

# Meal Plan - 2500 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

2317 cals ● 230g protein (40%) ● 69g fat (27%) ● 148g carbs (26%) ● 45g fiber (8%)

### Breakfast

380 cals, 44g protein, 20g net carbs, 13g fat



**Protein shake (almond milk)**

315 cals



**Peach**

1 peach(es)- 66 cals

### Snacks

325 cals, 12g protein, 20g net carbs, 20g fat



**Peach pie overnight oats**

191 cals



**Sunflower seeds**

135 cals

### Lunch

275 cals, 13g protein, 30g net carbs, 6g fat



**Black bean and salsa soup**

193 cals



**Chips and salsa**

82 cals

### Dinner

735 cals, 29g protein, 73g net carbs, 29g fat



**Basic tofu**

6 oz- 257 cals



**Basic baked potato**

1 potato(es)- 264 cals



**Olive oil drizzled lima beans**

215 cals

### Protein Supplement(s)

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



**Protein shake**

5 1/2 scoop- 600 cals

## Day 2

2564 cals ● 232g protein (36%) ● 75g fat (26%) ● 199g carbs (31%) ● 41g fiber (6%)

### Breakfast

380 cals, 44g protein, 20g net carbs, 13g fat



#### Protein shake (almond milk)

315 cals



#### Peach

1 peach(es)- 66 cals

### Snacks

325 cals, 12g protein, 20g net carbs, 20g fat



#### Peach pie overnight oats

191 cals



#### Sunflower seeds

135 cals

### Lunch

520 cals, 15g protein, 80g net carbs, 12g fat



#### Nectarine

2 nectarine(s)- 140 cals



#### Peanut butter and jelly sandwich

1 sandwich(es)- 382 cals

### Dinner

735 cals, 29g protein, 73g net carbs, 29g fat



#### Basic tofu

6 oz- 257 cals



#### Basic baked potato

1 potato(es)- 264 cals



#### Olive oil drizzled lima beans

215 cals

### Protein Supplement(s)

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



#### Protein shake

5 1/2 scoop- 600 cals

## Day 3

2465 cals ● 225g protein (37%) ● 56g fat (20%) ● 232g carbs (38%) ● 34g fiber (6%)

### Breakfast

380 cals, 44g protein, 20g net carbs, 13g fat



#### Protein shake (almond milk)

315 cals



#### Peach

1 peach(es)- 66 cals

### Snacks

325 cals, 12g protein, 20g net carbs, 20g fat



#### Peach pie overnight oats

191 cals



#### Sunflower seeds

135 cals

### Lunch

520 cals, 15g protein, 80g net carbs, 12g fat



#### Nectarine

2 nectarine(s)- 140 cals



#### Peanut butter and jelly sandwich

1 sandwich(es)- 382 cals

### Dinner

635 cals, 22g protein, 107g net carbs, 9g fat



#### Pasta with store-bought sauce

510 cals



#### Simple vegan garlic bread

1 slice(s)- 126 cals

### Protein Supplement(s)

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



#### Protein shake

5 1/2 scoop- 600 cals

## Day 4

2476 cals ● 219g protein (35%) ● 108g fat (39%) ● 112g carbs (18%) ● 45g fiber (7%)

### Breakfast

340 cals, 17g protein, 19g net carbs, 17g fat



**Coffee overnight protein oats (dairy-free)**  
163 cals



**Avocado**  
176 cals

### Snacks

275 cals, 14g protein, 15g net carbs, 14g fat



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



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

### Protein Supplement(s)

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



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

### Lunch

610 cals, 30g protein, 13g net carbs, 45g fat



**Walnut crusted tofu (vegan)**  
568 cals



**Broccoli**  
1 1/2 cup(s)- 44 cals

### Dinner

650 cals, 25g protein, 60g net carbs, 28g fat



**Lentils**  
260 cals



**Veggie stuffed tomatoes (dairy-free)**  
3 stuffed tomato(es)- 391 cals

## Day 5

2550 cals ● 230g protein (36%) ● 103g fat (36%) ● 125g carbs (20%) ● 50g fiber (8%)

