

Meal Plan - 1900 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

1863 cals ● 143g protein (31%) ● 91g fat (44%) ● 85g carbs (18%) ● 33g fiber (7%)

Breakfast

255 cals, 24g protein, 20g net carbs, 8g fat



Toast with butter

1 slice(s)- 114 cals



Protein greek yogurt

1 container- 139 cals

Snacks

225 cals, 7g protein, 12g net carbs, 15g fat



Roasted cashews

1/6 cup(s)- 139 cals



Bell pepper strips and hummus

85 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

635 cals, 24g protein, 31g net carbs, 41g fat



Zoodles with avocado sauce

235 cals



Roasted peanuts

1/6 cup(s)- 153 cals



Milk

1 2/3 cup(s)- 248 cals

Dinner

530 cals, 40g protein, 20g net carbs, 27g fat



Buffalo tempeh with tzatziki

471 cals



Roasted tomatoes

1 tomato(es)- 60 cals

Day 2

1876 cals ● 132g protein (28%) ● 81g fat (39%) ● 117g carbs (25%) ● 38g fiber (8%)

Breakfast

255 cals, 24g protein, 20g net carbs, 8g fat



Toast with butter

1 slice(s)- 114 cals



Protein greek yogurt

1 container- 139 cals

Snacks

225 cals, 7g protein, 12g net carbs, 15g fat



Roasted cashews

1/6 cup(s)- 139 cals



Bell pepper strips and hummus

85 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

555 cals, 36g protein, 37g net carbs, 25g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Pumpkin seeds

183 cals

Dinner

625 cals, 17g protein, 46g net carbs, 33g fat



Southwest lentil & potato skillet

320 cals



Simple kale & avocado salad

307 cals

Day 3

1918 cals ● 139g protein (29%) ● 92g fat (43%) ● 104g carbs (22%) ● 30g fiber (6%)

Breakfast

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



Chocolate peanut butter protein oats

234 cals



Blackberries

2/3 cup(s)- 46 cals

Snacks

285 cals, 14g protein, 23g net carbs, 13g fat



Crunchy garlicky lentil snack

171 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

Lunch

580 cals, 27g protein, 20g net carbs, 41g fat



Lemon pepper tofu

10 1/2 oz- 378 cals



Buttered broccoli

1 1/2 cup(s)- 200 cals

Dinner

555 cals, 30g protein, 40g net carbs, 27g fat



Milk

1 cup(s)- 149 cals



Baked feta chickpea pasta

406 cals

Day 4

1918 cals ● 139g protein (29%) ● 92g fat (43%) ● 104g carbs (22%) ● 30g fiber (6%)

Breakfast

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



Chocolate peanut butter protein oats
234 cals



Blackberries
2/3 cup(s)- 46 cals

Snacks

285 cals, 14g protein, 23g net carbs, 13g fat



Crunchy garlicky lentil snack
171 cals



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

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

580 cals, 27g protein, 20g net carbs, 41g fat



Lemon pepper tofu
10 1/2 oz- 378 cals



Buttered broccoli
1 1/2 cup(s)- 200 cals

Dinner

555 cals, 30g protein, 40g net carbs, 27g fat



Milk
1 cup(s)- 149 cals



Baked feta chickpea pasta
406 cals

Day 5

1901 cals ● 130g protein (27%) ● 88g fat (42%) ● 105g carbs (22%) ● 43g fiber (9%)

Breakfast

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



Chocolate peanut butter protein oats
234 cals



Blackberries
2/3 cup(s)- 46 cals

Snacks

285 cals, 14g protein, 23g net carbs, 13g fat



Crunchy garlicky lentil snack
171 cals



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

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

575 cals, 30g protein, 30g net carbs, 33g fat



Easy chickpea salad
234 cals



Basic tofu
8 oz- 342 cals

Dinner

540 cals, 18g protein, 31g net carbs, 32g fat



Roasted almonds
1/4 cup(s)- 222 cals



Lemony zucchini chickpea & feta bowl
260 cals



Grapes
58 cals

Day 6

1900 cals ● 121g protein (25%) ● 92g fat (43%) ● 106g carbs (22%) ● 42g fiber (9%)

Breakfast

320 cals, 14g protein, 23g net carbs, 18g fat



Protein peanut butter toast
1 slice(s)- 322 cals

Snacks

200 cals, 10g protein, 15g net carbs, 10g fat



Kale chips
138 cals



Cottage cheese & honey
1/4 cup(s)- 62 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

