

Meal Plan - 1400 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

1333 cals ● 128g protein (38%) ● 33g fat (23%) ● 108g carbs (32%) ● 23g fiber (7%)

Breakfast

280 cals, 7g protein, 33g net carbs, 12g fat



Cucumber slices

3/4 cucumber- 45 cals



Large granola bar

1 bar(s)- 176 cals



Dark chocolate

1 square(s)- 60 cals

Snacks

105 cals, 1g protein, 21g net carbs, 0g fat



Apple

1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

170 cals, 13g protein, 4g net carbs, 10g fat



Vegan crumbles

1/2 cup(s)- 73 cals



Sautéed mushrooms

4 oz mushrooms- 95 cals

Dinner

450 cals, 35g protein, 47g net carbs, 10g fat



Maple seitan lettuce cups with vegan ranch

1 lettuce cup(s)- 278 cals



Lentils

174 cals

Day 2

1383 cals ● 128g protein (37%) ● 30g fat (20%) ● 125g carbs (36%) ● 25g fiber (7%)

Breakfast

280 cals, 7g protein, 33g net carbs, 12g fat



Cucumber slices

3/4 cucumber- 45 cals



Large granola bar

1 bar(s)- 176 cals



Dark chocolate

1 square(s)- 60 cals

Snacks

105 cals, 1g protein, 21g net carbs, 0g fat



Apple

1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

220 cals, 12g protein, 22g net carbs, 6g fat



Bean & tofu goulash

219 cals

Dinner

450 cals, 35g protein, 47g net carbs, 10g fat



Maple seitan lettuce cups with vegan ranch

1 lettuce cup(s)- 278 cals



Lentils

174 cals

Day 3

1389 cals ● 123g protein (35%) ● 40g fat (26%) ● 113g carbs (32%) ● 22g fiber (6%)

Breakfast

280 cals, 7g protein, 33g net carbs, 12g fat



Cucumber slices

3/4 cucumber- 45 cals



Large granola bar

1 bar(s)- 176 cals



Dark chocolate

1 square(s)- 60 cals

Snacks

135 cals, 6g protein, 2g net carbs, 11g fat



Sunflower seeds

135 cals

Lunch

370 cals, 21g protein, 49g net carbs, 8g fat



Rice pilaf with meatless meatballs

372 cals

Dinner

275 cals, 17g protein, 26g net carbs, 8g fat



Veggie burger patty

1 patty- 127 cals



Roasted tomatoes

1 tomato(es)- 60 cals



Lentils

87 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 4

1381 cals ● 134g protein (39%) ● 46g fat (30%) ● 87g carbs (25%) ● 21g fiber (6%)

Breakfast

155 cals, 7g protein, 23g net carbs, 4g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Soy milk yogurt

1 container- 136 cals

Snacks

135 cals, 6g protein, 2g net carbs, 11g fat



Sunflower seeds

135 cals

Lunch

370 cals, 21g protein, 49g net carbs, 8g fat



Rice pilaf with meatless meatballs

372 cals

Dinner

390 cals, 28g protein, 11g net carbs, 22g fat



Basic tempeh

4 oz- 295 cals



Sautéed mushrooms

4 oz mushrooms- 95 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Day 5

1387 cals ● 125g protein (36%) ● 40g fat (26%) ● 111g carbs (32%) ● 22g fiber (6%)

Breakfast

155 cals, 7g protein, 23g net carbs, 4g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Soy milk yogurt

1 container- 136 cals

Snacks

95 cals, 5g protein, 15g net carbs, 0g fat



Watermelon

4 oz- 41 cals



Sugar snap peas

2 cup- 54 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

420 cals, 14g protein, 60g net carbs, 12g fat



Tofu marsala

217 cals



Flavored rice mix

143 cals



Fruit juice

1/2 cup(s)- 57 cals

Dinner

390 cals, 28g protein, 11g net carbs, 22g fat



Basic tempeh

4 oz- 295 cals



Sauteed mushrooms

4 oz mushrooms- 95 cals

Day 6

1360 cals ● 125g protein (37%) ● 36g fat (24%) ● 93g carbs (27%) ● 41g fiber (12%)

Breakfast

170 cals, 5g protein, 13g net carbs, 9g fat



Avocado toast

1 slice(s)- 168 cals

Snacks

95 cals, 5g protein, 15g net carbs, 0g fat



Watermelon

4 oz- 41 cals



Sugar snap peas

2 cup- 54 cals

Protein Supplement(s)

