

Meal Plan - 2700 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

2598 cals ● 238g protein (37%) ● 82g fat (28%) ● 177g carbs (27%) ● 49g fiber (8%)

Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pumpkin seeds

366 cals

Snacks

365 cals, 13g protein, 50g net carbs, 8g fat



Blueberries

1 cup(s)- 95 cals



Instant oatmeal with water

1 packet(s)- 165 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

365 cals, 18g protein, 29g net carbs, 14g fat



Chickpea & kale soup

273 cals



Sunflower seeds

90 cals

Dinner

885 cals, 56g protein, 86g net carbs, 28g fat



Crispy chick'n tenders

9 1/3 tender(s)- 533 cals



Easy chickpea salad

350 cals

Day 2

2766 cals ● 227g protein (33%) ● 85g fat (28%) ● 214g carbs (31%) ● 59g fiber (9%)

Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pumpkin seeds

366 cals

Snacks

365 cals, 13g protein, 50g net carbs, 8g fat



Blueberries

1 cup(s)- 95 cals



Instant oatmeal with water

1 packet(s)- 165 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

665 cals, 28g protein, 66g net carbs, 25g fat



Edamame slaw salad bowl

393 cals



Soy milk yogurt

2 container- 271 cals

Dinner

750 cals, 34g protein, 86g net carbs, 19g fat



Edamame & beet salad

171 cals



Lentil chili

580 cals

Day 3

2649 cals ● 226g protein (34%) ● 104g fat (35%) ● 158g carbs (24%) ● 44g fiber (7%)

Breakfast

385 cals, 19g protein, 8g net carbs, 29g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pumpkin seeds

366 cals

Snacks

305 cals, 9g protein, 14g net carbs, 20g fat



Blueberries

1/2 cup(s)- 47 cals



Roasted almonds

1/6 cup(s)- 148 cals



Celery and peanut butter

109 cals

Protein Supplement(s)

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



Protein shake

5 1/2 scoop- 600 cals

Lunch

665 cals, 28g protein, 66g net carbs, 25g fat



Edamame slaw salad bowl

393 cals



Soy milk yogurt

2 container- 271 cals

Dinner

695 cals, 37g protein, 65g net carbs, 26g fat



Chik'n nuggets

8 nuggets- 441 cals



Apple

1 apple(s)- 105 cals



Soy milk

1 3/4 cup(s)- 148 cals

Day 4

2701 cals ● 237g protein (35%) ● 84g fat (28%) ● 183g carbs (27%) ● 64g fiber (9%)

Breakfast

400 cals, 14g protein, 15g net carbs, 28g fat



Carrot sticks

1 carrot(s)- 27 cals



Pistachios

375 cals

Snacks

305 cals, 9g protein, 14g net carbs, 20g fat



Blueberries

1/2 cup(s)- 47 cals



Roasted almonds

1/6 cup(s)- 148 cals



Celery and peanut butter

109 cals

Protein Supplement(s)

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



Protein shake

5 1/2 scoop- 600 cals

Lunch

700 cals, 44g protein, 83g net carbs, 7g fat



Lentil pasta

673 cals



Simple kale salad

1/2 cup(s)- 28 cals

Dinner

695 cals, 37g protein, 65g net carbs, 26g fat



Chik'n nuggets

8 nuggets- 441 cals



Apple

1 apple(s)- 105 cals



Soy milk

1 3/4 cup(s)- 148 cals

Day 5

2707 cals ● 255g protein (38%) ● 104g fat (35%) ● 132g carbs (19%) ● 55g fiber (8%)

Breakfast

400 cals, 14g protein, 15g net carbs, 28g fat



Carrot sticks

1 carrot(s)- 27 cals



Pistachios

375 cals

Snacks

305 cals, 9g protein, 14g net carbs, 20g fat



Blueberries

1/2 cup(s)- 47 cals



Roasted almonds

1/6 cup(s)- 148 cals



Celery and peanut butter

109 cals

Protein Supplement(s)

