

# Meal Plan - 1600 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

1621 cals ● 100g protein (25%) ● 55g fat (30%) ● 158g carbs (39%) ● 24g fiber (6%)

### Breakfast

265 cals, 15g protein, 10g net carbs, 17g fat



#### Chili and cheese omelet

217 cals



#### Blueberries

1/2 cup(s)- 47 cals

### Snacks

225 cals, 11g protein, 40g net carbs, 2g fat



#### Cottage cheese & honey

1/4 cup(s)- 62 cals



#### Pretzels

165 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

### Lunch

465 cals, 23g protein, 62g net carbs, 10g fat



#### Lentil & tomato pasta

316 cals



#### Milk

1 cup(s)- 149 cals

### Dinner

500 cals, 14g protein, 44g net carbs, 25g fat



#### Spicy peanut & bean curry over rice

264 cals



#### Simple mixed greens salad

237 cals

## Day 2

1572 cals ● 107g protein (27%) ● 45g fat (26%) ● 164g carbs (42%) ● 20g fiber (5%)

### Breakfast

265 cals, 15g protein, 10g net carbs, 17g fat



#### Chili and cheese omelet

217 cals



#### Blueberries

1/2 cup(s)- 47 cals

### Snacks

225 cals, 11g protein, 40g net carbs, 2g fat



#### Cottage cheese & honey

1/4 cup(s)- 62 cals



#### Pretzels

165 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

### Lunch

465 cals, 23g protein, 62g net carbs, 10g fat



#### Lentil & tomato pasta

316 cals



#### Milk

1 cup(s)- 149 cals

### Dinner

455 cals, 22g protein, 50g net carbs, 15g fat



#### Orange

1 orange(s)- 85 cals



#### Chik'n nuggets

6 2/3 nuggets- 368 cals

## Day 3

1586 cals ● 111g protein (28%) ● 81g fat (46%) ● 86g carbs (22%) ● 18g fiber (5%)

### Breakfast

245 cals, 14g protein, 17g net carbs, 12g fat



#### Orange

1 orange(s)- 85 cals



#### Basic scrambled eggs

2 egg(s)- 159 cals

### Snacks

235 cals, 15g protein, 9g net carbs, 15g fat



#### Cheese and guac tacos

1 taco(s)- 175 cals



#### Cottage cheese & honey

1/4 cup(s)- 62 cals

### Lunch

455 cals, 27g protein, 39g net carbs, 21g fat



#### Crispy chik'n tenders

6 tender(s)- 343 cals



#### Simple mixed greens and tomato salad

113 cals

### Dinner

485 cals, 19g protein, 20g net carbs, 32g fat



#### Cajun tofu

196 cals



#### Olive oil drizzled green beans

289 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

## Day 4

1586 cals ● 111g protein (28%) ● 81g fat (46%) ● 86g carbs (22%) ● 18g fiber (5%)

### Breakfast

245 cals, 14g protein, 17g net carbs, 12g fat



**Orange**  
1 orange(s)- 85 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Snacks

235 cals, 15g protein, 9g net carbs, 15g fat



**Cheese and guac tacos**  
1 taco(s)- 175 cals



**Cottage cheese & honey**  
1/4 cup(s)- 62 cals

### Lunch

455 cals, 27g protein, 39g net carbs, 21g fat



**Crispy chik'n tenders**  
6 tender(s)- 343 cals



**Simple mixed greens and tomato salad**  
113 cals

### Dinner

485 cals, 19g protein, 20g net carbs, 32g fat



**Cajun tofu**  
196 cals



**Olive oil drizzled green beans**  
289 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 5

1609 cals ● 125g protein (31%) ● 63g fat (35%) ● 105g carbs (26%) ● 31g fiber (8%)

