

Meal Plan - 2800 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

2805 cals ● 216g protein (31%) ● 83g fat (27%) ● 260g carbs (37%) ● 38g fiber (5%)

Breakfast

435 cals, 20g protein, 45g net carbs, 13g fat



Strawberries

1 2/3 cup(s)- 87 cals



Tempeh bacon & avocado bagel sandwich

1/2 bagel(s)- 349 cals

Snacks

295 cals, 14g protein, 24g net carbs, 14g fat



Boiled eggs

1 egg(s)- 69 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

915 cals, 34g protein, 153g net carbs, 13g fat



Pasta with store-bought sauce

766 cals



Milk

1 cup(s)- 149 cals

Dinner

885 cals, 87g protein, 35g net carbs, 41g fat



Vegan sausage

3 sausage(s)- 804 cals



Olive oil drizzled sugar snap peas

82 cals

Day 2

2805 cals ● 216g protein (31%) ● 83g fat (27%) ● 260g carbs (37%) ● 38g fiber (5%)

Breakfast

435 cals, 20g protein, 45g net carbs, 13g fat



Strawberries

1 2/3 cup(s)- 87 cals



Tempeh bacon & avocado bagel sandwich

1/2 bagel(s)- 349 cals

Snacks

295 cals, 14g protein, 24g net carbs, 14g fat



Boiled eggs

1 egg(s)- 69 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

915 cals, 34g protein, 153g net carbs, 13g fat



Pasta with store-bought sauce

766 cals



Milk

1 cup(s)- 149 cals

Dinner

885 cals, 87g protein, 35g net carbs, 41g fat



Vegan sausage

3 sausage(s)- 804 cals



Olive oil drizzled sugar snap peas

82 cals

Day 3

2825 cals ● 181g protein (26%) ● 95g fat (30%) ● 258g carbs (37%) ● 53g fiber (8%)

Breakfast

435 cals, 20g protein, 45g net carbs, 13g fat



Strawberries

1 2/3 cup(s)- 87 cals



Tempeh bacon & avocado bagel sandwich

1/2 bagel(s)- 349 cals

Snacks

295 cals, 14g protein, 24g net carbs, 14g fat



Boiled eggs

1 egg(s)- 69 cals



Toast with butter

2 slice(s)- 227 cals

Lunch

875 cals, 29g protein, 114g net carbs, 28g fat



Milk

1 cup(s)- 149 cals



Belizean rice & beans

724 cals

Dinner

945 cals, 58g protein, 72g net carbs, 38g fat



Roasted almonds

1/3 cup(s)- 277 cals



Chickpea & kale soup

409 cals



Cottage cheese & fruit cup

2 container- 261 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Day 4

2792 cals ● 186g protein (27%) ● 88g fat (28%) ● 262g carbs (37%) ● 52g fiber (7%)

Breakfast

435 cals, 22g protein, 45g net carbs, 15g fat



Pumped up greek yogurt
1 container(s)- 206 cals



Applesauce
114 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Snacks

265 cals, 18g protein, 28g net carbs, 6g fat



Raspberries
1 cup(s)- 72 cals



Plain yogurt
1 1/4 cup(s)- 193 cals

Lunch

875 cals, 29g protein, 114g net carbs, 28g fat



Milk
1 cup(s)- 149 cals



Belizean rice & beans
724 cals

Dinner

945 cals, 58g protein, 72g net carbs, 38g fat



Roasted almonds
1/3 cup(s)- 277 cals



Chickpea & kale soup
409 cals



Cottage cheese & fruit cup
2 container- 261 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 5

2833 cals ● 185g protein (26%) ● 132g fat (42%) ● 175g carbs (25%) ● 53g fiber (7%)

Breakfast

435 cals, 22g protein, 45g net carbs, 15g fat



Pumped up greek yogurt
1 container(s)- 206 cals



Applesauce
114 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Snacks

265 cals, 18g protein, 28g net carbs, 6g fat



Raspberries
1 cup(s)- 72 cals



Plain yogurt
1 1/4 cup(s)- 193 cals

Lunch

920 cals, 38g protein, 11g net carbs, 75g fat



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



Cheese and guac tacos
4 taco(s)- 700 cals

Dinner

940 cals, 47g protein, 89g net carbs, 34g fat



Milk
2 cup(s)- 298 cals



Edamame & beet salad
257 cals



White bean cassoulet
385 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 6

2791 cals ● 182g protein (26%) ● 138g fat (44%) ● 157g carbs (22%) ● 50g fiber (7%)

