

Meal Plan - 3000 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

2906 cals ● 229g protein (32%) ● 139g fat (43%) ● 130g carbs (18%) ● 54g fiber (7%)

Breakfast

450 cals, 27g protein, 13g net carbs, 31g fat



Rice cakes with peanut butter
1 cake(s)- 240 cals



Boiled eggs
3 egg(s)- 208 cals

Snacks

355 cals, 12g protein, 59g net carbs, 4g fat



Rice cake
3 cake(s)- 104 cals



Lowfat yogurt
1 container(s)- 181 cals



Raspberries
1 cup(s)- 72 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

890 cals, 65g protein, 26g net carbs, 50g fat



Simple kale & avocado salad
288 cals



Baked tofu
21 1/3 oz- 603 cals

Dinner

885 cals, 53g protein, 28g net carbs, 53g fat



Basic tempeh
8 oz- 590 cals



Buttered green beans
293 cals

Day 2

2989 cals ● 203g protein (27%) ● 136g fat (41%) ● 184g carbs (25%) ● 55g fiber (7%)

Breakfast

450 cals, 27g protein, 13g net carbs, 31g fat



Rice cakes with peanut butter
1 cake(s)- 240 cals



Boiled eggs
3 egg(s)- 208 cals

Snacks

355 cals, 12g protein, 59g net carbs, 4g fat



Rice cake
3 cake(s)- 104 cals



Lowfat yogurt
1 container(s)- 181 cals



Raspberries
1 cup(s)- 72 cals

Lunch

975 cals, 39g protein, 81g net carbs, 47g fat



Lentil kale salad
974 cals

Dinner

885 cals, 53g protein, 28g net carbs, 53g fat



Basic tempeh
8 oz- 590 cals



Buttered green beans
293 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Day 3

3020 cals ● 202g protein (27%) ● 156g fat (46%) ● 161g carbs (21%) ● 41g fiber (5%)

Breakfast

450 cals, 23g protein, 19g net carbs, 31g fat



Creamy scrambled eggs
182 cals



Sauteed Kale
121 cals



Milk
1 cup(s)- 149 cals

Snacks

375 cals, 8g protein, 27g net carbs, 22g fat



Raspberries
2/3 cup(s)- 48 cals



Pecans
1/4 cup- 183 cals



Breakfast cereal
145 cals

Lunch

890 cals, 55g protein, 52g net carbs, 44g fat



Roasted almonds
1/2 cup(s)- 388 cals



Hummus & veggie deli sandwich
1 sandwich(es)- 370 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

980 cals, 44g protein, 61g net carbs, 57g fat



Lemon ginger tofu chik'n
14 oz tofu- 746 cals



Roasted brussels sprouts
232 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Day 4

3000 cals ● 209g protein (28%) ● 137g fat (41%) ● 186g carbs (25%) ● 46g fiber (6%)

Breakfast

450 cals, 23g protein, 19g net carbs, 31g fat



Creamy scrambled eggs
182 cals



Sauteed Kale
121 cals



Milk
1 cup(s)- 149 cals

Snacks

375 cals, 8g protein, 27g net carbs, 22g fat



Raspberries
2/3 cup(s)- 48 cals



Pecans
1/4 cup- 183 cals



Breakfast cereal
145 cals

Lunch

890 cals, 55g protein, 52g net carbs, 44g fat



Roasted almonds
1/2 cup(s)- 388 cals



Hummus & veggie deli sandwich
1 sandwich(es)- 370 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

955 cals, 50g protein, 86g net carbs, 38g fat



Protein greek yogurt
1 container- 139 cals



Mixed nuts
3/8 cup(s)- 363 cals



Spiced chickpea tabbouleh bowl
455 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Day 5

2965 cals ● 203g protein (27%) ● 137g fat (42%) ● 181g carbs (24%) ● 48g fiber (7%)

