

Meal Plan - 2300 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

2275 cals ● 162g protein (28%) ● 103g fat (41%) ● 137g carbs (24%) ● 38g fiber (7%)

Breakfast

335 cals, 14g protein, 21g net carbs, 19g fat



Roasted almonds

1/6 cup(s)- 148 cals



Simple cinnamon oatmeal with water

108 cals



Basic fried eggs

1 egg(s)- 80 cals

Snacks

270 cals, 33g protein, 14g net carbs, 9g fat



Protein shake (milk)

258 cals



Celery sticks

2 celery stalk- 13 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

695 cals, 33g protein, 34g net carbs, 43g fat



Lentils

116 cals



Pesto grilled cheese sandwich

1/2 sandwich(es)- 279 cals



Sunflower seeds

301 cals

Dinner

755 cals, 34g protein, 66g net carbs, 31g fat



Vegan meatball sub

1 sub(s)- 468 cals



Simple kale & avocado salad

288 cals

Day 2

2229 cals ● 164g protein (29%) ● 106g fat (43%) ● 126g carbs (23%) ● 29g fiber (5%)

Breakfast

335 cals, 14g protein, 21g net carbs, 19g fat



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



Simple cinnamon oatmeal with water
108 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

270 cals, 33g protein, 14g net carbs, 9g fat



Protein shake (milk)
258 cals



Celery sticks
2 celery stalk- 13 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

695 cals, 33g protein, 34g net carbs, 43g fat



Lentils
116 cals



Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals



Sunflower seeds
301 cals

Dinner

710 cals, 36g protein, 55g net carbs, 34g fat



Naan bread
1 piece(s)- 262 cals



Broccoli caesar salad with hard boiled eggs
260 cals



Pistachios
188 cals

Day 3

2233 cal ● 169g protein (30%) ● 98g fat (39%) ● 142g carbs (25%) ● 28g fiber (5%)

Breakfast

335 cal, 14g protein, 21g net carbs, 19g fat



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



Simple cinnamon oatmeal with water
108 cal



Basic fried eggs
1 egg(s)- 80 cal

Snacks

270 cal, 33g protein, 14g net carbs, 9g fat



Protein shake (milk)
258 cal



Celery sticks
2 celery stalk- 13 cal

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cal

Lunch

700 cal, 39g protein, 50g net carbs, 34g fat



Brussels sprouts & broccoli salad
438 cal



Cottage cheese & fruit cup
2 container- 261 cal

Dinner

710 cal, 36g protein, 55g net carbs, 34g fat



Naan bread
1 piece(s)- 262 cal



Broccoli caesar salad with hard boiled eggs
260 cal



Pistachios
188 cal



Day 4

2318 cals ● 168g protein (29%) ● 118g fat (46%) ● 110g carbs (19%) ● 37g fiber (6%)

Breakfast

440 cals, 15g protein, 12g net carbs, 34g fat



Celery and peanut butter
327 cals



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

Snacks

245 cals, 12g protein, 13g net carbs, 13g fat



Cucumber goat cheese bites
118 cals



Milk
1/2 cup(s)- 75 cals



Blackberries
3/4 cup(s)- 52 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

700 cals, 39g protein, 50g net carbs, 34g fat



Brussels sprouts & broccoli salad
438 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

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



Seitan salad
718 cals

Day 5

2277 cals ● 153g protein (27%) ● 125g fat (49%) ● 105g carbs (18%) ● 32g fiber (6%)

Breakfast

440 cals, 15g protein, 12g net carbs, 34g fat



Celery and peanut butter
327 cals



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

Snacks

245 cals, 12g protein, 13g net carbs, 13g fat



Cucumber goat cheese bites
118 cals



Milk
1/2 cup(s)- 75 cals



Blackberries
3/4 cup(s)- 52 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

660 cals, 23g protein, 45g net carbs, 41g fat



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



Taiwanese tofu lettuce cups
10 2/3 lettuce cups- 495 cals

Dinner

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



Seitan salad
718 cals

Day 6

2284 cals ● 178g protein (31%) ● 99g fat (39%) ● 128g carbs (22%) ● 43g fiber (8%)

