

Meal Plan - 3000 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

3008 cals ● 197g protein (26%) ● 127g fat (38%) ● 231g carbs (31%) ● 40g fiber (5%)

Breakfast

465 cals, 15g protein, 32g net carbs, 29g fat



[Basic fried eggs](#)

1 egg(s)- 80 cals



[Roasted cashews](#)

1/4 cup(s)- 209 cals



[Large granola bar](#)

1 bar(s)- 176 cals

Lunch

940 cals, 36g protein, 34g net carbs, 69g fat



[Roasted peanuts](#)

3/8 cup(s)- 383 cals



[Pesto grilled cheese sandwich](#)

1 sandwich(es)- 557 cals

Snacks

310 cals, 25g protein, 33g net carbs, 8g fat



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals

Dinner

965 cals, 48g protein, 129g net carbs, 20g fat



[Vegan meatball sub](#)

1 1/2 sub(s)- 702 cals



[Peach](#)

4 peach(es)- 264 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

Day 2

2988 cals ● 202g protein (27%) ● 80g fat (24%) ● 324g carbs (43%) ● 43g fiber (6%)

Breakfast

465 cals, 15g protein, 32g net carbs, 29g fat



Basic fried eggs

1 egg(s)- 80 cals



Roasted cashews

1/4 cup(s)- 209 cals



Large granola bar

1 bar(s)- 176 cals

Snacks

310 cals, 25g protein, 33g net carbs, 8g fat



Lowfat Greek yogurt

2 container(s)- 310 cals

Lunch

920 cals, 41g protein, 127g net carbs, 22g fat



Seitan philly cheesesteak

1 sub(s)- 571 cals



Banana

3 banana(s)- 350 cals

Dinner

965 cals, 48g protein, 129g net carbs, 20g fat



Vegan meatball sub

1 1/2 sub(s)- 702 cals



Peach

4 peach(es)- 264 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 3

2994 cals ● 189g protein (25%) ● 92g fat (28%) ● 288g carbs (39%) ● 64g fiber (9%)

Breakfast

475 cals, 15g protein, 13g net carbs, 37g fat



Blackberries
1/2 cup(s)- 35 cals



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



Mixed nuts
3/8 cup(s)- 327 cals

Snacks

385 cals, 14g protein, 43g net carbs, 16g fat



High-protein granola bar
1 bar(s)- 204 cals



Frozen yogurt
114 cals



Peach
1 peach(es)- 66 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 cals

Lunch

880 cals, 52g protein, 130g net carbs, 5g fat



Bbq cauliflower wings
535 cals



Lentils
347 cals

Dinner

925 cals, 35g protein, 100g net carbs, 34g fat



Carrot sticks
3 1/2 carrot(s)- 95 cals



Hummus cheesesteak sub
1 1/2 sub(s)- 831 cals

Day 4

2981 cals ● 197g protein (26%) ● 82g fat (25%) ● 299g carbs (40%) ● 66g fiber (9%)

Breakfast

475 cals, 15g protein, 13g net carbs, 37g fat



Blackberries

1/2 cup(s)- 35 cals



Roasted peanuts

1/8 cup(s)- 115 cals



Mixed nuts

3/8 cup(s)- 327 cals

Snacks

385 cals, 14g protein, 43g net carbs, 16g fat



High-protein granola bar

1 bar(s)- 204 cals



Frozen yogurt

114 cals



Peach

1 peach(es)- 66 cals

Lunch

880 cals, 52g protein, 130g net carbs, 5g fat



Bbq cauliflower wings

535 cals



Lentils

347 cals

Dinner

910 cals, 43g protein, 111g net carbs, 23g fat



Bean & tofu goulash

437 cals



White rice

1 cup rice, cooked- 218 cals



Edamame & beet salad

257 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 5

2948 cals ● 211g protein (29%) ● 116g fat (35%) ● 219g carbs (30%) ● 46g fiber (6%)

Breakfast

505 cals, 29g protein, 19g net carbs, 31g fat



Carrot sticks

4 carrot(s)- 108 cals



Pesto scrambled eggs

4 eggs- 396 cals

Snacks

365 cals, 19g protein, 21g net carbs, 20g fat



Orange

1 orange(s)- 85 cals



String cheese

2 stick(s)- 165 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Lunch

840 cals, 48g protein, 64g net carbs, 39g fat



Simple kale & avocado salad

230 cals



Crispy chik'n tenders

10 2/3 tender(s)- 609 cals

Dinner

910 cals, 43g protein, 111g net carbs, 23g fat



Bean & tofu goulash

437 cals



White rice

1 cup rice, cooked- 218 cals



Edamame & beet salad

257 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 6

2961 cals ● 200g protein (27%) ● 146g fat (44%) ● 179g carbs (24%) ● 32g fiber (4%)

