

Meal Plan - 2900 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

2752 cals ● 251g protein (36%) ● 112g fat (37%) ● 138g carbs (20%) ● 48g fiber (7%)

Breakfast

450 cals, 45g protein, 32g net carbs, 13g fat



Protein shake (almond milk)

315 cals



Peach

2 peach(es)- 132 cals

Snacks

360 cals, 12g protein, 42g net carbs, 13g fat



Apple

1 apple(s)- 105 cals



Sunflower seeds

120 cals



Soy milk yogurt

1 container- 136 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake

5 scoop- 545 cals

Lunch

925 cals, 50g protein, 27g net carbs, 59g fat



Walnuts

3/8 cup(s)- 291 cals



Crack slaw with tempeh

633 cals

Dinner

475 cals, 23g protein, 33g net carbs, 25g fat



Curried lentils

362 cals



Soy milk

1 1/3 cup(s)- 113 cals

Day 2

2871 cals ● 277g protein (39%) ● 122g fat (38%) ● 119g carbs (17%) ● 47g fiber (7%)

Breakfast

450 cals, 45g protein, 32g net carbs, 13g fat



Protein shake (almond milk)
315 cals



Peach
2 peach(es)- 132 cals

Snacks

360 cals, 12g protein, 42g net carbs, 13g fat



Apple
1 apple(s)- 105 cals



Sunflower seeds
120 cals



Soy milk yogurt
1 container- 136 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Lunch

925 cals, 50g protein, 27g net carbs, 59g fat



Walnuts
3/8 cup(s)- 291 cals



Crack slaw with tempeh
633 cals

Dinner

595 cals, 48g protein, 14g net carbs, 35g fat



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



Soy milk
1 1/2 cup(s)- 127 cals

Day 3

2796 cals ● 226g protein (32%) ● 89g fat (28%) ● 219g carbs (31%) ● 55g fiber (8%)

Breakfast

390 cals, 25g protein, 35g net carbs, 15g fat



Breakfast cereal with protein almond milk
280 cals



Celery and peanut butter
109 cals

Snacks

270 cals, 12g protein, 32g net carbs, 8g fat



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



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

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Lunch

830 cals, 40g protein, 87g net carbs, 26g fat



Peach
2 peach(es)- 132 cals



Tempeh bacon & avocado bagel sandwich
1 bagel(s)- 698 cals

Dinner

760 cals, 28g protein, 60g net carbs, 38g fat



Simple mixed greens and tomato salad
76 cals



Ginger coconut chickpea soup
685 cals

Day 4

2868 cals ● 235g protein (33%) ● 88g fat (27%) ● 218g carbs (30%) ● 66g fiber (9%)

Breakfast

390 cals, 25g protein, 35g net carbs, 15g fat



Breakfast cereal with protein almond milk
280 cals



Celery and peanut butter
109 cals

Snacks

270 cals, 12g protein, 32g net carbs, 8g fat



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



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

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Lunch

805 cals, 43g protein, 73g net carbs, 30g fat



Apple & peanut butter
1 apple(s)- 310 cals



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

Dinner

860 cals, 34g protein, 74g net carbs, 33g fat



Spanish chickpeas
746 cals



Simple mixed greens and tomato salad
113 cals

Day 5

2917 cals ● 243g protein (33%) ● 76g fat (23%) ● 244g carbs (33%) ● 73g fiber (10%)

Breakfast

400 cals, 35g protein, 35g net carbs, 11g fat



Vegan breakfast sausage links
4 links- 150 cals



Cinnamon banana almond protein oats
251 cals

Snacks

270 cals, 12g protein, 32g net carbs, 8g fat



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



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

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



Protein shake
5 scoop- 545 cals

Lunch

840 cals, 40g protein, 98g net carbs, 22g fat



Quick brownbag burritos
2 burrito(s)- 596 cals



Protein bar
1 bar- 245 cals

Dinner

860 cals, 34g protein, 74g net carbs, 33g fat



Spanish chickpeas
746 cals



Simple mixed greens and tomato salad
113 cals

Day 6

2903 cals ● 245g protein (34%) ● 96g fat (30%) ● 218g carbs (30%) ● 48g fiber (7%)

