

Meal Plan - 1400 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

1433 cal ● 101g protein (28%) ● 45g fat (28%) ● 126g carbs (35%) ● 30g fiber (8%)

Breakfast

185 cal, 2g protein, 3g net carbs, 15g fat



Cherry tomatoes

3 cherry tomatoes- 11 cal



Avocado

176 cal

Snacks

180 cal, 13g protein, 7g net carbs, 10g fat



String cheese

1 stick(s)- 83 cal



Grapes

29 cal



Boiled eggs

1 egg(s)- 69 cal

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

Lunch

425 cal, 27g protein, 43g net carbs, 14g fat



Simple plant-based deli wrap

1 wrap(s)- 426 cal

Dinner

475 cal, 22g protein, 72g net carbs, 5g fat



Quinoa

1 cup quinoa, cooked- 208 cal



Bbq cauliflower wings

268 cal

Day 2

1381 cals ● 95g protein (27%) ● 78g fat (51%) ● 50g carbs (15%) ● 25g fiber (7%)

Breakfast

185 cals, 2g protein, 3g net carbs, 15g fat



Cherry tomatoes

3 cherry tomatoes- 11 cals



Avocado

176 cals

Snacks

180 cals, 13g protein, 7g net carbs, 10g fat



String cheese

1 stick(s)- 83 cals



Grapes

29 cals



Boiled eggs

1 egg(s)- 69 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

410 cals, 23g protein, 27g net carbs, 21g fat



Rosemary mushroom cheese sandwich

1 sandwich(es)- 408 cals

Dinner

445 cals, 20g protein, 12g net carbs, 31g fat



Sunflower seeds

90 cals



Salsa verde tofu salad

353 cals

Day 3

1426 cals ● 96g protein (27%) ● 66g fat (42%) ● 82g carbs (23%) ● 31g fiber (9%)

Breakfast

240 cals, 11g protein, 13g net carbs, 13g fat



Avocado toast with egg

1 slice(s)- 238 cals

Snacks

165 cals, 9g protein, 24g net carbs, 3g fat



Cottage cheese & honey

1/4 cup(s)- 62 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals



Baked chips

8 crisps- 81 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

420 cals, 19g protein, 32g net carbs, 18g fat



Tempeh taco salad bowl

277 cals



Tortilla chips

141 cals

Dinner

445 cals, 20g protein, 12g net carbs, 31g fat



Sunflower seeds

90 cals



Salsa verde tofu salad

353 cals

Day 4

1426 cal ● 108g protein (30%) ● 43g fat (27%) ● 118g carbs (33%) ● 33g fiber (9%)

Breakfast

240 cal, 11g protein, 13g net carbs, 13g fat



Avocado toast with egg
1 slice(s)- 238 cal

Lunch

420 cal, 19g protein, 32g net carbs, 18g fat



Tempeh taco salad bowl
277 cal



Tortilla chips
141 cal

Snacks

165 cal, 9g protein, 24g net carbs, 3g fat



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



Cherry tomatoes
6 cherry tomatoes- 21 cal



Baked chips
8 crisps- 81 cal

Dinner

445 cal, 33g protein, 49g net carbs, 8g fat



Tempeh & mushroom stir fry
443 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Day 5

1362 cal ● 91g protein (27%) ● 66g fat (44%) ● 78g carbs (23%) ● 22g fiber (7%)

Breakfast

205 cal, 8g protein, 10g net carbs, 13g fat



Hardboiled egg and avocado bowl
160 cal



Kiwi
1 kiwi- 47 cal

Lunch

470 cal, 23g protein, 25g net carbs, 29g fat



Basic tofu
8 oz- 342 cal



Pita bread
1 pita bread(s)- 78 cal



Mixed vegetables
1/2 cup(s)- 49 cal

Snacks

195 cal, 6g protein, 26g net carbs, 6g fat



Carrots and hummus
82 cal



Frozen yogurt
114 cal

Dinner

325 cal, 19g protein, 17g net carbs, 18g fat



Simple kale salad
2 cup(s)- 110 cal



Peanut tempeh
2 oz tempeh- 217 cal

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cal

Day 6

1315 cals ● 97g protein (29%) ● 40g fat (27%) ● 111g carbs (34%) ● 32g fiber (10%)

