

# Meal Plan - 1300 calorie high protein vegetarian meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1371 cals ● 116g protein (34%) ● 54g fat (35%) ● 85g carbs (25%) ● 20g fiber (6%)

### Breakfast

215 cals, 10g protein, 14g net carbs, 12g fat



**Sunflower seeds**  
90 cals



**Nectarine**  
1 nectarine(s)- 70 cals



**Egg & cheese mini muffin**  
1 mini muffin(s)- 56 cals

### Snacks

175 cals, 8g protein, 19g net carbs, 5g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

340 cals, 18g protein, 15g net carbs, 21g fat



**Cajun tofu**  
236 cals



**Roasted carrots**  
2 carrots(s)- 106 cals

### Dinner

370 cals, 20g protein, 34g net carbs, 15g fat



**Chik'n nuggets**  
6 2/3 nuggets- 368 cals

## Day 2

1320 cals ● 126g protein (38%) ● 51g fat (35%) ● 67g carbs (20%) ● 21g fiber (6%)

### Breakfast

215 cals, 10g protein, 14g net carbs, 12g fat



**Sunflower seeds**  
90 cals



**Nectarine**  
1 nectarine(s)- 70 cals



**Egg & cheese mini muffin**  
1 mini muffin(s)- 56 cals

### Snacks

175 cals, 8g protein, 19g net carbs, 5g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

340 cals, 18g protein, 15g net carbs, 21g fat



**Cajun tofu**  
236 cals



**Roasted carrots**  
2 carrots(s)- 106 cals

### Dinner

315 cals, 30g protein, 17g net carbs, 12g fat



**Mixed vegetables**  
1/2 cup(s)- 49 cals



**Vegan sausage**  
1 sausage(s)- 268 cals

## Day 3

1309 cals ● 122g protein (37%) ● 55g fat (38%) ● 62g carbs (19%) ● 19g fiber (6%)

### Breakfast

210 cals, 11g protein, 7g net carbs, 15g fat



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



**Easy mini quiche**  
1 quiche(s)- 96 cals

### Snacks

175 cals, 8g protein, 19g net carbs, 5g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

335 cals, 13g protein, 17g net carbs, 22g fat



**Mixed nuts**  
1/6 cup(s)- 145 cals



**Spiced tofu & pesto sandwich**  
1/2 sandwich(es)- 190 cals

### Dinner

315 cals, 30g protein, 17g net carbs, 12g fat



**Mixed vegetables**  
1/2 cup(s)- 49 cals



**Vegan sausage**  
1 sausage(s)- 268 cals

## Day 4

1331 cals ● 135g protein (41%) ● 48g fat (33%) ● 72g carbs (22%) ● 17g fiber (5%)

### Breakfast

210 cals, 11g protein, 7g net carbs, 15g fat



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



**Easy mini quiche**  
1 quiche(s)- 96 cals

### Snacks

155 cals, 17g protein, 10g net carbs, 4g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Protein shake (milk)**  
129 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

335 cals, 13g protein, 17g net carbs, 22g fat



**Mixed nuts**  
1/6 cup(s)- 145 cals



**Spiced tofu & pesto sandwich**  
1/2 sandwich(es)- 190 cals

### Dinner

355 cals, 34g protein, 35g net carbs, 6g fat



**Lentils**  
174 cals



**Simple seitan**  
3 oz- 183 cals

## Day 5

1328 cals ● 124g protein (37%) ● 37g fat (25%) ● 104g carbs (31%) ● 22g fiber (7%)

### Breakfast

210 cals, 11g protein, 7g net carbs, 15g fat



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



**Easy mini quiche**  
1 quiche(s)- 96 cals

### Snacks

155 cals, 17g protein, 10g net carbs, 4g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Protein shake (milk)**  
129 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



**Protein shake**  
2 1/2 scoop- 273 cals

### Lunch

330 cals, 16g protein, 50g net carbs, 5g fat



**Spaghetti and meatless meatballs**  
332 cals

### Dinner

355 cals, 20g protein, 34g net carbs, 11g fat



**Seitan philly cheesesteak**  
1/2 sub(s)- 285 cals



**Raspberries**  
1 cup(s)- 72 cals

## Day 6

1337 cals ● 118g protein (35%) ● 28g fat (19%) ● 130g carbs (39%) ● 24g fiber (7%)

