

# Meal Plan - vegetarian meal plan with over 150g protein

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1760 cals ● 157g protein (36%) ● 53g fat (27%) ● 139g carbs (32%) ● 25g fiber (6%)

### Breakfast

290 cals, 9g protein, 42g net carbs, 8g fat



**Breakfast cereal**  
290 cals

### Lunch

425 cals, 26g protein, 26g net carbs, 18g fat



**Basic tempeh**  
4 oz- 295 cals



**Honey glazed carrots**  
128 cals

### Snacks

170 cals, 10g protein, 29g net carbs, 1g fat



**Cottage cheese & honey**  
1/4 cup(s)- 62 cals



**Pretzels**  
110 cals

### Dinner

495 cals, 27g protein, 38g net carbs, 24g fat



**Milk**  
3/4 cup(s)- 112 cals



**Caprese salad**  
107 cals



**Chik'n nuggets**  
5 nuggets- 276 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 2

1848 cals ● 158g protein (34%) ● 38g fat (19%) ● 194g carbs (42%) ● 24g fiber (5%)

### Breakfast

290 cals, 9g protein, 42g net carbs, 8g fat



**Breakfast cereal**  
290 cals

### Snacks

170 cals, 10g protein, 29g net carbs, 1g fat



**Cottage cheese & honey**  
1/4 cup(s)- 62 cals



**Pretzels**  
110 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

465 cals, 28g protein, 50g net carbs, 14g fat



**Clementine**  
1 clementine(s)- 39 cals



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

### Dinner

540 cals, 26g protein, 69g net carbs, 14g fat



**Easy chickpea salad**  
117 cals



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



**Crispy chik'n tenders**  
5 tender(s)- 286 cals

## Day 3

1854 cals ● 169g protein (37%) ● 69g fat (33%) ● 114g carbs (25%) ● 25g fiber (5%)

### Breakfast

290 cals, 9g protein, 42g net carbs, 8g fat



**Breakfast cereal**  
290 cals

### Snacks

175 cals, 10g protein, 23g net carbs, 3g fat



**Clementine**  
1 clementine(s)- 39 cals



**Breakfast cereal with protein milk**  
124 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

510 cals, 37g protein, 27g net carbs, 27g fat



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



**Vegan bangers and cauliflower mash**  
1 sausage link(s)- 361 cals

### Dinner

495 cals, 28g protein, 18g net carbs, 30g fat



**Sugar snap peas**  
123 cals



**Shawarma tofu**  
8 3/4 oz- 374 cals

## Day 4

1772 cals ● 175g protein (39%) ● 70g fat (35%) ● 82g carbs (19%) ● 29g fiber (7%)

### Breakfast

300 cals, 24g protein, 20g net carbs, 13g fat



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



**Cottage cheese toast**  
1 toast(s)- 143 cals

### Snacks

175 cals, 10g protein, 23g net carbs, 3g fat



**Clementine**  
1 clementine(s)- 39 cals



**Breakfast cereal with protein milk**  
124 cals



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

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

415 cals, 28g protein, 18g net carbs, 22g fat



**Buffalo tempeh with tzatziki**  
314 cals



**Simple mixed greens salad**  
102 cals

### Dinner

495 cals, 28g protein, 18g net carbs, 30g fat



**Sugar snap peas**  
123 cals



**Shawarma tofu**  
8 3/4 oz- 374 cals

## Day 5

1753 cals ● 171g protein (39%) ● 43g fat (22%) ● 132g carbs (30%) ● 38g fiber (9%)

### Breakfast

300 cals, 24g protein, 20g net carbs, 13g fat



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



**Cottage cheese toast**  
1 toast(s)- 143 cals

### Snacks

185 cals, 8g protein, 21g net carbs, 5g fat



**Carrot sticks**  
1 1/2 carrot(s)- 41 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

### Lunch

445 cals, 28g protein, 40g net carbs, 15g fat



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals



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

### Dinner

435 cals, 27g protein, 48g net carbs, 8g fat



**Milk**  
2/3 cup(s)- 99 cals



**Lentil pasta**  
337 cals

## Day 6

1739 cals ● 161g protein (37%) ● 50g fat (26%) ● 131g carbs (30%) ● 30g fiber (7%)

