

Meal Plan - 1800 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

1807 cals ● 119g protein (26%) ● 58g fat (29%) ● 173g carbs (38%) ● 31g fiber (7%)

Breakfast

285 cals, 17g protein, 14g net carbs, 18g fat



String cheese

1 stick(s)- 83 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

225 cals, 7g protein, 25g net carbs, 8g fat



Orange

1 orange(s)- 85 cals



Sunflower seeds

90 cals



Strawberries

1 cup(s)- 52 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

585 cals, 22g protein, 69g net carbs, 22g fat



Belizean rice & beans

362 cals



Milk

1 1/2 cup(s)- 224 cals

Dinner

545 cals, 37g protein, 64g net carbs, 10g fat



Easy chickpea salad

117 cals



Chik'n stir fry

427 cals

Day 2

1807 cals ● 119g protein (26%) ● 58g fat (29%) ● 173g carbs (38%) ● 31g fiber (7%)

Breakfast

285 cals, 17g protein, 14g net carbs, 18g fat



String cheese

1 stick(s)- 83 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

225 cals, 7g protein, 25g net carbs, 8g fat



Orange

1 orange(s)- 85 cals



Sunflower seeds

90 cals



Strawberries

1 cup(s)- 52 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

585 cals, 22g protein, 69g net carbs, 22g fat



Belizean rice & beans

362 cals



Milk

1 1/2 cup(s)- 224 cals

Dinner

545 cals, 37g protein, 64g net carbs, 10g fat



Easy chickpea salad

117 cals



Chik'n stir fry

427 cals

Day 3

1790 cals ● 123g protein (27%) ● 75g fat (38%) ● 126g carbs (28%) ● 29g fiber (6%)

Breakfast

285 cals, 17g protein, 14g net carbs, 18g fat



String cheese

1 stick(s)- 83 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

225 cals, 7g protein, 25g net carbs, 8g fat



Orange

1 orange(s)- 85 cals



Sunflower seeds

90 cals



Strawberries

1 cup(s)- 52 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

575 cals, 33g protein, 39g net carbs, 29g fat



Lentils

231 cals



Basic tofu

8 oz- 342 cals

Dinner

540 cals, 30g protein, 48g net carbs, 21g fat



Chunky canned soup (non-creamy)

1 can(s)- 247 cals



Lentil kale salad

292 cals

Day 4

1785 cals ● 126g protein (28%) ● 65g fat (33%) ● 137g carbs (31%) ● 36g fiber (8%)

Breakfast

255 cals, 18g protein, 23g net carbs, 7g fat



Carrots and hummus
123 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

255 cals, 9g protein, 26g net carbs, 8g fat



Orange
1 orange(s)- 85 cals



Bell pepper strips and hummus
170 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

575 cals, 33g protein, 39g net carbs, 29g fat



Lentils
231 cals



Basic tofu
8 oz- 342 cals

Dinner

540 cals, 30g protein, 48g net carbs, 21g fat



Chunky canned soup (non-cream)
1 can(s)- 247 cals



Lentil kale salad
292 cals

Day 5

1813 cals ● 131g protein (29%) ● 66g fat (33%) ● 138g carbs (30%) ● 36g fiber (8%)

Breakfast

255 cals, 18g protein, 23g net carbs, 7g fat



Carrots and hummus
123 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

255 cals, 9g protein, 26g net carbs, 8g fat



Orange
1 orange(s)- 85 cals



Bell pepper strips and hummus
170 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

540 cals, 44g protein, 23g net carbs, 29g fat



Vegan bangers and cauliflower mash
1 1/2 sausage link(s)- 541 cals

Dinner

600 cals, 24g protein, 64g net carbs, 21g fat



Roasted almonds
1/6 cup(s)- 148 cals



Chickpea bowl with spicy yogurt sauce
451 cals

Day 6

1769 cals ● 159g protein (36%) ● 37g fat (19%) ● 163g carbs (37%) ● 38g fiber (8%)

Breakfast

285 cals, 31g protein, 23g net carbs, 7g fat



Protein shake (milk)
129 cals



Carrot sticks
1 carrot(s)- 27 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

175 cals, 29g protein, 10g net carbs, 1g fat



Clementine
1 clementine(s)- 39 cals



Double chocolate protein shake
137 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

545 cals, 40g protein, 64g net carbs, 7g fat



Lentils
289 cals



Veggie burger patty
2 patty- 254 cals

Dinner

600 cals, 24g protein, 64g net carbs, 21g fat



Roasted almonds
1/6 cup(s)- 148 cals



Chickpea bowl with spicy yogurt sauce
451 cals

Day 7

1775 cals ● 170g protein (38%) ● 44g fat (22%) ● 149g carbs (34%) ● 26g fiber (6%)

