

# Meal Plan - 3400 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

3414 cals ● 228g protein (27%) ● 187g fat (49%) ● 168g carbs (20%) ● 37g fiber (4%)

### Breakfast

530 cals, 23g protein, 36g net carbs, 31g fat



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



**Scrambled eggs with kale, tomatoes, rosemary**  
203 cals



**Buttered english muffin**  
1 english muffin(s)- 213 cals

### Snacks

390 cals, 19g protein, 11g net carbs, 29g fat



**Walnuts**  
1/8 cup(s)- 87 cals



**String cheese**  
2 stick(s)- 165 cals



**Kale chips**  
138 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1055 cals, 55g protein, 64g net carbs, 60g fat



**Buffalo tofu**  
709 cals



**Lentils**  
347 cals

### Dinner

1110 cals, 58g protein, 54g net carbs, 67g fat



**Milk**  
1 1/4 cup(s)- 186 cals



**Brussels sprout, chik'n & apple salad**  
773 cals



**Simple mixed greens and tomato salad**  
151 cals

## Day 2

3414 cals ● 228g protein (27%) ● 187g fat (49%) ● 168g carbs (20%) ● 37g fiber (4%)

### Breakfast

530 cals, 23g protein, 36g net carbs, 31g fat



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



**Scrambled eggs with kale, tomatoes, rosemary**  
203 cals



**Buttered english muffin**  
1 english muffin(s)- 213 cals

### Snacks

390 cals, 19g protein, 11g net carbs, 29g fat



**Walnuts**  
1/8 cup(s)- 87 cals



**String cheese**  
2 stick(s)- 165 cals



**Kale chips**  
138 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1055 cals, 55g protein, 64g net carbs, 60g fat



**Buffalo tofu**  
709 cals



**Lentils**  
347 cals

### Dinner

1110 cals, 58g protein, 54g net carbs, 67g fat



**Milk**  
1 1/4 cup(s)- 186 cals



**Brussels sprout, chik'n & apple salad**  
773 cals



**Simple mixed greens and tomato salad**  
151 cals

## Day 3

3416 cals ● 246g protein (29%) ● 165g fat (44%) ● 193g carbs (23%) ● 43g fiber (5%)

### Breakfast

545 cals, 24g protein, 37g net carbs, 30g fat



**Apple**

1 apple(s)- 105 cals



**Kale & eggs**

284 cals



**Apple & peanut butter**

1/2 apple(s)- 155 cals

### Snacks

425 cals, 20g protein, 28g net carbs, 24g fat



**Peanut butter protein balls**

2 2/3 ball(s)- 425 cals

### Lunch

1060 cals, 56g protein, 68g net carbs, 54g fat



**Lentils**

260 cals



**Spicy sriracha peanut tofu**

512 cals



**Roasted brussels sprouts**

290 cals

### Dinner

1060 cals, 73g protein, 57g net carbs, 57g fat



**Milk**

1 3/4 cup(s)- 261 cals



**Vegan bangers and cauliflower mash**

2 sausage link(s)- 722 cals



**Simple mixed greens and tomato salad**

76 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

---

## Day 4

3416 cals ● 246g protein (29%) ● 165g fat (44%) ● 193g carbs (23%) ● 43g fiber (5%)

### Breakfast

545 cals, 24g protein, 37g net carbs, 30g fat



**Apple**

1 apple(s)- 105 cals



**Kale & eggs**

284 cals



**Apple & peanut butter**

1/2 apple(s)- 155 cals

### Snacks

425 cals, 20g protein, 28g net carbs, 24g fat



**Peanut butter protein balls**

2 2/3 ball(s)- 425 cals

### Lunch

1060 cals, 56g protein, 68g net carbs, 54g fat



**Lentils**

260 cals



**Spicy sriracha peanut tofu**

512 cals



**Roasted brussels sprouts**

290 cals

### Dinner

1060 cals, 73g protein, 57g net carbs, 57g fat



**Milk**

1 3/4 cup(s)- 261 cals



**Vegan bangers and cauliflower mash**

2 sausage link(s)- 722 cals



**Simple mixed greens and tomato salad**

76 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

## Day 5

3438 cals ● 231g protein (27%) ● 186g fat (49%) ● 164g carbs (19%) ● 46g fiber (5%)

