

# Meal Plan - 2500 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

2454 cals ● 183g protein (30%) ● 112g fat (41%) ● 143g carbs (23%) ● 37g fiber (6%)

### Breakfast

415 cals, 16g protein, 26g net carbs, 23g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Avocado toast**

2 slice(s)- 336 cals

### Snacks

305 cals, 17g protein, 36g net carbs, 8g fat



**Large granola bar**

1 bar(s)- 176 cals



**Green protein shake**

130 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

665 cals, 19g protein, 57g net carbs, 38g fat



**Flatbread margherita pizza**

475 cals



**Cranberry spinach salad**

190 cals

### Dinner

795 cals, 70g protein, 22g net carbs, 42g fat



**Roasted brussels sprouts**

116 cals



**Baked tofu**

24 oz- 679 cals

## Day 2

2555 cals ● 161g protein (25%) ● 85g fat (30%) ● 210g carbs (33%) ● 77g fiber (12%)

### Breakfast

415 cals, 16g protein, 26g net carbs, 23g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Avocado toast**

2 slice(s)- 336 cals

### Snacks

305 cals, 17g protein, 36g net carbs, 8g fat



**Large granola bar**

1 bar(s)- 176 cals



**Green protein shake**

130 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

790 cals, 31g protein, 66g net carbs, 36g fat



**Black bean quesadillas**

639 cals



**Milk**

1 cup(s)- 149 cals

### Dinner

770 cals, 37g protein, 81g net carbs, 17g fat



**Pita bread**

1 1/2 pita bread(s)- 117 cals



**Chipotle stewed beans & greens**

655 cals

## Day 3

2490 cals ● 170g protein (27%) ● 104g fat (38%) ● 146g carbs (24%) ● 72g fiber (12%)

### Breakfast

340 cals, 20g protein, 22g net carbs, 19g fat



**Milk**

1 cup(s)- 149 cals



**Easy mini quiche**

2 quiche(s)- 192 cals

### Snacks

370 cals, 17g protein, 27g net carbs, 18g fat



**Peach**

1 peach(es)- 66 cals



**Avocado**

176 cals



**Cottage cheese & fruit cup**

1 container- 131 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

730 cals, 35g protein, 15g net carbs, 50g fat



**Basic tofu**

8 oz- 342 cals



**Garlic collard greens**

319 cals



**Spinach cauliflower mince**

1 cup(s)- 71 cals

### Dinner

770 cals, 37g protein, 81g net carbs, 17g fat



**Pita bread**

1 1/2 pita bread(s)- 117 cals



**Chipotle stewed beans & greens**

655 cals

## Day 4

2455 cals ● 165g protein (27%) ● 121g fat (44%) ● 120g carbs (20%) ● 57g fiber (9%)

### Breakfast

340 cals, 20g protein, 22g net carbs, 19g fat



Milk

1 cup(s)- 149 cals



Easy mini quiche

2 quiche(s)- 192 cals

### Snacks

370 cals, 17g protein, 27g net carbs, 18g fat



Peach

1 peach(es)- 66 cals



Avocado

176 cals



Cottage cheese & fruit cup

1 container- 131 cals

### Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

### Lunch

730 cals, 35g protein, 15g net carbs, 50g fat



Basic tofu

8 oz- 342 cals



Garlic collard greens

319 cals



Spinach cauliflower mince

1 cup(s)- 71 cals

### Dinner

735 cals, 31g protein, 54g net carbs, 34g fat



Greek chickpea tzatziki salad

737 cals

## Day 5

2530 cals ● 180g protein (28%) ● 139g fat (49%) ● 100g carbs (16%) ● 41g fiber (7%)

### Breakfast

340 cals, 20g protein, 22g net carbs, 19g fat



**Milk**

1 cup(s)- 149 cals



**Easy mini quiche**

2 quiche(s)- 192 cals

### Snacks

370 cals, 17g protein, 27g net carbs, 18g fat



**Peach**

1 peach(es)- 66 cals



**Avocado**

176 cals



**Cottage cheese & fruit cup**

1 container- 131 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

775 cals, 45g protein, 29g net carbs, 47g fat



**Brussels sprout, chik'n & apple salad**

773 cals

### Dinner

770 cals, 37g protein, 20g net carbs, 54g fat



**Walnuts**

1/2 cup(s)- 350 cals



**Crack slaw with tempeh**

422 cals

## Day 6

2478 cals ● 167g protein (27%) ● 112g fat (41%) ● 162g carbs (26%) ● 38g fiber (6%)

