

Meal Plan - 2600 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

2590 cals ● 164g protein (25%) ● 90g fat (31%) ● 234g carbs (36%) ● 47g fiber (7%)

Breakfast

395 cals, 14g protein, 26g net carbs, 20g fat



Mixed nuts

1/8 cup(s)- 109 cals



Carrots and hummus

287 cals

Snacks

300 cals, 15g protein, 18g net carbs, 17g fat



Peach

1 peach(es)- 66 cals



Cucumber goat cheese bites

235 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake

2 1/2 scoop- 273 cals

Lunch

815 cals, 35g protein, 78g net carbs, 36g fat



Hummus cheesesteak sub

1 sub(s)- 554 cals



Milk

1 3/4 cup(s)- 261 cals

Dinner

805 cals, 40g protein, 111g net carbs, 16g fat



Cheese tortellini

450 cals



Lentils

289 cals



Simple mixed greens salad

68 cals

Day 2

2556 cals ● 174g protein (27%) ● 113g fat (40%) ● 157g carbs (25%) ● 55g fiber (9%)

Breakfast

395 cals, 14g protein, 26g net carbs, 20g fat



Mixed nuts
1/8 cup(s)- 109 cals



Carrots and hummus
287 cals

Snacks

300 cals, 15g protein, 18g net carbs, 17g fat



Peach
1 peach(es)- 66 cals



Cucumber goat cheese bites
235 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

800 cals, 32g protein, 66g net carbs, 35g fat



Chickpea & chickpea pasta
573 cals



Simple mixed greens and tomato salad
227 cals

Dinner

785 cals, 53g protein, 44g net carbs, 40g fat



Seitan salad
539 cals



Milk
1 2/3 cup(s)- 248 cals

Day 3

2604 cals ● 172g protein (26%) ● 118g fat (41%) ● 156g carbs (24%) ● 57g fiber (9%)

Breakfast

395 cals, 14g protein, 26g net carbs, 20g fat



Mixed nuts
1/8 cup(s)- 109 cals



Carrots and hummus
287 cals

Snacks

350 cals, 14g protein, 17g net carbs, 23g fat



Peach and goat cheese bites
1 peach- 162 cals



Pistachios
188 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

800 cals, 32g protein, 66g net carbs, 35g fat



Chickpea & chickpea pasta
573 cals



Simple mixed greens and tomato salad
227 cals

Dinner

785 cals, 53g protein, 44g net carbs, 40g fat



Seitan salad
539 cals



Milk
1 2/3 cup(s)- 248 cals

Day 4

2553 cals ● 189g protein (30%) ● 127g fat (45%) ● 121g carbs (19%) ● 42g fiber (7%)

Breakfast

380 cals, 41g protein, 24g net carbs, 11g fat



Double chocolate protein shake
137 cals



Apple
1 apple(s)- 105 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

350 cals, 14g protein, 17g net carbs, 23g fat



Peach and goat cheese bites
1 peach- 162 cals



Pistachios
188 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

765 cals, 34g protein, 28g net carbs, 54g fat



Grilled cheese sandwich
1 sandwich(es)- 495 cals



Sunflower seeds
271 cals

Dinner

785 cals, 39g protein, 50g net carbs, 38g fat



Simple kale & avocado salad
384 cals



Peach
2 peach(es)- 132 cals



Vegan sausage
1 sausage(s)- 268 cals

Day 5

2616 cals ● 196g protein (30%) ● 76g fat (26%) ● 233g carbs (36%) ● 53g fiber (8%)

Breakfast

380 cals, 41g protein, 24g net carbs, 11g fat



Double chocolate protein shake
137 cals



Apple
1 apple(s)- 105 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

340 cals, 14g protein, 32g net carbs, 16g fat



Milk
3/4 cup(s)- 112 cals



Toast with butter
2 slice(s)- 227 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

