

Meal Plan - 2400 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

2369 cals ● 181g protein (31%) ● 81g fat (31%) ● 183g carbs (31%) ● 47g fiber (8%)

Breakfast

360 cals, 22g protein, 28g net carbs, 16g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



High-protein granola bar

1 bar(s)- 204 cals

Snacks

215 cals, 10g protein, 7g net carbs, 15g fat



Skillet cauliflower tots

213 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

740 cals, 48g protein, 81g net carbs, 17g fat



Protein greek yogurt

1 container- 139 cals



Moroccan chickpea wrap

1 wrap(s)- 469 cals



Peach

2 peach(es)- 132 cals

Dinner

785 cals, 40g protein, 65g net carbs, 31g fat



Chickpea & chickpea pasta

573 cals



Simple Greek cucumber salad

211 cals

Day 2

2347 cals ● 176g protein (30%) ● 70g fat (27%) ● 215g carbs (37%) ● 39g fiber (7%)

Breakfast

360 cals, 22g protein, 28g net carbs, 16g fat



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

Snacks

215 cals, 10g protein, 7g net carbs, 15g fat



[Skillet cauliflower tots](#)

213 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

740 cals, 48g protein, 81g net carbs, 17g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Moroccan chickpea wrap](#)

1 wrap(s)- 469 cals



[Peach](#)

2 peach(es)- 132 cals

Dinner

760 cals, 35g protein, 96g net carbs, 20g fat



[Veggie burger](#)

2 burger- 550 cals



[Simple Greek cucumber salad](#)

211 cals

Day 3

2395 cals ● 168g protein (28%) ● 73g fat (27%) ● 231g carbs (39%) ● 37g fiber (6%)

Breakfast

360 cals, 22g protein, 28g net carbs, 16g fat



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals



[High-protein granola bar](#)

1 bar(s)- 204 cals

Snacks

305 cals, 20g protein, 23g net carbs, 14g fat



[Roasted almonds](#)

1/8 cup(s)- 111 cals



[Plain yogurt](#)

1 1/4 cup(s)- 193 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



[Protein shake](#)

2 1/2 scoop- 273 cals

Lunch

700 cals, 30g protein, 81g net carbs, 21g fat



[Vegetarian chickpea sandwiches](#)

1 sandwich(es)- 343 cals



[Milk](#)

1 1/2 cup(s)- 224 cals



[Peach](#)

2 peach(es)- 132 cals

Dinner

760 cals, 35g protein, 96g net carbs, 20g fat



[Veggie burger](#)

2 burger- 550 cals



[Simple Greek cucumber salad](#)

211 cals

Day 4

2381 cals ● 202g protein (34%) ● 93g fat (35%) ● 146g carbs (25%) ● 39g fiber (6%)

Breakfast

385 cals, 48g protein, 19g net carbs, 13g fat



Protein shake (milk)
387 cals

Lunch

700 cals, 30g protein, 81g net carbs, 21g fat



Vegetarian chickpea sandwiches
1 sandwich(es)- 343 cals



Milk
1 1/2 cup(s)- 224 cals



Peach
2 peach(es)- 132 cals

Snacks

305 cals, 20g protein, 23g net carbs, 14g fat



Roasted almonds
1/8 cup(s)- 111 cals



Plain yogurt
1 1/4 cup(s)- 193 cals

Dinner

720 cals, 44g protein, 21g net carbs, 44g fat



Basic tempeh
6 oz- 443 cals



Roasted tomatoes
1 1/2 tomato(es)- 89 cals



Pistachios
188 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 5

2353 cals ● 190g protein (32%) ● 90g fat (34%) ● 147g carbs (25%) ● 49g fiber (8%)

Breakfast

385 cals, 48g protein, 19g net carbs, 13g fat



Protein shake (milk)
387 cals

Lunch

690 cals, 28g protein, 66g net carbs, 24g fat



Mustardy lemony chickpea soup
691 cals

Snacks

285 cals, 10g protein, 39g net carbs, 8g fat



Instant oatmeal with milk
1 packet(s)- 276 cals



Celery sticks
1 celery stalk- 7 cals

Dinner

720 cals, 44g protein, 21g net carbs, 44g fat



Basic tempeh
6 oz- 443 cals



Roasted tomatoes
1 1/2 tomato(es)- 89 cals



Pistachios
188 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Day 6

2340 cals ● 155g protein (26%) ● 84g fat (32%) ● 193g carbs (33%) ● 50g fiber (8%)

