

Meal Plan - 3200 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

3189 cals ● 248g protein (31%) ● 166g fat (47%) ● 131g carbs (16%) ● 46g fiber (6%)

Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



Hummus toast

2 slice(s)- 293 cals



Pecans

1/4 cup- 183 cals

Snacks

350 cals, 15g protein, 4g net carbs, 29g fat



Cheese and guac tacos

2 taco(s)- 350 cals

Lunch

1030 cals, 90g protein, 27g net carbs, 57g fat



Baked tofu

32 oz- 905 cals



Sautéed garlic & herb tomatoes

127 cals

Dinner

1005 cals, 54g protein, 67g net carbs, 51g fat



Cranberry spinach salad

285 cals



Vegan sausage & veggie sheet pan

720 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 2

3137 cals ● 237g protein (30%) ● 160g fat (46%) ● 135g carbs (17%) ● 51g fiber (7%)

Breakfast

475 cals, 16g protein, 31g net carbs, 27g fat



Hummus toast
2 slice(s)- 293 cals



Pecans
1/4 cup- 183 cals

Snacks

350 cals, 15g protein, 4g net carbs, 29g fat



Cheese and guac tacos
2 taco(s)- 350 cals

Lunch

960 cals, 61g protein, 38g net carbs, 59g fat



Vegan sausage
2 sausage(s)- 536 cals



Sautéed garlic & herb tomatoes
424 cals

Dinner

1025 cals, 73g protein, 61g net carbs, 44g fat



Lentils
231 cals



Peanut tempeh
6 oz tempeh- 651 cals



Caprese salad
142 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 3

3211 cals ● 240g protein (30%) ● 167g fat (47%) ● 126g carbs (16%) ● 59g fiber (7%)

Breakfast

540 cals, 26g protein, 14g net carbs, 39g fat



Carrot sticks

2 1/2 carrot(s)- 68 cals



Walnuts

3/8 cup(s)- 262 cals



Boiled eggs

3 egg(s)- 208 cals

Snacks

365 cals, 8g protein, 11g net carbs, 25g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Avocado

176 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

960 cals, 61g protein, 38g net carbs, 59g fat



Vegan sausage

2 sausage(s)- 536 cals



Sautéed garlic & herb tomatoes

424 cals

Dinner

1025 cals, 73g protein, 61g net carbs, 44g fat



Lentils

231 cals



Peanut tempeh

6 oz tempeh- 651 cals



Caprese salad

142 cals

Day 4

3196 cals ● 235g protein (29%) ● 149g fat (42%) ● 177g carbs (22%) ● 53g fiber (7%)

Breakfast

540 cals, 26g protein, 14g net carbs, 39g fat



Carrot sticks

2 1/2 carrot(s)- 68 cals



Walnuts

3/8 cup(s)- 262 cals



Boiled eggs

3 egg(s)- 208 cals

Snacks

365 cals, 8g protein, 11g net carbs, 25g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Avocado

176 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

955 cals, 73g protein, 79g net carbs, 36g fat



Lowfat yogurt

1 container(s)- 181 cals



Simple seitan

8 oz- 487 cals



Cranberry spinach salad

285 cals

Dinner

1015 cals, 55g protein, 70g net carbs, 47g fat



Baked feta chickpea pasta

1016 cals

Day 5

3215 cals ● 229g protein (28%) ● 160g fat (45%) ● 142g carbs (18%) ● 72g fiber (9%)

Breakfast

560 cals, 32g protein, 14g net carbs, 35g fat



Chili and cheese omelet
433 cals



Raspberries
1 3/4 cup(s)- 126 cals

Snacks

365 cals, 8g protein, 11g net carbs, 25g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Avocado
176 cals



Raspberries
1 cup(s)- 72 cals

Lunch

915 cals, 45g protein, 50g net carbs, 55g fat



Tofu marsala
434 cals



Simple mozzarella and tomato salad
484 cals

Dinner

1050 cals, 71g protein, 64g net carbs, 44g fat



Easy chickpea salad
467 cals



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

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 6

3191 cals ● 235g protein (29%) ● 150g fat (42%) ● 153g carbs (19%) ● 71g fiber (9%)

Breakfast

560 cals, 32g protein, 14g net carbs, 35g fat



Chili and cheese omelet
433 cals



Raspberries
1 3/4 cup(s)- 126 cals

Snacks

350 cals, 6g protein, 33g net carbs, 19g fat



Rice cake
4 cake(s)- 139 cals



Carrot sticks
1 carrot(s)- 27 cals



Pecans
1/4 cup- 183 cals

Lunch

905 cals, 54g protein, 40g net carbs, 51g fat



Cranberry spinach salad
316 cals



Basic tempeh
8 oz- 590 cals

Dinner

1050 cals, 71g protein, 64g net carbs, 44g fat



Easy chickpea salad
467 cals



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

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 7

3178 cals ● 202g protein (25%) ● 159g fat (45%) ● 162g carbs (20%) ● 73g fiber (9%)