### Breakfast

340 cals, 17g protein, 19g net carbs, 17g fat



**Coffee overnight protein oats (dairy-free)**  
163 cals



**Avocado**  
176 cals

### Snacks

275 cals, 14g protein, 15g net carbs, 14g fat



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



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

### Protein Supplement(s)

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



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

### Lunch

720 cals, 28g protein, 47g net carbs, 43g fat



**Simple mixed greens salad**  
102 cals



**Vegan chipotle tofu tacos**  
3 taco(s)- 619 cals

### Dinner

620 cals, 38g protein, 39g net carbs, 26g fat



**Basic tempeh**  
4 oz- 295 cals



**Olive oil drizzled lima beans**  
323 cals

## Day 6

2523 cals ● 230g protein (36%) ● 79g fat (28%) ● 182g carbs (29%) ● 42g fiber (7%)

### Breakfast

405 cals, 15g protein, 63g net carbs, 8g fat



#### Peach

2 peach(es)- 132 cals



#### Soy milk yogurt

2 container- 271 cals

### Snacks

240 cals, 9g protein, 23g net carbs, 11g fat



#### Large granola bar

1 bar(s)- 176 cals



#### Soy milk

3/4 cup(s)- 64 cals

### Protein Supplement(s)

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



#### Protein shake

5 1/2 scoop- 600 cals

### Lunch

665 cals, 35g protein, 51g net carbs, 32g fat



#### Basic tofu sandwich

1 1/2 sandwich(es)- 663 cals

### Dinner

620 cals, 38g protein, 39g net carbs, 26g fat



#### Basic tempeh

4 oz- 295 cals



#### Olive oil drizzled lima beans

323 cals

## Day 7

2539 cals ● 220g protein (35%) ● 67g fat (24%) ● 232g carbs (37%) ● 32g fiber (5%)

### Breakfast

405 cals, 15g protein, 63g net carbs, 8g fat



#### Peach

2 peach(es)- 132 cals



#### Soy milk yogurt

2 container- 271 cals

### Snacks

240 cals, 9g protein, 23g net carbs, 11g fat



#### Large granola bar

1 bar(s)- 176 cals



#### Soy milk

3/4 cup(s)- 64 cals

### Lunch

665 cals, 35g protein, 51g net carbs, 32g fat



#### Basic tofu sandwich

1 1/2 sandwich(es)- 663 cals

### Dinner

635 cals, 28g protein, 89g net carbs, 15g fat



#### Naan bread

1 piece(s)- 262 cals



#### Mushroom quinoa lentil soup (vegan)

371 cals

### Protein Supplement(s)

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



#### Protein shake

5 1/2 scoop- 600 cals

# Grocery List



## Soups, Sauces, and Gravies

- vegetable broth  
2 1/4 cup(s) (mL)
- salsa  
1/6 jar (81g)
- pasta sauce  
1/4 jar (24 oz) (168g)

## Legumes and Legume Products

- black beans  
3/8 can(s) (165g)
- firm tofu  
2 2/3 lbs (1269g)
- peanut butter  
2 tbsp (32g)
- lentils, raw  
1/2 cup (104g)
- soy sauce  
1 tsp (5mL)
- tempeh  
1/2 lbs (227g)

## Spices and Herbs

- ground cumin  
1 1/2 dash (0g)
- cinnamon  
3 dash (1g)
- salt  
1/3 oz (10g)
- black pepper  
5 dash, ground (1g)
- dijon mustard  
1 tbsp (15g)
- chipotle seasoning  
4 dash (1g)
- paprika  
1 dash (0g)
- rosemary, dried  
1 dash (0g)

## Dairy and Egg Products

- sour cream  
3/4 tbsp (9g)

## Snacks

- tortilla chips  
1/2 oz (14g)

## Fruits and Fruit Juices

- peach  
7 2/3 medium (2-2/3" dia) (1148g)
- nectarine  
4 medium (2-1/2" dia) (568g)
- lemon juice  
2 tsp (10mL)
- avocados  
1 1/2 avocado(s) (302g)