### Breakfast

590 cals, 29g protein, 35g net carbs, 34g fat



**Vegan sausage & egg sandwich**

1 sandwich(es)- 360 cals



**Roasted peanuts**

1/4 cup(s)- 230 cals

### Snacks

425 cals, 20g protein, 28g net carbs, 24g fat



**Peanut butter protein balls**

2 2/3 ball(s)- 425 cals

### Lunch

1070 cals, 49g protein, 65g net carbs, 62g fat



**Rosemary mushroom cheese sandwich**

2 sandwich(es)- 815 cals



**Brussels sprout, apple & walnut side salad**

253 cals

### Dinner

1025 cals, 60g protein, 33g net carbs, 65g fat



**Protein greek yogurt**

1 container- 139 cals



**Salsa verde tofu salad**

705 cals



**Pumpkin seeds**

183 cals

### Protein Supplement(s)

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



**Protein shake**

3 scoop- 327 cals

## Day 6

3389 cals ● 223g protein (26%) ● 179g fat (48%) ● 174g carbs (21%) ● 47g fiber (5%)

### Breakfast

590 cals, 29g protein, 35g net carbs, 34g fat



**Vegan sausage & egg sandwich**  
1 sandwich(es)- 360 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals

### Snacks

375 cals, 12g protein, 39g net carbs, 17g fat



**Apple with peanut butter, raisins, & chia seeds**  
1/2 apple(s)- 228 cals



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

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1070 cals, 49g protein, 65g net carbs, 62g fat



**Rosemary mushroom cheese sandwich**  
2 sandwich(es)- 815 cals



**Brussels sprout, apple & walnut side salad**  
253 cals

### Dinner

1025 cals, 60g protein, 33g net carbs, 65g fat



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



**Salsa verde tofu salad**  
705 cals



**Pumpkin seeds**  
183 cals

## Day 7

3353 cals ● 213g protein (25%) ● 151g fat (41%) ● 208g carbs (25%) ● 77g fiber (9%)

### Breakfast

590 cals, 29g protein, 35g net carbs, 34g fat



**Vegan sausage & egg sandwich**  
1 sandwich(es)- 360 cals



**Roasted peanuts**  
1/4 cup(s)- 230 cals

### Snacks

375 cals, 12g protein, 39g net carbs, 17g fat



**Apple with peanut butter, raisins, & chia seeds**  
1/2 apple(s)- 228 cals



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

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

950 cals, 34g protein, 81g net carbs, 37g fat



**Simple kale & avocado salad**  
115 cals



**Smashed black bean tacos**  
4 taco(s)- 835 cals

### Dinner

1110 cals, 66g protein, 51g net carbs, 61g fat



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



**Grapes**  
116 cals

## Nut and Seed Products

- ☐ walnuts  
4 oz (109g)
- ☐ roasted pumpkin seeds, unsalted  
4 oz (118g)
- ☐ chia seeds  
1 tsp (5g)

## Dairy and Egg Products

- ☐ string cheese  
4 stick (112g)
- ☐ eggs  
13 large (650g)
- ☐ butter  
4 pat (1" sq, 1/3" high) (20g)
- ☐ whole milk  
8 cup(s) (1920mL)
- ☐ cheese  
2 cup, shredded (226g)
- ☐ nonfat greek yogurt, plain  
1/2 cup (125g)

## Spices and Herbs

- ☐ salt  
1/2 oz (16g)
- ☐ balsamic vinegar  
2 tsp (10mL)
- ☐ rosemary, dried  
1/2 tbsp (2g)
- ☐ apple cider vinegar  
1 1/2 tbsp (22g)
- ☐ black pepper  
1/2 tsp, ground (1g)
- ☐ cinnamon  
1 dash (0g)
- ☐ ground cumin  
4 tsp (8g)
- ☐ oregano, dried  
1/3 tsp, leaves (0g)
- ☐ thyme, dried  
1/4 tbsp, leaves (1g)
- ☐ paprika  
1/4 tbsp (2g)

