

Meal Plan - 2200 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

2159 cals ● 157g protein (29%) ● 105g fat (44%) ● 109g carbs (20%) ● 38g fiber (7%)

Breakfast

345 cals, 23g protein, 13g net carbs, 22g fat



High-protein granola bar

1 bar(s)- 204 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

165 cals, 1g protein, 20g net carbs, 8g fat



Plantain chips

151 cals



Cucumber slices

1/4 cucumber- 15 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

715 cals, 31g protein, 42g net carbs, 38g fat



Mixed bean salad

444 cals



Sunflower seeds

271 cals

Dinner

720 cals, 54g protein, 33g net carbs, 35g fat



Seitan salad

718 cals

Day 2

2159 cals ● 157g protein (29%) ● 105g fat (44%) ● 109g carbs (20%) ● 38g fiber (7%)

Breakfast

345 cals, 23g protein, 13g net carbs, 22g fat



High-protein granola bar
1 bar(s)- 204 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

165 cals, 1g protein, 20g net carbs, 8g fat



Plantain chips
151 cals



Cucumber slices
1/4 cucumber- 15 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

715 cals, 31g protein, 42g net carbs, 38g fat



Mixed bean salad
444 cals



Sunflower seeds
271 cals

Dinner

720 cals, 54g protein, 33g net carbs, 35g fat



Seitan salad
718 cals

Day 3

2201 cals ● 144g protein (26%) ● 104g fat (43%) ● 129g carbs (24%) ● 42g fiber (8%)

Breakfast

345 cals, 23g protein, 13g net carbs, 22g fat



High-protein granola bar
1 bar(s)- 204 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

305 cals, 9g protein, 15g net carbs, 20g fat



Roasted almonds
1/6 cup(s)- 148 cals



Apple & peanut butter
1/2 apple(s)- 155 cals

Lunch

680 cals, 27g protein, 53g net carbs, 32g fat



Tossed salad
182 cals



Patty melt
1 sandwich(es)- 500 cals

Dinner

655 cals, 37g protein, 47g net carbs, 30g fat



Peanut tempeh
4 oz tempeh- 434 cals



Simple mixed greens and tomato salad
113 cals



White rice
1/2 cup rice, cooked- 109 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

2240 cals ● 140g protein (25%) ● 109g fat (44%) ● 129g carbs (23%) ● 44g fiber (8%)

Breakfast

380 cals, 18g protein, 12g net carbs, 27g fat



Milk

3/4 cup(s)- 112 cals



Almond protein balls

2 ball(s)- 270 cals

Snacks

305 cals, 9g protein, 15g net carbs, 20g fat



Roasted almonds

1/6 cup(s)- 148 cals



Apple & peanut butter

1/2 apple(s)- 155 cals

Lunch

680 cals, 27g protein, 53g net carbs, 32g fat



Tossed salad

182 cals



Patty melt

1 sandwich(es)- 500 cals

Dinner

655 cals, 37g protein, 47g net carbs, 30g fat



Peanut tempeh

4 oz tempeh- 434 cals



Simple mixed greens and tomato salad

113 cals



White rice

1/2 cup rice, cooked- 109 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

2244 cals ● 156g protein (28%) ● 110g fat (44%) ● 116g carbs (21%) ● 42g fiber (7%)

Breakfast

380 cals, 18g protein, 12g net carbs, 27g fat



Milk

3/4 cup(s)- 112 cals



Almond protein balls

2 ball(s)- 270 cals

Snacks

250 cals, 12g protein, 14g net carbs, 14g fat



Avocado toast

1 slice(s)- 168 cals



String cheese

1 stick(s)- 83 cals

Lunch

730 cals, 41g protein, 36g net carbs, 44g fat



Simple mozzarella and tomato salad

322 cals



Rosemary mushroom cheese sandwich

1 sandwich(es)- 408 cals

Dinner

665 cals, 36g protein, 52g net carbs, 24g fat



Tempeh taco salad bowl

554 cals



White rice

1/2 cup rice, cooked- 109 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

2217 cals ● 151g protein (27%) ● 105g fat (43%) ● 124g carbs (22%) ● 43g fiber (8%)

Breakfast

355 cals, 14g protein, 20g net carbs, 22g fat



Toast with butter

1 slice(s)- 114 cals



Roasted almonds

1/6 cup(s)- 166 cals



Milk

1/2 cup(s)- 75 cals

Snacks

250 cals, 12g protein, 14g net carbs, 14g fat



Avocado toast

1 slice(s)- 168 cals



String cheese

1 stick(s)- 83 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

730 cals, 41g protein, 36g net carbs, 44g fat



Simple mozzarella and tomato salad

322 cals



Rosemary mushroom cheese sandwich

1 sandwich(es)- 408 cals

Dinner

665 cals, 36g protein, 52g net carbs, 24g fat



Tempeh taco salad bowl

554 cals



White rice

1/2 cup rice, cooked- 109 cals

Day 7

2235 cals ● 198g protein (35%) ● 92g fat (37%) ● 132g carbs (24%) ● 23g fiber (4%)

