

# Meal Plan - 2900 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

2877 cals ● 246g protein (34%) ● 145g fat (45%) ● 106g carbs (15%) ● 41g fiber (6%)

### Breakfast

440 cals, 38g protein, 25g net carbs, 17g fat



**Pumpkin seeds**

183 cals



**Overnight mixed berry protein oats w/ water**

256 cals

### Snacks

345 cals, 28g protein, 21g net carbs, 15g fat



**Protein greek yogurt**

1 container- 139 cals



**Sunflower seeds**

90 cals



**Toast with butter**

1 slice(s)- 114 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

905 cals, 38g protein, 34g net carbs, 62g fat



**Roasted almonds**

1/2 cup(s)- 443 cals



**Caprese sandwich**

1 sandwich(es)- 461 cals

### Dinner

920 cals, 82g protein, 23g net carbs, 50g fat



**Baked tofu**

29 1/3 oz- 829 cals



**Roasted tomatoes**

1 1/2 tomato(es)- 89 cals

## Day 2

2851 cals ● 219g protein (31%) ● 136g fat (43%) ● 152g carbs (21%) ● 35g fiber (5%)

### Breakfast

440 cals, 38g protein, 25g net carbs, 17g fat



**Pumpkin seeds**  
183 cals



**Overnight mixed berry protein oats w/ water**  
256 cals

### Snacks

345 cals, 28g protein, 21g net carbs, 15g fat



**Protein greek yogurt**  
1 container- 139 cals



**Sunflower seeds**  
90 cals



**Toast with butter**  
1 slice(s)- 114 cals

### Protein Supplement(s)

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



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

### Lunch

965 cals, 40g protein, 40g net carbs, 67g fat



**Grilled cheese sandwich**  
1 1/2 sandwich(es)- 743 cals



**Roasted almonds**  
1/4 cup(s)- 222 cals

### Dinner

835 cals, 53g protein, 64g net carbs, 36g fat



**Caprese salad**  
142 cals



**Pecans**  
1/4 cup- 183 cals



**Teriyaki seitan with veggies and rice**  
507 cals

## Day 3

2866 cals ● 200g protein (28%) ● 142g fat (45%) ● 157g carbs (22%) ● 40g fiber (6%)

### Breakfast

440 cals, 38g protein, 25g net carbs, 17g fat



**Pumpkin seeds**  
183 cals



**Overnight mixed berry protein oats w/ water**  
256 cals

### Snacks

360 cals, 9g protein, 26g net carbs, 21g fat



**Roasted peanuts**  
1/6 cup(s)- 153 cals



**Orange**  
1 orange(s)- 85 cals



**Dark chocolate**  
2 square(s)- 120 cals

### Protein Supplement(s)

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



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

### Lunch

965 cals, 40g protein, 40g net carbs, 67g fat



**Grilled cheese sandwich**  
1 1/2 sandwich(es)- 743 cals



**Roasted almonds**  
1/4 cup(s)- 222 cals

### Dinner

835 cals, 53g protein, 64g net carbs, 36g fat



**Caprese salad**  
142 cals



**Pecans**  
1/4 cup- 183 cals



**Teriyaki seitan with veggies and rice**  
507 cals

## Day 4

2910 cals ● 194g protein (27%) ● 159g fat (49%) ● 131g carbs (18%) ● 44g fiber (6%)

### Breakfast

410 cals, 20g protein, 37g net carbs, 18g fat



**Milk**

1 cup(s)- 149 cals



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals



**Nectarine**

1 nectarine(s)- 70 cals

### Snacks

360 cals, 9g protein, 26g net carbs, 21g fat



**Roasted peanuts**

1/6 cup(s)- 153 cals



**Orange**

1 orange(s)- 85 cals



**Dark chocolate**

2 square(s)- 120 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

995 cals, 40g protein, 40g net carbs, 71g fat



**Egg salad sandwich**

1 1/2 sandwich(es)- 813 cals



**Pecans**

1/4 cup- 183 cals

### Dinner

875 cals, 64g protein, 26g net carbs, 48g fat



**Basic tempeh**

8 oz- 590 cals



**Caprese salad**

284 cals

## Day 5

2836 cals ● 184g protein (26%) ● 148g fat (47%) ● 163g carbs (23%) ● 30g fiber (4%)

### Breakfast

410 cals, 20g protein, 37g net carbs, 18g fat



**Milk**

1 cup(s)- 149 cals



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals



**Nectarine**

1 nectarine(s)- 70 cals

### Snacks

380 cals, 23g protein, 27g net carbs, 17g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Roasted chickpeas**