620 cals, 30g protein, 36g net carbs, 31g fat



Boiled eggs
2 egg(s)- 139 cals



Spiced chickpea & avocado toast
1 toast(s)- 481 cals

Dinner

540 cals, 18g protein, 31g net carbs, 32g fat



Roasted almonds
1/4 cup(s)- 222 cals



Lemony zucchini chickpea & feta bowl
260 cals



Grapes
58 cals

Day 7

1860 cals ● 126g protein (27%) ● 88g fat (43%) ● 101g carbs (22%) ● 40g fiber (9%)

Breakfast

320 cals, 14g protein, 23g net carbs, 18g fat



Protein peanut butter toast
1 slice(s)- 322 cals

Snacks

200 cals, 10g protein, 15g net carbs, 10g fat



Kale chips
138 cals



Cottage cheese & honey
1/4 cup(s)- 62 cals

Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake
2 scoop- 218 cals

Lunch

620 cals, 30g protein, 36g net carbs, 31g fat



Boiled eggs
2 egg(s)- 139 cals



Spiced chickpea & avocado toast
1 toast(s)- 481 cals

Dinner

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



Simple kale & avocado salad
115 cals



Goat cheese and marinara stuffed zucchini
4 zucchini halve(s)- 384 cals

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
3 tbsp (46mL)
- ☐ chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)
- ☐ apple cider vinegar
1/2 tbsp (0mL)
- ☐ pasta sauce
1/2 cup (130g)

Other

- ☐ tzatziki
1/6 cup(s) (42g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)
- ☐ chickpea pasta
1/2 box (99g)
- ☐ italian seasoning
4 dash (2g)

Fats and Oils

- ☐ oil
3 1/4 oz (99mL)
- ☐ olive oil
4 tsp (20mL)

Legumes and Legume Products

- ☐ tempeh
6 oz (170g)
- ☐ hummus
1/3 cup (81g)
- ☐ roasted peanuts
1/2 cup (79g)
- ☐ lentils, raw
3/4 cup (147g)
- ☐ peanut butter
1/2 cup (112g)
- ☐ firm tofu
29 oz (822g)
- ☐ chickpeas, canned
2 can(s) (896g)

Vegetables and Vegetable Products

- ☐ tomatoes
4 1/3 medium whole (2-3/5" dia) (534g)

Beverages

- ☐ protein powder
15 1/2 oz (442g)
- ☐ water
17 cup(s) (4057mL)

Baked Products

- ☐ bread
6 3/4 oz (192g)

Dairy and Egg Products

- ☐ butter
1/2 stick (52g)
- ☐ whole milk
3 2/3 cup(s) (881mL)
- ☐ sour cream
2 tbsp (24g)
- ☐ feta cheese
1/3 lbs (149g)
- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- ☐ eggs
4 large (200g)
- ☐ goat cheese
2 oz (57g)

Fruits and Fruit Juices

- ☐ lemon juice
2 fl oz (58mL)
- ☐ avocados
2 1/2 avocado(s) (486g)
- ☐ lemon
2 1/2 small (140g)
- ☐ blackberries
2 cup (288g)
- ☐ grapes
2 cup (184g)

Spices and Herbs

- ☐ fresh basil
1/2 cup leaves, whole (12g)
- ☐ paprika
4 dash (1g)
- ☐ garlic powder
5 dash (2g)
- ☐ crushed red pepper
1/2 tbsp (3g)

- ☐ **bell pepper**
1 1/4 large (201g)
- ☐ **zucchini**
3 large (969g)
- ☐ **jalapeno pepper**
1 pepper(s) (14g)
- ☐ **potatoes**
1 small (1-3/4" to 2-1/4" dia.) (92g)
- ☐ **kale leaves**
2 1/4 bunch (383g)
- ☐ **fresh spinach**
1 cup(s) (30g)
- ☐ **garlic**
2 clove(s) (6g)
- ☐ **frozen broccoli**
3 cup (273g)
- ☐ **fresh parsley**
6 1/2 sprigs (7g)
- ☐ **onion**
1 1/6 medium (2-1/2" dia) (128g)

Nut and Seed Products

- ☐ **roasted cashews**
1/3 cup (46g)
- ☐ **roasted pumpkin seeds, unsalted**
4 tbsp (30g)
- ☐ **almonds**
1/2 cup, whole (72g)

