

Meal Plan - 2000 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

1953 cals ● 132g protein (27%) ● 82g fat (38%) ● 125g carbs (26%) ● 47g fiber (10%)

Breakfast

280 cals, 10g protein, 14g net carbs, 18g fat



Roasted almonds

1/6 cup(s)- 166 cals



Toast with butter

1 slice(s)- 114 cals

Lunch

655 cals, 33g protein, 27g net carbs, 38g fat



Crack slaw with tempeh

422 cals



Grapes

58 cals



Walnuts

1/4 cup(s)- 175 cals

Snacks

245 cals, 11g protein, 20g net carbs, 12g fat



High-protein granola bar

1 bar(s)- 204 cals



Clementine

1 clementine(s)- 39 cals

Dinner

560 cals, 30g protein, 62g net carbs, 13g fat



Vegan meatball sub

1 sub(s)- 468 cals



Raspberries

1 1/4 cup(s)- 90 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 2

2040 cals ● 141g protein (28%) ● 90g fat (40%) ● 112g carbs (22%) ● 54g fiber (11%)

Breakfast

280 cals, 10g protein, 14g net carbs, 18g fat



Roasted almonds

1/6 cup(s)- 166 cals



Toast with butter

1 slice(s)- 114 cals

Lunch

655 cals, 33g protein, 27g net carbs, 38g fat



Crack slaw with tempeh

422 cals



Grapes

58 cals



Walnuts

1/4 cup(s)- 175 cals

Snacks

245 cals, 11g protein, 20g net carbs, 12g fat



High-protein granola bar

1 bar(s)- 204 cals



Clementine

1 clementine(s)- 39 cals

Dinner

645 cals, 38g protein, 50g net carbs, 21g fat



Curried chickpea salad

644 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 3

1957 cals ● 137g protein (28%) ● 82g fat (38%) ● 111g carbs (23%) ● 57g fiber (12%)

Breakfast

280 cals, 10g protein, 14g net carbs, 18g fat



Roasted almonds

1/6 cup(s)- 166 cals



Toast with butter

1 slice(s)- 114 cals

Lunch

650 cals, 24g protein, 36g net carbs, 37g fat



Chickpea stuffed avocado

1/2 avocado- 481 cals



Simple mixed greens salad

170 cals

Snacks

165 cals, 17g protein, 10g net carbs, 5g fat



Raspberries

1/2 cup(s)- 36 cals



Protein shake (milk)

129 cals

Dinner

645 cals, 38g protein, 50g net carbs, 21g fat



Curried chickpea salad

644 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

1964 cals ● 150g protein (30%) ● 83g fat (38%) ● 109g carbs (22%) ● 46g fiber (9%)

Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



Avocado toast

1 slice(s)- 168 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Lunch

645 cals, 21g protein, 49g net carbs, 31g fat



Roasted almonds

1/8 cup(s)- 111 cals



Greek wedge salad

404 cals



Strawberries

2 1/2 cup(s)- 130 cals

Snacks

165 cals, 17g protein, 10g net carbs, 5g fat



Raspberries

1/2 cup(s)- 36 cals



Protein shake (milk)

129 cals

Dinner

610 cals, 46g protein, 35g net carbs, 26g fat



Edamame & beet salad

342 cals



Vegan sausage

1 sausage(s)- 268 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

1976 cals ● 129g protein (26%) ● 88g fat (40%) ● 124g carbs (25%) ● 42g fiber (9%)

Breakfast

325 cals, 18g protein, 13g net carbs, 20g fat



Avocado toast

1 slice(s)- 168 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Snacks

275 cals, 8g protein, 15g net carbs, 17g fat



Popcorn

2 cups- 81 cals



Roasted almonds

1/8 cup(s)- 111 cals



Carrots and hummus

82 cals

Lunch

630 cals, 24g protein, 42g net carbs, 32g fat



Spinach artichoke grilled cheese sandwich

1 sandwich(es)- 342 cals



Simple kale & avocado salad

288 cals

Dinner

525 cals, 32g protein, 52g net carbs, 18g fat



Teriyaki seitan with veggies and rice

338 cals



Simple mixed greens and tomato salad

189 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

1958 cals ● 139g protein (28%) ● 92g fat (42%) ● 110g carbs (22%) ● 34g fiber (7%)

