

Meal Plan - vegetarian meal plan with over 200g 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

2447 cals ● 218g protein (36%) ● 93g fat (34%) ● 157g carbs (26%) ● 28g fiber (5%)

Breakfast

310 cals, 19g protein, 16g net carbs, 17g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

265 cals, 11g protein, 31g net carbs, 10g fat



Milk
2/3 cup(s)- 99 cals



Simple cinnamon oatmeal with milk
164 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

695 cals, 38g protein, 68g net carbs, 26g fat



Simple mozzarella and tomato salad
242 cals



Pasta with spinach and ricotta
451 cals

Dinner

690 cals, 41g protein, 38g net carbs, 37g fat



Roasted cashews
1/4 cup(s)- 209 cals



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals



Seitan salad
359 cals

Day 2

2450 cals ● 201g protein (33%) ● 105g fat (38%) ● 141g carbs (23%) ● 35g fiber (6%)

Breakfast

310 cals, 19g protein, 16g net carbs, 17g fat



Scrambled eggs with spinach, parmesan & tomato
249 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

265 cals, 11g protein, 31g net carbs, 10g fat



Milk
2/3 cup(s)- 99 cals



Simple cinnamon oatmeal with milk
164 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

695 cals, 21g protein, 52g net carbs, 39g fat



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



Lemon cream chickpeas
466 cals



Brown rice
1/2 cup brown rice, cooked- 115 cals

Dinner

690 cals, 41g protein, 38g net carbs, 37g fat



Roasted cashews
1/4 cup(s)- 209 cals



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals



Seitan salad
359 cals

Day 3

2469 cals ● 206g protein (33%) ● 86g fat (31%) ● 179g carbs (29%) ● 39g fiber (6%)

Breakfast

380 cals, 16g protein, 21g net carbs, 24g fat



Scrambled tofu on guac toast
1 toast(s)- 275 cals



Roasted cashews
1/8 cup(s)- 104 cals

Snacks

270 cals, 10g protein, 31g net carbs, 10g fat



Milk
2/3 cup(s)- 99 cals



Grapefruit
1/2 grapefruit- 59 cals



Toast with butter
1 slice(s)- 114 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

675 cals, 36g protein, 55g net carbs, 27g fat



Banana
1 banana(s)- 117 cals



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



Bbq tempeh lettuce wrap
4 lettuce wrap(s)- 329 cals

Dinner

650 cals, 35g protein, 69g net carbs, 22g fat



Fruit juice
1 1/2 cup(s)- 172 cals



Vegan sausage & veggie sheet pan
480 cals

Day 4

2432 cals ● 207g protein (34%) ● 93g fat (34%) ● 166g carbs (27%) ● 26g fiber (4%)

Breakfast

380 cals, 16g protein, 21g net carbs, 24g fat



Scrambled tofu on guac toast
1 toast(s)- 275 cals



Roasted cashews
1/8 cup(s)- 104 cals

Snacks

270 cals, 10g protein, 31g net carbs, 10g fat



Milk
2/3 cup(s)- 99 cals



Grapefruit
1/2 grapefruit- 59 cals



Toast with butter
1 slice(s)- 114 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

640 cals, 37g protein, 41g net carbs, 34g fat



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



Caesar salad wrap
1 wrap(s)- 393 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

650 cals, 35g protein, 69g net carbs, 22g fat



Fruit juice
1 1/2 cup(s)- 172 cals



Vegan sausage & veggie sheet pan
480 cals

Day 5

2392 cals ● 205g protein (34%) ● 42g fat (16%) ● 229g carbs (38%) ● 71g fiber (12%)

Breakfast

355 cals, 18g protein, 36g net carbs, 12g fat



Carrot sticks

2 carrot(s)- 54 cals



Veggie mason jar omelet

1 jar(s)- 155 cals



Simple cinnamon oatmeal with water

145 cals

Snacks

270 cals, 10g protein, 31g net carbs, 10g fat



Milk

2/3 cup(s)- 99 cals



Grapefruit

1/2 grapefruit- 59 cals



Toast with butter

1 slice(s)- 114 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

650 cals, 36g protein, 97g net carbs, 4g fat



Lentils

116 cals



Bbq cauliflower wings

535 cals

Dinner

625 cals, 32g protein, 61g net carbs, 13g fat



Simple kale salad

2 cup(s)- 110 cals



Black bean and salsa soup

514 cals

Day 6

2436 cals ● 209g protein (34%) ● 53g fat (19%) ● 223g carbs (37%) ● 59g fiber (10%)