Breakfast

355 cals, 14g protein, 20g net carbs, 22g fat



Toast with butter

1 slice(s)- 114 cals



Roasted almonds

1/6 cup(s)- 166 cals



Milk

1/2 cup(s)- 75 cals

Snacks

250 cals, 12g protein, 14g net carbs, 14g fat



Avocado toast

1 slice(s)- 168 cals



String cheese

1 stick(s)- 83 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

745 cals, 81g protein, 47g net carbs, 25g fat



Teriyaki seitan wings

10 oz seitan- 743 cals

Dinner

670 cals, 44g protein, 49g net carbs, 29g fat



Seitan gyro

1 gyro(s)- 385 cals



Caprese salad

284 cals

Beverages

- ☐ protein powder
15 2/3 oz (446g)
- ☐ water
15 1/3 cup(s) (3633mL)

Snacks

- ☐ high-protein granola bar
3 bar (120g)
- ☐ Plantain chips
2 oz (57g)

Dairy and Egg Products

- ☐ eggs
6 large (300g)
- ☐ whole milk
2 1/2 cup(s) (600mL)
- ☐ string cheese
3 stick (84g)
- ☐ fresh mozzarella cheese
1/2 lbs (208g)
- ☐ cheese
1 cup, shredded (113g)
- ☐ butter
2 tsp (9g)

Vegetables and Vegetable Products

- ☐ cucumber
1 1/2 cucumber (8-1/4") (439g)
- ☐ garlic
1 1/2 clove(s) (5g)
- ☐ onion
1 1/2 small (105g)
- ☐ fresh spinach
8 cup(s) (240g)
- ☐ tomatoes
9 1/3 medium whole (2-3/5" dia) (1146g)
- ☐ romaine lettuce
1 1/2 hearts (750g)
- ☐ red onion
1/2 medium (2-1/2" dia) (59g)
- ☐ carrots
1 1/2 small (5-1/2" long) (75g)
- ☐ mushrooms
3 oz (85g)

Legumes and Legume Products

Spices and Herbs

- ☐ dried dill weed
4 dash (1g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ taco seasoning mix
2 tbsp (17g)
- ☐ fresh basil
1/2 oz (15g)
- ☐ rosemary, dried
4 dash (1g)
- ☐ oregano, dried
1 1/2 dash, leaves (0g)
- ☐ ground cumin
1/3 tsp (1g)

Fruits and Fruit Juices

- ☐ lemon juice
3 tbsp (45mL)
- ☐ avocados
2 3/4 avocado(s) (553g)
- ☐ apples
1 medium (3" dia) (182g)

Nut and Seed Products

- ☐ sunflower kernels
3 oz (85g)
- ☐ almonds
3/4 cup, whole (101g)
- ☐ almond butter
4 tbsp (63g)

Other

- ☐ nutritional yeast
1/3 oz (9g)
- ☐ veggie burger patty
2 patty (142g)
- ☐ mixed greens
2 package (5.5 oz) (298g)
- ☐ almond flour
2 tbsp (14g)
- ☐ tzatziki
1 1/2 tbsp (21g)
- ☐ teriyaki sauce
5 tbsp (75mL)

Cereal Grains and Pasta

- ☐ **kidney beans**
1 can (448g)
- ☐ **chickpeas, canned**
1/2 can(s) (224g)
- ☐ **peanut butter**
1/4 lbs (97g)
- ☐ **tempeh**
1 lbs (454g)
- ☐ **soy sauce**
2 tsp (10mL)
- ☐ **refried beans**
1 cup (242g)

Fats and Oils

- ☐ **olive oil**
2 tbsp (30mL)
- ☐ **oil**
2 1/2 oz (73mL)
- ☐ **salad dressing**
6 oz (172mL)
- ☐ **vegan mayonnaise**
4 tbsp (60g)
- ☐ **balsamic vinaigrette**
2 oz (60mL)

- ☐ **seitan**
1 1/2 lbs (699g)
- ☐ **long-grain white rice**
2/3 cup (123g)

Baked Products

- ☐ **bread**
14 2/3 oz (416g)
- ☐ **pita bread**
1 pita, medium (5" dia) (50g)

Soups, Sauces, and Gravies

- ☐ **salsa**
6 tbsp (108g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

High-protein granola bar

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



For single meal:

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

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.
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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 2 meals:

almond butter
4 tbsp (63g)
almond flour
2 tbsp (14g)
protein powder
2 tbsp (12g)

1. Mix all ingredients together until well incorporated.
 2. Form into balls.
 3. Store any leftovers in an airtight container in the fridge.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

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.

