

Meal Plan - 3100 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

3085 cals ● 208g protein (27%) ● 150g fat (44%) ● 173g carbs (22%) ● 53g fiber (7%)

Breakfast

525 cals, 27g protein, 26g net carbs, 31g fat



Boiled eggs
2 egg(s)- 139 cals



Pecans
1/4 cup- 183 cals



Chickpea & tomato toasts
1 toast(s)- 206 cals

Snacks

280 cals, 5g protein, 21g net carbs, 17g fat



Roasted cashews
1/8 cup(s)- 104 cals



Grapes
58 cals



Dark chocolate
2 square(s)- 120 cals

Lunch

915 cals, 48g protein, 42g net carbs, 55g fat



Strawberry avocado goat cheese panini
487 cals



Roasted peanuts
1/3 cup(s)- 288 cals



Protein greek yogurt
1 container- 139 cals

Dinner

1035 cals, 56g protein, 81g net carbs, 46g fat



Mixed nuts
1/4 cup(s)- 218 cals



Pesto chickpeas & quinoa bowl
556 cals



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 2

3101 cals ● 203g protein (26%) ● 181g fat (53%) ● 116g carbs (15%) ● 48g fiber (6%)

Breakfast

525 cals, 27g protein, 26g net carbs, 31g fat



Boiled eggs
2 egg(s)- 139 cals



Pecans
1/4 cup- 183 cals



Chickpea & tomato toasts
1 toast(s)- 206 cals

Snacks

280 cals, 5g protein, 21g net carbs, 17g fat



Roasted cashews
1/8 cup(s)- 104 cals



Grapes
58 cals



Dark chocolate
2 square(s)- 120 cals

Lunch

915 cals, 48g protein, 42g net carbs, 55g fat



Strawberry avocado goat cheese panini
487 cals



Roasted peanuts
1/3 cup(s)- 288 cals



Protein greek yogurt
1 container- 139 cals

Dinner

1050 cals, 51g protein, 24g net carbs, 77g fat



Simple mixed greens salad
68 cals



Low carb asian tofu bowl
982 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 3

3073 cals ● 213g protein (28%) ● 145g fat (43%) ● 185g carbs (24%) ● 44g fiber (6%)

Breakfast

525 cals, 27g protein, 26g net carbs, 31g fat



Boiled eggs
2 egg(s)- 139 cals



Pecans
1/4 cup- 183 cals



Chickpea & tomato toasts
1 toast(s)- 206 cals

Snacks

305 cals, 11g protein, 22g net carbs, 17g fat



Roasted cashews
1/6 cup(s)- 156 cals



Hummus toast
1 slice(s)- 146 cals

Lunch

1005 cals, 49g protein, 63g net carbs, 57g fat



Walnuts
3/8 cup(s)- 291 cals



Eggplant pesto sandwich
1 sandwich(es)- 452 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

910 cals, 54g protein, 71g net carbs, 40g fat



Lentils
347 cals



Spicy sriracha peanut tofu
512 cals



Roasted carrots
1 carrots(s)- 53 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 4

3056 cals ● 217g protein (28%) ● 143g fat (42%) ● 185g carbs (24%) ● 40g fiber (5%)

Breakfast

510 cals, 31g protein, 26g net carbs, 29g fat



Grapefruit

1/2 grapefruit- 59 cals



Basic scrambled eggs

3 egg(s)- 238 cals



Egg & avocado salad on toast

1 toast(s)- 212 cals

Snacks

305 cals, 11g protein, 22g net carbs, 17g fat



Roasted cashews

1/6 cup(s)- 156 cals



Hummus toast

1 slice(s)- 146 cals

Lunch

1005 cals, 49g protein, 63g net carbs, 57g fat



Walnuts

3/8 cup(s)- 291 cals



Eggplant pesto sandwich

1 sandwich(es)- 452 cals



Cottage cheese & fruit cup

2 container- 261 cals

Dinner

910 cals, 54g protein, 71g net carbs, 40g fat



Lentils

347 cals



Spicy sriracha peanut tofu

512 cals



Roasted carrots

1 carrots(s)- 53 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 5

3105 cals ● 252g protein (33%) ● 148g fat (43%) ● 145g carbs (19%) ● 46g fiber (6%)

