

# Meal Plan - 2300 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

2313 cals ● 233g protein (40%) ● 71g fat (28%) ● 161g carbs (28%) ● 23g fiber (4%)

### Breakfast

345 cals, 23g protein, 31g net carbs, 11g fat



[Vegan English bubble & squeak](#)

2 patties- 194 cals



[Vegan breakfast sausage links](#)

4 links- 150 cals

### Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



[Pistachios](#)

188 cals

### Lunch

650 cals, 39g protein, 73g net carbs, 21g fat



[Fruit juice](#)

1 cup(s)- 115 cals



[Crispy chik'n tenders](#)

9 1/3 tender(s)- 533 cals

### Dinner

590 cals, 44g protein, 46g net carbs, 23g fat



[Garlic pepper seitan](#)

456 cals



[Basic baked potato](#)

1/2 potato(es)- 132 cals

### Protein Supplement(s)

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



[Protein shake](#)

5 scoop- 545 cals

## Day 2

2277 cals ● 227g protein (40%) ● 69g fat (27%) ● 145g carbs (25%) ● 42g fiber (7%)

### Breakfast

345 cals, 23g protein, 31g net carbs, 11g fat



[Vegan English bubble & squeak](#)  
2 patties- 194 cals



[Vegan breakfast sausage links](#)  
4 links- 150 cals

### Snacks

190 cals, 7g protein, 6g net carbs, 14g fat



[Pistachios](#)  
188 cals

### Lunch

575 cals, 39g protein, 37g net carbs, 23g fat



[Basic tempeh](#)  
6 oz- 443 cals



[Basic baked potato](#)  
1/2 potato(es)- 132 cals

### Dinner

625 cals, 37g protein, 67g net carbs, 19g fat



[Simple seitan](#)  
4 oz- 244 cals



[Baked fries](#)  
290 cals



[Corn](#)  
92 cals

### Protein Supplement(s)

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



[Protein shake](#)  
5 scoop- 545 cals

## Day 3

2357 cals ● 225g protein (38%) ● 66g fat (25%) ● 168g carbs (28%) ● 49g fiber (8%)

### Breakfast

345 cals, 23g protein, 31g net carbs, 11g fat



[Vegan English bubble & squeak](#)  
2 patties- 194 cals



[Vegan breakfast sausage links](#)  
4 links- 150 cals

### Snacks

265 cals, 5g protein, 28g net carbs, 11g fat



[Clementine](#)  
3 clementine(s)- 117 cals



[Pepper strips and guacamole](#)  
150 cals

### Lunch

575 cals, 39g protein, 37g net carbs, 23g fat



[Basic tempeh](#)  
6 oz- 443 cals



[Basic baked potato](#)  
1/2 potato(es)- 132 cals

### Dinner

625 cals, 37g protein, 67g net carbs, 19g fat



[Simple seitan](#)  
4 oz- 244 cals



[Baked fries](#)  
290 cals



[Corn](#)  
92 cals

### Protein Supplement(s)

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



[Protein shake](#)  
5 scoop- 545 cals

# Day 4

2251 cals ● 208g protein (37%) ● 46g fat (18%) ● 200g carbs (36%) ● 51g fiber (9%)

## Breakfast

270 cals, 9g protein, 48g net carbs, 4g fat



### Fruit juice

1 cup(s)- 115 cals



### Cherry tomatoes

6 cherry tomatoes- 21 cals



### Soy milk yogurt

1 container- 136 cals

## Snacks

265 cals, 5g protein, 28g net carbs, 11g fat



### Clementine

3 clementine(s)- 117 cals



### Pepper strips and guacamole

150 cals

## Lunch

570 cals, 31g protein, 70g net carbs, 14g fat



### Soy milk

1 1/2 cup(s)- 127 cals



### Spaghetti and meatless meatballs

443 cals

## Dinner

600 cals, 42g protein, 50g net carbs, 15g fat



### Lentils

231 cals



### Basic tofu

4 oz- 171 cals



### Roasted broccoli

196 cals

## Protein Supplement(s)

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



### Protein shake

5 scoop- 545 cals

## Day 5

2262 cals ● 236g protein (42%) ● 61g fat (24%) ● 163g carbs (29%) ● 28g fiber (5%)

