

# Meal Plan - 2600 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

2632 cals ● 251g protein (38%) ● 71g fat (24%) ● 200g carbs (30%) ● 48g fiber (7%)

### Breakfast

250 cals, 5g protein, 45g net carbs, 2g fat



**Orange**  
1 orange(s)- 85 cals



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

### Snacks

305 cals, 12g protein, 34g net carbs, 11g fat



**Instant oatmeal with almond milk**  
1 packet(s)- 241 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

795 cals, 52g protein, 83g net carbs, 17g fat



**Bbq tempeh lettuce wrap**  
8 lettuce wrap(s)- 658 cals



**Raisins**  
1/4 cup- 137 cals

### Dinner

685 cals, 49g protein, 33g net carbs, 37g fat



**Simple seitan**  
6 oz- 365 cals



**Sauteed garlic & herb tomatoes**  
318 cals

## Day 2

2512 cals ● 225g protein (36%) ● 91g fat (33%) ● 160g carbs (25%) ● 37g fiber (6%)

### Breakfast

250 cals, 5g protein, 45g net carbs, 2g fat



#### Orange

1 orange(s)- 85 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

680 cals, 40g protein, 41g net carbs, 33g fat



#### Sautéed garlic & herb tomatoes

127 cals



#### Basic tempeh

6 oz- 443 cals



#### White rice

1/2 cup rice, cooked- 109 cals

### Snacks

305 cals, 12g protein, 34g net carbs, 11g fat



#### Instant oatmeal with almond milk

1 packet(s)- 241 cals



#### Soy milk

3/4 cup(s)- 64 cals

### Dinner

680 cals, 35g protein, 34g net carbs, 42g fat



#### Buffalo tofu with vegan ranch

506 cals



#### Lentils

174 cals

### Protein Supplement(s)

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



#### Protein shake

5 1/2 scoop- 600 cals

## Day 3

2512 cals ● 225g protein (36%) ● 91g fat (33%) ● 160g carbs (25%) ● 37g fiber (6%)

### Breakfast

250 cals, 5g protein, 45g net carbs, 2g fat



#### Orange

1 orange(s)- 85 cals



#### Instant oatmeal with water

1 packet(s)- 165 cals

### Lunch

680 cals, 40g protein, 41g net carbs, 33g fat



#### Sautéed garlic & herb tomatoes

127 cals



#### Basic tempeh

6 oz- 443 cals



#### White rice

1/2 cup rice, cooked- 109 cals

### Snacks

305 cals, 12g protein, 34g net carbs, 11g fat



#### Instant oatmeal with almond milk

1 packet(s)- 241 cals



#### Soy milk

3/4 cup(s)- 64 cals

### Dinner

680 cals, 35g protein, 34g net carbs, 42g fat



#### Buffalo tofu with vegan ranch

506 cals



#### Lentils

174 cals

### Protein Supplement(s)

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



#### Protein shake

5 1/2 scoop- 600 cals

## Day 4

2551 cals ● 230g protein (36%) ● 69g fat (24%) ● 194g carbs (30%) ● 57g fiber (9%)

### Breakfast

345 cals, 17g protein, 42g net carbs, 10g fat



**Vegan breakfast sausage patties**  
1 patties- 83 cals



**Small toasted bagel with vegan cream cheese**  
1 bagel(s)- 261 cals

### Lunch

685 cals, 40g protein, 59g net carbs, 25g fat



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



**Chunky canned soup (non-creamy)**  
2 can(s)- 494 cals

### Snacks

210 cals, 13g protein, 10g net carbs, 11g fat



**Bell pepper strips and hummus**  
128 cals



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

### Dinner

715 cals, 28g protein, 78g net carbs, 20g fat



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



**Southwest potato & lentil skillet**  
565 cals

### Protein Supplement(s)

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



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

## Day 5

2540 cals ● 253g protein (40%) ● 79g fat (28%) ● 155g carbs (24%) ● 48g fiber (8%)

