

Meal Plan - 3300 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

3211 cals ● 211g protein (26%) ● 135g fat (38%) ● 246g carbs (31%) ● 42g fiber (5%)

Breakfast

470 cals, 28g protein, 13g net carbs, 29g fat



[Kale & eggs](#)

378 cals



[Raspberries](#)

1 1/4 cup(s)- 90 cals

Snacks

355 cals, 12g protein, 16g net carbs, 25g fat



[Celery and peanut butter](#)

109 cals



[Rice cakes with peanut butter](#)

1 cake(s)- 240 cals



[Celery sticks](#)

1 celery stalk- 7 cals

Protein Supplement(s)

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



[Protein shake](#)

3 scoop- 327 cals

Lunch

1010 cals, 41g protein, 111g net carbs, 42g fat



[Milk](#)

1 3/4 cup(s)- 261 cals



[Tofu curry with rice](#)

748 cals

Dinner

1050 cals, 58g protein, 103g net carbs, 37g fat



[Brown rice](#)

1 3/4 cup brown rice, cooked- 401 cals



[Peanut tempeh](#)

6 oz tempeh- 651 cals

Day 2

3192 cals ● 230g protein (29%) ● 118g fat (33%) ● 244g carbs (31%) ● 58g fiber (7%)

Breakfast

470 cals, 28g protein, 13g net carbs, 29g fat



Kale & eggs
378 cals



Raspberries
1 1/4 cup(s)- 90 cals

Snacks

355 cals, 12g protein, 16g net carbs, 25g fat



Celery and peanut butter
109 cals



Rice cakes with peanut butter
1 cake(s)- 240 cals



Celery sticks
1 celery stalk- 7 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

990 cals, 60g protein, 109g net carbs, 25g fat



Lentil and veggie soup
555 cals



Milk
1 1/2 cup(s)- 224 cals



Simple Greek cucumber salad
211 cals

Dinner

1050 cals, 58g protein, 103g net carbs, 37g fat



Brown rice
1 3/4 cup brown rice, cooked- 401 cals



Peanut tempeh
6 oz tempeh- 651 cals



Day 3

3283 cals ● 261g protein (32%) ● 102g fat (28%) ● 262g carbs (32%) ● 68g fiber (8%)

Breakfast

560 cals, 29g protein, 41g net carbs, 24g fat



Simple cinnamon oatmeal with milk
164 cals



Scrambled eggs with kale, tomatoes, rosemary
304 cals



Raspberries
1 1/4 cup(s)- 90 cals

Snacks

375 cals, 14g protein, 25g net carbs, 18g fat



Sunflower seeds
90 cals



Carrots and hummus
287 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

990 cals, 60g protein, 109g net carbs, 25g fat



Lentil and veggie soup
555 cals



Milk
1 1/2 cup(s)- 224 cals



Simple Greek cucumber salad
211 cals

Dinner

1030 cals, 85g protein, 83g net carbs, 34g fat



Lentils
347 cals



Garlic pepper seitan
685 cals

Day 4

3325 cals ● 301g protein (36%) ● 107g fat (29%) ● 239g carbs (29%) ● 50g fiber (6%)

Breakfast

560 cals, 29g protein, 41g net carbs, 24g fat



Simple cinnamon oatmeal with milk
164 cals



Scrambled eggs with kale, tomatoes, rosemary
304 cals



Raspberries
1 1/4 cup(s)- 90 cals

Snacks

375 cals, 14g protein, 25g net carbs, 18g fat



Sunflower seeds
90 cals



Carrots and hummus
287 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1030 cals, 100g protein, 86g net carbs, 30g fat



Cucumber slices
1/2 cucumber- 30 cals



Teriyaki seitan wings
12 oz seitan- 892 cals



White rice
1/2 cup rice, cooked- 109 cals

Dinner

1030 cals, 85g protein, 83g net carbs, 34g fat



Lentils
347 cals



Garlic pepper seitan
685 cals

Day 5

3294 cals ● 214g protein (26%) ● 101g fat (28%) ● 305g carbs (37%) ● 76g fiber (9%)

