

# Meal Plan - 1600 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

1570 cals ● 152g protein (39%) ● 31g fat (18%) ● 127g carbs (32%) ● 42g fiber (11%)

### Breakfast

270 cals, 29g protein, 8g net carbs, 12g fat



#### Roasted cashews

1/8 cup(s)- 104 cals



#### Double chocolate almond milk protein shake

167 cals

### Snacks

205 cals, 7g protein, 30g net carbs, 4g fat



#### Soy milk

1/2 cup(s)- 42 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cals

### Lunch

190 cals, 6g protein, 28g net carbs, 5g fat



#### Peanut butter and jelly sandwich

1/2 sandwich(es)- 191 cals

### Dinner

520 cals, 26g protein, 58g net carbs, 8g fat



#### Black bean & sweet potato stew

519 cals

## Day 2

1547 cals ● 146g protein (38%) ● 38g fat (22%) ● 135g carbs (35%) ● 21g fiber (5%)

### Breakfast

270 cals, 29g protein, 8g net carbs, 12g fat



#### Roasted cashews

1/8 cup(s)- 104 cals



#### Double chocolate almond milk protein shake

167 cals

### Snacks

205 cals, 7g protein, 30g net carbs, 4g fat



#### Soy milk

1/2 cup(s)- 42 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

360 cals, 10g protein, 50g net carbs, 10g fat



#### Grilled peanut butter and banana sandwich

1/2 sandwich(es)- 243 cals



#### Banana

1 banana(s)- 117 cals

### Dinner

325 cals, 15g protein, 43g net carbs, 9g fat



#### Fruit juice

2/3 cup(s)- 76 cals



#### Chik'n nuggets

4 nuggets- 221 cals



#### Cucumber slices

1/2 cucumber- 30 cals

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cals

## Day 3

1606 cals ● 148g protein (37%) ● 42g fat (23%) ● 138g carbs (34%) ● 21g fiber (5%)

### Breakfast

270 cals, 29g protein, 8g net carbs, 12g fat



#### Roasted cashews

1/8 cup(s)- 104 cals



#### Double chocolate almond milk protein shake

167 cals

### Snacks

205 cals, 7g protein, 30g net carbs, 4g fat



#### Soy milk

1/2 cup(s)- 42 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

420 cals, 12g protein, 54g net carbs, 14g fat



#### Grilled 'cheese' with mushrooms

302 cals



#### Banana

1 banana(s)- 117 cals

### Dinner

325 cals, 15g protein, 43g net carbs, 9g fat



#### Fruit juice

2/3 cup(s)- 76 cals



#### Chik'n nuggets

4 nuggets- 221 cals



#### Cucumber slices

1/2 cucumber- 30 cals

### Protein Supplement(s)

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



#### Protein shake

3 1/2 scoop- 382 cals

## Day 4

1591 cals ● 157g protein (40%) ● 47g fat (26%) ● 115g carbs (29%) ● 21g fiber (5%)

### Breakfast

240 cals, 30g protein, 9g net carbs, 8g fat



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



**Cherry tomatoes**  
9 cherry tomatoes- 32 cals

### Snacks

220 cals, 7g protein, 23g net carbs, 10g fat



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



**Large granola bar**  
1 bar(s)- 176 cals

### Lunch

365 cals, 13g protein, 40g net carbs, 14g fat



**Rosemary mushroom vegan cheese sandwich**  
1 sandwich(es)- 352 cals



**Cucumber slices**  
1/4 cucumber- 15 cals

### Dinner

385 cals, 23g protein, 40g net carbs, 13g fat



**Strawberries**  
1 1/2 cup(s)- 78 cals



**Crispy chick'n tenders**  
5 1/3 tender(s)- 305 cals

### Protein Supplement(s)

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



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

## Day 5

1551 cals ● 150g protein (39%) ● 58g fat (34%) ● 87g carbs (22%) ● 19g fiber (5%)

### Breakfast

240 cals, 30g protein, 9g net carbs, 8g fat



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



**Cherry tomatoes**  
9 cherry tomatoes- 32 cals

### Lunch

365 cals, 13g protein, 40g net carbs, 14g fat



**Rosemary mushroom vegan cheese sandwich**  
1 sandwich(es)- 352 cals



**Cucumber slices**  
1/4 cucumber- 15 cals

### Snacks

220 cals, 7g protein, 23g net carbs, 10g fat



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



**Large granola bar**  
1 bar(s)- 176 cals

### Dinner

340 cals, 16g protein, 12g net carbs, 24g fat



**Simple salad with celery, cucumber & tomato**  
85 cals



**Basic tofu**  
6 oz- 257 cals

### Protein Supplement(s)

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



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

## Day 6

1617 cals ● 157g protein (39%) ● 44g fat (24%) ● 123g carbs (30%) ● 27g fiber (7%)

