

# Meal Plan - 2400 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

2411 cals ● 173g protein (29%) ● 115g fat (43%) ● 130g carbs (22%) ● 40g fiber (7%)

### Breakfast

360 cals, 18g protein, 16g net carbs, 24g fat



**Sauteed Kale**  
61 cals



**Kale & eggs**  
95 cals



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

### Snacks

340 cals, 22g protein, 3g net carbs, 26g fat



**Walnuts**  
1/6 cup(s)- 117 cals



**String cheese**  
1 stick(s)- 83 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

685 cals, 39g protein, 52g net carbs, 28g fat



**Bean & tofu goulash**  
437 cals



**Caprese salad**  
249 cals

### Dinner

755 cals, 34g protein, 57g net carbs, 36g fat



**Edamame & beet salad**  
257 cals



**Patty melt**  
1 sandwich(es)- 500 cals

## Day 2

2393 cals ● 160g protein (27%) ● 126g fat (47%) ● 124g carbs (21%) ● 31g fiber (5%)

### Breakfast

360 cals, 18g protein, 16g net carbs, 24g fat



**Sauteed Kale**  
61 cals



**Kale & eggs**  
95 cals



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

### Snacks

340 cals, 22g protein, 3g net carbs, 26g fat



**Walnuts**  
1/6 cup(s)- 117 cals



**String cheese**  
1 stick(s)- 83 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

725 cals, 29g protein, 68g net carbs, 32g fat



**Crunchy Asian tofu salad**  
587 cals



**Dried cranberries**  
1/4 cup- 136 cals

### Dinner

700 cals, 31g protein, 35g net carbs, 43g fat



**Sesame peanut zoodles**  
588 cals



**Milk**  
3/4 cup(s)- 112 cals

## Day 3

2438 cals ● 149g protein (24%) ● 120g fat (44%) ● 146g carbs (24%) ● 43g fiber (7%)

### Breakfast

415 cals, 16g protein, 26g net carbs, 23g fat



**Avocado toast**  
2 slice(s)- 336 cals



**Basic fried eggs**  
1 egg(s)- 80 cals

### Snacks

325 cals, 13g protein, 16g net carbs, 21g fat



**Ants on a log**  
92 cals



**Strawberries**  
1 cup(s)- 52 cals



**Pumpkin seeds**  
183 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

725 cals, 29g protein, 68g net carbs, 32g fat



**Crunchy Asian tofu salad**  
587 cals



**Dried cranberries**  
1/4 cup- 136 cals

### Dinner

700 cals, 31g protein, 35g net carbs, 43g fat



**Sesame peanut zoodles**  
588 cals



**Milk**  
3/4 cup(s)- 112 cals

## Day 4

2334 cals ● 167g protein (29%) ● 103g fat (40%) ● 144g carbs (25%) ● 42g fiber (7%)

### Breakfast

415 cals, 16g protein, 26g net carbs, 23g fat



**Avocado toast**  
2 slice(s)- 336 cals



**Basic fried eggs**  
1 egg(s)- 80 cals

### Snacks

325 cals, 13g protein, 16g net carbs, 21g fat



**Ants on a log**  
92 cals



**Strawberries**  
1 cup(s)- 52 cals



**Pumpkin seeds**  
183 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

645 cals, 35g protein, 44g net carbs, 34g fat



**Dinner roll**  
2 roll(s)- 154 cals



**Tofu parmesan**  
1 tofu planks- 349 cals



**Roasted broccoli with nutritional yeast**  
1 1/3 cup(s)- 143 cals

### Dinner

675 cals, 43g protein, 56g net carbs, 23g fat



**Basic tempeh**  
6 oz- 443 cals



**Instant mashed potatoes**  
207 cals



**Beets**  
1 beets- 24 cals

## Day 5

2460 cals ● 162g protein (26%) ● 119g fat (44%) ● 135g carbs (22%) ● 49g fiber (8%)