Breakfast

505 cals, 22g protein, 45g net carbs, 20g fat



Chili and cheese omelet
217 cals



Raspberries
1 cup(s)- 72 cals



Simple cinnamon oatmeal with water
217 cals

Snacks

375 cals, 14g protein, 25g net carbs, 18g fat



Sunflower seeds
90 cals



Carrots and hummus
287 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

990 cals, 58g protein, 102g net carbs, 28g fat



Lentils
347 cals



Teriyaki seitan with veggies and rice
338 cals



Simple kale & avocado salad
307 cals

Dinner

1095 cals, 48g protein, 130g net carbs, 34g fat



Edamame & beet salad
257 cals



Ginger broccoli pasta salad
575 cals



Milk
1 3/4 cup(s)- 261 cals

Day 6

3295 cals ● 226g protein (27%) ● 135g fat (37%) ● 236g carbs (29%) ● 59g fiber (7%)

Breakfast

505 cals, 22g protein, 45g net carbs, 20g fat



Chili and cheese omelet
217 cals



Raspberries
1 cup(s)- 72 cals



Simple cinnamon oatmeal with water
217 cals

Snacks

375 cals, 22g protein, 26g net carbs, 19g fat



Rice cake
1 cake(s)- 35 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

990 cals, 58g protein, 102g net carbs, 28g fat



Lentils
347 cals



Teriyaki seitan with veggies and rice
338 cals



Simple kale & avocado salad
307 cals

Dinner

1100 cals, 52g protein, 60g net carbs, 66g fat



Simple Greek cucumber salad
141 cals



Brown rice
3/4 cup brown rice, cooked- 172 cals



Low carb asian tofu bowl
786 cals

Day 7

3324 cals ● 218g protein (26%) ● 141g fat (38%) ● 232g carbs (28%) ● 65g fiber (8%)

Breakfast

505 cals, 22g protein, 45g net carbs, 20g fat



Chili and cheese omelet
217 cals



Raspberries
1 cup(s)- 72 cals



Simple cinnamon oatmeal with water
217 cals

Snacks

375 cals, 22g protein, 26g net carbs, 19g fat



Rice cake
1 cake(s)- 35 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Pumpkin seeds
183 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1020 cals, 49g protein, 98g net carbs, 34g fat



Naan bread
1 piece(s)- 262 cals



Simple kale & avocado salad
115 cals



Curried chickpea salad
644 cals

Dinner

1100 cals, 52g protein, 60g net carbs, 66g fat



Simple Greek cucumber salad
141 cals



Brown rice
3/4 cup brown rice, cooked- 172 cals



Low carb asian tofu bowl
786 cals

Vegetables and Vegetable Products

- ☐ raw celery
3/8 bunch (194g)
- ☐ kale leaves
1 1/4 lbs (549g)
- ☐ garlic
11 clove(s) (33g)
- ☐ frozen mixed veggies
1 1/4 lbs (549g)
- ☐ red onion
5/8 medium (2-1/2" dia) (69g)
- ☐ cucumber
3 cucumber (8-1/4") (903g)
- ☐ tomatoes
1 1/2 cup, chopped (270g)
- ☐ baby carrots
84 medium (840g)
- ☐ onion
1/2 cup, chopped (80g)
- ☐ green pepper
4 tbsp, chopped (37g)
- ☐ edamame, frozen, shelled
3/4 cup (89g)
- ☐ beets, precooked (canned or refrigerated)
3 beet(s) (150g)
- ☐ broccoli
10 oz (283g)
- ☐ bell pepper
1/2 large (82g)
- ☐ fresh ginger
1 1/2 tbsp (9g)

Legumes and Legume Products

- ☐ peanut butter
7 oz (193g)
- ☐ firm tofu
1 3/4 lbs (794g)
- ☐ tempeh
3/4 lbs (340g)
- ☐ soy sauce
5 3/4 oz (135mL)
- ☐ lentils, raw
3 cup (576g)
- ☐ hummus
1 1/2 cup (345g)
- ☐ chickpeas, canned
1 can(s) (448g)

Snacks

Fruits and Fruit Juices

- ☐ raspberries
8 cup (984g)
- ☐ lemon juice
5 3/4 tbsp (86mL)
- ☐ avocados
1 1/2 avocado(s) (318g)
- ☐ lemon
1 1/2 small (92g)

