

# Meal Plan - 2100 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

2115 cals ● 188g protein (36%) ● 39g fat (17%) ● 201g carbs (38%) ● 51g fiber (10%)

### Breakfast

325 cals, 15g protein, 33g net carbs, 12g fat



**Simple cinnamon oatmeal with almond milk**  
220 cals



**Soy milk**  
1 1/4 cup(s)- 106 cals

### Snacks

185 cals, 5g protein, 32g net carbs, 2g fat



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



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

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

515 cals, 27g protein, 60g net carbs, 9g fat



**Teriyaki chickpea stir fry**  
369 cals



**Green beans**  
32 cals



**Lentils**  
116 cals

### Dinner

595 cals, 32g protein, 72g net carbs, 13g fat



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



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



**Quinoa**  
1 1/2 cup quinoa, cooked- 313 cals

## Day 2

2062 cals ● 198g protein (39%) ● 47g fat (20%) ● 155g carbs (30%) ● 57g fiber (11%)

### Breakfast

325 cals, 15g protein, 33g net carbs, 12g fat



**Simple cinnamon oatmeal with almond milk**  
220 cals



**Soy milk**  
1 1/4 cup(s)- 106 cals

### Snacks

185 cals, 5g protein, 32g net carbs, 2g fat



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



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

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

505 cals, 33g protein, 61g net carbs, 4g fat



**Lentil pasta**  
505 cals

### Dinner

555 cals, 37g protein, 25g net carbs, 27g fat



**Tossed salad**  
121 cals



**Peanut tempeh**  
4 oz tempeh- 434 cals

## Day 3

2019 cals ● 219g protein (43%) ● 54g fat (24%) ● 111g carbs (22%) ● 53g fiber (10%)

### Breakfast

265 cals, 30g protein, 13g net carbs, 8g fat



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



**Carrot sticks**  
2 carrot(s)- 54 cals

### Snacks

205 cals, 11g protein, 8g net carbs, 13g fat



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



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

505 cals, 33g protein, 61g net carbs, 4g fat



**Lentil pasta**  
505 cals

### Dinner

555 cals, 37g protein, 25g net carbs, 27g fat



**Tossed salad**  
121 cals



**Peanut tempeh**  
4 oz tempeh- 434 cals

## Day 4

2077 cals ● 223g protein (43%) ● 52g fat (23%) ● 155g carbs (30%) ● 24g fiber (5%)

### Breakfast

265 cals, 30g protein, 13g net carbs, 8g fat



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



**Carrot sticks**  
2 carrot(s)- 54 cals

### Snacks

205 cals, 11g protein, 8g net carbs, 13g fat



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



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

495 cals, 54g protein, 28g net carbs, 18g fat



**Simple seitan**  
7 oz- 426 cals



**Simple mixed greens salad**  
68 cals

### Dinner

625 cals, 20g protein, 102g net carbs, 11g fat



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



**Pasta with store-bought sauce**  
510 cals

## Day 5

2101 cals ● 202g protein (38%) ● 70g fat (30%) ● 136g carbs (26%) ● 30g fiber (6%)

### Breakfast

265 cals, 30g protein, 13g net carbs, 8g fat



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



**Carrot sticks**  
2 carrot(s)- 54 cals

### Snacks

205 cals, 11g protein, 8g net carbs, 13g fat



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



**Rice cakes with peanut butter**  
1/2 cake(s)- 120 cals

### Protein Supplement(s)

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



**Protein shake**  
4 1/2 scoop- 491 cals

### Lunch

595 cals, 22g protein, 54g net carbs, 27g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Tempeh tacos**  
2 taco(s)- 479 cals

### Dinner

550 cals, 30g protein, 57g net carbs, 20g fat



**Vegan guinness stew**  
549 cals

## Day 6

2141 cals ● 188g protein (35%) ● 60g fat (25%) ● 179g carbs (33%) ● 33g fiber (6%)

### Breakfast

270 cals, 12g protein, 39g net carbs, 7g fat



[Soy milk yogurt](#)