Breakfast

330 cals, 16g protein, 17g net carbs, 19g fat



Hummus toast
1 slice(s)- 146 cals



Pumpkin seeds
183 cals

Snacks

275 cals, 8g protein, 15g net carbs, 17g fat



Popcorn
2 cups- 81 cals



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



Carrots and hummus
82 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

575 cals, 28g protein, 36g net carbs, 33g fat



Caprese sandwich
1 sandwich(es)- 461 cals



Milk
3/4 cup(s)- 112 cals

Dinner

565 cals, 39g protein, 39g net carbs, 22g fat



Protein greek yogurt
1 container- 139 cals



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



Chickpea & kale soup
273 cals

Day 7

1958 cals ● 139g protein (28%) ● 92g fat (42%) ● 110g carbs (22%) ● 34g fiber (7%)

Breakfast

330 cals, 16g protein, 17g net carbs, 19g fat



Hummus toast
1 slice(s)- 146 cals



Pumpkin seeds
183 cals

Snacks

275 cals, 8g protein, 15g net carbs, 17g fat



Popcorn
2 cups- 81 cals



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



Carrots and hummus
82 cals

Lunch

575 cals, 28g protein, 36g net carbs, 33g fat



Caprese sandwich
1 sandwich(es)- 461 cals



Milk
3/4 cup(s)- 112 cals

Dinner

565 cals, 39g protein, 39g net carbs, 22g fat



Protein greek yogurt
1 container- 139 cals



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



Chickpea & kale soup
273 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Other

- coleslaw mix
4 cup (360g)
- sub roll(s)
1 roll(s) (85g)
- nutritional yeast
1 tsp (1g)
- vegan meatballs, frozen
4 meatball(s) (120g)
- mixed greens
2 1/2 package (5.5 oz) (398g)
- smoked paprika
1/4 tsp (1g)
- tzatziki
1/8 cup(s) (28g)
- vegan sausage
1 sausage (100g)
- Popcorn, microwave, salted
6 cup popped (66g)
- teriyaki sauce
4 tsp (19mL)
- protein greek yogurt, flavored
2 container (300g)

Soups, Sauces, and Gravies

- hot sauce
2 tsp (10mL)
- pasta sauce
4 tbsp (65g)
- vegetable broth
4 cup(s) (mL)
- pesto sauce
4 tbsp (64g)

Nut and Seed Products

- sunflower kernels
1/2 cup (84g)
- walnuts
1/2 cup, shelled (50g)
- almonds
1 cup, whole (152g)
- roasted pumpkin seeds, unsalted
1/2 cup (59g)

Fats and Oils

- oil
1 1/4 oz (37mL)

Legumes and Legume Products

- tempeh
1/2 lbs (227g)
- chickpeas, canned
4 can(s) (1792g)
- hummus
2/3 cup (165g)
- roasted peanuts
1/3 cup (49g)

Fruits and Fruit Juices

- grapes
2 cup (184g)
- raspberries
2 1/4 cup (277g)
- clementines
2 fruit (148g)
- lemon juice
5 tbsp (75mL)
- avocados
1 1/2 avocado(s) (327g)
- black olives
1 1/2 tbsp (13g)
- strawberries
2 1/2 cup, whole (360g)
- lemon
5/8 small (36g)

Baked Products

- bread
14 2/3 oz (416g)

Dairy and Egg Products

- butter
1 tbsp (14g)
- nonfat greek yogurt, plain
1 container (175g)
- whole milk
2 1/2 cup(s) (600mL)
- eggs
4 large (200g)
- mozzarella cheese, shredded
1 oz (28g)
- fresh mozzarella cheese
4 slices (113g)

Beverages

- salad dressing**
1/2 cup (113mL)
- olive oil**
1 tbsp (15mL)
- balsamic vinaigrette**
2 tbsp (30mL)

Vegetables and Vegetable Products

- garlic**
4 clove(s) (12g)
- raw celery**
4 stalk, small (5" long) (68g)
- romaine lettuce**
1 1/2 cup chopped (71g)
- tomatoes**
2 medium whole (2-3/5" dia) (257g)
- edamame, frozen, shelled**
1 cup (118g)
- beets, precooked (canned or refrigerated)**
4 beet(s) (200g)
- artichokes, canned**
1/4 can, drained (60g)
- fresh spinach**
2 oz (57g)
- kale leaves**
6 1/2 oz (186g)
- baby carrots**
24 medium (240g)
- frozen mixed veggies**
1/4 package (10 oz ea) (72g)

