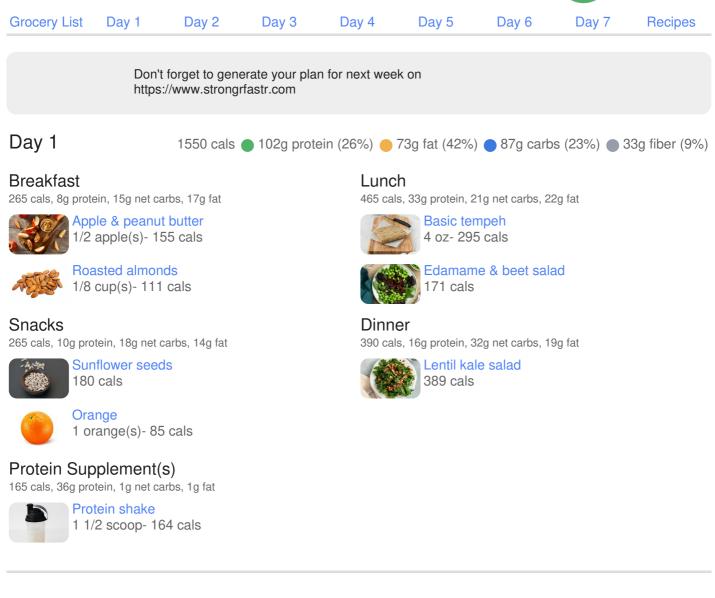
Meal Plan - 1500 calorie vegetarian meal plan





Day 2

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

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



Snacks

180 cals Orange

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

Sunflower seeds

1 orange(s)- 85 cals

Protein Supplement(s)

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



Day 3

Protein shake 1 1/2 scoop- 164 cals

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



Breakfast

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



Snacks

Tomato mushroom egg white omelet 229 cals

Lunch

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



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

Protein Supplement(s)

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

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

1/4 cup(s)- 218 cals

Mixed nuts



Protein shake 1 1/2 scoop- 164 cals

Day 5

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

Breakfast

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



Tomato mushroom egg white omelet 229 cals

Lunch

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



Spiced chickpea tabbouleh bowl 273 cals



Cherry tomatoes 12 cherry tomatoes- 42 cals



Naan bread 1/2 piece(s)- 131 cals

Dinner

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



Roasted almonds 1/4 cup(s)- 222 cals



Mediterranean lentil power salad 263 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

Day 6

Breakfast

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



Walnuts 1/4 cup(s)- 175 cals

Dark chocolate 1 square(s)- 60 cals

Lunch

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



Spiced chickpea tabbouleh bowl 273 cals



Cherry tomatoes 12 cherry tomatoes- 42 cals



Naan bread 1/2 piece(s)- 131 cals

Snacks

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



Green protein shake 130 cals



1 kiwi- 47 cals

Protein Supplement(s)

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



Protein shake 1 1/2 scoop- 164 cals Dinner 455 cals, 42g protein, 21g net carbs, 17g fat Vegan crumbles



1 3/4 cup(s)- 256 cals



Simple mozzarella and tomato salad 121 cals



Day 7

Breakfast

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



Walnuts 1/4 cup(s)- 175 cals



Dark chocolate 1 square(s)- 60 cals

Snacks 175 cals, 14g protein, 22g net carbs, 1g fat



Green protein shake 130 cals



Kiwi 1 kiwi- 47 cals

Lunch

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



Banana 2 banana(s)- 233 cals



Grilled peanut butter and banana sandwich

Dinner 455 cals, 42g protein, 21g net carbs, 17g fat



Vegan crumbles 1 3/4 cup(s)- 256 cals



Simple mozzarella and tomato salad 121 cals



Protein Supplement(s)

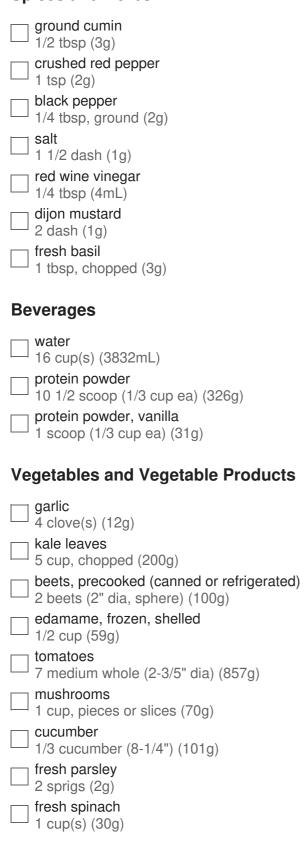
165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake 1 1/2 scoop- 164 cals



