

Meal Plan - 1900 calorie high protein 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

1950 cals ● 169g protein (35%) ● 64g fat (29%) ● 141g carbs (29%) ● 35g fiber (7%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Avocado

176 cals

Snacks

220 cals, 8g protein, 9g net carbs, 14g fat



Blackberries

1/2 cup(s)- 35 cals



Pistachios

188 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

515 cals, 29g protein, 58g net carbs, 16g fat



Pear

1 pear(s)- 113 cals



Crispy chik'n tenders

7 tender(s)- 400 cals

Dinner

580 cals, 32g protein, 66g net carbs, 16g fat



Basic tempeh

4 oz- 295 cals



Flavored rice mix

287 cals

Day 2

1926 cals ● 177g protein (37%) ● 65g fat (31%) ● 125g carbs (26%) ● 33g fiber (7%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Avocado

176 cals

Snacks

220 cals, 8g protein, 9g net carbs, 14g fat



Blackberries

1/2 cup(s)- 35 cals



Pistachios

188 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

555 cals, 35g protein, 56g net carbs, 17g fat



Soy milk

1 cup(s)- 85 cals



Vegan meatball sub

1 sub(s)- 468 cals

Dinner

520 cals, 34g protein, 52g net carbs, 18g fat



Vegan sausage

1 sausage(s)- 268 cals



Roasted tomatoes

1 tomato(es)- 60 cals



Flavored rice mix

191 cals

Day 3

1920 cals ● 174g protein (36%) ● 53g fat (25%) ● 154g carbs (32%) ● 33g fiber (7%)

Breakfast

195 cals, 3g protein, 5g net carbs, 15g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Avocado

176 cals

Snacks

215 cals, 5g protein, 38g net carbs, 2g fat



Raspberries

1/2 cup(s)- 36 cals



Pretzels

110 cals



Nectarine

1 nectarine(s)- 70 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

555 cals, 35g protein, 56g net carbs, 17g fat



Soy milk

1 cup(s)- 85 cals



Vegan meatball sub

1 sub(s)- 468 cals

Dinner

520 cals, 34g protein, 52g net carbs, 18g fat



Vegan sausage

1 sausage(s)- 268 cals



Roasted tomatoes

1 tomato(es)- 60 cals



Flavored rice mix

191 cals

Day 4

1913 cals ● 171g protein (36%) ● 63g fat (30%) ● 124g carbs (26%) ● 41g fiber (8%)

Breakfast

275 cals, 6g protein, 25g net carbs, 14g fat



Pear

1 pear(s)- 113 cals



Mixed nuts

1/6 cup(s)- 163 cals

Snacks

215 cals, 5g protein, 38g net carbs, 2g fat



Raspberries

1/2 cup(s)- 36 cals



Pretzels

110 cals



Nectarine

1 nectarine(s)- 70 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

450 cals, 27g protein, 36g net carbs, 20g fat



Soy milk

1 cup(s)- 85 cals



Chik'n nuggets

6 2/3 nuggets- 368 cals

Dinner

530 cals, 37g protein, 22g net carbs, 26g fat



Simple salad with tomatoes and carrots

98 cals



Peanut tempeh

4 oz tempeh- 434 cals

Day 5

1911 cals ● 167g protein (35%) ● 44g fat (21%) ● 170g carbs (36%) ● 43g fiber (9%)

Breakfast

275 cals, 6g protein, 25g net carbs, 14g fat



Pear

1 pear(s)- 113 cals



Mixed nuts

1/6 cup(s)- 163 cals

Snacks

210 cals, 7g protein, 19g net carbs, 7g fat



Raspberries

1 cup(s)- 72 cals



Roasted chickpeas

1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake

4 scoop- 436 cals

Lunch

525 cals, 30g protein, 68g net carbs, 12g fat



Tofu alfredo pasta with broccoli

442 cals



Soy milk

1 cup(s)- 85 cals

Dinner

460 cals, 28g protein, 54g net carbs, 9g fat



Veggie burger patty

2 patty- 254 cals



Quinoa

1 cup quinoa, cooked- 208 cals

Day 6

1898 cals ● 172g protein (36%) ● 54g fat (26%) ● 135g carbs (28%) ● 46g fiber (10%)

