

# Meal Plan - 2000 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

2004 cals ● 131g protein (26%) ● 38g fat (17%) ● 241g carbs (48%) ● 44g fiber (9%)

### Breakfast

355 cals, 11g protein, 51g net carbs, 8g fat



**Pear**  
1 pear(s)- 113 cals



**Instant oatmeal with water**  
1 packet(s)- 165 cals



**Basic fried eggs**  
1 egg(s)- 80 cals

### Snacks

215 cals, 8g protein, 41g net carbs, 1g fat



**Dates**  
1/4 cup- 154 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

580 cals, 31g protein, 54g net carbs, 24g fat



**Tofu parmesan**  
1 tofu planks- 349 cals



**Corn**  
231 cals

### Dinner

630 cals, 33g protein, 93g net carbs, 5g fat



**Bbq cauliflower wings**  
535 cals



**Mixed vegetables**  
1 cup(s)- 97 cals

## Day 2

1956 cals ● 128g protein (26%) ● 46g fat (21%) ● 210g carbs (43%) ● 49g fiber (10%)

### Breakfast

355 cals, 11g protein, 51g net carbs, 8g fat



#### Pear

1 pear(s)- 113 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals



#### Basic fried eggs

1 egg(s)- 80 cals

### Snacks

215 cals, 8g protein, 41g net carbs, 1g fat



#### Dates

1/4 cup- 154 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

530 cals, 29g protein, 23g net carbs, 31g fat



#### Simple mixed greens salad

237 cals



#### Basic tempeh

4 oz- 295 cals

### Dinner

630 cals, 33g protein, 93g net carbs, 5g fat



#### Bbq cauliflower wings

535 cals



#### Mixed vegetables

1 cup(s)- 97 cals

## Day 3

2005 cals ● 131g protein (26%) ● 69g fat (31%) ● 188g carbs (38%) ● 27g fiber (5%)

### Breakfast

295 cals, 14g protein, 24g net carbs, 14g fat



#### Boiled eggs

1 egg(s)- 69 cals



#### Toast with butter

2 slice(s)- 227 cals

### Snacks

295 cals, 17g protein, 28g net carbs, 10g fat



#### Lowfat Greek yogurt

1 container(s)- 155 cals



#### Roasted chickpeas

1/4 cup- 138 cals

### Lunch

545 cals, 25g protein, 35g net carbs, 31g fat



#### Simple mixed greens salad

136 cals



#### Rosemary mushroom cheese sandwich

1 sandwich(es)- 408 cals

### Dinner

655 cals, 25g protein, 99g net carbs, 13g fat



#### Crispy chik'n tenders

5 1/3 tender(s)- 305 cals



#### Banana

3 banana(s)- 350 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

## Day 4

1953 cals ● 130g protein (27%) ● 68g fat (32%) ● 172g carbs (35%) ● 33g fiber (7%)

### Breakfast

295 cals, 14g protein, 24g net carbs, 14g fat



**Boiled eggs**  
1 egg(s)- 69 cals



**Toast with butter**  
2 slice(s)- 227 cals

### Snacks

295 cals, 17g protein, 28g net carbs, 10g fat



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Roasted chickpeas**  
1/4 cup- 138 cals

### Lunch

545 cals, 25g protein, 35g net carbs, 31g fat



**Simple mixed greens salad**  
136 cals



**Rosemary mushroom cheese sandwich**  
1 sandwich(es)- 408 cals

### Dinner

600 cals, 25g protein, 83g net carbs, 13g fat



**Chickpea bowl with spicy yogurt sauce**  
602 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 5

2009 cals ● 131g protein (26%) ● 65g fat (29%) ● 199g carbs (40%) ● 28g fiber (5%)