### Breakfast

215 cals, 5g protein, 32g net carbs, 7g fat



[Pancakes](#)

1/2 pancake(s)- 215 cals

### Lunch

445 cals, 28g protein, 40g net carbs, 15g fat



[Chunky canned soup \(non-creamy\)](#)

1 1/2 can(s)- 371 cals



[Simple mixed greens and tomato salad](#)

76 cals

### Snacks

185 cals, 8g protein, 21g net carbs, 5g fat



[Carrot sticks](#)

1 1/2 carrot(s)- 41 cals



[Hummus toast](#)

1 slice(s)- 146 cals

### Dinner

510 cals, 35g protein, 35g net carbs, 21g fat



[Goat cheese and marinara stuffed zucchini](#)

4 zucchini halve(s)- 384 cals



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cals

## Day 7

1775 cals ● 163g protein (37%) ● 51g fat (26%) ● 136g carbs (31%) ● 31g fiber (7%)

### Breakfast

215 cals, 5g protein, 32g net carbs, 7g fat



[Pancakes](#)

1/2 pancake(s)- 215 cals

### Lunch

480 cals, 30g protein, 44g net carbs, 16g fat



[Caprese salad](#)

142 cals



[Brown rice](#)

3/8 cup brown rice, cooked- 86 cals



[Veggie burger patty](#)

2 patty- 254 cals

### Snacks

185 cals, 8g protein, 21g net carbs, 5g fat



[Carrot sticks](#)

1 1/2 carrot(s)- 41 cals



[Hummus toast](#)

1 slice(s)- 146 cals

### Dinner

510 cals, 35g protein, 35g net carbs, 21g fat



[Goat cheese and marinara stuffed zucchini](#)

4 zucchini halve(s)- 384 cals



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 1/2 scoop- 382 cals

# Grocery List



## Beverages

- ☐ protein powder  
25 scoop (1/3 cup ea) (775g)
- ☐ water  
1 1/2 gallon (5990mL)

## Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)  
2 cup (452g)
- ☐ butter  
1/8 stick (14g)
- ☐ whole milk  
5 1/2 cup(s) (1315mL)
- ☐ fresh mozzarella cheese  
1 3/4 oz (50g)
- ☐ eggs  
5 medium (211g)
- ☐ goat cheese  
4 oz (113g)

## Sweets

- ☐ honey  
2 1/4 oz (64g)
- ☐ syrup  
1 tbsp (15mL)

## Snacks

- ☐ pretzels, hard, salted  
2 oz (57g)

## Legumes and Legume Products

- ☐ tempeh  
1/2 lbs (227g)
- ☐ chickpeas, canned  
1/4 can(s) (112g)
- ☐ hummus  
9 1/2 tbsp (143g)
- ☐ firm tofu  
17 1/2 oz (496g)

## Fats and Oils

- ☐ oil  
2 oz (67mL)
- ☐ balsamic vinaigrette  
3 1/2 tsp (18mL)

## Fruits and Fruit Juices

- ☐ lemon juice  
1 tsp (6mL)
- ☐ dried cranberries  
4 tbsp (40g)
- ☐ clementines  
3 fruit (222g)

## Breakfast Cereals

- ☐ breakfast cereal  
5 1/2 serving (165g)

## Other

- ☐ mixed greens  
1 2/3 package (5.5 oz) (263g)
- ☐ vegan chik'n nuggets  
5 nuggets (108g)
- ☐ meatless chik'n tenders  
5 pieces (128g)
- ☐ plant-based deli slices  
7 slices (73g)
- ☐ frozen cauliflower  
3/4 cup (85g)
- ☐ vegan sausage  
1 sausage (100g)
- ☐ smoked paprika  
1 1/4 tsp (3g)
- ☐ tzatziki  
1/8 cup(s) (28g)
- ☐ lentil pasta  
2 2/3 oz (76g)
- ☐ veggie burger patty  
2 patty (142g)

