

Meal Plan - 1500 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

1521 cals ● 125g protein (33%) ● 47g fat (28%) ● 122g carbs (32%) ● 28g fiber (7%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs

1 egg(s)- 80 cals



Avocado toast

1 slice(s)- 168 cals

Snacks

140 cals, 20g protein, 8g net carbs, 3g fat



Protein greek yogurt

1 container- 139 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

530 cals, 32g protein, 34g net carbs, 26g fat



Tomato and avocado salad

176 cals



Fruit juice

3/4 cup(s)- 86 cals



Vegan sausage

1 sausage(s)- 268 cals

Dinner

440 cals, 26g protein, 65g net carbs, 2g fat



Bbq cauliflower wings

268 cals



Lentils

174 cals

Day 2

1531 cals ● 119g protein (31%) ● 53g fat (31%) ● 114g carbs (30%) ● 31g fiber (8%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs

1 egg(s)- 80 cals



Avocado toast

1 slice(s)- 168 cals

Snacks

140 cals, 20g protein, 8g net carbs, 3g fat



Protein greek yogurt

1 container- 139 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

530 cals, 32g protein, 34g net carbs, 26g fat



Tomato and avocado salad

176 cals



Fruit juice

3/4 cup(s)- 86 cals



Vegan sausage

1 sausage(s)- 268 cals

Dinner

450 cals, 20g protein, 58g net carbs, 9g fat



White rice

3/8 cup rice, cooked- 82 cals



Teriyaki chickpea stir fry

369 cals

Day 3

1438 cals ● 102g protein (28%) ● 49g fat (31%) ● 122g carbs (34%) ● 25g fiber (7%)

Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



Basic fried eggs

1 egg(s)- 80 cals



Avocado toast

1 slice(s)- 168 cals

Snacks

140 cals, 20g protein, 8g net carbs, 3g fat



Protein greek yogurt

1 container- 139 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

435 cals, 15g protein, 42g net carbs, 22g fat



Caesar pasta salad

288 cals



Milk

1 cup(s)- 149 cals

Dinner

450 cals, 20g protein, 58g net carbs, 9g fat



White rice

3/8 cup rice, cooked- 82 cals



Teriyaki chickpea stir fry

369 cals

Day 4

1536 cals ● 94g protein (25%) ● 44g fat (26%) ● 164g carbs (43%) ● 25g fiber (7%)

Breakfast

275 cals, 15g protein, 34g net carbs, 7g fat



Kefir

150 cals



Boiled eggs

1 egg(s)- 69 cals



Grapes

58 cals

Snacks

230 cals, 6g protein, 37g net carbs, 5g fat



Bell pepper strips and hummus

85 cals



Fruit juice

1 1/4 cup(s)- 143 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

435 cals, 15g protein, 42g net carbs, 22g fat



Caesar pasta salad

288 cals



Milk

1 cup(s)- 149 cals

Dinner

430 cals, 22g protein, 50g net carbs, 10g fat



Tomato cucumber salad

71 cals



Apple

1 apple(s)- 105 cals



Veggie burger patty

2 patty- 254 cals

Day 5

1506 cals ● 114g protein (30%) ● 32g fat (19%) ● 165g carbs (44%) ● 24g fiber (6%)

Breakfast

275 cals, 15g protein, 34g net carbs, 7g fat



Kefir

150 cals



Boiled eggs

1 egg(s)- 69 cals



Grapes

58 cals

Snacks

230 cals, 6g protein, 37g net carbs, 5g fat



Bell pepper strips and hummus

85 cals



Fruit juice

1 1/4 cup(s)- 143 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

405 cals, 34g protein, 43g net carbs, 10g fat



Teriyaki seitan wings

4 oz seitan- 297 cals



White rice

1/2 cup rice, cooked- 109 cals

Dinner

430 cals, 22g protein, 50g net carbs, 10g fat



Tomato cucumber salad

71 cals



Apple

1 apple(s)- 105 cals



Veggie burger patty

2 patty- 254 cals

Day 6

1468 cals ● 112g protein (30%) ● 40g fat (25%) ● 138g carbs (38%) ● 26g fiber (7%)

