

Meal Plan - 3300 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

3265 cals ● 229g protein (28%) ● 160g fat (44%) ● 185g carbs (23%) ● 42g fiber (5%)

Breakfast

460 cals, 25g protein, 34g net carbs, 22g fat



String cheese

1 stick(s)- 83 cals



Milk

1 1/4 cup(s)- 186 cals



Southwest avocado toast

1 toast(s)- 193 cals

Snacks

370 cals, 23g protein, 20g net carbs, 19g fat



Roasted almonds

1/6 cup(s)- 166 cals



Pumped up greek yogurt

1 container(s)- 206 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

1040 cals, 44g protein, 80g net carbs, 53g fat



Lowfat Greek yogurt

2 container(s)- 310 cals



Pecans

1/4 cup- 183 cals



Vegetable and hummus sandwich

1 1/2 sandwich(es)- 545 cals

Dinner

1065 cals, 65g protein, 48g net carbs, 64g fat



Garlic pepper seitan

685 cals



Sauteed garlic & herb tomatoes

382 cals

Day 2

3324 cals ● 246g protein (30%) ● 169g fat (46%) ● 171g carbs (21%) ● 32g fiber (4%)

Breakfast

460 cals, 25g protein, 34g net carbs, 22g fat



String cheese

1 stick(s)- 83 cals



Milk

1 1/4 cup(s)- 186 cals



Southwest avocado toast

1 toast(s)- 193 cals

Snacks

370 cals, 23g protein, 20g net carbs, 19g fat



Roasted almonds

1/6 cup(s)- 166 cals



Pumped up greek yogurt

1 container(s)- 206 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

1095 cals, 61g protein, 66g net carbs, 62g fat



Pesto grilled cheese sandwich

1 1/2 sandwich(es)- 836 cals



Cottage cheese & fruit cup

2 container- 261 cals

Dinner

1065 cals, 65g protein, 48g net carbs, 64g fat



Garlic pepper seitan

685 cals



Sautéed garlic & herb tomatoes

382 cals

Day 3

3251 cals ● 255g protein (31%) ● 147g fat (41%) ● 179g carbs (22%) ● 48g fiber (6%)

Breakfast

475 cals, 50g protein, 27g net carbs, 14g fat



Raspberries

1 1/4 cup(s)- 90 cals



Protein shake (milk)

387 cals

Snacks

345 cals, 20g protein, 18g net carbs, 19g fat



Walnuts

1/6 cup(s)- 117 cals



Blackberry & granola parfait

229 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

1085 cals, 49g protein, 61g net carbs, 64g fat



Roasted almonds

3/8 cup(s)- 370 cals



Roast red pepper & spinach grilled cheese sandwich

2 sandwich(es)- 714 cals

Dinner

1020 cals, 64g protein, 70g net carbs, 48g fat



Milk

2 cup(s)- 298 cals



Vegan sausage & veggie sheet pan

720 cals

Day 4

3275 cals ● 209g protein (25%) ● 162g fat (44%) ● 188g carbs (23%) ● 58g fiber (7%)

Breakfast

475 cals, 50g protein, 27g net carbs, 14g fat



Raspberries

1 1/4 cup(s)- 90 cals



Protein shake (milk)

387 cals

Snacks

345 cals, 20g protein, 18g net carbs, 19g fat



Walnuts

1/6 cup(s)- 117 cals



Blackberry & granola parfait

229 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

1055 cals, 31g protein, 67g net carbs, 67g fat



Grilled peanut butter and banana sandwich

1 sandwich(es)- 485 cals



High-protein granola bar

1 bar(s)- 204 cals



Pecans

1/2 cup- 366 cals

Dinner

1070 cals, 35g protein, 73g net carbs, 61g fat



Brussels sprout, apple & walnut side salad

633 cals



Bean & tofu goulash

437 cals

Day 5

3262 cals ● 237g protein (29%) ● 155g fat (43%) ● 181g carbs (22%) ● 48g fiber (6%)

