

Meal Plan - 3300 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

3312 cals ● 247g protein (30%) ● 106g fat (29%) ● 285g carbs (34%) ● 60g fiber (7%)

Breakfast

540 cals, 25g protein, 38g net carbs, 26g fat



Raspberries
3/4 cup(s)- 54 cals



Toast with butter
2 slice(s)- 227 cals



Egg and pesto stuffed tomato
2 tomato(es)- 259 cals

Snacks

370 cals, 14g protein, 17g net carbs, 24g fat



Roasted almonds
1/6 cup(s)- 166 cals



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

990 cals, 35g protein, 118g net carbs, 32g fat



Simple mixed greens salad
237 cals



Chickpea bowl with spicy yogurt sauce
752 cals

Dinner

980 cals, 76g protein, 108g net carbs, 22g fat



Simple mixed greens and tomato salad
76 cals



Teriyaki seitan with veggies and rice
902 cals

Day 2

3353 cals ● 227g protein (27%) ● 139g fat (37%) ● 236g carbs (28%) ● 63g fiber (8%)

Breakfast

540 cals, 25g protein, 38g net carbs, 26g fat



Raspberries

3/4 cup(s)- 54 cals



Toast with butter

2 slice(s)- 227 cals



Egg and pesto stuffed tomato

2 tomato(es)- 259 cals

Snacks

370 cals, 14g protein, 17g net carbs, 24g fat



Roasted almonds

1/6 cup(s)- 166 cals



Smashed raspberry almond butter toast

1 toast(s)- 203 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

990 cals, 35g protein, 118g net carbs, 32g fat



Simple mixed greens salad

237 cals



Chickpea bowl with spicy yogurt sauce

752 cals

Dinner

1020 cals, 57g protein, 60g net carbs, 55g fat



Roasted peanuts

1/3 cup(s)- 288 cals



Tomato soup

1 can(s)- 211 cals



Broccoli caesar salad with hard boiled eggs

520 cals

Day 3

3305 cals ● 254g protein (31%) ● 164g fat (45%) ● 149g carbs (18%) ● 55g fiber (7%)

Breakfast

445 cals, 18g protein, 15g net carbs, 27g fat



Roasted almonds
1/8 cup(s)- 111 cals



Chia yogurt parfait
333 cals

Snacks

330 cals, 37g protein, 13g net carbs, 11g fat



Milk
2/3 cup(s)- 99 cals



Chocolate protein mug cake
1 mug cake(s)- 195 cals



Raspberries
1/2 cup(s)- 36 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1080 cals, 46g protein, 57g net carbs, 69g fat



Simple mixed greens salad
203 cals



Pumpkin seeds
183 cals



Caprese sandwich
1 1/2 sandwich(es)- 691 cals

Dinner

1020 cals, 57g protein, 60g net carbs, 55g fat



Roasted peanuts
1/3 cup(s)- 288 cals



Tomato soup
1 can(s)- 211 cals



Broccoli caesar salad with hard boiled eggs
520 cals

Day 4

3314 cals ● 234g protein (28%) ● 150g fat (41%) ● 207g carbs (25%) ● 52g fiber (6%)

Breakfast

445 cals, 18g protein, 15g net carbs, 27g fat



Roasted almonds
1/8 cup(s)- 111 cals



Chia yogurt parfait
333 cals

Snacks

330 cals, 37g protein, 13g net carbs, 11g fat



Milk
2/3 cup(s)- 99 cals



Chocolate protein mug cake
1 mug cake(s)- 195 cals



Raspberries
1/2 cup(s)- 36 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

1080 cals, 46g protein, 57g net carbs, 69g fat



Simple mixed greens salad
203 cals



Pumpkin seeds
183 cals



Caprese sandwich
1 1/2 sandwich(es)- 691 cals

Dinner

1025 cals, 36g protein, 119g net carbs, 40g fat



Spinach parmesan pasta
914 cals



Simple mixed greens and tomato salad
113 cals

Day 5

3272 cals ● 257g protein (31%) ● 154g fat (42%) ● 157g carbs (19%) ● 56g fiber (7%)

