

Meal Plan - 2200 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

2221 cals ● 235g protein (42%) ● 45g fat (18%) ● 169g carbs (31%) ● 50g fiber (9%)

Breakfast

445 cals, 10g protein, 80g net carbs, 6g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Medium toasted bagel with vegan cream cheese
1/2 bagel(s)- 192 cals



Banana
2 banana(s)- 233 cals

Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



Double chocolate almond milk protein shake
251 cals

Lunch

770 cals, 52g protein, 74g net carbs, 17g fat



Bbq tempeh lettuce wrap
8 lettuce wrap(s)- 658 cals



Pear
1 pear(s)- 113 cals

Dinner

205 cals, 13g protein, 6g net carbs, 12g fat



Basic tempeh
2 oz- 148 cals



Cooked peppers
1/2 bell pepper(s)- 60 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Day 2

2221 cals ● 235g protein (42%) ● 45g fat (18%) ● 169g carbs (31%) ● 50g fiber (9%)

Breakfast

445 cals, 10g protein, 80g net carbs, 6g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Medium toasted bagel with vegan cream cheese

1/2 bagel(s)- 192 cals



Banana

2 banana(s)- 233 cals

Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



Double chocolate almond milk protein shake

251 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Lunch

770 cals, 52g protein, 74g net carbs, 17g fat



Bbq tempeh lettuce wrap

8 lettuce wrap(s)- 658 cals



Pear

1 pear(s)- 113 cals

Dinner

205 cals, 13g protein, 6g net carbs, 12g fat



Basic tempeh

2 oz- 148 cals



Cooked peppers

1/2 bell pepper(s)- 60 cals

Day 3

2192 cals ● 225g protein (41%) ● 60g fat (25%) ● 137g carbs (25%) ● 51g fiber (9%)

Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



Hummus toast

2 slice(s)- 293 cals

Lunch

550 cals, 25g protein, 60g net carbs, 13g fat



Tuscan white bean soup

403 cals



Simple salad with tomatoes and carrots

147 cals

Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



Double chocolate almond milk protein shake

251 cals

Dinner

555 cals, 25g protein, 39g net carbs, 28g fat



Basic tofu

6 oz- 257 cals



Mixed vegetables

1 3/4 cup(s)- 170 cals



Simple vegan garlic bread

1 slice(s)- 126 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Day 4

2184 cals ● 195g protein (36%) ● 72g fat (30%) ● 138g carbs (25%) ● 52g fiber (9%)

Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



Hummus toast

2 slice(s)- 293 cals

Lunch

550 cals, 25g protein, 60g net carbs, 13g fat



Tuscan white bean soup

403 cals



Simple salad with tomatoes and carrots

147 cals

Snacks

245 cals, 10g protein, 5g net carbs, 19g fat



Celery and peanut butter

109 cals



Almond protein balls

1 ball(s)- 135 cals

Dinner

555 cals, 25g protein, 39g net carbs, 28g fat



Basic tofu

6 oz- 257 cals



Mixed vegetables

1 3/4 cup(s)- 170 cals



Simple vegan garlic bread

1 slice(s)- 126 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Day 5

2175 cals ● 200g protein (37%) ● 64g fat (26%) ● 161g carbs (30%) ● 39g fiber (7%)

Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



Hummus toast

2 slice(s)- 293 cals

Lunch

585 cals, 30g protein, 70g net carbs, 13g fat



Pear

1 pear(s)- 113 cals



Bbq tempeh wrap

1 wrap(s)- 472 cals

Snacks

245 cals, 10g protein, 5g net carbs, 19g fat



Celery and peanut butter

109 cals



Almond protein balls

1 ball(s)- 135 cals

Dinner

510 cals, 25g protein, 52g net carbs, 21g fat



Banana

1 banana(s)- 117 cals



Walnuts

1/8 cup(s)- 87 cals



Crispy chick'n tenders

5 1/3 tender(s)- 305 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Day 6

2205 cals ● 196g protein (36%) ● 71g fat (29%) ● 157g carbs (28%) ● 38g fiber (7%)

Breakfast

310 cals, 12g protein, 18g net carbs, 20g fat



Small granola bar
1 bar(s)- 119 cals



Celery sticks
1 celery stalk- 7 cals



Pumpkin seeds
183 cals

Snacks

255 cals, 9g protein, 12g net carbs, 16g fat



Carrot sticks
1 carrot(s)- 27 cals



Bell pepper strips and hummus
85 cals



Mixed nuts
1/6 cup(s)- 145 cals

Lunch

585 cals, 30g protein, 70g net carbs, 13g fat



Pear
1 pear(s)- 113 cals



Bbq tempeh wrap
1 wrap(s)- 472 cals

Dinner

510 cals, 25g protein, 52g net carbs, 21g fat



Banana
1 banana(s)- 117 cals



Walnuts
1/8 cup(s)- 87 cals



Crispy chik'n tenders
5 1/3 tender(s)- 305 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Day 7

2218 cals ● 209g protein (38%) ● 77g fat (31%) ● 126g carbs (23%) ● 47g fiber (8%)

