

Meal Plan - 2000 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

1951 cals ● 197g protein (40%) ● 67g fat (31%) ● 112g carbs (23%) ● 28g fiber (6%)

Breakfast

300 cals, 19g protein, 18g net carbs, 15g fat



Avocado & vegan sausage toast
1 toast(s)- 302 cals

Snacks

160 cals, 2g protein, 34g net carbs, 0g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Raisins
1/4 cup- 137 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

530 cals, 37g protein, 16g net carbs, 30g fat



Basic tempeh
6 oz- 443 cals



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

Dinner

470 cals, 30g protein, 40g net carbs, 20g fat



Simple mixed greens salad
68 cals



Crispy chik'n tenders
7 tender(s)- 400 cals

Day 2

1970 cals ● 183g protein (37%) ● 50g fat (23%) ● 166g carbs (34%) ● 32g fiber (6%)

Breakfast

300 cals, 19g protein, 18g net carbs, 15g fat



Avocado & vegan sausage toast
1 toast(s)- 302 cals

Lunch

500 cals, 25g protein, 62g net carbs, 13g fat



Rice pilaf with meatless meatballs
372 cals



Simple salad with celery, cucumber & tomato
128 cals

Snacks

160 cals, 19g protein, 34g net carbs, 0g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Raisins
1/4 cup- 137 cals

Dinner

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



Slow cooker vegan jambalaya
346 cals



Simple kale & avocado salad
173 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Day 3

2038 cals ● 192g protein (38%) ● 60g fat (26%) ● 135g carbs (27%) ● 48g fiber (9%)

Breakfast

300 cals, 19g protein, 18g net carbs, 15g fat



Avocado & vegan sausage toast
1 toast(s)- 302 cals

Lunch

570 cals, 32g protein, 28g net carbs, 36g fat



Simple mixed greens salad
68 cals



Lemon pepper tofu
14 oz- 504 cals

Snacks

160 cals, 2g protein, 34g net carbs, 0g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Raisins
1/4 cup- 137 cals

Dinner

515 cals, 30g protein, 51g net carbs, 7g fat



Black bean and salsa soup
514 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Day 4

1999 cals ● 188g protein (38%) ● 74g fat (34%) ● 115g carbs (23%) ● 29g fiber (6%)

Breakfast

265 cals, 10g protein, 31g net carbs, 7g fat



Southwest avocado toast
1 toast(s)- 193 cals



Nectarine
1 nectarine(s)- 70 cals

Snacks

230 cals, 8g protein, 23g net carbs, 9g fat



Cucumber slices
1 cucumber- 60 cals



Avocado toast
1 slice(s)- 168 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

570 cals, 32g protein, 28g net carbs, 36g fat



Simple mixed greens salad
68 cals



Lemon pepper tofu
14 oz- 504 cals

Dinner

445 cals, 29g protein, 30g net carbs, 20g fat



Chik'n nuggets
5 nuggets- 276 cals



Soy milk
2 cup(s)- 169 cals

Day 5

2004 cals ● 178g protein (36%) ● 64g fat (29%) ● 139g carbs (28%) ● 40g fiber (8%)

Breakfast

265 cals, 10g protein, 31g net carbs, 7g fat



Southwest avocado toast
1 toast(s)- 193 cals



Nectarine
1 nectarine(s)- 70 cals

Snacks

230 cals, 8g protein, 23g net carbs, 9g fat



Cucumber slices
1 cucumber- 60 cals



Avocado toast
1 slice(s)- 168 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

575 cals, 22g protein, 52g net carbs, 25g fat



Curried lentils
482 cals



Green beans
95 cals

Dinner

445 cals, 29g protein, 30g net carbs, 20g fat



Chik'n nuggets
5 nuggets- 276 cals



Soy milk
2 cup(s)- 169 cals

Day 6

1966 cals ● 197g protein (40%) ● 48g fat (22%) ● 146g carbs (30%) ● 41g fiber (8%)