Breakfast

560 cals, 32g protein, 14g net carbs, 35g fat



Chili and cheese omelet
433 cals



Raspberries
1 3/4 cup(s)- 126 cals

Snacks

350 cals, 6g protein, 33g net carbs, 19g fat



Rice cake
4 cake(s)- 139 cals



Carrot sticks
1 carrot(s)- 27 cals



Pecans
1/4 cup- 183 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

905 cals, 54g protein, 40g net carbs, 51g fat



Cranberry spinach salad
316 cals



Basic tempeh
8 oz- 590 cals

Dinner

1035 cals, 38g protein, 73g net carbs, 53g fat



Pumpkin seeds
183 cals



Lemony chickpea & zucchini bowl
854 cals

Grocery List



Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
23 2/3 cup(s) (5610mL)

Baked Products

- bread
4 slice (128g)

Legumes and Legume Products

- hummus
10 tbsp (150g)
- soy sauce
2/3 lbs (255mL)
- extra firm tofu
2 lbs (907g)
- lentils, raw
2/3 cup (128g)
- tempeh
1 3/4 lbs (794g)
- peanut butter
1/3 lbs (150g)
- roasted peanuts
6 tbsp (55g)
- chickpeas, canned
3 can(s) (1344g)
- firm tofu
5 oz (142g)

Nut and Seed Products

- pecans
1 cup, halves (99g)
- walnuts
5 oz (137g)
- sesame seeds
2 tbsp (18g)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)

Fruits and Fruit Juices

- dried cranberries
1/2 cup (84g)
- lemon juice
3 fl oz (90mL)
- avocados
1 1/2 avocado(s) (302g)

Fats and Oils

- raspberry walnut vinaigrette
1/2 cup (127mL)
- oil
4 oz (117mL)
- olive oil
1/4 lbs (116mL)
- balsamic vinaigrette
1 3/4 oz (50mL)

Dairy and Egg Products

- romano cheese
1 1/2 tbsp (10g)
- cheddar cheese
1/3 lbs (155g)
- fresh mozzarella cheese
6 oz (170g)
- eggs
18 large (900g)
- lowfat flavored yogurt
1 container (6 oz) (170g)
- feta cheese
5 oz (142g)

Other

- italian seasoning
1 1/4 container (.75 oz) (26g)
- vegan sausage
5 1/2 sausage (550g)
- guacamole, store-bought
1/2 cup (124g)
- nutritional yeast
1 1/2 tbsp (6g)
- mixed greens
2/3 package (5.5 oz) (103g)
- chickpea pasta
5/8 box (124g)
- sesame oil
5 tsp (25mL)
- vegan chik'n strips
13 1/3 oz (378g)
- skewer(s)
10 skewer(s) (10g)
- vegan butter
1 tbsp (14g)

Spices and Herbs

raspberries
8 1/4 cup (1015g)

lime juice
2 1/2 tbsp (38mL)

Vegetables and Vegetable Products

fresh spinach
1 10oz package (307g)

carrots
8 1/2 medium (519g)

broccoli
1 1/2 cup chopped (137g)

potatoes
10 oz (280g)

fresh ginger
1/2 oz (13g)

tomatoes
17 1/2 medium whole (2-3/5" dia) (2167g)

garlic
8 clove(s) (24g)

onion
2 1/2 medium (2-1/2" dia) (290g)

fresh parsley
16 sprigs (16g)

mushrooms
2 1/2 oz (71g)

shallots
1/2 shallot (57g)

zucchini
1 large (323g)

black pepper
4 dash, ground (1g)

salt
2 tsp (12g)

fresh basil
1/2 oz (13g)

chili powder
1 tbsp (8g)

ground coriander
1 tbsp (5g)

balsamic vinegar
2 1/2 tbsp (38mL)

basil, dried
4 dash, leaves (0g)

Cereal Grains and Pasta

seitan
1/2 lbs (227g)

cornstarch
1 tsp (3g)

Soups, Sauces, and Gravies

apple cider vinegar
2 tbsp (2mL)

vegetable broth
1/2 cup(s) (mL)

Snacks

rice cakes, any flavor
8 cake (72g)

Breakfast 1 ↗

Eat on day 1 and day 2

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

bread
4 slice (128g)
hummus
10 tbsp (150g)

1. (Optional) Toast bread.
2. Spread hummus over bread 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 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3 and day 4

Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

carrots

2 1/2 medium (153g)

For all 2 meals:

carrots

5 medium (305g)

1. Cut carrots into strips and serve.

Walnuts

3/8 cup(s) - 262 cals ● 6g protein ● 24g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts

6 tbsp, shelled (38g)

For all 2 meals:

walnuts

3/4 cup, shelled (75g)

1. The recipe has no instructions.

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 3 ↗

Eat on day 5, day 6, and day 7

Chili and cheese omelet

433 cals ● 29g protein ● 33g fat ● 3g carbs ● 2g fiber



For single meal:

olive oil

2 tsp (10mL)

chili powder

1 tsp (3g)

ground coriander

1 tsp (2g)

cheddar cheese

2 tbsp, shredded (14g)

eggs, beaten

4 large (200g)

For all 3 meals:

olive oil

2 tbsp (30mL)

chili powder

1 tbsp (8g)

ground coriander

1 tbsp (5g)

cheddar cheese

6 tbsp, shredded (42g)

eggs, beaten

12 large (600g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

Raspberries

1 3/4 cup(s) - 126 cals ● 3g protein ● 1g fat ● 12g carbs ● 14g fiber



For single meal:

raspberries

1 3/4 cup (215g)

For all 3 meals:

raspberries

5 1/4 cup (646g)

1. Rinse raspberries and serve.

Lunch 1

Eat on day 1

Baked tofu

32 oz - 905 cals ● 88g protein ● 47g fat ● 22g carbs ● 11g fiber



Makes 32 oz

soy sauce

1 cup (240mL)

sesame seeds

2 tbsp (18g)

extra firm tofu

2 lbs (907g)

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.

Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



black pepper
1/2 dash, ground (0g)
olive oil
3/4 tbsp (11mL)
tomatoes
1/2 pint, cherry tomatoes (149g)
italian seasoning
1/4 tbsp (3g)
salt
2 dash (2g)
garlic, minced
1/2 clove(s) (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Lunch 2 ↗

Eat on day 2 and day 3

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:

vegan sausage
2 sausage (200g)

For all 2 meals:

vegan sausage
4 sausage (400g)

1. Prepare according to package instructions.
2. Serve.

Sautéed garlic & herb tomatoes

424 cals ● 5g protein ● 35g fat ● 17g carbs ● 6g fiber



For single meal:

black pepper
1 2/3 dash, ground (0g)
olive oil
2 1/2 tbsp (37mL)
tomatoes
1 2/3 pint, cherry tomatoes (497g)
italian seasoning
2 1/2 tsp (9g)
salt
1/4 tbsp (5g)
garlic, minced
1 2/3 clove(s) (5g)

For all 2 meals:

black pepper
3 1/3 dash, ground (1g)
olive oil
5 tbsp (75mL)
tomatoes
3 1/3 pint, cherry tomatoes (993g)
italian seasoning
5 tsp (18g)
salt
1/2 tbsp (10g)
garlic, minced
3 1/3 clove(s) (10g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Lunch 3 ↗

Eat on day 4

Lowfat yogurt

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



Makes 1 container(s)

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

1. The recipe has no instructions.

Simple seitan

8 oz - 487 cals ● 60g protein ● 15g fat ● 27g carbs ● 1g fiber



Makes 8 oz

seitan
1/2 lbs (227g)
oil
2 tsp (10mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

Cranberry spinach salad

285 cals ● 5g protein ● 19g fat ● 21g carbs ● 3g fiber



dried cranberries
2 tbsp (20g)
walnuts
2 tbsp, chopped (15g)
fresh spinach
3/8 6oz package (64g)
raspberry walnut vinaigrette
2 tbsp (30mL)
romano cheese, finely shredded
1 tsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Lunch 4 ↗

Eat on day 5

Tofu marsala

434 cals ● 17g protein ● 21g fat ● 37g carbs ● 6g fiber



vegan butter
1 tbsp (14g)
cornstarch
1 tsp (3g)
oil
1 tbsp (15mL)
balsamic vinegar
1/2 tbsp (8mL)
potatoes, peeled & quartered
5 oz (142g)
vegetable broth, hot
1/2 cup(s) (mL)
mushrooms, sliced
2 1/2 oz (71g)
shallots, minced
1/2 shallot (57g)
garlic, minced
1 clove(s) (3g)
firm tofu, patted dry & cubed
5 oz (142g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

Simple mozzarella and tomato salad

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



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)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lunch 5 ↗

Eat on day 6 and day 7

Cranberry spinach salad

316 cals ● 6g protein ● 21g fat ● 23g carbs ● 4g fiber



For single meal:

dried cranberries
2 1/4 tbsp (22g)
walnuts
2 1/4 tbsp, chopped (16g)
fresh spinach
3/8 6oz package (71g)
raspberry walnut vinaigrette
2 1/4 tbsp (33mL)
romano cheese, finely shredded
1 1/4 tsp (3g)

For all 2 meals:

dried cranberries
1/4 cup (44g)
walnuts
1/4 cup, chopped (32g)
fresh spinach
5/6 6oz package (142g)
raspberry walnut vinaigrette
1/4 cup (67mL)
romano cheese, finely shredded
2 1/2 tsp (5g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

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.

