

# Meal Plan - 2300 calorie vegetarian 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

2286 cals ● 148g protein (26%) ● 99g fat (39%) ● 164g carbs (29%) ● 38g fiber (7%)

### Breakfast

360 cals, 17g protein, 33g net carbs, 17g fat



**Egg & cheese mini muffin**  
4 mini muffin(s)- 224 cals



**Dried cranberries**  
1/4 cup- 136 cals

### Snacks

275 cals, 8g protein, 31g net carbs, 11g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



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

### Lunch

725 cals, 33g protein, 53g net carbs, 37g fat



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals



**Grilled cheese with sun dried tomatoes & spinach**  
1 sandwich(es)- 547 cals

### Dinner

710 cals, 42g protein, 46g net carbs, 33g fat



**Simple mixed greens and tomato salad**  
151 cals



**Basic tempeh**  
6 oz- 443 cals



**Brown rice**  
1/2 cup brown rice, cooked- 115 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 2

2286 cals ● 148g protein (26%) ● 99g fat (39%) ● 164g carbs (29%) ● 38g fiber (7%)

### Breakfast

360 cals, 17g protein, 33g net carbs, 17g fat



**Egg & cheese mini muffin**  
4 mini muffin(s)- 224 cals



**Dried cranberries**  
1/4 cup- 136 cals

### Snacks

275 cals, 8g protein, 31g net carbs, 11g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



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

### Lunch

725 cals, 33g protein, 53g net carbs, 37g fat



**Chunky canned soup (creamy)**  
1/2 can(s)- 177 cals



**Grilled cheese with sun dried tomatoes & spinach**  
1 sandwich(es)- 547 cals

### Dinner

710 cals, 42g protein, 46g net carbs, 33g fat



**Simple mixed greens and tomato salad**  
151 cals



**Basic tempeh**  
6 oz- 443 cals



**Brown rice**  
1/2 cup brown rice, cooked- 115 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 3

2334 cals ● 173g protein (30%) ● 91g fat (35%) ● 171g carbs (29%) ● 36g fiber (6%)

### Breakfast

375 cals, 18g protein, 38g net carbs, 15g fat



**Simple cinnamon oatmeal with water**  
217 cals



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

### Lunch

665 cals, 49g protein, 57g net carbs, 24g fat



**Protein greek yogurt**  
1 container- 139 cals



**Simple plant-based deli wrap**  
1 wrap(s)- 426 cals



**Simple mixed greens salad**  
102 cals

### Snacks

310 cals, 10g protein, 47g net carbs, 7g fat



**Peach**  
1 peach(es)- 66 cals



**Simple cinnamon oatmeal with milk**  
246 cals

### Dinner

760 cals, 48g protein, 28g net carbs, 44g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Seitan salad**  
539 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 4

2317 cals ● 162g protein (28%) ● 80g fat (31%) ● 204g carbs (35%) ● 33g fiber (6%)

### Breakfast

375 cals, 18g protein, 38g net carbs, 15g fat



**Simple cinnamon oatmeal with water**  
217 cals



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

### Snacks

310 cals, 10g protein, 47g net carbs, 7g fat



**Peach**  
1 peach(es)- 66 cals



**Simple cinnamon oatmeal with milk**  
246 cals

### Lunch

665 cals, 49g protein, 57g net carbs, 24g fat



**Protein greek yogurt**  
1 container- 139 cals



**Simple plant-based deli wrap**  
1 wrap(s)- 426 cals



**Simple mixed greens salad**  
102 cals

### Dinner

745 cals, 36g protein, 61g net carbs, 34g fat



**Brown rice**  
1/2 cup brown rice, cooked- 115 cals



**Milk**  
1 cup(s)- 149 cals



**Goat cheese and marinara stuffed zucchini**  
5 zucchini halve(s)- 480 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 5

2252 cals ● 170g protein (30%) ● 63g fat (25%) ● 218g carbs (39%) ● 35g fiber (6%)