Breakfast

535 cals, 40g protein, 40g net carbs, 21g fat



Poached egg over avocado toast

1 toast(s)- 272 cals



Cottage cheese & fruit cup

2 container- 261 cals

Snacks

345 cals, 20g protein, 18g net carbs, 19g fat



Walnuts

1/6 cup(s)- 117 cals



Blackberry & granola parfait

229 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

1075 cals, 45g protein, 69g net carbs, 62g fat



Brussels sprout, apple & walnut side salad

253 cals



Grilled cheese with sun dried tomatoes & spinach

1 1/2 sandwich(es)- 820 cals

Dinner

985 cals, 59g protein, 51g net carbs, 52g fat



Seitan salad

718 cals



Simple mixed greens and tomato salad

265 cals

Day 6

3294 cals ● 230g protein (28%) ● 158g fat (43%) ● 189g carbs (23%) ● 49g fiber (6%)

Breakfast

535 cals, 40g protein, 40g net carbs, 21g fat



Poached egg over avocado toast
1 toast(s)- 272 cals



Cottage cheese & fruit cup
2 container- 261 cals

Snacks

380 cals, 12g protein, 27g net carbs, 22g fat



Cheesy crisps and guac
6 crisps- 261 cals



Banana
1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1075 cals, 45g protein, 69g net carbs, 62g fat



Brussels sprout, apple & walnut side salad
253 cals



Grilled cheese with sun dried tomatoes & spinach
1 1/2 sandwich(es)- 820 cals

Dinner

985 cals, 59g protein, 51g net carbs, 52g fat



Seitan salad
718 cals



Simple mixed greens and tomato salad
265 cals

Day 7

3254 cals ● 227g protein (28%) ● 158g fat (44%) ● 186g carbs (23%) ● 45g fiber (6%)

Breakfast

535 cals, 40g protein, 40g net carbs, 21g fat



Poached egg over avocado toast
1 toast(s)- 272 cals



Cottage cheese & fruit cup
2 container- 261 cals

Snacks

380 cals, 12g protein, 27g net carbs, 22g fat



Cheesy crisps and guac
6 crisps- 261 cals



Banana
1 banana(s)- 117 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1035 cals, 45g protein, 42g net carbs, 71g fat



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



Egg salad sandwich
1 1/2 sandwich(es)- 813 cals

Dinner

980 cals, 56g protein, 75g net carbs, 43g fat



Peanut tempeh
6 oz tempeh- 651 cals



Brown rice
1 cup brown rice, cooked- 229 cals



Simple mixed greens salad
102 cals

Nut and Seed Products

- ☐ almonds
1 cup, whole (149g)
- ☐ pecans
3/4 cup, halves (74g)
- ☐ walnuts
4 oz (113g)

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ string cheese
2 stick (56g)
- ☐ whole milk
7 1/2 cup(s) (1800mL)
- ☐ cheese
6 oz (168g)
- ☐ butter
1 1/2 tbsp (21g)
- ☐ goat cheese
3 oz (85g)
- ☐ lowfat greek yogurt
1 1/2 cup (420g)
- ☐ eggs
8 medium (348g)
- ☐ provolone cheese
6 slice(s) (168g)

Beverages

- ☐ protein powder
1 2/3 lbs (756g)
- ☐ water
21 3/4 cup (5222mL)

Fruits and Fruit Juices

- ☐ raspberries
3/4 lbs (338g)
- ☐ lemon juice
5/8 fl oz (19mL)
- ☐ blackberries
3/4 cup (108g)
- ☐ banana
3 medium (7" to 7-7/8" long) (354g)
- ☐ apples
3/4 small (2-3/4" dia) (112g)
- ☐ avocados
1 avocado(s) (201g)

Vegetables and Vegetable Products

- ☐ fresh spinach
1 1/4 10oz package (349g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (161g)
- ☐ green pepper
4 tbsp, chopped (37g)
- ☐ garlic
8 1/2 clove(s) (26g)
- ☐ tomatoes
14 medium whole (2-3/5" dia) (1701g)
- ☐ carrots
2 3/4 medium (167g)
- ☐ broccoli
1 1/2 cup chopped (137g)
- ☐ potatoes
1 1/2 small (1-3/4" to 2-1/4" dia.) (138g)
- ☐ brussels sprouts
3 1/2 cup (297g)
- ☐ sun-dried tomatoes
3 oz (85g)

Fats and Oils

- ☐ olive oil
7 oz (216mL)
- ☐ oil
1 1/2 oz (46mL)
- ☐ cooking spray
1 spray(s) , about 1/3 second each (0g)
- ☐ salad dressing
1 cup (251mL)
- ☐ mayonnaise
3 tbsp (45mL)

