

# Meal Plan - 1000 calorie 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

1043 cals ● 91g protein (35%) ● 33g fat (28%) ● 82g carbs (31%) ● 15g fiber (6%)

### Breakfast

200 cals, 7g protein, 22g net carbs, 7g fat



#### Apple

1 apple(s)- 105 cals



#### Kale & eggs

95 cals

### Dinner

330 cals, 19g protein, 31g net carbs, 12g fat



#### Peanut tempeh

2 oz tempeh- 217 cals



#### Brown rice

1/2 cup brown rice, cooked- 115 cals

### Lunch

295 cals, 16g protein, 27g net carbs, 12g fat



#### Chik'n nuggets

5 1/3 nuggets- 294 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 2

1024 cals ● 93g protein (36%) ● 29g fat (26%) ● 80g carbs (31%) ● 18g fiber (7%)

### Breakfast

200 cals, 7g protein, 22g net carbs, 7g fat



#### Apple

1 apple(s)- 105 cals



#### Kale & eggs

95 cals

### Dinner

330 cals, 19g protein, 31g net carbs, 12g fat



#### Peanut tempeh

2 oz tempeh- 217 cals



#### Brown rice

1/2 cup brown rice, cooked- 115 cals

### Lunch

275 cals, 19g protein, 26g net carbs, 9g fat



#### Chunky canned soup (non-creamy)

1 can(s)- 247 cals



#### Simple kale salad

1/2 cup(s)- 28 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 3

1034 cals ● 92g protein (36%) ● 23g fat (20%) ● 87g carbs (34%) ● 27g fiber (10%)

### Breakfast

200 cals, 7g protein, 22g net carbs, 7g fat



#### Apple

1 apple(s)- 105 cals



#### Kale & eggs

95 cals

### Dinner

340 cals, 18g protein, 38g net carbs, 6g fat



#### Pita bread

1 pita bread(s)- 78 cals



#### Simple Greek cucumber salad

70 cals



#### Black bean and salsa soup

193 cals

### Lunch

275 cals, 19g protein, 26g net carbs, 9g fat



#### Chunky canned soup (non-creamy)

1 can(s)- 247 cals



#### Simple kale salad

1/2 cup(s)- 28 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 4

973 cals ● 91g protein (37%) ● 29g fat (26%) ● 74g carbs (31%) ● 14g fiber (6%)

### Breakfast

200 cals, 14g protein, 12g net carbs, 10g fat



#### Boiled eggs

2 egg(s)- 139 cals



#### Grapefruit

1/2 grapefruit- 59 cals

### Dinner

310 cals, 22g protein, 41g net carbs, 5g fat



#### Spiced chickpea tabbouleh bowl

182 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Lunch

245 cals, 8g protein, 19g net carbs, 13g fat



#### Simple mixed greens salad

68 cals



#### Chunky canned soup (creamy)

1/2 can(s)- 177 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 5

1079 cals ● 93g protein (35%) ● 25g fat (21%) ● 102g carbs (38%) ● 19g fiber (7%)

### Breakfast

200 cals, 14g protein, 12g net carbs, 10g fat



**Boiled eggs**  
2 egg(s)- 139 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Dinner

335 cals, 16g protein, 48g net carbs, 4g fat



**Pita bread**  
1/2 pita bread(s)- 39 cals



**Bbq cauliflower wings**  
268 cals



**Roasted tomatoes**  
1/2 tomato(es)- 30 cals

### Lunch

325 cals, 15g protein, 40g net carbs, 10g fat



**Tzatziki chickpea tabbouleh salad**  
215 cals



**Milk**  
3/4 cup(s)- 112 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 6

1046 cals ● 97g protein (37%) ● 30g fat (26%) ● 80g carbs (31%) ● 16g fiber (6%)

