

Meal Plan - 1700 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

1671 cals ● 108g protein (26%) ● 88g fat (47%) ● 93g carbs (22%) ● 20g fiber (5%)

Breakfast

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



Boiled eggs
1 egg(s)- 69 cals



Avocado toast
1 slice(s)- 168 cals

Lunch

580 cals, 37g protein, 25g net carbs, 33g fat



Protein greek yogurt
1 container- 139 cals



Roasted almonds
1/3 cup(s)- 277 cals



Grilled cheese with mushrooms
162 cals

Snacks

250 cals, 9g protein, 12g net carbs, 17g fat



Walnuts
1/8 cup(s)- 87 cals



Peach and goat cheese bites
1 peach- 162 cals

Dinner

440 cals, 14g protein, 41g net carbs, 23g fat



White rice
3/4 cup rice, cooked- 164 cals



Taiwanese tofu lettuce cups
6 lettuce cups- 279 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 2

1659 cals ● 114g protein (28%) ● 95g fat (52%) ● 65g carbs (16%) ● 20g fiber (5%)

Breakfast

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



Boiled eggs
1 egg(s)- 69 cals



Avocado toast
1 slice(s)- 168 cals

Lunch

580 cals, 37g protein, 25g net carbs, 33g fat



Protein greek yogurt
1 container- 139 cals



Roasted almonds
1/3 cup(s)- 277 cals



Grilled cheese with mushrooms
162 cals

Snacks

250 cals, 9g protein, 12g net carbs, 17g fat



Walnuts
1/8 cup(s)- 87 cals



Peach and goat cheese bites
1 peach- 162 cals

Dinner

430 cals, 21g protein, 14g net carbs, 31g fat



Roasted tomatoes
1 1/2 tomato(es)- 89 cals



Spicy sriracha peanut tofu
341 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 3

1705 cals ● 106g protein (25%) ● 103g fat (54%) ● 60g carbs (14%) ● 29g fiber (7%)

Breakfast

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



Boiled eggs
1 egg(s)- 69 cals



Avocado toast
1 slice(s)- 168 cals

Lunch

525 cals, 26g protein, 17g net carbs, 36g fat



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



Egg & avocado salad
266 cals



Milk
1 cup(s)- 149 cals

Snacks

250 cals, 9g protein, 12g net carbs, 17g fat



Walnuts
1/8 cup(s)- 87 cals



Peach and goat cheese bites
1 peach- 162 cals

Dinner

530 cals, 23g protein, 17g net carbs, 36g fat



Salsa verde tofu salad
529 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 4

1726 cals ● 115g protein (27%) ● 97g fat (51%) ● 60g carbs (14%) ● 37g fiber (9%)

Breakfast

275 cals, 10g protein, 17g net carbs, 13g fat



Cacao & raspberry chia pudding
276 cals

Lunch

525 cals, 26g protein, 17g net carbs, 36g fat



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



Egg & avocado salad
266 cals



Milk
1 cup(s)- 149 cals

Snacks

235 cals, 11g protein, 5g net carbs, 18g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Cucumber goat cheese bites
118 cals

Dinner

530 cals, 32g protein, 19g net carbs, 30g fat



Buffalo tempeh with tzatziki
314 cals



Buttered sugar snap peas
214 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 5

1678 cals ● 113g protein (27%) ● 83g fat (45%) ● 82g carbs (20%) ● 37g fiber (9%)

Breakfast

275 cals, 10g protein, 17g net carbs, 13g fat



Cacao & raspberry chia pudding
276 cals

Lunch

480 cals, 24g protein, 39g net carbs, 22g fat



Rosemary mushroom cheese sandwich
1 sandwich(es)- 408 cals



Nectarine
1 nectarine(s)- 70 cals

Snacks

235 cals, 11g protein, 5g net carbs, 18g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Cucumber goat cheese bites
118 cals

Dinner

530 cals, 32g protein, 19g net carbs, 30g fat



Buffalo tempeh with tzatziki
314 cals



Buttered sugar snap peas
214 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 6

1697 cals ● 120g protein (28%) ● 75g fat (40%) ● 102g carbs (24%) ● 33g fiber (8%)

Breakfast

285 cals, 20g protein, 19g net carbs, 10g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Raspberries
1 cup(s)- 72 cals



