

Meal Plan - 3500 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

3485 cals ● 262g protein (30%) ● 153g fat (39%) ● 212g carbs (24%) ● 52g fiber (6%)

Breakfast

500 cals, 30g protein, 31g net carbs, 25g fat



Blueberries
1 cup(s)- 95 cals



Scrambled eggs with kale, tomatoes, rosemary
405 cals

Lunch

1100 cals, 47g protein, 75g net carbs, 59g fat



Lentils
289 cals



Buffalo tofu
532 cals



Carrot fries
277 cals

Snacks

430 cals, 18g protein, 25g net carbs, 26g fat



High-protein granola bar
1 bar(s)- 204 cals



Toast with butter
1 slice(s)- 114 cals



Roasted almonds
1/8 cup(s)- 111 cals

Dinner

1075 cals, 83g protein, 77g net carbs, 41g fat



Baked tofu
26 2/3 oz- 754 cals



Corn
323 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 2

3490 cals ● 266g protein (30%) ● 161g fat (41%) ● 200g carbs (23%) ● 44g fiber (5%)

Breakfast

500 cals, 30g protein, 31g net carbs, 25g fat



Blueberries
1 cup(s)- 95 cals



Scrambled eggs with kale, tomatoes, rosemary
405 cals

Snacks

430 cals, 18g protein, 25g net carbs, 26g fat



High-protein granola bar
1 bar(s)- 204 cals



Toast with butter
1 slice(s)- 114 cals



Roasted almonds
1/8 cup(s)- 111 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

1060 cals, 44g protein, 75g net carbs, 57g fat



Pumpkin seeds
183 cals



Lentil kale salad
876 cals

Dinner

1120 cals, 90g protein, 65g net carbs, 52g fat



Vegan sausage
3 sausage(s)- 804 cals



Buttered corn
317 cals

Day 3

3459 cals ● 263g protein (30%) ● 155g fat (40%) ● 204g carbs (24%) ● 49g fiber (6%)

Breakfast

470 cals, 38g protein, 45g net carbs, 9g fat



String cheese
1 stick(s)- 83 cals



Overnight mixed berry protein oats w/ water
256 cals



Strawberries
2 1/2 cup(s)- 130 cals

Snacks

430 cals, 8g protein, 16g net carbs, 36g fat



Roasted almonds
1/8 cup(s)- 111 cals



Cucumbers and ranch
318 cals

Lunch

1060 cals, 44g protein, 75g net carbs, 57g fat



Pumpkin seeds
183 cals



Lentil kale salad
876 cals

Dinner

1120 cals, 90g protein, 65g net carbs, 52g fat



Vegan sausage
3 sausage(s)- 804 cals



Buttered corn
317 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 4

3508 cals ● 251g protein (29%) ● 171g fat (44%) ● 188g carbs (21%) ● 53g fiber (6%)

Breakfast

470 cals, 38g protein, 45g net carbs, 9g fat



String cheese
1 stick(s)- 83 cals



Overnight mixed berry protein oats w/ water
256 cals



Strawberries
2 1/2 cup(s)- 130 cals

Snacks

430 cals, 8g protein, 16g net carbs, 36g fat



Roasted almonds
1/8 cup(s)- 111 cals



Cucumbers and ranch
318 cals

Lunch

1175 cals, 59g protein, 49g net carbs, 79g fat



Simple mozzarella and tomato salad
363 cals



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

Dinner

1055 cals, 63g protein, 76g net carbs, 46g fat



Roasted peanuts
3/8 cup(s)- 383 cals



Chickpea & kale soup
409 cals



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Day 5

3475 cals ● 231g protein (27%) ● 172g fat (45%) ● 175g carbs (20%) ● 77g fiber (9%)