Breakfast

510 cals, 31g protein, 26g net carbs, 29g fat



Grapefruit

1/2 grapefruit- 59 cals



Basic scrambled eggs

3 egg(s)- 238 cals



Egg & avocado salad on toast

1 toast(s)- 212 cals

Snacks

305 cals, 11g protein, 22g net carbs, 17g fat



Roasted cashews

1/6 cup(s)- 156 cals



Hummus toast

1 slice(s)- 146 cals

Lunch

1070 cals, 59g protein, 72g net carbs, 53g fat



Edamame & beet salad

257 cals



Rosemary mushroom cheese sandwich

2 sandwich(es)- 815 cals

Dinner

895 cals, 79g protein, 22g net carbs, 48g fat



Baked tofu

26 2/3 oz- 754 cals



Olive oil drizzled broccoli

2 cup(s)- 140 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 6

3098 cals ● 220g protein (28%) ● 165g fat (48%) ● 141g carbs (18%) ● 41g fiber (5%)

Breakfast

535 cals, 30g protein, 41g net carbs, 24g fat



Smashed raspberry almond butter toast

2 toast(s)- 405 cals



Cottage cheese & fruit cup

1 container- 131 cals

Lunch

890 cals, 27g protein, 8g net carbs, 79g fat



Cheese and guac tacos

3 taco(s)- 525 cals



Pecans

1/2 cup- 366 cals

Snacks

450 cals, 11g protein, 68g net carbs, 14g fat



Medium toasted bagel with butter and jelly

1 bagel(s)- 450 cals

Dinner

895 cals, 79g protein, 22g net carbs, 48g fat



Baked tofu

26 2/3 oz- 754 cals



Olive oil drizzled broccoli

2 cup(s)- 140 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 7

3052 cals ● 194g protein (25%) ● 155g fat (46%) ● 179g carbs (23%) ● 42g fiber (6%)

Breakfast

535 cals, 30g protein, 41g net carbs, 24g fat



Smashed raspberry almond butter toast
2 toast(s)- 405 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

450 cals, 11g protein, 68g net carbs, 14g fat



Medium toasted bagel with butter and jelly
1 bagel(s)- 450 cals

Lunch

890 cals, 27g protein, 8g net carbs, 79g fat



Cheese and guac tacos
3 taco(s)- 525 cals



Pecans
1/2 cup- 366 cals

Dinner

850 cals, 53g protein, 59g net carbs, 37g fat



Vegan sausage & veggie sheet pan
720 cals



Simple salad with celery, cucumber & tomato
128 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Grocery List



Nut and Seed Products

- mixed nuts
4 tbsp (34g)
- roasted cashews
13 tbsp (111g)
- pecans
1 3/4 cup, halves (173g)
- sesame seeds
1 1/3 oz (37g)
- walnuts
13 1/4 tbsp, shelled (83g)
- almond butter
4 tbsp (64g)
- flax seeds
4 dash (4g)

Cereal Grains and Pasta

- quinoa, uncooked
4 tbsp (43g)

Soups, Sauces, and Gravies

- pesto sauce
2 1/4 oz (63g)

Fats and Oils

- oil
1/4 lbs (110mL)
- salad dressing
3 tbsp (45mL)
- olive oil
1 oz (35mL)
- balsamic vinaigrette
1 1/2 tbsp (23mL)

Vegetables and Vegetable Products

- mushrooms
1/3 lbs (155g)
- bell pepper
1/2 large (82g)
- tomatoes
2 2/3 medium whole (2-3/5" dia) (332g)
- broccoli
2 3/4 cup chopped (250g)
- garlic
7 1/2 clove (23g)
- fresh ginger
1/2 oz (12g)

Other

- cottage cheese & fruit cup
8 container (1360g)
- protein greek yogurt, flavored
2 container (300g)
- mixed greens
1 1/3 package (5.5 oz) (207g)
- frozen riced cauliflower
2 cup, prepared (319g)
- sriracha chili sauce
2 1/4 tbsp (34g)
- guacamole, store-bought
3/4 cup (185g)
- italian seasoning
1/4 tbsp (3g)
- vegan sausage
1 1/2 sausage (150g)

