

# Meal Plan - 1400 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

1414 cals ● 103g protein (29%) ● 73g fat (46%) ● 69g carbs (20%) ● 17g fiber (5%)

### Breakfast

235 cals, 14g protein, 13g net carbs, 12g fat



**Kiwi**

1 kiwi- 47 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals



**Carrot sticks**

1 carrot(s)- 27 cals

### Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



**Sunflower seeds**

90 cals



**Dark chocolate**

2 square(s)- 120 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

360 cals, 28g protein, 32g net carbs, 11g fat



**Protein greek yogurt**

1 container- 139 cals



**Grilled cheese with mushrooms**

162 cals



**Grapefruit**

1/2 grapefruit- 59 cals

### Dinner

450 cals, 19g protein, 15g net carbs, 33g fat



**Basic tofu**

8 oz- 342 cals



**Roasted carrots**

2 carrots(s)- 106 cals

## Day 2

1453 cals ● 112g protein (31%) ● 66g fat (41%) ● 75g carbs (21%) ● 27g fiber (8%)

### Breakfast

235 cals, 14g protein, 13g net carbs, 12g fat



**Kiwi**

1 kiwi- 47 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals



**Carrot sticks**

1 carrot(s)- 27 cals

### Snacks

210 cals, 6g protein, 8g net carbs, 16g fat



**Sunflower seeds**

90 cals



**Dark chocolate**

2 square(s)- 120 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

425 cals, 27g protein, 37g net carbs, 16g fat



**Lentils**

174 cals



**Lemon pepper tofu**

7 oz- 252 cals

### Dinner

420 cals, 29g protein, 16g net carbs, 21g fat



**Crack slaw with tempeh**

422 cals

## Day 3

1440 cals ● 117g protein (33%) ● 61g fat (38%) ● 81g carbs (22%) ● 26g fiber (7%)

### Breakfast

235 cals, 14g protein, 13g net carbs, 12g fat



**Kiwi**

1 kiwi- 47 cals



**Basic scrambled eggs**

2 egg(s)- 159 cals



**Carrot sticks**

1 carrot(s)- 27 cals

### Snacks

195 cals, 11g protein, 13g net carbs, 10g fat



**Toast with butter**

1 slice(s)- 114 cals



**String cheese**

1 stick(s)- 83 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

425 cals, 27g protein, 37g net carbs, 16g fat



**Lentils**

174 cals



**Lemon pepper tofu**

7 oz- 252 cals

### Dinner

420 cals, 29g protein, 16g net carbs, 21g fat



**Crack slaw with tempeh**

422 cals

## Day 4

1371 cals ● 93g protein (27%) ● 67g fat (44%) ● 74g carbs (22%) ● 24g fiber (7%)

### Breakfast

145 cals, 4g protein, 25g net carbs, 2g fat



Simple cinnamon oatmeal with water  
145 cals

### Lunch

460 cals, 17g protein, 26g net carbs, 27g fat



Zoodles with avocado sauce  
235 cals



Milk  
1 1/2 cup(s)- 224 cals

### Snacks

195 cals, 11g protein, 13g net carbs, 10g fat



Toast with butter  
1 slice(s)- 114 cals



String cheese  
1 stick(s)- 83 cals

### Dinner

410 cals, 26g protein, 8g net carbs, 27g fat



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



Broccoli caesar salad with hard boiled eggs  
260 cals

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

## Day 5

1370 cals ● 94g protein (28%) ● 66g fat (43%) ● 87g carbs (25%) ● 14g fiber (4%)

### Breakfast

145 cals, 4g protein, 25g net carbs, 2g fat



Simple cinnamon oatmeal with water  
145 cals

### Lunch

450 cals, 23g protein, 14g net carbs, 32g fat



Spicy sriracha peanut tofu  
341 cals



Buttered sugar snap peas  
107 cals

### Snacks

195 cals, 11g protein, 13g net carbs, 10g fat



Toast with butter  
1 slice(s)- 114 cals



String cheese  
1 stick(s)- 83 cals

### Dinner

420 cals, 21g protein, 33g net carbs, 21g fat



Tofu lo-mein  
169 cals



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

### Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

Day 6

1350 cals ● 100g protein (30%) ● 54g fat (36%) ● 86g carbs (25%) ● 31g fiber (9%)