Breakfast

470 cals, 38g protein, 45g net carbs, 9g fat



String cheese
1 stick(s)- 83 cals



Overnight mixed berry protein oats w/ water
256 cals



Strawberries
2 1/2 cup(s)- 130 cals

Snacks

385 cals, 13g protein, 17g net carbs, 24g fat



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



Carrots and hummus
164 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

1145 cals, 27g protein, 40g net carbs, 85g fat



Kung pao cauliflower
597 cals



Tomato and avocado salad
547 cals

Dinner

1095 cals, 68g protein, 70g net carbs, 53g fat



Simple mixed greens salad
136 cals



Vegan sausage & veggie sheet pan
959 cals

Day 6

3529 cals ● 215g protein (24%) ● 191g fat (49%) ● 164g carbs (19%) ● 73g fiber (8%)

Breakfast

525 cals, 23g protein, 34g net carbs, 28g fat



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



Hummus toast
2 slice(s)- 293 cals

Snacks

385 cals, 13g protein, 17g net carbs, 24g fat



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



Carrots and hummus
164 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake
3 1/2 scoop- 382 cals

Lunch

1145 cals, 27g protein, 40g net carbs, 85g fat



Kung pao cauliflower
597 cals



Tomato and avocado salad
547 cals

Dinner

1095 cals, 68g protein, 70g net carbs, 53g fat



Simple mixed greens salad
136 cals



Vegan sausage & veggie sheet pan
959 cals

Day 7

3477 cals ● 237g protein (27%) ● 159g fat (41%) ● 204g carbs (23%) ● 69g fiber (8%)

Breakfast

525 cals, 23g protein, 34g net carbs, 28g fat



Roasted peanuts

1/4 cup(s)- 230 cals



Hummus toast

2 slice(s)- 293 cals

Snacks

385 cals, 13g protein, 17g net carbs, 24g fat



Roasted almonds

1/4 cup(s)- 222 cals



Carrots and hummus

164 cals

Lunch

1095 cals, 58g protein, 80g net carbs, 48g fat



Chunky canned soup (non-creamy)

3 can(s)- 741 cals



Tomato and avocado salad

352 cals

Dinner

1095 cals, 58g protein, 70g net carbs, 58g fat



Lentils

174 cals



Spicy sriracha peanut tofu

682 cals



Sautéed corn & lima beans

238 cals

Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



Protein shake

3 1/2 scoop- 382 cals

Grocery List



Beverages

- protein powder
24 1/2 scoop (1/3 cup ea) (760g)
- water
35 cup (8371mL)
- protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

Fruits and Fruit Juices

- blueberries
2 cup (296g)
- lemon juice
1/4 cup (68mL)
- strawberries
7 1/2 cup, whole (1080g)
- lime juice
6 tbsp (93mL)
- avocados
3 avocado(s) (620g)

Fats and Oils

- oil
1/3 lbs (165mL)
- ranch dressing
2/3 cup (165mL)
- olive oil
3 1/4 tbsp (48mL)
- balsamic vinaigrette
1 1/2 tbsp (22mL)
- mayonnaise
3 tbsp (45mL)
- salad dressing
6 tbsp (90mL)

Spices and Herbs

- balsamic vinegar
4 tsp (20mL)
- rosemary, dried
2 tsp (2g)
- salt
1/2 oz (14g)
- crushed red pepper
3/4 tbsp (4g)
- ground cumin
3/4 tbsp (5g)
- black pepper
4 1/4 g (4g)

Dairy and Egg Products

- eggs
13 1/2 medium (598g)
- butter
1/4 cup (45g)
- string cheese
3 stick (84g)
- fresh mozzarella cheese
3 oz (85g)

Legumes and Legume Products

- soy sauce
3/4 lbs (270mL)
- extra firm tofu
1 2/3 lbs (756g)
- lentils, raw
1 3/4 cup (344g)
- firm tofu
1 1/2 lbs (695g)
- roasted peanuts
1 1/2 cup (207g)
- chickpeas, canned
3/4 can(s) (336g)
- hummus
1 1/2 cup (330g)
- peanut butter
2 tbsp (32g)

Nut and Seed Products

- sesame seeds
5 tsp (15g)
- almonds
1/2 lbs (209g)
- roasted pumpkin seeds, unsalted
1/2 cup (59g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
4 tbsp (60mL)
- vegetable broth
3 cup(s) (mL)
- chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