Breakfast

265 cals, 7g protein, 39g net carbs, 7g fat



Nectarine

1 nectarine(s)- 70 cals



Medium toasted bagel with butter

1/2 bagel(s)- 196 cals

Snacks

145 cals, 17g protein, 9g net carbs, 4g fat



Cucumber slices

1/4 cucumber- 15 cals



Protein shake (milk)

129 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

405 cals, 34g protein, 43g net carbs, 10g fat



Teriyaki seitan wings

4 oz seitan- 297 cals



White rice

1/2 cup rice, cooked- 109 cals

Dinner

490 cals, 17g protein, 46g net carbs, 18g fat



Smashed black bean tacos

2 taco(s)- 417 cals



Tomato cucumber salad

71 cals

Day 7

1528 cal ● 106g protein (28%) ● 38g fat (22%) ● 159g carbs (42%) ● 32g fiber (8%)

Breakfast

265 cal, 7g protein, 39g net carbs, 7g fat



Nectarine

1 nectarine(s)- 70 cal



Medium toasted bagel with butter

1/2 bagel(s)- 196 cal

Snacks

145 cal, 17g protein, 9g net carbs, 4g fat



Cucumber slices

1/4 cucumber- 15 cal



Protein shake (milk)

129 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Lunch

465 cal, 28g protein, 64g net carbs, 8g fat



Lowfat yogurt

1 container(s)- 181 cal



Teriyaki seitan with veggies and rice

169 cal



Easy chickpea salad

117 cal

Dinner

490 cal, 17g protein, 46g net carbs, 18g fat



Smashed black bean tacos

2 taco(s)- 417 cal



Tomato cucumber salad

71 cal

Vegetables and Vegetable Products

- ☐ onion
1/4 medium (2-1/2" dia) (31g)
- ☐ tomatoes
3 2/3 medium whole (2-3/5" dia) (450g)
- ☐ cauliflower
1 head small (4" dia.) (265g)
- ☐ frozen mixed veggies
2/3 lbs (320g)
- ☐ kale leaves
1/6 bunch (28g)
- ☐ red onion
1 small (70g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (452g)
- ☐ bell pepper
1 medium (119g)
- ☐ fresh cilantro
4 tsp, chopped (4g)
- ☐ fresh parsley
3/4 sprigs (1g)

Fruits and Fruit Juices

- ☐ lime juice
1 1/6 fl oz (36mL)
- ☐ avocados
2 avocado(s) (436g)
- ☐ fruit juice
32 fl oz (960mL)
- ☐ grapes
2 cup (184g)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)

Fats and Oils

- ☐ olive oil
1/2 tbsp (8mL)
- ☐ oil
1 oz (34mL)
- ☐ caesar salad dressing
2 3/4 tbsp (39g)
- ☐ salad dressing
4 tbsp (60mL)

Spices and Herbs

Dairy and Egg Products

- ☐ eggs
5 large (250g)
- ☐ parmesan cheese
4 tsp (8g)
- ☐ whole milk
3 cup(s) (720mL)
- ☐ kefir, flavored
2 cup (480mL)
- ☐ butter
1 tbsp (14g)
- ☐ nonfat greek yogurt, plain
2 2/3 tbsp (47g)
- ☐ lowfat flavored yogurt
1 container (6 oz) (170g)

Baked Products

- ☐ bread
3 slice (96g)
- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ corn tortillas
4 tortilla, medium (approx 6" dia) (104g)

Beverages

- ☐ protein powder
11 1/2 scoop (1/3 cup ea) (357g)
- ☐ water
13 cup (3072mL)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
4 tbsp (72g)
- ☐ hot sauce
1/2 tbsp (7mL)
- ☐ apple cider vinegar
1/4 tbsp (0mL)

Legumes and Legume Products

- ☐ lentils, raw
4 tbsp (48g)
- ☐ chickpeas, canned
1 1/4 can(s) (560g)
- ☐ hummus
1/3 cup (81g)
- ☐ black beans
2/3 can(s) (293g)

- ☐ **garlic powder**
3 dash (1g)
- ☐ **salt**
1 tsp (5g)
- ☐ **black pepper**
1/2 tsp, ground (1g)
- ☐ **oregano, dried**
1/3 tsp, leaves (0g)
- ☐ **balsamic vinegar**
1/4 tbsp (4mL)

Other

- ☐ **vegan sausage**
2 sausage (200g)
 - ☐ **nutritional yeast**
4 tbsp (15g)
 - ☐ **protein greek yogurt, flavored**
3 container (450g)
 - ☐ **teriyaki sauce**
1/3 lbs (130mL)
 - ☐ **veggie burger patty**
4 patty (284g)
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Cereal Grains and Pasta

- ☐ **long-grain white rice**
2/3 cup (119g)
- ☐ **uncooked dry pasta**
2 3/4 oz (76g)
- ☐ **seitan**
9 1/2 oz (269g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Basic fried eggs

1 egg(s) - 80 cals ● 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.