### Breakfast

345 cals, 17g protein, 42g net carbs, 10g fat



**Vegan breakfast sausage patties**  
1 patties- 83 cals



**Small toasted bagel with vegan cream cheese**  
1 bagel(s)- 261 cals

### Lunch

685 cals, 40g protein, 59g net carbs, 25g fat



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



**Chunky canned soup (non-creamy)**  
2 can(s)- 494 cals

### Snacks

210 cals, 13g protein, 10g net carbs, 11g fat



**Bell pepper strips and hummus**  
128 cals



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

### Dinner

700 cals, 50g protein, 39g net carbs, 30g fat



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



**Garlic pepper seitan**  
456 cals

### Protein Supplement(s)

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



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

## Day 6

2628 cals ● 237g protein (36%) ● 71g fat (24%) ● 209g carbs (32%) ● 51g fiber (8%)

### Breakfast

370 cals, 12g protein, 68g net carbs, 3g fat



#### Orange

1 orange(s)- 85 cals



#### Small toasted bagel with 'butter'

1 1/2 bagel(s)- 286 cals

### Lunch

665 cals, 37g protein, 75g net carbs, 20g fat



#### Tofu alfredo pasta with broccoli

442 cals



#### Soy milk

1 3/4 cup(s)- 148 cals



#### Simple mixed greens and tomato salad

76 cals

### Snacks

290 cals, 4g protein, 22g net carbs, 15g fat



#### Vegan cheese

2 1" cube- 182 cals



#### Raspberries

1 1/2 cup(s)- 108 cals

### Dinner

700 cals, 50g protein, 39g net carbs, 30g fat



#### Simple salad with tomatoes and carrots

245 cals



#### Garlic pepper seitan

456 cals

### Protein Supplement(s)

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



#### Protein shake

5 1/2 scoop- 600 cals

## Day 7

2554 cals ● 245g protein (38%) ● 65g fat (23%) ● 208g carbs (33%) ● 39g fiber (6%)

### Breakfast

370 cals, 12g protein, 68g net carbs, 3g fat



#### Orange

1 orange(s)- 85 cals



#### Small toasted bagel with 'butter'

1 1/2 bagel(s)- 286 cals

### Lunch

665 cals, 37g protein, 75g net carbs, 20g fat



#### Tofu alfredo pasta with broccoli

442 cals



#### Soy milk

1 3/4 cup(s)- 148 cals



#### Simple mixed greens and tomato salad

76 cals

### Snacks

290 cals, 4g protein, 22g net carbs, 15g fat



#### Vegan cheese

2 1" cube- 182 cals



#### Raspberries

1 1/2 cup(s)- 108 cals

### Dinner

630 cals, 59g protein, 38g net carbs, 25g fat



#### Vegan sausage

2 sausage(s)- 536 cals



#### Corn

92 cals

### Protein Supplement(s)

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



#### Protein shake

5 1/2 scoop- 600 cals

# Grocery List



## Beverages

- protein powder  
38 1/2 scoop (1/3 cup ea) (1194g)
- water  
2 3/4 gallon (10522mL)
- almond milk, unsweetened  
2 1/2 cup (600mL)

## Fruits and Fruit Juices

- orange  
5 orange (770g)
- raisins  
4 tbsp, packed (41g)
- raspberries  
3 cup (369g)

## Breakfast Cereals

- flavored instant oatmeal  
6 packet (258g)

## Fats and Oils

- oil  
2 1/2 oz (78mL)
- olive oil  
3 oz (91mL)
- salad dressing  
1 cup (231mL)

## Other

- coleslaw mix  
2 cup (180g)
- italian seasoning  
1 tbsp (12g)
- soy milk, unsweetened  
7 3/4 cup(s) (mL)
- vegan ranch  
6 tbsp (90mL)
- vegan breakfast sausage patties  
2 patties (76g)
- dairy-free cream cheese  
3 tbsp (45g)
- mixed greens  
10 1/2 cup (315g)
- vegan butter  
1 1/2 tbsp (21g)
- vegan cheese, block  
4 1" cube (113g)

