

Meal Plan - 2800 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

2830 cals ● 231g protein (33%) ● 76g fat (24%) ● 246g carbs (35%) ● 61g fiber (9%)

Breakfast

500 cals, 12g protein, 42g net carbs, 30g fat



[Small granola bar](#)
2 bar(s)- 238 cals



[Roasted cashews](#)
1/3 cup(s)- 261 cals

Snacks

315 cals, 14g protein, 45g net carbs, 7g fat



[Soy milk yogurt](#)
2 container- 271 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



[Protein shake](#)
5 1/2 scoop- 600 cals

Lunch

370 cals, 17g protein, 27g net carbs, 17g fat



[Simple mixed greens and tomato salad](#)
151 cals



[Nectarine](#)
1 nectarine(s)- 70 cals



[Basic tempeh](#)
2 oz- 148 cals

Dinner

1050 cals, 56g protein, 126g net carbs, 18g fat



[Chips and salsa](#)
245 cals



[Vegan chunky chili](#)
805 cals

Day 2

2830 cals ● 231g protein (33%) ● 76g fat (24%) ● 246g carbs (35%) ● 61g fiber (9%)

Breakfast

500 cals, 12g protein, 42g net carbs, 30g fat



Small granola bar
2 bar(s)- 238 cals



Roasted cashews
1/3 cup(s)- 261 cals

Snacks

315 cals, 14g protein, 45g net carbs, 7g fat



Soy milk yogurt
2 container- 271 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

370 cals, 17g protein, 27g net carbs, 17g fat



Simple mixed greens and tomato salad
151 cals



Nectarine
1 nectarine(s)- 70 cals



Basic tempeh
2 oz- 148 cals

Dinner

1050 cals, 56g protein, 126g net carbs, 18g fat



Chips and salsa
245 cals



Vegan chunky chili
805 cals

Day 3

2864 cal ● 276g protein (39%) ● 84g fat (27%) ● 213g carbs (30%) ● 38g fiber (5%)

Breakfast

445 cal, 25g protein, 52g net carbs, 11g fat



Tofu breakfast tacos with salsa
4 taco(s)- 445 cal

Lunch

700 cal, 66g protein, 55g net carbs, 21g fat



Simple seitan
7 oz- 426 cal



Lentils
174 cal



Simple mixed greens salad
102 cal

Snacks

315 cal, 14g protein, 45g net carbs, 7g fat



Soy milk yogurt
2 container- 271 cal



Cherry tomatoes
12 cherry tomatoes- 42 cal

Dinner

805 cal, 38g protein, 56g net carbs, 42g fat



Roasted cashews
3/8 cup(s)- 313 cal



Peach
2 peach(es)- 132 cal



Seitan salad
359 cal

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cal



Day 4

2860 cals ● 270g protein (38%) ● 91g fat (29%) ● 201g carbs (28%) ● 40g fiber (6%)

Breakfast

445 cals, 25g protein, 52g net carbs, 11g fat



Tofu breakfast tacos with salsa
4 taco(s)- 445 cals

Snacks

310 cals, 8g protein, 33g net carbs, 14g fat



Mixed nuts
1/6 cup(s)- 145 cals



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

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

700 cals, 66g protein, 55g net carbs, 21g fat



Simple seitan
7 oz- 426 cals



Lentils
174 cals



Simple mixed greens salad
102 cals

Dinner

805 cals, 38g protein, 56g net carbs, 42g fat



Roasted cashews
3/8 cup(s)- 313 cals



Peach
2 peach(es)- 132 cals



Seitan salad
359 cals

Day 5

2831 cals ● 239g protein (34%) ● 73g fat (23%) ● 259g carbs (37%) ● 44g fiber (6%)

Breakfast

420 cals, 9g protein, 56g net carbs, 15g fat



Large granola bar
2 bar(s)- 352 cals



Peach
1 peach(es)- 66 cals

Snacks

310 cals, 8g protein, 33g net carbs, 14g fat



Mixed nuts
1/6 cup(s)- 145 cals



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

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

730 cals, 47g protein, 66g net carbs, 24g fat



Chunky canned soup (non-creamy)
2 1/2 can(s)- 618 cals



Simple mixed greens and tomato salad
113 cals

Dinner

770 cals, 42g protein, 101g net carbs, 18g fat



Simple kale salad
1/2 cup(s)- 28 cals



Rice pilaf with meatless meatballs
744 cals

Day 6

2796 cals ● 239g protein (34%) ● 78g fat (25%) ● 242g carbs (35%) ● 42g fiber (6%)

