

Meal Plan - 2600 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

2514 cals ● 194g protein (31%) ● 149g fat (54%) ● 66g carbs (11%) ● 31g fiber (5%)

Breakfast

400 cals, 22g protein, 5g net carbs, 29g fat



Egg & avocado salad
399 cals

Lunch

775 cals, 51g protein, 18g net carbs, 48g fat



Baked tofu
13 1/3 oz- 377 cals



Simple sauteed spinach
398 cals

Snacks

280 cals, 15g protein, 16g net carbs, 16g fat



Celery and ranch
148 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

790 cals, 46g protein, 24g net carbs, 55g fat



Caprese salad
107 cals



Spicy sriracha peanut tofu
682 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 2

2637 cals ● 172g protein (26%) ● 158g fat (54%) ● 93g carbs (14%) ● 41g fiber (6%)

Breakfast

400 cals, 22g protein, 5g net carbs, 29g fat



Egg & avocado salad
399 cals

Lunch

800 cals, 40g protein, 46g net carbs, 46g fat



Rosemary mushroom cheese sandwich
1 1/2 sandwich(es)- 612 cals



Pistachios
188 cals

Snacks

280 cals, 15g protein, 16g net carbs, 16g fat



Celery and ranch
148 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

890 cals, 34g protein, 23g net carbs, 65g fat



Pecans
1/4 cup- 183 cals



Salsa verde tofu salad
705 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 3

2618 cals ● 174g protein (27%) ● 143g fat (49%) ● 116g carbs (18%) ● 43g fiber (6%)

Breakfast

365 cals, 21g protein, 24g net carbs, 19g fat



Boiled eggs
2 egg(s)- 139 cals



Toast with butter
2 slice(s)- 227 cals

Lunch

800 cals, 40g protein, 46g net carbs, 46g fat



Rosemary mushroom cheese sandwich
1 1/2 sandwich(es)- 612 cals



Pistachios
188 cals

Snacks

290 cals, 19g protein, 21g net carbs, 11g fat



Celery and peanut butter
109 cals



Blackberries
3/4 cup(s)- 52 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

890 cals, 34g protein, 23g net carbs, 65g fat



Pecans
1/4 cup- 183 cals



Salsa verde tofu salad
705 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2608 cals ● 191g protein (29%) ● 136g fat (47%) ● 117g carbs (18%) ● 38g fiber (6%)

Breakfast

365 cals, 21g protein, 24g net carbs, 19g fat



Boiled eggs
2 egg(s)- 139 cals



Toast with butter
2 slice(s)- 227 cals

Snacks

290 cals, 19g protein, 21g net carbs, 11g fat



Celery and peanut butter
109 cals



Blackberries
3/4 cup(s)- 52 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

875 cals, 37g protein, 11g net carbs, 71g fat



Roasted peanuts
1/6 cup(s)- 173 cals



Cheese and guac tacos
4 taco(s)- 700 cals

Dinner

805 cals, 53g protein, 59g net carbs, 33g fat



Tempeh & mushroom stir fry
443 cals



Simple mozzarella and tomato salad
363 cals

Day 5

2582 cals ● 183g protein (28%) ● 118g fat (41%) ● 151g carbs (23%) ● 47g fiber (7%)

Breakfast

365 cals, 21g protein, 24g net carbs, 19g fat



Boiled eggs
2 egg(s)- 139 cals



Toast with butter
2 slice(s)- 227 cals

Snacks

290 cals, 19g protein, 21g net carbs, 11g fat



Celery and peanut butter
109 cals



Blackberries
3/4 cup(s)- 52 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

845 cals, 29g protein, 44g net carbs, 53g fat



Strawberry avocado goat cheese panini
731 cals



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

Dinner

805 cals, 53g protein, 59g net carbs, 33g fat



Tempeh & mushroom stir fry
443 cals



Simple mozzarella and tomato salad
363 cals

Day 6

2580 cals ● 180g protein (28%) ● 119g fat (42%) ● 151g carbs (23%) ● 45g fiber (7%)