### Breakfast

315 cals, 15g protein, 28g net carbs, 14g fat



**Banana**

1 banana(s)- 117 cals



**Creamy scrambled eggs**

182 cals



**Cucumber slices**

1/4 cucumber- 15 cals

### Snacks

385 cals, 15g protein, 46g net carbs, 12g fat



**Apple**

1 apple(s)- 105 cals



**Pear**

1 pear(s)- 113 cals



**String cheese**

2 stick(s)- 165 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

735 cals, 40g protein, 67g net carbs, 32g fat



**Milk**

1 cup(s)- 149 cals



**Chik'n nuggets**

10 2/3 nuggets- 588 cals

### Dinner

770 cals, 37g protein, 20g net carbs, 54g fat



**Walnuts**

1/2 cup(s)- 350 cals



**Crack slaw with tempeh**

422 cals

## Day 7

2492 cals ● 159g protein (25%) ● 119g fat (43%) ● 171g carbs (27%) ● 25g fiber (4%)

### Breakfast

315 cals, 15g protein, 28g net carbs, 14g fat



**Banana**

1 banana(s)- 117 cals



**Creamy scrambled eggs**

182 cals



**Cucumber slices**

1/4 cucumber- 15 cals

### Snacks

385 cals, 15g protein, 46g net carbs, 12g fat



**Apple**

1 apple(s)- 105 cals



**Pear**

1 pear(s)- 113 cals



**String cheese**

2 stick(s)- 165 cals

### Protein Supplement(s)

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



**Protein shake**

2 1/2 scoop- 273 cals

### Lunch

735 cals, 40g protein, 67g net carbs, 32g fat



**Milk**

1 cup(s)- 149 cals



**Chik'n nuggets**

10 2/3 nuggets- 588 cals

### Dinner

785 cals, 28g protein, 28g net carbs, 60g fat



**Buffalo tofu**

532 cals



**Cranberry spinach salad**

253 cals

## Beverages

- ☐ protein powder  
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water  
18 1/4 cup(s) (4325mL)
- ☐ protein powder, vanilla  
1 scoop (1/3 cup ea) (31g)

## Dairy and Egg Products

- ☐ eggs  
8 large (400g)
- ☐ mozzarella cheese, shredded  
6 tbsp (32g)
- ☐ romano cheese  
1 3/4 tsp (4g)
- ☐ cheese  
3 tbsp, shredded (21g)
- ☐ whole milk  
6 1/2 cup(s) (1591mL)
- ☐ swiss cheese  
1/2 cup, shredded (54g)
- ☐ feta cheese  
1 oz (28g)
- ☐ butter  
2 tsp (9g)
- ☐ string cheese  
4 stick (112g)

## Fats and Oils

- ☐ oil  
1/3 lbs (160mL)
- ☐ olive oil  
3 tbsp (47mL)
- ☐ raspberry walnut vinaigrette  
3 tbsp (46mL)
- ☐ ranch dressing  
3 tbsp (45mL)

## Baked Products

- ☐ bread  
6 slice (192g)
- ☐ naan bread  
3/4 piece(s) (68g)
- ☐ flour tortillas  
1 1/2 tortilla (approx 7-8" dia) (74g)
- ☐ pita bread  
3 pita, small (4" dia) (84g)

## Vegetables and Vegetable Products

- ☐ brussels sprouts  
1/2 lbs (245g)
- ☐ fresh ginger  
1 1/2 slices (1" dia) (3g)
- ☐ tomatoes  
1 1/2 medium whole (2-3/5" dia) (167g)
- ☐ garlic  
16 1/4 clove(s) (49g)
- ☐ fresh spinach  
1 10oz package (273g)
- ☐ kale leaves  
6 oz (170g)
- ☐ fresh cilantro  
4 tbsp, chopped (12g)
- ☐ red onion  
2 medium (2-1/2" dia) (220g)
- ☐ collard greens  
2 lbs (907g)
- ☐ onion  
1/2 medium (2-1/2" dia) (55g)
- ☐ cucumber  
1 cucumber (8-1/4") (301g)
- ☐ ketchup  
1/3 cup (91g)

