

# Meal Plan - 3300 calorie intermittent fasting vegan 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

3258 cals ● 217g protein (27%) ● 75g fat (21%) ● 376g carbs (46%) ● 53g fiber (7%)

### Lunch

1365 cals, 56g protein, 224g net carbs, 19g fat



**Spaghetti and meatless meatballs**  
1106 cals



**Fruit juice**  
2 1/4 cup(s)- 258 cals

### Dinner

1460 cals, 65g protein, 148g net carbs, 54g fat



**Spiced chickpea tabbouleh bowl**  
910 cals



**Pumpkin seeds**  
548 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 2

3313 cals ● 247g protein (30%) ● 106g fat (29%) ● 218g carbs (26%) ● 124g fiber (15%)

### Lunch

1450 cals, 74g protein, 70g net carbs, 82g fat



**Easy chickpea salad**  
467 cals



**Low carb asian tofu bowl**  
982 cals

### Dinner

1425 cals, 77g protein, 143g net carbs, 23g fat



**Black bean and salsa soup**  
1286 cals



**Tomato cucumber salad**  
141 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 3

3286 cals ● 246g protein (30%) ● 116g fat (32%) ● 241g carbs (29%) ● 73g fiber (9%)

### Lunch

1410 cals, 59g protein, 140g net carbs, 52g fat



**Vegan chorizo tacos**  
4 taco(s)- 1273 cals



**Simple mixed greens salad**  
136 cals

### Dinner

1440 cals, 90g protein, 97g net carbs, 62g fat



**Vegan sausage & veggie sheet pan**  
1199 cals



**Tossed salad**  
242 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 4

3252 cals ● 234g protein (29%) ● 105g fat (29%) ● 288g carbs (35%) ● 55g fiber (7%)

### Lunch

1385 cals, 96g protein, 123g net carbs, 48g fat



**Baked tofu**  
28 oz- 792 cals



**Tomato cucumber salad**  
141 cals



**Couscous**  
452 cals

### Dinner

1430 cals, 41g protein, 161g net carbs, 54g fat



**Vegan cheesy portabella pizzas**  
6 mushroom cap(s)- 874 cals



**Fruit juice**  
2 1/4 cup(s)- 258 cals



**Simple salad with celery, cucumber & tomato**  
299 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 5

3298 cals ● 281g protein (34%) ● 93g fat (25%) ● 268g carbs (32%) ● 67g fiber (8%)

### Lunch

1460 cals, 64g protein, 172g net carbs, 35g fat



**White bean cassoulet**  
1347 cals



**Simple mixed greens and tomato salad**  
113 cals

### Dinner

1400 cals, 120g protein, 93g net carbs, 56g fat



**Lentils**  
260 cals



**Garlic pepper seitan**  
1141 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 6

3257 cals ● 229g protein (28%) ● 69g fat (19%) ● 377g carbs (46%) ● 54g fiber (7%)

### Lunch

1450 cals, 85g protein, 138g net carbs, 53g fat



**Simple plant-based deli wrap**  
3 wrap(s)- 1279 cals



**Simple mixed greens salad**  
170 cals

### Dinner

1375 cals, 47g protein, 235g net carbs, 15g fat



**Tossed salad**  
182 cals



**Pasta with store-bought sauce**  
1191 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 7

3257 cals ● 229g protein (28%) ● 69g fat (19%) ● 377g carbs (46%) ● 54g fiber (7%)

### Lunch

1450 cals, 85g protein, 138g net carbs, 53g fat



**Simple plant-based deli wrap**  
3 wrap(s)- 1279 cals



**Simple mixed greens salad**  
170 cals

### Dinner

1375 cals, 47g protein, 235g net carbs, 15g fat



**Tossed salad**  
182 cals



**Pasta with store-bought sauce**  
1191 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

# Grocery List



## Beverages

- protein powder  
28 scoop (1/3 cup ea) (868g)
- water  
29 1/2 cup (7104mL)