### Breakfast

220 cals, 9g protein, 27g net carbs, 7g fat



Scrambled eggs with kale, tomatoes, rosemary  
101 cals



Grapefruit  
1 grapefruit- 119 cals

### Snacks

155 cals, 12g protein, 16g net carbs, 4g fat



Lowfat Greek yogurt  
1 container(s)- 155 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

330 cals, 16g protein, 50g net carbs, 5g fat



Spaghetti and meatless meatballs  
332 cals

### Dinner

355 cals, 20g protein, 34g net carbs, 11g fat



Seitan Philly cheesesteak  
1/2 sub(s)- 285 cals



Raspberries  
1 cup(s)- 72 cals

## Day 7

1294 cals ● 120g protein (37%) ● 32g fat (23%) ● 115g carbs (36%) ● 16g fiber (5%)

### Breakfast

220 cals, 9g protein, 27g net carbs, 7g fat



Scrambled eggs with kale, tomatoes, rosemary  
101 cals



Grapefruit  
1 grapefruit- 119 cals

### Snacks

155 cals, 12g protein, 16g net carbs, 4g fat



Lowfat Greek yogurt  
1 container(s)- 155 cals

### Protein Supplement(s)

275 cals, 61g protein, 2g net carbs, 1g fat



Protein shake  
2 1/2 scoop- 273 cals

### Lunch

320 cals, 20g protein, 41g net carbs, 8g fat



Peanut butter and jelly sandwich  
1/2 sandwich(es)- 191 cals



Cottage cheese & fruit cup  
1 container- 131 cals

### Dinner

325 cals, 18g protein, 29g net carbs, 13g fat



Vegan sausage & veggie sheet pan  
240 cals



Brown rice  
1/4 cup brown rice, cooked- 57 cals



Simple kale salad  
1/2 cup(s)- 28 cals

# Grocery List



## Beverages

- ☐ protein powder  
18 1/2 scoop (1/3 cup ea) (574g)
- ☐ water  
19 cup (4531mL)

## Vegetables and Vegetable Products

- ☐ carrots  
10 1/4 medium (624g)
- ☐ ketchup  
5 tsp (28g)
- ☐ frozen mixed veggies  
1 cup (135g)
- ☐ onion  
1/2 medium (2-1/2" dia) (55g)
- ☐ bell pepper  
1/2 small (37g)
- ☐ tomatoes  
1/2 cup, chopped (90g)
- ☐ kale leaves  
1 1/2 cup, chopped (60g)
- ☐ broccoli  
1/2 cup chopped (46g)
- ☐ potatoes  
1/2 small (1-3/4" to 2-1/4" dia.) (46g)

## Baked Products

- ☐ bread  
1/2 lbs (224g)

## Legumes and Legume Products

- ☐ hummus  
1/2 cup (113g)
- ☐ firm tofu  
18 oz (510g)
- ☐ roasted peanuts  
6 tbsp (55g)
- ☐ lentils, raw  
4 tbsp (48g)
- ☐ peanut butter  
1/2 tbsp (8g)

## Other

- ☐ vegan chik'n nuggets  
6 2/3 nuggets (143g)
- ☐ vegan sausage  
2 1/2 sausage (250g)

## Dairy and Egg Products

- ☐ eggs  
4 large (200g)
- ☐ cheddar cheese  
1 1/2 tbsp, shredded (11g)
- ☐ swiss cheese  
4 tbsp, shredded (27g)
- ☐ whole milk  
1 1/4 cup(s) (300mL)
- ☐ cheese  
1 slice (1 oz each) (28g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)