Breakfast

310 cals, 12g protein, 18g net carbs, 20g fat



Small granola bar
1 bar(s)- 119 cals



Celery sticks
1 celery stalk- 7 cals



Pumpkin seeds
183 cals

Snacks

255 cals, 9g protein, 12g net carbs, 16g fat



Carrot sticks
1 carrot(s)- 27 cals



Bell pepper strips and hummus
85 cals



Mixed nuts
1/6 cup(s)- 145 cals

Lunch

600 cals, 35g protein, 30g net carbs, 35g fat



Simple salad with tomatoes and carrots
98 cals



Lemon pepper tofu
14 oz- 504 cals

Dinner

505 cals, 33g protein, 61g net carbs, 4g fat



Lentil pasta
505 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Grocery List



Beverages

- water
39 1/2 cup(s) (9362mL)
- almond milk, unsweetened
2 1/4 cup (540mL)
- protein powder
2 1/2 lbs (1091g)

Sweets

- cocoa powder
1 1/2 tbsp (8g)

Other

- protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)
- dairy-free cream cheese
2 tbsp (30g)
- coleslaw mix
6 cup (540g)
- italian seasoning
1 tbsp (11g)
- almond flour
1 tbsp (7g)
- meatless chik'n tenders
10 2/3 pieces (272g)
- lentil pasta
4 oz (113g)

Vegetables and Vegetable Products

- tomatoes
3 2/3 medium whole (2-3/5" dia) (450g)
- romaine lettuce
1 3/4 head (1096g)
- bell pepper
3 large (505g)
- carrots
4 medium (255g)
- raw celery
1/2 bunch (224g)
- fresh spinach
2 cup(s) (60g)
- onion
1 small (70g)
- garlic
6 clove(s) (18g)
- frozen mixed veggies
3 1/2 cup (473g)

Fruits and Fruit Juices

- banana
6 medium (7" to 7-7/8" long) (708g)
- pears
4 medium (712g)
- lemon
1 small (58g)

Fats and Oils

- oil
3 oz (93mL)
- salad dressing
3 tbsp (45mL)
- olive oil
2 tsp (10mL)

Soups, Sauces, and Gravies

- barbecue sauce
3/4 cup (204g)
- vegetable broth
4 cup(s) (mL)
- pasta sauce
1/4 jar (24 oz) (168g)

Legumes and Legume Products

- tempeh
1 3/4 lbs (794g)
- white beans, canned
1 can(s) (439g)
- hummus
2/3 lbs (306g)
- firm tofu
26 oz (737g)
- peanut butter
2 tbsp (32g)

Spices and Herbs

- crushed red pepper
4 dash (1g)
- lemon pepper
4 dash (1g)

Nut and Seed Products

- almond butter
2 tbsp (31g)

ketchup
2 2/3 tbsp (45g)

Baked Products

bagel
1 medium bagel (3-1/2" to 4" dia) (105g)

bread
8 slice (256g)

flour tortillas
2 tortilla (approx 7-8" dia) (98g)

walnuts
4 tbsp, shelled (25g)

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

mixed nuts
1/3 cup (45g)

Snacks

small granola bar
2 bar (50g)

Cereal Grains and Pasta

cornstarch
2 tbsp (16g)

Breakfast 1 ↗

Eat on day 1 and day 2

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 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Medium toasted bagel with vegan cream cheese

1/2 bagel(s) - 192 cals ● 6g protein ● 5g fat ● 29g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

dairy-free cream cheese

1 tbsp (15g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

dairy-free cream cheese

2 tbsp (30g)

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

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana

2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

banana

4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

Breakfast 2

Eat on day 3, day 4, and day 5

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

bread

2 slice (64g)

hummus

5 tbsp (75g)

For all 3 meals:

bread

6 slice (192g)

hummus

1 cup (225g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. The recipe has no instructions.

Celery sticks

1 celery stalk - 7 cals ● 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.

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

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

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1 and day 2

Bbq tempeh lettuce wrap

8 lettuce wrap(s) - 658 cals ● 51g protein ● 17g fat ● 52g carbs ● 23g fiber



For single meal:

oil
1 tsp (5mL)
coleslaw mix
2 cup (180g)
barbecue sauce
4 tbsp (68g)
romaine lettuce
8 leaf inner (48g)
tempeh, cubed
1/2 lbs (227g)
bell pepper, deseeded and sliced
1 small (74g)

For all 2 meals:

oil
2 tsp (10mL)
coleslaw mix
4 cup (360g)
barbecue sauce
1/2 cup (136g)
romaine lettuce
16 leaf inner (96g)
tempeh, cubed
1 lbs (454g)
bell pepper, deseeded and sliced
2 small (148g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Pear

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



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 3 and day 4

Tuscan white bean soup

403 cals ● 19g protein ● 8g fat ● 49g carbs ● 14g fiber



For single meal:

oil
1/2 tbsp (8mL)
carrots, chopped
1/2 large (36g)
raw celery, chopped
1/2 stalk, large (11"-12" long) (32g)
italian seasoning
1/2 tbsp (5g)
crushed red pepper
2 dash (0g)
vegetable broth
2 cup(s) (mL)
fresh spinach
1 cup(s) (30g)
white beans, canned, rinsed & drained
1/2 can(s) (220g)
onion, diced
1/2 small (35g)
garlic, minced
2 clove(s) (6g)