## Fats and Oils

- oil  
2 1/2 oz (80mL)
- olive oil  
2 oz (65mL)
- vegan mayonnaise  
1/3 cup (83g)
- salad dressing  
2 1/4 tbsp (34mL)

## Vegetables and Vegetable Products

- potatoes  
2 large (3" to 4-1/4" dia.) (738g)
- lima beans, frozen  
2 1/2 package (10 oz) (710g)
- garlic  
5 1/2 clove(s) (17g)
- frozen broccoli  
1 1/2 cup (137g)
- fresh spinach  
1 1/2 cup(s) (45g)
- tomatoes  
4 medium whole (2-3/5" dia) (489g)
- onion  
1 medium (2-1/2" dia) (118g)
- zucchini  
3/4 large (242g)
- fresh cilantro  
1 tbsp, chopped (3g)
- romaine lettuce  
1 1/2 leaf inner (9g)
- mushrooms  
2 cup, pieces or slices (140g)

## Baked Products

- bread  
14 2/3 oz (416g)

- large granola bar**  
2 bar (74g)

## Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats**  
1/4 lbs (101g)

## Beverages

- almond milk, unsweetened**  
6 cup (1440mL)
- protein powder**  
44 scoop (1/3 cup ea) (1364g)
- water**  
2 1/2 gallon (9600mL)
- coffee, brewed**  
3 tbsp (44g)

## Nut and Seed Products

- chia seeds**  
1/4 tbsp (4g)
- walnuts**  
2 oz (60g)
- sunflower kernels**  
2 1/4 oz (64g)
- almond butter**  
1 tbsp (16g)

## Sweets

- maple syrup**  
3 1/2 tsp (18mL)
- jelly**  
4 tbsp (84g)

- corn tortillas**  
3 tortilla, medium (approx 6" dia) (78g)

- naan bread**  
1 piece(s) (90g)

## Cereal Grains and Pasta

- uncooked dry pasta**  
4 oz (114g)
- quinoa, uncooked**  
2 3/4 tbsp (28g)

## Other

- soy milk, unsweetened**  
4 cup(s) (mL)
- italian seasoning**  
1 3/4 tsp (6g)
- vegan cheese, shredded**  
4 tbsp (28g)
- mixed greens**  
1 package (5.5 oz) (153g)
- soy milk yogurt**  
4 container(s) (601g)
- vegan cheese, sliced**  
3 slice(s) (60g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Protein shake (almond milk)

315 cals ● 43g protein ● 12g fat ● 8g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

**almond milk, unsweetened**  
1/4 gallon (1080mL)  
**protein powder**  
4 1/2 scoop (1/3 cup ea) (140g)

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

### 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.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Coffee overnight protein oats (dairy-free)

163 cals ● 15g protein ● 3g fat ● 17g carbs ● 3g fiber



For single meal:

**almond milk, unsweetened**  
2 tbsp (30mL)  
**oatmeal, old-fashioned oats, rolled oats**  
4 tbsp (20g)  
**coffee, brewed**  
1 1/2 tbsp (22g)  
**maple syrup**  
1 tsp (5mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**almond milk, unsweetened**  
4 tbsp (60mL)  
**oatmeal, old-fashioned oats, rolled oats**  
1/2 cup (41g)  
**coffee, brewed**  
3 tbsp (44g)  
**maple syrup**  
2 tsp (10mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

1. In a small airtight container, mix together all of the ingredients.
2. Place mixture to chill in the fridge overnight or for at least 4 hours.

Serve.

### Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 2 meals:

**avocados**  
1 avocado(s) (201g)  
**lemon juice**  
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

**peach**  
2 medium (2-2/3" dia) (300g)

For all 2 meals:

**peach**  
4 medium (2-2/3" dia) (600g)

1. The recipe has no instructions.

### Soy milk yogurt

2 container - 271 cals ● 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

### Black bean and salsa soup

193 cals ● 11g protein ● 2g fat ● 19g carbs ● 12g fiber



**vegetable broth**  
1/4 cup(s) (mL)  
**black beans**  
3/8 can(s) (165g)  
**ground cumin**  
1 1/2 dash (0g)  
**sour cream**  
3/4 tbsp (9g)  
**salsa, chunky**  
3 tbsp (49g)

