

Meal Plan - 3000 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

3045 cals ● 249g protein (33%) ● 82g fat (24%) ● 290g carbs (38%) ● 39g fiber (5%)

Breakfast

465 cals, 38g protein, 16g net carbs, 27g fat



Peanut butter chocolate almond milk protein shake
346 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals

Snacks

195 cals, 5g protein, 34g net carbs, 2g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Instant oatmeal with water
1 packet(s)- 165 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

1005 cals, 58g protein, 112g net carbs, 29g fat



Simple mixed greens salad
68 cals



Vegan meatball sub
2 sub(s)- 936 cals

Dinner

835 cals, 27g protein, 124g net carbs, 21g fat



Naan bread
1/2 piece(s)- 131 cals



Spinach & hummus pasta
473 cals



Dinner roll
3 roll(s)- 231 cals

Day 2

2948 cals ● 254g protein (35%) ● 94g fat (29%) ● 222g carbs (30%) ● 49g fiber (7%)

Breakfast

465 cals, 38g protein, 16g net carbs, 27g fat



Peanut butter chocolate almond milk protein shake
346 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals

Snacks

195 cals, 5g protein, 34g net carbs, 2g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Instant oatmeal with water
1 packet(s)- 165 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

905 cals, 63g protein, 43g net carbs, 41g fat



Carrot & grounds stir fry
830 cals



Simple mixed greens and tomato salad
76 cals

Dinner

835 cals, 27g protein, 124g net carbs, 21g fat



Naan bread
1/2 piece(s)- 131 cals



Spinach & hummus pasta
473 cals



Dinner roll
3 roll(s)- 231 cals

Day 3

3028 cals ● 261g protein (34%) ● 139g fat (41%) ● 121g carbs (16%) ● 64g fiber (8%)

Breakfast

465 cals, 38g protein, 16g net carbs, 27g fat



Peanut butter chocolate almond milk protein shake
346 cals



Rice cakes with peanut butter
1/2 cake(s)- 120 cals

Snacks

325 cals, 14g protein, 35g net carbs, 12g fat



Instant oatmeal with almond milk
1 packet(s)- 241 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

905 cals, 63g protein, 43g net carbs, 41g fat



Carrot & grounds stir fry
830 cals



Simple mixed greens and tomato salad
76 cals

Dinner

785 cals, 25g protein, 22g net carbs, 56g fat



Zoodles with avocado sauce
471 cals



Sunflower seeds
316 cals

Day 4

3022 cals ● 225g protein (30%) ● 144g fat (43%) ● 153g carbs (20%) ● 53g fiber (7%)

Breakfast

415 cals, 17g protein, 20g net carbs, 27g fat



Pumped up almond yogurt
1 container(s)- 242 cals



Roasted peanuts
1/6 cup(s)- 173 cals

Snacks

325 cals, 14g protein, 35g net carbs, 12g fat



Instant oatmeal with almond milk
1 packet(s)- 241 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

950 cals, 48g protein, 73g net carbs, 47g fat



Basic tofu sandwich
2 sandwich(es)- 884 cals



Simple mixed greens salad
68 cals

Dinner

785 cals, 25g protein, 22g net carbs, 56g fat



Zoodles with avocado sauce
471 cals



Sunflower seeds
316 cals

Day 5

3030 cals ● 226g protein (30%) ● 100g fat (30%) ● 265g carbs (35%) ● 41g fiber (5%)

Breakfast

415 cals, 17g protein, 20g net carbs, 27g fat



Pumped up almond yogurt
1 container(s)- 242 cals



Roasted peanuts
1/6 cup(s)- 173 cals

Snacks

325 cals, 14g protein, 35g net carbs, 12g fat



Instant oatmeal with almond milk
1 packet(s)- 241 cals



Soy milk
1 cup(s)- 85 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

950 cals, 48g protein, 73g net carbs, 47g fat



Basic tofu sandwich
2 sandwich(es)- 884 cals



Simple mixed greens salad
68 cals

Dinner

795 cals, 26g protein, 134g net carbs, 12g fat



Pasta with store-bought sauce
680 cals



Simple mixed greens and tomato salad
113 cals

Day 6

3037 cals ● 241g protein (32%) ● 110g fat (33%) ● 199g carbs (26%) ● 70g fiber (9%)