Other

- ☐ curry sauce
1/2 jar (15 oz) (213g)
- ☐ nutritional yeast
1/4 cup (13g)
- ☐ teriyaki sauce
1/3 lbs (130mL)
- ☐ mixed greens
2/3 package (5.5 oz) (102g)
- ☐ sesame oil
1 tsp (5mL)
- ☐ frozen riced cauliflower
3 cup, prepared (510g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 cup (170g)
- ☐ brown rice
1 2/3 cup (317g)
- ☐ seitan
2 lbs (964g)
- ☐ uncooked dry pasta
4 oz (113g)

Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
2 1/4 gallon (8525mL)

Soups, Sauces, and Gravies

- ☐ vegetable broth
4 cup(s) (mL)

Sweets

☐ rice cakes, any flavor
1 1/4 oz (36g)

☐ sugar
4 tbsp (52g)

Fats and Oils

☐ oil
5 oz (151mL)

☐ olive oil
1/4 lbs (112mL)

☐ balsamic vinaigrette
1 1/2 tbsp (23mL)

Breakfast Cereals

☐ quick oats
2 cup (160g)

Nut and Seed Products

☐ sunflower kernels
2 1/3 oz (67g)

☐ sesame seeds
4 tsp (12g)

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

Dairy and Egg Products

☐ eggs
20 large (1000g)

☐ whole milk
7 1/4 cup(s) (1740mL)

☐ nonfat greek yogurt, plain
2 1/2 container (420g)

☐ cheddar cheese
3 tbsp, shredded (21g)

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

Baked Products

☐ naan bread
1 piece(s) (90g)

Spices and Herbs

☐ salt
1/2 oz (14g)

☐ black pepper
1 3/4 tsp, ground (4g)

☐ dried dill weed
2 1/2 tsp (3g)

☐ red wine vinegar
2 1/2 tsp (13mL)

☐ cinnamon
4 tsp (10g)

☐ balsamic vinegar
1 tbsp (15mL)

☐ rosemary, dried
1/4 tbsp (1g)

☐ chili powder
1/2 tbsp (4g)

☐ ground coriander
1/2 tbsp (3g)

☐ dijon mustard
4 dash (3g)

☐ curry powder
1 tsp (2g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Kale & eggs

378 cals ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 dash (1g)

For all 2 meals:

oil
4 tsp (20mL)
eggs
8 large (400g)
kale leaves
2 cup, chopped (80g)
salt
4 dash (2g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

raspberries
1 1/4 cup (154g)

For all 2 meals:

raspberries
2 1/2 cup (308g)

1. Rinse raspberries and serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Simple cinnamon oatmeal with milk

164 cal ● 6g protein ● 4g fat ● 23g carbs ● 3g fiber



For single meal:

sugar
1/2 tbsp (7g)
cinnamon
4 dash (1g)
whole milk
3/8 cup(s) (90mL)
quick oats
4 tbsp (20g)

For all 2 meals:

sugar
1 tbsp (13g)
cinnamon
1 tsp (3g)
whole milk
3/4 cup(s) (180mL)
quick oats
1/2 cup (40g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

Scrambled eggs with kale, tomatoes, rosemary

304 cal ● 22g protein ● 18g fat ● 10g carbs ● 3g fiber



For single meal:

oil
1/4 tbsp (4mL)
water
1/4 cup (68mL)
balsamic vinegar
1/2 tbsp (8mL)
rosemary, dried
3 dash (0g)
tomatoes
3/4 cup, chopped (135g)
eggs
3 large (150g)
kale leaves
1 1/2 cup, chopped (60g)

For all 2 meals:

oil
1/2 tbsp (8mL)
water
1/2 cup (135mL)
balsamic vinegar
1 tbsp (15mL)
rosemary, dried
1/4 tbsp (1g)
tomatoes
1 1/2 cup, chopped (270g)
eggs
6 large (300g)
kale leaves
3 cup, chopped (120g)

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.

