

Meal Plan - 2100 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

2127 cals ● 141g protein (27%) ● 72g fat (31%) ● 188g carbs (35%) ● 40g fiber (8%)

Breakfast

375 cals, 18g protein, 33g net carbs, 19g fat



Basic fried eggs

2 egg(s)- 159 cals



Pancakes

1/2 pancake(s)- 215 cals

Snacks

295 cals, 9g protein, 40g net carbs, 9g fat



Small toasted bagel with cream cheese

1 bagel(s)- 266 cals



Carrot sticks

1 carrot(s)- 27 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

610 cals, 34g protein, 58g net carbs, 20g fat



Tossed salad

182 cals



Simple plant-based deli wrap

1 wrap(s)- 426 cals

Dinner

635 cals, 32g protein, 55g net carbs, 24g fat



White bean cassoulet

385 cals



Caprese salad

249 cals

Day 2

2186 cals ● 137g protein (25%) ● 72g fat (30%) ● 213g carbs (39%) ● 34g fiber (6%)

Breakfast

375 cals, 18g protein, 33g net carbs, 19g fat



Basic fried eggs
2 egg(s)- 159 cals



Pancakes
1/2 pancake(s)- 215 cals

Snacks

295 cals, 9g protein, 40g net carbs, 9g fat



Small toasted bagel with cream cheese
1 bagel(s)- 266 cals



Carrot sticks
1 carrot(s)- 27 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

685 cals, 27g protein, 87g net carbs, 17g fat



Simple salad with celery, cucumber & tomato
85 cals



Red lentil soup
602 cals

Dinner

615 cals, 35g protein, 52g net carbs, 26g fat



Lentils
260 cals



Tofu piccata
353 cals

Day 3

2060 cals ● 145g protein (28%) ● 81g fat (35%) ● 157g carbs (30%) ● 31g fiber (6%)

Breakfast

335 cals, 26g protein, 2g net carbs, 25g fat



Egg & cheese mini muffin
6 mini muffin(s)- 336 cals

Snacks

205 cals, 9g protein, 15g net carbs, 12g fat



Easy quesadilla snack
1 quesadilla(s)- 205 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Lunch

685 cals, 27g protein, 87g net carbs, 17g fat



Simple salad with celery, cucumber & tomato
85 cals



Red lentil soup
602 cals

Dinner

615 cals, 35g protein, 52g net carbs, 26g fat



Lentils
260 cals



Tofu piccata
353 cals

Day 4

2069 cals ● 139g protein (27%) ● 90g fat (39%) ● 136g carbs (26%) ● 39g fiber (8%)

Breakfast

335 cals, 26g protein, 2g net carbs, 25g fat



[Egg & cheese mini muffin](#)
6 mini muffin(s)- 336 cals

Snacks

205 cals, 9g protein, 15g net carbs, 12g fat



[Easy quesadilla snack](#)
1 quesadilla(s)- 205 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Lunch

595 cals, 24g protein, 33g net carbs, 36g fat



[Chunky canned soup \(creamy\)](#)
1 can(s)- 354 cals



[Sunflower seeds](#)
240 cals

Dinner

715 cals, 31g protein, 85g net carbs, 17g fat



[Curried chickpea salad](#)
483 cals



[Banana](#)
2 banana(s)- 233 cals

Day 5

2123 cals ● 134g protein (25%) ● 94g fat (40%) ● 140g carbs (26%) ● 45g fiber (8%)

Breakfast

375 cals, 23g protein, 37g net carbs, 13g fat



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals



[Milk](#)
1/2 cup(s)- 75 cals



[Hummus toast](#)
1 slice(s)- 146 cals

Snacks

260 cals, 9g protein, 4g net carbs, 20g fat



[String cheese](#)
1 stick(s)- 83 cals



[Avocado](#)
176 cals

Protein Supplement(s)

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



[Protein shake](#)
2 scoop- 218 cals

Lunch

595 cals, 24g protein, 33g net carbs, 36g fat



[Chunky canned soup \(creamy\)](#)
1 can(s)- 354 cals



[Sunflower seeds](#)
240 cals

Dinner

675 cals, 30g protein, 65g net carbs, 25g fat



[Simple mixed greens and tomato salad](#)
76 cals



[Chipotle lentil quinoa stuffed peppers](#)
2 stuffed pepper halves- 601 cals

Day 6

2135 cals ● 169g protein (32%) ● 87g fat (37%) ● 130g carbs (24%) ● 39g fiber (7%)

