

# Meal Plan - vegan meal plan with over 50g protein

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1027 cal ● 52g protein (20%) ● 37g fat (32%) ● 108g carbs (42%) ● 14g fiber (6%)

### Breakfast

225 cal, 3g protein, 50g net carbs, 1g fat



**Fruit juice**

3/4 cup(s)- 86 cal



**Raisins**

1/4 cup- 137 cal

### Dinner

390 cal, 7g protein, 22g net carbs, 27g fat



**Veggie stuffed tomatoes (dairy-free)**

3 stuffed tomato(es)- 391 cal

### Lunch

305 cal, 18g protein, 35g net carbs, 8g fat



**Cherry tomatoes**

12 cherry tomatoes- 42 cal



**Seitan Philly vegan cheesesteak**

1/2 sub(s)- 261 cal

### Protein Supplement(s)

110 cal, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cal

## Day 2

1040 cal ● 53g protein (20%) ● 30g fat (26%) ● 123g carbs (47%) ● 15g fiber (6%)

### Breakfast

225 cal, 3g protein, 50g net carbs, 1g fat



**Fruit juice**

3/4 cup(s)- 86 cal



**Raisins**

1/4 cup- 137 cal

### Dinner

405 cal, 9g protein, 37g net carbs, 21g fat



**Simple mixed greens and tomato salad**

76 cal



**Avocado & greens vegan quesadilla**

1/2 quesadilla(s)- 328 cal

### Lunch

305 cal, 18g protein, 35g net carbs, 8g fat



**Cherry tomatoes**

12 cherry tomatoes- 42 cal



**Seitan Philly vegan cheesesteak**

1/2 sub(s)- 261 cal

### Protein Supplement(s)

110 cal, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cal

## Day 3

973 cals ● 55g protein (23%) ● 29g fat (27%) ● 105g carbs (43%) ● 17g fiber (7%)

### Breakfast

225 cals, 3g protein, 50g net carbs, 1g fat



**Fruit juice**

3/4 cup(s)- 86 cals



**Raisins**

1/4 cup- 137 cals

### Dinner

355 cals, 17g protein, 11g net carbs, 24g fat



**Simple salad with tomatoes and carrots**

98 cals



**Basic tofu**

6 oz- 257 cals

### Lunch

285 cals, 11g protein, 44g net carbs, 4g fat



**Egyptian quinoa salad**

285 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cals

## Day 4

1057 cals ● 93g protein (35%) ● 28g fat (24%) ● 92g carbs (35%) ● 16g fiber (6%)

### Breakfast

180 cals, 4g protein, 29g net carbs, 3g fat



**Orange**

1 orange(s)- 85 cals



**Vegan English bubble & squeak**

1 patties- 97 cals

### Dinner

355 cals, 39g protein, 20g net carbs, 11g fat



**Simple seitan**

5 oz- 305 cals



**Simple salad with tomatoes and carrots**

49 cals

### Lunch

410 cals, 25g protein, 42g net carbs, 14g fat



**Simple mixed greens salad**

68 cals



**Lentils**

116 cals



**Crispy chik'n tenders**

4 tender(s)- 229 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cals

## Day 5

990 cals ● 70g protein (28%) ● 28g fat (26%) ● 90g carbs (36%) ● 24g fiber (10%)

### Breakfast

180 cals, 4g protein, 29g net carbs, 3g fat



Orange

1 orange(s)- 85 cals



Vegan English bubble & squeak

1 patties- 97 cals

### Dinner

285 cals, 17g protein, 18g net carbs, 11g fat



Carrot & grounds stir fry

166 cals



Tossed salad

121 cals

### Lunch

410 cals, 25g protein, 42g net carbs, 14g fat



Simple mixed greens salad

68 cals



Lentils

116 cals



Crispy chik'n tenders

4 tender(s)- 229 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

## Day 6

1011 cals ● 75g protein (30%) ● 21g fat (19%) ● 110g carbs (44%) ● 19g fiber (8%)

