

# Meal Plan - 1500 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

1550 cals ● 102g protein (26%) ● 73g fat (42%) ● 87g carbs (23%) ● 33g fiber (9%)

### Breakfast

265 cals, 8g protein, 15g net carbs, 17g fat



[Apple & peanut butter](#)

1/2 apple(s)- 155 cals



[Roasted almonds](#)

1/8 cup(s)- 111 cals

### Snacks

265 cals, 10g protein, 18g net carbs, 14g fat



[Sunflower seeds](#)

180 cals



[Orange](#)

1 orange(s)- 85 cals

### Protein Supplement(s)

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



[Protein shake](#)

1 1/2 scoop- 164 cals

### Lunch

465 cals, 33g protein, 21g net carbs, 22g fat



[Basic tempeh](#)

4 oz- 295 cals



[Edamame & beet salad](#)

171 cals

### Dinner

390 cals, 16g protein, 32g net carbs, 19g fat



[Lentil kale salad](#)

389 cals

## Day 2

1518 cals ● 102g protein (27%) ● 69g fat (41%) ● 96g carbs (25%) ● 27g fiber (7%)

### Breakfast

265 cals, 8g protein, 15g net carbs, 17g fat



**Apple & peanut butter**  
1/2 apple(s)- 155 cals



**Roasted almonds**  
1/8 cup(s)- 111 cals

### Snacks

265 cals, 10g protein, 18g net carbs, 14g fat



**Sunflower seeds**  
180 cals



**Orange**  
1 orange(s)- 85 cals

### Protein Supplement(s)

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



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

### Lunch

435 cals, 32g protein, 29g net carbs, 18g fat



**String cheese**  
2 stick(s)- 165 cals



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cals



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

### Dinner

390 cals, 16g protein, 32g net carbs, 19g fat



**Lentil kale salad**  
389 cals

## Day 3

1529 cals ● 140g protein (37%) ● 51g fat (30%) ● 102g carbs (27%) ● 26g fiber (7%)

### Breakfast

230 cals, 36g protein, 6g net carbs, 6g fat



**Tomato mushroom egg white omelet**  
229 cals

### Snacks

220 cals, 7g protein, 5g net carbs, 18g fat



**Mixed nuts**  
1/4 cup(s)- 218 cals

### Protein Supplement(s)

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



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

### Lunch

490 cals, 36g protein, 45g net carbs, 15g fat



**Lentils**  
231 cals



**Teriyaki seitan wings**  
2 oz seitan- 149 cals



**Roasted almonds**  
1/8 cup(s)- 111 cals

### Dinner

430 cals, 26g protein, 44g net carbs, 11g fat



**Chickpea & kale soup**  
273 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

## Day 4

1529 cal ● 140g protein (37%) ● 51g fat (30%) ● 102g carbs (27%) ● 26g fiber (7%)

### Breakfast

230 cal, 36g protein, 6g net carbs, 6g fat



[Tomato mushroom egg white omelet](#)  
229 cal

### Snacks

220 cal, 7g protein, 5g net carbs, 18g fat



[Mixed nuts](#)  
1/4 cup(s)- 218 cal

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cal

### Lunch

490 cal, 36g protein, 45g net carbs, 15g fat



[Lentils](#)  
231 cal



[Teriyaki seitan wings](#)  
2 oz seitan- 149 cal



[Roasted almonds](#)  
1/8 cup(s)- 111 cal

### Dinner

430 cal, 26g protein, 44g net carbs, 11g fat



[Chickpea & kale soup](#)  
273 cal



[Lowfat Greek yogurt](#)  
1 container(s)- 155 cal

## Day 5

1541 cal ● 118g protein (31%) ● 57g fat (33%) ● 113g carbs (29%) ● 26g fiber (7%)