Breakfast

130 cals, 2g protein, 21g net carbs, 1g fat



Grapes  
131 cals

Snacks

155 cals, 17g protein, 10g net carbs, 4g fat



Carrot sticks  
1 carrot(s)- 27 cals



Protein shake (milk)  
129 cals

Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

Lunch

440 cals, 19g protein, 20g net carbs, 28g fat



Sesame peanut zoodles  
441 cals

Dinner

460 cals, 26g protein, 34g net carbs, 20g fat



Cranberry spinach salad  
127 cals



Lentils  
116 cals



Peanut tempeh  
2 oz tempeh- 217 cals

Day 7

1350 cals ● 100g protein (30%) ● 54g fat (36%) ● 86g carbs (25%) ● 31g fiber (9%)

Breakfast

130 cals, 2g protein, 21g net carbs, 1g fat



Grapes  
131 cals

Snacks

155 cals, 17g protein, 10g net carbs, 4g fat



Carrot sticks  
1 carrot(s)- 27 cals



Protein shake (milk)  
129 cals

Protein Supplement(s)

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



Protein shake  
1 1/2 scoop- 164 cals

Lunch

440 cals, 19g protein, 20g net carbs, 28g fat



Sesame peanut zoodles  
441 cals

Dinner

460 cals, 26g protein, 34g net carbs, 20g fat



Cranberry spinach salad  
127 cals



Lentils  
116 cals



Peanut tempeh  
2 oz tempeh- 217 cals

## Beverages

- ☐ protein powder  
11 1/2 scoop (1/3 cup ea) (357g)
- ☐ water  
15 1/2 cup(s) (3640mL)

## Fruits and Fruit Juices

- ☐ kiwi  
3 fruit (207g)
- ☐ Grapefruit  
1/2 large (approx 4-1/2" dia) (166g)
- ☐ lemon  
1 small (58g)
- ☐ lemon juice  
2 1/2 tbsp (38mL)
- ☐ avocados  
1/2 avocado(s) (101g)
- ☐ grapes  
4 1/2 cup (414g)
- ☐ dried cranberries  
1 3/4 tbsp (18g)
- ☐ lime juice  
1 1/2 tbsp (23mL)

## Fats and Oils

- ☐ oil  
2 1/2 oz (73mL)
- ☐ olive oil  
1/2 tbsp (8mL)
- ☐ raspberry walnut vinaigrette  
1 3/4 tbsp (26mL)

## Dairy and Egg Products

- ☐ eggs  
8 large (400g)
- ☐ sliced cheese  
1/2 slice (3/4 oz ea) (11g)
- ☐ butter  
5 tsp (23g)
- ☐ string cheese  
3 stick (84g)
- ☐ whole milk  
4 cup(s) (1001mL)
- ☐ nonfat greek yogurt, plain  
1 tbsp (18g)
- ☐ parmesan cheese  
1 tbsp (5g)

## Legumes and Legume Products

- ☐ firm tofu  
29 oz (822g)
- ☐ lentils, raw  
13 1/4 tbsp (160g)
- ☐ tempeh  
3/4 lbs (340g)
- ☐ extra firm tofu  
2 oz (57g)
- ☐ soy sauce  
2 1/2 oz (57mL)
- ☐ peanut butter  
5 oz (144g)

## Other

- ☐ protein greek yogurt, flavored  
1 container (150g)
- ☐ coleslaw mix  
5 1/2 cup (495g)
- ☐ sriracha chili sauce  
3/4 tbsp (11g)
- ☐ nutritional yeast  
1/2 tbsp (2g)

