

# Meal Plan - 3200 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

3199 cals ● 203g protein (25%) ● 116g fat (33%) ● 295g carbs (37%) ● 41g fiber (5%)

### Breakfast

455 cals, 27g protein, 24g net carbs, 26g fat



#### Basic fried eggs

2 egg(s)- 159 cals



#### Pear

1 pear(s)- 113 cals



#### Goat cheese & tomato mini egg muffin

3 mini muffin(s)- 183 cals

### Snacks

415 cals, 17g protein, 23g net carbs, 28g fat



#### Roasted cashews

1/6 cup(s)- 139 cals



#### Plantain chips

113 cals



#### String cheese

2 stick(s)- 165 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

1040 cals, 45g protein, 150g net carbs, 19g fat



#### Bean & tofu goulash

656 cals



#### White rice

1 3/4 cup rice, cooked- 382 cals

### Dinner

960 cals, 41g protein, 96g net carbs, 42g fat



#### Bbq tofu & pineapple bowl

779 cals



#### Pumpkin seeds

183 cals

## Day 2

3199 cals ● 203g protein (25%) ● 116g fat (33%) ● 295g carbs (37%) ● 41g fiber (5%)

### Breakfast

455 cals, 27g protein, 24g net carbs, 26g fat



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



**Pear**  
1 pear(s)- 113 cals



**Goat cheese & tomato mini egg muffin**  
3 mini muffin(s)- 183 cals

### Snacks

415 cals, 17g protein, 23g net carbs, 28g fat



**Roasted cashews**  
1/6 cup(s)- 139 cals



**Plantain chips**  
113 cals



**String cheese**  
2 stick(s)- 165 cals

### Protein Supplement(s)

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



**Protein shake**  
3 scoop- 327 cals

### Lunch

1040 cals, 45g protein, 150g net carbs, 19g fat



**Bean & tofu goulash**  
656 cals



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

### Dinner

960 cals, 41g protein, 96g net carbs, 42g fat



**Bbq tofu & pineapple bowl**  
779 cals



**Pumpkin seeds**  
183 cals

## Day 3

3162 cals ● 206g protein (26%) ● 109g fat (31%) ● 286g carbs (36%) ● 53g fiber (7%)

### Breakfast

515 cals, 13g protein, 76g net carbs, 14g fat



#### Pear

1 pear(s)- 113 cals



#### Medium toasted bagel with butter

1 bagel(s)- 391 cals



#### Celery sticks

2 celery stalk- 13 cals

### Snacks

430 cals, 16g protein, 27g net carbs, 24g fat



#### Roasted peanuts

1/6 cup(s)- 153 cals



#### Roasted chickpeas

1/2 cup- 276 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

910 cals, 29g protein, 72g net carbs, 48g fat



#### Chunky canned soup (creamy)

2 can(s)- 707 cals



#### Simple mixed greens salad

203 cals

### Dinner

980 cals, 76g protein, 108g net carbs, 22g fat



#### Simple mixed greens and tomato salad

76 cals



#### Teriyaki seitan with veggies and rice

902 cals

## Day 4

3162 cals ● 206g protein (26%) ● 109g fat (31%) ● 286g carbs (36%) ● 53g fiber (7%)

### Breakfast

515 cals, 13g protein, 76g net carbs, 14g fat



#### Pear

1 pear(s)- 113 cals



#### Medium toasted bagel with butter

1 bagel(s)- 391 cals



#### Celery sticks

2 celery stalk- 13 cals

### Snacks

430 cals, 16g protein, 27g net carbs, 24g fat



#### Roasted peanuts

1/6 cup(s)- 153 cals



#### Roasted chickpeas

1/2 cup- 276 cals

### Lunch

910 cals, 29g protein, 72g net carbs, 48g fat



#### Chunky canned soup (creamy)

2 can(s)- 707 cals



#### Simple mixed greens salad

203 cals

### Dinner

980 cals, 76g protein, 108g net carbs, 22g fat



#### Simple mixed greens and tomato salad

76 cals



#### Teriyaki seitan with veggies and rice

902 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

## Day 5

3222 cals ● 206g protein (26%) ● 100g fat (28%) ● 324g carbs (40%) ● 50g fiber (6%)

### Breakfast

515 cals, 13g protein, 76g net carbs, 14g fat



#### Pear

1 pear(s)- 113 cals



#### Medium toasted bagel with butter

1 bagel(s)- 391 cals



#### Celery sticks

2 celery stalk- 13 cals

### Snacks

430 cals, 16g protein, 27g net carbs, 24g fat



#### Roasted peanuts

1/6 cup(s)- 153 cals



#### Roasted chickpeas

1/2 cup- 276 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

970 cals, 28g protein, 121g net carbs, 37g fat



#### Roasted cashews

1/4 cup(s)- 209 cals



#### Peanut butter and jelly sandwich

2 sandwich(es)- 763 cals

### Dinner

975 cals, 76g protein, 98g net carbs, 24g fat



#### Lentils

521 cals



#### Garlic pepper seitan

456 cals

## Day 6

3176 cals ● 202g protein (25%) ● 97g fat (28%) ● 296g carbs (37%) ● 79g fiber (10%)