Breakfast

385 cals, 27g protein, 13g net carbs, 24g fat



Basic scrambled eggs
4 egg(s)- 318 cals



Peach
1 peach(es)- 66 cals

Snacks

285 cals, 10g protein, 39g net carbs, 8g fat



Instant oatmeal with milk
1 packet(s)- 276 cals



Celery sticks
1 celery stalk- 7 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

690 cals, 28g protein, 66g net carbs, 24g fat



Mustardy lemony chickpea soup
691 cals

Dinner

710 cals, 30g protein, 72g net carbs, 26g fat



Bean & tofu goulash
437 cals



Simple mixed greens and tomato salad
151 cals



Buttery white rice
121 cals

Day 7

2355 cals ● 162g protein (27%) ● 103g fat (39%) ● 165g carbs (28%) ● 31g fiber (5%)

Breakfast

385 cals, 27g protein, 13g net carbs, 24g fat



Basic scrambled eggs
4 egg(s)- 318 cals



Peach
1 peach(es)- 66 cals

Snacks

285 cals, 10g protein, 39g net carbs, 8g fat



Instant oatmeal with milk
1 packet(s)- 276 cals



Celery sticks
1 celery stalk- 7 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

705 cals, 35g protein, 39g net carbs, 43g fat



Simple Greek cucumber salad
211 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals

Dinner

710 cals, 30g protein, 72g net carbs, 26g fat



Bean & tofu goulash
437 cals



Simple mixed greens and tomato salad
151 cals



Buttery white rice
121 cals

Grocery List



Beverages

- ☐ protein powder
20 1/2 scoop (1/3 cup ea) (636g)
- ☐ water
18 cup(s) (4266mL)

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ butter
2 1/4 tbsp (32g)
- ☐ nonfat greek yogurt, plain
2 cup (606g)
- ☐ eggs
11 1/2 medium (512g)
- ☐ whole milk
8 1/4 cup(s) (1980mL)
- ☐ plain lowfat yogurt
2 1/2 cup (613g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)

Snacks

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

Other

- ☐ chickpea pasta
2 oz (57g)
- ☐ nutritional yeast
1 tsp (1g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ mixed greens
2 package (5.5 oz) (293g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ italian seasoning
1 tsp (4g)

Fats and Oils

- ☐ oil
1/4 lbs (135mL)
- ☐ olive oil
3 tbsp (45mL)
- ☐ mayonnaise
2 tsp (10mL)

Legumes and Legume Products

- ☐ chickpeas, canned
4 can(s) (1867g)
- ☐ tempeh
3/4 lbs (340g)
- ☐ white beans, canned
1 can(s) (439g)
- ☐ firm tofu
1/2 lbs (198g)

Fruits and Fruit Juices

- ☐ lemon juice
10 tbsp (153mL)
- ☐ peach
10 medium (2-2/3" dia) (1500g)

Spices and Herbs

- ☐ dried dill weed
1 1/4 tbsp (4g)
- ☐ red wine vinegar
1 tbsp (15mL)
- ☐ ground cumin
1 tsp (2g)
- ☐ cinnamon
2 dash (1g)
- ☐ ground ginger
2 dash (1g)
- ☐ salt
1/2 tsp (4g)
- ☐ black pepper
1/2 tsp, ground (1g)
- ☐ dijon mustard
1 1/2 tbsp (23g)
- ☐ paprika
1 tbsp (7g)
- ☐ fresh thyme
4 dash (0g)

Baked Products

- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)
- ☐ hamburger buns
4 bun(s) (204g)
- ☐ bread
6 slice (192g)

Soups, Sauces, and Gravies

- ☐ **salad dressing**
6 tbsp (90mL)