## Soups, Sauces, and Gravies

- ☐ apple cider vinegar  
1/4 tbsp (0mL)
- ☐ Frank's Red Hot sauce  
2 tbsp (31mL)
- ☐ chunky canned soup (non-creamy varieties)  
3 can (~19 oz) (1578g)
- ☐ pasta sauce  
1/2 jar (24 oz) (372g)

## Baked Products

- ☐ flour tortillas  
1 tortilla (approx 10" dia) (72g)

- ☐ salad dressing  
1/3 cup (79mL)

## Vegetables and Vegetable Products

- ☐ carrots  
7 1/4 medium (445g)
- ☐ tomatoes  
2 medium whole (2-3/5" dia) (229g)
- ☐ ketchup  
2 1/2 tbsp (43g)
- ☐ onion  
5/8 small (44g)
- ☐ fresh parsley  
3/4 sprigs (1g)
- ☐ raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ frozen sugar snap peas  
4 cup (576g)
- ☐ zucchini  
4 large (1292g)

## Spices and Herbs

- ☐ salt  
1 1/2 dash (1g)
- ☐ fresh basil  
1/4 cup leaves, whole (7g)
- ☐ balsamic vinegar  
1/4 tbsp (4mL)
- ☐ crushed red pepper  
5 dash (1g)
- ☐ ground cumin  
5 dash (1g)
- ☐ ground coriander  
5 dash (1g)
- ☐ cinnamon  
1/3 tsp (1g)
- ☐ turmeric, ground  
1/3 tsp (1g)
- ☐ garlic powder  
1/3 tsp (1g)
- ☐ ground ginger  
1/3 tsp (1g)
- ☐ black pepper  
3/4 dash, ground (0g)

- ☐ bread  
1/3 lbs (160g)

- ☐ pancake mix  
1/2 cup (65g)

## Cereal Grains and Pasta

- ☐ brown rice  
2 tbsp (24g)



## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Breakfast cereal

290 cal ● 9g protein ● 8g fat ● 42g carbs ● 4g fiber



For single meal:

**whole milk**  
3/4 cup(s) (180mL)  
**breakfast cereal**  
1 1/2 serving (45g)

For all 3 meals:

**whole milk**  
2 1/4 cup(s) (540mL)  
**breakfast cereal**  
4 1/2 serving (135g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Basic scrambled eggs

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



For single meal:

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

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

### Cottage cheese toast

1 toast(s) - 143 cal ● 11g protein ● 2g fat ● 19g carbs ● 2g fiber





For single meal:

**bread**  
1 slice(s) (32g)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**honey**  
1 tsp (7g)

For all 2 meals:

**bread**  
2 slice(s) (64g)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**honey**  
2 tsp (14g)

1. Toast the bread, if desired.
2. Spread cottage cheese on top of the bread, drizzle with honey, and serve.

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## Breakfast 3 [🔗](#)

Eat on day 6 and day 7

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### Pancakes

1/2 pancake(s) - 215 cal ● 5g protein ● 7g fat ● 32g carbs ● 1g fiber



For single meal:

**whole milk**  
1/6 cup(s) (38mL)  
**eggs**  
1/8 medium (6g)  
**syrup**  
1/2 tbsp (8mL)  
**pancake mix**  
4 tbsp (33g)  
**butter, melted**  
1 tsp (5g)

For all 2 meals:

**whole milk**  
1/3 cup(s) (75mL)  
**eggs**  
1/4 medium (11g)  
**syrup**  
1 tbsp (15mL)  
**pancake mix**  
1/2 cup (65g)  
**butter, melted**  
3/4 tbsp (11g)

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
  2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. Top with syrup.
  3. For leftovers, you can just keep the batter in the fridge.
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## Lunch 1 [↗](#)

Eat on day 1

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### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



Makes 4 oz

#### tempeh

4 oz (113g)

#### oil

2 tsp (10mL)

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

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### Honey glazed carrots

128 cals ● 2g protein ● 3g fat ● 18g carbs ● 5g fiber



#### butter

1/4 tbsp (3g)

#### carrots

6 oz (170g)

#### water

1/8 cup(s) (30mL)

#### honey

1 tsp (8g)

#### salt

3/4 dash (1g)

