

Meal Plan - 1400 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

1396 cals ● 91g protein (26%) ● 52g fat (34%) ● 113g carbs (32%) ● 29g fiber (8%)

Breakfast

255 cals, 16g protein, 18g net carbs, 9g fat



Grapefruit

1/2 grapefruit- 59 cals



Chocolate avocado chia pudding

197 cals

Snacks

195 cals, 8g protein, 23g net carbs, 8g fat



Milk

1/2 cup(s)- 75 cals



Small toasted bagel with butter

1/2 bagel(s)- 120 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

440 cals, 14g protein, 42g net carbs, 19g fat



Black bean quesadillas

213 cals



Tortilla chips

141 cals



Edamame & beet salad

86 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

Day 2

1338 cals ● 104g protein (31%) ● 48g fat (32%) ● 105g carbs (31%) ● 18g fiber (5%)

Breakfast

255 cals, 16g protein, 18g net carbs, 9g fat



Grapefruit

1/2 grapefruit- 59 cals



Chocolate avocado chia pudding

197 cals

Snacks

195 cals, 8g protein, 23g net carbs, 8g fat



Milk

1/2 cup(s)- 75 cals



Small toasted bagel with butter

1/2 bagel(s)- 120 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

380 cals, 27g protein, 34g net carbs, 15g fat



Crispy chik'n tenders

6 2/3 tender(s)- 381 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

Day 3

1449 cals ● 101g protein (28%) ● 42g fat (26%) ● 150g carbs (41%) ● 17g fiber (5%)

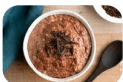
Breakfast

255 cals, 16g protein, 18g net carbs, 9g fat



Grapefruit

1/2 grapefruit- 59 cals



Chocolate avocado chia pudding

197 cals

Snacks

195 cals, 8g protein, 23g net carbs, 8g fat



Milk

1/2 cup(s)- 75 cals



Small toasted bagel with butter

1/2 bagel(s)- 120 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

380 cals, 27g protein, 34g net carbs, 15g fat



Crispy chik'n tenders

6 2/3 tender(s)- 381 cals

Dinner

455 cals, 14g protein, 73g net carbs, 9g fat



Naan bread

1/2 piece(s)- 131 cals



Simple mixed greens salad

68 cals



Pasta with store-bought sauce

255 cals

Day 4

1438 cals ● 96g protein (27%) ● 27g fat (17%) ● 186g carbs (52%) ● 18g fiber (5%)

Breakfast

190 cals, 17g protein, 18g net carbs, 4g fat



Grapefruit

1/2 grapefruit- 59 cals



Protein shake (milk)

129 cals

Snacks

180 cals, 2g protein, 22g net carbs, 8g fat



Popcorn

3 cups- 121 cals



Applesauce

57 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

455 cals, 27g protein, 71g net carbs, 5g fat



Protein greek yogurt

1 container- 139 cals



Tomato soup

1 1/2 can(s)- 316 cals

Dinner

455 cals, 14g protein, 73g net carbs, 9g fat



Naan bread

1/2 piece(s)- 131 cals



Simple mixed greens salad

68 cals



Pasta with store-bought sauce

255 cals

Day 5

1358 cals ● 114g protein (34%) ● 40g fat (26%) ● 107g carbs (31%) ● 31g fiber (9%)

Breakfast

190 cals, 17g protein, 18g net carbs, 4g fat



Grapefruit

1/2 grapefruit- 59 cals



Protein shake (milk)

129 cals

Snacks

180 cals, 2g protein, 22g net carbs, 8g fat



Popcorn

3 cups- 121 cals



Applesauce

57 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

Lunch

355 cals, 19g protein, 23g net carbs, 18g fat



Vegan sausage & veggie sheet pan

240 cals



Simple mixed greens and tomato salad

113 cals

Dinner

475 cals, 41g protein, 42g net carbs, 9g fat



Vegan crumbles

2 cup(s)- 292 cals



Mashed sweet potatoes

183 cals

Day 6

1453 cals ● 109g protein (30%) ● 52g fat (32%) ● 106g carbs (29%) ● 31g fiber (9%)

Breakfast

225 cals, 6g protein, 31g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals



Carrot sticks
1 carrot(s)- 27 cals

Snacks

190 cals, 11g protein, 9g net carbs, 12g fat



Cucumber goat cheese bites
118 cals



Milk
1/2 cup(s)- 75 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

400 cals, 15g protein, 24g net carbs, 23g fat



Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals



Tossed salad
121 cals

Dinner

475 cals, 41g protein, 42g net carbs, 9g fat



Vegan crumbles
2 cup(s)- 292 cals



Mashed sweet potatoes
183 cals

Day 7

1419 cals ● 90g protein (25%) ● 73g fat (46%) ● 84g carbs (24%) ● 17g fiber (5%)

Breakfast

225 cals, 6g protein, 31g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals



Carrot sticks
1 carrot(s)- 27 cals

Snacks

190 cals, 11g protein, 9g net carbs, 12g fat



Cucumber goat cheese bites
118 cals



Milk
1/2 cup(s)- 75 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake
1 1/2 scoop- 164 cals

Lunch

400 cals, 15g protein, 24g net carbs, 23g fat



Pesto grilled cheese sandwich
1/2 sandwich(es)- 279 cals



Tossed salad
121 cals

Dinner

440 cals, 22g protein, 19g net carbs, 30g fat



Lentils
87 cals



Buffalo tofu
355 cals

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/2 jar (24 oz) (363g)
- ☐ salsa
1 tbsp (16g)
- ☐ condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)
- ☐ pesto sauce
1 tbsp (16g)
- ☐ Frank's Red Hot sauce
2 3/4 tbsp (41mL)

Dairy and Egg Products

- ☐ goat cheese
5 oz (142g)
- ☐ whole milk
4 1/4 cup(s) (1020mL)
- ☐ butter
2 3/4 tbsp (39g)
- ☐ lowfat greek yogurt
6 tbsp (105g)
- ☐ cheese
2 1/4 oz (63g)

Vegetables and Vegetable Products

- ☐ zucchini
3 large (969g)
- ☐ edamame, frozen, shelled
4 tbsp (30g)
- ☐ beets, precooked (canned or refrigerated)
1 beet(s) (50g)
- ☐ ketchup
3 1/3 tbsp (57g)
- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)
- ☐ carrots
3 1/3 medium (203g)
- ☐ broccoli
1/2 cup chopped (46g)
- ☐ potatoes
1/2 small (1-3/4" to 2-1/4" dia.) (46g)
- ☐ tomatoes
1 1/2 medium whole (2-3/5" dia) (177g)
- ☐ cucumber
3/4 cucumber (8-1/4") (226g)
- ☐ romaine lettuce
1 hearts (500g)
- ☐ red onion
1/4 medium (2-1/2" dia) (28g)

Fruits and Fruit Juices

- ☐ Grapefruit
2 1/2 large (approx 4-1/2" dia) (830g)
- ☐ avocados
1/3 avocado(s) (63g)
- ☐ applesauce
2 to-go container (~4 oz) (244g)

Nut and Seed Products

- ☐ chia seeds
3 tbsp (43g)

Other

- ☐ cacao powder
1 1/2 tbsp (9g)
- ☐ mixed greens
5 3/4 cup (173g)
- ☐ meatless chik'n tenders
13 1/3 pieces (340g)
- ☐ Popcorn, microwave, salted
6 cup popped (66g)
- ☐ protein greek yogurt, flavored
1 container (150g)
- ☐ italian seasoning
2 dash (1g)
- ☐ vegan sausage
1/2 sausage (50g)

Fats and Oils

- ☐ oil
1/2 oz (14mL)
- ☐ balsamic vinaigrette
1/2 tbsp (8mL)
- ☐ salad dressing
1/4 lbs (109mL)
- ☐ ranch dressing
2 tbsp (30mL)

Legumes and Legume Products

- ☐ black beans
1/8 can(s) (55g)
- ☐ vegetarian burger crumbles
4 cup (400g)
- ☐ lentils, raw
2 tbsp (24g)
- ☐ firm tofu
1/2 lbs (198g)

Beverages

- ☐ **water**
11 1/3 cup(s) (2685mL)
- ☐ **protein powder**
12 1/4 scoop (1/3 cup ea) (380g)

Cereal Grains and Pasta

- ☐ **long-grain white rice**
2 3/4 tbsp (31g)
- ☐ **uncooked dry pasta**
4 oz (114g)

Baked Products

- ☐ **bagel**
2 medium bagel (3-1/2" to 4" dia) (209g)
 - ☐ **flour tortillas**
1/2 tortilla (approx 7-8" dia) (25g)
 - ☐ **naan bread**
1 piece(s) (90g)
 - ☐ **bread**
2 slice (64g)
-

Snacks

- ☐ **tortilla chips**
1 oz (28g)

Spices and Herbs

- ☐ **dried dill weed**
1 tsp (1g)
- ☐ **salt**
1/4 dash (0g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Grapefruit

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



For single meal:

Grapefruit

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

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia)
(498g)

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)

Chocolate avocado chia pudding

197 cal ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

chia seeds

1 tbsp (14g)

whole milk

1/4 cup(s) (60mL)

cacao powder

1/2 tbsp (3g)

avocados

1/2 slices (13g)

lowfat greek yogurt

2 tbsp (35g)

protein powder

1/4 scoop (1/3 cup ea) (8g)

For all 3 meals:

chia seeds

3 tbsp (43g)

whole milk

3/4 cup(s) (180mL)

cacao powder

1 1/2 tbsp (9g)

avocados

1 1/2 slices (38g)

lowfat greek yogurt

6 tbsp (105g)

protein powder

3/4 scoop (1/3 cup ea) (23g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

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)
-

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.
-

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

butter

1/2 tbsp (7g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

butter

1 tbsp (14g)