Breakfast

285 cals, 31g protein, 23g net carbs, 7g fat



Protein shake (milk)
129 cals



Carrot sticks
1 carrot(s)- 27 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

175 cals, 29g protein, 10g net carbs, 1g fat



Clementine
1 clementine(s)- 39 cals



Double chocolate protein shake
137 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

545 cals, 40g protein, 64g net carbs, 7g fat



Lentils
289 cals



Veggie burger patty
2 patty- 254 cals

Dinner

605 cals, 34g protein, 50g net carbs, 28g fat



Milk
1 cup(s)- 149 cals



Simple mixed greens and tomato salad
113 cals



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



Grocery List



Fruits and Fruit Juices

- ☐ orange
5 orange (770g)
- ☐ strawberries
3 cup, whole (432g)
- ☐ lemon juice
1 1/2 tbsp (23mL)
- ☐ clementines
2 fruit (148g)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)
- ☐ coconut milk, canned
6 tbsp (91mL)
- ☐ almonds
2 oz (58g)

Dairy and Egg Products

- ☐ string cheese
3 stick (84g)
- ☐ whole milk
5 cup(s) (1200mL)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)

Snacks

- ☐ high-protein granola bar
3 bar (120g)

Spices and Herbs

- ☐ balsamic vinegar
1/2 tbsp (8mL)
- ☐ crushed red pepper
1/4 tbsp (1g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ salt
3 dash (2g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1/2 tbsp (0mL)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

Cereal Grains and Pasta

- ☐ brown rice
1/2 cup (107g)
- ☐ long-grain white rice
1 cup (185g)

Beverages

- ☐ water
21 1/2 cup(s) (5096mL)
- ☐ protein powder
11 1/2 scoop (1/3 cup ea) (357g)

Other

- ☐ vegan chik'n strips
1/2 lbs (213g)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ sriracha chili sauce
2 tsp (10g)
- ☐ frozen cauliflower
1 cup (128g)
- ☐ vegan sausage
1 1/2 sausage (150g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
- ☐ mixed greens
2 1/4 cup (68g)
- ☐ meatless chik'n tenders
6 pieces (153g)

Fats and Oils

- ☐ oil
2 2/3 oz (82mL)
- ☐ salad dressing
2 1/4 tbsp (34mL)

Sweets

- ☐ cocoa powder
2 tsp (4g)

Legumes and Legume Products

- ☐ chickpeas, canned
1 1/2 can(s) (672g)
- ☐ soy sauce
2 1/2 tbsp (38mL)
- ☐ kidney beans
1/2 can (224g)
- ☐ lentils, raw
2 cup (360g)
- ☐ firm tofu
1 lbs (454g)
- ☐ hummus
1/2 lbs (252g)

Vegetables and Vegetable Products

- ☐ onion
1 1/2 medium (2-1/2" dia) (168g)
 - ☐ tomatoes
14 tbsp cherry tomatoes (130g)
 - ☐ fresh parsley
5/6 bunch (17g)
 - ☐ bell pepper
3 1/2 medium (417g)
 - ☐ carrots
4 1/2 medium (272g)
 - ☐ garlic
3 clove(s) (9g)
 - ☐ red bell pepper
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)
 - ☐ kale leaves
2 1/4 cup, chopped (90g)
 - ☐ baby carrots
24 medium (240g)
 - ☐ ketchup
1 1/2 tbsp (26g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Carrots and hummus

123 cals ● 4g protein ● 5g fat ● 10g carbs ● 6g fiber



For single meal:

hummus
3 tbsp (45g)
baby carrots
12 medium (120g)

For all 2 meals:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

1. Serve carrots with hummus.
-

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

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.

Carrot sticks

1 carrot(s) - 27 cal ● 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.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Lunch 1 [↗](#)

Eat on day 1 and day 2

Belizean rice & beans

362 cal ● 10g protein ● 10g fat ● 51g carbs ● 6g fiber



For single meal:

coconut milk, canned
3 tbsp (45mL)
kidney beans, drained
1/4 can (112g)
water
1/6 cup(s) (44mL)
long-grain white rice
4 tbsp (46g)
garlic, minced
3/4 clove(s) (2g)
onion, chopped
1/8 medium (2-1/2" dia) (14g)
red bell pepper, chopped
1/8 medium (approx 2-3/4" long, 2-1/2 dia.) (15g)

For all 2 meals:

coconut milk, canned
6 tbsp (90mL)
kidney beans, drained
1/2 can (224g)
water
3/8 cup(s) (89mL)
long-grain white rice
1/2 cup (93g)
garlic, minced
1 1/2 clove(s) (5g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
red bell pepper, chopped
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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.