Breakfast

355 cals, 18g protein, 36g net carbs, 12g fat



Carrot sticks

2 carrot(s)- 54 cals



Veggie mason jar omelet

1 jar(s)- 155 cals



Simple cinnamon oatmeal with water

145 cals

Snacks

265 cals, 20g protein, 13g net carbs, 14g fat



Boiled eggs

3 egg(s)- 208 cals



Grapefruit

1/2 grapefruit- 59 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

650 cals, 36g protein, 97g net carbs, 4g fat



Lentils

116 cals



Bbq cauliflower wings

535 cals

Dinner

675 cals, 26g protein, 73g net carbs, 20g fat



Spanish chickpeas

560 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals

Day 7

2363 cals ● 216g protein (37%) ● 80g fat (30%) ● 153g carbs (26%) ● 41g fiber (7%)

Breakfast

355 cals, 18g protein, 36g net carbs, 12g fat



Carrot sticks

2 carrot(s)- 54 cals



Veggie mason jar omelet

1 jar(s)- 155 cals



Simple cinnamon oatmeal with water

145 cals

Snacks

265 cals, 20g protein, 13g net carbs, 14g fat



Boiled eggs

3 egg(s)- 208 cals



Grapefruit

1/2 grapefruit- 59 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

575 cals, 43g protein, 27g net carbs, 32g fat



Garlic pepper seitan

456 cals



Sauteed Kale

121 cals

Dinner

675 cals, 26g protein, 73g net carbs, 20g fat



Spanish chickpeas

560 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals

Dairy and Egg Products

- ☐ whole milk
4 cup(s) (982mL)
- ☐ eggs
18 large (900g)
- ☐ parmesan cheese
1/3 cup (27g)
- ☐ fresh mozzarella cheese
2 oz (57g)
- ☐ part-skim ricotta cheese
1/3 cup (83g)
- ☐ butter
1 tbsp (14g)
- ☐ sour cream
2 tbsp (24g)

Sweets

- ☐ sugar
3 tbsp (39g)

Spices and Herbs

- ☐ cinnamon
1 tbsp (8g)
- ☐ fresh basil
1 tbsp, chopped (3g)
- ☐ salt
1/2 tbsp (10g)
- ☐ black pepper
1/8 oz (2g)
- ☐ turmeric, ground
4 dash (2g)
- ☐ ground cumin
1/3 oz (10g)
- ☐ paprika
1 tbsp (7g)

Breakfast Cereals

- ☐ quick oats
1 1/2 cup (120g)

Fats and Oils

- ☐ olive oil
1 oz (30mL)
- ☐ balsamic vinaigrette
1 tbsp (14mL)
- ☐ oil
2 2/3 oz (80mL)

Fruits and Fruit Juices

- ☐ Grapefruit
3 1/2 large (approx 4-1/2" dia) (1162g)
- ☐ avocados
1/2 avocado(s) (101g)
- ☐ lemon juice
1 tbsp (15mL)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)
- ☐ fruit juice
24 fl oz (720mL)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
2 2/3 oz (76g)
- ☐ seitan
2/3 lbs (321g)
- ☐ brown rice
1/2 cup (95g)

Beverages

- ☐ protein powder
31 1/2 scoop (1/3 cup ea) (977g)
- ☐ water
2 1/3 gallon (8832mL)

Nut and Seed Products

- ☐ roasted cashews
3/4 cup (103g)
- ☐ coconut milk, canned
2 3/4 oz (83mL)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)
- ☐ vegetable broth
1 cup(s) (mL)
- ☐ barbecue sauce
9 fl oz (320g)
- ☐ salsa
1/2 cup (130g)

Other

- ☐ nutritional yeast
2 oz (63g)

- ☐ salad dressing
4 tbsp (60mL)
- ☐ caesar salad dressing
1 tbsp (15g)

Vegetables and Vegetable Products

- ☐ fresh spinach
1 1/2 10oz package (438g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (446g)
- ☐ garlic
4 1/4 clove(s) (13g)
- ☐ frozen chopped spinach
1/3 10 oz package (95g)
- ☐ romaine lettuce
8 leaf inner (48g)
- ☐ bell pepper
2 1/2 large (394g)
- ☐ carrots
8 medium (488g)
- ☐ broccoli
2 cup chopped (182g)
- ☐ potatoes
2 small (1-3/4" to 2-1/4" dia.) (184g)
- ☐ onion
3 medium (2-1/2" dia) (314g)
- ☐ cauliflower
4 head small (4" dia.) (1060g)
- ☐ kale leaves
4 cup, chopped (160g)
- ☐ tomato paste
3 tbsp (48g)
- ☐ green pepper
4 tsp, chopped (12g)