Spices and Herbs

- ☐ black pepper
3 g (3g)
- ☐ salt
1/2 oz (13g)
- ☐ apple cider vinegar
1 tbsp (17g)
- ☐ paprika
4 1/4 g (4g)
- ☐ fresh thyme
2 dash (0g)
- ☐ yellow mustard
3 dash or 1 packet (2g)

Other

- ☐ cacao nibs
2 tsp (7g)
- ☐ guacamole, store-bought
3/4 lbs (340g)
- ☐ italian seasoning
1 container (.75 oz) (19g)
- ☐ cottage cheese & fruit cup
8 container (1360g)
- ☐ vegan sausage
1 1/2 sausage (150g)
- ☐ roasted red peppers
4 oz (113g)
- ☐ nutritional yeast
1/4 oz (8g)
- ☐ mixed greens
12 3/4 cup (383g)

Baked Products

- ☐ bread
29 1/3 oz (832g)

Legumes and Legume Products

- ☐ refried beans
1/2 cup (121g)
- ☐ hummus
2 1/4 tbsp (34g)
- ☐ peanut butter
3 oz (80g)
- ☐ white beans, canned
1/2 can(s) (220g)
- ☐ firm tofu
1/4 lbs (99g)
- ☐ tempeh
6 oz (170g)
- ☐ soy sauce
1/2 tbsp (8mL)

Cereal Grains and Pasta

- ☐ seitan
1 3/4 lbs (794g)
- ☐ brown rice
1/3 cup (63g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1/4 cup (72g)

Breakfast Cereals

- ☐ granola
3/4 cup (68g)

Snacks

- ☐ high-protein granola bar
1 bar (40g)

Sweets

- ☐ maple syrup
1 1/2 tbsp (23mL)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

String cheese

1 stick(s) - 83 cal ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Milk

1 1/4 cup(s) - 186 cal ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

whole milk
1 1/4 cup(s) (300mL)

For all 2 meals:

whole milk
2 1/2 cup(s) (600mL)

1. The recipe has no instructions.

Southwest avocado toast

1 toast(s) - 193 cal ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

bread
1 slice(s) (32g)
guacamole, store-bought
2 tbsp (31g)
refried beans
4 tbsp (61g)
fresh spinach
1/8 cup(s) (4g)

For all 2 meals:

bread
2 slice(s) (64g)
guacamole, store-bought
4 tbsp (62g)
refried beans
1/2 cup (121g)
fresh spinach
1/4 cup(s) (8g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Raspberries

1 1/4 cup(s) - 90 cal ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

raspberries
1 1/4 cup (154g)

For all 2 meals:

raspberries
2 1/2 cup (308g)

1. Rinse raspberries and serve.

Protein shake (milk)

387 cal ● 48g protein ● 13g fat ● 19g carbs ● 2g fiber



For single meal:

whole milk
1 1/2 cup(s) (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

whole milk
3 cup(s) (720mL)
protein powder
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
 2. Serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Poached egg over avocado toast

1 toast(s) - 272 cals ● 12g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

bread
1 slice (32g)
eggs
1 large (50g)
guacamole, store-bought
4 tbsp (62g)

For all 3 meals:

bread
3 slice (96g)
eggs
3 large (150g)
guacamole, store-bought
3/4 cup (185g)

1. Crack egg into a small measuring cup. Set aside.
2. Bring medium sized pot full of water to a boil then remove from heat.
3. Using a utensil, swirl the water to create a small whirlpool and then gently plop the egg in the middle and cook for 3 minutes.
4. Meanwhile toast bread and then top with guacamole.
5. When egg is done, remove it with a slotted spoon and place egg on paper towel and gently dry.
6. Transfer egg to top of avocado toast and 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 3 meals:

cottage cheese & fruit cup
6 container (1020g)

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

Lunch 1 [↗](#)

Eat on day 1

Lowfat Greek yogurt

2 container(s) - 310 cal ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Pecans

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



Makes 1/4 cup

pecans

4 tbsp, halves (25g)

1. The recipe has no instructions.

Vegetable and hummus sandwich

1 1/2 sandwich(es) - 545 cal ● 17g protein ● 27g fat ● 46g carbs ● 12g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

fresh spinach

3/4 cup(s) (23g)

olive oil

1 1/2 tbsp (23mL)

hummus

2 1/4 tbsp (34g)

lemon juice

1/2 tbsp (8mL)

tomatoes, slices

1 1/2 plum tomato (93g)

carrots, peeled and grated

1 1/2 small (5-1/2" long) (75g)