840 cals, 41g protein, 125g net carbs, 11g fat



Veggie burger
2 burger- 550 cals



Lentils
289 cals

Dinner

785 cals, 39g protein, 50g net carbs, 38g fat



Simple kale & avocado salad
384 cals



Peach
2 peach(es)- 132 cals



Vegan sausage
1 sausage(s)- 268 cals

Day 6

2623 cals ● 174g protein (27%) ● 75g fat (26%) ● 268g carbs (41%) ● 44g fiber (7%)

Breakfast

365 cals, 22g protein, 24g net carbs, 19g fat



Breakfast burrito with spinach & salsa
366 cals

Snacks

340 cals, 14g protein, 32g net carbs, 16g fat



Milk
3/4 cup(s)- 112 cals



Toast with butter
2 slice(s)- 227 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Lunch

840 cals, 41g protein, 125g net carbs, 11g fat



Veggie burger
2 burger- 550 cals



Lentils
289 cals

Dinner

805 cals, 37g protein, 84g net carbs, 29g fat



Chickpea bowl with spicy yogurt sauce
564 cals



Simple mozzarella and tomato salad
242 cals

Day 7

2593 cals ● 186g protein (29%) ● 81g fat (28%) ● 235g carbs (36%) ● 44g fiber (7%)

Breakfast

365 cals, 22g protein, 24g net carbs, 19g fat



Breakfast burrito with spinach & salsa
366 cals

Lunch

810 cals, 53g protein, 92g net carbs, 17g fat



Protein greek yogurt
1 container- 139 cals



Peach
3 peach(es)- 198 cals



Bbq tempeh wrap
1 wrap(s)- 472 cals

Snacks

340 cals, 14g protein, 32g net carbs, 16g fat



Milk
3/4 cup(s)- 112 cals



Toast with butter
2 slice(s)- 227 cals

Dinner

805 cals, 37g protein, 84g net carbs, 29g fat



Chickpea bowl with spicy yogurt sauce
564 cals



Simple mozzarella and tomato salad
242 cals

Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake
2 1/2 scoop- 273 cals

Grocery List



Beverages

- ☐ protein powder
17 1/2 scoop (1/3 cup ea) (543g)
- ☐ water
24 1/2 cup(s) (5807mL)

Fruits and Fruit Juices

- ☐ peach
11 medium (2-2/3" dia) (1635g)
- ☐ avocados
2 1/2 avocado(s) (486g)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ lemon
1 2/3 small (97g)

Spices and Herbs

- ☐ dried dill weed
2 tsp (2g)
- ☐ salt
3 1/2 g (3g)
- ☐ crushed red pepper
4 dash (1g)
- ☐ fresh basil
2 tbsp, chopped (5g)
- ☐ black pepper
2 dash (0g)

Dairy and Egg Products

- ☐ goat cheese
6 oz (169g)
- ☐ sliced cheese
3 slice (1 oz ea) (84g)
- ☐ whole milk
7 1/3 cup(s) (1759mL)
- ☐ butter
1/2 stick (55g)
- ☐ nonfat greek yogurt, plain
1/2 cup (158g)
- ☐ eggs
9 1/2 medium (424g)
- ☐ fresh mozzarella cheese
4 oz (113g)
- ☐ cheese
4 tbsp, shredded (28g)

Vegetables and Vegetable Products

Meals, Entrees, and Side Dishes

- ☐ frozen cheese tortellini
6 oz (170g)

Legumes and Legume Products

- ☐ lentils, raw
1 1/4 cup (240g)
- ☐ hummus
13 1/4 oz (377g)
- ☐ chickpeas, canned
2 1/4 can(s) (1008g)
- ☐ tempeh
4 oz (113g)

Other

- ☐ mixed greens
2 3/4 package (5.5 oz) (428g)
- ☐ sub roll(s)
1 roll(s) (85g)
- ☐ chickpea pasta
4 oz (113g)
- ☐ nutritional yeast
5 tsp (6g)
- ☐ protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ veggie burger patty
4 patty (284g)
- ☐ sriracha chili sauce
2 1/2 tsp (13g)
- ☐ protein greek yogurt, flavored
1 container (150g)
- ☐ coleslaw mix
1 cup (90g)