Breakfast

515 cals, 19g protein, 28g net carbs, 29g fat



Carrots and hummus
287 cals



Roasted peanuts
1/4 cup(s)- 230 cals

Lunch

920 cals, 38g protein, 11g net carbs, 75g fat



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



Cheese and guac tacos
4 taco(s)- 700 cals

Snacks

275 cals, 21g protein, 28g net carbs, 7g fat



Cottage cheese & fruit cup
1 container- 131 cals



Hummus toast
1 slice(s)- 146 cals

Dinner

805 cals, 44g protein, 87g net carbs, 25g fat



Vegan meatball sub
1 1/2 sub(s)- 702 cals



Simple mixed greens salad
102 cals

Protein Supplement(s)

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



Protein shake
2 1/2 scoop- 273 cals

Day 7

2756 cals ● 190g protein (28%) ● 77g fat (25%) ● 279g carbs (40%) ● 48g fiber (7%)

Breakfast

515 cals, 19g protein, 28g net carbs, 29g fat



Carrots and hummus

287 cals



Roasted peanuts

1/4 cup(s)- 230 cals

Snacks

275 cals, 21g protein, 28g net carbs, 7g fat



Cottage cheese & fruit cup

1 container- 131 cals



Hummus toast

1 slice(s)- 146 cals

Protein Supplement(s)

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



Protein shake

2 1/2 scoop- 273 cals

Lunch

885 cals, 46g protein, 133g net carbs, 14g fat



Lowfat Greek yogurt

3 container(s)- 465 cals



Tomato soup

2 can(s)- 421 cals

Dinner

805 cals, 44g protein, 87g net carbs, 25g fat



Vegan meatball sub

1 1/2 sub(s)- 702 cals



Simple mixed greens salad

102 cals

Grocery List



Beverages

- protein powder
1 1/4 lbs (554g)
- water
18 1/4 cup(s) (4325mL)

Dairy and Egg Products

- eggs
3 large (150g)
- butter
2 tbsp (27g)
- whole milk
6 cup(s) (1440mL)
- plain lowfat yogurt
2 1/2 cup (613g)
- lowfat flavored greek yogurt
5 (5.3 oz ea) container(s) (750g)
- cheddar cheese
2 cup, shredded (226g)

Baked Products

- bread
8 slice (256g)
- bagel
1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

Cereal Grains and Pasta

- uncooked dry pasta
3/4 lbs (342g)
- long-grain white rice
1 cup (185g)

Soups, Sauces, and Gravies

- pasta sauce
1 jar (24 oz) (699g)
- vegetable broth
6 1/4 cup(s) (mL)
- condensed canned tomato soup
2 can (10.5 oz) (596g)

Fruits and Fruit Juices

- strawberries
5 cup, whole (720g)
- avocados
3/4 avocado(s) (151g)

Legumes and Legume Products

- tempeh
6 oz (170g)
- kidney beans
1 can (448g)
- chickpeas, canned
1 1/2 can(s) (672g)
- roasted peanuts
3/4 cup (110g)
- white beans, canned
1/2 can(s) (220g)
- hummus
1 1/3 cup (285g)

Other

- vegan sausage
6 sausage (600g)
- cottage cheese & fruit cup
6 container (1020g)
- cacao nibs
2 tsp (7g)
- guacamole, store-bought
1 cup (247g)
- mixed greens
6 cup (180g)
- sub roll(s)
3 roll(s) (255g)
- nutritional yeast
1 tbsp (4g)
- vegan meatballs, frozen
12 meatball(s) (360g)

Vegetables and Vegetable Products

- frozen sugar snap peas
1 1/3 cup (192g)
- garlic
7 clove(s) (21g)
- onion
1 medium (2-1/2" dia) (110g)
- red bell pepper
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60g)
- kale leaves
3 cup, chopped (120g)
- edamame, frozen, shelled
3/4 cup (89g)
- beets, precooked (canned or refrigerated)
3 beet(s) (150g)
- raw celery
1/2 stalk, medium (7-1/2" - 8" long) (20g)