Vegetables and Vegetable Products

- ☐ **onion**
2 medium (2-1/2" dia) (219g)
- ☐ **garlic**
9 clove(s) (27g)
- ☐ **red onion**
3/4 medium (2-1/2" dia) (83g)
- ☐ **cucumber**
3 cucumber (8-1/4") (903g)
- ☐ **fresh parsley**
10 sprigs (10g)
- ☐ **bell pepper**
1 small (74g)
- ☐ **cauliflower**
2 cup(s), riced (256g)
- ☐ **ketchup**
4 tbsp (68g)
- ☐ **raw celery**
3 2/3 stalk, medium (7-1/2" - 8" long) (147g)
- ☐ **tomatoes**
3 1/2 medium whole (2-3/5" dia) (422g)
- ☐ **leeks**
2 leek (178g)
- ☐ **broccoli**
2 cup chopped (182g)

- ☐ **hot sauce**
1 tbsp (15mL)
- ☐ **vegetable broth**
4 cup(s) (mL)

Nut and Seed Products

- ☐ **almonds**
4 tbsp, whole (36g)
- ☐ **pistachios, shelled**
1/2 cup (62g)

Breakfast Cereals

- ☐ **flavored instant oatmeal**
3 packet (129g)

Cereal Grains and Pasta

- ☐ **long-grain white rice**
4 tbsp (46g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

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.

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar

1 bar (40g)

For all 3 meals:

high-protein granola bar

3 bar (120g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Protein shake (milk)

387 cal ● 48g protein ● 13g fat ● 19g carbs ● 2g fiber



For single meal:

whole milk

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

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

whole milk

3 cup(s) (720mL)

protein powder

3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Basic scrambled eggs

4 egg(s) - 318 cal ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1 tsp (5mL)

eggs

4 large (200g)

For all 2 meals:

oil

2 tsp (10mL)

eggs

8 large (400g)

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.

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach

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

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored

1 container (150g)

For all 2 meals:

protein greek yogurt, flavored

2 container (300g)

1. Enjoy.

Moroccan chickpea wrap

1 wrap(s) - 469 cals ● 25g protein ● 14g fat ● 49g carbs ● 13g fiber



For single meal:

- flour tortillas**
1 tortilla (approx 7-8" dia) (49g)
- nonfat greek yogurt, plain**
1/3 cup (93g)
- ground cumin**
4 dash (1g)
- fresh parsley**
5 sprigs (5g)
- cinnamon**
1 dash (0g)
- ground ginger**
1 dash (0g)
- oil**
1 tsp (5mL)
- chickpeas, canned, drained**
1/2 can(s) (224g)
- bell pepper, deseeded, sliced**
1/2 small (37g)
- onion, sliced**
1/8 small (9g)

For all 2 meals:

- flour tortillas**
2 tortilla (approx 7-8" dia) (98g)
- nonfat greek yogurt, plain**
2/3 cup (186g)
- ground cumin**
1 tsp (2g)
- fresh parsley**
10 sprigs (10g)
- cinnamon**
2 dash (1g)
- ground ginger**
2 dash (1g)
- oil**
2 tsp (10mL)
- chickpeas, canned, drained**
1 can(s) (448g)
- bell pepper, deseeded, sliced**
1 small (74g)
- onion, sliced**
1/4 small (18g)

1. Preheat oven to 350F (180C) and line a baking sheet with parchment paper.
2. Toss chickpeas with oil, spread evenly on the baking sheet and roast for 15 minutes.
3. Add sliced onions and pepper to the baking sheet and continue roasting for 15 more minutes.
4. Once slightly cooled, sprinkle with cumin, ginger, cinnamon, and salt/pepper to taste.
5. Assemble wrap by spreading the greek yogurt on the tortilla and adding the chickpeas, pepper, onion, and parsley. Serve.

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.
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Lunch 2 [↗](#)

Eat on day 3 and day 4

Vegetarian chickpea sandwiches

1 sandwich(es) - 343 cals ● 16g protein ● 9g fat ● 39g carbs ● 11g fiber



For single meal:

mayonnaise
1 tsp (5mL)
lemon juice
1 tsp (5mL)
dried dill weed
1/3 tsp (0g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
bread
2 slice (64g)
chickpeas, canned
1/3 can(s) (149g)
raw celery, chopped
1/3 stalk, medium (7-1/2" - 8" long) (13g)
onion, chopped
1/6 medium (2-1/2" dia) (18g)

For all 2 meals:

mayonnaise
2 tsp (10mL)
lemon juice
2 tsp (10mL)
dried dill weed
1/4 tbsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
bread
4 slice (128g)
chickpeas, canned
2/3 can(s) (299g)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long) (27g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)

1. Drain and rinse chickpeas. Pour chickpeas into a medium size mixing bowl and mash with a fork. Mix in celery, onion, mayonnaise (to taste), lemon juice, dill, salt and pepper to taste. Mix can be stored in the fridge until ready to serve.
2. Sandwich the mix between two slices of bread when ready to serve. Feel free to top with any veggies.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.

