

# Meal Plan - 2200 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

2221 cals ● 235g protein (42%) ● 45g fat (18%) ● 169g carbs (31%) ● 50g fiber (9%)

### Breakfast

445 cals, 10g protein, 80g net carbs, 6g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Medium toasted bagel with vegan cream cheese**

1/2 bagel(s)- 192 cals



**Banana**

2 banana(s)- 233 cals

### Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



**Double chocolate almond milk protein shake**

251 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**

5 scoop- 545 cals

### Lunch

770 cals, 52g protein, 74g net carbs, 17g fat



**Bbq tempeh lettuce wrap**

8 lettuce wrap(s)- 658 cals



**Pear**

1 pear(s)- 113 cals

### Dinner

205 cals, 13g protein, 6g net carbs, 12g fat



**Basic tempeh**

2 oz- 148 cals



**Cooked peppers**

1/2 bell pepper(s)- 60 cals

## Day 2

2221 cals ● 235g protein (42%) ● 45g fat (18%) ● 169g carbs (31%) ● 50g fiber (9%)

### Breakfast

445 cals, 10g protein, 80g net carbs, 6g fat



**Cherry tomatoes**

6 cherry tomatoes- 21 cals



**Medium toasted bagel with vegan cream cheese**

1/2 bagel(s)- 192 cals



**Banana**

2 banana(s)- 233 cals

### Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



**Double chocolate almond milk protein shake**

251 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**

5 scoop- 545 cals

### Lunch

770 cals, 52g protein, 74g net carbs, 17g fat



**Bbq tempeh lettuce wrap**

8 lettuce wrap(s)- 658 cals



**Pear**

1 pear(s)- 113 cals

### Dinner

205 cals, 13g protein, 6g net carbs, 12g fat



**Basic tempeh**

2 oz- 148 cals



**Cooked peppers**

1/2 bell pepper(s)- 60 cals

## Day 3

2192 cals ● 225g protein (41%) ● 60g fat (25%) ● 137g carbs (25%) ● 51g fiber (9%)

### Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



**Hummus toast**

2 slice(s)- 293 cals

### Snacks

250 cals, 40g protein, 5g net carbs, 7g fat



**Double chocolate almond milk protein shake**

251 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**

5 scoop- 545 cals

### Lunch

550 cals, 25g protein, 60g net carbs, 13g fat



**Tuscan white bean soup**

403 cals



**Simple salad with tomatoes and carrots**

147 cals

### Dinner

555 cals, 25g protein, 39g net carbs, 28g fat



**Basic tofu**

6 oz- 257 cals



**Mixed vegetables**

1 3/4 cup(s)- 170 cals



**Simple vegan garlic bread**

1 slice(s)- 126 cals

## Day 4

2184 cals ● 195g protein (36%) ● 72g fat (30%) ● 138g carbs (25%) ● 52g fiber (9%)

### Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



**Hummus toast**  
2 slice(s)- 293 cals

### Snacks

245 cals, 10g protein, 5g net carbs, 19g fat



**Celery and peanut butter**  
109 cals



**Almond protein balls**  
1 ball(s)- 135 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

550 cals, 25g protein, 60g net carbs, 13g fat



**Tuscan white bean soup**  
403 cals



**Simple salad with tomatoes and carrots**  
147 cals

### Dinner

555 cals, 25g protein, 39g net carbs, 28g fat



**Basic tofu**  
6 oz- 257 cals



**Mixed vegetables**  
1 3/4 cup(s)- 170 cals



**Simple vegan garlic bread**  
1 slice(s)- 126 cals

## Day 5

2175 cals ● 200g protein (37%) ● 64g fat (26%) ● 161g carbs (30%) ● 39g fiber (7%)

