

Meal Plan - 1600 calorie low carb vegetarian meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1566 cals ● 105g protein (27%) ● 79g fat (45%) ● 86g carbs (22%) ● 22g fiber (6%)

Breakfast

210 cals, 11g protein, 13g net carbs, 11g fat



Egg & avocado salad on toast
1 toast(s)- 212 cals

Lunch

510 cals, 13g protein, 53g net carbs, 25g fat



Fruit juice
3/4 cup(s)- 86 cals



Flatbread broccoli pizza
313 cals



Simple mixed greens and tomato salad
113 cals

Snacks

170 cals, 9g protein, 2g net carbs, 14g fat



String cheese
1 stick(s)- 83 cals



Walnuts
1/8 cup(s)- 87 cals

Dinner

510 cals, 36g protein, 15g net carbs, 29g fat



Caprese salad
213 cals



Basic tempeh
4 oz- 295 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 2

1550 cals ● 111g protein (29%) ● 83g fat (48%) ● 68g carbs (18%) ● 20g fiber (5%)

Breakfast

210 cals, 11g protein, 13g net carbs, 11g fat



Egg & avocado salad on toast
1 toast(s)- 212 cals

Snacks

170 cals, 9g protein, 2g net carbs, 14g fat



String cheese
1 stick(s)- 83 cals



Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

495 cals, 19g protein, 36g net carbs, 29g fat



General tso's tofu
327 cals



Simple mixed greens salad
170 cals

Dinner

510 cals, 36g protein, 15g net carbs, 29g fat



Caprese salad
213 cals



Basic tempeh
4 oz- 295 cals

Day 3

1596 cals ● 110g protein (28%) ● 81g fat (46%) ● 86g carbs (22%) ● 21g fiber (5%)

Breakfast

210 cals, 13g protein, 12g net carbs, 10g fat



Grapes
73 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

170 cals, 9g protein, 2g net carbs, 14g fat



String cheese
1 stick(s)- 83 cals



Walnuts
1/8 cup(s)- 87 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

530 cals, 33g protein, 28g net carbs, 27g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Veggie burger patty
2 patty- 254 cals



Simple mozzarella and tomato salad
121 cals

Dinner

525 cals, 19g protein, 42g net carbs, 30g fat



Fruit juice
1 1/4 cup(s)- 143 cals



Buffalo tofu slaw salad
380 cals

Day 4

1580 cals ● 114g protein (29%) ● 74g fat (42%) ● 92g carbs (23%) ● 22g fiber (6%)

Breakfast

210 cals, 13g protein, 12g net carbs, 10g fat



Grapes
73 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

220 cals, 6g protein, 13g net carbs, 15g fat



Skillet cauliflower tots
107 cals



Sweet potato chips
15 chips- 116 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

530 cals, 33g protein, 28g net carbs, 27g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Veggie burger patty
2 patty- 254 cals



Simple mozzarella and tomato salad
121 cals

Dinner

455 cals, 26g protein, 36g net carbs, 22g fat



Milk
1 cup(s)- 149 cals



Chik'n nuggets
3 nuggets- 165 cals



Simple Greek cucumber salad
141 cals

Day 5

1568 cals ● 103g protein (26%) ● 77g fat (44%) ● 98g carbs (25%) ● 17g fiber (4%)

Breakfast

230 cals, 14g protein, 6g net carbs, 14g fat



Creamy scrambled eggs
182 cals



Raspberries
2/3 cup(s)- 48 cals

Snacks

220 cals, 6g protein, 13g net carbs, 15g fat



Skillet cauliflower tots
107 cals



Sweet potato chips
15 chips- 116 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