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 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

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.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Mixed bean salad

444 cals ● 18g protein ● 17g fat ● 39g carbs ● 15g fiber



For single meal:

kidney beans, rinsed & drained
1/2 can (224g)
chickpeas, canned, rinsed & drained
1/4 can(s) (112g)
olive oil
1 tbsp (15mL)
dried dill weed
2 dash (0g)
lemon juice
1 tbsp (15mL)
cucumber, chopped
1/4 cucumber (8-1/4") (75g)
garlic, minced
3/4 clove(s) (2g)
onion, diced
1/4 small (18g)

For all 2 meals:

kidney beans, rinsed & drained
1 can (448g)
chickpeas, canned, rinsed & drained
1/2 can(s) (224g)
olive oil
2 tbsp (30mL)
dried dill weed
4 dash (1g)
lemon juice
2 tbsp (30mL)
cucumber, chopped
1/2 cucumber (8-1/4") (151g)
garlic, minced
1 1/2 clove(s) (5g)
onion, diced
1/2 small (35g)

1. Make dressing by mixing the olive oil, lemon juice, garlic, and some salt & pepper together in a small bowl. Set aside.
2. In a large bowl, combine the chickpeas, kidney beans, onion, cucumber, and dill.
3. Pour dressing over the bean mixture and toss to coat. Serve.

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

sunflower kernels
1 1/2 oz (43g)

For all 2 meals:

sunflower kernels
3 oz (85g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



For single meal:

romaine lettuce, shredded
3/4 hearts (375g)
tomatoes, diced
3/4 small whole (2-2/5" dia) (68g)
salad dressing
1 1/2 tbsp (23mL)
red onion, sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced or diced
1/6 cucumber (8-1/4") (56g)
carrots, peeled and shredded or sliced
3/4 small (5-1/2" long) (38g)

For all 2 meals:

romaine lettuce, shredded
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 small whole (2-2/5" dia) (137g)
salad dressing
3 tbsp (45mL)
red onion, sliced
3/8 medium (2-1/2" dia) (41g)
cucumber, sliced or diced
3/8 cucumber (8-1/4") (113g)
carrots, peeled and shredded or sliced
1 1/2 small (5-1/2" long) (75g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Patty melt

1 sandwich(es) - 500 cals ● 20g protein ● 26g fat ● 38g carbs ● 9g fiber



For single meal:

bread
2 slice(s) (64g)
veggie burger patty
1 patty (71g)
dijon mustard
1/2 tbsp (8g)
vegan mayonnaise
2 tbsp (30g)
oil
3/4 tbsp (11mL)
onion, thinly sliced
1/2 small (35g)

For all 2 meals:

bread
4 slice(s) (128g)
veggie burger patty
2 patty (142g)
dijon mustard
1 tbsp (15g)
vegan mayonnaise
4 tbsp (60g)
oil
1 1/2 tbsp (23mL)
onion, thinly sliced
1 small (70g)

1. Heat about 2/3rds of the oil in a large skillet over medium-high heat. Add the onions to one half of the skillet and season with some salt and pepper. Add the veggie patty to the other side. Cook onions until they start to brown, 10-12 minutes. Cook patty 5-6 minutes per side (or time according to package instructions). Turn off heat and set aside.
2. Stir mayo and mustard together in a small bowl. Spread sauce evenly on all sides of the bread.
3. Place patty on bottom slice and top with onions and remaining bread slice.
4. Wipe out the skillet and heat the remaining oil over medium heat. Add the patty melts and cook until golden brown, about 5-7 minutes per side.
5. Cut in half and serve.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



For single meal:

balsamic vinaigrette

4 tsp (20mL)

fresh basil

4 tsp, chopped (4g)

fresh mozzarella cheese, sliced

2 2/3 oz (76g)

tomatoes, sliced

1 large whole (3" dia) (182g)

For all 2 meals:

balsamic vinaigrette

2 2/3 tbsp (40mL)

fresh basil

2 2/3 tbsp, chopped (7g)

fresh mozzarella cheese, sliced

1/3 lbs (151g)

tomatoes, sliced

2 large whole (3" dia) (364g)

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

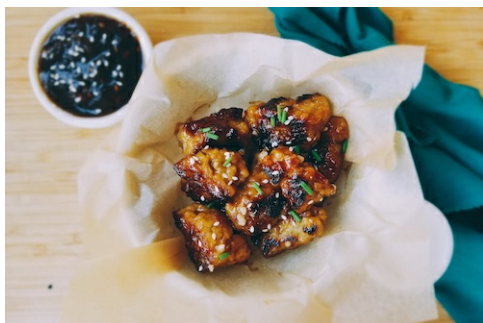
1. Heat a skillet over medium heat.
 2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
 3. Transfer sandwich to the skillet and cook for about 4-5 minutes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

