

# Meal Plan - 1200 calorie low carb 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

1117 cals ● 99g protein (36%) ● 47g fat (38%) ● 57g carbs (20%) ● 17g fiber (6%)

### Breakfast

195 cals, 16g protein, 15g net carbs, 7g fat



[Breakfast cereal with protein milk](#)  
124 cals



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

### Dinner

285 cals, 13g protein, 25g net carbs, 10g fat



[Chickpea & chickpea pasta](#)  
286 cals

### Lunch

420 cals, 22g protein, 15g net carbs, 28g fat



[Lima beans](#)  
77 cals



[Basic tofu](#)  
8 oz- 342 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 2

1181 cals ● 110g protein (37%) ● 47g fat (36%) ● 64g carbs (22%) ● 16g fiber (5%)

### Breakfast

195 cals, 16g protein, 15g net carbs, 7g fat



[Breakfast cereal with protein milk](#)  
124 cals



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

### Dinner

355 cals, 24g protein, 32g net carbs, 11g fat



[Lentils](#)  
116 cals



[Vegan sausage & veggie sheet pan](#)  
240 cals

### Lunch

415 cals, 22g protein, 15g net carbs, 27g fat



[Egg & avocado salad](#)  
266 cals



[Milk](#)  
1 cup(s)- 149 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 3

1166 cals ● 106g protein (37%) ● 44g fat (34%) ● 65g carbs (22%) ● 21g fiber (7%)

### Breakfast

185 cals, 21g protein, 12g net carbs, 4g fat



Raspberries

2/3 cup(s)- 48 cals



Protein greek yogurt

1 container- 139 cals

### Dinner

345 cals, 15g protein, 36g net carbs, 12g fat



Simple mixed greens and tomato salad

76 cals



Lentil Soup

271 cals

### Lunch

415 cals, 22g protein, 15g net carbs, 27g fat



Egg & avocado salad

266 cals



Milk

1 cup(s)- 149 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

## Day 4

1151 cals ● 96g protein (33%) ● 44g fat (34%) ● 72g carbs (25%) ● 21g fiber (7%)

### Breakfast

185 cals, 21g protein, 12g net carbs, 4g fat



Raspberries

2/3 cup(s)- 48 cals



Protein greek yogurt

1 container- 139 cals

### Dinner

345 cals, 15g protein, 36g net carbs, 12g fat



Simple mixed greens and tomato salad

76 cals



Lentil Soup

271 cals

### Lunch

400 cals, 12g protein, 22g net carbs, 27g fat



Milk

1 1/4 cup(s)- 186 cals



Roasted cabbage steaks with dressing

214 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

## Day 5

1226 cals ● 101g protein (33%) ● 48g fat (36%) ● 67g carbs (22%) ● 30g fiber (10%)

### Breakfast

185 cals, 21g protein, 12g net carbs, 4g fat



Raspberries

2/3 cup(s)- 48 cals



Protein greek yogurt

1 container- 139 cals

### Dinner

455 cals, 22g protein, 31g net carbs, 22g fat



Pumpkin seeds

183 cals



Chickpea & kale soup

273 cals

### Lunch

365 cals, 10g protein, 22g net carbs, 22g fat



Smashed chickpea sandwich

1/2 sandwich(es)- 248 cals



Tomato and avocado salad

117 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

## Day 6

1249 cals ● 106g protein (34%) ● 54g fat (39%) ● 62g carbs (20%) ● 23g fiber (7%)

### Breakfast

265 cals, 18g protein, 30g net carbs, 6g fat



Pumped up greek yogurt

1 container(s)- 206 cals



Applesauce

57 cals

### Dinner

360 cals, 25g protein, 11g net carbs, 20g fat



Sauteed garlic & herb tomatoes

64 cals



Basic tempeh

4 oz- 295 cals

### Lunch

410 cals, 15g protein, 19g net carbs, 27g fat



Tomato and avocado salad

117 cals



Egg salad sandwich

1/2 sandwich(es)- 271 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



Protein shake

2 scoop- 218 cals

## Day 7

1249 cals ● 106g protein (34%) ● 54g fat (39%) ● 62g carbs (20%) ● 23g fiber (7%)

