

# Meal Plan - 2400 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

2406 cals ● 210g protein (35%) ● 74g fat (28%) ● 180g carbs (30%) ● 44g fiber (7%)

### Breakfast

425 cals, 11g protein, 51g net carbs, 14g fat



#### Blackberries

1 cup(s)- 70 cals



#### Almond yogurt

1 container(s)- 191 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

605 cals, 35g protein, 43g net carbs, 29g fat



#### Basic tofu

8 oz- 342 cals



#### Lentils

260 cals

### Snacks

190 cals, 3g protein, 28g net carbs, 5g fat



#### Crackers

5 1/3 cracker(s)- 90 cals



#### Grapes

102 cals

### Dinner

585 cals, 28g protein, 53g net carbs, 25g fat



#### Vegan tofu lasagna

445 cals



#### Soy milk

1 2/3 cup(s)- 141 cals

### Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



#### Protein shake

5 1/2 scoop- 600 cals

## Day 2

2390 cals ● 214g protein (36%) ● 84g fat (32%) ● 140g carbs (24%) ● 55g fiber (9%)

### Breakfast

425 cals, 11g protein, 51g net carbs, 14g fat



**Blackberries**  
1 cup(s)- 70 cals



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



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

### Snacks

190 cals, 3g protein, 28g net carbs, 5g fat



**Crackers**  
5 1/3 cracker(s)- 90 cals



**Grapes**  
102 cals

### Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



**Protein shake**  
5 1/2 scoop- 600 cals

### Lunch

605 cals, 35g protein, 43g net carbs, 29g fat



**Basic tofu**  
8 oz- 342 cals



**Lentils**  
260 cals

### Dinner

570 cals, 32g protein, 14g net carbs, 34g fat



**Vegan crumbles**  
1 1/2 cup(s)- 219 cals



**Tomato and avocado salad**  
352 cals

## Day 3

2405 cals ● 242g protein (40%) ● 96g fat (36%) ● 99g carbs (17%) ● 45g fiber (7%)

### Breakfast

360 cals, 21g protein, 30g net carbs, 15g fat



**Peach**  
1 peach(es)- 66 cals



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



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

### Lunch

575 cals, 46g protein, 20g net carbs, 31g fat



**Baked tofu**  
16 oz- 452 cals



**Sautéed peppers and onions**  
125 cals

### Snacks

295 cals, 10g protein, 31g net carbs, 13g fat



**Small granola bar**  
2 bar(s)- 238 cals



**Soy milk**  
2/3 cup(s)- 56 cals

### Dinner

570 cals, 32g protein, 14g net carbs, 34g fat



**Vegan crumbles**  
1 1/2 cup(s)- 219 cals



**Tomato and avocado salad**  
352 cals

### Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



**Protein shake**  
5 1/2 scoop- 600 cals

## Day 4

2373 cals ● 250g protein (42%) ● 85g fat (32%) ● 110g carbs (19%) ● 42g fiber (7%)

### Breakfast

360 cals, 21g protein, 30g net carbs, 15g fat



#### Peach

1 peach(es)- 66 cals



#### Almond yogurt

1 container(s)- 191 cals



#### Protein shake (almond milk)

105 cals

### Snacks

295 cals, 10g protein, 31g net carbs, 13g fat



#### Small granola bar

2 bar(s)- 238 cals



#### Soy milk

2/3 cup(s)- 56 cals

### Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



#### Protein shake

5 1/2 scoop- 600 cals

### Lunch

575 cals, 46g protein, 20g net carbs, 31g fat



#### Baked tofu

16 oz- 452 cals



#### Sauteed peppers and onions

125 cals

### Dinner

540 cals, 40g protein, 25g net carbs, 23g fat



#### Basic tempeh

6 oz- 443 cals



#### Mixed vegetables

1 cup(s)- 97 cals

## Day 5

2476 cals ● 222g protein (36%) ● 104g fat (38%) ● 120g carbs (19%) ● 44g fiber (7%)

### Breakfast

360 cals, 21g protein, 30g net carbs, 15g fat



#### Peach

1 peach(es)- 66 cals



#### Almond yogurt

1 container(s)- 191 cals



#### Protein shake (almond milk)

105 cals

### Snacks

295 cals, 10g protein, 31g net carbs, 13g fat



#### Small granola bar

2 bar(s)- 238 cals



#### Soy milk

2/3 cup(s)- 56 cals

### Lunch

655 cals, 17g protein, 36g net carbs, 41g fat



#### Ginger coconut chickpea soup

343 cals



#### Tomato and avocado salad

313 cals

### Dinner

565 cals, 42g protein, 18g net carbs, 31g fat



#### Chik'n satay with peanut sauce

4 skewers- 466 cals



#### Simple salad with tomatoes and carrots

98 cals

### Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



#### Protein shake

5 1/2 scoop- 600 cals

## Day 6

2347 cals ● 241g protein (41%) ● 88g fat (34%) ● 96g carbs (16%) ● 53g fiber (9%)