Raspberries

1 1/4 cup(s) - 90 cal ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:
raspberries
1 1/4 cup (154g)

For all 2 meals:
raspberries
2 1/2 cup (308g)

1. Rinse raspberries and serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Chili and cheese omelet

217 cals ● 15g protein ● 17g fat ● 1g carbs ● 1g fiber



For single meal:
olive oil
1 tsp (5mL)
chili powder
4 dash (1g)
ground coriander
4 dash (1g)
cheddar cheese
1 tbsp, shredded (7g)
eggs, beaten
2 large (100g)

For all 3 meals:
olive oil
1 tbsp (15mL)
chili powder
1/2 tbsp (4g)
ground coriander
1/2 tbsp (3g)
cheddar cheese
3 tbsp, shredded (21g)
eggs, beaten
6 large (300g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:
raspberries
1 cup (123g)

For all 3 meals:
raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Simple cinnamon oatmeal with water

217 cals ● 6g protein ● 3g fat ● 37g carbs ● 5g fiber



For single meal:

quick oats
1/2 cup (40g)
sugar
1 tbsp (13g)
cinnamon
1 tsp (3g)
water
3/4 cup(s) (178mL)

For all 3 meals:

quick oats
1 1/2 cup (120g)
sugar
3 tbsp (39g)
cinnamon
1 tbsp (8g)
water
2 1/4 cup(s) (533mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Lunch 1 [↗](#)

Eat on day 1

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



Makes 1 3/4 cup(s)

whole milk
1 3/4 cup(s) (420mL)

1. The recipe has no instructions.

Tofu curry with rice

748 cals ● 27g protein ● 29g fat ● 90g carbs ● 5g fiber



curry sauce
1/2 jar (15 oz) (213g)
oil
1 tsp (5mL)
firm tofu
1/2 lbs (227g)
long-grain white rice
1/2 cup (93g)

1. Cook rice according to package.
2. Drain and rinse tofu. Pat dry and press gently to get any extra liquid.
3. Cube tofu into rough, bite-sized chunks.
4. Heat oil in skillet over high heat. Add tofu and do not stir until the bottoms are browned, about 5 minutes.
5. Then gently stir and continue cooking tofu until all sides are browned.
6. Pour in curry sauce. Bring to a simmer and cook until heated through.
7. Serve tofu curry over rice.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Lentil and veggie soup

555 cal ● 35g protein ● 3g fat ● 78g carbs ● 20g fiber



For single meal:

lentils, raw
1/2 cup (96g)
vegetable broth
2 cup(s) (mL)
kale leaves
1 cup, chopped (40g)
nutritional yeast
1 tbsp (4g)
garlic
1 clove(s) (3g)
frozen mixed veggies
1 1/2 cup (203g)

For all 2 meals:

lentils, raw
1 cup (192g)
vegetable broth
4 cup(s) (mL)
kale leaves
2 cup, chopped (80g)
nutritional yeast
2 tbsp (8g)
garlic
2 clove(s) (6g)
frozen mixed veggies
3 cup (405g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

whole milk
1 1/2 cup(s) (360mL)

For all 2 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.

Simple Greek cucumber salad

211 cal ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

nonfat greek yogurt, plain
6 tbsp (105g)
lemon juice
1 tsp (6mL)
dried dill weed
1/4 tbsp (1g)
red wine vinegar
1/4 tbsp (4mL)
olive oil
3/4 tbsp (11mL)
red onion, thinly sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced into half moons
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

nonfat greek yogurt, plain
3/4 cup (210g)
lemon juice
3/4 tbsp (11mL)
dried dill weed
1/2 tbsp (2g)
red wine vinegar
1/2 tbsp (8mL)
olive oil
1 1/2 tbsp (23mL)
red onion, thinly sliced
3/8 medium (2-1/2" dia) (41g)
cucumber, sliced into half moons
1 1/2 cucumber (8-1/4") (452g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
 2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
 3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.
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Lunch 3 [↗](#)

Eat on day 4

Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



Makes 1/2 cucumber

cucumber

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

1. Slice cucumber into rounds and serve.

Teriyaki seitan wings

12 oz seitan - 892 cals ● 97g protein ● 30g fat ● 57g carbs ● 2g fiber



Makes 12 oz seitan

seitan

3/4 lbs (340g)

oil

1 1/2 tbsp (23mL)

teriyaki sauce

6 tbsp (90mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



Makes 1/2 cup rice, cooked

water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

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.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.