### Breakfast

480 cals, 24g protein, 11g net carbs, 34g fat



#### Roasted almonds

1/3 cup(s)- 277 cals



#### Scrambled eggs with kale, tomatoes, rosemary

203 cals

### Snacks

400 cals, 14g protein, 55g net carbs, 12g fat



#### Walnuts

1/8 cup(s)- 87 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals



#### Kefir

150 cals

### Protein Supplement(s)

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



#### Protein shake

3 scoop- 327 cals

### Lunch

970 cals, 50g protein, 142g net carbs, 7g fat



#### Bbq cauliflower wings

803 cals



#### Mixed vegetables

1 3/4 cup(s)- 170 cals

### Dinner

995 cals, 41g protein, 85g net carbs, 42g fat



#### Chickpea & kale soup

682 cals



#### Roasted cashews

3/8 cup(s)- 313 cals

# Day 7

3176 cals ● 202g protein (25%) ● 97g fat (28%) ● 296g carbs (37%) ● 79g fiber (10%)

## Breakfast

480 cals, 24g protein, 11g net carbs, 34g fat



### Roasted almonds

1/3 cup(s)- 277 cals



### Scrambled eggs with kale, tomatoes, rosemary

203 cals

## Snacks

400 cals, 14g protein, 55g net carbs, 12g fat



### Walnuts

1/8 cup(s)- 87 cals



### Instant oatmeal with water

1 packet(s)- 165 cals



### Kefir

150 cals

## Protein Supplement(s)

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



### Protein shake

3 scoop- 327 cals

## Lunch

970 cals, 50g protein, 142g net carbs, 7g fat



### Bbq cauliflower wings

803 cals



### Mixed vegetables

1 3/4 cup(s)- 170 cals

## Dinner

995 cals, 41g protein, 85g net carbs, 42g fat



### Chickpea & kale soup

682 cals



### Roasted cashews

3/8 cup(s)- 313 cals

# Grocery List



## Vegetables and Vegetable Products

- broccoli  
3 cup chopped (273g)
- tomatoes  
2 1/2 medium whole (2-3/5" dia) (300g)
- onion  
1 3/4 medium (2-1/2" dia) (192g)
- garlic  
8 clove(s) (24g)
- raw celery  
6 stalk, medium (7-1/2" - 8" long) (240g)
- frozen mixed veggies  
2 lbs (856g)
- green pepper  
4 tsp, chopped (12g)
- cauliflower  
6 head small (4" dia.) (1590g)
- kale leaves  
7 cup, chopped (280g)

## Legumes and Legume Products

- firm tofu  
34 1/2 oz (978g)
- white beans, canned  
1 1/2 can(s) (659g)
- roasted peanuts  
1/2 cup (73g)
- lentils, raw  
3/4 cup (144g)
- peanut butter  
2 tbsp (32g)
- chickpeas, canned  
2 1/2 can(s) (1120g)

## Fruits and Fruit Juices

- canned pineapple  
3 cup, chunks (543g)
- pears  
5 medium (890g)

## Soups, Sauces, and Gravies

- barbecue sauce  
18 fl oz (638g)
- chunky canned soup (creamy varieties)  
4 can (~19 oz) (2132g)
- vegetable broth  
10 cup(s) (mL)

## Snacks

- Plantain chips  
1 1/2 oz (43g)

## Dairy and Egg Products

- string cheese  
4 stick (112g)
- eggs  
11 large (550g)
- goat cheese  
3 tbsp (42g)
- butter  
3 tbsp (43g)
- kefir, flavored  
2 cup (480mL)

## Beverages

- protein powder  
21 scoop (1/3 cup ea) (651g)
- water  
1 3/4 gallon (6797mL)

## Spices and Herbs

- paprika  
1 1/2 tbsp (10g)
- fresh thyme  
1/4 tbsp (1g)
- salt  
1 3/4 tsp (11g)
- black pepper  
1 1/2 dash, ground (0g)
- balsamic vinegar  
2 tsp (10mL)
- rosemary, dried  
4 dash (1g)

## Cereal Grains and Pasta

- long-grain white rice  
2 cup (339g)
- seitan  
1 1/3 lbs (605g)

## Baked Products

- bagel  
3 medium bagel (3-1/2" to 4" dia) (315g)