Cottage cheese and pineapple
93 cals

Snacks

195 cals, 15g protein, 7g net carbs, 9g fat



Chocolate avocado chia pudding
197 cals

Lunch

480 cals, 24g protein, 39g net carbs, 22g fat



Rosemary mushroom cheese sandwich
1 sandwich(es)- 408 cals



Nectarine
1 nectarine(s)- 70 cals

Dinner

575 cals, 25g protein, 36g net carbs, 33g fat



Milk
3/4 cup(s)- 112 cals



Tomato and avocado salad
235 cals



Crispy chik'n tenders
4 tender(s)- 229 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 7

1702 cals ● 119g protein (28%) ● 82g fat (43%) ● 89g carbs (21%) ● 33g fiber (8%)

Breakfast

285 cals, 20g protein, 19g net carbs, 10g fat



Rice cakes with peanut butter
1/2 cake(s)- 120 cals



Raspberries
1 cup(s)- 72 cals



Cottage cheese and pineapple
93 cals

Snacks

195 cals, 15g protein, 7g net carbs, 9g fat



Chocolate avocado chia pudding
197 cals

Lunch

480 cals, 24g protein, 26g net carbs, 29g fat



Grilled cheese sandwich
1/2 sandwich(es)- 248 cals



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



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals

Dinner

575 cals, 25g protein, 36g net carbs, 33g fat



Milk
3/4 cup(s)- 112 cals



Tomato and avocado salad
235 cals



Crispy chik'n tenders
4 tender(s)- 229 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
11 scoop (1/3 cup ea) (341g)
- water
11 1/4 cup(s) (2669mL)

Dairy and Egg Products

- eggs
7 large (350g)
- sliced cheese
1 3/4 oz (49g)
- goat cheese
5 oz (141g)
- whole milk
5 cup(s) (1200mL)
- butter
3/8 stick (43g)
- cheese
1 cup, shredded (113g)
- low fat cottage cheese (1% milkfat)
1 cup (226g)
- lowfat greek yogurt
4 tbsp (70g)

Baked Products

- bread
2/3 lbs (320g)

Fruits and Fruit Juices

- avocados
3 avocado(s) (586g)
- peach
3 medium (2-2/3" dia) (428g)
- raspberries
2 1/2 cup (308g)
- nectarine
2 medium (2-1/2" dia) (284g)
- canned pineapple
4 tbsp, chunks (45g)
- lime juice
2 tbsp (30mL)

Cereal Grains and Pasta

- long-grain white rice
4 tbsp (46g)

Nut and Seed Products

Vegetables and Vegetable Products

- romaine lettuce
6 leaf inner (36g)
- garlic
1 3/4 clove(s) (5g)
- fresh ginger
3/4 tbsp (5g)
- mushrooms
1/4 lbs (120g)
- tomatoes
2 1/2 medium whole (2-3/5" dia) (320g)
- cucumber
1/2 cucumber (8-1/4") (151g)
- frozen sugar snap peas
2 2/3 cup (384g)
- onion
2 tbsp minced (30g)
- ketchup
2 tbsp (34g)

Fats and Oils

- oil
1 3/4 oz (54mL)
- olive oil
1 tbsp (15mL)

Other

- protein greek yogurt, flavored
2 container (300g)
- sriracha chili sauce
3/4 tbsp (11g)
- mixed greens
4 1/2 cup (138g)
- cacao powder
3/8 oz (11g)
- tzatziki
1/4 cup(s) (56g)
- meatless chik'n tenders
8 pieces (204g)

Spices and Herbs

- thyme, dried
1 tsp, ground (1g)
- salt
5 g (5g)
- ground cumin
1/2 tbsp (3g)

- almonds**
1/3 lbs (148g)
- walnuts**
6 tbsp, shelled (38g)
- roasted pumpkin seeds, unsalted**
3 tbsp (22g)
- chia seeds**
3 oz (85g)

- garlic powder**
1 tsp (4g)
- dried dill weed**
1 tsp (1g)
- black pepper**
1 1/2 g (1g)
- rosemary, dried**
4 dash (1g)