Breakfast

375 cals, 23g protein, 37g net carbs, 13g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Milk

1/2 cup(s)- 75 cals



Hummus toast

1 slice(s)- 146 cals

Snacks

260 cals, 9g protein, 4g net carbs, 20g fat



String cheese

1 stick(s)- 83 cals



Avocado

176 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

605 cals, 59g protein, 23g net carbs, 29g fat



Olive oil drizzled broccoli

1 cup(s)- 70 cals



Vegan sausage

2 sausage(s)- 536 cals

Dinner

675 cals, 30g protein, 65g net carbs, 25g fat



Simple mixed greens and tomato salad

76 cals



Chipotle lentil quinoa stuffed peppers

2 stuffed pepper halves- 601 cals

Day 7

2079 cals ● 167g protein (32%) ● 100g fat (43%) ● 92g carbs (18%) ● 36g fiber (7%)

Breakfast

375 cals, 23g protein, 37g net carbs, 13g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Milk

1/2 cup(s)- 75 cals



Hummus toast

1 slice(s)- 146 cals

Snacks

260 cals, 9g protein, 4g net carbs, 20g fat



String cheese

1 stick(s)- 83 cals



Avocado

176 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

605 cals, 59g protein, 23g net carbs, 29g fat



Olive oil drizzled broccoli

1 cup(s)- 70 cals



Vegan sausage

2 sausage(s)- 536 cals

Dinner

620 cals, 28g protein, 27g net carbs, 38g fat



Veggie burger patty

2 patty- 254 cals



Buttered broccoli

2 3/4 cup(s)- 367 cals

Beverages

- ☐ protein powder
14 scoop (1/3 cup ea) (434g)
- ☐ water
19 cup (4570mL)

Dairy and Egg Products

- ☐ eggs
11 1/2 medium (511g)
- ☐ whole milk
2 cup(s) (434mL)
- ☐ butter
1/3 cup (78g)
- ☐ fresh mozzarella cheese
1 3/4 oz (50g)
- ☐ cream cheese
3 tbsp (44g)
- ☐ cheddar cheese
1 cup, shredded (120g)
- ☐ nonfat greek yogurt, plain
1 container (193g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ string cheese
3 stick (84g)

Fats and Oils

- ☐ oil
1 1/2 oz (47mL)
- ☐ balsamic vinaigrette
3 1/2 tsp (18mL)
- ☐ salad dressing
1/4 lbs (97mL)
- ☐ olive oil
2 tsp (10mL)

Sweets

- ☐ syrup
1 tbsp (15mL)

Baked Products

- ☐ pancake mix
1/2 cup (65g)
- ☐ flour tortillas
2 2/3 tortilla (approx 7-8" dia) (132g)
- ☐ bagel
2 small bagel (3" dia) (138g)

Legumes and Legume Products

- ☐ white beans, canned
1/2 can(s) (220g)
- ☐ hummus
9 1/2 tbsp (143g)
- ☐ red lentils, raw
3/4 cup (144g)
- ☐ lentils, raw
1 1/4 cup (240g)
- ☐ firm tofu
14 oz (397g)
- ☐ chickpeas, canned
3/4 can(s) (336g)

Other

- ☐ mixed greens
2 package (5.5 oz) (341g)
- ☐ plant-based deli slices
7 slices (73g)
- ☐ vegan sausage
4 sausage (400g)
- ☐ veggie burger patty
2 patty (142g)

Spices and Herbs

- ☐ fresh basil
1/4 cup leaves, whole (7g)
- ☐ ground cumin
11 g (11g)
- ☐ ground coriander
1/2 tbsp (3g)
- ☐ salt
2 g (2g)
- ☐ capers
2 tbsp, drained (17g)
- ☐ curry powder
1/4 tbsp (2g)
- ☐ chipotle seasoning
4 dash (1g)
- ☐ black pepper
1/3 tsp (0g)

Cereal Grains and Pasta

- ☐ cornstarch
2 tsp (5g)
- ☐ quinoa, uncooked
1/2 cup (85g)

- ☐ bread
3 slice (96g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
5 3/4 cup(s) (mL)
- ☐ chunky canned soup (creamy varieties)
2 can (~19 oz) (1066g)

