

# Meal Plan - 3100 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

3098 cals ● 232g protein (30%) ● 139g fat (41%) ● 175g carbs (23%) ● 54g fiber (7%)

### Breakfast

485 cals, 30g protein, 14g net carbs, 32g fat



**Basic scrambled eggs**

2 egg(s)- 159 cals



**Basic fried eggs**

2 egg(s)- 159 cals



**Avocado toast**

1 slice(s)- 168 cals

### Snacks

390 cals, 16g protein, 40g net carbs, 15g fat



**Clementine**

2 clementine(s)- 78 cals



**String cheese**

1 stick(s)- 83 cals



**Toast with butter**

2 slice(s)- 227 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**

3 scoop- 327 cals

### Lunch

940 cals, 43g protein, 80g net carbs, 43g fat



**Grilled cheese with sun dried tomatoes & spinach**

1 1/2 sandwich(es)- 820 cals



**Grapefruit**

1 grapefruit- 119 cals

### Dinner

960 cals, 70g protein, 38g net carbs, 48g fat



**Buffalo tempeh with tzatziki**

785 cals



**Roasted cauliflower**

173 cals

## Day 2

3098 cals ● 232g protein (30%) ● 139g fat (41%) ● 175g carbs (23%) ● 54g fiber (7%)

### Breakfast

485 cals, 30g protein, 14g net carbs, 32g fat



**Basic scrambled eggs**  
2 egg(s)- 159 cals



**Basic fried eggs**  
2 egg(s)- 159 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Snacks

390 cals, 16g protein, 40g net carbs, 15g fat



**Clementine**  
2 clementine(s)- 78 cals



**String cheese**  
1 stick(s)- 83 cals



**Toast with butter**  
2 slice(s)- 227 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

940 cals, 43g protein, 80g net carbs, 43g fat



**Grilled cheese with sun dried tomatoes & spinach**  
1 1/2 sandwich(es)- 820 cals



**Grapefruit**  
1 grapefruit- 119 cals

### Dinner

960 cals, 70g protein, 38g net carbs, 48g fat



**Buffalo tempeh with tzatziki**  
785 cals



**Roasted cauliflower**  
173 cals

## Day 3

3126 cals ● 196g protein (25%) ● 109g fat (31%) ● 289g carbs (37%) ● 52g fiber (7%)

### Breakfast

445 cals, 25g protein, 6g net carbs, 34g fat



**Pesto scrambled eggs**  
3 eggs- 297 cals



**Simple sauteed spinach**  
149 cals

### Snacks

390 cals, 16g protein, 40g net carbs, 15g fat



**Clementine**  
2 clementine(s)- 78 cals



**String cheese**  
1 stick(s)- 83 cals



**Toast with butter**  
2 slice(s)- 227 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

1000 cals, 41g protein, 83g net carbs, 47g fat



**Naan bread**  
1 piece(s)- 262 cals



**Egg salad sandwich**  
1 sandwich(es)- 542 cals



**Simple salad with tomatoes and carrots**  
196 cals

### Dinner

965 cals, 41g protein, 157g net carbs, 11g fat



**Spiced chickpea tabbouleh bowl**  
546 cals



**Grapefruit**  
1 grapefruit- 119 cals



**Kefir**  
300 cals

## Day 4

3076 cals ● 196g protein (25%) ● 133g fat (39%) ● 235g carbs (31%) ● 39g fiber (5%)

### Breakfast

445 cals, 25g protein, 6g net carbs, 34g fat



**Pesto scrambled eggs**  
3 eggs- 297 cals



**Simple sauteed spinach**  
149 cals

### Snacks

345 cals, 16g protein, 43g net carbs, 11g fat



**Lowfat yogurt**  
1 container(s)- 181 cals



**Peach and goat cheese bites**  
1 peach- 162 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

995 cals, 41g protein, 27g net carbs, 75g fat



**Olive oil drizzled sugar snap peas**  
286 cals



**Buffalo tofu**  
709 cals

### Dinner

965 cals, 41g protein, 157g net carbs, 11g fat



**Spiced chickpea tabbouleh bowl**  
546 cals



**Grapefruit**  
1 grapefruit- 119 cals



**Kefir**  
300 cals

## Day 5

3092 cals ● 199g protein (26%) ● 157g fat (46%) ● 174g carbs (22%) ● 46g fiber (6%)