Breakfast

385 cals, 16g protein, 34g net carbs, 18g fat



Scrambled eggs with spinach, parmesan & tomato
124 cals



Nectarine
2 nectarine(s)- 140 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals

Snacks

285 cals, 22g protein, 22g net carbs, 10g fat



Blackberry & granola parfait
287 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

845 cals, 29g protein, 44g net carbs, 53g fat



Strawberry avocado goat cheese panini
731 cals



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

Dinner

790 cals, 53g protein, 49g net carbs, 37g fat



Caprese salad
71 cals



Vegan sausage & veggie sheet pan
720 cals

Day 7

2549 cals ● 189g protein (30%) ● 107g fat (38%) ● 154g carbs (24%) ● 54g fiber (8%)

Breakfast

385 cals, 16g protein, 34g net carbs, 18g fat



Scrambled eggs with spinach, parmesan & tomato
124 cals



Nectarine
2 nectarine(s)- 140 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals

Snacks

285 cals, 22g protein, 22g net carbs, 10g fat



Blackberry & granola parfait
287 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

815 cals, 38g protein, 48g net carbs, 41g fat



Sesame orange tofu
7 oz tofu- 377 cals



Garlic collard greens
438 cals

Dinner

790 cals, 53g protein, 49g net carbs, 37g fat



Caprese salad
71 cals



Vegan sausage & veggie sheet pan
720 cals

Grocery List



Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
18 cup(s) (4226mL)

Spices and Herbs

- ☐ garlic powder
2 tsp (6g)
- ☐ fresh basil
1/2 oz (15g)
- ☐ black pepper
4 dash, ground (1g)
- ☐ salt
1 tsp (5g)
- ☐ rosemary, dried
1/4 tbsp (1g)
- ☐ ground cumin
4 tsp (8g)
- ☐ ground ginger
4 dash (1g)

Fruits and Fruit Juices

- ☐ avocados
3 1/2 avocado(s) (703g)
- ☐ blackberries
3 cup (414g)
- ☐ strawberries
12 medium (1-1/4" dia) (144g)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)
- ☐ orange
1/4 fruit (2-7/8" dia) (35g)

Other

- ☐ mixed greens
2 1/2 package (5.5 oz) (375g)
- ☐ sriracha chili sauce
2 tbsp (30g)
- ☐ cottage cheese & fruit cup
5 container (850g)
- ☐ guacamole, store-bought
1/2 cup (124g)
- ☐ italian seasoning
1/2 tbsp (5g)
- ☐ vegan sausage
3 sausage (300g)

Vegetables and Vegetable Products

- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (694g)
- ☐ garlic
9 1/2 clove(s) (29g)
- ☐ fresh ginger
5/6 slices (1" dia) (2g)
- ☐ fresh spinach
18 cup(s) (540g)
- ☐ raw celery
9 stalk, medium (7-1/2" - 8" long) (360g)
- ☐ mushrooms
9 1/2 oz (268g)
- ☐ bell pepper
1 large (164g)
- ☐ carrots
3 medium (183g)
- ☐ broccoli
3 cup chopped (273g)
- ☐ potatoes
3 small (1-3/4" to 2-1/4" dia.) (276g)
- ☐ collard greens
22 oz (624g)

Legumes and Legume Products

- ☐ peanut butter
1/2 cup (112g)
- ☐ soy sauce
6 1/2 oz (155mL)
- ☐ firm tofu
2 lbs (931g)
- ☐ extra firm tofu
13 1/3 oz (378g)
- ☐ black beans
1/2 cup (120g)
- ☐ roasted peanuts
1/2 cup (64g)
- ☐ tempeh
1/2 lbs (227g)

Nut and Seed Products

- ☐ sesame seeds
10 1/2 g (11g)
- ☐ pistachios, shelled
1/2 cup (62g)
- ☐ pecans
1/2 cup, halves (50g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)

- ☐ sesame oil
1/2 tbsp (8mL)

Dairy and Egg Products

- ☐ eggs
14 large (700g)
- ☐ fresh mozzarella cheese
1/2 lbs (220g)
- ☐ cheese
1 1/2 cup, shredded (170g)
- ☐ butter
3 tbsp (41g)
- ☐ cheddar cheese
1 cup, shredded (113g)
- ☐ goat cheese
3 oz (85g)
- ☐ parmesan cheese
2 tbsp (10g)
- ☐ lowfat greek yogurt
1 1/4 cup (350g)