### Breakfast

295 cals, 14g protein, 24g net carbs, 14g fat



**Boiled eggs**  
1 egg(s)- 69 cals



**Toast with butter**  
2 slice(s)- 227 cals

### Lunch

600 cals, 26g protein, 62g net carbs, 27g fat



**General tso's tofu**  
490 cals



**White rice**  
1/2 cup rice, cooked- 109 cals

### Snacks

295 cals, 17g protein, 28g net carbs, 10g fat



**Lowfat Greek yogurt**  
1 container(s)- 155 cals



**Roasted chickpeas**  
1/4 cup- 138 cals

### Dinner

600 cals, 25g protein, 83g net carbs, 13g fat



**Chickpea bowl with spicy yogurt sauce**  
602 cals

### Protein Supplement(s)

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



**Protein shake**  
2 scoop- 218 cals

## Day 6

2035 cals ● 136g protein (27%) ● 74g fat (33%) ● 171g carbs (34%) ● 35g fiber (7%)

### Breakfast

365 cals, 21g protein, 39g net carbs, 11g fat



#### Peach

2 peach(es)- 132 cals



#### Chocolate peanut butter protein oats

234 cals

### Snacks

290 cals, 9g protein, 17g net carbs, 19g fat



#### String cheese

1 stick(s)- 83 cals



#### Celery and ranch

148 cals



#### Grapefruit

1/2 grapefruit- 59 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

### Lunch

600 cals, 26g protein, 62g net carbs, 27g fat



#### General tso's tofu

490 cals



#### White rice

1/2 cup rice, cooked- 109 cals

### Dinner

560 cals, 32g protein, 51g net carbs, 16g fat



#### Pita bread

1 pita bread(s)- 78 cals



#### Curried chickpea salad

483 cals

## Day 7

2020 cals ● 150g protein (30%) ● 68g fat (30%) ● 156g carbs (31%) ● 46g fiber (9%)

### Breakfast

365 cals, 21g protein, 39g net carbs, 11g fat



#### Peach

2 peach(es)- 132 cals



#### Chocolate peanut butter protein oats

234 cals

### Snacks

290 cals, 9g protein, 17g net carbs, 19g fat



#### String cheese

1 stick(s)- 83 cals



#### Celery and ranch

148 cals



#### Grapefruit

1/2 grapefruit- 59 cals

### Lunch

585 cals, 40g protein, 48g net carbs, 21g fat



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

2 can(s)- 494 cals



#### Sunflower seeds

90 cals

### Dinner

560 cals, 32g protein, 51g net carbs, 16g fat



#### Pita bread

1 pita bread(s)- 78 cals



#### Curried chickpea salad

483 cals

### Protein Supplement(s)

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



#### Protein shake

2 scoop- 218 cals

# Grocery List



## Beverages

- protein powder  
14 scoop (1/3 cup ea) (434g)
- water  
17 cup(s) (4069mL)

## Fruits and Fruit Juices

- pears  
2 medium (356g)
- pitted dates  
1/2 cup (100g)
- banana  
3 medium (7" to 7-7/8" long) (354g)
- peach  
4 medium (2-2/3" dia) (600g)
- lemon juice  
3 tbsp (45mL)
- Grapefruit  
1 large (approx 4-1/2" dia) (332g)

## Breakfast Cereals

- flavored instant oatmeal  
2 packet (86g)
- oatmeal, old-fashioned oats, rolled oats  
1/2 cup (41g)

## Dairy and Egg Products

- eggs  
5 large (250g)
- mozzarella cheese, shredded  
1 oz (28g)
- low fat cottage cheese (1% milkfat)  
1/2 cup (113g)
- cheese  
1 cup, shredded (113g)
- butter  
2 tbsp (27g)
- lowfat flavored greek yogurt  
3 (5.3 oz ea) container(s) (450g)
- nonfat greek yogurt, plain  
2/3 cup (198g)
- string cheese  
2 stick (56g)

## Fats and Oils

- oil  
2 oz (62mL)

