

Meal Plan - 3400 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

3414 cals ● 293g protein (34%) ● 138g fat (36%) ● 204g carbs (24%) ● 46g fiber (5%)

Breakfast

600 cals, 40g protein, 55g net carbs, 20g fat



Overnight mixed berry protein oats w/ water
256 cals



Peanut butter english muffin
1 english muffin(s)- 344 cals

Snacks

385 cals, 23g protein, 14g net carbs, 25g fat



Pecans
1/4 cup- 183 cals



Boiled eggs
1 egg(s)- 69 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1050 cals, 68g protein, 105g net carbs, 33g fat



Garlic pepper seitan
685 cals



Mashed sweet potatoes
366 cals

Dinner

1055 cals, 90g protein, 28g net carbs, 59g fat



Baked tofu
32 oz- 905 cals



Roasted tomatoes
2 1/2 tomato(es)- 149 cals

Day 2

3410 cals ● 281g protein (33%) ● 101g fat (27%) ● 298g carbs (35%) ● 45g fiber (5%)

Breakfast

600 cals, 40g protein, 55g net carbs, 20g fat



Overnight mixed berry protein oats w/ water
256 cals



Peanut butter english muffin
1 english muffin(s)- 344 cals

Snacks

385 cals, 23g protein, 14g net carbs, 25g fat



Pecans
1/4 cup- 183 cals



Boiled eggs
1 egg(s)- 69 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1010 cals, 42g protein, 129g net carbs, 29g fat



Lowfat yogurt
2 container(s)- 362 cals



Peanut butter & chia jam sandwich
2 sandwich(es)- 648 cals

Dinner

1090 cals, 104g protein, 98g net carbs, 26g fat



Lentils
347 cals



Teriyaki seitan wings
10 oz seitan- 743 cals

Day 3

3414 cals ● 235g protein (27%) ● 93g fat (24%) ● 368g carbs (43%) ● 42g fiber (5%)

Breakfast

600 cals, 40g protein, 55g net carbs, 20g fat



Overnight mixed berry protein oats w/ water
256 cals



Peanut butter english muffin
1 english muffin(s)- 344 cals

Snacks

450 cals, 24g protein, 47g net carbs, 17g fat



Raisins
1/4 cup- 137 cals



Sunflower seeds
180 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1010 cals, 42g protein, 129g net carbs, 29g fat



Lowfat yogurt
2 container(s)- 362 cals



Peanut butter & chia jam sandwich
2 sandwich(es)- 648 cals

Dinner

1030 cals, 56g protein, 135g net carbs, 26g fat



Dinner roll
3 roll(s)- 231 cals



Spinach parmesan pasta
548 cals



Cottage cheese & honey
1 cup(s)- 249 cals

Day 4

3412 cals ● 232g protein (27%) ● 144g fat (38%) ● 259g carbs (30%) ● 38g fiber (4%)

Breakfast

520 cals, 34g protein, 37g net carbs, 23g fat



Pecans
1/4 cup- 183 cals



Coffee overnight protein oats
337 cals

Snacks

450 cals, 24g protein, 47g net carbs, 17g fat



Raisins
1/4 cup- 137 cals



Sunflower seeds
180 cals



Cottage cheese & fruit cup
1 container- 131 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1090 cals, 46g protein, 37g net carbs, 77g fat



Simple mixed greens and tomato salad
302 cals



Low carb asian tofu bowl
786 cals

Dinner

1030 cals, 56g protein, 135g net carbs, 26g fat



Dinner roll
3 roll(s)- 231 cals



Spinach parmesan pasta
548 cals



Cottage cheese & honey
1 cup(s)- 249 cals

Day 5

3459 cals ● 273g protein (32%) ● 103g fat (27%) ● 302g carbs (35%) ● 58g fiber (7%)

Breakfast

520 cals, 34g protein, 37g net carbs, 23g fat



Pecans
1/4 cup- 183 cals



Coffee overnight protein oats
337 cals

Snacks

380 cals, 29g protein, 29g net carbs, 14g fat



Blackberry & granola parfait
382 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

1115 cals, 86g protein, 107g net carbs, 28g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Chunky canned soup (non-creamy)
4 can(s)- 988 cals

