

Meal Plan - 2900 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

2906 cals ● 199g protein (27%) ● 102g fat (31%) ● 253g carbs (35%) ● 46g fiber (6%)

Breakfast

435 cals, 27g protein, 55g net carbs, 8g fat



Banana & cottage cheese toast
2 toast(s)- 322 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

330 cals, 38g protein, 26g net carbs, 7g fat



String cheese
1 stick(s)- 83 cals



Double chocolate protein shake
137 cals



Pretzels
110 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

935 cals, 29g protein, 92g net carbs, 44g fat



Peanut butter and jelly sandwich
1 sandwich(es)- 382 cals



Celery and peanut butter
436 cals



Grapefruit
1 grapefruit- 119 cals

Dinner

930 cals, 45g protein, 78g net carbs, 41g fat



White rice
3/4 cup rice, cooked- 164 cals



Goat cheese and marinara stuffed zucchini
8 zucchini halve(s)- 768 cals

Day 2

2848 cals ● 187g protein (26%) ● 78g fat (25%) ● 305g carbs (43%) ● 44g fiber (6%)

Breakfast

435 cals, 27g protein, 55g net carbs, 8g fat



Banana & cottage cheese toast
2 toast(s)- 322 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

330 cals, 38g protein, 26g net carbs, 7g fat



String cheese
1 stick(s)- 83 cals



Double chocolate protein shake
137 cals



Pretzels
110 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

875 cals, 28g protein, 78g net carbs, 48g fat



Flatbread margherita pizza
792 cals



Simple kale salad
1 1/2 cup(s)- 83 cals

Dinner

935 cals, 35g protein, 144g net carbs, 14g fat



White rice
1 3/4 cup rice, cooked- 382 cals



Teriyaki chickpea stir fry
554 cals

Day 3

2867 cals ● 202g protein (28%) ● 126g fat (40%) ● 195g carbs (27%) ● 36g fiber (5%)

Breakfast

495 cals, 28g protein, 66g net carbs, 10g fat



Cinnamon french toast with yogurt dip
263 cals



Banana
2 banana(s)- 233 cals

Snacks

265 cals, 31g protein, 22g net carbs, 5g fat



Yogurt and cucumber
264 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

925 cals, 44g protein, 87g net carbs, 37g fat



Simple mozzarella and tomato salad
363 cals



Chickpea bowl with spicy yogurt sauce
564 cals

Dinner

910 cals, 39g protein, 19g net carbs, 72g fat



Walnut crusted tofu
659 cals



Caprese salad
249 cals

Day 4

2867 cals ● 202g protein (28%) ● 126g fat (40%) ● 195g carbs (27%) ● 36g fiber (5%)

Breakfast

495 cals, 28g protein, 66g net carbs, 10g fat



Cinnamon french toast with yogurt dip
263 cals



Banana
2 banana(s)- 233 cals

Snacks

265 cals, 31g protein, 22g net carbs, 5g fat



Yogurt and cucumber
264 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

925 cals, 44g protein, 87g net carbs, 37g fat



Simple mozzarella and tomato salad
363 cals



Chickpea bowl with spicy yogurt sauce
564 cals

Dinner

910 cals, 39g protein, 19g net carbs, 72g fat



Walnut crusted tofu
659 cals



Caprese salad
249 cals

Day 5

2876 cals ● 201g protein (28%) ● 92g fat (29%) ● 244g carbs (34%) ● 67g fiber (9%)

Breakfast

410 cals, 27g protein, 14g net carbs, 26g fat



Scrambled eggs with spinach, parmesan & tomato
373 cals



Clementine
1 clementine(s)- 39 cals

Snacks

280 cals, 5g protein, 23g net carbs, 18g fat



Sunflower seeds
90 cals



Plantain chips
188 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

965 cals, 58g protein, 74g net carbs, 32g fat



Curried chickpea salad
966 cals

Dinner

945 cals, 51g protein, 131g net carbs, 15g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Spiced chickpea tabbouleh bowl
637 cals

Day 6

2876 cals ● 201g protein (28%) ● 92g fat (29%) ● 244g carbs (34%) ● 67g fiber (9%)

Breakfast

410 cals, 27g protein, 14g net carbs, 26g fat



Scrambled eggs with spinach, parmesan & tomato
373 cals



Clementine
1 clementine(s)- 39 cals

Snacks

280 cals, 5g protein, 23g net carbs, 18g fat



Sunflower seeds
90 cals



Plantain chips
188 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

965 cals, 58g protein, 74g net carbs, 32g fat



Curried chickpea salad
966 cals

Dinner

945 cals, 51g protein, 131g net carbs, 15g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Spiced chickpea tabbouleh bowl
637 cals