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



Protein shake

3 scoop- 327 cals

Lunch

435 cals, 18g protein, 47g net carbs, 11g fat



Simple salad with tomatoes and carrots

147 cals



Lentil chili

290 cals

Dinner

330 cals, 25g protein, 15g net carbs, 15g fat



Carrot & grounds stir fry

332 cals

Breakfast

170 calsgreen5g protein, 13g net carbs, 9g fat



Avocado toast
1 slice(s)- 168 calsgreen

Lunch

435 calsgreen18g protein, 47g net carbs, 11g fat



Simple salad with tomatoes and carrots
147 calsgreen



Lentil chili
290 calsgreen

Snacks

95 calsgreen5g protein, 15g net carbs, 0g fat



Watermelon
4 oz- 41 calsgreen



Sugar snap peas
2 cup- 54 calsgreen

Dinner

330 calsgreen25g protein, 15g net carbs, 15g fat



Carrot & grounds stir fry
332 calsgreen

Protein Supplement(s)

325 calsgreen73g protein, 3g net carbs, 2g fat



Protein shake
3 scoop- 327 calsgreen

Grocery List



Beverages

- ☐ protein powder
21 scoop (1/3 cup ea) (651g)
- ☐ water
1 1/2 gallon (5645mL)

Vegetables and Vegetable Products

- ☐ cucumber
2 1/2 cucumber (8-1/4") (719g)
- ☐ romaine lettuce
1 1/4 head (762g)
- ☐ shallots
3/4 shallot (85g)
- ☐ mushrooms
13 1/4 oz (376g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (164g)
- ☐ garlic
3 1/2 clove(s) (10g)
- ☐ tomatoes
4 3/4 medium whole (2-3/5" dia) (582g)
- ☐ potatoes
2 1/2 oz (71g)
- ☐ Sugar snap peas
6 cup, whole (378g)
- ☐ carrots
4 medium (238g)
- ☐ fresh cilantro
2 tbsp, chopped (6g)
- ☐ canned whole tomatoes
2/3 cup (160g)

Snacks

- ☐ large granola bar
3 bar (111g)

Sweets

- ☐ chocolate, dark, 70-85%
3 square(s) (30g)
- ☐ maple syrup
1 tbsp (15mL)

Other

- ☐ smoked paprika
1/2 tsp (1g)
- ☐ vegan ranch
1 tbsp (15mL)

Spices and Herbs

- ☐ salt
1/3 tsp (2g)
- ☐ paprika
1/4 tbsp (2g)
- ☐ fresh thyme
1 dash (0g)
- ☐ balsamic vinegar
1/4 tbsp (4mL)
- ☐ crushed red pepper
1/3 tsp (1g)
- ☐ chili powder
2 tsp (5g)
- ☐ ground cumin
1 tsp (2g)
- ☐ black pepper
3/4 dash, ground (0g)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (184g)
- ☐ vegetarian burger crumbles
5/6 package (12 oz) (277g)
- ☐ white beans, canned
1/4 can(s) (110g)
- ☐ firm tofu
1/4 lbs (120g)
- ☐ tempeh
1/2 lbs (227g)
- ☐ soy sauce
2 tbsp (30mL)

Fruits and Fruit Juices

- ☐ apples
2 medium (3" dia) (364g)
- ☐ fruit juice
4 fl oz (120mL)
- ☐ Watermelon
12 oz (340g)
- ☐ avocados
1/2 avocado(s) (101g)
- ☐ lime juice
2 tsp (10mL)

Nut and Seed Products

- ☐ sunflower kernels
1 1/2 oz (43g)

- ☐ veggie burger patty
1 patty (71g)
- ☐ vegan meatballs, frozen
6 meatball(s) (180g)
- ☐ snow peas
1/4 cup (21g)
- ☐ soy milk yogurt
2 container(s) (301g)
- ☐ vegan butter
1/2 tbsp (7g)

Fats and Oils

- ☐ oil
3 1/4 oz (98mL)
- ☐ salad dressing
2 1/4 tbsp (34mL)

Cereal Grains and Pasta

- ☐ seitan
6 oz (170g)
- ☐ cornstarch
4 dash (1g)
- ☐ dry bulgur wheat
1/3 cup (47g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 pouch (~5.6 oz) (153g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1 1/4 cup(s) (mL)

Baked Products

- ☐ bread
2 slice (64g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Cucumber slices

3/4 cucumber - 45 cals ● 2g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

cucumber

3/4 cucumber (8-1/4") (226g)

For all 3 meals:

cucumber

2 1/4 cucumber (8-1/4") (677g)

1. Slice cucumber into rounds and serve.

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar

1 bar (37g)

For all 3 meals:

large granola bar

3 bar (111g)

1. The recipe has no instructions.

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 3 meals:

chocolate, dark, 70-85%

3 square(s) (30g)

1. The recipe has no instructions.

Breakfast 2

Eat on day 4 and day 5

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.