### Breakfast

245 cals, 14g protein, 17g net carbs, 12g fat



**Orange**  
1 orange(s)- 85 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Lunch

490 cals, 29g protein, 58g net carbs, 11g fat



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals



**Grapefruit**  
1 grapefruit- 119 cals

### Snacks

195 cals, 8g protein, 12g net carbs, 12g fat



**Milk**  
1/2 cup(s)- 75 cals



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals

### Dinner

520 cals, 38g protein, 17g net carbs, 27g fat



**Basic tempeh**  
6 oz- 443 cals



**Simple mixed greens and tomato salad**  
76 cals

### Protein Supplement(s)

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



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 6

1650 cals ● 106g protein (26%) ● 54g fat (30%) ● 137g carbs (33%) ● 47g fiber (11%)

### Breakfast

310 cals, 8g protein, 37g net carbs, 5g fat



#### High fiber cereal

227 cals



#### Orange

1 orange(s)- 85 cals

### Snacks

195 cals, 8g protein, 12g net carbs, 12g fat



#### Milk

1/2 cup(s)- 75 cals



#### Rice cakes with peanut butter

1/2 cake(s)- 120 cals

### Lunch

490 cals, 29g protein, 58g net carbs, 11g fat



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

1 1/2 can(s)- 371 cals



#### Grapefruit

1 grapefruit- 119 cals

### Dinner

490 cals, 25g protein, 29g net carbs, 26g fat



#### Easy chickpea salad

234 cals



#### Basic tofu

6 oz- 257 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

## Day 7

1646 cals ● 107g protein (26%) ● 56g fat (31%) ● 129g carbs (31%) ● 49g fiber (12%)

### Breakfast

310 cals, 8g protein, 37g net carbs, 5g fat



#### High fiber cereal

227 cals



#### Orange

1 orange(s)- 85 cals

### Snacks

195 cals, 8g protein, 12g net carbs, 12g fat



#### Milk

1/2 cup(s)- 75 cals



#### Rice cakes with peanut butter

1/2 cake(s)- 120 cals

### Lunch

485 cals, 30g protein, 50g net carbs, 12g fat



#### Bbq tempeh wrap

1 wrap(s)- 472 cals



#### Carrot sticks

1/2 carrot(s)- 14 cals

### Dinner

490 cals, 25g protein, 29g net carbs, 26g fat



#### Easy chickpea salad

234 cals



#### Basic tofu

6 oz- 257 cals

### Protein Supplement(s)

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



#### Protein shake

1 1/2 scoop- 164 cals

# Grocery List



## Cereal Grains and Pasta

- uncooked dry pasta  
2 1/4 oz (64g)
- long-grain white rice  
4 tsp (15g)

## Legumes and Legume Products

- lentils, raw  
6 tbsp (72g)
- peanut butter  
1/4 cup (56g)
- kidney beans  
1/4 can (112g)
- firm tofu  
1 1/2 lbs (695g)
- tempeh  
10 oz (284g)
- chickpeas, canned  
1 can(s) (448g)

## Vegetables and Vegetable Products

- canned crushed tomatoes  
1/2 can (203g)
- tomato paste  
1/2 tbsp (8g)
- carrots  
1 medium (61g)
- garlic  
1 1/4 clove(s) (4g)
- onion  
1 medium (2-1/2" dia) (100g)
- tomatoes  
3 medium whole (2-3/5" dia) (360g)
- ketchup  
1/3 cup (79g)
- frozen green beans  
5 1/3 cup (645g)
- fresh parsley  
3 sprigs (3g)
- bell pepper  
1/2 small (37g)

## Beverages

- water  
11 cup(s) (2652mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)

## Fats and Oils

- oil  
2 1/3 oz (71mL)
- olive oil  
1/4 cup (50mL)
- salad dressing  
2/3 cup (169mL)

## Dairy and Egg Products

- whole milk  
4 1/2 cup(s) (1080mL)
- cheddar cheese  
2 1/2 oz (71g)
- eggs  
10 large (500g)
- low fat cottage cheese (1% milkfat)  
1 cup (226g)

## Fruits and Fruit Juices

- blueberries  
1 cup (148g)
- orange  
6 orange (924g)
- Grapefruit  
2 large (approx 4-1/2" dia) (664g)

