

# Meal Plan - 1500 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

1515 cals ● 124g protein (33%) ● 74g fat (44%) ● 63g carbs (17%) ● 26g fiber (7%)

### Breakfast

240 cals, 31g protein, 8g net carbs, 9g fat



**Roasted cashews**

1/8 cup(s)- 104 cals



**Double chocolate protein shake**

137 cals

### Snacks

170 cals, 5g protein, 13g net carbs, 9g fat



**Avocado toast**

1 slice(s)- 168 cals

### Protein Supplement(s)

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



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

460 cals, 22g protein, 28g net carbs, 27g fat



**Caprese sandwich**

1 sandwich(es)- 461 cals

### Dinner

480 cals, 30g protein, 14g net carbs, 29g fat



**Buttered broccoli**

1 1/4 cup(s)- 167 cals



**Buffalo tempeh with tzatziki**

314 cals

## Day 2

1515 cals ● 124g protein (33%) ● 74g fat (44%) ● 63g carbs (17%) ● 26g fiber (7%)

### Breakfast

240 cals, 31g protein, 8g net carbs, 9g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**Double chocolate protein shake**  
137 cals

### Snacks

170 cals, 5g protein, 13g net carbs, 9g fat



**Avocado toast**  
1 slice(s)- 168 cals

### Lunch

460 cals, 22g protein, 28g net carbs, 27g fat



**Caprese sandwich**  
1 sandwich(es)- 461 cals

### Dinner

480 cals, 30g protein, 14g net carbs, 29g fat



**Buttered broccoli**  
1 1/4 cup(s)- 167 cals



**Buffalo tempeh with tzatziki**  
314 cals

### Protein Supplement(s)

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



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

## Day 3

1466 cals ● 115g protein (31%) ● 80g fat (49%) ● 46g carbs (13%) ● 24g fiber (7%)

### Breakfast

240 cals, 13g protein, 14g net carbs, 13g fat



**Scrambled eggs with spinach, parmesan & tomato**  
124 cals



**Toast with butter**  
1 slice(s)- 114 cals

### Snacks

200 cals, 18g protein, 10g net carbs, 9g fat



**Celery and peanut butter**  
109 cals



**Cottage cheese and pineapple**  
93 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, 5g net carbs, 36g fat



**Sunflower seeds**  
90 cals



**Cheese and guac tacos**  
2 taco(s)- 350 cals

### Dinner

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



**Crack slaw with tempeh**  
422 cals

## Day 4

1486 cals ● 117g protein (32%) ● 78g fat (47%) ● 53g carbs (14%) ● 25g fiber (7%)

### Breakfast

240 cals, 13g protein, 14g net carbs, 13g fat



**Scrambled eggs with spinach, parmesan & tomato**  
124 cals



**Toast with butter**  
1 slice(s)- 114 cals

### Snacks

200 cals, 18g protein, 10g net carbs, 9g fat



**Celery and peanut butter**  
109 cals



**Cottage cheese and pineapple**  
93 cals

### Protein Supplement(s)

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



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

### Lunch

460 cals, 21g protein, 12g net carbs, 34g fat



**Simple mixed greens salad**  
68 cals



**Low carb asian tofu bowl**  
393 cals

### Dinner

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



**Crack slaw with tempeh**  
422 cals

## Day 5

1442 cals ● 108g protein (30%) ● 80g fat (50%) ● 55g carbs (15%) ● 16g fiber (5%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals

### Snacks

200 cals, 18g protein, 10g net carbs, 9g fat



**Celery and peanut butter**  
109 cals



**Cottage cheese and pineapple**  
93 cals

### Protein Supplement(s)

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



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

### Lunch

430 cals, 14g protein, 24g net carbs, 29g fat



**Pesto grilled cheese sandwich**  
1/2 sandwich(es)- 279 cals



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

### Dinner

445 cals, 29g protein, 9g net carbs, 30g fat



**Broccoli caesar salad with hard boiled eggs**  
260 cals



**Pumpkin seeds**  
183 cals

## Day 6

1488 cals ● 103g protein (28%) ● 86g fat (52%) ● 56g carbs (15%) ● 19g fiber (5%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Lunch

