

# Meal Plan - 2500 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

2470 cals ● 167g protein (27%) ● 112g fat (41%) ● 156g carbs (25%) ● 44g fiber (7%)

### Breakfast

340 cals, 20g protein, 22g net carbs, 15g fat



#### Boiled eggs

3 egg(s)- 208 cals



#### Grapes

131 cals

### Snacks

305 cals, 33g protein, 17g net carbs, 9g fat



#### Protein shake (milk)

258 cals



#### Raspberries

2/3 cup(s)- 48 cals

### Lunch

770 cals, 26g protein, 55g net carbs, 44g fat



#### Patty melt

1 sandwich(es)- 500 cals



#### Simple mixed greens salad

271 cals

### Dinner

780 cals, 27g protein, 60g net carbs, 42g fat



#### Baked fries

386 cals



#### Cajun tofu

236 cals



#### Buttered sugar snap peas

161 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 2

2467 cals ● 213g protein (35%) ● 101g fat (37%) ● 146g carbs (24%) ● 31g fiber (5%)

### Breakfast

340 cals, 20g protein, 22g net carbs, 15g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Grapes**  
131 cals

### Snacks

305 cals, 33g protein, 17g net carbs, 9g fat



**Protein shake (milk)**  
258 cals



**Raspberries**  
2/3 cup(s)- 48 cals

### Lunch

735 cals, 50g protein, 47g net carbs, 36g fat



**Fruit juice**  
1 1/3 cup(s)- 153 cals



**Chik'n satay with peanut sauce**  
5 skewers- 583 cals

### Dinner

815 cals, 50g protein, 57g net carbs, 39g fat



**Vegan sausage & veggie sheet pan**  
480 cals



**Milk**  
2 1/4 cup(s)- 335 cals

### Protein Supplement(s)

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



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

## Day 3

2540 cals ● 163g protein (26%) ● 141g fat (50%) ● 118g carbs (19%) ● 38g fiber (6%)

### Breakfast

385 cals, 13g protein, 31g net carbs, 19g fat



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



**Raspberries**  
1 cup(s)- 72 cals



**Waffles & peanut butter**  
1 waffle(s)- 201 cals

### Lunch

735 cals, 50g protein, 47g net carbs, 36g fat



**Fruit juice**  
1 1/3 cup(s)- 153 cals



**Chik'n satay with peanut sauce**  
5 skewers- 583 cals

### Snacks

340 cals, 9g protein, 16g net carbs, 24g fat



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



**Dark chocolate**  
3 square(s)- 180 cals



**Sunflower seeds**  
135 cals

### Dinner

805 cals, 30g protein, 21g net carbs, 61g fat



**Walnut crusted tofu**  
659 cals



**Simple salad with tomatoes and carrots**  
147 cals

### Protein Supplement(s)

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



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

## Day 4

2549 cals ● 185g protein (29%) ● 122g fat (43%) ● 139g carbs (22%) ● 38g fiber (6%)

### Breakfast

385 cals, 13g protein, 31g net carbs, 19g fat



#### Milk

3/4 cup(s)- 112 cals



#### Raspberries

1 cup(s)- 72 cals



#### Waffles & peanut butter

1 waffle(s)- 201 cals

### Snacks

340 cals, 9g protein, 16g net carbs, 24g fat



#### Carrot sticks

1 carrot(s)- 27 cals



#### Dark chocolate

3 square(s)- 180 cals



#### Sunflower seeds

135 cals

### Lunch

815 cals, 38g protein, 39g net carbs, 53g fat



#### Egg salad sandwich

1 1/2 sandwich(es)- 813 cals

### Dinner

735 cals, 65g protein, 50g net carbs, 25g fat



#### Vegan sausage

2 sausage(s)- 536 cals



#### Sugar snap peas

82 cals



#### Homemade mashed potatoes

119 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

# Day 5

2491 cals ● 197g protein (32%) ● 112g fat (41%) ● 142g carbs (23%) ● 31g fiber (5%)