### Breakfast

270 cals, 9g protein, 48g net carbs, 4g fat



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



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



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

### Snacks

230 cals, 10g protein, 14g net carbs, 12g fat



**Avocado toast**  
1 slice(s)- 168 cals



**Soy milk**  
3/4 cup(s)- 64 cals

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

### Lunch

620 cals, 32g protein, 59g net carbs, 23g fat



**Walnuts**  
1/6 cup(s)- 131 cals



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals



**Clementine**  
3 clementine(s)- 117 cals

### Dinner

595 cals, 64g protein, 38g net carbs, 20g fat



**Teriyaki seitan wings**  
8 oz seitan- 595 cals

## Day 6

2325 cals ● 227g protein (39%) ● 80g fat (31%) ● 132g carbs (23%) ● 39g fiber (7%)

### Breakfast

285 cals, 15g protein, 35g net carbs, 6g fat



**Vegan breakfast sausage links**  
2 links- 75 cals



**Blueberry vanilla oatmeal**  
209 cals

### Lunch

670 cals, 17g protein, 41g net carbs, 40g fat



**Zoodles with avocado sauce**  
353 cals



**Almond yogurt**  
1 container(s)- 191 cals



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

### Snacks

230 cals, 10g protein, 14g net carbs, 12g fat



**Avocado toast**  
1 slice(s)- 168 cals



**Soy milk**  
3/4 cup(s)- 64 cals

### Protein Supplement(s)

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



**Protein shake**  
5 scoop- 545 cals

### Dinner

595 cals, 64g protein, 38g net carbs, 20g fat



**Teriyaki seitan wings**  
8 oz seitan- 595 cals

# Day 7

2349 cals ● 203g protein (34%) ● 83g fat (32%) ● 149g carbs (25%) ● 48g fiber (8%)

## Breakfast

285 cals, 15g protein, 35g net carbs, 6g fat



[Vegan breakfast sausage links](#)  
2 links- 75 cals



[Blueberry vanilla oatmeal](#)  
209 cals

## Snacks

230 cals, 10g protein, 14g net carbs, 12g fat



[Avocado toast](#)  
1 slice(s)- 168 cals



[Soy milk](#)  
3/4 cup(s)- 64 cals

## Lunch

670 cals, 17g protein, 41g net carbs, 40g fat



[Zoodles with avocado sauce](#)  
353 cals



[Almond yogurt](#)  
1 container(s)- 191 cals



[Simple vegan garlic bread](#)  
1 slice(s)- 126 cals

## Dinner

620 cals, 40g protein, 54g net carbs, 22g fat



[Breaded seitan nuggets](#)  
302 cals



[Lentils](#)  
174 cals



[Roasted broccoli with nutritional yeast](#)  
1 1/3 cup(s)- 143 cals

## Protein Supplement(s)

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



[Protein shake](#)  
5 scoop- 545 cals

# Grocery List



## Fats and Oils

- olive oil  
1 oz (30mL)
- oil  
1/4 lbs (139mL)

## Vegetables and Vegetable Products

- onion  
2 3/4 tbsp, chopped (27g)
- green pepper  
4 tsp, chopped (12g)
- garlic  
3 2/3 clove(s) (11g)
- potatoes  
3 2/3 lbs (1659g)
- brussels sprouts  
3 cup, shredded (150g)
- ketchup  
1/4 cup (62g)
- frozen corn kernels  
1 1/3 cup (181g)
- bell pepper  
2 medium (238g)
- frozen broccoli  
2 package (568g)
- tomatoes  
27 cherry tomatoes (459g)
- zucchini  
1 1/2 large (485g)
- broccoli  
1 1/3 cup chopped (121g)

## Spices and Herbs

- black pepper  
1/4 tbsp, ground (2g)
- salt  
5 g (5g)
- garlic powder  
1/4 tbsp (3g)
- onion powder  
4 dash (1g)
- fresh basil  
1 1/2 cup leaves, whole (36g)
- vanilla extract  
2 tsp (10mL)
- ground cumin  
1 1/2 dash (0g)
- ground coriander  
1 1/2 dash (0g)

## Soups, Sauces, and Gravies

- hot sauce  
2 tbsp (30mL)
- pasta sauce  
1/6 jar (24 oz) (112g)
- chunky canned soup (non-creamy varieties)  
1 1/2 can (~19 oz) (789g)