- ☐ **oregano, dried**
5 dash, ground (1g)
- ☐ **salt**
1/3 oz (9g)
- ☐ **lemon pepper**
1/4 tbsp (2g)
- ☐ **black pepper**
1 1/2 dash (0g)
- ☐ **basil, dried**
2 dash, leaves (0g)
- ☐ **balsamic vinegar**
1/2 tbsp (8mL)
- ☐ **ground cumin**
2 tsp (4g)

Breakfast Cereals

- ☐ **oatmeal, old-fashioned oats, rolled oats**
3/4 cup (61g)

Cereal Grains and Pasta

- ☐ **cornstarch**
3 tbsp (24g)

Sweets

- ☐ **honey**
4 tsp (28g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

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.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Chocolate peanut butter protein oats

234 cal ● 18g protein ● 10g fat ● 15g carbs ● 3g fiber



For single meal:

oatmeal, old-fashioned oats, rolled oats

4 tbsp (20g)

water

1/2 cup(s) (119mL)

peanut butter

1 tbsp (16g)

protein powder, chocolate

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

oatmeal, old-fashioned oats, rolled oats

3/4 cup (61g)

water

1 1/2 cup(s) (356mL)

peanut butter

3 tbsp (48g)

protein powder, chocolate

1 1/2 scoop (1/3 cup ea) (47g)

1. Cook oats and water according to the package.
2. When done, mix in the protein powder and peanut butter.
3. Serve.

Blackberries

2/3 cup(s) - 46 cal ● 1g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

blackberries

2/3 cup (96g)

For all 3 meals:

blackberries

2 cup (288g)

1. Rinse blackberries and serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Protein peanut butter toast

1 slice(s) - 322 cal ● 14g protein ● 18g fat ● 23g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
peanut butter
2 tbsp (32g)
protein powder
2 tsp (4g)
honey
1 tsp (7g)

For all 2 meals:

bread
2 slice (64g)
peanut butter
4 tbsp (64g)
protein powder
4 tsp (8g)
honey
2 tsp (14g)

1. Toast bread.
2. In a small bowl, mix together the peanut butter and protein powder until well-combined.
3. Spread peanut butter mixture over toast and drizzle with honey. Serve.

Lunch 1 [↗](#)

Eat on day 1

Zoodles with avocado sauce

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



water
1/6 cup(s) (39mL)
lemon juice
1 1/2 tbsp (23mL)
fresh basil
1/2 cup leaves, whole (12g)
tomatoes, halved
5 cherry tomatoes (85g)
zucchini
1/2 large (162g)
avocados, peeled and seed removed
1/2 avocado(s) (101g)

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

Roasted peanuts

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



Makes 1/6 cup(s)

roasted peanuts

2 2/3 tbsp (24g)

1. The recipe has no instructions.

Milk

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



Makes 1 2/3 cup(s)

whole milk

1 2/3 cup(s) (400mL)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

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.
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Lunch 3 [🔗](#)

Eat on day 3 and day 4

Lemon pepper tofu

10 1/2 oz - 378 cal ● 23g protein ● 24g fat ● 18g carbs ● 1g fiber



For single meal:

cornstarch
1 1/2 tbsp (12g)
oil
3/4 tbsp (11mL)
lemon pepper
3 dash (1g)
lemon, zested
3/4 small (44g)
firm tofu, patted dry & cubed
2/3 lbs (298g)

For all 2 meals:

cornstarch
3 tbsp (24g)
oil
1 1/2 tbsp (23mL)
lemon pepper
1/4 tbsp (2g)
lemon, zested
1 1/2 small (87g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

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

Buttered broccoli

1 1/2 cup(s) - 200 cal ● 4g protein ● 17g fat ● 3g carbs ● 4g fiber



For single meal:

salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
black pepper
3/4 dash (0g)
butter
1 1/2 tbsp (21g)

For all 2 meals:

salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
black pepper
1 1/2 dash (0g)
butter
3 tbsp (43g)

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

Lunch 4 [↗](#)

Eat on day 5

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



balsamic vinegar

1/2 tbsp (8mL)

apple cider vinegar

1/2 tbsp (0mL)

chickpeas, canned, drained and rinsed

1/2 can(s) (224g)

onion, thinly sliced

1/4 small (18g)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

fresh parsley, chopped

1 1/2 sprigs (2g)

1. Add all ingredients to a bowl and toss. Serve!

Basic tofu

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



Makes 8 oz

oil

4 tsp (20mL)

firm tofu

1/2 lbs (227g)

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
 2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Boiled eggs

2 egg(s) - 139 cal ● 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.