### Breakfast

160 cals, 16g protein, 11g net carbs, 4g fat



**Grapes**  
29 cals



**Protein shake (milk)**  
129 cals

### Dinner

345 cals, 17g protein, 28g net carbs, 15g fat



**Goat cheese and marinara stuffed zucchini**  
3 zucchini halve(s)- 288 cals



**White rice**  
1/4 cup rice, cooked- 55 cals

### Lunch

325 cals, 15g protein, 40g net carbs, 10g fat



**Tzatziki chickpea tabbouleh salad**  
215 cals



**Milk**  
3/4 cup(s)- 112 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 7

965 cals ● 93g protein (38%) ● 28g fat (26%) ● 71g carbs (29%) ● 14g fiber (6%)

### Breakfast

160 cals, 16g protein, 11g net carbs, 4g fat



**Grapes**  
29 cals



**Protein shake (milk)**  
129 cals

### Dinner

345 cals, 17g protein, 28g net carbs, 15g fat



**Goat cheese and marinara stuffed zucchini**  
3 zucchini halve(s)- 288 cals



**White rice**  
1/4 cup rice, cooked- 55 cals

### Lunch

245 cals, 11g protein, 30g net carbs, 8g fat



**Tomato soup**  
1/2 can(s)- 105 cals



**Simple Greek cucumber salad**  
141 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

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# Grocery List



## Fruits and Fruit Juices

- apples**  
3 medium (3" dia) (546g)
- lemon juice**  
1 tbsp (17mL)
- Grapefruit**  
1 large (approx 4-1/2" dia) (332g)
- grapes**  
1 cup (92g)

## Fats and Oils

- oil**  
3/4 tbsp (11mL)
- salad dressing**  
2 1/2 tbsp (38mL)
- olive oil**  
3/4 tbsp (11mL)

## Dairy and Egg Products

- eggs**  
7 large (350g)
- nonfat greek yogurt, plain**  
6 tbsp (105g)
- sour cream**  
3/4 tbsp (9g)
- whole milk**  
2 1/2 cup(s) (600mL)
- goat cheese**  
3 oz (85g)

## Vegetables and Vegetable Products

- kale leaves**  
1 3/4 cup, chopped (70g)
- ketchup**  
4 tsp (23g)
- red onion**  
1/6 medium (2-1/2" dia) (21g)
- cucumber**  
1 cucumber (8-1/4") (301g)
- tomatoes**  
2/3 medium whole (2-3/5" dia) (85g)
- fresh parsley**  
2 sprigs (2g)
- cauliflower**  
1 head small (4" dia.) (265g)
- zucchini**  
3 large (969g)

## Other

- vegan chick'n nuggets**  
5 1/3 nuggets (115g)
- nutritional yeast**  
1/2 oz (17g)
- mixed greens**  
1 1/2 cup (45g)
- cottage cheese & fruit cup**  
1 container (170g)
- tzatziki**  
1/4 cup(s) (56g)

## Beverages

- protein powder**  
15 scoop (1/3 cup ea) (465g)
- water**  
15 cup(s) (3555mL)

## Legumes and Legume Products

- tempeh**  
4 oz (113g)
- peanut butter**  
2 tbsp (32g)
- soy sauce**  
1 tsp (5mL)
- black beans**  
3/8 can(s) (165g)
- chickpeas, canned**  
1/2 can(s) (224g)

## Cereal Grains and Pasta

- brown rice**  
1/3 cup (63g)
- instant couscous, flavored**  
1/2 box (5.8 oz) (82g)
- long-grain white rice**  
2 3/4 tbsp (31g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)
- vegetable broth**  
1/4 cup(s) (mL)
- salsa**  
3 tbsp (49g)
- chunky canned soup (creamy varieties)**  
1/2 can (~19 oz) (267g)

## Spices and Herbs

- salt**  
1/8 oz (4g)
- black pepper**  
2 dash, ground (1g)
- dried dill weed**  
1/4 tbsp (1g)
- red wine vinegar**  
1/4 tbsp (4mL)
- ground cumin**  
1/4 tbsp (1g)

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- barbecue sauce**  
4 tbsp (72g)

- pasta sauce**  
3/4 cup (195g)

- condensed canned tomato soup**  
1/2 can (10.5 oz) (149g)

## Baked Products

- pita bread**  
1 1/2 pita, small (4" dia) (42g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Apple

