

# Meal Plan - 1700 calorie vegetarian meal plan

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

## Day 1

1725 cals ● 111g protein (26%) ● 84g fat (44%) ● 101g carbs (23%) ● 31g fiber (7%)

### Breakfast

280 cals, 15g protein, 16g net carbs, 17g fat



[Small granola bar](#)  
1 bar(s)- 119 cals



[Basic scrambled eggs](#)  
2 egg(s)- 159 cals

### Snacks

275 cals, 9g protein, 28g net carbs, 10g fat



[Toast with butter](#)  
2 slice(s)- 227 cals



[Raspberries](#)  
2/3 cup(s)- 48 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)  
1 1/2 scoop- 164 cals

### Lunch

500 cals, 17g protein, 22g net carbs, 33g fat



[Simple kale & avocado salad](#)  
230 cals



[Egg salad sandwich](#)  
1/2 sandwich(es)- 271 cals

### Dinner

505 cals, 33g protein, 33g net carbs, 23g fat



[Simple kale salad](#)  
1/2 cup(s)- 28 cals



[Vegan sausage & veggie sheet pan](#)  
480 cals

## Day 2

1725 cals ● 111g protein (26%) ● 84g fat (44%) ● 101g carbs (23%) ● 31g fiber (7%)

### Breakfast

280 cals, 15g protein, 16g net carbs, 17g fat



**Small granola bar**  
1 bar(s)- 119 cals



**Basic scrambled eggs**  
2 egg(s)- 159 cals

### Snacks

275 cals, 9g protein, 28g net carbs, 10g fat



**Toast with butter**  
2 slice(s)- 227 cals



**Raspberries**  
2/3 cup(s)- 48 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

500 cals, 17g protein, 22g net carbs, 33g fat



**Simple kale & avocado salad**  
230 cals



**Egg salad sandwich**  
1/2 sandwich(es)- 271 cals

### Dinner

505 cals, 33g protein, 33g net carbs, 23g fat



**Simple kale salad**  
1/2 cup(s)- 28 cals



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

## Day 3

1670 cals ● 127g protein (30%) ● 74g fat (40%) ● 91g carbs (22%) ● 35g fiber (8%)

### Breakfast

320 cals, 15g protein, 4g net carbs, 24g fat



**Hardboiled egg and avocado bowl**  
320 cals

### Snacks

210 cals, 11g protein, 14g net carbs, 10g fat



**String cheese**  
1 stick(s)- 83 cals



**Bell pepper strips and hummus**  
85 cals



**Grapes**  
44 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

490 cals, 24g protein, 42g net carbs, 23g fat



**Milk**  
1/2 cup(s)- 75 cals



**Greek cucumber & feta salad**  
182 cals



**Vegan meatball sub**  
1/2 sub(s)- 234 cals

### Dinner

485 cals, 40g protein, 30g net carbs, 16g fat



**Vegan crumbles**  
2 cup(s)- 292 cals



**Baked fries**  
193 cals

## Day 4

1741 cals ● 128g protein (29%) ● 71g fat (37%) ● 112g carbs (26%) ● 35g fiber (8%)

### Breakfast

320 cals, 15g protein, 4g net carbs, 24g fat



**Hardboiled egg and avocado bowl**  
320 cals

### Lunch

560 cals, 26g protein, 63g net carbs, 20g fat



**Cheese tortellini**  
300 cals



**Milk**  
1 3/4 cup(s)- 261 cals

### Snacks

210 cals, 11g protein, 14g net carbs, 10g fat



**String cheese**  
1 stick(s)- 83 cals



**Bell pepper strips and hummus**  
85 cals



**Grapes**  
44 cals

### Dinner

485 cals, 40g protein, 30g net carbs, 16g fat



**Vegan crumbles**  
2 cup(s)- 292 cals



**Baked fries**  
193 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 5

1676 cals ● 110g protein (26%) ● 73g fat (39%) ● 110g carbs (26%) ● 36g fiber (8%)

### Breakfast

320 cals, 15g protein, 4g net carbs, 24g fat



**Hardboiled egg and avocado bowl**  
320 cals

### Lunch

540 cals, 27g protein, 56g net carbs, 14g fat



**Moroccan chickpea wrap**  
1 wrap(s)- 469 cals



**Raspberries**  
1 cup(s)- 72 cals

### Snacks

195 cals, 6g protein, 28g net carbs, 5g fat



**Breakfast cereal**  
193 cals

### Dinner

460 cals, 25g protein, 22g net carbs, 28g fat



**Lentils**  
116 cals



**Basic tofu**  
8 oz- 342 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

## Day 6

1695 cals ● 117g protein (28%) ● 48g fat (25%) ● 164g carbs (39%) ● 36g fiber (8%)