Dinner

1115 cals, 51g protein, 126g net carbs, 36g fat



Creamy lentils and sweet potato
768 cals



Milk
2 1/3 cup(s)- 348 cals

Day 6

3413 cals ● 262g protein (31%) ● 87g fat (23%) ● 335g carbs (39%) ● 59g fiber (7%)

Breakfast

560 cals, 31g protein, 60g net carbs, 15g fat



Chickpea & tomato toasts
2 toast(s)- 411 cals



Milk
1 cup(s)- 149 cals

Snacks

380 cals, 29g protein, 29g net carbs, 14g fat



Blackberry & granola parfait
382 cals

Lunch

1115 cals, 86g protein, 107g net carbs, 28g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Chunky canned soup (non-creamy)
4 can(s)- 988 cals

Dinner

1030 cals, 43g protein, 136g net carbs, 29g fat



Veggie burger with cheese
2 burger- 722 cals



Dinner roll
4 roll(s)- 308 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Day 7

3364 cals ● 214g protein (25%) ● 106g fat (28%) ● 317g carbs (38%) ● 71g fiber (8%)

Breakfast

560 cals, 31g protein, 60g net carbs, 15g fat



Chickpea & tomato toasts
2 toast(s)- 411 cals



Milk
1 cup(s)- 149 cals

Snacks

380 cals, 29g protein, 29g net carbs, 14g fat



Blackberry & granola parfait
382 cals

Lunch

1065 cals, 39g protein, 90g net carbs, 47g fat



Black bean quesadillas
1065 cals

Dinner

1030 cals, 43g protein, 136g net carbs, 29g fat



Veggie burger with cheese
2 burger- 722 cals



Dinner roll
4 roll(s)- 308 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Beverages

- ☐ protein powder
23 scoop (1/3 cup ea) (713g)
- ☐ water
1 1/2 gallon (6106mL)
- ☐ protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
- ☐ coffee, brewed
6 tbsp (89g)

Other

- ☐ frozen mixed berries
1 1/2 cup (204g)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ teriyaki sauce
5 tbsp (75mL)
- ☐ mixed greens
2 package (5.5 oz) (293g)
- ☐ frozen riced cauliflower
1 1/2 cup, prepared (255g)
- ☐ veggie burger patty
4 patty (284g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
5 3/4 oz (162g)
- ☐ granola
1 1/4 cup (113g)

Baked Products

- ☐ english muffins
3 muffin(s) (171g)
- ☐ bread
12 slice(s) (384g)
- ☐ Roll
14 pan, dinner, or small roll (2" square, 2" high) (392g)
- ☐ hamburger buns
4 bun(s) (204g)
- ☐ flour tortillas
2 1/2 tortilla (approx 7-8" dia) (123g)

Legumes and Legume Products

- ☐ peanut butter
10 tbsp (160g)
- ☐ soy sauce
12 2/3 oz (300mL)

Fats and Oils

- ☐ oil
3 oz (88mL)
- ☐ olive oil
2 tbsp (31mL)
- ☐ salad dressing
6 tbsp (90mL)

Spices and Herbs

- ☐ black pepper
1 3/4 tsp, ground (4g)
- ☐ salt
5 dash (4g)
- ☐ ground cumin
5 dash (1g)

Cereal Grains and Pasta

- ☐ seitan
18 oz (510g)
- ☐ uncooked dry pasta
6 oz (171g)

Dairy and Egg Products

- ☐ eggs
2 large (100g)
- ☐ lowfat flavored yogurt
4 container (6 oz) (680g)
- ☐ butter
2 1/4 tbsp (32g)
- ☐ parmesan cheese
6 tbsp (38g)
- ☐ low fat cottage cheese (1% milkfat)
3 cup (678g)
- ☐ whole milk
5 cup(s) (1159mL)
- ☐ lowfat greek yogurt
2 1/2 cup (700g)
- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ sliced cheese
4 slice (3/4 oz ea) (84g)
- ☐ cheese
5 tbsp, shredded (35g)

Fruits and Fruit Juices

- ☐ raspberries
1 cup (123g)

- ☐ **extra firm tofu**
2 lbs (907g)
- ☐ **lentils, raw**
1 cup (202g)
- ☐ **firm tofu**
10 oz (284g)
- ☐ **chickpeas, canned**
1 can(s) (448g)
- ☐ **black beans**
5/8 can(s) (274g)