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



For single meal:

**apples**

1 medium (3" dia) (182g)

For all 3 meals:

**apples**

3 medium (3" dia) (546g)

1. The recipe has no instructions.

### Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**

1/2 tsp (3mL)

**eggs**

1 large (50g)

**kale leaves**

4 tbsp, chopped (10g)

**salt**

1/2 dash (0g)

For all 3 meals:

**oil**

1/2 tbsp (8mL)

**eggs**

3 large (150g)

**kale leaves**

3/4 cup, chopped (30g)

**salt**

1 1/2 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.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**Grapefruit**  
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Breakfast 3 ↗

Eat on day 6 and day 7

### Grapes

29 cals ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

**grapes**  
1/2 cup (46g)

For all 2 meals:

**grapes**  
1 cup (92g)

1. The recipe has no instructions.

### Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**  
1/2 cup(s) (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

## Lunch 1 ↗

Eat on day 1

### Chik'n nuggets

5 1/3 nuggets - 294 cals ● 16g protein ● 12g fat ● 27g carbs ● 3g fiber



Makes 5 1/3 nuggets

**ketchup**  
4 tsp (23g)  
**vegan chik'n nuggets**  
5 1/3 nuggets (115g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

## Lunch 2 ↗

Eat on day 2 and day 3

### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

### Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

**kale leaves**  
1/2 cup, chopped (20g)  
**salad dressing**  
1/2 tbsp (8mL)

For all 2 meals:

**kale leaves**  
1 cup, chopped (40g)  
**salad dressing**  
1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

## Lunch 3 ↗

Eat on day 4

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

### Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



Makes 1/2 can(s)

**chunky canned soup (creamy varieties)**

1/2 can (~19 oz) (267g)

1. Prepare according to

instructions on package.

## Lunch 4 ↗

Eat on day 5 and day 6

### Tzatziki chickpea tabbouleh salad

215 cals ● 10g protein ● 4g fat ● 31g carbs ● 5g fiber



For single meal:

**lemon juice**  
1/4 tsp (1mL)  
**ground cumin**  
1 1/3 dash (0g)  
**oil**  
1/8 tsp (0mL)  
**instant couscous, flavored**  
1/6 box (5.8 oz) (27g)  
**tzatziki**  
1/8 cup(s) (28g)  
**fresh parsley, chopped**  
2/3 sprigs (1g)  
**tomatoes, chopped**  
1/6 roma tomato (13g)  
**cucumber, chopped**  
1/8 cucumber (8-1/4") (25g)  
**chickpeas, canned, drained & rinsed**  
1/6 can(s) (75g)

For all 2 meals:

**lemon juice**  
1/2 tsp (2mL)  
**ground cumin**  
1/3 tsp (1g)  
**oil**  
1/6 tsp (1mL)  
**instant couscous, flavored**  
1/3 box (5.8 oz) (55g)  
**tzatziki**  
1/4 cup(s) (56g)  
**fresh parsley, chopped**  
1 1/3 sprigs (1g)  
**tomatoes, chopped**  
1/3 roma tomato (27g)  
**cucumber, chopped**  
1/6 cucumber (8-1/4") (50g)  
**chickpeas, canned, drained & rinsed**  
1/3 can(s) (149g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package.
3. Once cooked, mix couscous with parsley, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve with tzatziki.

## Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**

3/4 cup(s) (180mL)

For all 2 meals:

**whole milk**

1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

## Lunch 5

Eat on day 7

### Tomato soup

1/2 can(s) - 105 cals ● 2g protein ● 1g fat ● 21g carbs ● 2g fiber



Makes 1/2 can(s)

**condensed canned tomato soup**

1/2 can (10.5 oz) (149g)

1. Prepare according to instructions on package.

### Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



**nonfat greek yogurt, plain**

4 tbsp (70g)

**lemon juice**

1/4 tbsp (4mL)

**dried dill weed**

4 dash (1g)

**red wine vinegar**

1/2 tsp (3mL)

**olive oil**

1/2 tbsp (8mL)

**red onion, thinly sliced**

1/8 medium (2-1/2" dia) (14g)

