

# Meal Plan - vegetarian meal plan with over 120g protein



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

1434 cals ● 126g protein (35%) ● 53g fat (33%) ● 90g carbs (25%) ● 23g fiber (6%)

### Breakfast

260 cals, 17g protein, 29g net carbs, 6g fat



**Toast with butter and jelly**  
1/2 slice(s)- 67 cals



**Strawberry banana protein smoothie**  
1/2 smoothie(s)- 194 cals

### Lunch

350 cals, 15g protein, 13g net carbs, 24g fat



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



**Buffalo tofu**  
177 cals



**Green beans**  
63 cals

### Snacks

165 cals, 5g protein, 20g net carbs, 5g fat



**Strawberries**  
1 cup(s)- 52 cals



**Toast with butter**  
1 slice(s)- 114 cals

### Dinner

385 cals, 30g protein, 26g net carbs, 17g fat



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



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



**Bbq tofu & pineapple bowl**  
130 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 2

1442 cals ● 121g protein (34%) ● 45g fat (28%) ● 118g carbs (33%) ● 19g fiber (5%)

### Breakfast

260 cals, 17g protein, 29g net carbs, 6g fat



#### Toast with butter and jelly

1/2 slice(s)- 67 cals



#### Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

### Snacks

165 cals, 5g protein, 20g net carbs, 5g fat



#### Strawberries

1 cup(s)- 52 cals



#### Toast with butter

1 slice(s)- 114 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

### Lunch

360 cals, 12g protein, 33g net carbs, 18g fat



#### Grilled peanut butter and banana sandwich

1/2 sandwich(es)- 243 cals



#### Rice cakes with peanut butter

1/2 cake(s)- 120 cals

### Dinner

380 cals, 27g protein, 34g net carbs, 15g fat



#### Crispy chick'n tenders

6 2/3 tender(s)- 381 cals

## Day 3

1419 cals ● 126g protein (36%) ● 38g fat (24%) ● 125g carbs (35%) ● 18g fiber (5%)

### Breakfast

260 cals, 17g protein, 29g net carbs, 6g fat



#### Toast with butter and jelly

1/2 slice(s)- 67 cals



#### Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

### Lunch

340 cals, 17g protein, 40g net carbs, 10g fat



#### Caprese salad

107 cals



#### White rice

1/2 cup rice, cooked- 109 cals



#### Chunky canned soup (non-creamy)

1/2 can(s)- 124 cals

### Snacks

165 cals, 5g protein, 20g net carbs, 5g fat



#### Strawberries

1 cup(s)- 52 cals



#### Toast with butter

1 slice(s)- 114 cals

### Dinner

380 cals, 27g protein, 34g net carbs, 15g fat



#### Crispy chick'n tenders

6 2/3 tender(s)- 381 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 4

1500 cals ● 122g protein (32%) ● 47g fat (28%) ● 120g carbs (32%) ● 27g fiber (7%)

### Breakfast

260 cals, 10g protein, 30g net carbs, 7g fat



#### Peach

1 peach(es)- 66 cals



#### Southwest avocado toast

1 toast(s)- 193 cals

### Lunch

340 cals, 17g protein, 40g net carbs, 10g fat



#### Caprese salad

107 cals



#### White rice

1/2 cup rice, cooked- 109 cals



#### Chunky canned soup (non-creamy)

1/2 can(s)- 124 cals

### Dinner

460 cals, 27g protein, 21g net carbs, 28g fat



#### Milk

1/2 cup(s)- 75 cals



#### Brussels sprout, chik'n & apple salad

387 cals

### Snacks

170 cals, 8g protein, 28g net carbs, 1g fat



#### Apple

1 apple(s)- 105 cals



#### Cottage cheese & honey

1/4 cup(s)- 62 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 5

1477 cals ● 127g protein (34%) ● 45g fat (28%) ● 119g carbs (32%) ● 21g fiber (6%)