Breakfast

505 cals, 29g protein, 19g net carbs, 31g fat



Carrot sticks

4 carrot(s)- 108 cals



Pesto scrambled eggs

4 eggs- 396 cals

Lunch

840 cals, 48g protein, 64g net carbs, 39g fat



Simple kale & avocado salad

230 cals



Crispy chik'n tenders

10 2/3 tender(s)- 609 cals

Dinner

925 cals, 31g protein, 71g net carbs, 54g fat



Flatbread broccoli pizza

782 cals



Caprese salad

142 cals

Snacks

365 cals, 19g protein, 21g net carbs, 20g fat



Orange

1 orange(s)- 85 cals



String cheese

2 stick(s)- 165 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Day 7

2970 cals ● 188g protein (25%) ● 127g fat (38%) ● 212g carbs (28%) ● 57g fiber (8%)

Breakfast

505 cals, 29g protein, 19g net carbs, 31g fat



Carrot sticks

4 carrot(s)- 108 cals



Pesto scrambled eggs

4 eggs- 396 cals

Snacks

365 cals, 19g protein, 21g net carbs, 20g fat



Orange

1 orange(s)- 85 cals



String cheese

2 stick(s)- 165 cals



Roasted peanuts

1/8 cup(s)- 115 cals

Lunch

850 cals, 36g protein, 97g net carbs, 20g fat



Lentil chili

653 cals



Simple salad with tomatoes and carrots

196 cals

Dinner

925 cals, 31g protein, 71g net carbs, 54g fat



Flatbread broccoli pizza

782 cals



Caprese salad

142 cals

Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



Protein shake

3 scoop- 327 cals

Grocery List



Beverages

- protein powder
21 scoop (1/3 cup ea) (651g)
- water
26 1/3 cup(s) (6240mL)

Dairy and Egg Products

- lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- eggs
14 large (700g)
- cheese
1/3 lbs (155g)
- butter
1 tbsp (14g)
- sliced cheese
1 1/2 slice (1 oz ea) (42g)
- string cheese
6 stick (168g)
- fresh mozzarella cheese
2 oz (57g)

Other

- sub roll(s)
5 1/2 roll(s) (468g)
- nutritional yeast
2 1/4 oz (64g)
- vegan meatballs, frozen
12 meatball(s) (360g)
- mixed greens
1 1/4 package (5.5 oz) (193g)
- meatless chik'n tenders
21 1/3 pieces (544g)

Soups, Sauces, and Gravies

- pasta sauce
3/4 cup (195g)
- pesto sauce
1/2 cup (112g)
- barbecue sauce
1 cup (286g)
- pizza sauce
10 tbsp (158g)
- vegetable broth
1 cup(s) (mL)

Fruits and Fruit Juices

Legumes and Legume Products

- roasted peanuts
1 cup (152g)
- hummus
6 tbsp (92g)
- lentils, raw
1 1/2 cup (264g)
- white beans, canned
1 can(s) (439g)
- firm tofu
1/2 lbs (198g)

Baked Products

- bread
2 slice (64g)
- naan bread
2 1/2 piece(s) (225g)

Vegetables and Vegetable Products

- tomatoes
2 medium whole (2-3/5" dia) (252g)
- onion
2 2/3 medium (2-1/2" dia) (291g)
- bell pepper
1 1/3 large (216g)
- carrots
16 medium (976g)
- garlic
11 1/2 clove(s) (35g)
- cauliflower
4 head small (4" dia.) (1060g)
- edamame, frozen, shelled
1 1/2 cup (177g)
- beets, precooked (canned or refrigerated)
6 beet(s) (300g)
- kale leaves
1 bunch (170g)
- ketchup
1/3 cup (91g)
- broccoli
1 1/4 cup chopped (114g)
- canned whole tomatoes
3/4 cup (180g)
- romaine lettuce
1 hearts (500g)

Cereal Grains and Pasta

- peach**
10 medium (2-2/3" dia) (1500g)
- banana**
3 medium (7" to 7-7/8" long) (354g)
- blackberries**
1 cup (144g)
- orange**
3 orange (462g)
- avocados**
1 avocado(s) (201g)
- lemon**
1 small (58g)

Fats and Oils

- oil**
1 1/2 oz (43mL)
- balsamic vinaigrette**
1/4 cup (65mL)
- olive oil**
1/4 cup (56mL)
- salad dressing**
1 1/2 tbsp (23mL)

Nut and Seed Products

- roasted cashews**
1/2 cup (69g)
- mixed nuts**
3/4 cup (101g)

Snacks

- large granola bar**
2 bar (74g)
- high-protein granola bar**
2 bar (80g)

- seitan**
3 oz (85g)
- long-grain white rice**
2/3 cup (123g)
- dry bulgur wheat**
6 tbsp (53g)

Spices and Herbs

- crushed red pepper**
1/4 tbsp (1g)
- salt**
1/3 oz (10g)
- paprika**
1 tbsp (7g)
- fresh thyme**
4 dash (0g)
- black pepper**
1/2 g (0g)
- fresh basil**
1/3 cup leaves, whole (8g)
- chili powder**
3/4 tbsp (6g)
- ground cumin**
1 tsp (2g)

Sweets

- frozen yogurt**
1 cup (174g)

Breakfast 1 ↗

Eat on day 1 and day 2

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.

