

Meal Plan - 2200 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

2145 cals ● 159g protein (30%) ● 82g fat (34%) ● 152g carbs (28%) ● 40g fiber (8%)

Breakfast

320 cals, 20g protein, 3g net carbs, 24g fat



[Basic scrambled eggs](#)
2 egg(s)- 159 cals



[Hardboiled egg and avocado bowl](#)
160 cals

Snacks

210 cals, 14g protein, 7g net carbs, 10g fat



[Boiled eggs](#)
2 egg(s)- 139 cals



[Raspberries](#)
1 cup(s)- 72 cals

Lunch

725 cals, 34g protein, 92g net carbs, 19g fat



[Tzatziki chickpea tabbouleh salad](#)
539 cals



[Milk](#)
1 1/4 cup(s)- 186 cals

Dinner

675 cals, 43g protein, 48g net carbs, 28g fat



[Jerk tofu](#)
10 1/2 oz tofu- 344 cals



[Lentils](#)
231 cals



[Simple salad with tomatoes and carrots](#)
98 cals

Protein Supplement(s)

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



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

Day 2

2155 cals ● 162g protein (30%) ● 68g fat (28%) ● 179g carbs (33%) ● 45g fiber (8%)

Breakfast

320 cals, 20g protein, 3g net carbs, 24g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Hardboiled egg and avocado bowl
160 cals

Snacks

210 cals, 14g protein, 7g net carbs, 10g fat



Boiled eggs
2 egg(s)- 139 cals



Raspberries
1 cup(s)- 72 cals

Lunch

610 cals, 37g protein, 69g net carbs, 18g fat



Pear
1 pear(s)- 113 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



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

Dinner

795 cals, 43g protein, 99g net carbs, 15g fat



Tossed salad
182 cals



Tempeh & mushroom stir fry
443 cals



Brown rice
3/4 cup brown rice, cooked- 172 cals

Protein Supplement(s)

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



Protein shake
2 scoop- 218 cals

Day 3

2168 cals ● 153g protein (28%) ● 69g fat (28%) ● 179g carbs (33%) ● 55g fiber (10%)

Breakfast

320 cals, 17g protein, 18g net carbs, 17g fat



Cucumber slices

1/4 cucumber- 15 cals



Avocado

176 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

210 cals, 14g protein, 7g net carbs, 10g fat



Boiled eggs

2 egg(s)- 139 cals



Raspberries

1 cup(s)- 72 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

715 cals, 35g protein, 95g net carbs, 10g fat



Tossed salad

182 cals



Bbq cauliflower wings

535 cals

Dinner

700 cals, 40g protein, 57g net carbs, 30g fat



Lentils

347 cals



Buffalo tofu

355 cals

Day 4

2217 cals ● 150g protein (27%) ● 67g fat (27%) ● 205g carbs (37%) ● 48g fiber (9%)

Breakfast

320 cals, 17g protein, 18g net carbs, 17g fat



Cucumber slices

1/4 cucumber- 15 cals



Avocado

176 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

260 cals, 11g protein, 34g net carbs, 9g fat



Milk

1 cup(s)- 149 cals



Pretzels

110 cals

Lunch

715 cals, 35g protein, 95g net carbs, 10g fat



Tossed salad

182 cals



Bbq cauliflower wings

535 cals

Dinner

700 cals, 40g protein, 57g net carbs, 30g fat



Lentils

347 cals



Buffalo tofu

355 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 5

2147 cals ● 142g protein (27%) ● 66g fat (28%) ● 191g carbs (36%) ● 56g fiber (10%)

Breakfast

320 cals, 17g protein, 18g net carbs, 17g fat



Cucumber slices

1/4 cucumber- 15 cals



Avocado

176 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

260 cals, 11g protein, 34g net carbs, 9g fat



Milk

1 cup(s)- 149 cals



Pretzels

110 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Lunch

700 cals, 31g protein, 80g net carbs, 16g fat



White bean cassoulet

577 cals



Tossed salad

121 cals

Dinner

650 cals, 36g protein, 58g net carbs, 23g fat



Teriyaki chickpea stir fry

369 cals



Simple Greek cucumber salad

281 cals

Day 6

2146 cals ● 160g protein (30%) ● 66g fat (28%) ● 188g carbs (35%) ● 40g fiber (7%)

