

# Meal Plan - 1300 calorie high protein vegan meal plan

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

## Day 1

1369 cals ● 128g protein (37%) ● 21g fat (14%) ● 132g carbs (38%) ● 35g fiber (10%)

### Breakfast

205 cals, 13g protein, 21g net carbs, 7g fat



[Small toasted bagel with vegan cream cheese](#)

1/2 bagel(s)- 130 cals



[Vegan breakfast sausage links](#)

2 links- 75 cals

### Snacks

145 cals, 3g protein, 26g net carbs, 2g fat



[Baked chips](#)

8 crisps- 81 cals



[Peach](#)

1 peach(es)- 66 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



[Protein shake](#)

3 scoop- 327 cals

### Lunch

335 cals, 22g protein, 41g net carbs, 3g fat



[Lentil pasta](#)

337 cals

### Dinner

355 cals, 18g protein, 41g net carbs, 8g fat



[Stewed beans & greens](#)

353 cals

## Day 2

1364 cals ● 116g protein (34%) ● 29g fat (19%) ● 135g carbs (40%) ● 24g fiber (7%)

### Breakfast

205 cals, 13g protein, 21g net carbs, 7g fat



**Small toasted bagel with vegan cream cheese**  
1/2 bagel(s)- 130 cals



**Vegan breakfast sausage links**  
2 links- 75 cals

### Snacks

145 cals, 3g protein, 26g net carbs, 2g fat



**Baked chips**  
8 crisps- 81 cals



**Peach**  
1 peach(es)- 66 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

330 cals, 10g protein, 44g net carbs, 11g fat



**Tomato soup**  
1 can(s)- 211 cals



**Sunflower seeds**  
120 cals

### Dinner

355 cals, 18g protein, 41g net carbs, 8g fat



**Stewed beans & greens**  
353 cals

## Day 3

1288 cals ● 122g protein (38%) ● 28g fat (19%) ● 118g carbs (37%) ● 20g fiber (6%)

### Breakfast

205 cals, 13g protein, 21g net carbs, 7g fat



**Small toasted bagel with vegan cream cheese**  
1/2 bagel(s)- 130 cals



**Vegan breakfast sausage links**  
2 links- 75 cals

### Snacks

105 cals, 2g protein, 21g net carbs, 1g fat



**Rice cake**  
3 cake(s)- 104 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

330 cals, 10g protein, 44g net carbs, 11g fat



**Tomato soup**  
1 can(s)- 211 cals



**Sunflower seeds**  
120 cals

### Dinner

320 cals, 24g protein, 29g net carbs, 8g fat



**Lentils**  
174 cals



**Basic tempeh**  
2 oz- 148 cals

## Day 4

1336 cals ● 141g protein (42%) ● 23g fat (15%) ● 110g carbs (33%) ● 32g fiber (9%)

### Breakfast

215 cals, 15g protein, 30g net carbs, 1g fat



**Green protein shake**  
130 cals



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

### Snacks

105 cals, 2g protein, 21g net carbs, 1g fat



**Rice cake**  
3 cake(s)- 104 cals

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

380 cals, 22g protein, 49g net carbs, 6g fat



**Simple mixed greens salad**  
68 cals



**Lentils**  
174 cals



**Lentil and veggie soup**  
139 cals

### Dinner

310 cals, 30g protein, 8g net carbs, 14g fat



**Vegan crumbles**  
1 1/2 cup(s)- 219 cals



**Sauteed Kale**  
91 cals

## Day 5

1355 cals ● 135g protein (40%) ● 26g fat (17%) ● 109g carbs (32%) ● 37g fiber (11%)