## Cereal Grains and Pasta

- instant couscous, flavored  
1 1/2 box (5.8 oz) (260g)
- uncooked dry pasta  
1 1/2 lbs (722g)
- seitan  
13 1/3 oz (378g)

## Fats and Oils

- oil  
1/4 lbs (112mL)
- salad dressing  
13 oz (379mL)
- olive oil  
1 3/4 oz (54mL)

## Spices and Herbs

- ground cumin  
2 tsp (4g)
- balsamic vinegar  
1 tbsp (15mL)
- oregano, dried  
1/4 tbsp, ground (1g)
- garlic powder  
1/4 tbsp (2g)
- salt  
1/3 tsp (2g)
- black pepper  
1/2 tsp, ground (1g)

## Fruits and Fruit Juices

- lemon juice  
1 1/4 tsp (6mL)
- fruit juice  
36 fl oz (1080mL)

## Vegetables and Vegetable Products

- cucumber  
3 1/4 cucumber (8-1/4") (966g)

## Legumes and Legume Products

- chickpeas, canned  
2 can(s) (821g)
- black beans  
2 1/2 can(s) (1097g)
- soy sauce  
3/4 lbs (285mL)
- firm tofu  
3/4 lbs (354g)
- refried beans  
2/3 can (~16 oz) (296g)
- extra firm tofu  
1 3/4 lbs (794g)
- lentils, raw  
6 tbsp (72g)
- white beans, canned  
1 3/4 can(s) (768g)
- hummus  
3/4 cup (180g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
3/4 cup (89g)
- sesame seeds  
2/3 oz (23g)

## Soups, Sauces, and Gravies

- pasta sauce  
2 jar (24 oz) (1259g)
- vegetable broth  
2 3/4 cup(s) (mL)
- salsa  
1 1/4 cup (325g)
- apple cider vinegar  
1 tbsp (1mL)

## Other

- vegan meatballs, frozen  
5 meatball(s) (150g)
- frozen riced cauliflower  
2 cup, prepared (319g)
- soy chorizo  
1/2 lbs (227g)
- mixed greens  
4 1/4 package (5.5 oz) (653g)
- italian seasoning  
1 1/4 tsp (5g)

- tomatoes**  
8 2/3 medium whole (2-3/5" dia) (1069g)
- fresh parsley**  
6 1/3 sprigs (6g)
- red onion**  
1 1/4 medium (2-1/2" dia) (139g)
- onion**  
3 medium (2-1/2" dia) (317g)
- broccoli**  
3 3/4 cup chopped (341g)
- garlic**  
10 clove(s) (30g)
- fresh ginger**  
1/3 oz (9g)
- jalapeno pepper**  
2/3 pepper(s) (9g)
- carrots**  
8 2/3 medium (530g)
- potatoes**  
2 1/2 small (1-3/4" to 2-1/4" dia.) (230g)
- romaine lettuce**  
2 1/2 hearts (1250g)
- portabella cap**  
6 piece whole (846g)
- raw celery**  
4 stalk, medium (7-1/2" - 8" long) (163g)
- green pepper**  
1/4 cup, chopped (31g)

- vegan sausage**  
2 1/2 sausage (250g)
- vegan cheese, shredded**  
1 1/2 cup (168g)
- plant-based deli slices**  
42 slices (437g)

## Dairy and Egg Products

- sour cream**  
5 tbsp (60g)

## Baked Products

- corn tortillas**  
8 tortilla, medium (approx 6" dia) (208g)
- flour tortillas**  
6 tortilla (approx 10" dia) (432g)

## Lunch 1 ↗

Eat on day 1

### Spaghetti and meatless meatballs

1106 cals ● 52g protein ● 18g fat ● 167g carbs ● 18g fiber



**pasta sauce**  
3/8 jar (24 oz) (280g)  
**uncooked dry pasta**  
6 2/3 oz (190g)  
**vegan meatballs, frozen**  
5 meatball(s) (150g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

