

Meal Plan - 1500 calorie high protein 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

1471 cals ● 134g protein (36%) ● 63g fat (39%) ● 71g carbs (19%) ● 20g fiber (6%)

Breakfast

325 cals, 26g protein, 25g net carbs, 12g fat



[Protein shake \(milk\)](#)
129 cals



[Boiled eggs](#)
1 egg(s)- 69 cals



[Breakfast cereal](#)
129 cals

Snacks

105 cals, 2g protein, 13g net carbs, 5g fat



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Plantain chips](#)
75 cals

Protein Supplement(s)

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



[Protein shake](#)
3 scoop- 327 cals

Lunch

355 cals, 16g protein, 19g net carbs, 21g fat



[Roasted carrots](#)
3 carrots(s)- 158 cals



[Cajun tofu](#)
196 cals

Dinner

355 cals, 17g protein, 11g net carbs, 24g fat



[Basic tofu](#)
6 oz- 257 cals



[Simple salad with tomatoes and carrots](#)
98 cals

Day 2

1451 cals ● 136g protein (38%) ● 45g fat (28%) ● 108g carbs (30%) ● 17g fiber (5%)

Breakfast

325 cals, 26g protein, 25g net carbs, 12g fat



Protein shake (milk)
129 cals



Boiled eggs
1 egg(s)- 69 cals



Breakfast cereal
129 cals

Snacks

105 cals, 2g protein, 13g net carbs, 5g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Plantain chips
75 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

335 cals, 19g protein, 57g net carbs, 2g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Tomato soup
1 can(s)- 211 cals

Dinner

355 cals, 17g protein, 11g net carbs, 24g fat



Basic tofu
6 oz- 257 cals



Simple salad with tomatoes and carrots
98 cals

Day 3

1537 cals ● 150g protein (39%) ● 43g fat (25%) ● 103g carbs (27%) ● 34g fiber (9%)

Breakfast

325 cals, 26g protein, 25g net carbs, 12g fat



Protein shake (milk)
129 cals



Boiled eggs
1 egg(s)- 69 cals



Breakfast cereal
129 cals

Snacks

105 cals, 2g protein, 13g net carbs, 5g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Plantain chips
75 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

415 cals, 20g protein, 46g net carbs, 6g fat



Black bean & sweet potato stew
415 cals

Dinner

360 cals, 29g protein, 16g net carbs, 19g fat



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

Day 4

1462 cals ● 133g protein (36%) ● 38g fat (23%) ● 110g carbs (30%) ● 37g fiber (10%)

Breakfast

235 cals, 7g protein, 35g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals



Watermelon
4 oz- 41 cals

Snacks

125 cals, 4g protein, 10g net carbs, 5g fat



Carrots and hummus
123 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

415 cals, 20g protein, 46g net carbs, 6g fat



Black bean & sweet potato stew
415 cals

Dinner

360 cals, 29g protein, 16g net carbs, 19g fat



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

Day 5

1467 cals ● 144g protein (39%) ● 43g fat (26%) ● 95g carbs (26%) ● 32g fiber (9%)

Breakfast

235 cals, 7g protein, 35g net carbs, 7g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals



Watermelon
4 oz- 41 cals

Snacks

125 cals, 4g protein, 10g net carbs, 5g fat



Carrots and hummus
123 cals

Protein Supplement(s)

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



Protein shake
3 scoop- 327 cals

Lunch

310 cals, 30g protein, 22g net carbs, 7g fat



Mashed sweet potatoes
92 cals



Vegan crumbles
1 1/2 cup(s)- 219 cals

Dinner

470 cals, 31g protein, 24g net carbs, 24g fat



Roasted tofu & veggies
396 cals



Milk
1/2 cup(s)- 75 cals

Day 6

1477 cals ● 136g protein (37%) ● 47g fat (29%) ● 103g carbs (28%) ● 23g fiber (6%)