Spiced chickpea & avocado toast

1 toast(s) - 481 cal ● 17g protein ● 22g fat ● 35g carbs ● 19g fiber



For single meal:

bread
1 slice(s) (32g)
lemon juice
1/2 tsp (3mL)
ground cumin
1 tsp (2g)
crushed red pepper
1 dash (0g)
oil
1/4 tsp (1mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)
avocados, peeled & pitted
1/2 avocado(s) (101g)

For all 2 meals:

bread
2 slice(s) (64g)
lemon juice
1 tsp (5mL)
ground cumin
2 tsp (4g)
crushed red pepper
2 dash (0g)
oil
1/2 tsp (3mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)
avocados, peeled & pitted
1 avocado(s) (201g)

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with oil, cumin, and a dash of salt. Place on a baking sheet and roast in the oven for 10-15 minutes, until golden.
3. Meanwhile, mash avocado in a bowl with the back of a fork. Add in lemon juice and a pinch of salt/pepper. Mash until well combined.
4. Toast bread.
5. Assemble by spreading avocado mash on the bread and top with a heaping pile of spiced chickpeas and the crushed red pepper flakes. Serve.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

roasted cashews
2 2/3 tbsp (23g)

For all 2 meals:

roasted cashews
1/3 cup (46g)

1. The recipe has no instructions.
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Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

hummus
2 1/2 tbsp (41g)
bell pepper
1/2 medium (60g)

For all 2 meals:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

1. Cut bell pepper into strips.
 2. Serve with hummus to dip in.
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Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Crunchy garlicky lentil snack

171 cals ● 10g protein ● 3g fat ● 21g carbs ● 5g fiber



For single meal:

oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
crushed red pepper
3 dash (1g)
oregano, dried
1 1/2 dash, ground (0g)
salt
3/8 dash (0g)
water
3/8 cup(s) (95mL)
lentils, raw, risen
3 tbsp (38g)

For all 3 meals:

oil
2 tsp (9mL)
garlic powder
5 dash (2g)
crushed red pepper
1 tsp (2g)
oregano, dried
5 dash, ground (1g)
salt
1 dash (1g)
water
1 1/3 cup(s) (284mL)
lentils, raw, risen
9 1/2 tbsp (115g)

1. Place rinsed lentils in a pot and add water. Cover and bring to a boil. Reduce heat to low and cook for 20 minutes, stirring occasionally.
2. Meanwhile, preheat the oven to 425 F (220 C).
3. Drain the lentils, put them back in the pot and mix in all remaining ingredients.
4. Line a baking sheet (or two) with parchment paper (or foil). Spread lentils over in an even layer. Bake for 12 minutes, stir lentils around, and then bake for another 12 minutes or so. Keep an eye on them towards the end to make sure they don't burn, but make sure they are completely crunchy and have no moisture before removing.
5. Serve.
6. To store: Let lentils cool completely and then store in an airtight container. Can last up to 2 weeks.

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 3 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Kale chips

138 cals ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

salt
1/4 tbsp (4g)
kale leaves
2/3 bunch (113g)
olive oil
2 tsp (10mL)

For all 2 meals:

salt
1/2 tbsp (8g)
kale leaves
1 1/3 bunch (227g)
olive oil
4 tsp (20mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Dinner 1 [↗](#)

Eat on day 1

Buffalo tempeh with tzatziki

471 cals ● 39g protein ● 22g fat ● 17g carbs ● 12g fiber



Frank's Red Hot sauce

3 tbsp (45mL)

tzatziki

1/6 cup(s) (42g)

oil

3/4 tbsp (11mL)

tempeh, roughly chopped

6 oz (170g)

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.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

oil

1 tsp (5mL)

tomatoes

1 small whole (2-2/5" dia) (91g)

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.
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Dinner 2 [↗](#)

Eat on day 2

Southwest lentil & potato skillet

320 cals ● 11g protein ● 12g fat ● 33g carbs ● 8g fiber



lentils, raw
2 2/3 tbsp (32g)
water
1/4 cup(s) (59mL)
paprika
4 dash (1g)
sour cream
2 tbsp (24g)
oil
1/2 tbsp (8mL)
jalapeno pepper, sliced
1 pepper(s) (14g)
potatoes, thinly sliced
1 small (1-3/4" to 2-1/4" dia.) (92g)
bell pepper, deseeded & sliced
1/2 large (82g)