## Other

- mixed greens  
11 1/4 cup (338g)
- vegan chick'n nuggets  
6 2/3 nuggets (143g)
- meatless chick'n tenders  
12 pieces (306g)
- guacamole, store-bought  
4 tbsp (62g)
- high fiber cereal  
1 1/3 cup (80g)
- coleslaw mix  
1 cup (90g)

## Sweets

- honey  
4 tsp (28g)

## Snacks

## Spices and Herbs

- paprika  
2 dash (1g)
- ground cumin  
5 dash (1g)
- chili powder  
1 tsp (3g)
- ground coriander  
1 tsp (2g)
- crushed red pepper  
1 dash (0g)
- cajun seasoning  
1 1/4 tsp (3g)
- black pepper  
4 dash (0g)
- salt  
4 dash (2g)
- balsamic vinegar  
1 tbsp (15mL)

## Snacks

- pretzels, hard, salted  
3 oz (85g)
- rice cakes, any flavor  
1 1/2 cakes (14g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)
- apple cider vinegar  
1 tbsp (1mL)
- barbecue sauce  
2 tbsp (34g)

## Baked Products

- flour tortillas  
1 tortilla (approx 7-8" dia) (49g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Chili and cheese omelet

217 cals ● 15g protein ● 17g fat ● 1g carbs ● 1g fiber



For single meal:

**olive oil**  
1 tsp (5mL)  
**chili powder**  
4 dash (1g)  
**ground coriander**  
4 dash (1g)  
**cheddar cheese**  
1 tbsp, shredded (7g)  
**eggs, beaten**  
2 large (100g)

For all 2 meals:

**olive oil**  
2 tsp (10mL)  
**chili powder**  
1 tsp (3g)  
**ground coriander**  
1 tsp (2g)  
**cheddar cheese**  
2 tbsp, shredded (14g)  
**eggs, beaten**  
4 large (200g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

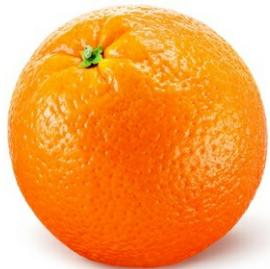
1. Rinse off blueberries and serve.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 3 meals:

**orange**  
3 orange (462g)

1. The recipe has no instructions.

### Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 3 meals:

**oil**  
1/2 tbsp (8mL)  
**eggs**  
6 large (300g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

## Breakfast 3 ↗

Eat on day 6 and day 7

### High fiber cereal

227 cals ● 7g protein ● 5g fat ● 21g carbs ● 18g fiber



For single meal:

**high fiber cereal**  
2/3 cup (40g)  
**whole milk**  
1/2 cup(s) (120mL)

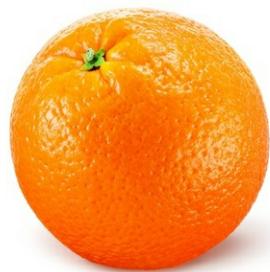
For all 2 meals:

**high fiber cereal**  
1 1/3 cup (80g)  
**whole milk**  
1 cup(s) (240mL)

1. Add cereal and milk to a bowl and serve.

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1 and day 2

### Lentil & tomato pasta

316 cals ● 15g protein ● 2g fat ● 51g carbs ● 8g fiber



For single meal:

**uncooked dry pasta**  
1 oz (32g)  
**lentils, raw**  
3 tbsp (36g)  
**canned crushed tomatoes**  
1/4 can (101g)  
**water**  
1/4 cup(s) (52mL)  
**paprika**  
1 dash (0g)  
**ground cumin**  
1 dash (0g)  
**oil**  
1/6 tsp (1mL)  
**tomato paste**  
1/4 tbsp (4g)  
**carrots, chopped**  
1/4 medium (15g)  
**garlic, minced**  
1/4 clove(s) (1g)  
**onion, diced**  
1/8 large (19g)

For all 2 meals:

**uncooked dry pasta**  
2 1/4 oz (64g)  
**lentils, raw**  
6 tbsp (72g)  
**canned crushed tomatoes**  
1/2 can (203g)  
**water**  
1/2 cup(s) (104mL)  
**paprika**  
2 dash (1g)  
**ground cumin**  
2 dash (1g)  
**oil**  
3/8 tsp (2mL)  
**tomato paste**  
1/2 tbsp (8g)  
**carrots, chopped**  
1/2 medium (31g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**onion, diced**  
1/4 large (38g)

1. Heat oil in a large pot over medium heat. Add onions, garlic, and carrots. Saute for about 10 minutes or until the vegetables have softened.
2. Stir in cumin and paprika and toast for about 1 minute, until fragrant.
3. Stir in tomato paste, crushed tomatoes, water, and lentils.
4. Bring to a simmer and cover. Cook for about 30-35 minutes until lentils are soft. Add more water if necessary.
5. Meanwhile, cook pasta according to its package and set aside.
6. Mix pasta and sauce together and serve.

### 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 2 ↗

Eat on day 3 and day 4

### Crispy chick'n tenders

6 tender(s) - 343 cals ● 24g protein ● 14g fat ● 31g carbs ● 0g fiber



For single meal:

**meatless chick'n tenders**  
6 pieces (153g)

**ketchup**  
1 1/2 tbsp (26g)

For all 2 meals:

**meatless chick'n tenders**  
12 pieces (306g)  
**ketchup**  
3 tbsp (51g)

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

### Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)  
**salad dressing**  
1/4 cup (68mL)

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

## Lunch 3 ↗

Eat on day 5 and day 6

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

1 1/2 can (~19 oz) (789g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

**Grapefruit**

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

For all 2 meals:

**Grapefruit**

2 large (approx 4-1/2" dia) (664g)

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)

## Lunch 4 ↗

Eat on day 7

### Bbq tempeh wrap

1 wrap(s) - 472 cals ● 29g protein ● 12g fat ● 48g carbs ● 13g fiber



Makes 1 wrap(s)

**barbecue sauce**  
2 tbsp (34g)  
**coleslaw mix**  
1 cup (90g)  
**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**oil**  
1/2 tsp (3mL)  
**tempeh, cut into strips**  
4 oz (113g)  
**bell pepper, deseeded and sliced**  
1/2 small (37g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.

### Carrot sticks

1/2 carrot(s) - 14 cals ● 0g protein ● 0g fat ● 2g carbs ● 1g fiber



Makes 1/2 carrot(s)

**carrots**  
1/2 medium (31g)

1. Cut carrots into strips and serve.

## Snacks 1 ↗

Eat on day 1 and day 2

### 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.

### Pretzels

165 cals ● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



For single meal:

**pretzels, hard, salted**  
1 1/2 oz (43g)

For all 2 meals:

**pretzels, hard, salted**  
3 oz (85g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3 and day 4

### Cheese and guac tacos

1 taco(s) - 175 cals ● 8g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**cheddar cheese**  
4 tbsp, shredded (28g)  
**guacamole, store-bought**  
2 tbsp (31g)

For all 2 meals:

**cheddar cheese**  
1/2 cup, shredded (57g)  
**guacamole, store-bought**  
4 tbsp (62g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

### 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.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### 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.

### Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

**peanut butter**  
1 tbsp (16g)  
**rice cakes, any flavor**  
1/2 cakes (5g)

For all 3 meals:

**peanut butter**  
3 tbsp (48g)  
**rice cakes, any flavor**  
1 1/2 cakes (14g)

1. Spread peanut butter over top of rice cake.

## Dinner 1 ↗

Eat on day 1

### Spicy peanut & bean curry over rice

264 cals ● 10g protein ● 9g fat ● 30g carbs ● 7g fiber



#### ground cumin

3 dash (1g)

#### water

1/4 cup(s) (59mL)

#### peanut butter

1/2 tbsp (8g)

#### long-grain white rice

4 tsp (15g)

#### crushed red pepper

1 dash (0g)