Breakfast

495 cals, 38g protein, 9g net carbs, 34g fat



String cheese
3 stick(s)- 248 cals



Scrambled eggs with spinach, parmesan & tomato
249 cals

Snacks

350 cals, 23g protein, 15g net carbs, 17g fat



Roasted almonds
1/6 cup(s)- 148 cals



Raspberries
1 cup(s)- 72 cals



Protein shake (milk)
129 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

995 cals, 33g protein, 82g net carbs, 50g fat



Chunky canned soup (creamy)
2 1/2 can(s)- 884 cals



Simple mixed greens and tomato salad
113 cals

Dinner

995 cals, 67g protein, 47g net carbs, 52g fat



Milk
2 1/4 cup(s)- 335 cals



Basic tempeh
8 oz- 590 cals



Simple mixed greens salad
68 cals

Day 6

3314 cals ● 240g protein (29%) ● 145g fat (39%) ● 207g carbs (25%) ● 55g fiber (7%)

Breakfast

495 cals, 38g protein, 9g net carbs, 34g fat



String cheese
3 stick(s)- 248 cals



Scrambled eggs with spinach, parmesan & tomato
249 cals

Snacks

350 cals, 23g protein, 15g net carbs, 17g fat



Roasted almonds
1/6 cup(s)- 148 cals



Raspberries
1 cup(s)- 72 cals



Protein shake (milk)
129 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

995 cals, 33g protein, 82g net carbs, 50g fat



Chunky canned soup (creamy)
2 1/2 can(s)- 884 cals



Simple mixed greens and tomato salad
113 cals

Dinner

1035 cals, 50g protein, 97g net carbs, 43g fat



Kenyan greens & tofu bowl
746 cals



Lentils
289 cals

Day 7

3347 cals ● 245g protein (29%) ● 129g fat (35%) ● 244g carbs (29%) ● 58g fiber (7%)

Breakfast

495 cals, 38g protein, 9g net carbs, 34g fat



String cheese

3 stick(s)- 248 cals



Scrambled eggs with spinach, parmesan & tomato

249 cals

Snacks

350 cals, 23g protein, 15g net carbs, 17g fat



Roasted almonds

1/6 cup(s)- 148 cals



Raspberries

1 cup(s)- 72 cals



Protein shake (milk)

129 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

1030 cals, 38g protein, 120g net carbs, 33g fat



Chickpea stuffed sweet potato

1 1/2 sweet potato(es)- 733 cals



Milk

2 cup(s)- 298 cals

Dinner

1035 cals, 50g protein, 97g net carbs, 43g fat



Kenyan greens & tofu bowl

746 cals



Lentils

289 cals

Other

- ☐ mixed greens
29 1/4 cup (878g)
- ☐ sriracha chili sauce
1 tbsp (17g)
- ☐ teriyaki sauce
1/4 cup (53mL)
- ☐ protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
- ☐ calorie-free sweetener
4 tsp (14g)
- ☐ diced tomatoes
2 can(s) (840g)
- ☐ balsamic glaze
3/4 tbsp (11mL)

Fats and Oils

- ☐ salad dressing
2 cup (439mL)
- ☐ oil
4 oz (117mL)
- ☐ olive oil
1 tbsp (15mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
56 tsp (216g)
- ☐ seitan
1/2 lbs (227g)
- ☐ uncooked dry pasta
5 oz (143g)
- ☐ cornstarch
4 tbsp (32g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
2/3 cup (187g)
- ☐ butter
3/8 stick (45g)
- ☐ eggs
20 large (1000g)
- ☐ parmesan cheese
3 oz (81g)
- ☐ whole milk
8 1/4 cup(s) (1970mL)
- ☐ lowfat flavored greek yogurt
1/4 cup (61g)