Breakfast

285 cals, 7g protein, 39g net carbs, 8g fat



Pancakes

1/2 pancake(s)- 215 cals



Raspberries

1 cup(s)- 72 cals

Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



Protein bar

1 bar- 245 cals

Lunch

745 cals, 49g protein, 64g net carbs, 29g fat



Grilled cheese with mushrooms

485 cals



Cottage cheese & fruit cup

2 container- 261 cals

Dinner

650 cals, 36g protein, 58g net carbs, 23g fat



Teriyaki chickpea stir fry

369 cals



Simple Greek cucumber salad

281 cals

Protein Supplement(s)

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



Protein shake

2 scoop- 218 cals

Day 7

2160 cals ● 147g protein (27%) ● 49g fat (21%) ● 251g carbs (46%) ● 31g fiber (6%)

Breakfast

285 cals, 7g protein, 39g net carbs, 8g fat



Pancakes

1/2 pancake(s)- 215 cals



Raspberries

1 cup(s)- 72 cals

Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



Protein bar

1 bar- 245 cals

Lunch

745 cals, 49g protein, 64g net carbs, 29g fat



Grilled cheese with mushrooms

485 cals



Cottage cheese & fruit cup

2 container- 261 cals

Dinner

665 cals, 23g protein, 121g net carbs, 6g fat



Dinner roll

2 roll(s)- 154 cals



Pasta with store-bought sauce

510 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
20 cup(s) (4700mL)

Fats and Oils

- oil
1 2/3 oz (51mL)
- salad dressing
3 1/4 oz (94mL)
- ranch dressing
4 tbsp (60mL)
- olive oil
1/4 cup (53mL)

Dairy and Egg Products

- eggs
14 medium (611g)
- whole milk
3 1/2 cup(s) (854mL)
- lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
- nonfat greek yogurt, plain
1 cup (280g)
- butter
3/4 tbsp (11g)
- sliced cheese
3 slice (3/4 oz ea) (63g)

Vegetables and Vegetable Products

- onion
5/6 medium (2-1/2" dia) (93g)
- bell pepper
1/2 large (91g)
- carrots
4 1/4 medium (261g)
- romaine lettuce
3 1/4 hearts (1625g)
- tomatoes
3 medium whole (2-3/5" dia) (345g)
- fresh parsley
1 2/3 sprigs (2g)
- cucumber
3 2/3 cucumber (8-1/4") (1097g)
- ketchup
1 1/2 tbsp (26g)

Fruits and Fruit Juices

- avocados
2 avocado(s) (402g)
- lemon juice
5/6 fl oz (26mL)
- raspberries
5 cup (615g)
- pears
1 medium (178g)

Legumes and Legume Products

- firm tofu
1 1/2 lbs (695g)
- lentils, raw
1 1/3 cup (256g)
- chickpeas, canned
1 1/2 can(s) (635g)
- soy sauce
1 tbsp (15mL)
- tempeh
4 oz (113g)
- white beans, canned
3/4 can(s) (329g)

Cereal Grains and Pasta

- instant couscous, flavored
3/8 box (5.8 oz) (69g)
- brown rice
1/2 cup (95g)
- uncooked dry pasta
4 oz (114g)

Other

- tzatziki
1/3 cup(s) (70g)
- meatless chik'n tenders
6 pieces (153g)
- nutritional yeast
1 cup (60g)
- cottage cheese & fruit cup
7 container (1190g)
- teriyaki sauce
4 tbsp (60mL)
- protein bar (20g protein)
2 bar (100g)

Soups, Sauces, and Gravies

- red onion**
1 1/3 medium (2-1/2" dia) (131g)
- mushrooms**
2 1/2 cup, chopped (175g)
- cauliflower**
4 head small (4" dia.) (1060g)
- frozen mixed veggies**
1 10oz package (284g)
- raw celery**
3/4 stalk, medium (7-1/2" - 8" long) (30g)
- garlic**
1 1/2 clove(s) (5g)

