

# Meal Plan - 1300 calorie low carb 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

1272 cals ● 94g protein (30%) ● 62g fat (44%) ● 61g carbs (19%) ● 24g fiber (7%)

### Breakfast

170 cals, 10g protein, 12g net carbs, 9g fat



**Egg & cheese mini muffin**  
2 mini muffin(s)- 112 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Snacks

170 cals, 5g protein, 8g net carbs, 12g fat



**Popcorn**  
2 cups- 81 cals



**Sunflower seeds**  
90 cals

### Lunch

365 cals, 27g protein, 25g net carbs, 15g fat



**Protein greek yogurt**  
1 container- 139 cals



**Eggplant pesto sandwich**  
1/2 sandwich(es)- 226 cals

### Dinner

400 cals, 15g protein, 14g net carbs, 26g fat



**Carrot & grounds stir fry**  
166 cals



**Tomato and avocado salad**  
235 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 2

1247 cals ● 98g protein (32%) ● 48g fat (34%) ● 77g carbs (25%) ● 29g fiber (9%)

### Breakfast

170 cals, 10g protein, 12g net carbs, 9g fat



**Egg & cheese mini muffin**  
2 mini muffin(s)- 112 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Lunch

395 cals, 12g protein, 34g net carbs, 18g fat



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



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals



**Carrot sticks**  
4 carrot(s)- 108 cals

### Snacks

170 cals, 5g protein, 8g net carbs, 12g fat



**Popcorn**  
2 cups- 81 cals



**Sunflower seeds**  
90 cals

### Dinner

350 cals, 35g protein, 22g net carbs, 8g fat



**Vegan crumbles**  
1 3/4 cup(s)- 256 cals



**Corn**  
92 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 3

1289 cals ● 110g protein (34%) ● 46g fat (32%) ● 79g carbs (25%) ● 29g fiber (9%)

### Breakfast

190 cals, 13g protein, 14g net carbs, 8g fat



**Blackberry & granola parfait**  
115 cals



**Milk**  
1/2 cup(s)- 75 cals

### Lunch

395 cals, 12g protein, 34g net carbs, 18g fat



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



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals



**Carrot sticks**  
4 carrot(s)- 108 cals

### Snacks

195 cals, 14g protein, 8g net carbs, 11g fat



**String cheese**  
2 stick(s)- 165 cals



**Grapes**  
29 cals

### Dinner

350 cals, 35g protein, 22g net carbs, 8g fat



**Vegan crumbles**  
1 3/4 cup(s)- 256 cals



**Corn**  
92 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 4

1279 cals ● 95g protein (30%) ● 58g fat (41%) ● 75g carbs (23%) ● 19g fiber (6%)

### Breakfast

190 cals, 13g protein, 14g net carbs, 8g fat



**Blackberry & granola parfait**  
115 cals



**Milk**  
1/2 cup(s)- 75 cals

### Snacks

195 cals, 14g protein, 8g net carbs, 11g fat



**String cheese**  
2 stick(s)- 165 cals



**Grapes**  
29 cals

### Lunch

385 cals, 16g protein, 27g net carbs, 21g fat



**Simple mixed greens and tomato salad**  
113 cals



**Grilled cheese with sun dried tomatoes & spinach**  
1/2 sandwich(es)- 273 cals

### Dinner

345 cals, 16g protein, 24g net carbs, 17g fat



**Tomato and avocado salad**  
176 cals



**Teriyaki seitan with veggies and rice**  
169 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 5

1299 cals ● 94g protein (29%) ● 64g fat (44%) ● 72g carbs (22%) ● 15g fiber (5%)

### Breakfast

180 cals, 7g protein, 13g net carbs, 10g fat



**Egg in an eggplant**  
120 cals



**Fruit juice**  
1/2 cup(s)- 57 cals

### Lunch

455 cals, 17g protein, 32g net carbs, 27g fat



**Flatbread broccoli pizza**  
313 cals



**Caprese salad**  
142 cals

### Snacks

145 cals, 5g protein, 10g net carbs, 9g fat



**Milk**  
1/2 cup(s)- 75 cals



**Kale chips**  
69 cals

### Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



**Seitan salad**  
359 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 6

1299 cals ● 94g protein (29%) ● 64g fat (44%) ● 72g carbs (22%) ● 15g fiber (5%)

### Breakfast

180 cals, 7g protein, 13g net carbs, 10g fat



#### Egg in an eggplant

120 cals



#### Fruit juice

1/2 cup(s)- 57 cals

### Snacks

145 cals, 5g protein, 10g net carbs, 9g fat



#### Milk

1/2 cup(s)- 75 cals



#### Kale chips

69 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



#### Protein shake

1 1/2 scoop- 164 cals

### Lunch

455 cals, 17g protein, 32g net carbs, 27g fat



#### Flatbread broccoli pizza

313 cals



#### Caprese salad

142 cals

### Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



#### Seitan salad

359 cals

## Day 7

1342 cals ● 105g protein (31%) ● 58g fat (39%) ● 75g carbs (22%) ● 24g fiber (7%)