## Vegetables and Vegetable Products

- romaine lettuce  
2 2/3 head (1673g)
- bell pepper  
2 1/2 large (417g)
- tomatoes  
11 medium whole (2-3/5" dia) (1331g)
- garlic  
6 1/2 clove(s) (20g)
- carrots  
1 1/2 medium (99g)
- jalapeno pepper  
2 pepper(s) (28g)
- potatoes  
2 small (1-3/4" to 2-1/4" dia.) (184g)
- onion  
1/3 cup, chopped (53g)
- green pepper  
2 3/4 tbsp, chopped (25g)
- frozen broccoli  
1/2 package (142g)
- frozen corn kernels  
2/3 cup (91g)

## Legumes and Legume Products

- tempeh  
1 1/4 lbs (567g)
- firm tofu  
29 oz (822g)
- lentils, raw  
13 1/4 tbsp (160g)
- hummus  
1/2 cup (122g)

## Cereal Grains and Pasta

- seitan  
16 2/3 oz (472g)
- long-grain white rice  
1/3 cup (62g)
- uncooked dry pasta  
6 oz (171g)

## Spices and Herbs

- black pepper  
5 dash, ground (1g)
- salt  
1/3 oz (9g)

**vegan sausage**  
2 sausage (200g)

**paprika**  
1 tsp (2g)

**basil, dried**  
1 tsp, ground (1g)

## **Soups, Sauces, and Gravies**

**barbecue sauce**  
4 tbsp (68g)

**Frank's Red Hot sauce**  
1/2 cup (120mL)

**salsa**  
4 tbsp (65g)

**chunky canned soup (non-creamy varieties)**  
4 can (~19 oz) (2104g)

## **Baked Products**

**bagel**  
5 small bagel (3" dia) (345g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 3 meals:

**orange**  
3 orange (462g)

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 3 meals:

**flavored instant oatmeal**  
3 packet (129g)  
**water**  
2 1/4 cup(s) (533mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Vegan breakfast sausage patties

1 patties - 83 cals ● 9g protein ● 3g fat ● 3g carbs ● 2g fiber



For single meal:

**vegan breakfast sausage patties**  
1 patties (38g)

For all 2 meals:

**vegan breakfast sausage patties**  
2 patties (76g)

1. Cook patties according to package instructions.  
Serve.

### Small toasted bagel with vegan cream cheese

1 bagel(s) - 261 cals ● 8g protein ● 7g fat ● 39g carbs ● 2g fiber



For single meal:

**bagel**  
1 small bagel (3" dia) (69g)  
**dairy-free cream cheese**  
1 1/2 tbsp (23g)

For all 2 meals:

**bagel**  
2 small bagel (3" dia) (138g)  
**dairy-free cream cheese**  
3 tbsp (45g)

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

## Breakfast 3 ↗

Eat on day 6 and day 7

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. The recipe has no instructions.

### Small toasted bagel with 'butter'

1 1/2 bagel(s) - 286 cals ● 11g protein ● 3g fat ● 53g carbs ● 2g fiber



For single meal:

**bagel**  
1 1/2 small bagel (3" dia) (104g)  
**vegan butter**  
3/4 tbsp (11g)

For all 2 meals:

**bagel**  
3 small bagel (3" dia) (207g)  
**vegan butter**  
1 1/2 tbsp (21g)

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

## Lunch 1 ↗

Eat on day 1

### Bbq tempeh lettuce wrap

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



Makes 8 lettuce wrap(s)

**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)

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.

### Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



Makes 1/4 cup

**raisins**  
4 tbsp, packed (41g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 2 and day 3

### Sauteed garlic & herb tomatoes

127 cals ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)  
**garlic, minced**  
1/2 clove(s) (2g)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**olive oil**  
1 1/2 tbsp (23mL)  
**tomatoes**  
1 pint, cherry tomatoes (298g)  
**italian seasoning**  
1/2 tbsp (5g)  
**salt**  
4 dash (3g)  
**garlic, minced**  
1 clove(s) (3g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

### 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.

### White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

For all 2 meals:

**water**  
2/3 cup(s) (158mL)  
**long-grain white rice**  
1/3 cup (62g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

## Lunch 3 ↗

Eat on day 4 and day 5

### Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**tomatoes**  
10 tbsp cherry tomatoes (93g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**tomatoes**  
1 1/4 cup cherry tomatoes (186g)  
**salad dressing**  
1/2 cup (113mL)