1/4 cup- 138 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

930 cals, 37g protein, 42g net carbs, 65g fat



**Roasted peanuts**

1/3 cup(s)- 307 cals



**Egg salad wrap**

1 wrap(s)- 623 cals

### Dinner

845 cals, 44g protein, 55g net carbs, 46g fat



**Veggie burger with cheese**

1 burger- 361 cals



**Simple mozzarella and tomato salad**

484 cals

## Day 6

2922 cals ● 183g protein (25%) ● 151g fat (47%) ● 161g carbs (22%) ● 45g fiber (6%)

### Breakfast

495 cals, 19g protein, 36g net carbs, 22g fat



**Cacao & raspberry chia pudding**  
276 cals



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



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

### Snacks

380 cals, 23g protein, 27g net carbs, 17g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Roasted chickpeas**  
1/4 cup- 138 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

930 cals, 37g protein, 42g net carbs, 65g fat



**Roasted peanuts**  
1/3 cup(s)- 307 cals



**Egg salad wrap**  
1 wrap(s)- 623 cals

### Dinner

845 cals, 44g protein, 55g net carbs, 46g fat



**Veggie burger with cheese**  
1 burger- 361 cals



**Simple mozzarella and tomato salad**  
484 cals

## Day 7

2860 cals ● 191g protein (27%) ● 126g fat (40%) ● 174g carbs (24%) ● 66g fiber (9%)

### Breakfast

495 cals, 19g protein, 36g net carbs, 22g fat



**Cacao & raspberry chia pudding**  
276 cals



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



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

### Snacks

380 cals, 23g protein, 27g net carbs, 17g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Roasted chickpeas**  
1/4 cup- 138 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

880 cals, 44g protein, 56g net carbs, 45g fat



**Simple plant-based deli wrap**  
1 wrap(s)- 426 cals



**Blackberries**  
1 cup(s)- 70 cals



**Roasted peanuts**  
3/8 cup(s)- 383 cals

### Dinner

830 cals, 46g protein, 53g net carbs, 41g fat



**Orange**  
2 orange(s)- 170 cals



**Mediterranean chik'n salad with lemon yogurt dressing**  
662 cals

## Legumes and Legume Products

- ☐ soy sauce  
1 cup (221mL)
- ☐ extra firm tofu  
29 1/3 oz (832g)
- ☐ roasted peanuts  
1 1/2 cup (207g)
- ☐ tempeh  
1/2 lbs (227g)
- ☐ hummus  
2 tbsp (30g)
- ☐ chickpeas, canned  
1/3 cup(s) (80g)

## Nut and Seed Products

- ☐ sesame seeds  
2 tbsp (17g)
- ☐ sunflower kernels  
1 oz (28g)
- ☐ roasted pumpkin seeds, unsalted  
3/4 cup (89g)
- ☐ almonds  
1 1/2 cup, whole (197g)
- ☐ pecans  
3/4 cup, halves (74g)
- ☐ chia seeds  
4 tbsp (57g)

## Vegetables and Vegetable Products

- ☐ fresh ginger  
2 slices (1" dia) (4g)
- ☐ tomatoes  
8 1/2 medium whole (2-3/5" dia) (1040g)
- ☐ frozen mixed veggies  
3/4 package (10 oz ea) (216g)
- ☐ onion  
1 1/4 small (85g)
- ☐ ketchup  
2 tbsp (34g)

## Fats and Oils

- ☐ oil  
2 1/3 oz (70mL)
- ☐ balsamic vinaigrette  
1/4 lbs (100mL)
- ☐ mayonnaise  
1/2 cup (105mL)

## Baked Products

- ☐ bread  
17 oz (480g)
- ☐ hamburger buns  
2 bun(s) (102g)
- ☐ flour tortillas  
3 tortilla (approx 10" dia) (216g)

## Dairy and Egg Products

- ☐ butter  
1/2 stick (52g)
- ☐ fresh mozzarella cheese  
14 oz (397g)
- ☐ sliced cheese  
1/2 lbs (210g)
- ☐ whole milk  
5 cup(s) (1200mL)
- ☐ eggs  
13 1/2 medium (598g)
- ☐ nonfat greek yogurt, plain  
3 tbsp (52g)

## Beverages

- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water  
19 3/4 cup(s) (4681mL)
- ☐ protein powder, vanilla  
3 scoop (1/3 cup ea) (93g)

## Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats  
1 cup(s) (81g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
2 tbsp (32g)