Vegetables and Vegetable Products

- ☐ raw celery
1/6 bunch (99g)
- ☐ carrots
5 1/2 medium (340g)
- ☐ onion
2 medium (2-1/2" dia) (220g)
- ☐ garlic
6 clove(s) (18g)
- ☐ tomatoes
2 3/4 medium whole (2-3/5" dia) (342g)
- ☐ romaine lettuce
3/4 hearts (375g)
- ☐ red onion
1/6 medium (2-1/2" dia) (21g)
- ☐ cucumber
5/6 cucumber (8-1/4") (257g)
- ☐ tomato paste
1 1/2 tbsp (24g)
- ☐ potatoes
1 1/2 medium (2+-1/4" to 3-1/4" dia.) (320g)
- ☐ shallots
1 clove(s) (57g)
- ☐ bell pepper
2 large (328g)
- ☐ frozen broccoli
4 3/4 cup (432g)

Fruits and Fruit Juices

- ☐ lemon juice
2 fl oz (60mL)
- ☐ banana
2 medium (7" to 7-7/8" long) (236g)
- ☐ avocados
2 1/2 avocado(s) (503g)

Nut and Seed Products

- ☐ sunflower kernels
3 1/3 oz (94g)



Breakfast 1 [↗](#)

Eat on day 1 and day 2

Basic fried eggs

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



For single meal:

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

For all 2 meals:

eggs
4 large (200g)
oil
1 tsp (5mL)

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.

Pancakes

1/2 pancake(s) - 215 cal ● 5g protein ● 7g fat ● 32g carbs ● 1g fiber



For single meal:

whole milk
1/6 cup(s) (38mL)
eggs
1/8 medium (6g)
syrup
1/2 tbsp (8mL)
pancake mix
4 tbsp (33g)
butter, melted
1 tsp (5g)

For all 2 meals:

whole milk
1/3 cup(s) (75mL)
eggs
1/4 medium (11g)
syrup
1 tbsp (15mL)
pancake mix
1/2 cup (65g)
butter, melted
3/4 tbsp (11g)

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. Top with syrup.
3. For leftovers, you can just keep the batter in the fridge.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Egg & cheese mini muffin

6 mini muffin(s) - 336 cal ● 26g protein ● 25g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)
water
1 tbsp (15mL)
cheddar cheese
1/4 cup, shredded (32g)

For all 2 meals:

eggs
6 large (300g)
water
2 tbsp (30mL)
cheddar cheese
1/2 cup, shredded (64g)

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.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Lowfat Greek yogurt

1 container(s) - 155 cal ● 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.

Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 3 meals:

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

1. The recipe has no instructions.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 3 meals:

bread
3 slice (96g)
hummus
1/2 cup (113g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Lunch 1 [↗](#)

Eat on day 1

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



romaine lettuce, shredded
3/4 hearts (375g)
tomatoes, diced
3/4 small whole (2-2/5" dia) (68g)
salad dressing
1 1/2 tbsp (23mL)
red onion, sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced or diced
1/6 cucumber (8-1/4") (56g)
carrots, peeled and shredded or sliced
3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Simple plant-based deli wrap

1 wrap(s) - 426 cal ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



Makes 1 wrap(s)

plant-based deli slices

7 slices (73g)

flour tortillas

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

mixed greens

1/2 cup (15g)

tomatoes

2 slice(s), thin/small (30g)

hummus

2 tbsp (30g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Simple salad with celery, cucumber & tomato

85 cal ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

salad dressing

3 tsp (15mL)

raw celery, chopped

2/3 stalk, medium (7-1/2" - 8" long) (27g)

mixed greens

1/3 package (5.5 oz) (52g)

cucumber, sliced

1/3 cucumber (8-1/4") (100g)

tomatoes, diced

1/3 medium whole (2-3/5" dia) (41g)

For all 2 meals:

salad dressing

2 tbsp (30mL)

raw celery, chopped

1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

mixed greens

2/3 package (5.5 oz) (103g)

cucumber, sliced

2/3 cucumber (8-1/4") (201g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Red lentil soup

