

Meal Plan - 2800 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

2765 cals ● 189g protein (27%) ● 159g fat (52%) ● 115g carbs (17%) ● 30g fiber (4%)

Breakfast

380 cals, 20g protein, 27g net carbs, 20g fat



Egg and pesto stuffed tomato
2 tomato(es)- 259 cals



Small toasted bagel with butter
1/2 bagel(s)- 120 cals

Snacks

365 cals, 13g protein, 15g net carbs, 26g fat



Popcorn
3 1/3 cups- 134 cals



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



String cheese
1 stick(s)- 83 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

840 cals, 35g protein, 32g net carbs, 60g fat



Roasted peanuts
3/8 cup(s)- 345 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals

Dinner

910 cals, 61g protein, 39g net carbs, 52g fat



Baked tofu
16 oz- 452 cals



Milk
1 3/4 cup(s)- 261 cals



Buttered green beans
196 cals

Day 2

2742 cals ● 187g protein (27%) ● 160g fat (53%) ● 106g carbs (16%) ● 32g fiber (5%)

Breakfast

380 cals, 20g protein, 27g net carbs, 20g fat



Egg and pesto stuffed tomato
2 tomato(es)- 259 cals



Small toasted bagel with butter
1/2 bagel(s)- 120 cals

Snacks

365 cals, 13g protein, 15g net carbs, 26g fat



Popcorn
3 1/3 cups- 134 cals



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



String cheese
1 stick(s)- 83 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

805 cals, 35g protein, 24g net carbs, 59g fat



Low carb asian tofu bowl
589 cals



Walnut almond trail mix
1/4 cup(s)- 216 cals

Dinner

920 cals, 59g protein, 38g net carbs, 55g fat



Milk
1 cup(s)- 149 cals



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



Simple mixed greens and tomato salad
189 cals

Day 3

2787 cals ● 182g protein (26%) ● 156g fat (50%) ● 124g carbs (18%) ● 39g fiber (6%)

Breakfast

425 cals, 14g protein, 45g net carbs, 16g fat



Pear
2 pear(s)- 226 cals



Pesto scrambled eggs
2 eggs- 198 cals

Snacks

365 cals, 13g protein, 15g net carbs, 26g fat



Popcorn
3 1/3 cups- 134 cals



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



String cheese
1 stick(s)- 83 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

805 cals, 35g protein, 24g net carbs, 59g fat



Low carb asian tofu bowl
589 cals



Walnut almond trail mix
1/4 cup(s)- 216 cals

Dinner

920 cals, 59g protein, 38g net carbs, 55g fat



Milk
1 cup(s)- 149 cals



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



Simple mixed greens and tomato salad
189 cals

Day 4

2779 cals ● 213g protein (31%) ● 121g fat (39%) ● 170g carbs (24%) ● 40g fiber (6%)

Breakfast

425 cals, 14g protein, 45g net carbs, 16g fat



Pear

2 pear(s)- 226 cals



Pesto scrambled eggs

2 eggs- 198 cals

Snacks

345 cals, 22g protein, 25g net carbs, 17g fat



Roasted peanuts

1/6 cup(s)- 153 cals



Plain yogurt

1 1/4 cup(s)- 193 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

800 cals, 51g protein, 67g net carbs, 35g fat



Crispy chik'n tenders

12 tender(s)- 686 cals



Simple kale & avocado salad

115 cals

Dinner

935 cals, 66g protein, 32g net carbs, 52g fat



Peanut tempeh

6 oz tempeh- 651 cals



Caprese salad

284 cals

Day 5

2779 cals ● 213g protein (31%) ● 121g fat (39%) ● 170g carbs (24%) ● 40g fiber (6%)

Breakfast

425 cals, 14g protein, 45g net carbs, 16g fat



Pear

2 pear(s)- 226 cals



Pesto scrambled eggs

2 eggs- 198 cals

Snacks

345 cals, 22g protein, 25g net carbs, 17g fat



Roasted peanuts

1/6 cup(s)- 153 cals



Plain yogurt

1 1/4 cup(s)- 193 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

800 cals, 51g protein, 67g net carbs, 35g fat



Crispy chik'n tenders

12 tender(s)- 686 cals



Simple kale & avocado salad

115 cals

Dinner

935 cals, 66g protein, 32g net carbs, 52g fat



Peanut tempeh

6 oz tempeh- 651 cals



Caprese salad

284 cals

Day 6

2771 cals ● 187g protein (27%) ● 141g fat (46%) ● 158g carbs (23%) ● 30g fiber (4%)

Breakfast

380 cals, 25g protein, 28g net carbs, 18g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals



Scrambled egg whites
182 cals

Snacks

330 cals, 16g protein, 14g net carbs, 22g fat



Sunflower seeds
180 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

900 cals, 40g protein, 52g net carbs, 52g fat



Pesto grilled cheese sandwich
1 sandwich(es)- 557 cals



Edamame & beet salad
342 cals

Dinner

890 cals, 45g protein, 62g net carbs, 48g fat



Caprese salad
142 cals



Tofu ramen bowl
750 cals

Day 7

2771 cals ● 187g protein (27%) ● 141g fat (46%) ● 158g carbs (23%) ● 30g fiber (4%)

Breakfast

380 cals, 25g protein, 28g net carbs, 18g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals



Scrambled egg whites
182 cals

Snacks

330 cals, 16g protein, 14g net carbs, 22g fat



Sunflower seeds
180 cals



Milk
1 cup(s)- 149 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

900 cals, 40g protein, 52g net carbs, 52g fat



Pesto grilled cheese sandwich
1 sandwich(es)- 557 cals



Edamame & beet salad
342 cals

Dinner

890 cals, 45g protein, 62g net carbs, 48g fat



Caprese salad
142 cals



Tofu ramen bowl
750 cals

Legumes and Legume Products

- ☐ roasted peanuts
3/4 cup (103g)
- ☐ soy sauce
3/4 lbs (270mL)
- ☐ extra firm tofu
1 lbs (454g)
- ☐ firm tofu
2 1/4 lbs (1021g)
- ☐ peanut butter
1/3 lbs (150g)
- ☐ tempeh
3/4 lbs (340g)

Baked Products

- ☐ bread
6 slice (192g)
- ☐ bagel
1 2/3 medium bagel (3-1/2" to 4" dia) (174g)

Dairy and Egg Products

- ☐ butter
3/4 stick (82g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)
- ☐ string cheese
3 stick (84g)
- ☐ whole milk
5 3/4 cup(s) (1380mL)
- ☐ eggs
10 large (500g)
- ☐ plain lowfat yogurt
2 1/2 cup (613g)
- ☐ fresh mozzarella cheese
6 oz (170g)
- ☐ egg whites
1 1/2 cup (365g)
- ☐ cheese
4 slice (1 oz each) (112g)

Other

- ☐ Popcorn, microwave, salted
10 cup popped (110g)
- ☐ frozen riced cauliflower
2 1/4 cup, prepared (383g)
- ☐ chocolate chips
4 tsp (19g)

Vegetables and Vegetable Products

- ☐ fresh ginger
2/3 oz (20g)
- ☐ frozen green beans
1 1/3 cup (161g)
- ☐ tomatoes
10 1/3 medium whole (2-3/5" dia) (1272g)
- ☐ broccoli
1 1/2 cup chopped (137g)
- ☐ garlic
4 1/2 clove (14g)
- ☐ ketchup
6 tbsp (102g)
- ☐ kale leaves
1/2 bunch (85g)
- ☐ carrots
1 1/2 large (108g)
- ☐ fresh spinach
6 oz (170g)
- ☐ green onions
3 medium (4-1/8" long) (45g)
- ☐ edamame, frozen, shelled
2 cup (236g)
- ☐ beets, precooked (canned or refrigerated)
8 beet(s) (400g)

Spices and Herbs

- ☐ black pepper
1 dash (0g)
- ☐ salt
1 dash (0g)
- ☐ fresh basil
1 cup leaves, whole (24g)
- ☐ crushed red pepper
1/4 tbsp (1g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1/2 cup (112g)
- ☐ vegetable broth
5 1/4 cup(s) (mL)

Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
17 1/2 cup(s) (4148mL)

- ☐ **sesame oil**
3 tbsp (48mL)
- ☐ **vegan chik'n strips**
13 1/3 oz (378g)
- ☐ **skewer(s)**
10 skewer(s) (10g)
- ☐ **mixed greens**
4 1/4 package (5.5 oz) (655g)
- ☐ **meatless chik'n tenders**
24 pieces (612g)
- ☐ **nutritional yeast**
1 1/2 tbsp (6g)
- ☐ **ramen noodles**
1 1/2 package (128g)

Nut and Seed Products

- ☐ **almonds**
2/3 cup, whole (95g)
- ☐ **sesame seeds**
3/4 oz (18g)
- ☐ **walnuts**
2 3/4 tbsp, chopped (19g)
- ☐ **sunflower kernels**
2 oz (57g)

Fats and Oils

- ☐ **oil**
6 tbsp (90mL)
- ☐ **salad dressing**
1/2 cup (113mL)
- ☐ **balsamic vinaigrette**
1/2 cup (120mL)
- ☐ **olive oil**
1/2 tbsp (8mL)

Fruits and Fruit Juices

- ☐ **raisins**
4 tsp (not packed) (12g)
 - ☐ **lime juice**
2 1/2 tbsp (38mL)
 - ☐ **pears**
6 medium (1068g)
 - ☐ **avocados**
1/2 avocado(s) (101g)
 - ☐ **lemon**
1/2 small (29g)
 - ☐ **lemon juice**
1 1/2 tbsp (23mL)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Egg and pesto stuffed tomato

