

Meal Plan - 1100 calorie vegetarian meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1147 cals ● 99g protein (35%) ● 53g fat (42%) ● 55g carbs (19%) ● 14g fiber (5%)

Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



Basic fried eggs

1 egg(s)- 80 cals



Simple cinnamon oatmeal with water

108 cals

Dinner

345 cals, 23g protein, 7g net carbs, 23g fat



Walnuts

1/8 cup(s)- 87 cals



Broccoli caesar salad with hard boiled eggs

260 cals

Lunch

395 cals, 19g protein, 27g net carbs, 21g fat



Roasted cashews

1/4 cup(s)- 209 cals



Hummus & veggie deli sandwich

1/2 sandwich(es)- 185 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 2

1154 cals ● 103g protein (36%) ● 41g fat (32%) ● 80g carbs (28%) ● 13g fiber (5%)

Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



Basic fried eggs

1 egg(s)- 80 cals



Simple cinnamon oatmeal with water

108 cals

Dinner

380 cals, 25g protein, 25g net carbs, 18g fat



Vegan sausage & veggie sheet pan

240 cals



Simple Greek cucumber salad

141 cals

Lunch

370 cals, 20g protein, 34g net carbs, 15g fat



Chik'n nuggets

6 2/3 nuggets- 368 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 3

1162 cals ● 98g protein (34%) ● 52g fat (40%) ● 64g carbs (22%) ● 12g fiber (4%)

Breakfast

190 cals, 9g protein, 19g net carbs, 7g fat



Basic fried eggs

1 egg(s)- 80 cals



Simple cinnamon oatmeal with water

108 cals

Dinner

380 cals, 25g protein, 25g net carbs, 18g fat



Vegan sausage & veggie sheet pan

240 cals



Simple Greek cucumber salad

141 cals

Lunch

375 cals, 15g protein, 18g net carbs, 26g fat



Roasted cashews

1/8 cup(s)- 104 cals



Egg salad sandwich

1/2 sandwich(es)- 271 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 4

1108 cals ● 95g protein (34%) ● 52g fat (42%) ● 50g carbs (18%) ● 16g fiber (6%)

Breakfast

160 cals, 10g protein, 21g net carbs, 3g fat



Breakfast cereal

97 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Dinner

355 cals, 21g protein, 9g net carbs, 22g fat



Cajun tofu

196 cals



Garlic collard greens

159 cals

Lunch

375 cals, 15g protein, 18g net carbs, 26g fat



Roasted cashews

1/8 cup(s)- 104 cals



Egg salad sandwich

1/2 sandwich(es)- 271 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

1093 cals ● 97g protein (36%) ● 23g fat (19%) ● 99g carbs (36%) ● 26g fiber (9%)

Breakfast

160 cals, 10g protein, 21g net carbs, 3g fat



Breakfast cereal

97 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Dinner

405 cals, 22g protein, 32g net carbs, 16g fat



Tossed salad

121 cals



Spicy sriracha peanut tofu

171 cals



Lentils

116 cals

Lunch

310 cals, 17g protein, 44g net carbs, 2g fat



Bbq cauliflower wings

268 cals



Sugar snap peas

41 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 6

1068 cals ● 106g protein (40%) ● 17g fat (14%) ● 101g carbs (38%) ● 22g fiber (8%)

Breakfast

180 cals, 12g protein, 27g net carbs, 2g fat



Clementine

1 clementine(s)- 39 cals



Cottage cheese toast

1 toast(s)- 143 cals

Dinner

360 cals, 30g protein, 29g net carbs, 12g fat



Vegan sausage

1 sausage(s)- 268 cals



Mashed sweet potatoes

92 cals

Lunch

310 cals, 17g protein, 44g net carbs, 2g fat



Bbq cauliflower wings

268 cals



Sugar snap peas

41 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

1146 cal ● 101g protein (35%) ● 20g fat (16%) ● 125g carbs (44%) ● 15g fiber (5%)

Breakfast

180 cal, 12g protein, 27g net carbs, 2g fat



Clementine

1 clementine(s)- 39 cal



Cottage cheese toast

1 toast(s)- 143 cal

Dinner

360 cal, 30g protein, 29g net carbs, 12g fat



Vegan sausage

1 sausage(s)- 268 cal



Mashed sweet potatoes

92 cal

Lunch

385 cal, 11g protein, 68g net carbs, 6g fat



Tomato soup

1 1/2 can(s)- 316 cal



Simple Greek cucumber salad

70 cal

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cal



Dairy and Egg Products

- ☐ eggs
8 2/3 medium (382g)
- ☐ nonfat greek yogurt, plain
1 container (193g)
- ☐ parmesan cheese
1 tbsp (5g)
- ☐ whole milk
1/2 cup(s) (120mL)
- ☐ low fat cottage cheese (1% milkfat)
1 cup (226g)

Fats and Oils

- ☐ oil
1 oz (31mL)
- ☐ olive oil
1 1/4 tbsp (19mL)
- ☐ mayonnaise
2 tbsp (30mL)
- ☐ salad dressing
1 tbsp (14mL)