Fats and Oils

- ☐ balsamic vinaigrette
2 oz (62mL)
- ☐ oil
2 3/4 oz (84mL)
- ☐ olive oil
1 oz (35mL)
- ☐ ranch dressing
4 tbsp (60mL)

Baked Products

- ☐ bread
1 1/4 lbs (576g)

Soups, Sauces, and Gravies

- ☐ salsa verde
4 tbsp (64g)

Cereal Grains and Pasta

- ☐ brown rice
1/2 cup (95g)
- ☐ cornstarch
1 1/2 tbsp (12g)

Snacks

- ☐ rice cakes, any flavor
1 cakes (9g)

Breakfast Cereals

- ☐ granola
10 tbsp (56g)

Sweets

- ☐ sugar
1 tbsp (13g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Egg & avocado salad

399 cals ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



For single meal:

garlic powder
4 dash (2g)
avocados
1/2 avocado(s) (101g)
mixed greens
1 cup (30g)
eggs, hard-boiled and chilled
3 large (150g)

For all 2 meals:

garlic powder
1 tsp (3g)
avocados
1 avocado(s) (201g)
mixed greens
2 cup (60g)
eggs, hard-boiled and chilled
6 large (300g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Boiled eggs

2 egg(s) - 139 cals ● 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.

Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
2 tsp (9g)

For all 3 meals:

bread
6 slice (192g)
butter
2 tbsp (27g)

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

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Scrambled eggs with spinach, parmesan & tomato

124 cals ● 9g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

eggs
1 large (50g)
olive oil
1/2 tsp (3mL)
fresh spinach
1 cup(s) (30g)
parmesan cheese
1 tbsp (5g)
tomatoes, halved
2 tbsp cherry tomatoes (19g)
garlic, minced
2 dash (1g)

For all 2 meals:

eggs
2 large (100g)
olive oil
1 tsp (5mL)
fresh spinach
2 cup(s) (60g)
parmesan cheese
2 tbsp (10g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
garlic, minced
4 dash (1g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:
nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:
nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:
peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

For all 2 meals:
peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

1. Spread peanut butter over top of rice cake.
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Lunch 1 [↗](#)

Eat on day 1

Baked tofu

13 1/3 oz - 377 cals ● 37g protein ● 20g fat ● 9g carbs ● 5g fiber



Makes 13 1/3 oz

soy sauce

6 2/3 tbsp (100mL)

sesame seeds

2 1/2 tsp (8g)

extra firm tofu

13 1/3 oz (378g)

fresh ginger, peeled and grated

5/6 slices (1" dia) (2g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Simple sauteed spinach

398 cals ● 14g protein ● 29g fat ● 9g carbs ● 11g fiber



black pepper

4 dash, ground (1g)

salt

4 dash (3g)

olive oil

2 tbsp (30mL)

fresh spinach

16 cup(s) (480g)

garlic, diced

2 clove (6g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cals ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



For single meal:

bread
3 slice(s) (96g)
cheese
3/4 cup, shredded (85g)
mushrooms
2 1/4 oz (64g)
rosemary, dried
3 dash (0g)
mixed greens
3/4 cup (23g)

For all 2 meals:

bread
6 slice(s) (192g)
cheese
1 1/2 cup, shredded (170g)
mushrooms
1/4 lbs (128g)
rosemary, dried
1/4 tbsp (1g)
mixed greens
1 1/2 cup (45g)

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.