2 container- 271 cals

### Lunch

595 cals, 22g protein, 54g net carbs, 27g fat



[Fruit juice](#)

1 cup(s)- 115 cals



[Tempeh tacos](#)

2 taco(s)- 479 cals

### Snacks

235 cals, 15g protein, 25g net carbs, 4g fat



[Breakfast cereal with protein almond milk](#)

168 cals



[Blackberries](#)

1 cup(s)- 70 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cals

### Dinner

550 cals, 30g protein, 57g net carbs, 20g fat



[Vegan guinness stew](#)

549 cals

## Day 7

2119 cals ● 184g protein (35%) ● 45g fat (19%) ● 196g carbs (37%) ● 48g fiber (9%)

### Breakfast

270 cals, 12g protein, 39g net carbs, 7g fat



[Soy milk yogurt](#)

2 container- 271 cals

### Lunch

585 cals, 30g protein, 86g net carbs, 4g fat



[Mixed vegetables](#)

1/2 cup(s)- 49 cals



[Bbq cauliflower wings](#)

535 cals

### Snacks

235 cals, 15g protein, 25g net carbs, 4g fat



[Breakfast cereal with protein almond milk](#)

168 cals



[Blackberries](#)

1 cup(s)- 70 cals

### Dinner

535 cals, 19g protein, 42g net carbs, 27g fat



[Curried lentils](#)

241 cals



[Soy milk](#)

1 cup(s)- 85 cals



[Roasted carrots](#)

4 carrots(s)- 211 cals

### Protein Supplement(s)

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



[Protein shake](#)

4 1/2 scoop- 491 cals

# Grocery List



## Vegetables and Vegetable Products

- ☐ tomatoes  
3 1/4 medium whole (2-3/5" dia) (396g)
- ☐ frozen mixed veggies  
1/2 lbs (210g)
- ☐ frozen green beans  
2/3 cup (81g)
- ☐ romaine lettuce  
5/6 head (516g)
- ☐ red onion  
1/4 medium (2-1/2" dia) (28g)
- ☐ cucumber  
1/4 cucumber (8-1/4") (75g)
- ☐ carrots  
12 1/2 medium (765g)
- ☐ garlic  
3 clove(s) (8g)
- ☐ potatoes  
1 medium (2+-1/4" to 3-1/4" dia.) (213g)
- ☐ onion  
5/6 medium (2-1/2" dia) (92g)
- ☐ raw celery  
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
- ☐ cauliflower  
2 head small (4" dia.) (530g)

## Breakfast Cereals

- ☐ flavored instant oatmeal  
2 packet (86g)
- ☐ quick oats  
3/4 cup (60g)
- ☐ breakfast cereal  
1 1/2 serving (45g)

## Beverages

- ☐ water  
35 cup(s) (8295mL)
- ☐ almond milk, unsweetened  
5 cup (1171mL)
- ☐ protein powder  
35 1/4 scoop (1/3 cup ea) (1093g)

## Sweets

- ☐ sugar  
1 1/2 tbsp (20g)
- ☐ brown sugar  
1 tbsp (12g)

## Fats and Oils

- ☐ oil  
2/3 oz (25mL)
- ☐ salad dressing  
3 oz (86mL)
- ☐ olive oil  
4 tbsp (57mL)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1/2 can(s) (224g)
- ☐ lentils, raw  
1/3 cup (64g)
- ☐ tempeh  
13 1/3 oz (378g)
- ☐ peanut butter  
4 oz (113g)
- ☐ soy sauce  
1 oz (25mL)

## Cereal Grains and Pasta

- ☐ quinoa, uncooked  
1/2 cup (85g)
- ☐ seitan  
14 oz (397g)
- ☐ uncooked dry pasta  
4 oz (114g)
- ☐ all-purpose flour  
1 tbsp (8g)

