

# Meal Plan - 2700 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

2685 cals ● 202g protein (30%) ● 132g fat (44%) ● 128g carbs (19%) ● 45g fiber (7%)

### Breakfast

410 cals, 28g protein, 26g net carbs, 16g fat



**Mexican scrambled eggs**  
282 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Snacks

335 cals, 33g protein, 28g net carbs, 9g fat



**Clementine**  
2 clementine(s)- 78 cals



**Protein shake (milk)**  
258 cals

### Protein Supplement(s)

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



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

### Lunch

925 cals, 47g protein, 34g net carbs, 60g fat



**Avocado egg salad sandwich**  
1 sandwich(es)- 562 cals



**Pumpkin seeds**  
366 cals

### Dinner

735 cals, 33g protein, 38g net carbs, 45g fat



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



**Sesame peanut zoodles**  
588 cals

## Day 2

2670 cals ● 218g protein (33%) ● 128g fat (43%) ● 123g carbs (18%) ● 39g fiber (6%)

### Breakfast

410 cals, 28g protein, 26g net carbs, 16g fat



**Mexican scrambled eggs**  
282 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Snacks

335 cals, 33g protein, 28g net carbs, 9g fat



**Clementine**  
2 clementine(s)- 78 cals

**Protein shake (milk)**  
258 cals

### Protein Supplement(s)

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



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

### Lunch

925 cals, 47g protein, 34g net carbs, 60g fat



**Avocado egg salad sandwich**  
1 sandwich(es)- 562 cals



**Pumpkin seeds**  
366 cals

### Dinner

720 cals, 49g protein, 33g net carbs, 41g fat



**Garlic pepper seitan**  
513 cals



**Roasted tomatoes**  
3 1/2 tomato(es)- 208 cals

## Day 3

2699 cals ● 188g protein (28%) ● 118g fat (39%) ● 169g carbs (25%) ● 51g fiber (8%)

### Breakfast

410 cals, 20g protein, 31g net carbs, 18g fat



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



**Egg & guac sandwich**  
1/2 sandwich(es)- 191 cals



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

### Snacks

335 cals, 33g protein, 28g net carbs, 9g fat



**Clementine**  
2 clementine(s)- 78 cals



**Protein shake (milk)**  
258 cals

### Protein Supplement(s)

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



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

### Lunch

815 cals, 33g protein, 60g net carbs, 39g fat



**Caprese salad**  
178 cals



**Black bean quesadillas**  
639 cals

### Dinner

860 cals, 41g protein, 48g net carbs, 51g fat



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



**Simple mozzarella and tomato salad**  
363 cals

## Day 4

2754 cals ● 180g protein (26%) ● 134g fat (44%) ● 157g carbs (23%) ● 50g fiber (7%)

### Breakfast

410 cals, 20g protein, 31g net carbs, 18g fat



#### Milk

1 cup(s)- 149 cals



#### Egg & guac sandwich

1/2 sandwich(es)- 191 cals



#### Raspberries

1 cup(s)- 72 cals

### Snacks

390 cals, 25g protein, 16g net carbs, 24g fat



#### Cheesy crisps and guac

6 crisps- 261 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

815 cals, 33g protein, 60g net carbs, 39g fat



#### Caprese salad

178 cals



#### Black bean quesadillas

639 cals

### Dinner

860 cals, 41g protein, 48g net carbs, 51g fat



#### Patty melt

1 sandwich(es)- 500 cals



#### Simple mozzarella and tomato salad

363 cals

## Day 5

2672 cals ● 192g protein (29%) ● 126g fat (42%) ● 150g carbs (22%) ● 44g fiber (7%)

### Breakfast

410 cals, 20g protein, 31g net carbs, 18g fat



#### Milk

1 cup(s)- 149 cals



#### Egg & guac sandwich

1/2 sandwich(es)- 191 cals



#### Raspberries

1 cup(s)- 72 cals

### Snacks

390 cals, 25g protein, 16g net carbs, 24g fat



#### Cheesy crisps and guac

6 crisps- 261 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

780 cals, 28g protein, 81g net carbs, 31g fat



#### Thai lentil, slaw, & avocado bowl

609 cals



#### Fruit juice

1 1/2 cup(s)- 172 cals

### Dinner

815 cals, 58g protein, 20g net carbs, 51g fat



#### Tomato and avocado salad

117 cals



#### Chik'n satay with peanut sauce

6 skewers- 699 cals

## Day 6

2698 cals ● 198g protein (29%) ● 117g fat (39%) ● 164g carbs (24%) ● 48g fiber (7%)