Breakfast

400 cals, 35g protein, 35g net carbs, 11g fat



[Vegan breakfast sausage links](#)
4 links- 150 cals



[Cinnamon banana almond protein oats](#)
251 cals

Snacks

290 cals, 3g protein, 26g net carbs, 15g fat



[Avocado](#)
176 cals



[Banana](#)
1 banana(s)- 117 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)
5 scoop- 545 cals

Lunch

870 cals, 31g protein, 59g net carbs, 52g fat



[Vegan sriracha ginger tofu tacos](#)
3 taco(s)- 630 cals



[Simple mixed greens salad](#)
237 cals

Dinner

800 cals, 55g protein, 94g net carbs, 15g fat



[Simple salad with celery, cucumber & tomato](#)
85 cals



[Chik'n stir fry](#)
712 cals

Day 7

2903 cals ● 245g protein (34%) ● 96g fat (30%) ● 218g carbs (30%) ● 48g fiber (7%)

Breakfast

400 cals, 35g protein, 35g net carbs, 11g fat



[Vegan breakfast sausage links](#)
4 links- 150 cals



[Cinnamon banana almond protein oats](#)
251 cals

Snacks

290 cals, 3g protein, 26g net carbs, 15g fat



[Avocado](#)
176 cals



[Banana](#)
1 banana(s)- 117 cals

Protein Supplement(s)

545 cals, 121g protein, 5g net carbs, 3g fat



[Protein shake](#)
5 scoop- 545 cals

Lunch

870 cals, 31g protein, 59g net carbs, 52g fat



[Vegan sriracha ginger tofu tacos](#)
3 taco(s)- 630 cals



[Simple mixed greens salad](#)
237 cals

Dinner

800 cals, 55g protein, 94g net carbs, 15g fat



[Simple salad with celery, cucumber & tomato](#)
85 cals



[Chik'n stir fry](#)
712 cals

Nut and Seed Products

- ☐ walnuts
13 1/4 tbsp, shelled (83g)
- ☐ sunflower kernels
2 1/2 oz (74g)
- ☐ coconut milk, canned
1/2 can (203mL)

Other

- ☐ coleslaw mix
1 2/3 package (14 oz) (653g)
- ☐ soy milk yogurt
2 container(s) (301g)
- ☐ curry paste
1/2 tbsp (8g)
- ☐ soy milk, unsweetened
6 1/2 cup(s) (mL)
- ☐ sesame oil
5 tsp (25mL)
- ☐ vegan chik'n strips
18 oz (506g)
- ☐ skewer(s)
4 skewer(s) (4g)
- ☐ mixed greens
4 package (5.5 oz) (598g)
- ☐ vegan cheese, shredded
1/3 cup (37g)
- ☐ protein bar (20g protein)
1 bar (50g)
- ☐ vegan breakfast sausage links
12 links (270g)
- ☐ sriracha chili sauce
1/2 tbsp (8g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 tbsp (15mL)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- ☐ salsa
1/3 cup (87g)

Fats and Oils

- ☐ oil
2 1/4 oz (69mL)
- ☐ salad dressing
18 1/2 tbsp (278mL)

Fruits and Fruit Juices

- ☐ apples
3 medium (3" dia) (546g)
- ☐ peach
6 medium (2-2/3" dia) (900g)
- ☐ lime juice
1 tbsp (15mL)
- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ banana
3 1/2 medium (7" to 7-7/8" long) (413g)
- ☐ lemon juice
1 tsp (5mL)

Beverages

- ☐ protein powder
40 3/4 scoop (1/3 cup ea) (1263g)
- ☐ water
2 2/3 gallon (10291mL)
- ☐ almond milk, unsweetened
1/3 gallon (1291mL)