1. Toast the bagel to desired toastiness.
 2. Spread the butter.
 3. Enjoy.
-

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 2 meals:

carrots

2 medium (122g)

1. Cut carrots into strips and serve.
-

Lunch 1 [↗](#)

Eat on day 1

Black bean quesadillas

213 cals ● 8g protein ● 9g fat ● 18g carbs ● 7g fiber



cheese

1 tbsp, shredded (7g)

flour tortillas

1/2 tortilla (approx 7-8" dia) (25g)

salsa, divided

1 tbsp (16g)

oil

1/4 tsp (1mL)

black beans, drained and rinsed

1/8 can(s) (55g)

avocados, ripe

1/8 avocado(s) (25g)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

Tortilla chips

141 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber

tortilla chips

1 oz (28g)



1. The recipe has no instructions.

Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



mixed greens

1/2 cup (15g)

balsamic vinaigrette

1/2 tbsp (8mL)

edamame, frozen, shelled

4 tbsp (30g)

beets, precooked (canned or refrigerated), chopped

1 beet(s) (50g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Crispy chik'n tenders

6 2/3 tender(s) - 381 cals ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



For single meal:

meatless chik'n tenders

6 2/3 pieces (170g)

ketchup

5 tsp (28g)

For all 2 meals:

meatless chik'n tenders

13 1/3 pieces (340g)

ketchup

1/4 cup (57g)

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

Lunch 3 [↗](#)

Eat on day 4

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Makes 1 container

protein greek yogurt, flavored

1 container (150g)

1. Enjoy.

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.

Lunch 4 [↗](#)

Eat on day 5

Vegan sausage & veggie sheet pan

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



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)

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 mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

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

Lunch 5 [↗](#)

Eat on day 6 and day 7

Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cals ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
pesto sauce
1/2 tbsp (8g)
cheese
1 slice (1 oz each) (28g)
tomatoes
1 slice(s), thin/small (15g)
butter, softened
1/2 tbsp (7g)

For all 2 meals:

bread
2 slice (64g)
pesto sauce
1 tbsp (16g)
cheese
2 slice (1 oz each) (56g)
tomatoes
2 slice(s), thin/small (30g)
butter, softened
1 tbsp (14g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Tossed salad

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



For single meal:

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)

For all 2 meals:

romaine lettuce, shredded
1 hearts (500g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)
red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup(s) (120mL)

For all 3 meals:

whole milk

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

1. The recipe has no instructions.
-

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 3 meals:

butter

3/4 tbsp (11g)

bagel

1 1/2 small bagel (3" dia) (104g)

1. Toast the bagel to desired toastiness.
 2. Spread the butter.
 3. Enjoy.
-

Snacks 2 [🔗](#)

Eat on day 4 and day 5

Popcorn

3 cups - 121 cals ● 1g protein ● 8g fat ● 10g carbs ● 2g fiber



For single meal:

Popcorn, microwave, salted
3 cup popped (33g)

For all 2 meals:

Popcorn, microwave, salted
6 cup popped (66g)

1. Follow instructions on package.
-

Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce
1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce
-

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Cucumber goat cheese bites

118 cals ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

dried dill weed
4 dash (1g)
goat cheese
1 oz (28g)
cucumber, sliced
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

dried dill weed
1 tsp (1g)
goat cheese
2 oz (57g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cal ● 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 cal ● 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.

Dinner 2 [🔗](#)

Eat on day 3 and day 4

Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

naan bread
1/2 piece(s) (45g)

For all 2 meals:

naan bread
1 piece(s) (90g)

1. The recipe has no instructions.

Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

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

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

Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

uncooked dry pasta
2 oz (57g)
pasta sauce
1/8 jar (24 oz) (84g)

For all 2 meals:

uncooked dry pasta
4 oz (114g)
pasta sauce
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Dinner 3 [🔗](#)

Eat on day 5 and day 6

Vegan crumbles

2 cup(s) - 292 cal ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

vegetarian burger crumbles
2 cup (200g)

For all 2 meals:

vegetarian burger crumbles
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Mashed sweet potatoes

183 cal ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

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

For all 2 meals:

sweet potatoes
2 sweetpotato, 5" long (420g)

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.
-

Dinner 4 [↗](#)

Eat on day 7

Lentils

87 cal ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

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

355 cal ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



Frank's Red Hot sauce
2 1/2 tbsp (40mL)
ranch dressing
2 tbsp (30mL)
oil
1/2 tbsp (8mL)
firm tofu, patted dry & cubed
1/2 lbs (198g)

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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

protein powder
1 1/2 scoop (1/3 cup ea) (47g)
water
1 1/2 cup(s) (356mL)

For all 7 meals:

protein powder
10 1/2 scoop (1/3 cup ea) (326g)
water
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.