## Fruit juice

2 1/4 cup(s) - 258 cals ● 4g protein ● 1g fat ● 57g carbs ● 1g fiber

Makes 2 1/4 cup(s)



**fruit juice**  
18 fl oz (540mL)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 2

### Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



**balsamic vinegar**  
1 tbsp (15mL)  
**apple cider vinegar**  
1 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 can(s) (448g)  
**onion, thinly sliced**  
1/2 small (35g)  
**tomatoes, halved**  
1 cup cherry tomatoes (149g)  
**fresh parsley, chopped**  
3 sprigs (3g)

1. Add all ingredients to a bowl and toss. Serve!

### Low carb asian tofu bowl

982 cals ● 50g protein ● 73g fat ● 20g carbs ● 13g fiber

**broccoli**

1 1/4 cup chopped (114g)

**frozen riced cauliflower**

2 cup, prepared (319g)

**soy sauce**

5 tbsp (75mL)

**oil**

1/4 cup (56mL)

**sesame seeds**

2 1/2 tsp (8g)

**firm tofu, drained and patted dry**

3/4 lbs (354g)

**garlic, minced**

2 1/2 clove (8g)

**fresh ginger, minced**

2 1/2 tsp (5g)

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 3 ↗

Eat on day 3

### Vegan chorizo tacos

4 taco(s) - 1273 cals ● 57g protein ● 43g fat ● 132g carbs ● 33g fiber



Makes 4 taco(s)

**corn tortillas**

8 tortilla, medium (approx 6" dia)  
(208g)

**refried beans**

2/3 can (~16 oz) (296g)

**oil**

1/4 tbsp (3mL)

**onion, diced**

1/3 small (23g)

**soy chorizo, casing removed**

1/2 lbs (227g)

**jalapeno pepper, seeded and chopped**

2/3 pepper(s) (9g)

1. Heat oil in a large skillet over medium heat. Add chopped onion and jalapeno, and cook for about 10 minutes.
2. Add the soy chorizo and cook for about 5 minutes, until starting to brown.
3. Meanwhile, place the refried beans in a saucepan and cook over low heat until heated through.
4. Stack two tortillas together for each taco, and spread beans over tortillas. Top with soy chorizo mixture.
5. Serve.
6. Meal Prep Tip: Divide the chorizo mixture and refried beans into separate airtight containers and store in the refrigerator. When ready to eat, warm chorizo mixture and refried beans on stovetop (or by microwaving), place on tortillas, and serve.

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



**mixed greens**

3 cup (90g)

**salad dressing**

3 tbsp (45mL)

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

## Lunch 4 ↗

Eat on day 4

### Baked tofu

28 oz - 792 cals ● 77g protein ● 41g fat ● 19g carbs ● 9g fiber



Makes 28 oz

**soy sauce**  
14 tbsp (210mL)  
**sesame seeds**  
1 3/4 tbsp (16g)  
**extra firm tofu**  
1 3/4 lbs (794g)  
**fresh ginger, peeled and grated**  
1 3/4 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.

### Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



**salad dressing**  
2 tbsp (30mL)  
**red onion, thinly sliced**  
1/2 small (35g)  
**cucumber, thinly sliced**  
1/2 cucumber (8-1/4") (151g)  
**tomatoes, thinly sliced**  
1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

### Couscous

452 cals ● 16g protein ● 1g fat ● 89g carbs ● 6g fiber



**instant couscous, flavored**  
3/4 box (5.8 oz) (123g)

1. Follow instructions on package.

## Lunch 5 ↗

Eat on day 5

### White bean cassoulet

1347 cals ● 62g protein ● 28g fat ● 164g carbs ● 49g fiber



**vegetable broth**  
7/8 cup(s) (ml)  
**oil**  
1 3/4 tbsp (26mL)  
**raw celery, thinly sliced**  
1 3/4 stalk, medium (7-1/2" - 8" long)  
(70g)  
**carrots, peeled & slices**  
3 1/2 large (252g)  
**onion, diced**  
1 3/4 medium (2-1/2" dia) (193g)  
**garlic, minced**  
3 1/2 clove(s) (11g)  
**white beans, canned, drained & rinsed**  
1 3/4 can(s) (768g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)  
**salad dressing**  
2 1/4 tbsp (34mL)