Snacks

- high-protein granola bar
2 bar (80g)

- fresh basil**
1 1/2 tbsp, chopped (4g)
- paprika**
1 1/2 dash (1g)
- yellow mustard**
3 dash or 1 packet (2g)
- apple cider vinegar**
2 tbsp (30g)
- garlic powder**
1/2 tbsp (5g)

Vegetables and Vegetable Products

- tomatoes**
7 2/3 medium whole (2-3/5" dia) (944g)
- kale leaves**
12 1/4 cup, chopped (490g)
- fresh ginger**
2/3 oz (24g)
- frozen corn kernels**
5 1/2 cup (748g)
- carrots**
9 1/2 medium (584g)
- garlic**
12 clove(s) (36g)
- cucumber**
2 cucumber (8-1/4") (602g)
- onion**
1 medium (2-1/2" dia) (119g)
- broccoli**
4 cup chopped (364g)
- potatoes**
4 small (1-3/4" to 2-1/4" dia.) (368g)
- baby carrots**
48 medium (480g)
- cauliflower**
2 head small (4" dia.) (530g)
- lima beans, frozen**
1/2 cup (80g)

Baked Products

- bread**
9 slice (288g)

Other

- vegan sausage**
10 sausage (1000g)
- frozen mixed berries**
1 1/2 cup (204g)
- cottage cheese & fruit cup**
2 container (340g)
- mixed greens**
6 cup (180g)
- italian seasoning**
2 tsp (7g)
- sesame oil**
2 tbsp (30mL)
- sriracha chili sauce**
3 1/2 tbsp (53g)
- Chinese five spice powder**
1/2 tsp (1g)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats**
1 cup(s) (81g)

Breakfast 1 ↗

Eat on day 1 and day 2

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Scrambled eggs with kale, tomatoes, rosemary

405 cals ● 29g protein ● 24g fat ● 13g carbs ● 4g fiber



For single meal:

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)

For all 2 meals:

oil
2 tsp (10mL)
water
3/4 cup (180mL)
balsamic vinegar
4 tsp (20mL)
rosemary, dried
1 tsp (1g)
tomatoes
2 cup, chopped (360g)
eggs
8 large (400g)
kale leaves
4 cup, chopped (160g)

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.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

String cheese

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



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

Overnight mixed berry protein oats w/ water

256 cals ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
water
3/4 cup(s) (178mL)

For all 3 meals:

frozen mixed berries
1 1/2 cup (204g)
oatmeal, old-fashioned oats, rolled oats
1 cup(s) (81g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
water
2 1/4 cup(s) (533mL)

1. Mix all ingredients in an airtight container.
 2. Let chill overnight in the fridge or for at least 4 hours.
- Serve.

Strawberries

2 1/2 cup(s) - 130 cals ● 3g protein ● 1g fat ● 21g carbs ● 7g fiber



For single meal:

strawberries
2 1/2 cup, whole (360g)

For all 3 meals:

strawberries
7 1/2 cup, whole (1080g)

1. The recipe has no instructions.

Breakfast 3

Eat on day 6 and day 7

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 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

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.

Lunch 1 ↗

Eat on day 1

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

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.

Buffalo tofu

532 cals ● 24g protein ● 44g fat ● 10g carbs ● 0g fiber



Frank's Red Hot sauce
4 tbsp (59mL)
ranch dressing
3 tbsp (45mL)
oil
3/4 tbsp (11mL)
firm tofu, patted dry & cubed
2/3 lbs (298g)

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.

Carrot fries

277 cals ● 3g protein ● 14g fat ● 23g carbs ● 10g fiber



olive oil
1 tbsp (15mL)
rosemary, dried
1 tsp (1g)
salt
2 dash (2g)
carrots, peeled
3/4 lbs (340g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Lunch 2 ↗

Eat on day 2 and day 3

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.