### Breakfast

325 cals, 41g protein, 12g net carbs, 8g fat



**Double chocolate almond milk protein shake**  
251 cals



**Raspberries**  
1 cup(s)- 72 cals

### Snacks

205 cals, 8g protein, 25g net carbs, 5g fat



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



**Apples with lime juice**  
121 cals

### Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



**Protein shake**  
5 1/2 scoop- 600 cals

### Lunch

655 cals, 17g protein, 36g net carbs, 41g fat



**Ginger coconut chickpea soup**  
343 cals



**Tomato and avocado salad**  
313 cals

### Dinner

565 cals, 42g protein, 18g net carbs, 31g fat



**Chik'n satay with peanut sauce**  
4 skewers- 466 cals



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

## Day 7

2383 cals ● 248g protein (42%) ● 69g fat (26%) ● 149g carbs (25%) ● 44g fiber (7%)

### Breakfast

325 cals, 41g protein, 12g net carbs, 8g fat



**Double chocolate almond milk protein shake**  
251 cals



**Raspberries**  
1 cup(s)- 72 cals

### Snacks

205 cals, 8g protein, 25g net carbs, 5g fat



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



**Apples with lime juice**  
121 cals

### Protein Supplement(s)

600 cals, 133g protein, 5g net carbs, 3g fat



**Protein shake**  
5 1/2 scoop- 600 cals

### Lunch

550 cals, 23g protein, 68g net carbs, 14g fat



**Peach**  
3 peach(es)- 198 cals



**Tempeh bacon & avocado bagel sandwich**  
1/2 bagel(s)- 349 cals

### Dinner

705 cals, 43g protein, 40g net carbs, 40g fat



**Lima beans**  
77 cals



**Lemon pepper tofu**  
17 1/2 oz- 630 cals

# Grocery List



## Spices and Herbs

- salt  
2 tsp (11g)
- black pepper  
1 3/4 tsp, ground (4g)
- garlic powder  
1/2 tbsp (4g)
- curry powder  
1/2 tbsp (3g)
- turmeric, ground  
1 dash (0g)
- ground cumin  
1/2 dash (0g)
- onion powder  
1/2 dash (0g)
- lemon pepper  
5 dash (1g)

## Other

- italian seasoning  
2 dash (1g)
- vegan cheese, shredded  
1/2 cup (56g)
- nutritional yeast  
3/4 tbsp (3g)
- soy milk, unsweetened  
5 2/3 cup(s) (mL)
- almond yogurt, flavored  
5 container (750g)
- sesame oil  
4 tsp (20mL)
- vegan chik'n strips  
2/3 lbs (302g)
- skewer(s)  
8 skewer(s) (8g)
- protein powder, chocolate  
3 scoop (1/3 cup ea) (93g)

## Cereal Grains and Pasta

- dry lasagna noodles  
1 1/2 oz (43g)
- cornstarch  
2 1/2 tbsp (20g)

## Soups, Sauces, and Gravies

- pasta sauce  
4 tbsp (65g)

## Fruits and Fruit Juices

- grapes  
3 1/2 cup (322g)
- blackberries  
2 cup (288g)
- lime juice  
1/2 cup (115mL)
- avocados  
3 avocado(s) (620g)
- peach  
6 medium (2-2/3" dia) (900g)
- apples  
2 medium (3" dia) (364g)
- limes  
1 fruit (2" dia) (67g)
- raspberries  
2 cup (246g)
- lemon  
1 1/4 small (73g)

## Beverages

- protein powder  
40 scoop (1/3 cup ea) (1240g)
- water  
47 1/4 cup(s) (11198mL)
- almond milk, unsweetened  
3 cup (720mL)

## Breakfast Cereals

- flavored instant oatmeal  
2 packet (86g)

## Fats and Oils

- oil  
3 oz (95mL)
- olive oil  
1 1/2 tbsp (21mL)
- salad dressing  
1 1/2 tbsp (23mL)