Fruits and Fruit Juices

- grapes
2 cup (184g)
- strawberries
8 medium (1-1/4" dia) (96g)
- avocados
1 1/3 avocado(s) (268g)
- Grapefruit
1 large (approx 4-1/2" dia) (332g)
- raspberries
40 raspberries (76g)

Sweets

- chocolate, dark, 70-85%
4 square(s) (40g)
- jelly
2 tbsp (42g)

Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
25 1/2 cup(s) (6044mL)

Dairy and Egg Products

- eggs
14 large (700g)
- nonfat greek yogurt, plain
3 tbsp (53g)

- carrots
4 medium (235g)
- eggplant
1 small (458g)
- frozen broccoli
4 cup (364g)
- edamame, frozen, shelled
3/4 cup (89g)
- beets, precooked (canned or refrigerated)
3 beet(s) (150g)
- potatoes
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)
- raw celery
1 stalk, medium (7-1/2" - 8" long) (40g)
- cucumber
1/2 cucumber (8-1/4") (151g)

Legumes and Legume Products

- chickpeas, canned
1 1/4 can(s) (560g)
- roasted peanuts
10 tbsp (91g)
- soy sauce
1 1/3 lbs (490mL)
- firm tofu
2 lbs (950g)
- hummus
1/2 cup (113g)
- lentils, raw
1 cup (192g)
- peanut butter
3 tbsp (48g)
- extra firm tofu
3 1/3 lbs (1512g)

- goat cheese
2 oz (57g)
- butter
1/3 stick (37g)
- cheese
6 oz (169g)
- cheddar cheese
1 1/2 cup, shredded (170g)

Baked Products

- bread
22 1/2 oz (640g)
- kaiser rolls
2 roll (3-1/2" dia) (114g)
- bagel
2 medium bagel (3-1/2" to 4" dia) (210g)

Spices and Herbs

- salt
2 1/4 g (2g)
- garlic powder
1/3 tsp (1g)
- black pepper
2 dash (0g)
- rosemary, dried
4 dash (1g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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

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.

Chickpea & tomato toasts

1 toast(s) - 206 cals ● 12g protein ● 4g fat ● 24g carbs ● 8g fiber



For single meal:

bread
1 slice(s) (32g)
nonfat greek yogurt, plain
1 tbsp (18g)
tomatoes
4 slice(s), thin/small (60g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)

For all 3 meals:

bread
3 slice(s) (96g)
nonfat greek yogurt, plain
3 tbsp (53g)
tomatoes
12 slice(s), thin/small (180g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)

1. Toast bread, if desired.
2. In a medium bowl, mash chickpeas with the back of a fork until they start to become creamy.
3. Stir in Greek yogurt, and add salt and pepper to taste.
4. Spread the chickpea mixture on the bread and top with tomato slices. Serve.

Breakfast 2 ↗

Eat on day 4 and day 5

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Basic scrambled eggs

3 egg(s) - 238 cals ● 19g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

For all 2 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

Egg & avocado salad on toast

1 toast(s) - 212 cals ● 11g protein ● 11g fat ● 13g carbs ● 4g fiber



For single meal:

mixed greens
2 2/3 tbsp (5g)
avocados
1/6 avocado(s) (34g)
garlic powder
1 1/3 dash (1g)
bread
1 slice(s) (32g)
eggs, hard-boiled and chilled
1 large (50g)

For all 2 meals:

mixed greens
1/3 cup (10g)
avocados
1/3 avocado(s) (67g)
garlic powder
1/3 tsp (1g)
bread
2 slice(s) (64g)
eggs, hard-boiled and chilled
2 large (100g)

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

Breakfast 3 ↗

Eat on day 6 and day 7

Smashed raspberry almond butter toast

2 toast(s) - 405 cals ● 16g protein ● 21g fat ● 28g carbs ● 10g fiber



For single meal:

bread
2 slice(s) (64g)
almond butter
2 tbsp (32g)
flax seeds
2 dash (2g)
raspberries
20 raspberries (38g)

For all 2 meals:

bread
4 slice(s) (128g)
almond butter
4 tbsp (64g)
flax seeds
4 dash (4g)
raspberries
40 raspberries (76g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Lunch 1 ↗