Spices and Herbs

- ☐ salt
1/2 dash (0g)
- ☐ ground cumin
1/2 oz (14g)
- ☐ onion powder
1 dash (0g)
- ☐ curry powder
1/2 tbsp (3g)
- ☐ turmeric, ground
1 dash (0g)
- ☐ paprika
4 tsp (9g)
- ☐ chili powder
1 tsp (3g)
- ☐ cinnamon
1/2 tbsp (4g)

Breakfast Cereals

- ☐ breakfast cereal
2 1/2 serving (75g)
- ☐ flavored instant oatmeal
3 packet (129g)
- ☐ oatmeal, old-fashioned oats, rolled oats
3/4 cup (61g)

- ☐ **vegan mayonnaise**
4 tbsp (60g)

Vegetables and Vegetable Products

- ☐ **garlic**
5 clove(s) (15g)
- ☐ **fresh ginger**
1/2 oz (14g)
- ☐ **raw celery**
3 1/3 stalk, medium (7-1/2" - 8" long) (133g)
- ☐ **tomatoes**
2 medium whole (2-3/5" dia) (231g)
- ☐ **onion**
2 1/4 large (338g)
- ☐ **tomato paste**
4 tbsp (64g)
- ☐ **fresh spinach**
1/2 lbs (227g)
- ☐ **bell pepper**
4 large (626g)
- ☐ **cucumber**
2/3 cucumber (8-1/4") (201g)
- ☐ **carrots**
5 small (5-1/2" long) (250g)

Legumes and Legume Products

- ☐ **tempeh**
1 lbs (454g)
- ☐ **lentils, raw**
10 tbsp (120g)
- ☐ **peanut butter**
1/2 cup (117g)
- ☐ **chickpeas, canned**
2 1/4 can(s) (1008g)
- ☐ **black beans**
1/3 can(s) (146g)
- ☐ **soy sauce**
5 tbsp (78mL)
- ☐ **firm tofu**
14 oz (397g)

Baked Products

- ☐ **bagel**
1 medium bagel (3-1/2" to 4" dia) (105g)
- ☐ **flour tortillas**
2 tortilla (approx 7-8" dia) (98g)
- ☐ **corn tortillas**
6 tortilla, medium (approx 6" dia) (156g)

Sweets

- ☐ **maple syrup**
1 tbsp (15mL)

Cereal Grains and Pasta

- ☐ **brown rice**
1 cup (178g)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

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 2 meals:

almond milk, unsweetened

3 cup (720mL)

protein powder

3 scoop (1/3 cup ea) (93g)

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

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.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Breakfast cereal with protein almond milk

280 cals ● 21g protein ● 6g fat ● 31g carbs ● 4g fiber



For single meal:

breakfast cereal
1 1/4 serving (38g)
almond milk, unsweetened
10 tbsp (150mL)
protein powder
5/8 scoop (1/3 cup ea) (19g)

For all 2 meals:

breakfast cereal
2 1/2 serving (75g)
almond milk, unsweetened
1 1/4 cup (300mL)
protein powder
1 1/4 scoop (1/3 cup ea) (39g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

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 2 meals:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)
peanut butter
2 tbsp (32g)

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

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Vegan breakfast sausage links

4 links - 150 cals ● 18g protein ● 6g fat ● 4g carbs ● 2g fiber



For single meal:

vegan breakfast sausage links
4 links (90g)

For all 3 meals:

vegan breakfast sausage links
12 links (270g)

1. Cook links according to package instructions. Serve.

Cinnamon banana almond protein oats

251 cals ● 17g protein ● 5g fat ● 31g carbs ● 5g fiber



For single meal:

cinnamon
4 dash (1g)
maple syrup
1 tsp (5mL)
oatmeal, old-fashioned oats, rolled oats
4 tbsp (20g)
almond milk, unsweetened
6 tbsp (90mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)
banana, sliced
1/2 medium (7" to 7-7/8" long) (59g)

For all 3 meals:

cinnamon
1/2 tbsp (4g)
maple syrup
1 tbsp (15mL)
oatmeal, old-fashioned oats, rolled oats
3/4 cup (61g)
almond milk, unsweetened
1 cup (270mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)
banana, sliced
1 1/2 medium (7" to 7-7/8" long) (177g)

1. In a microwave-safe bowl, mix together the oats, protein powder, cinnamon, maple syrup, and almond milk.
2. Microwave for about 1-1.5 minutes.
3. Top with banana slices.
4. Serve.