## Soups, Sauces, and Gravies

- ☐ pasta sauce  
3/4 jar (24 oz) (504g)
- ☐ salsa  
1/3 cup (87g)
- ☐ vegetable broth  
1/3 cup(s) (mL)
- ☐ barbecue sauce  
1/2 cup (143g)

## Fruits and Fruit Juices

- ☐ lemon juice  
1 tbsp (15mL)
- ☐ fruit juice  
16 fl oz (480mL)
- ☐ avocados  
4 slices (100g)

## Spices and Herbs

- ☐ cinnamon  
1/2 tbsp (4g)
- ☐ salt  
1 tsp (7g)
- ☐ fresh thyme  
1/2 tbsp (1g)
- ☐ black pepper  
4 dash, ground (1g)
- ☐ taco seasoning mix  
1/3 packet (12g)
- ☐ oregano, dried  
1/4 tbsp, leaves (1g)

## Other

- ☐ soy milk, unsweetened  
6 1/2 cup(s) (mL)
  - ☐ teriyaki sauce  
2 tbsp (31mL)
  - ☐ veggie burger patty  
2 patty (142g)
  - ☐ lentil pasta  
1/2 lbs (227g)
  - ☐ nutritional yeast  
1 oz (34g)
  - ☐ mixed greens  
3 3/4 cup (113g)
  - ☐ dark beer (e.g. Guinness)  
1 bottle (12 oz) (mL)
  - ☐ soy milk yogurt  
4 container(s) (601g)
  - ☐ curry paste  
1 tsp (5g)
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- ☐ blackberries  
2 cup (288g)

## Snacks

- ☐ rice cakes, any flavor  
1 1/2 cakes (14g)

## Baked Products

- ☐ taco shells  
4 shell (52g)

## Nut and Seed Products

- ☐ coconut milk, canned  
4 tbsp (60mL)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Simple cinnamon oatmeal with almond milk

220 cal ● 7g protein ● 6g fat ● 30g carbs ● 4g fiber



For single meal:

**sugar**  
3/4 tbsp (10g)  
**cinnamon**  
1/4 tbsp (2g)  
**quick oats**  
6 tbsp (30g)  
**almond milk, unsweetened**  
1/2 cup (135mL)

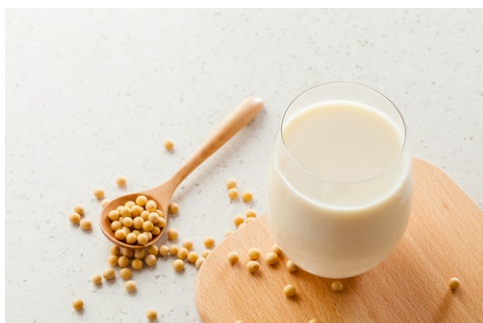
For all 2 meals:

**sugar**  
1 1/2 tbsp (20g)  
**cinnamon**  
1/2 tbsp (4g)  
**quick oats**  
3/4 cup (60g)  
**almond milk, unsweetened**  
1 cup (270mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the almond milk over it and microwave for 90 seconds - 2 minutes.

## Soy milk

1 1/4 cup(s) - 106 cal ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



For single meal:

**soy milk, unsweetened**  
1 1/4 cup(s) (mL)

For all 2 meals:

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

1. The recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### 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 3 meals:

**almond milk, unsweetened**  
3 cup (720mL)  
**protein powder**  
3 scoop (1/3 cup ea) (93g)

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

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### Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**carrots**  
2 medium (122g)

For all 3 meals:

**carrots**  
6 medium (366g)

1. Cut carrots into strips and serve.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Soy milk yogurt

2 container - 271 cal ● 12g protein ● 7g fat ● 39g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

**soy milk yogurt**  
4 container(s) (601g)

1. The recipe has no instructions.

## Lunch 1 [↗](#)

Eat on day 1

### Teriyaki chickpea stir fry

369 cal ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



**frozen mixed veggies**

1/2 10oz package (142g)

**oil**

1/4 tbsp (4mL)

**teriyaki sauce**

2 tbsp (30mL)

**chickpeas, canned, drained and rinsed**

1/2 can(s) (224g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.