### Breakfast

230 cal, 36g protein, 6g net carbs, 6g fat



[Tomato mushroom egg white omelet](#)  
229 cal

### Snacks

220 cal, 7g protein, 5g net carbs, 18g fat



[Mixed nuts](#)  
1/4 cup(s)- 218 cal

### Protein Supplement(s)

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



[Protein shake](#)  
1 1/2 scoop- 164 cal

### Lunch

445 cal, 18g protein, 69g net carbs, 6g fat



[Spiced chickpea tabbouleh bowl](#)  
273 cal



[Cherry tomatoes](#)  
12 cherry tomatoes- 42 cal



[Naan bread](#)  
1/2 piece(s)- 131 cal

### Dinner

485 cal, 22g protein, 31g net carbs, 26g fat



[Roasted almonds](#)  
1/4 cup(s)- 222 cal



[Mediterranean lentil power salad](#)  
263 cal

## Day 6

1475 cal ● 115g protein (31%) ● 46g fat (28%) ● 120g carbs (32%) ● 32g fiber (9%)

### Breakfast

235 cal, 5g protein, 5g net carbs, 21g fat



Walnuts

1/4 cup(s)- 175 cal



Dark chocolate

1 square(s)- 60 cal

### Snacks

175 cal, 14g protein, 22g net carbs, 1g fat



Green protein shake

130 cal



Kiwi

1 kiwi- 47 cal

### Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

### Lunch

445 cal, 18g protein, 69g net carbs, 6g fat



Spiced chickpea tabbouleh bowl

273 cal



Cherry tomatoes

12 cherry tomatoes- 42 cal



Naan bread

1/2 piece(s)- 131 cal

### Dinner

455 cal, 42g protein, 21g net carbs, 17g fat



Vegan crumbles

1 3/4 cup(s)- 256 cal



Simple mozzarella and tomato salad

121 cal



Dinner roll

1 roll- 77 cal

# Day 7

1504 cal ● 108g protein (29%) ● 50g fat (30%) ● 124g carbs (33%) ● 32g fiber (8%)

## Breakfast

235 cal, 5g protein, 5g net carbs, 21g fat



Walnuts

1/4 cup(s)- 175 cal



Dark chocolate

1 square(s)- 60 cal

## Snacks

175 cal, 14g protein, 22g net carbs, 1g fat



Green protein shake

130 cal



Kiwi

1 kiwi- 47 cal

## Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cal

## Lunch

475 cal, 11g protein, 74g net carbs, 10g fat



Banana

2 banana(s)- 233 cal



Grilled peanut butter and banana sandwich

1/2 sandwich(es)- 243 cal

## Dinner

455 cal, 42g protein, 21g net carbs, 17g fat



Vegan crumbles

1 3/4 cup(s)- 256 cal



Simple mozzarella and tomato salad

121 cal



Dinner roll

1 roll- 77 cal

## Spices and Herbs

- ground cumin  
1/2 tbsp (3g)
- crushed red pepper  
1 tsp (2g)
- black pepper  
1/4 tbsp, ground (2g)
- salt  
1 1/2 dash (1g)
- red wine vinegar  
1/4 tbsp (4mL)
- dijon mustard  
2 dash (1g)
- fresh basil  
1 tbsp, chopped (3g)

## Beverages

- water  
16 cup(s) (3832mL)
- protein powder  
10 1/2 scoop (1/3 cup ea) (326g)
- protein powder, vanilla  
1 scoop (1/3 cup ea) (31g)

## Vegetables and Vegetable Products

- garlic  
4 clove(s) (12g)
- kale leaves  
5 cup, chopped (200g)
- beets, precooked (canned or refrigerated)  
2 beets (2" dia, sphere) (100g)
- edamame, frozen, shelled  
1/2 cup (59g)
- tomatoes  
7 medium whole (2-3/5" dia) (857g)
- mushrooms  
1 cup, pieces or slices (70g)
- cucumber  
1/3 cucumber (8-1/4") (101g)
- fresh parsley  
2 sprigs (2g)
- fresh spinach  
1 cup(s) (30g)