500 cals, 21g protein, 41g net carbs, 26g fat



Spinach and goat cheese wrap
1 wrap(s)- 427 cals



Caprese salad
71 cals

Dinner

455 cals, 26g protein, 36g net carbs, 22g fat



Milk
1 cup(s)- 149 cals



Chik'n nuggets
3 nuggets- 165 cals



Simple Greek cucumber salad
141 cals

Day 6

1540 cals ● 114g protein (30%) ● 68g fat (40%) ● 95g carbs (25%) ● 23g fiber (6%)

Breakfast

230 cals, 14g protein, 6g net carbs, 14g fat



Creamy scrambled eggs
182 cals



Raspberries
2/3 cup(s)- 48 cals

Snacks

110 cals, 3g protein, 22g net carbs, 1g fat



Pretzels
110 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

500 cals, 21g protein, 41g net carbs, 26g fat



Spinach and goat cheese wrap
1 wrap(s)- 427 cals



Caprese salad
71 cals

Dinner

540 cals, 40g protein, 25g net carbs, 27g fat



Seitan salad
539 cals

Day 7

1599 cals ● 117g protein (29%) ● 78g fat (44%) ● 81g carbs (20%) ● 27g fiber (7%)

Breakfast

230 cals, 14g protein, 6g net carbs, 14g fat



Creamy scrambled eggs
182 cals



Raspberries
2/3 cup(s)- 48 cals

Snacks

110 cals, 3g protein, 22g net carbs, 1g fat



Pretzels
110 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

555 cals, 24g protein, 27g net carbs, 35g fat



Strawberry avocado goat cheese panini
244 cals



Simple Greek cucumber salad
141 cals



Roasted peanuts
1/6 cup(s)- 173 cals

Dinner

540 cals, 40g protein, 25g net carbs, 27g fat



Seitan salad
539 cals

Grocery List



Beverages

- ☐ protein powder
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water
10 1/2 cup(s) (2489mL)

Other

- ☐ mixed greens
2 1/2 package (5.5 oz) (397g)
- ☐ coleslaw mix
1 cup (90g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ sweet potato chips
30 chips (43g)
- ☐ vegan chik'n nuggets
6 nuggets (129g)
- ☐ roasted red peppers
4 tbsp, diced (56g)
- ☐ nutritional yeast
1 tbsp (4g)

Fruits and Fruit Juices

- ☐ avocados
1 1/3 avocado(s) (268g)
- ☐ fruit juice
16 fl oz (480mL)
- ☐ grapes
2 1/2 cup (230g)
- ☐ lemon juice
3/4 tbsp (11mL)
- ☐ raspberries
2 cup (246g)
- ☐ strawberries
2 medium (1-1/4" dia) (24g)

Spices and Herbs

- ☐ garlic powder
1/3 tsp (1g)
- ☐ fresh basil
2/3 oz (19g)
- ☐ black pepper
1/8 oz (1g)
- ☐ salt
2 1/2 g (2g)
- ☐ apple cider vinegar
2 tsp (10g)

Fats and Oils

- ☐ balsamic vinaigrette
2 1/2 oz (70mL)
- ☐ oil
2 oz (61mL)
- ☐ olive oil
2 1/4 tbsp (34mL)
- ☐ salad dressing
1/2 cup (135mL)
- ☐ ranch dressing
2 tbsp (30mL)

Vegetables and Vegetable Products

- ☐ tomatoes
7 medium whole (2-3/5" dia) (852g)
- ☐ broccoli
4 tbsp chopped (23g)
- ☐ garlic
3 3/4 clove(s) (11g)
- ☐ fresh ginger
4 tsp (8g)
- ☐ cauliflower
1 cup(s), riced (128g)
- ☐ ketchup
1 1/2 tbsp (26g)
- ☐ red onion
3/8 medium (2-1/2" dia) (41g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (452g)
- ☐ fresh spinach
8 cup(s) (240g)

Legumes and Legume Products

- ☐ tempeh
1/2 lbs (227g)
- ☐ soy sauce
1/2 tbsp (7mL)
- ☐ firm tofu
13 2/3 oz (387g)
- ☐ roasted peanuts
1/2 cup (76g)