### Breakfast

230 cals, 17g protein, 25g net carbs, 4g fat



Carrot sticks

1 1/2 carrot(s)- 41 cals



Orange

1 orange(s)- 85 cals



Protein shake (almond milk)

105 cals

### Dinner

330 cals, 23g protein, 29g net carbs, 11g fat



Lentils

174 cals



Cajun tofu

157 cals

### Lunch

340 cals, 12g protein, 56g net carbs, 5g fat



Simple salad with celery, cucumber & tomato

85 cals



Pasta with store-bought sauce

255 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



Protein shake

1 scoop- 109 cals

## Day 7

1011 cals ● 75g protein (30%) ● 21g fat (19%) ● 110g carbs (44%) ● 19g fiber (8%)

### Breakfast

230 cals, 17g protein, 25g net carbs, 4g fat



**Carrot sticks**

1 1/2 carrot(s)- 41 cals



**Orange**

1 orange(s)- 85 cals



**Protein shake (almond milk)**

105 cals

### Dinner

330 cals, 23g protein, 29g net carbs, 11g fat



**Lentils**

174 cals



**Cajun tofu**

157 cals

### Lunch

340 cals, 12g protein, 56g net carbs, 5g fat



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

85 cals



**Pasta with store-bought sauce**

255 cals

### Protein Supplement(s)

110 cals, 24g protein, 1g net carbs, 1g fat



**Protein shake**

1 scoop- 109 cals



# Grocery List



## Fruits and Fruit Juices

- ☐ fruit juice  
18 fl oz (540mL)
- ☐ raisins  
3/4 cup, packed (124g)
- ☐ avocados  
1/4 avocado(s) (50g)
- ☐ lemon juice  
1 tbsp (15mL)
- ☐ orange  
4 orange (616g)
- ☐ lime juice  
1/2 tsp (3mL)

## Vegetables and Vegetable Products

- ☐ tomatoes  
9 medium whole (2-3/5" dia) (1125g)
- ☐ bell pepper  
1 1/2 small (111g)
- ☐ onion  
1 1/4 medium (2-1/2" dia) (135g)
- ☐ fresh spinach  
1/4 10oz package (59g)
- ☐ zucchini  
3/4 large (242g)
- ☐ cucumber  
1 1/4 cucumber (8-1/4") (389g)
- ☐ carrots  
4 1/2 medium (279g)
- ☐ romaine lettuce  
1 1/4 hearts (625g)
- ☐ potatoes  
2 small (1-3/4" to 2-1/4" dia.) (184g)
- ☐ brussels sprouts  
1 cup, shredded (50g)
- ☐ ketchup  
2 tbsp (34g)
- ☐ garlic  
1/3 clove(s) (1g)
- ☐ fresh cilantro  
1/2 tbsp, chopped (2g)
- ☐ red onion  
1/8 medium (2-1/2" dia) (14g)
- ☐ raw celery  
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

## Other

- ☐ vegan cheese, sliced  
1 slice(s) (20g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (49mL)
- ☐ olive oil  
1 1/2 tbsp (23mL)
- ☐ salad dressing  
1/4 lbs (129mL)

## Cereal Grains and Pasta

- ☐ seitan  
1/2 lbs (227g)
- ☐ quinoa, uncooked  
1/3 cup (56g)
- ☐ uncooked dry pasta  
4 oz (114g)

## Beverages

- ☐ protein powder  
8 scoop (1/3 cup ea) (248g)
- ☐ water  
2/3 gallon (2496mL)
- ☐ almond milk, unsweetened  
1 cup (240mL)

## Spices and Herbs

- ☐ salt  
3 dash (2g)
- ☐ fresh basil  
1 tbsp, chopped (3g)
- ☐ turmeric, ground  
2 dash (1g)
- ☐ ground cumin  
4 dash (1g)
- ☐ crushed red pepper  
3/4 dash (0g)
- ☐ cajun seasoning  
1 tsp (2g)

## Baked Products

- ☐ flour tortillas  
1/2 tortilla (approx 12" dia) (59g)

## Soups, Sauces, and Gravies

- ☐ salsa  
1 tbsp (18g)

