

Meal Plan - 2700 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

2676 cals ● 198g protein (30%) ● 96g fat (32%) ● 208g carbs (31%) ● 47g fiber (7%)

Breakfast

395 cals, 20g protein, 60g net carbs, 7g fat



Pumped up greek yogurt
1 container(s)- 206 cals



Fruit juice
1 2/3 cup(s)- 191 cals

Snacks

410 cals, 19g protein, 67g net carbs, 6g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Pretzels
257 cals

Lunch

780 cals, 47g protein, 52g net carbs, 36g fat



Chunky canned soup (non-creamy)
2 can(s)- 494 cals



Roasted peanuts
1/3 cup(s)- 288 cals

Dinner

815 cals, 52g protein, 26g net carbs, 46g fat



Crack slaw with tempeh
633 cals



Sunflower seeds
180 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 2

2708 cals ● 181g protein (27%) ● 113g fat (38%) ● 195g carbs (29%) ● 47g fiber (7%)

Breakfast

395 cals, 20g protein, 60g net carbs, 7g fat



Pumped up greek yogurt
1 container(s)- 206 cals



Fruit juice
1 2/3 cup(s)- 191 cals

Snacks

410 cals, 19g protein, 67g net carbs, 6g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Pretzels
257 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

815 cals, 30g protein, 39g net carbs, 54g fat



Roasted peanuts
1/2 cup(s)- 460 cals



Chunky canned soup (creamy)
1 can(s)- 354 cals

Dinner

815 cals, 52g protein, 26g net carbs, 46g fat



Crack slaw with tempeh
633 cals



Sunflower seeds
180 cals

Day 3

2693 cals ● 179g protein (27%) ● 124g fat (41%) ● 178g carbs (26%) ● 38g fiber (6%)

Breakfast

395 cals, 20g protein, 60g net carbs, 7g fat



Pumped up greek yogurt
1 container(s)- 206 cals



Fruit juice
1 2/3 cup(s)- 191 cals

Snacks

290 cals, 16g protein, 20g net carbs, 16g fat



Cottage cheese & fruit cup
1 container- 131 cals



Cucumbers and ranch
159 cals

Lunch

815 cals, 30g protein, 39g net carbs, 54g fat



Roasted peanuts
1/2 cup(s)- 460 cals



Chunky canned soup (creamy)
1 can(s)- 354 cals

Dinner

920 cals, 53g protein, 57g net carbs, 46g fat



Bean & tofu goulash
437 cals



Simple mozzarella and tomato salad
484 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 4

2673 cals ● 178g protein (27%) ● 119g fat (40%) ● 170g carbs (25%) ● 54g fiber (8%)

Breakfast

465 cals, 19g protein, 37g net carbs, 23g fat



Toast with butter

2 slice(s)- 227 cals



Avocado toast with egg

1 slice(s)- 238 cals

Lunch

850 cals, 45g protein, 38g net carbs, 51g fat



Broccoli

2 cup(s)- 58 cals



Caprese salad

249 cals



Egg salad sandwich

1 sandwich(es)- 542 cals

Snacks

290 cals, 16g protein, 20g net carbs, 16g fat



Cottage cheese & fruit cup

1 container- 131 cals



Cucumbers and ranch

159 cals

Dinner

795 cals, 38g protein, 72g net carbs, 27g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Chickpea & kale soup

682 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 5

2687 cals ● 184g protein (27%) ● 83g fat (28%) ● 252g carbs (37%) ● 50g fiber (7%)

Breakfast

465 cals, 19g protein, 37g net carbs, 23g fat



Toast with butter

2 slice(s)- 227 cals



Avocado toast with egg

1 slice(s)- 238 cals

Lunch

780 cals, 53g protein, 70g net carbs, 30g fat



Raspberries

1/2 cup(s)- 36 cals



Crispy chick'n tenders

13 tender(s)- 743 cals

Snacks

375 cals, 13g protein, 70g net carbs, 2g fat



Fruit juice

1 1/2 cup(s)- 172 cals



Nectarine

2 nectarine(s)- 140 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Dinner

795 cals, 38g protein, 72g net carbs, 27g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Chickpea & kale soup