2 tomato(es) - 259 cals ● 16g protein ● 16g fat ● 9g carbs ● 4g fiber



For single meal:

pesto sauce

1 tbsp (16g)

eggs

2 large (100g)

tomatoes

2 large whole (3" dia) (364g)

For all 2 meals:

pesto sauce

2 tbsp (32g)

eggs

4 large (200g)

tomatoes

4 large whole (3" dia) (728g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 2 meals:

butter

1/2 tbsp (7g)

bagel

1 small bagel (3" dia) (69g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 3 meals:

pears
6 medium (1068g)

1. The recipe has no instructions.
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Pesto scrambled eggs

2 eggs - 198 cals ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
pesto sauce
1 tbsp (16g)

For all 3 meals:

eggs
6 large (300g)
pesto sauce
3 tbsp (48g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
 2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

butter

1/2 tbsp (7g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

butter

1 tbsp (14g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Scrambled egg whites

182 cals ● 20g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

egg whites

3/4 cup (182g)

oil

3/4 tbsp (11mL)

For all 2 meals:

egg whites

1 1/2 cup (365g)

oil

1 1/2 tbsp (23mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Lunch 1 [🔗](#)

Eat on day 1

Roasted peanuts

3/8 cup(s) - 345 cals ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber



Makes 3/8 cup(s)

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



Makes 1 sandwich(es)

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
 2. Spread butter on one side of one slice of bread.
 3. Place bread on skillet, butter-side down and top with cheese.
 4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
 5. Grill until lightly browned and then flip. Continue until cheese is melted.
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Lunch 2 [↗](#)

Eat on day 2 and day 3

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.

Walnut almond trail mix

1/4 cup(s) - 216 cals ● 5g protein ● 15g fat ● 12g carbs ● 3g fiber



For single meal:

walnuts
4 tsp, chopped (10g)
almonds
4 tsp, whole (12g)
chocolate chips
2 tsp (9g)
raisins
2 tsp (not packed) (6g)

For all 2 meals:

walnuts
2 2/3 tbsp, chopped (19g)
almonds
2 2/3 tbsp, whole (24g)
chocolate chips
4 tsp (19g)
raisins
4 tsp (not packed) (12g)

1. Mix the ingredients together. Store any leftovers in a cool area.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Crispy chik'n tenders

12 tender(s) - 686 cals ● 49g protein ● 27g fat ● 62g carbs ● 0g fiber



For single meal:

meatless chik'n tenders

12 pieces (306g)

ketchup

3 tbsp (51g)

For all 2 meals:

meatless chik'n tenders

24 pieces (612g)

ketchup

6 tbsp (102g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped

1/4 bunch (43g)

avocados, chopped

1/4 avocado(s) (50g)

lemon, juiced

1/4 small (15g)

For all 2 meals:

kale leaves, chopped

1/2 bunch (85g)

avocados, chopped

1/2 avocado(s) (101g)

lemon, juiced

1/2 small (29g)

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.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Pesto grilled cheese sandwich

1 sandwich(es) - 557 cal ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

bread
4 slice (128g)
pesto sauce
2 tbsp (32g)
cheese
4 slice (1 oz each) (112g)
tomatoes
4 slice(s), thin/small (60g)
butter, softened
2 tbsp (28g)

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

Edamame & beet salad

342 cal ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

For all 2 meals:

mixed greens
4 cup (120g)
balsamic vinaigrette
4 tbsp (60mL)
edamame, frozen, shelled
2 cup (236g)
beets, precooked (canned or refrigerated), chopped
8 beet(s) (400g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Popcorn

3 1/3 cups - 134 cals ● 2g protein ● 8g fat ● 11g carbs ● 2g fiber



For single meal:

Popcorn, microwave, salted
3 1/3 cup popped (37g)

For all 3 meals:

Popcorn, microwave, salted
10 cup popped (110g)

1. Follow instructions on package.

Roasted almonds

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



For single meal:

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

For all 3 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

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 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 4 and day 5

Roasted peanuts

1/6 cup(s) - 153 cal● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Plain yogurt

1 1/4 cup(s) - 193 cal● 16g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:

plain lowfat yogurt
1 1/4 cup (306g)

For all 2 meals:

plain lowfat yogurt
2 1/2 cup (613g)

1. The recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Sunflower seeds

180 cal● 9g protein● 14g fat● 2g carbs● 2g fiber



For single meal:
sunflower kernels
1 oz (28g)

For all 2 meals:
sunflower kernels
2 oz (57g)

- 1. The recipe has no instructions.