## Legumes and Legume Products

- ☐ soy sauce  
3/4 cup (180mL)
- ☐ extra firm tofu  
1 1/2 lbs (680g)
- ☐ black beans  
2 1/2 can(s) (1043g)
- ☐ firm tofu  
1 2/3 lbs (751g)
- ☐ chickpeas, canned  
1 can(s) (448g)
- ☐ tempeh  
1/2 lbs (227g)

## Nut and Seed Products

- ☐ sesame seeds  
1 1/2 tbsp (14g)
- ☐ walnuts  
1/3 lbs (151g)
- ☐ sunflower kernels  
2 tbsp (24g)

## Fruits and Fruit Juices

- ☐ avocados  
3 avocado(s) (578g)
- ☐ dried cranberries  
3 tbsp (31g)
- ☐ banana  
2 1/2 medium (7" to 7-7/8" long) (295g)
- ☐ orange  
1 orange (154g)
- ☐ peach  
3 medium (2-2/3" dia) (450g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ black olives  
8 small olives (26g)
- ☐ apples  
2 1/4 medium (3" dia) (414g)
- ☐ pears  
2 medium (356g)

## Spices and Herbs

- ☐ salt  
1/6 oz (6g)
- ☐ black pepper  
1/8 oz (1g)
- ☐ fresh basil  
4 1/2 leaves (2g)
- ☐ balsamic vinegar  
1 tbsp (17mL)
- ☐ chipotle seasoning  
1 tsp (2g)
- ☐ dry mustard powder  
4 dash (1g)
- ☐ apple cider vinegar  
1/2 tbsp (7g)

## Snacks

- ☐ large granola bar  
2 bar (74g)

## Soups, Sauces, and Gravies

- ☐ salsa  
3 tbsp (49g)
- ☐ hot sauce  
2 tsp (10mL)
- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)

## Other

- ☐ frozen riced cauliflower  
2 cup, frozen (212g)
- ☐ cottage cheese & fruit cup  
3 container (510g)
- ☐ tzatziki  
3 tbsp (42g)
- ☐ coleslaw mix  
4 cup (360g)
- ☐ vegan chik'n strips  
6 oz (170g)
- ☐ vegan chik'n nuggets  
21 1/3 nuggets (459g)

## Sweets

- ☐ maple syrup  
2 tsp (10mL)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

#### eggs

1 large (50g)

#### oil

1/4 tsp (1mL)

For all 2 meals:

#### eggs

2 large (100g)

#### oil

1/2 tsp (3mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

### Avocado toast

2 slice(s) - 336 cals ● 10g protein ● 17g fat ● 25g carbs ● 11g fiber



For single meal:

#### bread

2 slice (64g)

#### avocados, ripe, sliced

1/2 avocado(s) (101g)

For all 2 meals:

#### bread

4 slice (128g)

#### avocados, ripe, sliced

1 avocado(s) (201g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Milk

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



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 3 meals:

**whole milk**  
3 cup(s) (720mL)

1. The recipe has no instructions.

### Easy mini quiche

2 quiche(s) - 192 cal ● 13g protein ● 11g fat ● 10g carbs ● 1g fiber



For single meal:

**bread**  
2/3 slice (21g)  
**dry mustard powder**  
1 1/3 dash (0g)  
**swiss cheese**  
2 2/3 tbsp, shredded (18g)  
**whole milk**  
1/6 cup(s) (40mL)  
**eggs**  
2/3 large (33g)  
**onion, minced**  
1/6 medium (2-1/2" dia) (18g)

For all 3 meals:

**bread**  
2 slice (64g)  
**dry mustard powder**  
4 dash (1g)  
**swiss cheese**  
1/2 cup, shredded (54g)  
**whole milk**  
1/2 cup(s) (120mL)  
**eggs**  
2 large (100g)  
**onion, minced**  
1/2 medium (2-1/2" dia) (55g)

1. Preheat oven to 375°F (190°C). Lightly grease the muffin tins (one for each serving).
2. Trim or cut bread into circles. Place circles in bottom of muffin tins. You can use various scraps of bread and press them together at the base of the tin in order to get the most use out of a slice. Distribute the onion and shredded cheese evenly between the muffin tins.
3. In a medium bowl, combine milk, eggs, mustard and some salt and pepper. Divide between the muffin tins. Quiches will puff up, so be sure to leave some space at the top.
4. Bake for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Banana