Lentil kale salad

876 cals ● 35g protein ● 42g fat ● 73g carbs ● 17g fiber



For single meal:

lentils, raw
1/2 cup (108g)
lemon juice
2 1/4 tbsp (34mL)
almonds
2 1/4 tbsp, slivered (15g)
oil
2 1/4 tbsp (34mL)
kale leaves
3 1/2 cup, chopped (135g)
crushed red pepper
1 tsp (2g)
water
2 1/4 cup(s) (533mL)
ground cumin
1 tsp (2g)
garlic, diced
2 1/4 clove(s) (7g)

For all 2 meals:

lentils, raw
1 cup (216g)
lemon juice
1/4 cup (68mL)
almonds
1/4 cup, slivered (30g)
oil
1/4 cup (68mL)
kale leaves
6 3/4 cup, chopped (270g)
crushed red pepper
3/4 tbsp (4g)
water
4 1/2 cup(s) (1067mL)
ground cumin
3/4 tbsp (5g)
garlic, diced
4 1/2 clove(s) (14g)

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

Lunch 3 ↗

Eat on day 4

Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



balsamic vinaigrette

1 1/2 tbsp (23mL)
fresh basil
1 1/2 tbsp, chopped (4g)
fresh mozzarella cheese, sliced
3 oz (85g)
tomatoes, sliced
1 large whole (3" dia) (205g)

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

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.

Lunch 4 ↗

Eat on day 5 and day 6

Kung pao cauliflower

597 cals ● 20g protein ● 42g fat ● 25g carbs ● 9g fiber



For single meal:

sesame oil
1 tbsp (15mL)
soy sauce
2 tbsp (30mL)
sriracha chili sauce
1 tbsp (15g)
apple cider vinegar
1 tbsp (15g)
Chinese five spice powder
1/4 tsp (1g)
oil
2 tsp (10mL)
garlic, minced
2 clove(s) (6g)
roasted peanuts, chopped
4 tbsp (37g)
cauliflower, broken into florets
1 head small (4" dia.) (265g)
fresh ginger, minced
2 inch (2.5cm) cube (10g)

For all 2 meals:

sesame oil
2 tbsp (30mL)
soy sauce
4 tbsp (60mL)
sriracha chili sauce
2 tbsp (30g)
apple cider vinegar
2 tbsp (30g)
Chinese five spice powder
1/2 tsp (1g)
oil
4 tsp (20mL)
garlic, minced
4 clove(s) (12g)
roasted peanuts, chopped
1/2 cup (73g)
cauliflower, broken into florets
2 head small (4" dia.) (530g)
fresh ginger, minced
4 inch (2.5cm) cube (20g)

1. Preheat the oven to 400°F (200°C).
2. Toss cauliflower florets with cooking oil, salt, and pepper on a baking sheet. Roast for 18-22 minutes, or until golden brown.
3. Heat the sesame oil in a large skillet over medium heat. Add garlic, ginger, and peanuts, and stir-fry for 1-2 minutes.
4. Stir in soy sauce, sriracha, apple cider vinegar, and Chinese five spice. Simmer for 3-4 minutes, or until the sauce reduces slightly.
5. Add the roasted cauliflower to the skillet and toss to coat. Serve.

Tomato and avocado salad

547 cals ● 7g protein ● 43g fat ● 15g carbs ● 19g fiber



For single meal:

onion
2 1/3 tbsp minced (35g)
lime juice
2 1/3 tbsp (35mL)
olive oil
1 3/4 tsp (9mL)
garlic powder
1/2 tsp (2g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
1 1/6 avocado(s) (234g)
tomatoes, diced
1 1/6 medium whole (2-3/5" dia)
(143g)

For all 2 meals:

onion
1/4 cup minced (70g)
lime juice
1/4 cup (70mL)
olive oil
3 1/2 tsp (17mL)
garlic powder
1 tsp (4g)
salt
1 tsp (7g)
black pepper
1 tsp, ground (3g)
avocados, cubed
2 1/3 avocado(s) (469g)
tomatoes, diced
2 1/3 medium whole (2-3/5" dia)
(287g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lunch 5 ↗