Spices and Herbs

- black pepper**
1/2 g (1g)
- salt**
1/3 oz (10g)
- pumpkin pie spice**
3 dash (1g)
- thyme, dried**
5 g (5g)
- chili powder**
3 dash (1g)
- crushed red pepper**
3 dash (1g)
- ground cumin**
1/2 tsp (1g)
- garlic powder**
4 dash (2g)
- ground ginger**
2 dash (0g)
- dried dill weed**
2 tsp (2g)
- red wine vinegar**
2 tsp (10mL)

- Frank's Red Hot sauce**
1/3 cup (79mL)
- barbecue sauce**
1 cup (286g)
- vegetable broth**
3/8 cup(s) (mL)
- pasta sauce**
1/4 jar (24 oz) (168g)

Snacks

- pretzels, hard, salted**
2 oz (57g)

Sweets

- syrup**
1 tbsp (15mL)

Baked Products

- pancake mix**
1/2 cup (65g)
- bread**
6 slice(s) (192g)
- Roll**
2 pan, dinner, or small roll (2" square, 2" high) (56g)

Breakfast 1 ↗

Eat on day 1 and day 2

Basic scrambled eggs

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



For single meal:

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

For all 2 meals:

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

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp chopped (5g)
bell pepper
1/2 tbsp, diced (5g)
black pepper
1/2 dash (0g)
eggs
1 large (50g)
salt
1/2 dash (0g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

onion
1 tbsp chopped (10g)
bell pepper
1 tbsp, diced (9g)
black pepper
1 dash (0g)
eggs
2 large (100g)
salt
1 dash (0g)
avocados, chopped
1/2 avocado(s) (101g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber

1/4 cucumber (8-1/4") (75g)

For all 3 meals:

cucumber

3/4 cucumber (8-1/4") (226g)

1. Slice cucumber into rounds and serve.

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.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 3 meals:

cottage cheese & fruit cup

3 container (510g)

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

Breakfast 3 ↗

Eat on day 6 and day 7

Pancakes

1/2 pancake(s) - 215 cals ● 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.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.

Lunch 1 ↗

Eat on day 1

Tzatziki chickpea tabbouleh salad

539 cals ● 24g protein ● 9g fat ● 78g carbs ● 13g fiber



lemon juice
1/4 tbsp (3mL)
ground cumin
3 1/3 dash (1g)
oil
1/4 tsp (1mL)
instant couscous, flavored
3/8 box (5.8 oz) (69g)
tzatziki
1/3 cup(s) (70g)
fresh parsley, chopped
1 2/3 sprigs (2g)
tomatoes, chopped
3/8 roma tomato (33g)
cucumber, chopped
1/4 cucumber (8-1/4") (63g)
chickpeas, canned, drained & rinsed
3/8 can(s) (187g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package.
3. Once cooked, mix couscous with parsley, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve with tzatziki.

Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber

Makes 1 1/4 cup(s)



whole milk
1 1/4 cup(s) (300mL)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2

Pear

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



Makes 1 pear(s)
pears
1 medium (178g)

1. The recipe has no instructions.

Lowfat Greek yogurt

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

Makes 1 container(s)



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

1. The recipe has no instructions.

Crispy chik'n tenders

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



Makes 6 tender(s)

meatless chik'n tenders
6 pieces (153g)
ketchup
1 1/2 tbsp (26g)

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

Lunch 3 ↗

Eat on day 3 and day 4

Tossed salad

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



For single meal:

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)

For all 2 meals:

romaine lettuce, shredded
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 small whole (2-2/5" dia) (137g)
salad dressing
3 tbsp (45mL)
red onion, sliced
3/8 medium (2-1/2" dia) (41g)
cucumber, sliced or diced
3/8 cucumber (8-1/4") (113g)
carrots, peeled and shredded or sliced
1 1/2 small (5-1/2" long) (75g)

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.

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.

Lunch 4 ↗

Eat on day 5

White bean cassoulet

577 cals ● 27g protein ● 12g fat ● 70g carbs ● 21g fiber



vegetable broth
3/8 cup(s) (mL)
oil
3/4 tbsp (11mL)
raw celery, thinly sliced
3/4 stalk, medium (7-1/2" - 8" long)
(30g)
carrots, peeled & slices
1 1/2 large (108g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
garlic, minced
1 1/2 clove(s) (5g)
white beans, canned, drained & rinsed
3/4 can(s) (329g)

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.

