

Meal Plan - 3100 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

3134 cals ● 232g protein (30%) ● 108g fat (31%) ● 250g carbs (32%) ● 58g fiber (7%)

Breakfast

490 cals, 16g protein, 29g net carbs, 31g fat



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



Sunflower seeds
180 cals

Snacks

220 cals, 5g protein, 42g net carbs, 2g fat



Fruit juice
1/2 cup(s)- 57 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

920 cals, 28g protein, 141g net carbs, 21g fat



Pasta with store-bought sauce
680 cals



Simple mixed greens salad
237 cals

Dinner

960 cals, 62g protein, 35g net carbs, 51g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Crack slaw with tempeh
843 cals

Day 2

3091 cals ● 235g protein (30%) ● 111g fat (32%) ● 211g carbs (27%) ● 78g fiber (10%)

Breakfast

490 cals, 16g protein, 29g net carbs, 31g fat



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



Sunflower seeds
180 cals

Snacks

220 cals, 5g protein, 42g net carbs, 2g fat



Fruit juice
1/2 cup(s)- 57 cals



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

Lunch

875 cals, 31g protein, 101g net carbs, 24g fat



Black bean and salsa soup
386 cals



Chips and salsa
489 cals

Dinner

960 cals, 62g protein, 35g net carbs, 51g fat



Roasted peanuts
1/8 cup(s)- 115 cals



Crack slaw with tempeh
843 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Day 3

3045 cals ● 248g protein (33%) ● 142g fat (42%) ● 142g carbs (19%) ● 51g fiber (7%)

Breakfast

405 cals, 7g protein, 28g net carbs, 27g fat



Applesauce
114 cals



Walnuts
3/8 cup(s)- 291 cals

Lunch

860 cals, 53g protein, 51g net carbs, 43g fat



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



Pumpkin seeds
366 cals

Snacks

410 cals, 5g protein, 39g net carbs, 21g fat



Popcorn
4 2/3 cups- 188 cals



Dark chocolate
2 square(s)- 120 cals



Grapes
102 cals

Dinner

825 cals, 62g protein, 19g net carbs, 49g fat



Baked tofu
18 2/3 oz- 528 cals



Simple sauteed spinach
299 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Day 4

3087 cals ● 244g protein (32%) ● 130g fat (38%) ● 199g carbs (26%) ● 38g fiber (5%)

Breakfast

405 cals, 7g protein, 28g net carbs, 27g fat



Applesauce

114 cals



Walnuts

3/8 cup(s)- 291 cals

Snacks

410 cals, 5g protein, 39g net carbs, 21g fat



Popcorn

4 2/3 cups- 188 cals



Dark chocolate

2 square(s)- 120 cals



Grapes

102 cals

Lunch

860 cals, 53g protein, 51g net carbs, 43g fat



Chunky canned soup (non-creamy)

2 can(s)- 494 cals



Pumpkin seeds

366 cals

Dinner

870 cals, 58g protein, 76g net carbs, 36g fat



Simple mixed greens salad

68 cals



Crispy chick'n tenders

14 tender(s)- 800 cals

Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

Day 5

3057 cals ● 240g protein (31%) ● 76g fat (22%) ● 307g carbs (40%) ● 47g fiber (6%)

Breakfast

485 cals, 13g protein, 100g net carbs, 3g fat



Fruit juice

1 cup(s)- 115 cals



Small toasted bagel with jelly

1 1/2 bagel(s)- 371 cals

Snacks

285 cals, 9g protein, 46g net carbs, 7g fat



Baked chips

15 crisps- 152 cals



Soy milk yogurt

1 container- 136 cals

Lunch

860 cals, 55g protein, 65g net carbs, 31g fat



Bbq tempeh lettuce wrap

8 lettuce wrap(s)- 658 cals



Simple mixed greens salad

203 cals

Dinner

875 cals, 43g protein, 93g net carbs, 32g fat



Chik'n nuggets

14 nuggets- 772 cals



Apple

1 apple(s)- 105 cals

Protein Supplement(s)

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



Protein shake

5 scoop- 545 cals

Day 6

3118 cals ● 226g protein (29%) ● 75g fat (22%) ● 340g carbs (44%) ● 44g fiber (6%)

Breakfast

485 cals, 13g protein, 100g net carbs, 3g fat



Fruit juice
1 cup(s)- 115 cals



Small toasted bagel with jelly
1 1/2 bagel(s)- 371 cals

Snacks

285 cals, 9g protein, 46g net carbs, 7g fat



Baked chips
15 crisps- 152 cals



Soy milk yogurt
1 container- 136 cals

Lunch

850 cals, 33g protein, 105g net carbs, 26g fat



Edamame & beet salad
171 cals



Veggie burger with 'cheese'
2 burger- 679 cals

Dinner

950 cals, 51g protein, 86g net carbs, 37g fat



Crunchy Asian tofu salad
587 cals



Grapefruit
1 grapefruit- 119 cals



Protein bar
1 bar- 245 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Day 7

