

Meal Plan - 1900 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

1915 cals ● 154g protein (32%) ● 63g fat (30%) ● 159g carbs (33%) ● 25g fiber (5%)

Breakfast

305 cals, 23g protein, 36g net carbs, 6g fat



Egg white & salsa wrap
1 wrap(s)- 305 cals

Lunch

615 cals, 52g protein, 61g net carbs, 13g fat



Lentils
347 cals



Vegan sausage
1 sausage(s)- 268 cals

Snacks

240 cals, 9g protein, 21g net carbs, 12g fat



Sweet potato chips
15 chips- 116 cals



Dark chocolate
1 square(s)- 60 cals



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

Dinner

540 cals, 22g protein, 40g net carbs, 30g fat



Buffalo tofu
355 cals



Farro
1/2 cups, cooked- 185 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 2

1965 cals ● 127g protein (26%) ● 78g fat (36%) ● 156g carbs (32%) ● 32g fiber (7%)

Breakfast

305 cals, 23g protein, 36g net carbs, 6g fat



Egg white & salsa wrap
1 wrap(s)- 305 cals

Lunch

595 cals, 26g protein, 32g net carbs, 36g fat



Simple salad with tomatoes and carrots
98 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals

Snacks

240 cals, 9g protein, 21g net carbs, 12g fat



Sweet potato chips
15 chips- 116 cals



Dark chocolate
1 square(s)- 60 cals



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

Dinner

610 cals, 22g protein, 66g net carbs, 23g fat



Spicy peanut & bean curry over rice
529 cals



Simple kale salad
1 1/2 cup(s)- 83 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 3

1888 cals ● 119g protein (25%) ● 90g fat (43%) ● 117g carbs (25%) ● 34g fiber (7%)

Breakfast

270 cals, 14g protein, 6g net carbs, 19g fat



Carrot sticks
1 carrot(s)- 27 cals



Egg in an eggplant
241 cals

Lunch

615 cals, 27g protein, 11g net carbs, 47g fat



Low carb asian tofu bowl
393 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

175 cals, 7g protein, 32g net carbs, 1g fat



Applesauce
114 cals



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

Dinner

610 cals, 22g protein, 66g net carbs, 23g fat



Spicy peanut & bean curry over rice
529 cals



Simple kale salad
1 1/2 cup(s)- 83 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 4

1872 cals ● 120g protein (26%) ● 101g fat (49%) ● 97g carbs (21%) ● 23g fiber (5%)

Breakfast

270 cals, 14g protein, 6g net carbs, 19g fat



Carrot sticks

1 carrot(s)- 27 cals



Egg in an eggplant

241 cals

Snacks

175 cals, 7g protein, 32g net carbs, 1g fat



Applesauce

114 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

615 cals, 27g protein, 11g net carbs, 47g fat



Low carb asian tofu bowl

393 cals



Roasted almonds

1/4 cup(s)- 222 cals

Dinner

595 cals, 23g protein, 46g net carbs, 34g fat



Flatbread margherita pizza

475 cals



Simple mozzarella and tomato salad

121 cals

Day 5

1909 cals ● 126g protein (26%) ● 69g fat (33%) ● 145g carbs (30%) ● 51g fiber (11%)

Breakfast

270 cals, 14g protein, 6g net carbs, 19g fat



Carrot sticks

1 carrot(s)- 27 cals



Egg in an eggplant

241 cals

Snacks

245 cals, 10g protein, 18g net carbs, 12g fat



High-protein granola bar

1 bar(s)- 204 cals



Grapes

39 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

565 cals, 25g protein, 57g net carbs, 19g fat



Easy chickpea salad

234 cals



Black bean and corn quesadillas

1/2 quesadilla(s)- 332 cals

Dinner

615 cals, 29g protein, 63g net carbs, 18g fat



Black bean & tofu taco pizza

1 taco pizza(s)- 616 cals

Day 6

1898 cals ● 169g protein (36%) ● 64g fat (30%) ● 129g carbs (27%) ● 34g fiber (7%)

