

Meal Plan - 3200 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

3217 cals ● 247g protein (31%) ● 75g fat (21%) ● 321g carbs (40%) ● 66g fiber (8%)

Breakfast

470 cals, 36g protein, 42g net carbs, 13g fat



Pear

1 pear(s)- 113 cals



Protein shake (almond milk)

210 cals



Hummus toast

1 slice(s)- 146 cals

Snacks

215 cals, 6g protein, 41g net carbs, 2g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pretzels

193 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

955 cals, 46g protein, 120g net carbs, 21g fat



Tofu alfredo pasta with broccoli

663 cals



Simple salad with tomatoes and carrots

294 cals

Dinner

1085 cals, 51g protein, 115g net carbs, 37g fat



Chik'n nuggets

16 nuggets- 882 cals



Grapes

203 cals

Day 2

3188 cals ● 236g protein (30%) ● 93g fat (26%) ● 284g carbs (36%) ● 66g fiber (8%)

Breakfast

470 cals, 36g protein, 42g net carbs, 13g fat



Pear

1 pear(s)- 113 cals



Protein shake (almond milk)

210 cals



Hummus toast

1 slice(s)- 146 cals

Snacks

215 cals, 6g protein, 41g net carbs, 2g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Pretzels

193 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

955 cals, 46g protein, 120g net carbs, 21g fat



Tofu alfredo pasta with broccoli

663 cals



Simple salad with tomatoes and carrots

294 cals

Dinner

1055 cals, 40g protein, 78g net carbs, 56g fat



Basic tofu

8 oz- 342 cals



Roasted brussels sprouts

463 cals



Couscous

251 cals

Day 3

3196 cals ● 253g protein (32%) ● 142g fat (40%) ● 146g carbs (18%) ● 80g fiber (10%)

Breakfast

450 cals, 18g protein, 15g net carbs, 32g fat



Carrots and hummus

82 cals



Pumpkin seeds

183 cals



Pistachios

188 cals

Snacks

435 cals, 10g protein, 4g net carbs, 41g fat



Walnuts

5/8 cup(s)- 437 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake

4 1/2 scoop- 491 cals

Lunch

915 cals, 44g protein, 85g net carbs, 20g fat



Smokey black bean stew

571 cals



Simple salad with tomatoes and carrots

343 cals

Dinner

900 cals, 73g protein, 39g net carbs, 48g fat



Vegan bangers and cauliflower mash

2 1/2 sausage link(s)- 902 cals

Day 4

3192 cals ● 239g protein (30%) ● 122g fat (34%) ● 182g carbs (23%) ● 103g fiber (13%)

Breakfast

450 cals, 18g protein, 15g net carbs, 32g fat



Carrots and hummus
82 cals



Pumpkin seeds
183 cals



Pistachios
188 cals

Snacks

435 cals, 10g protein, 4g net carbs, 41g fat



Walnuts
5/8 cup(s)- 437 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

915 cals, 44g protein, 85g net carbs, 20g fat



Smokey black bean stew
571 cals



Simple salad with tomatoes and carrots
343 cals

Dinner

900 cals, 59g protein, 74g net carbs, 27g fat



Edamame & beet salad
171 cals



Vegan chili con 'carne'
727 cals

Day 5

3198 cals ● 267g protein (33%) ● 154g fat (43%) ● 120g carbs (15%) ● 65g fiber (8%)

Breakfast

455 cals, 23g protein, 29g net carbs, 19g fat



Chocolate avocado vegan chia pudding
344 cals



Pear
1 pear(s)- 113 cals

Snacks

340 cals, 9g protein, 8g net carbs, 26g fat



Sunflower seeds
135 cals



Carrot sticks
1 carrot(s)- 27 cals



Avocado
176 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



Protein shake
4 1/2 scoop- 491 cals

Lunch

970 cals, 42g protein, 33g net carbs, 65g fat



Buffalo tofu with vegan ranch
675 cals



Simple salad with tomatoes and carrots
294 cals

Dinner

945 cals, 85g protein, 47g net carbs, 42g fat



Broccoli
3 cup(s)- 87 cals



Garlic pepper seitan
856 cals

Day 6

3193 cals ● 255g protein (32%) ● 151g fat (43%) ● 136g carbs (17%) ● 66g fiber (8%)