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

## Lunch 6 ↗

Eat on day 6 and day 7

### Simple plant-based deli wrap

3 wrap(s) - 1279 cals ● 81g protein ● 41g fat ● 128g carbs ● 19g fiber



For single meal:

**plant-based deli slices**  
21 slices (218g)  
**flour tortillas**  
3 tortilla (approx 10" dia) (216g)  
**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
6 slice(s), thin/small (90g)  
**hummus**  
6 tbsp (90g)

For all 2 meals:

**plant-based deli slices**  
42 slices (437g)  
**flour tortillas**  
6 tortilla (approx 10" dia) (432g)  
**mixed greens**  
3 cup (90g)  
**tomatoes**  
12 slice(s), thin/small (180g)  
**hummus**  
3/4 cup (180g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

### Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**salad dressing**  
1/2 cup (113mL)

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

## Dinner 1 ↗

Eat on day 1

### Spiced chickpea tabbouleh bowl

910 cals ● 38g protein ● 11g fat ● 141g carbs ● 25g fiber



#### instant couscous, flavored

5/6 box (5.8 oz) (137g)

oil

3/8 tsp (2mL)

ground cumin

1/4 tbsp (2g)

lemon juice

1 1/4 tsp (6mL)

cucumber, chopped

3/8 cucumber (8-1/4") (125g)

chickpeas, canned, drained & rinsed

5/6 can(s) (373g)

tomatoes, chopped

5/6 roma tomato (67g)

fresh parsley, chopped

3 1/3 sprigs (3g)

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.

### Pumpkin seeds

548 cals ● 26g protein ● 44g fat ● 8g carbs ● 6g fiber



#### roasted pumpkin seeds, unsalted

3/4 cup (89g)

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 2

### Black bean and salsa soup

1286 cals ● 74g protein ● 16g fat ● 129g carbs ● 82g fiber



**vegetable broth**  
2 cup(s) (mL)  
**black beans**  
2 1/2 can(s) (1097g)  
**ground cumin**  
1 1/4 tsp (3g)  
**sour cream**  
5 tbsp (60g)  
**salsa, chunky**  
1 1/4 cup (325g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

### Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



**salad dressing**  
2 tbsp (30mL)  
**red onion, thinly sliced**  
1/2 small (35g)  
**cucumber, thinly sliced**  
1/2 cucumber (8-1/4") (151g)  
**tomatoes, thinly sliced**  
1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

## Dinner 3 ↗

Eat on day 3

### Vegan sausage & veggie sheet pan

1199 cals ● 82g protein ● 54g fat ● 77g carbs ● 20g fiber



**oil**  
5 tsp (25mL)  
**italian seasoning**  
1 1/4 tsp (5g)  
**carrots, sliced**  
2 1/2 medium (153g)  
**broccoli, chopped**  
2 1/2 cup chopped (228g)  
**vegan sausage, cut into bite sized pieces**  
2 1/2 sausage (250g)  
**potatoes, cut into wedges**  
2 1/2 small (1-3/4" to 2-1/4" dia.) (230g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

### Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



**romaine lettuce, shredded**  
1 hearts (500g)  
**tomatoes, diced**  
1 small whole (2-2/5" dia) (91g)  
**salad dressing**  
2 tbsp (30mL)  
**red onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced or diced**  
1/4 cucumber (8-1/4") (75g)  
**carrots, peeled and shredded or sliced**  
1 small (5-1/2" long) (50g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

## Dinner 4 ↗

Eat on day 4

### Vegan cheesy portabella pizzas

6 mushroom cap(s) - 874 cals ● 27g protein ● 42g fat ● 75g carbs ● 22g fiber



Makes 6 mushroom cap(s)

