

Meal Plan - vegan meal plan with over 20g protein

[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

968 cals ● 73g protein (30%) ● 37g fat (34%) ● 69g carbs (28%) ● 17g fiber (7%)

Breakfast

210 cals, 28g protein, 12g net carbs, 5g fat



[Double chocolate almond milk protein shake](#)
167 cals



[Watermelon](#)
4 oz- 41 cals

Dinner

350 cals, 24g protein, 16g net carbs, 17g fat



[Roasted tofu & veggies](#)
352 cals

Lunch

410 cals, 21g protein, 40g net carbs, 15g fat



[Chik'n nuggets](#)
6 2/3 nuggets- 368 cals



[Carrot sticks](#)
1 1/2 carrot(s)- 41 cals

Day 2

968 cals ● 73g protein (30%) ● 37g fat (34%) ● 69g carbs (28%) ● 17g fiber (7%)

Breakfast

210 cals, 28g protein, 12g net carbs, 5g fat



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1 1/2 carrot(s)- 41 cals

Day 3

996 cals ● 48g protein (19%) ● 35g fat (31%) ● 100g carbs (40%) ● 23g fiber (9%)

Breakfast

155 cals, 2g protein, 29g net carbs, 1g fat



Nectarine

1 nectarine(s)- 70 cals



Applesauce

57 cals



Carrot sticks

1 carrot(s)- 27 cals

Dinner

445 cals, 21g protein, 32g net carbs, 23g fat



Curried lentils

362 cals



Soy milk

1 cup(s)- 85 cals

Lunch

395 cals, 25g protein, 39g net carbs, 11g fat



Sautéed mushrooms

4 oz mushrooms- 95 cals



Lentils

174 cals



Veggie burger patty

1 patty- 127 cals

Day 4

996 cals ● 48g protein (19%) ● 35g fat (31%) ● 100g carbs (40%) ● 23g fiber (9%)

Breakfast

155 cals, 2g protein, 29g net carbs, 1g fat



Nectarine

1 nectarine(s)- 70 cals



Applesauce

57 cals



Carrot sticks

1 carrot(s)- 27 cals

Dinner

445 cals, 21g protein, 32g net carbs, 23g fat



Curried lentils

362 cals



Soy milk

1 cup(s)- 85 cals

Lunch

395 cals, 25g protein, 39g net carbs, 11g fat



Sautéed mushrooms

4 oz mushrooms- 95 cals



Lentils

174 cals



Veggie burger patty

1 patty- 127 cals

Day 5

940 cals ● 28g protein (12%) ● 43g fat (41%) ● 91g carbs (39%) ● 19g fiber (8%)

Breakfast

155 cals, 2g protein, 29g net carbs, 1g fat



Nectarine

1 nectarine(s)- 70 cals



Applesauce

57 cals



Carrot sticks

1 carrot(s)- 27 cals

Dinner

385 cals, 12g protein, 27g net carbs, 23g fat



Simple mixed greens and tomato salad

113 cals



Spiced coconut lentil soup

272 cals

Lunch

400 cals, 14g protein, 35g net carbs, 20g fat



Chips and salsa

82 cals



Simple mixed greens salad

68 cals



Roasted pepper shakshuka

251 cals

Day 6

991 cals ● 31g protein (12%) ● 45g fat (41%) ● 97g carbs (39%) ● 19g fiber (8%)

Breakfast

205 cals, 5g protein, 36g net carbs, 2g fat



Instant oatmeal with water

1 packet(s)- 165 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals

Dinner

385 cals, 12g protein, 27g net carbs, 23g fat



Simple mixed greens and tomato salad

113 cals



Spiced coconut lentil soup

272 cals

Lunch

400 cals, 14g protein, 35g net carbs, 20g fat



Chips and salsa

82 cals



Simple mixed greens salad

68 cals



Roasted pepper shakshuka

251 cals

Day 7

1011 cals ● 31g protein (12%) ● 58g fat (52%) ● 71g carbs (28%) ● 19g fiber (8%)

Breakfast

205 cals, 5g protein, 36g net carbs, 2g fat



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



[Carrot sticks](#)
1 1/2 carrot(s)- 41 cals

Dinner

420 cals, 12g protein, 24g net carbs, 26g fat



[Lemony chickpea & zucchini bowl](#)
214 cals



[Walnuts](#)
1/6 cup(s)- 131 cals



[Simple mixed greens and tomato salad](#)
76 cals

Lunch

385 cals, 15g protein, 12g net carbs, 30g fat



[Walnut crusted tofu \(vegan\)](#)
284 cals



[Simple mixed greens salad](#)
102 cals

Sweets

- cocoa powder
2 tsp (4g)