## Breakfast

395 cals, 24g protein, 30g net carbs, 20g fat



**Waffles & Greek yogurt**  
2 waffle(s)- 237 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

## Snacks

270 cals, 10g protein, 21g net carbs, 13g fat



**Milk**  
1 cup(s)- 149 cals



**Raspberries**  
3/4 cup(s)- 54 cals



**Dark chocolate & raspberries**  
69 cals

## Lunch

815 cals, 38g protein, 39g net carbs, 53g fat



**Egg salad sandwich**  
1 1/2 sandwich(es)- 813 cals

## Dinner

735 cals, 65g protein, 50g net carbs, 25g fat



**Vegan sausage**  
2 sausage(s)- 536 cals



**Sugar snap peas**  
82 cals



**Homemade mashed potatoes**  
119 cals

## Protein Supplement(s)

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



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

## Day 6

2497 cals ● 186g protein (30%) ● 122g fat (44%) ● 130g carbs (21%) ● 35g fiber (6%)

### Breakfast

395 cals, 24g protein, 30g net carbs, 20g fat



**Waffles & Greek yogurt**  
2 waffle(s)- 237 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

### Snacks

270 cals, 10g protein, 21g net carbs, 13g fat



**Milk**  
1 cup(s)- 149 cals



**Raspberries**  
3/4 cup(s)- 54 cals



**Dark chocolate & raspberries**  
69 cals

### Lunch

745 cals, 43g protein, 40g net carbs, 37g fat



**Vegan crumbles**  
2 cup(s)- 292 cals



**Roasted rosemary sweet potatoes**  
210 cals



**Buttered green beans**  
245 cals

### Dinner

810 cals, 48g protein, 37g net carbs, 51g fat



**Lemon pepper tofu**  
21 oz- 756 cals



**Roasted broccoli with nutritional yeast**  
1/2 cup(s)- 54 cals

### Protein Supplement(s)

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



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

# Day 7

2497 cals ● 186g protein (30%) ● 122g fat (44%) ● 130g carbs (21%) ● 35g fiber (6%)

## Breakfast

395 cals, 24g protein, 30g net carbs, 20g fat



**Waffles & Greek yogurt**  
2 waffle(s)- 237 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

## Snacks

270 cals, 10g protein, 21g net carbs, 13g fat



**Milk**  
1 cup(s)- 149 cals



**Raspberries**  
3/4 cup(s)- 54 cals



**Dark chocolate & raspberries**  
69 cals

## Lunch

745 cals, 43g protein, 40g net carbs, 37g fat



**Vegan crumbles**  
2 cup(s)- 292 cals



**Roasted rosemary sweet potatoes**  
210 cals



**Buttered green beans**  
245 cals

## Dinner

810 cals, 48g protein, 37g net carbs, 51g fat



**Lemon pepper tofu**  
21 oz- 756 cals



**Roasted broccoli with nutritional yeast**  
1/2 cup(s)- 54 cals

## Protein Supplement(s)

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



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

# Grocery List



## Beverages

- protein powder  
19 1/2 scoop (1/3 cup ea) (605g)
- water  
17 1/2 cup(s) (4148mL)

## Dairy and Egg Products

- eggs  
22 1/2 medium (996g)
- butter  
1/4 cup (59g)
- whole milk  
9 cup(s) (2141mL)
- nonfat greek yogurt, plain  
3/4 cup (210g)

## Fruits and Fruit Juices

- grapes  
4 1/2 cup (414g)
- raspberries  
6 cup (733g)
- fruit juice  
21 1/3 fl oz (640mL)
- lime juice  
2 1/2 tbsp (38mL)
- lemon juice  
1 tsp (5mL)
- lemon  
3 small (174g)

## Vegetables and Vegetable Products

- potatoes  
1 2/3 lbs (764g)
- frozen sugar snap peas  
3 2/3 cup (528g)
- onion  
1 1/4 small (88g)
- fresh ginger  
1 2/3 inch (2.5cm) cube (8g)
- carrots  
3 1/2 medium (206g)
- broccoli  
2 cup chopped (182g)
- garlic  
2 clove(s) (6g)
- romaine lettuce  
3/4 hearts (375g)

## Spices and Herbs

- cajun seasoning  
1/4 tbsp (2g)
- black pepper  
2 1/4 g (2g)
- salt  
1/4 oz (7g)
- dijon mustard  
1 1/2 tbsp (23g)
- paprika  
3 dash (2g)
- yellow mustard  
1/4 tbsp or 1 packet (4g)
- lemon pepper  
1/2 tbsp (3g)
- rosemary, dried  
2 tsp (2g)