### Breakfast

395 cals, 22g protein, 28g net carbs, 20g fat



#### Fruit juice

3/4 cup(s)- 86 cals



#### Flax jacks

3 flax jacks- 311 cals

### Snacks

315 cals, 14g protein, 22g net carbs, 14g fat



#### Boiled eggs

1 egg(s)- 69 cals



#### Clementine

2 clementine(s)- 78 cals



#### Chia yogurt parfait

167 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

### Lunch

885 cals, 32g protein, 61g net carbs, 48g fat



#### Caprese salad

142 cals



#### Smashed chickpea sandwich

1 1/2 sandwich(es)- 745 cals

### Dinner

825 cals, 69g protein, 50g net carbs, 34g fat



#### Vegan sausage

2 sausage(s)- 536 cals



#### Tomato and avocado salad

117 cals



#### Lentils

174 cals

## Day 7

2698 cals ● 198g protein (29%) ● 117g fat (39%) ● 164g carbs (24%) ● 48g fiber (7%)

### Breakfast

395 cals, 22g protein, 28g net carbs, 20g fat



#### Fruit juice

3/4 cup(s)- 86 cals



#### Flax jacks

3 flax jacks- 311 cals

### Snacks

315 cals, 14g protein, 22g net carbs, 14g fat



#### Boiled eggs

1 egg(s)- 69 cals



#### Clementine

2 clementine(s)- 78 cals



#### Chia yogurt parfait

167 cals

### Lunch

885 cals, 32g protein, 61g net carbs, 48g fat



#### Caprese salad

142 cals



#### Smashed chickpea sandwich

1 1/2 sandwich(es)- 745 cals

### Dinner

825 cals, 69g protein, 50g net carbs, 34g fat



#### Vegan sausage

2 sausage(s)- 536 cals



#### Tomato and avocado salad

117 cals



#### Lentils

174 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  
20 1/2 scoop (1/3 cup ea) (636g)
- water  
1 1/4 gallon (4800mL)

## Dairy and Egg Products

- eggs  
17 large (850g)
- whole milk  
7 1/2 cup(s) (1814mL)
- fresh mozzarella cheese  
2/3 lbs (298g)
- cheese  
1/4 lbs (126g)
- lowfat flavored greek yogurt  
1 1/3 (5.3 oz ea) container(s) (181g)

## Spices and Herbs

- chili powder  
4 dash (1g)
- ground cumin  
2 dash (1g)
- garlic powder  
1/2 tbsp (4g)
- black pepper  
1/2 tsp, ground (1g)
- salt  
1/2 tsp (4g)
- dijon mustard  
1 tbsp (15g)
- fresh basil  
1 oz (26g)
- apple cider vinegar  
1 tbsp (15g)
- mustard  
3 tbsp (45g)
- turmeric, ground  
3 dash (1g)

## Soups, Sauces, and Gravies

- salsa  
1/3 jar (151g)

## Fats and Oils

- oil  
2 oz (62mL)

## Other

- cottage cheese & fruit cup  
4 container (680g)
- coleslaw mix  
1/2 package (14 oz) (214g)
- veggie burger patty  
2 patty (142g)
- mixed greens  
1 1/2 package (5.5 oz) (233g)
- guacamole, store-bought  
1/2 cup (139g)
- sesame oil  
3 1/2 tsp (17mL)
- vegan chick'n strips  
1/2 lbs (227g)
- skewer(s)  
6 skewer(s) (6g)
- vegan sausage  
4 sausage (400g)

## Nut and Seed Products

- sesame seeds  
1 tsp (3g)
- chia seeds  
1 2/3 oz (47g)
- roasted pumpkin seeds, unsalted  
1 cup (118g)
- flax seeds  
2 tbsp (20g)

## Vegetables and Vegetable Products

- green onions  
2 tbsp, sliced (16g)
- zucchini  
2 medium (392g)
- tomatoes  
9 1/2 medium whole (2-3/5" dia) (1156g)
- onion  
1 medium (2-1/2" dia) (123g)
- green pepper  
1 1/2 tbsp, chopped (14g)
- garlic  
2 clove(s) (6g)
- fresh ginger  
1 inch (2.5cm) cube (5g)
- pickles  
3 spears (105g)