Breakfast

455 cals, 23g protein, 29g net carbs, 19g fat



[Chocolate avocado vegan chia pudding](#)
344 cals



[Pear](#)
1 pear(s)- 113 cals

Snacks

340 cals, 9g protein, 8g net carbs, 26g fat



[Sunflower seeds](#)
135 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals



[Avocado](#)
176 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 1/2 scoop- 491 cals

Lunch

970 cals, 49g protein, 55g net carbs, 57g fat



[Lemon pepper tofu](#)
21 oz- 756 cals



[Roasted carrots](#)
4 carrots(s)- 211 cals

Dinner

940 cals, 66g protein, 40g net carbs, 47g fat



[Soy milk](#)
1 3/4 cup(s)- 148 cals



[Roasted tofu & veggies](#)
792 cals

Day 7

3193 cals ● 255g protein (32%) ● 151g fat (43%) ● 136g carbs (17%) ● 66g fiber (8%)

Breakfast

455 cals, 23g protein, 29g net carbs, 19g fat



[Chocolate avocado vegan chia pudding](#)
344 cals



[Pear](#)
1 pear(s)- 113 cals

Snacks

340 cals, 9g protein, 8g net carbs, 26g fat



[Sunflower seeds](#)
135 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals



[Avocado](#)
176 cals

Protein Supplement(s)

490 cals, 109g protein, 4g net carbs, 2g fat



[Protein shake](#)
4 1/2 scoop- 491 cals

Lunch

970 cals, 49g protein, 55g net carbs, 57g fat



[Lemon pepper tofu](#)
21 oz- 756 cals



[Roasted carrots](#)
4 carrots(s)- 211 cals

Dinner

940 cals, 66g protein, 40g net carbs, 47g fat



[Soy milk](#)
1 3/4 cup(s)- 148 cals



[Roasted tofu & veggies](#)
792 cals

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/2 lbs (257g)
- ☐ instant couscous, flavored
3/8 box (5.8 oz) (69g)
- ☐ seitan
10 oz (284g)
- ☐ cornstarch
6 tbsp (48g)

Legumes and Legume Products

- ☐ firm tofu
4 3/4 lbs (2154g)
- ☐ hummus
1/2 cup (135g)
- ☐ black beans
2 can(s) (878g)
- ☐ lentils, raw
1/4 cup (40g)
- ☐ vegetarian burger crumbles
3/8 package (12 oz) (142g)
- ☐ kidney beans
3/8 can (187g)
- ☐ extra firm tofu
3 block (972g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
17 oz (486g)
- ☐ garlic
8 clove(s) (24g)
- ☐ carrots
21 medium (1277g)
- ☐ romaine lettuce
8 hearts (4000g)
- ☐ tomatoes
9 2/3 medium whole (2-3/5" dia) (1188g)
- ☐ ketchup
4 tbsp (68g)
- ☐ brussels sprouts
1 3/4 lbs (794g)
- ☐ onion
3 medium (2-1/2" dia) (336g)
- ☐ baby carrots
16 medium (160g)
- ☐ tomato paste
1 tbsp (16g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)

Beverages

- ☐ almond milk, unsweetened
1/4 gallon (1111mL)
- ☐ protein powder
35 scoop (1/3 cup ea) (1085g)
- ☐ water
2 gallon (7565mL)

Fats and Oils

- ☐ salad dressing
3/4 cup (180mL)
- ☐ oil
1/3 lbs (145mL)
- ☐ olive oil
1/4 lbs (112mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)

Snacks

- ☐ pretzels, hard, salted
1/4 lbs (99g)