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.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Mustardy lemony chickpea soup

691 cals ● 28g protein ● 24g fat ● 66g carbs ● 24g fiber



For single meal:

chickpeas, canned

1 can(s) (448g)

dijon mustard

3/4 tbsp (11g)

oil

1 tbsp (15mL)

vegetable broth

2 cup(s) (mL)

italian seasoning

4 dash (2g)

lemon juice

4 tbsp (60mL)

leeks, sliced

1 leek (89g)

broccoli, chopped

1 cup chopped (91g)

garlic, minced

2 clove(s) (6g)

For all 2 meals:

chickpeas, canned

2 can(s) (896g)

dijon mustard

1 1/2 tbsp (23g)

oil

2 tbsp (30mL)

vegetable broth

4 cup(s) (mL)

italian seasoning

1 tsp (4g)

lemon juice

1/2 cup (120mL)

leeks, sliced

2 leek (178g)

broccoli, chopped

2 cup chopped (182g)

garlic, minced

4 clove(s) (12g)

1. Heat oil in a large pot. Add leeks, garlic, and some salt. Stir and cook 5-7 minutes until softened.
 2. Stir in broth, chickpeas (including the liquid), and Italian seasoning. Bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes.
 3. Take about 1/4th of the mixture and puree in a blender until smooth. Return puree back to the pot and stir.
 4. Add broccoli, cover, and cook 10 minutes. Turn off heat. Stir in dijon and lemon juice. Season with salt and pepper to taste. Serve.
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Lunch 4 [↗](#)

Eat on day 7

Simple Greek cucumber salad

211 cal ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



nonfat greek yogurt, plain

6 tbsp (105g)

lemon juice

1 tsp (6mL)

dried dill weed

1/4 tbsp (1g)

red wine vinegar

1/4 tbsp (4mL)

olive oil

3/4 tbsp (11mL)

red onion, thinly sliced

1/6 medium (2-1/2" dia) (21g)

cucumber, sliced into half moons

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

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.

Grilled cheese sandwich

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



Makes 1 sandwich(es)

bread

2 slice (64g)

butter

1 tbsp (14g)

sliced cheese

2 slice (1 oz ea) (56g)

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

Snacks 1 [↗](#)

Eat on day 1 and day 2

Skillet cauliflower tots

213 cals ● 10g protein ● 15g fat ● 7g carbs ● 3g fiber



For single meal:

cauliflower
1 cup(s), riced (128g)
eggs
1 extra large (56g)
oil
2 tsp (10mL)
hot sauce
1/2 tbsp (8mL)
garlic, diced
1 tsp (3g)

For all 2 meals:

cauliflower
2 cup(s), riced (256g)
eggs
2 extra large (112g)
oil
4 tsp (20mL)
hot sauce
1 tbsp (15mL)
garlic, diced
2 tsp (6g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Plain yogurt

1 1/4 cup(s) - 193 cals ● 16g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:
plain lowfat yogurt
1 1/4 cup (306g)

For all 2 meals:
plain lowfat yogurt
2 1/2 cup (613g)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Instant oatmeal with milk

1 packet(s) - 276 cals ● 10g protein ● 8g fat ● 38g carbs ● 4g fiber



For single meal:
flavored instant oatmeal
1 packet (43g)
whole milk
3/4 cup(s) (180mL)

For all 3 meals:
flavored instant oatmeal
3 packet (129g)
whole milk
2 1/4 cup(s) (540mL)

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

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:
raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 3 meals:
raw celery
3 stalk, medium (7-1/2" - 8" long)
(120g)

1. Slice celery into sticks and serve.
-

Dinner 1 [↗](#)