Breakfast

285 cals, 18g protein, 13g net carbs, 17g fat



Egg & cheese mini muffin
4 mini muffin(s)- 224 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

245 cals, 10g protein, 18g net carbs, 12g fat



High-protein granola bar
1 bar(s)- 204 cals



Grapes
39 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

605 cals, 48g protein, 54g net carbs, 17g fat



Garlic pepper seitan
342 cals



Lentils
260 cals

Dinner

550 cals, 44g protein, 42g net carbs, 16g fat



Dinner roll
2 roll(s)- 154 cals



Roasted carrots
2 carrots(s)- 106 cals



Vegan crumbles
2 cup(s)- 292 cals

Day 7

1898 cals ● 169g protein (36%) ● 64g fat (30%) ● 129g carbs (27%) ● 34g fiber (7%)

Breakfast

285 cals, 18g protein, 13g net carbs, 17g fat



Egg & cheese mini muffin
4 mini muffin(s)- 224 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

245 cals, 10g protein, 18g net carbs, 12g fat



High-protein granola bar
1 bar(s)- 204 cals



Grapes
39 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

605 cals, 48g protein, 54g net carbs, 17g fat



Garlic pepper seitan
342 cals



Lentils
260 cals

Dinner

550 cals, 44g protein, 42g net carbs, 16g fat



Dinner roll
2 roll(s)- 154 cals



Roasted carrots
2 carrots(s)- 106 cals



Vegan crumbles
2 cup(s)- 292 cals

Grocery List



Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
22 1/4 cup (5338mL)

Dairy and Egg Products

- ☐ egg whites
1 cup (243g)
- ☐ low fat cottage cheese (1% milkfat)
10 oz (283g)
- ☐ butter
1 1/4 tbsp (18g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)
- ☐ eggs
10 large (500g)
- ☐ mozzarella cheese, shredded
6 tbsp (32g)
- ☐ fresh mozzarella cheese
1 oz (28g)
- ☐ cheddar cheese
1/2 cup, shredded (56g)
- ☐ mexican blend cheese
3 tbsp shredded (21g)

Soups, Sauces, and Gravies

- ☐ salsa
1/4 jar (116g)
- ☐ Frank's Red Hot sauce
2 3/4 tbsp (41mL)
- ☐ apple cider vinegar
1/2 tbsp (0mL)

Baked Products

- ☐ flour tortillas
4 tortilla (approx 7-8" dia) (193g)
- ☐ bread
2 slice (64g)
- ☐ naan bread
3/4 piece(s) (68g)
- ☐ corn tortillas
3 tortilla, medium (approx 6" dia) (78g)
- ☐ Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)

Fats and Oils

Spices and Herbs

- ☐ salt
3 g (3g)
- ☐ ground cumin
2 1/2 tsp (5g)
- ☐ crushed red pepper
4 dash (1g)
- ☐ fresh basil
1/8 oz (4g)
- ☐ balsamic vinegar
5 tsp (24mL)
- ☐ black pepper
1/2 g (1g)
- ☐ chili powder
4 dash (1g)

Sweets

- ☐ chocolate, dark, 70-85%
2 square(s) (20g)
- ☐ honey
4 tsp (28g)

Vegetables and Vegetable Products

- ☐ carrots
8 medium (486g)
- ☐ romaine lettuce
1/2 hearts (250g)
- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (543g)
- ☐ onion
1 3/4 medium (2-1/2" dia) (195g)
- ☐ garlic
11 3/4 clove(s) (35g)
- ☐ kale leaves
3 cup, chopped (120g)
- ☐ broccoli
1 cup chopped (91g)
- ☐ fresh ginger
2 tsp (4g)
- ☐ eggplant
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ whole kernel corn
1/8 11oz can (24g)
- ☐ green pepper
2 tbsp, chopped (19g)

- ☐ ranch dressing
2 tbsp (30mL)
- ☐ oil
1/4 lbs (114mL)
- ☐ salad dressing
1/4 cup (56mL)
- ☐ olive oil
1 1/2 oz (48mL)
- ☐ balsamic vinaigrette
1/2 tbsp (7mL)