Fats and Oils

- ☐ salad dressing
13 1/2 tbsp (203mL)
- ☐ oil
1 1/2 oz (49mL)
- ☐ balsamic vinaigrette
2 tbsp (31mL)

Nut and Seed Products

- ☐ mixed nuts
6 tbsp (50g)

- ☐ **cucumber**
1 cucumber (8-1/4") (301g)
- ☐ **baby carrots**
84 medium (840g)
- ☐ **garlic**
5 clove(s) (15g)
- ☐ **onion**
2 1/2 medium (2-1/2" dia) (273g)
- ☐ **bell pepper**
1 large (156g)
- ☐ **tomatoes**
6 1/2 medium whole (2-3/5" dia) (803g)
- ☐ **fresh spinach**
6 1/2 cup(s) (195g)
- ☐ **kale leaves**
1 2/3 bunch (284g)
- ☐ **ketchup**
4 tbsp (68g)
- ☐ **fresh parsley**
5 tbsp chopped (19g)

Soups, Sauces, and Gravies

- ☐ **pasta sauce**
1/4 jar (24 oz) (168g)
- ☐ **salsa**
2 tbsp (36g)
- ☐ **barbecue sauce**
2 tbsp (34g)

- ☐ **pistachios, shelled**
1/2 cup (62g)
- ☐ **sunflower kernels**
1 1/2 oz (43g)

Cereal Grains and Pasta

- ☐ **seitan**
1/2 lbs (255g)
- ☐ **long-grain white rice**
10 tbsp (116g)

Sweets

- ☐ **cocoa powder**
2 tsp (4g)

Baked Products

- ☐ **bread**
8 slice (256g)
 - ☐ **hamburger buns**
4 bun(s) (204g)
 - ☐ **flour tortillas**
3 tortilla (approx 7-8" dia) (145g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

mixed nuts
2 tbsp (17g)

For all 3 meals:

mixed nuts
6 tbsp (50g)

1. The recipe has no instructions.

Carrots and hummus

287 cals ● 10g protein ● 11g fat ● 24g carbs ● 14g fiber



For single meal:

hummus
1/2 cup (105g)
baby carrots
28 medium (280g)

For all 3 meals:

hummus
1 1/3 cup (315g)
baby carrots
84 medium (840g)

1. Serve carrots with hummus.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Double chocolate protein shake

137 cals ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

water
2 cup(s) (474mL)
cocoa powder
2 tsp (4g)
nonfat greek yogurt, plain
4 tbsp (70g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

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

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Breakfast burrito with spinach & salsa

366 cal ● 22g protein ● 19g fat ● 24g carbs ● 2g fiber



For single meal:

eggs
2 extra large (112g)
fresh spinach
1/4 cup(s) (8g)
flour tortillas
1 tortilla (48g)
cheese
2 tbsp, shredded (14g)
salt
1 dash (0g)
black pepper
1 dash (0g)
salsa
1 tbsp (18g)

For all 2 meals:

eggs
4 extra large (224g)
fresh spinach
1/2 cup(s) (15g)
flour tortillas
2 tortilla (96g)
cheese
4 tbsp, shredded (28g)
salt
2 dash (1g)
black pepper
2 dash (0g)
salsa
2 tbsp (36g)

1. Lightly beat eggs.
 2. Grease a skillet with cooking spray and set it over medium heat.
 3. When heated, add the eggs and spinach.
 4. Stir while cooking for about 2 minutes, until spinach is wilted and eggs are cooked.
 5. Remove from stove and stir in salsa, salt, and pepper.
 6. Microwave tortilla for about 10 seconds to soften and warm it.
 7. Spread cheese in the center of the tortilla and put egg mixture on top.
 8. Fold into a burrito by folding the sides of the wrap and tightly rolling up from the bottom.
 9. Serve.
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Lunch 1 [↗](#)