## Spices and Herbs

- ☐ fresh basil  
1 oz (27g)
- ☐ salt  
1 1/2 dash (1g)
- ☐ black pepper  
1 1/2 dash (0g)

## Other

- ☐ protein greek yogurt, flavored  
2 container (300g)
- ☐ frozen mixed berries  
1 1/2 cup (204g)
- ☐ mixed greens  
2 package (5.5 oz) (323g)
- ☐ teriyaki sauce  
4 tbsp (60mL)
- ☐ guacamole, store-bought  
2 tbsp (31g)
- ☐ Roasted chickpeas  
3/4 cup (85g)
- ☐ cottage cheese & fruit cup  
3 container (510g)
- ☐ veggie burger patty  
2 patty (142g)
- ☐ cacao powder  
2 1/2 tsp (5g)
- ☐ plant-based deli slices  
7 slices (73g)
- ☐ vegan chik'n strips  
5 oz (142g)

- ☐ paprika  
3 g (3g)
- ☐ yellow mustard  
1 tsp or 1 packet (4g)
- ☐ thyme, dried  
4 dash, leaves (0g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
6 tbsp (69g)
- ☐ seitan  
1/2 lbs (255g)

## Fruits and Fruit Juices

- ☐ orange  
4 orange (616g)
- ☐ nectarine  
2 medium (2-1/2" dia) (284g)
- ☐ raspberries  
2 1/2 cup (308g)
- ☐ blackberries  
1 cup (144g)
- ☐ lemon juice  
1 tbsp (15mL)
- ☐ black olives  
6 large olives (26g)

## Sweets

- ☐ chocolate, dark, 70-85%  
4 square(s) (40g)
  - ☐ syrup  
1 tbsp (15mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Pumpkin seeds

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



For single meal:

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

For all 3 meals:

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

1. The recipe has no instructions.

### Overnight mixed berry protein oats w/ water

256 cals ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

**frozen mixed berries**  
1/2 cup (68g)  
**oatmeal, old-fashioned oats, rolled oats**  
1/3 cup(s) (27g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**water**  
3/4 cup(s) (178mL)

For all 3 meals:

**frozen mixed berries**  
1 1/2 cup (204g)  
**oatmeal, old-fashioned oats, rolled oats**  
1 cup(s) (81g)  
**protein powder, vanilla**  
3 scoop (1/3 cup ea) (93g)  
**water**  
2 1/4 cup(s) (533mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours.  
Serve.

## Breakfast 2 [↗](#)

Eat on 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 2 meals:

**whole milk**  
2 cup(s) (480mL)

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 2 meals:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)  
**guacamole, store-bought**  
2 tbsp (31g)  
**bread**  
2 slice(s) (64g)

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.

### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

**nectarine, pitted**  
1 medium (2-1/2" dia) (142g)

For all 2 meals:

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Cacao & raspberry chia pudding

276 cal ● 10g protein ● 13g fat ● 17g carbs ● 13g fiber



For single meal:

**chia seeds**  
2 tbsp (28g)  
**whole milk**  
1/2 cup(s) (120mL)  
**cacao powder**  
1 1/4 tsp (3g)  
**raspberries**  
4 tbsp (31g)  
**syrup**  
1/2 tbsp (8mL)

For all 2 meals:

**chia seeds**  
4 tbsp (57g)  
**whole milk**  
1 cup(s) (240mL)  
**cacao powder**  
2 1/2 tsp (5g)  
**raspberries**  
1/2 cup (62g)  
**syrup**  
1 tbsp (15mL)

1. Thoroughly mix chia seeds, milk, cacao powder, and syrup in a small container with lid.
2. Refrigerate 15 minutes to overnight until thick.
3. Serve with raspberries.

### 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.

### Raspberries

1 cup(s) - 72 cal ● 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.

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## Lunch 1 [↗](#)

Eat on day 1

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### Roasted almonds

1/2 cup(s) - 443 cals ● 15g protein ● 36g fat ● 6g carbs ● 9g fiber



Makes 1/2 cup(s)

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

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### Caprese sandwich

1 sandwich(es) - 461 cals ● 22g protein ● 27g fat ● 28g carbs ● 5g fiber



Makes 1 sandwich(es)

**bread**  
2 slice(s) (64g)  
**tomatoes**  
2 slice(s), thick/large (1/2" thick) (54g)  
**fresh mozzarella cheese**  
2 slices (57g)  
**pesto sauce**  
2 tbsp (32g)