### Green beans

32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



**frozen green beans**

2/3 cup (81g)

1. Prepare according to instructions on package.

## Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



**water**  
2/3 cup(s) (158mL)  
**salt**  
1/3 dash (0g)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

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.

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## Lunch 2 [↗](#)

Eat on day 2 and day 3

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### Lentil pasta

505 cals ● 33g protein ● 4g fat ● 61g carbs ● 24g fiber



For single meal:  
**pasta sauce**  
1/4 jar (24 oz) (168g)  
**lentil pasta**  
4 oz (113g)

For all 2 meals:  
**pasta sauce**  
1/2 jar (24 oz) (336g)  
**lentil pasta**  
1/2 lbs (227g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

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## Lunch 3 [↗](#)

Eat on day 4

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### Simple seitan

7 oz - 426 cals ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



Makes 7 oz  
**seitan**  
1/2 lbs (198g)  
**oil**  
1 3/4 tsp (9mL)

1. Coat a pan with oil and cook seitan over medium heat for 3–5 minutes, or until heated through.
  2. Season with salt, pepper, or seasonings of choice. Serve.
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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.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

**fruit juice**  
8 fl oz (240mL)

For all 2 meals:

**fruit juice**  
16 fl oz (480mL)

- 1. The recipe has no instructions.

Tempeh tacos

2 taco(s) - 479 cals ● 20g protein ● 26g fat ● 28g carbs ● 13g fiber



For single meal:

**olive oil**  
2 tsp (10mL)  
**taco shells**  
2 shell (26g)  
**salsa**  
2 2/3 tbsp (43g)  
**avocados**  
2 slices (50g)  
**tempeh**  
2 2/3 oz (76g)  
**vegetable broth**  
1/6 cup(s) (mL)  
**taco seasoning mix**  
1/6 packet (6g)  
**oregano, dried**  
1/3 tsp, leaves (0g)  
**romaine lettuce**  
2 2/3 tbsp shredded (8g)  
**garlic, minced**  
2/3 clove(s) (2g)  
**onion, minced**  
1/6 medium (2-1/2" dia) (18g)

For all 2 meals:

**olive oil**  
4 tsp (20mL)  
**taco shells**  
4 shell (52g)  
**salsa**  
1/3 cup (87g)  
**avocados**  
4 slices (100g)  
**tempeh**  
1/3 lbs (151g)  
**vegetable broth**  
1/3 cup(s) (mL)  
**taco seasoning mix**  
1/3 packet (12g)  
**oregano, dried**  
1/4 tbsp, leaves (1g)  
**romaine lettuce**  
1/3 cup shredded (16g)  
**garlic, minced**  
1 1/3 clove(s) (4g)  
**onion, minced**  
1/3 medium (2-1/2" dia) (37g)

1. Heat oil in skillet on medium-high heat. Cook and stir onion in the hot oil until it begins to soften, about 5 minutes; add garlic and continue to cook until fragrant, 1 to 2 minutes. Stir grated tempeh into onion mixture; cook and stir until lightly browned, about 5 minutes.
2. Pour vegetable broth over the tempeh mixture and reduce heat to low; season with taco seasoning and oregano. Cook, stirring regularly, until most of the liquid has evaporated, about 5 minutes.
3. Fill taco shells with tempeh mixture and top with salsa, shredded lettuce, and an avocado slice when ready to serve.

## Lunch 5 [🔗](#)

Eat on day 7

### Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1/2 cup(s)  
**frozen mixed veggies**  
1/2 cup (68g)

1. Prepare according to instructions on package.

### Bbq cauliflower wings

535 cals ● 28g protein ● 4g fat ● 80g carbs ● 17g fiber



**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 barbeque sauce in a microwave-safe bowl and microwave for a few seconds until it has heated through.
6. Toss florets with the barbeque sauce. Serve.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

### Instant oatmeal with water

1 packet(s) - 165 cal ● 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.