#### lemon juice

1 tsp (6mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
  2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
  3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
  4. Stir in lemon juice.
  5. Serve.
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## Lunch 2 [↗](#)

Eat on day 2

### Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



Makes 1 clementine(s)

**clementines**

1 fruit (74g)

1. The recipe has no instructions.

### Simple plant-based deli wrap

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



Makes 1 wrap(s)

**plant-based deli slices**

7 slices (73g)

**flour tortillas**

1 tortilla (approx 10" dia) (72g)

**mixed greens**

1/2 cup (15g)

**tomatoes**

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

**hummus**

2 tbsp (30g)

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

## Lunch 3 [↗](#)

Eat on day 3

### Milk

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



Makes 1 cup(s)

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.

### Vegan bangers and cauliflower mash

1 sausage link(s) - 361 cals ● 29g protein ● 19g fat ● 16g carbs ● 3g fiber



Makes 1 sausage link(s)

**frozen cauliflower**

3/4 cup (85g)

**oil**

1/2 tbsp (8mL)

**vegan sausage**

1 sausage (100g)

**onion, thinly sliced**

1/2 small (35g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
4. When all elements are done, plate and serve.

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## Lunch 4 [↗](#)

Eat on day 4

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### Buffalo tempeh with tzatziki

314 cals ● 26g protein ● 15g fat ● 12g carbs ● 8g fiber



**Frank's Red Hot sauce**

2 tbsp (30mL)

**tzatziki**

1/8 cup(s) (28g)

**oil**

1/2 tbsp (8mL)

**tempeh, roughly chopped**

4 oz (113g)

1. Heat oil in a skillet over medium heat. Add tempeh 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 tzatziki.

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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.
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## Lunch 5 [↗](#)

Eat on day 5 and day 6

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

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

1 1/2 can (~19 oz) (789g)

For all 2 meals:

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

3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed greens**

1 1/2 cup (45g)

**tomatoes**

4 tbsp cherry tomatoes (37g)

**salad dressing**

1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

**salad dressing**

3 tbsp (45mL)

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

## Lunch 6 [↗](#)

Eat on day 7

### 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.

Brown rice



3/8 cup brown rice, cooked - 86 cals ● 2g protein ● 1g fat ● 17g carbs ● 1g fiber



Makes 3/8 cup brown rice, cooked

**salt**

3/4 dash (1g)

**water**

1/4 cup(s) (59mL)

**black pepper**

3/4 dash, ground (0g)

**brown rice**

2 tbsp (24g)

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

## Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty

**veggie burger patty**

2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

## Snacks 1 [🔗](#)

Eat on day 1 and day 2

### 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.

### Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

**pretzels, hard, salted**

1 oz (28g)

For all 2 meals:

**pretzels, hard, salted**

2 oz (57g)

1. The recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Clementine

1 clementine(s) - 39 cal● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. The recipe has no instructions.

### Breakfast cereal with protein milk

124 cal● 9g protein ● 3g fat ● 14g carbs ● 2g fiber



For single meal:

**breakfast cereal**  
1/2 serving (15g)  
**whole milk**  
1/4 cup(s) (60mL)  
**protein powder**  
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

**breakfast cereal**  
1 serving (30g)  
**whole milk**  
1/2 cup(s) (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

### Celery sticks

2 celery stalk - 13 cal● 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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## Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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### Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**carrots**

1 1/2 medium (92g)

For all 3 meals:

**carrots**

4 1/2 medium (275g)

1. Cut carrots into strips and serve.

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### 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 3 meals:

**bread**

3 slice (96g)

**hummus**

1/2 cup (113g)

1. (Optional) Toast bread.
  2. Spread hummus over bread and serve.
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## Dinner 1 [↗](#)

Eat on day 1

### Milk

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



Makes 3/4 cup(s)

**whole milk**

3/4 cup(s) (180mL)

1. The recipe has no instructions.

### Caprese salad

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



**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)

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

### Chik'n nuggets

5 nuggets - 276 cals ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



Makes 5 nuggets

**ketchup**

1 1/4 tbsp (21g)

**vegan chik'n nuggets**

5 nuggets (108g)