**pasta sauce**  
3/4 cup (195g)  
**olive oil**  
1/4 tbsp (4mL)  
**vegan cheese, shredded**  
1 1/2 cup (168g)  
**oregano, dried**  
1/4 tbsp, ground (1g)  
**garlic powder**  
1/4 tbsp (2g)  
**portabella cap, stems pulled out**  
6 piece whole (846g)

1. Preheat oven to 400 F (200 C) and line a baking sheet with foil and grease the foil with the olive oil.
2. Place the mushroom caps on the sheet top-side down, and spoon the tomato sauce into each mushroom cap evenly.
3. Top each with the cheese and spices.
4. Bake 25 minutes until cheese melts.

### Fruit juice

2 1/4 cup(s) - 258 cals ● 4g protein ● 1g fat ● 57g carbs ● 1g fiber

Makes 2 1/4 cup(s)

**fruit juice**  
18 fl oz (540mL)



1. The recipe has no instructions.

### Simple salad with celery, cucumber & tomato

299 cals ● 10g protein ● 11g fat ● 30g carbs ● 9g fiber



**salad dressing**  
1/4 cup (53mL)  
**raw celery, chopped**  
2 1/3 stalk, medium (7-1/2" - 8" long) (93g)  
**mixed greens**  
1 1/6 package (5.5 oz) (181g)  
**cucumber, sliced**  
1 1/6 cucumber (8-1/4") (351g)  
**tomatoes, diced**  
1 1/6 medium whole (2-3/5" dia) (144g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

## Dinner 5 ↗

Eat on day 5

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



**water**  
1 1/2 cup(s) (356mL)  
**salt**  
3/4 dash (1g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

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

1141 cals ● 102g protein ● 55g fat ● 55g carbs ● 4g fiber



**olive oil**  
3 1/3 tbsp (50mL)  
**onion**  
6 2/3 tbsp, chopped (67g)  
**green pepper**  
3 1/3 tbsp, chopped (31g)  
**black pepper**  
3 1/3 dash, ground (1g)  
**water**  
5 tsp (25mL)  
**salt**  
1 2/3 dash (1g)  
**seitan, chicken style**  
13 1/3 oz (378g)  
**garlic, minced**  
4 clove(s) (12g)

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 6 ↗

Eat on day 6 and day 7

### Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



For single meal:

**romaine lettuce, shredded**  
3/4 hearts (375g)  
**tomatoes, diced**  
3/4 small whole (2-2/5" dia) (68g)  
**salad dressing**  
1 1/2 tbsp (23mL)  
**red onion, sliced**  
1/6 medium (2-1/2" dia) (21g)  
**cucumber, sliced or diced**  
1/6 cucumber (8-1/4") (56g)  
**carrots, peeled and shredded or sliced**  
3/4 small (5-1/2" long) (38g)

For all 2 meals:

**romaine lettuce, shredded**  
1 1/2 hearts (750g)  
**tomatoes, diced**  
1 1/2 small whole (2-2/5" dia) (137g)  
**salad dressing**  
3 tbsp (45mL)  
**red onion, sliced**  
3/8 medium (2-1/2" dia) (41g)  
**cucumber, sliced or diced**  
3/8 cucumber (8-1/4") (113g)  
**carrots, peeled and shredded or sliced**  
1 1/2 small (5-1/2" long) (75g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

### Pasta with store-bought sauce

1191 cals ● 41g protein ● 9g fat ● 220g carbs ● 17g fiber



For single meal:

**uncooked dry pasta**  
9 1/3 oz (266g)  
**pasta sauce**  
5/8 jar (24 oz) (392g)

For all 2 meals:

**uncooked dry pasta**  
18 2/3 oz (532g)  
**pasta sauce**  
1 1/6 jar (24 oz) (784g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

**protein powder**  
4 scoop (1/3 cup ea) (124g)  
**water**  
4 cup(s) (948mL)

For all 7 meals:

**protein powder**  
28 scoop (1/3 cup ea) (868g)  
**water**  
28 cup(s) (6636mL)

1. The recipe has no instructions.