

Meal Plan - 1800 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

1826 cals ● 122g protein (27%) ● 96g fat (47%) ● 92g carbs (20%) ● 26g fiber (6%)

Breakfast

270 cals, 13g protein, 4g net carbs, 21g fat



Almond protein balls
2 ball(s)- 270 cals

Lunch

615 cals, 27g protein, 33g net carbs, 36g fat



Egg salad sandwich
1 sandwich(es)- 542 cals



Raspberries
1 cup(s)- 72 cals

Snacks

205 cals, 14g protein, 11g net carbs, 11g fat



Clementine
1 clementine(s)- 39 cals



String cheese
2 stick(s)- 165 cals

Dinner

575 cals, 33g protein, 43g net carbs, 27g fat



Milk
3/4 cup(s)- 112 cals



Meatless bolognese pasta
221 cals



Simple mozzarella and tomato salad
242 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 2

1768 cals ● 131g protein (30%) ● 89g fat (45%) ● 84g carbs (19%) ● 28g fiber (6%)

Breakfast

270 cals, 13g protein, 4g net carbs, 21g fat



Almond protein balls
2 ball(s)- 270 cals

Snacks

205 cals, 14g protein, 11g net carbs, 11g fat



Clementine
1 clementine(s)- 39 cals



String cheese
2 stick(s)- 165 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 3

1808 cals ● 127g protein (28%) ● 92g fat (46%) ● 92g carbs (20%) ● 26g fiber (6%)

Breakfast

270 cals, 13g protein, 4g net carbs, 21g fat



Almond protein balls
2 ball(s)- 270 cals

Snacks

255 cals, 8g protein, 14g net carbs, 17g fat



Clementine
1 clementine(s)- 39 cals



Celery and peanut butter
218 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

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



Seitan salad
539 cals

Dinner

590 cals, 28g protein, 43g net carbs, 30g fat



Raspberries
1/2 cup(s)- 36 cals



Chik'n nuggets
6 2/3 nuggets- 368 cals



Pistachios
188 cals

Lunch

525 cals, 43g protein, 29g net carbs, 24g fat



Egg & avocado salad
266 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

590 cals, 28g protein, 43g net carbs, 30g fat



Raspberries
1/2 cup(s)- 36 cals



Chik'n nuggets
6 2/3 nuggets- 368 cals



Pistachios
188 cals

Day 4

1805 cals ● 125g protein (28%) ● 91g fat (45%) ● 96g carbs (21%) ● 26g fiber (6%)

Breakfast

270 cals, 12g protein, 25g net carbs, 12g fat



Boiled eggs
1 egg(s)- 69 cals



Toast with butter and jelly
1 1/2 slice(s)- 200 cals

Snacks

255 cals, 8g protein, 14g net carbs, 17g fat



Clementine
1 clementine(s)- 39 cals



Celery and peanut butter
218 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

525 cals, 43g protein, 29g net carbs, 24g fat



Egg & avocado salad
266 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

590 cals, 25g protein, 26g net carbs, 37g fat



Sesame peanut zoodles
588 cals

Day 5

1763 cals ● 118g protein (27%) ● 89g fat (45%) ● 100g carbs (23%) ● 24g fiber (5%)

Breakfast

270 cals, 12g protein, 25g net carbs, 12g fat



Boiled eggs
1 egg(s)- 69 cals



Toast with butter and jelly
1 1/2 slice(s)- 200 cals

Snacks

255 cals, 8g protein, 14g net carbs, 17g fat



Clementine
1 clementine(s)- 39 cals



Celery and peanut butter
218 cals

Lunch

555 cals, 24g protein, 44g net carbs, 29g fat



Simple mixed greens salad
271 cals



Seitan philly cheesesteak
1/2 sub(s)- 285 cals

Dinner

515 cals, 37g protein, 15g net carbs, 30g fat



Baked tofu
10 2/3 oz- 302 cals



Roasted broccoli with nutritional yeast
2 cup(s)- 215 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 6