Eat on day 1 and day 2

Strawberry avocado goat cheese panini

487 cals ● 17g protein ● 29g fat ● 28g carbs ● 12g fiber



For single meal:

bread
2 slice (64g)
goat cheese
1 oz (28g)
butter
1 tsp (5g)
strawberries, hulled and thinly sliced
4 medium (1-1/4" dia) (48g)
avocados, sliced
1/2 avocado(s) (101g)

For all 2 meals:

bread
4 slice (128g)
goat cheese
2 oz (57g)
butter
2 tsp (9g)
strawberries, hulled and thinly sliced
8 medium (1-1/4" dia) (96g)
avocados, sliced
1 avocado(s) (201g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts
5 tbsp (46g)

For all 2 meals:

roasted peanuts
10 tbsp (91g)

1. The recipe has no instructions.

Protein greek yogurt

1 container - 139 cals ● 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.

Lunch 2 ↗

Eat on day 3 and day 4

Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts
6 2/3 tbsp, shelled (42g)

For all 2 meals:

walnuts
13 1/3 tbsp, shelled (83g)

1. The recipe has no
instructions.

Eggplant pesto sandwich

1 sandwich(es) - 452 cals ● 15g protein ● 25g fat ● 34g carbs ● 9g fiber



For single meal:

olive oil
1/2 tbsp (8mL)
pesto sauce
1 tbsp (16g)
garlic
1 clove (3g)
kaiser rolls
1 roll (3-1/2" dia) (57g)
tomatoes
3 slice(s), thin/small (45g)
cheese
1 slice (1 oz each) (28g)
eggplant, halved and sliced
1/2 small (229g)

For all 2 meals:

olive oil
1 tbsp (15mL)
pesto sauce
2 tbsp (32g)
garlic
2 clove (6g)
kaiser rolls
2 roll (3-1/2" dia) (114g)
tomatoes
6 slice(s), thin/small (90g)
cheese
2 slice (1 oz each) (56g)
eggplant, halved and sliced
1 small (458g)

1. Preheat your oven's broiler.
2. Brush eggplant slices with olive oil, and place them on a baking sheet. Place the pan about 6 inches from the heat source. Cook for 10 minutes, or until tender and toasted.
3. Split the roll lengthwise, and toast.
4. In a cup or small bowl, stir together the pesto and garlic. Spread this mixture on the toasted bread.
5. Fill the roll with eggplant slices, tomato, and cheese.
6. Serve.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

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

Lunch 3 ↗

Eat on day 5

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



mixed greens

1 1/2 cup (45g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
edamame, frozen, shelled
3/4 cup (89g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

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

Rosemary mushroom cheese sandwich

2 sandwich(es) - 815 cals ● 45g protein ● 43g fat ● 54g carbs ● 9g fiber



Makes 2 sandwich(es)

bread

4 slice(s) (128g)
cheese
1 cup, shredded (113g)
mushrooms
3 oz (85g)
rosemary, dried
4 dash (1g)
mixed greens
1 cup (30g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Lunch 4 ↗

Eat on day 6 and day 7

Cheese and guac tacos

3 taco(s) - 525 cals ● 23g protein ● 43g fat ● 6g carbs ● 6g fiber



For single meal:

cheddar cheese
3/4 cup, shredded (85g)
guacamole, store-bought
6 tbsp (93g)

For all 2 meals:

cheddar cheese
1 1/2 cup, shredded (170g)
guacamole, store-bought
3/4 cup (185g)

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

Pecans

1/2 cup - 366 cals ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



For single meal:

pecans
1/2 cup, halves (50g)

For all 2 meals:

pecans
1 cup, halves (99g)

1. The recipe has no instructions.

Snacks 1 ↗

Eat on day 1 and day 2

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. The recipe has no instructions.