## Other

- vegan breakfast sausage links  
16 links (360g)
- meatless chik'n tenders  
9 1/3 pieces (238g)
- guacamole, store-bought  
1/2 cup (124g)
- soy milk yogurt  
2 container(s) (301g)
- soy milk, unsweetened  
3 3/4 cup(s) (mL)
- vegan meatballs, frozen  
2 meatball(s) (60g)
- teriyaki sauce  
1/2 cup (120mL)
- almond yogurt, flavored  
2 container (300g)
- nutritional yeast  
2 tsp (2g)

## Fruits and Fruit Juices

- fruit juice  
24 fl oz (720mL)
- clementines  
9 fruit (666g)
- avocados  
2 1/4 avocado(s) (452g)
- lemon juice  
1/4 cup (68mL)
- blueberries  
1/2 cup (74g)

## Legumes and Legume Products

- tempeh  
3/4 lbs (340g)
- lentils, raw  
9 1/4 tbsp (112g)
- firm tofu  
4 oz (113g)

## **Beverages**

- water**  
2 1/2 gallon (9446mL)
- protein powder**  
35 scoop (1/3 cup ea) (1085g)

## **Cereal Grains and Pasta**

- seitan**  
2 lbs (907g)
- uncooked dry pasta**  
2 2/3 oz (76g)

## **Nut and Seed Products**

- pistachios, shelled**  
1/2 cup (62g)
- walnuts**  
3 tbsp, shelled (19g)

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- soy sauce**  
2 tsp (10mL)

## **Baked Products**

- bread**  
5 slice (160g)
- bread crumbs**  
1 3/4 tbsp (12g)

## **Breakfast Cereals**

- oatmeal, old-fashioned oats, rolled oats**  
1 cup(s) (81g)

## **Sweets**

- maple syrup**  
2 tsp (10mL)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Vegan English bubble & squeak

2 patties - 194 cals ● 5g protein ● 5g fat ● 27g carbs ● 6g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**hot sauce**  
2 tsp (10mL)  
**potatoes, peeled & cut into chunks**  
2 small (1-3/4" to 2-1/4" dia.)  
(184g)  
**brussels sprouts, shredded**  
1 cup, shredded (50g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**hot sauce**  
2 tbsp (30mL)  
**potatoes, peeled & cut into chunks**  
6 small (1-3/4" to 2-1/4" dia.)  
(552g)  
**brussels sprouts, shredded**  
3 cup, shredded (150g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with hot sauce.

### Vegan breakfast sausage links

4 links - 150 cals ● 18g protein ● 6g fat ● 4g carbs ● 2g fiber



For single meal:

**vegan breakfast sausage links**  
4 links (90g)

For all 3 meals:

**vegan breakfast sausage links**  
12 links (270g)

1. Cook links according to package instructions.  
Serve.

## Breakfast 2 ↗

Eat on day 4 and day 5

### 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.

### 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.

### 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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Vegan breakfast sausage links

2 links - 75 cals ● 9g protein ● 3g fat ● 2g carbs ● 1g fiber



For single meal:

**vegan breakfast sausage links**  
2 links (45g)

For all 2 meals:

**vegan breakfast sausage links**  
4 links (90g)

1. Cook links according to package instructions.  
Serve.

### Blueberry vanilla oatmeal

209 cals ● 6g protein ● 3g fat ● 33g carbs ● 5g fiber



For single meal:

**oatmeal, old-fashioned oats, rolled oats**  
1/2 cup(s) (41g)  
**blueberries**  
4 tbsp (37g)  
**vanilla extract**  
1 tsp (5mL)  
**maple syrup**  
1 tsp (5mL)  
**water**  
3/4 cup(s) (178mL)

For all 2 meals:

**oatmeal, old-fashioned oats, rolled oats**  
1 cup(s) (81g)  
**blueberries**  
1/2 cup (74g)  
**vanilla extract**  
2 tsp (10mL)  
**maple syrup**  
2 tsp (10mL)  
**water**  
1 1/2 cup(s) (356mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

## Lunch 1 ↗

Eat on day 1

### Fruit juice

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

Makes 1 cup(s)



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

1. The recipe has no instructions.

### Crispy chick'n tenders

9 1/3 tender(s) - 533 cals ● 38g protein ● 21g fat ● 48g carbs ● 0g fiber



Makes 9 1/3 tender(s)

**meatless chick'n tenders**  
9 1/3 pieces (238g)  
**ketchup**  
2 1/3 tbsp (40g)

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

## Lunch 2 ↗

Eat on day 2 and day 3

### Basic tempeh

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



For single meal:

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

For all 2 meals:

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

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.