## Vegetables and Vegetable Products

- ☐ kale leaves  
14 1/2 oz (409g)
- ☐ tomatoes  
5 1/2 medium whole (2-3/5" dia) (675g)

## Beverages

- ☐ water  
29 cup (6950mL)
- ☐ protein powder  
22 scoop (1/3 cup ea) (682g)

## Baked Products

- ☐ english muffins  
5 muffin(s) (285g)
- ☐ bread  
8 slice(s) (256g)
- ☐ corn tortillas  
4 tortilla, medium (approx 6" dia) (104g)

## Sweets

- ☐ maple syrup  
2 2/3 fl oz (60mL)

## Other

- ☐ vegan chik'n strips  
1 1/4 lbs (553g)
- ☐ mixed greens  
19 1/4 cup (578g)
- ☐ frozen cauliflower  
3 cup (340g)
- ☐ vegan sausage  
4 sausage (400g)
- ☐ sriracha chili sauce  
2 1/4 tbsp (34g)
- ☐ vegan breakfast sausage patties  
3 patties (114g)
- ☐ protein greek yogurt, flavored  
2 container (300g)

## Fruits and Fruit Juices

- ☐ apples  
5 medium (3" dia) (877g)
- ☐ avocados  
2 avocado(s) (384g)
- ☐ raisins  
4 tbsp (not packed) (36g)
- ☐ lemon  
1/4 small (15g)
- ☐ lime juice  
1 tbsp (13mL)
- ☐ lemon juice  
1 1/2 tbsp (23mL)
- ☐ black olives  
9 large olives (40g)

- ☐ **brussels sprouts**  
2 lbs (963g)
- ☐ **onion**  
2 1/2 small (175g)
- ☐ **garlic**  
3 clove (9g)
- ☐ **mushrooms**  
6 oz (170g)
- ☐ **fresh cilantro**  
4 tsp, chopped (4g)

### Fats and Oils

- ☐ **olive oil**  
1/2 cup (125mL)
- ☐ **oil**  
6 oz (180mL)
- ☐ **salad dressing**  
1/2 cup (135mL)
- ☐ **ranch dressing**  
1/2 cup (120mL)
- ☐ **vegan mayonnaise**  
3 tbsp (45g)

### Legumes and Legume Products

- ☐ **roasted peanuts**  
1 cup (146g)
- ☐ **firm tofu**  
4 lbs (1725g)
- ☐ **lentils, raw**  
1 3/4 cup (336g)
- ☐ **peanut butter**  
1/2 lbs (241g)
- ☐ **soy sauce**  
1 tbsp (15mL)
- ☐ **black beans**  
1 can(s) (413g)
- ☐ **chickpeas, canned**  
1/2 cup(s) (120g)

- ☐ **grapes**  
2 cup (184g)

### Soups, Sauces, and Gravies

- ☐ **Frank's Red Hot sauce**  
2/3 cup (158mL)
- ☐ **salsa verde**  
4 tbsp (64g)
- ☐ **hot sauce**  
1/2 tbsp (7mL)

### Breakfast Cereals

- ☐ **quick oats**  
3/4 cup (60g)
-

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Roasted peanuts

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



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. The recipe has no instructions.

### Scrambled eggs with kale, tomatoes, rosemary

203 cal ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**water**  
3 tbsp (45mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**rosemary, dried**  
2 dash (0g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1 cup, chopped (40g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**water**  
6 tbsp (90mL)  
**balsamic vinegar**  
2 tsp (10mL)  
**rosemary, dried**  
4 dash (1g)  
**tomatoes**  
1 cup, chopped (180g)  
**eggs**  
4 large (200g)  
**kale leaves**  
2 cup, chopped (80g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

### Buttered english muffin

1 english muffin(s) - 213 cal ● 4g protein ● 9g fat ● 27g carbs ● 2g fiber





For single meal:

**english muffins**

1 muffin(s) (57g)

**butter**

2 pat (1" sq, 1/3" high) (10g)

For all 2 meals:

**english muffins**

2 muffin(s) (114g)

**butter**

4 pat (1" sq, 1/3" high) (20g)

1. Slice english muffin through the center.
2. Optional: toast in a toaster oven for a couple minutes.
3. Spread butter on each side.
4. Serve.