1 banana(s) - 117 cal ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

#### **banana**

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

#### **banana**

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

1. The recipe has no instructions.

### Creamy scrambled eggs

182 cal ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

#### **eggs**

2 large (100g)

#### **salt**

1 dash (1g)

#### **black pepper**

1 dash, ground (0g)

#### **butter**

1 tsp (5g)

#### **whole milk**

1/8 cup(s) (15mL)

For all 2 meals:

#### **eggs**

4 large (200g)

#### **salt**

2 dash (2g)

#### **black pepper**

2 dash, ground (1g)

#### **butter**

2 tsp (9g)

#### **whole milk**

1/8 cup(s) (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

### Cucumber slices

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



For single meal:

**cucumber**

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

For all 2 meals:

**cucumber**

1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

## Lunch 1 [↗](#)

Eat on day 1

### Flatbread margherita pizza

475 cals ● 16g protein ● 26g fat ● 43g carbs ● 3g fiber



**naan bread**

3/4 piece(s) (68g)

**mozzarella cheese, shredded**

6 tbsp (32g)

**fresh basil**

4 1/2 leaves (2g)

**olive oil**

1 tbsp (17mL)

**balsamic vinegar**

1 tbsp (17mL)

**salt**

3/4 dash (0g)

**black pepper**

3/4 dash (0g)

**tomatoes, thinly sliced**

3/4 medium whole (2-3/5" dia) (92g)

**garlic, finely diced**

2 1/4 clove(s) (7g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and sprinkle cheese on top, and place tomato slices over the cheese. Season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. While it's in the oven, mix the balsamic vinegar and the remaining oil together until well-mixed. Chop the basil.
7. Once flatbread is out of the oven, drizzle vinegar mixture over bread to your liking, top with basil leaves, and slice.

### Cranberry spinach salad

190 cals ● 3g protein ● 12g fat ● 14g carbs ● 2g fiber



**dried cranberries**  
4 tsp (13g)  
**walnuts**  
4 tsp, chopped (10g)  
**fresh spinach**  
1/4 6oz package (43g)  
**raspberry walnut vinaigrette**  
4 tsp (20mL)  
**romano cheese, finely shredded**  
1/4 tbsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

## Lunch 2 [↗](#)

Eat on day 2

### Black bean quesadillas

639 cals ● 23g protein ● 28g fat ● 54g carbs ● 20g fiber



**cheese**  
3 tbsp, shredded (21g)  
**flour tortillas**  
1 1/2 tortilla (approx 7-8" dia) (74g)  
**salsa, divided**  
3 tbsp (49g)  
**oil**  
1/4 tbsp (4mL)  
**black beans, drained and rinsed**  
3/8 can(s) (165g)  
**avocados, ripe**  
3/8 avocado(s) (75g)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

### Milk

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



Makes 1 cup(s)  
**whole milk**  
1 cup(s) (240mL)

1. The recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 3 and day 4

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**firm tofu**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**firm tofu**  
1 lbs (454g)

1. Slice tofu 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.

### Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

**collard greens**  
1 lbs (454g)  
**oil**  
1 tbsp (15mL)  
**salt**  
2 dash (2g)  
**garlic, minced**  
3 clove(s) (9g)

For all 2 meals:

**collard greens**  
2 lbs (907g)  
**oil**  
2 tbsp (30mL)  
**salt**  
4 dash (3g)  
**garlic, minced**  
6 clove(s) (18g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Spinach cauliflower mince

1 cup(s) - 71 cals ● 3g protein ● 5g fat ● 1g carbs ● 3g fiber



For single meal:

**frozen riced cauliflower**  
16 tbsp, frozen (106g)  
**oil**  
1 tsp (5mL)  
**garlic, diced**  
1 clove(s) (3g)  
**fresh spinach, chopped**  
1/2 cup(s) (15g)

For all 2 meals:

**frozen riced cauliflower**  
2 cup, frozen (212g)  
**oil**  
2 tsp (10mL)  
**garlic, diced**  
2 clove(s) (6g)  
**fresh spinach, chopped**  
1 cup(s) (30g)

1. Cook riced cauliflower according to package.
2. Meanwhile finely chop the spinach and garlic.
3. When cauliflower is done and still hot, add in the spinach, oil, garlic and some salt and pepper. Mix well.
4. Serve.