Breakfast

460 cals, 25g protein, 10g net carbs, 33g fat



Milk

2/3 cup(s)- 99 cals



Egg in an eggplant

361 cals

Snacks

375 cals, 8g protein, 27g net carbs, 22g fat



Raspberries

2/3 cup(s)- 48 cals



Pecans

1/4 cup- 183 cals



Breakfast cereal

145 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Lunch

905 cals, 44g protein, 65g net carbs, 46g fat



Grilled cheese with sun dried tomatoes & spinach

1 1/2 sandwich(es)- 820 cals



Simple salad with celery, cucumber & tomato

85 cals

Dinner

895 cals, 54g protein, 77g net carbs, 34g fat



White rice

1 cup rice, cooked- 246 cals



Peanut tempeh

6 oz tempeh- 651 cals

Day 6

2954 cals ● 208g protein (28%) ● 129g fat (39%) ● 181g carbs (25%) ● 57g fiber (8%)

Breakfast

460 cals, 25g protein, 10g net carbs, 33g fat



Milk

2/3 cup(s)- 99 cals



Egg in an eggplant

361 cals

Snacks

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



Raspberries

1 1/2 cup(s)- 108 cals



Roasted almonds

1/8 cup(s)- 111 cals



Hummus toast

1 slice(s)- 146 cals

Lunch

905 cals, 44g protein, 65g net carbs, 46g fat



Grilled cheese with sun dried tomatoes & spinach

1 1/2 sandwich(es)- 820 cals



Simple salad with celery, cucumber & tomato

85 cals

Dinner

895 cals, 54g protein, 77g net carbs, 34g fat



White rice

1 cup rice, cooked- 246 cals



Peanut tempeh

6 oz tempeh- 651 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 7

2990 cals ● 200g protein (27%) ● 149g fat (45%) ● 149g carbs (20%) ● 63g fiber (8%)

Breakfast

460 cals, 25g protein, 10g net carbs, 33g fat



Milk

2/3 cup(s)- 99 cals



Egg in an eggplant

361 cals

Snacks

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



Raspberries

1 1/2 cup(s)- 108 cals



Roasted almonds

1/8 cup(s)- 111 cals



Hummus toast

1 slice(s)- 146 cals

Lunch

890 cals, 41g protein, 39g net carbs, 56g fat



Avocado egg salad sandwich

1 sandwich(es)- 562 cals



Celery and peanut butter

327 cals

Dinner

950 cals, 48g protein, 71g net carbs, 43g fat



Lentils

347 cals



Edamame & beet salad

171 cals



Saag feta

431 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Legumes and Legume Products

- tempeh
1 3/4 lbs (794g)
- peanut butter
1/2 lbs (209g)
- soy sauce
1/2 lbs (205mL)
- extra firm tofu
1 1/3 lbs (605g)
- lentils, raw
1 cup (216g)
- firm tofu
14 oz (397g)
- hummus
2/3 cup (165g)
- chickpeas, canned
3/8 can(s) (187g)

Fats and Oils

- oil
6 oz (182mL)
- olive oil
1 oz (30mL)
- salad dressing
2 tbsp (30mL)
- balsamic vinaigrette
1 tbsp (15mL)

Dairy and Egg Products

- butter
1/3 cup (63g)
- lowfat flavored yogurt
2 container (6 oz) (340g)
- eggs
22 large (1100g)
- whole milk
5 1/4 cup(s) (1260mL)
- provolone cheese
6 slice(s) (168g)
- feta cheese
2 2/3 oz (76g)

Spices and Herbs

- black pepper
1 g (1g)
- salt
5 g (5g)

Snacks

- rice cakes, any flavor
2 1/2 oz (72g)

Fruits and Fruit Juices

- raspberries
7 cup (861g)
- avocados
1 avocado(s) (226g)
- lemon
5/8 small (36g)
- lemon juice
6 1/4 tbsp (93mL)
- lime juice
1/4 tbsp (3mL)

Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
27 cup(s) (6418mL)

Nut and Seed Products

- sesame seeds
2 1/3 tbsp (21g)
- almonds
6 1/4 oz (178g)
- pecans
3/4 cup, halves (74g)
- mixed nuts
6 3/4 tbsp (56g)

Breakfast Cereals

- breakfast cereal
2 1/4 serving (68g)

Cereal Grains and Pasta

- cornstarch
3 tbsp (24g)
- instant couscous, flavored
3/8 box (5.8 oz) (69g)
- long-grain white rice
3/4 cup (139g)

Sweets

- crushed red pepper
1 1/4 tsp (2g)
- ground cumin
2 tsp (4g)
- garlic powder
4 dash (2g)
- ground coriander
1/4 tbsp (1g)

- agave
2 tsp (14g)

