

Meal Plan - 2000 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

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

Protein Supplement(s)

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



Protein shake

2 scoop- 218 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

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

Protein Supplement(s)

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



Protein shake

2 scoop- 218 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

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

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

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

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



Chickpea bowl with spicy yogurt sauce

602 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

Protein Supplement(s)

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



Protein shake

2 scoop- 218 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

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)

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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Nut and Seed Products

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

Recipes



Breakfast 1 [↗](#)

Eat on day 1 and day 2

Pear

1 pear(s) - 113 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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.
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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 cal ● 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 cal ● 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.

Lunch 5 [↗](#)

Eat on day 7

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.

Sunflower seeds

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



sunflower kernels
1/2 oz (14g)

1. The recipe has no instructions.
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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.
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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.
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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 barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
 6. Toss florets with the barbeque sauce. Serve.
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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.
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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.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

2 scoop - 218 cal ● 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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