### Basic baked potato

1/2 potato(es) - 132 cals ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**salt**  
1/2 dash (0g)  
**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**salt**  
1 dash (0g)  
**potatoes**  
1 large (3" to 4-1/4" dia.) (369g)

**1. OVEN:**

2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
- 4. MICROWAVE:**

5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

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## Lunch 3

Eat on day 4

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### Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



Makes 1 1/2 cup(s)

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

1. The recipe has no instructions.

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### Spaghetti and meatless meatballs

443 cals ● 21g protein ● 7g fat ● 67g carbs ● 7g fiber



**pasta sauce**  
1/6 jar (24 oz) (112g)  
**uncooked dry pasta**  
2 2/3 oz (76g)  
**vegan meatballs, frozen**  
2 meatball(s) (60g)

1. Cook the pasta and 'meat'balls as directed on packaging.
2. Top with sauce and enjoy.

## Lunch 4 ↗

Eat on day 5

### Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



Makes 1/6 cup(s)

**walnuts**  
3 tbsp, shelled (19g)

1. The recipe has no instructions.

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

**chunky canned soup (non-creamy varieties)**  
1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

### Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 3 clementine(s)

**clementines**  
3 fruit (222g)

1. The recipe has no instructions.

## Lunch 5 ↗

Eat on day 6 and day 7

### Zoodles with avocado sauce

353 cals ● 8g protein ● 23g fat ● 13g carbs ● 15g fiber



For single meal:

**water**  
1/4 cup(s) (59mL)  
**lemon juice**  
2 1/4 tbsp (34mL)  
**fresh basil**  
3/4 cup leaves, whole (18g)  
**tomatoes, halved**  
7 1/2 cherry tomatoes (128g)  
**zucchini**  
3/4 large (242g)  
**avocados, peeled and seed removed**  
3/4 avocado(s) (151g)

For all 2 meals:

**water**  
1/2 cup(s) (118mL)  
**lemon juice**  
1/4 cup (68mL)  
**fresh basil**  
1 1/2 cup leaves, whole (36g)  
**tomatoes, halved**  
15 cherry tomatoes (255g)  
**zucchini**  
1 1/2 large (485g)  
**avocados, peeled and seed removed**  
1 1/2 avocado(s) (302g)

1. Using a spiralizer or peeler, create the zucchini noodles.
2. Put the water, lemon juice, avocado, and basil into a blender and blend until smooth.
3. In a bowl combine the zucchini noodles, tomatoes, and sauce and stir gently until well coated. Add salt and pepper to taste. Serve.
4. Note: While this recipe is best fresh, it can hold up well being stored in the fridge for a day or two.

### Almond yogurt

1 container(s) - 191 cals ● 5g protein ● 11g fat ● 15g carbs ● 3g fiber



For single meal:

**almond yogurt, flavored**  
1 container (150g)

For all 2 meals:

**almond yogurt, flavored**  
2 container (300g)

1. The recipe has no instructions.

### 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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## Snacks 1 ↗

Eat on day 1 and day 2

### 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.

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## Snacks 2 ↗

Eat on day 3 and day 4

### Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

**clementines**  
3 fruit (222g)

For all 2 meals:

**clementines**  
6 fruit (444g)

1. The recipe has no instructions.

## Pepper strips and guacamole

150 cals ● 3g protein ● 10g fat ● 6g carbs ● 6g fiber



For single meal:

**guacamole, store-bought**  
4 tbsp (62g)  
**bell pepper, sliced**  
1 medium (119g)

For all 2 meals:

**guacamole, store-bought**  
1/2 cup (124g)  
**bell pepper, sliced**  
2 medium (238g)

1. Slice the peppers into strips and remove the seeds.
2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.

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## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### 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 3 meals:

**bread**  
3 slice (96g)  
**avocados, ripe, sliced**  
3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

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## Soy milk

3/4 cup(s) - 64 cals ● 5g protein ● 3g fat ● 2g carbs ● 2g fiber



For single meal:

**soy milk, unsweetened**  
3/4 cup(s) (mL)

For all 3 meals:

**soy milk, unsweetened**  
2 1/4 cup(s) (mL)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Garlic pepper seitan

456 cals ● 41g protein ● 22g fat ● 22g carbs ● 2g fiber



**olive oil**  
4 tsp (20mL)  
**onion**  
2 2/3 tbsp, chopped (27g)  
**green pepper**  
4 tsp, chopped (12g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**water**  
2 tsp (10mL)  
**salt**  
2/3 dash (0g)  
**seitan, chicken style**  
1/3 lbs (151g)  
**garlic, minced**  
1 2/3 clove(s) (5g)

1. Heat olive oil in a skillet over medium-low heat.
2. Add onions and garlic, and cook, stirring until lightly browned.
3. Increase the heat to medium, and add the green pepper and seitan to the pan, stirring to coat the seitan evenly.
4. Season with salt and pepper. Add the water, reduce heat to low, cover, and simmer for 35 minutes in order for the seitan to absorb the flavors.
5. Cook, stirring until thickened, and serve immediately.