Lunch 1 [🔗](#)

Eat on day 1 and day 2

Walnuts

3/8 cup(s) - 291 cals ● 6g protein ● 27g fat ● 3g carbs ● 3g fiber



For single meal:

walnuts

6 2/3 tbsp, shelled (42g)

For all 2 meals:

walnuts

13 1/3 tbsp, shelled (83g)

1. The recipe has no instructions.

Crack slaw with tempeh

633 cals ● 43g protein ● 32g fat ● 24g carbs ● 20g fiber



For single meal:

coleslaw mix

3 cup (270g)

hot sauce

1/2 tbsp (8mL)

sunflower kernels

1 1/2 tbsp (18g)

oil

1 tbsp (15mL)

garlic, minced

1 1/2 clove (5g)

tempeh, cubed

6 oz (170g)

For all 2 meals:

coleslaw mix

6 cup (540g)

hot sauce

1 tbsp (15mL)

sunflower kernels

3 tbsp (36g)

oil

2 tbsp (30mL)

garlic, minced

3 clove (9g)

tempeh, cubed

3/4 lbs (340g)

1. Place cubed tempeh in a small pan and cover with water. Bring to a boil and cook for about 8 minutes. Remove tempeh and drain the water.
2. Heat the oil in a skillet over medium heat. Add the tempeh and cook for 2 minutes on each side.
3. Add in the garlic, cabbage, and hot sauce, stirring until well combined. Cover and let cook for 5 minutes on low heat.
4. Add in the sunflower kernels, mix, and let cook for another few minutes until cabbage is soft, but still slightly crunchy.
5. Season with salt and pepper to taste. Serve hot or cold.

Lunch 2 [↗](#)

Eat on day 3

Peach

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



Makes 2 peach(es)

peach

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

1. The recipe has no instructions.

Tempeh bacon & avocado bagel sandwich

1 bagel(s) - 698 cals ● 37g protein ● 25g fat ● 63g carbs ● 17g fiber



Makes 1 bagel(s)

bagel

1 medium bagel (3-1/2" to 4" dia) (105g)

ground cumin

1 dash (0g)

oil

1/2 tsp (3mL)

onion powder

1 dash (0g)

avocados, sliced

1/2 avocado(s) (101g)

tempeh, cut into strips

4 oz (113g)

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

Lunch 3 [↗](#)

Eat on day 4

Apple & peanut butter

1 apple(s) - 310 cals ● 8g protein ● 17g fat ● 26g carbs ● 6g fiber



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

peanut butter

2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Chunky canned soup (non-creamy)

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



Makes 2 can(s)

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 5

Quick brownbag burritos

2 burrito(s) - 596 cals ● 20g protein ● 17g fat ● 72g carbs ● 18g fiber



Makes 2 burrito(s)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

black beans

1/3 can(s) (146g)

salsa

1/3 cup (87g)

ground cumin

1 tsp (2g)

chili powder

1 tsp (3g)

vegan cheese, shredded

1/3 cup (37g)

1. Rinse beans in cold water, drain well.
2. Combine beans, salsa, cumin and chili powder in large pan. Cook over medium-high heat for about ten minutes, mashing beans slightly with back of wooden spoon. Stir occasionally, adding a little water if mixture looks too dry.
3. Spoon bean mixture into tortillas. Top with cheese.
4. Fold each tortilla into an envelope shape, ensuring both ends are tucked in.
5. Eat warm or wrap in plastic to take for lunch.
6. Meal Prep Note: For bulk cooking, individually wrap and freeze. Reheat in microwave when ready.