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

### Chips and salsa

82 cals ● 1g protein ● 3g fat ● 10g carbs ● 1g fiber



**tortilla chips**  
1/2 oz (14g)  
**salsa**  
2 tbsp (32g)

1. Serve salsa with the tortilla chips.

## Lunch 2 ↗

Eat on day 2 and day 3

### Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



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

For all 2 meals:  
**nectarine, pitted**  
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

### Peanut butter and jelly sandwich

1 sandwich(es) - 382 cals ● 12g protein ● 11g fat ● 55g carbs ● 5g fiber



For single meal:

**peanut butter**  
1 tbsp (16g)  
**bread**  
2 slice (64g)  
**jelly**  
2 tbsp (42g)

For all 2 meals:

**peanut butter**  
2 tbsp (32g)  
**bread**  
4 slice (128g)  
**jelly**  
4 tbsp (84g)

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1. Toast bread if desired. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

## Lunch 3 ↗

Eat on day 4

### Walnut crusted tofu (vegan)

568 cals ● 26g protein ● 45g fat ● 11g carbs ● 4g fiber



**lemon juice**  
1 tsp (5mL)  
**dijon mustard**  
1 tbsp (15g)  
**vegan mayonnaise**  
2 tbsp (30g)  
**walnuts**  
1/3 cup, chopped (39g)  
**firm tofu, drained**  
1/2 lbs (227g)  
**garlic, diced**  
2 clove(s) (6g)

1. Preheat oven to 375 F (190 C). Place parchment paper on a baking sheet and set aside.
2. Slice tofu into roughly 2 ounce strips. Wrap strips in a clean towel and press excess water out.
3. Season tofu with salt/pepper to taste. Set aside.
4. In a small bowl, mix together the vegan mayo, dijon mustard, garlic, and lemon juice.
5. Using a spoon, take about half of the mayo mixture (reserving the other half for a dipping sauce) and spread it evenly over all of the tofu strips, leaving the bottoms bare.
6. Pat on chopped walnuts until all sides are evenly coated, also leaving the bottoms bare.
7. Place tofu on the baking sheet and bake for about 20 minutes until tofu is heated and walnuts are toasted.
8. Serve with remaining half of mayo mixture.

### Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)  
**frozen broccoli**  
1 1/2 cup (137g)

1. Prepare according to instructions on package.

## Lunch 4 ↗

Eat on day 5

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



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

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

### Vegan chipotle tofu tacos

3 taco(s) - 619 cals ● 26g protein ● 36g fat ● 40g carbs ● 7g fiber



Makes 3 taco(s)

**chipotle seasoning**  
4 dash (1g)  
**soy sauce**  
1 tsp (5mL)  
**almond butter**  
1 tbsp (16g)  
**fresh cilantro**  
1 tbsp, chopped (3g)  
**vegan mayonnaise**  
2 tbsp (30g)  
**corn tortillas**  
3 tortilla, medium (approx 6" dia) (78g)  
**firm tofu, patted dry & cubed**  
1/2 lbs (198g)  
**oil**  
1/2 tbsp (8mL)  
**water**  
1 tbsp (15mL)  
**garlic, minced**  
1 clove(s) (3g)  
**romaine lettuce, thinly sliced**  
1 1/2 leaf inner (9g)

1. Make cilantro mayo by mixing together the vegan mayonnaise, cilantro, only half of the minced garlic, and some salt in a small bowl. Set aside.
2. Make the chipotle sauce by mixing together in a medium bowl the remaining minced garlic, almond butter, soy sauce, chipotle seasoning, and water. Set aside.
3. Heat oil in a skillet over medium heat. Add cubed tofu and cook until crispy, about 5 minutes. Pour in sauce and cook until browned in places, stirring occasionally.
4. Spread cilantro mayo on each tortilla. Top with chipotle tofu and shredded romaine. Serve.