Pistachios

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



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 4

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

roasted peanuts
3 tbsp (27g)



1. The recipe has no instructions.

Cheese and guac tacos

4 taco(s) - 700 cals ● 30g protein ● 58g fat ● 8g carbs ● 8g fiber



Makes 4 taco(s)

cheddar cheese
1 cup, shredded (113g)
guacamole, store-bought
1/2 cup (124g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
 2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
 3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
 4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
 5. Serve.
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Lunch 4 [↗](#)

Eat on day 5 and day 6

Strawberry avocado goat cheese panini

731 cals ● 25g protein ● 44g fat ● 42g carbs ● 17g fiber



For single meal:

bread
3 slice (96g)
goat cheese
1 1/2 oz (43g)
butter
1/2 tbsp (7g)
strawberries, hulled and thinly sliced
6 medium (1-1/4" dia) (72g)
avocados, sliced
3/4 avocado(s) (151g)

For all 2 meals:

bread
6 slice (192g)
goat cheese
3 oz (85g)
butter
1 tbsp (14g)
strawberries, hulled and thinly sliced
12 medium (1-1/4" dia) (144g)
avocados, sliced
1 1/2 avocado(s) (302g)

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.

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.

Lunch 5 [↗](#)

Eat on day 7

Sesame orange tofu

7 oz tofu - 377 cals ● 18g protein ● 17g fat ● 35g carbs ● 2g fiber



Makes 7 oz tofu

soy sauce

1 tbsp (15mL)

sugar

1 tbsp (13g)

sriracha chili sauce

1/2 tbsp (8g)

cornstarch

1 1/2 tbsp (12g)

sesame seeds

1 tsp (3g)

sesame oil

1/2 tbsp (8mL)

garlic, minced

1 clove(s) (3g)

orange, juiced

1/4 fruit (2-7/8" dia) (35g)

firm tofu, patted dry & cubed

1/2 lbs (198g)

1. Make orange sauce. In a small bowl whisk together the garlic, orange juice, sugar, soy sauce and sriracha. Set aside.
2. In a large bowl toss the cubed tofu with the cornstarch and sesame seeds.
3. Heat sesame oil in a skillet over medium heat. Add tofu and fry until crispy, 5-8 minutes.
4. Pour in orange sauce and cook until thickened and warmed, 1-2 minutes.
5. Serve.

Garlic collard greens

438 cals ● 20g protein ● 23g fat ● 13g carbs ● 25g fiber



collard greens

22 oz (624g)

oil

4 tsp (21mL)

salt

1/3 tsp (2g)

garlic, minced

4 clove(s) (12g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Celery and ranch

148 cals ● 1g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

ranch dressing

2 tbsp (30mL)

raw celery, sliced into strips

3 stalk, medium (7-1/2" - 8" long)
(120g)

For all 2 meals:

ranch dressing

4 tbsp (60mL)

raw celery, sliced into strips

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

1. Slice celery into strips. Serve with ranch to dip into.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 2 meals:

cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 tbsp (16g)

For all 3 meals:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

peanut butter

3 tbsp (48g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

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 3 meals:

blackberries

2 1/4 cup (324g)

1. Rinse blackberries and serve.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 3 meals:

cottage cheese & fruit cup

3 container (510g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Blackberry & granola parfait

287 cals ● 22g protein ● 10g fat ● 22g carbs ● 5g fiber



For single meal:

lowfat greek yogurt

10 tbsp (175g)

granola

5 tbsp (28g)

blackberries, roughly chopped

5 tbsp (45g)

For all 2 meals:

lowfat greek yogurt

1 1/4 cup (350g)

granola

10 tbsp (56g)

blackberries, roughly chopped

10 tbsp (90g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Dinner 1 [↗](#)

Eat on day 1

Caprese salad

107 cals ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



fresh mozzarella cheese

3/4 oz (21g)

mixed greens

1/4 package (5.5 oz) (39g)

fresh basil

2 tbsp leaves, whole (3g)

balsamic vinaigrette

1/2 tbsp (8mL)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

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

Spicy sriracha peanut tofu

682 cals ● 39g protein ● 48g fat ● 21g carbs ● 2g fiber



sriracha chili sauce
1 1/2 tbsp (23g)
peanut butter
2 tbsp (32g)
soy sauce
2 tsp (10mL)
water
1/3 cup(s) (79mL)
oil
1 tbsp (15mL)
firm tofu, patted dry & cubed
14 oz (397g)
garlic, minced
2 clove (6g)