### Breakfast

415 cals, 16g protein, 26g net carbs, 23g fat



**Avocado toast**  
2 slice(s)- 336 cals



**Basic fried eggs**  
1 egg(s)- 80 cals

### Snacks

325 cals, 13g protein, 16g net carbs, 21g fat



**Ants on a log**  
92 cals



**Strawberries**  
1 cup(s)- 52 cals



**Pumpkin seeds**  
183 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

770 cals, 30g protein, 35g net carbs, 51g fat



**Simple kale & avocado salad**  
230 cals



**Egg salad sandwich**  
1 sandwich(es)- 542 cals

### Dinner

675 cals, 43g protein, 56g net carbs, 23g fat



**Basic tempeh**  
6 oz- 443 cals



**Instant mashed potatoes**  
207 cals



**Beets**  
1 beets- 24 cals

## Day 6

2355 cals ● 147g protein (25%) ● 145g fat (55%) ● 82g carbs (14%) ● 33g fiber (6%)

### Breakfast

340 cals, 19g protein, 12g net carbs, 23g fat



**Milk**  
3/4 cup(s)- 112 cals



**Broccoli cheddar scramble**  
228 cals

### Snacks

265 cals, 4g protein, 18g net carbs, 17g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Dark chocolate**  
4 square(s)- 239 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

770 cals, 30g protein, 35g net carbs, 51g fat



**Simple kale & avocado salad**  
230 cals



**Egg salad sandwich**  
1 sandwich(es)- 542 cals

### Dinner

705 cals, 34g protein, 14g net carbs, 53g fat



**Low carb asian tofu bowl**  
589 cals



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

## Day 7

2363 cals ● 169g protein (29%) ● 125g fat (48%) ● 99g carbs (17%) ● 40g fiber (7%)

### Breakfast

340 cals, 19g protein, 12g net carbs, 23g fat



**Milk**

3/4 cup(s)- 112 cals



**Broccoli cheddar scramble**

228 cals

### Snacks

265 cals, 4g protein, 18g net carbs, 17g fat



**Carrot sticks**

1 carrot(s)- 27 cals



**Dark chocolate**

4 square(s)- 239 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

780 cals, 51g protein, 53g net carbs, 31g fat



**Peanut tempeh**

4 oz tempeh- 434 cals



**Lentils**

231 cals



**Simple kale & avocado salad**

115 cals

### Dinner

705 cals, 34g protein, 14g net carbs, 53g fat



**Low carb asian tofu bowl**

589 cals



**Roasted peanuts**

1/8 cup(s)- 115 cals

# Grocery List



## Beverages

- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water  
19 cup(s) (4463mL)

## Vegetables and Vegetable Products

- ☐ kale leaves  
2/3 lbs (313g)
- ☐ edamame, frozen, shelled  
3/4 cup (89g)
- ☐ beets, precooked (canned or refrigerated)  
5 beet(s) (250g)
- ☐ onion  
1 medium (2-1/2" dia) (125g)
- ☐ garlic  
3 1/2 clove (11g)
- ☐ tomatoes  
9 1/4 tbsp cherry tomatoes (87g)
- ☐ cabbage  
4 1/2 cup, shredded (315g)
- ☐ carrots  
3 1/2 medium (214g)
- ☐ green onions  
4 tbsp, sliced (32g)
- ☐ zucchini  
4 medium (784g)
- ☐ raw celery  
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
- ☐ broccoli  
3/4 lbs (358g)
- ☐ mashed potato mix  
4 oz (113g)
- ☐ fresh ginger  
1 tbsp (6g)

## Fats and Oils

- ☐ oil  
1/3 lbs (171mL)
- ☐ balsamic vinaigrette  
2 2/3 tbsp (40mL)
- ☐ vegan mayonnaise  
2 tbsp (30g)
- ☐ mayonnaise  
4 tbsp (60mL)