Breakfast

310 cals, 18g protein, 19g net carbs, 16g fat



Strawberries

1 1/2 cup(s)- 78 cals



Milk

1/2 cup(s)- 75 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Snacks

245 cals, 19g protein, 12g net carbs, 12g fat



Roasted almonds

1/8 cup(s)- 111 cals



Yogurt and cucumber

132 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

735 cals, 39g protein, 45g net carbs, 39g fat



Protein greek yogurt

1 container- 139 cals



Strawberry avocado goat cheese panini

487 cals



Simple kale salad

2 cup(s)- 110 cals

Dinner

775 cals, 54g protein, 49g net carbs, 31g fat



Basic tempeh

8 oz- 590 cals



Farro

1/2 cups, cooked- 185 cals

Day 7

2284 cals ● 178g protein (31%) ● 99g fat (39%) ● 128g carbs (22%) ● 43g fiber (8%)

Breakfast

310 cals, 18g protein, 19g net carbs, 16g fat



Strawberries

1 1/2 cup(s)- 78 cals



Milk

1/2 cup(s)- 75 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Snacks

245 cals, 19g protein, 12g net carbs, 12g fat



Roasted almonds

1/8 cup(s)- 111 cals



Yogurt and cucumber

132 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

735 cals, 39g protein, 45g net carbs, 39g fat



Protein greek yogurt

1 container- 139 cals



Strawberry avocado goat cheese panini

487 cals



Simple kale salad

2 cup(s)- 110 cals

Dinner

775 cals, 54g protein, 49g net carbs, 31g fat



Basic tempeh

8 oz- 590 cals



Farro

1/2 cups, cooked- 185 cals

Beverages

- ☐ protein powder
17 scoop (1/3 cup ea) (527g)
- ☐ water
21 cup(s) (5008mL)

Nut and Seed Products

- ☐ almonds
6 1/2 oz (182g)
- ☐ sunflower kernels
3 1/3 oz (94g)
- ☐ roasted pumpkin seeds, unsalted
2 tbsp (15g)
- ☐ pistachios, shelled
1/2 cup (62g)

Breakfast Cereals

- ☐ quick oats
3/4 cup (60g)

Sweets

- ☐ sugar
1 1/2 tbsp (20g)
- ☐ honey
1 1/2 tbsp (32g)

Spices and Herbs

- ☐ cinnamon
1/2 tbsp (4g)
- ☐ salt
3/4 dash (1g)
- ☐ dijon mustard
1 oz (33g)
- ☐ dried dill weed
1 tsp (1g)

Dairy and Egg Products

- ☐ eggs
11 large (550g)
- ☐ cheese
2 slice (1 oz each) (56g)
- ☐ butter
1/4 stick (23g)
- ☐ whole milk
5 cup(s) (1200mL)

Soups, Sauces, and Gravies

- ☐ pasta sauce
4 tbsp (65g)
- ☐ pesto sauce
1 tbsp (16g)
- ☐ apple cider vinegar
3 1/2 tbsp (3mL)

Vegetables and Vegetable Products

- ☐ kale leaves
9 1/2 oz (266g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (438g)
- ☐ raw celery
12 stalk, medium (7-1/2" - 8" long) (480g)
- ☐ romaine lettuce
3/8 head (252g)
- ☐ broccoli
4 cup chopped (364g)
- ☐ brussels sprouts
3 cup, shredded (150g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (452g)
- ☐ fresh spinach
8 cup(s) (240g)
- ☐ garlic
1 1/3 clove(s) (4g)
- ☐ fresh ginger
4 tsp (8g)

Fruits and Fruit Juices

- ☐ avocados
2 1/2 avocado(s) (528g)
- ☐ lemon
5/8 small (36g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ blackberries
1 1/2 cup (216g)
- ☐ strawberries
1 1/2 pint (528g)

Legumes and Legume Products

- ☐ lentils, raw
1/3 cup (64g)
- ☐ peanut butter
6 tbsp (96g)

- ☐ **nonfat greek yogurt, plain**
2 tbsp (35g)
- ☐ **parmesan cheese**
1/2 oz (15g)
- ☐ **goat cheese**
4 oz (113g)
- ☐ **lowfat greek yogurt**
1 cup (280g)

Fats and Oils

- ☐ **oil**
3 oz (96mL)
- ☐ **olive oil**
3 tbsp (45mL)
- ☐ **salad dressing**
1/2 cup (120mL)

Other

- ☐ **sub roll(s)**
1 roll(s) (85g)
- ☐ **nutritional yeast**
5 tsp (6g)
- ☐ **vegan meatballs, frozen**
4 meatball(s) (120g)
- ☐ **cottage cheese & fruit cup**
4 container (680g)
- ☐ **farro**
1/2 cup (104g)
- ☐ **protein greek yogurt, flavored**
2 container (300g)

