

# Meal Plan - 1300 calorie 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

1253 cal ● 102g protein (33%) ● 49g fat (35%) ● 77g carbs (25%) ● 24g fiber (8%)

### Breakfast

270 cal, 14g protein, 15g net carbs, 15g fat



[Smashed raspberry almond butter toast](#)

1 toast(s)- 203 cal



[Boiled eggs](#)

1 egg(s)- 69 cal

### Snacks

150 cal, 3g protein, 12g net carbs, 9g fat



[Dark chocolate](#)

2 square(s)- 120 cal



[Cucumber slices](#)

1/2 cucumber- 30 cal

### Protein Supplement(s)

165 cal, 36g protein, 1g net carbs, 1g fat



[Protein shake](#)

1 1/2 scoop- 164 cal

### Lunch

270 cal, 12g protein, 15g net carbs, 17g fat



[Grilled cheese sandwich](#)

1/2 sandwich(es)- 248 cal



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cal

### Dinner

400 cal, 37g protein, 34g net carbs, 8g fat



[Flavored rice mix](#)

143 cal



[Vegan crumbles](#)

1 3/4 cup(s)- 256 cal

## Day 2

1302 cals ● 101g protein (31%) ● 53g fat (37%) ● 79g carbs (24%) ● 26g fiber (8%)

### Breakfast

270 cals, 14g protein, 15g net carbs, 15g fat



**Smashed raspberry almond butter toast**  
1 toast(s)- 203 cals



**Boiled eggs**  
1 egg(s)- 69 cals

### Snacks

150 cals, 3g protein, 12g net carbs, 9g fat



**Dark chocolate**  
2 square(s)- 120 cals



**Cucumber slices**  
1/2 cucumber- 30 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

355 cals, 20g protein, 34g net carbs, 11g fat



**Raspberries**  
1 cup(s)- 72 cals



**Seitan Philly cheesesteak**  
1/2 sub(s)- 285 cals

### Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



**Seitan salad**  
359 cals

## Day 3

1350 cals ● 94g protein (28%) ● 65g fat (43%) ● 71g carbs (21%) ● 25g fiber (8%)

### Breakfast

205 cals, 14g protein, 4g net carbs, 14g fat



**Creamy scrambled eggs**  
182 cals



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

### Snacks

150 cals, 3g protein, 12g net carbs, 9g fat



**Dark chocolate**  
2 square(s)- 120 cals



**Cucumber slices**  
1/2 cucumber- 30 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

455 cals, 13g protein, 15g net carbs, 34g fat



**Avocado**  
176 cals



**Pesto grilled cheese sandwich**  
1/2 sandwich(es)- 279 cals

### Dinner

380 cals, 28g protein, 38g net carbs, 8g fat



**Basic tempeh**  
2 oz- 148 cals



**Lentils**  
231 cals

## Day 4

1357 cals ● 96g protein (28%) ● 61g fat (41%) ● 71g carbs (21%) ● 34g fiber (10%)

### Breakfast

205 cals, 14g protein, 4g net carbs, 14g fat



**Creamy scrambled eggs**  
182 cals



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

### Snacks

155 cals, 5g protein, 12g net carbs, 5g fat



**Bell pepper strips and hummus**  
85 cals



**Raspberries**  
1 cup(s)- 72 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

455 cals, 13g protein, 15g net carbs, 34g fat



**Avocado**  
176 cals



**Pesto grilled cheese sandwich**  
1/2 sandwich(es)- 279 cals

### Dinner

380 cals, 28g protein, 38g net carbs, 8g fat



**Basic tempeh**  
2 oz- 148 cals



**Lentils**  
231 cals

## Day 5

1335 cals ● 91g protein (27%) ● 48g fat (32%) ● 100g carbs (30%) ● 34g fiber (10%)

### Breakfast

240 cals, 10g protein, 29g net carbs, 8g fat



**Milk**  
1/2 cup(s)- 75 cals



**Simple cinnamon oatmeal with milk**  
164 cals

### Snacks

155 cals, 5g protein, 12g net carbs, 5g fat



**Bell pepper strips and hummus**  
85 cals



**Raspberries**  
1 cup(s)- 72 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**  
1 1/2 scoop- 164 cals

### Lunch

405 cals, 19g protein, 38g net carbs, 13g fat



**Easy chickpea salad**  
117 cals



**Chickpea & chickpea pasta**  
286 cals

### Dinner

375 cals, 21g protein, 20g net carbs, 21g fat



**Lentils**  
116 cals



**Basic tofu**  
6 oz- 257 cals

## Day 6

1359 cals ● 109g protein (32%) ● 36g fat (24%) ● 118g carbs (35%) ● 32g fiber (9%)