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

### Chunky canned soup (non-creamy)

2 can(s) - 494 cals ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
2 can (~19 oz) (1052g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
4 can (~19 oz) (2104g)

1. Prepare according to instructions on package.

## Lunch 4 ↗

Eat on day 6 and day 7

### Tofu alfredo pasta with broccoli

442 cals ● 23g protein ● 7g fat ● 66g carbs ● 5g fiber



For single meal:

**uncooked dry pasta**  
3 oz (86g)  
**firm tofu**  
1/4 package (16 oz) (113g)  
**frozen broccoli**  
1/4 package (71g)  
**garlic**  
1/2 clove(s) (2g)  
**salt**  
1/8 dash (0g)  
**almond milk, unsweetened**  
2 tbsp (30mL)  
**basil, dried**  
4 dash, ground (1g)

For all 2 meals:

**uncooked dry pasta**  
6 oz (171g)  
**firm tofu**  
1/2 package (16 oz) (227g)  
**frozen broccoli**  
1/2 package (142g)  
**garlic**  
1 clove(s) (3g)  
**salt**  
1/4 dash (0g)  
**almond milk, unsweetened**  
4 tbsp (60mL)  
**basil, dried**  
1 tsp, ground (1g)

1. Cook pasta and broccoli according to packages.
2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
3. Add in the almond milk in small amounts until desired consistency is reached.
4. Pour into a pan to heat through. Do not let it boil as it will separate.
5. To serve, top pasta with broccoli and sauce.
6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.

### Soy milk

1 3/4 cup(s) - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

**soy milk, unsweetened**  
1 3/4 cup(s) (mL)

For all 2 meals:

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

1. The recipe has no instructions.

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

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

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## Snacks 1 ↗

Eat on day 1, day 2, and day 3

### Instant oatmeal with almond milk

1 packet(s) - 241 cals ● 7g protein ● 8g fat ● 33g carbs ● 4g fiber



For single meal:

**almond milk, unsweetened**  
3/4 cup (180mL)  
**flavored instant oatmeal**  
1 packet (43g)

For all 3 meals:

**almond milk, unsweetened**  
2 1/4 cup (540mL)  
**flavored instant oatmeal**  
3 packet (129g)

1. Put the oatmeal in a bowl and pour the milk over it.
2. Microwave for 90 seconds - 2 minutes.

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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.

## Snacks 2 ↗

Eat on day 4 and day 5

### Bell pepper strips and hummus

128 cals ● 6g protein ● 6g fat ● 8g carbs ● 5g fiber



For single meal:

**hummus**  
4 tbsp (61g)  
**bell pepper**  
3/4 medium (89g)

For all 2 meals:

**hummus**  
1/2 cup (122g)  
**bell pepper**  
1 1/2 medium (179g)

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

### 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.

## Snacks 3 ↗

Eat on day 6 and day 7

### Vegan cheese

2 1" cube - 182 cals ● 2g protein ● 14g fat ● 12g carbs ● 0g fiber



For single meal:

**vegan cheese, block**  
2 1" cube (57g)

For all 2 meals:

**vegan cheese, block**  
4 1" cube (113g)

1. Slice and enjoy.

### Raspberries

1 1/2 cup(s) - 108 cals ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

**raspberries**  
1 1/2 cup (185g)

For all 2 meals:

**raspberries**  
3 cup (369g)

1. Rinse raspberries and serve.

## Dinner 1 ↗

Eat on day 1

### Simple seitan

6 oz - 365 cals ● 45g protein ● 11g fat ● 20g carbs ● 1g fiber



Makes 6 oz

**seitan**  
6 oz (170g)  
**oil**  
1/2 tbsp (8mL)

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.