Breakfast

205 cals, 8g protein, 10g net carbs, 13g fat



Hardboiled egg and avocado bowl

160 cals



Kiwi

1 kiwi- 47 cals

Snacks

195 cals, 6g protein, 26g net carbs, 6g fat



Carrots and hummus

82 cals



Frozen yogurt

114 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

350 cals, 19g protein, 31g net carbs, 12g fat



Garlic collard greens

80 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals



Buffalo tempeh with tzatziki

157 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

Day 7

1315 cals ● 97g protein (29%) ● 40g fat (27%) ● 111g carbs (34%) ● 32g fiber (10%)

Breakfast

205 cals, 8g protein, 10g net carbs, 13g fat



Hardboiled egg and avocado bowl

160 cals



Kiwi

1 kiwi- 47 cals

Snacks

195 cals, 6g protein, 26g net carbs, 6g fat



Carrots and hummus

82 cals



Frozen yogurt

114 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

350 cals, 19g protein, 31g net carbs, 12g fat



Garlic collard greens

80 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals



Buffalo tempeh with tzatziki

157 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

Cereal Grains and Pasta

- quinoa, uncooked
1/3 cup (57g)
- brown rice
9 1/4 tbsp (111g)

Beverages

- water
12 cup(s) (2804mL)
- protein powder
10 1/2 scoop (1/3 cup ea) (326g)

Soups, Sauces, and Gravies

- barbecue sauce
4 tbsp (72g)
- salsa verde
2 tbsp (32g)
- salsa
3 tbsp (54g)
- Frank's Red Hot sauce
2 tbsp (31mL)
- vegetable broth
4 cup(s) (mL)

Spices and Herbs

- salt
4 1/4 g (4g)
- ground cumin
2 tsp (4g)
- rosemary
2 dash (0g)
- taco seasoning mix
1 tbsp (9g)
- ground ginger
2 dash (0g)
- garlic powder
4 dash (2g)
- black pepper
1/8 oz (1g)

Other

- nutritional yeast
1/2 oz (16g)
- mixed greens
4 1/2 cup (135g)
- plant-based deli slices
7 slices (73g)

Fruits and Fruit Juices

- avocados
3 1/4 avocado(s) (653g)
- lemon juice
1/4 fl oz (9mL)
- grapes
1 cup (92g)
- kiwi
3 fruit (207g)

Dairy and Egg Products

- string cheese
2 stick (56g)
- eggs
7 large (350g)
- cheese
1/2 cup, shredded (57g)
- low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

Legumes and Legume Products

- hummus
1/2 cup (120g)
- black beans
4 tbsp (60g)
- firm tofu
14 oz (395g)
- refried beans
1/2 cup (121g)
- tempeh
14 oz (397g)
- soy sauce
3/4 oz (17mL)
- peanut butter
1 tbsp (16g)
- chickpeas, canned
1 can (448g)

Baked Products

- flour tortillas
1 tortilla (approx 10" dia) (72g)
- bread
1/4 lbs (128g)
- pita bread
1 pita, small (4" dia) (28g)

Nut and Seed Products

baked chips, any flavor
16 crips (37g)

tzatziki
1/8 cup(s) (28g)

Vegetables and Vegetable Products

cauliflower
1 head small (4" dia.) (265g)

tomatoes
3 1/2 medium whole (2-3/5" dia) (416g)

mushrooms
4 oz (113g)

bell pepper
5/8 large (96g)

onion
1 1/2 tbsp chopped (15g)

kale leaves
4 cup, chopped (160g)

frozen mixed veggies
1/2 cup (68g)

baby carrots
24 medium (240g)

collard greens
1/2 lbs (227g)

garlic
3 1/2 clove(s) (11g)

sunflower kernels
1 oz (28g)

roasted pumpkin seeds, unsalted
4 tbsp (30g)

Fats and Oils

oil
1 2/3 oz (51mL)

salad dressing
2 tbsp (30mL)

Sweets

honey
2 tbsp (42g)

frozen yogurt
1 1/2 cup (261g)

Snacks

tortilla chips
2 oz (57g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

3 cherry tomatoes - 11 cal ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

tomatoes

3 cherry tomatoes (51g)

For all 2 meals:

tomatoes

6 cherry tomatoes (102g)

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

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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Breakfast 2 [↗](#)