### Breakfast

180 cals, 7g protein, 13g net carbs, 10g fat



#### Egg in an eggplant

120 cals



#### Fruit juice

1/2 cup(s)- 57 cals

### Lunch

490 cals, 30g protein, 40g net carbs, 20g fat



#### White rice

1/2 cup rice, cooked- 109 cals



#### Buffalo tempeh with tzatziki

314 cals



#### Simple mixed greens salad

68 cals

### Snacks

145 cals, 5g protein, 10g net carbs, 9g fat



#### Milk

1/2 cup(s)- 75 cals



#### Kale chips

69 cals

### Dinner

365 cals, 26g protein, 11g net carbs, 20g fat



#### Basic tempeh

4 oz- 295 cals



#### Roasted broccoli with nutritional yeast

2/3 cup(s)- 72 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



#### Protein shake

1 1/2 scoop- 164 cals

# Grocery List



## Beverages

- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- water  
2/3 gallon (2611mL)

## Dairy and Egg Products

- eggs  
5 large (250g)
- cheddar cheese  
3 tbsp, shredded (21g)
- cheese  
1 1/2 oz (42g)
- lowfat greek yogurt  
1/2 cup (140g)
- whole milk  
2 1/2 cup(s) (600mL)
- string cheese  
4 stick (112g)
- provolone cheese  
1 slice(s) (28g)
- fresh mozzarella cheese  
2 oz (57g)

## Fruits and Fruit Juices

- grapefruit  
1 large (approx 4-1/2" dia) (332g)
- lime juice  
1 fl oz (29mL)
- avocados  
1 1/2 avocado(s) (276g)
- blackberries  
4 tbsp (36g)
- grapes  
1 cup (92g)
- fruit juice  
12 fl oz (360mL)

## Vegetables and Vegetable Products

- carrots  
8 3/4 medium (536g)
- garlic  
4 clove(s) (12g)
- onion  
1/2 medium (2-1/2" dia) (51g)
- fresh cilantro  
1/2 tbsp, chopped (2g)

## Spices and Herbs

- crushed red pepper  
3/4 dash (0g)
- garlic powder  
1/2 tsp (1g)
- salt  
1/3 oz (9g)
- black pepper  
1 g (1g)
- fresh basil  
1/3 cup leaves, whole (8g)

## Fats and Oils

- oil  
1 3/4 oz (53mL)
- olive oil  
1 1/2 oz (50mL)
- salad dressing  
5 3/4 tbsp (86mL)
- balsamic vinaigrette  
4 tsp (20mL)

## Other

- protein greek yogurt, flavored  
1 container (150g)
- popcorn, microwave, salted  
4 cup popped (44g)
- mixed greens  
1 1/2 package (5.5 oz) (216g)
- teriyaki sauce  
2 tsp (10mL)
- nutritional yeast  
1/8 oz (4g)
- tzatziki  
1/8 cup(s) (28g)

## Soups, Sauces, and Gravies

- pesto sauce  
1 tbsp (16g)
- chunky canned soup (creamy varieties)  
1 can (~19 oz) (533g)
- pizza sauce  
4 tbsp (63g)
- Frank's Red Hot sauce  
2 tbsp (31mL)

## Baked Products

- tomatoes**  
4 medium whole (2-3/5" dia) (489g)
- eggplant**  
1/2 eggplant, unpeeled (approx 1-1/4 lb) (295g)
- frozen corn kernels**  
1 1/3 cup (181g)
- sun-dried tomatoes**  
1/2 oz (14g)
- fresh spinach**  
4 cup(s) (124g)
- frozen mixed veggies**  
1/8 package (10 oz ea) (36g)
- kale leaves**  
1 bunch (170g)
- broccoli**  
56 tsp chopped (106g)

### **Legumes and Legume Products**

- vegetarian burger crumbles**  
1 1/3 package (12 oz) (407g)
- soy sauce**  
1/2 tbsp (8mL)
- tempeh**  
1/2 lbs (227g)

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- kaiser rolls**  
1/2 roll (3-1/2" dia) (29g)
- bread**  
1 slice (32g)
- naan bread**  
1 piece(s) (90g)

### **Nut and Seed Products**

- sunflower kernels**  
1 oz (28g)
- mixed nuts**  
4 tbsp (34g)

### **Breakfast Cereals**

- granola**  
4 tbsp (23g)

### **Cereal Grains and Pasta**

- long-grain white rice**  
1/4 cup (42g)
- seitan**  
1/2 lbs (213g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Egg & cheese mini muffin