- ☐ **soy sauce**
1 tbsp (13mL)
- ☐ **firm tofu**
6 2/3 oz (189g)
- ☐ **tempeh**
1 lbs (454g)

Baked Products

- ☐ **bread**
6 slice (192g)
- ☐ **naan bread**
2 piece(s) (180g)

Cereal Grains and Pasta

- ☐ **seitan**
3/4 lbs (340g)
 - ☐ **long-grain white rice**
4 tbsp (46g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Roasted almonds

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



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 3 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Simple cinnamon oatmeal with water

108 cal ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

quick oats
4 tbsp (20g)
sugar
1/2 tbsp (7g)
cinnamon
4 dash (1g)
water
3/8 cup(s) (89mL)

For all 3 meals:

quick oats
3/4 cup (60g)
sugar
1 1/2 tbsp (20g)
cinnamon
1/2 tbsp (4g)
water
1 cup(s) (267mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
oil
1/4 tsp (1mL)

For all 3 meals:

eggs
3 large (150g)
oil
1/4 tbsp (4mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Celery and peanut butter

327 cals ● 12g protein ● 25g fat ● 10g carbs ● 4g fiber



For single meal:

raw celery
3 stalk, medium (7-1/2" - 8" long)
(120g)
peanut butter
3 tbsp (48g)

For all 2 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

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.
-

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Strawberries

1 1/2 cup(s) - 78 cals ● 2g protein ● 1g fat ● 12g carbs ● 4g fiber



For single meal:

strawberries
1 1/2 cup, whole (216g)

For all 2 meals:

strawberries
3 cup, whole (432g)

- 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.

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.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

water
2/3 cup(s) (158mL)
salt
1/3 dash (0g)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (1g)
lentils, raw, rinsed
1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cals ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



For single meal:

- bread**
1 slice (32g)
- pesto sauce**
1/2 tbsp (8g)
- cheese**
1 slice (1 oz each) (28g)
- tomatoes**
1 slice(s), thin/small (15g)
- butter, softened**
1/2 tbsp (7g)

For all 2 meals:

- bread**
2 slice (64g)
- pesto sauce**
1 tbsp (16g)
- cheese**
2 slice (1 oz each) (56g)
- tomatoes**
2 slice(s), thin/small (30g)
- butter, softened**
1 tbsp (14g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Sunflower seeds

301 cal ● 14g protein ● 24g fat ● 4g carbs ● 4g fiber



For single meal:

- sunflower kernels**
1 2/3 oz (47g)

For all 2 meals:

- sunflower kernels**
1/4 lbs (94g)

1. The recipe has no instructions.
-

Lunch 2 [↗](#)

Eat on day 3 and day 4

Brussels sprouts & broccoli salad

438 cals ● 11g protein ● 29g fat ● 24g carbs ● 9g fiber



For single meal:

almonds
2 1/4 tbsp, slivered (15g)
honey
3/4 tbsp (16g)
apple cider vinegar
3/4 tbsp (1mL)
dijon mustard
3/4 tbsp (11g)
olive oil
1 1/2 tbsp (23mL)
parmesan cheese
1/2 tbsp (2g)
brussels sprouts, sliced
1 1/2 cup, shredded (75g)
broccoli, chopped
1 1/2 cup chopped (137g)

For all 2 meals:

almonds
1/4 cup, slivered (30g)
honey
1 1/2 tbsp (32g)
apple cider vinegar
1 1/2 tbsp (1mL)
dijon mustard
1 1/2 tbsp (23g)
olive oil
3 tbsp (45mL)
parmesan cheese
1 tbsp (5g)
brussels sprouts, sliced
3 cup, shredded (150g)
broccoli, chopped
3 cup chopped (273g)

1. Make dressing by mixing olive oil, dijon, honey, apple cider vinegar and some salt and pepper in a small bowl. Set aside.
2. Toss brussel sprouts, broccoli, and almonds in a bowl. Sprinkle parmesan and drizzle dressing on top. Serve.

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 3 [↗](#)

Eat on day 5

White rice

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

Makes 3/4 cup rice, cooked



water

1/2 cup(s) (119mL)

long-grain white rice

4 tbsp (46g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Taiwanese tofu lettuce cups

10 2/3 lettuce cups - 495 cals ● 19g protein ● 41g fat ● 9g carbs ● 3g fiber



Makes 10 2/3 lettuce cups

almonds

4 tsp, slivered (9g)

apple cider vinegar

2 tbsp (1mL)

soy sauce

2 2/3 tsp (13mL)

romaine lettuce

10 2/3 leaf inner (64g)

oil

2 tbsp (30mL)

garlic, minced

1 1/3 clove(s) (4g)

water

1/6 cup(s) (39mL)

firm tofu, patted dry & crumbled

6 2/3 oz (189g)

fresh ginger, peeled & minced

4 tsp (8g)

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

Lunch 4 [↗](#)

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.