Day 7

2903 cals ● 191g protein (26%) ● 138g fat (43%) ● 181g carbs (25%) ● 42g fiber (6%)

Breakfast

410 cals, 27g protein, 14g net carbs, 26g fat



Scrambled eggs with spinach, parmesan & tomato
373 cals



Clementine
1 clementine(s)- 39 cals

Snacks

280 cals, 5g protein, 23g net carbs, 18g fat



Sunflower seeds
90 cals



Plantain chips
188 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Lunch

1020 cals, 69g protein, 40g net carbs, 55g fat



Peanut tempeh
8 oz tempeh- 868 cals



Simple mixed greens and tomato salad
151 cals

Dinner

920 cals, 30g protein, 103g net carbs, 39g fat



Spinach parmesan pasta
731 cals



Cranberry spinach salad
190 cals

Grocery List



Legumes and Legume Products

- ☐ peanut butter
5 oz (145g)
- ☐ chickpeas, canned
6 can(s) (2763g)
- ☐ firm tofu
1 lbs (454g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ soy sauce
2 tsp (10mL)

Baked Products

- ☐ bread
2/3 lbs (320g)
- ☐ naan bread
1 1/4 piece(s) (113g)

Sweets

- ☐ jelly
2 tbsp (42g)
- ☐ cocoa powder
2 tsp (4g)

Vegetables and Vegetable Products

- ☐ raw celery
1/2 bunch (262g)
- ☐ zucchini
4 large (1292g)
- ☐ tomatoes
8 3/4 medium whole (2-3/5" dia) (1073g)
- ☐ garlic
11 clove(s) (33g)
- ☐ kale leaves
1 1/2 cup, chopped (60g)
- ☐ frozen mixed veggies
3/4 10oz package (213g)
- ☐ cucumber
2 1/2 cucumber (8-1/4") (778g)
- ☐ onion
1 1/4 small (88g)
- ☐ fresh parsley
1 1/6 bunch (23g)
- ☐ fresh spinach
1 1/2 10oz package (455g)

Fruits and Fruit Juices

Beverages

- ☐ water
21 1/3 cup(s) (5055mL)
- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)

Other

- ☐ protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
- ☐ teriyaki sauce
3 tbsp (46mL)
- ☐ sriracha chili sauce
2 1/2 tsp (13g)
- ☐ mixed greens
3 package (5.5 oz) (441g)
- ☐ nutritional yeast
1 tbsp (4g)

Snacks

- ☐ pretzels, hard, salted
2 oz (57g)
- ☐ Plantain chips
1/4 lbs (106g)

Spices and Herbs

- ☐ cinnamon
2 1/2 g (3g)
- ☐ fresh basil
1 oz (26g)
- ☐ balsamic vinegar
2 tbsp (28mL)
- ☐ salt
2 g (2g)
- ☐ black pepper
2 1/2 g (2g)
- ☐ dijon mustard
2 tbsp (30g)
- ☐ curry powder
1 tbsp (6g)
- ☐ ground cumin
1 tsp (2g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 1/2 cup (270g)
- ☐ instant couscous, flavored
1 1/6 box (5.8 oz) (192g)

- ☐ **Grapefruit**
1 large (approx 4-1/2" dia) (332g)
- ☐ **banana**
5 1/2 medium (7" to 7-7/8" long) (634g)
- ☐ **lemon juice**
4 fl oz (124mL)
- ☐ **clementines**
3 fruit (222g)
- ☐ **dried cranberries**
4 tsp (13g)

Dairy and Egg Products

- ☐ **string cheese**
2 stick (56g)
- ☐ **nonfat greek yogurt, plain**
1 1/3 cup (368g)
- ☐ **low fat cottage cheese (1% milkfat)**
1 cup (226g)
- ☐ **butter**
1/4 stick (30g)
- ☐ **goat cheese**
4 oz (113g)
- ☐ **mozzarella cheese, shredded**
10 tbsp (54g)
- ☐ **eggs**
12 3/4 medium (562g)
- ☐ **lowfat greek yogurt**
3 cup (840g)
- ☐ **fresh mozzarella cheese**
9 1/2 oz (269g)
- ☐ **lowfat flavored greek yogurt**
4 (5.3 oz ea) container(s) (600g)
- ☐ **parmesan cheese**
2 1/2 oz (70g)
- ☐ **romano cheese**
1/4 tbsp (2g)