Other

- ☐ vegan chik'n nuggets
16 nuggets (344g)
- ☐ frozen cauliflower
2 cup (213g)
- ☐ vegan sausage
2 1/2 sausage (250g)
- ☐ diced tomatoes
1 can(s) (420g)
- ☐ smoked paprika
2 tsp (5g)
- ☐ mixed greens
1 cup (30g)
- ☐ vegan ranch
4 tbsp (60mL)
- ☐ cacao powder
3 tbsp (18g)
- ☐ soy milk, unsweetened
3 1/2 cup(s) (mL)

Fruits and Fruit Juices

- ☐ grapes
3 1/2 cup (322g)
- ☐ pears
5 medium (890g)

- ☐ **beets, precooked (canned or refrigerated)**
2 beet(s) (100g)
- ☐ **canned stewed tomatoes**
3/8 can (~14.5 oz) (169g)
- ☐ **bell pepper**
2 1/3 medium (278g)
- ☐ **green pepper**
2 1/2 tbsp, chopped (23g)
- ☐ **broccoli**
1 1/2 cup chopped (137g)

Spices and Herbs

- ☐ **salt**
1/2 oz (13g)
- ☐ **basil, dried**
1/2 tbsp, ground (2g)
- ☐ **black pepper**
2 tsp, ground (5g)
- ☐ **ground cumin**
1/2 tbsp (3g)
- ☐ **chili powder**
1/2 tsp (1g)
- ☐ **lemon pepper**
1/2 tbsp (3g)

- ☐ **lime juice**
2 tbsp (30mL)
- ☐ **avocados**
2 avocado(s) (377g)
- ☐ **lemon juice**
1/2 tbsp (8mL)
- ☐ **lemon**
3 small (174g)

Baked Products

- ☐ **bread**
2 slice (64g)

Nut and Seed Products

- ☐ **roasted pumpkin seeds, unsalted**
1/2 cup (59g)
- ☐ **pistachios, shelled**
1/2 cup (62g)
- ☐ **walnuts**
1 1/4 cup, shelled (125g)
- ☐ **sunflower kernels**
2 1/4 oz (64g)
- ☐ **chia seeds**
6 tbsp (85g)

Soups, Sauces, and Gravies

- ☐ **vegetable broth**
2 1/2 cup(s) (mL)
 - ☐ **Frank's Red Hot sauce**
1/3 cup (79mL)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Pear

1 pear(s) - 113 cal ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. The recipe has no instructions.

Protein shake (almond milk)

210 cal ● 28g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

almond milk, unsweetened
1 cup (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

almond milk, unsweetened
2 cup (480mL)
protein powder
2 scoop (1/3 cup ea) (62g)

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

Hummus toast

1 slice(s) - 146 cal ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread

1 slice (32g)

hummus

2 1/2 tbsp (38g)

For all 2 meals:

bread

2 slice (64g)

hummus

5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus

2 tbsp (30g)

baby carrots

8 medium (80g)

For all 2 meals:

hummus

4 tbsp (60g)

baby carrots

16 medium (160g)

1. Serve carrots with hummus.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. The recipe has no instructions.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:
pistachios, shelled
4 tbsp (31g)

For all 2 meals:
pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Breakfast 3 [🔗](#)

Eat on day 5, day 6, and day 7

Chocolate avocado vegan chia pudding

344 cals ● 22g protein ● 19g fat ● 8g carbs ● 14g fiber



For single meal:
avocados
1 slices (25g)
cacao powder
1 tbsp (6g)
chia seeds
2 tbsp (28g)
almond milk, unsweetened
3/4 cup(s) (180mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:
avocados
3 slices (75g)
cacao powder
3 tbsp (18g)
chia seeds
6 tbsp (85g)
almond milk, unsweetened
2 1/4 cup(s) (540mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:
pears
1 medium (178g)

For all 3 meals:
pears
3 medium (534g)

1. The recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Tofu alfredo pasta with broccoli

663 cals ● 34g protein ● 11g fat ● 99g carbs ● 8g fiber



For single meal:

uncooked dry pasta
1/4 lbs (128g)
firm tofu
3/8 package (16 oz) (170g)
frozen broccoli
3/8 package (107g)
garlic
3/4 clove(s) (2g)
salt
1/6 dash (0g)
almond milk, unsweetened
3 tbsp (45mL)
basil, dried
1/4 tbsp, ground (1g)

For all 2 meals:

uncooked dry pasta
1/2 lbs (257g)
firm tofu
3/4 package (16 oz) (340g)
frozen broccoli
3/4 package (213g)
garlic
1 1/2 clove(s) (5g)
salt
3/8 dash (0g)
almond milk, unsweetened
6 tbsp (90mL)
basil, dried
1/2 tbsp, ground (2g)

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.

Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



For single meal:

salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)

For all 2 meals:

salad dressing
1/4 cup (68mL)
carrots, sliced
1 1/2 medium (92g)
romaine lettuce, roughly chopped
3 hearts (1500g)
tomatoes, diced
3 medium whole (2-3/5" dia) (369g)

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

Lunch 2 [↗](#)

Eat on day 3 and day 4

Smokey black bean stew

571 cals ● 30g protein ● 9g fat ● 60g carbs ● 32g fiber



For single meal:

diced tomatoes
1/2 can(s) (210g)
tomato paste
1/2 tbsp (8g)
oil
1/2 tbsp (8mL)
vegetable broth
1 cup(s) (mL)
lime juice
1 tbsp (15mL)
ground cumin
4 dash (1g)
smoked paprika
1 tsp (2g)
black beans, drained and rinsed
1 can(s) (439g)
onion, diced
1/2 small (35g)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

diced tomatoes
1 can(s) (420g)
tomato paste
1 tbsp (16g)
oil
1 tbsp (15mL)
vegetable broth
2 cup(s) (mL)
lime juice
2 tbsp (30mL)
ground cumin
1 tsp (2g)
smoked paprika
2 tsp (5g)
black beans, drained and rinsed
2 can(s) (878g)
onion, diced
1 small (70g)
garlic, minced
2 clove(s) (6g)

1. Heat oil in a large pot over medium heat. Add in onion and garlic and cook until softened.
2. Add in spices and stir, toasting them for about 1 minute.
3. Add in broth, beans, tomatoes, and tomato paste. Stir and simmer for 15 minutes. Season with salt/pepper to taste.
4. Spritz some lime juice on top and serve.

Simple salad with tomatoes and carrots

343 cals ● 13g protein ● 11g fat ● 25g carbs ● 22g fiber



For single meal:

salad dressing
2 1/2 tbsp (39mL)
carrots, sliced
7/8 medium (53g)
romaine lettuce, roughly chopped
1 3/4 hearts (875g)
tomatoes, diced
1 3/4 medium whole (2-3/5" dia)
(215g)

For all 2 meals:

salad dressing
1/3 cup (79mL)
carrots, sliced
1 3/4 medium (107g)
romaine lettuce, roughly chopped
3 1/2 hearts (1750g)
tomatoes, diced
3 1/2 medium whole (2-3/5" dia)
(431g)

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

Lunch 3 [↗](#)

Eat on day 5

Buffalo tofu with vegan ranch

675 cals ● 31g protein ● 56g fat ● 12g carbs ● 1g fiber



oil

1 tbsp (15mL)

Frank's Red Hot sauce

1/3 cup (79mL)

vegan ranch

4 tbsp (60mL)

firm tofu, patted dry & cubed

14 oz (397g)

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.

Simple salad with tomatoes and carrots

294 cals ● 11g protein ● 10g fat ● 21g carbs ● 19g fiber



salad dressing

2 1/4 tbsp (34mL)

carrots, sliced

3/4 medium (46g)

romaine lettuce, roughly chopped

1 1/2 hearts (750g)

tomatoes, diced

1 1/2 medium whole (2-3/5" dia) (185g)

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

Lunch 4 [↗](#)

Eat on day 6 and day 7

Lemon pepper tofu

21 oz - 756 cal ● 46g protein ● 47g fat ● 35g carbs ● 1g fiber



For single meal:

cornstarch
3 tbsp (24g)
oil
1 1/2 tbsp (23mL)
lemon pepper
1/4 tbsp (2g)
lemon, zested
1 1/2 small (87g)
firm tofu, patted dry & cubed
1 1/3 lbs (595g)