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

Vegan sriracha ginger tofu tacos

3 taco(s) - 630 cals ● 27g protein ● 36g fat ● 44g carbs ● 7g fiber



For single meal:

coleslaw mix
2 oz (57g)
corn tortillas
3 tortilla, medium (approx 6" dia)
(78g)
sesame oil
1/2 tbsp (8mL)
water, warmed
1 tbsp (15mL)
soy sauce
1/2 tbsp (8mL)
peanut butter
1 tbsp (16g)
sriracha chili sauce
1/4 tbsp (4g)
vegan mayonnaise
2 tbsp (30g)
garlic, minced
1/2 clove(s) (2g)
firm tofu, patted dry & cubed
1/2 lbs (198g)
fresh ginger, peeled & minced
1 inch (2.5cm) cube (5g)

For all 2 meals:

coleslaw mix
4 oz (113g)
corn tortillas
6 tortilla, medium (approx 6" dia)
(156g)
sesame oil
1 tbsp (15mL)
water, warmed
2 tbsp (30mL)
soy sauce
1 tbsp (15mL)
peanut butter
2 tbsp (32g)
sriracha chili sauce
1/2 tbsp (8g)
vegan mayonnaise
4 tbsp (60g)
garlic, minced
1 clove(s) (3g)
firm tofu, patted dry & cubed
14 oz (397g)
fresh ginger, peeled & minced
2 inch (2.5cm) cube (10g)

1. Make sauce by whisking together the garlic, ginger, sriracha, soy sauce peanut butter, water, and some salt in a small bowl. Set aside.
2. Heat sesame oil in a large skillet over medium heat. Add tofu and cook until browned, 3-5 minutes. Pour the sauce in and cook 2-3 minutes until it gets crispy in places.
3. Make slaw by mixing together coleslaw mix, vegan mayonnaise, and some salt and pepper. Toss.
4. Top tortillas with tofu and slaw. Serve.

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

mixed greens
5 1/4 cup (158g)
salad dressing
1/3 cup (79mL)

For all 2 meals:

mixed greens
10 1/2 cup (315g)
salad dressing
2/3 cup (158mL)

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

Snacks 1 [↗](#)

Eat on day 1 and day 2

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.
-

Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
2/3 oz (19g)

For all 2 meals:

sunflower kernels
1 1/3 oz (38g)

1. The recipe has no instructions.
-

Soy milk yogurt

1 container - 136 cals ● 6g protein ● 4g fat ● 20g carbs ● 0g fiber



For single meal:

soy milk yogurt
1 container(s) (150g)

For all 2 meals:

soy milk yogurt
2 container(s) (301g)

1. The recipe has no instructions.
-

Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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 3 meals:

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

1. The recipe has no instructions.
-

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 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.
-

Snacks 3 [🔗](#)

Eat on day 6 and day 7

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.
-

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana
2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.
-

Dinner 1 [↗](#)

Eat on day 1

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Soy milk

1 1/3 cup(s) - 113 cals ● 9g protein ● 6g fat ● 3g carbs ● 3g fiber



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

1. The recipe has no instructions.
-

Dinner 2 [↗](#)

Eat on day 2

Chik'n satay with peanut sauce

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



Makes 4 skewers

peanut butter

4 tsp (21g)

lime juice

3 tsp (15mL)

sesame oil

2 tsp (10mL)

vegan chik'n strips

1/3 lbs (151g)

skewer(s)

4 skewer(s) (4g)

fresh ginger, grated or minced

2/3 inch (2.5cm) cube (3g)

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

Soy milk

1 1/2 cup(s) - 127 cals ● 11g protein ● 7g fat ● 3g carbs ● 3g fiber



Makes 1 1/2 cup(s)

soy milk, unsweetened

1 1/2 cup(s) (mL)

1. The recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3

Simple mixed greens and tomato salad

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



mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

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

Ginger coconut chickpea soup

685 cals ● 27g protein ● 33g fat ● 55g carbs ● 15g fiber



oil

1/2 tbsp (8mL)

water

1 1/4 cup(s) (296mL)

coconut milk, canned

1/4 can (113mL)

curry powder

1/2 tbsp (3g)

turmeric, ground

1 dash (0g)

fresh ginger, diced

1/4 slices (1" dia) (1g)

onion, diced

1/4 large (38g)

garlic, diced

1 clove(s) (3g)

chickpeas, canned, drained

1/4 can(s) (112g)

lentils, raw, rinsed

6 tbsp (72g)