## Dairy and Egg Products

## Snacks

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

## Other

- ☐ mixed greens  
7/8 package (5.5 oz) (135g)
- ☐ veggie burger patty  
1 patty (71g)
- ☐ sesame oil  
1 tbsp (15mL)
- ☐ coleslaw mix  
2 cup (180g)
- ☐ nutritional yeast  
2 tbsp (8g)
- ☐ frozen riced cauliflower  
2 1/4 cup, prepared (383g)

## Baked Products

- ☐ bread  
13 1/2 oz (384g)
- ☐ Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)

## Legumes and Legume Products

- ☐ white beans, canned  
1/2 can(s) (220g)
- ☐ firm tofu  
2 1/3 lbs (1063g)
- ☐ peanut butter  
1/2 lbs (228g)
- ☐ roasted peanuts  
2 1/4 oz (64g)
- ☐ soy sauce  
1/2 lbs (185mL)
- ☐ tempeh  
1 lbs (454g)
- ☐ lentils, raw  
1/3 cup (64g)

## Nut and Seed Products

- ☐ walnuts  
1/3 cup, shelled (33g)
- ☐ sesame seeds  
5 tsp (15g)
- ☐ chia seeds  
2 tsp (9g)

- ☐ **eggs**  
18 1/2 medium (814g)
- ☐ **fresh mozzarella cheese**  
1 3/4 oz (50g)
- ☐ **string cheese**  
2 stick (56g)
- ☐ **whole milk**  
3 cup(s) (720mL)
- ☐ **mozzarella cheese, shredded**  
1 oz (28g)
- ☐ **cheddar cheese**  
2 2/3 tbsp, shredded (19g)
- ☐ **egg whites**  
2 large (66g)

### Spices and Herbs

- ☐ **salt**  
1/8 oz (2g)
- ☐ **dijon mustard**  
1/2 tbsp (8g)
- ☐ **paprika**  
4 1/2 g (4g)
- ☐ **fresh thyme**  
2 dash (0g)
- ☐ **fresh basil**  
1/4 cup leaves, whole (7g)
- ☐ **black pepper**  
2 dash (0g)
- ☐ **yellow mustard**  
4 dash or 1 packet (3g)

- ☐ **roasted pumpkin seeds, unsalted**  
3/4 cup (89g)

### Cereal Grains and Pasta

- ☐ **quinoa, uncooked**  
6 tbsp (64g)
- ☐ **cornstarch**  
1/2 tbsp (4g)

### Fruits and Fruit Juices

- ☐ **lime juice**  
2 fl oz (60mL)
- ☐ **dried cranberries**  
1/2 cup (80g)
- ☐ **avocados**  
2 3/4 avocado(s) (553g)
- ☐ **raisins**  
3/4 miniature box (.5 oz) (11g)
- ☐ **strawberries**  
3 cup, whole (432g)
- ☐ **lemon**  
1 1/4 small (73g)
- ☐ **lemon juice**  
1/2 tbsp (8mL)

### Soups, Sauces, and Gravies

- ☐ **pizza sauce**  
1 1/2 tbsp (24g)

### Sweets

- ☐ **chocolate, dark, 70-85%**  
8 square(s) (80g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**kale leaves**  
1 cup, chopped (40g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**kale leaves**  
2 cup, chopped (80g)  
**oil**  
2 tsp (10mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

### Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
1 large (50g)  
**kale leaves**  
4 tbsp, chopped (10g)  
**salt**  
1/2 dash (0g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
2 large (100g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**salt**  
1 dash (0g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

### 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.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

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

For all 3 meals:

**bread**  
6 slice (192g)  
**avocados, ripe, sliced**  
1 1/2 avocado(s) (302g)

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

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### Basic fried eggs

1 egg(s) - 80 cals ● 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.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Milk

3/4 cup(s) - 112 cal ● 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.