Breakfast

185 cals, 8g protein, 5g net carbs, 14g fat



Sauteed Kale

91 cals



Kale & eggs

95 cals

Snacks

125 cals, 9g protein, 14g net carbs, 3g fat



Breakfast cereal with protein milk

124 cals

Lunch

445 cals, 19g protein, 39g net carbs, 21g fat



Naan bread

1/2 piece(s)- 131 cals



Zucchini noodle curry bowl with tofu

313 cals

Dinner

400 cals, 28g protein, 43g net carbs, 8g fat



Chickpea & kale soup

273 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 7

1477 cals ● 136g protein (37%) ● 47g fat (29%) ● 103g carbs (28%) ● 23g fiber (6%)

Breakfast

185 cals, 8g protein, 5g net carbs, 14g fat



Sauteed Kale

91 cals



Kale & eggs

95 cals

Snacks

125 cals, 9g protein, 14g net carbs, 3g fat



Breakfast cereal with protein milk

124 cals

Lunch

445 cals, 19g protein, 39g net carbs, 21g fat



Naan bread

1/2 piece(s)- 131 cals



Zucchini noodle curry bowl with tofu

313 cals

Dinner

400 cals, 28g protein, 43g net carbs, 8g fat



Chickpea & kale soup

273 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Vegetables and Vegetable Products

- ☐ tomatoes
4 3/4 medium whole (2-3/5" dia) (582g)
- ☐ carrots
5 medium (315g)
- ☐ romaine lettuce
1 hearts (500g)
- ☐ tomato paste
4 tsp (21g)
- ☐ kale leaves
6 1/2 cup, chopped (260g)
- ☐ garlic
3 1/3 clove(s) (10g)
- ☐ onion
1 1/4 medium (2-1/2" dia) (137g)
- ☐ sweet potatoes
1 1/6 sweetpotato, 5" long (245g)
- ☐ baby carrots
24 medium (240g)
- ☐ brussels sprouts
3 oz (85g)
- ☐ broccoli
6 tbsp chopped (34g)
- ☐ bell pepper
3/8 medium (45g)
- ☐ cauliflower
1/2 head small (4" dia.) (133g)
- ☐ zucchini
1 large (323g)

Snacks

- ☐ Plantain chips
1 1/2 oz (43g)

Dairy and Egg Products

- ☐ whole milk
1/4 gallon (840mL)
- ☐ eggs
5 large (250g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- ☐ butter
1 tbsp (14g)

Beverages

- ☐ protein powder
23 scoop (1/3 cup ea) (713g)

Spices and Herbs

- ☐ cajun seasoning
5 dash (1g)
- ☐ ground cumin
1 tsp (2g)
- ☐ salt
2 1/2 g (3g)
- ☐ black pepper
3 dash, ground (1g)

Legumes and Legume Products

- ☐ firm tofu
1 1/2 lbs (744g)
- ☐ black beans
1 1/3 can(s) (585g)
- ☐ hummus
6 tbsp (90g)
- ☐ vegetarian burger crumbles
1 1/2 cup (150g)
- ☐ extra firm tofu
3/4 block (243g)
- ☐ chickpeas, canned
1 can (448g)

Sweets

- ☐ honey
2 tbsp (42g)

Soups, Sauces, and Gravies

- ☐ condensed canned tomato soup
1 can (10.5 oz) (298g)
- ☐ vegetable broth
4 cup(s) (mL)

Fruits and Fruit Juices

- ☐ lemon juice
2 tsp (10mL)
- ☐ Watermelon
8 oz (227g)

Other

- ☐ vegan sausage
2 sausage (200g)
- ☐ frozen cauliflower
1 1/2 cup (170g)

☐ water
23 cup(s) (5451mL)

Breakfast Cereals

☐ breakfast cereal
3 serving (90g)

Fats and Oils

☐ oil
3 1/4 oz (99mL)

☐ salad dressing
1 1/2 tbsp (23mL)

☐ olive oil
3/4 tbsp (11mL)

☐ curry sauce
1 cup (283g)

Baked Products

☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)

☐ naan bread
1 piece (90g)



Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Protein shake (milk)