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

Dinner 4 [↗](#)

Eat on day 4 and day 5

Spanish chickpeas

746 cals ● 31g protein ● 26g fat ● 66g carbs ● 31g fiber



For single meal:

tomato paste
2 tbsp (32g)
fresh spinach
4 oz (113g)
water
1 cup(s) (237mL)
oil
1 tbsp (15mL)
paprika
2 tsp (5g)
ground cumin
1 tbsp (6g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)
onion, sliced
1 large (150g)
bell pepper, deseeded & sliced
1 large (164g)

For all 2 meals:

tomato paste
4 tbsp (64g)
fresh spinach
1/2 lbs (227g)
water
2 cup(s) (474mL)
oil
2 tbsp (30mL)
paprika
4 tsp (9g)
ground cumin
2 tbsp (12g)
chickpeas, canned, drained & rinsed
2 can(s) (896g)
onion, sliced
2 large (300g)
bell pepper, deseeded & sliced
2 large (328g)

1. Heat oil in a skillet over medium heat. Add onion, bell pepper, and some salt and pepper. Saute 8-10 minutes, stirring occasionally until vegetables have softened.
2. Stir in tomato paste, paprika, and cumin. Cook 1-2 minutes.
3. Stir in chickpeas and water. Reduce heat and bring to a simmer and cook until liquid has reduced, about 8-10 minutes.
4. Stir in spinach and cook for 1-2 minutes until wilted. Season to taste with salt and pepper. Serve.

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.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



For single meal:

salad dressing
3 tsp (15mL)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long) (27g)
mixed greens
1/3 package (5.5 oz) (52g)
cucumber, sliced
1/3 cucumber (8-1/4") (100g)
tomatoes, diced
1/3 medium whole (2-3/5" dia) (41g)

For all 2 meals:

salad dressing
2 tbsp (30mL)
raw celery, chopped
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)
mixed greens
2/3 package (5.5 oz) (103g)
cucumber, sliced
2/3 cucumber (8-1/4") (201g)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Chik'n stir fry

712 cals ● 52g protein ● 12g fat ● 86g carbs ● 14g fiber



For single meal:

brown rice
1/2 cup (89g)
water
1 cup(s) (222mL)
soy sauce
2 tbsp (31mL)
vegan chik'n strips
6 1/4 oz (177g)
bell pepper, deseeded & cut into thin strips
1 1/4 medium (149g)
carrots, cut into thin strips
2 1/2 small (5-1/2" long) (125g)

For all 2 meals:

brown rice
1 cup (178g)
water
2 cup(s) (444mL)
soy sauce
4 tbsp (62mL)
vegan chik'n strips
3/4 lbs (354g)
bell pepper, deseeded & cut into thin strips
2 1/2 medium (298g)
carrots, cut into thin strips
5 small (5-1/2" long) (250g)

1. Prepare rice & water according to package instructions (adjust amount of water if needed) and set aside.
2. Meanwhile, add carrots, bell pepper strips, and a small splash of water into a pan over medium heat. Cook, stirring frequently until vegetables lightly steam and soften. Add in chik'n strips and cook until they are cooked through (check package instructions for additional details).
3. Add brown rice and soy sauce into the pan and combine. Heat through for a couple minutes and serve.

Protein Supplement(s)

Eat every day

Protein shake

5 scoop - 545 cals  121g protein  3g fat  5g carbs  5g fiber



For single meal:

protein powder
5 scoop (1/3 cup ea) (155g)
water
5 cup(s) (1185mL)

For all 7 meals:

protein powder
35 scoop (1/3 cup ea) (1085g)
water
35 cup(s) (8295mL)

1. The recipe has no instructions.
-