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

oil
4 tsp (20mL)
firm tofu
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
firm tofu
1 lbs (454g)

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.
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Lunch 3 [↗](#)

Eat on day 5

Vegan bangers and cauliflower mash

1 1/2 sausage link(s) - 541 cals ● 44g protein ● 29g fat ● 23g carbs ● 4g fiber



Makes 1 1/2 sausage link(s)

frozen cauliflower

1 cup (128g)

oil

3/4 tbsp (11mL)

vegan sausage

1 1/2 sausage (150g)

onion, thinly sliced

3/4 small (53g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water

1 2/3 cup(s) (395mL)

salt

1 dash (1g)

lentils, raw, rinsed

6 2/3 tbsp (80g)

For all 2 meals:

water

3 1/3 cup(s) (790mL)

salt

1/4 tsp (1g)

lentils, raw, rinsed

13 1/3 tbsp (160g)

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.

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.

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:
sunflower kernels
1/2 oz (14g)

For all 3 meals:
sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:
strawberries
1 cup, whole (144g)

For all 3 meals:
strawberries
3 cup, whole (432g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on 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 2 meals:
orange
2 orange (308g)

1. The recipe has no instructions.

Bell pepper strips and hummus
170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:
hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

For all 2 meals:
hummus
2/3 cup (162g)
bell pepper
2 medium (238g)

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

Double chocolate protein shake

137 cals ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

water
2 cup(s) (474mL)
cocoa powder
2 tsp (4g)
nonfat greek yogurt, plain
4 tbsp (70g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Easy chickpea salad

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



For single meal:

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)

For all 2 meals:

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)

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

Chik'n stir fry

427 cal ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



For single meal:

brown rice
1/4 cup (53g)
water
1/2 cup(s) (133mL)
soy sauce
1 1/4 tbsp (19mL)
vegan chik'n strips
1/4 lbs (106g)
bell pepper, deseeded & cut into thin strips
3/4 medium (89g)
carrots, cut into thin strips
1 1/2 small (5-1/2" long) (75g)

For all 2 meals:

brown rice
1/2 cup (107g)
water
1 cup(s) (267mL)
soy sauce
2 1/2 tbsp (37mL)
vegan chik'n strips
1/2 lbs (213g)
bell pepper, deseeded & cut into thin strips
1 1/2 medium (179g)
carrots, cut into thin strips
3 small (5-1/2" long) (150g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 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.

Lentil kale salad

292 cal ● 12g protein ● 14g fat ● 24g carbs ● 6g fiber



For single meal:

lentils, raw

3 tbsp (36g)

lemon juice

3/4 tbsp (11mL)

almonds

3/4 tbsp, slivered (5g)

oil

3/4 tbsp (11mL)

kale leaves

1 cup, chopped (45g)

crushed red pepper

3 dash (1g)

water

3/4 cup(s) (178mL)

ground cumin

3 dash (1g)

garlic, diced

3/4 clove(s) (2g)

For all 2 meals:

lentils, raw

6 tbsp (72g)

lemon juice

1 1/2 tbsp (23mL)

almonds

1 1/2 tbsp, slivered (10g)

oil

1 1/2 tbsp (23mL)

kale leaves

2 1/4 cup, chopped (90g)

crushed red pepper

1/4 tbsp (1g)

water

1 1/2 cup(s) (356mL)

ground cumin

1/4 tbsp (2g)

garlic, diced

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

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sauté for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Dinner 3 [🔗](#)

Eat on day 5 and day 6

Roasted almonds

1/6 cup(s) - 148 cal ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. The recipe has no instructions.

Chickpea bowl with spicy yogurt sauce

451 cal ● 19g protein ● 9g fat ● 62g carbs ● 11g fiber



For single meal:

oil
1 tsp (5mL)
long-grain white rice
4 tbsp (46g)
nonfat greek yogurt, plain
2 tbsp (35g)
sriracha chili sauce
1 tsp (5g)
onion, diced
1/2 small (35g)
chickpeas, canned, rinsed & drained
1/2 can(s) (224g)
fresh parsley, chopped
2 tbsp chopped (8g)

For all 2 meals:

oil
2 tsp (10mL)
long-grain white rice
1/2 cup (93g)
nonfat greek yogurt, plain
4 tbsp (70g)
sriracha chili sauce
2 tsp (10g)
onion, diced
1 small (70g)
chickpeas, canned, rinsed & drained
1 can(s) (448g)
fresh parsley, chopped
4 tbsp chopped (15g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Dinner 4 [↗](#)

Eat on day 7

Milk

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



Makes 1 cup(s)

whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

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.

Crispy chik'n tenders

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



Makes 6 tender(s)

meatless chik'n tenders

6 pieces (153g)

ketchup

1 1/2 tbsp (26g)

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

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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