602 cal ● 24g protein ● 14g fat ● 78g carbs ● 16g fiber



For single meal:

red lentils, raw
6 tbsp (72g)
vegetable broth
2 1/4 cup(s) (mL)
ground cumin
3/4 tbsp (5g)
tomato paste
3/4 tbsp (12g)
ground coriander
1/4 tbsp (1g)
oil
3/4 tbsp (11mL)
onion, diced
3/4 medium (2-1/2" dia) (83g)
garlic, minced
1 1/2 clove(s) (5g)
carrots, diced
3/4 large (54g)
potatoes, diced
3/4 medium (2+-1/4" to 3-1/4" dia.) (160g)

For all 2 meals:

red lentils, raw
3/4 cup (144g)
vegetable broth
4 1/2 cup(s) (mL)
ground cumin
1 1/2 tbsp (9g)
tomato paste
1 1/2 tbsp (24g)
ground coriander
1/2 tbsp (3g)
oil
1 1/2 tbsp (23mL)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)
garlic, minced
3 clove(s) (9g)
carrots, diced
1 1/2 large (108g)
potatoes, diced
1 1/2 medium (2+-1/4" to 3-1/4" dia.) (320g)

1. Heat the oil in a saucepan over medium heat.
2. Add the onion, carrot, garlic, and a pinch of salt and pepper. Cook for 5-7 minutes, until the onion has softened.
3. Stir in the vegetable broth, lentils, potato, cumin, tomato paste, and coriander. Bring to a boil, then reduce to a simmer. Cover and cook for 20-25 minutes, or until the lentils and potatoes are tender.
4. Season with salt and pepper to taste, and serve.

Lunch 3 [🔗](#)

Eat on day 4 and day 5

Chunky canned soup (creamy)

1 can(s) - 354 cal ● 12g protein ● 17g fat ● 30g carbs ● 8g fiber



For single meal:

chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

For all 2 meals:

chunky canned soup (creamy varieties)
2 can (~19 oz) (1066g)

1. Prepare according to instructions on package.

Sunflower seeds

240 cal ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:
sunflower kernels
1 1/3 oz (38g)

For all 2 meals:
sunflower kernels
2 2/3 oz (76g)

1. The recipe has no instructions.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

For all 2 meals:
black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



For single meal:
vegan sausage
2 sausage (200g)

For all 2 meals:
vegan sausage
4 sausage (400g)

1. Prepare according to package instructions.
 2. Serve.
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Snacks 1 [🔗](#)

Eat on day 1 and day 2

Small toasted bagel with cream cheese

1 bagel(s) - 266 cals ● 9g protein ● 9g fat ● 36g carbs ● 2g fiber



For single meal:

bagel

1 small bagel (3" dia) (69g)

cream cheese

1 1/2 tbsp (22g)

For all 2 meals:

bagel

2 small bagel (3" dia) (138g)

cream cheese

3 tbsp (44g)

1. Toast the bagel to desired toastiness.
 2. Spread the cream cheese.
 3. Enjoy.
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Carrot sticks

1 carrot(s) - 27 cals ● 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.
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Snacks 2 [🔗](#)

Eat on day 3 and day 4

Easy quesadilla snack

1 quesadilla(s) - 205 cals ● 9g protein ● 12g fat ● 15g carbs ● 1g fiber



For single meal:

flour tortillas

1 tortilla medium (approx 6" dia)
(30g)

cheddar cheese

4 tbsps, shredded (28g)

For all 2 meals:

flour tortillas

2 tortilla medium (approx 6" dia)
(60g)

cheddar cheese

1/2 cup, shredded (57g)

1. Sprinkle cheese over one half of the tortilla.
2. Fold tortilla in half and microwave for 30-45 seconds. Cut into triangles and serve.

Snacks 3 [🔗](#)

Eat on day 5, 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 3 meals:

string cheese

3 stick (84g)

1. The recipe has no instructions.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Dinner 1 [↗](#)

Eat on day 1

White bean cassoulet

385 cal ● 18g protein ● 8g fat ● 47g carbs ● 14g fiber



vegetable broth
1/4 cup(s) (mL)
oil
1/2 tbsp (8mL)
raw celery, thinly sliced
1/2 stalk, medium (7-1/2" - 8" long) (20g)
carrots, peeled & slices
1 large (72g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
garlic, minced
1 clove(s) (3g)
white beans, canned, drained & rinsed
1/2 can(s) (220g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Caprese salad

249 cal ● 14g protein ● 16g fat ● 9g carbs ● 3g fiber



fresh mozzarella cheese
1 3/4 oz (50g)
mixed greens
5/8 package (5.5 oz) (90g)
fresh basil
1/4 cup leaves, whole (7g)
balsamic vinaigrette
3 1/2 tsp (17mL)
tomatoes, halved
9 1/3 tbsp cherry tomatoes (87g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Dinner 2 [↗](#)

Eat on day 2 and day 3

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.

