

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

### 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

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



[Simple plant-based deli wrap](#)

1 wrap(s)- 426 cals

### Dinner

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



[Quinoa](#)

1 cup quinoa, cooked- 208 cals



[Bbq cauliflower wings](#)

268 cals

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

### Breakfast

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



[Avocado toast with egg](#)  
1 slice(s)- 238 cals

### Lunch

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



[Tempeh taco salad bowl](#)  
277 cals



[Tortilla chips](#)  
141 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

## Day 5

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

### 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

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



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



[Pita bread](#)  
1 pita bread(s)- 78 cals



[Mixed vegetables](#)  
1/2 cup(s)- 49 cals

### Dinner

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



[Simple kale salad](#)  
2 cup(s)- 110 cals



[Peanut tempeh](#)  
2 oz tempeh- 217 cals

## 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)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Cherry tomatoes

3 cherry tomatoes - 11 cals ● 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 cals ● 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.



## 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.

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## Lunch 1 [🔗](#)

Eat on day 1

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### Simple plant-based deli wrap

1 wrap(s) - 426 cals ● 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

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### Rosemary mushroom cheese sandwich

1 sandwich(es) - 408 cals ● 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 cals ● 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 cals ● 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.

## Lunch 4 [🔗](#)

Eat on day 5

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### 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.

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### 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 cals ● 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 cals ● 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 cals ● 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 cals ● 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 cals ● 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 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.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Cottage cheese & honey

1/4 cup(s) - 62 cals ● 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.

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### 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.

### Baked chips

8 crisps - 81 cals ● 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.

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### 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.

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**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

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### 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.

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### 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.

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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Sunflower seeds

90 cals ● 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.
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### Salsa verde tofu salad

353 cals ● 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 cals ● 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 cals ● 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 cals ● 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.

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## Dinner 5 [🔗](#)

Eat on day 6, day 7

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### 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.
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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.