Soups, Sauces, and Gravies

- ☐ pizza sauce
2 tbsp (32g)
- ☐ Frank's Red Hot sauce
2 tbsp (31mL)

- ☐ **dried dill weed**
1/2 tbsp (2g)
- ☐ **red wine vinegar**
1/2 tbsp (8mL)

Baked Products

- ☐ **bread**
1/4 lbs (96g)
- ☐ **naan bread**
1/2 piece(s) (45g)
- ☐ **flour tortillas**
2 tortilla (approx 10" dia) (144g)

Dairy and Egg Products

- ☐ **eggs**
15 medium (656g)
- ☐ **fresh mozzarella cheese**
6 oz (170g)
- ☐ **cheese**
6 tbsp, shredded (42g)
- ☐ **string cheese**
3 stick (84g)
- ☐ **whole milk**
2 cup(s) (526mL)
- ☐ **nonfat greek yogurt, plain**
3/4 cup (210g)
- ☐ **butter**
3 1/2 tsp (16g)
- ☐ **goat cheese**
2 1/2 oz (70g)

- ☐ **hot sauce**
1/2 tbsp (8mL)

Nut and Seed Products

- ☐ **walnuts**
6 tbsp, shelled (38g)

Sweets

- ☐ **sugar**
2 tsp (9g)

Cereal Grains and Pasta

- ☐ **cornstarch**
4 tsp (11g)
- ☐ **seitan**
1/2 lbs (255g)

Snacks

- ☐ **pretzels, hard, salted**
2 oz (57g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Egg & avocado salad on toast

1 toast(s) - 212 cals ● 11g protein ● 11g fat ● 13g carbs ● 4g fiber



For single meal:

mixed greens

2 2/3 tbsp (5g)

avocados

1/6 avocado(s) (34g)

garlic powder

1 1/3 dash (1g)

bread

1 slice(s) (32g)

eggs, hard-boiled and chilled

1 large (50g)

For all 2 meals:

mixed greens

1/3 cup (10g)

avocados

1/3 avocado(s) (67g)

garlic powder

1/3 tsp (1g)

bread

2 slice(s) (64g)

eggs, hard-boiled and chilled

2 large (100g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Toast bread and top with greens and egg salad mixture. Serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Grapes

73 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

grapes

1 1/4 cup (115g)

For all 2 meals:

grapes

2 1/2 cup (230g)

1. The recipe has no instructions.

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1/8 cup(s) (15mL)

For all 3 meals:

eggs
6 large (300g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
butter
1 tbsp (14g)
whole milk
1/6 cup(s) (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

raspberries
2/3 cup (82g)

For all 3 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Lunch 1 [↗](#)

Eat on day 1

Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



Makes 3/4 cup(s)

fruit juice
6 fl oz (180mL)

1. The recipe has no instructions.

Flatbread broccoli pizza

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



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)

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.

Simple mixed greens and tomato salad

113 cal ● 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.

Lunch 2 [↗](#)

Eat on day 2

General tso's tofu

327 cal ● 16g protein ● 18g fat ● 25g carbs ● 1g fiber



soy sauce

1/2 tbsp (7mL)

fresh ginger, minced

4 tsp (8g)

sugar

2 tsp (9g)

apple cider vinegar

2 tsp (10g)

cornstarch

4 tsp (11g)

oil

2 tsp (10mL)

garlic, minced

1 1/3 clove(s) (4g)

firm tofu, patted dry & cubed

6 2/3 oz (189g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

Simple mixed greens salad

170 cal ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



mixed greens

3 3/4 cup (113g)

salad dressing

1/4 cup (56mL)

1. Mix greens and dressing in a small bowl. Serve.
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Lunch 3 [🔗](#)

Eat on day 3 and day 4

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
1/2 tbsp, chopped (1g)
fresh mozzarella cheese, sliced
1 oz (28g)
tomatoes, sliced
3/8 large whole (3" dia) (68g)