Legumes and Legume Products

- ☐ firm tofu
1 1/4 lbs (553g)
- ☐ lentils, raw
1 1/4 cup (240g)
- ☐ peanut butter
2 tbsp (32g)
- ☐ kidney beans
1 can (448g)
- ☐ soy sauce
4 tbsp (60mL)
- ☐ black beans
5/8 can(s) (274g)
- ☐ chickpeas, canned
1/2 can(s) (224g)
- ☐ vegetarian burger crumbles
4 cup (400g)

Other

- ☐ farro
4 tbsp (52g)
- ☐ vegan sausage
1 sausage (100g)
- ☐ sweet potato chips
30 chips (43g)
- ☐ frozen riced cauliflower
1 1/2 cup, prepared (255g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1/3 cup (62g)
- ☐ seitan
1/2 lbs (227g)

Nut and Seed Products

- ☐ sesame seeds
2 tsp (6g)
- ☐ almonds
1/2 cup, whole (72g)

Fruits and Fruit Juices

- ☐ applesauce
4 to-go container (~4 oz) (488g)
- ☐ grapes
2 cup (184g)
- ☐ Grapefruit
1 large (approx 4-1/2" dia) (332g)

Snacks

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



Breakfast 1 [↗](#)

Eat on day 1 and day 2

Egg white & salsa wrap

1 wrap(s) - 305 cal ● 23g protein ● 6g fat ● 36g carbs ● 3g fiber



For single meal:

egg whites

1/2 cup (122g)

low fat cottage cheese (1% milkfat)

2 tbsp (28g)

salsa

1 1/2 tbsp (27g)

flour tortillas

1 tortilla (approx 10" dia) (72g)

For all 2 meals:

egg whites

1 cup (243g)

low fat cottage cheese (1% milkfat)

4 tbsp (57g)

salsa

3 tbsp (54g)

flour tortillas

2 tortilla (approx 10" dia) (144g)

1. Heat a non-stick skillet over medium-low heat. Pour egg whites into the skillet and season with some salt and pepper.
2. Flip the egg whites halfway, or scramble them, until cooked. Remove from heat.
3. Spread cottage cheese and salsa onto the tortilla. Add the cooked eggs, fold the tortilla and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Carrot sticks

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



For single meal:

carrots

1 medium (61g)

For all 3 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.

Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggplant

2 1 inch (2.5 cm) slice(s) (120g)

oil

2 tsp (10mL)

eggs

2 large (100g)

For all 3 meals:

eggplant

6 1 inch (2.5 cm) slice(s) (360g)

oil

2 tbsp (30mL)

eggs

6 large (300g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Egg & cheese mini muffin

4 mini muffin(s) - 224 cals ● 17g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

water

2 tsp (10mL)

cheddar cheese

3 tbsp, shredded (21g)

For all 2 meals:

eggs

4 large (200g)

water

4 tsp (20mL)

cheddar cheese

6 tbsp, shredded (42g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

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)

Lunch 1 [↗](#)

Eat on day 1

Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

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.

Vegan sausage

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



Makes 1 sausage(s)

vegan sausage
1 sausage (100g)

1. Prepare according to package instructions.
2. Serve.

Lunch 2 [↗](#)

Eat on day 2

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

tomatoes, diced

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

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

butter

1 tbsp (14g)

sliced cheese

2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
 2. Spread butter on one side of one slice of bread.
 3. Place bread on skillet, butter-side down and top with cheese.
 4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
 5. Grill until lightly browned and then flip. Continue until cheese is melted.
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Lunch 3 [↗](#)

Eat on day 3 and day 4

Low carb asian tofu bowl

393 cals ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber



For single meal:

broccoli
1/2 cup chopped (46g)
frozen riced cauliflower
3/4 cup, prepared (128g)
soy sauce
2 tbsp (30mL)
oil
1 1/2 tbsp (23mL)
sesame seeds
1 tsp (3g)
firm tofu, drained and patted dry
5 oz (142g)
garlic, minced
1 clove (3g)
fresh ginger, minced
1 tsp (2g)

For all 2 meals:

broccoli
1 cup chopped (91g)
frozen riced cauliflower
1 1/2 cup, prepared (255g)
soy sauce
4 tbsp (60mL)
oil
3 tbsp (45mL)
sesame seeds
2 tsp (6g)
firm tofu, drained and patted dry
10 oz (284g)
garlic, minced
2 clove (6g)
fresh ginger, minced
2 tsp (4g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Easy chickpea salad

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



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!