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



For single meal:

whole milk

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

whole milk

1 1/2 cup (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

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

Boiled eggs

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



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast cereal

129 cals ● 4g protein ● 3g fat ● 19g carbs ● 2g fiber



For single meal:

breakfast cereal
2/3 serving (20g)
whole milk
1/3 cup (80mL)

For all 3 meals:

breakfast cereal
2 serving (60g)
whole milk
1 cup (240mL)

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, day 5

Medium toasted bagel with butter

1/2 bagel(s) - 196 cals ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel
1/2 medium bagel (3-1/2" to 4" dia)
(53g)
butter
1/2 tbsp (7g)

For all 2 meals:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
butter
1 tbsp (14g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Watermelon

4 oz - 41 cals ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

Watermelon
4 oz (113g)

For all 2 meals:

Watermelon
8 oz (227g)

1. Slice watermelon and serve.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
kale leaves
1 1/2 cup, chopped (60g)

For all 2 meals:

oil
1 tbsp (15mL)
kale leaves
3 cup, chopped (120g)

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.

Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

salt
1/2 dash (0g)
eggs
1 large (50g)
kale leaves
4 tbsp, chopped (10g)
oil
1/2 tsp (3mL)

For all 2 meals:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

1. Crack the eggs in a small bowl and whisk together.
 2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
 3. Heat your oil of choice in a frying pan over medium heat.
 4. Add egg mixture and cook to your preferred consistency.
 5. Serve.
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Lunch 1 [↗](#)

Eat on day 1

Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



Makes 3 carrots(s)

oil

1/2 tbsp (8mL)

carrots, sliced

3 large (216g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Cajun tofu

196 cals ● 14g protein ● 14g fat ● 4g carbs ● 0g fiber



oil

1 1/4 tsp (6mL)

cajun seasoning

5 dash (1g)

firm tofu, patted dry & cubed

6 1/4 oz (177g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

Lunch 2 [↗](#)

Eat on day 2

Cottage cheese & honey

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



Makes 1/2 cup(s)

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

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

Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



Makes 1 can(s)

condensed canned tomato soup

1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Black bean & sweet potato stew

415 cal ● 20g protein ● 6g fat ● 46g carbs ● 24g fiber



For single meal:

tomato paste

2 tsp (11g)

oil

1 tsp (5mL)

kale leaves

1/2 cup, chopped (20g)

lemon juice

1 tsp (5mL)

ground cumin

4 dash (1g)

garlic, diced

2/3 clove(s) (2g)

onion, chopped

1/3 small (23g)

sweet potatoes, cubed

1/3 sweetpotato, 5" long (70g)

water

1 cup(s) (237mL)

black beans, drained

2/3 can(s) (293g)

For all 2 meals:

tomato paste

4 tsp (21g)

oil

2 tsp (10mL)

kale leaves

1 cup, chopped (40g)

lemon juice

2 tsp (10mL)

ground cumin

1 tsp (2g)

garlic, diced

1 1/3 clove(s) (4g)

onion, chopped

2/3 small (47g)

sweet potatoes, cubed

2/3 sweetpotato, 5" long (140g)

water

2 cup(s) (474mL)

black beans, drained

1 1/3 can(s) (585g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
 2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
 3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
 4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
 5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.
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Lunch 4 [🔗](#)

Eat on day 5

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



sweet potatoes

1/2 sweetpotato, 5" long (105g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

vegetarian burger crumbles

1 1/2 cup (150g)

1. Cook crumbles according to package instructions. Season with salt and pepper.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

naan bread

1/2 piece (45g)

For all 2 meals:

naan bread

1 piece (90g)

1. This recipe has no instructions.

Zucchini noodle curry bowl with tofu

313 cals ● 14g protein ● 18g fat ● 17g carbs ● 6g fiber



For single meal:

cauliflower, cut into chunks
1/4 head small (4" dia.) (66g)
firm tofu, drained, rinsed, and patted dry
1/4 package (16 oz) (113g)
curry sauce
1/2 cup (142g)
zucchini
1/2 large (162g)
oil
1/4 tbsp (4mL)