Breakfast Cereals

- ☐ quick oats
3/4 cup (60g)
- ☐ breakfast cereal
1 serving (30g)

Sweets

- ☐ sugar
1 1/2 tbsp (20g)
- ☐ honey
4 tsp (28g)

Spices and Herbs

- ☐ cinnamon
1/2 tbsp (4g)
- ☐ dijon mustard
1 tsp (5g)
- ☐ dried dill weed
1 1/4 tsp (1g)
- ☐ red wine vinegar
1 1/4 tsp (6mL)
- ☐ salt
4 1/2 g (4g)
- ☐ black pepper
1 dash (0g)

Legumes and Legume Products

- ☐ hummus
1 1/2 tbsp (23g)
- ☐ firm tofu
9 3/4 oz (276g)
- ☐ peanut butter
1/2 tbsp (8g)
- ☐ soy sauce
1/2 tsp (3mL)
- ☐ lentils, raw
2 3/4 tbsp (32g)

Vegetables and Vegetable Products

- ☐ cucumber
1 1/2 cucumber (8-1/4") (427g)
- ☐ romaine lettuce
1/2 head (344g)
- ☐ broccoli
1 1/2 cup chopped (137g)
- ☐ carrots
1 1/2 medium (86g)
- ☐ potatoes
1 small (1-3/4" to 2-1/4" dia.) (92g)
- ☐ red onion
1/2 medium (2-1/2" dia) (48g)
- ☐ ketchup
5 tsp (28g)
- ☐ onion
1/4 small (18g)
- ☐ collard greens
1/2 lbs (227g)
- ☐ garlic
2 clove(s) (6g)
- ☐ tomatoes
1/2 small whole (2-2/5" dia) (46g)
- ☐ cauliflower
2 head small (4" dia.) (530g)
- ☐ frozen sugar snap peas
1 1/3 cup (192g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)

Fruits and Fruit Juices

- ☐ lemon juice
1 tbsp (17mL)
- ☐ clementines
2 fruit (148g)

- ☐ **paprika**
1 dash (1g)
- ☐ **yellow mustard**
2 dash or 1 packet (1g)
- ☐ **cajun seasoning**
5 dash (1g)

Soups, Sauces, and Gravies

- ☐ **barbecue sauce**
1/2 cup (143g)
- ☐ **condensed canned tomato soup**
1 1/2 can (10.5 oz) (447g)

Beverages

- ☐ **water**
16 cup(s) (3764mL)
- ☐ **protein powder**
14 scoop (1/3 cup ea) (434g)

Nut and Seed Products

- ☐ **roasted cashews**
1/2 cup (69g)
- ☐ **walnuts**
2 tbsp, shelled (13g)
- ☐ **roasted pumpkin seeds, unsalted**
1 tbsp (7g)

Baked Products

- ☐ **bread**
1/3 lbs (160g)

Other

- ☐ **plant-based deli slices**
3 slices (31g)
 - ☐ **italian seasoning**
4 dash (2g)
 - ☐ **vegan sausage**
3 sausage (300g)
 - ☐ **vegan chik'n nuggets**
6 2/3 nuggets (143g)
 - ☐ **sriracha chili sauce**
3/8 tbsp (6g)
 - ☐ **nutritional yeast**
1/2 cup (30g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

oil

1/4 tsp (1mL)

For all 3 meals:

eggs

3 large (150g)

oil

1/4 tbsp (4mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Simple cinnamon oatmeal with water

108 cal ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

quick oats

4 tbsp (20g)

sugar

1/2 tbsp (7g)

cinnamon

4 dash (1g)

water

3/8 cup(s) (89mL)

For all 3 meals:

quick oats

3/4 cup (60g)

sugar

1 1/2 tbsp (20g)

cinnamon

1/2 tbsp (4g)

water

1 cup(s) (267mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Breakfast cereal

97 cals ● 3g protein ● 3g fat ● 14g carbs ● 1g fiber



For single meal:

whole milk
1/4 cup(s) (60mL)
breakfast cereal
1/2 serving (15g)

For all 2 meals:

whole milk
1/2 cup(s) (120mL)
breakfast cereal
1 serving (30g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines
1 fruit (74g)

For all 2 meals:

clementines
2 fruit (148g)

1. The recipe has no instructions.

Cottage cheese toast

1 toast(s) - 143 cals ● 11g protein ● 2g fat ● 19g carbs ● 2g fiber



For single meal:

bread
1 slice(s) (32g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

bread
2 slice(s) (64g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

1. Toast the bread, if desired.
2. Spread cottage cheese on top of the bread, drizzle with honey, and serve.

Lunch 1 [↗](#)

Eat on day 1

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



Makes 1/4 cup(s)

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Hummus & veggie deli sandwich

1/2 sandwich(es) - 185 cals ● 14g protein ● 5g fat ● 16g carbs ● 4g fiber



Makes 1/2 sandwich(es)

bread

1 slice(s) (32g)

plant-based deli slices

3 slices (31g)

hummus

1 1/2 tbsp (23g)

cucumber

2 tbsp slices (13g)

1. Toast bread, if desired.
2. Spread hummus onto the bread.
3. Assemble the remaining ingredients into a sandwich. Serve.