### Breakfast

255 cals, 9g protein, 14g net carbs, 17g fat



**Rice cakes with peanut butter**  
1 cake(s)- 240 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Snacks

140 cals, 3g protein, 7g net carbs, 10g fat



**Kale chips**  
138 cals

### Lunch

450 cals, 37g protein, 52g net carbs, 8g fat



**Teriyaki seitan with veggies and rice**  
451 cals

### Dinner

395 cals, 23g protein, 48g net carbs, 7g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Bbq cauliflower wings**  
268 cals



**Soy milk**  
1 cup(s)- 85 cals

### Protein Supplement(s)

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



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

## Day 7

1617 cals ● 157g protein (39%) ● 44g fat (24%) ● 123g carbs (30%) ● 27g fiber (7%)

### Breakfast

255 cals, 9g protein, 14g net carbs, 17g fat



**Rice cakes with peanut butter**  
1 cake(s)- 240 cals



**Celery sticks**  
2 celery stalk- 13 cals

### Lunch

450 cals, 37g protein, 52g net carbs, 8g fat



**Teriyaki seitan with veggies and rice**  
451 cals

### Dinner

395 cals, 23g protein, 48g net carbs, 7g fat



**Cherry tomatoes**  
12 cherry tomatoes- 42 cals



**Bbq cauliflower wings**  
268 cals



**Soy milk**  
1 cup(s)- 85 cals

### Protein Supplement(s)

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



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

# Grocery List



## Other

- soy milk, unsweetened  
4 1/2 cup(s) (mL)
- protein powder, chocolate  
3 scoop (1/3 cup ea) (93g)
- vegan chik'n nuggets  
8 nuggets (172g)
- vegan cheese, sliced  
1 slice(s) (20g)
- vegan cheese, shredded  
1 cup (112g)
- mixed greens  
1/2 package (5.5 oz) (82g)
- meatless chik'n tenders  
5 1/3 pieces (136g)
- nutritional yeast  
1/2 cup (30g)
- teriyaki sauce  
1/4 cup (53mL)

## Breakfast Cereals

- flavored instant oatmeal  
3 packet (129g)

## Beverages

- water  
31 cup(s) (7347mL)
- almond milk, unsweetened  
1/4 gallon (840mL)
- protein powder  
26 1/2 scoop (1/3 cup ea) (822g)

## Nut and Seed Products

- roasted cashews  
6 tbsp (51g)

## Sweets

- cocoa powder  
1 tbsp (5g)
- jelly  
1 tbsp (21g)

## Spices and Herbs

- ground cumin  
5 dash (1g)

## Fats and Oils

- oil  
1 oz (31mL)
- cooking spray  
1/2 spray(s) , about 1/3 second each (0g)
- olive oil  
2 tbsp (27mL)
- salad dressing  
1 tbsp (15mL)

## Legumes and Legume Products

- black beans  
5/6 can(s) (366g)
- peanut butter  
1/3 cup (88g)
- firm tofu  
6 oz (170g)

## Baked Products

- bread  
9 oz (256g)

## Snacks

- large granola bar  
2 bar (74g)
- rice cakes, any flavor  
2 cakes (18g)

## Soups, Sauces, and Gravies

- barbecue sauce  
1/2 cup (143g)

## Cereal Grains and Pasta

- long-grain white rice  
1/3 cup (62g)
- seitan  
1/2 lbs (227g)

- thyme, dried**  
1 tsp, ground (1g)
- rosemary, dried**  
4 dash (1g)
- salt**  
2 tsp (11g)

## Fruits and Fruit Juices

- lemon juice**  
1 1/4 tsp (6mL)
- banana**  
2 1/2 medium (7" to 7-7/8" long) (295g)
- fruit juice**  
10 2/3 fl oz (320mL)
- strawberries**  
1 1/2 cup, whole (216g)

## Vegetables and Vegetable Products

- kale leaves**  
1/2 lbs (252g)
- tomato paste**  
2 1/2 tsp (13g)
- sweet potatoes**  
3/8 sweetpotato, 5" long (88g)
- onion**  
3/8 small (29g)
- garlic**  
5/6 clove(s) (3g)
- ketchup**  
3 1/3 tbsp (57g)
- cucumber**  
2 cucumber (8-1/4") (552g)
- mushrooms**  
1/4 lbs (120g)
- tomatoes**  
6 medium whole (2-3/5" dia) (755g)
- raw celery**  
4 2/3 stalk, medium (7-1/2" - 8" long) (187g)
- cauliflower**  
2 head small (4" dia.) (530g)
- frozen mixed veggies**  
2/3 package (10 oz ea) (192g)