Breakfast

390 cals, 16g protein, 31g net carbs, 13g fat



Small granola bar
1 bar(s)- 119 cals



Raspberries
2 cup(s)- 144 cals



Soy milk
1 1/2 cup(s)- 127 cals

Snacks

360 cals, 10g protein, 28g net carbs, 20g fat



Avocado toast
1 slice(s)- 168 cals



Almond yogurt
1 container(s)- 191 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

820 cals, 46g protein, 68g net carbs, 32g fat



Simple mixed greens and tomato salad
76 cals



Peanut tempeh
4 oz tempeh- 434 cals



Quinoa
1 1/2 cup quinoa, cooked- 313 cals

Dinner

920 cals, 48g protein, 67g net carbs, 43g fat



Basic tofu
8 oz- 342 cals



Lentils
347 cals



Roasted brussels sprouts
232 cals

Day 7

3037 cals ● 241g protein (32%) ● 110g fat (33%) ● 199g carbs (26%) ● 70g fiber (9%)

Breakfast

390 cals, 16g protein, 31g net carbs, 13g fat



Small granola bar
1 bar(s)- 119 cals



Raspberries
2 cup(s)- 144 cals



Soy milk
1 1/2 cup(s)- 127 cals

Snacks

360 cals, 10g protein, 28g net carbs, 20g fat



Avocado toast
1 slice(s)- 168 cals



Almond yogurt
1 container(s)- 191 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Lunch

820 cals, 46g protein, 68g net carbs, 32g fat



Simple mixed greens and tomato salad
76 cals



Peanut tempeh
4 oz tempeh- 434 cals



Quinoa
1 1/2 cup quinoa, cooked- 313 cals

Dinner

920 cals, 48g protein, 67g net carbs, 43g fat



Basic tofu
8 oz- 342 cals



Lentils
347 cals



Roasted brussels sprouts
232 cals

Grocery List



Other

- ☐ mixed greens
3 package (5.5 oz) (496g)
- ☐ sub roll(s)
2 roll(s) (170g)
- ☐ nutritional yeast
1/4 oz (6g)
- ☐ vegan meatballs, frozen
8 meatball(s) (240g)
- ☐ ice cubes
3/4 cup(s) (105g)
- ☐ protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- ☐ soy milk, unsweetened
6 cup(s) (mL)
- ☐ vegan cheese, sliced
4 slice(s) (80g)
- ☐ cacao nibs
2 tsp (7g)
- ☐ almond yogurt, flavored
4 container (600g)

Fats and Oils

- ☐ salad dressing
12 3/4 tbsp (191mL)
- ☐ oil
1/4 lbs (128mL)
- ☐ vegan mayonnaise
2 tbsp (30g)
- ☐ olive oil
2 tbsp (30mL)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/2 jar (24 oz) (354g)

Vegetables and Vegetable Products

- ☐ tomatoes
9 medium whole (2-3/5" dia) (1093g)
- ☐ fresh spinach
1 1/3 cup(s) (40g)
- ☐ garlic
4 2/3 clove(s) (14g)
- ☐ onion
2 2/3 medium (2-1/2" dia) (297g)
- ☐ carrots
6 2/3 large (480g)

Baked Products

- ☐ naan bread
1 piece(s) (90g)
- ☐ Roll
6 pan, dinner, or small roll (2" square, 2" high) (168g)
- ☐ bread
2/3 lbs (320g)

Legumes and Legume Products

- ☐ hummus
1/4 lbs (95g)
- ☐ peanut butter
1/4 lbs (128g)
- ☐ vegetarian burger crumbles
1 1/4 lbs (567g)
- ☐ soy sauce
1/4 lbs (85mL)
- ☐ firm tofu
2 1/2 lbs (1126g)
- ☐ roasted peanuts
6 tbsp (55g)
- ☐ lentils, raw
1 cup (192g)
- ☐ tempeh
1/2 lbs (227g)