## Fruits and Fruit Juices

- lemon juice  
2 1/2 tbsp (38mL)

## Fats and Oils

- oil  
2 oz (57mL)
- balsamic vinaigrette  
1 oz (30mL)
- cooking spray  
1/2 spray(s) , about 1/3 second each (0g)

## Legumes and Legume Products

- lentils, raw  
1 1/2 cup (272g)
- peanut butter  
3 tbsp (48g)
- tempeh  
4 oz (113g)
- chickpeas, canned  
1 1/2 can (672g)
- vegetarian burger crumbles  
3 1/2 cup (350g)

## Other

- mixed greens  
1 cup (30g)
- teriyaki sauce  
2 tbsp (30mL)

## Dairy and Egg Products

- string cheese  
2 stick (56g)
- eggs  
3 large (150g)
- egg whites  
12 large (396g)
- low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)
- lowfat flavored greek yogurt  
2 (5.3 oz) container(s) (300g)
- feta cheese  
4 tsp, crumbled (12g)
- fresh mozzarella cheese  
2 oz (57g)

## Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- vegetable broth  
4 cup(s) (mL)

apples  
1 medium (3" dia) (182g)

orange  
3 orange (462g)

canned black olives  
1 tbsp (8g)

banana  
3 medium (7" to 7-7/8" long) (354g)

kiwi  
2 fruit (138g)

### **Nut and Seed Products**

almonds  
1/4 lbs (121g)

sunflower kernels  
2 oz (57g)

mixed nuts  
3/4 cup (101g)

walnuts  
1/2 cup, shelled (50g)

### **Cereal Grains and Pasta**

seitan  
4 oz (113g)

instant couscous, flavored  
1/2 box (5.8 oz) (82g)

### **Baked Products**

naan bread  
1 piece (90g)

Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)

bread  
1 slice (32g)

### **Sweets**

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

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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Apple & peanut butter

1/2 apple(s) - 155 cal ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

**apples**  
1/2 medium (3" dia) (91g)  
**peanut butter**  
1 tbsp (16g)

For all 2 meals:

**apples**  
1 medium (3" dia) (182g)  
**peanut butter**  
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

### Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### Tomato mushroom egg white omelet

229 cal ● 36g protein ● 6g fat ● 6g carbs ● 1g fiber



For single meal:

**tomatoes, chopped**  
1/2 small whole (2-2/5" dia) (46g)  
**mushrooms, chopped**  
1/3 cup, pieces or slices (23g)  
**eggs**  
1 large (50g)  
**egg whites**  
4 large (132g)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**black pepper**  
2 dash, ground (1g)

For all 3 meals:

**tomatoes, chopped**  
1 1/2 small whole (2-2/5" dia) (137g)  
**mushrooms, chopped**  
1 cup, pieces or slices (70g)  
**eggs**  
3 large (150g)  
**egg whites**  
12 large (396g)  
**low fat cottage cheese (1% milkfat)**  
1 1/2 cup (339g)  
**black pepper**  
1/4 tbsp, ground (2g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### Walnuts

1/4 cup(s) - 175 cal ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**walnuts**  
4 tbsp, shelled (25g)

For all 2 meals:

**walnuts**  
1/2 cup, shelled (50g)

1. This recipe has no instructions.

### Dark chocolate

1 square(s) - 60 cal ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

**Chocolate, dark, 70-85%**  
1 square(s) (10g)

For all 2 meals:

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

1. This recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Basic tempeh

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



Makes 4 oz

**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.

### Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



**balsamic vinaigrette**  
1 tbsp (15mL)  
**beets, precooked (canned or refrigerated), chopped**  
2 beets (2" dia, sphere) (100g)  
**edamame, frozen, shelled**  
1/2 cup (59g)  
**mixed greens**  
1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Lunch 2 [↗](#)

Eat on day 2

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### String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

#### **string cheese**

2 stick (56g)

1. This recipe has no instructions.

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### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

#### **chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

### 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.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

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### Lentils

231 cal ● 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.