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## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp (17g)

For all 3 meals:

**roasted cashews**  
6 tbsp (51g)

1. The recipe has no instructions.

### Double chocolate almond milk protein shake

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



For single meal:

**water**  
1 cup(s) (237mL)  
**almond milk, unsweetened**  
1/2 cup (120mL)  
**cocoa powder**  
1 tsp (2g)  
**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

**water**  
3 cup(s) (711mL)  
**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**cocoa powder**  
1 tbsp (5g)  
**protein powder, chocolate**  
3 scoop (1/3 cup ea) (93g)

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

## Breakfast 2 ↗

Eat on day 4 and day 5

### Protein shake (almond milk)

210 cals ● 28g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1 cup (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**almond milk, unsweetened**  
2 cup (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

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

### Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**tomatoes**  
9 cherry tomatoes (153g)

For all 2 meals:

**tomatoes**  
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

**peanut butter**  
2 tbsp (32g)  
**rice cakes, any flavor**  
1 cakes (9g)

For all 2 meals:

**peanut butter**  
4 tbsp (64g)  
**rice cakes, any flavor**  
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

## Lunch 1 ↗

Eat on day 1

### 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.

## Lunch 2 ↗

Eat on day 2

### Grilled peanut butter and banana sandwich

1/2 sandwich(es) - 243 cals ● 8g protein ● 10g fat ● 27g carbs ● 4g fiber



Makes 1/2 sandwich(es)

**bread**

1 slice (32g)

**peanut butter**

1 tbsp (16g)

**cooking spray**

1/2 spray(s) , about 1/3 second each (0g)

**banana, sliced**

1/2 medium (7" to 7-7/8" long) (59g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



Makes 1 banana(s)

**banana**

1 medium (7" to 7-7/8" long) (118g)

1. The recipe has no instructions.

## Lunch 3 ↗

Eat on day 3

### Grilled 'cheese' with mushrooms

302 cals ● 10g protein ● 14g fat ● 30g carbs ● 5g fiber



#### bread

2 slice(s) (64g)

#### thyme, dried

1 tsp, ground (1g)

#### olive oil

1/2 tbsp (8mL)

#### mushrooms

1/2 cup, chopped (35g)

#### vegan cheese, sliced

1 slice(s) (20g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber

Makes 1 banana(s)

#### banana

1 medium (7" to 7-7/8" long) (118g)

1. The recipe has no instructions.



## Lunch 4 ↗

Eat on day 4 and day 5

### Rosemary mushroom vegan cheese sandwich

1 sandwich(es) - 352 cals ● 12g protein ● 14g fat ● 37g carbs ● 7g fiber



For single meal:

**rosemary, dried**  
2 dash (0g)  
**mushrooms**  
1 1/2 oz (43g)  
**bread**  
2 slice(s) (64g)  
**vegan cheese, shredded**  
1/2 cup (56g)  
**mixed greens**  
1/2 cup (15g)

For all 2 meals:

**rosemary, dried**  
4 dash (1g)  
**mushrooms**  
3 oz (85g)  
**bread**  
4 slice(s) (128g)  
**vegan cheese, shredded**  
1 cup (112g)  
**mixed greens**  
1 cup (30g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the vegan cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

## Lunch 5 ↗

Eat on day 6 and day 7

### Teriyaki seitan with veggies and rice

451 cals ● 37g protein ● 8g fat ● 52g carbs ● 5g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**teriyaki sauce**  
1 3/4 tbsp (27mL)  
**frozen mixed veggies**  
1/3 package (10 oz ea) (96g)  
**long-grain white rice**  
2 2/3 tbsp (31g)  
**seitan, cut into strips**  
4 oz (113g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**teriyaki sauce**  
1/4 cup (53mL)  
**frozen mixed veggies**  
2/3 package (10 oz ea) (192g)  
**long-grain white rice**  
1/3 cup (62g)  
**seitan, cut into strips**  
1/2 lbs (227g)

1. Cook the rice and frozen veggies according to their packages. Set aside.
2. Meanwhile, heat the oil in a skillet over medium heat. Add the seitan and cook, stirring for 4-5 minutes or until browned and crisped.
3. Reduce heat to low and add the teriyaki sauce and veggies to the pan. Cook until heated through and coated.
4. Serve over rice.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Soy milk

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



For single meal:

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

For all 3 meals:

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

1. The recipe has no instructions.

### 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 3 meals:

**flavored instant oatmeal**  
3 packet (129g)  
**water**  
2 1/4 cup(s) (533mL)

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

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## Snacks 2 ↗

Eat on day 4 and day 5

### Soy milk

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



For single meal:

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

For all 2 meals:

**soy milk, unsweetened**  
1 cup(s) (mL)

1. The recipe has no instructions.

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### 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 2 meals:

**large granola bar**  
2 bar (74g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### 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

## Dinner 1 ↗

Eat on day 1

### Black bean & sweet potato stew

519 cals ● 26g protein ● 8g fat ● 58g carbs ● 30g fiber



**water**  
1 1/4 cup(s) (296mL)  
**ground cumin**  
5 dash (1g)  
**lemon juice**  
1 1/4 tsp (6mL)  
**kale leaves**  
10 tbsp, chopped (25g)  
**oil**  
1 1/4 tsp (6mL)  
**tomato paste**  
2 1/2 tsp (13g)  
**black beans, drained**  
5/6 can(s) (366g)  
**sweet potatoes, cubed**  
3/8 sweetpotato, 5" long (88g)  
**onion, chopped**  
3/8 small (29g)  
**garlic, diced**  
5/6 clove(s) (3g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

## Dinner 2 ↗

Eat on day 2 and day 3

### Fruit juice

2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:

**fruit juice**  
5 1/3 fl oz (160mL)

For all 2 meals:

**fruit juice**  
10 2/3 fl oz (320mL)

1. The recipe has no instructions.

### Chik'n nuggets

4 nuggets - 221 cals ● 12g protein ● 9g fat ● 21g carbs ● 2g fiber



For single meal:

**ketchup**  
1 tbsp (17g)  
**vegan chick'n nuggets**  
4 nuggets (86g)

For all 2 meals:

**ketchup**  
2 tbsp (34g)  
**vegan chick'n nuggets**  
8 nuggets (172g)

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

### Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

**cucumber**  
1 cucumber (8-1/4") (301g)

1. Slice cucumber into rounds and serve.

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## Dinner 3 ↗

Eat on day 4

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### Strawberries

1 1/2 cup(s) - 78 cals ● 2g protein ● 1g fat ● 12g carbs ● 4g fiber



Makes 1 1/2 cup(s)

**strawberries**  
1 1/2 cup, whole (216g)

1. The recipe has no instructions.

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### Crispy chick'n tenders

5 1/3 tender(s) - 305 cals ● 22g protein ● 12g fat ● 27g carbs ● 0g fiber



Makes 5 1/3 tender(s)

**meatless chick'n tenders**  
5 1/3 pieces (136g)  
**ketchup**  
4 tsp (23g)

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

## Dinner 4 ↗

Eat on day 5

### Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



**salad dressing**  
3 tsp (15mL)  
**raw celery, chopped**  
2/3 stalk, medium (7-1/2" - 8" long)  
(27g)  
**mixed greens**  
1/3 package (5.5 oz) (52g)  
**cucumber, sliced**  
1/3 cucumber (8-1/4") (100g)  
**tomatoes, diced**  
1/3 medium whole (2-3/5" dia) (41g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

## Basic tofu

6 oz - 257 cals ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 6 oz

**oil**  
1 tbsp (15mL)  
**firm tofu**  
6 oz (170g)

1. Slice tofu 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.

## Dinner 5 ↗

Eat on day 6 and day 7

### Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

### Bbq cauliflower wings

268 cals ● 14g protein ● 2g fat ● 40g carbs ● 9g fiber



For single meal:

**barbecue sauce**

4 tbsp (72g)

**salt**

2 dash (2g)

**nutritional yeast**

4 tbsp (15g)

**cauliflower**

1 head small (4" dia.) (265g)

For all 2 meals:

**barbecue sauce**

1/2 cup (143g)

**salt**

4 dash (3g)

**nutritional yeast**

1/2 cup (30g)

**cauliflower**

2 head small (4" dia.) (530g)

1. Preheat oven to 450 F (230 C). Rinse cauliflower and cut into florets- set aside.
2. In a bowl combine the nutritional yeast and salt. Mix with a little water until a paste nearly forms.
3. Add florets to bowl and mix to coat all sides. Place florets on a greased baking sheet.
4. Bake for 25-30 minutes or until crisp. Remove from oven and set aside.
5. Put barbecue sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbecue sauce. Serve.

### Soy milk

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



For single meal:

**soy milk, unsweetened**  
1 cup(s) (mL)

For all 2 meals:

**soy milk, unsweetened**  
2 cup(s) (mL)

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1. The recipe has no instructions.

## Protein Supplement(s)

Eat every day

### 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)

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1. The recipe has no instructions.