### Breakfast

260 cals, 10g protein, 30g net carbs, 7g fat



#### Peach

1 peach(es)- 66 cals



#### Southwest avocado toast

1 toast(s)- 193 cals

### Lunch

360 cals, 14g protein, 14g net carbs, 26g fat



#### Egg salad sandwich

1/2 sandwich(es)- 271 cals



#### Walnuts

1/8 cup(s)- 87 cals

### Snacks

170 cals, 8g protein, 28g net carbs, 1g fat



#### Apple

1 apple(s)- 105 cals



#### Cottage cheese & honey

1/4 cup(s)- 62 cals

### Dinner

420 cals, 35g protein, 44g net carbs, 10g fat



#### Teriyaki seitan wings

4 oz seitan- 297 cals



#### White rice

1/2 cup rice, cooked- 109 cals



#### Celery sticks

2 celery stalk- 13 cals

### Protein Supplement(s)

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



#### Protein shake

2 1/2 scoop- 273 cals

## Day 6

1495 cals ● 132g protein (35%) ● 44g fat (27%) ● 124g carbs (33%) ● 18g fiber (5%)

### Breakfast

230 cals, 5g protein, 41g net carbs, 2g fat



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



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

### Snacks

215 cals, 17g protein, 22g net carbs, 4g fat



**Orange**  
1 orange(s)- 85 cals



**Protein shake (milk)**  
129 cals

### Lunch

360 cals, 14g protein, 14g net carbs, 26g fat



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



**Walnuts**  
1/8 cup(s)- 87 cals

### Dinner

420 cals, 35g protein, 44g net carbs, 10g fat



**Teriyaki seitan wings**  
4 oz seitan- 297 cals



**White rice**  
1/2 cup rice, cooked- 109 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

## Day 7

1439 cals ● 122g protein (34%) ● 38g fat (24%) ● 125g carbs (35%) ● 27g fiber (8%)

### Breakfast

230 cals, 5g protein, 41g net carbs, 2g fat



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



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

### Lunch

360 cals, 18g protein, 33g net carbs, 15g fat



**Basic tofu**  
2 oz- 86 cals



**Lentils**  
174 cals



**Simple mixed greens salad**  
102 cals

### Snacks

215 cals, 17g protein, 22g net carbs, 4g fat



**Orange**  
1 orange(s)- 85 cals



**Protein shake (milk)**  
129 cals

### Dinner

360 cals, 21g protein, 27g net carbs, 15g fat



**Bean & tofu goulash**  
219 cals



**Caprese salad**  
142 cals

### Protein Supplement(s)

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



**Protein shake**  
2 1/2 scoop- 273 cals

# Grocery List



## Nut and Seed Products

- almonds  
1 1/4 oz (36g)
- walnuts  
1 1/2 oz (39g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce  
4 tsp (19mL)
- barbecue sauce  
1 tbsp (17g)
- chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)

## Fats and Oils

- ranch dressing  
1 tbsp (15mL)
- oil  
1 oz (29mL)
- cooking spray  
1/2 spray(s), about 1/3 second each (0g)
- balsamic vinaigrette  
5 tsp (25mL)
- olive oil  
3/4 tbsp (11mL)
- mayonnaise  
2 tbsp (30mL)
- salad dressing  
2 1/4 tbsp (34mL)

## Legumes and Legume Products

- firm tofu  
9 1/4 oz (262g)
- roasted peanuts  
2 tbsp (18g)
- peanut butter  
2 tbsp (32g)
- refried beans  
1/2 cup (121g)
- white beans, canned  
1/4 can(s) (110g)
- lentils, raw  
4 tbsp (48g)

## Vegetables and Vegetable Products

- frozen green beans  
1 1/3 cup (161g)

## Sweets

- jelly  
1/2 tbsp (11g)
- maple syrup  
1 tsp (5mL)
- honey  
2 tsp (14g)