## Spices and Herbs

- ☐ thyme, dried  
4 dash, ground (1g)
- ☐ salt  
1 1/2 g (1g)
- ☐ lemon pepper  
4 dash (1g)
- ☐ cinnamon  
1/2 tbsp (3g)
- ☐ fresh basil  
1/2 cup leaves, whole (12g)
- ☐ dijon mustard  
1 tsp (5g)
- ☐ black pepper  
1/2 dash (0g)

## Baked Products

- ☐ bread  
1/4 lbs (128g)

## Nut and Seed Products

- ☐ sunflower kernels  
2 oz (52g)

- ☐ romano cheese  
1 tsp (2g)

## Vegetables and Vegetable Products

- ☐ carrots  
7 1/2 medium (449g)
- ☐ mushrooms  
4 tbsp, chopped (18g)
- ☐ garlic  
3 clove (9g)
- ☐ tomatoes  
5 cherry tomatoes (85g)
- ☐ zucchini  
2 1/3 large (750g)
- ☐ romaine lettuce  
2 cup shredded (94g)
- ☐ broccoli  
1/2 cup chopped (46g)
- ☐ frozen mixed veggies  
2 oz (57g)
- ☐ frozen sugar snap peas  
2/3 cup (96g)
- ☐ fresh spinach  
1/3 6oz package (57g)
- ☐ green onions  
3 tbsp, sliced (24g)

- ☐ almonds  
2 3/4 tbsp, whole (24g)
- ☐ roasted pumpkin seeds, unsalted  
1 tbsp (7g)
- ☐ walnuts  
1 3/4 tbsp, chopped (13g)
- ☐ sesame seeds  
1/2 tbsp (5g)
- ☐ chia seeds  
1/2 tbsp (7g)

## Sweets

- ☐ chocolate, dark, 70-85%  
4 square(s) (40g)
- ☐ sugar  
4 tsp (17g)

## Cereal Grains and Pasta

- ☐ cornstarch  
2 tbsp (16g)

## Soups, Sauces, and Gravies

- ☐ hot sauce  
2 tsp (10mL)
- ☐ oriental flavored ramen  
1/8 package with flavor packet (11g)

## Breakfast Cereals

- ☐ quick oats  
2/3 cup (53g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Kiwi

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



For single meal:

**kiwi**

1 fruit (69g)

For all 3 meals:

**kiwi**

3 fruit (207g)

1. Slice the kiwi and serve.

### Basic scrambled eggs

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



For single meal:

**oil**

1/2 tsp (3mL)

**eggs**

2 large (100g)

For all 3 meals:

**oil**

1/2 tbsp (8mL)

**eggs**

6 large (300g)

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.

### Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 3 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

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## Breakfast 2 [↗](#)

Eat on day 4 and day 5

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### Simple cinnamon oatmeal with water

145 cal ● 4g protein ● 2g fat ● 25g carbs ● 3g fiber



For single meal:

**quick oats**  
1/3 cup (27g)  
**sugar**  
2 tsp (9g)  
**cinnamon**  
1/4 tbsp (2g)  
**water**  
1/2 cup(s) (119mL)

For all 2 meals:

**quick oats**  
2/3 cup (53g)  
**sugar**  
4 tsp (17g)  
**cinnamon**  
1/2 tbsp (3g)  
**water**  
1 cup(s) (237mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
  2. Pour the water over it and microwave for 90 seconds - 2 minutes.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

Grapes

131 cals ● 2g protein ● 1g fat ● 21g carbs ● 8g fiber



For single meal:

**grapes**  
2 1/4 cup (207g)

For all 2 meals:

**grapes**  
4 1/2 cup (414g)

- 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.