Nut and Seed Products

- ☐ **sesame seeds**
1 oz (24g)
- ☐ **pecans**
1 cup, halves (99g)
- ☐ **chia seeds**
4 tsp (19g)
- ☐ **sunflower kernels**
2 oz (57g)
- ☐ **coconut milk, canned**
1/4 cup (50mL)

Vegetables and Vegetable Products

- ☐ **fresh ginger**
1/3 oz (8g)
- ☐ **tomatoes**
5 medium whole (2-3/5" dia) (617g)
- ☐ **onion**
1 1/3 medium (2-1/2" dia) (132g)
- ☐ **green pepper**
2 tbsp, chopped (19g)
- ☐ **garlic**
6 clove(s) (18g)
- ☐ **sweet potatoes**
3 sweetpotato, 5" long (595g)
- ☐ **fresh spinach**
1 10oz package (263g)
- ☐ **broccoli**
1 cup chopped (91g)
- ☐ **ketchup**
4 tbsp (68g)

- ☐ **raisins**
1/2 cup, packed (83g)
- ☐ **blackberries**
1 1/4 cup (180g)
- ☐ **avocados**
5/8 avocado(s) (126g)

Sweets

- ☐ **maple syrup**
2 2/3 tbsp (40mL)
- ☐ **honey**
4 tbsp (84g)

Soups, Sauces, and Gravies

- ☐ **vegetable broth**
1 2/3 cup(s) (mL)
- ☐ **chunky canned soup (non-creamy varieties)**
8 can (~19 oz) (4208g)
- ☐ **salsa**
5 tbsp (81g)



Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Overnight mixed berry protein oats w/ water

256 cal ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

frozen mixed berries

1/2 cup (68g)

oatmeal, old-fashioned oats, rolled oats

1/3 cup(s) (27g)

protein powder, vanilla

1 scoop (1/3 cup ea) (31g)

water

3/4 cup(s) (178mL)

For all 3 meals:

frozen mixed berries

1 1/2 cup (204g)

oatmeal, old-fashioned oats, rolled oats

1 cup(s) (81g)

protein powder, vanilla

3 scoop (1/3 cup ea) (93g)

water

2 1/4 cup(s) (533mL)

1. Mix all ingredients in an airtight container.
 2. Let chill overnight in the fridge or for at least 4 hours.
- Serve.

Peanut butter english muffin

1 english muffin(s) - 344 cal ● 11g protein ● 17g fat ● 32g carbs ● 4g fiber



For single meal:

english muffins

1 muffin(s) (57g)

peanut butter

2 tbsp (32g)

For all 3 meals:

english muffins

3 muffin(s) (171g)

peanut butter

6 tbsp (96g)

1. Slice english muffin through the center and spread peanut butter on each side.
2. (Optional: toast in a toaster oven for a couple minutes)
3. Serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Coffee overnight protein oats

337 cals ● 32g protein ● 5g fat ● 36g carbs ● 5g fiber



For single meal:

maple syrup
2 tsp (10mL)
whole milk
1/4 cup(s) (60mL)
protein powder
1 scoop (1/3 cup ea) (31g)
oatmeal, old-fashioned oats, rolled
oats
1/2 cup (41g)
coffee, brewed
3 tbsp (44g)

For all 2 meals:

maple syrup
4 tsp (20mL)
whole milk
1/2 cup(s) (120mL)
protein powder
2 scoop (1/3 cup ea) (62g)
oatmeal, old-fashioned oats, rolled
oats
1 cup (81g)
coffee, brewed
6 tbsp (89g)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight or for at least 4 hours.
Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Chickpea & tomato toasts

2 toast(s) - 411 cals ● 24g protein ● 7g fat ● 48g carbs ● 15g fiber



For single meal:

bread

2 slice(s) (64g)

nonfat greek yogurt, plain

2 tbsp (35g)

tomatoes

8 slice(s), thin/small (120g)

chickpeas, canned, drained & rinsed

1/2 can(s) (224g)

For all 2 meals:

bread

4 slice(s) (128g)

nonfat greek yogurt, plain

4 tbsp (70g)

tomatoes

16 slice(s), thin/small (240g)

chickpeas, canned, drained & rinsed

1 can(s) (448g)

1. Toast bread, if desired.
2. In a medium bowl, mash chickpeas with the back of a fork until they start to become creamy.
3. Stir in Greek yogurt, and add salt and pepper to taste.
4. Spread the chickpea mixture on the bread and top with tomato slices. Serve.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk

1 cup(s) (240mL)

For all 2 meals:

whole milk

2 cup(s) (480mL)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Garlic pepper seitan

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



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)

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.