1. Toast the bread, if desired.
  2. Spread pesto on both slices of bread. Layer the bottom slice with mozzarella and tomato, then top with the other slice, gently press, and serve.
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## Lunch 2 [↗](#)

Eat on day 2 and day 3

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### Grilled cheese sandwich

1 1/2 sandwich(es) - 743 cals ● 33g protein ● 49g fat ● 37g carbs ● 6g fiber



For single meal:

**bread**  
3 slice (96g)  
**butter**  
1 1/2 tbsp (21g)  
**sliced cheese**  
3 slice (1 oz ea) (84g)

For all 2 meals:

**bread**  
6 slice (192g)  
**butter**  
3 tbsp (43g)  
**sliced cheese**  
6 slice (1 oz ea) (168g)

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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### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.
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## Lunch 3 [↗](#)

Eat on day 4

### Egg salad sandwich

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



Makes 1 1/2 sandwich(es)

#### 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)

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.

### Pecans

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



Makes 1/4 cup

#### pecans

4 tbsp, halves (25g)

1. The recipe has no instructions.



## Lunch 4 [↗](#)

Eat on day 5 and day 6

### Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



For single meal:

**roasted peanuts**  
1/3 cup (49g)

For all 2 meals:

**roasted peanuts**  
2/3 cup (97g)

1. The recipe has no instructions.

### Egg salad wrap

1 wrap(s) - 623 cals ● 25g protein ● 41g fat ● 36g carbs ● 3g fiber



For single meal:

**mayonnaise**  
2 tbsp (30mL)  
**onion, chopped**  
1/4 small (18g)  
**eggs**  
3 large (150g)  
**paprika**  
1 dash (1g)  
**yellow mustard**  
2 dash or 1 packet (1g)  
**flour tortillas, ~10" diameter**  
1 tortilla (approx 10" dia) (72g)

For all 2 meals:

**mayonnaise**  
4 tbsp (60mL)  
**onion, chopped**  
1/2 small (35g)  
**eggs**  
6 large (300g)  
**paprika**  
2 dash (1g)  
**yellow mustard**  
4 dash or 1 packet (3g)  
**flour tortillas, ~10" diameter**  
2 tortilla (approx 10" dia) (144g)

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 tortilla. Season with salt and pepper to taste.
5. Spread the mixture on the tortilla and wrap. Serve.

## Lunch 5 [↗](#)

Eat on day 7

### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



Makes 1 wrap(s)

#### plant-based deli slices

7 slice(s) (73g)

#### flour tortillas

1 tortilla (approx 10" dia) (72g)

#### mixed greens

1/2 cup (15g)

#### tomatoes

2 slice(s), thin/small (30g)

#### hummus

2 tbsp (30g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

### Blackberries

1 cup(s) - 70 cals ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



Makes 1 cup(s)

#### blackberries

1 cup (144g)

1. Rinse blackberries and serve.

### Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



Makes 3/8 cup(s)

#### roasted peanuts

6 2/3 tbsp (61g)

1. The recipe has no instructions.



## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 2 meals:

**protein greek yogurt, flavored**  
2 container (300g)

1. Enjoy.

### Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:

**sunflower kernels**  
1 oz (28g)

1. The recipe has no instructions.

### Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

For all 2 meals:

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

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

## Snacks 2 [🔗](#)

Eat on day 3 and day 4

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### Roasted peanuts

1/6 cup(s) - 153 cals ● 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.
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### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. The recipe has no instructions.
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### Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

**chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 2 meals:

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

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

Eat on day 5, day 6, and day 7

### Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### Roasted chickpeas

1/4 cup - 138 cal ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

**Roasted chickpeas**  
4 tbsp (28g)

For all 3 meals:

**Roasted chickpeas**  
3/4 cup (85g)

1. The recipe has no instructions.

### Cottage cheese & fruit cup

1 container - 131 cal ● 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.

## Dinner 1 [↗](#)

Eat on day 1

### Baked tofu

29 1/3 oz - 829 cals ● 81g protein ● 43g fat ● 20g carbs ● 10g fiber



Makes 29 1/3 oz

#### soy sauce

1 cup (220mL)

#### sesame seeds

2 tbsp (17g)

#### extra firm tofu

29 1/3 oz (832g)

#### fresh ginger, peeled and grated

2 slices (1" dia) (4g)

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.

### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 tomato(es)

#### oil

1/2 tbsp (8mL)

#### tomatoes

1 1/2 small whole (2-2/5" dia) (137g)

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 2 [↗](#)

Eat on day 2 and day 3

### Caprese salad

142 cal ● 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.