1787 cals ● 131g protein (29%) ● 91g fat (46%) ● 80g carbs (18%) ● 30g fiber (7%)

Breakfast

270 cals, 17g protein, 15g net carbs, 14g fat



Veggie mason jar omelet
1 jar(s)- 155 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

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



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Lunch

635 cals, 33g protein, 35g net carbs, 35g fat



Milk
1/2 cup(s)- 75 cals



Avocado egg salad sandwich
1 sandwich(es)- 562 cals

Dinner

515 cals, 37g protein, 15g net carbs, 30g fat



Baked tofu
10 2/3 oz- 302 cals



Roasted broccoli with nutritional yeast
2 cup(s)- 215 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Day 7

1808 cals ● 122g protein (27%) ● 86g fat (43%) ● 100g carbs (22%) ● 37g fiber (8%)

Breakfast

270 cals, 17g protein, 15g net carbs, 14g fat



Veggie mason jar omelet
1 jar(s)- 155 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

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



Smashed raspberry almond butter toast
1 toast(s)- 203 cals

Lunch

635 cals, 33g protein, 35g net carbs, 35g fat



Milk
1/2 cup(s)- 75 cals



Avocado egg salad sandwich
1 sandwich(es)- 562 cals

Dinner

535 cals, 28g protein, 35g net carbs, 25g fat



Pumpkin seeds
183 cals



Raspberries
1 3/4 cup(s)- 126 cals



Crispy chick'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



Dairy and Egg Products

- eggs**
21 medium (932g)
- string cheese**
4 stick (112g)
- whole milk**
1 3/4 cup(s) (420mL)
- fresh mozzarella cheese**
2 oz (57g)
- butter**
5 tsp (23g)
- cheese**
1/2 slice (1 oz each) (14g)

Fats and Oils

- mayonnaise**
2 tbsp (30mL)
- oil**
1 1/2 oz (42mL)
- balsamic vinaigrette**
1 tbsp (14mL)
- salad dressing**
1/2 cup (113mL)

Spices and Herbs

- salt**
1 dash (0g)
- black pepper**
1 dash (0g)
- paprika**
1 dash (1g)
- yellow mustard**
2 dash or 1 packet (1g)
- fresh basil**
1 tbsp, chopped (3g)
- garlic powder**
1/2 tbsp (5g)

Baked Products

- bread**
14 2/3 oz (416g)

Vegetables and Vegetable Products

- onion**
5/8 medium (2-1/2" dia) (66g)
- tomatoes**
3 1/4 medium whole (2-3/5" dia) (401g)

Beverages

- protein powder**
3/4 lbs (343g)
- water**
10 1/2 cup(s) (2489mL)

Nut and Seed Products

- almond butter**
1/4 lbs (126g)
- pistachios, shelled**
1/2 cup (62g)
- sesame seeds**
1/2 oz (15g)
- chia seeds**
1 tsp (5g)
- flax seeds**
2 dash (2g)
- roasted pumpkin seeds, unsalted**
4 tbsp (30g)

Other

- almond flour**
3 tbsp (21g)
- nutritional yeast**
1/3 oz (9g)
- vegan chik'n nuggets**
13 1/3 nuggets (287g)
- mixed greens**
7 1/3 cup (220g)
- cottage cheese & fruit cup**
4 container (680g)
- coleslaw mix**
1 cup (90g)
- sub roll(s)**
1/2 roll(s) (43g)
- meatless chik'n tenders**
4 pieces (102g)

Soups, Sauces, and Gravies

- pasta sauce**
3 oz (85g)

Legumes and Legume Products

- vegetarian burger crumbles**
1 1/2 oz (43g)
- peanut butter**
10 tbsp (160g)