Beverages

- water
7 3/4 cup(s) (1837mL)
- almond milk, unsweetened
1 cup (240mL)

Other

- protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
- vegan chik'n nuggets
13 1/3 nuggets (287g)
- curry paste
1 tbsp (15g)
- soy milk, unsweetened
2 cup (480mL)
- veggie burger patty
2 patty (142g)
- mixed greens
11 1/4 cup (338g)
- roasted red peppers
2 oz (57g)
- diced tomatoes
1/4 can(s) (105g)
- italian seasoning
1 dash (0g)

Fruits and Fruit Juices

- Watermelon
8 oz (227g)
- nectarine
3 medium (2-1/2" dia) (426g)
- applesauce
3 to-go container (~4 oz) (366g)
- lemon juice
1/2 fl oz (17mL)

Vegetables and Vegetable Products

- ketchup
3 1/3 tbsp (57g)
- carrots
11 medium (671g)
- brussels sprouts
1/3 lbs (151g)

Legumes and Legume Products

- extra firm tofu
1 1/3 block (432g)
- lentils, raw
1 1/4 cup (240g)
- firm tofu
2/3 lbs (312g)
- chickpeas, canned
1/4 can (112g)

Spices and Herbs

- salt
1 tsp (5g)
- black pepper
1/4 tbsp, ground (2g)
- oregano, dried
4 dash, leaves (1g)
- thyme, dried
4 dash, leaves (1g)
- ground cumin
4 dash (1g)
- paprika
1 dash (0g)
- curry powder
1/2 tbsp (3g)
- dijon mustard
1/2 tbsp (8g)
- basil, dried
1 dash, leaves (0g)

Fats and Oils

- olive oil
4 tsp (20mL)
- oil
3 tbsp (45mL)
- salad dressing
2/3 cup (169mL)
- vegan mayonnaise
1 tbsp (15g)

Nut and Seed Products

- coconut milk, canned
2/3 can (293mL)
- walnuts
1 1/3 oz (38g)

Soups, Sauces, and Gravies

- broccoli
2/3 cup chopped (61g)
 - bell pepper
2/3 medium (79g)
 - onion
1 1/6 medium (2-1/2" dia) (129g)
 - mushrooms
1/2 lbs (227g)
 - canned crushed tomatoes
1/2 can (203g)
 - garlic
3 3/4 clove(s) (11g)
 - shallots
1/4 shallot (28g)
 - tomatoes
1 cup cherry tomatoes (149g)
 - fresh ginger
1/2 slices (1" dia) (1g)
 - frozen chopped spinach
1/4 10 oz package (71g)
 - zucchini
1/4 large (81g)
 - fresh parsley
2 1/2 sprigs (3g)
-

- salsa
4 tbsp (65g)

Snacks

- tortilla chips
1 oz (28g)

Baked Products

- pita bread
1/2 pita, large (6-1/2" dia) (32g)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Double chocolate almond milk protein shake

167 cal ● 27g protein ● 5g fat ● 3g carbs ● 2g fiber



For single meal:

cocoa powder

1 tsp (2g)

water

1 cup(s) (237mL)

almond milk, unsweetened

1/2 cup (120mL)

protein powder, chocolate

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

For all 2 meals:

cocoa powder

2 tsp (4g)

water

2 cup(s) (474mL)

almond milk, unsweetened

1 cup (240mL)

protein powder, chocolate

2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Watermelon

4 oz - 41 cal ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

Watermelon

4 oz (113g)

For all 2 meals:

Watermelon

8 oz (227g)

1. Slice watermelon and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 3 meals:

nectarine, pitted
3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.
-

Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce
1 to-go container (~4 oz) (122g)

For all 3 meals:

applesauce
3 to-go container (~4 oz) (366g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce
-

Carrot sticks

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



For single meal:

carrots
1 medium (61g)

For all 3 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.
-

Breakfast 3 [↗](#)

Eat on day 6, day 7

Instant oatmeal with water

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



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

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

Carrot sticks

1 1/2 carrot(s) - 41 cal ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots

1 1/2 medium (92g)

For all 2 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Chik'n nuggets

6 2/3 nuggets - 368 cal ● 20g protein ● 15g fat ● 34g carbs ● 4g fiber



For single meal:

vegan chik'n nuggets

6 2/3 nuggets (143g)

ketchup

5 tsp (28g)

For all 2 meals:

vegan chik'n nuggets

13 1/3 nuggets (287g)

ketchup

1/4 cup (57g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
-

Carrot sticks

1 1/2 carrot(s) - 41 cal ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots

1 1/2 medium (92g)

For all 2 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.
-

Lunch 2 [↗](#)

Eat on day 3, day 4

Sauteed mushrooms

4 oz mushrooms - 95 cal ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

oil
1/2 tbsp (8mL)
mushrooms, sliced
4 oz (113g)

For all 2 meals:

oil
1 tbsp (15mL)
mushrooms, sliced
1/2 lbs (227g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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.