Fruits and Fruit Juices

- ☐ lemon juice
1/2 cup (115mL)
- ☐ lime juice
5 tsp (25mL)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ raspberries
18 1/2 oz (522g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
2/3 lbs (304g)
- ☐ quinoa, uncooked
1 cup (170g)

Snacks

- ☐ rice cakes, any flavor
1 1/2 cakes (14g)
- ☐ small granola bar
2 bar (50g)

- ☐ **fresh cilantro**
5 tbsp, chopped (15g)
- ☐ **zucchini**
2 large (646g)
- ☐ **brussels sprouts**
1 lbs (454g)

Breakfast Cereals

- ☐ **flavored instant oatmeal**
5 packet (215g)

Beverages

- ☐ **water**
2 3/4 gallon (10406mL)
- ☐ **almond milk, unsweetened**
1/2 gallon (1980mL)
- ☐ **protein powder**
2 1/2 lbs (1097g)

Spices and Herbs

- ☐ **crushed red pepper**
1/4 tbsp (2g)
- ☐ **fresh basil**
2 cup leaves, whole (48g)
- ☐ **salt**
1/4 tbsp (5g)
- ☐ **black pepper**
1/3 tsp, ground (1g)

Nut and Seed Products

- ☐ **sunflower kernels**
1/4 lbs (99g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Peanut butter chocolate almond milk protein shake

346 cals ● 34g protein ● 18g fat ● 10g carbs ● 1g fiber



For single meal:

ice cubes
1/4 cup(s) (35g)
almond milk, unsweetened
2 cup (480mL)
peanut butter
1 tsp (5g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

ice cubes
3/4 cup(s) (105g)
almond milk, unsweetened
6 cup (1440mL)
peanut butter
1 tbsp (16g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in the blender.
2. Mix until well-combined.
3. Serve cold.

Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

peanut butter
1 tbsp (16g)
rice cakes, any flavor
1/2 cakes (5g)

For all 3 meals:

peanut butter
3 tbsp (48g)
rice cakes, any flavor
1 1/2 cakes (14g)

1. Spread peanut butter over top of rice cake.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Pumped up almond yogurt

1 container(s) - 242 cals ● 10g protein ● 13g fat ● 17g carbs ● 5g fiber



For single meal:

cacao nibs
1 tsp (3g)
raspberries
8 raspberries (15g)
protein powder
1 tbsp (6g)
almond yogurt, flavored
1 container (150g)

For all 2 meals:

cacao nibs
2 tsp (7g)
raspberries
16 raspberries (30g)
protein powder
2 tbsp (12g)
almond yogurt, flavored
2 container (300g)

1. Mix almond yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 2 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

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.

Raspberries

2 cup(s) - 144 cals ● 3g protein ● 2g fat ● 13g carbs ● 16g fiber



For single meal:

raspberries
2 cup (246g)

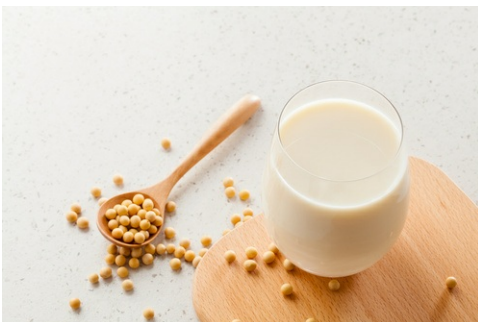
For all 2 meals:

raspberries
4 cup (492g)

1. Rinse raspberries and serve.

Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



For single meal:

soy milk, unsweetened
1 1/2 cup(s) (mL)

For all 2 meals:

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

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

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.