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## Lunch 4 [🔗](#)

Eat on day 5

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### Brussels sprout, chik'n & apple salad

773 cals ● 45g protein ● 47g fat ● 29g carbs ● 12g fiber



**walnuts**  
4 tbsp, chopped (28g)  
**apple cider vinegar**  
1/2 tbsp (7g)  
**maple syrup**  
2 tsp (10mL)  
**olive oil**  
1 1/2 tbsp (23mL)  
**vegan chik'n strips**  
6 oz (170g)  
**apples, chopped**  
1/3 small (2-3/4" dia) (50g)  
**brussels sprouts, ends trimmed and discarded**  
1 1/2 cup (132g)

1. Cook chik'n strips according to package instructions. Set aside.
  2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chik'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
  3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
  4. Drizzle vinaigrette over the salad and serve.
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## Lunch 5 [↗](#)

Eat on day 6 and day 7

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### Milk

1 cup(s) - 149 cal ● 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.
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### Chik'n nuggets

10 2/3 nuggets - 588 cal ● 33g protein ● 24g fat ● 55g carbs ● 6g fiber



For single meal:

**ketchup**  
2 2/3 tbsp (45g)  
**vegan chik'n nuggets**  
10 2/3 nuggets (229g)

For all 2 meals:

**ketchup**  
1/3 cup (91g)  
**vegan chik'n nuggets**  
21 1/3 nuggets (459g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Large granola bar

1 bar(s) - 176 cal● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**  
1 bar (37g)

For all 2 meals:

**large granola bar**  
2 bar (74g)

1. The recipe has no instructions.

### Green protein shake

130 cal● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

**water**  
1/8 cup(s) (30mL)  
**fresh spinach**  
1/2 cup(s) (15g)  
**protein powder, vanilla**  
1/2 scoop (1/3 cup ea) (16g)  
**banana, frozen**  
1/4 medium (7" to 7-7/8" long)  
(30g)  
**orange, peeled, sliced, and  
deseeded**  
1/2 orange (77g)

For all 2 meals:

**water**  
1/4 cup(s) (59mL)  
**fresh spinach**  
1 cup(s) (30g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen**  
1/2 medium (7" to 7-7/8" long)  
(59g)  
**orange, peeled, sliced, and  
deseeded**  
1 orange (154g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

## Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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### 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 3 meals:

#### peach

3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.
- 

### Avocado

176 cal● 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 cal● 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.

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## Snacks 3 [↗](#)

Eat on day 6 and day 7

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### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

#### apples

1 medium (3" dia) (182g)

For all 2 meals:

#### apples

2 medium (3" dia) (364g)

1. The recipe has no instructions.
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### Pear

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



For single meal:

#### pears

1 medium (178g)

For all 2 meals:

#### pears

2 medium (356g)

1. The recipe has no instructions.
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### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

#### string cheese

2 stick (56g)

For all 2 meals:

#### string cheese

4 stick (112g)

1. The recipe has no instructions.
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## Dinner 1 [↗](#)

Eat on day 1

### Roasted brussels sprouts

116 cals ● 3g protein ● 7g fat ● 6g carbs ● 4g fiber



**salt**  
1 dash (1g)  
**black pepper**  
2/3 dash, ground (0g)  
**brussels sprouts**  
4 oz (113g)  
**olive oil**  
1/2 tbsp (8mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

### Baked tofu

24 oz - 679 cals ● 66g protein ● 35g fat ● 16g carbs ● 8g fiber



Makes 24 oz  
**soy sauce**  
3/4 cup (180mL)  
**sesame seeds**  
1 1/2 tbsp (14g)  
**extra firm tofu**  
1 1/2 lbs (680g)  
**fresh ginger, peeled and grated**  
1 1/2 slices (1" dia) (3g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

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## Dinner 2 [↗](#)

Eat on day 2 and day 3

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### Pita bread

1 1/2 pita bread(s) - 117 cal ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



For single meal:

#### **pita bread**

1 1/2 pita, small (4" dia) (42g)

For all 2 meals:

#### **pita bread**

3 pita, small (4" dia) (84g)

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.