- olive oil  
1 oz (28mL)
- vegan mayonnaise  
4 tbsp (60g)
- balsamic vinaigrette  
3 oz (90mL)
- mayonnaise  
6 tbsp (90mL)

### Legumes and Legume Products

- black beans  
1 1/4 can(s) (549g)
- peanut butter  
1/2 cup (120g)
- soy sauce  
3 tbsp (45mL)
- lentils, raw  
13 1/4 tbsp (160g)
- chickpeas, canned  
15 oz (425g)

### Fruits and Fruit Juices

- avocados  
3 1/2 avocado(s) (704g)
- lime juice  
2 fl oz (65mL)
- clementines  
10 fruit (740g)
- raspberries  
3 cup (369g)
- fruit juice  
24 fl oz (720mL)

---

### Baked Products

- bread  
19 oz (544g)
- flour tortillas  
3 tortilla (approx 7-8" dia) (147g)

### Cereal Grains and Pasta

- seitan  
6 oz (170g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Mexican scrambled eggs

282 cals ● 14g protein ● 14g fat ● 13g carbs ● 12g fiber



For single meal:

**eggs**  
1 large (50g)  
**chili powder**  
2 dash (1g)  
**salsa**  
1 1/2 tbsp (27g)  
**oil**  
1/4 tsp (1mL)  
**ground cumin**  
1 dash (0g)  
**black beans, drained**  
1/4 can(s) (110g)  
**avocados, pitted and peeled**  
1/4 avocado(s) (50g)

For all 2 meals:

**eggs**  
2 large (100g)  
**chili powder**  
4 dash (1g)  
**salsa**  
3 tbsp (54g)  
**oil**  
1/2 tsp (3mL)  
**ground cumin**  
2 dash (1g)  
**black beans, drained**  
1/2 can(s) (220g)  
**avocados, pitted and peeled**  
1/2 avocado(s) (101g)

1. Add beans and spices to a small saucepan or skillet and cook over low heat, until heated through. Set aside.
2. Meanwhile, scramble eggs with a fork in a small bowl. Heat oil in a small skillet over low heat. Pour in eggs and once they start to set, scramble. Cook until firm.
3. Arrange spiced beans, egg, avocado, and salsa on a plate. Season with a pinch of salt/pepper. 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 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### 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.

### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

**eggs**  
1 large (50g)  
**oil**  
1/4 tsp (1mL)  
**guacamole, store-bought**  
1 tbsp (15g)  
**bread**  
1 slice(s) (32g)

For all 3 meals:

**eggs**  
3 large (150g)  
**oil**  
1/4 tbsp (4mL)  
**guacamole, store-bought**  
3 tbsp (46g)  
**bread**  
3 slice(s) (96g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

### Raspberries

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



For single meal:

**raspberries**  
1 cup (123g)

For all 3 meals:

**raspberries**  
3 cup (369g)

1. Rinse raspberries and serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

**fruit juice**  
6 fl oz (180mL)

For all 2 meals:

**fruit juice**  
12 fl oz (360mL)

1. The recipe has no instructions.

### Flax jacks

3 flax jacks - 311 cals ● 21g protein ● 20g fat ● 9g carbs ● 4g fiber



For single meal:

**flax seeds**  
1 tbsp (10g)  
**eggs**  
2 large (100g)  
**lowfat flavored greek yogurt**  
1/2 (5.3 oz ea) container(s) (75g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**flax seeds**  
2 tbsp (20g)  
**eggs**  
4 large (200g)  
**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)  
**oil**  
2 tsp (10mL)

1. Add flaxseed to a food processor or blender and grind until it forms a flour-like consistency.
2. Then, in a small bowl, scramble the eggs and ground flax together with a fork. Add some salt.
3. Heat oil in a skillet over medium-low heat. Pour in some of the batter and cook for a couple minutes until bottom has browned and the center is starting to solidify. Flip and cook another couple minutes to brown and cook the other side. Remove the flax jack from the skillet and repeat with the remaining batter (if making in bulk, make the number of flax jacks listed in the recipes serving details for serving size accuracy).
4. Top with flavored greek yogurt and serve.
5. Meal prep note: flax jacks can be stored in a ziplock bag in the fridge and reheated in the microwave.