### Breakfast

295 cals, 14g protein, 30g net carbs, 9g fat



**Hummus toast**  
2 slice(s)- 293 cals

### Snacks

245 cals, 10g protein, 5g net carbs, 19g fat



**Celery and peanut butter**  
109 cals



**Almond protein balls**  
1 ball(s)- 135 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

585 cals, 30g protein, 70g net carbs, 13g fat



**Pear**  
1 pear(s)- 113 cals



**Bbq tempeh wrap**  
1 wrap(s)- 472 cals

### Dinner

510 cals, 25g protein, 52g net carbs, 21g fat



**Banana**  
1 banana(s)- 117 cals



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



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

## Day 6

2205 cals ● 196g protein (36%) ● 71g fat (29%) ● 157g carbs (28%) ● 38g fiber (7%)

### Breakfast

310 cals, 12g protein, 18g net carbs, 20g fat



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



**Celery sticks**  
1 celery stalk- 7 cals



**Pumpkin seeds**  
183 cals

### Snacks

255 cals, 9g protein, 12g net carbs, 16g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Bell pepper strips and hummus**  
85 cals



**Mixed nuts**  
1/6 cup(s)- 145 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

585 cals, 30g protein, 70g net carbs, 13g fat



**Pear**  
1 pear(s)- 113 cals



**Bbq tempeh wrap**  
1 wrap(s)- 472 cals

### Dinner

510 cals, 25g protein, 52g net carbs, 21g fat



**Banana**  
1 banana(s)- 117 cals



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



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



## Day 7

2218 cals ● 209g protein (38%) ● 77g fat (31%) ● 126g carbs (23%) ● 47g fiber (8%)

### Breakfast

310 cals, 12g protein, 18g net carbs, 20g fat



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



**Celery sticks**  
1 celery stalk- 7 cals



**Pumpkin seeds**  
183 cals

### Snacks

255 cals, 9g protein, 12g net carbs, 16g fat



**Carrot sticks**  
1 carrot(s)- 27 cals



**Bell pepper strips and hummus**  
85 cals



**Mixed nuts**  
1/6 cup(s)- 145 cals

### Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



**Protein shake**  
5 scoop- 545 cals

### Lunch

600 cals, 35g protein, 30g net carbs, 35g fat



**Simple salad with tomatoes and carrots**  
98 cals



**Lemon pepper tofu**  
14 oz- 504 cals

### Dinner

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



**Lentil pasta**  
505 cals



# Grocery List



## Beverages

- ☐ water  
39 1/2 cup(s) (9362mL)
- ☐ almond milk, unsweetened  
2 1/4 cup (540mL)
- ☐ protein powder  
2 1/2 lbs (1091g)

## Sweets

- ☐ cocoa powder  
1 1/2 tbsp (8g)

## Other

- ☐ protein powder, chocolate  
4 1/2 scoop (1/3 cup ea) (140g)
- ☐ dairy-free cream cheese  
2 tbsp (30g)
- ☐ coleslaw mix  
6 cup (540g)
- ☐ italian seasoning  
1 tbsp (11g)
- ☐ almond flour  
1 tbsp (7g)
- ☐ meatless chik'n tenders  
10 2/3 pieces (272g)
- ☐ lentil pasta  
4 oz (113g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
3 2/3 medium whole (2-3/5" dia) (450g)
- ☐ romaine lettuce  
1 3/4 head (1096g)
- ☐ bell pepper  
3 large (505g)
- ☐ carrots  
4 medium (255g)
- ☐ raw celery  
1/2 bunch (224g)
- ☐ fresh spinach  
2 cup(s) (60g)
- ☐ onion  
1 small (70g)
- ☐ garlic  
6 clove(s) (18g)
- ☐ frozen mixed veggies  
3 1/2 cup (473g)

## Fruits and Fruit Juices

- ☐ banana  
6 medium (7" to 7-7/8" long) (708g)
- ☐ pears  
4 medium (712g)
- ☐ lemon  
1 small (58g)

## Fats and Oils

- ☐ oil  
3 oz (93mL)
- ☐ salad dressing  
3 tbsp (45mL)
- ☐ olive oil  
2 tsp (10mL)

