

# Meal Plan - 1500 calorie high protein vegan 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

1472 cals ● 134g protein (36%) ● 36g fat (22%) ● 134g carbs (36%) ● 20g fiber (6%)

### Breakfast

180 cals, 7g protein, 28g net carbs, 4g fat



**Kiwi**  
1 kiwi- 47 cals



**Soy milk yogurt**  
1 container- 136 cals

### Lunch

545 cals, 26g protein, 81g net carbs, 10g fat



**Dinner roll**  
1 roll(s)- 77 cals



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



**Tofu alfredo pasta with broccoli**  
442 cals

### Snacks

185 cals, 4g protein, 16g net carbs, 10g fat



**Blueberries**  
1/2 cup(s)- 47 cals



**Kale chips**  
138 cals

### Dinner

175 cals, 12g protein, 5g net carbs, 10g fat



**Basic tempeh**  
2 oz- 148 cals



**Roasted tomatoes**  
1/2 tomato(es)- 30 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 2

1528 cals ● 137g protein (36%) ● 40g fat (23%) ● 118g carbs (31%) ● 37g fiber (10%)

### Breakfast

180 cals, 7g protein, 28g net carbs, 4g fat



#### Kiwi

1 kiwi- 47 cals



#### Soy milk yogurt

1 container- 136 cals

### Snacks

185 cals, 4g protein, 16g net carbs, 10g fat



#### Blueberries

1/2 cup(s)- 47 cals



#### Kale chips

138 cals

### Lunch

345 cals, 26g protein, 10g net carbs, 17g fat



#### Vegan crumbles

1 1/4 cup(s)- 183 cals



#### Rosemary roasted radishes

2 1/4 cup(s)- 162 cals

### Dinner

435 cals, 16g protein, 61g net carbs, 8g fat



#### Dinner roll

2 roll(s)- 154 cals



#### Zoodles marinara

281 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



#### Protein shake

3 1/2 scoop- 382 cals

## Day 3

1506 cals ● 138g protein (37%) ● 45g fat (27%) ● 112g carbs (30%) ● 25g fiber (7%)

### Breakfast

150 cals, 15g protein, 11g net carbs, 4g fat



#### Blueberries

1/2 cup(s)- 47 cals



#### Protein shake (almond milk)

105 cals

### Lunch

300 cals, 13g protein, 21g net carbs, 17g fat



#### General tso's tofu

245 cals



#### Rosemary roasted radishes

3/4 cup(s)- 54 cals

### Snacks

240 cals, 9g protein, 15g net carbs, 14g fat



#### Fruit juice

1/2 cup(s)- 57 cals



#### Sunflower seeds

180 cals

### Dinner

435 cals, 16g protein, 61g net carbs, 8g fat



#### Dinner roll

2 roll(s)- 154 cals



#### Zoodles marinara

281 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



#### Protein shake

3 1/2 scoop- 382 cals

## Day 4

1514 cals ● 140g protein (37%) ● 58g fat (35%) ● 90g carbs (24%) ● 18g fiber (5%)

### Breakfast

150 cals, 15g protein, 11g net carbs, 4g fat



#### Blueberries

1/2 cup(s)- 47 cals



#### Protein shake (almond milk)

105 cals

### Snacks

240 cals, 9g protein, 15g net carbs, 14g fat



#### Fruit juice

1/2 cup(s)- 57 cals



#### Sunflower seeds

180 cals

### Lunch

300 cals, 13g protein, 21g net carbs, 17g fat



#### General tso's tofu

245 cals



#### Rosemary roasted radishes

3/4 cup(s)- 54 cals

### Dinner

445 cals, 19g protein, 39g net carbs, 21g fat



#### Naan bread

1/2 piece(s)- 131 cals



#### Zucchini noodle curry bowl with tofu

313 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



#### Protein shake

3 1/2 scoop- 382 cals

## Day 5

1508 cals ● 160g protein (42%) ● 52g fat (31%) ● 85g carbs (23%) ● 16g fiber (4%)

### Breakfast

150 cals, 15g protein, 11g net carbs, 4g fat



#### Blueberries

1/2 cup(s)- 47 cals



#### Protein shake (almond milk)

105 cals

### Snacks

240 cals, 9g protein, 15g net carbs, 14g fat



#### Fruit juice

1/2 cup(s)- 57 cals



#### Sunflower seeds

180 cals

### Lunch

355 cals, 29g protein, 14g net carbs, 19g fat



#### Vegan sausage

1 sausage(s)- 268 cals



#### Roasted tomatoes

1 1/2 tomato(es)- 89 cals

### Dinner

380 cals, 22g protein, 42g net carbs, 12g fat



#### Crispy chick'n tenders

5 tender(s)- 286 cals



#### Kiwi

2 kiwi- 94 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



#### Protein shake

3 1/2 scoop- 382 cals

## Day 6

1520 cals ● 148g protein (39%) ● 55g fat (33%) ● 87g carbs (23%) ● 20g fiber (5%)

### Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Snacks

165 cals, 4g protein, 29g net carbs, 2g fat



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

### Lunch

355 cals, 29g protein, 14g net carbs, 19g fat



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



**Roasted tomatoes**  
1 1/2 tomato(es)- 89 cals

### Dinner

390 cals, 20g protein, 26g net carbs, 20g fat



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



**Vegan sausage & veggie sheet pan**  
240 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

## Day 7

1550 cals ● 137g protein (35%) ● 53g fat (30%) ● 103g carbs (27%) ● 29g fiber (8%)

### Breakfast

225 cals, 11g protein, 15g net carbs, 12g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Lunch

390 cals, 18g protein, 30g net carbs, 16g fat



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



**Chickpea & kale soup**  
273 cals

### Snacks

165 cals, 4g protein, 29g net carbs, 2g fat



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

### Dinner

390 cals, 20g protein, 26g net carbs, 20g fat



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



**Vegan sausage & veggie sheet pan**  
240 cals

### Protein Supplement(s)

380 cals, 85g protein, 3g net carbs, 2g fat



**Protein shake**  
3 1/2 scoop- 382 cals

# Grocery List



## Fruits and Fruit Juices

- blueberries  
2 1/2 cup (370g)
- kiwi  
4 fruit (276g)
- lemon juice  
1 1/4 tsp (6mL)
- fruit juice  
12 fl oz (360mL)

## Spices and Herbs

- salt  
1/4 oz (8g)
- basil, dried  
4 dash, ground (1g)
- rosemary, dried  
2 1/2 tsp (3g)
- apple cider vinegar  
1 tbsp (15g)

## Vegetables and Vegetable Products

- kale leaves  
10 oz (287g)
- tomatoes  
5 1/2 medium whole (2-3/5" dia) (672g)
- frozen broccoli  
1/4 package (71g)
- garlic  
3 1/2 clove(s) (11g)
- radishes  
1 1/4 lbs (567g)
- zucchini  
3 1/2 large (1142g)
- fresh ginger  
2 tbsp (12g)
- cauliflower  
1/4 head small (4" dia.) (66g)
- ketchup  
1 1/4 tbsp (21g)
- carrots  
1 medium (61g)
- broccoli  
1 cup chopped (91g)
- potatoes  
1 small (1-3/4" to 2-1/4" dia.) (92g)

## Fats and Oils

## Legumes and Legume Products

- tempeh  
2 oz (57g)
- firm tofu  
18 oz (510g)
- vegetarian burger crumbles  
1 1/4 cup (125g)
- soy sauce  
2 tsp (10mL)
- roasted peanuts  
2 tbsp (18g)
- chickpeas, canned  
1/2 can(s) (224g)

## Baked Products

- Roll  
5 pan, dinner, or small roll (2" square, 2" high) (140g)
- naan bread  
1/2 piece(s) (45g)

## Cereal Grains and Pasta

- uncooked dry pasta  
3 oz (86g)
- cornstarch  
2 tbsp (16g)

## Beverages

- almond milk, unsweetened  
1 1/2 cup (391mL)
- protein powder  
26 scoop (1/3 cup ea) (806g)
- water  
26 cup(s) (6162mL)

## Soups, Sauces, and Gravies

- pasta sauce  
2 1/2 cup (650g)
- vegetable broth  
2 cup(s) (mL)

## Sweets

- sugar  
1 tbsp (13g)

## Nut and Seed Products

- olive oil**  
4 tsp (20mL)
- oil**  
2 1/3 oz (71mL)
- salad dressing**  
6 1/2 tbsp (98mL)

## Other

- soy milk yogurt**  
2 container(s) (301g)
- curry sauce**  
1/2 cup (142g)
- meatless chik'n tenders**  
5 pieces (128g)
- vegan sausage**  
3 sausage (300g)
- mixed greens**  
6 cup (180g)
- italian seasoning**  
4 dash (2g)

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- sunflower kernels**  
3 oz (85g)

## Snacks

- high-protein granola bar**  
2 bar (80g)

## Breakfast Cereals

- flavored instant oatmeal**  
2 packet (86g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber

For single meal:

For all 2 meals:

**kiwi**  
1 fruit (69g)

**kiwi**  
2 fruit (138g)



1. Slice the kiwi and serve.

### Soy milk yogurt

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

For single meal:

For all 2 meals:

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

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



1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 3 meals:

**blueberries**  
1 1/2 cup (222g)

1. Rinse off blueberries and serve.

### 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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. The recipe has no instructions.

