

Meal Plan - 1600 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

1614 cal ● 111g protein (27%) ● 52g fat (29%) ● 135g carbs (34%) ● 40g fiber (10%)

Breakfast

270 cal, 17g protein, 32g net carbs, 5g fat



[Protein shake \(milk\)](#)
129 cal



[Carrot sticks](#)
1 carrot(s)- 27 cal



[Pear](#)
1 pear(s)- 113 cal

Snacks

285 cal, 12g protein, 13g net carbs, 17g fat



[Bell pepper strips and hummus](#)
170 cal



[Roasted peanuts](#)
1/8 cup(s)- 115 cal

Protein Supplement(s)

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



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

Lunch

350 cal, 8g protein, 67g net carbs, 2g fat



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cal



[Tomato soup](#)
1 1/2 can(s)- 316 cal

Dinner

550 cal, 37g protein, 22g net carbs, 28g fat



[Roasted carrots](#)
2 carrots(s)- 106 cal



[Basic tempeh](#)
6 oz- 443 cal

Day 2

1714 cals ● 121g protein (28%) ● 76g fat (40%) ● 93g carbs (22%) ● 43g fiber (10%)

Breakfast

270 cals, 17g protein, 32g net carbs, 5g fat



Protein shake (milk)
129 cals



Carrot sticks
1 carrot(s)- 27 cals



Pear
1 pear(s)- 113 cals

Snacks

285 cals, 12g protein, 13g net carbs, 17g fat



Bell pepper strips and hummus
170 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

450 cals, 19g protein, 25g net carbs, 26g fat



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals



Avocado
176 cals



Milk
1 cup(s)- 149 cals

Dinner

550 cals, 37g protein, 22g net carbs, 28g fat



Roasted carrots
2 carrots(s)- 106 cals



Basic tempeh
6 oz- 443 cals

Day 3

1619 cals ● 99g protein (25%) ● 50g fat (28%) ● 167g carbs (41%) ● 27g fiber (7%)

Breakfast

250 cals, 13g protein, 22g net carbs, 10g fat



Pear
1 pear(s)- 113 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

185 cals, 5g protein, 32g net carbs, 2g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Protein Supplement(s)

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



Protein shake
1 1/2 scoop- 164 cals

Lunch

450 cals, 19g protein, 25g net carbs, 26g fat



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cals



Avocado
176 cals



Milk
1 cup(s)- 149 cals

Dinner

570 cals, 26g protein, 86g net carbs, 11g fat



Dinner roll
3 roll- 231 cals



Pasta with spinach and ricotta
338 cals

Day 4

1612 cals ● 103g protein (26%) ● 31g fat (17%) ● 207g carbs (51%) ● 23g fiber (6%)

Breakfast

250 cals, 13g protein, 22g net carbs, 10g fat



Pear

1 pear(s)- 113 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

185 cals, 5g protein, 32g net carbs, 2g fat



Instant oatmeal with water

1 packet(s)- 165 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

440 cals, 23g protein, 66g net carbs, 7g fat



Tofu alfredo pasta with broccoli

442 cals

Dinner

570 cals, 26g protein, 86g net carbs, 11g fat



Dinner roll

3 roll- 231 cals



Pasta with spinach and ricotta

338 cals

Day 5

1615 cals ● 106g protein (26%) ● 46g fat (26%) ● 156g carbs (39%) ● 38g fiber (10%)

Breakfast

250 cals, 13g protein, 22g net carbs, 10g fat



Pear

1 pear(s)- 113 cals



Boiled eggs

2 egg(s)- 139 cals

Snacks

240 cals, 8g protein, 35g net carbs, 6g fat



Breakfast cereal

241 cals

Protein Supplement(s)