### Breakfast

215 cals, 15g protein, 30g net carbs, 1g fat



**Green protein shake**  
130 cals



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

### Snacks

130 cals, 15g protein, 7g net carbs, 4g fat



**Protein shake (almond milk)**  
105 cals



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

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

310 cals, 14g protein, 30g net carbs, 11g fat



**Simple mixed greens salad**  
68 cals



**Soy milk**  
1/2 cup(s)- 42 cals



**Tuscan white bean soup**  
202 cals

### Dinner

370 cals, 18g protein, 39g net carbs, 9g fat



**Teriyaki chickpea stir fry**  
369 cals

## Day 6

1357 cals ● 123g protein (36%) ● 30g fat (20%) ● 119g carbs (35%) ● 29g fiber (9%)

### Breakfast

195 cals, 5g protein, 23g net carbs, 9g fat



**Walnuts**  
1/8 cup(s)- 87 cals



**Pretzels**  
110 cals

### Snacks

130 cals, 15g protein, 7g net carbs, 4g fat



**Protein shake (almond milk)**  
105 cals



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

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

330 cals, 12g protein, 48g net carbs, 7g fat



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



**Red lentil soup**  
201 cals

### Dinner

370 cals, 18g protein, 39g net carbs, 9g fat



**Teriyaki chickpea stir fry**  
369 cals

## Day 7

1264 cals ● 118g protein (37%) ● 29g fat (21%) ● 114g carbs (36%) ● 18g fiber (6%)

### Breakfast

195 cals, 5g protein, 23g net carbs, 9g fat



**Walnuts**  
1/8 cup(s)- 87 cals



**Pretzels**  
110 cals

### Snacks

130 cals, 15g protein, 7g net carbs, 4g fat



**Protein shake (almond milk)**  
105 cals



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

### Protein Supplement(s)

325 cals, 73g protein, 3g net carbs, 2g fat



**Protein shake**  
3 scoop- 327 cals

### Lunch

330 cals, 12g protein, 48g net carbs, 7g fat



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



**Red lentil soup**  
201 cals

### Dinner

275 cals, 13g protein, 34g net carbs, 8g fat



**Chik'n stir fry**  
142 cals



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



**Simple mixed greens and tomato salad**  
76 cals

# Grocery List



## Soups, Sauces, and Gravies

- ☐ pasta sauce  
1/6 jar (24 oz) (112g)
- ☐ vegetable broth  
4 1/2 cup(s) (mL)
- ☐ condensed canned tomato soup  
2 can (10.5 oz) (596g)

## Other

- ☐ lentil pasta  
2 2/3 oz (76g)
- ☐ baked chips, any flavor  
16 crips (37g)
- ☐ dairy-free cream cheese  
2 1/4 tbsp (34g)
- ☐ vegan breakfast sausage links  
6 links (135g)
- ☐ mixed greens  
4 1/2 cup (135g)
- ☐ nutritional yeast  
1/4 tbsp (1g)
- ☐ soy milk, unsweetened  
1/2 cup(s) (mL)
- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ teriyaki sauce  
4 tbsp (60mL)
- ☐ vegan chik'n strips  
1 1/4 oz (35g)

## Fruits and Fruit Juices

- ☐ peach  
2 medium (2-2/3" dia) (300g)
- ☐ banana  
1/2 medium (7" to 7-7/8" long) (59g)
- ☐ orange  
3 orange (462g)

## Beverages

- ☐ protein powder  
22 1/2 scoop (1/3 cup ea) (698g)
- ☐ water  
23 1/2 cup(s) (5593mL)
- ☐ protein powder, vanilla  
1 scoop (1/3 cup ea) (31g)
- ☐ almond milk, unsweetened  
1 1/2 cup (360mL)

## Fats and Oils

- ☐ oil  
1 1/2 oz (46mL)
- ☐ salad dressing  
1/4 cup (68mL)