### Breakfast

275 cals, 12g protein, 27g net carbs, 13g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Medium toasted bagel with butter**

1/2 bagel(s)- 196 cals

### Snacks

195 cals, 6g protein, 28g net carbs, 5g fat



**Breakfast cereal**

193 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

540 cals, 27g protein, 56g net carbs, 14g fat



**Moroccan chickpea wrap**

1 wrap(s)- 469 cals



**Raspberries**

1 cup(s)- 72 cals

### Dinner

525 cals, 35g protein, 52g net carbs, 15g fat



**Protein greek yogurt**

1 container- 139 cals



**Spiced chickpea tabbouleh bowl**

273 cals



**Roasted almonds**

1/8 cup(s)- 111 cals

## Day 7

1698 cals ● 107g protein (25%) ● 64g fat (34%) ● 145g carbs (34%) ● 30g fiber (7%)

### Breakfast

275 cals, 12g protein, 27g net carbs, 13g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Medium toasted bagel with butter**

1/2 bagel(s)- 196 cals

### Snacks

195 cals, 6g protein, 28g net carbs, 5g fat



**Breakfast cereal**

193 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

### Lunch

545 cals, 17g protein, 36g net carbs, 30g fat



**Walnuts**

1/6 cup(s)- 117 cals



**Lemony chickpea & zucchini bowl**

427 cals

### Dinner

525 cals, 35g protein, 52g net carbs, 15g fat



**Protein greek yogurt**

1 container- 139 cals



**Spiced chickpea tabbouleh bowl**

273 cals



**Roasted almonds**

1/8 cup(s)- 111 cals

# Grocery List



## Beverages

- ☐ protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- ☐ water  
11 cup(s) (2647mL)

## Baked Products

- ☐ bread  
6 slice (192g)
- ☐ flour tortillas  
2 tortilla (approx 7-8" dia) (98g)
- ☐ bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)

## Dairy and Egg Products

- ☐ butter  
1/4 stick (32g)
- ☐ eggs  
16 1/2 medium (732g)
- ☐ string cheese  
2 stick (56g)
- ☐ whole milk  
3 3/4 cup(s) (900mL)
- ☐ feta cheese  
3 tbsp, crumbled (28g)
- ☐ nonfat greek yogurt, plain  
2/3 cup (186g)

## Fruits and Fruit Juices

- ☐ raspberries  
3 1/3 cup (410g)
- ☐ avocados  
2 1/2 avocado(s) (503g)
- ☐ lemon  
1 small (58g)
- ☐ grapes  
1 1/2 cup (138g)
- ☐ lemon juice  
2 1/4 tbsp (34mL)

## Vegetables and Vegetable Products

- ☐ kale leaves  
1/2 lbs (210g)
- ☐ carrots  
2 medium (122g)
- ☐ broccoli  
2 cup chopped (182g)

## Other

- ☐ italian seasoning  
1 1/4 tsp (5g)
- ☐ vegan sausage  
2 sausage (200g)
- ☐ sub roll(s)  
1/2 roll(s) (43g)
- ☐ nutritional yeast  
4 dash (1g)
- ☐ vegan meatballs, frozen  
2 meatball(s) (60g)
- ☐ protein greek yogurt, flavored  
2 container (300g)

## Snacks

- ☐ small granola bar  
2 bar (50g)

## Spices and Herbs

- ☐ salt  
2 1/4 g (2g)
- ☐ black pepper  
1/2 tsp (0g)
- ☐ paprika  
1 dash (1g)
- ☐ yellow mustard  
2 dash or 1 packet (1g)
- ☐ red wine vinegar  
1 1/2 tbsp (23mL)
- ☐ dill weed, fresh  
3/4 tbsp, chopped (1g)
- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ cinnamon  
2 dash (1g)
- ☐ ground ginger  
2 dash (1g)
- ☐ basil, dried  
2 dash, leaves (0g)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
4 cup (400g)
- ☐ hummus  
1/3 cup (81g)
- ☐ lentils, raw  
2 3/4 tbsp (32g)