Legumes and Legume Products

- ☐ chickpeas, canned
2 1/2 can(s) (1083g)
- ☐ roasted peanuts
10 tbsp (91g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ firm tofu
1 1/4 lbs (567g)
- ☐ lentils, raw
13 1/4 tbsp (160g)

Nut and Seed Products

- ☐ almonds
1 cup, whole (161g)
- ☐ almond butter
2 tbsp (32g)
- ☐ flax seeds
2 dash (2g)
- ☐ roasted pumpkin seeds, unsalted
3 oz (89g)
- ☐ chia seeds
6 tbsp (85g)

Baked Products

- ☐ bread
13 1/2 oz (384g)
- ☐ baking powder
1 tsp (5g)

Fruits and Fruit Juices

- ☐ raspberries
1 1/2 lbs (715g)
- ☐ lemon juice
2 tbsp (30mL)

Beverages

- ☐ protein powder
29 1/2 scoop (1/3 cup ea) (915g)
- ☐ water
2 gallon (7565mL)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1/2 cup (128g)

- ☐ **fresh mozzarella cheese**
6 slices (170g)
- ☐ **string cheese**
9 stick (252g)

Vegetables and Vegetable Products

- ☐ **onion**
1 2/3 small (117g)
- ☐ **fresh parsley**
6 3/4 tbsp chopped (25g)
- ☐ **tomatoes**
10 medium whole (2-3/5" dia) (1207g)
- ☐ **frozen mixed veggies**
2/3 package (10 oz ea) (192g)
- ☐ **romaine lettuce**
8 cup shredded (376g)
- ☐ **broccoli**
2 cup chopped (182g)
- ☐ **fresh spinach**
1 1/4 10oz package (358g)
- ☐ **garlic**
6 2/3 clove(s) (20g)
- ☐ **collard greens**
4 cup, chopped (144g)
- ☐ **red onion**
2 medium (2-1/2" dia) (220g)
- ☐ **fresh ginger**
2 oz (57g)
- ☐ **shallots**
3/4 clove(s) (43g)
- ☐ **sweet potatoes**
1 1/2 sweetpotato, 5" long (315g)

- ☐ **condensed canned tomato soup**
2 can (10.5 oz) (596g)
- ☐ **chunky canned soup (creamy varieties)**
5 can (~19 oz) (2665g)

Spices and Herbs

- ☐ **dijon mustard**
4 tsp (20g)
- ☐ **salt**
4 dash (3g)
- ☐ **black pepper**
1 1/4 tsp, ground (3g)
- ☐ **ground cumin**
2 tsp (4g)
- ☐ **ground coriander**
2 tsp (4g)

Sweets

- ☐ **cocoa powder**
4 tsp (7g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

raspberries
3/4 cup (92g)

For all 2 meals:

raspberries
1 1/2 cup (185g)

1. Rinse raspberries and serve.

Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
2 tsp (9g)

For all 2 meals:

bread
4 slice (128g)
butter
4 tsp (18g)

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

Egg and pesto stuffed tomato

2 tomato(es) - 259 cals ● 16g protein ● 16g fat ● 9g carbs ● 4g fiber



For single meal:

- pesto sauce**
1 tbsp (16g)
- eggs**
2 large (100g)
- tomatoes**
2 large whole (3" dia) (364g)

For all 2 meals:

- pesto sauce**
2 tbsp (32g)
- eggs**
4 large (200g)
- tomatoes**
4 large whole (3" dia) (728g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

- almonds**
2 tbsp, whole (18g)

For all 2 meals:

- almonds**
4 tbsp, whole (36g)

1. The recipe has no instructions.

Chia yogurt parfait

333 cals ● 14g protein ● 18g fat ● 13g carbs ● 15g fiber



For single meal:

chia seeds
3 tbsp (43g)
whole milk
1/2 cup(s) (135mL)
lowfat flavored greek yogurt
1/8 cup (31g)

For all 2 meals:

chia seeds
6 tbsp (85g)
whole milk
1 cup(s) (270mL)
lowfat flavored greek yogurt
1/4 cup (61g)

1. Combine chia seeds, milk, and a pinch of salt in a large bowl or container with a lid. Stir, cover, and refrigerate overnight or for at least 2 hours.
2. Top chia pudding with greek yogurt. Serve.