## Other

- ice cubes  
1 1/2 cup(s) (210g)
- protein greek yogurt, flavored  
1 container (150g)
- meatless chik'n tenders  
13 1/3 pieces (340g)
- mixed greens  
1 1/4 package (5.5 oz) (197g)
- guacamole, store-bought  
4 tbsp (62g)
- vegan chik'n strips  
3 oz (85g)
- teriyaki sauce  
4 tbsp (60mL)

## Fruits and Fruit Juices

- frozen strawberries  
2 1/4 cup, unthawed (335g)
- banana  
2 medium (7" to 7-7/8" long) (236g)
- strawberries  
3 cup, whole (432g)
- canned pineapple  
4 tbsp, chunks (45g)
- peach  
4 medium (2-2/3" dia) (600g)
- apples  
2 medium (3" dia) (389g)
- orange  
2 orange (308g)

## Beverages

- water  
1 1/3 gallon (5146mL)
- protein powder  
20 scoop (1/3 cup ea) (620g)

## Snacks

- broccoli**  
4 tbsp chopped (23g)
- ketchup**  
3 1/3 tbsp (57g)
- tomatoes**  
13 1/4 tbsp cherry tomatoes (124g)
- fresh spinach**  
1/4 cup(s) (8g)
- brussels sprouts**  
3/4 cup (66g)
- onion**  
3/8 medium (2-1/2" dia) (45g)
- raw celery**  
4 stalk, medium (7-1/2" - 8" long) (160g)
- garlic**  
1/4 clove (1g)

## Baked Products

- bread**  
2/3 lbs (304g)

## Dairy and Egg Products

- butter**  
1 1/2 tbsp (20g)
- fresh mozzarella cheese**  
2 1/2 oz (71g)
- whole milk**  
1 1/2 cup(s) (360mL)
- low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)
- eggs**  
3 medium (132g)

- rice cakes, any flavor**  
1/2 cakes (5g)

## Spices and Herbs

- fresh basil**  
6 3/4 tbsp leaves, whole (10g)
- apple cider vinegar**  
1/4 tbsp (4g)
- salt**  
1/8 oz (1g)
- black pepper**  
1 dash (0g)
- paprika**  
2 1/4 g (2g)
- yellow mustard**  
2 dash or 1 packet (1g)
- fresh thyme**  
1 dash (0g)

## Cereal Grains and Pasta

- long-grain white rice**  
2/3 cup (123g)
- seitan**  
1/2 lbs (227g)

## Breakfast Cereals

- flavored instant oatmeal**  
2 packet (86g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Toast with butter and jelly

1/2 slice(s) - 67 cals ● 2g protein ● 2g fat ● 8g carbs ● 1g fiber



For single meal:

**bread**  
1/2 slice (16g)  
**butter**  
4 dash (2g)  
**jelly**  
4 dash (4g)

For all 3 meals:

**bread**  
1 1/2 slice (48g)  
**butter**  
1/2 tbsp (7g)  
**jelly**  
1/2 tbsp (11g)

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

### Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cals ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

**ice cubes**  
1/2 cup(s) (70g)  
**frozen strawberries**  
3/4 cup, unthawed (112g)  
**almonds**  
5 almond (6g)  
**water**  
1 tbsp (15mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)  
**banana, frozen, peeled and sliced**  
1/2 medium (7" to 7-7/8" long)  
(59g)

For all 3 meals:

**ice cubes**  
1 1/2 cup(s) (210g)  
**frozen strawberries**  
2 1/4 cup, unthawed (335g)  
**almonds**  
15 almond (18g)  
**water**  
3 tbsp (45mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)  
**banana, frozen, peeled and sliced**  
1 1/2 medium (7" to 7-7/8" long)  
(177g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

## Breakfast 2 ↗

Eat on day 4 and day 5

### 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.

### Southwest avocado toast

1 toast(s) - 193 cals ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

**bread**  
1 slice(s) (32g)  
**guacamole, store-bought**  
2 tbsp (31g)  
**refried beans**  
4 tbsp (61g)  
**fresh spinach**  
1/8 cup(s) (4g)

For all 2 meals:

**bread**  
2 slice(s) (64g)  
**guacamole, store-bought**  
4 tbsp (62g)  
**refried beans**  
1/2 cup (121g)  
**fresh spinach**  
1/4 cup(s) (8g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### 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.