---

## Breakfast 2 [🔗](#)

Eat on day 3 and day 4

---

### Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**

1 medium (3" dia) (182g)

For all 2 meals:

**apples**

2 medium (3" dia) (364g)

1. The recipe has no instructions.

---

### Kale & eggs

284 cal ● 20g protein ● 21g fat ● 3g carbs ● 0g fiber



For single meal:

**oil**

1/2 tbsp (8mL)

**eggs**

3 large (150g)

**kale leaves**

3/4 cup, chopped (30g)

**salt**

1 1/2 dash (1g)

For all 2 meals:

**oil**

1 tbsp (15mL)

**eggs**

6 large (300g)

**kale leaves**

1 1/2 cup, chopped (60g)

**salt**

3 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

## Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**peanut butter**  
1 tbsp (16g)

For all 2 meals:

**apples**  
1 medium (3" dia) (182g)  
**peanut butter**  
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

---

## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

---

### Vegan sausage & egg sandwich

1 sandwich(es) - 360 cals ● 20g protein ● 16g fat ● 30g carbs ● 4g fiber



For single meal:

**vegan breakfast sausage patties**  
1 patties (38g)  
**eggs**  
1 large (50g)  
**vegan mayonnaise**  
1 tbsp (15g)  
**oil**  
1/2 tsp (3mL)  
**english muffins, toasted**  
1 muffin (57g)

For all 3 meals:

**vegan breakfast sausage patties**  
3 patties (114g)  
**eggs**  
3 large (150g)  
**vegan mayonnaise**  
3 tbsp (45g)  
**oil**  
1/2 tbsp (8mL)  
**english muffins, toasted**  
3 muffin (171g)

1. Cook vegan sausage patty according to package instructions.
2. Heat oil in a small skillet over medium heat. Add egg, season with salt and pepper, and cook until done to your liking.
3. Spread vegan mayonnaise inside of the english muffin. Top with cooked sausage, egg, and english muffin top. Serve.
4. Meal Prep Tip: Once cool, wrap sandwiches in foil or plastic wrap and store in the freezer. To reheat, remove wrapping and microwave or toast in a toaster oven until heated through.

---

## Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 3 meals:

**roasted peanuts**  
3/4 cup (110g)

1. The recipe has no instructions.

---

## Lunch 1 [↗](#)

Eat on day 1 and day 2

---

### Buffalo tofu

709 cals ● 32g protein ● 59g fat ● 13g carbs ● 1g fiber



For single meal:

**Frank's Red Hot sauce**  
1/3 cup (79mL)  
**ranch dressing**  
4 tbsp (60mL)  
**oil**  
1 tbsp (15mL)  
**firm tofu, patted dry & cubed**  
14 oz (397g)

For all 2 meals:

**Frank's Red Hot sauce**  
2/3 cup (158mL)  
**ranch dressing**  
1/2 cup (120mL)  
**oil**  
2 tbsp (30mL)  
**firm tofu, patted dry & cubed**  
1 3/4 lbs (794g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with ranch.

---

### 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.
-

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**salt**  
3/4 dash (1g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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 brussels sprouts

290 cals ● 9g protein ● 17g fat ● 15g carbs ● 11g fiber



For single meal:

**salt**  
1/3 tsp (2g)  
**black pepper**  
1/4 tsp, ground (0g)  
**brussels sprouts**  
10 oz (284g)  
**olive oil**  
1 1/4 tbsp (19mL)

For all 2 meals:

**salt**  
5 dash (4g)  
**black pepper**  
3 1/3 dash, ground (1g)  
**brussels sprouts**  
1 1/4 lbs (567g)  
**olive oil**  
2 1/2 tbsp (37mL)

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.

---

## Lunch 3 [↗](#)

Eat on day 5 and day 6

---

### Rosemary mushroom cheese sandwich

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



For single meal:

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

For all 2 meals:

**bread**  
8 slice(s) (256g)  
**cheese**  
2 cup, shredded (226g)  
**mushrooms**  
6 oz (170g)  
**rosemary, dried**  
1 tsp (1g)  
**mixed greens**  
2 cup (60g)

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.