Black bean and corn quesadillas

1/2 quesadilla(s) - 332 cals ● 13g protein ● 14g fat ● 31g carbs ● 6g fiber



Makes 1/2 quesadilla(s)

mexican blend cheese
3 tbsp shredded (21g)
olive oil
1/4 tsp (1mL)
salsa
1/2 tbsp (8g)
butter
1/4 tbsp (4g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
whole kernel corn, drained
1/8 11oz can (24g)
black beans, rinsed and drained
1/8 can(s) (55g)

1. Heat oil in a large saucepan over medium heat. Stir in beans and corn, then add the salsa; mix well. Cook until heated through, about 3 minutes.
2. Melt some of the butter in a large skillet over medium heat. Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Melt more butter as needed, and repeat with remaining tortillas and filling.
3. Note: For leftovers, store the bean mixture in the fridge in an airtight container. When ready to eat, reheat bean mixture in microwave and start at Step 2.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Garlic pepper seitan

342 cals ● 31g protein ● 17g fat ● 16g carbs ● 1g fiber



For single meal:

olive oil
1 tbsp (15mL)
onion
2 tbsp, chopped (20g)
green pepper
1 tbsp, chopped (9g)
black pepper
1 dash, ground (0g)
water
1/2 tbsp (8mL)
salt
1/2 dash (0g)
seitan, chicken style
4 oz (113g)
garlic, minced
1 1/4 clove(s) (4g)

For all 2 meals:

olive oil
2 tbsp (30mL)
onion
4 tbsp, chopped (40g)
green pepper
2 tbsp, chopped (19g)
black pepper
2 dash, ground (1g)
water
1 tbsp (15mL)
salt
1 dash (1g)
seitan, chicken style
1/2 lbs (227g)
garlic, minced
2 1/2 clove(s) (8g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

water
3 cup(s) (711mL)
salt
1 1/2 dash (1g)
lentils, raw, rinsed
3/4 cup (144g)

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.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Sweet potato chips

15 chips - 116 cals ● 1g protein ● 8g fat ● 10g carbs ● 2g fiber



For single meal:

sweet potato chips
15 chips (21g)

For all 2 meals:

sweet potato chips
30 chips (43g)

1. Serve chips in a bowl and enjoy.

Dark chocolate

1 square(s) - 60 cals ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

chocolate, dark, 70-85%
1 square(s) (10g)

For all 2 meals:

chocolate, dark, 70-85%
2 square(s) (20g)

1. The recipe has no instructions.

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 2 [🔗](#)

Eat on day 3 and day 4

Applesauce

114 cals ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce

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

For all 2 meals:

applesauce

4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce
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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.
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Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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.
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Grapes

39 cals ● 0g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

grapes
2/3 cup (61g)

For all 3 meals:

grapes
2 cup (184g)

1. The recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1

Buffalo tofu

355 cals ● 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.

Farro

1/2 cups, cooked - 185 cals ● 6g protein ● 1g fat ● 33g carbs ● 5g fiber



Makes 1/2 cups, cooked

farro

4 tbsp (52g)

water

2 cup(s) (474mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Spicy peanut & bean curry over rice

529 cals ● 20g protein ● 18g fat ● 59g carbs ● 14g fiber



For single meal:

ground cumin
1/4 tbsp (2g)
water
1/2 cup(s) (119mL)
peanut butter
1 tbsp (16g)
long-grain white rice
2 2/3 tbsp (31g)
crushed red pepper
2 dash (0g)
oil
1/2 tbsp (8mL)
tomatoes, chopped
1 medium whole (2-3/5" dia) (123g)
kidney beans, drained and rinsed
1/2 can (224g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
garlic, diced
1 1/2 clove(s) (5g)