Eat on day 1

Chickpea & chickpea pasta

573 cals ● 27g protein ● 21g fat ● 51g carbs ● 19g fiber



chickpea pasta

2 oz (57g)

oil

1/2 tbsp (8mL)

butter

1/2 tbsp (7g)

nutritional yeast

1 tsp (1g)

onion, thinly sliced

1/2 medium (2-1/2" dia) (55g)

garlic, minced

2 clove(s) (6g)

chickpeas, canned, drained & rinsed

1/2 can(s) (224g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



nonfat greek yogurt, plain

6 tbsp (105g)

lemon juice

1 tsp (6mL)

dried dill weed

1/4 tbsp (1g)

red wine vinegar

1/4 tbsp (4mL)

olive oil

3/4 tbsp (11mL)

red onion, thinly sliced

1/6 medium (2-1/2" dia) (21g)

cucumber, sliced into half moons

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

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 2 [↗](#)

Eat on day 2 and day 3

Veggie burger

2 burger - 550 cal ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)
veggie burger patty
2 patty (142g)

For all 2 meals:

hamburger buns
4 bun(s) (204g)
ketchup
4 tbsp (68g)
mixed greens
4 oz (113g)
veggie burger patty
4 patty (284g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Simple Greek cucumber salad

211 cal ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

nonfat greek yogurt, plain
6 tbsp (105g)
lemon juice
1 tsp (6mL)
dried dill weed
1/4 tbsp (1g)
red wine vinegar
1/4 tbsp (4mL)
olive oil
3/4 tbsp (11mL)
red onion, thinly sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced into half moons
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

nonfat greek yogurt, plain
3/4 cup (210g)
lemon juice
3/4 tbsp (11mL)
dried dill weed
1/2 tbsp (2g)
red wine vinegar
1/2 tbsp (8mL)
olive oil
1 1/2 tbsp (23mL)
red onion, thinly sliced
3/8 medium (2-1/2" dia) (41g)
cucumber, sliced into half moons
1 1/2 cucumber (8-1/4") (452g)

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 3 [🔗](#)

Eat on day 4 and day 5

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

tempeh
6 oz (170g)
oil
1 tbsp (15mL)

For all 2 meals:

tempeh
3/4 lbs (340g)
oil
2 tbsp (30mL)

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.

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil
1/2 tbsp (8mL)
tomatoes
1 1/2 small whole (2-2/5" dia)
(137g)

For all 2 meals:

oil
1 tbsp (15mL)
tomatoes
3 small whole (2-2/5" dia) (273g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:
pistachios, shelled
4 tbsp (31g)

For all 2 meals:
pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Bean & tofu goulash

437 cal ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



For single meal:
oil
1/2 tbsp (8mL)
paprika
1/2 tbsp (3g)
fresh thyme
2 dash (0g)
white beans, canned, drained & rinsed
1/2 can(s) (220g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
garlic, minced
1/2 clove (2g)
firm tofu, drained and diced
1/4 lbs (99g)

For all 2 meals:
oil
1 tbsp (15mL)
paprika
1 tbsp (7g)
fresh thyme
4 dash (0g)
white beans, canned, drained & rinsed
1 can(s) (439g)
onion, diced
1 medium (2-1/2" dia) (110g)
garlic, minced
1 clove (3g)
firm tofu, drained and diced
1/2 lbs (198g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Simple mixed greens and tomato salad

151 cal ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

salad dressing

6 tbsp (90mL)

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

Buttery white rice

121 cal ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



For single meal:

black pepper

1/2 dash, ground (0g)

butter

1 tsp (5g)

salt

1 dash (1g)

water

1/4 cup(s) (59mL)

long-grain white rice

2 tbsp (23g)

For all 2 meals:

black pepper

1 dash, ground (0g)

butter

3/4 tbsp (11g)

salt

2 dash (2g)

water

1/2 cup(s) (119mL)

long-grain white rice

4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
 2. Add rice and stir.
 3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
 4. Cook for 20 minutes.
 5. DO NOT LIFT LID!
 6. The steam that is trapped inside the pan is what allows the rice to cook properly.
 7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.
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Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cals  61g protein  1g fat  2g carbs  3g fiber



For single meal:

- protein powder**
2 1/2 scoop (1/3 cup ea) (78g)
- water**
2 1/2 cup(s) (593mL)

For all 7 meals:

- protein powder**
17 1/2 scoop (1/3 cup ea) (543g)
- water**
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
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