### Breakfast

375 cals, 18g protein, 38g net carbs, 15g fat



**Simple cinnamon oatmeal with water**  
217 cals



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

### Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



**Green protein shake**  
261 cals

### Lunch

710 cals, 34g protein, 84g net carbs, 21g fat



**Simple mixed greens and tomato salad**  
151 cals



**Rice pilaf with meatless meatballs**  
558 cals

### Dinner

690 cals, 42g protein, 66g net carbs, 25g fat



**Simple mixed greens salad**  
237 cals



**Teriyaki seitan with veggies and rice**  
451 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 6

2221 cals ● 165g protein (30%) ● 63g fat (25%) ● 219g carbs (39%) ● 31g fiber (6%)

### Breakfast

345 cals, 13g protein, 38g net carbs, 15g fat



#### Milk

1 cup(s)- 149 cals



#### Medium toasted bagel with butter

1/2 bagel(s)- 196 cals

### Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



#### Green protein shake

261 cals

### Lunch

710 cals, 34g protein, 84g net carbs, 21g fat



#### Simple mixed greens and tomato salad

151 cals



#### Rice pilaf with meatless meatballs

558 cals

### Dinner

690 cals, 42g protein, 66g net carbs, 25g fat



#### Simple mixed greens salad

237 cals



#### Teriyaki seitan with veggies and rice

451 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

## Day 7

2328 cals ● 144g protein (25%) ● 63g fat (25%) ● 250g carbs (43%) ● 45g fiber (8%)

### Breakfast

345 cals, 13g protein, 38g net carbs, 15g fat



#### Milk

1 cup(s)- 149 cals



#### Medium toasted bagel with butter

1/2 bagel(s)- 196 cals

### Snacks

260 cals, 27g protein, 28g net carbs, 1g fat



#### Green protein shake

261 cals

### Lunch

785 cals, 20g protein, 100g net carbs, 27g fat



#### Peach

1 peach(es)- 66 cals



#### Tomato soup

2 can(s)- 421 cals



#### Roasted almonds

1/3 cup(s)- 296 cals

### Dinner

720 cals, 35g protein, 82g net carbs, 20g fat



#### Lentil Soup

722 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



#### Protein shake

2 scoop- 218 cals

# Grocery List



## Beverages

- protein powder  
14 scoop (1/3 cup ea) (434g)
- water  
22 1/4 cup (5338mL)
- protein powder, vanilla  
3 scoop (1/3 cup ea) (93g)

## Nut and Seed Products

- almonds  
13 1/4 tbsp, whole (119g)

## Breakfast Cereals

- flavored instant oatmeal  
2 packet (86g)
- quick oats  
2 1/4 cup (180g)

## Soups, Sauces, and Gravies

- chunky canned soup (creamy varieties)  
1 can (~19 oz) (533g)
- pesto sauce  
2 tbsp (32g)
- pasta sauce  
10 tbsp (163g)
- condensed canned tomato soup  
2 can (10.5 oz) (596g)

## Baked Products

- bread  
4 slice (128g)
- flour tortillas  
2 tortilla (approx 10" dia) (144g)
- bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)

## Vegetables and Vegetable Products

- sun-dried tomatoes  
2 oz (57g)
- fresh spinach  
6 2/3 cup(s) (200g)
- tomatoes  
5 1/2 medium whole (2-3/5" dia) (664g)
- zucchini  
2 1/2 large (808g)

## Fruits and Fruit Juices

- dried cranberries  
1/2 cup (80g)
- peach  
3 medium (2-2/3" dia) (450g)
- avocados  
3/8 avocado(s) (75g)
- banana  
1 1/2 medium (7" to 7-7/8" long) (177g)
- orange  
3 orange (462g)

## Other

- mixed greens  
28 cup (840g)
- protein greek yogurt, flavored  
2 container (300g)
- plant-based deli slices  
14 slices (146g)
- nutritional yeast  
1/2 tbsp (2g)
- vegan meatballs, frozen  
9 meatball(s) (270g)
- snow peas  
3/8 cup (32g)
- teriyaki sauce  
1/4 cup (53mL)

## Legumes and Legume Products

- tempeh  
3/4 lbs (340g)
- hummus  
4 tbsp (60g)
- lentils, raw  
2/3 cup (128g)