## Legumes and Legume Products

- firm tofu  
3 1/2 lbs (1630g)
- peanut butter  
1/3 cup (85g)
- vegetarian burger crumbles  
4 cup (400g)

## Baked Products

- bread  
9 oz (256g)
- frozen waffles  
8 waffles (280g)

## Other

- veggie burger patty  
1 patty (71g)
- mixed greens  
6 cup (180g)
- sesame oil  
5 tsp (25mL)
- vegan chik'n strips  
13 1/3 oz (378g)
- skewer(s)  
10 skewer(s) (10g)
- italian seasoning  
4 dash (2g)
- vegan sausage  
5 sausage (500g)

- tomatoes**  
3/4 medium whole (2-3/5" dia) (92g)
- sweet potatoes**  
1 1/3 sweetpotato, 5" long (280g)
- frozen green beans**  
3 1/3 cup (403g)

## Fats and Oils

- oil**  
1/4 lbs (103mL)
- vegan mayonnaise**  
2 tbsp (30g)
- salad dressing**  
1/2 cup (107mL)
- mayonnaise**  
1/2 cup (120mL)
- olive oil**  
4 tsp (20mL)

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- nutritional yeast**  
1/2 tbsp (2g)

## Nut and Seed Products

- walnuts**  
1/3 cup, chopped (39g)
- sunflower kernels**  
1 1/2 oz (43g)

## Sweets

- chocolate, dark, 70-85%**  
9 square(s) (90g)

## Cereal Grains and Pasta

- cornstarch**  
6 tbsp (48g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)

For all 2 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.

### Grapes

131 cals ● 2g protein ● 1g fat ● 21g carbs ● 8g fiber



For single meal:

**grapes**  
2 1/4 cup (207g)

For all 2 meals:

**grapes**  
4 1/2 cup (414g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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.

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**

1 cup (123g)

For all 2 meals:

**raspberries**

2 cup (246g)

1. Rinse raspberries and serve.

### Waffles & peanut butter

1 waffle(s) - 201 cals ● 6g protein ● 12g fat ● 16g carbs ● 1g fiber



For single meal:

**frozen waffles**

1 waffles (35g)

**peanut butter**

1 tbsp (16g)

For all 2 meals:

**frozen waffles**

2 waffles (70g)

**peanut butter**

2 tbsp (32g)

1. Toast waffles according to package instructions.
2. Spread peanut butter on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and peanut butter sandwich. Serve.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Waffles & Greek yogurt

2 waffle(s) - 237 cals ● 12g protein ● 8g fat ● 29g carbs ● 1g fiber



For single meal:

**frozen waffles**  
2 waffles (70g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)

For all 3 meals:

**frozen waffles**  
6 waffles (210g)  
**nonfat greek yogurt, plain**  
3/4 cup (210g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

### Basic fried eggs

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



For single meal:

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

For all 3 meals:

**eggs**  
6 large (300g)  
**oil**  
1/2 tbsp (8mL)

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.

## Lunch 1 ↗

Eat on day 1

### Patty melt

1 sandwich(es) - 500 cals ● 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.

### Simple mixed greens salad

271 cals ● 5g protein ● 19g fat ● 17g carbs ● 4g fiber



**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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

## Lunch 2 ↗

Eat on day 2 and day 3

### Fruit juice

1 1/3 cup(s) - 153 cals ● 2g protein ● 1g fat ● 34g carbs ● 1g fiber



For single meal:

**fruit juice**  
10 2/3 fl oz (320mL)

For all 2 meals:

**fruit juice**  
21 1/3 fl oz (640mL)

1. The recipe has no instructions.

### Chik'n satay with peanut sauce

5 skewers - 583 cals ● 47g protein ● 35g fat ● 14g carbs ● 6g fiber



For single meal:

**peanut butter**  
5 tsp (27g)  
**lime juice**  
1 1/4 tbsp (19mL)  
**sesame oil**  
2 1/2 tsp (12mL)  
**vegan chik'n strips**  
6 2/3 oz (189g)  
**skewer(s)**  
5 skewer(s) (5g)  
**fresh ginger, grated or minced**  
5/6 inch (2.5cm) cube (4g)