### Breakfast

265 cals, 18g protein, 30g net carbs, 6g fat



**Pumped up greek yogurt**  
1 container(s)- 206 cals



**Applesauce**  
57 cals

### Dinner

360 cals, 25g protein, 11g net carbs, 20g fat



**Sauteed garlic & herb tomatoes**  
64 cals



**Basic tempeh**  
4 oz- 295 cals

### Lunch

410 cals, 15g protein, 19g net carbs, 27g fat



**Tomato and avocado salad**  
117 cals



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



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals



## Beverages

- ☐ water  
16 2/3 cup(s) (3951mL)
- ☐ protein powder  
1 lbs (461g)

## Other

- ☐ nutritional yeast  
4 dash (1g)
- ☐ chickpea pasta  
1 oz (28g)
- ☐ mixed greens  
4 1/3 cup (130g)
- ☐ italian seasoning  
1/4 container (.75 oz) (5g)
- ☐ vegan sausage  
1/2 sausage (50g)
- ☐ protein greek yogurt, flavored  
3 container (450g)
- ☐ coleslaw mix  
2 tbsp (11g)
- ☐ cacao nibs  
2 tsp (7g)

## Dairy and Egg Products

- ☐ butter  
1/4 tbsp (4g)
- ☐ whole milk  
1/4 gallon (900mL)
- ☐ eggs  
10 medium (432g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)

## Fats and Oils

- ☐ oil  
2 oz (61mL)
- ☐ salad dressing  
3 tbsp (45mL)
- ☐ olive oil  
1 oz (32mL)
- ☐ ranch dressing  
1 tbsp (15mL)
- ☐ mayonnaise  
3 tbsp (45mL)

## Vegetables and Vegetable Products

## Legumes and Legume Products

- ☐ chickpeas, canned  
1 can (407g)
- ☐ firm tofu  
1/2 lbs (227g)
- ☐ lentils, raw  
2/3 cup (128g)
- ☐ tempeh  
1/2 lbs (227g)

## Spices and Herbs

- ☐ salt  
1/4 oz (8g)
- ☐ black pepper  
2 g (2g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ oregano, dried  
2 dash, leaves (0g)
- ☐ basil, dried  
2 dash, leaves (0g)
- ☐ turmeric, ground  
1/2 dash (0g)
- ☐ mustard  
1/2 tbsp (8g)
- ☐ paprika  
1 dash (1g)
- ☐ yellow mustard  
2 dash or 1 packet (1g)

## Breakfast Cereals

- ☐ breakfast cereal  
1 serving (30g)

## Fruits and Fruit Juices

- ☐ avocados  
1 1/2 avocado(s) (285g)
- ☐ raspberries  
9 3/4 oz (277g)
- ☐ lime juice  
1 1/2 tbsp (23mL)
- ☐ applesauce  
2 to-go container (~4 oz) (244g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
4 tbsp (30g)

- ☐ garlic  
3 clove(s) (9g)
  - ☐ onion  
7/8 medium (2-1/2" dia) (95g)
  - ☐ lima beans, frozen  
1/4 package (10 oz) (71g)
  - ☐ broccoli  
1/2 cup chopped (46g)
  - ☐ carrots  
1 medium (61g)
  - ☐ potatoes  
1/2 small (1-3/4" to 2-1/4" dia.) (46g)
  - ☐ tomatoes  
4 1/4 medium whole (2-3/5" dia) (520g)
  - ☐ raw celery  
1/2 stalk, medium (7-1/2" - 8" long) (20g)
  - ☐ canned crushed tomatoes  
1/4 can (101g)
  - ☐ fresh spinach  
1/8 cup(s) (4g)
  - ☐ cabbage  
1/4 head, small (about 4-1/2" dia) (179g)
  - ☐ kale leaves  
1 cup, chopped (40g)
  - ☐ pickles  
1/2 spears (18g)
- 

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
2 cup(s) (mL)

## Baked Products

- ☐ bread  
1/4 lbs (96g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### 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.