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



Protein shake

5 1/2 scoop- 600 cals

Lunch

715 cals, 49g protein, 74g net carbs, 17g fat



Bbq tempeh wrap

1 wrap(s)- 472 cals



Protein bar

1 bar- 245 cals

Dinner

685 cals, 50g protein, 23g net carbs, 36g fat



Basic tempeh

8 oz- 590 cals



Sauteed peppers and onions

94 cals

Day 6

2639 cals ● 242g protein (37%) ● 106g fat (36%) ● 123g carbs (19%) ● 57g fiber (9%)

Breakfast

455 cals, 14g protein, 23g net carbs, 26g fat



Chickpea scramble
280 cals



Avocado
176 cals

Snacks

225 cals, 10g protein, 27g net carbs, 6g fat



Soy milk
1 cup(s)- 85 cals



Nectarine
2 nectarine(s)- 140 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

675 cals, 35g protein, 45g net carbs, 36g fat



Lentils
231 cals



Basic tofu
8 oz- 342 cals



Simple mixed greens salad
102 cals

Dinner

685 cals, 50g protein, 23g net carbs, 36g fat



Basic tempeh
8 oz- 590 cals



Sauteed peppers and onions
94 cals

Day 7

2729 cal ● 259g protein (38%) ● 96g fat (32%) ● 157g carbs (23%) ● 51g fiber (7%)

Breakfast

455 cal, 14g protein, 23g net carbs, 26g fat



Chickpea scramble
280 cal



Avocado
176 cal

Snacks

225 cal, 10g protein, 27g net carbs, 6g fat



Soy milk
1 cup(s)- 85 cal



Nectarine
2 nectarine(s)- 140 cal

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cal

Lunch

675 cal, 35g protein, 45g net carbs, 36g fat



Lentils
231 cal



Basic tofu
8 oz- 342 cal



Simple mixed greens salad
102 cal

Dinner

775 cal, 67g protein, 56g net carbs, 25g fat



Sugar snap peas
82 cal



Pita bread
2 pita bread(s)- 156 cal



Vegan sausage
2 sausage(s)- 536 cal



Other

- ☐ meatless chik'n tenders
9 1/3 pieces (238g)
- ☐ soy milk, unsweetened
8 cup(s) (mL)
- ☐ mixed greens
6 cup (185g)
- ☐ coleslaw mix
7 cup (630g)
- ☐ soy milk yogurt
4 container(s) (601g)
- ☐ vegan chik'n nuggets
16 nuggets (344g)
- ☐ lentil pasta
1/3 lbs (151g)
- ☐ protein bar (20g protein)
1 bar (50g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ vegan sausage
2 sausage (200g)

Vegetables and Vegetable Products

- ☐ ketchup
6 1/3 tbsp (108g)
- ☐ onion
1 1/3 medium (2-1/2" dia) (145g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (418g)
- ☐ fresh parsley
2 1/4 sprigs (2g)
- ☐ kale leaves
1 1/2 cup, chopped (60g)
- ☐ garlic
2 1/3 clove(s) (7g)
- ☐ edamame, frozen, shelled
2 1/2 cup (295g)
- ☐ beets, precooked (canned or refrigerated)
2 beet(s) (100g)
- ☐ canned whole tomatoes
2/3 cup (160g)
- ☐ carrots
5 1/4 medium (322g)
- ☐ raw celery
3 stalk, medium (7-1/2" - 8" long) (120g)
- ☐ bell pepper
1 3/4 large (283g)
- ☐ frozen sugar snap peas
1 1/3 cup (192g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
3/4 tbsp (1mL)
- ☐ vegetable broth
3 cup(s) (mL)
- ☐ pasta sauce
1/3 jar (24 oz) (224g)
- ☐ barbecue sauce
2 tbsp (34g)

Legumes and Legume Products

- ☐ chickpeas, canned
2 1/4 can(s) (1008g)
- ☐ lentils, raw
1 cup (192g)
- ☐ peanut butter
3 tbsp (48g)
- ☐ tempeh
1 1/4 lbs (567g)
- ☐ firm tofu
1 lbs (454g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
1 1/2 cup (177g)
- ☐ sunflower kernels
1/2 oz (14g)
- ☐ almonds
1/2 cup, whole (72g)
- ☐ pistachios, shelled
1 cup (123g)