### Breakfast

240 cals, 10g protein, 29g net carbs, 8g fat



Milk

1/2 cup(s)- 75 cals



Simple cinnamon oatmeal with milk

164 cals

### Snacks

150 cals, 17g protein, 9g net carbs, 4g fat



Protein shake (milk)

129 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

### Lunch

405 cals, 19g protein, 38g net carbs, 13g fat



Easy chickpea salad

117 cals



Chickpea & chickpea pasta

286 cals

### Dinner

405 cals, 27g protein, 41g net carbs, 10g fat



Cottage cheese & fruit cup

1 container- 131 cals



Chickpea & kale soup

273 cals

## Day 7

1354 cals ● 107g protein (31%) ● 44g fat (29%) ● 103g carbs (30%) ● 30g fiber (9%)

### Breakfast

240 cals, 10g protein, 29g net carbs, 8g fat



Milk

1/2 cup(s)- 75 cals



Simple cinnamon oatmeal with milk

164 cals

### Snacks

150 cals, 17g protein, 9g net carbs, 4g fat



Protein shake (milk)

129 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake

1 1/2 scoop- 164 cals

### Lunch

400 cals, 16g protein, 22g net carbs, 21g fat



Strawberry avocado goat cheese panini

244 cals



String cheese

1 stick(s)- 83 cals



Raspberries

1 cup(s)- 72 cals

### Dinner

405 cals, 27g protein, 41g net carbs, 10g fat



Cottage cheese & fruit cup

1 container- 131 cals



Chickpea & kale soup

273 cals

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
1/4 pouch (~5.6 oz) (40g)

## Legumes and Legume Products

- ☐ vegetarian burger crumbles  
1 3/4 cup (175g)
- ☐ tempeh  
4 oz (113g)
- ☐ lentils, raw  
13 1/4 tbsp (160g)
- ☐ hummus  
1/3 cup (81g)
- ☐ firm tofu  
6 oz (170g)
- ☐ chickpeas, canned  
2 can (896g)

## Beverages

- ☐ water  
14 cup(s) (3278mL)
- ☐ protein powder  
11 1/2 scoop (1/3 cup ea) (357g)

## Fruits and Fruit Juices

- ☐ raspberries  
18 2/3 oz (530g)
- ☐ avocados  
1 1/2 avocado(s) (302g)
- ☐ lemon juice  
1 tsp (5mL)
- ☐ strawberries  
2 medium (1-1/4" dia) (24g)

## Nut and Seed Products

- ☐ flax seeds  
2 dash (2g)
- ☐ almond butter  
2 tbsp (32g)

## Baked Products

- ☐ bread  
6 3/4 oz (192g)

## Dairy and Egg Products

## Vegetables and Vegetable Products

- ☐ cucumber  
1 1/2 cucumber (8-1/4") (452g)
- ☐ tomatoes  
6 medium whole (2-3/5" dia) (717g)
- ☐ fresh spinach  
2 cup(s) (60g)
- ☐ bell pepper  
5/6 large (138g)
- ☐ onion  
3/4 medium (2-1/2" dia) (86g)
- ☐ fresh parsley  
1 1/2 sprigs (2g)
- ☐ garlic  
4 clove(s) (12g)
- ☐ kale leaves  
2 cup, chopped (80g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (45mL)
- ☐ salad dressing  
1 tbsp (15mL)

## Other

- ☐ nutritional yeast  
2 tsp (3g)
- ☐ sub roll(s)  
1/2 roll(s) (43g)
- ☐ chickpea pasta  
2 oz (57g)
- ☐ cottage cheese & fruit cup  
2 container (340g)

## Cereal Grains and Pasta

- ☐ seitan  
1/4 lbs (128g)

## Spices and Herbs

- ☐ salt  
1/2 tsp (3g)
- ☐ black pepper  
2 dash, ground (1g)
- ☐ cinnamon  
1/2 tbsp (4g)
- ☐ balsamic vinegar  
1/2 tbsp (8mL)