- raspberries**
9 3/4 oz (276g)
- applesauce**
4 to-go container (~4 oz) (488g)

- carrots**
1 large (72g)
- baby carrots**
56 medium (560g)

Spices and Herbs

- ground cumin**
1 1/2 dash (0g)
- onion powder**
1 1/2 dash (0g)
- black pepper**
1 dash (0g)
- salt**
1 dash (0g)

Nut and Seed Products

- coconut milk, canned**
3/4 cup (180mL)
- almonds**
1 cup, whole (161g)

Fats and Oils

- oil**
1/2 oz (18mL)
- olive oil**
2 tsp (10mL)
- balsamic vinaigrette**
1 1/2 tbsp (23mL)
- salad dressing**
1/4 cup (68mL)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Strawberries

1 2/3 cup(s) - 87 cals ● 2g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

strawberries

1 2/3 cup, whole (240g)

For all 3 meals:

strawberries

5 cup, whole (720g)

1. The recipe has no instructions.

Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



For single meal:

bagel

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

ground cumin

1/2 dash (0g)

oil

1/4 tsp (1mL)

onion powder

1/2 dash (0g)

avocados, sliced

1/4 avocado(s) (50g)

tempeh, cut into strips

2 oz (57g)

For all 3 meals:

bagel

1 1/2 medium bagel (3-1/2" to 4" dia)
(158g)

ground cumin

1 1/2 dash (0g)

oil

1/4 tbsp (4mL)

onion powder

1 1/2 dash (0g)

avocados, sliced

3/4 avocado(s) (151g)

tempeh, cut into strips

6 oz (170g)

1. Toast bagel (optional).
2. Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.
3. Layer avocado and tempeh onto the bagel and serve.

Breakfast 2 ↗

Eat on day 4 and day 5

Pumped up greek yogurt

1 container(s) - 206 cals ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
protein powder
1 tbsp (6g)
raspberries
8 raspberries (15g)
cacao nibs
1 tsp (3g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
protein powder
2 tbsp (12g)
raspberries
16 raspberries (30g)
cacao nibs
2 tsp (7g)

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

Applesauce

114 cals ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce
2 to-go container (~4 oz) (244g)

For all 2 meals:

applesauce
4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

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 2 meals:

hummus
14 tbsp (210g)
baby carrots
56 medium (560g)

1. Serve carrots with hummus.

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1 and day 2

Pasta with store-bought sauce

766 cals ● 26g protein ● 6g fat ● 142g carbs ● 11g fiber



For single meal:

uncooked dry pasta

6 oz (171g)

pasta sauce

3/8 jar (24 oz) (252g)

For all 2 meals:

uncooked dry pasta

3/4 lbs (342g)

pasta sauce

3/4 jar (24 oz) (504g)

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

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.

Lunch 2 ↗

Eat on day 3 and day 4

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.

Belizean rice & beans

724 cals ● 21g protein ● 20g fat ● 103g carbs ● 12g fiber



For single meal:

coconut milk, canned
6 tbsp (90mL)
kidney beans, drained
1/2 can (224g)
water
3/8 cup(s) (89mL)
long-grain white rice
1/2 cup (93g)
garlic, minced
1 1/2 clove(s) (5g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
red bell pepper, chopped
1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)

For all 2 meals:

coconut milk, canned
3/4 cup (180mL)
kidney beans, drained
1 can (448g)
water
3/4 cup(s) (178mL)
long-grain white rice
1 cup (185g)
garlic, minced
3 clove(s) (9g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
red bell pepper, chopped
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60g)

1. Add all ingredients to a pot and season with some salt.
2. Stir and bring to a boil. Reduce heat to low, cover, and cook until rice is tender, 20-30 minutes.
3. Serve.

Lunch 3 ↗

Eat on day 5 and day 6

Roasted almonds

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



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Cheese and guac tacos

4 taco(s) - 700 cals ● 30g protein ● 58g fat ● 8g carbs ● 8g fiber



For single meal:

cheddar cheese
1 cup, shredded (113g)
guacamole, store-bought
1/2 cup (124g)

For all 2 meals:

cheddar cheese
2 cup, shredded (226g)
guacamole, store-bought
1 cup (247g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese (1/4 cup per taco) into the skillet into a circle.
3. Let the cheese fry for about a minute. The edges should be crispy, but the center still bubbling and soft. Using a spatula, transfer the cheese to a plate.
4. Working quickly, add the guacamole into the center and bend the cheese over top to form a taco shell shape before the cheese hardens.
5. Serve.