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



Protein shake

1 1/2 scoop- 164 cals

Lunch

455 cals, 24g protein, 47g net carbs, 13g fat



Curried chickpea salad

322 cals



Naan bread

1/2 piece(s)- 131 cals

Dinner

505 cals, 25g protein, 50g net carbs, 16g fat



Simple mozzarella and tomato salad

121 cals



White bean cassoulet

385 cals

Day 6

1574 cals ● 108g protein (27%) ● 60g fat (35%) ● 118g carbs (30%) ● 32g fiber (8%)

Breakfast

190 cals, 13g protein, 2g net carbs, 14g fat



[Creamy scrambled eggs](#)
182 cals



[Celery sticks](#)
1 celery stalk- 7 cals

Snacks

240 cals, 8g protein, 35g net carbs, 6g fat



[Breakfast cereal](#)
241 cals

Lunch

455 cals, 24g protein, 47g net carbs, 13g fat



[Curried chickpea salad](#)
322 cals



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

Dinner

530 cals, 27g protein, 33g net carbs, 26g fat



[Roasted peanuts](#)
1/6 cup(s)- 173 cals



[Chickpea & kale soup](#)
273 cals



[String cheese](#)
1 stick(s)- 83 cals

Protein Supplement(s)

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



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

Day 7

1638 cals ● 109g protein (27%) ● 58g fat (32%) ● 145g carbs (35%) ● 25g fiber (6%)

Breakfast

190 cals, 13g protein, 2g net carbs, 14g fat



[Creamy scrambled eggs](#)
182 cals



[Celery sticks](#)
1 celery stalk- 7 cals

Snacks

240 cals, 8g protein, 35g net carbs, 6g fat



[Breakfast cereal](#)
241 cals

Lunch

515 cals, 25g protein, 73g net carbs, 11g fat



[Milk](#)
1/2 cup(s)- 75 cals



[Spaghetti and meatless meatballs](#)
443 cals

Dinner

530 cals, 27g protein, 33g net carbs, 26g fat



[Roasted peanuts](#)
1/6 cup(s)- 173 cals



[Chickpea & kale soup](#)
273 cals



[String cheese](#)
1 stick(s)- 83 cals

Protein Supplement(s)

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



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

Fats and Oils

- ☐ oil
1 2/3 oz (51mL)
- ☐ balsamic vinaigrette
1/2 tbsp (7mL)

Vegetables and Vegetable Products

- ☐ carrots
8 medium (482g)
- ☐ bell pepper
2 medium (238g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (425g)
- ☐ frozen chopped spinach
1/2 10 oz package (142g)
- ☐ garlic
4 1/2 clove(s) (14g)
- ☐ frozen broccoli
1/4 package (71g)
- ☐ onion
1/2 medium (2-1/2" dia) (55g)
- ☐ raw celery
1/4 bunch (134g)
- ☐ kale leaves
2 cup, chopped (80g)

Legumes and Legume Products

- ☐ tempeh
3/4 lbs (340g)
- ☐ hummus
2/3 cup (162g)
- ☐ roasted peanuts
10 tbsp (91g)
- ☐ firm tofu
1/4 package (16 oz) (113g)
- ☐ white beans, canned
1/2 can(s) (220g)
- ☐ chickpeas, canned
2 can (896g)

Beverages

- ☐ water
12 cup(s) (2874mL)
- ☐ protein powder
11 1/2 scoop (1/3 cup ea) (357g)
- ☐ almond milk, unsweetened
2 tbsp (31mL)

Fruits and Fruit Juices

- ☐ pears
5 medium (890g)
- ☐ avocados
1 avocado(s) (201g)
- ☐ lemon juice
1 1/6 fl oz (35mL)

Soups, Sauces, and Gravies

- ☐ condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)
- ☐ chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)
- ☐ vegetable broth
4 1/4 cup(s) (mL)
- ☐ pasta sauce
1/6 jar (24 oz) (112g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)
- ☐ breakfast cereal
3 3/4 serving (113g)

Baked Products

- ☐ Roll
6 pan, dinner, or small roll (2" square, 2" high) (168g)
- ☐ naan bread
1 piece (90g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
9 2/3 oz (276g)