### Breakfast

450 cals, 20g protein, 39g net carbs, 20g fat



**Egg and pesto stuffed tomato**  
1 tomato(es)- 129 cals



**High-protein granola bar**  
1 bar(s)- 204 cals



**Clementine**  
3 clementine(s)- 117 cals

### Snacks

345 cals, 16g protein, 43g net carbs, 11g fat



**Lowfat yogurt**  
1 container(s)- 181 cals



**Peach and goat cheese bites**  
1 peach- 162 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

995 cals, 41g protein, 27g net carbs, 75g fat



**Olive oil drizzled sugar snap peas**  
286 cals



**Buffalo tofu**  
709 cals

### Dinner

975 cals, 50g protein, 62g net carbs, 49g fat



**Chickpea & chickpea pasta**  
573 cals



**Simple mozzarella and tomato salad**  
403 cals

## Day 6

3127 cals ● 212g protein (27%) ● 94g fat (27%) ● 309g carbs (39%) ● 50g fiber (6%)

### Breakfast

450 cals, 20g protein, 39g net carbs, 20g fat



**Egg and pesto stuffed tomato**  
1 tomato(es)- 129 cals



**High-protein granola bar**  
1 bar(s)- 204 cals



**Clementine**  
3 clementine(s)- 117 cals

### Snacks

465 cals, 26g protein, 70g net carbs, 7g fat



**Protein bar**  
1 bar- 245 cals



**Pretzels**  
220 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

1005 cals, 49g protein, 108g net carbs, 34g fat



**Peach**  
3 peach(es)- 198 cals



**Vegetable and hummus sandwich**  
1 1/2 sandwich(es)- 545 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Dinner

880 cals, 45g protein, 89g net carbs, 32g fat



**Chik'n nuggets**  
14 nuggets- 772 cals



**Carrot sticks**  
4 carrot(s)- 108 cals

## Day 7

3127 cals ● 212g protein (27%) ● 94g fat (27%) ● 309g carbs (39%) ● 50g fiber (6%)

### Breakfast

450 cals, 20g protein, 39g net carbs, 20g fat



**Egg and pesto stuffed tomato**  
1 tomato(es)- 129 cals



**High-protein granola bar**  
1 bar(s)- 204 cals



**Clementine**  
3 clementine(s)- 117 cals

### Snacks

465 cals, 26g protein, 70g net carbs, 7g fat



**Protein bar**  
1 bar- 245 cals



**Pretzels**  
220 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

1005 cals, 49g protein, 108g net carbs, 34g fat



**Peach**  
3 peach(es)- 198 cals



**Vegetable and hummus sandwich**  
1 1/2 sandwich(es)- 545 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals

### Dinner

880 cals, 45g protein, 89g net carbs, 32g fat



**Chik'n nuggets**  
14 nuggets- 772 cals



**Carrot sticks**  
4 carrot(s)- 108 cals

## Baked Products

- ☐ bread  
22 slice (704g)
- ☐ naan bread  
1 piece(s) (90g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
1/2 cup (120g)
- ☐ Frank's Red Hot sauce  
1 1/4 cup (310mL)

## Vegetables and Vegetable Products

- ☐ sun-dried tomatoes  
3 oz (85g)
- ☐ fresh spinach  
14 1/4 cup(s) (428g)
- ☐ cauliflower  
1 1/2 head small (4" dia.) (398g)
- ☐ cucumber  
1/2 cucumber (8-1/4") (151g)
- ☐ tomatoes  
9 1/2 medium whole (2-3/5" dia) (1163g)
- ☐ fresh parsley  
4 sprigs (4g)
- ☐ garlic  
3 1/2 clove(s) (11g)
- ☐ onion  
2/3 medium (2-1/2" dia) (73g)
- ☐ carrots  
11 medium (669g)
- ☐ romaine lettuce  
1 hearts (500g)
- ☐ frozen sugar snap peas  
4 2/3 cup (672g)
- ☐ ketchup  
1/2 cup (119g)

## Fats and Oils

- ☐ olive oil  
1/4 lbs (117mL)
- ☐ oil  
1/4 lbs (110mL)
- ☐ mayonnaise  
2 tbsp (30mL)
- ☐ salad dressing  
1 1/2 tbsp (23mL)

## Fruits and Fruit Juices

- ☐ Grapefruit  
4 large (approx 4-1/2" dia) (1328g)
- ☐ avocados  
1/2 avocado(s) (101g)
- ☐ clementines  
15 fruit (1110g)
- ☐ lemon juice  
3/4 fl oz (23mL)
- ☐ peach  
8 medium (2-2/3" dia) (1185g)