Lunch 4

Eat on day 7

Lowfat Greek yogurt

3 container(s) - 465 cals ● 37g protein ● 12g fat ● 49g carbs ● 5g fiber

Makes 3 container(s)



lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

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.

Snacks 1

Eat on day 1, day 2, and day 3

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

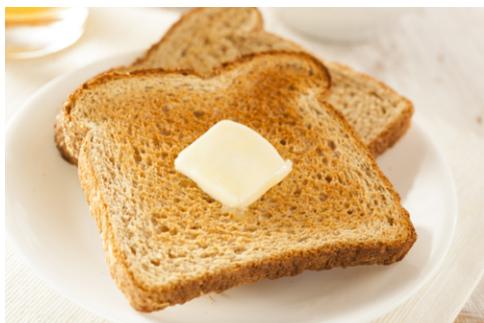
For all 3 meals:

eggs
3 large (150g)

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.

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.

Snacks 2 ↗

Eat on day 4 and day 5

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.

Plain yogurt

1 1/4 cup(s) - 193 cals ● 16g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:

plain lowfat yogurt
1 1/4 cup (306g)

For all 2 meals:

plain lowfat yogurt
2 1/2 cup (613g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 2 meals:

bread
2 slice (64g)
hummus
5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Dinner 1 ↗

Eat on day 1 and day 2

Vegan sausage

3 sausage(s) - 804 cals ● 84g protein ● 36g fat ● 32g carbs ● 5g fiber



For single meal:

vegan sausage
3 sausage (300g)

For all 2 meals:

vegan sausage
6 sausage (600g)

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

Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen sugar snap peas
2/3 cup (96g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen sugar snap peas
1 1/3 cup (192g)
olive oil
2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Dinner 2 ↗

Eat on day 3 and day 4

Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

almonds
5 tbsp, whole (45g)

For all 2 meals:

almonds
10 tbsp, whole (89g)

1. The recipe has no instructions.

Chickpea & kale soup

409 cals ● 20g protein ● 11g fat ● 42g carbs ● 16g fiber



For single meal:

vegetable broth
3 cup(s) (mL)
oil
1/4 tbsp (4mL)
kale leaves, chopped
1 1/2 cup, chopped (60g)
garlic, minced
1 1/2 clove(s) (5g)
chickpeas, canned, drained
3/4 can(s) (336g)

For all 2 meals:

vegetable broth
6 cup(s) (mL)
oil
1/2 tbsp (8mL)
kale leaves, chopped
3 cup, chopped (120g)
garlic, minced
3 clove(s) (9g)
chickpeas, canned, drained
1 1/2 can(s) (672g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Dinner 3

Eat on day 5

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber

Makes 2 cup(s)



whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



mixed greens
1 1/2 cup (45g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
edamame, frozen, shelled
3/4 cup (89g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl.
Drizzle with dressing and serve.

White bean cassoulet

385 cals ● 18g protein ● 8g fat ● 47g carbs ● 14g fiber



vegetable broth
1/4 cup(s) (mL)
oil
1/2 tbsp (8mL)
raw celery, thinly sliced
1/2 stalk, medium (7-1/2" - 8" long)
(20g)
carrots, peeled & slices
1 large (72g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
garlic, minced
1 clove(s) (3g)
white beans, canned, drained & rinsed
1/2 can(s) (220g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Dinner 4 ↗

Eat on day 6 and day 7

Vegan meatball sub

1 1/2 sub(s) - 702 cals ● 42g protein ● 18g fat ● 81g carbs ● 12g fiber



For single meal:

sub roll(s)
1 1/2 roll(s) (128g)
nutritional yeast
1/2 tbsp (2g)
pasta sauce
6 tbsp (98g)
vegan meatballs, frozen
6 meatball(s) (180g)

For all 2 meals:

sub roll(s)
3 roll(s) (255g)
nutritional yeast
1 tbsp (4g)
pasta sauce
3/4 cup (195g)
vegan meatballs, frozen
12 meatball(s) (360g)

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.

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.

Protein Supplement(s)

Eat every day

Protein shake

2 1/2 scoop - 273 cals  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.