- ☐ **sub roll(s)**  
1 roll(s) (85g)
- ☐ **italian seasoning**  
1/2 tbsp (5g)
- ☐ **vegan cheese, shredded**  
1 1/2 oz (42g)
- ☐ **mixed greens**  
1 1/2 package (5.5 oz) (238g)
- ☐ **meatless chik'n tenders**  
8 pieces (204g)

- ☐ **hot sauce**  
2 tsp (10mL)
- ☐ **pasta sauce**  
1/4 jar (24 oz) (168g)

### **Legumes and Legume Products**

- ☐ **firm tofu**  
1 lbs (454g)
  - ☐ **lentils, raw**  
13 1/4 tbsp (160g)
  - ☐ **vegetarian burger crumbles**  
2 oz (57g)
  - ☐ **soy sauce**  
1/2 tbsp (8mL)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

**fruit juice**  
6 fl oz (180mL)

For all 3 meals:

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

1. The recipe has no instructions.

### Raisins

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



For single meal:

**raisins**  
4 tbsp, packed (41g)

For all 3 meals:

**raisins**  
3/4 cup, packed (124g)

1. The recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**

1 orange (154g)

For all 2 meals:

**orange**

2 orange (308g)

1. The recipe has no instructions.

### Vegan English bubble & squeak

1 patties - 97 cals ● 2g protein ● 2g fat ● 14g carbs ● 3g fiber



For single meal:

**oil**

1/2 tsp (3mL)

**hot sauce**

1 tsp (5mL)

**potatoes, peeled & cut into chunks**

1 small (1-3/4" to 2-1/4" dia.) (92g)

**brussels sprouts, shredded**

1/2 cup, shredded (25g)

For all 2 meals:

**oil**

1 tsp (5mL)

**hot sauce**

2 tsp (10mL)

**potatoes, peeled & cut into chunks**

2 small (1-3/4" to 2-1/4" dia.) (184g)

**brussels sprouts, shredded**

1 cup, shredded (50g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with hot sauce.

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**carrots**  
1 1/2 medium (92g)

For all 2 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. The recipe has no instructions.

### Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**almond milk, unsweetened**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

## Lunch 1 [🔗](#)

Eat on day 1 and day 2

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### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

#### tomatoes

12 cherry tomatoes (204g)

For all 2 meals:

#### tomatoes

24 cherry tomatoes (408g)

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

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### Seitan Philly vegan cheesesteak

1/2 sub(s) - 261 cals ● 16g protein ● 8g fat ● 30g carbs ● 2g fiber



For single meal:

#### vegan cheese, sliced

1/2 slice(s) (10g)

#### sub roll(s)

1/2 roll(s) (43g)

#### oil

1/4 tbsp (4mL)

#### bell pepper, sliced

1/4 small (19g)

#### onion, chopped

1/8 medium (2-1/2" dia) (14g)

#### seitan, cut into strips

1 1/2 oz (43g)

For all 2 meals:

#### vegan cheese, sliced

1 slice(s) (20g)

#### sub roll(s)

1 roll(s) (85g)

#### oil

1/2 tbsp (8mL)

#### bell pepper, sliced

1/2 small (37g)

#### onion, chopped

1/4 medium (2-1/2" dia) (28g)

#### seitan, cut into strips

3 oz (85g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
  2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
  3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
  4. When the seitan is done, add the veggies back in and mix until well-combined.
  5. Add the filling to the bun and serve!
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## Lunch 2 [↗](#)

Eat on day 3

### Egyptian quinoa salad

285 cals ● 11g protein ● 4g fat ● 44g carbs ● 7g fiber



#### lemon juice

1 tbsp (15mL)

#### fresh basil

1 tbsp, chopped (3g)

#### turmeric, ground

2 dash (1g)

#### ground cumin

4 dash (1g)

#### quinoa, uncooked

1/3 cup (56g)

#### tomatoes, finely chopped

1 small whole (2-2/5" dia) (91g)

#### bell pepper, seeds removed

1 small (74g)

#### cucumber, finely chopped

1/2 cucumber (8-1/4") (151g)

1. Cook quinoa according to directions on package, except add in cumin and turmeric to the water while it cooks.
2. While quinoa cooks, prepare remaining ingredients. (Optionally: you can halve the bell pepper and roast in the broiler for about 10 minutes, flipping once, or until skin blisters. Remove the skin and finely chop. This is optional and you can also just use finely chopped, raw bell pepper.)
3. When quinoa is cooked, let it cool for 5 minutes and then mix in all remaining ingredients.
4. Season with salt and pepper to taste. Serve.