### Basic baked potato

1/2 potato(es) - 132 cals ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



Makes 1/2 potato(es)

**oil**

1/4 tsp (1mL)

**salt**

1/2 dash (0g)

**potatoes**

1/2 large (3" to 4-1/4" dia.) (185g)

**1. OVEN:**

2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.

3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.

**4. MICROWAVE:**

5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate. 6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.

7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

## Dinner 2 ↗

Eat on day 2 and day 3

### Simple seitan

4 oz - 244 cals ● 30g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**seitan**  
4 oz (113g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**seitan**  
1/2 lbs (227g)  
**oil**  
2 tsp (10mL)

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.

### Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



For single meal:

**potatoes**  
3/4 large (3" to 4-1/4" dia.) (277g)  
**oil**  
3/4 tbsp (11mL)

For all 2 meals:

**potatoes**  
1 1/2 large (3" to 4-1/4" dia.) (554g)  
**oil**  
1 1/2 tbsp (23mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

### Corn

92 cals ● 3g protein ● 1g fat ● 17g carbs ● 2g fiber



For single meal:

**frozen corn kernels**

2/3 cup (91g)

For all 2 meals:

**frozen corn kernels**

1 1/3 cup (181g)

1. Prepare according to instructions on package.

## Dinner 3

Eat on day 4

### 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.

### Basic tofu

4 oz - 171 cals  9g protein  14g fat  2g carbs  0g fiber



Makes 4 oz

**oil**  
2 tsp (10mL)  
**firm tofu**  
4 oz (113g)

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.

### Roasted broccoli

196 cals  18g protein  0g fat  14g carbs  18g fiber



**frozen broccoli**  
2 package (568g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**garlic powder**  
4 dash (2g)  
**onion powder**  
4 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

## Dinner 4 ↗

Eat on day 5 and day 6

### Teriyaki seitan wings

8 oz seitan - 595 cals ● 64g protein ● 20g fat ● 38g carbs ● 1g fiber



For single meal:

**seitan**  
1/2 lbs (227g)  
**oil**  
1 tbsp (15mL)  
**teriyaki sauce**  
4 tbsp (60mL)

For all 2 meals:

**seitan**  
1 lbs (454g)  
**oil**  
2 tbsp (30mL)  
**teriyaki sauce**  
1/2 cup (120mL)

1. Cut seitan into bite-sized shapes
2. Heat oil in a pan over medium heat.
3. Add seitan and cook for a few minutes on each side until edges are browned and crispy.
4. Add in teriyaki sauce and mix until fully coated. Cook for one more minute.
5. Remove and serve.

## Dinner 5 ↗

Eat on day 7

### Breaded seitan nuggets

302 cals ● 23g protein ● 12g fat ● 24g carbs ● 1g fiber



**garlic powder**  
1/3 tsp (1g)  
**oil**  
2 tsp (10mL)  
**soy sauce**  
2 tsp (10mL)  
**black pepper**  
1/3 dash, ground (0g)  
**ground cumin**  
1 1/3 dash (0g)  
**ground coriander**  
1 1/3 dash (0g)  
**bread crumbs**  
1 3/4 tbsp (12g)  
**ketchup**  
4 tsp (23g)  
**seitan, broken into bite-sized pieces**  
2 2/3 oz (76g)

1. In a small bowl, combine bread crumbs, garlic powder, coriander, cumin, and black pepper. In a separate bowl, add the soy sauce.
2. Dip the seitan nuggets in the soy sauce, then in the bread crumb mixture until fully coated. Set aside.
3. Heat oil in a skillet over medium heat. Fry seitan until browned on all sides.
4. Serve with ketchup.

### 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.

### Roasted broccoli with nutritional yeast

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



Makes 1 1/3 cup(s)

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

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.

## Protein Supplement(s)

Eat every day

### 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.