Baked Products

- bread
16 oz (448g)

Other

- plant-based deli slices
12 slices (125g)
- cottage cheese & fruit cup
2 container (340g)
- protein greek yogurt, flavored
1 container (150g)
- nutritional yeast
1 1/2 tbsp (6g)
- mixed greens
7/8 package (5.5 oz) (133g)

Soups, Sauces, and Gravies

- pesto sauce
3 tbsp (48g)

Vegetables and Vegetable Products

- frozen green beans
4 cup (484g)
- kale leaves
14 2/3 oz (416g)
- fresh ginger
2/3 oz (20g)
- garlic
5 clove(s) (14g)
- brussels sprouts
1/2 lbs (227g)
- cucumber
1 cucumber (8-1/4") (315g)
- tomatoes
1 1/2 medium whole (2-3/5" dia) (171g)
- fresh parsley
1 2/3 sprigs (2g)
- sun-dried tomatoes
3 oz (85g)
- fresh spinach
5/8 10oz package (174g)
- raw celery
4 1/3 stalk, medium (7-1/2" - 8" long) (173g)
- eggplant
9 1 inch (2.5 cm) slice(s) (540g)
- edamame, frozen, shelled
1/2 cup (59g)
- beets, precooked (canned or refrigerated)
2 beet(s) (100g)
- onion
1/3 small (23g)
- serrano pepper
1/3 pepper(s) (2g)

Breakfast 1 ↗

Eat on day 1 and day 2

Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

For all 2 meals:

peanut butter
4 tbsp (64g)
rice cakes, any flavor
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

Boiled eggs

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



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 2 ↗

Eat on day 3 and day 4

Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1/8 cup(s) (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
1/8 cup(s) (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Sauteed Kale

121 cals ● 2g protein ● 9g fat ● 5g carbs ● 1g fiber



For single meal:

kale leaves
2 cup, chopped (80g)
oil
2 tsp (10mL)

For all 2 meals:

kale leaves
4 cup, chopped (160g)
oil
4 tsp (20mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

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.

Breakfast 3

Eat on day 5, day 6, and day 7

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 3 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Egg in an eggplant

361 cals ● 20g protein ● 28g fat ● 2g carbs ● 5g fiber



For single meal:

eggplant
3 1 inch (2.5 cm) slice(s) (180g)
oil
1 tbsp (15mL)
eggs
3 large (150g)

For all 3 meals:

eggplant
9 1 inch (2.5 cm) slice(s) (540g)
oil
3 tbsp (45mL)
eggs
9 large (450g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Lunch 1 ↗

Eat on day 1

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped
5/8 bunch (106g)
avocados, chopped
5/8 avocado(s) (126g)
lemon, juiced
5/8 small (36g)

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.

Baked tofu

21 1/3 oz - 603 cals ● 59g protein ● 31g fat ● 14g carbs ● 7g fiber



Makes 21 1/3 oz

soy sauce
2/3 cup (160mL)
sesame seeds
4 tsp (12g)
extra firm tofu
1 1/3 lbs (605g)
fresh ginger, peeled and grated
1 1/3 slices (1" dia) (3g)

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.

Lunch 2 ↗

Eat on day 2

Lentil kale salad

974 cals ● 39g protein ● 47g fat ● 81g carbs ● 19g fiber



lentils, raw
10 tbsp (120g)
lemon juice
2 1/2 tbsp (38mL)
almonds
2 1/2 tbsp, slivered (17g)
oil
2 1/2 tbsp (38mL)
kale leaves
3 3/4 cup, chopped (150g)
crushed red pepper
1 1/4 tsp (2g)
water
2 1/2 cup(s) (593mL)
ground cumin
1 1/4 tsp (3g)
garlic, diced
2 1/2 clove(s) (8g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Lunch 3 ↗

Eat on day 3 and day 4

Roasted almonds

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



For single meal:

almonds
1/2 cup, whole (63g)

For all 2 meals:

almonds
14 tbsp, whole (125g)

1. The recipe has no instructions.

Hummus & veggie deli sandwich

1 sandwich(es) - 370 cals ● 27g protein ● 11g fat ● 33g carbs ● 8g fiber



For single meal:

bread
2 slice(s) (64g)
plant-based deli slices
6 slices (62g)
hummus
3 tbsp (45g)
cucumber
4 tbsp slices (26g)

For all 2 meals:

bread
4 slice(s) (128g)
plant-based deli slices
12 slices (125g)
hummus
6 tbsp (90g)
cucumber
1/2 cup slices (52g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich.