Soups, Sauces, and Gravies

- apple cider vinegar**
1 tbsp (1mL)
- salsa verde**
1 1/2 tbsp (24g)
- Frank's Red Hot sauce**
4 tbsp (60mL)
- chunky canned soup (non-creamy varieties)**
1/2 can (~19 oz) (263g)

Sweets

- syrup**
1 tbsp (15mL)

Snacks

- rice cakes, any flavor**
1 cakes (9g)

Legumes and Legume Products

- soy sauce**
2 1/2 tsp (13mL)
- firm tofu**
15 oz (431g)
- peanut butter**
3 tbsp (48g)
- black beans**
3 tbsp (45g)
- roasted peanuts**
4 tbsp (37g)
- tempeh**
1/2 lbs (227g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

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 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

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

Breakfast 2 ↗

Eat on day 4 and day 5

Cacao & raspberry chia pudding

276 cals ● 10g protein ● 13g fat ● 17g carbs ● 13g fiber



For single meal:

chia seeds
2 tbsp (28g)
whole milk
1/2 cup(s) (120mL)
cacao powder
1 1/4 tsp (3g)
raspberries
4 tbsp (31g)
syrup
1/2 tbsp (8mL)

For all 2 meals:

chia seeds
4 tbsp (57g)
whole milk
1 cup(s) (240mL)
cacao powder
2 1/2 tsp (5g)
raspberries
1/2 cup (62g)
syrup
1 tbsp (15mL)

1. Thoroughly mix chia seeds, milk, cacao powder, and syrup in a small container with lid.
2. Refrigerate 15 minutes to overnight until thick.
3. Serve with raspberries.

Breakfast 3 ↗

Eat on day 6 and day 7

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

For all 2 meals:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

1. Spread peanut butter over top of rice cake.

Raspberries

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



For single meal:

raspberries

1 cup (123g)

For all 2 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.

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 2 meals:

low fat cottage cheese (1% milkfat)

1 cup (226g)

canned pineapple, drained

4 tbsp, chunks (45g)

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.

Lunch 1 ↗

Eat on day 1 and day 2

Protein greek yogurt

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



For single meal:

protein greek yogurt, flavored

1 container (150g)

For all 2 meals:

protein greek yogurt, flavored

2 container (300g)

1. Enjoy.

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:
almonds
5 tbsp, whole (45g)

For all 2 meals:
almonds
10 tbsp, whole (89g)

1. The recipe has no instructions.

Grilled cheese with mushrooms

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



For single meal:
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)

For all 2 meals:
mushrooms
1/2 cup, chopped (35g)
olive oil
1/2 tbsp (8mL)
thyme, dried
1 tsp, ground (1g)
bread
2 slice(s) (64g)
sliced cheese
1 slice (3/4 oz ea) (21g)

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.

Lunch 2 ↗

Eat on day 3 and day 4

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

garlic powder
1/3 tsp (1g)
avocados
1/3 avocado(s) (67g)
mixed greens
2/3 cup (20g)
eggs, hard-boiled and chilled
2 large (100g)

For all 2 meals:

garlic powder
1/4 tbsp (2g)
avocados
2/3 avocado(s) (134g)
mixed greens
1 1/3 cup (40g)
eggs, hard-boiled and chilled
4 large (200g)

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. Serve on top of bed of greens.

Milk

1 cup(s) - 149 cals ● 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.

Lunch 3 ↗

Eat on day 5 and day 6

Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



For single meal:

bread
2 slice(s) (64g)
cheese
1/2 cup, shredded (57g)
mushrooms
1 1/2 oz (43g)
rosemary, dried
2 dash (0g)
mixed greens
1/2 cup (15g)

For all 2 meals:

bread
4 slice(s) (128g)
cheese
1 cup, shredded (113g)
mushrooms
3 oz (85g)
rosemary, dried
4 dash (1g)
mixed greens
1 cup (30g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Lunch 4 ↗

Eat on day 7

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



Makes 1/2 sandwich(es)

bread

1 slice (32g)

butter

1/2 tbsp (7g)

sliced cheese

1 slice (1 oz ea) (28g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Roasted almonds

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



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. The recipe has no instructions.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

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.