## Beverages

- ☐ protein powder  
21 scoop (1/3 cup ea) (651g)
- ☐ water  
21 cup(s) (4977mL)

## Other

- ☐ tzatziki  
5/8 cup(s) (140g)
- ☐ chickpea pasta  
2 oz (57g)
- ☐ nutritional yeast  
1 tsp (1g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ vegan chik'n nuggets  
28 nuggets (602g)
- ☐ cottage cheese & fruit cup  
4 container (680g)

## Legumes and Legume Products

- ☐ tempeh  
1 1/4 lbs (567g)
- ☐ chickpeas, canned  
1 1/2 can(s) (672g)
- ☐ firm tofu  
1 3/4 lbs (794g)
- ☐ hummus  
1/4 cup (68g)

## Spices and Herbs

- ☐ thyme, dried  
1/4 tbsp, leaves (1g)
- ☐ ground cumin  
1 tsp (2g)

- ☐ ranch dressing  
1/2 cup (120mL)
- ☐ balsamic vinaigrette  
5 tsp (24mL)

## Dairy and Egg Products

- ☐ provolone cheese  
6 slice(s) (168g)
- ☐ eggs  
22 1/3 medium (982g)
- ☐ string cheese  
3 stick (84g)
- ☐ butter  
1/3 stick (34g)
- ☐ kefir, flavored  
4 cup (960mL)
- ☐ lowfat flavored yogurt  
2 container (6 oz) (340g)
- ☐ goat cheese  
4 tbsp (56g)
- ☐ fresh mozzarella cheese  
3 1/3 oz (95g)

- ☐ black pepper  
1 1/2 g (1g)
- ☐ salt  
5 g (5g)
- ☐ paprika  
1 dash (1g)
- ☐ yellow mustard  
2 dash or 1 packet (1g)
- ☐ fresh basil  
5 tsp, chopped (4g)

## Cereal Grains and Pasta

- ☐ instant couscous, flavored  
1 box (5.8 oz) (164g)

## Snacks

- ☐ high-protein granola bar  
3 bar (120g)
  - ☐ pretzels, hard, salted  
4 oz (113g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Basic scrambled eggs

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



For single meal:

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

For all 2 meals:

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

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

### Basic fried eggs

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



For single meal:

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

For all 2 meals:

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

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

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber





For single meal:

**bread**

1 slice (32g)

**avocados, ripe, sliced**

1/4 avocado(s) (50g)

For all 2 meals:

**bread**

2 slice (64g)

**avocados, ripe, sliced**

1/2 avocado(s) (101g)

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

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## Breakfast 2 [↗](#)

Eat on day 3 and day 4

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### Pesto scrambled eggs

3 eggs - 297 cals ● 20g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**

3 large (150g)

**pesto sauce**

1 1/2 tbsp (24g)

For all 2 meals:

**eggs**

6 large (300g)

**pesto sauce**

3 tbsp (48g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

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### Simple sauteed spinach

149 cals ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



For single meal:

**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**olive oil**  
3/4 tbsp (11mL)  
**fresh spinach**  
6 cup(s) (180g)  
**garlic, diced**  
3/4 clove (2g)

For all 2 meals:

**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
12 cup(s) (360g)  
**garlic, diced**  
1 1/2 clove (5g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

### Egg and pesto stuffed tomato

1 tomato(es) - 129 cals ● 8g protein ● 8g fat ● 5g carbs ● 2g fiber



For single meal:

**pesto sauce**  
1/2 tbsp (8g)  
**eggs**  
1 large (50g)  
**tomatoes**  
1 large whole (3" dia) (182g)

For all 3 meals:

**pesto sauce**  
1 1/2 tbsp (24g)  
**eggs**  
3 large (150g)  
**tomatoes**  
3 large whole (3" dia) (546g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

## 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.

## Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

**clementines**  
3 fruit (222g)

For all 3 meals:

**clementines**  
9 fruit (666g)

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

Eat on day 1 and day 2

### Grilled cheese with sun dried tomatoes & spinach

1 1/2 sandwich(es) - 820 cals ● 41g protein ● 42g fat ● 57g carbs ● 12g fiber



For single meal:

**bread**  
3 slice (96g)  
**pesto sauce**  
1 1/2 tbsp (24g)  
**sun-dried tomatoes**  
1 1/2 oz (43g)  
**fresh spinach**  
3/8 cup(s) (11g)  
**olive oil**  
1/2 tbsp (8mL)  
**provolone cheese**  
3 slice(s) (84g)

For all 2 meals:

**bread**  
6 slice (192g)  
**pesto sauce**  
3 tbsp (48g)  
**sun-dried tomatoes**  
3 oz (85g)  
**fresh spinach**  
3/4 cup(s) (23g)  
**olive oil**  
1 tbsp (15mL)  
**provolone cheese**  
6 slice(s) (168g)

1. Divide the olive oil over the outside of each slice of bread.
2. On one slice, spread the pesto, then layer a slice of cheese, topped with the tomatoes and spinach. Place the second slice of the cheese on top and close the sandwich.
3. Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.