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.

Lunch 4 ↗

Eat on day 5 and day 6

Grilled cheese with sun dried tomatoes & spinach

1 1/2 sandwich(es) - 820 cals ● 41g protein ● 42g fat ● 57g carbs ● 12g fiber



For single meal:

bread
3 slice (96g)
pesto sauce
1 1/2 tbsp (24g)
sun-dried tomatoes
1 1/2 oz (43g)
fresh spinach
3/8 cup(s) (11g)
olive oil
1/2 tbsp (8mL)
provolone cheese
3 slice(s) (84g)

For all 2 meals:

bread
6 slice (192g)
pesto sauce
3 tbsp (48g)
sun-dried tomatoes
3 oz (85g)
fresh spinach
3/4 cup(s) (23g)
olive oil
1 tbsp (15mL)
provolone cheese
6 slice(s) (168g)

1. Divide the olive oil over the outside of each slice of bread.
2. On one slice, spread the pesto, then layer a slice of cheese, topped with the tomatoes and spinach. Place the second slice of the cheese on top and close the sandwich.
3. Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.

Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

salad dressing
3 tsp (15mL)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long)
(27g)
mixed greens
1/3 package (5.5 oz) (52g)
cucumber, sliced
1/3 cucumber (8-1/4") (100g)
tomatoes, diced
1/3 medium whole (2-3/5" dia)
(41g)

For all 2 meals:

salad dressing
2 tbsp (30mL)
raw celery, chopped
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)
mixed greens
2/3 package (5.5 oz) (103g)
cucumber, sliced
2/3 cucumber (8-1/4") (201g)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Lunch 5 ↗

Eat on day 7

Avocado egg salad sandwich

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



Makes 1 sandwich(es)

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)

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)

Celery and peanut butter

327 cals ● 12g protein ● 25g fat ● 10g carbs ● 4g fiber



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

Snacks 1 ↗

Eat on day 1 and day 2

Rice cake

3 cake(s) - 104 cals ● 2g protein ● 1g fat ● 21g carbs ● 1g fiber



For single meal:

rice cakes, any flavor
3 cake (27g)

For all 2 meals:

rice cakes, any flavor
6 cake (54g)

1. Enjoy.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. The recipe has no instructions.

Raspberries

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



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Raspberries

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



For single meal:

raspberries

2/3 cup (82g)

For all 3 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.

Pecans

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



For single meal:

pecans

4 tbsp, halves (25g)

For all 3 meals:

pecans

3/4 cup, halves (74g)

1. The recipe has no instructions.

Breakfast cereal

145 cals ● 5g protein ● 4g fat ● 21g carbs ● 2g fiber



For single meal:

whole milk

3/8 cup(s) (90mL)

breakfast cereal

3/4 serving (23g)

For all 3 meals:

whole milk

1 cup(s) (270mL)

breakfast cereal

2 1/4 serving (68g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Snacks 3 ↗

Eat on day 6 and day 7

Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 2 meals:

bread
2 slice (64g)
hummus
5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Dinner 1 ↗

Eat on day 1 and day 2

Basic tempeh

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



For single meal:

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

For all 2 meals:

tempeh
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

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.

Buttered green beans

293 cals ● 5g protein ● 23g fat ● 12g carbs ● 6g fiber



For single meal:

butter
2 tbsp (27g)
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen green beans
2 cup (242g)

For all 2 meals:

butter
4 tbsp (54g)
black pepper
3 dash (0g)
salt
3 dash (1g)
frozen green beans
4 cup (484g)

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

Dinner 2 ↗

Eat on day 3

Lemon ginger tofu chik'n

14 oz tofu - 746 cals ● 37g protein ● 43g fat ● 49g carbs ● 3g fiber



Makes 14 oz tofu

cornstarch
3 tbsp (24g)
lemon juice
2 tbsp (30mL)
oil
1 1/2 tbsp (23mL)
sesame seeds
1 tbsp (9g)
agave
2 tsp (14g)
soy sauce, divided
2 tbsp (30mL)
garlic, minced
2 clove(s) (6g)
fresh ginger, peeled & minced
3 inch (2.5cm) cube (15g)
firm tofu, patted dry
14 oz (397g)