Eat on day 7

Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



Makes 3 can(s)

chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Snacks 1 ↗

Eat on day 1 and day 2

High-protein granola bar

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



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Cucumbers and ranch

318 cals ● 4g protein ● 27g fat ● 14g carbs ● 2g fiber



For single meal:

ranch dressing
4 tbsp (60mL)
cucumber, sliced
1 cucumber (8-1/4") (301g)

For all 2 meals:

ranch dressing
1/2 cup (120mL)
cucumber, sliced
2 cucumber (8-1/4") (602g)

1. Slice the cucumber and serve with ranch to dip into.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Roasted almonds

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



For single meal:

almonds
4 tbsp, whole (36g)

For all 3 meals:

almonds
3/4 cup, whole (107g)

1. The recipe has no instructions.

Carrots and hummus

164 cals ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

For all 3 meals:

hummus
3/4 cup (180g)
baby carrots
48 medium (480g)

1. Serve carrots with hummus.

Dinner 1 ↗

Eat on day 1

Baked tofu

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



Makes 26 2/3 oz

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)

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.

Corn

323 cals ● 9g protein ● 2g fat ● 59g carbs ● 7g fiber



frozen corn kernels
2 1/3 cup (317g)

1. Prepare according to instructions on package.

Dinner 2 ↗

Eat on day 2 and day 3

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Buttered corn

317 cals ● 6g protein ● 16g fat ● 34g carbs ● 4g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
butter
4 tsp (18g)
frozen corn kernels
1 1/3 cup (181g)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
butter
2 2/3 tbsp (36g)
frozen corn kernels
2 2/3 cup (363g)

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

Dinner 3 ↗

Eat on day 4

Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber

Makes 3/8 cup(s)

roasted peanuts
6 2/3 tbsp (61g)



1. The recipe has no instructions.

Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



vegetable broth
3 cup(s) (mL)
oil
1/4 tbsp (4mL)
kale leaves, chopped
1 1/2 cup, chopped (60g)
garlic, minced
1 1/2 clove(s) (5g)
chickpeas, canned, drained
3/4 can(s) (336g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and sauté for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

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 4 ↗

Eat on day 5 and day 6

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

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

Vegan sausage & veggie sheet pan

959 cals ● 65g protein ● 43g fat ● 62g carbs ● 16g fiber



For single meal:

oil
4 tsp (20mL)
italian seasoning
1 tsp (4g)
carrots, sliced
2 medium (122g)
broccoli, chopped
2 cup chopped (182g)
vegan sausage, cut into bite sized pieces
2 sausage (200g)
potatoes, cut into wedges
2 small (1-3/4" to 2-1/4" dia.) (184g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
italian seasoning
2 tsp (7g)
carrots, sliced
4 medium (244g)
broccoli, chopped
4 cup chopped (364g)
vegan sausage, cut into bite sized pieces
4 sausage (400g)
potatoes, cut into wedges
4 small (1-3/4" to 2-1/4" dia.) (368g)

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 5 ↗

Eat on day 7

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

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

682 cals ● 39g protein ● 48g fat ● 21g carbs ● 2g fiber



sriracha chili sauce
1 1/2 tbsp (23g)
peanut butter
2 tbsp (32g)
soy sauce
2 tsp (10mL)
water
1/3 cup(s) (79mL)
oil
1 tbsp (15mL)
firm tofu, patted dry & cubed
14 oz (397g)
garlic, minced
2 clove (6g)

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.

Sautéed corn & lima beans

238 cals ● 7g protein ● 10g fat ● 24g carbs ● 6g fiber



black pepper
1 1/3 dash, ground (0g)
salt
1 1/3 dash (1g)
lima beans, frozen
1/2 cup (80g)
frozen corn kernels
1/2 cup (68g)
olive oil
2 tsp (10mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Protein Supplement(s)

Eat every day

Protein shake

3 1/2 scoop - 382 cals  85g protein  2g fat  3g carbs  4g fiber



For single meal:

protein powder

3 1/2 scoop (1/3 cup ea) (109g)

water

3 1/2 cup(s) (830mL)

For all 7 meals:

protein powder

24 1/2 scoop (1/3 cup ea) (760g)

water

24 1/2 cup(s) (5807mL)

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1. The recipe has no instructions.