## Lunch 1 ↗

Eat on day 1 and day 2

### Avocado egg salad sandwich

1 sandwich(es) - 562 cals ● 30g protein ● 31g fat ● 29g carbs ● 11g fiber



For single meal:

**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
2 slice (64g)  
**tomatoes, halved**  
6 tbsp cherry tomatoes (56g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

For all 2 meals:

**garlic powder**  
1 tsp (3g)  
**avocados**  
1 avocado(s) (201g)  
**bread**  
4 slice (128g)  
**tomatoes, halved**  
3/4 cup cherry tomatoes (112g)  
**eggs, hard-boiled and chilled**  
6 large (300g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1 cup (118g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 3 and day 4

### Caprese salad

178 cals ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

**fresh mozzarella cheese**  
1 1/4 oz (35g)  
**mixed greens**  
3/8 package (5.5 oz) (65g)  
**fresh basil**  
1/4 cup leaves, whole (5g)  
**balsamic vinaigrette**  
2 1/2 tsp (13mL)  
**tomatoes, halved**  
6 2/3 tbsp cherry tomatoes (62g)

For all 2 meals:

**fresh mozzarella cheese**  
2 1/2 oz (71g)  
**mixed greens**  
5/6 package (5.5 oz) (129g)  
**fresh basil**  
6 2/3 tbsp leaves, whole (10g)  
**balsamic vinaigrette**  
5 tsp (25mL)  
**tomatoes, halved**  
13 1/3 tbsp cherry tomatoes (124g)

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

### Black bean quesadillas

639 cals ● 23g protein ● 28g fat ● 54g carbs ● 20g fiber



For single meal:

**cheese**  
3 tbsp, shredded (21g)  
**flour tortillas**  
1 1/2 tortilla (approx 7-8" dia) (74g)  
**salsa, divided**  
3 tbsp (49g)  
**oil**  
1/4 tbsp (4mL)  
**black beans, drained and rinsed**  
3/8 can(s) (165g)  
**avocados, ripe**  
3/8 avocado(s) (75g)

For all 2 meals:

**cheese**  
6 tbsp, shredded (42g)  
**flour tortillas**  
3 tortilla (approx 7-8" dia) (147g)  
**salsa, divided**  
6 tbsp (97g)  
**oil**  
1/2 tbsp (8mL)  
**black beans, drained and rinsed**  
3/4 can(s) (329g)  
**avocados, ripe**  
3/4 avocado(s) (151g)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

## Lunch 3 ↗

Eat on day 5

### Thai lentil, slaw, & avocado bowl

609 cals ● 25g protein ● 30g fat ● 43g carbs ● 16g fiber



**lentils, raw**  
1/3 cup (64g)  
**water**  
1/2 cup(s) (119mL)  
**sesame oil**  
1/2 tsp (3mL)  
**apple cider vinegar**  
1 tbsp (15g)  
**coleslaw mix**  
2 oz (57g)  
**peanut butter**  
1 1/2 tbsp (24g)  
**soy sauce**  
1 tbsp (15mL)  
**lime juice**  
1 tsp (5mL)  
**avocados, pit removed**  
1/2 avocado(s) (101g)

1. Make Thai peanut sauce by mixing the peanut butter, soy sauce, lime juice, and some salt and pepper in a small bowl. If the sauce is too thick, mix in a small splash of water.
2. Cook lentils and water according to package instructions. Drain any remaining water. Stir in sesame oil, apple cider vinegar, and some salt and pepper. Set lentils aside.
3. Toss coleslaw with just half of the Thai peanut sauce.
4. Serve lentils topped with slaw and drizzle remaining sauce on top. Scoop avocado from skin and place next to lentils. Serve.

### Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber

Makes 1 1/2 cup(s)

**fruit juice**  
12 fl oz (360mL)



1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 6 and day 7

### Caprese salad

142 cals ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

**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)

For all 2 meals:

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

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

### Smashed chickpea sandwich

1 1/2 sandwich(es) - 745 cals ● 24g protein ● 39g fat ● 57g carbs ● 17g fiber



For single meal:

**mayonnaise**  
3 tbsp (45mL)  
**bread**  
3 slice(s) (96g)  
**mustard**  
1 1/2 tbsp (23g)  
**coleslaw mix**  
6 tbsp (34g)  
**turmeric, ground**  
1 1/2 dash (1g)  
**chickpeas, canned, drained and rinsed**  
1/2 lbs (213g)  
**pickles, diced**  
1 1/2 spears (53g)

For all 2 meals:

**mayonnaise**  
6 tbsp (90mL)  
**bread**  
6 slice(s) (192g)  
**mustard**  
3 tbsp (45g)  
**coleslaw mix**  
3/4 cup (68g)  
**turmeric, ground**  
3 dash (1g)  
**chickpeas, canned, drained and rinsed**  
15 oz (425g)  
**pickles, diced**  
3 spears (105g)

1. Put the chickpeas in a bowl and mash with a potato masher or the back of a fork until mashed to your liking.
2. Mix in the pickles, mayo, mustard, turmeric, and salt/pepper to taste.
3. Spread mixture between bread and top with coleslaw mix. Serve.
4. Leftover note: Store any leftover chickpea mixture in an airtight container in the fridge. Assemble sandwich when ready to eat.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 3 meals:

**clementines**  
6 fruit (444g)

1. The recipe has no instructions.

### 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.

## Snacks 2 ↗

Eat on day 4 and day 5

### Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

**cheese**  
6 tbsp, shredded (42g)  
**guacamole, store-bought**  
3 tbsp (46g)

For all 2 meals:

**cheese**  
3/4 cup, shredded (84g)  
**guacamole, store-bought**  
6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

### 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.

## Snacks 3 ↗

Eat on day 6 and day 7

### Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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.

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. The recipe has no instructions.

### Chia yogurt parfait

167 cals ● 7g protein ● 9g fat ● 7g carbs ● 8g fiber



For single meal:

**chia seeds**  
1 1/2 tbsp (21g)  
**whole milk**  
1/4 cup(s) (68mL)  
**lowfat flavored greek yogurt**  
1/8 cup (15g)

For all 2 meals:

**chia seeds**  
3 tbsp (43g)  
**whole milk**  
1/2 cup(s) (135mL)  
**lowfat flavored greek yogurt**  
1/8 cup (31g)

1. Combine chia seeds, milk, and a pinch of salt in a large bowl or container with a lid. Stir, cover, and refrigerate overnight or for at least 2 hours.
2. Top chia pudding with greek yogurt. Serve.

## Dinner 1 ↗

Eat on day 1

### Milk

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

Makes 1 cup(s)



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

1. The recipe has no instructions.

### Sesame peanut zoodles

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



**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)

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.

## Dinner 2 ↗

Eat on day 2

### Garlic pepper seitan

513 cals ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



**olive oil**  
1 1/2 tbsp (23mL)  
**onion**  
3 tbsp, chopped (30g)  
**green pepper**  
1 1/2 tbsp, chopped (14g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**water**  
3/4 tbsp (11mL)  
**salt**  
3/4 dash (1g)  
**seitan, chicken style**  
6 oz (170g)  
**garlic, minced**  
2 clove(s) (6g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

### Roasted tomatoes

3 1/2 tomato(es) - 208 cals ● 3g protein ● 16g fat ● 8g carbs ● 4g fiber



Makes 3 1/2 tomato(es)

**oil**  
3 1/2 tsp (18mL)  
**tomatoes**  
3 1/2 small whole (2-2/5" dia) (319g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

## Dinner 3 ↗

Eat on day 3 and day 4

### Patty melt

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



For single meal:

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

For all 2 meals:

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

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

### 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 5

### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Chik'n satay with peanut sauce

6 skewers - 699 cals ● 57g protein ● 42g fat ● 16g carbs ● 7g fiber



Makes 6 skewers

**peanut butter**  
2 tbsp (32g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**sesame oil**  
1 tbsp (15mL)  
**vegan chik'n strips**  
1/2 lbs (227g)  
**skewer(s)**  
6 skewer(s) (6g)  
**fresh ginger, grated or minced**  
1 inch (2.5cm) cube (5g)

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.

## Dinner 5 ↗

Eat on day 6 and day 7

### 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.

### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia)  
(31g)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

---

## Protein Supplement(s)

Eat every day

### 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.