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews
4 tbsp (34g)

For all 2 meals:

roasted cashews
1/2 cup (69g)

1. The recipe has no instructions.

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3 and day 4

Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

blackberries
1/2 cup (72g)

For all 2 meals:

blackberries
1 cup (144g)

1. Rinse blackberries and serve.

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.

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

mixed nuts
6 tbsp (50g)

For all 2 meals:

mixed nuts
3/4 cup (101g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots
4 medium (244g)

For all 3 meals:

carrots
12 medium (732g)

1. Cut carrots into strips and serve.

Pesto scrambled eggs

4 eggs - 396 cals ● 26g protein ● 31g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
4 large (200g)
pesto sauce
2 tbsp (32g)

For all 3 meals:

eggs
12 large (600g)
pesto sauce
6 tbsp (96g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Lunch 1 ↗

Eat on day 1

Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber

Makes 3/8 cup(s)



roasted peanuts

6 2/3 tbsp (61g)

1. The recipe has no instructions.

Pesto grilled cheese sandwich

1 sandwich(es) - 557 cals ● 22g protein ● 38g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

pesto sauce

1 tbsp (16g)

cheese

2 slice (1 oz each) (56g)

tomatoes

2 slice(s), thin/small (30g)

butter, softened

1 tbsp (14g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

Lunch 2 ↗

Eat on day 2

Seitan philly cheesesteak

1 sub(s) - 571 cals ● 38g protein ● 21g fat ● 55g carbs ● 4g fiber



Makes 1 sub(s)

sub roll(s)

1 roll(s) (85g)

oil

1/2 tbsp (8mL)

cheese

1 slice (1 oz each) (28g)

seitan, cut into strips

3 oz (85g)

onion, chopped

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

bell pepper, sliced

1/2 small (37g)

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

Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber



Makes 3 banana(s)

banana

3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 3 and day 4

Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



For single meal:

barbecue sauce
1/2 cup (143g)
salt
4 dash (3g)
nutritional yeast
1/2 cup (30g)
cauliflower
2 head small (4" dia.) (530g)

For all 2 meals:

barbecue sauce
1 cup (286g)
salt
1 tsp (6g)
nutritional yeast
1 cup (60g)
cauliflower
4 head small (4" dia.) (1060g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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 4 ↗

Eat on day 5 and day 6

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.

Crispy chik'n tenders

10 2/3 tender(s) - 609 cals ● 43g protein ● 24g fat ● 55g carbs ● 0g fiber



For single meal:

meatless chik'n tenders
10 2/3 pieces (272g)
ketchup
2 2/3 tbsp (45g)

For all 2 meals:

meatless chik'n tenders
21 1/3 pieces (544g)
ketchup
1/3 cup (91g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

Lunch 5 ↗

Eat on day 7

Lentil chili

653 cals ● 28g protein ● 14g fat ● 83g carbs ● 21g fiber



oil
3/4 tbsp (11mL)
lentils, raw
6 tbsp (72g)
chili powder
3/4 tbsp (6g)
ground cumin
1 tsp (2g)
salt
1 1/2 dash (1g)
black pepper
3/4 dash, ground (0g)
dry bulgur wheat
6 tbsp (53g)
vegetable broth
1 cup(s) (mL)
canned whole tomatoes, chopped
3/4 cup (180g)
onion, chopped
3/8 medium (2-1/2" dia) (41g)
garlic, minced
1 1/2 clove(s) (5g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and sauté for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



salad dressing
1 1/2 tbsp (23mL)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Snacks 1 ↗

Eat on day 1 and day 2

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

Frozen yogurt

114 cals ● 3g protein ● 3g fat ● 19g carbs ● 0g fiber



For single meal:

frozen yogurt
1/2 cup (87g)

For all 2 meals:

frozen yogurt
1 cup (174g)

1. The recipe has no instructions.

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)

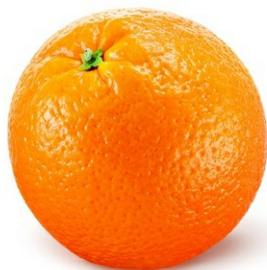
1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Orange

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



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. The recipe has no instructions.

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 3 meals:

string cheese

6 stick (168g)

1. The recipe has no instructions.

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 3 meals:

roasted peanuts

6 tbsp (55g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1 and day 2

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.