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.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Roasted cashews

1/6 cup(s) - 156 cals ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

roasted cashews
3 tbsp (26g)

For all 3 meals:

roasted cashews
1/2 cup (77g)

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 3 meals:

bread
3 slice (96g)
hummus
1/2 cup (113g)

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

Snacks 3 ↗

Eat on day 6 and day 7

Medium toasted bagel with butter and jelly

1 bagel(s) - 450 cals ● 11g protein ● 14g fat ● 68g carbs ● 3g fiber



For single meal:

bagel

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

butter

1 tbsp (14g)

jelly

1 tbsp (21g)

For all 2 meals:

bagel

2 medium bagel (3-1/2" to 4" dia)
(210g)

butter

2 tbsp (28g)

jelly

2 tbsp (42g)

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

Dinner 1 ↗

Eat on day 1

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



Makes 1/4 cup(s)

mixed nuts

4 tbsp (34g)

1. The recipe has no instructions.

Pesto chickpeas & quinoa bowl

556 cals ● 21g protein ● 23g fat ● 50g carbs ● 16g fiber



quinoa, uncooked
4 tbsp (43g)
pesto sauce
2 tbsp (31g)
oil
1 tsp (5mL)
mushrooms
1 cup, chopped (70g)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)
bell pepper, sliced
1/2 large (82g)

1. Cook quinoa according to package. Set aside.
2. Preheat oven to 400°F (200°C). Place chickpeas, mushrooms, and bell pepper strips on a sheet pan. Drizzle with oil, sprinkle some salt/pepper, and toss to coat.
3. Roast chickpeas and veggies for about 20 minutes, stirring once halfway through.
4. Remove chickpeas and veggies from oven and toss with pesto. Serve with the quinoa.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

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

Dinner 2 ↗

Eat on day 2

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Low carb asian tofu bowl

982 cals ● 50g protein ● 73g fat ● 20g carbs ● 13g fiber

**broccoli**

1 1/4 cup chopped (114g)

frozen riced cauliflower

2 cup, prepared (319g)

soy sauce

5 tbsp (75mL)

oil

1/4 cup (56mL)

sesame seeds

2 1/2 tsp (8g)

firm tofu, drained and patted dry

3/4 lbs (354g)

garlic, minced

2 1/2 clove (8g)

fresh ginger, minced

2 1/2 tsp (5g)

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.

Dinner 3 ↗

Eat on day 3 and day 4

Lentils

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



For single meal:

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

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.

Spicy sriracha peanut tofu

512 cals ● 30g protein ● 36g fat ● 16g carbs ● 2g fiber



For single meal:

sriracha chili sauce
1 tbsp (17g)
peanut butter
1 1/2 tbsp (24g)
soy sauce
1/2 tbsp (8mL)
water
1/4 cup(s) (59mL)
oil
3/4 tbsp (11mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)
garlic, minced
1 1/2 clove (5g)

For all 2 meals:

sriracha chili sauce
2 1/4 tbsp (34g)
peanut butter
3 tbsp (48g)
soy sauce
1 tbsp (15mL)
water
1/2 cup(s) (118mL)
oil
1 1/2 tbsp (23mL)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)
garlic, minced
3 clove (9g)

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

Roasted carrots

1 carrots(s) - 53 cals ● 1g protein ● 3g fat ● 5g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
carrots, sliced
1 large (72g)

For all 2 meals:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

Dinner 4 ↗

Eat on day 5 and day 6

Baked tofu

26 2/3 oz - 754 cals ● 74g protein ● 39g fat ● 18g carbs ● 9g fiber



For single meal:

soy sauce
13 1/3 tbsp (200mL)
sesame seeds
5 tsp (15g)
extra firm tofu
1 2/3 lbs (756g)
fresh ginger, peeled and grated
1 2/3 slices (1" dia) (4g)

For all 2 meals:

soy sauce
1 2/3 cup (400mL)
sesame seeds
3 1/3 tbsp (30g)
extra firm tofu
3 1/3 lbs (1512g)
fresh ginger, peeled and grated
3 1/3 slices (1" dia) (7g)

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.

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 5 ↗

Eat on day 7

Vegan sausage & veggie sheet pan

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



oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)
carrots, sliced
1 1/2 medium (92g)
broccoli, chopped
1 1/2 cup chopped (137g)
vegan sausage, cut into bite sized pieces
1 1/2 sausage (150g)
potatoes, cut into wedges
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



salad dressing
1 1/2 tbsp (23mL)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)
mixed greens
1/2 package (5.5 oz) (78g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

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

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.