### 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.

## Lunch 1 ↗

Eat on day 1

### Roasted almonds

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



Makes 1/8 cup(s)

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

1. The recipe has no instructions.

## Buffalo tofu

177 cals ● 8g protein ● 15g fat ● 3g carbs ● 0g fiber



**Frank's Red Hot sauce**

4 tsp (20mL)  
**ranch dressing**  
1 tbsp (15mL)  
**oil**  
1/4 tbsp (4mL)  
**firm tofu, patted dry & cubed**  
1/4 lbs (99g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.

2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.

3. Serve tofu with ranch.

## Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber

**frozen green beans**

1 1/3 cup (161g)



1. Prepare according to instructions on package.

## Lunch 2 ↗

Eat on day 2

### Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cals ● 8g protein ● 10g fat ● 27g carbs ● 4g fiber



Makes 1/2 sandwich(es)

**bread**

1 slice (32g)  
**peanut butter**  
1 tbsp (16g)  
**cooking spray**  
1/2 spray(s) , about 1/3 second each (0g)  
**banana, sliced**  
1/2 medium (7" to 7-7/8" long) (59g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

### Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



Makes 1/2 cake(s)

**peanut butter**  
1 tbsp (16g)  
**rice cakes, any flavor**  
1/2 cakes (5g)

1. Spread peanut butter over top of rice cake.

## Lunch 3 ↗

Eat on day 3 and day 4

### Caprese salad

107 cals ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

**fresh mozzarella cheese**  
3/4 oz (21g)  
**mixed greens**  
1/4 package (5.5 oz) (39g)  
**fresh basil**  
2 tbsp leaves, whole (3g)  
**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:

**fresh mozzarella cheese**  
1 1/2 oz (43g)  
**mixed greens**  
1/2 package (5.5 oz) (78g)  
**fresh basil**  
4 tbsp leaves, whole (6g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)

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

### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

For all 2 meals:

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

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.

## Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**

1/2 can (~19 oz) (263g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

## Lunch 4 ↗

Eat on day 5 and day 6

### Egg salad sandwich

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



For single meal:

**eggs**

1 1/2 medium (66g)

**mayonnaise**

1 tbsp (15mL)

**salt**

1/2 dash (0g)

**black pepper**

1/2 dash (0g)

**bread**

1 slice (32g)

**paprika**

1/2 dash (0g)

**onion, chopped**

1/8 small (9g)

**yellow mustard**

1 dash or 1 packet (1g)

For all 2 meals:

**eggs**

3 medium (132g)

**mayonnaise**

2 tbsp (30mL)

**salt**

1 dash (0g)

**black pepper**

1 dash (0g)

**bread**

2 slice (64g)

**paprika**

1 dash (1g)

**onion, chopped**

1/4 small (18g)

**yellow mustard**

2 dash or 1 packet (1g)

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

## Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**

2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**

4 tbsp, shelled (25g)

1. The recipe has no instructions.

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## Lunch 5

Eat on day 7

### Basic tofu

2 oz - 86 cals ● 4g protein ● 7g fat ● 1g carbs ● 0g fiber



Makes 2 oz

**oil**

1 tsp (5mL)

**firm tofu**

2 oz (57g)

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



**water**

1 cup(s) (237mL)

**salt**

1/2 dash (0g)

**lentils, raw, rinsed**

4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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### Simple mixed greens salad

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



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

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

## Snacks 1

Eat on day 1, day 2, and day 3

### Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 3 meals:

**strawberries**  
3 cup, whole (432g)

1. The recipe has no instructions.

### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)

For all 3 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)

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

## Snacks 2 ↗

Eat on day 4 and day 5

### 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.

### Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**honey**  
1 tsp (7g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**honey**  
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

## Snacks 3

Eat on 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 2 meals:

**orange**  
2 orange (308g)

1. The recipe has no instructions.

### Protein shake (milk)

129 cals  16g protein  4g fat  6g carbs  1g fiber



For single meal:

**whole milk**  
1/2 cup(s) (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

## Dinner 1

Eat on day 1

### 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.

## Roasted peanuts

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



Makes 1/8 cup(s)

**roasted peanuts**  
2 tbsp (18g)

1. The recipe has no instructions.

## Bbq tofu & pineapple bowl

130 cals ● 5g protein ● 5g fat ● 16g carbs ● 1g fiber



**broccoli**  
4 tbsp chopped (23g)  
**firm tofu**  
2 oz (57g)  
**canned pineapple**  
4 tbsp, chunks (45g)  
**barbecue sauce**  
1 tbsp (17g)  
**oil**  
3/8 tsp (2mL)

1. Drain tofu. Pat dry with a towel and press gently to remove any extra liquid. Slice into strips and coat with oil.
2. Heat skillet over medium heat. Add tofu and do not flip until the bottoms are browned, about 5 minutes. Flip and cook for another 3-5 minutes until tofu is crisp. Remove from skillet and set aside.
3. Add broccoli to the skillet with a splash of water and cook, stirring occasionally, until steamed and softened, about 5 minutes.
4. Pour the barbecue sauce over the the tofu to coat it. Serve tofu alongside broccoli and pineapple.

## Dinner 2 ↗

Eat on day 2 and day 3

### Crispy chik'n tenders

6 2/3 tender(s) - 381 cals ● 27g protein ● 15g fat ● 34g carbs ● 0g fiber



For single meal:

**meatless chik'n tenders**  
6 2/3 pieces (170g)  
**ketchup**  
5 tsp (28g)

For all 2 meals:

**meatless chik'n tenders**  
13 1/3 pieces (340g)  
**ketchup**  
1/4 cup (57g)

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

## Dinner 3 ↗

Eat on day 4

### Milk

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

Makes 1/2 cup(s)

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

1. The recipe has no instructions.



### Brussels sprout, chik'n & apple salad

387 cals ● 23g protein ● 24g fat ● 15g carbs ● 6g fiber



**walnuts**  
2 tbsp, chopped (14g)  
**apple cider vinegar**  
1/4 tbsp (4g)  
**maple syrup**  
1 tsp (5mL)  
**olive oil**  
3/4 tbsp (11mL)  
**vegan chick'n strips**  
3 oz (85g)  
**apples, chopped**  
1/6 small (2-3/4" dia) (25g)  
**brussels sprouts, ends trimmed and discarded**  
3/4 cup (66g)

1. Cook chick'n strips according to package instructions. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chick'n, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

## Dinner 4

Eat on day 5 and day 6

### Teriyaki seitan wings

4 oz seitan - 297 cals ● 32g protein ● 10g fat ● 19g carbs ● 1g fiber



For single meal:

**seitan**  
4 oz (113g)  
**oil**  
1/2 tbsp (8mL)  
**teriyaki sauce**  
2 tbsp (30mL)

For all 2 meals:

**seitan**  
1/2 lbs (227g)  
**oil**  
1 tbsp (15mL)  
**teriyaki sauce**  
4 tbsp (60mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

For all 2 meals:

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

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.

## Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

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## Dinner 5 ↗

Eat on day 7

### Bean & tofu goulash

219 cals ● 12g protein ● 6g fat ● 22g carbs ● 6g fiber



**oil**  
1/4 tbsp (4mL)  
**paprika**  
1/4 tbsp (2g)  
**fresh thyme**  
1 dash (0g)  
**white beans, canned, drained & rinsed**  
1/4 can(s) (110g)  
**onion, diced**  
1/4 medium (2-1/2" dia) (28g)  
**garlic, minced**  
1/4 clove (1g)  
**firm tofu, drained and diced**  
1 3/4 oz (50g)

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.

### Caprese salad

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



**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)

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

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.