## Lunch 3 [↗](#)

Eat on day 4 and day 5

### 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.

## Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**water**  
2/3 cup(s) (158mL)  
**salt**  
1/3 dash (0g)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (1g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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.

Crispy chik'n tenders

4 tender(s) - 229 cal● 16g protein ● 9g fat ● 21g carbs ● 0g fiber



For single meal:

**meatless chik'n tenders**  
4 pieces (102g)  
**ketchup**  
1 tbsp (17g)

For all 2 meals:

**meatless chik'n tenders**  
8 pieces (204g)  
**ketchup**  
2 tbsp (34g)

1. Cook chik'n tenders according to package.
  2. Serve with ketchup.
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## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

**salad dressing**

3 tsp (15mL)

**raw celery, chopped**

2/3 stalk, medium (7-1/2" - 8" long)  
(27g)

**mixed greens**

1/3 package (5.5 oz) (52g)

**cucumber, sliced**

1/3 cucumber (8-1/4") (100g)

**tomatoes, diced**

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

For all 2 meals:

**salad dressing**

2 tbsp (30mL)

**raw celery, chopped**

1 1/3 stalk, medium (7-1/2" - 8" long)  
(53g)

**mixed greens**

2/3 package (5.5 oz) (103g)

**cucumber, sliced**

2/3 cucumber (8-1/4") (201g)

**tomatoes, diced**

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

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

### Pasta with store-bought sauce

255 cals ● 9g protein ● 2g fat ● 47g carbs ● 4g fiber



For single meal:

**uncooked dry pasta**

2 oz (57g)

**pasta sauce**

1/8 jar (24 oz) (84g)

For all 2 meals:

**uncooked dry pasta**

4 oz (114g)

**pasta sauce**

1/4 jar (24 oz) (168g)

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

## Dinner 1 [🔗](#)

Eat on day 1

### Veggie stuffed tomatoes (dairy-free)

3 stuffed tomato(es) - 391 cals ● 7g protein ● 27g fat ● 22g carbs ● 7g fiber



Makes 3 stuffed tomato(es)

**fresh spinach**

1 1/2 cup(s) (45g)

**olive oil**

1 1/2 tbsp (23mL)

**salt**

1 1/2 dash (1g)

**italian seasoning**

1/2 tbsp (5g)

**tomatoes**

3 medium whole (2-3/5" dia) (369g)

**vegan cheese, shredded**

4 tbsp (28g)

**onion, diced**

3/4 medium (2-1/2" dia) (83g)

**zucchini, diced**

3/4 large (242g)

1. Preheat oven to 350 F (180 C).
2. Cut the top off each tomato and discard.
3. Take a spoon and hollow out each tomato, being sure not to puncture the walls. Discard the pulp and seeds.
4. Dry out the inside of the tomatoes with a paper towel. Salt insides and turn up side down over a paper towel to allow for further draining; set aside.
5. Dice zucchini and onion.
6. Heat oil in a skillet over medium heat. Add in zucchini, onion, Italian seasoning, and salt/pepper (to taste). Sauté until veggies have softened, about 4 minutes.
7. Toss in spinach and cook for another 2 minutes until wilted. Remove from heat.
8. Place tomatoes right side up on a baking dish. Take about half of the cheese and sprinkle at the bottom the tomatoes.
9. Stuff tomatoes with the veggie mixture and top with remaining cheese.
10. Bake for about 20-25 minutes until tomatoes are piping hot.
11. Optionally: place under broiler for about a minute to brown cheese.