Vegan meatball sub

2 sub(s) - 936 cals ● 56g protein ● 24g fat ● 108g carbs ● 16g fiber



Makes 2 sub(s)

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.
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Lunch 2 [↗](#)

Eat on day 2 and day 3

Carrot & grounds stir fry

830 cals ● 62g protein ● 37g fat ● 38g carbs ● 26g fiber



For single meal:

carrots
3 1/3 large (240g)
vegetarian burger crumbles
10 oz (283g)
soy sauce
2 1/2 tbsp (37mL)
water
5 tsp (25mL)
crushed red pepper
3 1/3 dash (1g)
lime juice
2 1/2 tsp (12mL)
oil
5 tsp (25mL)
garlic, minced
1 2/3 clove(s) (5g)
onion, chopped
5/6 large (125g)
fresh cilantro, chopped
2 1/2 tbsp, chopped (7g)

For all 2 meals:

carrots
6 2/3 large (480g)
vegetarian burger crumbles
1 1/4 lbs (567g)
soy sauce
5 tbsp (75mL)
water
1/4 cup (50mL)
crushed red pepper
1/4 tbsp (2g)
lime juice
5 tsp (25mL)
oil
1/4 cup (50mL)
garlic, minced
3 1/3 clove(s) (10g)
onion, chopped
1 2/3 large (250g)
fresh cilantro, chopped
5 tbsp, chopped (15g)

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,

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

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

Lunch 3 [↗](#)

Eat on day 4 and day 5

Basic tofu sandwich

2 sandwich(es) - 884 cals ● 47g protein ● 42g fat ● 68g carbs ● 10g fiber



For single meal:

bread
4 slice(s) (128g)
mixed greens
2 oz (57g)
tomatoes
4 slice, medium (1/4" thick) (80g)
vegan cheese, sliced
2 slice(s) (40g)
vegan mayonnaise
1 tbsp (15g)
oil
2 tsp (10mL)
firm tofu, rinsed and patted dry
4 slice(s) (336g)

For all 2 meals:

bread
8 slice(s) (256g)
mixed greens
4 oz (113g)
tomatoes
8 slice, medium (1/4" thick) (160g)
vegan cheese, sliced
4 slice(s) (80g)
vegan mayonnaise
2 tbsp (30g)
oil
4 tsp (20mL)
firm tofu, rinsed and patted dry
8 slice(s) (672g)

1. Heat oil in a skillet over medium-high heat. Add tofu and cook both sides until browned.
2. Season tofu with whichever spices you prefer.
3. Assemble the sandwich by using the bread, vegan mayo, tofu, and the veggies. Feel free to add any low-calorie veggies or condiments.

Simple mixed greens salad

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



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

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 6 and day 7

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

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

Peanut tempeh

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



For single meal:

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)

For all 2 meals:

tempeh

1/2 lbs (227g)

peanut butter

4 tbsp (65g)

lemon juice

1 tbsp (15mL)

soy sauce

2 tsp (10mL)

nutritional yeast

1 tbsp (4g)

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.

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



For single meal:

water
1 cup(s) (237mL)
quinoa, uncooked
1/2 cup (85g)

For all 2 meals:

water
2 cup(s) (474mL)
quinoa, uncooked
1 cup (170g)

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.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

Instant oatmeal with almond milk

1 packet(s) - 241 cal ● 7g protein ● 8g fat ● 33g carbs ● 4g fiber



For single meal:

almond milk, unsweetened

3/4 cup (180mL)

flavored instant oatmeal

1 packet (43g)

For all 3 meals:

almond milk, unsweetened

2 1/4 cup (540mL)

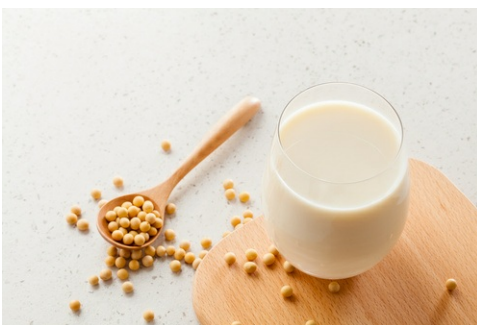
flavored instant oatmeal

3 packet (129g)