- ☐ **potatoes**  
1 1/4 lbs (553g)
- ☐ **onion**  
1 1/2 medium (2-1/2" dia) (175g)
- ☐ **bell pepper**  
1 1/3 large (221g)
- ☐ **cucumber**  
1 cucumber (8-1/4") (301g)
- ☐ **fresh parsley**  
17 sprigs (17g)
- ☐ **tomatoes**  
1/2 roma tomato (40g)
- ☐ **zucchini**  
1/2 large (162g)
- ☐ **garlic**  
1 clove(s) (3g)

### **Fats and Oils**

- ☐ **salad dressing**  
1 tbsp (15mL)
- ☐ **oil**  
3 oz (87mL)
- ☐ **mayonnaise**  
2 tbsp (30mL)
- ☐ **olive oil**  
1/2 tbsp (8mL)

- ☐ **firm tofu**  
1/2 lbs (227g)
- ☐ **chickpeas, canned**  
2 can(s) (896g)

### **Soups, Sauces, and Gravies**

- ☐ **pasta sauce**  
1/4 jar (24 oz) (145g)

### **Meals, Entrees, and Side Dishes**

- ☐ **frozen cheese tortellini**  
4 oz (113g)

### **Breakfast Cereals**

- ☐ **breakfast cereal**  
3 serving (90g)

### **Cereal Grains and Pasta**

- ☐ **instant couscous, flavored**  
1/2 box (5.8 oz) (82g)

### **Nut and Seed Products**

- ☐ **almonds**  
4 tbsp, whole (36g)
  - ☐ **walnuts**  
2 3/4 tbsp, shelled (17g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Small granola bar

1 bar(s) - 119 cal ● 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.

### Basic scrambled eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Hardboiled egg and avocado bowl

320 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

**onion**  
1 tbsp chopped (10g)  
**bell pepper**  
1 tbsp, diced (9g)  
**black pepper**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**salt**  
1 dash (0g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

For all 3 meals:

**onion**  
3 tbsp chopped (30g)  
**bell pepper**  
3 tbsp, diced (28g)  
**black pepper**  
3 dash (0g)  
**eggs**  
6 large (300g)  
**salt**  
3 dash (1g)  
**avocados, chopped**  
1 1/2 avocado(s) (302g)

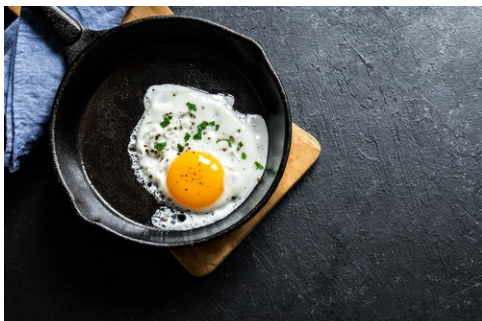
1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**oil**  
1/4 tsp (1mL)

For all 2 meals:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

## Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber





For single meal:

**bagel**

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

**butter**

1/2 tbsp (7g)

For all 2 meals:

**bagel**

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

**butter**

1 tbsp (14g)

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

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## Lunch 1 [🔗](#)

Eat on day 1 and day 2

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### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

**kale leaves, chopped**

1/2 bunch (85g)

**avocados, chopped**

1/2 avocado(s) (101g)

**lemon, juiced**

1/2 small (29g)

For all 2 meals:

**kale leaves, chopped**

1 bunch (170g)

**avocados, chopped**

1 avocado(s) (201g)

**lemon, juiced**

1 small (58g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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### Egg salad sandwich

1/2 sandwich(es) - 271 cals ● 13g protein ● 18g fat ● 13g carbs ● 2g fiber



For single meal:

- eggs**  
1 1/2 medium (66g)
- mayonnaise**  
1 tbsp (15mL)
- salt**  
1/2 dash (0g)
- black pepper**  
1/2 dash (0g)
- bread**  
1 slice (32g)
- paprika**  
1/2 dash (0g)
- onion, chopped**  
1/8 small (9g)
- yellow mustard**  
1 dash or 1 packet (1g)

For all 2 meals:

- eggs**  
3 medium (132g)
- mayonnaise**  
2 tbsp (30mL)
- salt**  
1 dash (0g)
- black pepper**  
1 dash (0g)
- bread**  
2 slice (64g)
- paprika**  
1 dash (1g)
- onion, chopped**  
1/4 small (18g)
- yellow mustard**  
2 dash or 1 packet (1g)

1. Put the eggs in a small saucepan and fill it with water until eggs are covered.
2. Bring the water to a boil and continue boiling for 8 minutes.
3. Remove the saucepan from the stove and douse the eggs in cold water. Let them stand in the cold water until cool (~5 mins).
4. Peel the eggs and mash them together with the remaining ingredients besides the bread. If you prefer you can chop the eggs (instead of mashing them) before mixing them with everything else.
5. Spread the mixture on 1 slice of bread and top with the other.