682 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 6

2681 cals ● 185g protein (28%) ● 84g fat (28%) ● 264g carbs (39%) ● 33g fiber (5%)

Breakfast

455 cals, 17g protein, 56g net carbs, 15g fat



Milk

1/2 cup(s)- 75 cals



Peanut butter & banana breakfast sandwich

380 cals

Snacks

375 cals, 13g protein, 70g net carbs, 2g fat



Fruit juice

1 1/2 cup(s)- 172 cals



Nectarine

2 nectarine(s)- 140 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

780 cals, 53g protein, 70g net carbs, 30g fat



Raspberries

1/2 cup(s)- 36 cals



Crispy chik'n tenders

13 tender(s)- 743 cals

Dinner

800 cals, 42g protein, 65g net carbs, 36g fat



Seitan philly cheesesteak

1 sub(s)- 571 cals



Simple kale & avocado salad

230 cals

Day 7

2658 cals ● 182g protein (27%) ● 98g fat (33%) ● 228g carbs (34%) ● 33g fiber (5%)

Breakfast

455 cals, 17g protein, 56g net carbs, 15g fat



Milk

1/2 cup(s)- 75 cals



Peanut butter & banana breakfast sandwich

380 cals

Snacks

375 cals, 13g protein, 70g net carbs, 2g fat



Fruit juice

1 1/2 cup(s)- 172 cals



Nectarine

2 nectarine(s)- 140 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Lunch

755 cals, 50g protein, 35g net carbs, 44g fat



Garlic pepper seitan

513 cals



Sauteed Kale

242 cals

Dinner

800 cals, 42g protein, 65g net carbs, 36g fat



Seitan philly cheesesteak

1 sub(s)- 571 cals



Simple kale & avocado salad

230 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Grocery List



Dairy and Egg Products

- lowfat flavored greek yogurt
5 (5.3 oz ea) container(s) (750g)
- fresh mozzarella cheese
5 3/4 oz (163g)
- butter
4 tsp (18g)
- eggs
5 1/4 medium (232g)
- low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- whole milk
1 cup(s) (240mL)
- cheese
2 slice (1 oz each) (56g)

Snacks

- pretzels, hard, salted
1/3 lbs (132g)

Beverages

- protein powder
1 1/4 lbs (560g)
- water
17 1/2 cup (4186mL)

Fruits and Fruit Juices

- raspberries
6 oz (169g)
- fruit juice
76 fl oz (2280mL)
- avocados
1 1/2 avocado(s) (302g)
- nectarine
6 medium (2-1/2" dia) (852g)
- banana
2 medium (7" to 7-7/8" long) (236g)
- lemon
1 small (58g)

Other

- cacao nibs
3 tsp (10g)
- coleslaw mix
6 cup (540g)
- cottage cheese & fruit cup
2 container (340g)

Nut and Seed Products

- sunflower kernels
3 1/4 oz (93g)

Fats and Oils

- oil
2 3/4 oz (83mL)
- ranch dressing
4 tbsp (60mL)
- balsamic vinaigrette
1 1/2 oz (47mL)
- mayonnaise
2 tbsp (30mL)
- olive oil
1 1/2 tbsp (22mL)

Vegetables and Vegetable Products

- garlic
10 1/2 clove(s) (31g)
- cucumber
1 cucumber (8-1/4") (301g)
- onion
1 1/2 medium (2-1/2" dia) (158g)
- tomatoes
3 medium whole (2-3/5" dia) (360g)
- frozen broccoli
2 cup (182g)
- kale leaves
18 2/3 oz (530g)
- ketchup
6 1/2 tbsp (111g)
- bell pepper
1 small (74g)
- green pepper
1 1/2 tbsp, chopped (14g)

Spices and Herbs

- paprika
4 g (4g)
- fresh thyme
2 dash (0g)
- fresh basil
1/2 oz (12g)
- salt
1/8 oz (1g)
- black pepper
1/2 g (1g)

