

# Meal Plan - 3500 calorie low carb vegetarian meal plan

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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

### 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

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



**Lentils**

289 cals



**Buffalo tofu**

532 cals



**Carrot fries**

277 cals

### Dinner

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



**Baked tofu**

26 2/3 oz- 754 cals



**Corn**

323 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

### 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 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

### Protein Supplement(s)

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



**Protein shake**

3 1/2 scoop- 382 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

## 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

### Protein Supplement(s)

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



**Protein shake**  
3 1/2 scoop- 382 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



**Sauteed corn & lima beans**  
238 cals

## 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.

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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

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### 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.

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### 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.
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## 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. Sauté 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)

1. The recipe has no instructions.

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.

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## Snacks 2 [↗](#)

Eat on day 3 and day 4

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### 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.

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### 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

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### 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

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### 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.

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### 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

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### 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

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### Roasted peanuts

3/8 cup(s) - 383 cal ● 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.

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### Chickpea & kale soup

409 cal ● 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 saute 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 cal ● 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.

### Sauteed 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

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### 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)

1. The recipe has no instructions.
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