- protein powder**
15 scoop (1/3 cup ea) (465g)
- water**
14 cup(s) (3318mL)

Snacks

- high-protein granola bar**
2 bar (80g)

Spices and Herbs

- curry powder**
2 tsp (4g)

Cereal Grains and Pasta

- long-grain white rice**
2 tbsp (23g)
- seitan**
3 oz (85g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 3 meals:

almonds
1/2 cup, whole (80g)

1. The recipe has no instructions.

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 3 meals:

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

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

Breakfast 2 ↗

Eat on day 4 and day 5

Avocado toast

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



For single meal:

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

For all 2 meals:

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

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

Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

Breakfast 3 ↗

Eat on day 6 and day 7

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 2 meals:

bread
2 slice (64g)
hummus
5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1 and day 2

Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

coleslaw mix
2 cup (180g)
hot sauce
1 tsp (5mL)
sunflower kernels
1 tbsp (12g)
oil
2 tsp (10mL)
garlic, minced
1 clove (3g)
tempeh, cubed
4 oz (113g)

For all 2 meals:

coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)
tempeh, cubed
1/2 lbs (227g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

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.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts

4 tbsp, shelled (25g)

For all 2 meals:

walnuts

1/2 cup, shelled (50g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 3

Chickpea stuffed avocado

1/2 avocado - 481 cals ● 20g protein ● 25g fat ● 25g carbs ● 18g fiber



Makes 1/2 avocado

lemon juice

1/2 tbsp (8mL)

nonfat greek yogurt, plain

2 tbsp (35g)

smoked paprika

1/4 tsp (1g)

sunflower kernels

1 tbsp (12g)

avocados

1/2 avocado(s) (101g)

chickpeas, canned, drained & rinsed

1/2 can(s) (224g)

1. In a large bowl mash the chickpeas with a fork. Add in lemon juice, smoked paprika, greek yogurt, sunflower kernels, and some salt and pepper. Stir.
2. Slice open the avocado and discard the pit.
3. Stuff avocado with chickpea salad. Serve any excess chickpea salad on the side.

Simple mixed greens salad

170 cals ● 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.

Lunch 3

Eat on day 4

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.

Greek wedge salad

404 cals ● 15g protein ● 21g fat ● 27g carbs ● 12g fiber



romaine lettuce
1 1/2 cup chopped (71g)
tzatziki
1/8 cup(s) (28g)
olive oil
1 tbsp (15mL)
lemon juice
1/2 tbsp (8mL)
black olives, diced
1 1/2 tbsp (13g)
tomatoes, halved
6 tbsp cherry tomatoes (56g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)

1. In a medium bowl, combine the diced olives, halved cherry tomatoes, chickpeas, olive oil, lemon juice, and some salt and pepper. Toss to coat evenly.
2. Spoon the chickpea mixture over the romaine lettuce, then drizzle with tzatziki. Serve.
3. Meal Prep Note: The chickpea mixture can be made ahead and stored in an airtight container in the fridge for up to 3 days. When ready to serve, simply assemble with the romaine and tzatziki.

Strawberries

2 1/2 cup(s) - 130 cals ● 3g protein ● 1g fat ● 21g carbs ● 7g fiber



Makes 2 1/2 cup(s)

strawberries
2 1/2 cup, whole (360g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 5

Spinach artichoke grilled cheese sandwich

1 sandwich(es) - 342 cals ● 18g protein ● 13g fat ● 30g carbs ● 9g fiber



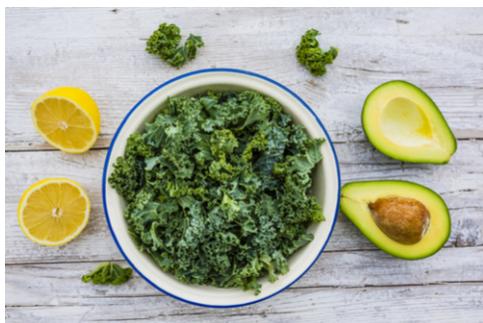
Makes 1 sandwich(es)

oil
1 tsp (5mL)
artichokes, canned
1/4 can, drained (60g)
fresh spinach
2 oz (57g)
bread
2 slice(s) (64g)
mozzarella cheese, shredded
1 oz (28g)