2 mini muffin(s) - 112 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**water**  
1 tsp (5mL)  
**cheddar cheese**  
1 1/2 tbsp, shredded (11g)

For all 2 meals:

**eggs**  
2 large (100g)  
**water**  
2 tsp (10mL)  
**cheddar cheese**  
3 tbsp, shredded (21g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**Grapefruit**  
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Breakfast 2 ↗

Eat on day 3 and day 4

### Blackberry & granola parfait

115 cals ● 9g protein ● 4g fat ● 9g carbs ● 2g fiber



For single meal:

**lowfat greek yogurt**  
4 tbsp (70g)  
**granola**  
2 tbsp (11g)  
**blackberries, roughly chopped**  
2 tbsp (18g)

For all 2 meals:

**lowfat greek yogurt**  
1/2 cup (140g)  
**granola**  
4 tbsp (23g)  
**blackberries, roughly chopped**  
4 tbsp (36g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

### 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.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Egg in an eggplant

120 cals ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

**eggplant**  
1 1 inch (2.5 cm) slice(s) (60g)  
**oil**  
1 tsp (5mL)  
**eggs**  
1 large (50g)

For all 3 meals:

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

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.

### Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**  
4 fl oz (120mL)

For all 3 meals:

**fruit juice**  
12 fl oz (360mL)

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1

### Protein greek yogurt

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



Makes 1 container

**protein greek yogurt, flavored**  
1 container (150g)

1. Enjoy.

### Eggplant pesto sandwich

1/2 sandwich(es) - 226 cals ● 7g protein ● 12g fat ● 17g carbs ● 5g fiber



Makes 1/2 sandwich(es)

**olive oil**  
1/4 tbsp (4mL)  
**pesto sauce**  
1/2 tbsp (8g)  
**garlic**  
1/2 clove (2g)  
**kaiser rolls**  
1/2 roll (3-1/2" dia) (29g)  
**tomatoes**  
1 1/2 slice(s), thin/small (23g)  
**cheese**  
1/2 slice (1 oz each) (14g)  
**eggplant, halved and sliced**  
1/4 small (115g)

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

## Lunch 2 ↗

Eat on day 2 and day 3

### 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 2 meals:

**mixed nuts**  
4 tbsp (34g)

1. The recipe has no instructions.

### Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

**chunky canned soup (creamy varieties)**  
1/2 can (~19 oz) (267g)

For all 2 meals:

**chunky canned soup (creamy varieties)**  
1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

### Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

**carrots**  
4 medium (244g)

For all 2 meals:

**carrots**  
8 medium (488g)

1. Cut carrots into strips and serve.

## Lunch 3 ↗

Eat on day 4

### 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.

### Grilled cheese with sun dried tomatoes & spinach

1/2 sandwich(es) - 273 cals ● 14g protein ● 14g fat ● 19g carbs ● 4g fiber



Makes 1/2 sandwich(es)

#### **bread**

1 slice (32g)

#### **pesto sauce**

1/2 tbsp (8g)

#### **sun-dried tomatoes**

1/2 oz (14g)

#### **fresh spinach**

1/8 cup(s) (4g)

#### **olive oil**

1/2 tsp (3mL)

#### **provolone cheese**

1 slice(s) (28g)

1. Divide the olive oil over the outside of each slice of bread.
2. On one slice, spread the pesto, then layer a slice of cheese, topped with the tomatoes and spinach. Place the second slice of the cheese on top and close the sandwich.
3. Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.

## Lunch 4 ↗

Eat on day 5 and day 6

### Flatbread broccoli pizza

313 cals ● 9g protein ● 18g fat ● 27g carbs ● 2g fiber



For single meal:

**broccoli**  
4 tbsp chopped (23g)  
**pizza sauce**  
2 tbsp (32g)  
**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**naan bread**  
1/2 piece(s) (45g)  
**cheese**  
2 tbsp, shredded (14g)  
**garlic, finely diced**  
1 1/2 clove(s) (5g)

For all 2 meals:

**broccoli**  
1/2 cup chopped (46g)  
**pizza sauce**  
4 tbsp (63g)  
**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**naan bread**  
1 piece(s) (90g)  
**cheese**  
4 tbsp, shredded (28g)  
**garlic, finely diced**  
3 clove(s) (9g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and spread pizza sauce over top, top with broccoli and cheese, and season with salt and pepper.,
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

### Caprese salad

142 cals ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

**fresh mozzarella cheese**  
1 oz (28g)  
**mixed greens**  
1/3 package (5.5 oz) (52g)  
**fresh basil**  
2 2/3 tbsp leaves, whole (4g)  
**balsamic vinaigrette**  
2 tsp (10mL)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

For all 2 meals:

**fresh mozzarella cheese**  
2 oz (57g)  
**mixed greens**  
2/3 package (5.5 oz) (103g)  
**fresh basil**  
1/3 cup leaves, whole (8g)  
**balsamic vinaigrette**  
4 tsp (20mL)  
**tomatoes, halved**  
2/3 cup cherry tomatoes (99g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

## Lunch 5 ↗

Eat on day 7

### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



Makes 1/2 cup rice, cooked

**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

### Buffalo tempeh with tzatziki

314 cals ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**tzatziki**  
1/8 cup(s) (28g)  
**oil**  
1/2 tbsp (8mL)  
**tempeh, roughly chopped**  
4 oz (113g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

### 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.

## Snacks 1

Eat on day 1 and day 2

### Popcorn

2 cups - 81 cals  1g protein  5g fat  7g carbs  1g fiber



For single meal:

**Popcorn, microwave, salted**  
2 cup popped (22g)

For all 2 meals:

**Popcorn, microwave, salted**  
4 cup popped (44g)

1. Follow instructions on package.

### Sunflower seeds

90 cals  4g protein  7g fat  1g carbs  1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:

**sunflower kernels**  
1 oz (28g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3 and day 4

### 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.

### Grapes

29 cals ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

**grapes**  
1/2 cup (46g)

For all 2 meals:

**grapes**  
1 cup (92g)

1. The recipe has no instructions.

## Snacks 3

Eat on day 5, 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 3 meals:

**whole milk**

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

1. The recipe has no instructions.

### Kale chips

69 cals  2g protein  5g fat  4g carbs  1g fiber



For single meal:

**salt**

1/3 tsp (2g)

**kale leaves**

1/3 bunch (57g)

**olive oil**

1 tsp (5mL)

For all 3 meals:

**salt**

1 tsp (6g)

**kale leaves**

1 bunch (170g)

**olive oil**

1 tbsp (15mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

## Dinner 1 ↗

Eat on day 1

### Carrot & grounds stir fry

166 cals ● 12g protein ● 7g fat ● 8g carbs ● 5g fiber



**carrots**  
2/3 large (48g)  
**vegetarian burger crumbles**  
2 oz (57g)  
**soy sauce**  
1/2 tbsp (8mL)  
**water**  
1 tsp (5mL)  
**crushed red pepper**  
2/3 dash (0g)  
**lime juice**  
1/2 tsp (3mL)  
**oil**  
1 tsp (5mL)  
**garlic, minced**  
1/3 clove(s) (1g)  
**onion, chopped**  
1/6 large (25g)  
**fresh cilantro, chopped**  
1/2 tbsp, chopped (2g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

### 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.

## Dinner 2 ↗

Eat on day 2 and day 3

### Vegan crumbles

1 3/4 cup(s) - 256 cals ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



For single meal:

**vegetarian burger crumbles**  
1 3/4 cup (175g)

For all 2 meals:

**vegetarian burger crumbles**  
3 1/2 cup (350g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

### Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

**frozen corn kernels**  
2/3 cup (91g)

For all 2 meals:

**frozen corn kernels**  
1 1/3 cup (181g)

1. Prepare according to instructions on package.

## Dinner 3 ↗

Eat on day 4

### Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



**onion**  
3/4 tbsp minced (11g)  
**lime juice**  
3/4 tbsp (11mL)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**avocados, cubed**  
3/8 avocado(s) (75g)  
**tomatoes, diced**  
3/8 medium whole (2-3/5" dia) (46g)

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.

### Teriyaki seitan with veggies and rice

169 cals ● 14g protein ● 3g fat ● 19g carbs ● 2g fiber



**oil**  
3/8 tsp (2mL)  
**teriyaki sauce**  
2 tsp (10mL)  
**frozen mixed veggies**  
1/8 package (10 oz ea) (36g)  
**long-grain white rice**  
1 tbsp (12g)  
**seitan, cut into strips**  
1 1/2 oz (43g)

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.

## Dinner 4 ↗

Eat on day 5 and day 6

### Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**nutritional yeast**  
1 tsp (1g)  
**salad dressing**  
1 tbsp (15mL)  
**fresh spinach**  
2 cup(s) (60g)  
**seitan, crumbled or sliced**  
3 oz (85g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**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)

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 5 ↗

Eat on day 7

### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

**tempeh**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

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.

### Roasted broccoli with nutritional yeast

2/3 cup(s) - 72 cals ● 2g protein ● 5g fat ● 3g carbs ● 2g fiber



Makes 2/3 cup(s)

**broccoli**

2/3 cup chopped (61g)

**oil**

1 tsp (5mL)

**nutritional yeast**

1 tsp (1g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**protein powder**

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

**water**

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

For all 7 meals:

**protein powder**

10 1/2 scoop (1/3 cup ea) (326g)

**water**

10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.

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