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



sweet potatoes
2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

lowfat flavored yogurt
4 container (6 oz) (680g)

1. The recipe has no instructions.

Peanut butter & chia jam sandwich

2 sandwich(es) - 648 cals ● 25g protein ● 24g fat ● 65g carbs ● 17g fiber



For single meal:

bread
4 slice(s) (128g)
raspberries
1/2 cup (62g)
maple syrup
2 tsp (10mL)
chia seeds
2 tsp (9g)
peanut butter
2 tbsp (32g)

For all 2 meals:

bread
8 slice(s) (256g)
raspberries
1 cup (123g)
maple syrup
4 tsp (20mL)
chia seeds
4 tsp (19g)
peanut butter
4 tbsp (64g)

1. In a small bowl, mash the raspberries with a fork until they resemble a jam-like consistency.
2. Stir in the chia seeds and maple syrup. Let the mixture sit for about 10 minutes to allow the chia seeds to soften.
3. If desired, toast the bread slices.
4. Spread peanut butter on one slice of bread and the raspberry chia jam on the other. Press the slices together to form a sandwich. Serve.
5. Meal Prep Note: You can make the raspberry chia jam in advance and store it in an airtight container in the fridge for up to 5 days. Assemble sandwiches fresh for best texture, or prep ahead and store tightly wrapped in the fridge for up to 24 hours.

Lunch 3 [↗](#)

Eat on day 4

Simple mixed greens and tomato salad

302 cals ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

salad dressing

6 tbsp (90mL)

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

Low carb asian tofu bowl

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



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)

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.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

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

Chunky canned soup (non-creamy)

4 can(s) - 988 cals ● 72g protein ● 27g fat ● 93g carbs ● 21g fiber



For single meal:

chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
8 can (~19 oz) (4208g)

1. Prepare according to instructions on package.

Lunch 5 [↗](#)

Eat on day 7

Black bean quesadillas

1065 cals ● 39g protein ● 47g fat ● 90g carbs ● 33g fiber



cheese

5 tbsp, shredded (35g)

flour tortillas

2 1/2 tortilla (approx 7-8" dia) (123g)

salsa, divided

5 tbsp (81g)

oil

1 1/4 tsp (6mL)

black beans, drained and rinsed

5/8 can(s) (274g)

avocados, ripe

5/8 avocado(s) (126g)

1. Combine beans, cheese and half of salsa in a medium bowl.
2. Distribute filling evenly on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Heat half of the oil in a large nonstick skillet over medium heat. Add quesadilla(s) and cook, turning once and adding the other half of the oil, until golden on both sides, 2 to 4 minutes total.
4. Transfer to a cutting board and tent with foil to keep warm.
5. Serve the quesadillas with avocado and the remaining salsa.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Snacks 2 [🔗](#)

Eat on day 3 and day 4

Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

raisins
4 tbsp, packed (41g)

For all 2 meals:

raisins
1/2 cup, packed (83g)

1. The recipe has no instructions.
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Sunflower seeds

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



For single meal:

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Blackberry & granola parfait

382 cals ● 29g protein ● 14g fat ● 29g carbs ● 7g fiber



For single meal:

lowfat greek yogurt
13 1/3 tbsp (233g)
granola
6 2/3 tbsp (38g)
blackberries, roughly chopped
6 2/3 tbsp (60g)

For all 3 meals:

lowfat greek yogurt
2 1/2 cup (700g)
granola
1 1/4 cup (113g)
blackberries, roughly chopped
1 1/4 cup (180g)

1. Layer the ingredients to your liking, or just mix together.
 2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.
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Dinner 1 [↗](#)

Eat on day 1

Baked tofu

32 oz - 905 cals ● 88g protein ● 47g fat ● 22g carbs ● 11g fiber



Makes 32 oz

soy sauce

1 cup (240mL)

sesame seeds

2 tbsp (18g)

extra firm tofu

2 lbs (907g)

fresh ginger, peeled and grated

2 slices (1" dia) (4g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

oil

2 1/2 tsp (13mL)

tomatoes

2 1/2 small whole (2-2/5" dia) (228g)

