

# Meal Plan - 1800 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

1830 cals ● 163g protein (36%) ● 57g fat (28%) ● 132g carbs (29%) ● 36g fiber (8%)

### Breakfast

245 cals, 7g protein, 18g net carbs, 14g fat



**Applesauce**  
57 cals



**Pistachios**  
188 cals

### Snacks

210 cals, 4g protein, 22g net carbs, 11g fat



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



**Baked chips**  
12 crisps- 122 cals

### Lunch

455 cals, 19g protein, 33g net carbs, 23g fat



**Vegan chili con 'carne'**  
218 cals



**Simple mixed greens salad**  
237 cals

### Dinner

485 cals, 36g protein, 56g net carbs, 7g fat



**Lentils**  
231 cals



**Veggie burger patty**  
2 patty- 254 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 2

1813 cals ● 163g protein (36%) ● 65g fat (32%) ● 110g carbs (24%) ● 34g fiber (8%)

### Breakfast

245 cals, 7g protein, 18g net carbs, 14g fat



**Applesauce**  
57 cals



**Pistachios**  
188 cals

### Snacks

210 cals, 4g protein, 22g net carbs, 11g fat



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



**Baked chips**  
12 crisps- 122 cals

### Lunch

455 cals, 19g protein, 33g net carbs, 23g fat



**Vegan chili con 'carne'**  
218 cals



**Simple mixed greens salad**  
237 cals

### Dinner

470 cals, 36g protein, 33g net carbs, 16g fat



**Basic tempeh**  
4 oz- 295 cals



**Lentils**  
174 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 3

1800 cals ● 190g protein (42%) ● 68g fat (34%) ● 77g carbs (17%) ● 30g fiber (7%)

### Breakfast

255 cals, 9g protein, 35g net carbs, 9g fat



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



**Small granola bar**  
1 bar(s)- 119 cals

### Lunch

435 cals, 42g protein, 11g net carbs, 19g fat



**Vegan crumbles**  
2 cup(s)- 292 cals



**Roasted broccoli with nutritional yeast**  
1 1/3 cup(s)- 143 cals

### Snacks

220 cals, 10g protein, 11g net carbs, 14g fat



**Watermelon**  
4 oz- 41 cals



**Sunflower seeds**  
180 cals

### Dinner

455 cals, 33g protein, 18g net carbs, 25g fat



**Baked tofu**  
10 2/3 oz- 302 cals



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

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

## Day 4

1800 cals ● 190g protein (42%) ● 68g fat (34%) ● 77g carbs (17%) ● 30g fiber (7%)

### Breakfast

255 cals, 9g protein, 35g net carbs, 9g fat



#### Soy milk yogurt

1 container- 136 cals



#### Small granola bar

1 bar(s)- 119 cals

### Lunch

435 cals, 42g protein, 11g net carbs, 19g fat



#### Vegan crumbles

2 cup(s)- 292 cals



#### Roasted broccoli with nutritional yeast

1 1/3 cup(s)- 143 cals

### Snacks

220 cals, 10g protein, 11g net carbs, 14g fat



#### Watermelon

4 oz- 41 cals



#### Sunflower seeds

180 cals

### Dinner

455 cals, 33g protein, 18g net carbs, 25g fat



#### Baked tofu

10 2/3 oz- 302 cals



#### Simple mixed greens and tomato salad

151 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



#### Protein shake

4 scoop- 436 cals

## Day 5

1795 cals ● 166g protein (37%) ● 60g fat (30%) ● 124g carbs (28%) ● 24g fiber (5%)

### Breakfast

255 cals, 11g protein, 20g net carbs, 12g fat



#### High-protein granola bar

1 bar(s)- 204 cals



#### Strawberries

1 cup(s)- 52 cals

### Lunch

405 cals, 24g protein, 34g net carbs, 19g fat



#### Simple mixed greens salad

102 cals



#### Crispy chik'n tenders

5 1/3 tender(s)- 305 cals

### Snacks

185 cals, 7g protein, 19g net carbs, 6g fat



#### Grapefruit

1/2 grapefruit- 59 cals



#### Bell pepper strips and hummus

128 cals

### Dinner

510 cals, 28g protein, 48g net carbs, 20g fat



#### Chik'n nuggets

9 nuggets- 496 cals



#### Celery sticks

2 celery stalk- 13 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



#### Protein shake

4 scoop- 436 cals

## Day 6

1795 cals ● 166g protein (37%) ● 60g fat (30%) ● 124g carbs (28%) ● 24g fiber (5%)