1. Preheat oven to 400°F (200°C).
2. Combine lentils and water in a small saucepan. Cook according to package instructions. Drain any remaining water. Set aside.
3. Coat the potatoes and peppers separately with the oil and season them with paprika and some salt and pepper. Place the potato slices on one side of a baking sheet and bake for 10 minutes. After the initial 10 minutes, add the peppers to the other side of the same baking sheet. Continue baking both the potatoes and peppers for an additional 20 minutes until they are soft.
4. Mix the cooked peppers with the lentils and season with some salt and pepper. Top the lentil and pepper mixture with the potatoes, sour cream, and jalapeno. Serve.

Simple kale & avocado salad

307 cals ● 6g protein ● 20g fat ● 13g carbs ● 12g fiber



kale leaves, chopped
2/3 bunch (113g)
avocados, chopped
2/3 avocado(s) (134g)
lemon, juiced
2/3 small (39g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 3 [↗](#)

Eat on day 3 and day 4

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.

Baked feta chickpea pasta

406 cal ● 22g protein ● 19g fat ● 28g carbs ● 9g fiber



For single meal:

tomatoes
5 oz, cherry tomatoes (142g)
oil
1/4 tbsp (4mL)
fresh spinach
1/2 cup(s) (15g)
chickpea pasta
1/4 box (50g)
italian seasoning
1 dash (0g)
feta cheese, drained
2 oz (57g)
garlic, peeled & smashed
1/2 clove(s) (2g)

For all 2 meals:

tomatoes
10 oz, cherry tomatoes (284g)
oil
1/2 tbsp (8mL)
fresh spinach
1 cup(s) (30g)
chickpea pasta
1/2 box (99g)
italian seasoning
2 dash (1g)
feta cheese, drained
4 oz (113g)
garlic, peeled & smashed
1 clove(s) (3g)

1. Preheat oven to 400°F (200°C).
2. In a baking dish, add the tomatoes, garlic, and the feta (do not crumble). Drizzle with the oil and season with some salt/pepper. Bake for 30-35 minutes until tomatoes are bursting.
3. Meanwhile cook chickpea pasta according to package instructions. Set aside.
4. Remove the baking dish from the oven and smash everything with a fork until the feta is creamy, but the tomatoes are still a bit chunky.
5. Add spinach and hot pasta into the baking dish and toss gently until spinach wilts and pasta is coated. Garnish with Italian seasoning and serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Lemony zucchini chickpea & feta bowl

260 cal ● 10g protein ● 13g fat ● 18g carbs ● 7g fiber



For single meal:

italian seasoning
1 dash (0g)
oil
1/2 tbsp (8mL)
basil, dried
1 dash, leaves (0g)
lemon juice
1 tbsp (15mL)
feta cheese, cubed
18 g (18g)
garlic, minced
1/2 clove(s) (2g)
chickpeas, canned, rinsed and drained
1/4 can(s) (112g)
zucchini, sliced into rounds
1/4 large (81g)
fresh parsley, chopped
2 1/2 sprigs (3g)
onion, thinly sliced
1/2 medium (2-1/2" dia) (55g)

For all 2 meals:

italian seasoning
2 dash (1g)
oil
1 tbsp (15mL)
basil, dried
2 dash, leaves (0g)
lemon juice
2 tbsp (30mL)
feta cheese, cubed
1 1/4 oz (35g)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, rinsed and drained
1/2 can(s) (224g)
zucchini, sliced into rounds
1/2 large (162g)
fresh parsley, chopped
5 sprigs (5g)
onion, thinly sliced
1 medium (2-1/2" dia) (110g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini, feta, and the rest of the fresh parsley. Serve.

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. The recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 7

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped
1/4 bunch (43g)
avocados, chopped
1/4 avocado(s) (50g)
lemon, juiced
1/4 small (15g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cals ● 21g protein ● 20g fat ● 21g carbs ● 9g fiber



Makes 4 zucchini halve(s)

pasta sauce
1/2 cup (130g)
goat cheese
2 oz (57g)
zucchini
2 large (646g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:
protein powder
2 scoop (1/3 cup ea) (62g)
water
2 cup(s) (474mL)

For all 7 meals:
protein powder
14 scoop (1/3 cup ea) (434g)
water
14 cup(s) (3318mL)

1. The recipe has no instructions.
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