- ☐ eggs  
6 large (300g)
- ☐ butter  
1/3 stick (40g)
- ☐ sliced cheese  
1 slice (1 oz ea) (28g)
- ☐ cheese  
2 1/2 slice (1 oz each) (70g)
- ☐ whole milk  
1/4 gallon (900mL)
- ☐ goat cheese  
1/2 oz (14g)
- ☐ string cheese  
1 stick (28g)

## Sweets

- ☐ Chocolate, dark, 70-85%  
6 square(s) (60g)
  - ☐ sugar  
1 1/2 tbsp (20g)
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## Soups, Sauces, and Gravies

- ☐ pesto sauce  
1 tbsp (16g)
- ☐ apple cider vinegar  
1/2 tbsp (0mL)
- ☐ vegetable broth  
4 cup(s) (mL)

## Breakfast Cereals

- ☐ quick oats  
3/4 cup (60g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

**raspberries**  
10 raspberries (19g)  
**flax seeds**  
1 dash (1g)  
**almond butter**  
1 tbsp (16g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**raspberries**  
20 raspberries (38g)  
**flax seeds**  
2 dash (2g)  
**almond butter**  
2 tbsp (32g)  
**bread**  
2 slice(s) (64g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and 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 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

### Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**whole milk**  
1 tbsp (15mL)

For all 2 meals:

**eggs**  
4 large (200g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**butter**  
2 tsp (9g)  
**whole milk**  
2 tbsp (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

### 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.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

### Milk

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



For single meal:

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

For all 3 meals:

**whole milk**  
1 1/2 cup (360mL)

1. This recipe has no instructions.

### Simple cinnamon oatmeal with milk

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



For single meal:

**sugar**  
1/2 tbsp (7g)  
**cinnamon**  
4 dash (1g)  
**whole milk**  
6 tbsp (90mL)  
**quick oats**  
4 tbsp (20g)

For all 3 meals:

**sugar**  
1 1/2 tbsp (20g)  
**cinnamon**  
1/2 tbsp (4g)  
**whole milk**  
1 cup (270mL)  
**quick oats**  
3/4 cup (60g)

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.

## Lunch 1 [↗](#)

Eat on day 1

### Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



Makes 1/2 sandwich(es)

#### bread

1 slice (32g)

#### butter

1/2 tbsp (7g)

#### sliced cheese

1 slice (1 oz ea) (28g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

### Cherry tomatoes

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



Makes 6 cherry tomatoes

#### tomatoes

6 cherry tomatoes (102g)

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

## Lunch 2 [↗](#)

Eat on day 2

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



Makes 1 cup(s)

#### raspberries

1 cup (123g)

1. Rinse raspberries and serve.

### Seitan Philly cheesesteak

1/2 sub(s) - 285 cals ● 19g protein ● 10g fat ● 28g carbs ● 2g fiber



Makes 1/2 sub(s)

**cheese**

1/2 slice (1 oz each) (14g)

**seitan, cut into strips**

1 1/2 oz (43g)

**bell pepper, sliced**

1/4 small (19g)

**onion, chopped**

1/8 medium (2-1/2" dia) (14g)

**oil**

1/4 tbsp (4mL)

**sub roll(s)**

1/2 roll(s) (43g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

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## Lunch 3 [🔗](#)

Eat on day 3, day 4

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### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**

1/2 avocado(s) (101g)

**lemon juice**

1/2 tsp (3mL)

For all 2 meals:

**avocados**

1 avocado(s) (201g)

**lemon juice**

1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Pesto grilled cheese sandwich

1/2 sandwich(es) - 279 cal ● 11g protein ● 19g fat ● 13g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**butter, softened**  
1/2 tbsp (7g)  
**pesto sauce**  
1/2 tbsp (8g)  
**cheese**  
1 slice (1 oz each) (28g)  
**tomatoes**  
1 slice(s), thin/small (15g)

For all 2 meals:

**bread**  
2 slice (64g)  
**butter, softened**  
1 tbsp (14g)  
**pesto sauce**  
1 tbsp (16g)  
**cheese**  
2 slice (1 oz each) (56g)  
**tomatoes**  
2 slice(s), thin/small (30g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

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## Lunch 4 [🔗](#)

Eat on day 5, day 6

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### Easy chickpea salad

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



For single meal:

**fresh parsley, chopped**  
3/4 sprigs (1g)  
**apple cider vinegar**  
1/4 tbsp (0mL)  
**balsamic vinegar**  
1/4 tbsp (4mL)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)  
**onion, thinly sliced**  
1/8 small (9g)  
**chickpeas, canned, drained and rinsed**  
1/4 can (112g)

For all 2 meals:

**fresh parsley, chopped**  
1 1/2 sprigs (2g)  
**apple cider vinegar**  
1/2 tbsp (0mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**onion, thinly sliced**  
1/4 small (18g)  
**chickpeas, canned, drained and rinsed**  
1/2 can (224g)

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

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### Chickpea & chickpea pasta

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



For single meal:

- 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)

For all 2 meals:

- nutritional yeast**  
1 tsp (1g)
- butter**  
1/2 tbsp (7g)
- oil**  
1/2 tbsp (8mL)
- garlic, minced**  
2 clove(s) (6g)
- chickpeas, canned, drained & rinsed**  
1/2 can (224g)
- chickpea pasta**  
2 oz (57g)
- onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)

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.

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## Lunch 5 [🔗](#)

Eat on day 7

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Strawberry avocado goat cheese panini  
244 cal ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber





**bread**  
1 slice (32g)  
**strawberries, hulled and thinly sliced**  
2 medium (1-1/4" dia) (24g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**goat cheese**  
1/2 oz (14g)  
**butter**  
4 dash (2g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

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### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



Makes 1 stick(s)

**string cheese**  
1 stick (28g)

1. This recipe has no instructions.

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



Makes 1 cup(s)

**raspberries**  
1 cup (123g)

1. Rinse raspberries and serve.

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# Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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## Dark chocolate

2 square(s) - 120 cal● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

**Chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 3 meals:

**Chocolate, dark, 70-85%**  
6 square(s) (60g)

1. This recipe has no instructions.
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## Cucumber slices

1/2 cucumber - 30 cal● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

For all 3 meals:

**cucumber**  
1 1/2 cucumber (8-1/4") (452g)

1. Slice cucumber into rounds and serve.
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## Snacks 2 [↗](#)

Eat on day 4, day 5

### Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

#### **hummus**

2 1/2 tbsp (41g)

#### **bell pepper**

1/2 medium (60g)

For all 2 meals:

#### **hummus**

1/3 cup (81g)

#### **bell pepper**

1 medium (119g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

#### **raspberries**

1 cup (123g)

For all 2 meals:

#### **raspberries**

2 cup (246g)

1. Rinse raspberries and serve.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### Protein shake (milk)

129 cal ● 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 2 meals:

#### **whole milk**

1 cup (240mL)

#### **protein powder**

1 scoop (1/3 cup ea) (31g)

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

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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

### Flavored rice mix

143 cal ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



#### **flavored rice mix**

1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

### Vegan crumbles

1 3/4 cup(s) - 256 cal ● 33g protein ● 8g fat ● 5g carbs ● 10g fiber



Makes 1 3/4 cup(s)

### vegetarian burger crumbles

1 3/4 cup (175g)

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

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## Dinner 2 [↗](#)

Eat on day 2

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### Seitan salad

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



#### oil

1 tsp (5mL)

#### nutritional yeast

1 tsp (1g)

#### salad dressing

1 tbsp (15mL)

#### avocados, sliced

1/4 avocado(s) (50g)

#### tomatoes, halved

6 cherry tomatoes (102g)

#### fresh spinach

2 cup(s) (60g)

#### seitan, sliced

3 oz (85g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

#### oil

1 tsp (5mL)

#### tempeh

2 oz (57g)

For all 2 meals:

#### oil

2 tsp (10mL)

#### tempeh

4 oz (113g)

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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### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**salt**  
2/3 dash (0g)  
**water**  
1 1/3 cup(s) (316mL)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**salt**  
1 1/3 dash (1g)  
**water**  
2 2/3 cup(s) (632mL)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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.

## Dinner 4 [🔗](#)

Eat on day 5

### Lentils

116 cal ● 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.

### Basic tofu

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



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

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.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

### Chickpea & kale soup

273 cal ● 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.



# Protein Supplement(s) [↗](#)

Eat every day

## Protein shake

1 1/2 scoop - 164 cals ● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- water**  
1 1/2 cup(s) (356mL)
- protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

- water**  
10 1/2 cup(s) (2489mL)
- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.