For all 2 meals:

cornstarch
6 tbsp (48g)
oil
3 tbsp (45mL)
lemon pepper
1/2 tbsp (3g)
lemon, zested
3 small (174g)
firm tofu, patted dry & cubed
2 1/2 lbs (1191g)

1. Preheat oven to 450°F (220°C).
2. Combine tofu, oil, cornstarch, lemon zest, lemon pepper, and some salt on a lined baking sheet. Toss until tofu is evenly coated.
3. Bake 20-25 minutes until tofu is golden and crispy. Serve.

Roasted carrots

4 carrots(s) - 211 cal ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

For all 2 meals:

oil
4 tsp (20mL)
carrots, sliced
8 large (576g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

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 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Pretzels

193 cals ● 5g protein ● 1g fat ● 38g carbs ● 2g fiber



For single meal:

pretzels, hard, salted

1 3/4 oz (50g)

For all 2 meals:

pretzels, hard, salted

1/4 lbs (99g)

1. The recipe has no instructions.
-

Snacks 2 [↗](#)

Eat on day 3 and day 4

Walnuts

5/8 cup(s) - 437 cals ● 10g protein ● 41g fat ● 4g carbs ● 4g fiber



For single meal:

walnuts
10 tbsp, shelled (63g)

For all 2 meals:

walnuts
1 1/4 cup, shelled (125g)

1. The recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
3/4 oz (21g)

For all 3 meals:

sunflower kernels
2 1/4 oz (64g)

1. The recipe has no instructions.

Carrot sticks

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



For single meal:

carrots
1 medium (61g)

For all 3 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.

Avocado

176 cal ● 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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

Dinner 1 [↗](#)

Eat on day 1

Chik'n nuggets

16 nuggets - 882 cal ● 49g protein ● 36g fat ● 82g carbs ● 8g fiber



Makes 16 nuggets

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

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

Grapes

203 cal ● 2g protein ● 1g fat ● 32g carbs ● 13g fiber



grapes
3 1/2 cup (322g)

1. The recipe has no instructions.

Dinner 2 [↗](#)
Eat on day 2

Basic tofu
8 oz - 342 cals ● 18g protein ● 28g fat ● 5g carbs ● 0g fiber



Makes 8 oz
oil
4 tsp (20mL)
firm tofu
1/2 lbs (227g)

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.

Roasted brussels sprouts
463 cals ● 14g protein ● 27g fat ● 24g carbs ● 18g fiber



salt
4 dash (3g)
black pepper
1/3 tsp, ground (1g)
brussels sprouts
16 oz (454g)
olive oil
2 tbsp (30mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Couscous

251 cal ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



instant couscous, flavored
3/8 box (5.8 oz) (69g)

1. Follow instructions on package.

Dinner 3 [↗](#)

Eat on day 3

Vegan bangers and cauliflower mash

2 1/2 sausage link(s) - 902 cal ● 73g protein ● 48g fat ● 39g carbs ● 7g fiber



Makes 2 1/2 sausage link(s)

frozen cauliflower

2 cup (213g)

oil

1 1/4 tbsp (19mL)

vegan sausage

2 1/2 sausage (250g)

onion, thinly sliced

1 1/4 small (88g)

1. Heat a skillet over medium low heat. Add the onion and half of the oil. Cook until soft and browning.
 2. Meanwhile, cook the sausage and cauliflower according to the directions on the package.
 3. When cauliflower is done, transfer to a bowl and add the remaining oil. Mash it using a stick mixer, back of a fork, or a potato masher. Salt and pepper to taste.
 4. When all elements are done, plate and serve.
-

Dinner 4 [↗](#)

Eat on day 4

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.