### 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.

## Lunch 1 ↗

Eat on day 1

### Dinner roll

1 roll(s) - 77 cals ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



Makes 1 roll(s)

**Roll**  
1 pan, dinner, or small roll (2" square, 2" high) (28g)

1. Enjoy.

### 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.

## Tofu alfredo pasta with broccoli

442 cals ● 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.

## Lunch 2 ↗

Eat on day 2

### Vegan crumbles

1 1/4 cup(s) - 183 cals ● 23g protein ● 6g fat ● 4g carbs ● 7g fiber



Makes 1 1/4 cup(s)

**vegetarian burger crumbles**

1 1/4 cup (125g)

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

### Rosemary roasted radishes

2 1/4 cup(s) - 162 cals ● 2g protein ● 11g fat ● 7g carbs ● 6g fiber



Makes 2 1/4 cup(s)

**oil**  
3/4 tbsp (11mL)  
**rosemary, dried**  
1/2 tbsp (2g)  
**lemon juice**  
1/4 tbsp (4mL)  
**radishes, quartered**  
3/4 lbs (340g)

1. Preheat oven to 350 F (180 C).
2. Quarter radishes and lay them on a sheet pan.
3. Pour oil, rosemary, and salt to taste over the radishes and use your hands to make sure they are fully coated.
4. Bake for about 35-40 minutes, stirring halfway through.
5. Remove and sprinkle lemon juice on top (optional).
6. Serve!

## Lunch 3

Eat on day 3 and day 4

### General tso's tofu

245 cals ● 12g protein ● 13g fat ● 19g carbs ● 0g fiber



For single meal:

**soy sauce**  
1 tsp (5mL)  
**fresh ginger, minced**  
1 tbsp (6g)  
**sugar**  
1/2 tbsp (7g)  
**apple cider vinegar**  
1/2 tbsp (7g)  
**cornstarch**  
1 tbsp (8g)  
**oil**  
1/2 tbsp (8mL)  
**garlic, minced**  
1 clove(s) (3g)  
**firm tofu, patted dry & cubed**  
5 oz (142g)

For all 2 meals:

**soy sauce**  
2 tsp (10mL)  
**fresh ginger, minced**  
2 tbsp (12g)  
**sugar**  
1 tbsp (13g)  
**apple cider vinegar**  
1 tbsp (15g)  
**cornstarch**  
2 tbsp (16g)  
**oil**  
1 tbsp (15mL)  
**garlic, minced**  
2 clove(s) (6g)  
**firm tofu, patted dry & cubed**  
10 oz (284g)

1. In a small bowl, whisk together the ginger, garlic, soy sauce, sugar, and apple cider vinegar. Set aside.
2. In a large bowl, combine cubed tofu, cornstarch, and some salt and pepper. Toss to coat.
3. Heat oil in a large non-stick skillet over medium-high heat. Add tofu and cook until crispy, 5-8 minutes.
4. Reduce heat to low and pour in sauce. Stir and cook until sauce thickens, about 1 minute. Serve.

### Rosemary roasted radishes

3/4 cup(s) - 54 cals ● 1g protein ● 4g fat ● 2g carbs ● 2g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**rosemary, dried**  
4 dash (1g)  
**lemon juice**  
1/4 tsp (1mL)  
**radishes, quartered**  
4 oz (113g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**rosemary, dried**  
1 tsp (1g)  
**lemon juice**  
1/2 tsp (3mL)  
**radishes, quartered**  
1/2 lbs (227g)

1. Preheat oven to 350 F (180 C).
2. Quarter radishes and lay them on a sheet pan.
3. Pour oil, rosemary, and salt to taste over the radishes and use your hands to make sure they are fully coated.
4. Bake for about 35-40 minutes, stirring halfway through.
5. Remove and sprinkle lemon juice on top (optional).
6. Serve!

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## Lunch 4 ↗

Eat on day 5 and day 6

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### 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.

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### Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

**oil**

1/2 tbsp (8mL)

**tomatoes**

1 1/2 small whole (2-2/5" dia)  
(137g)

For all 2 meals:

**oil**

1 tbsp (15mL)

**tomatoes**

3 small whole (2-2/5" dia) (273g)

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.