#### oil

1/4 tbsp (4mL)

#### tomatoes, chopped

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

#### kidney beans, drained and rinsed

1/4 can (112g)

#### onion, diced

1/4 medium (2-1/2" dia) (28g)

#### garlic, diced

3/4 clove(s) (2g)

1. Cook rice according to package instructions. Set aside.
2. Heat oil in a large skillet over medium heat. Add onions and garlic and sauté until softened, about 10 minutes.
3. Add in tomatoes, cumin, crushed red pepper, and a hefty pinch of salt. Feel free to add more/less crushed red pepper depending on your preferred spice level. Stir and toast spices, about 1 minute.
4. Add in kidney beans, water, and peanut butter. Stir peanut butter into the water and break it apart and turn it into a sauce-like consistency. Cook for 5-8 more minutes until beans are heated through and sauce is bubbly.
5. Add rice to a plate and spoon the curry on top. Serve.

### Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



#### mixed greens

5 1/4 cup (158g)

#### salad dressing

1/3 cup (79mL)

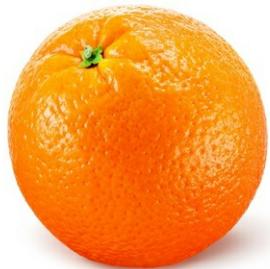
1. Mix greens and dressing in a small bowl. Serve.

## Dinner 2

Eat on day 2

### Orange

1 orange(s) - 85 cals  1g protein  0g fat  16g carbs  3g fiber



Makes 1 orange(s)

**orange**

1 orange (154g)

1. The recipe has no instructions.

### 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.

## Dinner 3

Eat on day 3 and day 4

### Cajun tofu

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



For single meal:

**cajun seasoning**

5 dash (1g)

**oil**

1 1/4 tsp (6mL)

**firm tofu, patted dry & cubed**

6 1/4 oz (177g)

For all 2 meals:

**cajun seasoning**

1 1/4 tsp (3g)

**oil**

2 1/2 tsp (13mL)

**firm tofu, patted dry & cubed**

3/4 lbs (354g)

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.

### Olive oil drizzled green beans

289 cals  6g protein  19g fat  16g carbs  8g fiber



For single meal:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen green beans**  
2 2/3 cup (323g)  
**olive oil**  
4 tsp (20mL)

For all 2 meals:

**black pepper**  
4 dash (0g)  
**salt**  
4 dash (2g)  
**frozen green beans**  
5 1/3 cup (645g)  
**olive oil**  
2 2/3 tbsp (40mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

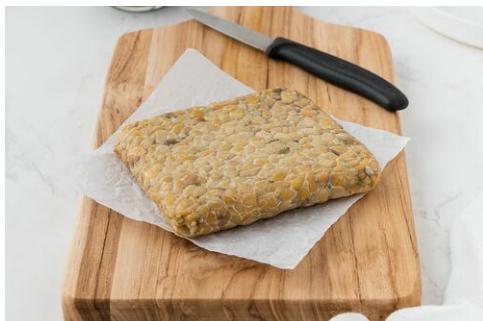
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## Dinner 4 ↗

Eat on day 5

### Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

**tempeh**  
6 oz (170g)  
**oil**  
1 tbsp (15mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Dinner 5 ↗

Eat on day 6 and day 7

### Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

**balsamic vinegar**  
1/2 tbsp (8mL)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**chickpeas, canned, drained and rinsed**  
1/2 can(s) (224g)  
**onion, thinly sliced**  
1/4 small (18g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**fresh parsley, chopped**  
1 1/2 sprigs (2g)

For all 2 meals:

**balsamic vinegar**  
1 tbsp (15mL)  
**apple cider vinegar**  
1 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 can(s) (448g)  
**onion, thinly sliced**  
1/2 small (35g)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**fresh parsley, chopped**  
3 sprigs (3g)

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

### Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**firm tofu**  
6 oz (170g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**firm tofu**  
3/4 lbs (340g)

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

1 1/2 scoop - 164 cals ● 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.