## Lunch 5 ↗

Eat on day 6 and day 7

### Basic tofu sandwich

1 1/2 sandwich(es) - 663 cals ● 35g protein ● 32g fat ● 51g carbs ● 8g fiber



For single meal:

**bread**  
3 slice(s) (96g)  
**mixed greens**  
1 1/2 oz (43g)  
**tomatoes**  
3 slice, medium (1/4" thick) (60g)  
**vegan cheese, sliced**  
1 1/2 slice(s) (30g)  
**vegan mayonnaise**  
3/4 tbsp (11g)  
**oil**  
1/2 tbsp (8mL)  
**firm tofu, rinsed and patted dry**  
3 slice(s) (252g)

For all 2 meals:

**bread**  
6 slice(s) (192g)  
**mixed greens**  
3 oz (85g)  
**tomatoes**  
6 slice, medium (1/4" thick) (120g)  
**vegan cheese, sliced**  
3 slice(s) (60g)  
**vegan mayonnaise**  
1 1/2 tbsp (23g)  
**oil**  
1 tbsp (15mL)  
**firm tofu, rinsed and patted dry**  
6 slice(s) (504g)

1. Heat oil in a skillet over medium-high heat. Add tofu and cook both sides until browned.
2. Season tofu with whichever spices you prefer.
3. Assemble the sandwich by using the bread, vegan mayo, tofu, and the veggies. Feel free to add any low-calorie veggies or condiments.

## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Peach pie overnight oats

191 cals ● 6g protein ● 9g fat ● 19g carbs ● 4g fiber



For single meal:

**oatmeal, old-fashioned oats, rolled oats**  
1/4 cup(s) (20g)  
**cinnamon**  
1 dash (0g)  
**almond milk, unsweetened**  
1/3 cup (80mL)  
**chia seeds**  
2 dash (1g)  
**maple syrup**  
1/2 tsp (3mL)  
**walnuts, chopped**  
1 tbsp, chopped (7g)  
**peach, pitted & chopped**  
1/4 small (2-1/2" dia) (33g)

For all 3 meals:

**oatmeal, old-fashioned oats, rolled oats**  
3/4 cup(s) (61g)  
**cinnamon**  
3 dash (1g)  
**almond milk, unsweetened**  
1 cup (240mL)  
**chia seeds**  
1/4 tbsp (4g)  
**maple syrup**  
1/2 tbsp (8mL)  
**walnuts, chopped**  
3 tbsp, chopped (21g)  
**peach, pitted & chopped**  
3/4 small (2-1/2" dia) (98g)

1. Mix all ingredients together in a sealable container.
2. Refrigerate overnight or for at least 4 hours. Serve.

### Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
3/4 oz (21g)

For all 3 meals:

**sunflower kernels**  
2 1/4 oz (64g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 4 and day 5

### Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 2 meals:

**bread**  
2 slice (64g)  
**avocados, ripe, sliced**  
1/2 avocado(s) (101g)

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

### Soy milk

1 1/4 cup(s) - 106 cals ● 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.

## Snacks 3 ↗

Eat on day 6 and day 7

### Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

**large granola bar**  
1 bar (37g)

For all 2 meals:

**large granola bar**  
2 bar (74g)

1. The recipe has no instructions.

### 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 2 meals:

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

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Basic tofu

6 oz - 257 cals ● 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.

### Basic baked potato

1 potato(es) - 264 cals ● 6g protein ● 1g fat ● 49g carbs ● 9g fiber



For single meal:

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

For all 2 meals:

**oil**  
1 tsp (5mL)  
**salt**  
2 dash (1g)  
**potatoes**  
2 large (3" to 4-1/4" dia.) (738g)

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.

### Olive oil drizzled lima beans

215 cals ● 9g protein ● 7g fat ● 21g carbs ● 8g fiber



For single meal:

**black pepper**  
1 dash, ground (0g)  
**salt**  
2 dash (2g)  
**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**black pepper**  
2 dash, ground (1g)  
**salt**  
4 dash (3g)  
**lima beans, frozen**  
1 package (10 oz) (284g)  
**olive oil**  
1 tbsp (15mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

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## Dinner 2 ↗

Eat on day 3

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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.

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### Simple vegan garlic bread

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



Makes 1 slice(s)

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

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

## Dinner 3 ↗

Eat on day 4

### Lentils

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



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

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.