**cucumber, sliced into half moons**

1/2 cucumber (8-1/4") (151g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

## Dinner 1 ↗

Eat on day 1 and day 2

### Peanut tempeh

2 oz tempeh - 217 cals ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



For single meal:

**tempeh**  
2 oz (57g)  
**peanut butter**  
1 tbsp (16g)  
**lemon juice**  
1/4 tbsp (4mL)  
**soy sauce**  
1/2 tsp (3mL)  
**nutritional yeast**  
1/4 tbsp (1g)

For all 2 meals:

**tempeh**  
4 oz (113g)  
**peanut butter**  
2 tbsp (32g)  
**lemon juice**  
1/2 tbsp (8mL)  
**soy sauce**  
1 tsp (5mL)  
**nutritional yeast**  
1/2 tbsp (2g)

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

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

For all 2 meals:

**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.

## Dinner 2 ↗

Eat on day 3

### Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



Makes 1 pita bread(s)

#### pita bread

1 pita, small (4" dia) (28g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

### Simple Greek cucumber salad

70 cals ● 4g protein ● 4g fat ● 5g carbs ● 1g fiber



**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**lemon juice**  
3/8 tsp (2mL)  
**dried dill weed**  
2 dash (0g)  
**red wine vinegar**  
1/4 tsp (1mL)  
**olive oil**  
1/4 tbsp (4mL)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (7g)  
**cucumber, sliced into half moons**  
1/4 cucumber (8-1/4") (75g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

### Black bean and salsa soup

193 cals ● 11g protein ● 2g fat ● 19g carbs ● 12g fiber



**vegetable broth**  
1/4 cup(s) (mL)  
**black beans**  
3/8 can(s) (165g)  
**ground cumin**  
1 1/2 dash (0g)  
**sour cream**  
3/4 tbsp (9g)  
**salsa, chunky**  
3 tbsp (49g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

## Dinner 3 ↗

Eat on day 4

### Spiced chickpea tabbouleh bowl

182 cals ● 8g protein ● 2g fat ● 28g carbs ● 5g fiber



#### instant couscous, flavored

1/6 box (5.8 oz) (27g)

oil

1/8 tsp (0mL)

ground cumin

1 1/3 dash (0g)

lemon juice

1/4 tsp (1mL)

cucumber, chopped

1/8 cucumber (8-1/4") (25g)

chickpeas, canned, drained & rinsed

1/6 can(s) (75g)

tomatoes, chopped

1/6 roma tomato (13g)

fresh parsley, chopped

2/3 sprigs (1g)

1. Heat oven to 425F (220C).

Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.

2. Meanwhile, cook couscous according to package.

When the couscous is done and has cooled a little, mix in the parsley.

3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

#### cottage cheese & fruit cup

1 container (170g)

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

## Dinner 4 ↗

Eat on day 5

### Pita bread

1/2 pita bread(s) - 39 cals ● 1g protein ● 0g fat ● 7g carbs ● 1g fiber



Makes 1/2 pita bread(s)

#### pita bread

1/2 pita, small (4" dia) (14g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

### Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



**barbecue sauce**  
4 tbsp (72g)  
**salt**  
2 dash (2g)  
**nutritional yeast**  
4 tbsp (15g)  
**cauliflower**  
1 head small (4" dia.) (265g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

## Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)  
**oil**  
1/2 tsp (3mL)  
**tomatoes**  
1/2 small whole (2-2/5" dia) (46g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

## Dinner 5 ↗

Eat on day 6 and day 7

### Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cals ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



For single meal:

**pasta sauce**  
6 tbsp (98g)  
**goat cheese**  
1 1/2 oz (43g)  
**zucchini**  
1 1/2 large (485g)

For all 2 meals:

**pasta sauce**  
3/4 cup (195g)  
**goat cheese**  
3 oz (85g)  
**zucchini**  
3 large (969g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

### White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



For single meal:

**water**  
1/6 cup(s) (39mL)  
**long-grain white rice**  
4 tsp (15g)

For all 2 meals:

**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:

**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.