For all 2 meals:

ground cumin
1/2 tbsp (3g)
water
1 cup(s) (237mL)
peanut butter
2 tbsp (32g)
long-grain white rice
1/3 cup (62g)
crushed red pepper
4 dash (1g)
oil
1 tbsp (15mL)
tomatoes, chopped
2 medium whole (2-3/5" dia) (246g)
kidney beans, drained and rinsed
1 can (448g)
onion, diced
1 medium (2-1/2" dia) (110g)
garlic, diced
3 clove(s) (9g)

1. Cook rice according to package instructions. Set aside.
2. Heat oil in a large skillet over medium heat. Add onions and garlic and saute 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 kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

kale leaves
1 1/2 cup, chopped (60g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

kale leaves
3 cup, chopped (120g)
salad dressing
3 tbsp (45mL)

1. Toss kale in dressing of your choice and serve.

Dinner 3 [↗](#)

Eat on day 4

Flatbread margherita pizza

475 cal ● 16g protein ● 26g fat ● 43g carbs ● 3g fiber



naan bread
3/4 piece(s) (68g)
mozzarella cheese, shredded
6 tbsp (32g)
fresh basil
4 1/2 leaves (2g)
olive oil
1 tbsp (17mL)
balsamic vinegar
1 tbsp (17mL)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
tomatoes, thinly sliced
3/4 medium whole (2-3/5" dia) (92g)
garlic, finely diced
2 1/4 clove(s) (7g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

Simple mozzarella and tomato salad

121 cal ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
1/2 tbsp, chopped (1g)
fresh mozzarella cheese, sliced
1 oz (28g)
tomatoes, sliced
3/8 large whole (3" dia) (68g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Dinner 4 [↗](#)

Eat on day 5

Black bean & tofu taco pizza

1 taco pizza(s) - 616 cals ● 29g protein ● 18g fat ● 63g carbs ● 22g fiber



Makes 1 taco pizza(s)

corn tortillas

3 tortilla, medium (approx 6" dia) (78g)

salsa

3 tbsp (54g)

cheddar cheese

2 tbsp, shredded (14g)

ground cumin

1 tsp (2g)

chili powder

4 dash (1g)

oil

1/2 tbsp (8mL)

water

1/8 cup(s) (30mL)

firm tofu, patted dry & crumbed

2 1/2 oz (71g)

onion, diced

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

garlic, minced

2 clove(s) (6g)

black beans, drained & rinsed

1/2 can(s) (220g)

1. Preheat the oven to 425°F (220°C).
2. Heat oil in a skillet over medium-high heat. Add the onion and cook for 5-7 minutes until softened. Stir in the chili powder, half of the garlic, and half of the cumin, and cook for 1 minute until fragrant.
3. Add the crumbled tofu, season with salt and pepper, and cook for 4-6 minutes until the tofu begins to crisp. Stir in just half of the salsa, then remove from heat and cover to keep warm.
4. In a small saucepan over medium heat, combine the black beans, remaining garlic, remaining cumin, water, salt, and pepper. Cook, mashing the beans with a fork, until heated through with only a few whole beans left, 3-5 minutes.
5. On a baking sheet, place one tortilla for each pizza. Spread an even layer of mashed beans on top, then add a second tortilla. Spread the tofu mixture over this second layer, and top with a third tortilla.
6. Finish with the remaining salsa and cheese on top. Bake for 8-10 minutes, until the cheese is melted and the tortillas are crisping around the edges. Serve and enjoy!
7. Meal Prep Tip: Cook the tofu and bean mixture in bulk and store them in separate airtight containers in the fridge for up to 3-4 days. When you're ready to eat, simply warm the fillings, assemble the pizzas, and heat them in the oven.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

Roll

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil

1 tsp (5mL)
carrots, sliced
2 large (144g)

For all 2 meals:

oil

2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Vegan crumbles

2 cup(s) - 292 cals ● 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.

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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