Snacks 1 ↗

Eat on day 1 and day 2

Cheese and guac tacos

2 taco(s) - 350 cals ● 15g protein ● 29g fat ● 4g carbs ● 4g fiber



For single meal:

cheddar cheese
1/2 cup, shredded (57g)
guacamole, store-bought
4 tbsp (62g)

For all 2 meals:

cheddar cheese
1 cup, shredded (113g)
guacamole, store-bought
1/2 cup (124g)

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.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 3 meals:

avocados

1 1/2 avocado(s) (302g)

lemon juice

1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Raspberries

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



For single meal:

raspberries

1 cup (123g)

For all 3 meals:

raspberries

3 cup (369g)

1. Rinse raspberries and serve.

Snacks 3 ↗

Eat on day 6 and day 7

Rice cake

4 cake(s) - 139 cals ● 3g protein ● 1g fat ● 28g carbs ● 1g fiber



For single meal:

rice cakes, any flavor

4 cake (36g)

For all 2 meals:

rice cakes, any flavor

8 cake (72g)

1. Enjoy.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 2 meals:

carrots

2 medium (122g)

1. Cut carrots into strips 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 2 meals:

pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Cranberry spinach salad

285 cals ● 5g protein ● 19g fat ● 21g carbs ● 3g fiber



dried cranberries

2 tbsp (20g)

walnuts

2 tbsp, chopped (15g)

fresh spinach

3/8 6oz package (64g)

raspberry walnut vinaigrette

2 tbsp (30mL)

romano cheese, finely shredded

1 tsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

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.

Dinner 2

Eat on day 2 and day 3

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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.

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

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.

Dinner 3 ↗

Eat on day 4

Baked feta chickpea pasta

1016 cals ● 55g protein ● 47g fat ● 70g carbs ● 23g fiber



tomatoes

12 1/2 oz, cherry tomatoes (354g)

oil

2 tsp (9mL)

fresh spinach

1 1/4 cup(s) (38g)

chickpea pasta

5/8 box (124g)

italian seasoning

1/3 tsp (1g)

feta cheese, drained

5 oz (142g)

garlic, peeled & smashed

1 1/4 clove(s) (4g)

1. Preheat oven to 400°F (200°C).
2. In a baking dish, add the tomatoes, garlic, and the feta (do not crumble). Drizzle with the oil and season with some salt/pepper. Bake for 30-35 minutes until tomatoes are bursting.
3. Meanwhile cook chickpea pasta according to package instructions. Set aside.
4. Remove the baking dish from the oven and smash everything with a fork until the feta is creamy, but the tomatoes are still a bit chunky.
5. Add spinach and hot pasta into the baking dish and toss gently until spinach wilts and pasta is coated. Garnish with Italian seasoning and serve.

Dinner 4 ↗

Eat on day 5 and day 6

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



For single meal:

balsamic vinegar
1 tbsp (15mL)
apple cider vinegar
1 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)
onion, thinly sliced
1/2 small (35g)
tomatoes, halved
1 cup cherry tomatoes (149g)
fresh parsley, chopped
3 sprigs (3g)

For all 2 meals:

balsamic vinegar
2 tbsp (30mL)
apple cider vinegar
2 tbsp (2mL)
chickpeas, canned, drained and rinsed
2 can(s) (896g)
onion, thinly sliced
1 small (70g)
tomatoes, halved
2 cup cherry tomatoes (298g)
fresh parsley, chopped
6 sprigs (6g)

1. Add all ingredients to a bowl and toss.
Serve!

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 the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

Dinner 5 ↗

Eat on day 7

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. The recipe has no instructions.

Lemony chickpea & zucchini bowl

854 cals ● 29g protein ● 38g fat ● 70g carbs ● 28g fiber



lemon juice
4 tbsp (60mL)
basil, dried
4 dash, leaves (0g)
oil
2 tbsp (30mL)
italian seasoning
4 dash (2g)
onion, thinly sliced
2 medium (2-1/2" dia) (220g)
fresh parsley, chopped
10 sprigs (10g)
zucchini, sliced into rounds
1 large (323g)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, rinsed and drained
1 can(s) (448g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. 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.