Breakfast 3 [🔗](#)

Eat on day 5, day 6, and day 7

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 3 meals:

string cheese
9 stick (252g)

1. The recipe has no instructions.

Scrambled eggs with spinach, parmesan & tomato

249 cals ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

eggs

2 large (100g)

olive oil

1 tsp (5mL)

fresh spinach

2 cup(s) (60g)

parmesan cheese

2 tbsp (10g)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

garlic, minced

4 dash (1g)

For all 3 meals:

eggs

6 large (300g)

olive oil

1 tbsp (15mL)

fresh spinach

6 cup(s) (180g)

parmesan cheese

6 tbsp (30g)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

garlic, minced

1/2 tbsp (4g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

mixed greens

5 1/4 cup (158g)

salad dressing

1/3 cup (79mL)

For all 2 meals:

mixed greens

10 1/2 cup (315g)

salad dressing

2/3 cup (158mL)

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

Chickpea bowl with spicy yogurt sauce

752 cals ● 31g protein ● 16g fat ● 103g carbs ● 19g fiber



For single meal:

oil
1/2 tbsp (8mL)
long-grain white rice
6 2/3 tbsp (77g)
nonfat greek yogurt, plain
1/4 cup (58g)
sriracha chili sauce
1/2 tbsp (8g)
onion, diced
5/6 small (58g)
chickpeas, canned, rinsed & drained
5/6 can(s) (373g)
fresh parsley, chopped
1/4 cup chopped (13g)

For all 2 meals:

oil
1 tbsp (17mL)
long-grain white rice
13 1/3 tbsp (154g)
nonfat greek yogurt, plain
6 2/3 tbsp (117g)
sriracha chili sauce
1 tbsp (17g)
onion, diced
1 2/3 small (117g)
chickpeas, canned, rinsed & drained
1 2/3 can(s) (747g)
fresh parsley, chopped
6 2/3 tbsp chopped (25g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Lunch 2 [↗](#)

Eat on day 3 and day 4

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.

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. The recipe has no instructions.

Caprese sandwich

1 1/2 sandwich(es) - 691 cals ● 34g protein ● 40g fat ● 42g carbs ● 8g fiber



For single meal:

bread
3 slice(s) (96g)
tomatoes
3 slice(s), thick/large (1/2" thick) (81g)
fresh mozzarella cheese
3 slices (85g)
pesto sauce
3 tbsp (48g)

For all 2 meals:

bread
6 slice(s) (192g)
tomatoes
6 slice(s), thick/large (1/2" thick) (162g)
fresh mozzarella cheese
6 slices (170g)
pesto sauce
6 tbsp (96g)

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

Lunch 3 [🔗](#)

Eat on day 5 and day 6

Chunky canned soup (creamy)

2 1/2 can(s) - 884 cals ● 31g protein ● 43g fat ● 75g carbs ● 20g fiber



For single meal:

chunky canned soup (creamy varieties)
2 1/2 can (~19 oz) (1333g)

For all 2 meals:

chunky canned soup (creamy varieties)
5 can (~19 oz) (2665g)

1. Prepare according to instructions on package.

Simple mixed greens and tomato salad

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



For single meal:

mixed greens

2 1/4 cup (68g)

tomatoes

6 tbsp cherry tomatoes (56g)

salad dressing

2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

salad dressing

1/4 cup (68mL)