Spices and Herbs

- ☐ salt
2 1/4 g (2g)
- ☐ black pepper
1 1/2 g (1g)
- ☐ basil, dried
4 dash, ground (1g)
- ☐ fresh basil
1/2 tbsp, chopped (1g)
- ☐ curry powder
1 tsp (2g)

Dairy and Egg Products

- ☐ whole milk
1/3 gallon (1320mL)
 - ☐ eggs
10 large (500g)
 - ☐ part-skim ricotta cheese
1/2 cup (124g)
 - ☐ parmesan cheese
1 1/2 tbsp (8g)
 - ☐ fresh mozzarella cheese
1 oz (28g)
 - ☐ nonfat greek yogurt, plain
4 tbsp (70g)
 - ☐ butter
2 tsp (9g)
 - ☐ string cheese
2 stick (56g)
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Other

- ☐ mixed greens
2 oz (57g)
- ☐ vegan meatballs, frozen
2 meatball(s) (60g)

Nut and Seed Products

- ☐ sunflower kernels
2 tbsp (24g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk

1/2 cup (120mL)

protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk

1 cup (240mL)

protein powder

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

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

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 2 meals:

carrots

2 medium (122g)

1. Cut carrots into strips and serve.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears

1 medium (178g)

For all 2 meals:

pears

2 medium (356g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. This recipe has no instructions.
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Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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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Breakfast 3 [↗](#)

Eat on day 6, day 7

Creamy scrambled eggs

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



For single meal:

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

For all 2 meals:

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

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 2 meals:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

1. Slice celery into sticks and serve.

Lunch 1 [↗](#)

Eat on day 1

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



Makes 9 cherry tomatoes

tomatoes

9 cherry tomatoes (153g)

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

Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

condensed canned tomato soup

1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.

Lunch 2 [↗](#)

Eat on day 2, day 3

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

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.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.
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Lunch 3 [🔗](#)

Eat on day 4

Tofu alfredo pasta with broccoli

442 cal ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber

**uncooked dry pasta**

3 oz (86g)

firm tofu

1/4 package (16 oz) (113g)

frozen broccoli

1/4 package (71g)

garlic

1/2 clove(s) (2g)

salt

1/8 dash (0g)

almond milk, unsweetened

2 tbsp (30mL)

basil, dried

4 dash, ground (1g)

1. Cook pasta and broccoli according to packages.
 2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
 3. Add in the almond milk in small amounts until desired consistency is reached.
 4. Pour into a pan to heat through. Do not let it boil as it will separate.
 5. To serve, top pasta with broccoli and sauce.
 6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.
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Lunch 4 [🔗](#)

Eat on day 5, day 6

Curried chickpea salad

322 cals ● 19g protein ● 11g fat ● 25g carbs ● 12g fiber



For single meal:

mixed greens

1 oz (28g)

sunflower kernels

1 tbsp (12g)

raw celery, sliced

1 stalk, small (5" long) (17g)

curry powder

4 dash (1g)

nonfat greek yogurt, plain

2 tbsp (35g)

lemon juice, divided

1 tbsp (15mL)

chickpeas, canned, drained & rinsed

1/2 can (224g)

For all 2 meals:

mixed greens

2 oz (57g)

sunflower kernels

2 tbsp (24g)

raw celery, sliced

2 stalk, small (5" long) (34g)

curry powder

1 tsp (2g)

nonfat greek yogurt, plain

4 tbsp (70g)

lemon juice, divided

2 tbsp (30mL)

chickpeas, canned, drained & rinsed

1 can (448g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Naan bread

1/2 piece(s) - 131 cals ● 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.