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### Teriyaki seitan wings

2 oz seitan - 149 cal ● 16g protein ● 5g fat ● 9g carbs ● 0g fiber



For single meal:

**teriyaki sauce**  
1 tbsp (15mL)  
**oil**  
1/4 tbsp (4mL)  
**seitan**  
2 oz (57g)

For all 2 meals:

**teriyaki sauce**  
2 tbsp (30mL)  
**oil**  
1/2 tbsp (8mL)  
**seitan**  
4 oz (113g)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

### Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 5, day 6

### Spiced chickpea tabbouleh bowl

273 cal ● 11g protein ● 3g fat ● 42g carbs ● 8g fiber



For single meal:

**lemon juice**  
3/8 tsp (2mL)  
**fresh parsley, chopped**  
1 sprigs (1g)  
**tomatoes, chopped**  
1/4 roma tomato (20g)  
**cucumber, chopped**  
1/8 cucumber (8-1/4") (38g)  
**ground cumin**  
2 dash (1g)  
**oil**  
1/8 tsp (1mL)  
**chickpeas, canned, drained & rinsed**  
1/4 can (112g)  
**instant couscous, flavored**  
1/4 box (5.8 oz) (41g)

For all 2 meals:

**lemon juice**  
1/4 tbsp (4mL)  
**fresh parsley, chopped**  
2 sprigs (2g)  
**tomatoes, chopped**  
1/2 roma tomato (40g)  
**cucumber, chopped**  
1/4 cucumber (8-1/4") (75g)  
**ground cumin**  
4 dash (1g)  
**oil**  
1/4 tsp (1mL)  
**chickpeas, canned, drained & rinsed**  
1/2 can (224g)  
**instant couscous, flavored**  
1/2 box (5.8 oz) (82g)

1. Heat oven to 425F (220C). Toss chickpeas with oil, cumin and a dash of salt. Place on a baking sheet and bake for 15 minutes. Set aside when done.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Assemble bowl with couscous, roasted chickpeas, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

### Cherry tomatoes

12 cherry tomatoes - 42 cal ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)

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

### Naan bread

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



For single meal:

**naan bread**

1/2 piece (45g)

For all 2 meals:

**naan bread**

1 piece (90g)

1. This recipe has no instructions.

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## Lunch 5 [↗](#)

Eat on day 7

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### Banana

2 banana(s) - 233 cal ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber

Makes 2 banana(s)

**banana**

2 medium (7" to 7-7/8" long) (236g)



1. This recipe has no instructions.

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### Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cal ● 8g protein ● 10g fat ● 27g carbs ● 4g fiber



Makes 1/2 sandwich(es)

**bread**

1 slice (32g)

**banana, sliced**

1/2 medium (7" to 7-7/8" long) (59g)

**peanut butter**

1 tbsp (16g)

**cooking spray**

1/2 spray(s) , about 1/3 second each (0g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Sunflower seeds

180 cal ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

#### **sunflower kernels**

1 oz (28g)

For all 2 meals:

#### **sunflower kernels**

2 oz (57g)

1. This recipe has no instructions.
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### Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

#### **orange**

1 orange (154g)

For all 2 meals:

#### **orange**

2 orange (308g)

1. This recipe has no instructions.
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## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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### Mixed nuts

1/4 cup(s) - 218 cal ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

#### **mixed nuts**

4 tbsp (34g)

For all 3 meals:

#### **mixed nuts**

3/4 cup (101g)

1. This recipe has no instructions.
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## Snacks 3 [↗](#)

Eat on day 6, day 7

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### Green protein shake

130 cals ● 14g protein ● 1g fat ● 14g carbs ● 4g fiber



For single meal:

**fresh spinach**  
1/2 cup(s) (15g)  
**water**  
1/8 cup(s) (30mL)  
**orange, peeled, sliced, and deseeded**  
1/2 orange (77g)  
**protein powder, vanilla**  
1/2 scoop (1/3 cup ea) (16g)  
**banana, frozen**  
1/4 medium (7" to 7-7/8" long) (30g)