1. Toast bread.
 2. In a small bowl combine the spinach, carrot, olive oil, and lemon juice.
 3. Spread hummus on bread and top with spinach mixture and tomato slices.
 4. Place other slice on top and serve.
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Lunch 2 [↗](#)

Eat on day 2

Pesto grilled cheese sandwich

1 1/2 sandwich(es) - 836 cals ● 33g protein ● 57g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice (96g)

pesto sauce

1 1/2 tbsp (24g)

cheese

3 slice (1 oz each) (84g)

tomatoes

3 slice(s), thin/small (45g)

butter, softened

1 1/2 tbsp (21g)

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

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.

Lunch 3 [↗](#)

Eat on day 3

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

almonds

6 2/3 tbsp, whole (60g)

1. The recipe has no instructions.

Roast red pepper & spinach grilled cheese sandwich

2 sandwich(es) - 714 cals ● 36g protein ● 35g fat ● 56g carbs ● 9g fiber



Makes 2 sandwich(es)

bread

4 slice(s) (128g)

fresh spinach

2 oz (57g)

goat cheese

3 oz (85g)

oil

1 tsp (5mL)

roasted red peppers, chopped

4 oz (113g)

1. Spread goat cheese evenly on a slice of bread. Top with spinach and roasted red peppers and season with some salt and pepper.
 2. Top with remaining slice of bread and gently press together.
 3. Heat oil in a skillet over medium heat. Add sandwich and cook until golden, about 2-3 minutes on each side.
 4. Slice in half and serve.
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Lunch 4 [↗](#)

Eat on day 4

Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cals ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

peanut butter

2 tbsp (32g)

cooking spray

1 spray(s) , about 1/3 second each (0g)

banana, sliced

1 medium (7" to 7-7/8" long) (118g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



Makes 1 bar(s)

high-protein granola bar

1 bar (40g)

1. The recipe has no instructions.

Pecans

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



Makes 1/2 cup

pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

Lunch 5 [🔗](#)

Eat on day 5 and day 6

Brussels sprout, apple & walnut side salad

253 cals ● 4g protein ● 19g fat ● 12g carbs ● 4g fiber



For single meal:

maple syrup
1 tsp (5mL)
walnuts
2 tbsp, chopped (14g)
apple cider vinegar
1/4 tbsp (4g)
olive oil
3/4 tbsp (11mL)
apples, chopped
1/6 small (2-3/4" dia) (25g)
brussels sprouts, ends trimmed and discarded
3/4 cup (66g)

For all 2 meals:

maple syrup
2 tsp (10mL)
walnuts
4 tbsp, chopped (28g)
apple cider vinegar
1/2 tbsp (7g)
olive oil
1 1/2 tbsp (23mL)
apples, chopped
1/3 small (2-3/4" dia) (50g)
brussels sprouts, ends trimmed and discarded
1 1/2 cup (132g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

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.

Lunch 6 [↗](#)

Eat on day 7

Roasted almonds

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



Makes 1/4 cup(s)

almonds

4 tbsp, whole (36g)

1. The recipe has no instructions.

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.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Pumped up greek yogurt

1 container(s) - 206 cals ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
protein powder
1 tbsp (6g)
raspberries
8 raspberries (15g)
cacao nibs
1 tsp (3g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
protein powder
2 tbsp (12g)
raspberries
16 raspberries (30g)
cacao nibs
2 tsp (7g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 2/3 tbsp, shelled (17g)

For all 3 meals:

walnuts
1/2 cup, shelled (50g)

1. The recipe has no instructions.
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Blackberry & granola parfait

229 cals ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

lowfat greek yogurt
1/2 cup (140g)
granola
4 tbsp (23g)
blackberries, roughly chopped
4 tbsp (36g)

For all 3 meals:

lowfat greek yogurt
1 1/2 cup (420g)
granola
3/4 cup (68g)
blackberries, roughly chopped
3/4 cup (108g)

1. Layer the ingredients to your liking, or just mix together.
 2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Cheesy crisps and guac

6 crisps - 261 cals ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese

6 tbsp, shredded (42g)

guacamole, store-bought

3 tbsp (46g)

