (90g)

cucumber

1/2 cup slices (52g)

For all 2 meals:

bread

8 slice(s) (256g)

plant-based deli slices

24 slices (250g)

hummus

3/4 cup (180g)

cucumber

1 cup slices (104g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich.
Serve.

Lunch 2 ↗

Eat on day 3

Edamame slaw salad bowl

294 cals ● 12g protein ● 14g fat ● 20g carbs ● 11g fiber



edamame, frozen, shelled
3/4 cup (89g)
coleslaw mix
2 1/4 cup (203g)
salad dressing
3 tbsp (45mL)
carrots, sliced into matchsticks
1 1/2 small (5-1/2" long) (75g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

Walnuts

1/2 cup(s) - 350 cals ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber

Makes 1/2 cup(s)



walnuts
1/2 cup, shelled (50g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

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

Lunch 3 ↗

Eat on day 4

Mixed nuts

1/3 cup(s) - 290 cals ● 9g protein ● 24g fat ● 6g carbs ● 3g fiber



Makes 1/3 cup(s)

mixed nuts

1/3 cup (45g)

1. The recipe has no instructions.

Crack slaw with tempeh

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



coleslaw mix

3 cup (270g)

hot sauce

1/2 tbsp (8mL)

sunflower kernels

1 1/2 tbsp (18g)

oil

1 tbsp (15mL)

garlic, minced

1 1/2 clove (5g)

tempeh, cubed

6 oz (170g)

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

Lunch 4 ↗

Eat on day 5

Vegan deli smashed avocado sandwich

1 sandwich(es) - 387 cals ● 23g protein ● 16g fat ● 29g carbs ● 10g fiber



Makes 1 sandwich(es)

plant-based deli slices

5 slices (52g)

bread

2 slice(s) (64g)

hot sauce

1 tsp (5mL)

mixed greens

1/2 cup (15g)

avocados, peeled & deseeded

1/3 avocado(s) (67g)

1. Using the back of a fork, mash avocado onto the bottom slice of bread. Layer the deli slices and mixed greens on top. Drizzle with hot sauce, top with top slice of bread and 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.

Celery and peanut butter

436 cals ● 15g protein ● 33g fat ● 13g carbs ● 6g fiber



raw celery

4 stalk, medium (7-1/2" - 8" long)

(160g)

peanut butter

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Lunch 5 ↗

Eat on day 6 and day 7

Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

For all 2 meals:

mixed greens
9 cup (270g)
tomatoes
1 1/2 cup cherry tomatoes (224g)
salad dressing
1/2 cup (135mL)

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

Vegan sausage & veggie sheet pan

720 cals ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)
carrots, sliced
1 1/2 medium (92g)
broccoli, chopped
1 1/2 cup chopped (137g)
vegan sausage, cut into bite sized pieces
1 1/2 sausage (150g)
potatoes, cut into wedges
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)

For all 2 meals:

oil
2 tbsp (30mL)
italian seasoning
1/2 tbsp (5g)
carrots, sliced
3 medium (183g)
broccoli, chopped
3 cup chopped (273g)
vegan sausage, cut into bite sized pieces
3 sausage (300g)
potatoes, cut into wedges
3 small (1-3/4" to 2-1/4" dia.) (276g)

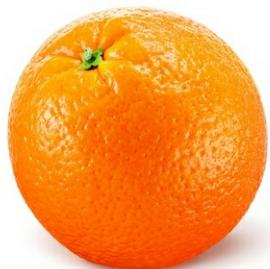
1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Orange

1 orange(s) - 85 cals ● 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.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

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

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

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 4 and day 5

Double chocolate protein shake

343 cals ● 70g protein ● 2g fat ● 6g carbs ● 4g fiber



For single meal:

water
2 1/2 cup(s) (593mL)
cocoa powder
2 1/2 tsp (5g)
nonfat greek yogurt, plain
5 tbsp (88g)
protein powder, chocolate
2 1/2 scoop (1/3 cup ea) (78g)

For all 2 meals:

water
5 cup(s) (1185mL)
cocoa powder
5 tsp (9g)
nonfat greek yogurt, plain
10 tbsp (175g)
protein powder, chocolate
5 scoop (1/3 cup ea) (155g)

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

Snacks 3 ↗

Eat on day 6 and day 7

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.

Pretzels

293 cals ● 7g protein ● 2g fat ● 58g carbs ● 3g fiber



For single meal:

pretzels, hard, salted
2 2/3 oz (76g)

For all 2 meals:

pretzels, hard, salted
1/3 lbs (151g)

1. The recipe has no instructions.

Dinner 1

Eat on day 1 and day 2

Milk

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



For single meal:

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

For all 2 meals:

whole milk
3 1/3 cup(s) (800mL)

1. The recipe has no instructions.

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.

Warm brussels sprout & lentil salad

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



For single meal:

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

For all 2 meals:

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

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

Dinner 2 ↗

Eat on day 3 and day 4

Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



For single meal:

fruit juice
13 1/3 fl oz (400mL)

For all 2 meals:

fruit juice
26 2/3 fl oz (800mL)

1. The recipe has no instructions.

Chik'n nuggets

12 nuggets - 662 cals ● 37g protein ● 27g fat ● 62g carbs ● 6g fiber



For single meal:

ketchup
3 tbsp (51g)
vegan chick'n nuggets
12 nuggets (258g)

For all 2 meals:

ketchup
6 tbsp (102g)
vegan chick'n nuggets
24 nuggets (516g)

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

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

For all 2 meals:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Dinner 3 ↗

Eat on day 5 and day 6

Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



For single meal:

barbecue sauce
3/4 cup (215g)
salt
1/4 tbsp (5g)
nutritional yeast
3/4 cup (45g)
cauliflower
3 head small (4" dia.) (795g)

For all 2 meals:

barbecue sauce
1 1/2 cup (429g)
salt
1/2 tbsp (9g)
nutritional yeast
1 1/2 cup (90g)
cauliflower
6 head small (4" dia.) (1590g)

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.

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

oil
2 tsp (10mL)
tomatoes
2 small whole (2-2/5" dia) (182g)

For all 2 meals:

oil
4 tsp (20mL)
tomatoes
4 small whole (2-2/5" dia) (364g)

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.

Dinner 4

Eat on day 7

Fruit juice

1 1/2 cup(s) - 172 cals  3g protein  1g fat  38g carbs  1g fiber

Makes 1 1/2 cup(s)



fruit juice
12 fl oz (360mL)

1. The recipe has no instructions.

Lentil pasta

757 cals  49g protein  6g fat  91g carbs  36g fiber



pasta sauce
3/8 jar (24 oz) (252g)
lentil pasta
6 oz (170g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

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.