1. Preheat oven to 450°F (230°C).
 2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
 3. Bake for 30-35 minutes until soft. Serve.
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Dinner 2 [↗](#)

Eat on day 2

Lentils

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



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

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 wings

10 oz seitan - 743 cals ● 81g protein ● 25g fat ● 47g carbs ● 2g fiber



Makes 10 oz seitan

seitan
10 oz (284g)
oil
1 1/4 tbsp (19mL)
teriyaki sauce
5 tbsp (75mL)

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.
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Dinner 3 [↗](#)

Eat on day 3 and day 4

Dinner roll

3 roll(s) - 231 cal ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



For single meal:

Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

For all 2 meals:

Roll

6 pan, dinner, or small roll (2" square, 2" high) (168g)

1. Enjoy.

Spinach parmesan pasta

548 cal ● 20g protein ● 20g fat ● 67g carbs ● 6g fiber



For single meal:

uncooked dry pasta

3 oz (86g)

butter

1 tbsp (16g)

fresh spinach

3/8 10oz package (107g)

parmesan cheese

3 tbsp (19g)

salt

1 1/2 dash (1g)

black pepper

1/4 tbsp, ground (2g)

water

1/8 cup(s) (30mL)

garlic, minced

3/4 clove(s) (2g)

For all 2 meals:

uncooked dry pasta

6 oz (171g)

butter

2 1/4 tbsp (32g)

fresh spinach

3/4 10oz package (213g)

parmesan cheese

6 tbsp (38g)

salt

3 dash (2g)

black pepper

1/2 tbsp, ground (3g)

water

1/4 cup(s) (59mL)

garlic, minced

1 1/2 clove(s) (5g)

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.

Cottage cheese & honey

1 cup(s) - 249 cal ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
2 cup (452g)
honey
2 2/3 tbsp (56g)

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

Dinner 4 [↗](#)

Eat on day 5

Creamy lentils and sweet potato

768 cal ● 34g protein ● 18g fat ● 99g carbs ● 20g fiber



lentils, raw
1/2 cup (106g)
vegetable broth
1 2/3 cup(s) (mL)
fresh spinach
1 2/3 cup(s) (50g)
coconut milk, canned
1/4 cup (50mL)
oil
1 1/4 tsp (6mL)
ground cumin
5 dash (1g)
onion, diced
5/6 medium (2-1/2" dia) (92g)
sweet potatoes, chopped into bite-sized pieces
5/6 sweetpotato, 5" long (175g)

1. In a soup pan, heat oil over medium heat and add diced onion. Saute for about 5 minutes, until browned and soft.
2. Add sweet potato, lentils, cumin, and broth. Add salt and pepper to taste. Cover and let simmer for about 20 minutes.
3. Once the lentils and sweet potato are soft, add in spinach and coconut milk to the pot and stir. Let simmer for another few minutes, uncovered.
4. Serve.

Milk

2 1/3 cup(s) - 348 cal ● 18g protein ● 18g fat ● 27g carbs ● 0g fiber



Makes 2 1/3 cup(s)

whole milk
2 1/3 cup(s) (560mL)

1. The recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Veggie burger with cheese

2 burger - 722 cals ● 32g protein ● 24g fat ● 83g carbs ● 11g fiber



For single meal:	For all 2 meals:
hamburger buns	hamburger buns
2 bun(s) (102g)	4 bun(s) (204g)
ketchup	ketchup
2 tbsp (34g)	4 tbsp (68g)
mixed greens	mixed greens
2 oz (57g)	4 oz (113g)
veggie burger patty	veggie burger patty
2 patty (142g)	4 patty (284g)
sliced cheese	sliced cheese
2 slice (3/4 oz ea) (42g)	4 slice (3/4 oz ea) (84g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

Dinner roll

4 roll(s) - 308 cals ● 11g protein ● 5g fat ● 53g carbs ● 2g fiber



For single meal:	For all 2 meals:
Roll	Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)	8 pan, dinner, or small roll (2" square, 2" high) (224g)

1. Enjoy.

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.
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