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### Chipotle stewed beans & greens

655 cal ● 32g protein ● 16g fat ● 60g carbs ● 35g fiber



For single meal:

#### **kale leaves**

3 oz (85g)

#### **chipotle seasoning**

4 dash (1g)

#### **fresh cilantro**

2 tbsp, chopped (6g)

#### **water**

1/4 cup(s) (59mL)

#### **oil**

1 tbsp (15mL)

#### **garlic, minced**

2 clove(s) (6g)

#### **black beans, drained & rinsed**

1 can(s) (439g)

#### **fresh spinach, chopped**

2 oz (57g)

#### **red onion, diced**

1 medium (2-1/2" dia) (110g)

For all 2 meals:

#### **kale leaves**

6 oz (170g)

#### **chipotle seasoning**

1 tsp (2g)

#### **fresh cilantro**

4 tbsp, chopped (12g)

#### **water**

1/2 cup(s) (119mL)

#### **oil**

2 tbsp (30mL)

#### **garlic, minced**

4 clove(s) (12g)

#### **black beans, drained & rinsed**

2 can(s) (878g)

#### **fresh spinach, chopped**

4 oz (113g)

#### **red onion, diced**

2 medium (2-1/2" dia) (220g)

1. Heat oil in a saucepan over medium heat. Add only half of the onion and only half of the garlic. Cook 3-5 minutes til softened.
  2. Add kale and cook 1-2 minutes until wilted.
  3. Add beans, water, only half of the chipotle seasoning, and some salt and pepper. Bring to a simmer and cook until liquid reduces, 5-7 minutes.
  4. In a medium bowl, add the spinach, cilantro, remaining garlic, remaining onion, and some salt and pepper. Toss.
  5. Plate stewed beans next to the spinach mixture. Serve.
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## Dinner 3 [↗](#)

Eat on day 4

### Greek chickpea tzatziki salad

737 cals ● 31g protein ● 34g fat ● 54g carbs ● 22g fiber



#### black olives

8 small olives (26g)

#### feta cheese

1 oz (28g)

#### tzatziki

3 tbsp (42g)

#### oil

1 tbsp (15mL)

#### cucumber, chopped

1/2 cucumber (8-1 1/4") (151g)

#### chickpeas, canned, drained & rinsed

1 can(s) (448g)

#### tomatoes, halved

1/2 cup cherry tomatoes (75g)

1. Heat oil in a skillet over medium heat. Add chickpeas and some salt and pepper. Fry until golden, about 5-8 minutes. Set aside to cool.
2. Add chickpeas, cucumber, tomatoes, and olives to a bowl. Top with feta and tzatziki. Serve.

## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Walnuts

1/2 cup(s) - 350 cals ● 8g protein ● 33g fat ● 3g carbs ● 3g fiber



For single meal:

#### walnuts

1/2 cup, shelled (50g)

For all 2 meals:

#### walnuts

1 cup, shelled (100g)

1. The recipe has no instructions.

### Crack slaw with tempeh

422 cals ● 29g protein ● 21g fat ● 16g carbs ● 13g fiber



For single meal:

**coleslaw mix**  
2 cup (180g)  
**hot sauce**  
1 tsp (5mL)  
**sunflower kernels**  
1 tbsp (12g)  
**oil**  
2 tsp (10mL)  
**garlic, minced**  
1 clove (3g)  
**tempeh, cubed**  
4 oz (113g)

For all 2 meals:

**coleslaw mix**  
4 cup (360g)  
**hot sauce**  
2 tsp (10mL)  
**sunflower kernels**  
2 tbsp (24g)  
**oil**  
4 tsp (20mL)  
**garlic, minced**  
2 clove (6g)  
**tempeh, cubed**  
1/2 lbs (227g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

## Dinner 5 [🔗](#)

Eat on day 7

### Buffalo tofu

532 cals ● 24g protein ● 44g fat ● 10g carbs ● 0g fiber



**Frank's Red Hot sauce**  
4 tbsp (59mL)  
**ranch dressing**  
3 tbsp (45mL)  
**oil**  
3/4 tbsp (11mL)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)

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.

### Cranberry spinach salad

253 cals ● 4g protein ● 17g fat ● 19g carbs ● 3g fiber



**dried cranberries**  
1 3/4 tbsp (18g)  
**walnuts**  
1 3/4 tbsp, chopped (13g)  
**fresh spinach**  
1/3 6oz package (57g)  
**raspberry walnut vinaigrette**  
1 3/4 tbsp (27mL)  
**romano cheese, finely shredded**  
1 tsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

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# Protein Supplement(s)

Eat every day

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## Protein shake

2 1/2 scoop - 273 cal● 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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