### Breakfast

255 cals, 11g protein, 20g net carbs, 12g fat



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



**Strawberries**  
1 cup(s)- 52 cals

### Snacks

185 cals, 7g protein, 19g net carbs, 6g fat



**Grapefruit**  
1/2 grapefruit- 59 cals



**Bell pepper strips and hummus**  
128 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

### Lunch

405 cals, 24g protein, 34g net carbs, 19g fat



**Simple mixed greens salad**  
102 cals



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

### Dinner

510 cals, 28g protein, 48g net carbs, 20g fat



**Chik'n nuggets**  
9 nuggets- 496 cals



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

## Day 7

1784 cals ● 174g protein (39%) ● 57g fat (29%) ● 110g carbs (25%) ● 35g fiber (8%)

### Breakfast

255 cals, 11g protein, 20g net carbs, 12g fat



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



**Strawberries**  
1 cup(s)- 52 cals

### Snacks

185 cals, 7g protein, 19g net carbs, 6g fat



**Grapefruit**  
1/2 grapefruit- 59 cals



**Bell pepper strips and hummus**  
128 cals

### Protein Supplement(s)

435 cals, 97g protein, 4g net carbs, 2g fat



**Protein shake**  
4 scoop- 436 cals

### Lunch

425 cals, 31g protein, 51g net carbs, 7g fat



**Chik'n stir fry**  
427 cals

### Dinner

480 cals, 29g protein, 16g net carbs, 29g fat



**Edamame & beet salad**  
86 cals



**Buffalo tempeh with vegan ranch**  
393 cals

# Grocery List



## Beverages

- protein powder  
28 scoop (1/3 cup ea) (868g)
- water  
31 cup(s) (7323mL)

## Fruits and Fruit Juices

- applesauce  
2 to-go container (~4 oz) (244g)
- Watermelon  
8 oz (227g)
- strawberries  
3 cup, whole (432g)
- Grapefruit  
1 1/2 large (approx 4-1/2" dia) (498g)

## Nut and Seed Products

- pistachios, shelled  
1/2 cup (62g)
- walnuts  
4 tbsp, shelled (25g)
- sesame seeds  
4 tsp (12g)
- sunflower kernels  
2 oz (57g)

## Spices and Herbs

- salt  
1 dash (1g)
- ground cumin  
2 dash (1g)
- chili powder  
2 dash (1g)

## Legumes and Legume Products

- lentils, raw  
3/4 cup (136g)
- vegetarian burger crumbles  
1 1/2 package (12 oz) (485g)
- kidney beans  
1/4 can (112g)
- tempeh  
1/2 lbs (227g)
- soy sauce  
1/2 lbs (179mL)
- extra firm tofu  
1 1/3 lbs (605g)

## Fats and Oils

- oil  
1 1/2 oz (45mL)
- salad dressing  
1 1/3 cup (315mL)
- balsamic vinaigrette  
1/2 tbsp (8mL)

## Soups, Sauces, and Gravies

- vegetable broth  
1/4 cup(s) (mL)
- Frank's Red Hot sauce  
2 tbsp (31mL)

## Vegetables and Vegetable Products

- onion  
1/4 medium (2-1/2" dia) (28g)
- canned stewed tomatoes  
1/4 can (~14.5 oz) (101g)
- garlic  
3/4 clove(s) (2g)
- bell pepper  
3 1/2 medium (417g)
- fresh ginger  
1 1/3 slices (1" dia) (3g)
- tomatoes  
1 cup cherry tomatoes (149g)
- broccoli  
2 2/3 cup chopped (243g)
- ketchup  
1/2 cup (122g)
- raw celery  
4 stalk, medium (7-1/2" - 8" long) (160g)
- carrots  
1 1/2 small (5-1/2" long) (75g)
- edamame, frozen, shelled  
4 tbsp (30g)
- beets, precooked (canned or refrigerated)  
1 beet(s) (50g)

## Snacks

- small granola bar  
2 bar (50g)
- high-protein granola bar  
3 bar (120g)

## Cereal Grains and Pasta

**hummus**  
3/4 cup (183g)

**brown rice**  
1/4 cup (53g)

## Other

- veggie burger patty**  
2 patty (142g)
- mixed greens**  
21 1/2 cup (645g)
- baked chips, any flavor**  
24 crisps (56g)
- nutritional yeast**  
4 tsp (5g)
- soy milk yogurt**  
2 container(s) (301g)
- vegan chik'n nuggets**  
18 nuggets (387g)
- meatless chik'n tenders**  
10 2/3 pieces (272g)
- vegan chik'n strips**  
1/4 lbs (106g)
- vegan ranch**  
2 tbsp (31mL)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**

1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**

2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, shelled**

4 tbsp (31g)

For all 2 meals:

**pistachios, shelled**

1/2 cup (62g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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.

### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 5, 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 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.

### Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**strawberries**  
1 cup, whole (144g)

For all 3 meals:

**strawberries**  
3 cup, whole (432g)

1. The recipe has no instructions.

## Lunch 1 ↗

Eat on day 1 and day 2

### Vegan chili con 'carne'

218 cals ● 15g protein ● 6g fat ● 18g carbs ● 8g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**lentils, raw**  
1 tbsp (12g)  
**vegetarian burger crumbles**  
1/8 package (12 oz) (43g)  
**ground cumin**  
1 dash (0g)  
**chili powder**  
1 dash (0g)  
**vegetable broth**  
1/8 cup(s) (mL)  
**onion, chopped**  
1/8 medium (2-1/2" dia) (14g)  
**canned stewed tomatoes**  
1/8 can (~14.5 oz) (51g)  
**garlic, minced**  
3/8 clove(s) (1g)  
**kidney beans, drained and rinsed**  
1/8 can (56g)  
**bell pepper, chopped**  
1/4 medium (30g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**lentils, raw**  
2 tbsp (24g)  
**vegetarian burger crumbles**  
1/4 package (12 oz) (85g)  
**ground cumin**  
2 dash (1g)  
**chili powder**  
2 dash (1g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**onion, chopped**  
1/4 medium (2-1/2" dia) (28g)  
**canned stewed tomatoes**  
1/4 can (~14.5 oz) (101g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**kidney beans, drained and rinsed**  
1/4 can (112g)  
**bell pepper, chopped**  
1/2 medium (60g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

### Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

**mixed greens**  
5 1/4 cup (158g)  
**salad dressing**  
1/3 cup (79mL)

For all 2 meals:

**mixed greens**  
10 1/2 cup (315g)  
**salad dressing**  
2/3 cup (158mL)

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

## Lunch 2 ↗

Eat on day 3 and day 4

### Vegan crumbles

2 cup(s) - 292 cals ● 37g protein ● 9g fat ● 6g carbs ● 11g fiber



For single meal:

**vegetarian burger crumbles**  
2 cup (200g)

For all 2 meals:

**vegetarian burger crumbles**  
4 cup (400g)

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

### Roasted broccoli with nutritional yeast

1 1/3 cup(s) - 143 cals ● 5g protein ● 10g fat ● 5g carbs ● 4g fiber



For single meal:

**broccoli**  
1 1/3 cup chopped (121g)  
**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (2g)

For all 2 meals:

**broccoli**  
2 2/3 cup chopped (243g)  
**oil**  
4 tsp (20mL)  
**nutritional yeast**  
4 tsp (5g)

1. Preheat oven to 425F (220C).
2. Toss broccoli in oil and roast in the oven for 20-25 minutes.
3. Remove and season with nutritional yeast and salt/pepper to taste. Serve.

## Lunch 3 ↗

Eat on day 5 and day 6

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**  
4 1/2 cup (135g)  
**salad dressing**  
1/4 cup (68mL)

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

### Crispy chik'n tenders

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



For single meal:

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

For all 2 meals:

**meatless chik'n tenders**  
10 2/3 pieces (272g)  
**ketchup**  
2 2/3 tbsp (45g)

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

## Lunch 4 ↗

Eat on day 7

### Chik'n stir fry

427 cals ● 31g protein ● 7g fat ● 51g carbs ● 8g fiber



#### brown rice

1/4 cup (53g)

#### water

1/2 cup(s) (133mL)

#### soy sauce

1 1/4 tbsp (19mL)

#### vegan chik'n strips

1/4 lbs (106g)

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

3/4 medium (89g)

#### carrots, cut into thin strips

1 1/2 small (5-1/2" long) (75g)

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.