1. Mix sriracha, peanut butter, garlic, soy sauce, water, and some salt in a small bowl. Set aside.
2. Heat oil in a skillet over medium high heat. Fry cubed tofu until crispy, stirring occasionally.
3. Pour the sauce into the skillet and stir frequently. Cook until sauce has reduced and is crispy in places, about 4-5 minutes.
4. Serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Salsa verde tofu salad

705 cals ● 31g protein ● 47g fat ● 22g carbs ● 16g fiber



For single meal:

firm tofu
2 slice(s) (168g)
oil
2 tsp (10mL)
mixed greens
3 cup (90g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
ground cumin
2 tsp (4g)
salsa verde
2 tbsp (32g)
avocados, sliced
4 slices (100g)
black beans, drained and rinsed
4 tbsp (60g)
tomatoes, chopped
1 roma tomato (80g)

For all 2 meals:

firm tofu
4 slice(s) (336g)
oil
4 tsp (20mL)
mixed greens
6 cup (180g)
roasted pumpkin seeds, unsalted
1/2 cup (59g)
ground cumin
4 tsp (8g)
salsa verde
4 tbsp (64g)
avocados, sliced
8 slices (200g)
black beans, drained and rinsed
1/2 cup (120g)
tomatoes, chopped
2 roma tomato (160g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
 2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
 3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
 4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
 5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.
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Dinner 3 [↗](#)

Eat on day 4 and day 5

Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



For single meal:

brown rice
4 tbsp (48g)
soy sauce
1 tbsp (15mL)
garlic powder
4 dash (2g)
ground ginger
2 dash (0g)
mushrooms, chopped
1 cup, chopped (70g)
tempeh, sliced
4 oz (113g)
bell pepper, sliced
1/2 large (82g)

For all 2 meals:

brown rice
1/2 cup (95g)
soy sauce
2 tbsp (30mL)
garlic powder
1 tsp (3g)
ground ginger
4 dash (1g)
mushrooms, chopped
2 cup, chopped (140g)
tempeh, sliced
1/2 lbs (227g)
bell pepper, sliced
1 large (164g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

balsamic vinaigrette
1 1/2 tbsp (23mL)
fresh basil
1 1/2 tbsp, chopped (4g)
fresh mozzarella cheese, sliced
3 oz (85g)
tomatoes, sliced
1 large whole (3" dia) (205g)

For all 2 meals:

balsamic vinaigrette
3 tbsp (45mL)
fresh basil
3 tbsp, chopped (8g)
fresh mozzarella cheese, sliced
6 oz (170g)
tomatoes, sliced
2 1/4 large whole (3" dia) (410g)

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

Dinner 4 [↗](#)

Eat on day 6 and day 7

Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

fresh mozzarella cheese

1/2 oz (14g)

mixed greens

1/6 package (5.5 oz) (26g)

fresh basil

4 tsp leaves, whole (2g)

balsamic vinaigrette

1 tsp (5mL)

tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

fresh mozzarella cheese

1 oz (28g)

mixed greens

1/3 package (5.5 oz) (52g)

fresh basil

2 2/3 tbsp leaves, whole (4g)

balsamic vinaigrette

2 tsp (10mL)

tomatoes, halved

1/3 cup cherry tomatoes (50g)

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

Vegan sausage & veggie sheet pan

720 cals ● 49g protein ● 32g fat ● 46g carbs ● 12g fiber



For single meal:

oil

1 tbsp (15mL)

italian seasoning

1/4 tbsp (3g)

carrots, sliced

1 1/2 medium (92g)

broccoli, chopped

1 1/2 cup chopped (137g)

vegan sausage, cut into bite sized pieces

1 1/2 sausage (150g)

potatoes, cut into wedges

1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)

For all 2 meals:

oil

2 tbsp (30mL)

italian seasoning

1/2 tbsp (5g)

carrots, sliced

3 medium (183g)

broccoli, chopped

3 cup chopped (273g)

vegan sausage, cut into bite sized pieces

3 sausage (300g)

potatoes, cut into wedges

3 small (1-3/4" to 2-1/4" dia.) (276g)

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.

Protein Supplement(s)

Eat every day

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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