1. Put the oatmeal in a bowl and pour the milk over it.
2. Microwave for 90 seconds - 2 minutes.

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 3 meals:

soy milk, unsweetened

3 cup(s) (mL)

1. The recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

almond yogurt, flavored
1 container (150g)

For all 2 meals:

almond yogurt, flavored
2 container (300g)

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

Eat on day 1 and day 2

Naan bread

1/2 piece(s) - 131 cal ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

naan bread

1/2 piece(s) (45g)

For all 2 meals:

naan bread

1 piece(s) (90g)

1. The recipe has no instructions.

Spinach & hummus pasta

473 cal ● 15g protein ● 15g fat ● 62g carbs ● 7g fiber



For single meal:

hummus

1 2/3 oz (47g)

oil

2 tsp (10mL)

fresh spinach

2/3 cup(s) (20g)

lemon juice

1 tsp (5mL)

uncooked dry pasta

2 2/3 oz (76g)

tomatoes, chopped

1/3 medium whole (2-3/5" dia)
(41g)

garlic, diced

2/3 clove(s) (2g)

onion, diced

1/3 small (23g)

For all 2 meals:

hummus

1/4 lbs (95g)

oil

4 tsp (20mL)

fresh spinach

1 1/3 cup(s) (40g)

lemon juice

2 tsp (10mL)

uncooked dry pasta

1/3 lbs (152g)

tomatoes, chopped

2/3 medium whole (2-3/5" dia)
(82g)

garlic, diced

1 1/3 clove(s) (4g)

onion, diced

2/3 small (47g)

1. Cook pasta according to directions on package.
2. Heat oil in a large skillet over medium heat and cook onions for about 5 minutes.
3. Add in garlic, spinach, lemon juice and tomatoes and stir, cooking for about 3 minutes.
4. Add in hummus and mix well. Add a splash of water if needed.
5. Mix in pasta and season with salt/pepper to taste. Serve.

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Zoodles with avocado sauce

471 cals ● 10g protein ● 31g fat ● 18g carbs ● 20g fiber



For single meal:

water

1/3 cup(s) (79mL)

lemon juice

3 tbsp (45mL)

fresh basil

1 cup leaves, whole (24g)

tomatoes, halved

10 cherry tomatoes (170g)

zucchini

1 large (323g)

avocados, peeled and seed removed

1 avocado(s) (201g)

For all 2 meals:

water

2/3 cup(s) (158mL)

lemon juice

6 tbsp (90mL)

fresh basil

2 cup leaves, whole (48g)

tomatoes, halved

20 cherry tomatoes (340g)

zucchini

2 large (646g)

avocados, peeled and seed removed

2 avocado(s) (402g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

Sunflower seeds

316 cals ● 15g protein ● 25g fat ● 4g carbs ● 4g fiber



For single meal:
sunflower kernels
1 3/4 oz (50g)

For all 2 meals:
sunflower kernels
1/4 lbs (99g)

1. The recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5

Pasta with store-bought sauce

680 cal ● 23g protein ● 5g fat ● 126g carbs ● 10g fiber



uncooked dry pasta
1/3 lbs (152g)
pasta sauce
1/3 jar (24 oz) (224g)

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

Simple mixed greens and tomato salad

113 cal ● 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.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

oil
4 tsp (20mL)
firm tofu
1/2 lbs (227g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
firm tofu
1 lbs (454g)

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.

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.

Roasted brussels sprouts

232 cals ● 7g protein ● 14g fat ● 12g carbs ● 9g fiber



For single meal:

- salt**
2 dash (1g)
- black pepper**
1 1/3 dash, ground (0g)
- brussels sprouts**
1/2 lbs (227g)
- olive oil**
3 tsp (15mL)

For all 2 meals:

- salt**
4 dash (3g)
- black pepper**
1/3 tsp, ground (1g)
- brussels sprouts**
16 oz (454g)
- olive oil**
2 tbs (30mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven 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.
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