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## Lunch 5 ↗

Eat on day 7

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### Roasted peanuts

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

Makes 1/8 cup(s)

**roasted peanuts**

2 tbsp (18g)



1. The recipe has no instructions.

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### Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



**vegetable broth**

2 cup(s) (mL)

**oil**

1/2 tsp (3mL)

**kale leaves, chopped**

1 cup, chopped (40g)

**garlic, minced**

1 clove(s) (3g)

**chickpeas, canned, drained**

1/2 can(s) (224g)

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.

## Snacks 1 ↗

Eat on day 1 and day 2

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

### Kale chips

138 cals ● 3g protein ● 10g fat ● 7g carbs ● 2g fiber



For single meal:

**salt**  
1/4 tbsp (4g)  
**kale leaves**  
2/3 bunch (113g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**salt**  
1/2 tbsp (8g)  
**kale leaves**  
1 1/3 bunch (227g)  
**olive oil**  
4 tsp (20mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Fruit juice

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

For single meal:



**fruit juice**  
4 fl oz (120mL)

For all 3 meals:

**fruit juice**  
12 fl oz (360mL)

1. The recipe has no instructions.

### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
1 oz (28g)

For all 3 meals:

**sunflower kernels**  
3 oz (85g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### 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) (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.

## Dinner 1 ↗

Eat on day 1

### 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.

### Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

**oil**

1/2 tsp (3mL)

**tomatoes**

1/2 small whole (2-2/5" dia) (46g)

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.

## Dinner 2 ↗

Eat on day 2 and day 3

### Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

**Roll**

2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

**Roll**

4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.

### Zoodles marinara

281 cals ● 11g protein ● 5g fat ● 35g carbs ● 13g fiber



For single meal:

**pasta sauce**

1 1/4 cup (325g)

**zucchini**

2 1/2 medium (490g)

For all 2 meals:

**pasta sauce**

2 1/2 cup (650g)

**zucchini**

5 medium (980g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

## Dinner 3 ↗

Eat on day 4

### Naan bread

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

Makes 1/2 piece(s)

**naan bread**

1/2 piece(s) (45g)



1. The recipe has no instructions.

### Zucchini noodle curry bowl with tofu

313 cals ● 14g protein ● 18g fat ● 17g carbs ● 6g fiber



**oil**

1/4 tbsp (4mL)

**zucchini**

1/2 large (162g)

**curry sauce**

1/2 cup (142g)

**cauliflower, cut into chunks**

1/4 head small (4" dia.) (66g)

**firm tofu, drained, rinsed, and patted dry**

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

1. Take the tofu and wrap in a clean towel. Place a thick book on top for 5 minutes to help drain excess liquid. Then, cut into cubes.
2. Heat the oil in a skillet over medium heat and cook the tofu until browned and crispy. Set aside.
3. Heat up the curry sauce in the microwave or in a saucepan. Meanwhile, make the zucchini noodles using a spiralizer or a peeler.
4. Add the noodles into a bowl with the cauliflower and tofu. Pour the curry sauce on top and serve.

## Dinner 4

Eat on day 5

### Crispy chick'n tenders

5 tender(s) - 286 cals ● 20g protein ● 11g fat ● 26g carbs ● 0g fiber



Makes 5 tender(s)

**meatless chick'n tenders**

5 pieces (128g)

**ketchup**

1 1/4 tbsp (21g)

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

## Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



Makes 2 kiwi

**kiwi**

2 fruit (138g)

1. Slice the kiwi and serve.

## Dinner 5

Eat on day 6 and day 7

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**mixed greens**

3 cup (90g)

**tomatoes**

1/2 cup cherry tomatoes (75g)

**salad dressing**

3 tbsp (45mL)

For all 2 meals:

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

**salad dressing**

6 tbsp (90mL)

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

### Vegan sausage & veggie sheet pan

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



For single meal:

**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)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**italian seasoning**  
4 dash (2g)  
**carrots, sliced**  
1 medium (61g)  
**broccoli, chopped**  
1 cup chopped (91g)  
**vegan sausage, cut into bite sized pieces**  
1 sausage (100g)  
**potatoes, cut into wedges**  
1 small (1-3/4" to 2-1/4" dia.) (92g)

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.

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## Protein Supplement(s)

Eat every day

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### Protein shake

3 1/2 scoop - 382 cals  85g protein  2g fat  3g carbs  4g fiber



For single meal:

**protein powder**  
3 1/2 scoop (1/3 cup ea) (109g)  
**water**  
3 1/2 cup(s) (830mL)

For all 7 meals:

**protein powder**  
24 1/2 scoop (1/3 cup ea) (760g)  
**water**  
24 1/2 cup(s) (5807mL)

1. The recipe has no instructions.

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