Lunch 2 [↗](#)

Eat on day 2

Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



Makes 6 2/3 nuggets

ketchup

5 tsp (28g)

vegan chik'n nuggets

6 2/3 nuggets (143g)

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

Lunch 3 [↗](#)

Eat on day 3 and day 4

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews

2 tbsp (17g)

For all 2 meals:

roasted cashews

4 tbsp (34g)

1. The recipe has no instructions.

Egg salad sandwich

1/2 sandwich(es) - 271 cals ● 13g protein ● 18g fat ● 13g carbs ● 2g fiber



For single meal:

eggs
1 1/2 medium (66g)
mayonnaise
1 tbsp (15mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
bread
1 slice (32g)
paprika
1/2 dash (0g)
onion, chopped
1/8 small (9g)
yellow mustard
1 dash or 1 packet (1g)

For all 2 meals:

eggs
3 medium (132g)
mayonnaise
2 tbsp (30mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bread
2 slice (64g)
paprika
1 dash (1g)
onion, chopped
1/4 small (18g)
yellow mustard
2 dash or 1 packet (1g)

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

Bbq cauliflower wings

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



For single meal:

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

For all 2 meals:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

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 barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Lunch 5 [↗](#)

Eat on day 7

Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.

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.
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Dinner 1 [↗](#)

Eat on day 1

Walnuts

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



Makes 1/8 cup(s)

walnuts

2 tbsp, shelled (13g)

1. The recipe has no instructions.

Broccoli caesar salad with hard boiled eggs

260 cals ● 21g protein ● 15g fat ● 6g carbs ● 4g fiber



romaine lettuce

2 cup shredded (94g)

eggs

2 large (100g)

broccoli

1/2 cup chopped (46g)

nonfat greek yogurt, plain

1 tbsp (18g)

dijon mustard

1 tsp (5g)

parmesan cheese

1 tbsp (5g)

roasted pumpkin seeds, unsalted

1 tbsp (7g)

lemon juice

1/2 tbsp (8mL)

1. Place the eggs in a small saucepan and cover with cold water.
2. Bring water to boil and continue boiling for about 7-10 minutes. Remove eggs and put them in a bowl with cold water. Set aside to cool.
3. Meanwhile, prepare the dressing by mixing together the greek yogurt, mustard, lemon juice, and salt/pepper, to taste. Set aside.
4. Peel the eggs and slice into quarters. Assemble salad bowl with lettuce, broccoli and eggs. Sprinkle the pumpkin seeds and parmesan on top, drizzle with the dressing, and serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Vegan sausage & veggie sheet pan

240 cals ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
italian seasoning
2 dash (1g)
carrots, sliced
1/2 medium (31g)
broccoli, chopped
1/2 cup chopped (46g)
vegan sausage, cut into bite sized pieces
1/2 sausage (50g)
potatoes, cut into wedges
1/2 small (1-3/4" to 2-1/4" dia.) (46g)

For all 2 meals:

oil
2 tsp (10mL)
italian seasoning
4 dash (2g)
carrots, sliced
1 medium (61g)
broccoli, chopped
1 cup chopped (91g)
vegan sausage, cut into bite sized pieces
1 sausage (100g)
potatoes, cut into wedges
1 small (1-3/4" to 2-1/4" dia.) (92g)

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.

Simple Greek cucumber salad

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



For single meal:

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)

For all 2 meals:

nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

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 3 [↗](#)

Eat on day 4

Cajun tofu

196 cals ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



cajun seasoning

5 dash (1g)

oil

1 1/4 tsp (6mL)

firm tofu, patted dry & cubed

6 1/4 oz (177g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

salt

1 dash (1g)

garlic, minced

1 1/2 clove(s) (5g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
 2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
 3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
 4. Season with salt and serve.
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Dinner 4 [↗](#)

Eat on day 5

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



romaine lettuce, shredded

1/2 hearts (250g)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

salad dressing

1 tbsp (15mL)

red onion, sliced

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

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Spicy sriracha peanut tofu

171 cals ● 10g protein ● 12g fat ● 5g carbs ● 1g fiber



sriracha chili sauce

3/8 tbsp (6g)

peanut butter

1/2 tbsp (8g)

soy sauce

1/2 tsp (3mL)

water

1/8 cup(s) (20mL)

oil

1/4 tbsp (4mL)

firm tofu, patted dry & cubed

1/4 lbs (99g)

garlic, minced

1/2 clove (2g)

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.

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



water

2/3 cup(s) (158mL)

salt

1/3 dash (0g)

lentils, raw, rinsed

2 2/3 tbsp (32g)

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.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

vegan sausage
1 sausage (100g)

For all 2 meals:

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
 2. Serve.
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Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

sweet potatoes
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

sweet potatoes
1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
 2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
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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.
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