## Soups, Sauces, and Gravies

- ☐ barbecue sauce  
3/4 cup (204g)
- ☐ vegetable broth  
4 cup(s) (mL)
- ☐ pasta sauce  
1/4 jar (24 oz) (168g)

## Legumes and Legume Products

- ☐ tempeh  
1 3/4 lbs (794g)
- ☐ white beans, canned  
1 can(s) (439g)
- ☐ hummus  
2/3 lbs (306g)
- ☐ firm tofu  
26 oz (737g)
- ☐ peanut butter  
2 tbsp (32g)

## Spices and Herbs

- ☐ crushed red pepper  
4 dash (1g)
- ☐ lemon pepper  
4 dash (1g)

## Nut and Seed Products

- ☐ almond butter  
2 tbsp (31g)

- ☐ ketchup  
2 2/3 tbsp (45g)

### Baked Products

- ☐ bagel  
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ bread  
8 slice (256g)
- ☐ flour tortillas  
2 tortilla (approx 7-8" dia) (98g)

- ☐ walnuts  
4 tbsp, shelled (25g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)
- ☐ mixed nuts  
1/3 cup (45g)

### Snacks

- ☐ small granola bar  
2 bar (50g)

### Cereal Grains and Pasta

- ☐ cornstarch  
2 tbsp (16g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### 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.

### Medium toasted bagel with vegan cream cheese

1/2 bagel(s) - 192 cals ● 6g protein ● 5g fat ● 29g carbs ● 1g fiber



For single meal:

#### bagel

1/2 medium bagel (3-1/2" to 4" dia)  
(53g)

#### dairy-free cream cheese

1 tbsp (15g)

For all 2 meals:

#### bagel

1 medium bagel (3-1/2" to 4" dia)  
(105g)

#### dairy-free cream cheese

2 tbsp (30g)

1. Toast the bagel to desired toastiness.
2. Spread the cream cheese.
3. Enjoy.

### Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber





For single meal:

**banana**

2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

**banana**

4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

**bread**

2 slice (64g)

**hummus**

5 tbsp (75g)

For all 3 meals:

**bread**

6 slice (192g)

**hummus**

1 cup (225g)

1. (Optional) Toast bread.
  2. Spread hummus over bread and serve.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### 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.

### Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**  
1 stalk, medium (7-1/2" - 8" long)  
(40g)

For all 2 meals:

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

1. Slice celery into sticks and serve.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1 and day 2

Bbq tempeh lettuce wrap

8 lettuce wrap(s) - 658 cals ● 51g protein ● 17g fat ● 52g carbs ● 23g fiber



For single meal:

- oil
- 1 tsp (5mL)
- coleslaw mix
- 2 cup (180g)
- barbecue sauce
- 4 tbsp (68g)
- romaine lettuce
- 8 leaf inner (48g)
- tempeh, cubed
- 1/2 lbs (227g)
- bell pepper, deseeded and sliced
- 1 small (74g)

For all 2 meals:

- oil
- 2 tsp (10mL)
- coleslaw mix
- 4 cup (360g)
- barbecue sauce
- 1/2 cup (136g)
- romaine lettuce
- 16 leaf inner (96g)
- tempeh, cubed
- 1 lbs (454g)
- bell pepper, deseeded and sliced
- 2 small (148g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
3. Assemble the lettuce wraps by topping the lettuce with the bbq tempeh, coleslaw, and bell pepper. Serve.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

- pears
- 1 medium (178g)

For all 2 meals:

- pears
- 2 medium (356g)