For all 2 meals:

oil
1 tbsp (15mL)
carrots, chopped
1 large (72g)
raw celery, chopped
1 stalk, large (11"-12" long) (64g)
italian seasoning
1 tbsp (11g)
crushed red pepper
4 dash (1g)
vegetable broth
4 cup(s) (mL)
fresh spinach
2 cup(s) (60g)
white beans, canned, rinsed & drained
1 can(s) (439g)
onion, diced
1 small (70g)
garlic, minced
4 clove(s) (12g)

1. Heat oil in a large pot over medium heat. Add the onion and garlic and fry for about 5 minutes until softened. Add the carrots and celery and cook another 8-10 minutes, stirring occasionally.
2. Add the broth, white beans, Italian seasoning, crushed red pepper, and some salt/pepper to taste to the pot and bring to a simmer. Reduce heat to low and simmer, covered, for 15 minutes.
3. Stir in spinach and cook until wilted, about 2 minutes.
4. Serve.

Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)

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

Lunch 3

Eat on day 5 and day 6

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.

Bbq tempeh wrap

1 wrap(s) - 472 cals ● 29g protein ● 12g fat ● 48g carbs ● 13g fiber



For single meal:

barbecue sauce
2 tbsp (34g)
coleslaw mix
1 cup (90g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
oil
1/2 tsp (3mL)
tempeh, cut into strips
4 oz (113g)
bell pepper, deseeded and sliced
1/2 small (37g)

For all 2 meals:

barbecue sauce
4 tbsp (68g)
coleslaw mix
2 cup (180g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
oil
1 tsp (5mL)
tempeh, cut into strips
1/2 lbs (227g)
bell pepper, deseeded and sliced
1 small (74g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.

Lunch 4 ↗

Eat on day 7

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.

Lemon pepper tofu

14 oz - 504 cals ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



Makes 14 oz

cornstarch
2 tbsp (16g)
oil
1 tbsp (15mL)
lemon pepper
4 dash (1g)
lemon, zested
1 small (58g)
firm tofu, patted dry & cubed
14 oz (397g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Double chocolate almond milk protein shake

251 cals ● 40g protein ● 7g fat ● 5g carbs ● 3g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
almond milk, unsweetened
3/4 cup (180mL)
cocoa powder
1/2 tbsp (3g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

water
4 1/2 cup(s) (1067mL)
almond milk, unsweetened
2 1/4 cup (540mL)
cocoa powder
1 1/2 tbsp (8g)
protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Snacks 2 ↗

Eat on day 4 and day 5

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

Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

almond butter
1 tbsp (16g)
almond flour
1/2 tbsp (4g)
protein powder
1/2 tbsp (3g)

For all 2 meals:

almond butter
2 tbsp (31g)
almond flour
1 tbsp (7g)
protein powder
1 tbsp (6g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

Snacks 3 ↗

Eat on day 6 and day 7

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

hummus
2 1/2 tbsp (41g)
bell pepper
1/2 medium (60g)

For all 2 meals:

hummus
1/3 cup (81g)
bell pepper
1 medium (119g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

mixed nuts

2 2/3 tbsp (22g)

For all 2 meals:

mixed nuts

1/3 cup (45g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1 and day 2

Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

tempeh

2 oz (57g)

oil

1 tsp (5mL)

For all 2 meals:

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.

Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
bell pepper, seeded & cut into strips
1/2 large (82g)

For all 2 meals:

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Dinner 2 ↗

Eat on day 3 and day 4

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
firm tofu
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
firm tofu
3/4 lbs (340g)

1. Slice tofu 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.

Mixed vegetables

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



For single meal:

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

For all 2 meals:

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

1. Prepare according to instructions on package.

Simple vegan garlic bread

1 slice(s) - 126 cals ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
olive oil
1 tsp (5mL)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

bread
2 slice (64g)
olive oil
2 tsp (10mL)
garlic, minced
2 clove(s) (6g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

Dinner 3 ↗

Eat on day 5 and day 6

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana
2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

Walnuts

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



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.

Crispy chik'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
5 1/3 pieces (136g)
ketchup
4 tsp (23g)

For all 2 meals:

meatless chik'n tenders
10 2/3 pieces (272g)
ketchup
2 2/3 tbsp (45g)

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

Dinner 4 ↗

Eat on day 7

Lentil pasta

505 cals ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



pasta sauce
1/4 jar (24 oz) (168g)
lentil pasta
4 oz (113g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Protein Supplement(s) ↗

Eat every day

Protein shake

5 scoop - 545 cals ● 121g protein ● 3g fat ● 5g carbs ● 5g fiber



For single meal:

protein powder
5 scoop (1/3 cup ea) (155g)
water
5 cup(s) (1185mL)

For all 7 meals:

protein powder
35 scoop (1/3 cup ea) (1085g)
water
35 cup(s) (8295mL)

1. The recipe has no instructions.