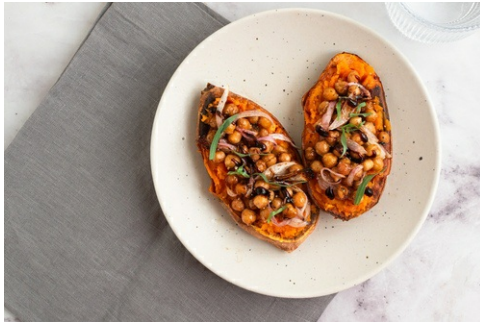
1. Mix greens, tomatoes, and dressing in a small bowl.
Serve.
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Lunch 4 [↗](#)

Eat on day 7

Chickpea stuffed sweet potato

1 1/2 sweet potato(es) - 733 cals ● 23g protein ● 17g fat ● 96g carbs ● 26g fiber



Makes 1 1/2 sweet potato(es)

oil

3/4 tbsp (11mL)

balsamic glaze

3/4 tbsp (11mL)

shallots, chopped

3/4 clove(s) (43g)

sweet potatoes, halved lengthwise

1 1/2 sweetpotato, 5" long (315g)

chickpeas, canned, drained & rinsed

3/4 can(s) (336g)

1. Preheat the oven to 425°F (220°C).
2. Rub a few drops of the oil on the sweet potato halves and season with salt and pepper. Place the sweet potato cut-side down on one half of a baking sheet. Roast in the oven for 20 minutes.
3. In a small bowl, mix the chickpeas and shallot with the remaining oil and season with some salt and pepper.
4. Remove the baking sheet from the oven and add the chickpea mixture to the other half of the pan. Roast for an additional 18-20 minutes, or until sweet potato is tender and the shallots are beginning to char.
5. Transfer the sweet potato to a plate and gently mash the flesh inside the skin. Make a divot in the mashed sweet potato and stuff it with the chickpea mixture.
6. Drizzle with balsamic glaze and serve.

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



Makes 2 cup(s)

whole milk

2 cup(s) (480mL)

1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.
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Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

bread
1 slice(s) (32g)
almond butter
1 tbsp (16g)
flax seeds
1 dash (1g)
raspberries
10 raspberries (19g)

For all 2 meals:

bread
2 slice(s) (64g)
almond butter
2 tbsp (32g)
flax seeds
2 dash (2g)
raspberries
20 raspberries (38g)

1. Toast bread (optional).
 2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.
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Snacks 2 [↗](#)

Eat on day 3 and day 4

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 2 meals:

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

1. The recipe has no instructions.

Chocolate protein mug cake

1 mug cake(s) - 195 cals ● 31g protein ● 6g fat ● 2g carbs ● 2g fiber



For single meal:

protein powder, chocolate
1 scoop (1/3 cup ea) (31g)
baking powder
4 dash (3g)
cocoa powder
2 tsp (4g)
eggs
1 large (50g)
water
2 tsp (10mL)
calorie-free sweetener
2 tsp (7g)

For all 2 meals:

protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
baking powder
1 tsp (5g)
cocoa powder
4 tsp (7g)
eggs
2 large (100g)
water
4 tsp (20mL)
calorie-free sweetener
4 tsp (14g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 3 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk

1/2 cup(s) (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

whole milk

1 1/2 cup(s) (360mL)

protein powder

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

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

Dinner 1 [↗](#)

Eat on day 1

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.

Teriyaki seitan with veggies and rice

902 cals ● 75g protein ● 17g fat ● 103g carbs ● 10g fiber



oil

2 tsp (10mL)

teriyaki sauce

1/4 cup (53mL)

frozen mixed veggies

2/3 package (10 oz ea) (192g)

long-grain white rice

1/3 cup (62g)

seitan, cut into strips

1/2 lbs (227g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
 2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
 3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
 4. Serve over rice.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts
5 tbsp (46g)

For all 2 meals:

roasted peanuts
10 tbsp (91g)

1. The recipe has no instructions.
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Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



For single meal:

condensed canned tomato soup
1 can (10.5 oz) (298g)

For all 2 meals:

condensed canned tomato soup
2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.