For all 2 meals:

**peanut butter**  
1/4 cup (53g)  
**lime juice**  
2 1/2 tbsp (38mL)  
**sesame oil**  
5 tsp (25mL)  
**vegan chik'n strips**  
13 1/3 oz (378g)  
**skewer(s)**  
10 skewer(s) (10g)  
**fresh ginger, grated or minced**  
1 2/3 inch (2.5cm) cube (8g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

## Lunch 3 ↗

Eat on day 4 and day 5

### Egg salad sandwich

1 1/2 sandwich(es) - 813 cals ● 38g protein ● 53g fat ● 39g carbs ● 7g fiber



For single meal:

**eggs**  
4 1/2 medium (198g)  
**mayonnaise**  
3 tbsp (45mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**bread**  
3 slice (96g)  
**paprika**  
1 1/2 dash (1g)  
**onion, chopped**  
3/8 small (26g)  
**yellow mustard**  
3 dash or 1 packet (2g)

For all 2 meals:

**eggs**  
9 medium (396g)  
**mayonnaise**  
6 tbsp (90mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**bread**  
6 slice (192g)  
**paprika**  
3 dash (2g)  
**onion, chopped**  
3/4 small (53g)  
**yellow mustard**  
1/4 tbsp or 1 packet (4g)

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.

## Lunch 4 ↗

Eat on day 6 and day 7

### Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

### Roasted rosemary sweet potatoes

210 cals ● 2g protein ● 9g fat ● 25g carbs ● 5g fiber



For single meal:

**olive oil**  
2 tsp (10mL)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**rosemary, dried**  
1 tsp (1g)  
**sweet potatoes, cut into 1" cubes**  
2/3 sweetpotato, 5" long (140g)

For all 2 meals:

**olive oil**  
4 tsp (20mL)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**rosemary, dried**  
2 tsp (2g)  
**sweet potatoes, cut into 1" cubes**  
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

## Buttered green beans

245 cals ● 4g protein ● 19g fat ● 10g carbs ● 5g fiber



For single meal:

**butter**  
5 tsp (23g)  
**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen green beans**  
1 2/3 cup (202g)

For all 2 meals:

**butter**  
1/4 cup (45g)  
**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**frozen green beans**  
3 1/3 cup (403g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

## Snacks 1 ↗

Eat on day 1 and day 2

### 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 2 meals:

**whole milk**  
2 cup(s) (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

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

### Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

**raspberries**  
2/3 cup (82g)

For all 2 meals:

**raspberries**  
1 1/3 cup (164g)

1. Rinse raspberries and serve.

## Snacks 2 ↗

Eat on day 3 and day 4

### 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.

### Dark chocolate

3 square(s) - 180 cals ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

**chocolate, dark, 70-85%**

3 square(s) (30g)

For all 2 meals:

**chocolate, dark, 70-85%**

6 square(s) (60g)

1. The recipe has no instructions.

### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

3/4 oz (21g)

For all 2 meals:

**sunflower kernels**

1 1/2 oz (43g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 3 meals:

**whole milk**  
3 cup(s) (720mL)

1. The recipe has no instructions.

### Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**raspberries**  
3/4 cup (92g)

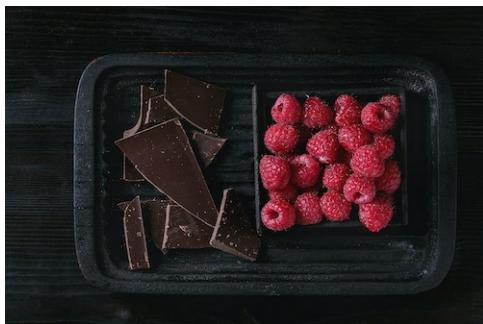
For all 3 meals:

**raspberries**  
2 1/4 cup (277g)

1. Rinse raspberries and serve.

### Dark chocolate & raspberries

69 cals ● 1g protein ● 4g fat ● 4g carbs ● 2g fiber



For single meal:

**raspberries**  
2 tbsp (15g)  
**chocolate, dark, 70-85%**  
1 square(s) (10g)

For all 3 meals:

**raspberries**  
6 tbsp (46g)  
**chocolate, dark, 70-85%**  
3 square(s) (30g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Baked fries