## Vegetables and Vegetable Products

- cauliflower  
4 head small (4" dia.) (1060g)
- frozen mixed veggies  
2 cup (270g)
- frozen corn kernels  
1 2/3 cup (227g)
- ketchup  
4 tsp (23g)
- mushrooms  
3 oz (85g)
- onion  
1 1/3 small (93g)
- fresh parsley  
1/3 cup chopped (20g)
- fresh ginger  
4 tbsp (24g)
- garlic  
4 clove(s) (12g)
- raw celery  
1/2 bunch (291g)

## Cereal Grains and Pasta

- cornstarch  
1/4 cup (36g)
- long-grain white rice  
1 cup (185g)

## Legumes and Legume Products

- firm tofu  
1 2/3 lbs (765g)
- tempeh  
4 oz (113g)
- chickpeas, canned  
3 can(s) (1269g)
- soy sauce  
4 tsp (20mL)
- peanut butter  
2 tbsp (32g)

## Sweets

- honey  
2 tsp (14g)
- sugar  
2 tbsp (26g)

## Baked Products

**salad dressing**  
2/3 cup (169mL)

**ranch dressing**  
4 tbsp (60mL)

**bread**  
2/3 lbs (320g)

**pita bread**  
2 pita, small (4" dia) (56g)

## **Soups, Sauces, and Gravies**

**barbecue sauce**  
1 cup (286g)

**pizza sauce**  
1 1/2 tbsp (24g)

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

## **Nut and Seed Products**

**sunflower kernels**  
1 3/4 oz (50g)

## **Spices and Herbs**

**salt**  
1 tsp (6g)

**rosemary, dried**  
4 dash (1g)

**apple cider vinegar**  
2 tbsp (30g)

**curry powder**  
1/2 tbsp (3g)

## **Other**

**nutritional yeast**  
2 1/4 oz (64g)

**mixed greens**  
3 package (5.5 oz) (453g)

**meatless chik'n tenders**  
5 1/3 pieces (136g)

**Roasted chickpeas**  
3/4 cup (85g)

**sriracha chili sauce**  
1 tbsp (13g)

**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. The recipe has no instructions.

### Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**  
1 packet (43g)  
**water**  
3/4 cup(s) (178mL)

For all 2 meals:

**flavored instant oatmeal**  
2 packet (86g)  
**water**  
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

### 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 2 meals:

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

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.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Boiled eggs

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



For single meal:

**eggs**  
1 large (50g)

For all 3 meals:

**eggs**  
3 large (150g)

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.

### Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

For all 3 meals:

**bread**  
6 slice (192g)  
**butter**  
2 tbsp (27g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

**peach**  
2 medium (2-2/3" dia) (300g)

For all 2 meals:

**peach**  
4 medium (2-2/3" dia) (600g)

1. The recipe has no instructions.

### Chocolate peanut butter protein oats

234 cals ● 18g protein ● 10g fat ● 15g carbs ● 3g fiber



For single meal:

**oatmeal, old-fashioned oats, rolled oats**  
4 tbsp (20g)  
**water**  
1/2 cup(s) (119mL)  
**peanut butter**  
1 tbsp (16g)  
**protein powder, chocolate**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**oatmeal, old-fashioned oats, rolled oats**  
1/2 cup (41g)  
**water**  
1 cup(s) (237mL)  
**peanut butter**  
2 tbsp (32g)  
**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

1. Cook oats and water according to the package.
2. When done, mix in the protein powder and peanut butter.
3. Serve.

## Lunch 1 ↗

Eat on day 1

### Tofu parmesan

1 tofu planks - 349 cals ● 25g protein ● 22g fat ● 12g carbs ● 2g fiber



Makes 1 tofu planks

**nutritional yeast**

1 tbsp (4g)

**cornstarch**

1/2 tbsp (4g)

**oil**

1/2 tbsp (8mL)

**pizza sauce**

1 1/2 tbsp (24g)

**mozzarella cheese, shredded**

1 oz (28g)

**firm tofu, patted dry**

1/2 lbs (198g)