Peach and goat cheese bites

1 peach - 162 cals ● 7g protein ● 9g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (143g)
goat cheese
2 tbsp (28g)
salt
1 dash (0g)

For all 3 meals:

peach
3 medium (2-2/3" dia) (428g)
goat cheese
6 tbsp (84g)
salt
3 dash (1g)

1. Slice peach from top to bottom to make thin strips.
2. Put goat cheese and a dash of salt (sea salt is preferred but any type will do) in between 2 strips of peach to make a sandwich. Serve.

Snacks 2 ↗

Eat on day 4 and day 5

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

dried dill weed
4 dash (1g)
goat cheese
1 oz (28g)
cucumber, sliced
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

dried dill weed
1 tsp (1g)
goat cheese
2 oz (57g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

Snacks 3 ↗

Eat on day 6 and day 7

Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

chia seeds
1 tbsp (14g)
whole milk
1/4 cup(s) (60mL)
cacao powder
1/2 tbsp (3g)
avocados
1/2 slices (13g)
lowfat greek yogurt
2 tbsp (35g)
protein powder
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

chia seeds
2 tbsp (28g)
whole milk
1/2 cup(s) (120mL)
cacao powder
1 tbsp (6g)
avocados
1 slices (25g)
lowfat greek yogurt
4 tbsp (70g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Dinner 1 ↗

Eat on day 1

White rice

3/4 cup rice, cooked - 164 cals ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber



Makes 3/4 cup rice, cooked

water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

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.

Taiwanese tofu lettuce cups

6 lettuce cups - 279 cals ● 11g protein ● 23g fat ● 5g carbs ● 2g fiber



Makes 6 lettuce cups

almonds
3/4 tbsp, slivered (5g)
apple cider vinegar
1 tbsp (1mL)
soy sauce
1/2 tbsp (8mL)
romaine lettuce
6 leaf inner (36g)
oil
1 tbsp (17mL)
garlic, minced
3/4 clove(s) (2g)
water
1/8 cup(s) (22mL)
firm tofu, patted dry & crumbled
1/4 lbs (106g)
fresh ginger, peeled & minced
3/4 tbsp (5g)

1. Heat about 2/3 of the oil in a non-stick skillet over medium-high heat. Add the tofu, season with salt and pepper, and cook until browned in places, about 5-6 minutes. Transfer tofu to a plate and wipe the skillet clean.
2. Add the remaining oil to the same skillet over medium-high heat. Add the garlic, ginger, and almonds, and stir frequently until the garlic is fragrant and the almonds are toasted, about 1-2 minutes.
3. Stir in the apple cider vinegar, soy sauce, and water, and cook until the mixture slightly thickens, about 2-3 minutes.
4. Return the tofu to the skillet and toss to coat.
5. Spoon the tofu mixture into the lettuce cups and serve.

Dinner 2

Eat on day 2

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

oil
1/2 tbsp (8mL)
tomatoes
1 1/2 small whole (2-2/5" dia) (137g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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.

Dinner 3 ↗

Eat on day 3

Salsa verde tofu salad

529 cals ● 23g protein ● 36g fat ● 17g carbs ● 12g fiber



firm tofu

1 1/2 slice(s) (126g)
oil
1/2 tbsp (8mL)
mixed greens
2 1/4 cup (68g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
ground cumin
1/2 tbsp (3g)
salsa verde
1 1/2 tbsp (24g)
avocados, sliced
3 slices (75g)
black beans, drained and rinsed
3 tbsp (45g)
tomatoes, chopped
3/4 roma tomato (60g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Dinner 4 ↗

Eat on day 4 and day 5

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 tempeh with tzatziki.

Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
butter
4 tsp (18g)
frozen sugar snap peas
1 1/3 cup (192g)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
butter
2 2/3 tbsp (36g)
frozen sugar snap peas
2 2/3 cup (384g)

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

Dinner 5 ↗

Eat on day 6 and day 7

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup(s) (180mL)

For all 2 meals:

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

1. The recipe has no instructions.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

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)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

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.

Crispy chik'n tenders

4 tender(s) - 229 cals ● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



For single meal:

meatless chick'n tenders
4 pieces (102g)
ketchup
1 tbsp (17g)

For all 2 meals:

meatless chick'n tenders
8 pieces (204g)
ketchup
2 tbsp (34g)

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

Protein Supplement(s)

Eat every day

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.