Peach

4 peach(es) - 264 cals ● 6g protein ● 2g fat ● 48g carbs ● 9g fiber



For single meal:

peach

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

For all 2 meals:

peach

8 medium (2-2/3" dia) (1200g)

1. The recipe has no instructions.

Dinner 2 ↗

Eat on day 3

Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



Makes 3 1/2 carrot(s)

carrots

3 1/2 medium (214g)

1. Cut carrots into strips and serve.

Hummus cheesesteak sub

1 1/2 sub(s) - 831 cals ● 33g protein ● 33g fat ● 86g carbs ● 14g fiber



Makes 1 1/2 sub(s)

oil

1/2 tbsp (8mL)

crushed red pepper

1/4 tbsp (1g)

hummus

6 tbsp (92g)

sliced cheese

1 1/2 slice (1 oz ea) (42g)

garlic, minced

1 1/2 clove (5g)

onion, sliced into thin strips

3/4 large (113g)

sub roll(s), split

1 1/2 roll(s) (128g)

bell pepper, deseeded and sliced into thin strips

1 1/2 medium (179g)

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.

Dinner 3

Eat on day 4 and day 5

Bean & tofu goulash

437 cals ● 25g protein ● 13g fat ● 44g carbs ● 13g fiber



For single meal:

oil
1/2 tbsp (8mL)
paprika
1/2 tbsp (3g)
fresh thyme
2 dash (0g)
white beans, canned, drained & rinsed
1/2 can(s) (220g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
garlic, minced
1/2 clove (2g)
firm tofu, drained and diced
1/4 lbs (99g)

For all 2 meals:

oil
1 tbsp (15mL)
paprika
1 tbsp (7g)
fresh thyme
4 dash (0g)
white beans, canned, drained & rinsed
1 can(s) (439g)
onion, diced
1 medium (2-1/2" dia) (110g)
garlic, minced
1 clove (3g)
firm tofu, drained and diced
1/2 lbs (198g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

White rice

1 cup rice, cooked - 218 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
long-grain white rice
2/3 cup (123g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Edamame & beet salad

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



For single meal:

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)

For all 2 meals:

mixed greens
3 cup (90g)
balsamic vinaigrette
3 tbsp (45mL)
edamame, frozen, shelled
1 1/2 cup (177g)
beets, precooked (canned or refrigerated), chopped
6 beet(s) (300g)

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

Dinner 4 ↗

Eat on day 6 and day 7

Flatbread broccoli pizza

782 cals ● 23g protein ● 45g fat ● 67g carbs ● 6g fiber



For single meal:

broccoli
10 tbsp chopped (57g)
pizza sauce
5 tbsp (79g)
black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
olive oil
2 tbsp (28mL)
naan bread
1 1/4 piece(s) (113g)
cheese
5 tbsp, shredded (35g)
garlic, finely diced
3 3/4 clove(s) (11g)

For all 2 meals:

broccoli
1 1/4 cup chopped (114g)
pizza sauce
10 tbsp (158g)
black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
olive oil
1/4 cup (56mL)
naan bread
2 1/2 piece(s) (225g)
cheese
10 tbsp, shredded (71g)
garlic, finely diced
7 1/2 clove(s) (23g)

1. Preheat the oven to 350°F (180°C).
2. Mix half the oil and all the diced garlic. Spread half of the mixture over the naan.
3. Cook in oven for about 5 minutes.
4. Remove from oven and spread pizza sauce over top, top with broccoli and cheese, and season with salt and pepper.
5. Place back in oven for another 5 minutes, plus 2-3 minutes under the broiler. Watch bread closely while cooking to make sure it doesn't get too dark.
6. Remove from oven, drizzle with remaining olive oil, allow to cool enough to slice. Serve.

Caprese salad

142 cals ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

fresh mozzarella cheese
1 oz (28g)
mixed greens
1/3 package (5.5 oz) (52g)
fresh basil
2 2/3 tbsp leaves, whole (4g)
balsamic vinaigrette
2 tsp (10mL)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

For all 2 meals:

fresh mozzarella cheese
2 oz (57g)
mixed greens
2/3 package (5.5 oz) (103g)
fresh basil
1/3 cup leaves, whole (8g)
balsamic vinaigrette
4 tsp (20mL)
tomatoes, halved
2/3 cup cherry tomatoes (99g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Protein Supplement(s)

Eat every day

Protein shake

3 scoop - 327 cals ● 73g protein ● 2g fat ● 3g carbs ● 3g fiber



For single meal:

protein powder
3 scoop (1/3 cup ea) (93g)
water
3 cup(s) (711mL)

For all 7 meals:

protein powder
21 scoop (1/3 cup ea) (651g)
water
21 cup(s) (4977mL)

1. The recipe has no instructions.