- fresh spinach**
3 cup(s) (90g)
- ketchup**
1/4 cup (74g)
- raw celery**
6 stalk, medium (7-1/2" - 8" long) (240g)
- green onions**
2 tbsp, sliced (16g)
- zucchini**
2 medium (392g)
- bell pepper**
1 1/4 small (93g)
- fresh ginger**
1 1/3 slices (1" dia) (3g)
- broccoli**
4 cup chopped (364g)

- soy sauce**
1/2 lbs (190mL)
- extra firm tofu**
1 1/3 lbs (605g)

Cereal Grains and Pasta

- uncooked dry pasta**
1 oz (28g)
- seitan**
6 oz (170g)

Sweets

- jelly**
1 tbsp (21g)

Fruits and Fruit Juices

- raspberries**
17 1/2 oz (499g)
- clementines**
5 fruit (370g)
- avocados**
2 avocado(s) (410g)
- lime juice**
1 tbsp (15mL)

Breakfast 1

Eat on day 1, day 2, and day 3

Almond protein balls

2 ball(s) - 270 cals ● 13g protein ● 21g fat ● 4g carbs ● 4g fiber



For single meal:

almond butter
2 tbsp (31g)
almond flour
1 tbsp (7g)
protein powder
1 tbsp (6g)

For all 3 meals:

almond butter
6 tbsp (94g)
almond flour
3 tbsp (21g)
protein powder
3 tbsp (17g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

Breakfast 2

Eat on day 4 and day 5

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.

Toast with butter and jelly

1 1/2 slice(s) - 200 cals ● 6g protein ● 7g fat ● 25g carbs ● 3g fiber



For single meal:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)
jelly
1/2 tbsp (11g)

For all 2 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

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

Breakfast 3 ↗

Eat on day 6 and day 7

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 2 meals:

eggs
4 large (200g)
bell pepper, chopped
1 small (74g)
onion, diced
1/2 small (35g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

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.

Lunch 1 ↗

Eat on day 1

Egg salad sandwich

1 sandwich(es) - 542 cals ● 25g protein ● 36g fat ● 26g carbs ● 4g fiber



Makes 1 sandwich(es)

eggs
3 medium (132g)
mayonnaise
2 tbsp (30mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bread
2 slice (64g)
paprika
1 dash (1g)
onion, chopped
1/4 small (18g)
yellow mustard
2 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Raspberries

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



Makes 1 cup(s)

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Lunch 2 ↗

Eat on day 2

Seitan salad

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



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)

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.

Lunch 3 ↗

Eat on day 3 and day 4

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.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 4 ↗

Eat on day 5

Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.

Seitan philly cheesesteak

1/2 sub(s) - 285 cals ● 19g protein ● 10g fat ● 28g carbs ● 2g fiber



Makes 1/2 sub(s)

sub roll(s)

1/2 roll(s) (43g)

oil

1/4 tbsp (4mL)

cheese

1/2 slice (1 oz each) (14g)

seitan, cut into strips

1 1/2 oz (43g)

onion, chopped

1/8 medium (2-1/2" dia) (14g)

bell pepper, sliced

1/4 small (19g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Lunch 5 ↗

Eat on day 6 and day 7

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup(s) (120mL)

For all 2 meals:

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



For single meal:

garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
tomatoes, halved
6 tbsp cherry tomatoes (56g)
eggs, hard-boiled and chilled
3 large (150g)

For all 2 meals:

garlic powder
1 tsp (3g)
avocados
1 avocado(s) (201g)
bread
4 slice (128g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
eggs, hard-boiled and chilled
6 large (300g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Snacks 1 ↗

Eat on day 1 and day 2

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 2 meals:

string cheese

4 stick (112g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 3 meals:

clementines

3 fruit (222g)

1. The recipe has no instructions.

Celery and peanut butter

218 cals ● 8g protein ● 17g fat ● 7g carbs ● 3g fiber



For single meal:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

peanut butter

2 tbsp (32g)