## Dinner 2 [↗](#)

Eat on day 2

### Simple mixed greens and tomato salad

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



#### mixed greens

1 1/2 cup (45g)

#### tomatoes

4 tbsp cherry tomatoes (37g)

#### salad dressing

1 1/2 tbsp (23mL)

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

### Avocado & greens vegan quesadilla

1/2 quesadilla(s) - 328 cals ● 7g protein ● 16g fat ● 32g carbs ● 7g fiber



Makes 1/2 quesadilla(s)

#### flour tortillas

1/2 tortilla (approx 12" dia) (59g)

#### fresh spinach

1/2 oz (14g)

#### vegan cheese, shredded

1/2 oz (14g)

#### oil

1/4 tsp (1mL)

#### salsa

1 tbsp (18g)

#### avocados, thinly sliced

1/4 avocado(s) (50g)

1. Add cheese, spinach, and avocado slices to one half of the tortilla. Fold tortilla in half and gently press together.
2. Heat oil in a skillet over medium heat. Add quesadilla and cook until golden, about 2-3 minutes per side.
3. Slice and serve with salsa.

## Dinner 3 [↗](#)

Eat on day 3

### 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.

### Basic tofu

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



Makes 6 oz

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

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.

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## Dinner 4 [↗](#)

Eat on day 4

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### Simple seitan

5 oz - 305 cals ● 38g protein ● 10g fat ● 17g carbs ● 1g fiber



Makes 5 oz

**seitan**  
5 oz (142g)  
**oil**  
1 1/4 tsp (6mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
2. Season with salt, pepper, or seasonings of choice. Serve.

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### Simple salad with tomatoes and carrots

49 cals ● 2g protein ● 2g fat ● 4g carbs ● 3g fiber



**salad dressing**  
1 tsp (6mL)  
**carrots, sliced**  
1/8 medium (8g)  
**romaine lettuce, roughly chopped**  
1/4 hearts (125g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
  2. Pour dressing over when serving.
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## Dinner 5 [↗](#)

Eat on day 5

### Carrot & grounds stir fry

166 cals ● 12g protein ● 7g fat ● 8g carbs ● 5g fiber



**carrots**  
2/3 large (48g)  
**vegetarian burger crumbles**  
2 oz (57g)  
**soy sauce**  
1/2 tbsp (8mL)  
**water**  
1 tsp (5mL)  
**crushed red pepper**  
2/3 dash (0g)  
**lime juice**  
1/2 tsp (3mL)  
**oil**  
1 tsp (5mL)  
**garlic, minced**  
1/3 clove(s) (1g)  
**onion, chopped**  
1/6 large (25g)  
**fresh cilantro, chopped**  
1/2 tbsp, chopped (2g)

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,

### Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



**romaine lettuce, shredded**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 small whole (2-2/5" dia) (46g)  
**salad dressing**  
1 tbsp (15mL)  
**red onion, sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (38g)  
**carrots, peeled and shredded or sliced**  
1/2 small (5-1/2" long) (25g)

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 6 [↗](#)

Eat on day 6 and day 7

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**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.

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### Cajun tofu

157 cals ● 11g protein ● 11g fat ● 4g carbs ● 0g fiber



For single meal:

**cajun seasoning**  
4 dash (1g)  
**oil**  
1 tsp (5mL)  
**firm tofu, patted dry & cubed**  
5 oz (142g)

For all 2 meals:

**cajun seasoning**  
1 tsp (2g)  
**oil**  
2 tsp (10mL)  
**firm tofu, patted dry & cubed**  
10 oz (284g)

1. Preheat oven to 425°F (220°C).
  2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
  3. Bake until crisp, 20-25 minutes. Serve.
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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 scoop - 109 cals ● 24g protein ● 1g fat ● 1g carbs ● 1g fiber



For single meal:

**protein powder**

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

**water**

1 cup(s) (237mL)

For all 7 meals:

**protein powder**

7 scoop (1/3 cup ea) (217g)

**water**

7 cup(s) (1659mL)

1. The recipe has no instructions.
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