- ☐ **uncooked dry pasta**
4 oz (114g)

Soups, Sauces, and Gravies

- ☐ **pasta sauce**
1 cup (260g)

Fats and Oils

- ☐ **olive oil**
1 1/2 oz (51mL)
- ☐ **salad dressing**
1/4 cup (68mL)
- ☐ **oil**
2/3 oz (20mL)
- ☐ **balsamic vinaigrette**
2 3/4 oz (80mL)
- ☐ **mayonnaise**
4 tbsp (60mL)
- ☐ **raspberry walnut vinaigrette**
4 tsp (19mL)

Nut and Seed Products

- ☐ **walnuts**
3/4 cup, chopped (87g)
 - ☐ **sunflower kernels**
4 oz (115g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Banana & cottage cheese toast

2 toast(s) - 322 cal ● 23g protein ● 4g fat ● 43g carbs ● 6g fiber



For single meal:

bread
2 slice (64g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
cinnamon
2 dash (1g)
banana, sliced
1 extra small (less than 6" long)
(81g)

For all 2 meals:

bread
4 slice (128g)
low fat cottage cheese (1% milkfat)
1 cup (226g)
cinnamon
4 dash (1g)
banana, sliced
2 extra small (less than 6" long)
(162g)

1. Toast bread.
2. Top toast with cottage cheese and sliced banana.
3. Sprinkle cinnamon on top and serve!

Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

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

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

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Cinnamon french toast with yogurt dip

263 cals ● 25g protein ● 9g fat ● 18g carbs ● 2g fiber



For single meal:

bread
1 slice(s) (32g)
eggs
1 extra large (56g)
cinnamon
2 dash (1g)
lowfat greek yogurt
1/2 cup (140g)

For all 2 meals:

bread
2 slice(s) (64g)
eggs
2 extra large (112g)
cinnamon
4 dash (1g)
lowfat greek yogurt
1 cup (280g)

1. Crack the egg into a bowl and whisk with a fork until well combined.
2. Spray a skillet with a non-stick spray and place skillet over medium heat.
3. Dredge the bread in the egg until fully coated and soaked.
4. Place bread in skillet and cook for about a minute or two on each side until golden.
5. Remove bread and sprinkle with cinnamon and serve with the yogurt as a dipping sauce.

Banana

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



For single meal:

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

For all 2 meals:

banana
4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Scrambled eggs with spinach, parmesan & tomato

373 cals ● 26g protein ● 26g fat ● 7g carbs ● 3g fiber



For single meal:

eggs

3 large (150g)

olive oil

1/2 tbsp (8mL)

fresh spinach

3 cup(s) (90g)

parmesan cheese

3 tbsp (15g)

tomatoes, halved

6 tbsp cherry tomatoes (56g)

garlic, minced

1/4 tbsp (2g)

For all 3 meals:

eggs

9 large (450g)

olive oil

1 1/2 tbsp (23mL)

fresh spinach

9 cup(s) (270g)

parmesan cheese

1/2 cup (45g)

tomatoes, halved

1 cup cherry tomatoes (168g)

garlic, minced

3/4 tbsp (6g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 3 meals:

clementines

3 fruit (222g)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Peanut butter and jelly sandwich

1 sandwich(es) - 382 cals ● 12g protein ● 11g fat ● 55g carbs ● 5g fiber



Makes 1 sandwich(es)

peanut butter

1 tbsp (16g)

bread

2 slice (64g)

jelly

2 tbsp (42g)

1. Toast bread if desired.
Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Celery and peanut butter

436 cals ● 15g protein ● 33g fat ● 13g carbs ● 6g fiber



raw celery

4 stalk, medium (7-1/2" - 8" long)
(160g)

peanut butter

4 tbsp (64g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Lunch 2 [↗](#)

Eat on day 2

Flatbread margherita pizza

792 cals ● 26g protein ● 43g fat ● 71g carbs ● 5g fiber



naan bread

1 1/4 piece(s) (113g)

mozzarella cheese, shredded

10 tbsp (54g)

fresh basil

7 1/2 leaves (4g)

olive oil

2 tbsp (28mL)

balsamic vinegar

2 tbsp (28mL)

salt

1 1/4 dash (1g)

black pepper

1 1/4 dash (0g)

tomatoes, thinly sliced

1 1/4 medium whole (2-3/5" dia) (154g)

garlic, finely diced

3 3/4 clove(s) (11g)

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.