For all 2 meals:

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)

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

Lunch 4 [↗](#)

Eat on day 5 and day 6

Spinach and goat cheese wrap

1 wrap(s) - 427 cals ● 17g protein ● 21g fat ● 39g carbs ● 4g fiber



For single meal:

fresh spinach
1 cup(s) (30g)
tomatoes
4 cherry tomatoes (68g)
cheese
2 tbsp, shredded (14g)
balsamic vinaigrette
1/2 tbsp (8mL)
flour tortillas
1 tortilla (approx 10" dia) (72g)
roasted red peppers
2 tbsp, diced (28g)
goat cheese, crumbled
2 tbsp (28g)

For all 2 meals:

fresh spinach
2 cup(s) (60g)
tomatoes
8 cherry tomatoes (136g)
cheese
4 tbsp, shredded (28g)
balsamic vinaigrette
1 tbsp (15mL)
flour tortillas
2 tortilla (approx 10" dia) (144g)
roasted red peppers
4 tbsp, diced (56g)
goat cheese, crumbled
4 tbsp (56g)

1. Lay the tortilla out flat, and arrange the spinach across the tortilla. Sprinkle the cherry tomatoes, goat cheese, roasted red pepper, and shredded cheese evenly across the greens. Drizzle with balsamic vinaigrette.
2. Fold the bottom of the tortilla up about 2 inches to enclose the filling, and roll the wrap tightly.

Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

fresh mozzarella cheese
1/2 oz (14g)
mixed greens
1/6 package (5.5 oz) (26g)
fresh basil
4 tsp leaves, whole (2g)
balsamic vinaigrette
1 tsp (5mL)
tomatoes, halved
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

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)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
 2. When serving, top with mozzarella and balsamic vinaigrette.
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Lunch 5 [↗](#)

Eat on day 7

Strawberry avocado goat cheese panini

244 cals ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



bread

1 slice (32g)

goat cheese

1/2 oz (14g)

butter

4 dash (2g)

strawberries, hulled and thinly sliced

2 medium (1-1/4" dia) (24g)

avocados, sliced

1/4 avocado(s) (50g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



nonfat greek yogurt, plain
4 tbsp (70g)
lemon juice
1/4 tbsp (4mL)
dried dill weed
4 dash (1g)
red wine vinegar
1/2 tsp (3mL)
olive oil
1/2 tbsp (8mL)
red onion, thinly sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced into half moons
1/2 cucumber (8-1/4") (151g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



Makes 1/6 cup(s)
roasted peanuts
3 tbsp (27g)

1. The recipe has no instructions.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

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.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 3 meals:

walnuts
6 tbsp, shelled (38g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Skillet cauliflower tots

107 cal ● 5g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

cauliflower
1/2 cup(s), riced (64g)
eggs
1/2 extra large (28g)
oil
1 tsp (5mL)
hot sauce
1/4 tbsp (4mL)
garlic, diced
4 dash (1g)

For all 2 meals:

cauliflower
1 cup(s), riced (128g)
eggs
1 extra large (56g)
oil
2 tsp (10mL)
hot sauce
1/2 tbsp (8mL)
garlic, diced
1 tsp (3g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

Sweet potato chips

15 chips - 116 cal ● 1g protein ● 8g fat ● 10g carbs ● 2g fiber



For single meal:
sweet potato chips
15 chips (21g)

For all 2 meals:
sweet potato chips
30 chips (43g)

1. Serve chips in a bowl and enjoy.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:
pretzels, hard, salted
1 oz (28g)

For all 2 meals:
pretzels, hard, salted
2 oz (57g)

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

Eat on day 1 and day 2

Caprese salad

213 cals ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

fresh mozzarella cheese
1 1/2 oz (43g)
mixed greens
1/2 package (5.5 oz) (78g)
fresh basil
4 tbsp leaves, whole (6g)
balsamic vinaigrette
1 tbsp (15mL)
tomatoes, halved
1/2 cup cherry tomatoes (75g)