Veggie burger patty

1 patty - 127 cal ● 10g protein ● 3g fat ● 11g carbs ● 4g fiber



For single meal:

veggie burger patty
1 patty (71g)

For all 2 meals:

veggie burger patty
2 patty (142g)

1. Cook burger according to package instructions.
2. Serve.

Lunch 3 [↗](#)

Eat on day 5, day 6

Chips and salsa

82 cal ● 1g protein ● 3g fat ● 10g carbs ● 1g fiber



For single meal:

salsa
2 tbsp (32g)
tortilla chips
1/2 oz (14g)

For all 2 meals:

salsa
4 tbsp (65g)
tortilla chips
1 oz (28g)

1. Serve salsa with the tortilla chips.

Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

1. Mix greens and dressing in a small bowl. Serve.

Roasted pepper shakshuka

251 cal ● 12g protein ● 12g fat ● 20g carbs ● 4g fiber



For single meal:

oregano, dried
2 dash, leaves (0g)
thyme, dried
2 dash, leaves (0g)
pita bread, cut into wedges
1/4 pita, large (6-1/2" dia) (16g)
oil
1/2 tbsp (8mL)
canned crushed tomatoes
1/4 can (101g)
roasted red peppers, drained & cut into strips
1 oz (28g)
ground cumin
2 dash (1g)
garlic, minced
1/2 clove(s) (2g)
shallots, sliced
1/8 shallot (14g)
firm tofu, patted dry
1/4 lbs (99g)

For all 2 meals:

oregano, dried
4 dash, leaves (1g)
thyme, dried
4 dash, leaves (1g)
pita bread, cut into wedges
1/2 pita, large (6-1/2" dia) (32g)
oil
1 tbsp (15mL)
canned crushed tomatoes
1/2 can (203g)
roasted red peppers, drained & cut into strips
2 oz (57g)
ground cumin
4 dash (1g)
garlic, minced
1 clove(s) (3g)
shallots, sliced
1/4 shallot (28g)
firm tofu, patted dry
1/2 lbs (198g)

1. Preheat oven to 400°F (200°C).
2. Line a baking sheet with parchment paper. Crumble the tofu on the baking sheet and toss with thyme, oregano, only half of the oil, and some salt and pepper. Bake 10-12 minutes until browned.
3. Meanwhile, make the sauce. Heat remaining oil in a skillet over medium heat. Add the shallot, garlic, and cumin. Cook for 1-2 minutes until fragrant.
4. Stir in the peppers, crushed tomato, and some salt and pepper. Simmer for 5-8 minutes.
5. Add tofu to the sauce and simmer 2-3 minutes. Serve with pita on the side.

Lunch 4 [↗](#)

Eat on day 7

Walnut crusted tofu (vegan)

284 cals ● 13g protein ● 23g fat ● 5g carbs ● 2g fiber



firm tofu, drained
4 oz (113g)
walnuts
2 1/2 tbsp, chopped (19g)
lemon juice
1/2 tsp (3mL)
garlic, diced
1 clove(s) (3g)
dijon mustard
1/2 tbsp (8g)
vegan mayonnaise
1 tbsp (15g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

Simple mixed greens salad

102 cal ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



mixed greens
2 1/4 cup (68g)
salad dressing
2 1/4 tbsp (34mL)

1. Mix greens and dressing in a small bowl. Serve.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Roasted tofu & veggies

352 cal ● 24g protein ● 17g fat ● 16g carbs ● 9g fiber



For single meal:

extra firm tofu
2/3 block (216g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
brussels sprouts, cut in half
2 2/3 oz (76g)
carrots, cut as desired
1 medium (61g)
broccoli, cut as desired
1/3 cup chopped (30g)
bell pepper, sliced
1/3 medium (40g)
onion, thickly sliced
1/6 medium (2-1/2" dia) (18g)
olive oil
2 tsp (10mL)