## Fats and Oils

- oil  
3 oz (87mL)
- salad dressing  
3/4 cup (180mL)
- olive oil  
4 tsp (19mL)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- roasted cashews  
1 1/3 cup (183g)
- walnuts  
4 tbsp, shelled (25g)
- almonds  
10 tbsp, whole (89g)

- bread  
4 slice (128g)

## Other

- Roasted chickpeas  
1 1/2 cup (170g)
- mixed greens  
1/2 cup (360g)
- teriyaki sauce  
1/2 cup (106mL)
- nutritional yeast  
1 1/2 cup (90g)

## Sweets

- jelly  
4 tbsp (84g)

## Breakfast Cereals

- flavored instant oatmeal  
2 packet (86g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Basic fried eggs

2 egg(s) - 159 cals ● 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.

### 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.

### Goat cheese & tomato mini egg muffin

3 mini muffin(s) - 183 cals ● 14g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**water**  
1/2 tbsp (8mL)  
**eggs**  
1 1/2 large (75g)  
**goat cheese**  
1 1/2 tbsp (21g)  
**tomatoes, chopped**  
1 1/2 slice(s), thin/small (23g)

For all 2 meals:

**water**  
1 tbsp (15mL)  
**eggs**  
3 large (150g)  
**goat cheese**  
3 tbsp (42g)  
**tomatoes, chopped**  
3 slice(s), thin/small (45g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Pear

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



For single meal:

**pears**  
1 medium (178g)

For all 3 meals:

**pears**  
3 medium (534g)

1. The recipe has no instructions.

## Medium toasted bagel with butter

1 bagel(s) - 391 cals ● 11g protein ● 14g fat ● 53g carbs ● 2g fiber



For single meal:

**bagel**

1 medium bagel (3-1/2" to 4" dia)  
(105g)  
**butter**  
1 tbsp (14g)

For all 3 meals:

**bagel**

3 medium bagel (3-1/2" to 4" dia)  
(315g)  
**butter**  
3 tbsp (43g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

## Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 3 meals:

**raw celery**

6 stalk, medium (7-1/2" - 8" long)  
(240g)

1. Slice celery into sticks and serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

**almonds**

5 tbsp, whole (45g)

For all 2 meals:

**almonds**

10 tbsp, whole (89g)

1. The recipe has no instructions.

## Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**water**  
3 tbsp (45mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**rosemary, dried**  
2 dash (0g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1 cup, chopped (40g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**water**  
6 tbsp (90mL)  
**balsamic vinegar**  
2 tsp (10mL)  
**rosemary, dried**  
4 dash (1g)  
**tomatoes**  
1 cup, chopped (180g)  
**eggs**  
4 large (200g)  
**kale leaves**  
2 cup, chopped (80g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

## Lunch 1 ↗

Eat on day 1 and day 2

### Bean & tofu goulash

656 cals ● 37g protein ● 19g fat ● 65g carbs ● 19g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**paprika**  
3/4 tbsp (5g)  
**fresh thyme**  
3 dash (0g)  
**white beans, canned, drained & rinsed**  
3/4 can(s) (329g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**garlic, minced**  
3/4 clove (2g)  
**firm tofu, drained and diced**  
1/3 lbs (149g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**paprika**  
1 1/2 tbsp (10g)  
**fresh thyme**  
1/4 tbsp (1g)  
**white beans, canned, drained & rinsed**  
1 1/2 can(s) (659g)  
**onion, diced**  
1 1/2 medium (2-1/2" dia) (165g)  
**garlic, minced**  
1 1/2 clove (5g)  
**firm tofu, drained and diced**  
2/3 lbs (298g)

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.

## White rice

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



For single meal:

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

For all 2 meals:

**water**  
2 1/3 cup(s) (553mL)  
**long-grain white rice**  
56 tsp (216g)

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.

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## Lunch 2 ↗

Eat on day 3 and day 4

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### Chunky canned soup (creamy)

2 can(s) - 707 cals ● 25g protein ● 34g fat ● 60g carbs ● 16g fiber



For single meal:

**chunky canned soup (creamy varieties)**  
2 can (~19 oz) (1066g)

For all 2 meals:

**chunky canned soup (creamy varieties)**  
4 can (~19 oz) (2132g)

1. Prepare according to instructions on package.

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### Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**salad dressing**  
1/2 cup (135mL)

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

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## Lunch 3

Eat on day 5

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### Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



Makes 1/4 cup(s)

**roasted cashews**  
4 tbsp (34g)

1. The recipe has no instructions.

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### Peanut butter and jelly sandwich

2 sandwich(es) - 763 cals ● 23g protein ● 21g fat ● 110g carbs ● 10g fiber



Makes 2 sandwich(es)

**peanut butter**  
2 tbsp (32g)  
**bread**  
4 slice (128g)  
**jelly**  
4 tbsp (84g)

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.