1. Preheat the oven to 450°F (230°C).
2. Slice the tofu lengthwise into flat, wide planks that resemble rectangular slabs. A 14oz (397g) block of tofu will yield two 7oz (198g) planks.
3. In a shallow plate, whisk together cornstarch, nutritional yeast, and a pinch of salt and pepper. Press the tofu planks into the mixture, ensuring all sides are fully coated.
4. Heat oil in a skillet over medium-high heat. Add the tofu and cook until golden brown and crispy, about 3-4 minutes per side.
5. Transfer the tofu planks to a baking sheet. Spread pizza sauce over each plank and sprinkle with cheese.
6. Roast in the oven until the cheese is melted and slightly crispy, about 8-10 minutes. Serve.

### Corn

231 cals ● 7g protein ● 2g fat ● 42g carbs ● 5g fiber



**frozen corn kernels**

1 2/3 cup (227g)

1. Prepare according to instructions on package.

## Lunch 2 ↗

Eat on day 2

### Simple mixed greens salad

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

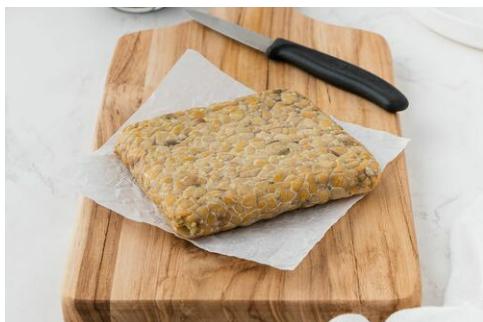


**mixed greens**  
5 1/4 cup (158g)  
**salad dressing**  
1/3 cup (79mL)

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

### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

**tempeh**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

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.

## Lunch 3 ↗

Eat on day 3 and day 4

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:  
**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:  
**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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

## Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**cheese**  
1/2 cup, shredded (57g)  
**mushrooms**  
1 1/2 oz (43g)  
**rosemary, dried**  
2 dash (0g)  
**mixed greens**  
1/2 cup (15g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**cheese**  
1 cup, shredded (113g)  
**mushrooms**  
3 oz (85g)  
**rosemary, dried**  
4 dash (1g)  
**mixed greens**  
1 cup (30g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### General tso's tofu

490 cals ● 24g protein ● 27g fat ● 38g carbs ● 1g fiber



For single meal:

**soy sauce**  
2 tsp (10mL)  
**fresh ginger, minced**  
2 tbsp (12g)  
**sugar**  
1 tbsp (13g)  
**apple cider vinegar**  
1 tbsp (15g)  
**cornstarch**  
2 tbsp (16g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
2 clove(s) (6g)  
**firm tofu, patted dry & cubed**  
10 oz (284g)

For all 2 meals:

**soy sauce**  
4 tsp (20mL)  
**fresh ginger, minced**  
4 tbsp (24g)  
**sugar**  
2 tbsp (26g)  
**apple cider vinegar**  
2 tbsp (30g)  
**cornstarch**  
4 tbsp (32g)  
**oil**  
2 tbsp (30mL)  
**garlic, minced**  
4 clove(s) (12g)  
**firm tofu, patted dry & cubed**  
1 1/4 lbs (567g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

## White rice

1/2 cup rice, cooked - 109 cals ● 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.

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## Lunch 5

Eat on day 7

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### Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

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### Sunflower seeds

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



**sunflower kernels**  
1/2 oz (14g)

1. The recipe has no instructions.

## Snacks 1 ↗

Eat on day 1 and day 2

### Dates

1/4 cup - 154 cals ● 1g protein ● 0g fat ● 34g carbs ● 3g fiber



For single meal:

**pitted dates**  
4 tbsp (50g)

For all 2 meals:

**pitted dates**  
1/2 cup (100g)

1. Enjoy.

### 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, day 4, and day 5

### Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

**lowfat flavored greek yogurt**  
3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

### Roasted chickpeas

1/4 cup - 138 cals ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

**Roasted chickpeas**  
4 tbsp (28g)

For all 3 meals:

**Roasted chickpeas**  
3/4 cup (85g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### 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 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### Celery and ranch

148 cals ● 1g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

**ranch dressing**  
2 tbsp (30mL)  
**raw celery, sliced into strips**  
3 stalk, medium (7-1/2" - 8" long)  
(120g)

For all 2 meals:

**ranch dressing**  
4 tbsp (60mL)  
**raw celery, sliced into strips**  
6 stalk, medium (7-1/2" - 8" long)  
(240g)

1. Slice celery into strips. Serve with ranch to dip into.

### 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)

## Dinner 1 ↗

Eat on day 1 and day 2

### Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

**barbecue sauce**  
1/2 cup (143g)  
**salt**  
4 dash (3g)  
**nutritional yeast**  
1/2 cup (30g)  
**cauliflower**  
2 head small (4" dia.) (530g)

For all 2 meals:

**barbecue sauce**  
1 cup (286g)  
**salt**  
1 tsp (6g)  
**nutritional yeast**  
1 cup (60g)  
**cauliflower**  
4 head small (4" dia.) (1060g)

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 barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

### Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



For single meal:

**frozen mixed veggies**  
1 cup (135g)

For all 2 meals:

**frozen mixed veggies**  
2 cup (270g)

1. Prepare according to instructions on package.

## Dinner 2 ↗

Eat on day 3

### Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



Makes 5 1/3 tender(s)

**meatless chik'n tenders**

5 1/3 pieces (136g)

**ketchup**

4 tsp (23g)

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

### Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber



Makes 3 banana(s)

**banana**

3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.

## Dinner 3 ↗

Eat on day 4 and day 5

### Chickpea bowl with spicy yogurt sauce

602 cals ● 25g protein ● 13g fat ● 83g carbs ● 15g fiber



For single meal:

**oil**  
1/2 tbsp (7mL)  
**long-grain white rice**  
1/3 cup (62g)  
**nonfat greek yogurt, plain**  
2 2/3 tbsp (47g)  
**sriracha chili sauce**  
1/2 tbsp (7g)  
**onion, diced**  
2/3 small (47g)  
**chickpeas, canned, rinsed & drained**  
2/3 can(s) (299g)  
**fresh parsley, chopped**  
2 2/3 tbsp chopped (10g)

For all 2 meals:

**oil**  
2 2/3 tsp (13mL)  
**long-grain white rice**  
2/3 cup (123g)  
**nonfat greek yogurt, plain**  
1/3 cup (93g)  
**sriracha chili sauce**  
2 2/3 tsp (13g)  
**onion, diced**  
1 1/3 small (93g)  
**chickpeas, canned, rinsed & drained**  
1 1/3 can(s) (597g)  
**fresh parsley, chopped**  
1/3 cup chopped (20g)

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 6 and day 7

### Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

**pita bread**  
1 pita, small (4" dia) (28g)

For all 2 meals:

**pita bread**  
2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

### Curried chickpea salad

483 cals ● 29g protein ● 16g fat ● 37g carbs ● 19g fiber



For single meal:

**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**curry powder**  
1/4 tbsp (2g)  
**sunflower kernels**  
1 1/2 tbsp (18g)  
**mixed greens**  
1 1/2 oz (43g)  
**lemon juice, divided**  
1 1/2 tbsp (23mL)  
**raw celery, sliced**  
1 1/2 stalk, small (5" long) (26g)  
**chickpeas, canned, drained & rinsed**  
3/4 can(s) (336g)

For all 2 meals:

**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**curry powder**  
1/2 tbsp (3g)  
**sunflower kernels**  
3 tbsp (36g)  
**mixed greens**  
3 oz (85g)  
**lemon juice, divided**  
3 tbsp (45mL)  
**raw celery, sliced**  
3 stalk, small (5" long) (51g)  
**chickpeas, canned, drained & rinsed**  
1 1/2 can(s) (672g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

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## Protein Supplement(s)

Eat every day

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### 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.