Lunch 5 [↗](#)

Eat on day 7

Milk

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

Makes 1/2 cup(s)

whole milk

1/2 cup (120mL)



1. This recipe has no instructions.

Spaghetti and meatless meatballs

443 cals ● 21g protein ● 7g fat ● 67g carbs ● 7g fiber



vegan meatballs, frozen

2 meatball(s) (60g)

uncooked dry pasta

2 2/3 oz (76g)

pasta sauce

1/6 jar (24 oz) (112g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

Snacks 1 [↗](#)

Eat on day 1, day 2

Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus

1/3 cup (81g)

bell pepper

1 medium (119g)

For all 2 meals:

hummus

2/3 cup (162g)

bell pepper

2 medium (238g)

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

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Instant oatmeal with water

1 packet(s) - 165 cals ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (180mL)

For all 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (359mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

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.
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Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Breakfast cereal

241 cals ● 8g protein ● 6g fat ● 35g carbs ● 3g fiber



For single meal:

breakfast cereal
1 1/4 serving (38g)
whole milk
10 tbsp (150mL)

For all 3 meals:

breakfast cereal
3 3/4 serving (113g)
whole milk
2 cup (450mL)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Dinner 1 [↗](#)

Eat on day 1, day 2

Roasted carrots

2 carrots(s) - 106 cals ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

oil
1 tsp (5mL)
carrots, sliced
2 large (144g)

For all 2 meals:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



For single meal:

oil
1 tbsp (15mL)
tempeh
6 oz (170g)

For all 2 meals:

oil
2 tbsp (30mL)
tempeh
3/4 lbs (340g)

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Dinner roll

3 roll - 231 cals ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



For single meal:

Roll
3 pan, dinner, or small roll (2" square, 2" high) (84g)

For all 2 meals:

Roll
6 pan, dinner, or small roll (2" square, 2" high) (168g)

1. Enjoy.

Pasta with spinach and ricotta

338 cals ● 18g protein ● 7g fat ● 46g carbs ● 4g fiber



For single meal:

uncooked dry pasta
2 oz (57g)
frozen chopped spinach, thawed and drained
1/4 10 oz package (71g)
garlic, minced
1/2 clove(s) (2g)
part-skim ricotta cheese
4 tbsp (62g)
parmesan cheese, divided
3/4 tbsp (4g)
salt
1/2 dash (0g)
black pepper
1 1/2 dash, ground (0g)

For all 2 meals:

uncooked dry pasta
4 oz (114g)
frozen chopped spinach, thawed and drained
1/2 10 oz package (142g)
garlic, minced
1 clove(s) (3g)
part-skim ricotta cheese
1/2 cup (124g)
parmesan cheese, divided
1 1/2 tbsp (8g)
salt
1 dash (1g)
black pepper
3 dash, ground (1g)

1. Cook the pasta according to directions on package; drain.
2. While pasta cooks, coat skillet with cooking spray. Over medium-low heat, add the spinach and garlic. Cook for about 5 minutes, stirring frequently.
3. Stir in the ricotta cheese, half of the parmesan cheese, salt, pepper, and just enough water to make it creamy.
4. Add cooked pasta to the skillet and stir.
5. Serve and top with remaining parmesan cheese.

Dinner 3 [↗](#)

Eat on day 5

Simple mozzarella and tomato salad

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



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)

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

White bean cassoulet

385 cals ● 18g protein ● 8g fat ● 47g carbs ● 14g fiber



garlic, minced
1 clove(s) (3g)
oil
1/2 tbsp (8mL)
vegetable broth
1/4 cup(s) (mL)
white beans, canned, drained & rinsed
1/2 can(s) (220g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
raw celery, thinly sliced
1/2 stalk, medium (7-1/2" - 8" long) (20g)
carrots, peeled & slices
1 large (72g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Dinner 4 [↗](#)

Eat on day 6, day 7

Roasted peanuts

1/6 cup(s) - 173 cal ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 2 meals:

roasted peanuts
6 tbsp (55g)

1. This recipe has no instructions.

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.

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.

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) (359mL)
- protein powder**
1 1/2 scoop (1/3 cup ea) (47g)

For all 7 meals:

- water**
10 1/2 cup(s) (2515mL)
- protein powder**
10 1/2 scoop (1/3 cup ea) (326g)

1. This recipe has no instructions.