## Lunch 4 ↗

Eat on day 6 and day 7

### Bbq cauliflower wings

803 cals ● 42g protein ● 6g fat ● 120g carbs ● 26g fiber



For single meal:

**barbecue sauce**  
3/4 cup (215g)  
**salt**  
1/4 tbsp (5g)  
**nutritional yeast**  
3/4 cup (45g)  
**cauliflower**  
3 head small (4" dia.) (795g)

For all 2 meals:

**barbecue sauce**  
1 1/2 cup (429g)  
**salt**  
1/2 tbsp (9g)  
**nutritional yeast**  
1 1/2 cup (90g)  
**cauliflower**  
6 head small (4" dia.) (1590g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

### Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



For single meal:

**frozen mixed veggies**  
1 3/4 cup (236g)

For all 2 meals:

**frozen mixed veggies**  
3 1/2 cup (473g)

1. Prepare according to instructions on package.

## Snacks 1 ↗

Eat on day 1 and day 2

### Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 2/3 tbsp (23g)

For all 2 meals:

**roasted cashews**  
1/3 cup (46g)

1. The recipe has no instructions.

### Plantain chips

113 cals ● 0g protein ● 6g fat ● 13g carbs ● 1g fiber



For single meal:

**Plantain chips**  
3/4 oz (21g)

For all 2 meals:

**Plantain chips**  
1 1/2 oz (43g)

1. Approximately 3/4 cup = 1 oz

### 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.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 2/3 tbsp (24g)

For all 3 meals:

**roasted peanuts**  
1/2 cup (73g)

1. The recipe has no instructions.

### Roasted chickpeas

1/2 cup - 276 cals ● 10g protein ● 12g fat ● 24g carbs ● 8g fiber



For single meal:

**Roasted chickpeas**  
1/2 cup (57g)

For all 3 meals:

**Roasted chickpeas**  
1 1/2 cup (170g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**  
4 tbsp, shelled (25g)

1. The recipe has no instructions.

### Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

**flavored instant oatmeal**  
1 packet (43g)  
**water**  
3/4 cup(s) (178mL)

For all 2 meals:

**flavored instant oatmeal**  
2 packet (86g)  
**water**  
1 1/2 cup(s) (356mL)

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

### Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

**kefir, flavored**  
1 cup (240mL)

For all 2 meals:

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

1. Pour into a glass and drink.

## Dinner 1 ↗

Eat on day 1 and day 2

### Bbq tofu & pineapple bowl

779 cals ● 32g protein ● 27g fat ● 93g carbs ● 8g fiber



For single meal:

**broccoli**  
1 1/2 cup chopped (137g)  
**firm tofu**  
3/4 lbs (340g)  
**canned pineapple**  
1 1/2 cup, chunks (272g)  
**barbecue sauce**  
6 tbsp (105g)  
**oil**  
3/4 tbsp (11mL)

For all 2 meals:

**broccoli**  
3 cup chopped (273g)  
**firm tofu**  
1 1/2 lbs (680g)  
**canned pineapple**  
3 cup, chunks (543g)  
**barbecue sauce**  
3/4 cup (209g)  
**oil**  
1 1/2 tbsp (23mL)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 3 and day 4

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**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.

### Teriyaki seitan with veggies and rice

902 cals ● 75g protein ● 17g fat ● 103g carbs ● 10g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**teriyaki sauce**  
1/4 cup (53mL)  
**frozen mixed veggies**  
2/3 package (10 oz ea) (192g)  
**long-grain white rice**  
1/3 cup (62g)  
**seitan, cut into strips**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**teriyaki sauce**  
1/2 cup (107mL)  
**frozen mixed veggies**  
1 1/3 package (10 oz ea) (384g)  
**long-grain white rice**  
2/3 cup (123g)  
**seitan, cut into strips**  
16 oz (454g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

## Dinner 3 ↗

Eat on day 5

### Lentils

521 cals ● 35g protein ● 2g fat ● 76g carbs ● 15g fiber



**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

### Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



**olive oil**  
4 tsp (20mL)  
**onion**  
2 2/3 tbsp, chopped (27g)  
**green pepper**  
4 tsp, chopped (12g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**water**  
2 tsp (10mL)  
**salt**  
2/3 dash (0g)  
**seitan, chicken style**  
1/3 lbs (151g)  
**garlic, minced**  
1 2/3 clove(s) (5g)

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.

## Dinner 4 ↗

Eat on day 6 and day 7

### 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.

### Roasted cashews

3/8 cup(s) - 313 cals ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



For single meal:

**roasted cashews**  
6 tbsp (51g)

For all 2 meals:

**roasted cashews**  
3/4 cup (103g)

1. The recipe has no instructions.

## Protein Supplement(s) ↗

Eat every day

### 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.