- ☐ coleslaw mix
1 cup (90g)
- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ italian seasoning
1 tsp (4g)
- ☐ vegan sausage
2 sausage (200g)
- ☐ cottage cheese & fruit cup
1 container (170g)

Legumes and Legume Products

- ☐ roasted peanuts
1/2 cup (73g)
- ☐ chickpeas, canned
2 can(s) (912g)
- ☐ tempeh
4 oz (113g)
- ☐ firm tofu
1/2 lbs (227g)
- ☐ lentils, raw
1/3 cup (64g)
- ☐ black beans
1 can(s) (439g)

Baked Products

- ☐ bread
5 slice (160g)
 - ☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Scrambled eggs with spinach, parmesan & tomato

249 cal ● 18g protein ● 17g fat ● 4g carbs ● 2g fiber



For single meal:

eggs
2 large (100g)
olive oil
1 tsp (5mL)
fresh spinach
2 cup(s) (60g)
parmesan cheese
2 tbsp (10g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
garlic, minced
4 dash (1g)

For all 2 meals:

eggs
4 large (200g)
olive oil
2 tsp (10mL)
fresh spinach
4 cup(s) (120g)
parmesan cheese
4 tbsp (20g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
garlic, minced
1 tsp (3g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Scrambled tofu on guac toast

1 toast(s) - 275 cals ● 14g protein ● 16g fat ● 16g carbs ● 4g fiber



For single meal:

turmeric, ground
2 dash (1g)
oil
1 tsp (5mL)
guacamole, store-bought
2 tbsp (31g)
bread, toasted
1 slice (32g)
firm tofu, patted dry
4 oz (113g)

For all 2 meals:

turmeric, ground
4 dash (2g)
oil
2 tsp (10mL)
guacamole, store-bought
4 tbsp (62g)
bread, toasted
2 slice (64g)
firm tofu, patted dry
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Using hands, crumble tofu into skillet and season with turmeric (and salt/pepper to taste). Stir frequently for about 5-10 minutes until tofu is cooked.
3. Spread guacamole on toast and top with the scrambled tofu.

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 3 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 3 meals:

eggs
6 large (300g)
bell pepper, chopped
1 1/2 small (111g)
onion, diced
3/4 small (53g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Simple cinnamon oatmeal with water

145 cals ● 4g protein ● 2g fat ● 25g carbs ● 3g fiber



For single meal:

quick oats
1/3 cup (27g)
sugar
2 tsp (9g)
cinnamon
1/4 tbsp (2g)
water
1/2 cup(s) (119mL)

For all 3 meals:

quick oats
1 cup (80g)
sugar
2 tbsp (26g)
cinnamon
2 tsp (5g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Lunch 1 [↗](#)

Eat on day 1

Simple mozzarella and tomato salad

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



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

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Pasta with spinach and ricotta

451 cal ● 24g protein ● 10g fat ● 61g carbs ● 5g fiber



uncooked dry pasta
2 2/3 oz (76g)
part-skim ricotta cheese
1/3 cup (83g)
salt
2/3 dash (0g)
black pepper
2 dash, ground (1g)
frozen chopped spinach, thawed and drained
1/3 10 oz package (95g)
garlic, minced
2/3 clove(s) (2g)
parmesan cheese, divided
1 tbsp (5g)

1. Cook the pasta according to directions on package; drain.
2. While pasta cooks, coat skillet with cooking spray. Over medium-low heat, add the spinach and garlic. Cook for about 5 minutes, stirring frequently.
3. Stir in the ricotta cheese, half of the parmesan cheese, salt, pepper, and just enough water to make it creamy.
4. Add cooked pasta to the skillet and stir.
5. Serve and top with remaining parmesan cheese.

Lunch 2 [↗](#)

Eat on day 2

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.

Lemon cream chickpeas

466 cals ● 15g protein ● 29g fat ● 27g carbs ● 11g fiber



coconut milk, canned

2 3/4 oz (83mL)

vegetable broth

1/6 cup(s) (mL)

fresh spinach

1 oz (28g)

lemon juice

1 tbsp (15mL)

oil

1/2 tbsp (8mL)

garlic, minced

1 clove(s) (3g)

chickpeas, canned, drained & rinsed

1 cup(s) (240g)

1. Heat the oil in a large non-stick skillet over medium-high heat. Add the garlic and cook until fragrant, about 1 minute.
2. Stir in the vegetable broth, coconut milk, chickpeas, spinach, and some salt.
3. Bring the mixture to a simmer, then reduce the heat to medium. Cook until the spinach has wilted and the sauce has thickened, about 5-7 minutes.
4. Turn off the heat, stir in the lemon juice, and season with salt and pepper to taste. Serve.