3118 cals ● 226g protein (29%) ● 75g fat (22%) ● 340g carbs (44%) ● 44g fiber (6%)

Breakfast

485 cals, 13g protein, 100g net carbs, 3g fat



Fruit juice
1 cup(s)- 115 cals



Small toasted bagel with jelly
1 1/2 bagel(s)- 371 cals

Snacks

285 cals, 9g protein, 46g net carbs, 7g fat



Baked chips
15 crisps- 152 cals



Soy milk yogurt
1 container- 136 cals

Lunch

850 cals, 33g protein, 105g net carbs, 26g fat



Edamame & beet salad
171 cals



Veggie burger with 'cheese'
2 burger- 679 cals

Dinner

950 cals, 51g protein, 86g net carbs, 37g fat



Crunchy Asian tofu salad
587 cals



Grapefruit
1 grapefruit- 119 cals



Protein bar
1 bar- 245 cals

Protein Supplement(s)

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



Protein shake
5 scoop- 545 cals

Cereal Grains and Pasta

- uncooked dry pasta
1/3 lbs (152g)
- quinoa, uncooked
6 tbsp (64g)

Soups, Sauces, and Gravies

- pasta sauce
1/3 jar (24 oz) (224g)
- hot sauce
4 tsp (20mL)
- vegetable broth
1/2 cup(s) (mL)
- salsa
5/8 jar (292g)
- chunky canned soup (non-creamy varieties)
4 can (~19 oz) (2104g)
- barbecue sauce
4 tbsp (68g)

Other

- mixed greens
3 1/3 package (5.5 oz) (511g)
- coleslaw mix
10 cup (900g)
- Popcorn, microwave, salted
9 1/3 cup popped (103g)
- meatless chik'n tenders
14 pieces (357g)
- baked chips, any flavor
45 crisps (105g)
- soy milk yogurt
3 container(s) (451g)
- vegan chik'n nuggets
14 nuggets (301g)
- sesame oil
1 tbsp (15mL)
- protein bar (20g protein)
2 bar (100g)
- veggie burger patty
4 patty (284g)
- vegan cheese, sliced
4 slice(s) (80g)

Fats and Oils

- salad dressing
2/3 cup (169mL)

Legumes and Legume Products

- roasted peanuts
2 1/4 oz (64g)
- tempeh
1 1/2 lbs (680g)
- peanut butter
1/4 lbs (96g)
- black beans
3/4 can(s) (329g)
- soy sauce
1/2 lbs (170mL)
- extra firm tofu
18 2/3 oz (529g)
- firm tofu
3/4 lbs (340g)

Nut and Seed Products

- sunflower kernels
1/4 lbs (105g)
- sesame seeds
3 1/2 tsp (10g)
- walnuts
13 1/4 tbsp, shelled (83g)
- roasted pumpkin seeds, unsalted
1 cup (118g)

Vegetables and Vegetable Products

- garlic
5 1/2 clove (17g)
- fresh ginger
1 1/6 slices (1" dia) (3g)
- fresh spinach
12 cup(s) (360g)
- ketchup
2/3 cup (187g)
- romaine lettuce
8 leaf inner (48g)
- bell pepper
1 small (74g)
- cabbage
4 1/2 cup, shredded (315g)
- carrots
1 1/2 medium (92g)
- edamame, frozen, shelled
1 cup (118g)
- beets, precooked (canned or refrigerated)
4 beet(s) (200g)

- oil**
3 tbsp (45mL)
- olive oil**
1 1/2 tbsp (23mL)
- balsamic vinaigrette**
2 tbsp (30mL)

Fruits and Fruit Juices

- fruit juice**
32 fl oz (960mL)
- apples**
3 medium (3" dia) (546g)
- applesauce**
4 to-go container (~4 oz) (488g)
- grapes**
3 1/2 cup (322g)
- lime juice**
2 tbsp (30mL)
- Grapefruit**
2 large (approx 4-1/2" dia) (664g)

Breakfast Cereals

- flavored instant oatmeal**
2 packet (86g)

Beverages

- water**
36 1/2 cup(s) (8651mL)
- protein powder**
35 scoop (1/3 cup ea) (1085g)

Spices and Herbs

- ground cumin**
3 dash (1g)
- black pepper**
3 dash, ground (1g)
- salt**
3 dash (2g)

Dairy and Egg Products

- sour cream**
1 1/2 tbsp (18g)

Snacks

- tortilla chips**
3 oz (85g)