Grilled cheese with mushrooms

162 cals ● 7g protein ● 8g fat ● 13g carbs ● 2g fiber



**mushrooms**  
4 tbsp, chopped (18g)  
**olive oil**  
1/4 tbsp (4mL)  
**thyme, dried**  
4 dash, ground (1g)  
**bread**  
1 slice(s) (32g)  
**sliced cheese**  
1/2 slice (3/4 oz ea) (11g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

## Grapefruit

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



Makes 1/2 grapefruit

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

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)

## Lunch 2 [↗](#)

Eat on day 2 and day 3

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.
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### Lemon pepper tofu

7 oz - 252 cals ● 15g protein ● 16g fat ● 12g carbs ● 0g fiber



For single meal:

**cornstarch**  
1 tbsp (8g)  
**oil**  
1/2 tbsp (8mL)  
**lemon pepper**  
2 dash (1g)  
**lemon, zested**  
1/2 small (29g)  
**firm tofu, patted dry & cubed**  
1/2 lbs (198g)

For all 2 meals:

**cornstarch**  
2 tbsp (16g)  
**oil**  
1 tbsp (15mL)  
**lemon pepper**  
4 dash (1g)  
**lemon, zested**  
1 small (58g)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

1. Preheat oven to 450°F (220°C).
  2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
  3. Bake 20-25 minutes until tofu is golden and crispy. Serve.
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## Lunch 3 [↗](#)

Eat on day 4

### Zoodles with avocado sauce

235 cals ● 5g protein ● 16g fat ● 9g carbs ● 10g fiber



#### water

1/6 cup(s) (39mL)

#### lemon juice

1 1/2 tbsp (23mL)

#### fresh basil

1/2 cup leaves, whole (12g)

#### tomatoes, halved

5 cherry tomatoes (85g)

#### zucchini

1/2 large (162g)

#### avocados, peeled and seed removed

1/2 avocado(s) (101g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

### Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



Makes 1 1/2 cup(s)

#### whole milk

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

1. The recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5

### Spicy sriracha peanut tofu

341 cals ● 20g protein ● 24g fat ● 10g carbs ● 1g fiber



#### sriracha chili sauce

3/4 tbsp (11g)

#### peanut butter

1 tbsp (16g)

#### soy sauce

1 tsp (5mL)

#### water

1/6 cup(s) (39mL)

#### oil

1/2 tbsp (8mL)

#### firm tofu, patted dry & cubed

1/2 lbs (198g)

#### garlic, minced

1 clove (3g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

### Buttered sugar snap peas

107 cals ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



#### black pepper

1/2 dash (0g)

#### salt

1/2 dash (0g)

#### butter

2 tsp (9g)

#### frozen sugar snap peas

2/3 cup (96g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Sesame peanut zoodles

441 cals ● 19g protein ● 28g fat ● 20g carbs ● 9g fiber



For single meal:

**coleslaw mix**  
3/4 cup (68g)  
**peanut butter**  
3 tbsp (48g)  
**soy sauce**  
1 1/2 tbsp (23mL)  
**sesame seeds**  
1/4 tbsp (2g)  
**green onions**  
1 1/2 tbsp, sliced (12g)  
**lime juice**  
3/4 tbsp (11mL)  
**chia seeds**  
1/4 tbsp (4g)  
**zucchini, spiralized**  
1 1/2 medium (294g)

For all 2 meals:

**coleslaw mix**  
1 1/2 cup (135g)  
**peanut butter**  
6 tbsp (96g)  
**soy sauce**  
3 tbsp (45mL)  
**sesame seeds**  
1/2 tbsp (5g)  
**green onions**  
3 tbsp, sliced (24g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**chia seeds**  
1/2 tbsp (7g)  
**zucchini, spiralized**  
3 medium (588g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### 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.

## Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber





For single meal:  
**chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 2 meals:  
**chocolate, dark, 70-85%**  
4 square(s) (40g)

1. The recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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**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.