### Grapefruit

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



For single meal:

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

For all 2 meals:

**Grapefruit**  
2 large (approx 4-1/2" dia) (664g)

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 3

### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)

#### naan bread

1 piece(s) (90g)



1. The recipe has no instructions.

### 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.

### Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber





**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Lunch 3 [🔗](#)

Eat on day 4 and day 5

### Olive oil drizzled sugar snap peas

286 cals ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber



For single meal:

**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen sugar snap peas**  
2 1/3 cup (336g)  
**olive oil**  
3 1/2 tsp (18mL)

For all 2 meals:

**black pepper**  
1/2 tsp (0g)  
**salt**  
1/2 tsp (1g)  
**frozen sugar snap peas**  
4 2/3 cup (672g)  
**olive oil**  
2 1/3 tbsp (35mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Buffalo tofu

709 cals ● 32g protein ● 59g fat ● 13g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**Frank's Red Hot sauce**  
2/3 cup (158mL)  
**ranch dressing**  
1/2 cup (120mL)  
**oil**  
2 tbsp (30mL)  
**firm tofu, patted dry & cubed**  
1 3/4 lbs (794g)

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.

## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



For single meal:

#### peach

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

For all 2 meals:

#### peach

6 medium (2-2/3" dia) (900g)

1. The recipe has no instructions.

### Vegetable and hummus sandwich

1 1/2 sandwich(es) - 545 cals ● 17g protein ● 27g fat ● 46g carbs ● 12g fiber



For single meal:

#### bread

3 slice (96g)

#### fresh spinach

3/4 cup(s) (23g)

#### olive oil

1 1/2 tbsp (23mL)

#### hummus

2 1/4 tbsp (34g)

#### lemon juice

1/2 tbsp (8mL)

#### tomatoes, slices

1 1/2 plum tomato (93g)

#### carrots, peeled and grated

1 1/2 small (5-1/2" long) (75g)

For all 2 meals:

#### bread

6 slice (192g)

#### fresh spinach

1 1/2 cup(s) (45g)

#### olive oil

3 tbsp (45mL)

#### hummus

1/4 cup (68g)

#### lemon juice

1 tbsp (15mL)

#### tomatoes, slices

3 plum tomato (186g)

#### carrots, peeled and grated

3 small (5-1/2" long) (150g)

1. Toast bread.
2. In a small bowl combine the spinach, carrot, olive oil, and lemon juice.
3. Spread hummus on bread and top with spinach mixture and tomato slices.
4. Place other slice on top and serve.

### Cottage cheese & fruit cup

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



For single meal:  
**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:  
**cottage cheese & fruit cup**  
4 container (680g)

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

## Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:  
**clementines**  
2 fruit (148g)

For all 3 meals:  
**clementines**  
6 fruit (444g)

1. The recipe has no instructions.

### 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 3 meals:  
**string cheese**  
3 stick (84g)

1. The recipe has no instructions.

### 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 3 meals:

**bread**  
6 slice (192g)  
**butter**  
2 tbsp (27g)

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

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## Snacks 2 [↗](#)

Eat on day 4 and day 5

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### Lowfat yogurt

1 container(s) - 181 cal ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

**lowfat flavored yogurt**  
1 container (6 oz) (170g)

For all 2 meals:

**lowfat flavored yogurt**  
2 container (6 oz) (340g)

1. The recipe has no instructions.

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### Peach and goat cheese bites

1 peach - 162 cal ● 7g protein ● 9g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (143g)  
**goat cheese**  
2 tbsp (28g)  
**salt**  
1 dash (0g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (285g)  
**goat cheese**  
4 tbsp (56g)  
**salt**  
2 dash (1g)

1. Slice peach from top to bottom to make thin strips.
  2. Put goat cheese and a dash of salt (sea salt is preferred but any type will do) in between 2 strips of peach to make a sandwich. Serve.
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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Protein bar