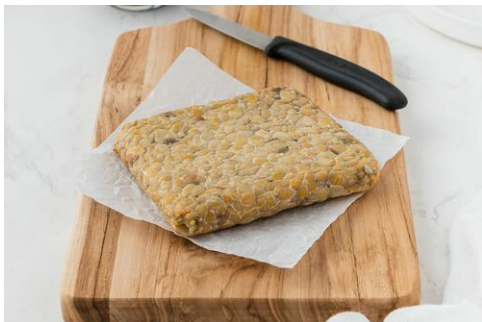
For all 2 meals:

fresh mozzarella cheese
3 oz (85g)
mixed greens
1 package (5.5 oz) (155g)
fresh basil
1/2 cup leaves, whole (12g)
balsamic vinaigrette
2 tbsp (30mL)
tomatoes, halved
1 cup cherry tomatoes (149g)

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

Basic tempeh

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



For single meal:

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

For all 2 meals:

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.

Dinner 2 [↗](#)

Eat on day 3

Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



Makes 1 1/4 cup(s)

fruit juice

10 fl oz (300mL)

1. The recipe has no instructions.

Buffalo tofu slaw salad

380 cals ● 17g protein ● 29g fat ● 10g carbs ● 3g fiber



coleslaw mix

1 cup (90g)

Frank's Red Hot sauce

2 tbsp (30mL)

ranch dressing

2 tbsp (30mL)

oil

1/2 tbsp (8mL)

tomatoes, halved

2 tbsp cherry tomatoes (19g)

firm tofu, patted dry & cubed

1/2 lbs (198g)

1. Season the tofu cubes with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add the tofu and cook for 4-6 minutes, turning occasionally, until golden brown on all sides. Remove from heat and let cool slightly, then toss with hot sauce.
3. Serve the tofu over a bed of coleslaw and cherry tomatoes. Drizzle with ranch and serve.
4. Meal Prep Tip: Store the tofu and ranch separately from the coleslaw. Combine everything just before serving to keep the slaw fresh and crisp.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Chik'n nuggets

3 nuggets - 165 cal ● 9g protein ● 7g fat ● 15g carbs ● 2g fiber



For single meal:

ketchup
3/4 tbsp (13g)
vegan chik'n nuggets
3 nuggets (65g)

For all 2 meals:

ketchup
1 1/2 tbsp (26g)
vegan chik'n nuggets
6 nuggets (129g)

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

Simple Greek cucumber salad

141 cal ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

nonfat greek yogurt, plain
4 tbsp (70g)
lemon juice
1/4 tbsp (4mL)
dried dill weed
4 dash (1g)
red wine vinegar
1/2 tsp (3mL)
olive oil
1/2 tbsp (8mL)
red onion, thinly sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced into half moons
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Seitan salad

539 cals ● 40g protein ● 27g fat ● 25g carbs ● 10g fiber



For single meal:

oil
1/2 tbsp (8mL)
nutritional yeast
1/2 tbsp (2g)
salad dressing
1 1/2 tbsp (23mL)
fresh spinach
3 cup(s) (90g)
seitan, crumbled or sliced
1/4 lbs (128g)
tomatoes, halved
9 cherry tomatoes (153g)
avocados, chopped
3/8 avocado(s) (75g)

For all 2 meals:

oil
1 tbsp (15mL)
nutritional yeast
1 tbsp (4g)
salad dressing
3 tbsp (45mL)
fresh spinach
6 cup(s) (180g)
seitan, crumbled or sliced
1/2 lbs (255g)
tomatoes, halved
18 cherry tomatoes (306g)
avocados, chopped
3/4 avocado(s) (151g)

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.

Protein Supplement(s) [↗](#)

Eat every day

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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