Tofu piccata

353 cals ● 17g protein ● 25g fat ● 14g carbs ● 2g fiber



For single meal:

capers
1 tbsp, drained (9g)
oil
1 tsp (5mL)
cornstarch
1 tsp (3g)
lemon juice
1 tbsp (15mL)
butter
1 tbsp (14g)
garlic, minced
1 clove(s) (3g)
firm tofu, cut into planks
1/2 lbs (198g)
vegetable broth, warmed
1/2 cup(s) (mL)
shallots, thinly sliced
1/2 clove(s) (28g)

For all 2 meals:

capers
2 tbsp, drained (17g)
oil
2 tsp (10mL)
cornstarch
2 tsp (5g)
lemon juice
2 tbsp (30mL)
butter
2 tbsp (28g)
garlic, minced
2 clove(s) (6g)
firm tofu, cut into planks
14 oz (397g)
vegetable broth, warmed
1 cup(s) (mL)
shallots, thinly sliced
1 clove(s) (57g)

1. In a bowl, whisk together the warmed vegetable broth, cornstarch, and lemon juice. Set aside.
 2. Heat oil in a nonstick skillet over medium heat. Season the tofu planks with a pinch of salt and add them to the skillet. Cook until browned and crisp, 4-6 minutes per side. Transfer the tofu to a plate and cover to keep warm. Wipe the skillet clean.
 3. In the same skillet, heat the butter over medium heat. Add garlic, shallot, and a pinch of salt and pepper. Cook until fragrant, 1-2 minutes. Stir in the broth mixture and bring to a boil. Simmer until the sauce thickens slightly, 2-3 minutes. Stir in the capers.
 4. Return the crispy tofu to the skillet and spoon the sauce over the top. Simmer until warmed through, 1-2 minutes, then serve.
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Dinner 3 [↗](#)

Eat on day 4

Curried chickpea salad

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



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)

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.

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber

Makes 2 banana(s)

banana
2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.



Dinner 4 [↗](#)

Eat on day 5 and day 6

Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

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

Chipotle lentil quinoa stuffed peppers

2 stuffed pepper halves - 601 cals ● 29g protein ● 20g fat ● 59g carbs ● 18g fiber



For single meal:

lentils, raw
4 tbsp (48g)
quinoa, uncooked
4 tbsp (43g)
ground cumin
4 dash (1g)
chipotle seasoning
2 dash (1g)
nonfat greek yogurt, plain
4 tbsp (70g)
water
1 cup(s) (237mL)
oil
1/4 tsp (1mL)
bell pepper, deseeded & halved
1 large (164g)
avocados, diced
1/2 avocado(s) (101g)

For all 2 meals:

lentils, raw
1/2 cup (96g)
quinoa, uncooked
1/2 cup (85g)
ground cumin
1 tsp (2g)
chipotle seasoning
4 dash (1g)
nonfat greek yogurt, plain
1/2 cup (140g)
water
2 cup(s) (474mL)
oil
1/2 tsp (3mL)
bell pepper, deseeded & halved
2 large (328g)
avocados, diced
1 avocado(s) (201g)

1. Preheat oven to 425°F (220°C). Rub the cut sides of peppers with oil. Place peppers cut sides down on a baking sheet. Roast in the oven for 15-18 minutes until softened.
2. Meanwhile, add lentils, quinoa, water, cumin, and some salt to a medium saucepan over medium-high heat. Bring to a boil, cover, reduce heat to low, and simmer until lentils are tender, about 18-24 minutes.
3. Mix chipotle powder and Greek yogurt in a small bowl.
4. Transfer lentil and quinoa mixture into the roasted pepper. Top with the avocado and chipotle crema. Serve.

Dinner 5 [↗](#)

Eat on day 7

Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

veggie burger patty
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

Buttered broccoli

2 3/4 cup(s) - 367 cals ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



Makes 2 3/4 cup(s)

salt

1 1/2 dash (1g)

frozen broccoli

2 3/4 cup (250g)

black pepper

1 1/2 dash (0g)

butter

2 3/4 tbsp (39g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

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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