## Vegetables and Vegetable Products

- ☐ kale leaves  
3 3/4 cup, chopped (150g)
- ☐ garlic  
4 1/4 clove(s) (13g)
- ☐ frozen mixed veggies  
3/4 lbs (335g)
- ☐ fresh spinach  
1 1/2 cup(s) (45g)
- ☐ carrots  
4 1/3 medium (262g)
- ☐ raw celery  
1/4 stalk, large (11"-12" long) (16g)
- ☐ onion  
2/3 medium (2-1/2" dia) (73g)
- ☐ tomato paste  
1/2 tbsp (8g)
- ☐ potatoes  
1/2 medium (2+-1/4" to 3-1/4" dia.) (107g)
- ☐ bell pepper  
1/4 medium (30g)
- ☐ tomatoes  
4 tbsp cherry tomatoes (37g)

## Legumes and Legume Products

- ☐ white beans, canned  
1 1/4 can(s) (549g)
- ☐ lentils, raw  
10 tbsp (120g)
- ☐ tempeh  
2 oz (57g)
- ☐ vegetarian burger crumbles  
1 1/2 cup (150g)
- ☐ chickpeas, canned  
1 can(s) (448g)
- ☐ red lentils, raw  
4 tbsp (48g)
- ☐ soy sauce  
1 1/4 tsp (6mL)

## Nut and Seed Products

## Baked Products

- ☐ bagel  
1 1/2 small bagel (3" dia) (104g)
- ☐ naan bread  
1 piece(s) (90g)

## Spices and Herbs

- ☐ crushed red pepper  
3 dash (1g)
- ☐ salt  
1 1/2 dash (1g)
- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ ground coriander  
4 dash (1g)
- ☐ black pepper  
1/2 dash, ground (0g)

- ☐ sunflower kernels  
1 1/3 oz (38g)
- ☐ walnuts  
4 tbsp, shelled (25g)

## Snacks

- ☐ rice cakes, any flavor  
6 cake (54g)
- ☐ pretzels, hard, salted  
2 oz (57g)

## Cereal Grains and Pasta

- ☐ brown rice  
3 tbsp (34g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Small toasted bagel with vegan cream cheese

1/2 bagel(s) - 130 cals ● 4g protein ● 4g fat ● 19g carbs ● 1g fiber



For single meal:

#### bagel

1/2 small bagel (3" dia) (35g)

#### dairy-free cream cheese

3/4 tbsp (11g)

For all 3 meals:

#### bagel

1 1/2 small bagel (3" dia) (104g)

#### dairy-free cream cheese

2 1/4 tbsp (34g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

### Vegan breakfast sausage links

2 links - 75 cals ● 9g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

#### vegan breakfast sausage links

2 links (45g)

For all 3 meals:

#### vegan breakfast sausage links

6 links (135g)

1. Cook links according to package instructions. Serve.

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

### Green protein shake

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



For single meal:

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

For all 2 meals:

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

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.

### 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. The recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 2 meals:

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

1. The recipe has no instructions.

### Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

**pretzels, hard, salted**  
1 oz (28g)

For all 2 meals:

**pretzels, hard, salted**  
2 oz (57g)

1. The recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Lentil pasta

337 cals ● 22g protein ● 3g fat ● 41g carbs ● 16g fiber



**pasta sauce**  
1/6 jar (24 oz) (112g)  
**lentil pasta**  
2 2/3 oz (76g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



For single meal:

**condensed canned tomato soup**  
1 can (10.5 oz) (298g)

For all 2 meals:

**condensed canned tomato soup**  
2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.

### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
2/3 oz (19g)

For all 2 meals:

**sunflower kernels**  
1 1/3 oz (38g)

1. The recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 4

### Simple mixed greens salad

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



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

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

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.

## Lentil and veggie soup

139 cals ● 9g protein ● 1g fat ● 19g carbs ● 5g fiber



**lentils, raw**  
2 tbsp (24g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**kale leaves**  
4 tbsp, chopped (10g)  
**nutritional yeast**  
1/4 tbsp (1g)  
**garlic**  
1/4 clove(s) (1g)  
**frozen mixed veggies**  
6 tbsp (51g)

1. Put all ingredients in a large pot and bring to a boil.
2. Let cook for 15-20 minutes until lentils are soft.
3. Season with salt and pepper to taste. Serve.