Soy milk yogurt

1 container - 136 cals  6g protein  4g fat  20g carbs  0g fiber



For single meal:

soy milk yogurt
1 container(s) (150g)

For all 2 meals:

soy milk yogurt
2 container(s) (301g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Lunch 1 [↗](#)

Eat on day 1

Vegan crumbles

1/2 cup(s) - 73 cals ● 9g protein ● 2g fat ● 1g carbs ● 3g fiber



Makes 1/2 cup(s)

vegetarian burger crumbles
1/2 cup (50g)

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

Sauteed mushrooms

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



Makes 4 oz mushrooms

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

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.

Lunch 2 [↗](#)

Eat on day 2

Bean & tofu goulash

219 cals ● 12g protein ● 6g fat ● 22g carbs ● 6g fiber



oil
1/4 tbsp (4mL)
paprika
1/4 tbsp (2g)
fresh thyme
1 dash (0g)
white beans, canned, drained & rinsed
1/4 can(s) (110g)
onion, diced
1/4 medium (2-1/2" dia) (28g)
garlic, minced
1/4 clove (1g)
firm tofu, drained and diced
1 3/4 oz (50g)

1. Heat oil in a skillet over medium heat. Add tofu and fry for about 5 minutes until golden.
2. Add onion and garlic and cook for about 8 minutes. Add paprika, thyme, a splash of water and some salt/pepper to taste. Stir.
3. Add beans and cook for another 5 minutes or so, stirring frequently, until beans have heated through. Serve.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Rice pilaf with meatless meatballs

372 cals ● 21g protein ● 8g fat ● 49g carbs ● 6g fiber



For single meal:
flavored rice mix
1/4 box (8 oz) (57g)
vegan meatballs, frozen
3 meatball(s) (90g)
tomatoes
3 cherry tomatoes (51g)
snow peas, ends trimmed
1/8 cup (11g)

For all 2 meals:

flavored rice mix
1/2 box (8 oz) (113g)
vegan meatballs, frozen
6 meatball(s) (180g)
tomatoes
6 cherry tomatoes (102g)
snow peas, ends trimmed
1/4 cup (21g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

Lunch 4 [↗](#)

Eat on day 5

Tofu marsala

217 cal ● 9g protein ● 11g fat ● 18g carbs ● 3g fiber



vegan butter
1/2 tbsp (7g)
cornstarch
4 dash (1g)
oil
1/2 tbsp (8mL)
balsamic vinegar
1/4 tbsp (4mL)
potatoes, peeled & quartered
2 1/2 oz (71g)
vegetable broth, hot
1/4 cup(s) (mL)
mushrooms, sliced
1 1/4 oz (35g)
shallots, minced
1/4 shallot (28g)
garlic, minced
1/2 clove(s) (2g)
firm tofu, patted dry & cubed
2 1/2 oz (71g)

1. Add potatoes to a large pot and cover with water. Bring to a simmer and cook for 10-15 minutes or until potatoes are fork-tender. Drain and return potatoes to the pot. Add butter and some salt and pepper. Mash with a fork until smooth. Set mashed potatoes aside.
2. In a small bowl, mix the hot broth with the cornstarch and some salt. Stir until incorporated. Set broth mixture aside.
3. Heat just half of the oil in a skillet over medium-high heat. Add the tofu and some salt and pepper. Cook, stirring occasionally until crisp, 4-6 minutes. Transfer tofu to a plate.
4. Heat remaining oil in the same skillet. Add mushrooms and shallot and cook 3-5 until mushrooms begin to brown. Add garlic and cook another minute until fragrant.
5. Add broth and balsamic vinegar. Bring to a simmer and cook until thickened, about 3-5 minutes.
6. Return tofu to the skillet and bring to a simmer. Season to taste with some salt and pepper.
7. Serve tofu marsala with mashed potatoes.

Flavored rice mix

143 cal ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



flavored rice mix
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Fruit juice

1/2 cup(s) - 57 cal ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



Makes 1/2 cup(s)

fruit juice
4 fl oz (120mL)

1. The recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)
tomatoes, diced
3/4 medium whole (2-3/5" dia)
(92g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Lentil chili

290 cal ● 13g protein ● 6g fat ● 37g carbs ● 9g fiber



For single meal:

oil
1 tsp (5mL)
lentils, raw
2 2/3 tbsp (32g)
chili powder
1 tsp (3g)
ground cumin
4 dash (1g)
salt
2/3 dash (1g)
black pepper
1/3 dash, ground (0g)
dry bulgur wheat
2 2/3 tbsp (23g)
vegetable broth
1/2 cup(s) (mL)
canned whole tomatoes, chopped
1/3 cup (80g)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
garlic, minced
2/3 clove(s) (2g)