For all 2 meals:

**fresh spinach**  
1 cup(s) (30g)  
**water**  
1/4 cup(s) (59mL)  
**orange, peeled, sliced, and deseeded**  
1 orange (154g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen**  
1/2 medium (7" to 7-7/8" long) (59g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

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### Kiwi

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



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

### Lentil kale salad

389 cals ● 16g protein ● 19g fat ● 32g carbs ● 8g fiber



For single meal:

**ground cumin**  
4 dash (1g)  
**water**  
1 cup(s) (237mL)  
**crushed red pepper**  
4 dash (1g)  
**garlic, diced**  
1 clove(s) (3g)  
**lemon juice**  
1 tbsp (15mL)  
**almonds**  
1 tbsp, slivered (7g)  
**oil**  
1 tbsp (15mL)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**lentils, raw**  
4 tbsp (48g)

For all 2 meals:

**ground cumin**  
1 tsp (2g)  
**water**  
2 cup(s) (474mL)  
**crushed red pepper**  
1 tsp (2g)  
**garlic, diced**  
2 clove(s) (6g)  
**lemon juice**  
2 tbsp (30mL)  
**almonds**  
2 tbsp, slivered (14g)  
**oil**  
2 tbsp (30mL)  
**kale leaves**  
3 cup, chopped (120g)  
**lentils, raw**  
1/2 cup (96g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### 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.

## Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz) container(s) (300g)

1. This recipe has no instructions.

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## Dinner 3 [↗](#)

Eat on day 5

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### Roasted almonds

1/4 cup(s) - 222 cal ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

**almonds**  
4 tbsp, whole (36g)

1. This recipe has no instructions.

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### Mediterranean lentil power salad

263 cal ● 14g protein ● 8g fat ● 28g carbs ● 6g fiber



**cucumber, chopped**  
4 tbsp slices (26g)  
**water**  
3/4 cup(s) (178mL)  
**lentils, raw**  
4 tbsp (48g)  
**canned black olives, chopped**  
1 tbsp (8g)  
**feta cheese**  
4 tsp, crumbled (12g)  
**tomatoes, chopped**  
2 cherry tomatoes (34g)  
**oil**  
1/4 tbsp (4mL)  
**red wine vinegar**  
1/4 tbsp (4mL)  
**lemon juice**  
1/4 tbsp (4mL)  
**dijon mustard**  
2 dash (1g)

1. In a pot, cover lentils with water. Bring to a boil. Reduce heat and simmer covered for 20-30 minutes or according to package instructions. Drain and set aside to cool.
2. Combine lentils with all remaining ingredients in a large bowl. Toss until well-mixed. Season with salt/pepper to taste.
3. Serve.

## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Vegan crumbles

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



For single meal:

**vegetarian burger crumbles**

1 3/4 cup (175g)

For all 2 meals:

**vegetarian burger crumbles**

3 1/2 cup (350g)

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

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### Simple mozzarella and tomato salad

121 cal ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**tomatoes, sliced**

3/8 large whole (3" dia) (68g)

**fresh mozzarella cheese, sliced**

1 oz (28g)

**balsamic vinaigrette**

1/2 tbsp (8mL)

**fresh basil**

1/2 tbsp, chopped (1g)

For all 2 meals:

**tomatoes, sliced**

3/4 large whole (3" dia) (137g)

**fresh mozzarella cheese, sliced**

2 oz (57g)

**balsamic vinaigrette**

1 tbsp (15mL)

**fresh basil**

1 tbsp, chopped (3g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

### Dinner roll

1 roll - 77 cal ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



For single meal:

**Roll**

1 pan, dinner, or small roll (2" square, 2" high) (28g)

For all 2 meals:

**Roll**

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.
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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

1 1/2 scoop - 164 cal ● 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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