## Lunch 4 [🔗](#)

Eat on day 5

### Simple mixed greens salad

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



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

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

### Soy milk

1/2 cup(s) - 42 cals ● 4g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 cup(s)  
**soy milk, unsweetened**  
1/2 cup(s) (mL)

1. The recipe has no instructions.

**Tuscan white bean soup**

202 cals ● 10g protein ● 4g fat ● 25g carbs ● 7g fiber



**oil**  
1/4 tbsp (4mL)  
**carrots, chopped**  
1/4 large (18g)  
**raw celery, chopped**  
1/4 stalk, large (11"-12" long) (16g)  
**italian seasoning**  
1/4 tbsp (3g)  
**crushed red pepper**  
1 dash (0g)  
**vegetable broth**  
1 cup(s) (mL)  
**fresh spinach**  
1/2 cup(s) (15g)  
**white beans, canned, rinsed & drained**  
1/4 can(s) (110g)  
**onion, diced**  
1/4 small (18g)  
**garlic, minced**  
1 clove(s) (3g)

1. Heat oil in a large pot over medium heat. Add the onion and garlic and fry for about 5 minutes until softened. Add the carrots and celery and cook another 8-10 minutes, stirring occasionally.
2. Add the broth, white beans, Italian seasoning, crushed red pepper, and some salt/pepper to taste to the pot and bring to a simmer. Reduce heat to low and simmer, covered, for 15 minutes.
3. Stir in spinach and cook until wilted, about 2 minutes.
4. Serve.

**Lunch 5** [↗](#)

Eat on day 6 and day 7

**Naan bread**

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



For single meal:

**naan bread**  
1/2 piece(s) (45g)

For all 2 meals:

**naan bread**  
1 piece(s) (90g)

1. The recipe has no instructions.



## Red lentil soup

201 cals ● 8g protein ● 5g fat ● 26g carbs ● 5g fiber



For single meal:

**red lentils, raw**  
2 tbsp (24g)  
**vegetable broth**  
3/4 cup(s) (mL)  
**ground cumin**  
1/4 tbsp (2g)  
**tomato paste**  
1/4 tbsp (4g)  
**ground coriander**  
2 dash (0g)  
**oil**  
1/4 tbsp (4mL)  
**onion, diced**  
1/4 medium (2-1/2" dia) (28g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**carrots, diced**  
1/4 large (18g)  
**potatoes, diced**  
1/4 medium (2+-1/4" to 3-1/4" dia.) (53g)

For all 2 meals:

**red lentils, raw**  
4 tbsp (48g)  
**vegetable broth**  
1 1/2 cup(s) (mL)  
**ground cumin**  
1/2 tbsp (3g)  
**tomato paste**  
1/2 tbsp (8g)  
**ground coriander**  
4 dash (1g)  
**oil**  
1/2 tbsp (8mL)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**garlic, minced**  
1 clove(s) (3g)  
**carrots, diced**  
1/2 large (36g)  
**potatoes, diced**  
1/2 medium (2+-1/4" to 3-1/4" dia.) (107g)

1. Heat the oil in a saucepan over medium heat.
2. Add the onion, carrot, garlic, and a pinch of salt and pepper. Cook for 5-7 minutes, until the onion has softened.
3. Stir in the vegetable broth, lentils, potato, cumin, tomato paste, and coriander. Bring to a boil, then reduce to a simmer. Cover and cook for 20-25 minutes, or until the lentils and potatoes are tender.
4. Season with salt and pepper to taste, and serve.