For all 2 meals:

cauliflower, cut into chunks
1/2 head small (4" dia.) (133g)
firm tofu, drained, rinsed, and patted dry
1/2 package (16 oz) (227g)
curry sauce
1 cup (283g)
zucchini
1 large (323g)
oil
1/2 tbsp (8mL)

1. Take the tofu and wrap in a clean towel. Place a thick book on top for 5 minutes to help drain excess liquid. Then, cut into cubes.
2. Heat the oil in a skillet over medium heat and cook the tofu until browned and crispy. Set aside.
3. Heat up the curry sauce in the microwave or in a saucepan. Meanwhile, make the zucchini noodles using a spiralizer or a peeler.
4. Add the noodles into a bowl with the cauliflower and tofu. Pour the curry sauce on top and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 3 meals:

tomatoes
27 cherry tomatoes (459g)

1. Rinse tomatoes, remove any stems, and serve.

Plantain chips

75 cals ● 0g protein ● 4g fat ● 9g carbs ● 1g fiber



For single meal:

Plantain chips
1/2 oz (14g)

For all 3 meals:

Plantain chips
1 1/2 oz (43g)

1. Approximately 3/4 cup = 1 oz

Snacks 2 [↗](#)

Eat on day 4, day 5

Carrots and hummus

123 cals ● 4g protein ● 5g fat ● 10g carbs ● 6g fiber



For single meal:

hummus
3 tbsp (45g)
baby carrots
12 medium (120g)

For all 2 meals:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

1. Serve carrots with hummus.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Breakfast cereal with protein milk

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



For single meal:

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

For all 2 meals:

whole milk
1/2 cup (120mL)
breakfast cereal
1 serving (30g)
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.

Dinner 1 [↗](#)

Eat on day 1, day 2

Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

firm tofu
6 oz (170g)
oil
1 tbsp (15mL)

For all 2 meals:

firm tofu
3/4 lbs (340g)
oil
2 tbsp (30mL)

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.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

salad dressing
3/4 tbsp (11mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

For all 2 meals:

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

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

Dinner 2 [🔗](#)

Eat on day 3, day 4

Vegan bangers and cauliflower mash

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



For single meal:

onion, thinly sliced
1/2 small (35g)
vegan sausage
1 sausage (100g)
oil
1/2 tbsp (8mL)
frozen cauliflower
3/4 cup (85g)

For all 2 meals:

onion, thinly sliced
1 small (70g)
vegan sausage
2 sausage (200g)
oil
1 tbsp (15mL)
frozen cauliflower
1 1/2 cup (170g)

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.

Dinner 3 [🔗](#)

Eat on day 5

Roasted tofu & veggies

396 cals ● 27g protein ● 20g fat ● 18g carbs ● 10g fiber



extra firm tofu
3/4 block (243g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
brussels sprouts, cut in half
3 oz (85g)
carrots, cut as desired
1 medium (69g)
broccoli, cut as desired
6 tbsp chopped (34g)
bell pepper, sliced
3/8 medium (45g)
onion, thickly sliced
1/6 medium (2-1/2" dia) (21g)
olive oil
3/4 tbsp (11mL)

1. Preheat oven to 400 F (200 C).
2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
3. Cut tofu in one inch cubes.
4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
9. Remove all from oven and combine. Season with salt and pepper. Serve.

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 (120mL)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6, day 7

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



For single meal:

oil

1/2 tsp (3mL)

garlic, minced

1 clove(s) (3g)

vegetable broth

2 cup(s) (mL)

kale leaves, chopped

1 cup, chopped (40g)

chickpeas, canned, drained

1/2 can (224g)

For all 2 meals:

oil

1 tsp (5mL)

garlic, minced

2 clove(s) (6g)

vegetable broth

4 cup(s) (mL)

kale leaves, chopped

2 cup, chopped (80g)

chickpeas, canned, drained

1 can (448g)

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

Cottage cheese & honey

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



For single meal:

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

For all 2 meals:

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

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

Protein Supplement(s) [↗](#)

Eat every day

Protein shake

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



For single meal:

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

For all 7 meals:

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

1. This recipe has no instructions.