### Veggie stuffed tomatoes (dairy-free)

3 stuffed tomato(es) - 391 cals ● 7g protein ● 27g fat ● 22g carbs ● 7g fiber



Makes 3 stuffed tomato(es)

**fresh spinach**

1 1/2 cup(s) (45g)

**olive oil**

1 1/2 tbsp (23mL)

**salt**

1 1/2 dash (1g)

**italian seasoning**

1/2 tbsp (5g)

**tomatoes**

3 medium whole (2-3/5" dia) (369g)

**vegan cheese, shredded**

4 tbsp (28g)

**onion, diced**

3/4 medium (2-1/2" dia) (83g)

**zucchini, diced**

3/4 large (242g)

1. Preheat oven to 350 F (180 C).

2. Cut the top off each tomato and discard.

3. Take a spoon and hollow out each tomato, being sure not to puncture the walls. Discard the pulp and seeds.

4. Dry out the inside of the tomatoes with a paper towel. Salt insides and turn up side down over a paper towel to allow for further draining; set aside.

5. Dice zucchini and onion.

6. Heat oil in a skillet over medium heat. Add in zucchini, onion, Italian seasoning, and salt/pepper (to taste). Sauté until veggies have softened, about 4 minutes.

7. Toss in spinach and cook for another 2 minutes until wilted. Remove from heat.

8. Place tomatoes right side up on a baking dish. Take about half of the cheese and sprinkle at the bottom the tomatoes.

9. Stuff tomatoes with the veggie mixture and top with remaining cheese.

10. Bake for about 20-25 minutes until tomatoes are piping hot.

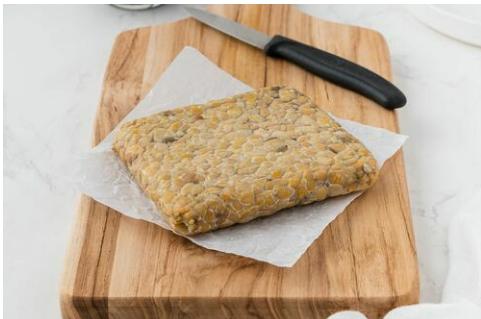
11. Optionally: place under broiler for about a minute to brown cheese.

## Dinner 4 ↗

Eat on day 5 and day 6

### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

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

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.

### Olive oil drizzled lima beans

323 cals ● 14g protein ● 11g fat ● 31g carbs ● 12g fiber



For single meal:

**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
3 dash (2g)  
**lima beans, frozen**  
3/4 package (10 oz) (213g)  
**olive oil**  
3/4 tbsp (11mL)

For all 2 meals:

**black pepper**  
3 dash, ground (1g)  
**salt**  
1/4 tbsp (5g)  
**lima beans, frozen**  
1 1/2 package (10 oz) (426g)  
**olive oil**  
1 1/2 tbsp (23mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

## Dinner 5 ↗

Eat on day 7

### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber

Makes 1 piece(s)

**naan bread**  
1 piece(s) (90g)



1. The recipe has no instructions.

### Mushroom quinoa lentil soup (vegan)

371 cals ● 19g protein ● 9g fat ● 45g carbs ● 8g fiber



**oil**  
1 tsp (5mL)  
**vegetable broth**  
2 cup(s) (mL)  
**almond milk, unsweetened**  
4 tbsp (60mL)  
**quinoa, uncooked**  
2 1/2 tbsp (28g)  
**lentils, raw**  
2 1/2 tbsp (32g)  
**paprika**  
1 dash (0g)  
**italian seasoning**  
2 dash (1g)  
**rosemary, dried**  
1 dash (0g)  
**garlic, diced**  
1 1/2 clove(s) (5g)  
**onion, diced**  
1/2 small (35g)  
**mushrooms, roughly chopped**  
2 cup, pieces or slices (140g)

1. In a saucepan over medium heat, sauté onions and garlic in oil until soft, a few minutes.
2. Add in mushrooms and spices and stir, cooking for a minute or two.
3. Add all remaining ingredients and bring to a simmer. Cook uncovered for about 20-25 minutes or until quinoa and lentils are soft. 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.