Broccoli caesar salad with hard boiled eggs

520 cals ● 41g protein ● 30g fat ● 12g carbs ● 8g fiber



For single meal:

romaine lettuce
4 cup shredded (188g)
eggs
4 large (200g)
broccoli
1 cup chopped (91g)
nonfat greek yogurt, plain
2 tbsp (35g)
dijon mustard
2 tsp (10g)
parmesan cheese
2 tbsp (10g)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
lemon juice
1 tbsp (15mL)

For all 2 meals:

romaine lettuce
8 cup shredded (376g)
eggs
8 large (400g)
broccoli
2 cup chopped (182g)
nonfat greek yogurt, plain
4 tbsp (70g)
dijon mustard
4 tsp (20g)
parmesan cheese
4 tbsp (20g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
lemon juice
2 tbsp (30mL)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Dinner 3 [↗](#)

Eat on day 4

Spinach parmesan pasta

914 cals ● 33g protein ● 33g fat ● 111g carbs ● 9g fiber



uncooked dry pasta
5 oz (143g)
butter
2 tbsp (27g)
fresh spinach
5/8 10oz package (178g)
parmesan cheese
5 tbsp (31g)
salt
1/3 tsp (2g)
black pepper
1 1/4 tsp, ground (3g)
water
1/6 cup(s) (49mL)
garlic, minced
1 1/4 clove(s) (4g)

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.

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

Milk

2 1/4 cup(s) - 335 cals ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber

Makes 2 1/4 cup(s)

whole milk
2 1/4 cup(s) (540mL)



1. The recipe has no instructions.

Basic tempeh

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



Makes 8 oz

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

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

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Kenyan greens & tofu bowl

746 cal ● 30g protein ● 42g fat ● 55g carbs ● 7g fiber



For single meal:

cornstarch
2 tbsp (16g)
ground cumin
1 tsp (2g)
ground coriander
1 tsp (2g)
diced tomatoes
1 can(s) (420g)
collard greens
2 cup, chopped (72g)
oil
2 tbsp (30mL)
garlic, minced
2 clove(s) (6g)
red onion, chopped
1 medium (2-1/2" dia) (110g)
firm tofu, patted dry & crumbled
10 oz (284g)
fresh ginger, minced
1 oz (28g)

For all 2 meals:

cornstarch
4 tbsp (32g)
ground cumin
2 tsp (4g)
ground coriander
2 tsp (4g)
diced tomatoes
2 can(s) (840g)
collard greens
4 cup, chopped (144g)
oil
4 tbsp (60mL)
garlic, minced
4 clove(s) (12g)
red onion, chopped
2 medium (2-1/2" dia) (220g)
firm tofu, patted dry & crumbled
1 1/4 lbs (567g)
fresh ginger, minced
2 oz (57g)

1. In a medium bowl, combine crumbled tofu and cornstarch, tossing to coat.
2. Heat half of the oil in a skillet over medium-high heat. Add the tofu and cook for 7-9 minutes, until golden. Add cumin, coriander, salt, and pepper, and cook for 1 minute until fragrant. Transfer the tofu to a plate and keep warm. Wipe the skillet clean.
3. In the same skillet, heat the remaining oil over medium-high heat. Add the onion, ginger, and garlic, and cook for 3-5 minutes until softened.
4. Add the tomatoes, collard greens, and a pinch of salt. Cover, reduce the heat to medium-low, and cook, stirring occasionally, until the greens are tender, about 10-15 minutes.
5. Serve the greens with the spiced tofu.

Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

- water**
1 2/3 cup(s) (395mL)
- salt**
1 dash (1g)
- lentils, raw, rinsed**
6 2/3 tbsp (80g)

For all 2 meals:

- water**
3 1/3 cup(s) (790mL)
- salt**
1/4 tsp (1g)
- lentils, raw, rinsed**
13 1/3 tbsp (160g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

4 scoop - 436 cal● 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.