## Spices and Herbs

- salt  
1/4 tbsp (4g)
- black pepper  
1/2 tsp, ground (1g)
- cinnamon  
1 1/2 tbsp (12g)
- oregano, dried  
1/3 tsp, leaves (0g)
- basil, dried  
1/3 tsp, leaves (0g)

**frozen mixed veggies**  
2/3 package (10 oz ea) (192g)

**canned crushed tomatoes**  
1/3 can (135g)

**onion**  
1/3 medium (2-1/2" dia) (37g)

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

**garlic**  
2/3 clove(s) (2g)

**carrots**  
2/3 medium (41g)

## Fats and Oils

**olive oil**  
1 oz (30mL)

**salad dressing**  
1 3/4 cup (428mL)

**oil**  
1 3/4 oz (53mL)

## Dairy and Egg Products

**provolone cheese**  
4 slice(s) (112g)

**eggs**  
10 large (500g)

**cheddar cheese**  
6 tbsp, shredded (42g)

**whole milk**  
4 cup(s) (991mL)

**goat cheese**  
2 1/2 oz (71g)

**butter**  
1 tbsp (14g)

---

## Cereal Grains and Pasta

**brown rice**  
1/2 cup (95g)

**seitan**  
3/4 lbs (354g)

**long-grain white rice**  
1/3 cup (62g)

## Sweets

**sugar**  
1/4 cup (59g)

## Meals, Entrees, and Side Dishes

**flavored rice mix**  
3/4 box (8 oz) (170g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Egg & cheese mini muffin

4 mini muffin(s) - 224 cals ● 17g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**water**  
2 tsp (10mL)  
**cheddar cheese**  
3 tbsp, shredded (21g)

For all 2 meals:

**eggs**  
4 large (200g)  
**water**  
4 tsp (20mL)  
**cheddar cheese**  
6 tbsp, shredded (42g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

### Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**dried cranberries**  
4 tbsp (40g)

For all 2 meals:

**dried cranberries**  
1/2 cup (80g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Simple cinnamon oatmeal with water

217 cals ● 6g protein ● 3g fat ● 37g carbs ● 5g fiber



For single meal:

**quick oats**  
1/2 cup (40g)  
**sugar**  
1 tbsp (13g)  
**cinnamon**  
1 tsp (3g)  
**water**  
3/4 cup(s) (178mL)

For all 3 meals:

**quick oats**  
1 1/2 cup (120g)  
**sugar**  
3 tbsp (39g)  
**cinnamon**  
1 tbsp (8g)  
**water**  
2 1/4 cup(s) (533mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

### Basic fried eggs

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



For single meal:

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

For all 3 meals:

**eggs**  
6 large (300g)  
**oil**  
1/2 tbsp (8mL)

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.

## Breakfast 3

Eat on day 6 and day 7

### Milk

1 cup(s) - 149 cals  8g protein  8g fat  12g carbs  0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no instructions.

### 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.

## Lunch 1 ↗

Eat on day 1 and day 2

### Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:

**chunky canned soup (creamy varieties)**  
1/2 can (~19 oz) (267g)

For all 2 meals:

**chunky canned soup (creamy varieties)**  
1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

### Grilled cheese with sun dried tomatoes & spinach

1 sandwich(es) - 547 cals ● 27g protein ● 28g fat ● 38g carbs ● 8g fiber



For single meal:

**bread**  
2 slice (64g)  
**pesto sauce**  
1 tbsp (16g)  
**sun-dried tomatoes**  
1 oz (28g)  
**fresh spinach**  
1/4 cup(s) (8g)  
**olive oil**  
1 tsp (5mL)  
**provolone cheese**  
2 slice(s) (56g)

For all 2 meals:

**bread**  
4 slice (128g)  
**pesto sauce**  
2 tbsp (32g)  
**sun-dried tomatoes**  
2 oz (57g)  
**fresh spinach**  
1/2 cup(s) (15g)  
**olive oil**  
2 tsp (10mL)  
**provolone cheese**  
4 slice(s) (112g)

1. Divide the olive oil over the outside of each slice of bread.
2. On one slice, spread the pesto, then layer a slice of cheese, topped with the tomatoes and spinach. Place the second slice of the cheese on top and close the sandwich.
3. Cook the sandwiches on a skillet over medium heat, about 2-4 minutes on each side. Serve warm.