Eat on day 3, day 4

Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

avocados, ripe, sliced

1/4 avocado(s) (50g)

eggs

1 large (50g)

bread

1 slice (32g)

For all 2 meals:

avocados, ripe, sliced

1/2 avocado(s) (101g)

eggs

2 large (100g)

bread

2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

eggs

1 large (50g)

avocados, chopped

1/4 avocado(s) (50g)

onion

1/2 tbsp chopped (5g)

bell pepper

1/2 tbsp, diced (5g)

salt

1/2 dash (0g)

black pepper

1/2 dash (0g)

For all 3 meals:

eggs

3 large (150g)

avocados, chopped

3/4 avocado(s) (151g)

onion

1 1/2 tbsp chopped (15g)

bell pepper

1 1/2 tbsp, diced (14g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 3 meals:

kiwi
3 fruit (207g)

1. Slice the kiwi and serve.

Lunch 1 [🔗](#)

Eat on day 1

Simple plant-based deli wrap

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



Makes 1 wrap(s)

hummus
2 tbsp (30g)
tomatoes
2 slice(s), thin/small (30g)
mixed greens
1/2 cup (15g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
plant-based deli slices
7 slices (73g)

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

Eat on day 2

Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cal ● 23g protein ● 21g fat ● 27g carbs ● 5g fiber



Makes 1 sandwich(es)

rosemary

2 dash (0g)

mixed greens

1/2 cup (15g)

mushrooms

1 1/2 oz (43g)

cheese

1/2 cup, shredded (57g)

bread

2 slice(s) (64g)

1. Heat a skillet over medium heat.
 2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
 3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.
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Lunch 3 [↗](#)

Eat on day 3, day 4

Tempeh taco salad bowl

277 cal ● 17g protein ● 12g fat ● 14g carbs ● 11g fiber



For single meal:

oil
1/4 tsp (1mL)
refried beans
4 tbsp (61g)
salsa
1 1/2 tbsp (27g)
mixed greens
4 tbsp (8g)
avocados, cubed
1/4 avocado(s) (50g)
taco seasoning mix
1/2 tbsp (4g)
tempeh
2 oz (57g)

For all 2 meals:

oil
1/2 tsp (3mL)
refried beans
1/2 cup (121g)
salsa
3 tbsp (54g)
mixed greens
1/2 cup (15g)
avocados, cubed
1/2 avocado(s) (101g)
taco seasoning mix
1 tbsp (9g)
tempeh
4 oz (113g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
2. Heat refried beans in the microwave or a separate pan; set aside.
3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.

Tortilla chips

141 cal ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

tortilla chips
1 oz (28g)

For all 2 meals:

tortilla chips
2 oz (57g)

1. This recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 5

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.

Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



Makes 1 pita bread(s)

pita bread

1 pita, small (4" dia) (28g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1/2 cup(s)

frozen mixed veggies

1/2 cup (68g)

1. Prepare according to instructions on package.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Garlic collard greens

80 cal ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

collard greens

4 oz (113g)

oil

1/4 tbsp (4mL)

garlic, minced

3/4 clove(s) (2g)

salt

1/2 dash (0g)

For all 2 meals:

collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

garlic, minced

1 1/2 clove(s) (5g)

salt

1 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Brown rice

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



For single meal:

brown rice

2 2/3 tbsp (32g)

salt

1 dash (1g)

water

1/3 cup(s) (79mL)

black pepper

1 dash, ground (0g)

For all 2 meals:

brown rice

1/3 cup (63g)

salt

2 dash (1g)

water

2/3 cup(s) (158mL)

black pepper

2 dash, ground (1g)

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.

Buffalo tempeh with tzatziki

157 cal ● 13g protein ● 7g fat ● 6g carbs ● 4g fiber



For single meal:

- oil**
1/4 tbsp (4mL)
- tzatziki**
1/8 cup(s) (14g)
- Frank's Red Hot sauce**
1 tbsp (15mL)
- tempeh, roughly chopped**
2 oz (57g)

For all 2 meals:

- oil**
1/2 tbsp (8mL)
- tzatziki**
1/8 cup(s) (28g)
- Frank's Red Hot sauce**
2 tbsp (30mL)
- tempeh, roughly chopped**
4 oz (113g)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with tzatziki.