460 cals, 26g protein, 28g net carbs, 23g fat



[Bean & tofu goulash](#)  
219 cals



[Simple mozzarella and tomato salad](#)  
242 cals

### Snacks

150 cals, 9g protein, 7g net carbs, 8g fat



[Carrots and hummus](#)  
82 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Dinner

510 cals, 21g protein, 7g net carbs, 42g fat



[Basic tofu](#)  
8 oz- 342 cals



[Buttered broccoli](#)  
1 1/4 cup(s)- 167 cals

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cals

## Day 7

1488 cals ● 103g protein (28%) ● 86g fat (52%) ● 56g carbs (15%) ● 19g fiber (5%)

### Breakfast

205 cals, 10g protein, 12g net carbs, 12g fat



[High-protein granola bar](#)  
1 bar(s)- 204 cals

### Lunch

460 cals, 26g protein, 28g net carbs, 23g fat



[Bean & tofu goulash](#)  
219 cals



[Simple mozzarella and tomato salad](#)  
242 cals

### Snacks

150 cals, 9g protein, 7g net carbs, 8g fat



[Carrots and hummus](#)  
82 cals



[Boiled eggs](#)  
1 egg(s)- 69 cals

### Dinner

510 cals, 21g protein, 7g net carbs, 42g fat



[Basic tofu](#)  
8 oz- 342 cals



[Buttered broccoli](#)  
1 1/4 cup(s)- 167 cals

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cals

## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
12 1/2 cup(s) (2963mL)

## Nut and Seed Products

- ☐ roasted cashews  
4 tbsp (34g)
- ☐ sunflower kernels  
1 1/3 oz (38g)
- ☐ sesame seeds  
1 tsp (3g)
- ☐ roasted pumpkin seeds, unsalted  
1 1/3 oz (37g)

## Sweets

- ☐ cocoa powder  
2 tsp (4g)

## Dairy and Egg Products

- ☐ nonfat greek yogurt, plain  
5 tbsp (88g)
- ☐ butter  
3/4 stick (87g)
- ☐ fresh mozzarella cheese  
1/2 lbs (227g)
- ☐ cheddar cheese  
1/2 cup, shredded (57g)
- ☐ eggs  
6 large (300g)
- ☐ parmesan cheese  
3 tbsp (15g)
- ☐ low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)
- ☐ cheese  
1 slice (1 oz each) (28g)

## Other

- ☐ protein powder, chocolate  
2 scoop (1/3 cup ea) (62g)
- ☐ tzatziki  
1/4 cup(s) (56g)
- ☐ coleslaw mix  
4 cup (360g)
- ☐ guacamole, store-bought  
4 tbsp (62g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)
- ☐ pesto sauce  
1/4 cup (72g)
- ☐ hot sauce  
2 tsp (10mL)

## Fats and Oils

- ☐ oil  
1/4 lbs (103mL)
- ☐ olive oil  
1 tsp (5mL)
- ☐ salad dressing  
1/4 cup (68mL)
- ☐ balsamic vinaigrette  
2 tbsp (31mL)

## Legumes and Legume Products

- ☐ tempeh  
1 lbs (454g)
- ☐ peanut butter  
3 tbsp (48g)
- ☐ soy sauce  
2 tbsp (30mL)
- ☐ firm tofu  
1 1/2 lbs (695g)
- ☐ hummus  
4 tbsp (60g)
- ☐ white beans, canned  
1/2 can(s) (220g)

## Baked Products

- ☐ bread  
10 oz (288g)

## Fruits and Fruit Juices

- ☐ avocados  
1/2 avocado(s) (101g)
- ☐ canned pineapple  
6 tbsp, chunks (68g)
- ☐ lemon juice  
1/2 tbsp (8mL)