Teriyaki seitan with veggies and rice

338 cals ● 28g protein ● 6g fat ● 39g carbs ● 4g fiber



For single meal:

oil
1/4 tbsp (4mL)
teriyaki sauce
4 tsp (20mL)
frozen mixed veggies
1/4 package (10 oz ea) (72g)
long-grain white rice
2 tbsp (23g)
seitan, cut into strips
3 oz (85g)

For all 2 meals:

oil
1/2 tbsp (8mL)
teriyaki sauce
2 2/3 tbsp (40mL)
frozen mixed veggies
1/2 package (10 oz ea) (144g)
long-grain white rice
4 tbsp (46g)
seitan, cut into strips
6 oz (170g)

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.

Simple kale & avocado salad

307 cals ● 6g protein ● 20g fat ● 13g carbs ● 12g fiber



For single meal:

kale leaves, chopped
2/3 bunch (113g)
avocados, chopped
2/3 avocado(s) (134g)
lemon, juiced
2/3 small (39g)

For all 2 meals:

kale leaves, chopped
1 1/3 bunch (227g)
avocados, chopped
1 1/3 avocado(s) (268g)
lemon, juiced
1 1/3 small (77g)

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.

Lunch 5 [🔗](#)

Eat on day 7

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.

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped
1/4 bunch (43g)
avocados, chopped
1/4 avocado(s) (50g)
lemon, juiced
1/4 small (15g)

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.

Curried chickpea salad

644 cals ● 38g protein ● 21g fat ● 50g carbs ● 25g fiber



nonfat greek yogurt, plain
4 tbsp (70g)
curry powder
1 tsp (2g)
sunflower kernels
2 tbsp (24g)
mixed greens
2 oz (57g)
lemon juice, divided
2 tbsp (30mL)
raw celery, sliced
2 stalk, small (5" long) (34g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)

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.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long) (40g)
peanut butter
1 tbsp (16g)

For all 2 meals:

raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
peanut butter
2 tbsp (32g)

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

Rice cakes with peanut butter

1 cake(s) - 240 cal ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

For all 2 meals:

peanut butter
4 tbsp (64g)
rice cakes, any flavor
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

Celery sticks

1 celery stalk - 7 cal ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 2 meals:

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

1. Slice celery into sticks and serve.

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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.

Carrots and hummus

287 cal ● 10g protein ● 11g fat ● 24g carbs ● 14g fiber



For single meal:

hummus
1/2 cup (105g)
baby carrots
28 medium (280g)

For all 3 meals:

hummus
1 1/3 cup (315g)
baby carrots
84 medium (840g)

1. Serve carrots with hummus.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Rice cake

1 cake(s) - 35 cals ● 1g protein ● 0g fat ● 7g carbs ● 0g fiber



For single meal:

rice cakes, any flavor
1 cake (9g)

For all 2 meals:

rice cakes, any flavor
2 cake (18g)

1. Enjoy.

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.

Pumpkin seeds

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



For single meal:	For all 2 meals:
roasted pumpkin seeds, unsalted	roasted pumpkin seeds, unsalted
4 tbsp (30g)	1/2 cup (59g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Brown rice

1 3/4 cup brown rice, cooked - 401 cals ● 8g protein ● 3g fat ● 81g carbs ● 4g fiber



For single meal:	For all 2 meals:
salt	salt
1/2 tsp (3g)	1 tsp (5g)
water	water
1 1/6 cup(s) (276mL)	2 1/3 cup(s) (553mL)
black pepper	black pepper
1/2 tsp, ground (1g)	1 tsp, ground (2g)
brown rice	brown rice
9 1/3 tbsp (111g)	56 tsp (222g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Peanut tempeh

6 oz tempeh - 651 cals ● 49g protein ● 34g fat ● 22g carbs ● 15g fiber



For single meal:

tempeh
6 oz (170g)
peanut butter
3 tbsp (48g)
lemon juice
3/4 tbsp (11mL)
soy sauce
1/2 tbsp (8mL)
nutritional yeast
3/4 tbsp (3g)

For all 2 meals:

tempeh
3/4 lbs (340g)
peanut butter
6 tbsp (97g)
lemon juice
1 1/2 tbsp (23mL)
soy sauce
1 tbsp (15mL)
nutritional yeast
1 1/2 tbsp (6g)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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