## Snacks 1 ↗

Eat on day 1 and day 2

### 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.

### Baked chips

12 crisps - 122 cals ● 2g protein ● 3g fat ● 21g carbs ● 1g fiber



For single meal:  
**baked chips, any flavor**  
12 chips (28g)

For all 2 meals:  
**baked chips, any flavor**  
24 chips (56g)

1. Enjoy.

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## Snacks 2 ↗

Eat on day 3 and day 4

### Watermelon

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



For single meal:  
**Watermelon**  
4 oz (113g)

For all 2 meals:  
**Watermelon**  
8 oz (227g)

1. Slice watermelon and serve.

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### Sunflower seeds

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



For single meal:  
**sunflower kernels**  
1 oz (28g)

For all 2 meals:  
**sunflower kernels**  
2 oz (57g)

1. The recipe has no instructions.

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## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**Grapefruit**

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

**Grapefruit**

1 1/2 large (approx 4-1/2" dia) (498g)

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)

### Bell pepper strips and hummus

128 cals ● 6g protein ● 6g fat ● 8g carbs ● 5g fiber



For single meal:

**hummus**

4 tbsp (61g)

**bell pepper**

3/4 medium (89g)

For all 3 meals:

**hummus**

3/4 cup (183g)

**bell pepper**

2 1/4 medium (268g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

## Dinner 1 ↗

Eat on day 1

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (0g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

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.

### Veggie burger patty

2 patty - 254 cals ● 20g protein ● 6g fat ● 22g carbs ● 8g fiber



Makes 2 patty  
**veggie burger patty**  
2 patty (142g)

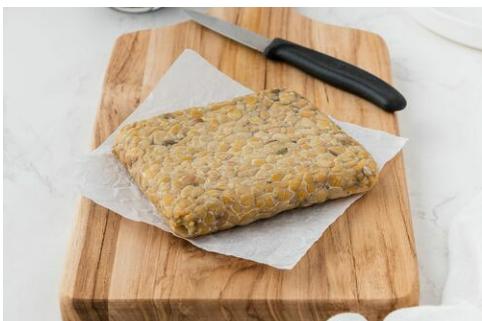
1. Cook burger according to package instructions.
2. Serve.

## Dinner 2 ↗

Eat on day 2

### Basic tempeh

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



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

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.

### 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.

## Dinner 3

Eat on day 3 and day 4

### Baked tofu

10 2/3 oz - 302 cals ● 29g protein ● 16g fat ● 7g carbs ● 4g fiber



For single meal:

**soy sauce**  
1/3 cup (80mL)  
**sesame seeds**  
2 tsp (6g)  
**extra firm tofu**  
2/3 lbs (302g)  
**fresh ginger, peeled and grated**  
2/3 slices (1" dia) (1g)

For all 2 meals:

**soy sauce**  
2/3 cup (160mL)  
**sesame seeds**  
4 tsp (12g)  
**extra firm tofu**  
1 1/3 lbs (605g)  
**fresh ginger, peeled and grated**  
1 1/3 slices (1" dia) (3g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

### 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.

## Dinner 4

Eat on day 5 and day 6

### Chik'n nuggets

9 nuggets - 496 cals ● 27g protein ● 20g fat ● 46g carbs ● 5g fiber



For single meal:

**ketchup**

2 1/4 tbsp (38g)

**vegan chik'n nuggets**

9 nuggets (194g)

For all 2 meals:

**ketchup**

1/4 cup (77g)

**vegan chik'n nuggets**

18 nuggets (387g)

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

### 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.

## Dinner 5 ↗

Eat on day 7

### Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



**mixed greens**  
1/2 cup (15g)  
**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**edamame, frozen, shelled**  
4 tbsp (30g)  
**beets, precooked (canned or refrigerated), chopped**  
1 beet(s) (50g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

### Buffalo tempeh with vegan ranch

393 cals ● 24g protein ● 25g fat ● 10g carbs ● 8g fiber



**oil**  
1/2 tbsp (8mL)  
**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**tempeh, roughly chopped**  
4 oz (113g)  
**vegan ranch**  
2 tbsp (30mL)

1. Heat oil in a skillet over medium heat. Add tempeh with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

4 scoop - 436 cals ● 97g protein ● 2g fat ● 4g carbs ● 4g fiber



For single meal:

**protein powder**  
4 scoop (1/3 cup ea) (124g)  
**water**  
4 cup(s) (948mL)

For all 7 meals:

**protein powder**  
28 scoop (1/3 cup ea) (868g)  
**water**  
28 cup(s) (6636mL)

1. The recipe has no instructions.