---

### 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.

## Lunch 4 [↗](#)

Eat on day 7

### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

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.

### Smashed black bean tacos

4 taco(s) - 835 cals ● 31g protein ● 29g fat ● 77g carbs ● 35g fiber



Makes 4 taco(s)

**corn tortillas**

4 tortilla, medium (approx 6" dia)  
(104g)

**hot sauce**

1/2 tbsp (7mL)

**water**

2 2/3 tbsp (40mL)

**oregano, dried**

1/3 tsp, leaves (0g)

**nonfat greek yogurt, plain**

2 2/3 tbsp (47g)

**lime juice**

2 2/3 tsp (13mL)

**oil**

1/2 tbsp (7mL)

**avocados, sliced**

2/3 avocado(s) (134g)

**fresh cilantro, chopped**

4 tsp, chopped (4g)

**black beans, drained & rinsed**

2/3 can(s) (293g)

1. Make the crema by mixing the greek yogurt, lime juice, just half of the oil, just half of the cilantro, and some salt and pepper in a small bowl. Set aside.
2. Combine black beans, oregano, water, hot sauce, the remaining oil, and some salt in a saucepan over medium heat. Cook until beans are heated through, 3-5 minutes.
3. Turn off heat. Mash about 75% of the beans with the back of a fork.
4. Spread beans on tortillas. Top with avocado, crema, and remaining cilantro. Serve.

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

### Walnuts

1/8 cup(s) - 87 cal ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**

2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**

4 tbsp, shelled (25g)

1. The recipe has no instructions.

### String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**

2 stick (56g)

For all 2 meals:

**string cheese**

4 stick (112g)

1. The recipe has no instructions.

## Kale chips

138 cal ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

**salt**  
1/4 tbsp (4g)  
**kale leaves**  
2/3 bunch (113g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**salt**  
1/2 tbsp (8g)  
**kale leaves**  
1 1/3 bunch (227g)  
**olive oil**  
4 tsp (20mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

---

## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

---

### Peanut butter protein balls

2 2/3 ball(s) - 425 cal ● 20g protein ● 24g fat ● 28g carbs ● 4g fiber



For single meal:

**peanut butter**  
2 2/3 tbsp (43g)  
**protein powder**  
1/3 scoop (1/3 cup ea) (10g)  
**maple syrup**  
2 tsp (10mL)  
**quick oats**  
4 tbsp (20g)  
**cinnamon**  
1/3 dash (0g)

For all 3 meals:

**peanut butter**  
1/2 cup (129g)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)  
**maple syrup**  
2 tbsp (30mL)  
**quick oats**  
3/4 cup (60g)  
**cinnamon**  
1 dash (0g)

1. Mix together all ingredients in a large bowl until well-combined.
  2. Form into balls with hands. (Meal prep note: form into the number of balls listed in the recipe details for easy portioning)
  3. Store in airtight container in fridge or freezer until ready to serve.
-



### Snacks 3

Eat on day 6 and day 7

#### Apple with peanut butter, raisins, & chia seeds

1/2 apple(s) - 228 cal● 5g protein ● 9g fat ● 27g carbs ● 4g fiber



For single meal:

- apples**  
1/2 medium (3" dia) (91g)
- peanut butter**  
1 tbsp (16g)
- raisins**  
2 tbsp (not packed) (18g)
- chia seeds**  
4 dash (2g)

For all 2 meals:

- apples**  
1 medium (3" dia) (182g)
- peanut butter**  
2 tbsp (32g)
- raisins**  
4 tbsp (not packed) (36g)
- chia seeds**  
1 tsp (5g)

1. Slice apple and top each slice evenly with the peanut butter, raisins, and chia seeds.
2. Serve

#### Milk

1 cup(s) - 149 cal● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

- whole milk**  
1 cup(s) (240mL)

For all 2 meals:

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

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Milk

1 1/4 cup(s) - 186 cals ● 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.