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



romaine lettuce, shredded
1/2 hearts (250g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)
red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)

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.

Lunch 5 ↗

Eat on day 6 and day 7

Grilled cheese with mushrooms

485 cals ● 21g protein ● 24g fat ● 38g carbs ● 7g fiber



For single meal:

mushrooms
3/4 cup, chopped (53g)
olive oil
3/4 tbsp (11mL)
thyme, dried
1/2 tbsp, ground (2g)
bread
3 slice(s) (96g)
sliced cheese
1 1/2 slice (3/4 oz ea) (32g)

For all 2 meals:

mushrooms
1 1/2 cup, chopped (105g)
olive oil
1 1/2 tbsp (23mL)
thyme, dried
1 tbsp, ground (4g)
bread
6 slice(s) (192g)
sliced cheese
3 slice (3/4 oz ea) (63g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

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

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Snacks 2

Eat on day 4 and day 5

Milk

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



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Pretzels

110 cals  3g protein  1g fat  22g carbs  1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Jerk tofu

10 1/2 oz tofu - 344 cals ● 23g protein ● 24g fat ● 7g carbs ● 1g fiber



Makes 10 1/2 oz tofu

pumpkin pie spice
3 dash (1g)
thyme, dried
1/4 tbsp, leaves (1g)
chili powder
3 dash (1g)
crushed red pepper
3 dash (1g)
oil
3/4 tbsp (11mL)
firm tofu, torn into pieces
2/3 lbs (298g)

1. In a medium bowl, mix the pumpkin pie spice, thyme, chili powder, crushed red pepper, and a pinch of salt. Add a small splash of water and whisk to form a paste.
2. Add the torn tofu pieces to the bowl and toss gently to coat them evenly in the spice paste.
3. Heat the oil in a skillet over medium-high heat. Add the tofu and cook, stirring occasionally, until golden brown and slightly crispy on all sides, about 4–6 minutes. Serve.

Lentils

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



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

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.

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.

Dinner 2 ↗

Eat on day 2

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.

Tempeh & mushroom stir fry

443 cals ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



brown rice
4 tbsp (48g)
soy sauce
1 tbsp (15mL)
garlic powder
4 dash (2g)
ground ginger
2 dash (0g)
mushrooms, chopped
1 cup, chopped (70g)
tempeh, sliced
4 oz (113g)
bell pepper, sliced
1/2 large (82g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



Makes 3/4 cup brown rice, cooked

salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)
brown rice
4 tbsp (48g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Dinner 3 ↗

Eat on day 3 and day 4

Lentils

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



For single meal:

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

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.

Buffalo tofu

355 cals ● 16g protein ● 29g fat ● 7g carbs ● 0g fiber



For single meal:

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)

For all 2 meals:

Frank's Red Hot sauce
1/3 cup (79mL)
ranch dressing
4 tbsp (60mL)
oil
1 tbsp (15mL)
firm tofu, patted dry & cubed
14 oz (397g)

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.

Dinner 4 ↗

Eat on day 5 and day 6

Teriyaki chickpea stir fry

369 cals ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



For single meal:

frozen mixed veggies
1/2 10oz package (142g)
oil
1/4 tbsp (4mL)
teriyaki sauce
2 tbsp (30mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)

For all 2 meals:

frozen mixed veggies
1 10oz package (284g)
oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

For all 2 meals:

nonfat greek yogurt, plain
1 cup (280g)
lemon juice
1 tbsp (15mL)
dried dill weed
2 tsp (2g)
red wine vinegar
2 tsp (10mL)
olive oil
2 tbsp (30mL)
red onion, thinly sliced
1/2 medium (2-1/2" dia) (55g)
cucumber, sliced into half moons
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Dinner 5 ↗

Eat on day 7

Dinner roll

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



Makes 2 roll(s)

Roll

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

1. Enjoy.

Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



uncooked dry pasta

4 oz (114g)

pasta sauce

1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.

2. Top with sauce and enjoy.

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.