## Snacks

- ☐ **mixed greens**  
4 1/2 cup (135g)
- ☐ **frozen riced cauliflower**  
3/4 cup, prepared (128g)

- ☐ **high-protein granola bar**  
3 bar (120g)

## Spices and Herbs

- ☐ **salt**  
1/3 tsp (1g)
- ☐ **black pepper**  
1/3 tsp (0g)
- ☐ **dijon mustard**  
1 tsp (5g)
- ☐ **paprika**  
1/2 tbsp (3g)
- ☐ **fresh thyme**  
2 dash (0g)
- ☐ **fresh basil**  
2 tbsp, chopped (5g)

## Vegetables and Vegetable Products

- ☐ **frozen broccoli**  
5 cup (455g)
  - ☐ **tomatoes**  
4 medium whole (2-3/5" dia) (508g)
  - ☐ **garlic**  
4 clove(s) (12g)
  - ☐ **fresh spinach**  
2 cup(s) (60g)
  - ☐ **raw celery**  
3 stalk, medium (7-1/2" - 8" long) (120g)
  - ☐ **broccoli**  
1 cup chopped (91g)
  - ☐ **fresh ginger**  
1 tsp (2g)
  - ☐ **romaine lettuce**  
2 cup shredded (94g)
  - ☐ **baby carrots**  
16 medium (160g)
  - ☐ **onion**  
1/2 medium (2-1/2" dia) (55g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

### Double chocolate protein shake

137 cals ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**cocoa powder**  
1 tsp (2g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**cocoa powder**  
2 tsp (4g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**protein powder, chocolate**  
2 scoop (1/3 cup ea) (62g)

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

## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Scrambled eggs with spinach, parmesan & tomato

124 cals ● 9g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**eggs**

1 large (50g)

**olive oil**

1/2 tsp (3mL)

**fresh spinach**

1 cup(s) (30g)

**parmesan cheese**

1 tbsp (5g)

**tomatoes, halved**

2 tbsp cherry tomatoes (19g)

**garlic, minced**

2 dash (1g)

For all 2 meals:

**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)

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.

### 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 2 meals:

**bread**

2 slice (64g)

**butter**

2 tsp (9g)

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

## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1 and day 2

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### Caprese sandwich

1 sandwich(es) - 461 cals ● 22g protein ● 27g fat ● 28g carbs ● 5g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**tomatoes**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**fresh mozzarella cheese**  
2 slices (57g)  
**pesto sauce**  
2 tbsp (32g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**tomatoes**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**fresh mozzarella cheese**  
4 slices (113g)  
**pesto sauce**  
4 tbsp (64g)

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.
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## Lunch 2 [↗](#)

Eat on day 3

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### Sunflower seeds

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



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

1. The recipe has no instructions.

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### Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



Makes 2 taco(s)

**cheddar cheese**  
1/2 cup, shredded (57g)  
**guacamole, store-bought**  
4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
  2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
  3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
  4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
  5. Serve.
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## Lunch 3 [↗](#)

Eat on day 4

### 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.

### Low carb asian tofu bowl

393 cals ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber



**broccoli**  
1/2 cup chopped (46g)  
**frozen riced cauliflower**  
3/4 cup, prepared (128g)  
**soy sauce**  
2 tbsp (30mL)  
**oil**  
1 1/2 tbsp (23mL)  
**sesame seeds**  
1 tsp (3g)  
**firm tofu, drained and patted dry**  
5 oz (142g)  
**garlic, minced**  
1 clove (3g)  
**fresh ginger, minced**  
1 tsp (2g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

## Lunch 4 [↗](#)

Eat on day 5

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### Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cals ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



Makes 1/2 sandwich(es)

**bread**

1 slice (32g)

**pesto sauce**

1/2 tbsp (8g)

**cheese**

1 slice (1 oz each) (28g)

**tomatoes**

1 slice(s), thin/small (15g)

**butter, softened**

1/2 tbsp (7g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

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### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