## Spices and Herbs

- ☐ cajun seasoning  
1/2 tbsp (3g)
- ☐ dry mustard powder  
2 dash (1g)
- ☐ ground cumin  
1 tsp (2g)
- ☐ chili powder  
4 dash (1g)
- ☐ crushed red pepper  
2 dash (0g)
- ☐ salt  
1 dash (1g)
- ☐ balsamic vinegar  
1 tsp (5mL)
- ☐ rosemary, dried  
2 dash (0g)
- ☐ black pepper  
1/2 dash, ground (0g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (48mL)
- ☐ salad dressing  
1/2 tbsp (8mL)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
1 1/2 tbsp (24g)
- ☐ pasta sauce  
1/4 jar (24 oz) (168g)

## Cereal Grains and Pasta

- ☐ **mixed greens**  
1/2 cup (15g)
- ☐ **sub roll(s)**  
1 roll(s) (85g)
- ☐ **vegan meatballs, frozen**  
3 meatball(s) (90g)
- ☐ **cottage cheese & fruit cup**  
1 container (170g)
- ☐ **italian seasoning**  
2 dash (1g)

### **Nut and Seed Products**

- ☐ **sunflower kernels**  
1 oz (28g)
- ☐ **mixed nuts**  
1/3 cup (45g)

### **Fruits and Fruit Juices**

- ☐ **nectarine**  
2 medium (2-1/2" dia) (284g)
- ☐ **raspberries**  
2 cup (246g)
- ☐ **Grapefruit**  
2 large (approx 4-1/2" dia) (664g)

- ☐ **seitan**  
6 oz (170g)
- ☐ **uncooked dry pasta**  
4 oz (114g)
- ☐ **brown rice**  
4 tsp (16g)

### **Sweets**

- ☐ **jelly**  
1 tbsp (21g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### 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. The recipe has no instructions.

### 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 2 meals:  
**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### Egg & cheese mini muffin

1 mini muffin(s) - 56 cals ● 4g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

- eggs**  
1/2 large (25g)
- water**  
1/2 tsp (3mL)
- cheddar cheese**  
3/4 tbsp, shredded (5g)

For all 2 meals:

- eggs**  
1 large (50g)
- water**  
1 tsp (5mL)
- cheddar cheese**  
1 1/2 tbsp, shredded (11g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### 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 3 meals:

- roasted peanuts**  
6 tbsp (55g)

1. The recipe has no instructions.

### Easy mini quiche

1 quiche(s) - 96 cals ● 6g protein ● 5g fat ● 5g carbs ● 1g fiber





For single meal:

**bread**  
1/3 slice (11g)  
**dry mustard powder**  
2/3 dash (0g)  
**swiss cheese**  
4 tsp, shredded (9g)  
**whole milk**  
1/8 cup(s) (20mL)  
**eggs**  
1/3 large (17g)  
**onion, minced**  
1/8 medium (2-1/2" dia) (9g)

For all 3 meals:

**bread**  
1 slice (32g)  
**dry mustard powder**  
2 dash (1g)  
**swiss cheese**  
4 tbsp, shredded (27g)  
**whole milk**  
1/4 cup(s) (60mL)  
**eggs**  
1 large (50g)  
**onion, minced**  
1/4 medium (2-1/2" dia) (28g)

1. Preheat oven to 375°F (190°C). Lightly grease the muffin tins (one for each serving).
2. Trim or cut bread into circles. Place circles in bottom of muffin tins. You can use various scraps of bread and press them together at the base of the tin in order to get the most use out of a slice. Distribute the onion and shredded cheese evenly between the muffin tins.
3. In a medium bowl, combine milk, eggs, mustard and some salt and pepper. Divide between the muffin tins. Quiches will puff up, so be sure to leave some space at the top.
4. Bake for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Scrambled eggs with kale, tomatoes, rosemary

101 cals ● 7g protein ● 6g fat ● 3g carbs ● 1g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**water**  
1 1/2 tbsp (23mL)  
**balsamic vinegar**  
1/2 tsp (3mL)  
**rosemary, dried**  
1 dash (0g)  
**tomatoes**  
4 tbsp, chopped (45g)  
**eggs**  
1 large (50g)  
**kale leaves**  
1/2 cup, chopped (20g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**water**  
3 tbsp (45mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**rosemary, dried**  
2 dash (0g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1 cup, chopped (40g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

## Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

**Grapefruit**

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Lunch 1 [↗](#)