For all 2 meals:

extra firm tofu
1 1/3 block (432g)
salt
1/4 tbsp (4g)
black pepper
1/4 tbsp, ground (2g)
brussels sprouts, cut in half
1/3 lbs (151g)
carrots, cut as desired
2 medium (122g)
broccoli, cut as desired
2/3 cup chopped (61g)
bell pepper, sliced
2/3 medium (79g)
onion, thickly sliced
1/3 medium (2-1/2" dia) (37g)
olive oil
4 tsp (20mL)

1. Preheat oven to 400 F (200 C).
 2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
 3. Cut tofu in one inch cubes.
 4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
 5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
 6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
 7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
 8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
 9. Remove all from oven and combine. Season with salt and pepper. Serve.
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Dinner 2 [↗](#)

Eat on day 3, day 4

Curried lentils

362 cal ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



For single meal:

lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

For all 2 meals:

lentils, raw
1/2 cup (96g)
water
1 cup(s) (237mL)
salt
1 dash (1g)
coconut milk, canned
3/4 cup (180mL)
curry paste
1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Soy milk

1 cup(s) - 85 cal ● 7g protein ● 5g fat ● 2g carbs ● 2g fiber



For single meal:

soy milk, unsweetened
1 cup (240mL)

For all 2 meals:

soy milk, unsweetened
2 cup (480mL)

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

Eat on day 5, day 6

Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

salad dressing
2 1/4 tbsp (34mL)
mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)

For all 2 meals:

salad dressing
1/4 cup (68mL)
mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Spiced coconut lentil soup

272 cal ● 9g protein ● 16g fat ● 19g carbs ● 5g fiber



For single meal:

onion, diced
1/8 large (19g)
garlic, diced
5/8 clove(s) (2g)
fresh ginger, diced
1/4 slices (1" dia) (1g)
diced tomatoes
1/8 can(s) (53g)
water
5/8 cup(s) (148mL)
lentils, raw, rinsed
2 tbsp (24g)
frozen chopped spinach
1/8 10 oz package (36g)
coconut milk, canned
1/8 can (56mL)
paprika
1/2 dash (0g)
curry powder
1/4 tbsp (2g)
oil
1/4 tbsp (4mL)

For all 2 meals:

onion, diced
1/4 large (38g)
garlic, diced
1 1/4 clove(s) (4g)
fresh ginger, diced
1/2 slices (1" dia) (1g)
diced tomatoes
1/4 can(s) (105g)
water
1 1/4 cup(s) (296mL)
lentils, raw, rinsed
4 tbsp (48g)
frozen chopped spinach
1/4 10 oz package (71g)
coconut milk, canned
1/4 can (113mL)
paprika
1 dash (0g)
curry powder
1/2 tbsp (3g)
oil
1/2 tbsp (8mL)

1. Heat oil in a large saucepan over medium heat and add the onions. Cook until translucent, about 7 minutes.
 2. Add in garlic and ginger and cook, stirring frequently, for about 4 minutes.
 3. Add in curry powder and paprika and cook for 1 minute, stirring constantly.
 4. Stir in coconut milk, lentils and water. Bring to a boil, lower heat and simmer for about 30 minutes.
 5. Chop frozen spinach into pieces and stir into soup along with tomatoes. Stir frequently.
 6. Once spinach has thawed and soup is heated throughout, serve.
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Dinner 4 [↗](#)

Eat on day 7

Lemony chickpea & zucchini bowl

214 cal ● 7g protein ● 10g fat ● 18g carbs ● 7g fiber



italian seasoning

1 dash (0g)

oil

1/2 tbsp (8mL)

garlic, minced

1/2 clove(s) (2g)

chickpeas, canned, rinsed and drained

1/4 can (112g)

zucchini, sliced into rounds

1/4 large (81g)

basil, dried

1 dash, leaves (0g)

fresh parsley, chopped

2 1/2 sprigs (3g)

lemon juice

1 tbsp (15mL)

onion, thinly sliced

1/2 medium (2-1/2" dia) (55g)

1. In a large skillet over medium heat, fry the zucchini rounds in half of the oil until they are soft and golden. Remove from skillet and set aside.
2. Add remaining oil to the skillet and add in the onion, garlic, italian seasoning and basil and cook until onions have softened.
3. Add chickpeas and cook until heated through, about 4 minutes.
4. Add lemon juice, half of the parsley, and season with salt and pepper to taste. Cook until the lemon juice has reduced a little.
5. Transfer to a bowl and top with zucchini and the rest of the fresh parsley. Serve.

Walnuts

1/6 cup(s) - 131 cal ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



Makes 1/6 cup(s)

walnuts

3 tbsp, shelled (19g)

1. This recipe has no instructions.

Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



salad dressing

1 1/2 tbsp (23mL)

mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