- mixed greens**
5/8 package (5.5 oz) (90g)
- meatless chik'n tenders**
26 pieces (663g)
- sub roll(s)**
2 roll(s) (170g)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)**
2 can (~19 oz) (1052g)
- hot sauce**
1 tbsp (15mL)
- chunky canned soup (creamy varieties)**
2 can (~19 oz) (1066g)
- vegetable broth**
10 cup(s) (mL)

Legumes and Legume Products

- roasted peanuts**
1 1/2 cup (228g)
- tempeh**
3/4 lbs (340g)
- white beans, canned**
1/2 can(s) (220g)
- firm tofu**
1/4 lbs (99g)
- chickpeas, canned**
2 1/2 can(s) (1120g)
- peanut butter**
2 tbsp (32g)

- yellow mustard**
2 dash or 1 packet (1g)

Baked Products

- bread**
12 slice (384g)

Sweets

- honey**
1 tbsp (21g)

Cereal Grains and Pasta

- seitan**
3/4 lbs (340g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Pumped up greek yogurt

1 container(s) - 206 cals ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
protein powder
1 tbsp (6g)
raspberries
8 raspberries (15g)
cacao nibs
1 tsp (3g)

For all 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
protein powder
3 tbsp (17g)
raspberries
24 raspberries (46g)
cacao nibs
3 tsp (10g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Fruit juice

1 2/3 cup(s) - 191 cals ● 3g protein ● 1g fat ● 42g carbs ● 1g fiber



For single meal:

fruit juice
13 1/3 fl oz (400mL)

For all 3 meals:

fruit juice
40 fl oz (1200mL)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 4 and day 5

Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
2 tsp (9g)

For all 2 meals:

bread
4 slice (128g)
butter
4 tsp (18g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
eggs
1 large (50g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
eggs
2 large (100g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Milk

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



For single meal:

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

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Peanut butter & banana breakfast sandwich

380 cals ● 13g protein ● 11g fat ● 50g carbs ● 8g fiber



For single meal:

peanut butter
1 tbsp (16g)
bread, toasted
2 slice (64g)
banana, sliced
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

peanut butter
2 tbsp (32g)
bread, toasted
4 slice (128g)
banana, sliced
2 medium (7" to 7-7/8" long) (236g)

1. Toast bread if desired and spread with peanut butter.
2. Add as many slices of banana as you can and top with other half of bread. Any left over banana can be eaten on the side.

Lunch 1 ↗

Eat on day 1

Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

roasted peanuts
5 tbsp (46g)

1. The recipe has no
instructions.

Lunch 2 ↗

Eat on day 2 and day 3

Roasted peanuts

1/2 cup(s) - 460 cals ● 18g protein ● 37g fat ● 9g carbs ● 6g fiber



For single meal:

roasted peanuts
1/2 cup (73g)

For all 2 meals:

roasted peanuts
1 cup (146g)

1. The recipe has no
instructions.

Chunky canned soup (creamy)

1 can(s) - 354 cals ● 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.

Lunch 3 ↗

Eat on day 4

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

frozen broccoli

2 cup (182g)

1. Prepare according to instructions on package.

Caprese salad

249 cals ● 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.

Egg salad sandwich

1 sandwich(es) - 542 cals ● 25g protein ● 36g fat ● 26g carbs ● 4g fiber



Makes 1 sandwich(es)

eggs
3 medium (132g)
mayonnaise
2 tbsp (30mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bread
2 slice (64g)
paprika
1 dash (1g)
onion, chopped
1/4 small (18g)
yellow mustard
2 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

Lunch 4 ↗

Eat on day 5 and day 6

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Crispy chick'n tenders

13 tender(s) - 743 cals ● 53g protein ● 29g fat ● 67g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
13 pieces (332g)
ketchup
3 1/4 tbsp (55g)

For all 2 meals:

meatless chik'n tenders
26 pieces (663g)
ketchup
6 1/2 tbsp (111g)