### Pecans

1/4 cup - 183 cal ● 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.

### Teriyaki seitan with veggies and rice

507 cal ● 42g protein ● 9g fat ● 58g carbs ● 6g fiber





For single meal:

**oil**  
1 tsp (6mL)  
**teriyaki sauce**  
2 tbsp (30mL)  
**frozen mixed veggies**  
3/8 package (10 oz ea) (108g)  
**long-grain white rice**  
3 tbsp (35g)  
**seitan, cut into strips**  
1/4 lbs (128g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**teriyaki sauce**  
4 tbsp (60mL)  
**frozen mixed veggies**  
3/4 package (10 oz ea) (216g)  
**long-grain white rice**  
6 tbsp (69g)  
**seitan, cut into strips**  
1/2 lbs (255g)

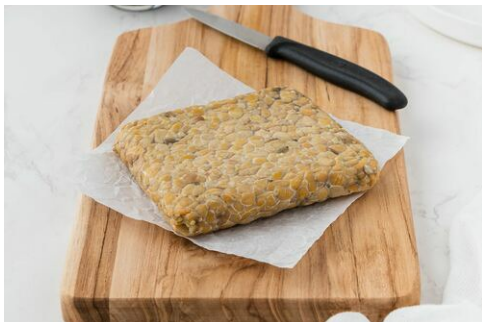
1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

## Dinner 3 [↗](#)

Eat on day 4

### Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



Makes 8 oz

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

### Caprese salad

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



**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.

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## Dinner 4 [↗](#)

Eat on day 5 and day 6

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### Veggie burger with cheese

1 burger - 361 cal ● 16g protein ● 12g fat ● 42g carbs ● 6g fiber



For single meal:

**hamburger buns**

1 bun(s) (51g)

**ketchup**

1 tbsp (17g)

**mixed greens**

1 oz (28g)

**veggie burger patty**

1 patty (71g)

**sliced cheese**

1 slice (3/4 oz ea) (21g)

For all 2 meals:

**hamburger buns**

2 bun(s) (102g)

**ketchup**

2 tbsp (34g)

**mixed greens**

2 oz (57g)

**veggie burger patty**

2 patty (142g)

**sliced cheese**

2 slice (3/4 oz ea) (42g)

1. Cook patty according to instructions on package.
  2. When done, put on bun and top with cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.
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### Simple mozzarella and tomato salad

484 cal ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



For single meal:

**balsamic vinaigrette**

2 tbsp (30mL)

**fresh basil**

2 tbsp, chopped (5g)

**fresh mozzarella cheese, sliced**

4 oz (113g)

**tomatoes, sliced**

1 1/2 large whole (3" dia) (273g)

For all 2 meals:

**balsamic vinaigrette**

4 tbsp (60mL)

**fresh basil**

4 tbsp, chopped (11g)

**fresh mozzarella cheese, sliced**

1/2 lbs (227g)

**tomatoes, sliced**

3 large whole (3" dia) (546g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
  2. Sprinkle the basil over the slices and drizzle with dressing.
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Dinner 5 [↗](#)

Eat on day 7

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



Makes 2 orange(s)

**orange**  
2 orange (308g)

1. The recipe has no instructions.

Mediterranean chik'n salad with lemon yogurt dressing

662 cals ● 43g protein ● 40g fat ● 22g carbs ● 11g fiber





**thyme, dried**  
4 dash, leaves (0g)  
**paprika**  
4 dash (1g)  
**oil**  
2 tbsp (30mL)  
**nonfat greek yogurt, plain**  
3 tbsp (52g)  
**mixed greens**  
1 1/2 cup (45g)  
**vegan chik'n strips**  
5 oz (142g)  
**lemon juice**  
3 tsp (15mL)  
**onion, thinly sliced**  
1/3 small (23g)  
**tomatoes, chopped**  
1/2 cup cherry tomatoes (74g)  
**black olives, pitted**  
6 large olives (26g)  
**chickpeas, canned, drained and rinsed**  
1/3 cup(s) (80g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
3. Add the remaining oil to the skillet and cook the chik'n for the length of time listed on its package instructions. Sprinkle in the thyme and some salt/pepper and remove from heat.
4. Assemble salad by placing the chickpeas, chik'n, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
5. Meal prep tip: for best results, store prepared ingredients (chik'n, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.

# Protein Supplement(s)

Eat every day

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## Protein shake

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



For single meal:

- protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)
- water**  
2 1/2 cup(s) (593mL)

For all 7 meals:

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

1. The recipe has no instructions.

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