For all 3 meals:

raw celery

6 stalk, medium (7-1/2" - 8" long)
(240g)

peanut butter

6 tbsp (96g)

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

Snacks 3 ↗

Eat on day 6 and day 7

Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

bread
1 slice(s) (32g)
almond butter
1 tbsp (16g)
flax seeds
1 dash (1g)
raspberries
10 raspberries (19g)

For all 2 meals:

bread
2 slice(s) (64g)
almond butter
2 tbsp (32g)
flax seeds
2 dash (2g)
raspberries
20 raspberries (38g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

Dinner 1 ↗

Eat on day 1

Milk

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

Makes 3/4 cup(s)

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

1. The recipe has no instructions.



Meatless bolognese pasta

221 cals ● 13g protein ● 4g fat ● 28g carbs ● 5g fiber



pasta sauce
3 oz (85g)
vegetarian burger crumbles
1 1/2 oz (43g)
oil
1/6 tsp (1mL)
uncooked dry pasta
1 oz (28g)

1. Cook the pasta according to the package instructions until al dente. Drain and set aside.
2. While the pasta cooks, heat the oil in a skillet or saucepan over medium heat.
3. Add the vegan meat and cook until browned, or as directed on the package. Break up any large clumps with a spoon as needed.
4. Stir in the pasta sauce and bring to a simmer.
5. Serve the sauce over the cooked pasta.

Simple mozzarella and tomato salad

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



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.

Dinner 2 ↗

Eat on day 2 and day 3

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:
raspberries
1/2 cup (62g)

For all 2 meals:
raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

ketchup
5 tsp (28g)
vegan chick'n nuggets
6 2/3 nuggets (143g)

For all 2 meals:

ketchup
1/4 cup (57g)
vegan chick'n nuggets
13 1/3 nuggets (287g)

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

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Dinner 3 ↗

Eat on day 4

Sesame peanut zoodles

588 cals ● 25g protein ● 37g fat ● 26g carbs ● 12g fiber



coleslaw mix
1 cup (90g)
peanut butter
4 tbsp (64g)
soy sauce
2 tbsp (30mL)
sesame seeds
1 tsp (3g)
green onions
2 tbsp, sliced (16g)
lime juice
1 tbsp (15mL)
chia seeds
1 tsp (5g)
zucchini, spiralized
2 medium (392g)

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.

Dinner 4 ↗

Eat on day 5 and day 6

Baked tofu

10 2/3 oz - 302 cals ● 29g protein ● 16g fat ● 7g carbs ● 4g fiber



For single meal:

soy sauce
1/3 cup (80mL)
sesame seeds
2 tsp (6g)
extra firm tofu
2/3 lbs (302g)
fresh ginger, peeled and grated
2/3 slices (1" dia) (1g)

For all 2 meals:

soy sauce
2/3 cup (160mL)
sesame seeds
4 tsp (12g)
extra firm tofu
1 1/3 lbs (605g)
fresh ginger, peeled and grated
1 1/3 slices (1" dia) (3g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Roasted broccoli with nutritional yeast

2 cup(s) - 215 cals ● 7g protein ● 15g fat ● 8g carbs ● 6g fiber



For single meal:

broccoli
2 cup chopped (182g)
oil
1 tbsp (15mL)
nutritional yeast
1 tbsp (4g)

For all 2 meals:

broccoli
4 cup chopped (364g)
oil
2 tbsp (30mL)
nutritional yeast
2 tbsp (8g)

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

Serve.

Dinner 5 ↗

Eat on day 7

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.

Raspberries

1 3/4 cup(s) - 126 cals ● 3g protein ● 1g fat ● 12g carbs ● 14g fiber



Makes 1 3/4 cup(s)
raspberries
1 3/4 cup (215g)

1. Rinse raspberries and serve.

Crispy chick'n tenders

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



Makes 4 tender(s)

meatless chick'n tenders

4 pieces (102g)

ketchup

1 tbsp (17g)

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.