1. The recipe has no instructions.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Tuscan white bean soup

403 cals ● 19g protein ● 8g fat ● 49g carbs ● 14g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**carrots, chopped**  
1/2 large (36g)  
**raw celery, chopped**  
1/2 stalk, large (11"-12" long) (32g)  
**italian seasoning**  
1/2 tbsp (5g)  
**crushed red pepper**  
2 dash (0g)  
**vegetable broth**  
2 cup(s) (mL)  
**fresh spinach**  
1 cup(s) (30g)  
**white beans, canned, rinsed & drained**  
1/2 can(s) (220g)  
**onion, diced**  
1/2 small (35g)  
**garlic, minced**  
2 clove(s) (6g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**carrots, chopped**  
1 large (72g)  
**raw celery, chopped**  
1 stalk, large (11"-12" long) (64g)  
**italian seasoning**  
1 tbsp (11g)  
**crushed red pepper**  
4 dash (1g)  
**vegetable broth**  
4 cup(s) (mL)  
**fresh spinach**  
2 cup(s) (60g)  
**white beans, canned, rinsed & drained**  
1 can(s) (439g)  
**onion, diced**  
1 small (70g)  
**garlic, minced**  
4 clove(s) (12g)

1. Heat oil in a large pot over medium heat. Add the onion and garlic and fry for about 5 minutes until softened. Add the carrots and celery and cook another 8-10 minutes, stirring occasionally.
2. Add the broth, white beans, Italian seasoning, crushed red pepper, and some salt/pepper to taste to the pot and bring to a simmer. Reduce heat to low and simmer, covered, for 15 minutes.
3. Stir in spinach and cook until wilted, about 2 minutes.
4. Serve.

### Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

**salad dressing**  
1 tbsp (17mL)  
**carrots, sliced**  
3/8 medium (23g)  
**romaine lettuce, roughly chopped**  
3/4 hearts (375g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia) (92g)

For all 2 meals:

**salad dressing**  
2 1/4 tbsp (34mL)  
**carrots, sliced**  
3/4 medium (46g)  
**romaine lettuce, roughly chopped**  
1 1/2 hearts (750g)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia) (185g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Lunch 3 [↗](#)

Eat on day 5 and day 6

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### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

**pears**  
1 medium (178g)

For all 2 meals:

**pears**  
2 medium (356g)

1. The recipe has no instructions.
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### Bbq tempeh wrap

1 wrap(s) - 472 cals ● 29g protein ● 12g fat ● 48g carbs ● 13g fiber



For single meal:

**barbecue sauce**  
2 tbsp (34g)  
**coleslaw mix**  
1 cup (90g)  
**flour tortillas**  
1 tortilla (approx 7-8" dia) (49g)  
**oil**  
1/2 tsp (3mL)  
**tempeh, cut into strips**  
4 oz (113g)  
**bell pepper, deseeded and sliced**  
1/2 small (37g)

For all 2 meals:

**barbecue sauce**  
4 tbsp (68g)  
**coleslaw mix**  
2 cup (180g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**oil**  
1 tsp (5mL)  
**tempeh, cut into strips**  
1/2 lbs (227g)  
**bell pepper, deseeded and sliced**  
1 small (74g)

1. Heat oil in a skillet over medium heat. Fry the tempeh for 3-5 minutes on each side until browned and heated through.
  2. Add tempeh to a small bowl and add the barbecue sauce. Toss to coat.
  3. Assemble the wrap by topping the tortilla with the bbq tempeh, coleslaw, and bell pepper. Wrap up and serve.
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## Lunch 4 [↗](#)

Eat on day 7

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### Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



#### salad dressing

3/4 tbsp (11mL)

#### carrots, sliced

1/4 medium (15g)

#### romaine lettuce, roughly chopped

1/2 hearts (250g)

#### tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

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### Lemon pepper tofu

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



Makes 14 oz

#### 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)

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.
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## Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

### Double chocolate almond milk protein shake

251 cals ● 40g protein ● 7g fat ● 5g carbs ● 3g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**almond milk, unsweetened**  
3/4 cup (180mL)  
**cocoa powder**  
1/2 tbsp (3g)  
**protein powder, chocolate**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

**water**  
4 1/2 cup(s) (1067mL)  
**almond milk, unsweetened**  
2 1/4 cup (540mL)  
**cocoa powder**  
1 1/2 tbsp (8g)  
**protein powder, chocolate**  
4 1/2 scoop (1/3 cup ea) (140g)