Snacks 1 [↗](#)

Eat on day 1, day 2

String cheese

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



For single meal:

- string cheese**
1 stick (28g)

For all 2 meals:

- string cheese**
2 stick (56g)

1. This recipe has no instructions.

Grapes

29 cal ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

- grapes**
1/2 cup (46g)

For all 2 meals:

- grapes**
1 cup (92g)

1. This recipe has no instructions.

Boiled eggs

1 egg(s) - 69 cal ● 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.

Snacks 2 [↗](#)

Eat on day 3, day 4

Cottage cheese & honey

1/4 cup(s) - 62 cal ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 2 meals:

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.

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.

Baked chips

8 crisps - 81 cal ● 1g protein ● 2g fat ● 14g carbs ● 1g fiber



For single meal:
baked chips, any flavor
8 crips (19g)

For all 2 meals:
baked chips, any flavor
16 crips (37g)

1. Enjoy.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 3 meals:

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

1. Serve carrots with hummus.

Frozen yogurt

114 cals ● 3g protein ● 3g fat ● 19g carbs ● 0g fiber



For single meal:

frozen yogurt
1/2 cup (87g)

For all 3 meals:

frozen yogurt
1 1/2 cup (261g)

1. This recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1

Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

quinoa, uncooked

1/3 cup (57g)

water

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Bbq cauliflower wings

268 cal ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



barbecue sauce

4 tbsp (72g)

salt

2 dash (2g)

nutritional yeast

4 tbsp (15g)

cauliflower

1 head small (4" dia.) (265g)

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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Sunflower seeds

90 cal ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. This recipe has no instructions.

Salsa verde tofu salad

353 cal ● 16g protein ● 24g fat ● 11g carbs ● 8g fiber



For single meal:

tomatoes, chopped
1/2 roma tomato (40g)
salsa verde
1 tbsp (16g)
ground cumin
1 tsp (2g)
black beans, drained and rinsed
2 tbsp (30g)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
avocados, sliced
2 slices (50g)
mixed greens
1 1/2 cup (45g)
oil
1 tsp (5mL)
firm tofu
1 slice(s) (84g)

For all 2 meals:

tomatoes, chopped
1 roma tomato (80g)
salsa verde
2 tbsp (32g)
ground cumin
2 tsp (4g)
black beans, drained and rinsed
4 tbsp (60g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
avocados, sliced
4 slices (100g)
mixed greens
3 cup (90g)
oil
2 tsp (10mL)
firm tofu
2 slice(s) (168g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes.
 2. In a small bowl, add tofu, oil, cumin, and a pinch of salt. Toss until tofu is nicely coated.
 3. Fry in a skillet over medium heat, a few minutes on each side until crispy.
 4. Add the beans to the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
 5. Add mixed greens to a bowl and arrange the tofu, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.
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Dinner 3 [↗](#)

Eat on day 4

Tempeh & mushroom stir fry

443 cal ● 33g protein ● 8g fat ● 49g carbs ● 12g fiber



soy sauce

1 tbsp (15mL)

bell pepper, sliced

1/2 large (82g)

mushrooms, chopped

1 cup, chopped (70g)

brown rice

4 tbsp (48g)

ground ginger

2 dash (0g)

garlic powder

4 dash (2g)

tempeh, sliced

4 oz (113g)

1. Cook rice according to its package instructions. Set aside.
2. In a non-stick pan, stir fry tempeh, mushrooms, and bell pepper, stirring frequently over medium-high heat.
3. Once tempeh has browned and vegetables have softened, add spices, soy sauce, and some salt/pepper. Stir.
4. Combine rice with the tempeh and vegetable mixture. Serve.

Dinner 4 [↗](#)

Eat on day 5

Simple kale salad

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



Makes 2 cup(s)

salad dressing

2 tbsp (30mL)

kale leaves

2 cup, chopped (80g)

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

Peanut tempeh

2 oz tempeh - 217 cal ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



Makes 2 oz tempeh

nutritional yeast

1/4 tbsp (1g)

soy sauce

1/2 tsp (3mL)

lemon juice

1/4 tbsp (4mL)

peanut butter

1 tbsp (16g)

tempeh

2 oz (57g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

Dinner 5 [↗](#)

Eat on day 6, day 7

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.
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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

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.
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