1. Preheat oven to 425°F (220°C).
2. Tear tofu into bite-sized pieces and add them to a large bowl. Toss with only half of the soy sauce and only half of the oil. Sprinkle a little over half of the corn starch on the tofu and toss until tofu is fully coated.
3. Place tofu on a parchment lined baking sheet and bake until crispy about 30-35 minutes.
4. Meanwhile prepare the lemon ginger sauce. Mix lemon juice, agave, and remaining soy sauce in a small bowl. In a separate bowl, mix the remaining corn starch with a splash of cold water until combined. Set both bowls aside.
5. Add remaining oil to a skillet over medium heat and add the ginger and garlic. Cook until fragrant, 1 minute.
6. Pour in the lemon sauce and bring to a simmer and then pour in the cornstarch mixture. Simmer until sauce thickens, about 1 minute.
7. Add tofu and sesame seeds to the sauce and stir until coated. Serve.

Roasted brussels sprouts

232 cals ● 7g protein ● 14g fat ● 12g carbs ● 9g fiber



salt
2 dash (1g)
black pepper
1 1/3 dash, ground (0g)
brussels sprouts
1/2 lbs (227g)
olive oil
3 tsp (15mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Dinner 3 ↗

Eat on day 4

Protein greek yogurt

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



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Mixed nuts

3/8 cup(s) - 363 cals ● 11g protein ● 30g fat ● 8g carbs ● 4g fiber



Makes 3/8 cup(s)

mixed nuts
6 2/3 tbsp (56g)

1. The recipe has no instructions.

Spiced chickpea tabbouleh bowl

455 cals ● 19g protein ● 5g fat ● 70g carbs ● 13g fiber



instant couscous, flavored
3/8 box (5.8 oz) (69g)
oil
1/4 tsp (1mL)
ground cumin
3 1/3 dash (1g)
lemon juice
1/4 tbsp (3mL)
cucumber, chopped
1/4 cucumber (8-1/4") (63g)
chickpeas, canned, drained & rinsed
3/8 can(s) (187g)
tomatoes, chopped
3/8 roma tomato (33g)
fresh parsley, chopped
1 2/3 sprigs (2g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Dinner 4 ↗

Eat on day 5 and day 6

White rice

1 cup rice, cooked - 246 cals ● 5g protein ● 0g fat ● 55g carbs ● 1g fiber



For single meal:

water
3/4 cup(s) (178mL)
long-grain white rice
6 tbsp (69g)

For all 2 meals:

water
1 1/2 cup(s) (356mL)
long-grain white rice
3/4 cup (139g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

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.

Dinner 5

Eat on day 7

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



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.

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

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

Saag feta

431 cals ● 16g protein ● 35g fat ● 8g carbs ● 4g fiber



fresh spinach
1/3 lbs (151g)
lime juice
1/4 tbsp (3mL)
ground coriander
1/4 tbsp (1g)
ground cumin
1/3 tsp (1g)
oil
4 tsp (20mL)
water
1/8 cup(s) (20mL)
feta cheese, sliced into 1" pieces
2 2/3 oz (76g)
onion, chopped
1/3 small (23g)
garlic, diced
1/3 clove (1g)
fresh ginger, peeled, diced
1/3 inch (2.5cm) cube (2g)
serrano pepper, chopped
1/3 pepper(s) (2g)

1. Heat oil in a skillet over medium heat. Add in onion and cook until softened, 5 minutes.
2. Stir in spices, ginger, and garlic and cook until fragrant, about 1 minute.
3. Add spinach in batches, stirring occasionally until all spinach is wilted, about 3 minutes.
4. Add in serrano and lime juice and set aside to cool briefly, about 6 minutes.
5. Transfer spinach mixture to blender and blend until it's a chunky paste.
6. Return the spinach to the skillet over low heat and add in water, stir. Add in feta and mix gently as to not break it up. Cook until warmed throughout and serve.

Protein Supplement(s) [🔗](#)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

protein powder
3 scoop (1/3 cup ea) (93g)
water
3 cup(s) (711mL)

For all 7 meals:

protein powder
21 scoop (1/3 cup ea) (651g)
water
21 cup(s) (4977mL)

1. The recipe has no instructions.