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 3 meals:

bread

3 slice (96g)

avocados, ripe, sliced

3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

kefir, flavored
1 cup (240mL)

For all 2 meals:

kefir, flavored
2 cup (480mL)

1. Pour into a glass and drink.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

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.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

onion
3/4 tbsp minced (11g)
lime juice
3/4 tbsp (11mL)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
avocados, cubed
3/8 avocado(s) (75g)
tomatoes, diced
3/8 medium whole (2-3/5" dia)
(46g)

For all 2 meals:

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.

Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

fruit juice
6 fl oz (180mL)

For all 2 meals:

fruit juice
12 fl oz (360mL)

1. The recipe has no instructions.

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.

Lunch 2 [🔗](#)

Eat on day 3 and day 4

Caesar pasta salad

288 cals ● 7g protein ● 14g fat ● 30g carbs ● 2g fiber



For single meal:

uncooked dry pasta
1 1/3 oz (38g)
tomatoes
4 tbsp cherry tomatoes (37g)
olive oil
1/4 tsp (1mL)
kale leaves
1/8 bunch (14g)
parmesan cheese
2 tsp (4g)
caesar salad dressing
4 tsp (20g)
salt
2/3 dash (0g)
black pepper
2/3 dash, ground (0g)

For all 2 meals:

uncooked dry pasta
2 2/3 oz (76g)
tomatoes
1/2 cup cherry tomatoes (75g)
olive oil
1/2 tsp (3mL)
kale leaves
1/6 bunch (28g)
parmesan cheese
4 tsp (8g)
caesar salad dressing
2 2/3 tbsp (39g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)

1. Cook pasta according to package. Drain and place in bowl and let cool completely.
2. Preheat oven to 425 F (220 C).
3. Toss tomatoes with olive oil and place on baking tray. Cook for 8-10 minutes until soft and bursting. Remove and let cool.
4. Rip kale into pieces and add to the cooled pasta.
5. Add tomatoes, salt and pepper into pasta bowl and mix.
6. Refrigerate bowl.
7. Serve with parmesan and dressing.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

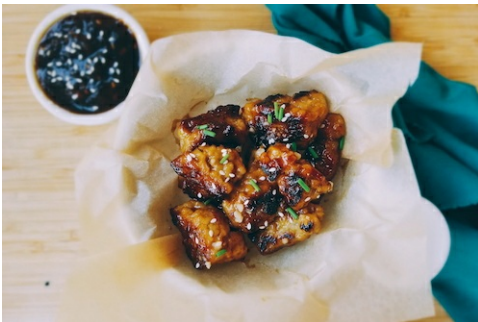
1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Teriyaki seitan wings

4 oz seitan - 297 cal ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



For single meal:

seitan
4 oz (113g)
oil
1/2 tbsp (8mL)
teriyaki sauce
2 tbsp (30mL)

For all 2 meals:

seitan
1/2 lbs (227g)
oil
1 tbsp (15mL)
teriyaki sauce
4 tbsp (60mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

White rice

1/2 cup rice, cooked - 109 cal ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

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.

Lunch 4 [↗](#)

Eat on day 7

Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



Makes 1 container(s)

lowfat flavored yogurt
1 container (6 oz) (170g)

1. The recipe has no instructions.

Teriyaki seitan with veggies and rice

169 cal ● 14g protein ● 3g fat ● 19g carbs ● 2g fiber



oil
3/8 tsp (2mL)
teriyaki sauce
2 tsp (10mL)
frozen mixed veggies
1/8 package (10 oz ea) (36g)
long-grain white rice
1 tbsp (12g)
seitan, cut into strips
1 1/2 oz (43g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



balsamic vinegar

1/4 tbsp (4mL)

apple cider vinegar

1/4 tbsp (0mL)

chickpeas, canned, drained and rinsed

1/4 can(s) (112g)

onion, thinly sliced

1/8 small (9g)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

fresh parsley, chopped

3/4 sprigs (1g)