Breakfast

330 cals, 14g protein, 52g net carbs, 6g fat



Soy milk
1 cup(s)- 85 cals



Small toasted bagel with jelly
1 bagel(s)- 248 cals

Snacks

100 cals, 3g protein, 8g net carbs, 5g fat



Kale chips
69 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

575 cals, 22g protein, 52g net carbs, 25g fat



Curried lentils
482 cals



Green beans
95 cals

Dinner

465 cals, 49g protein, 31g net carbs, 9g fat



Lentils
174 cals



Vegan crumbles
2 cup(s)- 292 cals

Day 7

1994 cals ● 187g protein (37%) ● 36g fat (16%) ● 188g carbs (38%) ● 42g fiber (8%)

Breakfast

330 cals, 14g protein, 52g net carbs, 6g fat



Soy milk
1 cup(s)- 85 cals



Small toasted bagel with jelly
1 bagel(s)- 248 cals

Snacks

100 cals, 3g protein, 8g net carbs, 5g fat



Kale chips
69 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

605 cals, 11g protein, 94g net carbs, 14g fat



Tomato soup
1 1/2 can(s)- 316 cals



Simple kale & avocado salad
173 cals



Banana
1 banana(s)- 117 cals

Dinner

465 cals, 49g protein, 31g net carbs, 9g fat



Lentils
174 cals



Vegan crumbles
2 cup(s)- 292 cals

Beverages

- ☐ protein powder
31 1/2 scoop (1/3 cup ea) (977g)
- ☐ water
35 cup(s) (8255mL)

Baked Products

- ☐ bread
1/2 lbs (224g)
- ☐ bagel
2 small bagel (3" dia) (138g)

Fruits and Fruit Juices

- ☐ avocados
2 avocado(s) (402g)
- ☐ raisins
3/4 cup, packed (124g)
- ☐ lemon
2 3/4 small (160g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)

Other

- ☐ vegan sausage
6 1/2 oz (188g)
- ☐ mixed greens
1 1/2 package (5.5 oz) (213g)
- ☐ meatless chik'n tenders
7 pieces (179g)
- ☐ vegan meatballs, frozen
3 meatball(s) (90g)
- ☐ snow peas
1/8 cup (11g)
- ☐ diced tomatoes
1/6 28oz can (132g)
- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ vegan chik'n nuggets
10 nuggets (215g)
- ☐ soy milk, unsweetened
6 cup(s) (mL)
- ☐ curry paste
4 tsp (20g)

Fats and Oils

Legumes and Legume Products

- ☐ tempeh
6 oz (170g)
- ☐ black beans
1 can(s) (439g)
- ☐ firm tofu
1 3/4 lbs (794g)
- ☐ refried beans
1/2 cup (121g)
- ☐ lentils, raw
56 tsp (224g)
- ☐ vegetarian burger crumbles
4 cup (400g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1/4 box (8 oz) (57g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1 cup(s) (mL)
- ☐ hot sauce
1/3 tsp (2mL)
- ☐ salsa
1/2 cup (130g)
- ☐ condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)

Cereal Grains and Pasta

- ☐ long-grain white rice
2 3/4 tbsp (31g)
- ☐ seitan
1 1/3 oz (38g)
- ☐ cornstarch
4 tbsp (32g)

Spices and Herbs

- ☐ cajun seasoning
1/4 tbsp (2g)
- ☐ ground cumin
4 dash (1g)
- ☐ lemon pepper
1 tsp (2g)
- ☐ salt
1 tsp (6g)

Dairy and Egg Products

- ☐ **salad dressing**
6 tbsp (90mL)
- ☐ **oil**
1 2/3 oz (52mL)
- ☐ **olive oil**
2 1/2 tsp (12mL)

Vegetables and Vegetable Products

- ☐ **ketchup**
1/4 cup (72g)
- ☐ **tomatoes**
7 medium whole (2-3/5" dia) (861g)
- ☐ **raw celery**
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
- ☐ **cucumber**
2 1/2 cucumber (8-1/4") (753g)
- ☐ **onion**
1/8 large (13g)
- ☐ **garlic**
1/3 clove(s) (1g)
- ☐ **green pepper**
1/8 large (14g)
- ☐ **kale leaves**
1 1/2 bunch (241g)
- ☐ **fresh spinach**
1/4 cup(s) (8g)
- ☐ **frozen green beans**
4 cup (484g)

- ☐ **sour cream**
2 tbsp (24g)

Nut and Seed Products

- ☐ **coconut milk, canned**
1 cup (240mL)

Sweets

- ☐ **jelly**
2 tbsp (42g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Avocado & vegan sausage toast