1. Heat just half of the oil in a non-stick skillet over medium heat. Add the artichokes and cook until they start to brown in places, about 5-6 minutes.
2. Add spinach and some salt and pepper to the skillet and stir until spinach wilts, about 2 minutes.
3. Transfer spinach artichoke mixture to a bowl and wipe the skillet clean.
4. Add the spinach artichoke mixture and the cheese to a slice of bread and top with other slice of bread.
5. Heat remaining oil in the skillet over medium heat. Add sandwich and cook until golden brown, 2-3 minutes per side.
6. Cut sandwich in half and serve.

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped
5/8 bunch (106g)
avocados, chopped
5/8 avocado(s) (126g)
lemon, juiced
5/8 small (36g)

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.

Lunch 5

Eat on day 6 and day 7

Caprese sandwich

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



For single meal:

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

For all 2 meals:

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

1. Toast the bread, if desired.
2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.

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.

Snacks 1 ↗

Eat on day 1 and day 2

High-protein granola bar

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



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

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.

Snacks 2 ↗

Eat on day 3 and day 4

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.

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Popcorn

2 cups - 81 cals ● 1g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

Popcorn, microwave, salted
2 cup popped (22g)

For all 3 meals:

Popcorn, microwave, salted
6 cup popped (66g)

1. Follow instructions on package.

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 3 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Carrots and hummus

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



For single meal:

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

For all 3 meals:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

1. Serve carrots with hummus.

Dinner 1 ↗

Eat on day 1

Vegan meatball sub

1 sub(s) - 468 cals ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



Makes 1 sub(s)

sub roll(s)
1 roll(s) (85g)
nutritional yeast
1 tsp (1g)
pasta sauce
4 tbsp (65g)
vegan meatballs, frozen
4 meatball(s) (120g)

1. Cook vegan meatballs according to package.
2. Heat up pasta sauce on stove or in microwave.
3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
4. Serve.

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



Makes 1 1/4 cup(s)

raspberries
1 1/4 cup (154g)

1. Rinse raspberries and serve.

Dinner 2 ↗

Eat on day 2 and day 3

Curried chickpea salad

644 cals ● 38g protein ● 21g fat ● 50g carbs ● 25g fiber



For single meal:

nonfat greek yogurt, plain
4 tbsp (70g)
curry powder
1 tsp (2g)
sunflower kernels
2 tbsp (24g)
mixed greens
2 oz (57g)
lemon juice, divided
2 tbsp (30mL)
raw celery, sliced
2 stalk, small (5" long) (34g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)

For all 2 meals:

nonfat greek yogurt, plain
1/2 cup (140g)
curry powder
2 tsp (4g)
sunflower kernels
4 tbsp (48g)
mixed greens
4 oz (113g)
lemon juice, divided
4 tbsp (60mL)
raw celery, sliced
4 stalk, small (5" long) (68g)
chickpeas, canned, drained & rinsed
2 can(s) (896g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Dinner 3 ↗

Eat on day 4

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



Makes 1 sausage(s)

vegan sausage

1 sausage (100g)

1. Prepare according to package instructions.

2. Serve.

Dinner 4 ↗

Eat on day 5

Teriyaki seitan with veggies and rice

338 cals ● 28g protein ● 6g fat ● 39g carbs ● 4g fiber



oil

1/4 tbsp (4mL)

teriyaki sauce

4 tsp (20mL)

frozen mixed veggies

1/4 package (10 oz ea) (72g)

long-grain white rice

2 tbsp (23g)

seitan, cut into strips

3 oz (85g)

1. Cook the rice and frozen veggies according to their packages. Set aside.

2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.

3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.

4. Serve over rice.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

salad dressing

1/4 cup (56mL)

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

Dinner 5 ↗

Eat on day 6 and day 7

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 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.

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

vegetable broth
2 cup(s) (mL)
oil
1/2 tsp (3mL)
kale leaves, chopped
1 cup, chopped (40g)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, drained
1/2 can(s) (224g)

For all 2 meals:

vegetable broth
4 cup(s) (mL)
oil
1 tsp (5mL)
kale leaves, chopped
2 cup, chopped (80g)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, drained
1 can(s) (448g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and 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.