## Vegetables and Vegetable Products

- onion  
2 medium (2-1/2" dia) (232g)
- tomatoes  
4 medium whole (2-3/5" dia) (471g)
- fresh ginger  
11 3/4 g (12g)

## Legumes and Legume Products

- firm tofu**  
2 1/4 lbs (1035g)
- lentils, raw**  
1 cup (216g)
- vegetarian burger crumbles**  
3 cup (300g)
- soy sauce**  
1 cup (240mL)
- extra firm tofu**  
2 lbs (907g)
- tempeh**  
1/2 lbs (227g)
- peanut butter**  
2 2/3 tbsp (43g)
- chickpeas, canned**  
1/4 can(s) (112g)

## Baked Products

- crackers**  
10 2/3 crackers (37g)
- bagel**  
1/2 medium bagel (3-1/2" to 4" dia) (53g)

- bell pepper**  
2 large (328g)
- frozen mixed veggies**  
1 cup (135g)
- carrots**  
1/2 medium (31g)
- romaine lettuce**  
1 hearts (500g)
- garlic**  
1 clove(s) (3g)
- lima beans, frozen**  
1/4 package (10 oz) (71g)

## Snacks

- small granola bar**  
6 bar (150g)

## Nut and Seed Products

- sesame seeds**  
2 tbsp (18g)
- coconut milk, canned**  
1/4 can (113mL)

## Sweets

- cocoa powder**  
1 tbsp (5g)

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## Breakfast 1 ↗

Eat on day 1 and day 2

### Blackberries

1 cup(s) - 70 cals ● 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.

### 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.

### Instant oatmeal with water

1 packet(s) - 165 cals ● 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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## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 3 meals:

**peach**  
3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.

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### 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 3 meals:

**almond yogurt, flavored**  
3 container (450g)

1. The recipe has no instructions.

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### Protein shake (almond milk)

105 cals ● 14g protein ● 4g fat ● 3g carbs ● 1g fiber



For single meal:

**almond milk, unsweetened**  
1/2 cup (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

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

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## Breakfast 3 ↗

Eat on day 6 and day 7

### 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 2 meals:

**water**  
3 cup(s) (711mL)  
**almond milk, unsweetened**  
1 1/2 cup (360mL)  
**cocoa powder**  
1 tbsp (5g)  
**protein powder, chocolate**  
3 scoop (1/3 cup ea) (93g)

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

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## Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**  
1 cup (123g)

For all 2 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

## Lunch 1 ↗

Eat on day 1 and day 2

### Basic tofu

8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



For single meal:

**oil**  
4 tsp (20mL)  
**firm tofu**  
1/2 lbs (227g)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**firm tofu**  
1 lbs (454g)

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.

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**salt**  
3/4 dash (1g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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.

## Lunch 2 ↗

Eat on day 3 and day 4

### Baked tofu

16 oz - 452 cals ● 44g protein ● 23g fat ● 11g carbs ● 5g fiber



For single meal:

**soy sauce**  
1/2 cup (120mL)  
**sesame seeds**  
1 tbsp (9g)  
**extra firm tofu**  
1 lbs (454g)  
**fresh ginger, peeled and grated**  
1 slices (1" dia) (2g)

For all 2 meals:

**soy sauce**  
1 cup (240mL)  
**sesame seeds**  
2 tbsp (18g)  
**extra firm tofu**  
2 lbs (907g)  
**fresh ginger, peeled and grated**  
2 slices (1" dia) (4g)

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

### Sautéed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**onion, sliced**  
1/2 medium (2-1/2" dia) (55g)  
**bell pepper, sliced into strips**  
1 large (164g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**onion, sliced**  
1 medium (2-1/2" dia) (110g)  
**bell pepper, sliced into strips**  
2 large (328g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and sauté until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

## Lunch 3 ↗

Eat on day 5 and day 6

### Ginger coconut chickpea soup

343 cals ● 13g protein ● 17g fat ● 28g carbs ● 8g fiber



For single meal:

**oil**  
1/4 tbsp (4mL)  
**water**  
5/8 cup(s) (148mL)  
**coconut milk, canned**  
1/8 can (56mL)  
**curry powder**  
1/4 tbsp (2g)  
**turmeric, ground**  
1/2 dash (0g)  
**fresh ginger, diced**  
1/8 slices (1" dia) (0g)  
**onion, diced**  
1/8 large (19g)  
**garlic, diced**  
1/2 clove(s) (2g)  
**chickpeas, canned, drained**  
1/8 can(s) (56g)  
**lentils, raw, rinsed**  
3 tbsp (36g)

For all 2 meals:

**oil**  
1/2 tbsp (8mL)  
**water**  
1 1/4 cup(s) (296mL)  
**coconut milk, canned**  
1/4 can (113mL)  
**curry powder**  
1/2 tbsp (3g)  
**turmeric, ground**  
1 dash (0g)  
**fresh ginger, diced**  
1/4 slices (1" dia) (1g)  
**onion, diced**  
1/4 large (38g)  
**garlic, diced**  
1 clove(s) (3g)  
**chickpeas, canned, drained**  
1/4 can(s) (112g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

1. Heat oil large saucepan over medium heat and add onions, garlic, and ginger. Stir frequently and cook for about 7 minutes.
2. Add in curry powder and turmeric and cook 1 minute, stirring constantly.
3. Add chickpeas, coconut milk, lentils and water. Stir, bring to a simmer, reduce heat, and simmer for about 30 minutes. Season with salt/pepper to taste and serve.

### Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



For single meal:

**onion**  
4 tsp minced (20g)  
**lime juice**  
4 tsp (20mL)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**avocados, cubed**  
2/3 avocado(s) (134g)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia)  
(82g)

For all 2 meals:

**onion**  
2 2/3 tbsp minced (40g)  
**lime juice**  
2 2/3 tbsp (40mL)  
**olive oil**  
2 tsp (10mL)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (4g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**avocados, cubed**  
1 1/3 avocado(s) (268g)  
**tomatoes, diced**  
1 1/3 medium whole (2-3/5" dia)  
(164g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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## Lunch 4 ↗

Eat on day 7

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### Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber

Makes 3 peach(es)

**peach**  
3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.



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### Tempeh bacon & avocado bagel sandwich

1/2 bagel(s) - 349 cals ● 19g protein ● 13g fat ● 32g carbs ● 9g fiber



Makes 1/2 bagel(s)

**bagel**

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

(53g)

**ground cumin**

1/2 dash (0g)

**oil**

1/4 tsp (1mL)

**onion powder**

1/2 dash (0g)

**avocados, sliced**

1/4 avocado(s) (50g)

**tempeh, cut into strips**

2 oz (57g)

1. **Toast bagel (optional).**
2. **Coat tempeh with oil and evenly coat with the spices and a dash of salt. Fry in a skillet for a few minutes until golden.**
3. **Layer avocado and tempeh onto the bagel and serve.**

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## Snacks 1

Eat on day 1 and day 2

### Crackers

5 1/3 cracker(s) - 90 cals ● 1g protein ● 4g fat ● 12g carbs ● 1g fiber



For single meal:

**crackers**

5 1/3 crackers (19g)

For all 2 meals:

**crackers**

10 2/3 crackers (37g)

1. Enjoy.

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### Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

**grapes**

1 3/4 cup (161g)

For all 2 meals:

**grapes**

3 1/2 cup (322g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

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

For all 3 meals:

**small granola bar**  
6 bar (150g)

1. The recipe has no instructions.

### Soy milk

2/3 cup(s) - 56 cals ● 5g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

**soy milk, unsweetened**  
2/3 cup(s) (mL)

For all 3 meals:

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

1. The recipe has no instructions.

## Snacks 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:

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

For all 2 meals:

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

1. The recipe has no instructions.

### Apples with lime juice

121 cals ● 1g protein ● 0g fat ● 23g carbs ● 5g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)  
**limes**  
1/2 fruit (2" dia) (34g)

For all 2 meals:

**apples**  
2 medium (3" dia) (364g)  
**limes**  
1 fruit (2" dia) (67g)

1. Slice apple, and squeeze lime juice onto slices.

## Dinner 1 ↗

Eat on day 1

### Vegan tofu lasagna

445 cals ● 17g protein ● 17g fat ● 50g carbs ● 6g fiber



**salt**  
1 dash (1g)  
**italian seasoning**  
2 dash (1g)  
**vegan cheese, shredded**  
1/2 cup (56g)  
**dry lasagna noodles**  
1 1/2 oz (43g)  
**pasta sauce**  
4 tbsp (65g)  
**nutritional yeast**  
3/4 tbsp (3g)  
**black pepper**  
2 dash, ground (1g)  
**firm tofu, crumbled**  
3 oz (85g)

1. Preheat oven to 350°F (175°C).
2. Bring a large pot of lightly salted water to a boil. Add lasagna and cook for 8 to 10 minutes or until al dente; drain.
3. In a medium bowl combine tofu, salt, spaghetti sauce, nutritional yeast, Italian seasoning, and half of the shredded cheese. Spread a layer in the bottom of a baking dish.
4. Layer lasagna noodles with the sauce mixture, ending with sauce. Sprinkle with remaining shredded cheese.
5. Bake for 25 to 35 minutes.