Fruits and Fruit Juices

- ☐ blueberries
3 1/2 cup (518g)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ avocados
1 avocado(s) (201g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Spices and Herbs

- ☐ balsamic vinegar
3/4 tbsp (11mL)
- ☐ chili powder
2 tsp (5g)
- ☐ ground cumin
3 g (3g)
- ☐ salt
1/3 tsp (2g)
- ☐ black pepper
3/4 dash, ground (0g)
- ☐ turmeric, ground
4 dash (2g)

Beverages

- ☐ water
42 2/3 cup(s) (10113mL)
- ☐ protein powder
38 1/2 scoop (1/3 cup ea) (1194g)

Fats and Oils

- ☐ oil
4 oz (118mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)
- ☐ salad dressing
13 tbsp (195mL)

Cereal Grains and Pasta

- ☐ dry bulgur wheat
1/3 cup (47g)

Baked Products

- ☐ flour tortillas
1 tortilla (approx 7-8" dia) (49g)
 - ☐ pita bread
2 pita, small (4" dia) (56g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

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 3 meals:

tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

For all 3 meals:

roasted pumpkin seeds, unsalted

1 1/2 cup (177g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Carrot sticks

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



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

pistachios, shelled
1/2 cup (62g)

For all 2 meals:

pistachios, shelled
1 cup (123g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Chickpea scramble

280 cals ● 12g protein ● 12g fat ● 21g carbs ● 11g fiber



For single meal:

oil
1/2 tbsp (8mL)
mixed greens
1/3 cup (10g)
nutritional yeast
1 tsp (1g)
ground cumin
2 dash (1g)
turmeric, ground
2 dash (1g)
chickpeas, canned, drained
1/2 can(s) (224g)

For all 2 meals:

oil
1 tbsp (15mL)
mixed greens
2/3 cup (20g)
nutritional yeast
2 tsp (3g)
ground cumin
4 dash (1g)
turmeric, ground
4 dash (2g)
chickpeas, canned, drained
1 can(s) (448g)

1. Heat oil in a skillet over medium heat. Add chickpeas and mash using the back of a fork. Add turmeric, cumin, and a pinch of salt/pepper, and cook for about 4 minutes, stirring occasionally.
2. Add in a splash of water, the nutritional yeast and the greens and cook until the greens have wilted, 1-2 minutes. 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.

Lunch 1 [↗](#)

Eat on day 1

Chickpea & kale soup

273 cals ● 13g protein ● 7g fat ● 28g carbs ● 11g fiber



vegetable broth
2 cup(s) (mL)
oil
1/2 tsp (3mL)
kale leaves, chopped
1 cup, chopped (40g)
garlic, minced
1 clove(s) (3g)
chickpeas, canned, drained
1/2 can(s) (224g)

1. In a large pot over medium heat, heat the oil. Add in the garlic and saute for 1-2 minutes until fragrant.
2. Add in chickpeas and vegetable broth and bring to a boil. Stir in chopped kale and simmer for 15 minutes or until kale has wilted.
3. Crack a hefty amount of pepper on top and serve.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



sunflower kernels
1/2 oz (14g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Edamame slaw salad bowl

393 cals ● 16g protein ● 18g fat ● 26g carbs ● 15g fiber



For single meal:
edamame, frozen, shelled
1 cup (118g)
coleslaw mix
3 cup (270g)
salad dressing
4 tbsp (60mL)
carrots, sliced into matchsticks
2 small (5-1/2" long) (100g)

For all 2 meals:
edamame, frozen, shelled
2 cup (236g)
coleslaw mix
6 cup (540g)
salad dressing
1/2 cup (120mL)
carrots, sliced into matchsticks
4 small (5-1/2" long) (200g)

1. Prepare edamame according to the package instructions.
2. Prepare salad by mixing together coleslaw mix, carrots, edamame, and dressing. Serve.