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## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### Baked chips

8 crisps - 81 cals ● 1g protein ● 2g fat ● 14g carbs ● 1g fiber



For single meal:

**baked chips, any flavor**  
8 crisps (19g)

For all 2 meals:

**baked chips, any flavor**  
16 crisps (37g)

1. Enjoy.

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## Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**

1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**

2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3 and day 4

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### Rice cake

3 cake(s) - 104 cals ● 2g protein ● 1g fat ● 21g carbs ● 1g fiber



For single meal:

**rice cakes, any flavor**

3 cake (27g)

For all 2 meals:

**rice cakes, any flavor**

6 cake (54g)

1. Enjoy.
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## Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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### Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

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

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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.
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Stewed beans & greens

353 cals ● 18g protein ● 8g fat ● 41g carbs ● 11g fiber



For single meal:

**vegetable broth**  
3/4 cup(s) (mL)  
**crushed red pepper**  
1 dash (0g)  
**oil**  
1/2 tbsp (8mL)  
**kale leaves**  
1 cup, chopped (40g)  
**garlic, minced**  
1 clove(s) (3g)  
**white beans, canned, drained & rinsed**  
1/2 can(s) (220g)

For all 2 meals:

**vegetable broth**  
1 1/2 cup(s) (mL)  
**crushed red pepper**  
2 dash (0g)  
**oil**  
1 tbsp (15mL)  
**kale leaves**  
2 cup, chopped (80g)  
**garlic, minced**  
2 clove(s) (6g)  
**white beans, canned, drained & rinsed**  
1 can(s) (439g)

1. Heat oil in a pot over medium heat.
2. Add the garlic and cook until fragrant, about 1 minute.
3. Stir in the crushed red pepper and a pinch of salt and pepper. Cook for 30 seconds.
4. Add the kale and saute until slightly wilted.
5. Stir in the white beans and vegetable broth.
6. Cover and simmer for 10 minutes. (For a thicker stew, leave the pot uncovered.)
7. Serve.

## Dinner 2 [↗](#)

Eat on day 3

### 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.

### Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber





Makes 2 oz

**tempeh**

2 oz (57g)

**oil**

1 tsp (5mL)

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.

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## Dinner 3 [🔗](#)

Eat on day 4

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### Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



Makes 1 1/2 cup(s)

**vegetarian burger crumbles**

1 1/2 cup (150g)

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

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### Sauteed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



**kale leaves**

1 1/2 cup, chopped (60g)

**oil**

1/2 tbsp (8mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.
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## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Teriyaki chickpea stir fry

369 cals ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



For single meal:

**frozen mixed veggies**

1/2 10oz package (142g)

**oil**

1/4 tbsp (4mL)

**teriyaki sauce**

2 tbsp (30mL)

**chickpeas, canned, drained and rinsed**

1/2 can(s) (224g)

For all 2 meals:

**frozen mixed veggies**

1 10oz package (284g)

**oil**

1/2 tbsp (8mL)

**teriyaki sauce**

4 tbsp (60mL)

**chickpeas, canned, drained and rinsed**

1 can(s) (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

## Dinner 5 [↗](#)

Eat on day 7

### Chik'n stir fry

142 cals ● 10g protein ● 2g fat ● 17g carbs ● 3g fiber



**brown rice**

1 1/2 tbsp (18g)

**water**

1/6 cup(s) (44mL)

**soy sauce**

1 1/4 tsp (6mL)

**vegan chik'n strips**

1 1/4 oz (35g)

**bell pepper, deseeded & cut into thin strips**

1/4 medium (30g)

**carrots, cut into thin strips**

1/2 small (5-1/2" long) (25g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and 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 mixed greens and tomato salad

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



### mixed greens

1 1/2 cup (45g)

### tomatoes

4 tbsp cherry tomatoes (37g)

### salad dressing

1 1/2 tbsp (23mL)

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

# Protein Supplement(s)

Eat every day

## Protein shake

3 scoop - 327 cals  73g protein  2g fat  3g carbs  3g fiber



For single meal:

**protein powder**  
3 scoop (1/3 cup ea) (93g)  
**water**  
3 cup(s) (711mL)

For all 7 meals:

**protein powder**  
21 scoop (1/3 cup ea) (651g)  
**water**  
21 cup(s) (4977mL)

1. The recipe has no instructions.