Eat on day 7

Teriyaki seitan wings

10 oz seitan - 743 cals ● 81g protein ● 25g fat ● 47g carbs ● 2g fiber



Makes 10 oz seitan

seitan

10 oz (284g)

oil

1 1/4 tbsp (19mL)

teriyaki sauce

5 tbsp (75mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Plantain chips

151 cals ● 1g protein ● 8g fat ● 17g carbs ● 1g fiber



For single meal:

Plantain chips

1 oz (28g)

For all 2 meals:

Plantain chips

2 oz (57g)

1. Approximately 3/4 cup = 1 oz

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:
cucumber
1/4 cucumber (8-1/4") (75g)

For all 2 meals:
cucumber
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

Snacks 2 [🔗](#)

Eat on day 3 and day 4

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:
almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:
almonds
1/3 cup, whole (48g)

1. The recipe has no instructions.

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:
apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 2 meals:
apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.
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Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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.

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

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

Eat on day 1 and day 2

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
fresh spinach
4 cup(s) (120g)
seitan, crumbled or sliced
6 oz (170g)
tomatoes, halved
12 cherry tomatoes (204g)
avocados, chopped
1/2 avocado(s) (101g)

For all 2 meals:

oil
4 tsp (20mL)
nutritional yeast
4 tsp (5g)
salad dressing
4 tbsp (60mL)
fresh spinach
8 cup(s) (240g)
seitan, crumbled or sliced
3/4 lbs (340g)
tomatoes, halved
24 cherry tomatoes (408g)
avocados, chopped
1 avocado(s) (201g)

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.
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Dinner 2 [↗](#)

Eat on day 3 and day 4

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

tempeh
4 oz (113g)
peanut butter
2 tbsp (32g)
lemon juice
1/2 tbsp (8mL)
soy sauce
1 tsp (5mL)
nutritional yeast
1/2 tbsp (2g)

For all 2 meals:

tempeh
1/2 lbs (227g)
peanut butter
4 tbsp (65g)
lemon juice
1 tbsp (15mL)
soy sauce
2 tsp (10mL)
nutritional yeast
1 tbsp (4g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

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

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

For all 2 meals:

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

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.

Dinner 3 [🔗](#)

Eat on day 5 and day 6

Tempeh taco salad bowl

554 cals ● 34g protein ● 24g fat ● 27g carbs ● 23g fiber



For single meal:

tempeh
4 oz (113g)
taco seasoning mix
1 tbsp (9g)
mixed greens
1/2 cup (15g)
salsa
3 tbsp (54g)
refried beans
1/2 cup (121g)
oil
1/2 tsp (3mL)
avocados, cubed
1/2 avocado(s) (101g)

For all 2 meals:

tempeh
1/2 lbs (227g)
taco seasoning mix
2 tbsp (17g)
mixed greens
1 cup (30g)
salsa
6 tbsp (108g)
refried beans
1 cup (242g)
oil
1 tsp (5mL)
avocados, cubed
1 avocado(s) (201g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

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long-grain white rice
2 2/3 tbsp (31g)

For all 2 meals:

water
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long-grain white rice
1/3 cup (62g)

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.

Dinner 4 [🔗](#)

Eat on day 7

Seitan gyro

1 gyro(s) - 385 cals ● 27g protein ● 11g fat ● 39g carbs ● 4g fiber



Makes 1 gyro(s)

pita bread
1 pita, medium (5" dia) (50g)
red onion
2 slice, thin (18g)
tzatziki
1 1/2 tbsp (21g)
oil
1/2 tbsp (7mL)
oregano, dried
1 1/3 dash, leaves (0g)
ground cumin
1/3 tsp (1g)
cucumber, thinly sliced
1/8 cucumber (8-1/4") (25g)
seitan, thinly sliced
2 2/3 oz (76g)
tomatoes, thinly sliced
1/3 roma tomato (27g)

1. Heat oil in a skillet over medium-high heat. Add seitan and cook until crispy in places, about 4-6 minutes. Season with oregano, cumin, salt and pepper and cook, stirring frequently, until fragrant, about 1 minute.
2. Top pitas with seitan, cucumber, onion, and tomato. Drizzle with tzatziki. Fold up and serve.

Caprese salad

284 cals ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



fresh mozzarella cheese
2 oz (57g)
mixed greens
2/3 package (5.5 oz) (103g)
fresh basil
1/3 cup leaves, whole (8g)
balsamic vinaigrette
4 tsp (20mL)
tomatoes, halved
2/3 cup cherry tomatoes (99g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 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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