**salad dressing**

3 tbsp (45mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.
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## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Bean & tofu goulash

219 cals ● 12g protein ● 6g fat ● 22g carbs ● 6g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**paprika**  
1/4 tbsp (2g)  
**fresh thyme**  
1 dash (0g)  
**white beans, canned, drained & rinsed**  
1/4 can(s) (110g)  
**onion, diced**  
1/4 medium (2-1/2" dia) (28g)  
**garlic, minced**  
1/4 clove (1g)  
**firm tofu, drained and diced**  
1 3/4 oz (50g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**paprika**  
1/2 tbsp (3g)  
**fresh thyme**  
2 dash (0g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
1/2 clove (2g)  
**firm tofu, drained and diced**  
1/4 lbs (99g)

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

### Simple mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

**balsamic vinaigrette**  
1 tbsp (15mL)  
**fresh basil**  
1 tbsp, chopped (3g)  
**fresh mozzarella cheese, sliced**  
2 oz (57g)  
**tomatoes, sliced**  
3/4 large whole (3" dia) (137g)

For all 2 meals:

**balsamic vinaigrette**  
2 tbsp (30mL)  
**fresh basil**  
2 tbsp, chopped (5g)  
**fresh mozzarella cheese, sliced**  
4 oz (113g)  
**tomatoes, sliced**  
1 1/2 large whole (3" dia) (273g)

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

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

### Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 2 meals:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

## Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

### Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**raw celery**  
1 stalk, medium (7-1/2" - 8" long)  
(40g)  
**peanut butter**  
1 tbsp (16g)

For all 3 meals:

**raw celery**  
3 stalk, medium (7-1/2" - 8" long)  
(120g)  
**peanut butter**  
3 tbsp (48g)

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

### Cottage cheese and pineapple

93 cals ● 14g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**canned pineapple, drained**  
2 tbsp, chunks (23g)

For all 3 meals:

**low fat cottage cheese (1% milkfat)**  
1 1/2 cup (339g)  
**canned pineapple, drained**  
6 tbsp, chunks (68g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

### Snacks 3 [↗](#)

Eat on day 6 and day 7

#### Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

**hummus**  
2 tbsp (30g)  
**baby carrots**  
8 medium (80g)

For all 2 meals:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

1. Serve carrots with hummus.

#### Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

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## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



For single meal:

**salt**  
5/8 dash (0g)  
**frozen broccoli**  
1 1/4 cup (114g)  
**black pepper**  
5/8 dash (0g)  
**butter**  
1 1/4 tbsp (18g)

For all 2 meals:

**salt**  
1 1/4 dash (1g)  
**frozen broccoli**  
2 1/2 cup (228g)  
**black pepper**  
1 1/4 dash (0g)  
**butter**  
2 1/2 tbsp (36g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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### Buffalo tempeh with tzatziki

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



For single meal:

**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)

For all 2 meals:

**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**tzatziki**  
1/4 cup(s) (56g)  
**oil**  
1 tbsp (15mL)  
**tempeh, roughly chopped**  
1/2 lbs (227g)

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.

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### 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.
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## Dinner 3 [↗](#)

Eat on day 5

### 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.

### Pumpkin seeds

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



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. The recipe has no instructions.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Basic tofu

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



For single meal:

**oil**  
4 tsp (20mL)  
**firm tofu**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**firm tofu**  
1 lbs (454g)

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.

### Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



For single meal:

**salt**  
5/8 dash (0g)  
**frozen broccoli**  
1 1/4 cup (114g)  
**black pepper**  
5/8 dash (0g)  
**butter**  
1 1/4 tbsp (18g)

For all 2 meals:

**salt**  
1 1/4 dash (1g)  
**frozen broccoli**  
2 1/2 cup (228g)  
**black pepper**  
1 1/4 dash (0g)  
**butter**  
2 1/2 tbsp (36g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

# Protein Supplement(s)

Eat every day

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## Protein shake

1 1/2 scoop - 164 cal● 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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