Eat on day 1

Hummus cheesesteak sub

1 sub(s) - 554 cals ● 22g protein ● 22g fat ● 57g carbs ● 9g fiber



Makes 1 sub(s)

oil

1 tsp (5mL)

crushed red pepper

4 dash (1g)

hummus

4 tbsp (62g)

sliced cheese

1 slice (1 oz ea) (28g)

garlic, minced

1 clove (3g)

onion, sliced into thin strips

1/2 large (75g)

sub roll(s), split

1 roll(s) (85g)

bell pepper, deseeded and sliced into thin strips

1 medium (119g)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
4. Serve.

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 2 [↗](#)

Eat on day 2 and day 3

Chickpea & chickpea pasta

573 cals ● 27g protein ● 21g fat ● 51g carbs ● 19g fiber



For single meal:

chickpea pasta
2 oz (57g)
oil
1/2 tbsp (8mL)
butter
1/2 tbsp (7g)
nutritional yeast
1 tsp (1g)
onion, thinly sliced
1/2 medium (2-1/2" dia) (55g)
garlic, minced
2 clove(s) (6g)
chickpeas, canned, drained & rinsed
1/2 can(s) (224g)

For all 2 meals:

chickpea pasta
4 oz (113g)
oil
1 tbsp (15mL)
butter
1 tbsp (14g)
nutritional yeast
2 tsp (3g)
onion, thinly sliced
1 medium (2-1/2" dia) (110g)
garlic, minced
4 clove(s) (12g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

For all 2 meals:

mixed greens
9 cup (270g)
tomatoes
1 1/2 cup cherry tomatoes (224g)
salad dressing
1/2 cup (135mL)

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

Lunch 3 [↗](#)

Eat on day 4

Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

butter

1 tbsp (14g)

sliced cheese

2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



sunflower kernels

1 1/2 oz (43g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Veggie burger

2 burger - 550 cals ● 22g protein ● 10g fat ● 82g carbs ● 11g fiber



For single meal:

hamburger buns
2 bun(s) (102g)
ketchup
2 tbsp (34g)
mixed greens
2 oz (57g)
veggie burger patty
2 patty (142g)

For all 2 meals:

hamburger buns
4 bun(s) (204g)
ketchup
4 tbsp (68g)
mixed greens
4 oz (113g)
veggie burger patty
4 patty (284g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with greens and ketchup. Feel free to add other low calorie toppings like mustard or pickles.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

water
3 1/3 cup(s) (790mL)
salt
1/4 tsp (1g)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Lunch 5 [↗](#)

Eat on day 7

Protein greek yogurt

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



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



Makes 3 peach(es)

peach
3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.

Bbq tempeh wrap

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



Makes 1 wrap(s)

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

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

Snacks 1 [🔗](#)

Eat on day 1 and day 2

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.
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Cucumber goat cheese bites

235 cals ● 14g protein ● 17g fat ● 6g carbs ● 1g fiber



For single meal:

dried dill weed

1 tsp (1g)

goat cheese

2 oz (57g)

cucumber, sliced

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

For all 2 meals:

dried dill weed

2 tsp (2g)

goat cheese

4 oz (113g)

cucumber, sliced

1 cucumber (8-1/4") (301g)

1. Top sliced cucumber with goat cheese and dill.
 2. Serve.
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Snacks 2 [↗](#)

Eat on day 3 and day 4

Peach and goat cheese bites

1 peach - 162 cals ● 7g protein ● 9g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (143g)

goat cheese

2 tbsp (28g)

salt

1 dash (0g)

For all 2 meals:

peach

2 medium (2-2/3" dia) (285g)

goat cheese

4 tbsp (56g)

salt

2 dash (1g)

1. Slice peach from top to bottom to make thin strips.
2. Put goat cheese and a dash of salt (sea salt is preferred but any type will do) in between 2 strips of peach to make a sandwich. Serve.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled

4 tbsp (31g)

For all 2 meals:

pistachios, shelled

1/2 cup (62g)

1. The recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

whole milk
3/4 cup(s) (180mL)

For all 3 meals:

whole milk
2 1/4 cup(s) (540mL)

1. The recipe has no instructions.

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 3 meals:

bread
6 slice (192g)
butter
2 tbsp (27g)

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

Dinner 1 [↗](#)

Eat on day 1

Cheese tortellini

450 cals ● 19g protein ● 10g fat ● 64g carbs ● 7g fiber



pasta sauce
1/4 jar (24 oz) (168g)
frozen cheese tortellini
6 oz (170g)

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

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

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.

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.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Seitan salad

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



For single meal:

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)

For all 2 meals:

oil
1 tbsp (15mL)
nutritional yeast
1 tbsp (4g)
salad dressing
3 tbsp (45mL)
fresh spinach
6 cup(s) (180g)
seitan, crumbled or sliced
1/2 lbs (255g)
tomatoes, halved
18 cherry tomatoes (306g)
avocados, chopped
3/4 avocado(s) (151g)

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.

Milk

1 2/3 cup(s) - 248 cal ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk
1 2/3 cup(s) (400mL)

For all 2 meals:

whole milk
3 1/3 cup(s) (800mL)

1. The recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Simple kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



For single meal:

kale leaves, chopped
5/6 bunch (142g)
avocados, chopped
5/6 avocado(s) (168g)
lemon, juiced
5/6 small (48g)

For all 2 meals:

kale leaves, chopped
1 2/3 bunch (284g)
avocados, chopped
1 2/3 avocado(s) (335g)
lemon, juiced
1 2/3 small (97g)

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.

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

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

For all 2 meals:

peach
4 medium (2-2/3" dia) (600g)

1. The recipe has no instructions.

Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

vegan sausage
1 sausage (100g)

For all 2 meals:

vegan sausage
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Chickpea bowl with spicy yogurt sauce

564 cals ● 23g protein ● 12g fat ● 77g carbs ● 14g fiber



For single meal:

oil
1 1/4 tsp (6mL)
long-grain white rice
5 tbsp (58g)
nonfat greek yogurt, plain
2 1/2 tbsp (44g)
sriracha chili sauce
1 1/4 tsp (6g)
onion, diced
5/8 small (44g)
chickpeas, canned, rinsed & drained
5/8 can(s) (280g)
fresh parsley, chopped
2 1/2 tbsp chopped (9g)

For all 2 meals:

oil
2 1/2 tsp (13mL)
long-grain white rice
10 tbsp (116g)
nonfat greek yogurt, plain
5 tbsp (88g)
sriracha chili sauce
2 1/2 tsp (13g)
onion, diced
1 1/4 small (88g)
chickpeas, canned, rinsed & drained
1 1/4 can(s) (560g)
fresh parsley, chopped
5 tbsp chopped (19g)

1. Cook rice according to package and set aside.
2. Mix Greek yogurt, sriracha, and some salt into a small bowl until incorporated. Set aside.
3. Heat oil in a skillet over medium heat. Add onion and cook 5-10 minutes until softened.
4. Add in chickpeas and some salt and pepper and cook for 7-10 minutes until golden.
5. Turn off heat and stir in parsley.
6. Serve chickpea mixture over rice and drizzle spicy sauce on top.

Simple mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, sliced
3/4 large whole (3" dia) (137g)

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)
fresh mozzarella cheese, sliced
4 oz (113g)
tomatoes, sliced
1 1/2 large whole (3" dia) (273g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
 2. Sprinkle the basil over the slices and drizzle with dressing.
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Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cal● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

- protein powder**
2 1/2 scoop (1/3 cup ea) (78g)
- water**
2 1/2 cup(s) (593mL)

For all 7 meals:

- protein powder**
17 1/2 scoop (1/3 cup ea) (543g)
- water**
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
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