685 cals ● 61g protein ● 33g fat ● 33g carbs ● 3g fiber



For single meal:

- olive oil**
2 tbsp (30mL)
- onion**
4 tbsp, chopped (40g)
- green pepper**
2 tbsp, chopped (19g)
- black pepper**
2 dash, ground (1g)
- water**
1 tbsp (15mL)
- salt**
1 dash (1g)
- seitan, chicken style**
1/2 lbs (227g)
- garlic, minced**
2 1/2 clove(s) (8g)

For all 2 meals:

- olive oil**
4 tbsp (60mL)
- onion**
1/2 cup, chopped (80g)
- green pepper**
4 tbsp, chopped (37g)
- black pepper**
4 dash, ground (1g)
- water**
2 tbsp (30mL)
- salt**
2 dash (2g)
- seitan, chicken style**
1 lbs (454g)
- garlic, minced**
5 clove(s) (15g)

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 3 [↗](#)

Eat on day 5

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



- mixed greens**
1 1/2 cup (45g)
- balsamic vinaigrette**
1 1/2 tbsp (23mL)
- edamame, frozen, shelled**
3/4 cup (89g)
- beets, precooked (canned or refrigerated), chopped**
3 beet(s) (150g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Ginger broccoli pasta salad

575 cals ● 21g protein ● 10g fat ● 91g carbs ● 10g fiber



uncooked dry pasta
4 oz (113g)
sesame oil
1 tsp (5mL)
lemon juice
1 tbsp (15mL)
dijon mustard
4 dash (3g)
hummus
2 tbsp (30g)
broccoli
1/6 bunch (101g)
bell pepper, chopped
1/2 large (82g)
fresh ginger, grated
4 dash (1g)

1. Preheat the oven to 400°F (200°C) and bring a large pot of water to a boil.
2. Toss the broccoli and bell pepper with sesame oil and some salt and pepper. Spread them on a baking sheet and roast for 15-20 minutes, until lightly browned.
3. While the vegetables roast, cook the pasta in the boiling water according to package instructions. Drain and set aside.
4. Meanwhile, make the dressing: In a bowl, whisk together the hummus, Dijon mustard, lemon juice, and ginger. Slowly add a drizzle of water until the dressing reaches a sauce-like consistency. Season with salt and pepper to taste.
5. Toss the cooked pasta with the roasted vegetables and the dressing. Serve.

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber

Makes 1 3/4 cup(s)

whole milk
1 3/4 cup(s) (420mL)



1. The recipe has no instructions.
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Dinner 4 [🔗](#)

Eat on day 6 and day 7

Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

nonfat greek yogurt, plain
4 tbsp (70g)
lemon juice
1/4 tbsp (4mL)
dried dill weed
4 dash (1g)
red wine vinegar
1/2 tsp (3mL)
olive oil
1/2 tbsp (8mL)
red onion, thinly sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced into half moons
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Brown rice

3/4 cup brown rice, cooked - 172 cals ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



For single meal:

salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)
brown rice
4 tbsp (48g)

For all 2 meals:

salt
3 dash (2g)
water
1 cup(s) (237mL)
black pepper
3 dash, ground (1g)
brown rice
1/2 cup (95g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Low carb asian tofu bowl

786 cals ● 40g protein ● 58g fat ● 16g carbs ● 10g fiber



For single meal:

broccoli
1 cup chopped (91g)
frozen riced cauliflower
1 1/2 cup, prepared (255g)
soy sauce
4 tbsp (60mL)
oil
3 tbsp (45mL)
sesame seeds
2 tsp (6g)
firm tofu, drained and patted dry
10 oz (284g)
garlic, minced
2 clove (6g)
fresh ginger, minced
2 tsp (4g)

For all 2 meals:

broccoli
2 cup chopped (182g)
frozen riced cauliflower
3 cup, prepared (510g)
soy sauce
1/2 cup (120mL)
oil
6 tbsp (90mL)
sesame seeds
4 tsp (12g)
firm tofu, drained and patted dry
1 1/4 lbs (567g)
garlic, minced
4 clove (12g)
fresh ginger, minced
4 tsp (8g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 scoop - 327 cal ● 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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