For all 2 meals:

oil
2 tsp (10mL)
lentils, raw
1/3 cup (64g)
chili powder
2 tsp (5g)
ground cumin
1 tsp (2g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)
dry bulgur wheat
1/3 cup (47g)
vegetable broth
1 cup(s) (mL)
canned whole tomatoes, chopped
2/3 cup (160g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
garlic, minced
1 1/3 clove(s) (4g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.
-

Snacks 2 [↗](#)

Eat on day 3 and day 4

Sunflower seeds

135 cal ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
3/4 oz (21g)

For all 2 meals:

sunflower kernels
1 1/2 oz (43g)

1. The recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Watermelon

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



For single meal:

Watermelon
4 oz (113g)

For all 3 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.

Sugar snap peas

2 cup - 54 cal ● 4g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

Sugar snap peas
2 cup, whole (126g)

For all 3 meals:

Sugar snap peas
6 cup, whole (378g)

1. Season with salt if desired and serve raw.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Maple seitan lettuce cups with vegan ranch

1 lettuce cup(s) - 278 cals ● 24g protein ● 10g fat ● 22g carbs ● 2g fiber



For single meal:

smoked paprika
1/4 tsp (1g)
oil
1 tsp (5mL)
romaine lettuce
1 leaf inner (6g)
maple syrup
1/2 tbsp (8mL)
vegan ranch
1/2 tbsp (8mL)
shallots, sliced
1/4 shallot (28g)
seitan, crumbled
3 oz (85g)
cucumber, diced
3 slices (21g)

For all 2 meals:

smoked paprika
1/2 tsp (1g)
oil
2 tsp (10mL)
romaine lettuce
2 leaf inner (12g)
maple syrup
1 tbsp (15mL)
vegan ranch
1 tbsp (15mL)
shallots, sliced
1/2 shallot (57g)
seitan, crumbled
6 oz (170g)
cucumber, diced
6 slices (42g)

1. Heat oil in a skillet over medium heat.
2. Add shallot and some salt and pepper to the skillet. Cook 1-2 minutes until softened. Add seitan and paprika and stir until coated. Cook undisturbed for 4-5 or until seitan starts becoming crispy. Stir and cook another 4-5 minutes until all of the seitan is crispy.
3. Turn off heat. Stir in maple syrup.
4. Add seitan to lettuce cups and top with cucumber and a drizzle of vegan ranch. Serve.

Lentils

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



For single meal:

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

For all 2 meals:

water
2 cup(s) (474mL)
salt
1 dash (1g)
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.

Dinner 2 [↗](#)

Eat on day 3

Veggie burger patty

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



Makes 1 patty
veggie burger patty
1 patty (71g)

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

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)
oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

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.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

tempeh
4 oz (113g)
oil
2 tsp (10mL)

For all 2 meals:

tempeh
1/2 lbs (227g)
oil
4 tsp (20mL)

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.

Sauteed mushrooms

4 oz mushrooms - 95 cals ● 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.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Carrot & grounds stir fry

332 cals ● 25g protein ● 15g fat ● 15g carbs ● 10g fiber



For single meal:

carrots
1 1/3 large (96g)
vegetarian burger crumbles
4 oz (113g)
soy sauce
3 tsp (15mL)
water
2 tsp (10mL)
crushed red pepper
1 1/3 dash (0g)
lime juice
1 tsp (5mL)
oil
2 tsp (10mL)
garlic, minced
2/3 clove(s) (2g)
onion, chopped
1/3 large (50g)
fresh cilantro, chopped
3 tsp, chopped (3g)

For all 2 meals:

carrots
2 2/3 large (192g)
vegetarian burger crumbles
1/2 lbs (227g)
soy sauce
2 tbsp (30mL)
water
4 tsp (20mL)
crushed red pepper
1/3 tsp (1g)
lime juice
2 tsp (10mL)
oil
4 tsp (20mL)
garlic, minced
1 1/3 clove(s) (4g)
onion, chopped
2/3 large (100g)
fresh cilantro, chopped
2 tbsp, chopped (6g)

1. Heat a large skillet on medium-low and add oil. Add in chopped onion and garlic and stir occasionally.
 2. Meanwhile chop carrots into small sticks. Add carrots in with the onions along with crushed red pepper flakes and a pinch of salt and pepper. Continue cooking until onions are brown and carrots have slightly softened.
 3. Add burger crumbles to the pan and mix. Add in soy sauce, water, and half of the cilantro.
 4. Once fully cooked, serve and top with lime juice and remaining cilantro,
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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.
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