Breakfast

280 cals, 12g protein, 21g net carbs, 12g fat



Chickpea scramble
280 cals

Snacks

210 cals, 7g protein, 19g net carbs, 7g fat



Raspberries
1 cup(s)- 72 cals



Roasted chickpeas
1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

525 cals, 30g protein, 68g net carbs, 12g fat



Tofu alfredo pasta with broccoli
442 cals



Soy milk
1 cup(s)- 85 cals

Dinner

445 cals, 27g protein, 23g net carbs, 22g fat



Simple mixed greens and tomato salad
113 cals



Carrot & grounds stir fry
332 cals

Day 7

1893 cals ● 179g protein (38%) ● 65g fat (31%) ● 107g carbs (23%) ● 42g fiber (9%)

Breakfast

280 cals, 12g protein, 21g net carbs, 12g fat



Chickpea scramble
280 cals

Snacks

210 cals, 7g protein, 19g net carbs, 7g fat



Raspberries
1 cup(s)- 72 cals



Roasted chickpeas
1/4 cup- 138 cals

Protein Supplement(s)

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



Protein shake
4 scoop- 436 cals

Lunch

520 cals, 36g protein, 40g net carbs, 23g fat



Simple mixed greens salad
68 cals



Breaded seitan nuggets
453 cals

Dinner

445 cals, 27g protein, 23g net carbs, 22g fat



Simple mixed greens and tomato salad
113 cals



Carrot & grounds stir fry
332 cals

Grocery List



Beverages

- ☐ protein powder
28 scoop (1/3 cup ea) (868g)
- ☐ water
1 3/4 gallon (6874mL)
- ☐ almond milk, unsweetened
4 tbsp (60mL)

Vegetables and Vegetable Products

- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (661g)
- ☐ ketchup
1/3 cup (92g)
- ☐ carrots
3 1/2 medium (207g)
- ☐ romaine lettuce
1/2 hearts (250g)
- ☐ frozen broccoli
1/2 package (142g)
- ☐ garlic
2 1/3 clove(s) (7g)
- ☐ onion
2/3 large (100g)
- ☐ fresh cilantro
2 tbsp, chopped (6g)

Fruits and Fruit Juices

- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ lemon juice
1/2 fl oz (15mL)
- ☐ pears
3 medium (534g)
- ☐ blackberries
1 cup (144g)
- ☐ raspberries
4 cup (492g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ lime juice
2 tsp (10mL)

Legumes and Legume Products

- ☐ tempeh
1/2 lbs (227g)
- ☐ peanut butter
2 tbsp (32g)

Other

- ☐ meatless chik'n tenders
7 pieces (179g)
- ☐ soy milk, unsweetened
5 cup(s) (mL)
- ☐ sub roll(s)
2 roll(s) (170g)
- ☐ nutritional yeast
1/4 oz (7g)
- ☐ vegan meatballs, frozen
8 meatball(s) (240g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ vegan chik'n nuggets
6 2/3 nuggets (143g)
- ☐ veggie burger patty
2 patty (142g)
- ☐ Roasted chickpeas
3/4 cup (85g)
- ☐ mixed greens
6 2/3 cup (200g)

Nut and Seed Products

- ☐ pistachios, shelled
1/2 cup (62g)
- ☐ mixed nuts
6 tbsp (50g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/2 cup (130g)

Snacks

- ☐ pretzels, hard, salted
2 oz (57g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/3 cup (57g)
- ☐ uncooked dry pasta
6 oz (171g)
- ☐ seitan
4 oz (113g)

Spices and Herbs

- ☐ **soy sauce**
2 oz (50mL)
- ☐ **firm tofu**
1/2 package (16 oz) (227g)
- ☐ **chickpeas, canned**
1 can(s) (448g)
- ☐ **vegetarian burger crumbles**
1/2 lbs (227g)

Fats and Oils

- ☐ **oil**
2 1/4 oz (69mL)
- ☐ **salad dressing**
6 3/4 tbsp (101mL)

Meals, Entrees, and Side Dishes

- ☐ **flavored rice mix**
1 1/6 pouch (~5.6 oz) (184g)

- ☐ **salt**
1/4 dash (0g)
- ☐ **basil, dried**
1 tsp, ground (1g)
- ☐ **ground cumin**
1/4 tbsp (2g)
- ☐ **turmeric, ground**
4 dash (2g)
- ☐ **crushed red pepper**
1/3 tsp (1g)
- ☐ **garlic powder**
4 dash (2g)
- ☐ **black pepper**
1/2 dash, ground (0g)
- ☐ **ground coriander**
2 dash (0g)

Baked Products

- ☐ **bread crumbs**
2 3/4 tbsp (18g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 3 meals:

tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

For all 3 meals:

avocados

1 1/2 avocado(s) (302g)

lemon juice

1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2 

Eat on 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 2 meals:

pears
2 medium (356g)

- 1. The recipe has no instructions.