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 3 [↗](#)

Eat on day 4

Lentil pasta

673 cals ● 43g protein ● 5g fat ● 81g carbs ● 32g fiber



pasta sauce
1/3 jar (24 oz) (224g)
lentil pasta
1/3 lbs (151g)

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

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)
kale leaves
1/2 cup, chopped (20g)
salad dressing
1/2 tbsp (8mL)

1. Toss kale in dressing of your choice and serve.
-

Lunch 4 [↗](#)

Eat on day 5

Bbq tempeh wrap

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



Makes 1 wrap(s)

barbecue sauce

2 tbsp (34g)

coleslaw mix

1 cup (90g)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

oil

1/2 tsp (3mL)

tempeh, cut into strips

4 oz (113g)

bell pepper, deseeded and sliced

1/2 small (37g)

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

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



Makes 1 bar

protein bar (20g protein)

1 bar (50g)

1. The recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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

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.

Simple mixed greens salad

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



For single meal:

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

For all 2 meals:

mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Snacks 1 [↗](#)

Eat on day 1 and day 2

Blueberries

1 cup(s) - 95 cal ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Instant oatmeal with water

1 packet(s) - 165 cal ● 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.

Soy milk

1 1/4 cup(s) - 106 cal ● 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 2 [↗](#)

Eat on day 3, day 4, and day 5

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries
1/2 cup (74g)

For all 3 meals:

blueberries
1 1/2 cup (222g)

1. Rinse off blueberries and serve.

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 3 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Celery and peanut butter

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



For single meal:

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

For all 3 meals:

raw celery
3 stalk, medium (7-1/2" - 8" long)
(120g)
peanut butter
3 tbsp (48g)

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

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.
-

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.
-

Dinner 1 [🔗](#)

Eat on day 1

Crispy chik'n tenders

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



Makes 9 1/3 tender(s)

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

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

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



balsamic vinegar
3/4 tbsp (11mL)
apple cider vinegar
3/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
3/4 can(s) (336g)
onion, thinly sliced
3/8 small (26g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
fresh parsley, chopped
2 1/4 sprigs (2g)

1. Add all ingredients to a bowl and toss. Serve!

Dinner 2 [↗](#)

Eat on day 2

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Lentil chili

580 cals ● 25g protein ● 12g fat ● 73g carbs ● 19g fiber



oil
2 tsp (10mL)
lentils, raw
1/3 cup (64g)
chili powder
2 tsp (5g)
ground cumin
1 tsp (2g)
salt
1 1/3 dash (1g)
black pepper
2/3 dash, ground (0g)
dry bulgur wheat
1/3 cup (47g)
vegetable broth
1 cup(s) (mL)
canned whole tomatoes, chopped
2/3 cup (160g)
onion, chopped
1/3 medium (2-1/2" dia) (37g)
garlic, minced
1 1/3 clove(s) (4g)

1. In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Stir in the lentils and bulgur wheat. Add the broth, tomatoes, chili powder, cumin and salt and pepper to taste. Bring to a boil, reduce heat to low and simmer for 30 minutes, or until lentils are tender.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Chik'n nuggets

8 nuggets - 441 cals ● 24g protein ● 18g fat ● 41g carbs ● 4g fiber



For single meal:

ketchup
2 tbsp (34g)
vegan chik'n nuggets
8 nuggets (172g)

For all 2 meals:

ketchup
4 tbsp (68g)
vegan chik'n nuggets
16 nuggets (344g)

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

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

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.

Dinner 4 [🔗](#)

Eat on day 5 and day 6

Basic tempeh

8 oz - 590 cals ● 48g protein ● 30g fat ● 16g carbs ● 16g fiber



For single meal:

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

For all 2 meals:

tempeh
1 lbs (454g)
oil
2 2/3 tbsp (40mL)

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.

Sauteed peppers and onions

94 cals ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



For single meal:

oil
1 tsp (6mL)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced into strips
3/4 large (123g)

For all 2 meals:

oil
3/4 tbsp (11mL)
onion, sliced
3/4 medium (2-1/2" dia) (83g)
bell pepper, sliced into strips
1 1/2 large (246g)

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

Dinner 5 [🔗](#)

Eat on day 7

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Pita bread

2 pita bread(s) - 156 cals ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



Makes 2 pita bread(s)

pita bread
2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

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.
-

Protein Supplement(s)

Eat every day

Protein shake

5 1/2 scoop - 600 cal● 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.
-