### Broccoli cheddar scramble

228 cal ● 14g protein ● 18g fat ● 3g carbs ● 1g fiber



For single meal:

**eggs**  
1 large (50g)  
**cheddar cheese**  
4 tsp, shredded (9g)  
**oil**  
2 tsp (10mL)  
**egg whites**  
1 large (33g)  
**broccoli, chopped**  
1/3 stalk (50g)

For all 2 meals:

**eggs**  
2 large (100g)  
**cheddar cheese**  
2 2/3 tbsp, shredded (19g)  
**oil**  
4 tsp (20mL)  
**egg whites**  
2 large (66g)  
**broccoli, chopped**  
2/3 stalk (101g)

1. Whisk eggs and egg whites in a bowl with some salt and pepper.
2. Add about 1/3 of the oil in a skillet over medium heat. Add the broccoli and cook for about 4 minutes until broccoli is tender but still firm. Transfer broccoli to a plate and set aside.
3. Wipe out skillet. Add remaining oil to the skillet and place over low heat. Pour in the eggs and gently stir to scramble until curds start to form, about 1-2 minutes.
4. Add in broccoli and cheddar. Continue scrambling until eggs are no longer runny. Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Bean & tofu goulash

437 cal ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



**oil**  
1/2 tbsp (8mL)  
**paprika**  
1/2 tbsp (3g)  
**fresh thyme**  
2 dash (0g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
1/2 clove (2g)  
**firm tofu, drained and diced**  
1/4 lbs (99g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

### Caprese salad

249 cal ● 14g protein ● 16g fat ● 9g carbs ● 3g fiber



**fresh mozzarella cheese**  
1 3/4 oz (50g)  
**mixed greens**  
5/8 package (5.5 oz) (90g)  
**fresh basil**  
1/4 cup leaves, whole (7g)  
**balsamic vinaigrette**  
3 1/2 tsp (17mL)  
**tomatoes, halved**  
9 1/3 tbsp cherry tomatoes (87g)

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

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Crunchy Asian tofu salad

587 cals ● 29g protein ● 32g fat ● 37g carbs ● 10g fiber



For single meal:

**sesame oil**  
1/2 tbsp (8mL)  
**quinoa, uncooked**  
3 tbsp (32g)  
**peanut butter**  
1 tbsp (16g)  
**roasted peanuts**  
1 1/2 tbsp (14g)  
**soy sauce**  
1 tbsp (15mL)  
**lime juice**  
1 tbsp (15mL)  
**firm tofu, drained**  
6 oz (170g)  
**cabbage, shredded**  
2 1/4 cup, shredded (158g)  
**carrots, cut into matchsticks**  
3/4 medium (46g)

For all 2 meals:

**sesame oil**  
1 tbsp (15mL)  
**quinoa, uncooked**  
6 tbsp (64g)  
**peanut butter**  
2 tbsp (32g)  
**roasted peanuts**  
3 tbsp (27g)  
**soy sauce**  
2 tbsp (30mL)  
**lime juice**  
2 tbsp (30mL)  
**firm tofu, drained**  
3/4 lbs (340g)  
**cabbage, shredded**  
4 1/2 cup, shredded (315g)  
**carrots, cut into matchsticks**  
1 1/2 medium (92g)

1. Cook quinoa according to its package instructions. Set aside.
2. In a small bowl, make the sauce by whisking together the peanut butter, soy sauce, lime juice, and some salt to taste. Add a splash of water if necessary to make it less thick. Set aside.
3. Wrap tofu in some paper towels and press gently to remove any extra water. Cube the tofu.
4. Heat sesame oil to a skillet over medium-low heat and add the tofu cubes. Fry for about 5-7 minutes, flipping occasionally, until the tofu is golden and crisp on the outside. Remove from heat and set aside.
5. Toss the cabbage, quinoa, carrots, peanuts and tofu in a bowl. Drizzle with the peanut dressing. Serve.

### Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**dried cranberries**  
4 tbsp (40g)

For all 2 meals:

**dried cranberries**  
1/2 cup (80g)

1. The recipe has no instructions.



## Lunch 3 [↗](#)

Eat on day 4

### Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll(s)

#### Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

### Tofu parmesan

1 tofu planks - 349 cals ● 25g protein ● 22g fat ● 12g carbs ● 2g fiber



Makes 1 tofu planks

#### nutritional yeast

1 tbsp (4g)

#### cornstarch

1/2 tbsp (4g)

#### oil

1/2 tbsp (8mL)

#### pizza sauce

1 1/2 tbsp (24g)

#### mozzarella cheese, shredded

1 oz (28g)

#### firm tofu, patted dry

1/2 lbs (198g)

1. Preheat the oven to 450°F (230°C).
2. Slice the tofu lengthwise into flat, wide planks that resemble rectangular slabs. A 14oz (397g) block of tofu will yield two 7oz (198g) planks.
3. In a shallow plate, whisk together cornstarch, nutritional yeast, and a pinch of salt and pepper. Press the tofu planks into the mixture, ensuring all sides are fully coated.
4. Heat oil in a skillet over medium-high heat. Add the tofu and cook until golden brown and crispy, about 3-4 minutes per side.
5. Transfer the tofu planks to a baking sheet. Spread pizza sauce over each plank and sprinkle with cheese.
6. Roast in the oven until the cheese is melted and slightly crispy, about 8-10 minutes. Serve.

### Roasted broccoli with nutritional yeast

1 1/3 cup(s) - 143 cals ● 5g protein ● 10g fat ● 5g carbs ● 4g fiber



Makes 1 1/3 cup(s)

**broccoli**

1 1/3 cup chopped (121g)

**oil**

2 tsp (10mL)

**nutritional yeast**

2 tsp (2g)

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

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## Lunch 4 [🔗](#)

Eat on day 5 and day 6

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### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

**kale leaves, chopped**

1/2 bunch (85g)

**avocados, chopped**

1/2 avocado(s) (101g)

**lemon, juiced**

1/2 small (29g)

For all 2 meals:

**kale leaves, chopped**

1 bunch (170g)

**avocados, chopped**

1 avocado(s) (201g)

**lemon, juiced**

1 small (58g)

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.

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### Egg salad sandwich

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



For single meal:

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

For all 2 meals:

**eggs**  
6 medium (264g)  
**mayonnaise**  
4 tbsp (60mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bread**  
4 slice (128g)  
**paprika**  
2 dash (1g)  
**onion, chopped**  
1/2 small (35g)  
**yellow mustard**  
4 dash or 1 packet (3g)

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

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## Lunch 5 [↗](#)

Eat on day 7

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### Peanut tempeh

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





Makes 4 oz tempeh

**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)

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.

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## Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



**water**

1 1/3 cup(s) (316mL)

**salt**

2/3 dash (0g)

**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.

## 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.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 2/3 tbsp, shelled (17g)

For all 2 meals:

**walnuts**  
1/3 cup, shelled (33g)

1. The recipe has no instructions.

### 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 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### Boiled eggs

2 egg(s) - 139 cals ● 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.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Ants on a log

92 cals ● 3g protein ● 6g fat ● 5g carbs ● 1g fiber



For single meal:

**raisins**  
1/4 miniature box (.5 oz) (4g)  
**raw celery, trimmed**  
1/2 stalk, medium (7-1/2" - 8" long)  
(20g)  
**peanut butter**  
3/4 tbsp (12g)

For all 3 meals:

**raisins**  
3/4 miniature box (.5 oz) (11g)  
**raw celery, trimmed**  
1 1/2 stalk, medium (7-1/2" - 8" long)  
(60g)  
**peanut butter**  
2 1/4 tbsp (36g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

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### Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 3 meals:

**strawberries**  
3 cup, whole (432g)

1. The recipe has no instructions.

## Pumpkin seeds

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



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 3 meals:

**roasted pumpkin seeds, unsalted**  
3/4 cup (89g)

1. The recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 6 and day 7

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### Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