Breakfast

420 cals, 9g protein, 56g net carbs, 15g fat



Large granola bar
2 bar(s)- 352 cals



Peach
1 peach(es)- 66 cals

Snacks

275 cals, 9g protein, 15g net carbs, 19g fat



Ants on a log
275 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

730 cals, 47g protein, 66g net carbs, 24g fat



Chunky canned soup (non-creamy)
2 1/2 can(s)- 618 cals



Simple mixed greens and tomato salad
113 cals

Dinner

770 cals, 42g protein, 101g net carbs, 18g fat



Simple kale salad
1/2 cup(s)- 28 cals



Rice pilaf with meatless meatballs
744 cals

Day 7

2786 cals ● 233g protein (33%) ● 99g fat (32%) ● 195g carbs (28%) ● 46g fiber (7%)

Breakfast

420 cals, 9g protein, 56g net carbs, 15g fat



Large granola bar
2 bar(s)- 352 cals



Peach
1 peach(es)- 66 cals

Snacks

275 cals, 9g protein, 15g net carbs, 19g fat



Ants on a log
275 cals

Protein Supplement(s)

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



Protein shake
5 1/2 scoop- 600 cals

Lunch

745 cals, 40g protein, 66g net carbs, 25g fat



Flavored rice mix
191 cals



Tempeh taco salad bowl
554 cals

Dinner

745 cals, 43g protein, 54g net carbs, 37g fat



Crispy chik'n tenders
10 tender(s)- 571 cals



Avocado
176 cals

Grocery List



Other

- ☐ mixed greens
15 1/2 cup (465g)
- ☐ soy milk yogurt
6 container(s) (902g)
- ☐ nutritional yeast
2 tsp (3g)
- ☐ vegan meatballs, frozen
12 meatball(s) (360g)
- ☐ snow peas
1/2 cup (43g)
- ☐ meatless chik'n tenders
10 pieces (255g)

Vegetables and Vegetable Products

- ☐ tomatoes
19 medium whole (2-3/5" dia) (2361g)
- ☐ onion
1/2 medium (2-1/2" dia) (55g)
- ☐ mushrooms
1 cup, chopped (70g)
- ☐ raw celery
1/3 bunch (171g)
- ☐ fresh green beans
1/2 cup 1/2" pieces (50g)
- ☐ red bell pepper
1/2 cup, chopped (75g)
- ☐ green pepper
1/2 cup, chopped (75g)
- ☐ fresh spinach
4 cup(s) (120g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ ketchup
2 1/2 tbsp (43g)

Fats and Oils

- ☐ salad dressing
1 cup (270mL)
- ☐ oil
2 2/3 tbsp (40mL)

Fruits and Fruit Juices

- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ peach
7 medium (2-2/3" dia) (1050g)

Beverages

- ☐ protein powder
38 1/2 scoop (1/3 cup ea) (1194g)
- ☐ water
48 cup(s) (11376mL)

Snacks

- ☐ small granola bar
4 bar (100g)
- ☐ tortilla chips
3 oz (85g)
- ☐ large granola bar
6 bar (222g)

Nut and Seed Products

- ☐ roasted cashews
1 1/2 cup (188g)
- ☐ mixed nuts
1/3 cup (45g)

Soups, Sauces, and Gravies

- ☐ salsa
5/6 jar (378g)
- ☐ chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)

Spices and Herbs

- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ onion powder
2 1/2 tsp (6g)
- ☐ chili powder
3 tbsp (24g)
- ☐ garlic powder
1/4 tbsp (2g)
- ☐ salt
1 tsp (5g)
- ☐ turmeric, ground
2 dash (1g)
- ☐ taco seasoning mix
1 tbsp (9g)

Baked Products

- ☐ corn tortillas
8 tortilla, medium (approx 6" dia) (208g)

- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ raisins
1 1/2 miniature box (.5 oz) (21g)
- ☐ lemon juice
1/2 tsp (3mL)

Legumes and Legume Products

- ☐ tempeh
1/2 lbs (227g)
 - ☐ dry kidney beans
1/2 cup (92g)
 - ☐ extra firm tofu
1 1/3 lbs (586g)
 - ☐ dry white beans
1/2 cup (101g)
 - ☐ lentils, raw
1 cup (192g)
 - ☐ peanut butter
1/4 cup (72g)
 - ☐ refried beans
1/2 cup (121g)
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Cereal Grains and Pasta

- ☐ seitan
1 1/4 lbs (567g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 3/4 pouch (~5.6 oz) (279g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Small granola bar

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



For single meal:

small granola bar
2 bar (50g)

For all 2 meals:

small granola bar
4 bar (100g)

1. The recipe has no instructions.

Roasted cashews

1/3 cup(s) - 261 cal ● 7g protein ● 20g fat ● 13g carbs ● 1g fiber



For single meal:

roasted cashews
5 tbsp (43g)

For all 2 meals:

roasted cashews
10 tbsp (86g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Tofu breakfast tacos with salsa