Vegan chili con 'carne'

727 cals ● 50g protein ● 20g fat ● 62g carbs ● 25g fiber



oil

2 1/2 tsp (13mL)

lentils, raw

1/4 cup (40g)

vegetarian burger crumbles

3/8 package (12 oz) (142g)

ground cumin

3 1/3 dash (1g)

chili powder

3 1/3 dash (1g)

vegetable broth

3/8 cup(s) (mL)

onion, chopped

3/8 medium (2-1/2" dia) (46g)

canned stewed tomatoes

3/8 can (~14.5 oz) (169g)

garlic, minced

1 1/4 clove(s) (4g)

kidney beans, drained and rinsed

3/8 can (187g)

bell pepper, chopped

5/6 medium (99g)

1. Heat the oil in a large saucepan over medium heat.
2. Add the garlic, and chopped onion and peppers. Cook until soft.
3. Add in the cumin, chili powder, and salt and pepper to taste. Stir.
4. Add in the kidney beans, lentils, tomatoes, veggie crumbles, and the vegetable stock.
5. Bring to a simmer and cook for 25 minutes.

Dinner 5 [↗](#)

Eat on day 5

Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

frozen broccoli
3 cup (273g)

1. Prepare according to instructions on package.

Garlic pepper seitan

856 cals ● 77g protein ● 42g fat ● 41g carbs ● 3g fiber



olive oil
2 1/2 tbsp (38mL)
onion
5 tbsp, chopped (50g)
green pepper
2 1/2 tbsp, chopped (23g)
black pepper
1/3 tsp, ground (1g)
water
1 1/4 tbsp (19mL)
salt
1 1/4 dash (1g)
seitan, chicken style
10 oz (284g)
garlic, minced
3 clove(s) (9g)

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 6 [↗](#)

Eat on day 6 and day 7

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.

Roasted tofu & veggies

792 cals ● 54g protein ● 39g fat ● 37g carbs ● 19g fiber



For single meal:

salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
extra firm tofu
1 1/2 block (486g)
olive oil
1 1/2 tbsp (23mL)
brussels sprouts, cut in half
6 oz (170g)
onion, thickly sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced
3/4 medium (89g)
broccoli, cut as desired
3/4 cup chopped (68g)
carrots, cut as desired
2 1/4 medium (137g)

For all 2 meals:

salt
1/2 tbsp (9g)
black pepper
1/2 tbsp, ground (3g)
extra firm tofu
3 block (972g)
olive oil
3 tbsp (45mL)
brussels sprouts, cut in half
3/4 lbs (340g)
onion, thickly sliced
3/4 medium (2-1/2" dia) (83g)
bell pepper, sliced
1 1/2 medium (179g)
broccoli, cut as desired
1 1/2 cup chopped (137g)
carrots, cut as desired
4 1/2 medium (275g)

1. Preheat oven to 400 F (200 C).
 2. Drain tofu and use absorbent towel to pat away as much moisture as possible.
 3. Cut tofu in one inch cubes.
 4. On one baking sheet, drizzle a third of the oil and put the tofu on the sheet. Shake to coat. Set aside.
 5. On a second baking sheet, drizzle the remaining olive oil and toss vegetables until evenly coated. It is best to give each type of vegetable its own spot on the sheet so that you can remove the quickly cooking vegetables earlier in the process than the vegetables that take longer.
 6. Place sheets in the oven- tofu on the top rack and vegetables on the lower one. Set timer for 20 minutes.
 7. After the 20 minutes are up, flip the tofu and check on the vegetables. Remove any vegetables that are fully cooked.
 8. Place both sheets back into the oven and increase the temperature to 450 F (230 C) for an additional 20-25 minutes until tofu is brown on all sides. Be sure to check veggies and tofu throughout the process to avoid overcooking.
 9. Remove all from oven and combine. Season with salt and pepper. Serve.
-

Protein Supplement(s)

Eat every day

Protein shake

4 1/2 scoop - 491 cal● 109g protein ● 2g fat ● 4g carbs ● 5g fiber



For single meal:

- protein powder**
4 1/2 scoop (1/3 cup ea) (140g)
- water**
4 1/2 cup(s) (1067mL)

For all 7 meals:

- protein powder**
31 1/2 scoop (1/3 cup ea) (977g)
- water**
31 1/2 cup(s) (7466mL)

1. The recipe has no instructions.