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



Makes 1 1/2 cup(s)

kale leaves

1 1/2 cup, chopped (60g)

salad dressing

1 1/2 tbsp (23mL)

1. Toss kale in dressing of your choice and serve.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Simple mozzarella and tomato salad

363 cals ● 21g protein ● 25g fat ● 10g carbs ● 3g fiber



For single meal:

balsamic vinaigrette

1 1/2 tbsp (23mL)

fresh basil

1 1/2 tbsp, chopped (4g)

fresh mozzarella cheese, sliced

3 oz (85g)

tomatoes, sliced

1 large whole (3" dia) (205g)

For all 2 meals:

balsamic vinaigrette

3 tbsp (45mL)

fresh basil

3 tbsp, chopped (8g)

fresh mozzarella cheese, sliced

6 oz (170g)

tomatoes, sliced

2 1/4 large whole (3" dia) (410g)

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

Chickpea bowl with spicy yogurt sauce

564 cals ● 23g protein ● 12g fat ● 77g carbs ● 14g fiber



For single meal:

oil

1 1/4 tsp (6mL)

long-grain white rice

5 tbsp (58g)

nonfat greek yogurt, plain

2 1/2 tbsp (44g)

sriracha chili sauce

1 1/4 tsp (6g)

onion, diced

5/8 small (44g)

chickpeas, canned, rinsed & drained

5/8 can(s) (280g)

fresh parsley, chopped

2 1/2 tbsp chopped (9g)

For all 2 meals:

oil

2 1/2 tsp (13mL)

long-grain white rice

10 tbsp (116g)

nonfat greek yogurt, plain

5 tbsp (88g)

sriracha chili sauce

2 1/2 tsp (13g)

onion, diced

1 1/4 small (88g)

chickpeas, canned, rinsed & drained

1 1/4 can(s) (560g)

fresh parsley, chopped

5 tbsp chopped (19g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Curried chickpea salad

966 cals ● 58g protein ● 32g fat ● 74g carbs ● 37g fiber



For single meal:

nonfat greek yogurt, plain

6 tbsp (105g)

curry powder

1/2 tbsp (3g)

sunflower kernels

3 tbsp (36g)

mixed greens

3 oz (85g)

lemon juice, divided

3 tbsp (45mL)

raw celery, sliced

3 stalk, small (5" long) (51g)

chickpeas, canned, drained & rinsed

1 1/2 can(s) (672g)

For all 2 meals:

nonfat greek yogurt, plain

3/4 cup (210g)

curry powder

1 tbsp (6g)

sunflower kernels

6 tbsp (72g)

mixed greens

6 oz (170g)

lemon juice, divided

6 tbsp (90mL)

raw celery, sliced

6 stalk, small (5" long) (102g)

chickpeas, canned, drained & rinsed

3 can(s) (1344g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
 2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
 3. Add greens to a plate and drizzle with remaining lemon juice.
 4. Serve curried chickpea mixture along with greens.
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Lunch 5 [↗](#)

Eat on day 7

Peanut tempeh

8 oz tempeh - 868 cals ● 66g protein ● 45g fat ● 29g carbs ● 20g fiber



Makes 8 oz tempeh

tempeh

1/2 lbs (227g)

peanut butter

4 tbsp (65g)

lemon juice

1 tbsp (15mL)

soy sauce

2 tsp (10mL)

nutritional yeast

1 tbsp (4g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Simple mixed greens and tomato salad

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



mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

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

Snacks 1 [↗](#)

Eat on day 1 and day 2

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Double chocolate protein shake

137 cals ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

water
2 cup(s) (474mL)
cocoa powder
2 tsp (4g)
nonfat greek yogurt, plain
4 tbsp (70g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

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 2 [↗](#)

Eat on day 3 and day 4

Yogurt and cucumber

264 cal ● 31g protein ● 5g fat ● 22g carbs ● 2g fiber



For single meal:

cucumber
1 cucumber (8-1/4") (301g)
lowfat greek yogurt
1 cup (280g)

For all 2 meals:

cucumber
2 cucumber (8-1/4") (602g)
lowfat greek yogurt
2 cup (560g)

1. Slice cucumber and dip in yogurt.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels
1/2 oz (14g)

For all 3 meals:

sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.