Milk

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



For single meal:
whole milk
1 cup(s) (240mL)

For all 2 meals:
whole milk
2 cup(s) (480mL)

- 1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



Makes 16 oz

soy sauce

1/2 cup (120mL)

sesame seeds

1 tbsp (9g)

extra firm tofu

1 lbs (454g)

fresh ginger, peeled and grated

1 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.

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



Makes 1 3/4 cup(s)

whole milk

1 3/4 cup(s) (420mL)

1. The recipe has no instructions.

Buttered green beans

196 cals ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



butter

4 tsp (18g)

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen green beans

1 1/3 cup (161g)

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

Dinner 2 [↗](#)

Eat on day 2 and day 3

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 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.
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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 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.

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

mixed greens
3 3/4 cup (113g)
tomatoes
10 tbsp cherry tomatoes (93g)
salad dressing
1/4 cup (56mL)

For all 2 meals:

mixed greens
7 1/2 cup (225g)
tomatoes
1 1/4 cup cherry tomatoes (186g)
salad dressing
1/2 cup (113mL)

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

Dinner 3 [↗](#)

Eat on day 4 and day 5

Peanut tempeh

6 oz tempeh - 651 cals ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

tempeh
6 oz (170g)
peanut butter
3 tbsp (48g)
lemon juice
3/4 tbsp (11mL)
soy sauce
1/2 tbsp (8mL)
nutritional yeast
3/4 tbsp (3g)

For all 2 meals:

tempeh
3/4 lbs (340g)
peanut butter
6 tbsp (97g)
lemon juice
1 1/2 tbsp (23mL)
soy sauce
1 tbsp (15mL)
nutritional yeast
1 1/2 tbsp (6g)

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.

Caprese salad

284 cals ● 16g protein ● 18g fat ● 10g carbs ● 4g fiber



For single meal:

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)

For all 2 meals:

fresh mozzarella cheese
4 oz (113g)
mixed greens
1 1/3 package (5.5 oz) (207g)
fresh basil
2/3 cup leaves, whole (16g)
balsamic vinaigrette
2 2/3 tbsp (40mL)
tomatoes, halved
1 1/3 cup cherry tomatoes (199g)

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

Dinner 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.

Tofu ramen bowl

750 cals ● 37g protein ● 39g fat ● 57g carbs ● 6g fiber



For single meal:

crushed red pepper
3 dash (1g)
vegetable broth
2 1/2 cup(s) (mL)
soy sauce
1 1/2 tbsp (23mL)
garlic, minced
3/4 clove (2g)
fresh ginger, peeled & minced
3/4 slices (1" dia) (2g)
carrots, sliced
3/4 large (54g)
sesame oil, divided
3/4 tbsp (11mL)
fresh spinach
3 oz (85g)
ramen noodles
3/4 package (64g)
olive oil
1/4 tbsp (4mL)
firm tofu, drained & cubed
2/3 lbs (298g)
green onions, thinly sliced
1 1/2 medium (4-1/8" long) (23g)

For all 2 meals:

crushed red pepper
1/4 tbsp (1g)
vegetable broth
5 1/4 cup(s) (mL)
soy sauce
3 tbsp (45mL)
garlic, minced
1 1/2 clove (5g)
fresh ginger, peeled & minced
1 1/2 slices (1" dia) (3g)
carrots, sliced
1 1/2 large (108g)
sesame oil, divided
1 1/2 tbsp (23mL)
fresh spinach
6 oz (170g)
ramen noodles
1 1/2 package (128g)
olive oil
1/2 tbsp (8mL)
firm tofu, drained & cubed
1 1/3 lbs (595g)
green onions, thinly sliced
3 medium (4-1/8" long) (45g)

1. Bring a large pot of water to a boil. Add in ramen noodles (discard the seasoning packet if it was included) and cook for 2 minutes. Drain and set to the side.
 2. Heat the olive oil in a large pot over medium heat. Add green onion whites (reserve the greens for later), ginger, and garlic. Stir and cook until fragrant, about 1 minute.
 3. Stir in vegetable broth, soy sauce, crushed red pepper and some salt. Bring to a simmer, reduce heat to low, and cover. Continue to let the broth simmer while you complete the other elements.
 4. Heat the sesame oil in a skillet over medium heat. Add in cubed tofu with some salt and pepper. Cook, stirring occasionally, until browned, 4-5 minutes. Transfer tofu to a plate.
 5. Add carrots to the skillet with some salt and cook until softened, about 6-7 minutes. Turn off heat and set aside.
 6. Add spinach to the broth and cook, stirring occasionally, until wilted, 1-2 minutes.
 7. Serve noodles in a bowl and pour broth over top. Top with carrots, tofu, and green onion greens.
 8. Meal prep note: if making in bulk, store noodles separately from the broth, tofu, and veggie mixture. When ready to eat, reheat broth mixture and then add in noodles.
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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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