Spices and Herbs



Fruits and Fruit Juices

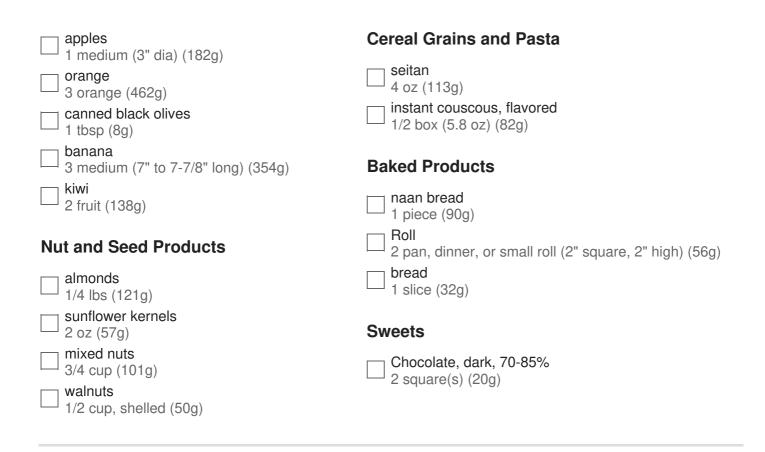
lemon juice 2 1/2 tbsp (38mL)

Fats and Oils



chunky canned soup (non-creamy varieties) 1 can (~19 oz) (526g)

vegetable broth 4 cup(s) (mL)



Recipes



Breakfast 1 🗹

Eat on day 1, day 2

Apple & peanut butter

1/2 apple(s) - 155 cals
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 cals 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)



Breakfast 2 🗹

Eat on day 3, day 4, day 5

Tomato mushroom egg white omelet

229 cals
36g protein
6g fat
6g carbs
1g fiber

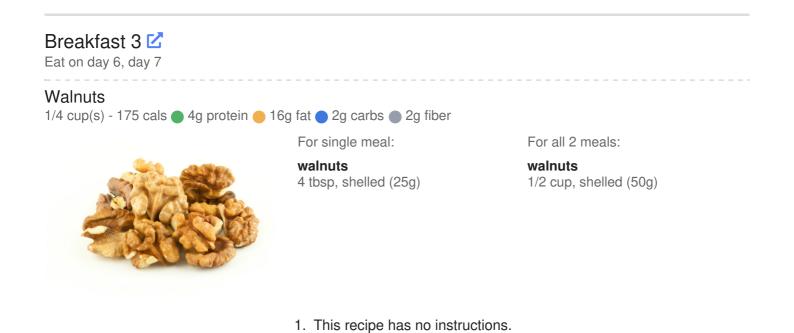


For single meal:

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.



Dark chocolate 1 square(s) - 60 cals • 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 cals
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.
- 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 cals
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



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



- 6 cherry tomatoes (102g)
- 1. Rinse tomatoes, remove any stems, and serve.



Lunch 3 🗹

Eat on day 3, day 4

Lentils

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



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

For single meal:

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.

Teriyaki seitan wings

2 oz seitan - 149 cals 🔵 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 cals
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)



Lunch 4 🗹

Eat on day 5, day 6

Spiced chickpea tabbouleh bowl

273 cals
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 $2 \operatorname{dash}(1g)$ 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 cals
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.

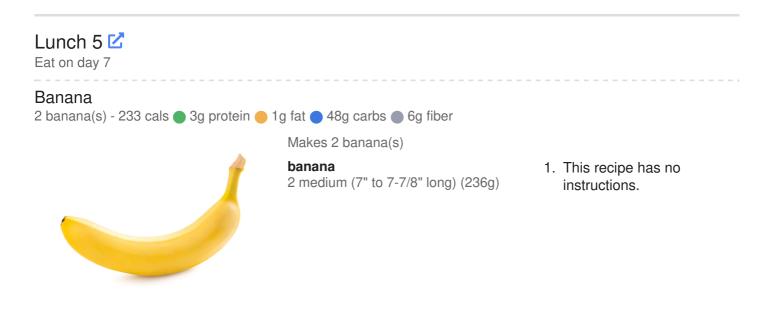
For single meal:

naan bread 1/2 piece (45g) For all 2 meals:

naan bread 1 piece (90g)



1. This recipe has no instructions.



Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cals
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) 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

Sunflower seeds

180 cals
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.

Orange

1 orange(s) - 85 cals
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.

Snacks 2 🗹

Eat on day 3, day 4, day 5

Mixed nuts

1/4 cup(s) - 218 cals
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)

Snacks 3 🗹

Eat on day 6, day 7

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.



1. Slice the kiwi and serve.

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 $1 \operatorname{clove}(s) (3g)$ 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 $2 \operatorname{clove}(s) (6g)$ 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

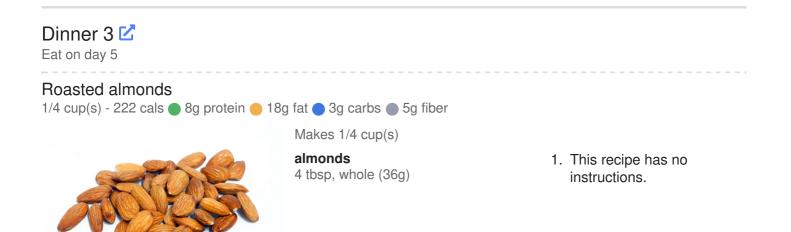
1 container(s) - 155 cals
12g protein
4g fat
16g carbs
2g fiber

TO CURT GREAT 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.



Mediterranean lentil power salad 263 cals 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)

- 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 wellmixed. Season with salt/pepper to taste.
- 3. Serve.

Dinner 4 🗹

Eat on day 6, day 7

Vegan crumbles



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.

Simple mozzarella and tomato salad

121 cals
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 cals
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.

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)