Eat on day 1 and day 2

### Cajun tofu

236 cals ● 17g protein ● 16g fat ● 5g carbs ● 0g fiber



For single meal:

**cajun seasoning**

1/4 tbsp (2g)

**oil**

1/2 tbsp (8mL)

**firm tofu, patted dry & cubed**

1/2 lbs (213g)

For all 2 meals:

**cajun seasoning**

1/2 tbsp (3g)

**oil**

1 tbsp (15mL)

**firm tofu, patted dry & cubed**

15 oz (425g)

1. Preheat oven to 425°F (220°C).
2. Combine cubed tofu, cajun seasoning, oil, and some salt and pepper on a baking sheet. Toss to coat.
3. Bake until crisp, 20-25 minutes. Serve.

### 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.

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## Lunch 2 [↗](#)

Eat on day 3 and day 4

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### Mixed nuts

1/6 cup(s) - 145 cal ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**

2 2/3 tbsp (22g)

For all 2 meals:

**mixed nuts**

1/3 cup (45g)

1. The recipe has no instructions.
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### Spiced tofu & pesto sandwich

1/2 sandwich(es) - 190 cal ● 8g protein ● 10g fat ● 14g carbs ● 3g fiber



For single meal:

**bread**

1 slice(s) (32g)

**pesto sauce**

3/4 tbsp (12g)

**oil**

1/2 tsp (3mL)

**ground cumin**

4 dash (1g)

**chili powder**

2 dash (1g)

**mixed greens**

4 tbsp (8g)

**crushed red pepper**

1 dash (0g)

**firm tofu**

1 1/2 oz (43g)

For all 2 meals:

**bread**

2 slice(s) (64g)

**pesto sauce**

1 1/2 tbsp (24g)

**oil**

1 tsp (5mL)

**ground cumin**

1 tsp (2g)

**chili powder**

4 dash (1g)

**mixed greens**

1/2 cup (15g)

**crushed red pepper**

2 dash (0g)

**firm tofu**

3 oz (85g)

1. Toast bread.
  2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
  3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.
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## Lunch 3 [↗](#)

Eat on day 5 and day 6

### Spaghetti and meatless meatballs

332 cals ● 16g protein ● 5g fat ● 50g carbs ● 5g fiber



For single meal:

**pasta sauce**  
1/8 jar (24 oz) (84g)  
**uncooked dry pasta**  
2 oz (57g)  
**vegan meatballs, frozen**  
1 1/2 meatball(s) (45g)

For all 2 meals:

**pasta sauce**  
1/4 jar (24 oz) (168g)  
**uncooked dry pasta**  
4 oz (114g)  
**vegan meatballs, frozen**  
3 meatball(s) (90g)

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

## Lunch 4 [↗](#)

Eat on day 7

### Peanut butter and jelly sandwich

1/2 sandwich(es) - 191 cals ● 6g protein ● 5g fat ● 28g carbs ● 3g fiber



Makes 1/2 sandwich(es)

**peanut butter**  
1/2 tbsp (8g)  
**bread**  
1 slice (32g)  
**jelly**  
1 tbsp (21g)

1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

**cottage cheese & fruit cup**  
1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.



## Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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### 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.
- 

### Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**bread**

1 slice (32g)

**hummus**

2 1/2 tbsp (38g)

For all 3 meals:

**bread**

3 slice (96g)

**hummus**

1/2 cup (113g)

1. (Optional) Toast bread.
  2. Spread hummus over bread and serve.
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## Snacks 2 [🔗](#)

Eat on day 4 and day 5

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### 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.
- 

### Protein shake (milk)

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



For single meal:

**whole milk**  
1/2 cup(s) (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
  2. Serve.
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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### 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 ea) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**

2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Chik'n nuggets

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



Makes 6 2/3 nuggets

**ketchup**

5 tsp (28g)

**vegan chik'n nuggets**

6 2/3 nuggets (143g)

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

## Dinner 2 [↗](#)

Eat on day 2 and day 3

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### Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**frozen mixed veggies**  
1/2 cup (68g)

For all 2 meals:

**frozen mixed veggies**  
1 cup (135g)

1. Prepare according to instructions on package.
- 

### Vegan sausage

1 sausage(s) - 268 cals ● 28g protein ● 12g fat ● 11g carbs ● 2g fiber



For single meal:

**vegan sausage**  
1 sausage (100g)

For all 2 meals:

**vegan sausage**  
2 sausage (200g)

1. Prepare according to package instructions.
  2. Serve.
-



## Dinner 3 [↗](#)

Eat on day 4

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### Lentils

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



#### water

1 cup(s) (237mL)

#### salt

1/2 dash (0g)

#### lentils, raw, rinsed

4 tbsp (48g)

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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### Simple seitan

3 oz - 183 cals ● 23g protein ● 6g fat ● 10g carbs ● 0g fiber



Makes 3 oz

#### seitan

3 oz (85g)

#### oil

1/4 tbsp (4mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
  2. Season with salt, pepper, or seasonings of choice. Serve.
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## Dinner 4 [🔗](#)

Eat on day 5 and day 6

### Seitan Philly cheesesteak

1/2 sub(s) - 285 cals ● 19g protein ● 10g fat ● 28g carbs ● 2g fiber



For single meal:

**sub roll(s)**  
1/2 roll(s) (43g)  
**oil**  
1/4 tbsp (4mL)  
**cheese**  
1/2 slice (1 oz each) (14g)  
**seitan, cut into strips**  
1 1/2 oz (43g)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**bell pepper, sliced**  
1/4 small (19g)

For all 2 meals:

**sub roll(s)**  
1 roll(s) (85g)  
**oil**  
1/2 tbsp (8mL)  
**cheese**  
1 slice (1 oz each) (28g)  
**seitan, cut into strips**  
3 oz (85g)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, sliced**  
1/2 small (37g)

1. Heat oil in a pan over medium heat and add peppers and onion and cook for a few minutes until they start to soften and onions begin to caramelize.
2. Add the cheese and lightly mix until it melts. Transfer veggies to a plate.
3. Add the sliced seitan to the pan and cook for a few minutes on each side, until it is warmed through and the edges are browned and crisp.
4. When the seitan is done, add the veggies back in and mix until well-combined.
5. Add the filling to the bun and serve!

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**  
1 cup (123g)

For all 2 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

## Dinner 5 [🔗](#)

Eat on day 7

### Vegan sausage & veggie sheet pan

240 cals ● 16g protein ● 11g fat ● 15g carbs ● 4g fiber



**oil**  
1 tsp (5mL)  
**italian seasoning**  
2 dash (1g)  
**carrots, sliced**  
1/2 medium (31g)  
**broccoli, chopped**  
1/2 cup chopped (46g)  
**vegan sausage, cut into bite sized pieces**  
1/2 sausage (50g)  
**potatoes, cut into wedges**  
1/2 small (1-3/4" to 2-1/4" dia.) (46g)

1. Preheat oven to 400°F (200°F) and line a sheet pan with parchment paper.
2. Toss vegetables in oil, italian seasoning, and some salt and pepper.
3. Spread vegetables and sausage on the baking sheet and roast, stirring once halfway through, until vegetables are soft and sausage is golden, about 35 minutes. Serve.

### Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



Makes 1/4 cup brown rice, cooked

**salt**  
1/2 dash (0g)  
**water**  
1/6 cup(s) (39mL)  
**black pepper**  
1/2 dash, ground (0g)  
**brown rice**  
4 tsp (16g)

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.

### Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)

**kale leaves**  
1/2 cup, chopped (20g)  
**salad dressing**  
1/2 tbsp (8mL)

1. Toss kale in dressing of your choice and serve.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 1/2 scoop - 273 cal● 61g protein ● 1g fat ● 2g carbs ● 3g fiber



For single meal:

**protein powder**  
2 1/2 scoop (1/3 cup ea) (78g)  
**water**  
2 1/2 cup(s) (593mL)

For all 7 meals:

**protein powder**  
17 1/2 scoop (1/3 cup ea) (543g)  
**water**  
17 1/2 cup(s) (4148mL)

1. The recipe has no instructions.
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