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

## Snacks 2 [↗](#)

Eat on day 4 and day 5

### Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

**raw celery**  
1 stalk, medium (7-1/2" - 8" long) (40g)  
**peanut butter**  
1 tbsp (16g)

For all 2 meals:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long) (80g)  
**peanut butter**  
2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

### Almond protein balls

1 ball(s) - 135 cals ● 6g protein ● 10g fat ● 2g carbs ● 2g fiber



For single meal:

**almond butter**  
1 tbsp (16g)  
**almond flour**  
1/2 tbsp (4g)  
**protein powder**  
1/2 tbsp (3g)

For all 2 meals:

**almond butter**  
2 tbsp (31g)  
**almond flour**  
1 tbsp (7g)  
**protein powder**  
1 tbsp (6g)

1. Mix all ingredients together until well incorporated.
2. Form into balls.
3. Store any leftovers in an airtight container in the fridge.

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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Carrot sticks

1 carrot(s) - 27 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

**carrots**  
1 medium (61g)

For all 2 meals:

**carrots**  
2 medium (122g)

1. Cut carrots into strips and serve.

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### Bell pepper strips and hummus

85 cal ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

**hummus**  
2 1/2 tbsp (41g)  
**bell pepper**  
1/2 medium (60g)

For all 2 meals:

**hummus**  
1/3 cup (81g)  
**bell pepper**  
1 medium (119g)

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



## Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**  
2 2/3 tbsp (22g)

For all 2 meals:

**mixed nuts**  
1/3 cup (45g)

1. The recipe has no instructions.

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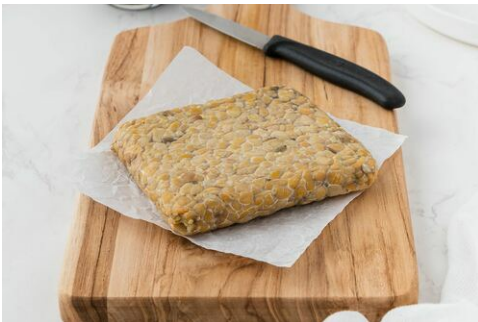
## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

**tempeh**  
2 oz (57g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**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.

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### Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**bell pepper, seeded & cut into strips**  
1/2 large (82g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**bell pepper, seeded & cut into strips**  
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Basic tofu

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



For single meal:

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

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**firm tofu**  
3/4 lbs (340g)

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.

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### Mixed vegetables

1 3/4 cup(s) - 170 cal ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



For single meal:

**frozen mixed veggies**  
1 3/4 cup (236g)

For all 2 meals:

**frozen mixed veggies**  
3 1/2 cup (473g)

1. Prepare according to instructions on package.

## Simple vegan garlic bread

1 slice(s) - 126 cals ● 4g protein ● 6g fat ● 13g carbs ● 2g fiber



For single meal:

**bread**  
1 slice (32g)  
**olive oil**  
1 tsp (5mL)  
**garlic, minced**  
1 clove(s) (3g)

For all 2 meals:

**bread**  
2 slice (64g)  
**olive oil**  
2 tsp (10mL)  
**garlic, minced**  
2 clove(s) (6g)

1. Drizzle the oil on the bread, sprinkle with garlic, and toast in a toaster oven until bread is golden brown.

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## Dinner 3 [🔗](#)

Eat on day 5 and day 6

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### Banana

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



For single meal:

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

For all 2 meals:

**banana**  
2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

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### 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.

## 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.

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## Dinner 4 [↗](#)

Eat on day 7

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### Lentil pasta

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



**pasta sauce**

1/4 jar (24 oz) (168g)

**lentil pasta**

4 oz (113g)

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

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

5 scoop - 545 cals ● 121g protein ● 3g fat ● 5g carbs ● 5g fiber



For single meal:

**protein powder**

5 scoop (1/3 cup ea) (155g)

**water**

5 cup(s) (1185mL)

For all 7 meals:

**protein powder**

35 scoop (1/3 cup ea) (1085g)

**water**

35 cup(s) (8295mL)

1. The recipe has no instructions.
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