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### Dark chocolate

4 square(s) - 239 cals ● 3g protein ● 17g fat ● 14g carbs ● 4g fiber



For single meal:

**chocolate, dark, 70-85%**  
4 square(s) (40g)

For all 2 meals:

**chocolate, dark, 70-85%**  
8 square(s) (80g)

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

Eat on day 1

### Edamame & beet salad

257 cal ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



#### **mixed greens**

1 1/2 cup (45g)

#### **balsamic vinaigrette**

1 1/2 tbsp (23mL)

#### **edamame, frozen, shelled**

3/4 cup (89g)

#### **beets, precooked (canned or refrigerated), chopped**

3 beet(s) (150g)

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

### Patty melt

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



Makes 1 sandwich(es)

#### **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)

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.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Sesame peanut zoodles

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



For single meal:

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

For all 2 meals:

**coleslaw mix**  
2 cup (180g)  
**peanut butter**  
1/2 cup (128g)  
**soy sauce**  
4 tbsp (60mL)  
**sesame seeds**  
2 tsp (6g)  
**green onions**  
4 tbsp, sliced (32g)  
**lime juice**  
2 tbsp (30mL)  
**chia seeds**  
2 tsp (9g)  
**zucchini, spiralized**  
4 medium (784g)

1. Toss the zoodles and coleslaw in a bowl to mix together.
2. In a small bowl, mix together the peanut butter, soy sauce, and lime juice. Slowly add in water, just enough so that the mixture has a sauce-like consistency.
3. Pour peanut butter mixture over zoodles and mix well.
4. Top with green onions, sesame seeds, and chia seeds (optional).
5. Serve.

### 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.

## Dinner 3 [↗](#)

Eat on day 4 and day 5

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

**tempeh**  
6 oz (170g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**tempeh**  
3/4 lbs (340g)  
**oil**  
2 tbsp (30mL)

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.

### Instant mashed potatoes

207 cals ● 6g protein ● 1g fat ● 40g carbs ● 4g fiber



For single meal:

**mashed potato mix**  
2 oz (57g)

For all 2 meals:

**mashed potato mix**  
4 oz (113g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

### Beets

1 beets - 24 cals ● 1g protein ● 0g fat ● 4g carbs ● 1g fiber



For single meal:

**beets, precooked (canned or refrigerated)**  
1 beet(s) (50g)

For all 2 meals:

**beets, precooked (canned or refrigerated)**  
2 beet(s) (100g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Low carb asian tofu bowl

589 cals ● 30g protein ● 44g fat ● 12g carbs ● 8g fiber



For single meal:

**broccoli**  
3/4 cup chopped (68g)  
**frozen riced cauliflower**  
1 cup, prepared (191g)  
**soy sauce**  
3 tbsp (45mL)  
**oil**  
2 1/4 tbsp (34mL)  
**sesame seeds**  
1/2 tbsp (5g)  
**firm tofu, drained and patted dry**  
1/2 lbs (213g)  
**garlic, minced**  
1 1/2 clove (5g)  
**fresh ginger, minced**  
1/2 tbsp (3g)

For all 2 meals:

**broccoli**  
1 1/2 cup chopped (137g)  
**frozen riced cauliflower**  
2 1/4 cup, prepared (383g)  
**soy sauce**  
6 tbsp (90mL)  
**oil**  
1/4 cup (68mL)  
**sesame seeds**  
1 tbsp (9g)  
**firm tofu, drained and patted dry**  
15 oz (425g)  
**garlic, minced**  
3 clove (9g)  
**fresh ginger, minced**  
1 tbsp (6g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

### 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 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. The recipe has no instructions.



# Protein Supplement(s) [↗](#)

Eat every day

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## Protein shake

2 1/2 scoop - 273 cal● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

**protein powder**

2 1/2 scoop (1/3 cup ea) (78g)

**water**

2 1/2 cup(s) (593mL)

For all 7 meals:

**protein powder**

17 1/2 scoop (1/3 cup ea) (543g)

**water**

17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
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