## Lunch 2 [↗](#)

Eat on day 3

### Milk

1/2 cup(s) - 75 cal● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



Makes 1/2 cup(s)

- whole milk**  
1/2 cup(s) (120mL)

1. The recipe has no instructions.

### Greek cucumber &feta salad

182 cal● 6g protein ● 13g fat ● 9g carbs ● 1g fiber



**feta cheese**  
3 tbsp, crumbled (28g)  
**red wine vinegar**  
1 1/2 tbsp (23mL)  
**olive oil**  
1/2 tbsp (8mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**dill weed, fresh**  
3/4 tbsp, chopped (1g)  
**cucumber**  
3/4 cucumber (8-1 1/4") (226g)

1. Cut cucumber to preferred size.
2. In a small bowl, whisk together the oil, vinegar, salt, and pepper.
3. Drizzle over cucumbers.
4. Sprinkle dill and feta on top.
5. Serve.

## Vegan meatball sub

1/2 sub(s) - 234 cals ● 14g protein ● 6g fat ● 27g carbs ● 4g fiber



Makes 1/2 sub(s)

**sub roll(s)**  
1/2 roll(s) (43g)  
**nutritional yeast**  
4 dash (1g)  
**pasta sauce**  
2 tbsp (33g)  
**vegan meatballs, frozen**  
2 meatball(s) (60g)

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 3 [↗](#)

Eat on day 4

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### Cheese tortellini

300 cals ● 12g protein ● 7g fat ● 43g carbs ● 5g fiber



**pasta sauce**  
1/6 jar (24 oz) (112g)  
**frozen cheese tortellini**  
4 oz (113g)

1. Prepare tortellini according to instructions on package.
2. Top with sauce and enjoy.

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## Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



Makes 1 3/4 cup(s)

**whole milk**  
1 3/4 cup(s) (420mL)

1. The recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5 and day 6

### Moroccan chickpea wrap

1 wrap(s) - 469 cals ● 25g protein ● 14g fat ● 49g carbs ● 13g fiber



For single meal:

**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**nonfat greek yogurt, plain**  
1/3 cup (93g)  
**ground cumin**  
4 dash (1g)  
**fresh parsley**  
5 sprigs (5g)  
**cinnamon**  
1 dash (0g)  
**ground ginger**  
1 dash (0g)  
**oil**  
1 tsp (5mL)  
**chickpeas, canned, drained**  
1/2 can(s) (224g)  
**bell pepper, deseeded, sliced**  
1/2 small (37g)  
**onion, sliced**  
1/8 small (9g)

For all 2 meals:

**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**nonfat greek yogurt, plain**  
2/3 cup (186g)  
**ground cumin**  
1 tsp (2g)  
**fresh parsley**  
10 sprigs (10g)  
**cinnamon**  
2 dash (1g)  
**ground ginger**  
2 dash (1g)  
**oil**  
2 tsp (10mL)  
**chickpeas, canned, drained**  
1 can(s) (448g)  
**bell pepper, deseeded, sliced**  
1 small (74g)  
**onion, sliced**  
1/4 small (18g)

1. Preheat oven to 350F (180C) and line a baking sheet with parchment paper.
2. Toss chickpeas with oil, spread evenly on the baking sheet and roast for 15 minutes.
3. Add sliced onions and pepper to the baking sheet and continue roasting for 15 more minutes.
4. Once slightly cooled, sprinkle with cumin, ginger, cinnamon, and salt/pepper to taste.
5. Assemble wrap by spreading the greek yogurt on the tortilla and adding the chickpeas, pepper, onion, and parsley. Serve.