1 toast(s) - 302 cals ● 19g protein ● 15g fat ● 18g carbs ● 6g fiber



For single meal:

bread
1 slice(s) (32g)
avocados
1/4 avocado(s) (50g)
vegan sausage
1/2 sausage (50g)

For all 3 meals:

bread
3 slice(s) (96g)
avocados
3/4 avocado(s) (151g)
vegan sausage
1 1/2 sausage (150g)

1. Cook sausage according to package instructions. When sausage is cool enough to handle, slice it in half lengthwise, and then, if needed, slice again so that it will fit on your slice of bread.
2. Toast bread, if desired.
3. Using a fork, mash the avocado onto the bread. Season with some salt and pepper and top with sausage slices. Serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Southwest avocado toast

1 toast(s) - 193 cals ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

bread
1 slice(s) (32g)
guacamole, store-bought
2 tbsp (31g)
refried beans
4 tbsp (61g)
fresh spinach
1/8 cup(s) (4g)

For all 2 meals:

bread
2 slice(s) (64g)
guacamole, store-bought
4 tbsp (62g)
refried beans
1/2 cup (121g)
fresh spinach
1/4 cup(s) (8g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:	For all 2 meals:
nectarine, pitted	nectarine, pitted
1 medium (2-1/2" dia) (142g)	2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Soy milk

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



For single meal:	For all 2 meals:
soy milk, unsweetened	soy milk, unsweetened
1 cup(s) (mL)	2 cup(s) (mL)

1. The recipe has no instructions.

Small toasted bagel with jelly

1 bagel(s) - 248 cals ● 7g protein ● 2g fat ● 50g carbs ● 2g fiber



For single meal:	For all 2 meals:
bagel	bagel
1 small bagel (3" dia) (69g)	2 small bagel (3" dia) (138g)
jelly	jelly
1 tbsp (21g)	2 tbsp (42g)

1. Toast the bagel to desired toastiness.
 2. Spread the butter and jelly.
 3. Enjoy.
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Lunch 1 [↗](#)

Eat on day 1

Basic tempeh

6 oz - 443 cals ● 36g protein ● 23g fat ● 12g carbs ● 12g fiber



Makes 6 oz

tempeh

6 oz (170g)

oil

1 tbsp (15mL)

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



Makes 1 1/2 tomato(es)

oil

1/2 tbsp (8mL)

tomatoes

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

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 2 [↗](#)

Eat on day 2

Rice pilaf with meatless meatballs

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



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)

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.

Simple salad with celery, cucumber & tomato

128 cals ● 4g protein ● 5g fat ● 13g carbs ● 4g fiber



salad dressing
1 1/2 tbsp (23mL)
raw celery, chopped
1 stalk, medium (7-1/2" - 8" long) (40g)
mixed greens
1/2 package (5.5 oz) (78g)
cucumber, sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

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

Lunch 3 [↗](#)

Eat on day 3 and day 4

Simple mixed greens salad

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



For single meal:
mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:
mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Lemon pepper tofu

14 oz - 504 cals ● 31g protein ● 32g fat ● 23g carbs ● 1g fiber



For single meal:

cornstarch
2 tbsp (16g)
oil
1 tbsp (15mL)
lemon pepper
4 dash (1g)
lemon, zested
1 small (58g)
firm tofu, patted dry & cubed
14 oz (397g)

For all 2 meals:

cornstarch
4 tbsp (32g)
oil
2 tbsp (30mL)
lemon pepper
1 tsp (2g)
lemon, zested
2 small (116g)
firm tofu, patted dry & cubed
1 3/4 lbs (794g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Curried lentils

482 cals ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



For single meal:

lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

For all 2 meals:

lentils, raw
2/3 cup (128g)
water
1 1/3 cup(s) (316mL)
salt
1 1/3 dash (1g)
coconut milk, canned
16 tbsp (240mL)
curry paste
4 tsp (20g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Green beans

95 cals ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

frozen green beans
2 cup (242g)

For all 2 meals:

frozen green beans
4 cup (484g)

1. Prepare according to instructions on package.

Lunch 5 [↗](#)

Eat on day 7

Tomato soup

1 1/2 can(s) - 316 cals ● 7g protein ● 2g fat ● 63g carbs ● 5g fiber



Makes 1 1/2 can(s)

condensed canned tomato soup
1 1/2 can (10.5 oz) (447g)

1. Prepare according to instructions on package.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped
3/8 bunch (64g)
avocados, chopped
3/8 avocado(s) (75g)
lemon, juiced
3/8 small (22g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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.