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

- salt**
1 dash (1g)
- water**
1/3 cup(s) (79mL)
- black pepper**
1 dash, ground (0g)
- brown rice**
2 2/3 tbsp (32g)

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.

Lunch 3 [↗](#)
Eat on day 3

Banana
1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



- Makes 1 banana(s)
- banana**
1 medium (7" to 7-7/8" long) (118g)

1. The recipe has no instructions.

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



- Makes 1/4 cup(s)
- roasted peanuts**
4 tbsp (37g)

1. The recipe has no instructions.

Bbq tempeh lettuce wrap
4 lettuce wrap(s) - 329 cals ● 26g protein ● 9g fat ● 26g carbs ● 11g fiber



Makes 4 lettuce wrap(s)

oil
1/2 tsp (3mL)
coleslaw mix
1 cup (90g)
barbecue sauce
2 tbsp (34g)
romaine lettuce
4 leaf inner (24g)
tempeh, cubed
4 oz (113g)
bell pepper, deseeded and sliced
1/2 small (37g)

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

Lunch 4 [↗](#)

Eat on day 4

Roasted peanuts

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

Makes 1/8 cup(s)

roasted peanuts
2 tbsp (18g)



1. The recipe has no instructions.

Caesar salad wrap

1 wrap(s) - 393 cal ● 18g protein ● 23g fat ● 26g carbs ● 3g fiber

Makes 1 wrap(s)

parmesan cheese
1/2 tbsp (3g)
onion
1 tbsp, chopped (10g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
caesar salad dressing
1 tbsp (15g)
tomatoes, sliced
1/2 plum tomato (31g)
eggs, hard-boiled and sliced
2 large (100g)
romaine lettuce, torn into bite-sized pieces
4 leaf inner (24g)

1. Toss romaine, onion, cheese and dressing to coat.
2. Spread romaine mixture evenly down center of each tortilla. Top with the sliced hard-boiled eggs and tomatoes.
3. Fold up one end of tortilla about 1 inch over filling; fold right and left sides over folded end, overlapping. Secure with toothpick if necessary.



Cottage cheese & fruit cup

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



Makes 1 container

cottage cheese & fruit cup
1 container (170g)

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

Lunch 5 [🔗](#)

Eat on day 5 and day 6

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

water
2/3 cup(s) (158mL)
salt
1/3 dash (0g)
lentils, raw, rinsed
2 2/3 tbsp (32g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (1g)
lentils, raw, rinsed
1/3 cup (64g)

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.

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 barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

Lunch 6 [↗](#)

Eat on day 7

Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



olive oil
4 tsp (20mL)
onion
2 2/3 tbsp, chopped (27g)
green pepper
4 tsp, chopped (12g)
black pepper
1 1/3 dash, ground (0g)
water
2 tsp (10mL)
salt
2/3 dash (0g)
seitan, chicken style
1/3 lbs (151g)
garlic, minced
1 2/3 clove(s) (5g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

Sauteed Kale

121 cals ● 2g protein ● 9g fat ● 5g carbs ● 1g fiber



kale leaves
2 cup, chopped (80g)
oil
2 tsp (10mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Milk

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



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 2 meals:

whole milk
1 1/3 cup(s) (320mL)

1. The recipe has no instructions.
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Simple cinnamon oatmeal with milk

164 cals ● 6g protein ● 4g fat ● 23g carbs ● 3g fiber



For single meal:

sugar
1/2 tbsp (7g)
cinnamon
4 dash (1g)
whole milk
3/8 cup(s) (90mL)
quick oats
4 tbsp (20g)

For all 2 meals:

sugar
1 tbsp (13g)
cinnamon
1 tsp (3g)
whole milk
3/4 cup(s) (180mL)
quick oats
1/2 cup (40g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
 2. Pour the milk over it and microwave for 90 seconds - 2 minutes.
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Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Milk

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



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 3 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Grapefruit

1/2 grapefruit - 59 cal● 1g protein● 0g fat● 12g carbs● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit
1 1/2 large (approx 4-1/2" dia)
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Toast with butter

1 slice(s) - 114 cal● 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 3 [↗](#)

Eat on day 6 and day 7

Boiled eggs

3 egg(s) - 208 cal● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

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.