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



For single meal:

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

For all 2 meals:

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

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

220 cals ● 6g protein ● 2g fat ● 44g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**pretzels, hard, salted**  
4 oz (113g)

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

Eat on day 1 and day 2

### Buffalo tempeh with tzatziki

785 cals ● 65g protein ● 37g fat ● 29g carbs ● 20g fiber



For single meal:

**Frank's Red Hot sauce**  
5 tbsp (75mL)  
**tzatziki**  
1/3 cup(s) (70g)  
**oil**  
1 1/4 tbsp (19mL)  
**tempeh, roughly chopped**  
10 oz (284g)

For all 2 meals:

**Frank's Red Hot sauce**  
10 tbsp (150mL)  
**tzatziki**  
5/8 cup(s) (140g)  
**oil**  
2 1/2 tbsp (38mL)  
**tempeh, roughly chopped**  
1 1/4 lbs (567g)

1. Heat oil in a skillet over medium heat. Add tempeh 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 tzatziki.

### Roasted cauliflower

173 cals ● 5g protein ● 11g fat ● 9g carbs ● 4g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**thyme, dried**  
3 dash, leaves (0g)  
**cauliflower, cut into florets**  
3/4 head small (4" dia.) (199g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**thyme, dried**  
1/4 tbsp, leaves (1g)  
**cauliflower, cut into florets**  
1 1/2 head small (4" dia.) (398g)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Spiced chickpea tabbouleh bowl

546 cals ● 23g protein ● 6g fat ● 84g carbs ● 15g fiber



For single meal:

**instant couscous, flavored**  
1/2 box (5.8 oz) (82g)  
**oil**  
1/4 tsp (1mL)  
**ground cumin**  
4 dash (1g)  
**lemon juice**  
1/4 tbsp (4mL)  
**cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)  
**chickpeas, canned, drained & rinsed**  
1/2 can(s) (224g)  
**tomatoes, chopped**  
1/2 roma tomato (40g)  
**fresh parsley, chopped**  
2 sprigs (2g)

For all 2 meals:

**instant couscous, flavored**  
1 box (5.8 oz) (164g)  
**oil**  
1/2 tsp (3mL)  
**ground cumin**  
1 tsp (2g)  
**lemon juice**  
1/2 tbsp (8mL)  
**cucumber, chopped**  
1/2 cucumber (8-1/4") (151g)  
**chickpeas, canned, drained & rinsed**  
1 can(s) (448g)  
**tomatoes, chopped**  
1 roma tomato (80g)  
**fresh parsley, chopped**  
4 sprigs (4g)

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.

### Grapefruit

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



For single meal:

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

For all 2 meals:

**Grapefruit**  
2 large (approx 4-1/2" dia) (664g)

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)

### Kefir

300 cals ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

**kefir, flavored**  
2 cup (480mL)

For all 2 meals:

**kefir, flavored**  
4 cup (960mL)

1. Pour into a glass and drink.

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## Dinner 3 [↗](#)

Eat on day 5

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### 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.

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### Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



**balsamic vinaigrette**  
5 tsp (25mL)  
**fresh basil**  
5 tsp, chopped (4g)  
**fresh mozzarella cheese, sliced**  
1/4 lbs (95g)  
**tomatoes, sliced**  
1 1/4 large whole (3" dia) (228g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
  2. Sprinkle the basil over the slices and drizzle with dressing.
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## Dinner 4 [🔗](#)

Eat on day 6 and day 7

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### Chik'n nuggets

14 nuggets - 772 cals ● 43g protein ● 32g fat ● 72g carbs ● 7g fiber



For single meal:

#### ketchup

1/4 cup (60g)

#### vegan chik'n nuggets

14 nuggets (301g)

For all 2 meals:

#### ketchup

1/2 cup (119g)

#### vegan chik'n nuggets

28 nuggets (602g)

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

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### Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

#### carrots

4 medium (244g)

For all 2 meals:

#### carrots

8 medium (488g)

1. Cut carrots into strips and serve.
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# Protein Supplement(s)

Eat every day

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## Protein shake

3 scoop - 327 cals  73g protein  2g fat  3g carbs  3g fiber



For single meal:

- protein powder**  
3 scoop (1/3 cup ea) (93g)
- water**  
3 cup(s) (711mL)

For all 7 meals:

- protein powder**  
21 scoop (1/3 cup ea) (651g)
- water**  
21 cup(s) (4977mL)

1. The recipe has no instructions.
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