For all 2 meals:

cheese

3/4 cup, shredded (84g)

guacamole, store-bought

6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Garlic pepper seitan

685 cals ● 61g protein ● 33g fat ● 33g carbs ● 3g fiber



For single meal:

olive oil
2 tbsp (30mL)
onion
4 tbsp, chopped (40g)
green pepper
2 tbsp, chopped (19g)
black pepper
2 dash, ground (1g)
water
1 tbsp (15mL)
salt
1 dash (1g)
seitan, chicken style
1/2 lbs (227g)
garlic, minced
2 1/2 clove(s) (8g)

For all 2 meals:

olive oil
4 tbsp (60mL)
onion
1/2 cup, chopped (80g)
green pepper
4 tbsp, chopped (37g)
black pepper
4 dash, ground (1g)
water
2 tbsp (30mL)
salt
2 dash (2g)
seitan, chicken style
1 lbs (454g)
garlic, minced
5 clove(s) (15g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Sauteed garlic & herb tomatoes

382 cals ● 4g protein ● 31g fat ● 15g carbs ● 6g fiber



For single meal:

black pepper
1 1/2 dash, ground (0g)
olive oil
2 1/4 tbsp (34mL)
tomatoes
1 1/2 pint, cherry tomatoes (447g)
italian seasoning
3/4 tbsp (8g)
salt
1/4 tbsp (5g)
garlic, minced
1 1/2 clove(s) (5g)

For all 2 meals:

black pepper
3 dash, ground (1g)
olive oil
1/4 cup (68mL)
tomatoes
3 pint, cherry tomatoes (894g)
italian seasoning
1 1/2 tbsp (16g)
salt
1/2 tbsp (9g)
garlic, minced
3 clove(s) (9g)

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.

Dinner 2 [↗](#)

Eat on day 3

Milk

2 cup(s) - 298 cal ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



Makes 2 cup(s)

whole milk

2 cup(s) (480mL)

1. The recipe has no instructions.

Vegan sausage & veggie sheet pan

720 cal ● 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.
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Dinner 3 [↗](#)

Eat on day 4

Brussels sprout, apple & walnut side salad

633 cals ● 10g protein ● 48g fat ● 29g carbs ● 10g fiber



maple syrup

2 1/2 tsp (13mL)

walnuts

5 tbsp, chopped (35g)

apple cider vinegar

2 tsp (9g)

olive oil

2 tbsp (28mL)

apples, chopped

3/8 small (2-3/4" dia) (62g)

brussels sprouts, ends trimmed and discarded

2 cup (165g)

1. Thinly slice brussels sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Bean & tofu goulash

437 cals ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



oil

1/2 tbsp (8mL)

paprika

1/2 tbsp (3g)

fresh thyme

2 dash (0g)

white beans, canned, drained & rinsed

1/2 can(s) (220g)

onion, diced

1/2 medium (2-1/2" dia) (55g)

garlic, minced

1/2 clove (2g)

firm tofu, drained and diced

1/4 lbs (99g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Seitan salad

718 cals ● 54g protein ● 35g fat ● 33g carbs ● 13g fiber



For single meal:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
fresh spinach
4 cup(s) (120g)
seitan, crumbled or sliced
6 oz (170g)
tomatoes, halved
12 cherry tomatoes (204g)
avocados, chopped
1/2 avocado(s) (101g)

For all 2 meals:

oil
4 tsp (20mL)
nutritional yeast
4 tsp (5g)
salad dressing
4 tbsp (60mL)
fresh spinach
8 cup(s) (240g)
seitan, crumbled or sliced
3/4 lbs (340g)
tomatoes, halved
24 cherry tomatoes (408g)
avocados, chopped
1 avocado(s) (201g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Simple mixed greens and tomato salad

265 cals ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



For single meal:

mixed greens
5 1/4 cup (158g)
tomatoes
14 tbsp cherry tomatoes (130g)
salad dressing
1/3 cup (79mL)

For all 2 meals:

mixed greens
10 1/2 cup (315g)
tomatoes
1 3/4 cup cherry tomatoes (261g)
salad dressing
2/3 cup (158mL)

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

Dinner 5 [🔗](#)

Eat on day 7

Peanut tempeh

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



Makes 6 oz tempeh

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)

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.

Brown rice

1 cup brown rice, cooked - 229 cals ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



Makes 1 cup brown rice, cooked

salt

2 dash (1g)

water

2/3 cup(s) (158mL)

black pepper

2 dash, ground (1g)

brown rice

1/3 cup (63g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

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