1. Add all ingredients to a bowl and toss. Serve!

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Protein greek yogurt

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



For single meal:

protein greek yogurt, flavored

1 container (150g)

For all 3 meals:

protein greek yogurt, flavored

3 container (450g)

1. Enjoy.
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Snacks 2 [🔗](#)

Eat on day 4 and day 5

Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

hummus
2 1/2 tbsp (41g)
bell pepper
1/2 medium (60g)

For all 2 meals:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



For single meal:

fruit juice
10 fl oz (300mL)

For all 2 meals:

fruit juice
20 fl oz (600mL)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber

1/4 cucumber (8-1/4") (75g)

For all 2 meals:

cucumber

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

1. Slice cucumber into rounds and serve.
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Protein shake (milk)

129 cal ● 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.
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Dinner 1 [↗](#)

Eat on day 1

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 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.

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.

Dinner 2 [↗](#)

Eat on day 2 and day 3

White rice

3/8 cup rice, cooked - 82 cal ● 2g protein ● 0g fat ● 18g carbs ● 0g fiber



For single meal:

water
1/4 cup(s) (59mL)
long-grain white rice
2 tbsp (23g)

For all 2 meals:

water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

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.
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Teriyaki chickpea stir fry

369 cal ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



For single meal:

frozen mixed veggies
1/2 10oz package (142g)
oil
1/4 tbsp (4mL)
teriyaki sauce
2 tbsp (30mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)

For all 2 meals:

frozen mixed veggies
1 10oz package (284g)
oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
 2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
 3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.
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Dinner 3 [↗](#)

Eat on day 4 and day 5

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

salad dressing
1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia)
(62g)

For all 2 meals:

salad dressing
2 tbsp (30mL)
red onion, thinly sliced
1/2 small (35g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

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 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



For single meal:

veggie burger patty
2 patty (142g)

For all 2 meals:

veggie burger patty
4 patty (284g)

1. Cook burger according to package instructions.
2. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Smashed black bean tacos

2 taco(s) - 417 cals ● 16g protein ● 15g fat ● 38g carbs ● 18g fiber



For single meal:

corn tortillas

2 tortilla, medium (approx 6" dia)
(52g)

hot sauce

1/4 tbsp (3mL)

water

4 tsp (20mL)

oregano, dried

1 1/3 dash, leaves (0g)

nonfat greek yogurt, plain

4 tsp (23g)

lime juice

1/2 tbsp (7mL)

oil

1/4 tbsp (3mL)

avocados, sliced

1/3 avocado(s) (67g)

fresh cilantro, chopped

2 tsp, chopped (2g)

black beans, drained & rinsed

1/3 can(s) (146g)

For all 2 meals:

corn tortillas

4 tortilla, medium (approx 6" dia)
(104g)

hot sauce

1/2 tbsp (7mL)

water

2 2/3 tbsp (40mL)

oregano, dried

1/3 tsp, leaves (0g)

nonfat greek yogurt, plain

2 2/3 tbsp (47g)

lime juice

2 2/3 tsp (13mL)

oil

1/2 tbsp (7mL)

avocados, sliced

2/3 avocado(s) (134g)

fresh cilantro, chopped

4 tsp, chopped (4g)

black beans, drained & rinsed

2/3 can(s) (293g)

1. Make the crema by mixing the greek yogurt, lime juice, just half of the oil, just half of the cilantro, and some salt and pepper in a small bowl. Set aside.
2. Combine black beans, oregano, water, hot sauce, the remaining oil, and some salt in a saucepan over medium heat. Cook until beans are heated through, 3-5 minutes.
3. Turn off heat. Mash about 75% of the beans with the back of a fork.
4. Spread beans on tortillas. Top with avocado, crema, and remaining cilantro. Serve.

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salad dressing

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red onion, thinly sliced

1/4 small (18g)

cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia)
(62g)

For all 2 meals:

salad dressing

2 tbsp (30mL)

red onion, thinly sliced

1/2 small (35g)

cucumber, thinly sliced

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

tomatoes, thinly sliced

1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

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.
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