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

## Dinner 2 [↗](#)

Eat on day 2

### Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



**balsamic vinegar**

1/4 tbsp (4mL)

**apple cider vinegar**

1/4 tbsp (0mL)

**chickpeas, canned, drained and rinsed**

1/4 can(s) (112g)

**onion, thinly sliced**

1/8 small (9g)

**tomatoes, halved**

4 tbsp cherry tomatoes (37g)

**fresh parsley, chopped**

3/4 sprigs (1g)

1. Add all ingredients to a bowl and toss. Serve!

### Dried cranberries

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



Makes 1/4 cup

**dried cranberries**

4 tbsp (40g)

1. The recipe has no instructions.

### Crispy chik'n tenders

5 tender(s) - 286 cals ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

**meatless chik'n tenders**

5 pieces (128g)

**ketchup**

1 1/4 tbsp (21g)

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

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



For single meal:

**frozen sugar snap peas**  
2 cup (288g)

For all 2 meals:

**frozen sugar snap peas**  
4 cup (576g)

1. Prepare according to instructions on package.

### Shawarma tofu

8 3/4 oz - 374 cals ● 20g protein ● 29g fat ● 7g carbs ● 2g fiber



For single meal:

**oil**  
1 1/4 tbsp (19mL)  
**water**  
1 1/4 tbsp (19mL)  
**crushed red pepper**  
1/3 tsp (1g)  
**smoked paprika**  
5/8 tsp (1g)  
**ground cumin**  
1/3 tsp (1g)  
**ground coriander**  
1/3 tsp (1g)  
**cinnamon**  
1 1/4 dash (0g)  
**turmeric, ground**  
1 1/4 dash (0g)  
**garlic powder**  
1 1/4 dash (0g)  
**ground ginger**  
1 1/4 dash (0g)  
**firm tofu, cut into ribbons**  
1/2 lbs (248g)

For all 2 meals:

**oil**  
2 1/2 tbsp (38mL)  
**water**  
2 1/2 tbsp (38mL)  
**crushed red pepper**  
5 dash (1g)  
**smoked paprika**  
1 1/4 tsp (3g)  
**ground cumin**  
5 dash (1g)  
**ground coriander**  
5 dash (1g)  
**cinnamon**  
1/3 tsp (1g)  
**turmeric, ground**  
1/3 tsp (1g)  
**garlic powder**  
1/3 tsp (1g)  
**ground ginger**  
1/3 tsp (1g)  
**firm tofu, cut into ribbons**  
17 1/2 oz (496g)

1. Preheat the oven to 425°F (220°C).
2. In a bowl, whisk together the oil, water, spices, and a pinch of salt. To modulate the spice level, add as much or as little of the crushed red pepper as you like.
3. Place tofu ribbons on a parchment-lined baking sheet and brush them with the spice mixture.
4. Roast for 10-12 minutes, or until the tofu is golden and starting to crisp. Serve.



## Dinner 4 [↗](#)

Eat on day 5

### Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



Makes 2/3 cup(s)

**whole milk**

2/3 cup(s) (160mL)

1. The recipe has no instructions.

### Lentil pasta

337 cal ● 22g protein ● 3g fat ● 41g carbs ● 16g fiber



**pasta sauce**

1/6 jar (24 oz) (112g)

**lentil pasta**

2 2/3 oz (76g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cal ● 21g protein ● 20g fat ● 21g carbs ● 9g fiber



For single meal:

**pasta sauce**

1/2 cup (130g)

**goat cheese**

2 oz (57g)

**zucchini**

2 large (646g)

For all 2 meals:

**pasta sauce**

1 cup (260g)

**goat cheese**

4 oz (113g)

**zucchini**

4 large (1292g)

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

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

- low fat cottage cheese (1% milkfat)  
1 cup (226g)
- honey  
4 tsp (28g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

3 1/2 scoop - 382 cals ● 85g protein ● 2g fat ● 3g carbs ● 4g fiber



For single meal:

- protein powder  
3 1/2 scoop (1/3 cup ea) (109g)
- water  
3 1/2 cup(s) (830mL)

For all 7 meals:

- protein powder  
24 1/2 scoop (1/3 cup ea) (760g)
- water  
24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.