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**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 3 meals:  
**string cheese**  
3 stick (84g)

1. The recipe has no instructions.
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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Carrot sticks

1 carrot(s) - 27 cal● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.
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### Protein shake (milk)

129 cal● 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 2 meals:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
  2. Serve.
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## Dinner 1 [↗](#)

Eat on day 1

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### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

#### oil

4 tsp (20mL)

#### firm tofu

1/2 lbs (227g)

1. Slice tofu 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.

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### Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



Makes 2 carrots(s)

#### oil

1 tsp (5mL)

#### carrots, sliced

2 large (144g)

1. Preheat oven to 400°F (200°C).
  2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.
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## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)  
**tempeh, cubed**  
4 oz (113g)

For all 2 meals:

**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)  
**tempeh, cubed**  
1/2 lbs (227g)

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.

## Dinner 3 [↗](#)

Eat on day 4

### Roasted almonds

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



Makes 1/6 cup(s)

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

1. The recipe has no instructions.

### Broccoli caesar salad with hard boiled eggs

260 cals ● 21g protein ● 15g fat ● 6g carbs ● 4g fiber



**romaine lettuce**  
2 cup shredded (94g)  
**eggs**  
2 large (100g)  
**broccoli**  
1/2 cup chopped (46g)  
**nonfat greek yogurt, plain**  
1 tbsp (18g)  
**dijon mustard**  
1 tsp (5g)  
**parmesan cheese**  
1 tbsp (5g)  
**roasted pumpkin seeds, unsalted**  
1 tbsp (7g)  
**lemon juice**  
1/2 tbsp (8mL)

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.

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## Dinner 4 [🔗](#)

Eat on day 5

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### Tofu lo-mein

169 cals ● 8g protein ● 8g fat ● 13g carbs ● 3g fiber



**extra firm tofu**  
2 oz (57g)  
**soy sauce**  
3/8 tsp (2mL)  
**water**  
1/6 cup(s) (44mL)  
**olive oil**  
1/4 tbsp (4mL)  
**frozen mixed veggies**  
2 oz (57g)  
**oriental flavored ramen**  
1/8 package with flavor packet (11g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

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### Milk

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

Makes 1 2/3 cup(s)

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



1. The recipe has no instructions.
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## Dinner 5 [🔗](#)

Eat on day 6 and day 7

### Cranberry spinach salad

127 cal ● 2g protein ● 8g fat ● 9g carbs ● 2g fiber



For single meal:

**dried cranberries**

2 2/3 tsp (9g)

**walnuts**

2 2/3 tsp, chopped (6g)

**fresh spinach**

1/6 6oz package (28g)

**raspberry walnut vinaigrette**

2 2/3 tsp (13mL)

**romano cheese, finely shredded**

4 dash (1g)

For all 2 meals:

**dried cranberries**

1 3/4 tbsp (18g)

**walnuts**

1 3/4 tbsp, chopped (13g)

**fresh spinach**

1/3 6oz package (57g)

**raspberry walnut vinaigrette**

1 3/4 tbsp (27mL)

**romano cheese, finely shredded**

1 tsp (2g)

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.

### Lentils

116 cal ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**water**

2/3 cup(s) (158mL)

**salt**

1/3 dash (0g)

**lentils, raw, rinsed**

2 2/3 tbsp (32g)

For all 2 meals:

**water**

1 1/3 cup(s) (316mL)

**salt**

2/3 dash (1g)

**lentils, raw, rinsed**

1/3 cup (64g)

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.

### Peanut tempeh

2 oz tempeh - 217 cal ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



For single meal:

**tempeh**  
2 oz (57g)  
**peanut butter**  
1 tbsp (16g)  
**lemon juice**  
1/4 tbsp (4mL)  
**soy sauce**  
1/2 tsp (3mL)  
**nutritional yeast**  
1/4 tbsp (1g)

For all 2 meals:

**tempeh**  
4 oz (113g)  
**peanut butter**  
2 tbsp (32g)  
**lemon juice**  
1/2 tbsp (8mL)  
**soy sauce**  
1 tsp (5mL)  
**nutritional yeast**  
1/2 tbsp (2g)

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.

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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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