Sweets

- chocolate, dark, 70-85%**
4 square(s) (40g)
- jelly**
1/4 cup (95g)

Baked Products

- bagel**
4 1/2 small bagel (3" dia) (311g)
- hamburger buns**
4 bun(s) (204g)

Breakfast 1 ↗

Eat on day 1 and day 2

Apple & peanut butter

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



For single meal:

apples

1 medium (3" dia) (182g)

peanut butter

2 tbsp (32g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

peanut butter

4 tbsp (64g)

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

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

1 oz (28g)

For all 2 meals:

sunflower kernels

2 oz (57g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3 and day 4

Applesauce

114 cals ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce

2 to-go container (~4 oz) (244g)

For all 2 meals:

applesauce

4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

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.

Breakfast 3

Eat on day 5, day 6, and day 7

Fruit juice

1 cup(s) - 115 cals  2g protein  1g fat  25g carbs  1g fiber

For single meal:



fruit juice

8 fl oz (240mL)

For all 3 meals:

fruit juice

24 fl oz (720mL)

1. The recipe has no instructions.

Small toasted bagel with jelly

1 1/2 bagel(s) - 371 cals  11g protein  2g fat  74g carbs  3g fiber



For single meal:

bagel

1 1/2 small bagel (3" dia) (104g)

jelly

1 1/2 tbsp (32g)

For all 3 meals:

bagel

4 1/2 small bagel (3" dia) (311g)

jelly

1/4 cup (95g)

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

Lunch 1 ↗

Eat on day 1

Pasta with store-bought sauce

680 cals ● 23g protein ● 5g fat ● 126g carbs ● 10g fiber



uncooked dry pasta
1/3 lbs (152g)
pasta sauce
1/3 jar (24 oz) (224g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Simple mixed greens salad

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



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

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

Lunch 2 ↗

Eat on day 2

Black bean and salsa soup

386 cals ● 22g protein ● 5g fat ● 39g carbs ● 25g fiber



vegetable broth
1/2 cup(s) (mL)
black beans
3/4 can(s) (329g)
ground cumin
3 dash (1g)
sour cream
1 1/2 tbsp (18g)
salsa, chunky
6 tbsp (98g)

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

Chips and salsa

489 cals ● 9g protein ● 19g fat ● 62g carbs ● 8g fiber



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

1. Serve salsa with the tortilla chips.

Lunch 3 ↗

Eat on day 3 and day 4

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.

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 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 5

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.

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



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

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

Lunch 5 ↗

Eat on day 6 and day 7

Edamame & beet salad

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



For single meal:

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)

For all 2 meals:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

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

Veggie burger with 'cheese'

2 burger - 679 cals ● 24g protein ● 19g fat ● 92g carbs ● 11g fiber



For single meal:

veggie burger patty
2 patty (142g)
mixed greens
2 oz (57g)
ketchup
2 tbsp (34g)
hamburger buns
2 bun(s) (102g)
vegan cheese, sliced
2 slice(s) (40g)

For all 2 meals:

veggie burger patty
4 patty (284g)
mixed greens
4 oz (113g)
ketchup
4 tbsp (68g)
hamburger buns
4 bun(s) (204g)
vegan cheese, sliced
4 slice(s) (80g)

1. Cook patty according to instructions on package.
2. When done, put on bun and top with vegan cheese, greens, and ketchup. Feel free to add other low-calorie toppings like mustard or pickles.

Snacks 1 ↗

Eat on day 1 and day 2

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber

For single meal:



fruit juice

4 fl oz (120mL)

For all 2 meals:

fruit juice

8 fl oz (240mL)

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 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.

Snacks 2 ↗

Eat on day 3 and day 4

Popcorn

4 2/3 cups - 188 cals ● 2g protein ● 12g fat ● 16g carbs ● 3g fiber



For single meal:

Popcorn, microwave, salted
4 2/3 cup popped (51g)

For all 2 meals:

Popcorn, microwave, salted
9 1/3 cup popped (103g)

1. Follow instructions on package.

Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

chocolate, dark, 70-85%
2 square(s) (20g)

For all 2 meals:

chocolate, dark, 70-85%
4 square(s) (40g)

1. The recipe has no instructions.

Grapes

102 cals ● 1g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

grapes
1 3/4 cup (161g)

For all 2 meals:

grapes
3 1/2 cup (322g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Baked chips

15 crisps - 152 cals ● 3g protein ● 4g fat ● 26g carbs ● 1g fiber



For single meal:

baked chips, any flavor
15 crisps (35g)

For all 3 meals:

baked chips, any flavor
45 crisps (105g)

1. Enjoy.

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 3 meals:

soy milk yogurt
3 container(s) (451g)