### Boiled eggs

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



For single meal:

#### **eggs**

1 large (50g)

For all 2 meals:

#### **eggs**

2 large (100g)

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 2 [↗](#)

Eat on day 3, day 4, day 5

### Raspberries

2/3 cup(s) - 48 cal ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

**raspberries**  
2/3 cup (82g)

For all 3 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

### Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 3 meals:

**protein greek yogurt, flavored**  
3 container (450g)

1. Enjoy.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Pumped up greek yogurt

1 container(s) - 206 cal ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

**cacao nibs**  
1 tsp (3g)  
**raspberries**  
8 raspberries (15g)  
**protein powder**  
1 tbsp (6g)  
**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

For all 2 meals:

**cacao nibs**  
2 tsp (7g)  
**raspberries**  
16 raspberries (30g)  
**protein powder**  
2 tbsp (12g)  
**lowfat flavored greek yogurt**  
2 (5.3 oz) container(s) (300g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.



## Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

### applesauce

1 to-go container (~4 oz) (122g)

For all 2 meals:

### applesauce

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

---

## Lunch 1 [↗](#)

Eat on day 1

---

### Lima beans

77 cals ● 5g protein ● 0g fat ● 10g carbs ● 4g fiber



#### lima beans, frozen

1/4 package (10 oz) (71g)

#### salt

1 dash (1g)

#### black pepper

1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

---

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz

#### firm tofu

1/2 lbs (227g)

#### oil

4 tsp (20mL)

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.
-

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

**mixed greens**

2/3 cup (20g)

**avocados**

1/3 avocado(s) (67g)

**eggs, hard-boiled and chilled**

2 large (100g)

**garlic powder**

1/3 tsp (1g)

For all 2 meals:

**mixed greens**

1 1/3 cup (40g)

**avocados**

2/3 avocado(s) (134g)

**eggs, hard-boiled and chilled**

4 large (200g)

**garlic powder**

1/4 tbsp (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

### Milk

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



For single meal:

**whole milk**

1 cup (240mL)

For all 2 meals:

**whole milk**

2 cup (480mL)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 4

### Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



Makes 1 1/4 cup(s)

**whole milk**

1 1/4 cup (300mL)

1. This recipe has no instructions.

## Roasted cabbage steaks with dressing

214 cals ● 3g protein ● 17g fat ● 7g carbs ● 5g fiber



### **ranch dressing**

1 tbsp (15mL)

### **italian seasoning**

2 dash (1g)

### **black pepper**

2 dash, ground (1g)

### **salt**

2 dash (2g)

### **oil**

3/4 tbsp (11mL)

### **cabbage**

1/4 head, small (about 4-1/2" dia)  
(179g)

1. Preheat oven to 400 F (200 C).
2. Remove outer leaf layers of the cabbage and cut off the stem at the bottom.
3. Stand the cabbage up with stem-side down on the cutting board and cut cabbage into half inch slices.
4. Season both sides of the cabbage slices with oil, salt, pepper and italian seasoning to taste.
5. Place steaks on a greased cookie sheet (or line with foil/parchment paper).
6. Bake in the oven for about 30 minutes or until the edges are crispy, but the center is soft.
7. Serve with dressing.

---

## Lunch 4 [🔗](#)

Eat on day 5

---

### Smashed chickpea sandwich

1/2 sandwich(es) - 248 cals ● 8g protein ● 13g fat ● 19g carbs ● 6g fiber



Makes 1/2 sandwich(es)

### **turmeric, ground**

1/2 dash (0g)

### **coleslaw mix**

2 tbsp (11g)

### **mustard**

1/2 tbsp (8g)

### **bread**

1 slice(s) (32g)

### **pickles, diced**

1/2 spears (18g)

### **mayonnaise**

1 tbsp (15mL)

### **chickpeas, canned, drained and rinsed**

2 1/2 oz (71g)

1. Put the chickpeas in a bowl and mash with a potato masher or the back of a fork until mashed to your liking.
2. Mix in the pickles, mayo, mustard, turmeric, and salt/pepper to taste.
3. Spread mixture between bread and top with coleslaw mix. Serve.
4. Leftover note: Store any leftover chickpea mixture in an airtight container in the fridge. Assemble sandwich when ready to eat.

---

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Lunch 5 [↗](#)

Eat on day 6, day 7

### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia) (31g)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### 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)  
**onion, chopped**  
1/8 small (9g)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**bread**  
1 slice (32g)  
**paprika**  
1/2 dash (0g)  
**yellow mustard**  
1 dash or 1 packet (1g)

For all 2 meals:

**eggs**  
3 medium (132g)  
**mayonnaise**  
2 tbsp (30mL)  
**onion, chopped**  
1/4 small (18g)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**bread**  
2 slice (64g)  
**paprika**  
1 dash (1g)  
**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.

### Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

**tomatoes**  
6 cherry tomatoes (102g)

For all 2 meals:

**tomatoes**  
12 cherry tomatoes (204g)

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



## Dinner 1 [↗](#)

Eat on day 1

### Chickpea & chickpea pasta

286 cals ● 13g protein ● 10g fat ● 25g carbs ● 10g fiber



#### nutritional yeast

4 dash (1g)

#### butter

1/4 tbsp (4g)

#### oil

1/4 tbsp (4mL)

#### garlic, minced

1 clove(s) (3g)

#### chickpeas, canned, drained & rinsed

1/4 can (112g)

#### chickpea pasta

1 oz (28g)

#### onion, thinly sliced

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

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

## Dinner 2 [↗](#)

Eat on day 2

### Lentils

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



#### salt

1/3 dash (0g)

#### water

2/3 cup(s) (158mL)

#### lentils, raw, rinsed

2 2/3 tbsp (32g)

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.

## Vegan sausage & veggie sheet pan

240 cals ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



**italian seasoning**  
2 dash (1g)  
**oil**  
1 tsp (5mL)  
**broccoli, chopped**  
1/2 cup chopped (46g)  
**carrots, sliced**  
1/2 medium (31g)  
**potatoes, cut into wedges**  
1/2 small (1-3/4" to 2-1/4" dia.) (46g)  
**vegan sausage, cut into bite sized pieces**  
1/2 sausage (50g)

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 3, day 4

#### Simple mixed greens and tomato salad

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



For single meal:  
**salad dressing**  
1 1/2 tbsp (23mL)  
**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:  
**salad dressing**  
3 tbsp (45mL)  
**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)

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

#### Lentil Soup

271 cals ● 13g protein ● 8g fat ● 31g carbs ● 7g fiber



For single meal:

**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**carrots, diced**  
1/4 medium (15g)  
**raw celery, chopped**  
1/4 stalk, medium (7-1/2" - 8" long) (10g)  
**garlic, minced**  
1/4 clove(s) (1g)  
**oregano, dried**  
1 dash, leaves (0g)  
**canned crushed tomatoes**  
1/8 can (51g)  
**lentils, raw**  
4 tbsp (48g)  
**water**  
1 cup(s) (237mL)  
**fresh spinach, thinly sliced**  
1/8 cup(s) (2g)  
**salt**  
1 dash (1g)  
**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
1/2 tbsp (8mL)  
**basil, dried**  
1 dash, leaves (0g)

For all 2 meals:

**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**carrots, diced**  
1/2 medium (31g)  
**raw celery, chopped**  
1/2 stalk, medium (7-1/2" - 8" long) (20g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**oregano, dried**  
2 dash, leaves (0g)  
**canned crushed tomatoes**  
1/4 can (101g)  
**lentils, raw**  
1/2 cup (96g)  
**water**  
2 cup(s) (474mL)  
**fresh spinach, thinly sliced**  
1/8 cup(s) (4g)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**olive oil**  
1 tbsp (15mL)  
**basil, dried**  
2 dash, leaves (0g)

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Season to taste with salt and pepper.

## Dinner 4 [🔗](#)

Eat on day 5

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. This recipe has no instructions.

### Chickpea & kale soup

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





**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)

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.

## Dinner 5 [🔗](#)

Eat on day 6, day 7

### Sauteed garlic & herb tomatoes

64 cal ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1/4 dash, ground (0g)  
**olive oil**  
1 tsp (6mL)  
**garlic, minced**  
1/4 clove(s) (1g)  
**tomatoes**  
1/4 pint, cherry tomatoes (75g)  
**italian seasoning**  
3 dash (1g)  
**salt**  
1 dash (1g)

For all 2 meals:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

### Basic tempeh

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



For single meal:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

For all 2 meals:

**oil**  
4 tsp (20mL)  
**tempeh**  
1/2 lbs (227g)

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.

---

## Protein Supplement(s) [↗](#)

Eat every day

---

### Protein shake

2 scoop - 218 cals ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**water**  
2 cup(s) (474mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

**water**  
14 cup(s) (3318mL)  
**protein powder**  
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
-