## Lunch 2 ↗

Eat on day 3 and day 4

### Protein greek yogurt

1 container - 139 cals ● 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.

### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 27g protein ● 14g fat ● 43g carbs ● 6g fiber



For single meal:

**plant-based deli slices**  
7 slices (73g)  
**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**mixed greens**  
1/2 cup (15g)  
**tomatoes**  
2 slice(s), thin/small (30g)  
**hummus**  
2 tbsp (30g)

For all 2 meals:

**plant-based deli slices**  
14 slices (146g)  
**flour tortillas**  
2 tortilla (approx 10" dia) (144g)  
**mixed greens**  
1 cup (30g)  
**tomatoes**  
4 slice(s), thin/small (60g)  
**hummus**  
4 tbsp (60g)

1. Spread hummus over tortilla. Top tortilla with plant-based deli slices, mixed greens, and tomatoes. Season with a little salt/pepper.
2. Wrap up and serve.

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

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

## Lunch 3

Eat on day 5 and day 6

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

**salad dressing**

3 tbsp (45mL)

For all 2 meals:

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

**salad dressing**

6 tbsp (90mL)

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

### Rice pilaf with meatless meatballs

558 cals ● 31g protein ● 12g fat ● 74g carbs ● 8g fiber



For single meal:

**flavored rice mix**

3/8 box (8 oz) (85g)

**vegan meatballs, frozen**

4 1/2 meatball(s) (135g)

**tomatoes**

4 1/2 cherry tomatoes (77g)

**snow peas, ends trimmed**

1/6 cup (16g)

For all 2 meals:

**flavored rice mix**

3/4 box (8 oz) (170g)

**vegan meatballs, frozen**

9 meatball(s) (270g)

**tomatoes**

9 cherry tomatoes (153g)

**snow peas, ends trimmed**

3/8 cup (32g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

## Lunch 4 ↗

Eat on day 7

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1 peach(es)

**peach**

1 medium (2-2/3" dia) (150g)

1. The recipe has no instructions.

### Tomato soup

2 can(s) - 421 cals ● 9g protein ● 3g fat ● 84g carbs ● 7g fiber



Makes 2 can(s)

**condensed canned tomato soup**

2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.

### Roasted almonds

1/3 cup(s) - 296 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

**almonds**

1/3 cup, whole (48g)

1. The recipe has no instructions.

## Snacks 1 ↗

Eat on day 1 and day 2

### Roasted almonds

1/8 cup(s) - 111 cals ● 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.

### 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 and day 4

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

### Simple cinnamon oatmeal with milk

246 cals ● 8g protein ● 7g fat ● 35g carbs ● 4g fiber



For single meal:

**sugar**  
3/4 tbsp (10g)  
**cinnamon**  
1/4 tbsp (2g)  
**whole milk**  
1/2 cup(s) (135mL)  
**quick oats**  
6 tbsp (30g)

For all 2 meals:

**sugar**  
1 1/2 tbsp (20g)  
**cinnamon**  
1/2 tbsp (4g)  
**whole milk**  
1 cup(s) (270mL)  
**quick oats**  
3/4 cup (60g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Green protein shake

261 cals ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

**water**  
1/4 cup(s) (59mL)  
**fresh spinach**  
1 cup(s) (30g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen**  
1/2 medium (7" to 7-7/8" long)  
(59g)  
**orange, peeled, sliced, and  
deseeded**  
1 orange (154g)

For all 3 meals:

**water**  
3/4 cup(s) (178mL)  
**fresh spinach**  
3 cup(s) (90g)  
**protein powder, vanilla**  
3 scoop (1/3 cup ea) (93g)  
**banana, frozen**  
1 1/2 medium (7" to 7-7/8" long)  
(177g)  
**orange, peeled, sliced, and  
deseeded**  
3 orange (462g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

## Dinner 1 ↗

Eat on day 1 and day 2

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**tomatoes**  
1 cup cherry tomatoes (149g)  
**salad dressing**  
6 tbsp (90mL)

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

## Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

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

For all 2 meals:

**tempeh**  
3/4 lbs (340g)  
**oil**  
2 tbsp (30mL)

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.

## Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

For all 2 meals:

**salt**  
2 dash (1g)  
**water**  
2/3 cup(s) (158mL)  
**black pepper**  
2 dash, ground (1g)  
**brown rice**  
1/3 cup (63g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

---

## Dinner 2 ↗

Eat on day 3

---

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

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

1. The recipe has no instructions.

---

## Seitan salad

539 cals ● 40g protein ● 27g fat ● 25g carbs ● 10g fiber



**oil**  
1/2 tbsp (8mL)  
**nutritional yeast**  
1/2 tbsp (2g)  
**salad dressing**  
1 1/2 tbsp (23mL)  
**fresh spinach**  
3 cup(s) (90g)  
**seitan, crumbled or sliced**  
1/4 lbs (128g)  
**tomatoes, halved**  
9 cherry tomatoes (153g)  
**avocados, chopped**  
3/8 avocado(s) (75g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

## Dinner 3 ↗

Eat on day 4

### Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

**salt**  
1 dash (1g)  
**water**  
1/3 cup(s) (79mL)  
**black pepper**  
1 dash, ground (0g)  
**brown rice**  
2 2/3 tbsp (32g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



Makes 1 cup(s)

**whole milk**  
1 cup(s) (240mL)

1. The recipe has no instructions.

## Goat cheese and marinara stuffed zucchini

5 zucchini halve(s) - 480 cals ● 26g protein ● 25g fat ● 26g carbs ● 11g fiber



Makes 5 zucchini halve(s)

**pasta sauce**

10 tbsp (163g)

**goat cheese**

2 1/2 oz (71g)

**zucchini**

2 1/2 large (808g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

## Dinner 4 ↗

Eat on day 5 and day 6

### Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

**mixed greens**

5 1/4 cup (158g)

**salad dressing**

1/3 cup (79mL)

For all 2 meals:

**mixed greens**

10 1/2 cup (315g)

**salad dressing**

2/3 cup (158mL)

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

### Teriyaki seitan with veggies and rice

451 cals ● 37g protein ● 8g fat ● 52g carbs ● 5g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**teriyaki sauce**  
1 3/4 tbsp (27mL)  
**frozen mixed veggies**  
1/3 package (10 oz ea) (96g)  
**long-grain white rice**  
2 2/3 tbsp (31g)  
**seitan, cut into strips**  
4 oz (113g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**teriyaki sauce**  
1/4 cup (53mL)  
**frozen mixed veggies**  
2/3 package (10 oz ea) (192g)  
**long-grain white rice**  
1/3 cup (62g)  
**seitan, cut into strips**  
1/2 lbs (227g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

---

## Dinner 5

Eat on day 7

---

### Lentil Soup

722 cals ● 35g protein ● 20g fat ● 82g carbs ● 19g fiber



**oregano, dried**  
1/3 tsp, leaves (0g)  
**lentils, raw**  
2/3 cup (128g)  
**water**  
2 2/3 cup(s) (632mL)  
**black pepper**  
1 1/3 dash, ground (0g)  
**basil, dried**  
1/3 tsp, leaves (0g)  
**canned crushed tomatoes**  
1/3 can (135g)  
**salt**  
1/3 tsp (2g)  
**olive oil**  
4 tsp (20mL)  
**onion, chopped**  
1/3 medium (2-1/2" dia) (37g)  
**raw celery, chopped**  
2/3 stalk, medium (7-1/2" - 8" long)  
(27g)  
**garlic, minced**  
2/3 clove(s) (2g)  
**carrots, diced**  
2/3 medium (41g)  
**fresh spinach, thinly sliced**  
1/6 cup(s) (5g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**protein powder**  
2 scoop (1/3 cup ea) (62g)  
**water**  
2 cup(s) (474mL)

For all 7 meals:

**protein powder**  
14 scoop (1/3 cup ea) (434g)  
**water**  
14 cup(s) (3318mL)

1. The recipe has no instructions.