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

Lunch 5 ↗

Eat on day 7

Garlic pepper seitan

513 cals ● 46g protein ● 25g fat ● 25g carbs ● 2g fiber



olive oil
1 1/2 tbsp (23mL)
onion
3 tbsp, chopped (30g)
green pepper
1 1/2 tbsp, chopped (14g)
black pepper
1 1/2 dash, ground (0g)
water
3/4 tbsp (11mL)
salt
3/4 dash (1g)
seitan, chicken style
6 oz (170g)
garlic, minced
2 clove(s) (6g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Sauteed Kale

242 cals ● 4g protein ● 19g fat ● 10g carbs ● 3g fiber



kale leaves
4 cup, chopped (160g)
oil
4 tsp (20mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Snacks 1 ↗

Eat on day 1 and day 2

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 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Pretzels

257 cals ● 7g protein ● 2g fat ● 51g carbs ● 2g fiber



For single meal:

pretzels, hard, salted
2 1/3 oz (66g)

For all 2 meals:

pretzels, hard, salted
1/4 lbs (132g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

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 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Cucumbers and ranch

159 cals ● 2g protein ● 13g fat ● 7g carbs ● 1g fiber



For single meal:

ranch dressing
2 tbsp (30mL)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

ranch dressing
4 tbsp (60mL)
cucumber, sliced
1 cucumber (8-1/4") (301g)

1. Slice the cucumber and serve with ranch to dip into.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Fruit juice

1 1/2 cup(s) - 172 cals ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber

For single meal:



fruit juice
12 fl oz (360mL)

For all 3 meals:

fruit juice
36 fl oz (1080mL)

1. The recipe has no instructions.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 3 meals:

nectarine, pitted
6 medium (2-1/2" dia) (852g)

1. Remove nectarine pit, slice, and serve.

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Dinner 1 ↗

Eat on day 1 and day 2

Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

coleslaw mix
3 cup (270g)
hot sauce
1/2 tbsp (8mL)
sunflower kernels
1 1/2 tbsp (18g)
oil
1 tbsp (15mL)
garlic, minced
1 1/2 clove (5g)
tempeh, cubed
6 oz (170g)

For all 2 meals:

coleslaw mix
6 cup (540g)
hot sauce
1 tbsp (15mL)
sunflower kernels
3 tbsp (36g)
oil
2 tbsp (30mL)
garlic, minced
3 clove (9g)
tempeh, cubed
3/4 lbs (340g)

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.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. The recipe has no instructions.

Dinner 2 ↗

Eat on day 3

Bean & tofu goulash

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



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)

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 mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)
fresh mozzarella cheese, sliced
4 oz (113g)
tomatoes, sliced
1 1/2 large whole (3" dia) (273g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Dinner 3 ↗

Eat on day 4 and day 5

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Chickpea & kale soup

682 cals ● 34g protein ● 18g fat ● 70g carbs ● 27g fiber



For single meal:

vegetable broth
5 cup(s) (mL)
oil
1 1/4 tsp (6mL)
kale leaves, chopped
2 1/2 cup, chopped (100g)
garlic, minced
2 1/2 clove(s) (8g)
chickpeas, canned, drained
1 1/4 can(s) (560g)

For all 2 meals:

vegetable broth
10 cup(s) (mL)
oil
2 1/2 tsp (13mL)
kale leaves, chopped
5 cup, chopped (200g)
garlic, minced
5 clove(s) (15g)
chickpeas, canned, drained
2 1/2 can(s) (1120g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Dinner 4 ↗

Eat on day 6 and day 7

Seitan philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



For single meal:

sub roll(s)
1 roll(s) (85g)
oil
1/2 tbsp (8mL)
cheese
1 slice (1 oz each) (28g)
seitan, cut into strips
3 oz (85g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
bell pepper, sliced
1/2 small (37g)

For all 2 meals:

sub roll(s)
2 roll(s) (170g)
oil
1 tbsp (15mL)
cheese
2 slice (1 oz each) (56g)
seitan, cut into strips
6 oz (170g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
bell pepper, sliced
1 small (74g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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.