Mixed nuts

1/6 cup(s) - 163 cals  5g protein  14g fat  4g carbs  2g fiber



For single meal:

mixed nuts
3 tbsp (25g)

For all 2 meals:

mixed nuts
6 tbsp (50g)

- 1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Chickpea scramble

280 cals ● 12g protein ● 12g fat ● 21g carbs ● 11g fiber



For single meal:

oil
1/2 tbsp (8mL)
mixed greens
1/3 cup (10g)
nutritional yeast
1 tsp (1g)
ground cumin
2 dash (1g)
turmeric, ground
2 dash (1g)
chickpeas, canned, drained
1/2 can(s) (224g)

For all 2 meals:

oil
1 tbsp (15mL)
mixed greens
2/3 cup (20g)
nutritional yeast
2 tsp (3g)
ground cumin
4 dash (1g)
turmeric, ground
4 dash (2g)
chickpeas, canned, drained
1 can(s) (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and mash using the back of a fork. Add turmeric, cumin, and a pinch of salt/pepper, and cook for about 4 minutes, stirring occasionally.
2. Add in a splash of water, the nutritional yeast and the greens and cook until the greens have wilted, 1-2 minutes. Serve!

Lunch 1 [↗](#)

Eat on day 1

Pear

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



Makes 1 pear(s)

pears
1 medium (178g)

1. The recipe has no instructions.

Crispy chik'n tenders

7 tender(s) - 400 cals ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



Makes 7 tender(s)

meatless chik'n tenders
7 pieces (179g)
ketchup
1 3/4 tbsp (30g)

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

Lunch 2 [↗](#)

Eat on day 2 and day 3

Soy milk

1 cup(s) - 85 cal ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
2 cup(s) (mL)

1. The recipe has no instructions.
-

Vegan meatball sub

1 sub(s) - 468 cal ● 28g protein ● 12g fat ● 54g carbs ● 8g fiber



For single meal:

sub roll(s)
1 roll(s) (85g)
nutritional yeast
1 tsp (1g)
pasta sauce
4 tbsp (65g)
vegan meatballs, frozen
4 meatball(s) (120g)

For all 2 meals:

sub roll(s)
2 roll(s) (170g)
nutritional yeast
2 tsp (3g)
pasta sauce
1/2 cup (130g)
vegan meatballs, frozen
8 meatball(s) (240g)

1. Cook vegan meatballs according to package.
 2. Heat up pasta sauce on stove or in microwave.
 3. When meatballs are done, stuff them in the sub roll and top with sauce and nutritional yeast.
 4. Serve.
-

Lunch 3 [↗](#)

Eat on day 4

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



Makes 1 cup(s)

soy milk, unsweetened
1 cup(s) (mL)

1. The recipe has no instructions.

Chik'n nuggets

6 2/3 nuggets - 368 cals ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



Makes 6 2/3 nuggets

ketchup
5 tsp (28g)
vegan chik'n nuggets
6 2/3 nuggets (143g)

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

Lunch 4 [↗](#)

Eat on day 5 and day 6

Tofu alfredo pasta with broccoli

442 cals ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



For single meal:

uncooked dry pasta
3 oz (86g)
firm tofu
1/4 package (16 oz) (113g)
frozen broccoli
1/4 package (71g)
garlic
1/2 clove(s) (2g)
salt
1/8 dash (0g)
almond milk, unsweetened
2 tbsp (30mL)
basil, dried
4 dash, ground (1g)

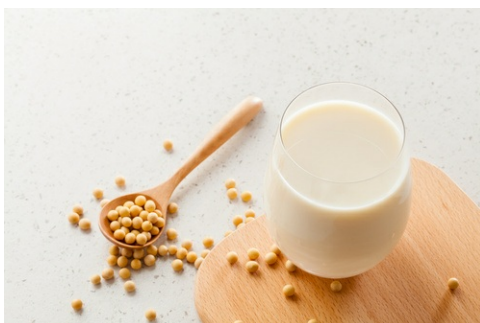
For all 2 meals:

uncooked dry pasta
6 oz (171g)
firm tofu
1/2 package (16 oz) (227g)
frozen broccoli
1/2 package (142g)
garlic
1 clove(s) (3g)
salt
1/4 dash (0g)
almond milk, unsweetened
4 tbsp (60mL)
basil, dried
1 tsp, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