Grapefruit

1/2 grapefruit - 59 cal● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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Dinner 1 [🔗](#)

Eat on day 1 and day 2

Roasted cashews

1/4 cup(s) - 209 cal ● 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.
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Chunky canned soup (non-creamy)

1/2 can(s) - 124 cal ● 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.

Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

- oil
- 1 tsp (5mL)
- nutritional yeast
- 1 tsp (1g)
- salad dressing
- 1 tbsp (15mL)
- fresh spinach
- 2 cup(s) (60g)
- seitan, crumbled or sliced
- 3 oz (85g)
- tomatoes, halved
- 6 cherry tomatoes (102g)
- avocados, chopped
- 1/4 avocado(s) (50g)

For all 2 meals:

- oil
- 2 tsp (10mL)
- nutritional yeast
- 2 tsp (3g)
- salad dressing
- 2 tbsp (30mL)
- fresh spinach
- 4 cup(s) (120g)
- seitan, crumbled or sliced
- 6 oz (170g)
- tomatoes, halved
- 12 cherry tomatoes (204g)
- avocados, chopped
- 1/2 avocado(s) (101g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Dinner 2

Eat on day 3 and day 4

Fruit juice

1 1/2 cup(s) - 172 cal ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:

- fruit juice
- 12 fl oz (360mL)

For all 2 meals:

- fruit juice
- 24 fl oz (720mL)

1. The recipe has no instructions.

Vegan sausage & veggie sheet pan

480 cal ● 33g protein ● 22g fat ● 31g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
italian seasoning
4 dash (2g)
carrots, sliced
1 medium (61g)
broccoli, chopped
1 cup chopped (91g)
vegan sausage, cut into bite sized pieces
1 sausage (100g)
potatoes, cut into wedges
1 small (1-3/4" to 2-1/4" dia.) (92g)

For all 2 meals:

oil
4 tsp (20mL)
italian seasoning
1 tsp (4g)
carrots, sliced
2 medium (122g)
broccoli, chopped
2 cup chopped (182g)
vegan sausage, cut into bite sized pieces
2 sausage (200g)
potatoes, cut into wedges
2 small (1-3/4" to 2-1/4" dia.) (184g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

Dinner 3 [🔗](#)

Eat on day 5

Simple kale salad

2 cup(s) - 110 cals ● 2g protein ● 7g fat ● 9g carbs ● 1g fiber



Makes 2 cup(s)

kale leaves
2 cup, chopped (80g)
salad dressing
2 tbsp (30mL)

1. Toss kale in dressing of your choice and serve.

Black bean and salsa soup

514 cals ● 30g protein ● 7g fat ● 51g carbs ● 33g fiber



vegetable broth
3/4 cup(s) (mL)
black beans
1 can(s) (439g)
ground cumin
4 dash (1g)
sour cream
2 tbsp (24g)
salsa, chunky
1/2 cup (130g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
 2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
 3. Top with sour cream when serving.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Spanish chickpeas

560 cal ● 24g protein ● 19g fat ● 50g carbs ● 23g fiber



For single meal:

tomato paste
1 1/2 tbsp (24g)
fresh spinach
3 oz (85g)
water
3/4 cup(s) (178mL)
oil
3/4 tbsp (11mL)
paprika
1/2 tbsp (3g)
ground cumin
3/4 tbsp (5g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)
onion, sliced
3/4 large (113g)
bell pepper, deseeded & sliced
3/4 large (123g)

For all 2 meals:

tomato paste
3 tbsp (48g)
fresh spinach
6 oz (170g)
water
1 1/2 cup(s) (356mL)
oil
1 1/2 tbsp (23mL)
paprika
1 tbsp (7g)
ground cumin
1 1/2 tbsp (9g)
chickpeas, canned, drained & rinsed
1 1/2 can(s) (672g)
onion, sliced
1 1/2 large (225g)
bell pepper, deseeded & sliced
1 1/2 large (246g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

Brown rice

1/2 cup brown rice, cooked - 115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)
brown rice
2 2/3 tbsp (32g)

For all 2 meals:

salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)
brown rice
1/3 cup (63g)

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.

Protein Supplement(s)

Eat every day

Protein shake

4 1/2 scoop - 491 cal● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

- protein powder**
4 1/2 scoop (1/3 cup ea) (140g)
- water**
4 1/2 cup(s) (1067mL)

For all 7 meals:

- protein powder**
31 1/2 scoop (1/3 cup ea) (977g)
- water**
31 1/2 cup(s) (7466mL)

1. The recipe has no instructions.