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## Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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### 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 3 meals:

**soy milk, unsweetened**

3 cup(s) (mL)

1. The recipe has no instructions.

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### Rice cakes with peanut butter

1/2 cake(s) - 120 cals ● 4g protein ● 8g fat ● 6g carbs ● 1g fiber



For single meal:

**peanut butter**

1 tbsp (16g)

**rice cakes, any flavor**

1/2 cakes (5g)

For all 3 meals:

**peanut butter**

3 tbsp (48g)

**rice cakes, any flavor**

1 1/2 cakes (14g)

1. Spread peanut butter over top of rice cake.
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## Snacks 3 [↗](#)

Eat on day 6 and day 7

### Breakfast cereal with protein almond milk

168 cal ● 13g protein ● 4g fat ● 19g carbs ● 2g fiber



For single meal:

**breakfast cereal**  
3/4 serving (23g)  
**almond milk, unsweetened**  
6 tbsp (90mL)  
**protein powder**  
3/8 scoop (1/3 cup ea) (12g)

For all 2 meals:

**breakfast cereal**  
1 1/2 serving (45g)  
**almond milk, unsweetened**  
3/4 cup (180mL)  
**protein powder**  
3/4 scoop (1/3 cup ea) (23g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

### Blackberries

1 cup(s) - 70 cal ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

**blackberries**  
1 cup (144g)

For all 2 meals:

**blackberries**  
2 cup (288g)

1. Rinse blackberries and serve.

## Dinner 1 [🔗](#)

Eat on day 1

### 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.

### 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 1/2" 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.

### Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber





Makes 1 1/2 cup quinoa, cooked

**water**

1 cup(s) (237mL)

**quinoa, uncooked**

1/2 cup (85g)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Tossed salad

121 cal ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

**romaine lettuce, shredded**

1/2 hearts (250g)

**tomatoes, diced**

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

**salad dressing**

1 tbsp (15mL)

**red onion, sliced**

1/8 medium (2-1/2" dia) (14g)

**cucumber, sliced or diced**

1/8 cucumber (8-1/4") (38g)

**carrots, peeled and shredded or sliced**

1/2 small (5-1/2" long) (25g)

For all 2 meals:

**romaine lettuce, shredded**

1 hearts (500g)

**tomatoes, diced**

1 small whole (2-2/5" dia) (91g)

**salad dressing**

2 tbsp (30mL)

**red onion, sliced**

1/4 medium (2-1/2" dia) (28g)

**cucumber, sliced or diced**

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

**carrots, peeled and shredded or sliced**

1 small (5-1/2" long) (50g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

### Peanut tempeh

4 oz tempeh - 434 cal ● 33g protein ● 23g fat ● 15g carbs ● 10g fiber



For single meal:

**tempeh**  
4 oz (113g)  
**peanut butter**  
2 tbsp (32g)  
**lemon juice**  
1/2 tbsp (8mL)  
**soy sauce**  
1 tsp (5mL)  
**nutritional yeast**  
1/2 tbsp (2g)

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**peanut butter**  
4 tbsp (65g)  
**lemon juice**  
1 tbsp (15mL)  
**soy sauce**  
2 tsp (10mL)  
**nutritional yeast**  
1 tbsp (4g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

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## Dinner 3 [↗](#)

Eat on day 4

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### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)  
**salad dressing**  
2 1/4 tbsp (34mL)

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

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### Pasta with store-bought sauce

510 cals ● 18g protein ● 4g fat ● 94g carbs ● 8g fiber



**uncooked dry pasta**  
4 oz (114g)  
**pasta sauce**  
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
  2. Top with sauce and enjoy.
-

## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Vegan guinness stew

549 cal ● 30g protein ● 20g fat ● 57g carbs ● 5g fiber



For single meal:

**fresh thyme, chopped**  
1/4 tbsp (1g)  
**all-purpose flour**  
1/2 tbsp (4g)  
**dark beer (e.g. Guinness)**  
1/2 bottle (12 oz) (mL)  
**brown sugar**  
1/2 tbsp (6g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**soy sauce**  
1/2 tbsp (8mL)  
**olive oil**  
1 1/4 tbsp (19mL)  
**garlic, minced**  
3/4 clove(s) (2g)  
**seitan, cut into bite-size pieces**  
1/4 lbs (99g)  
**potatoes, diced**  
1/2 medium (2+-1/4" to 3-1/4" dia.) (107g)  
**onion, diced**  
1/4 medium (2-1/2" dia) (28g)  
**raw celery, thinly sliced**  
3/4 stalk, medium (7-1/2" - 8" long) (30g)  
**carrots, halved lengthwise and thinly sliced**  
1/2 medium (31g)

For all 2 meals:

**fresh thyme, chopped**  
1/2 tbsp (1g)  
**all-purpose flour**  
1 tbsp (8g)  
**dark beer (e.g. Guinness)**  
1 bottle (12 oz) (mL)  
**brown sugar**  
1 tbsp (12g)  
**black pepper**  
4 dash, ground (1g)  
**salt**  
4 dash (3g)  
**soy sauce**  
1 tbsp (15mL)  
**olive oil**  
2 1/2 tbsp (38mL)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**seitan, cut into bite-size pieces**  
1/2 lbs (198g)  
**potatoes, diced**  
1 medium (2+-1/4" to 3-1/4" dia.) (213g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)  
**raw celery, thinly sliced**  
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)  
**carrots, halved lengthwise and thinly sliced**  
1 medium (61g)

1. Heat 2 tablespoons olive oil and soy sauce in a skillet over medium-high heat. Saute seitan in hot oil until browned on all sides, about 5 minutes.
2. Heat remaining olive oil in a large pot over medium-high heat. Saute onion, celery, carrots, potatoes, and garlic in hot oil until onions are soft, 3 to 5 minutes. Reduce heat to medium and slowly stir beer into vegetable mixture.
3. Stir brown sugar, flour, thyme, salt, and black pepper into beer mixture; add seitan. Bring mixture to a simmer, reduce heat to low, and cook until stew reduces and thickens, about 45 minutes.

## Dinner 5 [↗](#)

Eat on day 7

### Curried lentils

241 cals ● 9g protein ● 12g fat ● 20g carbs ● 3g fiber

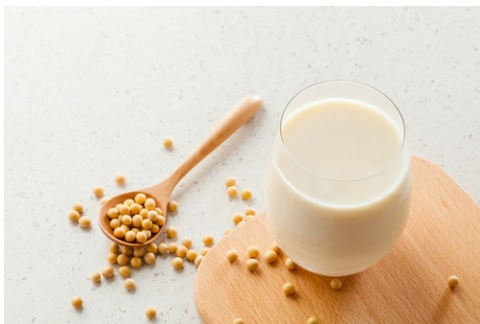


**lentils, raw**  
2 2/3 tbsp (32g)  
**water**  
1/3 cup(s) (79mL)  
**salt**  
1/3 dash (0g)  
**coconut milk, canned**  
4 tbsp (60mL)  
**curry paste**  
1 tsp (5g)

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.

### Soy milk

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

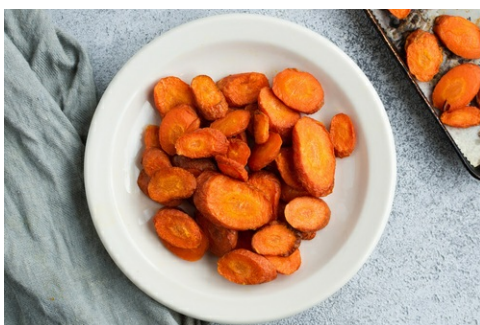


Makes 1 cup(s)  
**soy milk, unsweetened**  
1 cup(s) (mL)

1. The recipe has no instructions.

### Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrots(s)  
**oil**  
2 tsp (10mL)  
**carrots, sliced**  
4 large (288g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

# Protein Supplement(s)

Eat every day

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## 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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