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**  
1 cup (123g)

For all 2 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

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## Lunch 5 [↗](#)

Eat on day 7

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### Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



Makes 1/6 cup(s)

**walnuts**  
2 2/3 tbsp, shelled (17g)

1. The recipe has no instructions.

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### Lemony chickpea & zucchini bowl

427 cals ● 15g protein ● 19g fat ● 35g carbs ● 14g fiber





**lemon juice**  
2 tbsp (30mL)  
**basil, dried**  
2 dash, leaves (0g)  
**oil**  
1 tbsp (15mL)  
**italian seasoning**  
2 dash (1g)  
**onion, thinly sliced**  
1 medium (2-1/2" dia) (110g)  
**fresh parsley, chopped**  
5 sprigs (5g)  
**zucchini, sliced into rounds**  
1/2 large (162g)  
**garlic, minced**  
1 clove(s) (3g)  
**chickpeas, canned, rinsed and drained**  
1/2 can(s) (224g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)

For all 2 meals:

**bread**  
4 slice (128g)  
**butter**  
4 tsp (18g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

## Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

**raspberries**  
2/3 cup (82g)

For all 2 meals:

**raspberries**  
1 1/3 cup (164g)

1. Rinse raspberries and serve.

## Snacks 2 [↗](#)

Eat on day 3 and day 4

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### 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.

### Grapes

44 cals ● 1g protein ● 0g fat ● 7g carbs ● 3g fiber





For single meal:

**grapes**  
3/4 cup (69g)

For all 2 meals:

**grapes**  
1 1/2 cup (138g)

1. The recipe has no instructions.

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## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

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### Breakfast cereal

193 cals ● 6g protein ● 5g fat ● 28g carbs ● 3g fiber



For single meal:

**whole milk**  
1/2 cup(s) (120mL)  
**breakfast cereal**  
1 serving (30g)

For all 3 meals:

**whole milk**  
1 1/2 cup(s) (360mL)  
**breakfast cereal**  
3 serving (90g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Simple kale salad

1/2 cup(s) - 28 cal ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

**kale leaves**  
1/2 cup, chopped (20g)  
**salad dressing**  
1/2 tbsp (8mL)

For all 2 meals:

**kale leaves**  
1 cup, chopped (40g)  
**salad dressing**  
1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

### Vegan sausage & veggie sheet pan

480 cal ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



For single meal:

**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)  
**carrots, sliced**  
1 medium (61g)  
**broccoli, chopped**  
1 cup chopped (91g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**italian seasoning**  
1 tsp (4g)  
**carrots, sliced**  
2 medium (122g)  
**broccoli, chopped**  
2 cup chopped (182g)  
**vegan sausage, cut into bite sized pieces**  
2 sausage (200g)  
**potatoes, cut into wedges**  
2 small (1-3/4" to 2-1/4" dia.) (184g)

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.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

1. Cook crumbles according to package instructions. Season with salt and pepper.
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### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



For single meal:

**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**potatoes**  
1 large (3" to 4-1/4" dia.) (369g)  
**oil**  
1 tbsp (15mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
  2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
  3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.
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## Dinner 3 [↗](#)

Eat on day 5

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### Lentils

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



#### water

2/3 cup(s) (158mL)

#### salt

1/3 dash (0g)

#### lentils, raw, rinsed

2 2/3 tbsp (32g)

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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### Basic tofu

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



Makes 8 oz

#### oil

4 tsp (20mL)

#### firm tofu

1/2 lbs (227g)

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 6 and day 7

### Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 2 meals:

**protein greek yogurt, flavored**  
2 container (300g)

1. Enjoy.

### Spiced chickpea tabbouleh bowl

273 cal ● 11g protein ● 3g fat ● 42g carbs ● 8g fiber



For single meal:

**instant couscous, flavored**  
1/4 box (5.8 oz) (41g)  
**oil**  
1/8 tsp (1mL)  
**ground cumin**  
2 dash (1g)  
**lemon juice**  
3/8 tsp (2mL)  
**cucumber, chopped**  
1/8 cucumber (8-1/4") (38g)  
**chickpeas, canned, drained & rinsed**  
1/4 can(s) (112g)  
**tomatoes, chopped**  
1/4 roma tomato (20g)  
**fresh parsley, chopped**  
1 sprigs (1g)

For all 2 meals:

**instant couscous, flavored**  
1/2 box (5.8 oz) (82g)  
**oil**  
1/4 tsp (1mL)  
**ground cumin**  
4 dash (1g)  
**lemon juice**  
1/4 tbsp (4mL)  
**cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)  
**chickpeas, canned, drained & rinsed**  
1/2 can(s) (224g)  
**tomatoes, chopped**  
1/2 roma tomato (40g)  
**fresh parsley, chopped**  
2 sprigs (2g)

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.

### Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber





For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cal ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)  
**water**  
1 1/2 cup(s) (356mL)

For all 7 meals:

**protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)  
**water**  
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.
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