Soy milk

1 cup(s) - 85 cals ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup(s) (mL)

For all 2 meals:

soy milk, unsweetened
2 cup(s) (mL)

1. The recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 7

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens

1 1/2 cup (45g)

salad dressing

1 1/2 tbsp (23mL)

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

Breaded seitan nuggets

453 cals ● 35g protein ● 18g fat ● 36g carbs ● 2g fiber



garlic powder

4 dash (2g)

oil

1 tbsp (15mL)

soy sauce

1 tbsp (15mL)

black pepper

1/2 dash, ground (0g)

ground cumin

2 dash (1g)

ground coriander

2 dash (0g)

bread crumbs

2 2/3 tbsp (18g)

ketchup

2 tbsp (34g)

seitan, broken into bite-sized pieces

4 oz (113g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
 2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
 3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
 4. Serve with ketchup.
-

Snacks 1 [↗](#)

Eat on day 1 and day 2

Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

blackberries
1/2 cup (72g)

For all 2 meals:

blackberries
1 cup (144g)

1. Rinse blackberries and serve.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.
-

Snacks 2 [↗](#)

Eat on day 3 and day 4

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. The recipe has no instructions.

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.
-

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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.

Roasted chickpeas

1/4 cup - 138 cals ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

Roasted chickpeas
4 tbsp (28g)

For all 3 meals:

Roasted chickpeas
3/4 cup (85g)

1. The recipe has no instructions.
-

Dinner 1 [↗](#)

Eat on day 1

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

tempeh

4 oz (113g)

oil

2 tsp (10mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

Flavored rice mix

287 cals ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



flavored rice mix

1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.
-

Dinner 2 [↗](#)

Eat on day 2 and day 3

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

vegan sausage
1 sausage (100g)

For all 2 meals:

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

For all 2 meals:

oil
2 tsp (10mL)
tomatoes
2 small whole (2-2/5" dia) (182g)

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.

Flavored rice mix

191 cals ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



For single meal:

flavored rice mix
1/3 pouch (~5.6 oz) (53g)

For all 2 meals:

flavored rice mix
2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.

Dinner 3 [↗](#)

Eat on day 4

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

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

Peanut tempeh

4 oz tempeh - 434 cals ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



Makes 4 oz tempeh

tempeh

4 oz (113g)

peanut butter

2 tbsp (32g)

lemon juice

1/2 tbsp (8mL)

soy sauce

1 tsp (5mL)

nutritional yeast

1/2 tbsp (2g)

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 4 [↗](#)

Eat on day 5

Veggie burger patty

2 patty - 254 cal ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

veggie burger patty

2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

water

2/3 cup(s) (158mL)

quinoa, uncooked

1/3 cup (57g)

1. (Note: Follow quinoa package instructions if they differ from below)
 2. Rinse quinoa in a fine mesh colander.
 3. Add quinoa and water to a pot and heat over high heat until boiling.
 4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
 5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
 6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.
-

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

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

Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



For single meal:

carrots
1 1/3 large (96g)
vegetarian burger crumbles
4 oz (113g)
soy sauce
3 tsp (15mL)
water
2 tsp (10mL)
crushed red pepper
1 1/3 dash (0g)
lime juice
1 tsp (5mL)
oil
2 tsp (10mL)
garlic, minced
2/3 clove(s) (2g)
onion, chopped
1/3 large (50g)
fresh cilantro, chopped
3 tsp, chopped (3g)

For all 2 meals:

carrots
2 2/3 large (192g)
vegetarian burger crumbles
1/2 lbs (227g)
soy sauce
2 tbsp (30mL)
water
4 tsp (20mL)
crushed red pepper
1/3 tsp (1g)
lime juice
2 tsp (10mL)
oil
4 tsp (20mL)
garlic, minced
1 1/3 clove(s) (4g)
onion, chopped
2/3 large (100g)
fresh cilantro, chopped
2 tbsp, chopped (6g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
4. Once fully cooked, serve and top with lime juice and remaining cilantro,

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.