### Soy milk

1 2/3 cup(s) - 141 cals ● 12g protein ● 8g fat ● 3g carbs ● 3g fiber



Makes 1 2/3 cup(s)  
**soy milk, unsweetened**  
1 2/3 cup(s) (mL)

1. The recipe has no instructions.

## Dinner 2 ↗

Eat on day 2 and day 3

### Vegan crumbles

1 1/2 cup(s) - 219 cals ● 28g protein ● 7g fat ● 4g carbs ● 8g fiber



For single meal:

**vegetarian burger crumbles**  
1 1/2 cup (150g)

For all 2 meals:

**vegetarian burger crumbles**  
3 cup (300g)

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

### Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

**onion**  
1 1/2 tbsp minced (23g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**olive oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**avocados, cubed**  
3/4 avocado(s) (151g)  
**tomatoes, diced**  
3/4 medium whole (2-3/5" dia)  
(92g)

For all 2 meals:

**onion**  
3 tbsp minced (45g)  
**lime juice**  
3 tbsp (45mL)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic powder**  
1/4 tbsp (2g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**avocados, cubed**  
1 1/2 avocado(s) (302g)  
**tomatoes, diced**  
1 1/2 medium whole (2-3/5" dia)  
(185g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

## Dinner 3 ↗

Eat on day 4

### 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.

### Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



Makes 1 cup(s)

**frozen mixed veggies**  
1 cup (135g)

1. Prepare according to instructions on package.

## Dinner 4 ↗

Eat on day 5 and day 6

### Chik'n satay with peanut sauce

4 skewers - 466 cals ● 38g protein ● 28g fat ● 11g carbs ● 5g fiber



For single meal:

**peanut butter**  
4 tsp (21g)  
**lime juice**  
3 tsp (15mL)  
**sesame oil**  
2 tsp (10mL)  
**vegan chik'n strips**  
1/3 lbs (151g)  
**skewer(s)**  
4 skewer(s) (4g)  
**fresh ginger, grated or minced**  
2/3 inch (2.5cm) cube (3g)

For all 2 meals:

**peanut butter**  
2 2/3 tbsp (43g)  
**lime juice**  
2 tbsp (30mL)  
**sesame oil**  
4 tsp (20mL)  
**vegan chik'n strips**  
2/3 lbs (302g)  
**skewer(s)**  
8 skewer(s) (8g)  
**fresh ginger, grated or minced**  
1 1/3 inch (2.5cm) cube (7g)

1. If chik'n strips are frozen, follow package microwave instructions and cook until soft but not fully cooked.
2. Rub sesame oil over over the chik'n strips and skewer them.
3. Cook skewers in a skillet or grill pan over medium heat until browned on the outside and cooked through.
4. Meanwhile, prepare sauce by mixing together the peanut butter, ginger, and lime juice. You can add a splash of water to adjust the thickness of the sauce, if desired.
5. Serve skewers with peanut sauce and enjoy.

### Simple salad with tomatoes and carrots

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



For single meal:

**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)

For all 2 meals:

**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

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

## Dinner 5 ↗

Eat on day 7

### Lima beans

77 cals ● 5g protein ● 0g fat ● 10g carbs ● 4g fiber



**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
1/4 package (10 oz) (71g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

### Lemon pepper tofu

17 1/2 oz - 630 cals ● 39g protein ● 40g fat ● 29g carbs ● 1g fiber



Makes 17 1/2 oz

**cornstarch**  
2 1/2 tbsp (20g)  
**oil**  
1 1/4 tbsp (19mL)  
**lemon pepper**  
5 dash (1g)  
**lemon, zested**  
1 1/4 small (73g)  
**firm tofu, patted dry & cubed**  
17 1/2 oz (496g)

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.

## Protein Supplement(s) ↗

Eat every day

### Protein shake

5 1/2 scoop - 600 cals ● 133g protein ● 3g fat ● 5g carbs ● 6g fiber



For single meal:

**protein powder**  
5 1/2 scoop (1/3 cup ea) (171g)  
**water**  
5 1/2 cup(s) (1304mL)

For all 7 meals:

**protein powder**  
38 1/2 scoop (1/3 cup ea) (1194g)  
**water**  
38 1/2 cup(s) (9125mL)

1. The recipe has no instructions.