Plantain chips

188 cal ● 1g protein ● 11g fat ● 21g carbs ● 1g fiber



For single meal:

Plantain chips
1 1/4 oz (35g)

For all 3 meals:

Plantain chips
1/4 lbs (106g)

1. Approximately 3/4 cup = 1 oz

Dinner 1 [↗](#)

Eat on day 1

White rice

3/4 cup rice, cooked - 164 cals ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber

Makes 3/4 cup rice, cooked



water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Goat cheese and marinara stuffed zucchini

8 zucchini halve(s) - 768 cals ● 42g protein ● 40g fat ● 42g carbs ● 18g fiber



Makes 8 zucchini halve(s)

pasta sauce
1 cup (260g)
goat cheese
4 oz (113g)
zucchini
4 large (1292g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Dinner 2 [↗](#)

Eat on day 2

White rice

1 3/4 cup rice, cooked - 382 cals ● 8g protein ● 1g fat ● 85g carbs ● 1g fiber

Makes 1 3/4 cup rice, cooked

water
1 1/6 cup(s) (276mL)
long-grain white rice
9 1/3 tbsp (108g)



1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Teriyaki chickpea stir fry

554 cals ● 27g protein ● 13g fat ● 59g carbs ● 23g fiber



frozen mixed veggies
3/4 10oz package (213g)
oil
1 tsp (6mL)
teriyaki sauce
3 tbsp (45mL)
chickpeas, canned, drained and rinsed
3/4 can(s) (336g)

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.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Walnut crusted tofu

659 cal ● 25g protein ● 56g fat ● 10g carbs ● 4g fiber



For single meal:

lemon juice
1 tsp (5mL)
dijon mustard
1 tbsp (15g)
walnuts
1/3 cup, chopped (39g)
mayonnaise
2 tbsp (30mL)
garlic, diced
2 clove(s) (6g)
firm tofu, drained
1/2 lbs (227g)

For all 2 meals:

lemon juice
2 tsp (10mL)
dijon mustard
2 tbsp (30g)
walnuts
2/3 cup, chopped (77g)
mayonnaise
4 tbsp (60mL)
garlic, diced
4 clove(s) (12g)
firm tofu, drained
1 lbs (454g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Caprese salad

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



For single meal:

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)

For all 2 meals:

fresh mozzarella cheese
1/4 lbs (99g)
mixed greens
1 1/6 package (5.5 oz) (181g)
fresh basil
9 1/3 tbsp leaves, whole (14g)
balsamic vinaigrette
2 1/3 tbsp (35mL)
tomatoes, halved
56 tsp cherry tomatoes (174g)

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

Dinner 4 [🔗](#)

Eat on day 5 and day 6

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)

1. The recipe has no instructions.

Spiced chickpea tabbouleh bowl

637 cals ● 27g protein ● 7g fat ● 98g carbs ● 18g fiber



For single meal:

instant couscous, flavored
5/8 box (5.8 oz) (96g)
oil
1/4 tsp (1mL)
ground cumin
1/2 tsp (1g)
lemon juice
1 tsp (4mL)
cucumber, chopped
1/4 cucumber (8-1/4") (88g)
chickpeas, canned, drained & rinsed
5/8 can(s) (261g)
tomatoes, chopped
5/8 roma tomato (47g)
fresh parsley, chopped
2 1/3 sprigs (2g)

For all 2 meals:

instant couscous, flavored
1 1/6 box (5.8 oz) (192g)
oil
1/2 tsp (3mL)
ground cumin
1 tsp (2g)
lemon juice
1 3/4 tsp (9mL)
cucumber, chopped
5/8 cucumber (8-1/4") (176g)
chickpeas, canned, drained & rinsed
1 1/6 can(s) (523g)
tomatoes, chopped
1 1/6 roma tomato (93g)
fresh parsley, chopped
4 2/3 sprigs (5g)

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. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Dinner 5 [↗](#)

Eat on day 7

Spinach parmesan pasta

731 cals ● 27g protein ● 27g fat ● 89g carbs ● 7g fiber



uncooked dry pasta
4 oz (114g)
butter
1 1/2 tbsp (21g)
fresh spinach
1/2 10oz package (142g)
parmesan cheese
4 tbsp (25g)
salt
2 dash (2g)
black pepper
1 tsp, ground (2g)
water
1/6 cup(s) (39mL)
garlic, minced
1 clove(s) (3g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

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.

Protein Supplement(s) [↗](#)

Eat every day

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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