4 taco(s) - 445 cals ● 25g protein ● 11g fat ● 52g carbs ● 9g fiber



For single meal:

garlic powder
2 dash (1g)
onion powder
1 tsp (2g)
turmeric, ground
1 dash (0g)
corn tortillas
4 tortilla, medium (approx 6" dia)
(104g)
salsa
4 tbsp (65g)
extra firm tofu, drained
1/2 lbs (198g)

For all 2 meals:

garlic powder
4 dash (2g)
onion powder
2 tsp (5g)
turmeric, ground
2 dash (1g)
corn tortillas
8 tortilla, medium (approx 6" dia)
(208g)
salsa
1/2 cup (130g)
extra firm tofu, drained
14 oz (397g)

1. Place drained tofu on a plate. Place another plate on top of it and put about 1 pound of weight on it (book, cans, etc) for about 20 minutes to help the liquid drain out. Pour away excess liquid.
2. In a bowl, crumble the tofu and sprinkle with the turmeric, onion powder, and garlic powder. Toss until coated.
3. Heat a large skillet over medium heat. Once hot, add the tofu mixture and mix. Stir frequently to prevent sticking. Cook until tofu is browned and crisp- about 5 minutes.
4. Serve on warm tortillas and top with salsa.
5. To store: Store any extra cooked tofu in an airtight container in the fridge. Should last about 3 days. Reheat on stovetop or by microwaving.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Large granola bar

2 bar(s) - 352 cals ● 7g protein ● 15g fat ● 44g carbs ● 4g fiber



For single meal:

large granola bar
2 bar (74g)

For all 3 meals:

large granola bar
6 bar (222g)

1. The recipe has no instructions.

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.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

tomatoes

1 cup cherry tomatoes (149g)

salad dressing

6 tbsp (90mL)

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

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted

1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

tempeh
2 oz (57g)
oil
1 tsp (5mL)

For all 2 meals:

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

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.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Simple seitan

7 oz - 426 cal ● 53g protein ● 13g fat ● 23g carbs ● 1g fiber



For single meal:

seitan
1/2 lbs (198g)
oil
1 3/4 tsp (9mL)

For all 2 meals:

seitan
14 oz (397g)
oil
3 1/2 tsp (18mL)

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.

Lentils

174 cal ● 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.

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.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber



For single meal:

chunky canned soup (non-creamy varieties)
2 1/2 can (~19 oz) (1315g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
5 can (~19 oz) (2630g)

1. Prepare according to instructions on package.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

1. Mix greens, tomatoes, and dressing in a small bowl.
Serve.
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Lunch 4 [↗](#)

Eat on day 7

Flavored rice mix

191 cals ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



flavored rice mix
1/3 pouch (~5.6 oz) (53g)

1. Prepare according to instructions on package.

Tempeh taco salad bowl

554 cals ● 34g protein ● 24g fat ● 27g carbs ● 23g fiber



tempeh
4 oz (113g)
taco seasoning mix
1 tbsp (9g)
mixed greens
1/2 cup (15g)
salsa
3 tbsp (54g)
refried beans
1/2 cup (121g)
oil
1/2 tsp (3mL)
avocados, cubed
1/2 avocado(s) (101g)

1. Heat oil in skillet over medium heat. Crumble tempeh into skillet and fry for a couple minutes until starting to brown. Mix in taco seasoning with a splash of water and stir until tempeh is coated. Cook another minute or two and set aside.
 2. Heat refried beans in the microwave or a separate pan; set aside.
 3. Add mixed greens, tempeh, refried beans, avocado, and salsa to a bowl and serve.
 4. Meal prep note: Store tempeh mixture and refried beans in an airtight container in the fridge. When ready to serve, reheat tempeh and refried beans and assemble rest of salad.
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Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

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 3 meals:

soy milk yogurt
6 container(s) (902g)

- 1. The recipe has no instructions.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 3 meals:

tomatoes
36 cherry tomatoes (612g)

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

Snacks 2 [🔗](#)

Eat on day 4 and day 5

Mixed nuts

1/6 cup(s) - 145 cal ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

mixed nuts
2 2/3 tbsp (22g)

For all 2 meals:

mixed nuts
1/3 cup (45g)

1. The recipe has no instructions.
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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.
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Snacks 3 [↗](#)

Eat on day 6 and day 7

Ants on a log

275 cals ● 9g protein ● 19g fat ● 15g carbs ● 3g fiber



For single meal:

raisins
3/4 miniature box (.5 oz) (11g)
raw celery, trimmed
1 1/2 stalk, medium (7-1/2" - 8" long) (60g)
peanut butter
2 1/4 tbsp (36g)

For all 2 meals:

raisins
1 1/2 miniature box (.5 oz) (21g)
raw celery, trimmed
3 stalk, medium (7-1/2" - 8" long) (120g)
peanut butter
1/4 cup (72g)

1. Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Chips and salsa

245 cals ● 4g protein ● 10g fat ● 31g carbs ● 4g fiber



For single meal:

tortilla chips
1 1/2 oz (43g)
salsa
6 tbsp (97g)

For all 2 meals:

tortilla chips
3 oz (85g)
salsa
3/4 cup (194g)

1. Serve salsa with the tortilla chips.

Vegan chunky chili

805 cals ● 52g protein ● 9g fat ● 95g carbs ● 35g fiber



For single meal:

black pepper
3 dash, ground (1g)
onion powder
2 dash (1g)
dry kidney beans, soaked overnight
4 tbsp (46g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
extra firm tofu
6 tbsp (95g)
chili powder
1 1/2 tbsp (12g)
garlic powder
1 dash (0g)
mushrooms
1/2 cup, chopped (35g)
raw celery
4 tbsp chopped (25g)
fresh green beans
4 tbsp 1/2" pieces (25g)
red bell pepper
4 tbsp, chopped (37g)
green pepper
4 tbsp, chopped (37g)
salt
3 dash (2g)
water
3 cup(s) (711mL)
tomatoes
3 cup, chopped (540g)
dry white beans, soaked overnight
4 tbsp (51g)
lentils, raw, soaked overnight
4 tbsp (48g)

For all 2 meals:

black pepper
1/4 tbsp, ground (2g)
onion powder
4 dash (1g)
dry kidney beans, soaked overnight
1/2 cup (92g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
extra firm tofu
3/4 cup (189g)
chili powder
3 tbsp (24g)
garlic powder
2 dash (1g)
mushrooms
1 cup, chopped (70g)
raw celery
1/2 cup chopped (51g)
fresh green beans
1/2 cup 1/2" pieces (50g)
red bell pepper
1/2 cup, chopped (75g)
green pepper
1/2 cup, chopped (75g)
salt
1/4 tbsp (5g)
water
6 cup(s) (1422mL)
tomatoes
6 cup, chopped (1080g)
dry white beans, soaked overnight
1/2 cup (101g)
lentils, raw, soaked overnight
1/2 cup (96g)

1. Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.
 2. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.
 3. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste. Simmer for 2 to 3 hours, or until desired consistency is reached.
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Dinner 2 [↗](#)

Eat on day 3 and day 4

Roasted cashews

3/8 cup(s) - 313 cals ● 8g protein ● 24g fat ● 15g carbs ● 2g fiber



For single meal:

roasted cashews
6 tbsp (51g)

For all 2 meals:

roasted cashews
3/4 cup (103g)

1. The recipe has no instructions.
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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.

Seitan salad

359 cals ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

oil
1 tsp (5mL)
nutritional yeast
1 tsp (1g)
salad dressing
1 tbsp (15mL)
fresh spinach
2 cup(s) (60g)
seitan, crumbled or sliced
3 oz (85g)
tomatoes, halved
6 cherry tomatoes (102g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

oil
2 tsp (10mL)
nutritional yeast
2 tsp (3g)
salad dressing
2 tbsp (30mL)
fresh spinach
4 cup(s) (120g)
seitan, crumbled or sliced
6 oz (170g)
tomatoes, halved
12 cherry tomatoes (204g)
avocados, chopped
1/2 avocado(s) (101g)

1. Heat the oil in a skillet over medium heat.
2. Add the seitan and cook for about 5 minutes, until browned. Sprinkle with nutritional yeast.
3. Place the seitan on a bed of spinach.
4. Top with tomatoes, avocado, and salad dressing. Serve.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Simple kale salad

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



For single meal:

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

For all 2 meals:

kale leaves
1 cup, chopped (40g)
salad dressing
1 tbsp (15mL)

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

Rice pilaf with meatless meatballs

744 cals ● 41g protein ● 16g fat ● 98g carbs ● 11g fiber



For single meal:

flavored rice mix
1/2 box (8 oz) (113g)
vegan meatballs, frozen
6 meatball(s) (180g)
tomatoes
6 cherry tomatoes (102g)
snow peas, ends trimmed
1/4 cup (21g)

For all 2 meals:

flavored rice mix
1 box (8 oz) (226g)
vegan meatballs, frozen
12 meatball(s) (360g)
tomatoes
12 cherry tomatoes (204g)
snow peas, ends trimmed
1/2 cup (43g)

1. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
2. Meanwhile prepare vegan meatballs according to package instructions.
3. Plate rice mix and top with vegan meatballs. Serve.

Dinner 4 [🔗](#)

Eat on day 7

Crispy chik'n tenders

10 tender(s) - 571 cals ● 41g protein ● 23g fat ● 52g carbs ● 0g fiber



Makes 10 tender(s)

meatless chik'n tenders
10 pieces (255g)
ketchup
2 1/2 tbsp (43g)

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

Avocado

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



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

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