### Brussels sprout, chik'n & apple salad

773 cals ● 45g protein ● 47g fat ● 29g carbs ● 12g fiber



For single meal:

**walnuts**

4 tbsp, chopped (28g)

**apple cider vinegar**

1/2 tbsp (7g)

**maple syrup**

2 tsp (10mL)

**olive oil**

1 1/2 tbsp (23mL)

**vegan chik'n strips**

6 oz (170g)

**apples, chopped**

1/3 small (2-3/4" dia) (50g)

**brussels sprouts, ends trimmed and discarded**

1 1/2 cup (132g)

For all 2 meals:

**walnuts**

1/2 cup, chopped (56g)

**apple cider vinegar**

1 tbsp (15g)

**maple syrup**

4 tsp (20mL)

**olive oil**

3 tbsp (45mL)

**vegan chik'n strips**

3/4 lbs (340g)

**apples, chopped**

2/3 small (2-3/4" dia) (99g)

**brussels sprouts, ends trimmed and discarded**

3 cup (264g)

1. Cook chik'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, 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).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**tomatoes**  
1 cup cherry tomatoes (149g)  
**salad dressing**  
6 tbsp (90mL)

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

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



For single meal:

**whole milk**  
1 3/4 cup(s) (420mL)

For all 2 meals:

**whole milk**  
3 1/2 cup(s) (840mL)

1. The recipe has no instructions.

## Vegan bangers and cauliflower mash

2 sausage link(s) - 722 cals ● 58g protein ● 38g fat ● 31g carbs ● 6g fiber



For single meal:

**frozen cauliflower**  
1 1/2 cup (170g)  
**oil**  
1 tbsp (15mL)  
**vegan sausage**  
2 sausage (200g)  
**onion, thinly sliced**  
1 small (70g)

For all 2 meals:

**frozen cauliflower**  
3 cup (340g)  
**oil**  
2 tbsp (30mL)  
**vegan sausage**  
4 sausage (400g)  
**onion, thinly sliced**  
2 small (140g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

## Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed greens**

1 1/2 cup (45g)

**tomatoes**

4 tbsp cherry tomatoes (37g)

**salad dressing**

1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

**salad dressing**

3 tbsp (45mL)

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

---

## Dinner 3 [🔗](#)

Eat on day 5 and day 6

---

### 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.

---

### Salsa verde tofu salad

705 cals ● 31g protein ● 47g fat ● 22g carbs ● 16g fiber



For single meal:

**firm tofu**  
2 slice(s) (168g)  
**oil**  
2 tsp (10mL)  
**mixed greens**  
3 cup (90g)  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)  
**ground cumin**  
2 tsp (4g)  
**salsa verde**  
2 tbsp (32g)  
**avocados, sliced**  
4 slices (100g)  
**black beans, drained and rinsed**  
4 tbsp (60g)  
**tomatoes, chopped**  
1 roma tomato (80g)

For all 2 meals:

**firm tofu**  
4 slice(s) (336g)  
**oil**  
4 tsp (20mL)  
**mixed greens**  
6 cup (180g)  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)  
**ground cumin**  
4 tsp (8g)  
**salsa verde**  
4 tbsp (64g)  
**avocados, sliced**  
8 slices (200g)  
**black beans, drained and rinsed**  
1/2 cup (120g)  
**tomatoes, chopped**  
2 roma tomato (160g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

## Pumpkin seeds

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



For single meal:

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

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.
-

## Dinner 4 [🔗](#)

Eat on day 7

### Mediterranean chik'n salad with lemon yogurt dressing

993 cals ● 64g protein ● 60g fat ● 32g carbs ● 16g fiber



**thyme, dried**  
1/4 tbsp, leaves (1g)  
**paprika**  
1/4 tbsp (2g)  
**oil**  
3 tbsp (45mL)  
**nonfat greek yogurt, plain**  
1/4 cup (79g)  
**mixed greens**  
2 1/4 cup (68g)  
**vegan chik'n strips**  
1/2 lbs (213g)  
**lemon juice**  
1 1/2 tbsp (23mL)  
**onion, thinly sliced**  
1/2 small (35g)  
**tomatoes, chopped**  
3/4 cup cherry tomatoes (112g)  
**black olives, pitted**  
9 large olives (40g)  
**chickpeas, canned, drained and rinsed**  
1/2 cup(s) (120g)

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

## Grapes

116 cals ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



**grapes**  
2 cup (184g)

1. The recipe has no instructions.



# 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.