Strawberry avocado goat cheese panini

487 cals ● 17g protein ● 29g fat ● 28g carbs ● 12g fiber



For single meal:

bread
2 slice (64g)
goat cheese
1 oz (28g)
butter
1 tsp (5g)
strawberries, hulled and thinly sliced
4 medium (1-1/4" dia) (48g)
avocados, sliced
1/2 avocado(s) (101g)

For all 2 meals:

bread
4 slice (128g)
goat cheese
2 oz (57g)
butter
2 tsp (9g)
strawberries, hulled and thinly sliced
8 medium (1-1/4" dia) (96g)
avocados, sliced
1 avocado(s) (201g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

kale leaves
2 cup, chopped (80g)
salad dressing
2 tbsp (30mL)

For all 2 meals:

kale leaves
4 cup, chopped (160g)
salad dressing
4 tbsp (60mL)

1. Toss kale in dressing of your choice and serve.
-

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

whole milk
3 cup(s) (720mL)
protein powder
3 scoop (1/3 cup ea) (93g)

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

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

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

1. Slice celery into sticks and serve.
-

Snacks 2 [↗](#)

Eat on day 4 and day 5

Cucumber goat cheese bites

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



For single meal:

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

For all 2 meals:

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

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

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.

Blackberries

3/4 cup(s) - 52 cals ● 2g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

blackberries
3/4 cup (108g)

For all 2 meals:

blackberries
1 1/2 cup (216g)

1. Rinse blackberries and serve.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)
lowfat greek yogurt
1/2 cup (140g)

For all 2 meals:

cucumber
1 cucumber (8-1/4") (301g)
lowfat greek yogurt
1 cup (280g)

1. Slice cucumber and dip in yogurt.

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.

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.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

naan bread
1 piece(s) (90g)

For all 2 meals:

naan bread
2 piece(s) (180g)

1. The recipe has no instructions.

Broccoli caesar salad with hard boiled eggs

260 cals ● 21g protein ● 15g fat ● 6g carbs ● 4g fiber



For single meal:	For all 2 meals:
romaine lettuce	romaine lettuce
2 cup shredded (94g)	4 cup shredded (188g)
eggs	eggs
2 large (100g)	4 large (200g)
broccoli	broccoli
1/2 cup chopped (46g)	1 cup chopped (91g)
nonfat greek yogurt, plain	nonfat greek yogurt, plain
1 tbsp (18g)	2 tbsp (35g)
dijon mustard	dijon mustard
1 tsp (5g)	2 tsp (10g)
parmesan cheese	parmesan cheese
1 tbsp (5g)	2 tbsp (10g)
roasted pumpkin seeds, unsalted	roasted pumpkin seeds, unsalted
1 tbsp (7g)	2 tbsp (15g)
lemon juice	lemon juice
1/2 tbsp (8mL)	1 tbsp (15mL)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Pistachios

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



For single meal:	For all 2 meals:
pistachios, shelled	pistachios, shelled
4 tbsp (31g)	1/2 cup (62g)

1. The recipe has no instructions.
-

Dinner 3 [↗](#)

Eat on day 4 and day 5

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)

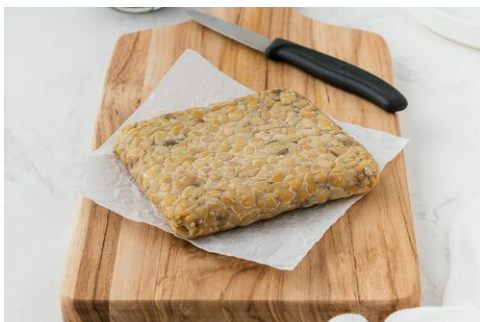
1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

tempeh
1/2 lbs (227g)
oil
4 tsp (20mL)

For all 2 meals:

tempeh
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

1. Slice tempeh 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.

Farro

1/2 cups, cooked - 185 cals ● 6g protein ● 1g fat ● 33g carbs ● 5g fiber



For single meal:

- farro**
4 tbsp (52g)
- water**
2 cup(s) (474mL)

For all 2 meals:

- farro**
1/2 cup (104g)
- water**
4 cup(s) (948mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain 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.
-