### Sauteed garlic & herb tomatoes

318 cals ● 4g protein ● 26g fat ● 13g carbs ● 5g fiber



**black pepper**  
1 1/4 dash, ground (0g)  
**olive oil**  
2 tbsp (28mL)  
**tomatoes**  
1 1/4 pint, cherry tomatoes (373g)  
**italian seasoning**  
2 tsp (7g)  
**salt**  
5 dash (4g)  
**garlic, minced**  
1 1/4 clove(s) (4g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

## Dinner 2 ↗

Eat on day 2 and day 3

### Buffalo tofu with vegan ranch

506 cals ● 23g protein ● 42g fat ● 9g carbs ● 0g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**Frank's Red Hot sauce**  
4 tbsp (59mL)  
**vegan ranch**  
3 tbsp (45mL)  
**firm tofu, patted dry & cubed**  
2/3 lbs (298g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**Frank's Red Hot sauce**  
1/2 cup (119mL)  
**vegan ranch**  
6 tbsp (90mL)  
**firm tofu, patted dry & cubed**  
1 1/3 lbs (595g)

1. Heat oil in a skillet over medium heat. Add cubed tofu with a sprinkle of salt and fry until crispy, stirring occasionally.
2. Reduce heat to low. Pour in hot sauce. Cook until sauce thickens, about 2-3 minutes.
3. Serve tofu with vegan ranch.

## Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

## Dinner 3 ↗

Eat on day 4

### Simple salad with tomatoes and carrots

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



#### 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)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.

2. Pour dressing over when serving.

### Southwest potato & lentil skillet

565 cals ● 22g protein ● 16g fat ● 68g carbs ● 17g fiber



#### oil

1 tbsp (15mL)

#### paprika

1 tsp (2g)

#### water

1/2 cup(s) (119mL)

#### lentils, raw

1/3 cup (64g)

#### salsa

4 tbsp (65g)

#### jalapeno pepper, sliced

2 pepper(s) (28g)

#### bell pepper, deseeded & sliced

1 large (164g)

#### potatoes, thinly sliced

2 small (1-3/4" to 2-1/4" dia.) (184g)

1. Preheat oven to 400°F (200°C).

2. Combine lentils and water in a small saucepan. Cook according to package instructions. Drain any remaining water. Set aside.

3. Coat the potatoes and peppers separately with the oil and season them with paprika and some salt and pepper. Place the potato slices on one side of a baking sheet and bake for 10 minutes. After the initial 10 minutes, add the peppers to the other side of the same baking sheet. Continue baking both the potatoes and peppers for an additional 20 minutes until they are soft.

4. Mix the salsa and cooked peppers with the lentils and season with some salt and pepper. Top the lentil mixture with the potatoes and jalapeno. Serve.

## Dinner 4 ↗

Eat on day 5 and day 6

### Simple salad with tomatoes and carrots

245 cals ● 10g protein ● 8g fat ● 18g carbs ● 16g fiber



For single meal:

**salad dressing**  
2 tbsp (28mL)  
**carrots, sliced**  
5/8 medium (38g)  
**romaine lettuce, roughly chopped**  
1 1/4 hearts (625g)  
**tomatoes, diced**  
1 1/4 medium whole (2-3/5" dia)  
(154g)

For all 2 meals:

**salad dressing**  
1/4 cup (56mL)  
**carrots, sliced**  
1 1/4 medium (76g)  
**romaine lettuce, roughly chopped**  
2 1/2 hearts (1250g)  
**tomatoes, diced**  
2 1/2 medium whole (2-3/5" dia)  
(308g)

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

### Garlic pepper seitan

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



For single meal:

**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)

For all 2 meals:

**olive oil**  
2 2/3 tbsp (40mL)  
**onion**  
1/3 cup, chopped (53g)  
**green pepper**  
2 2/3 tbsp, chopped (25g)  
**black pepper**  
1/3 tsp, ground (1g)  
**water**  
4 tsp (20mL)  
**salt**  
1 1/3 dash (1g)  
**seitan, chicken style**  
2/3 lbs (302g)  
**garlic, minced**  
3 1/3 clove(s) (10g)

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.

## Dinner 5 ↗

Eat on day 7

### Vegan sausage

2 sausage(s) - 536 cals ● 56g protein ● 24g fat ● 21g carbs ● 3g fiber



Makes 2 sausage(s)

**vegan sausage**  
2 sausage (200g)

1. Prepare according to package instructions.
2. Serve.

### Corn

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



**frozen corn kernels**  
2/3 cup (91g)

1. Prepare according to instructions on package.

## 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.