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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 3 meals:

tomatoes

18 cherry tomatoes (306g)

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

Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

raisins

4 tbsp, packed (41g)

For all 3 meals:

raisins

3/4 cup, packed (124g)

1. The recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 4 and day 5

Cucumber slices

1 cucumber - 60 cals ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

cucumber

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

For all 2 meals:

cucumber

2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.
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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.
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Snacks 3 [↗](#)

Eat on day 6 and day 7

Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

salt

1/3 tsp (2g)

kale leaves

1/3 bunch (57g)

olive oil

1 tsp (5mL)

For all 2 meals:

salt

1/4 tbsp (4g)

kale leaves

2/3 bunch (113g)

olive oil

2 tsp (10mL)

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

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.

Dinner 1 [↗](#)

Eat on day 1

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.

Crispy chik'n tenders

7 tender(s) - 400 cals ● 28g protein ● 16g fat ● 36g carbs ● 0g fiber



Makes 7 tender(s)

meatless chik'n tenders

7 pieces (179g)

ketchup

1 3/4 tbsp (30g)

1. Cook chik'n tenders according to package.
 2. Serve with ketchup.
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Dinner 2 [↗](#)

Eat on day 2

Slow cooker vegan jambalaya

346 cals ● 25g protein ● 8g fat ● 41g carbs ● 2g fiber



vegetable broth
1/6 cup(s) (mL)
long-grain white rice
2 2/3 tbsp (31g)
cajun seasoning
1/4 tbsp (2g)
olive oil
1/2 tsp (3mL)
onion, chopped
1/8 large (13g)
hot sauce
1/3 tsp (2mL)
diced tomatoes, with juice
1/6 28oz can (132g)
vegan sausage, sliced
1 1/3 oz (38g)
raw celery, chopped
1/2 stalk, medium (7-1/2" - 8" long) (20g)
garlic, minced
1/3 clove(s) (1g)
seitan, cut into cubes
1 1/3 oz (38g)
green pepper, seeded and chopped
1/8 large (14g)

1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, hot sauce, and Cajun seasoning into crock.
2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more.

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



kale leaves, chopped
3/8 bunch (64g)
avocados, chopped
3/8 avocado(s) (75g)
lemon, juiced
3/8 small (22g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 3 [↗](#)

Eat on day 3

Black bean and salsa soup

514 cals ● 30g protein ● 7g fat ● 51g carbs ● 33g fiber



vegetable broth

3/4 cup(s) (mL)

black beans

1 can(s) (439g)

ground cumin

4 dash (1g)

sour cream

2 tbsp (24g)

salsa, chunky

1/2 cup (130g)

1. In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.
2. Heat the bean mixture in a saucepan over medium heat until thoroughly heated.
3. Top with sour cream when serving.

Dinner 4 [↗](#)

Eat on day 4 and day 5

Chik'n nuggets

5 nuggets - 276 cals ● 15g protein ● 11g fat ● 26g carbs ● 3g fiber



For single meal:

ketchup

1 1/4 tbsp (21g)

vegan chik'n nuggets

5 nuggets (108g)

For all 2 meals:

ketchup

2 1/2 tbsp (43g)

vegan chik'n nuggets

10 nuggets (215g)

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

Soy milk

2 cup(s) - 169 cals ● 14g protein ● 9g fat ● 4g carbs ● 4g fiber



For single meal:
soy milk, unsweetened
2 cup(s) (mL)

For all 2 meals:
soy milk, unsweetened
4 cup(s) (mL)

1. The recipe has no instructions.

Dinner 5 [↗](#)

Eat on day 6 and day 7

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.

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.
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Protein Supplement(s)

Eat every day

Protein shake

4 1/2 scoop - 491 cal● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

- protein powder**
4 1/2 scoop (1/3 cup ea) (140g)
- water**
4 1/2 cup(s) (1067mL)

For all 7 meals:

- protein powder**
31 1/2 scoop (1/3 cup ea) (977g)
- water**
31 1/2 cup(s) (7466mL)

1. The recipe has no instructions.
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