1. The recipe has no
instructions.

Dinner 1 ↗

Eat on day 1 and day 2

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Crack slaw with tempeh

843 cals ● 58g protein ● 42g fat ● 32g carbs ● 26g fiber



For single meal:

coleslaw mix
4 cup (360g)
hot sauce
2 tsp (10mL)
sunflower kernels
2 tbsp (24g)
oil
4 tsp (20mL)
garlic, minced
2 clove (6g)
tempeh, cubed
1/2 lbs (227g)

For all 2 meals:

coleslaw mix
8 cup (720g)
hot sauce
4 tsp (20mL)
sunflower kernels
4 tbsp (48g)
oil
2 2/3 tbsp (40mL)
garlic, minced
4 clove (12g)
tempeh, cubed
1 lbs (454g)

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.

Dinner 2 ↗

Eat on day 3

Baked tofu

18 2/3 oz - 528 cals ● 52g protein ● 27g fat ● 13g carbs ● 6g fiber



Makes 18 2/3 oz

soy sauce
9 1/3 tbsp (140mL)
sesame seeds
3 1/2 tsp (10g)
extra firm tofu
18 2/3 oz (529g)
fresh ginger, peeled and grated
1 1/6 slices (1" dia) (3g)

1. Pat the tofu dry and cut into cubes.
2. Preheat the oven to 350°F (175°C) and lightly grease a baking sheet.
3. Heat a small skillet over medium heat. Toast the sesame seeds until fragrant, about 1-2 minutes.
4. In a large bowl, toss the tofu cubes with soy sauce, ginger, and toasted sesame seeds until evenly coated.
5. Spread the tofu on the prepared baking sheet and bake for 15 minutes. Flip the cubes and continue baking until firm and heated through, about 15 minutes more. Serve.

Simple sauteed spinach

299 cals ● 11g protein ● 22g fat ● 7g carbs ● 8g fiber



black pepper
3 dash, ground (1g)
salt
3 dash (2g)
olive oil
1 1/2 tbsp (23mL)
fresh spinach
12 cup(s) (360g)
garlic, diced
1 1/2 clove (5g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Dinner 3 ↗

Eat on day 4

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Crispy chik'n tenders

14 tender(s) - 800 cals ● 57g protein ● 32g fat ● 72g carbs ● 0g fiber



Makes 14 tender(s)

meatless chik'n tenders
14 pieces (357g)
ketchup
1/4 cup (60g)

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

Dinner 4 ↗

Eat on day 5

Chik'n nuggets

14 nuggets - 772 cals ● 43g protein ● 32g fat ● 72g carbs ● 7g fiber



Makes 14 nuggets

ketchup
1/4 cup (60g)
vegan chik'n nuggets
14 nuggets (301g)

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



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

1. The recipe has no instructions.

Dinner 5 ↗

Eat on day 6 and day 7

Crunchy Asian tofu salad

587 cals ● 29g protein ● 32g fat ● 37g carbs ● 10g fiber



For single meal:

sesame oil
1/2 tbsp (8mL)
quinoa, uncooked
3 tbsp (32g)
peanut butter
1 tbsp (16g)
roasted peanuts
1 1/2 tbsp (14g)
soy sauce
1 tbsp (15mL)
lime juice
1 tbsp (15mL)
firm tofu, drained
6 oz (170g)
cabbage, shredded
2 1/4 cup, shredded (158g)
carrots, cut into matchsticks
3/4 medium (46g)

For all 2 meals:

sesame oil
1 tbsp (15mL)
quinoa, uncooked
6 tbsp (64g)
peanut butter
2 tbsp (32g)
roasted peanuts
3 tbsp (27g)
soy sauce
2 tbsp (30mL)
lime juice
2 tbsp (30mL)
firm tofu, drained
3/4 lbs (340g)
cabbage, shredded
4 1/2 cup, shredded (315g)
carrots, cut into matchsticks
1 1/2 medium (92g)

1. Cook quinoa according to its package instructions. Set aside.
2. In a small bowl, make the sauce by whisking together the peanut butter, soy sauce, lime juice, and some salt to taste. Add a splash of water if necessary to make it less thick. Set aside.
3. Wrap tofu in some paper towels and press gently to remove any extra water. Cube the tofu.
4. Heat sesame oil to a skillet over medium-low heat and add the tofu cubes. Fry for about 5-7 minutes, flipping occasionally, until the tofu is golden and crisp on the outside. Remove from heat and set aside.
5. Toss the cabbage, quinoa, carrots, peanuts and tofu in a bowl. Drizzle with the peanut dressing. Serve.

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

Grapefruit

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Protein bar

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



For single meal:

protein bar (20g protein)

1 bar (50g)

For all 2 meals:

protein bar (20g protein)

2 bar (100g)

1. The recipe has no instructions.

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.