386 cals ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber



#### potatoes

1 large (3" to 4-1/4" dia.) (369g)

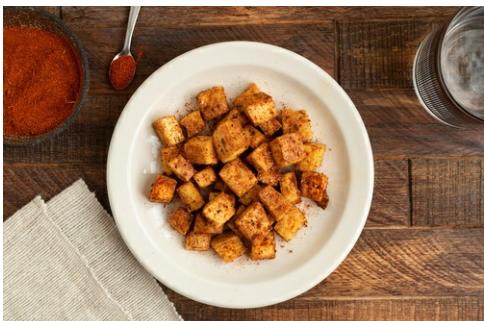
#### oil

1 tbsp (15mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

### Cajun tofu

236 cals ● 17g protein ● 16g fat ● 5g carbs ● 0g fiber



#### cajun seasoning

1/4 tbsp (2g)

#### oil

1/2 tbsp (8mL)

#### firm tofu, patted dry & cubed

1/2 lbs (213g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

### Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



#### black pepper

3/4 dash (0g)

#### salt

3/4 dash (0g)

#### butter

1 tbsp (14g)

#### frozen sugar snap peas

1 cup (144g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

## Dinner 2 ↗

Eat on day 2

### Vegan sausage & veggie sheet pan

480 cals ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)  
**carrots, sliced**  
1 medium (61g)  
**broccoli, chopped**  
1 cup chopped (91g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

### Milk

2 1/4 cup(s) - 335 cals ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber

Makes 2 1/4 cup(s)

**whole milk**  
2 1/4 cup(s) (540mL)

1. The recipe has no instructions.



## Dinner 3 ↗

Eat on day 3

### Walnut crusted tofu

659 cals ● 25g protein ● 56g fat ● 10g carbs ● 4g fiber



**lemon juice**  
1 tsp (5mL)  
**dijon mustard**  
1 tbsp (15g)  
**walnuts**  
1/3 cup, chopped (39g)  
**mayonnaise**  
2 tbsp (30mL)  
**garlic, diced**  
2 clove(s) (6g)  
**firm tofu, drained**  
1/2 lbs (227g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

### Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



**salad dressing**  
1 tbsp (17mL)  
**carrots, sliced**  
3/8 medium (23g)  
**romaine lettuce, roughly chopped**  
3/4 hearts (375g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Dinner 4 ↗

Eat on day 4 and day 5

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

**vegan sausage**  
2 sausage (200g)

For all 2 meals:

**vegan sausage**  
4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

### Homemade mashed potatoes

119 cals ● 3g protein ● 1g fat ● 21g carbs ● 4g fiber



For single meal:

**whole milk**  
1/8 cup(s) (20mL)  
**potatoes, peeled & cut into chunks**  
1/3 lbs (151g)

For all 2 meals:

**whole milk**  
1/6 cup(s) (40mL)  
**potatoes, peeled & cut into chunks**  
2/3 lbs (303g)

1. Place the potatoes chunks in a large pot and cover with cold water.
2. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are tender, about 15-20 minutes.
3. Drain the potatoes and return them to the pot.
4. Add the milk to the pot. Mash the potatoes with a potato masher, fork, or electric mixer until smooth and creamy.
5. Season with salt and pepper to taste. Serve.

## Dinner 5

Eat on day 6 and day 7

### Lemon pepper tofu

21 oz - 756 cals ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**cornstarch**  
6 tbsp (48g)  
**oil**  
3 tbsp (45mL)  
**lemon pepper**  
1/2 tbsp (3g)  
**lemon, zested**  
3 small (174g)  
**firm tofu, patted dry & cubed**  
2 1/2 lbs (1191g)

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

### Roasted broccoli with nutritional yeast

1/2 cup(s) - 54 cals ● 2g protein ● 4g fat ● 2g carbs ● 1g fiber



For single meal:

**broccoli**

1/2 cup chopped (46g)

**oil**

1/4 tbsp (4mL)

**nutritional yeast**

1/4 tbsp (1g)

For all 2 meals:

**broccoli**

1 cup chopped (91g)

**oil**

1/2 tbsp (8mL)

**nutritional yeast**

1/2 tbsp (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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## Protein Supplement(s)

Eat every day

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### Protein shake

2 1/2 scoop - 273 cals  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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